

March is Women Veterans Month

Hopi Set to Celebrate and Recognize Women in Military Service

Honor the Sacrifice of Women Veterans . . .



CELEBRATE THEIR SERVICE



Photo provided by the Hopi Veterans Services

By: Eugene Talas, Hopi Veteran Services
PRESS RELEASE

KYKOTSMOVI, Ariz. – March is Women Veterans month and during the month we will celebrate and recognize our women in military service. Women have a long history in serving in our country.

There are about 2 million women veterans in the U.S. and growing. Many have been invisible to the world. They don't usually wear caps with military logos or t-shirts with their

branch name. But each woman veteran has a story. The moment you take time to listen to them when they acknowledge their veteran status, you will gain a new awareness about that person, their experience, what freedom means and the sacrifice it took to earn that freedom.

In our history, women veterans were nurses during WWII aiding American and Allied troops in Europe and North Africa. In the Korean War, women veterans served in Army mobile surgical clinics. In Vietnam the women veterans worked in field

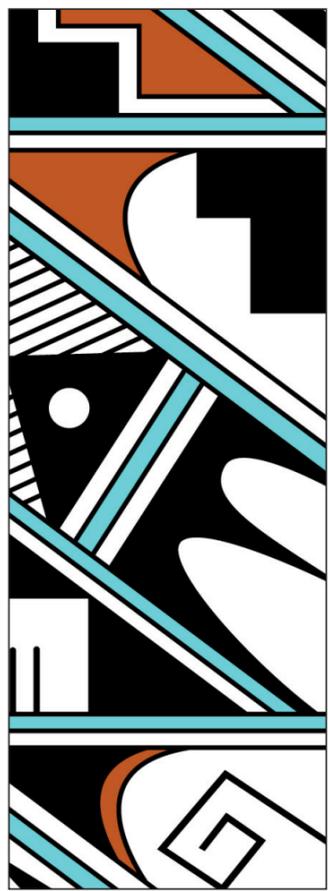
hospitals in the jungle close to the front lines. In Desert Storm, women veterans drove trucks loaded with supplies through the deserts in enemy territory. In Iraq and Afghanistan, women served on the front lines directly in the line of fire. At this very moment, women are stationed all over the world and on the seas, in places where they work tirelessly, in peace and in war.

If you are interested in hearing more about these courageous women veteran's stories we are pleased to inform you that you can do just that on March 20,

2019 at 10:00 a.m. at the Hotevilla Youth & Elderly Center in Hotevilla, Ariz. We welcome Tutuveni readers and all the public to join us in celebrating Women Veterans. ALL WOMEN VETERANS are invited and encouraged to attend.

For more information and to RSVP, contact Eugene Talas, Hopi Veterans Services - Hopi Tribe at 928-734-3461 or 928-613-4863. Sharon Fredericks, Veterans Outreach, Department of Veterans Affairs can also be contacted at 928-734-5166.

HOPITUTUVENI
PO BOX 123
KYKOTSMOVI, AZ 86039
1000-01600-7460
ADDRESS SERVICE REQUESTED



Hopi Three Canyon Ranch Holds Fifth Anniversary Gathering



Clayton Honyumtewa LLC Manager speaks to crowd gathered during Hopi Three Canyon Ranch fifth Anniversary Event (Photo by Romalita Laban/Hopi Tutuveni)



Patrick Browning H3CR Ranch General Manager speaks to crowd during Hopi Three Canyon Ranch fifth Anniversary Event (Photo by Romalita Laban/Hopi Tutuveni)

By: Romalita Laban
HOPI TUTUVENI

TWIN ARROWS, Ariz. – After being in operation under the Hopi Tribe Economic Development Corporation since 2014, the Hopi Three Canyon Ranch celebrated its fifth Anniversary by hosting a gathering and luncheon on Friday, March 8, 2019 where almost 150 invited guests attended.

Due to inclement weather conditions, the event was held at the close by indoor conference facilities of the Twin Arrows

Casino. The room and tables were almost filled to the capacity in time to hear about the Hopi Three Canyon Ranch accomplishments which were presented by Clayton Honyumtewa, Hopi Three Canyon Ranch LLC Manager and Ranch General Manager Patrick Browning.

Honyumtewa talked about the staff involved with daily operations of Hopi Three Canyon Ranch and a brief history of how Hopi Three Canyon Ranch has come to be under the HTEDC auspices. He emphasized that the Hopi Three Canyon Ranches belongs to the Hopi people

and as a result of all the great work of the staff they could hold such an event because of the proceeds which have come available.

Patrick Browning echoed the sentiments of the ranches belonging to the people and notified Hopi Tutuveni that, "You are all owners of the ranches, solely owned by the Hopi Tribe. I want every Hopi to be interested in everything we are doing on the Hopi ranch lands and at Hopi3CR. The new lands are not laying fowl; they are producing for the Hopi. Since we took over, we are generating

good things through Hopi 3CR."

Browning also noted that a presentation of \$100 thousand would be presented to Hopi Tribal Council on April 10, 2019 when a report will be provided to Council. He also mentioned that in 2018 a check in the amount of \$200 thousand was also presented and which is over and beyond what was due for a Line of Credit loan which has, since February 2019, been paid off.

EDITORIAL

RECYCLING COMING TO A MESA NEAR YOU
Read about how recycling is changing the Hopi Tribe

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COLUMN

LARRY'S CORNER
"Who am I"
Read how Larry is trying to find himself...

More on Page 7

COMMUNITY

Julie Canyon Awarded by Vitalant.
Read more about the award ceremony

More on Page 5

PUBLIC

Three Canyon Ranch Celebrates its fifth anniversary
Read more about their success and the food...

More on Page 1

GUEST EDITORIAL

Rezycling: Coming to a Mesa Near You

By: Jack Pongyesva, Rezycling

KYKOTSMOVI, Ariz. - The amount of solid waste (anything humans throw away after using) has increased immensely in the Hopi community ever since the 1980s, when grocery stores and other non-traditional establishments began opening their doors in nearby Tuba City. Suddenly, generously packaged items meant to be used once and then tossed away; became the predominant filler of the average shopping cart. With consumer-friendly diapers, soda pop, disposable kitchenware, and plastic utensils, these new and convenient items are purchased more and more when preparing for community events and ceremonial dances. According to My Yellow Pages Importance of Recycling online recycling guide, "Approximately one-third of all waste is generated by product packaging..." As the household outputs grew, the Tribe attempted to combat the issue by collecting, transporting, and disposing of the trash into designated piles within areas known as landfills, some of which have become the size of mountains over the last couple decades.

Unfortunately, this foreign process of getting rid of all the newly formed solid waste streams of materials, which had never been encountered before in Hopi communities is slowly failing. Local trash removal services, often being extremely expensive, inefficient, is even inaccessible to many residents in and around the Hopi villages. Historically, inhabitants on and around the Mesas had virtually no garbage like the kind we have today. Because the Hopi people were self-sustainable and lived off the land, the garbage generated was biodegradable, compostable, and safe for animals to eat. Currently, the amount of trash generated by each household is at an all-time high, and combined the "Hopi and Navajo Tribes produce over 300 million pounds a year" according to the Grand Canyon Trust website information about entrepreneurs working on the "rez trash problem."

The effects of the new flow of solid waste materials coupled with the cost and inconsistency of trash removal services has created eye-opening problems around Hopi Tutskwa. Evident in the unfathomable number of illegal dumping sites that surround the villages and mesas; which communicates a visible loss of respect for the land; its beauty; and all life it supports.

In addition, this new garbage found in these dump sites is a combination of countless manufactured single-use materials including plastic, and hazardous waste, which contains chemicals that have long-term negative effects on our environment and sacred resources as they ferment in these trash piles and never really break down. Slowly poisoning the land and life it supports; these trash piles suffocate plants and vegetation, which affects the animals, insects and pollinators; and poisons the air and soil as they emit methane gas into the atmosphere when temperatures rise, and release chemicals that seep into the groundwater with annual rain and snowfall. Springs around the villages are contaminated with landslides of trash disposed of off the Mesas over the years, and are at risk of further contamination through tainted groundwater caused by the growing number of illegal dump sites. It seems that past attempts at solutions to this modern problem have fallen short, and therefore call for a more contemporary answer: recycling.

