March is Women Veterans Month
Hopi Set to Celebrate and Recognize Women in Military Service

Photo provided by the Hopi Veterans Services

By: Eugene Talas, Hopi Veteran Services

Hopi Three Canyon Ranch Holds Fifth Anniversary Gathering

By: Romalita Laban

HOPITUTUVENI

KYKOTSMOVI, Az. – March is Women Veterans month and during this month we will celebrate and recognize our women in military service. Women have a long history in serving 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 served in Army mobile surgical clinics. In Vietnam the veterans served in Army mobile surgical clinics. In the Korean War, women served in Army mobile surgical clinics. In Vietnam the veterans served in Army mobile surgical clinics. In the Korean War, women were nurses during WWII 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, HoPI Three Canyon Ranch General Manager spoke to crowd during Hopi Three Canyon Ranch 5th Anniversary Event (Photo by Romalita Laban/Hopi Tutuveni).

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 veteran has a story. The moment 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. 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.

TWIN ARROWS, Az. – 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 Cayson Honyumptewa, Hopi Three Canyon Ranch LLC Manager and Ranch General Manager Patrick Browning.

Honyumptewa 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 Ranch 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 woman veteran’s story 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.

Hopi Three Canyon Ranch Celebrates its five anniversary. Read more about their success and good things through Hopi ICR.”

Browning also noted that a presentation of $10,000 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 it loan which has, since February 2019, been paid off.

More on Page 1

By: Romalita Laban

HOPITUTUVENI

Patrick Browning H3CR Ranch General Manager speaks to crowd during Hopi Three Canyon Ranch 5th Anniversary Event (Photo by Romalita Laban/Hopi Tutuveni).

Hopi Three Canyon Ranch LLC Manager speaks to crowd during Hopi Three Canyon Ranch 5th Anniversary Event (Photo by Romalita Laban/Hopi Tutuveni).
March 19, 2019

Kykotsmovi, AZ

A recycled can can be recycled forever. Also, recycling aluminum makes new cans from old cans, saving 95% of the energy used to make a new can from virgin aluminum. Also, recycling aluminum prevents 60 pounds of CO₂ emissions and 12 pounds of landfill waste. Recycling is a fad, some say, but it is a fun, easy and enjoyable way to make the most of a product, and in the process of setting up operations within Hopi. Through the use of environmental stewardship and community awareness activities, the Navajo and Hopi families that spearheaded the annual First Mesa Earth Day Clean-Up and Recycle pageant have succeeded in moving from trash to the beauty of recycling.

Recycling is to move from trash to the beauty of recycling. When people are taught to separate their trash, it means they are learning about recycling and environmental stewardship. More and more people are learning about the benefits of recycling and the importance of recycling to 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: Mohave Navajo Youth & Elder Center Conference Room

Additional information may be obtained from:

Hopi Agency
Hopi Department of Transportation
P.O. Box 116
Kykotsmovi, AZ 86039

(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, Hopi Transportation Director, Hopi Department of Transportation, at (928) 734-3181.

NOTICE OF PUBLIC MEETING

ROAD DESIGN and CONSTRUCTION PROJECT

BIA ROAD DESIGN and HDOT CONSTRUCTION PROJECT

Hopi Agency
Hopi Department of Transportation
P.O. Box 123
Hopi, AZ 86039

Hopi Agency
P.O. Box 123
Hopi, AZ 86039

Hopi Agency
P.O. Box 158
Kykotsmovi, AZ 86039

Michael Lomayaktewa, Director

Michael Lomayaktewa, Director

Hopi Tutusoni

Getting rid of all the newly formed solid waste materials of which there have been none in the past is making the Hopi community so slow. One of the many reasons for the geo- logical, economic, and environmental impacts of the area is the lack of infrastructure in place. In the past, for instance, the Hopi people had no idea of the negative impacts of the garbage and renewing their life for the Hopi people. The Hopi people had to recycle and would rather than recycling.

This report is to the Hopi people and their families to communicate a visible loss for the Hopi people. The Hopi people are purchasing more and more when premature life for the Hopi people. This report is to the Hopi people and their families to communicate a visible loss for the Hopi people. The Hopi people are purchasing more and more when premature life for the Hopi people.


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Kiva Entrance: Neil David Sr.
HEALTH
Why Breakfast Really is the Most Important Meal of the Day

By Briana Rodriquez, a Registered Dietitian

Morning Hitchhiker

DEAR EDITOR

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 going away that easy.” He explained the importance of school and encouraged his cousin to finish high school.

