NOVEMBER 2021

KAIBAB PAIUTE NEWSLETTER

Tribal Administration will be closed November 11th, 2021 in Honor of Veteran’s Day & Thanksgiving Day. Daylight Savings ends November 7th at 2021
Together We Are Stronger

New Tribal Committee

Tribal Council has approved the establishment of a temporary committee to establish a plan for the purchase of land/homes to be completed and presented to the Tribal Council within four (4) months for approval.

At the October 21, 2021, Regular Tribal Council Meeting, Tribal Council by motion set December 8, 2021 as the deadline for Tribal Members who are willing and able to commit the time to be part of this Committee to submit a Tribal Council Committee Application. Selection will be made at the December Regular Tribal Council Meeting.

_____________________________________________________________________

ELECTION COMMITTEE MEMBERS NEEDED

We are seeking Election Committee members to serve for one year to conduct all Tribal elections. If you are willing and able to commit time to this vital committee, please submit an application for the Election Committee.
COMMITTEE APPLICATION
KAIBAB BAND OF PAIUTE INDIANS

DATE: ____________________________

NAME: ______________________________

MAILING ADDRESS: _____________________________________________________________

WHY DO YOU WANT TO BE A MEMBER OF THE COMMITTEE?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

Signature of Applicant __________________________ Date ______________

Would you be willing to serve as the chairperson of the committee? Yes _____ no _____

______________________________ Official Use Only ______________

COMMENTS:

_____________________________________________________________________________

_____________________________________________________________________________

Approval Date: __________________________ Denial Date: __________________________

_____________________________________________________________________________

CHAIRPERSON
KAIBAB BAND OF PAIUTE INDIANS

TRIBAL COUNCIL SECRETARY
KAIBAB BAND OF PAIUTE INDIANS
Councilman Carlos H. Bulletts – being sworn into Office by Tribal Judge Serena Cutchen on Tuesday, October 12, 2021.

If you were unable to attend this year’s Annual General Membership Meeting and would like a book that was handed out to the membership, please let us know. You may contact Claudina “Hopper” at the front desk, 928-643-7245, cteller@kaibabpaiute-nsn.gov or myself at osegundo@kaibabpaiute-nsn.gov.
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<td>Google Workshop 10:00 am</td>
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<td>Veteran's Day Offices Closed</td>
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<td>Family Game Night 5:00 @ Kalibab Community Bldg</td>
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<td>Tutoring By Appointment</td>
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<td>Habit 1 Workshop 1:00-3:00</td>
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<td></td>
<td>Tutoring is held daily Monday through Thursday in the Kalibab Community Building from 4:00-5:30 pm and by appointment on Friday.</td>
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Check out our webpage for current information and flyers http://kpteducationlibrary.weebly.com/
Google Suite

Come learn about your Google Suite email, Google Docs, Google Drive, Google Calendars, and more! This workshop is for employees who need a refresher.

Monday, October 25th
1:00-3:00
Community Building
Google Suite
Come learn about your Google Suite email, Google Docs, Google Drive, Google Calendars, and more! This workshop is for employees who need a refresher.

Monday, November 1st
Monday, November 8th
Monday, November 15th
10:00-11:30
Community Building

COMMUNITY MOVIE NIGHT
FRIDAY, NOVEMBER 12TH
6:00 PM
AT THE COMMUNITY BUILDING
TO BE DETERMINED
BRING A COMFY CHAIR AND BLANKET, WEAR YOUR PAJAMAS, AND TAKE YOUR FAMILY OUT FOR A NIGHT AT THE MOVIES. DIABETES HEALTH WILL BE PROVIDING NUTRITIOUS SNACKS!

FAMILY GAME NIGHT
Monday, November 8th at 5:00-Kaibab Community Bldg
Monday, November 22nd at 5:00-Eagle Mountain Community Bldg

7 HABITS OF HAPPY FAMILIES
Welcome! We are excited to share the 7 Habits® with our families. We invite you to use the menu below to select a habit to focus on each week for the next 20 weeks. For weeks 21–40, return to the top of the menu and challenge your family to focus on the habit not selected the first time around. Consider keeping a family journal to reflect on your learning or track your efforts with photos.