Recycling is a process that helps prevent certain materials from being thrown away in landfills by reusing into new packaging for products or other similar goods. By keeping these materials out of the garbage and renewing their life cycle as the same materials, both energy and environmental damage are reduced drastically. When something is recycled; such as aluminum, cardboard, glass, or plastic it prevents further ecological destruction to areas where the resources required to make those materials reside in their natural state. (For example, when you recycle paper or cardboard you save trees from being cut down to make new paper or cardboard products. When you recycle aluminum, you decrease the area of earth that is mined for aluminum to make new single use cans.) Also, when avoiding use of unearthed resources, the energy used to extract and transport those virgin materials are saved just as that piece of Mother Earth is. Not to mention, all the coal, natural gas, and oil, burned to produce energy for these processes are also eliminated. "Recycling one ton of paper saves 17 trees, 3 cubic yards of landfill, 4,200 kilowatt hours, 7,000 gallons of water, 390 gallons of oil and eliminates 60 pounds of air pollution. Glass never wears out - it can be recycled forever. [Also,] recycling aluminum cans saves 95% of the

energy used to make a new can from virgin ore. It also produces 95% less air and 97% less water pollution." As stated further in the "Importance of Recycling at: <http://www.myp.com/guide/Hopi-Indian-Reservation,AZ/Importance-of-Recycling>

Now we come to the application of this ecologically beneficial type solid waste management. Rezycling is a family owned and operated company that is in the process of setting up operations within Hopiland. Through the help and guidance from community advocates and partners; including the Nuvayestewa family that spearheads the annual First Mesa Earth Day Clean-Up and have supported Rezycling from its birth; to the staff at KUYI and the Tutuveni who help us share our message with the community through radio and print; to our Cultural Advisors in the community, including our Dad Abbott Pongyesva, and those at the Cultural Preservation Office that provide the guidance and support to Rezycling ensuring the continued existence of Hopi cultural values and traditional life of stewardship to this land we hold so sacred.

This initiative has come a long way in the year that it has tried to integrate into everyday Hopi life. Founded and run by myself, and my sister Georgie who now resides in Hotevilla, Rezycling has begun the complex process of getting its feet on the ground and the industry established with absolutely no former infrastructure in place. Through grassroots-based events, such as the First Mesa Clean-Up, educational support in the form of community center presentations, in addition to providing free cardboard pick-up service to some of the local businesses when able, the recycling company has struggled to fully immerse itself into the region. This is primarily due to the lack of time and funding that Rezycling has been able to procure with the jobs my sister and I currently hold, which solely fund the day-today operations of the company.

There has been major inspirational, informational, and logistical help from the Native American Business Incubator Network (NABIN), which has made the whole initiative possible thus far. However, with the lack of infrastructure, unstable markets, equipment needs, and the rural characteristics of the landscape, this endeavor is a formidable challenge, to say the least. But no matter how big the obstacles, it's a cause worthy of the effort. There needs to be a twenty-first Century solution to help combat a twenty-first Century crisis, which also helps improve the health and beauty of Mother Earth.

Rezycling envisions making recycling for aluminum, plastic, cardboard, paper, and hopefully glass, available for all Hopi communities, by offering drop-off locations for all Three Mesas by the end of this year. Another future goal for Rezycling is to eventually offer disposal and collection services for recyclable materials to all the schools, businesses, medical facilities, and tribal offices. Most community members would be very surprised about the amount of recyclable materials that are in every bag of trash sent to the landfill. By utilizing measures to prevent this, including trash bag audits, increasing education outreach within the community and expanding into schools, and continuing to work with leaders in the area and grassroots movements and events, we hope to come into 2019 with full force and maximum efforts.

We ask for help via support from community toward our work to continue and expand our work. Any guidance and help in supporting Rezycling to accrue and locate funding both on and off the Hopi Reservation, would be appreciate. So far, the community has been very receptive and supportive in every way, and many wonderful individuals have offered their help in any way or inquired with interest about the next steps along the way. It is this type of encouragement and inspirational gestures that have ushered the incremental progress that has gradually taken place in the time that Rezycling went from just an idea to a reality. For this, we would like to personally say thank you, and furthermore we hope to see and hear all of your input, ideas, critiques, and interest, over the coming months. We at Rezycling cannot wait to bring innovation and clean industry to Hopi, and by lowering the landfill waste and helping to eliminate the trash piles in the area, we are beyond thrilled to integrate environmental stewardship, traditional values and Hopi Culture back into our own lives and the lives of our future generations who will inherit this earth.

Be Part of the Solution not the Pollution! Join the Rezycling Revolution! Kwak'wa! Contact Georgie Pongyesva at 928-310-8691 or Jack Pongyesva at: Jack@rezycling.com

NOTICE TO THE PUBLIC

NOTICE OF PUBLIC MEETING

for

BIA ROAD DESIGN and HDOT CONSTRUCTION PROJECT HIR 20(1) – Sunlight Mission Road

The Bureau of Indian Affairs (BIA) and Hopi Department of Transportation is proposing to grade, drain, and pave BIA Route 20 – Sunlight Mission Road from SR 264 to MP 2.0, which is approximately 2.0 miles near the community of Mishongnovi, Navajo County, Arizona. The proposed design of the project consists of a paved 24' wide roadway.

The purpose of this meeting is to solicit input and comment from interested and affected parties as it relates to potential design and construction options and any impacts the proposed project may have on local residents or the environment. The meeting is also to inform and educate the traveling public about upcoming roadway construction activities proposed on the reservation.

DATE OF MEETING: April 10, 2019

TIME: 6:00 PM

LOCATION: Mishongnovi Youth & Elderly Center Conference Room

Additional information may be obtained from:

Bureau of Indian Affairs
Hopi Agency
P.O. Box 158
Keams Canyon, AZ 86034

Hopi Department of Transportation
P.O. Box 123
Kykotsmovi, AZ 86039
Attention:
Michael Lomayaktewa, Director

(928) 738-2228

Individuals or organizations unable to attend the meeting may submit written comments for consideration into the official record. Written comments will be accepted until close of business May 7, 2019. Comments should be submitted to the Hopi Agency, Attention Wendell Honanie, Sr., Superintendent, at the above address.

For questions, or further information regarding the meeting or the proposed project, please contact Michael Lomayaktewa, Transportation Director, Hopi Department of Transportation, at (928) 734-3181.

NOTICE OF PUBLIC MEETING

for

BIA ROAD DESIGN and HDOT CONSTRUCTION PROJECT HIR 10(1) – Spider Springs Road

The Bureau of Indian Affairs (BIA) and Hopi Department of Transportation is proposing to grade, drain, and pave BIA Route 10 – Spider Springs Road from SR 264 to MP 2.5, which is approximately 2.5 miles near the community of First Mesa, Navajo County, Arizona. The proposed design of the project consists of a paved 24' wide roadway.

The purpose of this meeting is to solicit input and comment from interested and affected parties as it relates to potential design and construction options and any impacts the proposed project may have on local residents or the environment. The meeting is also to inform and educate the traveling public about upcoming roadway construction activities proposed on the reservation.

DATE OF MEETING: April 9, 2019

TIME: 6:00 PM

LOCATION: First Mesa Consolidated Village (FMCV) Community Building

Additional information may be obtained from:

Bureau of Indian Affairs
Hopi Agency
P.O. Box 158
Keams Canyon, AZ 86034

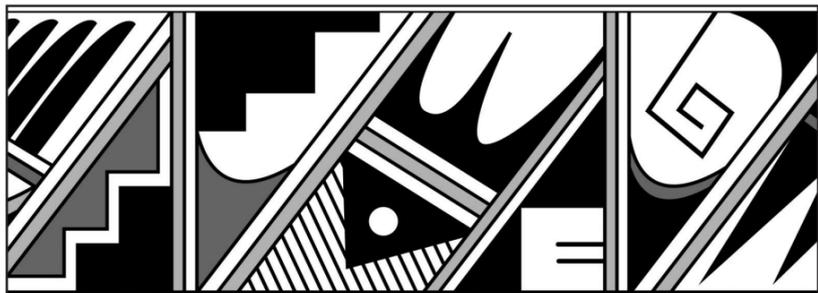
Hopi Department of Transportation
P.O. Box 123
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Kiva Entrance-Neil David Sr.