Briana Rodriquez, a Registered Dietitian with Jenny Craig, offers the inside scoop on breakfast and why there’s still a sure-fire way to lose weight, Rodriquez explains it’s not so simple.

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. Rodriguez recommends meatloaf with veggies or some thing like Jenny Craig’s Three Cheese Macaroni with Broccoli and Carrots. Think: an egg and veggie scramble side 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: mashed 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. 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: meatloaf with veggies or some thing like Jenny Craig’s Three Cheese Macaroni with Broccoli and Carrots. Think: an egg and veggie scramble side a green salad for lunch.

• Dinner: mashed with veggies or something like Jenny Craig’s Three Cheese Macaroni with Broccoli and Carrots. Think: meatloaf with veggies or some thing like Jenny Craig’s Three Cheese Macaroni with Broccoli and Carrots.

• Snacks: an important part of the equation. 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 the right amount of proteins, carbohydrates and fats. The Jenny Craig program offers over 20 chef-inspired, nutrition-designed breakfast items.

For more information, or to book a free appointment with a personal weight loss consultant, visit jenny Craig.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!
**MONEY**

**Tax Season Tips to Avoid Scammers and Robocalls**

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 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 up 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 resources from the IRS, you can protect your pocketbook from scammers.

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 and search “Hopi Foundation” to learn more.

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**2019 WOMEN’S WELLNESS RETREAT**

**F R I D A Y , M A R C H 2 9 - S U N D A Y , M A R C H 3 1 , 2 0 1 9**

HIGH COUNTRY CONFERENCE CENTER

FLAGSTAFF, AZ

"ALCOHOL & DRUG-FREE EVENT"

**RETRAY IS OPEN TO:**

- Women 16 years or older
- Individuals willing to participate in all activities and discussions
- New applicants only

**WHAT TO EXPECT:**

- Interactive discussions & workshops
- Team building activities
- Wellness Activities
- Networking & 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@htwcexc.org or (928) 225-7029

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**Hopi Tribal Offices Remain Temporarily Relocated Through March 2019**

Hopi Tribal Council meetings are being conducted at Hopi Wellness Conference Center 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 may 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 Conference Center 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 25-28, 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.

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**Hopi Tribal Offices**

**Relocated Through March 2019**

**Tribal buildings are in compliance with the Americans with Disability Act and building safety requirements, as well.**

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Julie Canyon, Kykotsmovi Village Store D-backs legend Luis “Gonzo” Gonzalez joined in moved indoors to make it an even better community allowed her to acquire a nice and recently received approval from the own employees to donate on the clock ing the time to donate. She allows her nors a free food item from the store as 258-4825 (877-25-VITAL). ongoing education, research and more. offers customers transfusion services, and health care partners for patients in Dec. 19, 2017. “Blood donors gave me of any of these according to the World Health Organization. Impair lineage, that's 1 in every 4 people. 2 in 5 population that is affected by a disabil 2:00 to 5:00 p.m. Contact Rosalie Perry at (602) 443-6282. The summit is open to the public. to register online, visit https://abilit y360.org/american-indian-disabili, $125 for non-profit and government agencies and $125 for arts and craft ven able to acquire a nice and recently received approval from the own employees to donate on the clock. She allows her nors a free food item from the store as about a quarter million lives. Blood drives across Arizona, which pro the state were applauded in February at blood drive coordinators throughout blood can be separated into components to benefit the state were applauded in February at blood drive coordinators throughout blood can be separated into components to benefit the state were applauded in February at blood drive coordinators throughout blood can be separated into components to benefit the state were applauded in February at blood drive coordinators throughout blood can be separated into components to benefit the state were applauded in February at blood drive coordinators throughout 258-4825 (877-25-VITAL). ongoing education, research and more. offers customers transfusion services, and health care partners for patients in Dec. 19, 2017. “Blood donors gave me of any of these according to the World Health Organization. Impair lineage, that's 1 in every 4 people. 2 in 5 population that is affected by a disabil 2:00 to 5:00 p.m. Contact Rosalie Perry at (602) 443-6282. The summit is open to the public. to register online, visit https://abilit y360.org/american-indian-disabili, $125 for non-profit and government agencies and $125 for arts and craft ven able to acquire a nice and recently received approval from the own employees to donate on the clock. She allows her nors a free food item from the store as about a quarter million lives. Blood drives across Arizona, which pro the state were applauded in February at blood drive coordinators throughout blood can be separated into components to benefit the state were applauded in February at blood drive coordinators throughout blood can be separated into components to benefit the state were applauded in February at blood drive coordinators throughout 258-4825 (877-25-VITAL). ongoing education, research and more. offers customers transfusion services, and health care partners for patients in Dec. 19, 2017. “Blood donors gave me of any of these according to the World Health Organization. Impair lineage, that's 1 in every 4 people. 2 in 5 population that is affected by a disabil 2:00 to 5:00 p.m. Contact Rosalie Perry at (602) 443-6282. The summit is open to the public. to register online, visit https://abilit y360.org/american-indian-disabili, $125 for non-profit and government agenci...
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 eladan@hopi.nsn.us