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<tr>
<th>WEEK</th>
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<th>MENU OPTION #2</th>
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<td>1</td>
<td><strong>Habit 1: Be Proactive®</strong>&lt;br&gt; List ideas of things you can do when you are bored. Keep the list in a visible spot and add to it as you have new ideas.</td>
<td>☐</td>
<td>Habit 6: Synergize®&lt;br&gt; Complete a family project or chore together.</td>
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<td>2</td>
<td><strong>Habit 2: Begin With the End in Mind®</strong>&lt;br&gt; Set a family goal for the week. Make a plan for achieving this short-term goal.</td>
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<td>Habit 7: Sharpen the Saw®&lt;br&gt; Go outside. Take a walk, visit a park, or play a game.</td>
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<td>3</td>
<td><strong>Habit 3: Put First Things First®</strong>&lt;br&gt; Talk about what’s most important to your family. Make a list of your family’s top three Big Rocks (most important priorities).</td>
<td>☐</td>
<td>Habit 4: Think Win-Win®&lt;br&gt; Make a “wish poster.” Start by drawing a line down the middle of the poster. On one side, record the child’s hopes, dreams, and wishes. On the other side, record the parents’ hopes, dreams, and wishes. Together, look at your wish poster. How can your family work together to make both sets of wishes a reality?</td>
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<td>4</td>
<td><strong>Habit 5: Seek First to Understand, Then to Be Understood®</strong>&lt;br&gt; Think of someone in your family who is a great listener. What makes them a great listener?</td>
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<td>Habit 7: Sharpen the Saw&lt;br&gt; Read a book together as a family.</td>
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Complete the homework for weeks 1-4, submit a picture to abundy@kaibabpaiute-nsn.gov, and be entered into a prize drawing for family prizes. Winners will be drawn on December 3rd.

Name: ____________________________

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<td>5</td>
<td><strong>Habit 7: Sharpen the Saw</strong>&lt;br&gt;Set a goal for physical activity as a family. Log the number of minutes you were active. Stop and reflect. Did you sleep better this week with all that exercise?</td>
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<td><strong>Habit 1: Be Proactive</strong>&lt;br&gt;Take a “strategic pause.” Get a sip of water, stretch, breathe in, and think of something happy. When is a strategic pause helpful?</td>
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<td>6</td>
<td><strong>Habit 7: Sharpen the Saw</strong>&lt;br&gt;Make a calendar for the week and tally the fruits and vegetables consumed each day. Reflect on your family’s healthy eating habits.</td>
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<td><strong>Habit 6: Synergize</strong>&lt;br&gt;Write down the names of the members of your family. Record two or three talents or strengths for each person.</td>
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<td>7</td>
<td><strong>Habit 2: Begin With the End in Mind</strong>&lt;br&gt;Draft a family mission statement by using exactly seven more words to complete this prompt: Our family mission is to commit daily to ________.</td>
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<td><strong>Habit 7: Sharpen the Saw</strong>&lt;br&gt;Plan and hold a family night this week.</td>
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<td>8</td>
<td><strong>Habit 1: Be Proactive</strong>&lt;br&gt;Try laying out your clothes each night before you go to bed. At the end of the week, reflect on this question: Did this help your week go more smoothly?</td>
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<td><strong>Habit Review</strong>&lt;br&gt;Try listing each of the 7 Habits. Discuss what it means to show each habit. Post the list in a visible spot.</td>
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<td>9</td>
<td><strong>Habit 4: Think Win-Win</strong>&lt;br&gt;Make a t-chart. On the left, record ideas about what makes a bad teammate. On the right, record ideas about what makes a good teammate. What kind of teammate do you think you are and why?</td>
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<td><strong>Habit 7: Sharpen the Saw</strong>&lt;br&gt;Make a calendar for the week and log the time you go to bed and the time you wake up. Determine the amount of sleep you get each night.</td>
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<td>10</td>
<td><strong>Habit 2: Begin With the End in Mind</strong>&lt;br&gt;Reflect on the last quarter. What went well? How will you grow throughout the remainder of the year? Commit to one learning goal for the next quarter.</td>
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<td><strong>Habit 3: Put First Things First</strong>&lt;br&gt;Discuss what it means to “procrastinate.”</td>
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COMMUNITY HALLOWEEN
TRUNK OR TREAT
OCTOBER 31, 2021
SPOOKING BEGINS AT 2:00 PM
AT THE PARKING LOT ACROSS FROM KPT COMMUNITY
BUILDING