DEAR EDITOR

Morning Hitchhiker



Picture by: https://commons.wikimedia.org

Good Morning,

I had an interesting conversation this morning with a young man who I picked up this morning on my way to work. I picked him up near the Second Mesa Day School. During our conversation he said he was on his way back to Shungopavi. He said he walked his cousin to SMDS because he had missed the school bus. He told his cousin, "Just because you missed the school bus you can't just stay home." He also told him, "You are not getting away that easy." He explained the importance of school and encouraged his cousin to finish high school. He also shared his upbringing, by letting his cousin know his uncles would do the same thing - walk him to school if he missed the bus. He also talked about his

concerns about parents not taking care of their kids and also being controlled by their own kids. "Parents are afraid of their kids..." he said, "...that's why they are getting into all sorts of trouble and just running loose." It was interesting to hear this from a young man who is less than 30 years old and has all that compassion for his cousin.

I thanked him for what he is doing and told him we need more people like you on Hopi. This is a good example of a caring relative.

First I was glad I picked him up and hearing what he shared, also made my morning. So thought I would share this story with you.

-Bruce Talawayma

HEALTH

Why Breakfast Really is the Most Important Meal of the Day

(StatePoint) You've probably heard the saying, "breakfast is the most important meal of the day." While there is some conflicting research that questions the importance of eating breakfast for weight loss, many other researchers conclude there are, in fact, many benefits for starting your day with a morning meal.

Briana Rodriguez, a Registered Dietitian with Jenny Craig, offers the inside scoop on breakfast and why there's still truth in that old saying, especially for those trying to improve their health.

Breakfast Basics

"Breakfast literally means 'breaking the fast,'" Rodriguez explains. "Blood sugar, also known as glucose, powers your muscles and brain. After 7-9 hours of sleep, blood sugar is naturally low and you need to replenish your energy stores."

But what if there's no time to spare in the morning? Rest assured, there are quick, easy breakfasts you can grab on-the-go.

Why Breakfast Matters

Although skipping meals or eating very little in the morning may seem like a sure-fire way to lose weight, Rodriguez explains it's not so simple.

"When you skip breakfast, you'll likely overcompensate later, eating your largest meal at night because you're extremely hungry. And that's not good if your intention is weight loss."

Making breakfast your largest meal of the day, also known as "front-loading," can lead to a healthier weight.

"Since digestion slows during sleep, late-night calories are less easily metabolized and will likely be stored instead of used as energy," Rodriguez explains. "A balanced, substantial breakfast works with your metabolism at its peak, helping support weight loss efforts naturally."

An added bonus? Weight loss isn't the only potential benefit of having a good breakfast; a 2013 study published in "Obesity" suggests other health gains

in addition to weight loss, such as decreased risk of heart disease and Type 2 diabetes.

How Should Your Day Look?

The quality of food you eat also matters. Here's an example of what Rodriguez suggests a typical day look like:

• Breakfast and lunch should be satisfying, protein-rich and include a small amount of healthy fats and carbohydrates.

Think: an egg and veggie scramble with a piece of fruit for breakfast or chicken with veggies and pasta alongside a green salad for lunch.

• Dinner should be light and include a lean protein and lots of non-starchy vegetables. Rodriguez suggests decreasing carbs in the evening.

Think: meatloaf with veggies or something like Jenny Craig's Three Cheese Macaroni with Broccoli and Carrots.

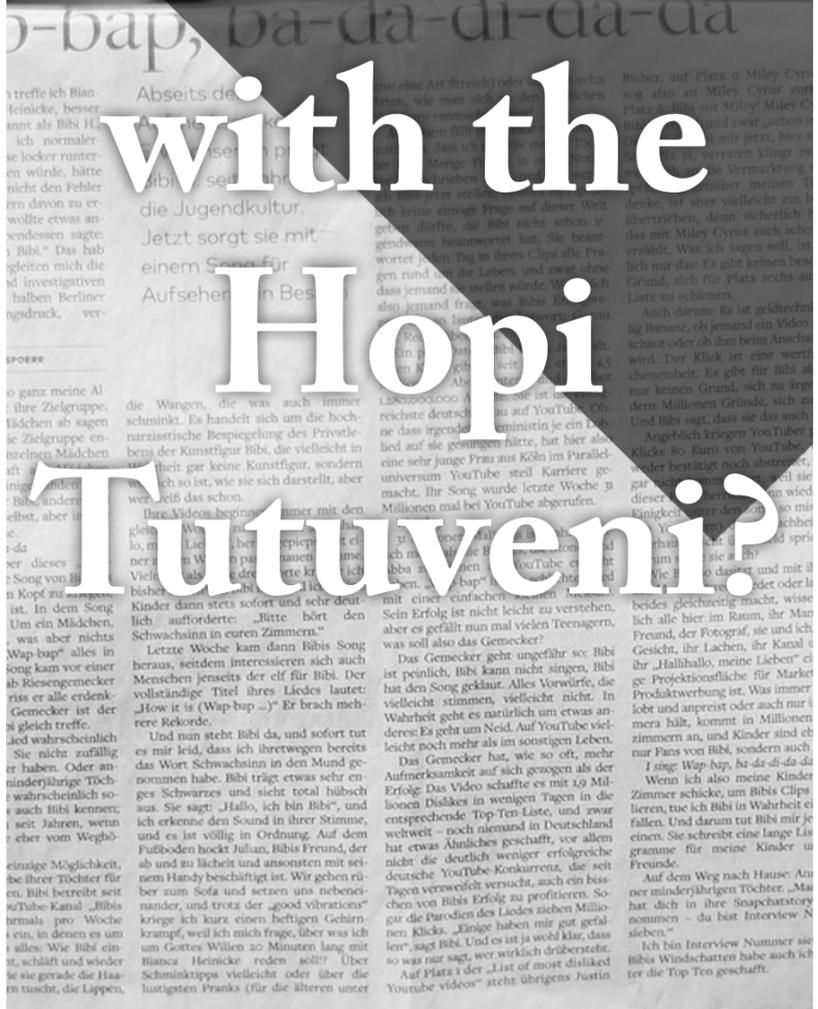
• Snacks are an important part of the equation too. Rodriguez recommends snacks under 200 calories, spaced between meals. Choose something with protein and fiber to help keep you feeling full.

Think: a small apple with a teaspoon of nut butter, or nonfat Greek yogurt with a handful of berries.

Consider weight loss programs that embrace the science around the body's natural circadian rhythm, such as Jenny Craig's newest program, Rapid Results, to help optimize metabolism and accelerate weight loss. Also, look for programs that offer satisfying breakfasts with just the right amount of proteins, carbohydrates and fats. The Jenny Craig program offers over 20 chef-crafted, nutritionist-designed breakfast items. For more information, or to book a free appointment with a personal weight loss consultant, visit jennycraig.com.

Eating breakfast may improve your health in more ways than one. The next time you're rushing out the door in the morning, don't forget to grab something good to eat -- your body will thank you!

Want to Advertise with the Hopi Tutuveni?



Call 928-734-3283 or Email ads@hopi.nsn.us

Advertising in the Newspaper is a great way to market your business or for yourself. We can even develop an ad for you or your business. Don't wait call or email NOW!

(Fees may be subject to apply)

MONEY

Tax Season Tips to Avoid Scammers and Robocalls



Photo provided by StatePoint

(StatePoint) It's tax season. The time of year when phone scammers get particularly aggressive trying to trick you out of your hard-earned money. And scam calls and robocalls are a growing problem for everyone. Here are a few tricks to help you dodge scammers and give you peace of mind.

