

FOUR YEARS LATER...

Congratulations to the Class of 2019

HOP! TUTUVENI
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Students decorate their graduation hats with funny quotes or Native American feathers (Photo by Carl Onsaie/HT)

Tutuveni Staff

- Hotevilla-Bacavi Community School
- Hopi Jr. High School
- Second Mesa Day School
- Hopi High School
- And Tuba City High School.

We at the Hopi Tutuveni extend our congratulations to the students promoting and

graduating in 2019. Although, we could not cover all of the schools through out the Hopi reservation, we wish the students who promoted and graduated this year with our sincere congratulations and best wishes for your future.

Enter the Hopi Tutuveni's Subscription drawing to WIN a basket full of art, coupons and more...

Find out how to enter, in the description below.

Enter Now!

Hopi Tutuveni Set for Subscription Drive Giveaway



Basket made out of Hopi Tutuveni newspapers, will be raffled off in Hopi Tutuveni Subscription drive (Photo by Carl Onsaie/HT)



All items are donated by local artists and local gift shops here on the Hopi reservation. (Photo by Carl Onsaie/HT)

Romalita Laban, Managing Editor Hopi Tutuveni

Kykotsmovi, Ariz. - As part of strategic efforts to increase readership and ensuring readers actually get a newspaper, Hopi Tutuveni staff has proposed to hold a subscription drive in July 2019. Participants who subscribe will then in turn be guaranteed that the publications, which come out every first and third Tuesday of the month, will reach them via mail.

We have heard from some current subscribers about how much they appreciate being able to get the paper in the mail and how convenient it is to stop for mail and their Hopi Tutuveni all in one stop. We sincerely appreciate their patronage and readership and want to extend our gratitude to them for supporting their local newspaper, which helps to ensure democracy and transparency for the Hopi people, via the written information sharing process.

Individuals and/or organizations who participate during the Subscription Drive period will be given the opportunity to win a basket (made entirely out of Hopi Tutuveni newspaper) with each subscription filled. Subscription Drive Participant names will be submitted into a drawing. The drawing will take place on August 1, 2019 (need not be present to win) and winner's names will be published in the August sixth Hopi Tutuveni publication. The incentives along with the



Hopi student wins national journalism award



Hopi High media students Jackie Thorpe, Amber Labahe and Kimmale Anderson are among the swarm of journalism students at the National High School Journalism conference. (Stan Bindell/NHO)

**Stan Bindell,
for the Navajo-Hopi Observer**

ANAHEIM, Calif. — Hopi High media student Amber Labahe won a national award at the National High School Journalism Conference in Anaheim, California April 24-27, earning an Honorable mention, or third place finish, in the news writing division.

About 100 students competed in the division. More than 3,000 students attended the conference.

Labathe attended the national high school journalism conference along with Hopi High media students Jacque Thorpe and Kimmale Anderson.

Labathe, a senior, will be majoring in journalism at Ft. Lewis College in Durango, Colorado, in the fall.

“Winning a national award is a small step toward where I want to get,” she said. “This makes me even more encouraged and motivated to do what I want to with journalism.”

Labathe said she felt that she represented Navajo and Hopi: Navajo because she is Navajo and Hopi because she goes to Hopi High.

Thorpe said Labathe should feel she accomplished something big and be proud of getting a national award. There were a lot of students from throughout the country entered in her category.

“Students from other schools have more chances and more opportunities to get awards because they are bigger, have more money and there located in the cities. They are not in a remote place like we are,” she said.

Anderson said she was extremely proud of Labathe winning her award

“I’m happy that she won another award,” Anderson said about Labathe. Earlier this school year, Labathe took first in a writing contest at the ALMA Conference.

Anderson said the contest taught her that she needs to learn time management and to get a better video-editing program.

Labathe said the topic for her contest was a difficult one because it was about puppy mills and that is not an issue on Hopi, but it is a big issue in California, so she felt the California students had an advantage.

“When they called my name (as a winner) I was excited and upset. I was excited because I won a national award. There was no other Native American kids there and this is a place where culture is not recognized. That is why it made me happy to win,” she said. “But I was upset that I didn’t finish higher. I have high expectations for myself. I don’t want to settle for a low finish.”

Thorpe was in a review writing contest that dealt with a topic she was not used to: a gay comedian.

“I was nervous going into the contest because I didn’t know what to expect,” she said.