THE KAIBAB PAIUTE TRIBE WILL PROVIDE THE CANDY FOR EACH TRUNK ENTRY. TRUNKS WILL BE JUDGED AND PRIZES GIVEN FOR BEST DECORATED. THERE WILL ALSO BE A COSTUME PARADE AND A PUMPKIN DECORATING CONTEST WITH LOTS OF PRIZES. BRING YOUR PUMPKINS ALREADY DECORATED.

CHILI DINNER PROVIDED WITH POTLUCK DESSERTS FROM THE COMMUNITY

COME OUT AND ENJOY A SPOOKY AFTERNOON.
Vacant Seat

Enrollment Committee

The Enrollment Committee is looking for a new member to join us. The committee meets twice a quarter. If you are interested, please fill out an application and submit to Valencia Castro, Tribal Trust/Enrollment Officer. Request an Enrollment Committee application from the receptionist at the Tribal Office.

Please submit your applications for enrollment before December. December 2 is the next quarterly Enrollment Committee meeting where we will be reviewing all new applications for enrollment. It is helpful to have your applications in a month in advance so that there is time for review and corrections.

If you have any questions or need assistance, please do not hesitate in contacting me. I am in the office Monday through Thursday, from 8:00 a.m. till 12:00 p.m. My email address: vcastro@kaibabpaiute-nsn.gov; or call 928-643-8321 for direct line, 928-643-7245 to have your call redirected to my office line.
Human Services

**Kaibab Living Sober AA:**
Tuesdays at Noon
Community Building
and on Zoom
Meeting ID: 870 210 54634
Password: odat

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**Contact:**

**Jennie Kalaui:** Phone Number: (435)-689-1799 and Facebook Messenger

**Allen Orton:** Phone Number: (435)-899-1782 and Facebook Messenger

**Penny Keller:** Phone Number: (435)-689-0381 and Facebook Messenger

Jennie, Allen and Penny are available for individual and group sessions
ONLINE ACTIVITY: Open to All Veterans

Honoring Native American Veterans and all who served

The Cultural Preservation Office is sponsoring a VETERANS raffle giveaway! Our way of saying thank you for your service.

EXAMPLE OF SIDE-BY-SIDE

Here’s What To Do

Thursday, November 11th
8:00AM – 4:00PM
On-Line at SSSTK FB Group Page
(Sending Smoke Signals to Kaibab)

In the comments under the post “Veterans Raffle Giveaway” post must include your side-by-side pictures or any picture of you include your full name & military branch.
(Closes at 4PM No Late Entries)
Each participant will be entered into a raffle 4-winners!
Questions contact LeAnn (928) 643-7365
These heritage classes for kids ages 5-14 are open to all youth.
~ Rides are not provided ~

Dream Catcher
Alternative activity available for younger children

Friday, November 5th

(9:00AM – 12:00PM) Kaibab Community Bldg.

(1:00PM-4:00PM) Eagle Mt. Community Bldg.

Snacks Provided

What’s Your Talent?

Willing To Teach Kids, Teens & Adults?
The Cultural Preservation Department is looking for instructors willing to share their talents be it traditional or contemporary.

Musicians, singers, Painters, sculptors, potters, Quilters, gardeners, native plant enthusiast, cooks, Traditional life skills, etc.

Contact
LeAnn Jake Shearer
(928) 643-7365
lshearer@kaibabpaiute-nsn.gov
These heritage workshops are open to tribal members, spouses, and other Native people living on the Kaibab Paiute Reservation.

Ribbon Skirt Making
8-hr. Intro. Workshop
Taught By: Taralynn Spute

Saturday, November 13th
8:00AM – 4:00PM
Eagle Mt. Community Bldg.
Lunch & Snacks Provided

SPACE IS LIMITED There are 10 spots available on a first come first served sign-up basis. Contact LeAnn at the Cultural Preservation Office 643-7365 to sign-up.

Participants must supply own cotton fabric for skirt.