Know the Signs

Scam call technology is always changing, so it's important to stay vigilant against scammers' attempts to get you to answer your phone. Every year, they make millions off innocent victims with new techniques. Their latest method, known as number-spoofing technology, could fool even the savviest consumers into answering the phone. Number-spoofing makes a scammer's number appear as either a familiar number with a local area code or even come up on Caller ID as the "IRS." If you don't answer, they may also leave "urgent" callback voice-mails via robocalls. Recognizing these tactics can help you stay safe. If you suspect a call (or a voicemail) is a scam, hang up. If you want to be sure, don't call back the number provided but instead, look up your local IRS Customer Service number on the Internet and call the IRS directly.

Use Protection Tools

Check out what technology your wireless company offers that can protect you from scam and spoof calls. For example, T-Mobile offers free scam and spoofing protection for customers with Scam ID and Scam Block. These tools are made available to all postpaid customers and live on the T-Mobile network, so no app is required. As soon as a call reaches the network, it's analyzed and if it's scam, the incoming call is tagged as Scam Likely. If customers want to stop scam calls completely, they can turn on Scam Block. With these tools in place, in the last two years, T-Mobile has alerted customers to over 10 billion Scam Likely calls. And in 2019, T-Mobile reports warning customers of 225 million Scam Likely calls each week. Others wireless providers usually also offer customers app solutions to help identify scam calls for a small monthly fee. Check with your provider to see what is available.

New standards from the Federal Communications Commission, called STIR/SHAKEN, are also helping protect consumers. T-Mobile's implementation of STIR/SHAKEN, Caller Verified, lets you know when a call made on the T-Mobile network is authentic and not intercepted by scammers and spammers. Once other wireless providers implement STIR/SHAKEN, Caller Verified will work on calls made across networks.

Know Your Rights

While scam-blocking technology can help you filter out scam and spoof calls, it's also important to know your rights. Many of these calls use intimidation tactics to scare consumers into divulging sensitive information over the phone. The IRS website notes that they will always make attempts to reach you via postal mail first and they will never ask you for a specific form of payment. You should know that you always have the right to formally contest the amount owed, and the IRS will not make threats against you or your family regarding arrest or deportation. If you have any elderly or susceptible family members, talk to them about how to avoid such scams and consider setting them up with the latest technology to help them stay safe.

This tax season, be wary about the calls that you receive. With up-to-date information and new technology, you can protect your pocketbook from scammers.

Hopi Tribal Offices Remain Temporarily Relocated Through March 2019



Hopi Tribal Council Sessions being conducted at Hopi Wellness Center Conference through the end of March 2019. (Photo by Romalita Laban/Hopi Tutuveni)

By: Tutuveni Staff

If you are an avid reader of the Tutuveni, you will know we informed readers about the construction and anticipated temporary administrative office moves that would be occurring throughout March 2019.

According to Edgar Shupla, Director – Hopi Tribe Facilities and Risk Management Office, the temporary moves are a necessity and to ensure the Hopi Tribal buildings are in compliance with the Americans with Disability Act and building safety requirements, as well.

We have contacted the Hopi Tribal Secretary's office and received an update

that the Hopi Tribal Council sessions will be continued at the Hopi Wellness Center Conference room through the end of this month. The last schedule received, indicated the remaining date on which Hopi Tribal Council will conduct official business and hold regular monthly sessions to be March 25-29, 2019.

We have also been informed via an email update from the Hopi Tribe's Facility Department that the Main Parking Lot project will be postponed until a later date. To end on a good note, the bathrooms in the Hopi Tribe's Main Administrative building are available for employee and public use.

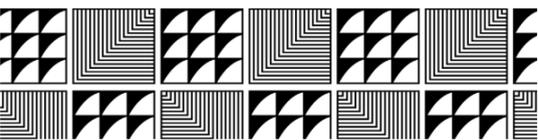


ARIZONA GIVES DAY
APRIL 2, 2019
azgives.org

Strengthening Our Communities starts with The Foundation

THE HOPI FOUNDATION
Lomasumi'nangwtukwsiwmani

On **April 2**, show your support for Hopi communities by participating in **Arizona Gives Day** - a 24-hour, day of online giving to support Arizona nonprofit organizations. Visit **azgives.org** & search "**Hopi Foundation**" to learn more.



A FORUM FOR HOPI/TEWA WOMEN TO EXPLORE, INSPIRE, NETWORK, GROW AND UNITE TO PROMOTE SAFE AND HEALTHY COMMUNITIES USING OUR CULTURAL KNOWLEDGE.

2019 WOMEN'S WELLNESS RETREAT

BY HOPI-TEWA WOMEN'S COALITION TO END ABUSE

FRIDAY, MARCH 29- SUNDAY, MARCH 31, 2019
HIGH COUNTRY CONFERENCE CENTER
FLAGSTAFF, AZ
ALCOHOL & DRUG-FREE EVENT

RETREAT IS OPEN TO:

- Women 18 years & older
- Individuals willing to participate in all activities and discussions
- New applicants only!

WHAT TO EXPECT:

- Interactive discussions & workshops
- Team building activities
- Wellness Activities
- Resources & literature
- Travel Scholarships Available

Submit applications by **March 22, 2019** through e-mail or to **P.O. Box 239 Second Mesa, AZ 86043**

Contact: **info@htwcea.org** or **(928) 225-7029**

HOPI TEWA WOMEN'S COALITION TO END ABUSE PRESENTS:

STRENGTHENING COMMUNITIES CONFERENCE

Taking Steps to Prevent Sexual Violence

MONDAY MAY 13, 2019

8 AM-4 PM MST

MOENKOPI LEGACY INN

LUNCH WILL BE PROVIDED

Contact (928) 225-6873 to pre-register or for questions.

This event is supported by grant No. 2017-IW-AX 0011 (tribal domestic violence and sexual assault coalitions program) awarded by the Office of Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations, expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office of Violence Against Women.

Vitalant Valentines for Life Event Celebrates a Quarter Million Lives Saved

Hopi's Very Own Kykotsmovi Village Store Earns Hero Award for Impact on Arizona's Blood Supply



Julie Canyon, Kykotsmovi Village Store D-backs legend Luis "Gonzo" Gonzalez joined in as a special guest to congratulate Hero Award winners. Pictured from left to right are Gonzo, coordinator Julie Canyon and Vitalant's Southwest Division President Tom Choi.

By: Vitalant
PRESS RELEASE

PHOENIX, Ariz. - The efforts of blood drive coordinators throughout the state were applauded in February at Valentines for Life, the premier annual awards event for Vitalant (formerly known as United Blood Services). Last year, volunteer blood drive coordinators from 1,476 organizations hosted 3,572 blood drives across Arizona, which provided 95,312 blood donations. Because blood can be separated into components to benefit multiple patients, those donations have been estimated to be able to save about a quarter million lives.

Hopi's very own Kykotsmovi Village Store was honored with the Hero Award, Vitalant's most prestigious honor that is reached by just three percent of all blood drive coordinators across Arizona. Julie Canyon, blood drive coordinator for the Kykotsmovi Village Store, increased her number of blood drives, brought in 118 donations and earned a Hero Award for her hard work. Julie offers her donors a free food item from the store as a thank you for making the trip and taking the time to donate. She allows her own employees to donate on the clock and recently received approval from the Hopi tribe to allow tribal employees to donate on the clock as well. She pounds the pavement to make a personal asks of everyone. Her connections in the community allowed her to acquire a nice inside location so blood drives could be moved indoors to make it an even better experience for donors. In 2018 she increased the number of drives so they are scheduled regularly. Because blood can

be separated into components to benefit two to three patients, Hopi blood donations helped save more than 200 lives.

Honored guests at the Valentines for Life event heard an inspiring story from David who is alive today with the help of 39 blood donors. In March of 2017, his doctor sent him to the ER where an oncologist confirmed that David had leukemia and would have survived only three or four weeks had he not come to the hospital. David spent 100 days in the hospital over the next nine months enduring rounds of chemotherapy, overcoming medical set-backs and receiving blood transfusions. He heard the words "your cancer is in remission" on Dec. 19, 2017. "Blood donors gave me a chance to get married and see another birthday and Christmas," said David. "I am so inspired by their sacrifice."