Thorpe said next year she hopes to choose a better category.

Anderson was also in a video news-editing contest where they provided her with everything she needed to make a video. She said it was hard because she did not have the technology she needed on her computer to complete the assignment in the given time.

“It made me so nervous that I almost cried,” she said. “Because of the time crunch I didn’t get to do it the way I wanted to do it.”

Labathe said she learned from the overall conference, workshop and contest picking up many pointers about journalism.

Labathe was impressed that there were

students from most states at the national high school conference, as well as students from China and Taiwan. She said the conference motivates her to release more stories into the country and the world about Native American cultures and heritage.

Hopi High students attend boot camp

Hopi High media students also attended an all-day video boot camp hosted by Michael Hernandez, one of the best video teachers in the country.

During the boot camp, Labathe said she learned how to use natural sound, lighting and research for videos.

“The way he critiqued us showed us how to incorporate those ideas into videos and showed us what to look for in other people’s videos,” he said.

Labathe said the conference taught her that everybody has their own way of writing and creating videos.

Thorpe said the best part of the conference was getting a lot of different information about filmmaking, including learning new angles to shoot. She said she would have preferred to work alone in the video boot camp because that is what she usually does.

“I learned about natural sound and its importance. I also learned where to put the person on the screen,” she said.

Anderson said the best part of the conference was the keynote speech given by award-winning journalist Sonia Nazario, who is best known for “Enrique’s Journey,” her story of a Honduran boy’s struggle to find his mother in the U.S. The series, which appeared in the Los Angeles Times, won a Pulitzer Prize for featuring writing in 2003.

“Her stories about childhood addiction made me tear up because she witnessed it and it was powerful,” Anderson said. “Words are that powerful.”

Anderson said the conference motivated her to improve in video editing and shooting.

“I’ll strive to do better because I know I can do it,” she said. “I want to win an award next year.”

Hopi High media students also met with Elis Estrada, director of Student Reporting Labs for PBS NewsHour.

Labathe said Estrada taught students how to come up with meaningful stories.

Anderson said PBS has an extremely good program for student journalists

“I’d like to get involved with them. They can help us,” she said.

Labathe said she thanked her family, Martin Manuel, Dr. Ron Carpenter and everybody else who supported her for this trip.

Thorpe gives her number one shout out to Kiyahno Edgewater and to her family.

“This gave me a great opportunity and opened up a realization that journalism is a field I may want to consider. It was a great experience overall,” she said. “I will try to put my mind and creativity to work. Now that I know that I can do this.”

Thorpe also wants to start a yearbook at Hopi High School.

Anderson thanks her mom, her dad, Vivian So’oh, Phillip Ba’ah and Genell So’Oh for supporting her trip.

After the conference, students spent a night enjoying Disneyland.

Sponsors

The major sponsors for the trip were the San Manuel Band of Mission Indians, Victor Aronow from Radio Phoenix and June Fox from Seattle. Bindell, Labathe, Thorpe and Anderson thank them for their support.

Thorpe made a video about the conference, which can be seen on Youtube under Jacque Thorpe.

Hopi Education Endowment Fund Now Accepting Nominations for their Board

**LuAnn Leonard HEEF
PRESS RELEASE**

KYKOTSMOVI, Ariz. – May 29, 2019, the Hopi Education Endowment Fund (HEEF) announced that they are now accepting nominations of individuals to serve on the HEEF Board. As a charitable, non-profit program of the Hopi Tribe, the HEEF was created and organized for the purpose of growing and safeguarding a perpetual source of funding to provide educational opportunities and support to Hopi students of all ages.

HEEF Board members play a vital role in providing guidance, support and direction to the HEEF staff to carry forward the mission of the organization “Cultivating and nurturing the future our Hopi people through education by growing and safeguarding a perpetual source of funding.” Individuals, both Hopi and non-Hopi, interested in sharing their expertise, talents, and resources to help further the HEEF mission are encouraged to consider becoming a member or nominating an individual to the board.

Nominating Committee Chairperson, Dr. Tsianina Lomawaima explained that

any member of the Hopi Tribe or current HEEF members are eligible to nominate a candidate for Board membership. Self-nominations are also accepted.” She further shared that members serve a three-year term and are asked to serve on one of the Standing Committees of the organization.