- 4 yards size: 2-3X Plus
- 3 yards size: 12-18 Adult
- 2 ½ yards size: 10-12 youth
- 1 yard size: 5-8 child

You can bring your own sewing machine, ribbon, etc. if you wish to. Otherwise, a limited variety of supplies will be available for participants to choose from.
These Elders 60+ heritage classes are open to tribal members, spouses/significant others, and other Native elders 60+ living on the Kaibab Paiute Reservation.

Elders 60+
Heritage Class
Meet and Greet

Tuesday, November 16\textsuperscript{th}
9:00AM – 11:00AM
NEW Senior Center Building

We will meet to discuss the types of class activities you would like to have, preferred weekdays to meet Tuesday or Thursday and activity times to meet before lunch or after lunch etc.

Ice Breaker Games & Raffle Prizes!

Elders 60+
1\textsuperscript{st} Heritage Class

Tuesday, November 30\textsuperscript{th}
9:00AM – 12:00PM (3-hrs.)
NEW Senior Center Building
Senior lunch participants can eat lunch at the building.

Hot Drink Options & Snacks Provided
ONLINE ACTIVITY: Open Participation

NATIVE AMERICAN heritage month

Rock Your Moccs!!

Wednesday, November 3rd
8:00AM – 4:00PM
On-Line at SSSTK FB Group Page
Post your picture in the comments on the "Kaibab Rock Your Moccs" post Must include your full name.
(Closes at 4PM No Late Entries)
Each participant will be entered into a raffle 2-winners

Rock Your Ribbon Skirt or Shirt!!

Wednesday, November 17th
8:00AM – 4:00PM
On-Line at SSSTK FB Group Page
Post your picture in the comments on the "Kaibab Rock Your Ribbon Skirt or Shirt" post Must include your full name.
(Closes at 4PM No Late Entries)
Each participant will be entered into a raffle 2-winners
Congratulations to Stephanie Tapoose

For completing the self-motivated challenges and earning a FREE Fitbit!
WE’RE HIRING!!

We have positions open here at the administrative offices, from entry level to executive. We offer vacation, sick time, 14 paid holidays and a great insurance package.

OPEN POSITIONS:

Senior Center Kitchen Assistant
Administrative Assistant/Records Management Clerk
Title XX HomeMaker/Title VI Senior Transportation
Finance Clerk
Economic Development Director
Grant Writer
Emergency Services Coordinator
Water Resources Director
Day Labor

See the full job descriptions and application on our website: kaibabpaiute-nsn.gov
Or contact Dena Cuellar, Human Resources Director at hr@ kaibabpaiute-nsn.gov or call 928-643-8307
The New Blood Pressure Fix

Research suggests that some types of exercise may be better than others at lowering your numbers—depending on where they are now. By Karen Asp

High blood pressure—aka hypertension—is a huge problem: almost half of U.S. adults have it, and it's responsible for 1 in 4 heart attacks. The good news is that lifestyle changes, particularly exercise, are highly effective at reducing blood pressure, so much so that the American Heart Association recommends physical activity as the go-to therapy for otherwise-healthy adults with moderately elevated blood pressure. (For the record, that's at least 150 minutes of moderate-intensity, or 75 minutes of high-intensity, activity a week, plus twice-weekly strength training.)

But a recent position statement published in the European Journal of Preventive Cardiology aims to provide an even more personalized exercise plan. "Current guidelines don't take into account a person's initial blood pressure or the different blood pressure-lowering effects of aerobic exercise versus resistance training," says lead author Henner Hanssen, M.D., a professor of preventive sports medicine at the University of Basel in Switzerland. "All exercise treatment strategies are effective, but some are better for specific blood pressure categories."

In the review of studies, Hanssen and the other researchers evaluated three types of exercise: aerobic training, like walking, biking and dancing; dynamic resistance training (weight-bearing exercises such as squats, pushups and biceps curls); and isometric resistance training, where you hold an exercise, like a plank or wall sit. The results? For those with blood pressure 140/90 mmHg or above (stage 2 hypertension), aerobic training was most effective at lowering blood pressure. Isometric and dynamic training, or workouts that combine these moves with cardio, like high-intensity interval training, were also effective for this group. Dynamic resistance training was best for people with blood pressure between 130/80 and 139/89 mmHg (stage 1 hypertension). And those with normal (less than 120/80 mmHg) or elevated (120/80 to 129/80 mmHg) blood pressure benefited most from isometric resistance training.