Vitalant is the nation's second largest community blood service provider, supplying comprehensive transfusion medicine services for nearly 1,000 hospitals and health care partners for patients in need across 40 states. Vitalant inspires local communities to serve the needs of others and transform lives through the selfless act of donating blood. Every day, almost 5,000 blood donations are needed to meet the needs of people throughout the country, and Vitalant's 780,000 donors supply 1.8 million donations a year. In addition to blood products, Vitalant offers customers transfusion services, medical consulting, quality guidance, ongoing education, research and more. For more information and to schedule a donation, visit vitalant.org or call 877-258-4825 (877-25-VITAL).

Nation's Only American Indian Disability Summit Will Focus on Trauma for American Indians with Disabilities and Their Families

By: Ability360
FOR IMMEDIATE RELEASE

PHOENIX, Ariz. - March 12, 2019, the country's only American Indian Disability Summit, under the theme Gathering Native Voices to Address Collective Trauma, is announced to occur Friday, March 29 from 8:30 a.m. to 4:00 p.m. at the Desert Willow Conference Center, 4340 E. Cotton Center Blvd. in Phoenix, Ariz.

The fifteenth annual summit brings together state, federal, non-profit and tribal partnerships to provide resources and services to American Indians with disabilities and their families.

Speaker topic highlights include, Targeted Sessions for Tribal Youth and Human Trafficking in Indian Country. Among the keynote speakers are:

- Thomasine LaPointe (Rosebud Sioux), Traditional Cultural Advisor, will address Tribal Youth, Minimizing Trauma After Out-of-Home Placement.
 - Tona TreeTop (Standing Rock Sioux) will lead a youth workshop with the theme Navigating Trauma with Cultural Empowerment – Creating a Trauma Action Plan.
 - Tyesha Wood, National Criminal Justice Training Center, will discuss Human Trafficking in Indian Country.
 - Terry McDermott, National Alliance on Mental Illness (NAMI) Valley of the Sun will discuss Living with Mental Illness.
 - Archie Mariano, Tribal Nations Instructor Liaison with the Arizona Department of Economic Security, will discuss Strengthening Partnership and Collaboration with the 22 Tribal Nations in Arizona, and
 - Debra Krol (Xolon Salinan), the 2019 Summit Keynote Speaker, will present Reporting on Indian Country – How Practitioners Can Help Indigenous Journalists Tell Their Stories.
- Anya Corozo (Hopi/Lakota/Pueblo)

will receive the 2019 Marcus Harrison Leadership Award.

Individual on-line registration is \$10. Exhibitor table fees are \$450 for profit, \$350 for non-profit and government agencies and \$125 for arts and craft vendors. Exhibitor fees include registration for two people with a \$75 fee for each additional person.

To register online, visit <https://ability360.org/american-indian-disability-summit/>. For additional information, contact Rosalie Perry at (602) 443-0707 (1-800-280-2245 x707 to leave a message) or Dorothy Goeman at (480) 415-3853 or Betty Schoen at (602) 532-6282. The summit is open to the public.

Ability360, formerly Arizona Bridge to Independent Living (ABIL), continues a 35-year tradition of empowering programs for people with all disabilities. Ability360 offers and promotes programs to empower people with disabilities to take personal responsibility so that they may achieve or continue independent lifestyles within the community. The independent living philosophy states that people with disabilities should have the same civil rights, options, and control over choices in their own lives as do people without disabilities. Ability360 is located at 5025 E. Washington St. Ste. 200, Phoenix, AZ 85034, www.ability360.org, 602-256-2245.

The Ability360Sports and Fitness Center is a 45,000-square foot, state-of-the-art facility located in Phoenix, Arizona. Owned and operated by Ability360, the Sports & Fitness Center offers a wide variety of amenities to help you achieve your health and fitness goals including a fitness center with wheelchair accessible weight machines, an aquatic area equipped with lifts and elevators, accessible locker rooms, and more. Loren Worthington, Ability360 can be contacted at 602-386-4278 for more information.

Disability Awareness Day Conference to be Held in June on Hopi

By: Staci Myron, Hopi Family
Assistant Program
PRESS RELEASE

KYKOTSMOVI, Ariz. - The Disability Awareness Day Conference brings with it awareness and is set to live up to the conference theme of "Suminangwa Naminangwa" by bringing together the community and having various resource booths available. The event is designed to help an individual, or families of individuals with disabilities, obtain the services they may need.

During the conference participants will have the opportunity to attend breakout sessions geared toward helping one learn more about disabilities and available services. Participants will also get a chance to get questions answered. The conference will take place at the Hopi Jr. / Sr. High School located on the Hopi reservation in Keams Canyon, Ariz. on June 7, 2019 from 8:00 a.m. - 5:00 p.m.

Disability awareness isn't necessarily knowing all the disabilities and their contradictions but rather just knowing that it is out there and does exist. Some disabilities are easily seen while others are a bit harder to recognize. Being aware can help our society to become more acceptable to people who are different. By having that awareness one can aid in bettering the chances of a person with a disability at becoming more successful with their endeavors. When society is more aware and cognizant of others' impairments success rates can be positively impacted.

A disability is not just a health problem; it is a factor. Disabilities can occur at birth or later in life and can affect a person's life activities on a daily basis. Disability is an impairment that may be cognitive, developmental, intellectual,

mental, physical, and sensory or a combination of any of these according to the World Health Organization. Impairments of the body and mind can cause difficulty for people when doing certain activities that those without impairments may easily accomplish. For example a person's vision, movement, thinking, memory, learning, communication, hearing, mental health, or how the carry on social relationships can be affected.

There is not one particular group of people, but instead the whole diverse population that is affected by a disability. According to the Centers for Disease Control and Prevention (CDC), 26% of adults in the United States have a disability, that's 1 in every 4 people. 2 in 5 people who are "non-Hispanic, American Indians/ Alaska Natives" suffer from some sort of disability.

"Our program is here to assist eligible Native Americans with disabilities, residing on the Hopi Reservation by providing quality vocational rehabilitation services consistent with their individual strengths, resources, priorities, concerns, abilities, capabilities, and informed choice so they may prepare for and enter gainful and competitive employment," stated Elyse Lomawaima, Vocational Rehabilitation Technician – Hopi Tribe.

To learn more about this event, visit the Hopi Vocational Rehabilitation Program (HVRP) Office located on the second floor of the Main Tribal Administration Building in the Office of Higher Education & Workforce Development Office. HVRP staff, Elyse Lomawaima - VR Technician,

Meredith Van Winkle - VR Counselor and James Fred - VR Counselor will be available to answer questions or call 928-734-3524. Elyse Lomawaima can be contacted at 928-734-3524.



Hop to Drop Child Abuse Awareness Easter Event

Saturday, April 13, 2019 ~ 11 AM

Hopi Veterans Memorial Center, Kykotsmovi, AZ

- Youth Easter Egg Hunt
- Food
- Activities/ Games
- Face Painting
- Music

FREE EVENT FOR EVERYONE!

Drug, Alcohol, & Violence Free Event!

For more information, or to register your child, contact Hopi Behavioral Health Services at

(928) 737-6300



JOB OPENINGS

Hopi Tutuveni wants to know how we are doing.
 Call or email us to tell us if we are doing a good job. We need your feedback
928-734-3283 or rlaban@hopi.nsn.us

LEGALS

Advertise your legals with the Hopi Tutuveni! Call or email to advertise as your legal. Pricing is available upon request for black and white legal advertisements **Call: 928-734-3283 or email: ads@hopi.nsn.us**

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SOMETHING TO SELL?
 This space could be yours to sell your car, clothes, furniture, electronics, etc. It's fun and easy to sell something on the Tutuveni classified section.
 For more info on how to sell your items in the Hopi Tutuveni Call: 928-734-3283 or email: ads@hopi.nsn.us

Have a Job Opening?