Service as a Board Member means different things to each member. Outgoing HEEF Member Janet Regner shared “Being a HEEF Board member has been one of my life’s most precious honors. I have witnessed and supported the deep commitment of Hopi to nurture the future of its people through education. If you have ever dreamt of offering your talents in order to help leave a legacy, HEEF is that organization.”

More information about the HEEF can be found on the website at www.hopieducationfund.org or by calling LuAnn Leonard, Executive Director at 928-734-2275. Email inquiries can also be sent to lleonard@hopieducationfund.org. To nominate an individual or self-nominate go to <https://www.surveymonkey.com/r/WL32V6Z> to fill out a Nomination form. Nominations close on June 24, 2019.

Hopi Tribe Economic Development Corporation Presents \$125,000 Annual Dividends to the Hopi Tribe



Daryl Melvin - Acting HTEDC Board Chair presents the 2019 Annual HTEDC Dividend check in the amount of \$125,000 to Hopi Chairman Tim Nuvangyaoma who accepted on behalf of the Hopi Tribe. Photo by: Cindy Smith

**Cindy Smith, HTEDC CEO
FOR IMMEDIATE RELEASE**

HOTEVILLA, Ariz. - The Hopi Tribe Economic Development Corporation (HTEDC) was proud to present the annual dividend check to the Hopi Tribe during the Regular Hopi Tribal Council meeting on May 5th.

In the past four years, the companies managed by HTEDC have continued to improve in performance. The improved performance has permitted the HTEDC to increase the dividend amount paid each year since 2016.

On behalf of the Hopi Tribe, HTEDC manages several northern Arizona properties that include, the Days Inn by Wyndham Sedona located in Sedona, the

Hopi Cultural Center located on Second Mesa, the Hopi Travel Plaza located in Holbrook, Walpi Housing located in Polacca, and the Hopi properties located in Flagstaff, which include the Continental Shopping Plaza, Heritage Square in downtown Flagstaff and Kachina Square in East Flagstaff.

Daryl Melvin, Acting HTEDC Board Chair presented this year’s Dividend check in the amount of \$125,000 on behalf of the HTEDC to Hopi Chairman Tim Nuvangyaoma who accepted on behalf of the Hopi Tribe.

As the HTEDC managed businesses continue to grow and improve in performance, we look forward to steadily increasing dividends to the people of Hopi.

Hopi High media teacher wins state journalism award



Hopi High media teacher Stan Bindell receives top journalism award from AIPA past president Christine Brandell-Melendez. (Photo/Anna Horton)

**Ellyse Fredericks
Special to the Navajo-Hopi Observer**

PHOENIX — Stan Bindell, Hopi High School media teacher, received the Forest R. Martin Memorial Award May 4 — the highest state award that a journalism teacher in Arizona can be given.

Bindell attended a luncheon that took place at Canyon Grill 49 in Phoenix where he was given the award.

Melanie Allen, president of the Arizona Interscholastic Press Association (AIPA) and a journalism teacher at Moon Valley High School, said the purpose of the award is to recognize the hard work and dedication of advisors in the state of Arizona.

Bindell was nominated by the AIPA members.

AIPA supports middle school and high school journalism programs.

When Bindell heard his name called as the award winner, he was surprised because he believed another journalism teacher deserved the award.

“It is such a great honor. I wouldn’t have been given the award if not for our hard working students. It is great that our

program is recognized,” Bindell said.

Hopi High media student Amber Labathe was proud of Bindell when she heard about his award. She thinks Bindell is a great teacher and he works hard.

“Bindell always made encouraging words to me and everyone else around me. He told me to keep on writing no matter what. It inspired me to go into journalism after high school,” Labathe said.

Bindell has been teaching at Hopi High School for 23 years. During that time, his students have won state awards every year.

Bindell said his students’ awards are more important than his own. He said he is always thrilled when his students win awards because his students compete from a small Native American school.

Bindell teaches video journalism, print journalism and radio journalism.

“The purpose of journalism in high school is to allow students to use their voice and knowing the importance of it, whether it’s expressing an opinion or sharing information with the community,” Bindell said.

Ellyse Fredericks is a media student at Hopi High School.

Do you like what you’re reading?