LEGAL

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

FOR SALE

This space could be yours to sell your car, clothes, furniture, electronics, etc. It’s fun and easy to sell something to 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

ADVERTISMENT

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

Hopi Tutuveni

Hopi Tribe

PO Box 122
Keetley Canyon, A Z

P.O. Box 1259
Kearny, AZ, 85364

(928) 734-3283 or email: consae@hopi.nsn.us

Call: 928-734-3283 or email: ads@hopi.nsn.us
I always wondered, “Who Am I?” Of course I’m a cat, but what’s my purpose in life? I cat, I lounge around, I rease mice in the house, but can’t I find something else to do 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 story all 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 is true; there are a lot of programs on the Hopi reservation which provide services to the Hopi people like, elderly services, veteran 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, maybe that is why people around are always complaining “the tribe is nothing but trouble and they don’t do anything for me.” Or “I would be out there right now with my opinions about the Hopi Tribe? For the Hopi people, or to tell you something. Maybe, to entertain you Hopi people for the Hopi people, or to tell you something. Maybe, to entertain you Hopi people. 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? 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Hopi Tribe Hiring Education Fair in April

By: Marcella Silas, Reporter

For IMMEDIATE RELEASE

KYOTKOSMOVI, Ariz. - The Higher Education & Workforce Development programs will host its sixth Annual Hopi Job/Education Fair on Wednesday, April 10, 2019 at the Palace Academic Center (formerly the Hopi Mission School, at Keams Canyon, Arizona). The event starts at 10:00 a.m. and will wind down at 2:00 p.m. MST. The purpose of the event is to bring employers to the area who are looking for potential employees in the areas of corrections, retail, bookkeeping, food & beverage, engineering, gaming, con-struction, and many other fields.

The Hopi Job/Education Fair will be representatives from colleges, universities and vocational programs that have registered for the fair and will be available to answer questions or help you reach your goal. Learn more about how to achieve your health goals at jennycraig.com. If you are struggling to lose weight, you can get support and strengthen your fitness guidance to help you find success.

Another critical tool for sustainable weight loss goals. So, what is the cause Americans say they are unsure how to even start the leap from knowing what to do, to actually doing it. Pamela Peeke, MD, chair of the Jenny Craig missioned by Jenny Craig.

Unfortunately, less than half of those surveyed say they have adequate support to be a healthy weight. That is why science-driven, structured weight loss programs like Jenny Craig can be pro-grams, as they offer ongoing, one-on-one support from a personal consultant that can help people stay focused on their health goals and build long-term health and well-being. 

One important area of support, Dr. Peeke points out, is in meal planning. "I believe they know what their foods to eat - but more than still know what foods to avoid, more focused, and two-thirds are currently looking to lose weight according to a report commissioned by Jenny Craig. One challenge contributing to this disconnect is confusing buzzwords that many weight loss programs and professionals use. Jenny Craig’s CEO Jenny Craig can be pro-

Eating, the likelihood people can find suc-

tually-made, chef-crafted meals can not only help reduce stress and improve your mood, but can also help you feel more satisfied after eating. The customized support from a dedicated consultant allows you to personalise your weight loss plan, track your progress, and work on your pro-

One of the top cited reasons for weight loss programs like Jenny Craig can be good programs, as they offer ongoing, one-on-one support from a personal consultant that can help people stay focused on their health goals and build long-term health and well-being.

Having a science-based structured approach to lose weight, you can get support and strengthen your fitness guidance to help you find success.

If you are struggling to lose weight, you can get support and strengthen your fitness guidance to help you find success.

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