This space could be yours for all your job openings. Advertise your job opening with the Hopi Tutuveni. It's simple and fun to advertise with the Hopi Tutuveni. For more info:
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JOB OPENINGS

SECOND MESA DAY SCHOOL 2018-2019 EMPLOYMENT OPPORTUNITIES
Certified Positions
 •Elementary Teacher
 •ESS Teacher
Classified
 •Bus Driver
 •One-On-One Care Assistant (2) positions (Male Preferred)
 •Procurement Technician
 All positions are required to undergo an intensive background check. Full-time positions will receive full benefits to include employee paid Medical, Dental Vision & 401 (k). To obtain employment application and position description log on to www.smds.k12.az.us. Questions or inquires please contact:
Janet Lamson, Human Resource Technician (928) 737-2571 ext. 4212

Hopi Credit Association Job Openings-Open until filled
 The Hopi Credit Association (HCA) is a non-profit certified Community Financial Institutions Fund (CDFI) organization located in Keams Canyon, AZ. We provide lending services as well as financial education to the Hopi people. The HCA currently has the following employment opportunities:
 POSITION:
Executive Director
 OPENING DATE:
 January 25, 2019
 CLOSING DATE:
 Open Until Filled
 To view job description(s) and to download HCA application, log on to www.hopi-nsn.gov/hopi-credit-association or call to request at (928) 738-2205. Submit application, resume, including names of three (3) references to lisa@hopicredit.us or mail to:
 Hopi Credit Association
 P.O. Box 1259
 Keams Canyon, AZ 86034

CEDAR UNIFIED SCHOOL DISTRICT NO. 25 JOB VACANCY ANNOUNCEMENT
Certified Closing Date - (Open Until Filled)
 1st, 2nd, 3rd Grade Teacher (SY19-20) - OUF
 6th Grade Teacher (SY19-20) - OUF
 7th/8th ELA Teacher (SY19-20) - OUF
 STEM/Math Specialist - OUF
 Curriculum & Instruction/Teacher Coach (SY19-20) - OUF
Classified
 Maintenance/Transportation Director - OUF
 General Maintenance - OUF
 Paraprofessionals (2) - OUF
 Technology Coordinator - OUF
 Bus Driver/Substitute Bus Driver (SY19-20) - OUF
 Qualified applicants may obtain a job description or an application from:
 Cedar Unified School District No. 25
 Superintendent's Office
 Mile Post 408, Highway 264,
 P.O. Box 367
 (928) 738-2366
www.cedarusd.org or
 email: vkooyaquaptewa@cusd25.k12.az.us
 The Cedar Unified School District No. 25 is an EEO/Native American/Veteran Preference Employer

OBITUARIES

Obituaries
 We offer available space for obituaries, and they are always free. If you plan on publishing an obituary call or email today
 Call: 928-734-3283 or email: ads@hopi.nsn.us

BIRTHDAY/CONGRATS!

HAPPY DAY...
 We offer space for your congratulation! If you want to congratulate someone please use this space. Call or email TODAY to learn more
 Call: 928-734-3283 or email: ads@hopi.nsn.us

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Submission Guidelines
 The Hopi Tutuveni wants to hear from you! We welcome the submission of articles, press releases, letters to the editor, and Opinion Editorials (Op-Ed). Submission should be sent electronically as a Word doc or pasted as text into the body of an email message. Information on each of the submission types is provided below.
ARTICLES:
 The Hopi Tutuveni welcomes original articles reporting on local, state and national news items on issues related to Hopi or of interest to Tutuveni readers. We are especially interested in articles reporting on issues impacting the Hopi community or on events and activities involving members of the Hopi Tribe. Submissions must include a complete contact information of the author, including mailing address, telephone number and email address. Articles should not exceed 750 words and should follow Associated Press (AP) style and formatting. The Managing Editor reserves the right to edit articles for style, length and clarity. If significant editing is required, the Managing Editor will communicate with the author prior to publication.
PRESS RELEASES:
 The Hopi Tutuveni welcomes press releases from local, state and national organizations, agencies, departments and programs. Press releases must be submitted on official letterhead and include the name of the organization, contact person, telephone number and email address. Press releases should not exceed 500 words and submissions may be edited for length and clarity at the discretion of the Managing Editor. The Hopi Tutuveni publishes press releases as a public service and does not guarantee that all submissions will be published.
LETTERS TO THE EDITOR:
 Letters to the editor provide an opportunity for readers to respond to articles published by the Hopi Tutuveni or to share opinions about issues impacting the Hopi community. Letters should not exceed 250 words and must include the name of the author and complete contact information (address, phone number or email address) and the headline and date of the article on which you are commenting. Anonymous letters and letters written under pseudonyms will not be published. The Tutuveni Editorial Board reviews all submissions and reserves the right not to publish letters it considers to be highly sensitive or potentially offensive to readers, or that may be libelous or slanderous in nature.
OPINION EDITORIALS:
 Do you have an interesting opinion or provocative idea you want to share? The Hopi Tutuveni invites fresh and timely opinion editorials (e.g. Op-Eds) on topics that are relevant to our readers. Opinion Editorials are a powerful way highlight issues and influence readers to take action. Submissions must be exclusive to us and should not exceed 1,000 words. Include with your submission your name and complete contact information, along with a short 2-3-sentence bio.
SUBMISSION INSTRUCTIONS:
 Please submit all press releases, articles, letters to the editor and Opinion Editorials electronically as a Word document or as plain text in the body of an email to the Managing Editor, Romalita Laban, at RLaban@hopi.nsn.us. Articles, press releases and editorials that include photographs must be in high resolution, 300dpi or more and must be your own. All photographs must include photo credit and a caption for each photo listing the names of all persons included in the photo and description of what the photo is about. All submissions must include the name of the organization and/or author, mailing address, phone number and email address. The Hopi Tutuveni is published on the 1st and 3rd Tuesday of the month and all submissions must be received the Tuesday prior to publication date (call 928-734-3283 for deadline schedule).

Hopi Tutuveni
 The Hopi Tribe
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 Kykotsmovi, AZ 86039
 Ph: (928) 734-3281
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PUZZLES & GAMES

Find the Exit

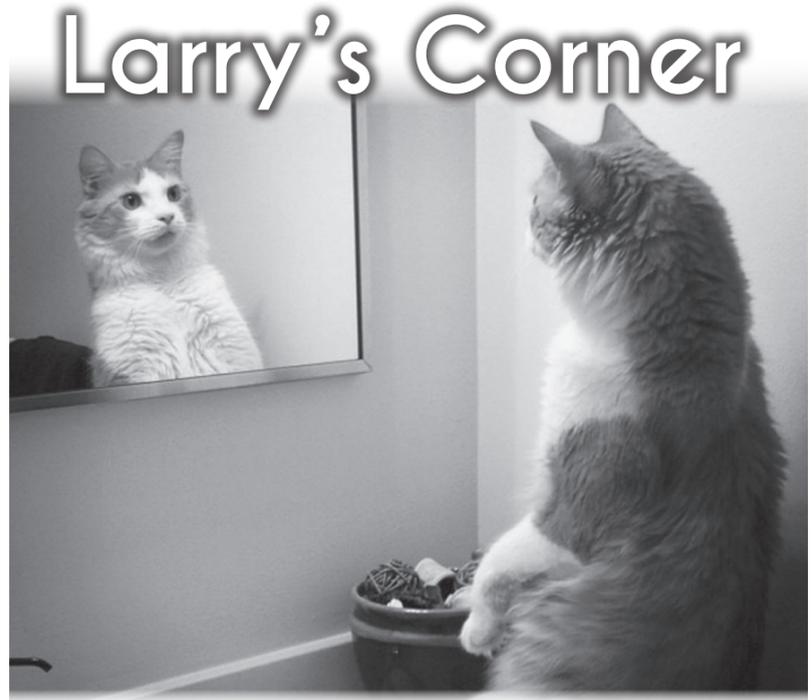
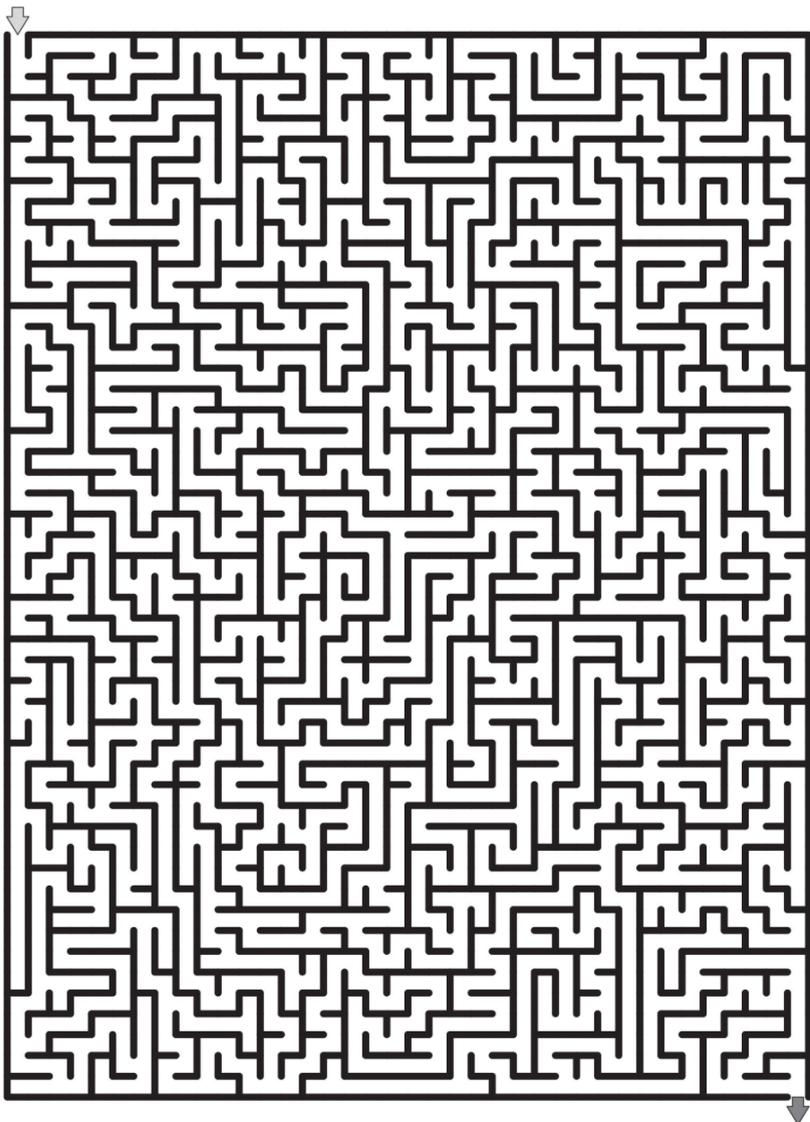