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

We encourage all to get ready for the Hopi Tutuveni 2019 Subscription Drive and any questions regarding the drive can be directed to Hopi Tutuveni staff at 928-734-3283 or 928-734-3281. Email inquiries can be sent to rlaban@hopi.nsn.us

A broadly inclusive process can build leadership, enhance cooperation and enthusiasm, foster public ownership, and is vital to the creation of a relevant and effective document, therefore, your participation in review and providing comment is important to addressing the current economic conditions and future planning for Hopi. The final public comment period for the CEDS 2019 will end June 30, 2019 however any information and comments contributing to future CEDS updates can be provided anytime.




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legals into the Newspaper?
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Tutuveni
Call 928-734-3283 to find out how**

The Hopi Tutuveni



Hopi Day Students listen to their guest speaker



Proud parents takes photos, and congratulate the students



Students shake hands with school officials



One student receives his certificate from the lead teacher and school officials

Second Mesa Day School Sixth Grade Promotion



Brianna Lomaintewa Valedictorian for Second Mesa Day School



Jordyn Lomakema Salutatorian for Second Mesa Day School



Students stand and say the Pledge of Allegiance before their ceremony



Happy students sit with their certificate to enter 7th grade

Hopi Jr. High School Eighth Grade Promotion



Evonne Sidney Valedictorian for the Hopi Jr. High school



Kaili Batala Salutatorian for the Hopi Jr. High school



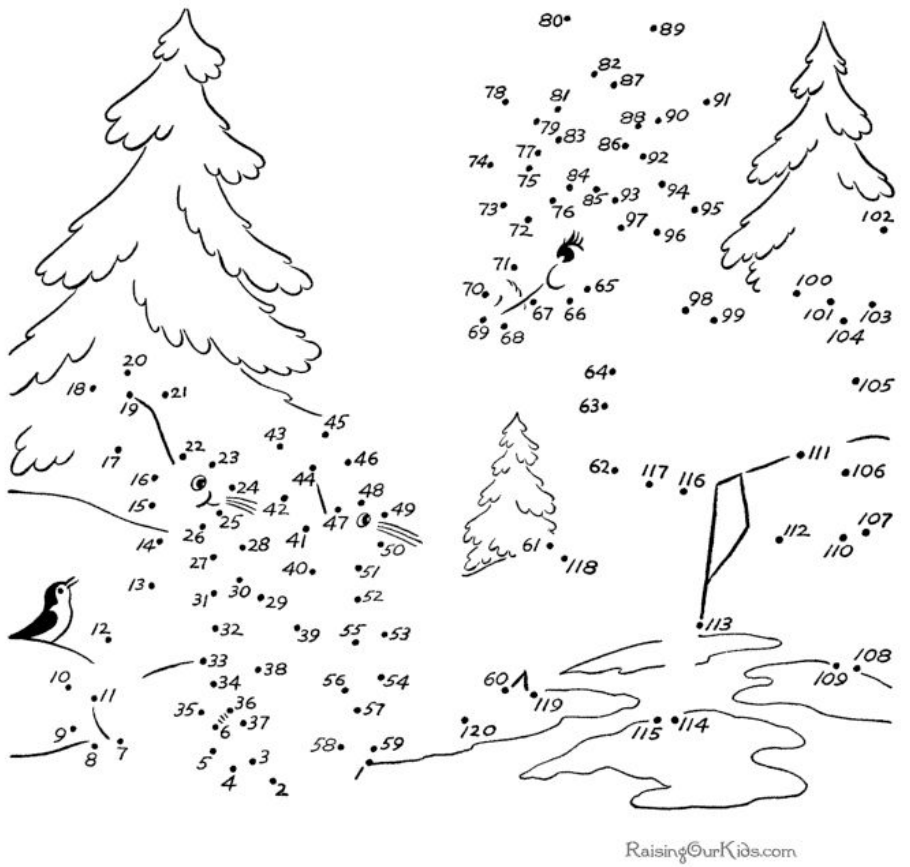
Hopi Jr. High school students sit and listen to their guest speaker



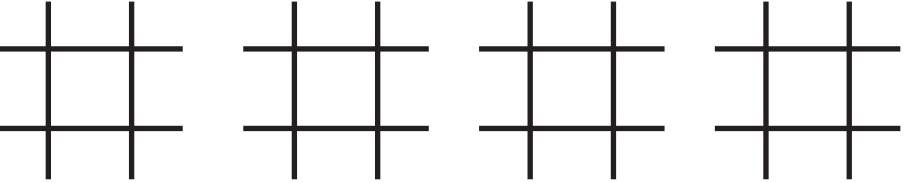
Elias Susunkewa says the opening prayer in Hopi

PUZZLES & GAMES

CONNECT THE DOTS



TICK-TACK-TOE



Cross Word Puzzle

Find the English words for the Hopi words.