Hanssen says that more research is needed to determine why certain types of exercise have different impacts, and to examine the role that other factors, such as race, age and gender, might play. But he's hopeful that this research will lead physicians to advise more personalized workout "prescriptions" that optimize hypertension treatment. (Be sure to talk to your doctor before starting a new exercise regimen—especially if you're currently sedentary, are older than 40 or have been diagnosed with heart disease.)

Of course, any type of activity you like—and will stick with—will be better than none. "Any movement that increases your heart rate and gets your blood pumping at a faster pace can improve blood pressure," says Susan Cheng, M.D., M.P.H., a professor of cardiology at the Smidt Heart Institute at Cedars-Sinai in Los Angeles. But know that a tailored plan could help your numbers drop even faster.

**KNOW YOUR NUMBERS**

| Normal blood pressure | <120/80 |
| Elevated | 120-129/80 |
| Stage 1 Hypertension | 130-139/80-89 |
| Stage 2 Hypertension | ≥ 140/90 |

Source: American Heart Association
Intermountain
Garfield Memorial Hospital

3D DIGITAL MOBILE MAMMOGRAPHY UNIT

coming to your area

Kanab
Nov. 9-11th, 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
West Nile virus (WNV) has reached the highest levels ever recorded in Arizona in Maricopa County

Public Health Surveillance System Alert: October 2021

West Nile virus (WNV) is circulating widely in our community at numbers that have exceeded our initial outbreak in 2004. Routine mosquito surveillance is still yielding both WNV and St. Louis encephalitis (SLEV) positive mosquitoes in Maricopa County.

Both serum and CSF can be collected for diagnostic testing commercially.

Healthcare providers should strongly consider WNV and other arboviral diseases like SLEV when patients fit the following profile:

* All cases of viral encephalitis
* All cases of acute flaccid paralysis or Guillain-Barré syndrome of unknown etiology, with or without presence of viral meningitis or viral encephalitis
* Cases of aseptic meningitis, especially those with at least one of the following: profound muscle weakness or neuropathic symptoms (i.e. flaccid paralysis, spastic paralysis, or Guillain-Barré syndrome
* Cases of febrile illness of unknown etiology, with or without presence of other symptoms such as headache, body aches, joint pains, vomiting, diarrhea, or rash.

Laboratory diagnosis is recommended and is accomplished by testing of serum or cerebrospinal fluid (CSF) to detect WNV-specific IgM antibodies.

* WNV-specific IgM antibodies are usually detectable 3 to 8 days after onset of illness
* If serum is collected within 8 days of illness onset, the absence of detectable virus-specific IgM does not rule out the diagnosis of WNV infection, and the test may need to be repeated on a later sample.

For additional information and resources, please visit:
- Disease information and current case counts: www.maricopa.gov/1608/Mosquito-Related-Diseases
- Information on WNV: www.cdc.gov/ncidod/dvbid/westnile/index.htm
- Information on SLE: www.cdc.gov/sle/
HAND WASHING TO AVOID Colds, Flu AND OTHER infections

Getting sick is no fun. It may mean visits to the doctor and missing work or school. While it is not possible to avoid all illnesses, hand washing can help. It is one easy way to lower your risk of getting sick.

Why should you wash your hands?
✓ Our hands pick up germs from many places:
  • Other people.
  • Surfaces such as desks, doorknobs, telephones and money.
  • Animals and their waste.
✓ You can get sick when you touch a surface that has germs and then touch your nose, mouth or eyes.
✓ Hand washing removes the germs on your hands that can make you sick.

Wash away the germs.
✓ Hand washing can take away germs that cause:
  • Colds and flu
  • Hepatitis A
  • Meningitis
  • Infectious diarrhea
  • Conjunctivitis (pink eye)
  • Other infections

When should you wash?
✓ Washing your hands often is a good habit.
✓ It is very important to wash:
  • Before, during and after cooking or preparing food.
  • Before eating.
  • After using the bathroom or changing a baby’s diaper.
  • When you are in close contact with a person who is sick.
  • After you cough, sneeze or blow your nose.
  • When your hands look dirty.
  • After touching animals or handling their waste.