Photo by <http://i.imgur.com/jR6CrMx.jpg>

WHO AM I...?

By **LARRY WATAHAMAGEE**
The Hopi Tutuveni

I always wondered, “Who am I?” Of course I’m a cat, but what’s my purpose in life? I eat, I lounge around, I tease mice in the house, but overall what am I doing here on this earth? Something must be keeping me here for a reason; maybe I am to develop something worthwhile for the Hopi people, or to tell you my opinions about the Hopi Tribe? Maybe, to entertain you Hopi people with my sarcasm, with my pondering of my life here on earth. I wonder the same thing about the Hopi tribe.

The Hopi Tribe has a lot “finding” to do and I’m talking about who or what they are. What are they? What do they do? They speak of providing services to the Hopi people, and that’s true, there are a lot of little programs on the Hopi reservation which provide services to the Hopi people like, elderly services, veterans services, and transportation services to name a few. But who developed these services? I know that neither the council nor the chairman or vice chairman developed these services; I know that it was the general public wanting these services to make their lives easier. Maybe, that is who developed these services under the Hopi tribe. But who really gets the credit?

I know for a fact that the Hopi tribe’s image is always on the fritz, people around the Hopi reservation are always complaining “the tribe doesn’t do anything for me.” Or “... the tribe’s image is nothing short of being the worst managed tribe in Arizona.” Ouch! But how do you turn that around? The answer is simple... SOCIAL MEDIA. We live in a digital age where everyone has a computer or smartphone, and the Hopi people are no different. The Hopi tribe has no Facebook page, nor an adequate webpage. Even programs that should have some sort of online social media have no link to any type of online social media. And why don’t we have any type of online social media? I don’t know exactly but that is something our worker bees at the Hopi tribe could enlighten us with. Maybe it’s because they are cautious and being like me when I’m being a “scaredy” cat around the rez dawgs and anything bigger than me. Maybe they are scared of online hackers and terrorists, because they think they might steal our money (as if we have any), or maybe that they may attack our elderly so they don’t let the elderly center have any type of social media. The Hopi Tutuveni doesn’t even have a Facebook page or a separate website. The tiny webpage is available but that’s not managed by the Hopi Tutuveni, which is our news source.

But going back on who we are as a whole, I wonder if the Hopi tribe even knows who they are? Some people may define the tribe as being a government run by Hopi people doing white man’s will and some will define the Hopi tribe as a community service while gaining income and others will simply say, “I don’t know what they’re doing there, they just buy cars, that’s all I know...” All that said, the tribe doesn’t have

an image, it’s like we don’t exist to the rest of the world. It sometimes feels like every other tribe around the United States has it “together” in the economic side, but as far as our economic side, we are far from being a successful “tribe.” I figure until the “tribe” can define itself then it can truly start becoming a successful something.

Like I said before, we have everything to become a true successful “tribe” we just lack the end results, because we don’t know who or what we are...just yet. The Hopi people have centuries of heritage, heck, someone dubbed us the oldest living people in the United States. We have that side of our image down, but as far as becoming socially and economically managed people, we need a new image.

The Hopi tribe needs a new brand, a re-branding of their image because everyone is focused on the negative, everyone is so focused on what they don’t do, but in fact they do have some pretty good stuff for the people who work at the Hopi Tribe. It just needs to have someplace to correct that back talk...maybe like a Facebook page or maybe, a new and improved website.

Now going back to social media, YES there will implications for which people will say negative things about the Hopi tribe and about its leaders, if the Hopi tribe had a Facebook page. They do that already and it would be no different on social media then it would be in the context of a dinner table.

I know I talk down on the Hopi tribe and on the Hopi tribal council, but I don’t talk about the people but I talk about the whole concept of how the Hopi tribe is operated. If I were to suggest something along the lines of improving how the outsiders view Hopi’s image, I think they would see the negative rather than the positive. Take for example, our next Hopi community, “Tawaovi.” We have been on that project time and time again. I even picked out a place in the plaza where I was going to sit, and that was 10 years ago. We focus on the negatives so much that we are hoping that some magical fairy would give us the answers to our problems. If it were up to me, I would be out there right now with a chair, a handful of dirt to mark my plans, a shovel and some mud to start building a better place.

If the Hopi tribe had a better handle on how they conduct business, they would start using social media to their advantage, to make Facebook, Instagram, YouTube, etc. to work for them, rather than being scared of the “big dawgs.”

We are scared of the real world, and I get that. We are afraid of what people might see if we were to show our true selves. And we are afraid of what we might find if we were to know the real truth about ourselves.

My advice to you is, and I assure you, that sometimes we just have to face our demons. If you are afraid of social media and the implications of the people’s reactions, then I say go crawl under a rock. If you aren’t a big “scaredy” cat, I say throw that rock as far as it can go and start something great.

Want to ask Larry something? Email him: meowatlarry@gmail.com

Cross Word Puzzle

Find the English words for the Hopi words.