Across

2. Taaqa
4. Kyap'tsi
8. Naaöna
9. Sivosi
11. Muuyaw
13. Tsapönagala
15. Wuy'taka
17. Lölokinta
18. Tugwni
19. Put've

Down

1. Öönga
3. nuy
5. Pang'qawu
6. Pumuy
7. So'wuti
10. Pöhu
12. Soki
14. Ka'eh
16. Naapi
17. Pitsooti

Answers in next issue

Answers for May 21st edition	
Across	
4. Cactus,	6. Laundry Mat,
7. Evil,	8. Elk,
10. Left,	12. Glow,
13. Heavy,	15. Girlfriend,
17. Fox,	18. Leather
Down	
1. Fart,	2. Belly,
3. Horn,	4. Cradle Board,
5. Bee,	9. Lake,
11. Big,	13. Handsome,
14. Dry,	16. Knee
Call 928-734-3283 for hints or answers	

HOPILAVIT - CONVERSATION WORDS

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

Find the Hopi Words

Kwisto - Get

Yup'a - Go ahead

Nima - Go home

Nakwhana - Grant permission

Tutskwa - Ground

Naasami - Half-dollar

Hiñti - Happen (what)

Hāalayi - Happy

Kyaktayti'i - Hurry

Wuuni - Idea (thought)

Pashimu - Important

Sonkyia - Improbable

Songyawnen - In effect

Tutuwna - Instruct

Tunatya - Intention

Itsivu - Intolerant

Tuwat - In turn

Qanaani - Jealous (feel)

Tumala - Job

Henanata - Jog

Suumi - Join

Hintaqa - Kind (what)

Tuwi'yta - Know

Ngasta - Lacking

Lavayi - Language

Qa iits - Late

Tayati - Laugh

Ya'makma - Leave (exit)

Awtuuqayta -Listen

Tunatyawta - Look

after

Hiisa - Many

Paati - Melt

Qa'āntipu - Mistake

Qaavo - Next day

Aa'awna - Notify

Ephaqam - Now & then

Himu'yva - Obtain

Paypi - Oh Well!

Namora - Option

(choice)

Angqw - Out of origin

Tuqayvasta - Pay At-tention

Qe'ti - Quit

Yöoyoki - Rain



Picture by <https://misfitmatriarch.com/>

A Speech to Inspire All

By LARRY WATAHAMAGEE

The Hopi Tutuveni

Graduation times on the Hopi mesas are quite the sight to see and Hopis love their education. Many Hopis want to be a successful “Hopi-white man” where it seems they want to have the benefits of being a white person while practicing Hopi religion, too. I think it’s great that we are taking advantage of the white man’s education system especially since just two centuries ago, Hopis never wanted to have any sort of white man’s education or to deal with any white man’s problems.

When graduation time comes around, most schools will go out and find the most successful person to talk to their young graduates about the success they have. The schools will get the most successful person outside of the reservation that has a bunch of letters after their given name like, PHD, BA, AA, or, JD just to name a few.

And that’s ok, because we want to inspire our graduates to become successful individuals, to go out into the world and become doctors, lawyers, and businessmen.

Recently and just this past May, I was at a few graduations and promotions and every keynote speaker or guest spoke of how they became successful. They talked about their story on how they made it BIG through their rough times in their lives. I rather enjoyed their speech but it was the same cookie-cutter speech where they either came from a broken home and how their teachers were an inspiration to them to become who they are today, and I get that. It’s a nice story that we hear every year at these promotions and graduations. But when I heard their stories it reminded me about the time when I was graduating from high school, and yes, I did go to Feline High where the cool cats go.

I sat before our guest speaker; I don’t remember who it was, because I was still a mush head who just wanted to get out of high school. But I remember what this person said. He said that we should all make a change with what we learned in high school and that we were the dreamers of this world we lived in then. Now, when I graduated, the very next day I didn’t know what else to do. I think I bummed around for a year ‘til I went to college. The guest speaker said we would become successful right off the bat, and when I remembered that I thought, now that was a lie.