Soap up!
✓ Wet your hands and use plenty of liquid or bar soap.
✓ Scrub all surfaces of your hands.
✓ Wash for about 20 seconds.
✓ Remember: It is the soap and scrubbing that remove the germs.

When there is no soap and water...
✓ Use alcohol-based hand sanitizers or wipes.
✓ These products contain germ-killing alcohol, and they do not need water to work.

Teach children healthy habits, too!
✓ Germs spread easily in schools and daycare settings. It is important to:
  • Show children how to wash their hands.
  • Explain how good hand washing will help keep them and others from getting sick.
  • Make it fun! Have them wash for about as long as it takes to sing the “ABC” song.
MAKE IT A HABIT!

Find these 5 words in this word puzzle to help you remember to wash your hands!

YIKES!!!

WASH
GERMS
HEALTHY

O Y S E A M J P M
N H H N C H S A W
I T M T E A B O R
C L E A N N O S A
K A F A N D B C Y
W E S T G S E T R
E H F E A I A G D
T P R M S C R U B
D M K F E S N I R
S J U S K T V I K

Don't forget! Wash your hands!

It's the easiest way to:
- Stop germs!
- Not get other people's germs!
- Stay healthy!

Germs HATE clean hands!

Can you find the 5 EXTRA handwashing words in this puzzle? *

This brochure is not intended as a substitute for your health professional's opinion or care.
Text and drawings by Eric Berg.
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WASH YOUR HANDS!

WHY?
It keeps you healthy!
Clean hands...
- Wipe out germs!
- Help keep you from catching a cold.
- Cut down on breathing and allergy problems.

Washing your hands gets rid of germs you could pass on to other people, and germs they could pass on to you!

WHEN?
Before you...
- Eat, drink or touch food.
- Serve food or set the table.
- Fix cuts, scrapes, burns or blisters.
- Take care of someone who's sick.

After you...
- Use the bathroom.
- Cough, sneeze or blow your nose.
- Pet, hold or clean up after animals.
- Handle uncooked meat, chicken, fish or other foods.
- Are around someone who's sick.

HOW!
Get in the habit!

1. WET your hands with warm water.

2. SOAP them up.

3. SCRUB your hands for as long as it takes to say your ABCs.

4. RINSE in running water.

5. DRY your hands with a clean towel (not on your pants, dress or shirt).

6. TURN OFF the faucet with the towel.

Don't forget to clean your nails and between your fingers!
**HOW?**

1. Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze.
2. Use a tissue.
3. Toss the used tissue in the trash.
4. Wash your hands with plenty of soap and water, or in the trash.
5. Dry your hands.

**WHY?**

- **Germs don't like hydrogen peroxide.**
- **Germs don't like a sneeze.**
- **Coughing and sneezing happen when you get sick.**
- **People sick with colds, flu, and make these germs spread and can fly into your mouth and nose.**

**Then...**

- **ALWAYS COVER your mouth and nose from spreading if you can stop germs.**
- **You can stop germs from spreading if you cover your mouth and nose with a tissue or sleeve.**

**Then...**

- **Get friends to cover their germs!**
- **You don't want sneezes tool!**
- **Their coughs and sneezes.**
- **Your pants are not dry during or hand dryer or towel.**
- **Your nose.**
**GERMS SECRET CODE GAME**

**SECRET CODE WORDS**

- UVEKF
- WJC
- KGDLO
- PBFV
- FPPYY
- LNFDV
- FJVVH
- LEMFQ
- AMFQ
- FGMI
- LGAVJ
- PGL
- WENVPFT
- CGD
- UVEKF

**SECRET CODE TRANSLATOR**

- FGHILMNOQPQRSTUVWXYZ
- SOVPLMTAIQNHKJDFBZC

**Make it a habit!**
The smart way to stop germs is to **always** cover your mouth when you:

- Cough
- Sneeze
- Blow your nose

**Germs HATE it when you cover them up!**

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This brochure is not intended as a substitute for your health professional's opinion or care.

Text and drawings by Eric Berg.