- | | |
|---------------|--------------|
| Across | Down |
| 4. Navaya | 1. Sunant |
| 5. Suukop | 2. Tsivot |
| 7. Nanal | 3. Páaptsvot |
| 8. Paayom | 6. Tsangé |
| 9. Naalöyööm | 10. Suukaya |
| 12. Payükop | 11. Róókop |
| 13. Pept | 17. Povöös |
| 14. Pangaqap | 18. Pakwt |
| 15. Pööpap | 19. Lööyom |
| 16. Narukóp | |
| 19. Öosa | |

Answers in next issue

Answers for December 4th edition

- Across**
2. Hat, 3. Knowing, 5. Cactus, 8. Want, 10. Lizard, 13. YellowWaterMelon, 15. Rice, 16. Crow, 17. Ask, 18. Tea
Down
1. Dark, 4. Watermelon, 6. Accuse, 7. RoastMeat, 9. Nothing, 11. VillageChief, 12. Choice, 14. Animals

HOPILAVIT - PERTAINING TO EDUCATION

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

Find the Hopi Words

- | | | |
|------------------------------|----------------------------|---------------------------|
| WORDS | Maatavi - Dismiss | Tuwi - Technique |
| Tuhisa - Achievement | Tutuqayna - Educate | Wuuwa - Think |
| Wuuhaqta - Add | Pahanlavayi - English Lang | Tuwani - Time Limit |
| Pöotoylänpi - Adding Machine | Yuku - Finish | Hölökna - Turn a page |
| Antsana - Adjust | Sampi - In as much | Tapamvenpi - Typewriter |
| Namiyuku - Agreement | Angyori - Inspect | Namiyuki - Understanding |
| Söosoy - All | Pá'asa - Quantity | Tutuqaynönga - Vacation |
| Nanawakta - Alternate | Tuuvingta - Question | Hliikyaat - Value |
| Åasa' - Amount | Tutuqayki - School | Lavayi - Vocabulary |
| Purita - Analyze | Awtavi - Submit | Yáasaq - Volume |
| Tatatsi - Ball Playing | Akpeta - Substitute | Kyaahaki - Wealth |
| Namihuuya - Bargain | Aniwna - Successful | Pasi'angwa - Well Behaved |
| Pöotoyla - Count | Haakho'rokna - Suspend | Tumala - Work |
| Peena - Design | Yü'asve - Talkative | Tutuveni - Written Matter |
| | Näwki - Take Away | Qasuan - Wrong |

HEALTH

Study: Wellness Confusion, Lack of Support Can Impact Weight Loss

(StatePoint) If you are like many Americans, you probably read advice about health and wellness everywhere, from news feeds to social media. But, despite the abundance of information, many are still struggling to reach their weight loss goals. So, what is the cause of this disconnect?

While many Americans are no longer in the dark about healthy eating – as 92 percent believe they know the right foods to eat -- more than half still knowingly make poor food choices daily, and two-thirds are currently looking to lose weight, according to a new report commissioned by Jenny Craig.

One challenge contributing to this disconnect is confusing buzzwords that many weight loss programs and products use in their marketing. Today, “wellness” products are popping up everywhere, though 42 percent of Americans say they are unsure how to even define the term.

Fortunately, experts say that making the leap from knowing what to do, to actually doing it, can be made easier with the right tools and support.

“Having a science-based structured plan as well as ongoing support increases the likelihood people can find success on their weight loss journey,” says Pamela Peeke, MD, chair of the Jenny Craig Science Advisory Board.

One important area of support, Dr. Peeke points out, is in meal planning. Nearly three in five people spend sev-

en to 14 hours planning and preparing meals each week. A program that offers nutritionally-balanced, chef-crafted meals can not only help reduce stress (the top cited reason for weight loss struggles) but also free up valuable hours to get more sleep or focus on another area of your overall health. What’s more, the report found that nearly nine in 10 Americans (88 percent) believe that having healthy, prepared meals would help them reach their weight-related goals.

Another critical tool for sustainable weight loss is guidance and motivation. Unfortunately, less than half of those surveyed say they have adequate support to be at a healthy weight. That is why science-driven, structured weight loss programs like Jenny Craig can be good options, as they offer ongoing, one-on-one support from a personal consultant that can help people stay focused on their goals while learning about portion control and other ways to develop healthy eating habits. The customized support from a dedicated consultant allows you to personalize your weight loss plan, talk through challenges, track your progress and get the encouragement and guidance you need to help you reach your goal. Learn more about how to achieve your health goals at jennycraig.com.

If you are struggling to lose weight, getting support and straightforward guidance may be able to help you find success.

Hopi Tutuveni wants to know how we are doing.

Call or email us to tell us if we are doing a good job. We need your feedback 928-734-3283 or rlaban@hopi.nsn.us

Hopi Tribe to Host 2019 Hopi Job/Education Fair in April

By: Marcella Silas, Vocational Advisor FOR IMMEDIATE RELEASE

KYKOTSMOVI, Ariz. - The Higher Education & Workforce Development programs will host its sixth Annual Hopi Job/Education Fair on Wednesday, April 10, 2019 at the Peace Academic Center formerly the Hopi Mission School, in Kykotsmovi, Arizona. The event will start at 10:00 a.m. and wind down at 2:00 p.m. MST. The purpose of the event is to bring employers on-site who are looking for potential employees in the areas of corrections, retail, housekeeping, food & beverage, engineering, gaming, construction, and many other employment opportunities.

Also attending the Job/Education Fair will be representatives from colleges, universities and vocational schools. Representative who have registered for the fair include those from the University of Arizona, Arizona State University, Northern Arizona University, Chamberlain University, Grand Canyon University, University of Phoenix, Coconino Community College, Northland Pioneer College – Hopi Satellite and Dine’ College. Vocational school representatives who have registered include those from the Empire Beauty School (cosmetology), Pima Medical Institute (medical, dental, and nursing); The Refrigeration School (electro-mechanical technology, combination welding) will also attend the event.

The event will provide an opportunity for one-to-one service for Hopi community members. It will also help members save time and money by eliminating the long drive to the valley to apply for jobs or education/training. Employers and school representatives will be here, live and in person, to answer questions.

The Hopi Tribe Department of Education started the annual event in 2013, at which time it hosted only 16 schools - a combination of colleges, universities, and vocational schools, and 11 service providers such as the Hopi Veteran’s Services, education programs, Hopi Vocational Rehabilitation, and the Hopi Credit Association, amongst others. Total recorded attendance in 2013 was 195 individuals. If you attended, you may recall it was on a very windy Saturday at the Hotevilla/Bacavi Community School. A special thank you goes to Mr. Everett F. Gomez of the Workforce In-

vestment Act (WIA) Program for starting the event, which continues to be an excellent resource for our people. In 2018, 25 employers, 11 vocational schools, 13 college/universities, and 16 service providers were hosted, with a total of 345 recorded participants.

The Hopi Job/Education Fair is open to the general public, near and far, and all tribal and non-tribal members. We especially encourage high school juniors and seniors to attend which will help to start the thinking and planning process for their educational and career future by attending the fair. We have had military recruiters attend previous events and our hopes are that they will join us again this year.

As a result of past efforts in bringing information to the Hopi community members, many people have secured gainful employment and started their educational journeys, which they may have put on hold. The event also brought people, families, friends, and colleagues together who started networking and learning the basics to get started for school or what it takes to work in a job they’ve always wanted.

We are delighted to inform Tutuveni readers that we will also have our very own KUYI Hopi Radio Station attending and which will hold a live remote broadcast at the Hopi Job/Education Fair. Thanks to Bonnie Secakuku, KUYI General Manager and the KUYI staff and volunteers for airing interviews and generously donating their time for this good cause. We encourage all to come to the public event where you may be just the person to share your success story with thousands of KUYI listeners. We encourage readers to listen and stay tuned to KUYI at 88.1FM, and if in the Moencopi area to listen at 89.1FM or to tune in over the internet at kuyi.net for any updates and announcements about the fair during the KUYI Community Calendar which typically airs at 8:00 a.m. and 5:00 p.m. daily.

If you are interested in obtaining more information about the 2019 Hopi Job/Education Fair, or if you would like to know more about specific schools or employers who are registered, we encourage you to contact the Higher Education & Workforce Development office at (928) 734-3542 and/or Marcella Silas, 2019 Hopi Job/Education Fair Coordinator at (928) 734-3545.



Hopi Telecommunications, Inc

Summer Youth Internship Positions Available

Hopi Telecommunications, Inc. (HTI) in Keams Canyon, Arizona is currently seeking two (2) Summer Youth Interns. Interns will assist HTI Technicians with installation, maintenance of telecommunications equipment & service customer premise equipment.

CURRENT OPENINGS

- * Summer Intern Position - Outside Plant Operator
* Summer Intern Position – Central Office Technician

Requirements: Is currently in High School, recent High School graduate, or currently in College.

*Must complete and submit an HTI Employment Application. Application can be obtained at the Keams Canyon Office or Flagstaff Office. Or through the HTI website: www.hopitelecom.net. For more information, please call the Keams Canyon Office (928) 738-4674 or Flagstaff Office (928) 522-8428.



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