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Title No. 480 [18-0510]
Gym Hours
Starting November 1, 2021

Monday's & Tuesday's:
8:00am to 5:00pm
Wednesday's: 10:00am to 8:00pm
Thursday's & Friday's: 8:00am to 5:00pm
Lunch break everyday from 12:00pm to 1:00pm

Times and days are subject to change. For questions call McKenna Yracheta-Diabetes Fitness Coordinator at (928)643-6007 or email myracheta@kaihebnapaiute-nep.gov.
Diabetes Awareness Walk

Join us

November 19, 2021 at the Steamboat community center to walk for Diabetes Awareness from 2:00pm to 3:00pm.

§

November 20, 2021 At the Kaibab community center to walk for Diabetes Awareness from 10:00am to 11:00am.

There will only be two walks this time so you can choose to join either steamboat's or Kaibab's walk.

Times and days are subject to change. For questions you can call or email McKenna Yracheta-Diabetes Fitness Coordinator at (928)643-6007 or myracheta@kaibabpaiute-
The Smartest Way to Use a Dumbbell

YES, YOU CAN work every muscle in your body with one piece of old-school gear. We love kettlebells, med balls, and resistance bands, but if we had to choose one piece of equipment, it would be a single dumbbell.

The game plan this month: Three times a week, you'll grab the simplest tool in the gym and use it to build muscle and banish fat in a super-dense half-hour workout. It's the most effective way to fry body fat, and it's the perfect way to train for the holidays. It's also exactly how Hollywood-based trainer Ben Bruno, C.F.S.C., guides time-strapped A-listers like Justin Timberlake and NBA star Klay Thompson. "They want quick, efficient workouts that hit everything," Bruno says. "So we need to move fast."

It doesn't get more efficient than this lightspeed, one-dumbbell workout.

**DIRECTIONS:** Do this workout **three times a week**, resting at least one day between sessions. Complete each circuit, resting as little as possible between each exercise. Rest 90 seconds between rounds. **Before each workout,** warm up by doing 30 jumping jacks, 15 body-weight squats, 10 Superman holds, and 10 pushups.

**1 Single-Arm Standing Shoulder Press**
- Stand holding a dumbbell at your left shoulder, feet shoulder-width apart, knees slightly bent, glutes squeezed, and core tight (a). Keeping your chest level, straighten your arm to press the dumbbell overhead (b). Pause, then slowly lower the dumbbell back to your shoulder. That's 1 rep; do 8 per arm.

**2 Goblet Reverse Lunge**
- Stand holding a dumbbell at your chest (a). Tighten core and step back about three feet with your right leg. Keep your chest up and dumbbell high. Bring your knees and torso until your left thigh is parallel to the floor (b). Your knee should be a inches from the floor (c). Your right leg should be a stand back up. That's 1 rep; do 10 per leg.

**EQUIPS:** Squeeze your glutes when you stand. This will help your lower-back pain doing lunges.

PHOTOGRAPHS BY KAT WII
Circuit B

Do 3 rounds of this circuit.

1. **Hollow-Body Single-Arm Press**
   - Lie on your back, holding a dumbbell in your left hand, arm straight, directly over your chest. Press your lower back into the floor and lift your legs slightly off the floor; lift your shoulder blades slightly, too. This is the start (a). Bend at the elbow and shoulder, lowering the dumbbell toward your chest without losing torso position (b). Press back to the start. That's 1 rep; do 8 per arm.
   - **EB SAYS:** Struggling with the position? Bend your knees to make it easier.

2. **Single-Leg Bodyweight Hip Thrust**
   - Lie on your back, knees bent and feet flat on the floor. Lift your right foot off the floor and tuck your right knee toward your chest (a). Tighten your core. Driving your left heel into the ground, push your lower back off the floor (b); squeeze your left glute as you do this. Pause, then return to the start. That's 1 rep; do 10 per side.

3. **Plank Row**
   - Set up in pushup position, glutes and abs tight, right hand gripping a dumbbell (a). Squeeze your shoulder blades. Pull the dumbbell off the floor, rowing it toward your rib cage but keeping your hips and shoulders square (b). Pause. Return the dumbbell to the start. That's 1 rep; do 8 per arm.
   - **EB SAYS:** Focus on flexing the oblique on the rowing side as hard as you can to keep your hips level.