I didn’t know what I wanted to do or what I wanted to become back then, I just remember during my senior year, recruiters from different colleges came around. My mom said, “Just go to college and learn something else.” So I did.

At these Hopi promotions and graduations, as I listened to the speakers, all of them said the same thing “Go out and learn something, then come back and teach and work for your people.” But I don’t blame the school administration or personnel for giving our children hope to become lawyers, doctors, space rangers, etc. I blame the “system” here on the Hopi reservation for giving us hope that we could come back and become something great, and that we could help our people when we graduated.

I have to admit though that there are some Hopi people out on the reservation that have a great degree and are doing something to help the Hopi people, but it’s like .00001% of the population that is doing that.

What I would very much like to see at these promotions/graduations, is to have someone in the Hopi community, who has graduated and is doing something great like working at the local grocery store, or a stay-at-home parent who is making money by carving dolls or weaving baskets. We can’t all listen to a cookie-cutter speech about how we could become like a white man, we need more average Hopi people telling our kids that it’s ok to not go to college, its ok to work a 9-5 job, and because the majority of our graduates will do that.

We give our new graduates so much hope that if and when their plans for success fail, they are very devastated and can’t imagine working for pennies on the dollar. So they become depressed and start asking for handouts.

One thing we haven’t taught our kids is how to fail and get back up again. As much as we teach our kids never to fail, to always have a goal, to always make sure you strive to become successful, and that’s ok. I think, we should be teaching our kids that its okay to fail at life, because how we can become successful is when we experience failure. We’re not robots or supermen, were just Hopis trying to understand how to balance our religious side of our lives and understand the white man’s ways.

Now, don’t get me wrong, some Hopi graduates will become doctors or lawyers, but most of them will stay at home, play video games, watch TV, and eat cereal at 4pm, but that’s ok too. Just as long as they find hope in something that they are doing to make their lives easier.

We have this notion, that in order to become successful, we have to get a degree from a 4-year college that defines who we are, but in reality, our clanship, our heritage, our traditions define who we are, not some piece of paper with our name and degree on it. Sure it will get us a good job, in the white man’s world, but if you took your degree down to the Hopi kiva, everyone will laugh at you and make you sit in the back. Here on the Hopi reservation, degrees like a PHD or BA degree means nothing...in the kiva. Now if there was a degree for how many times someone butchered a sheep then I would proudly hang that on my wall.

Don’t skin the cat just yet, education is important to everyone, it means that we are like supermen where we have our deep-rooted Hopi culture and are studying the white man’s ways, too. We are doing twice the work to become balanced in life.

My advice to you is that failure is an option, if it wasn’t we wouldn’t have that saying, “Failure is not an option.” But, just as long you find success in your own way, success is what you make of it, whether it’s working at a grocery store, or saying “Would you like fries with that?” If my speech to end all speeches were to inspire anyone who reads my column, then I would feel successful if at least that one person could say, “I learned something from a cat.”

Write a Letter to Larry: PO BOX 123 Kykotsmovi AZ, 86039
Want to ask Larry something? Email him: meowatlarry@gmail.com

Hotevilla-Bacavi Community School Eighth Grade Promotion



Eugene Talas presents the Hopi code talkers award to a lucky student



Eugene Talas presents the Hopi code talkers award to a lucky student



Students sit and listen to their guest speaker talking about their future



Proud students take their certificate of completion to enter the 9th grade

Hopi High School Graduation



Eager students listen to speakers talk about their future



Proud parents sit, listen, and watch their children graduate



One student proudly walks to his seat and patiently waits for his diploma



Rick Baker talks to the students about the ups and downs of life

Tuba City High School Graduation



Eric Susunkewa proudly holds his Diploma



Proud parents pose with their children as they finish high school



One student proudly holds her diploma and stops for picture taking



A shower of confetti to congratulate the class of 2019

Cherokee remembers fallen warriors on Memorial Day



During a Memorial Day Ceremony at the Cherokee Veterans Memorial Park on Monday, May 27, Principal Chief Richard G. Sneed, left, U.S. Marine Corps veteran, salutes after placing a wreath along with Sgt. Major Frank McRae, U.S. Army; SFC Clifford Long, U.S. Army; and Col. John Carter, U.S. Army. (SCOTT MCKIE B.P./One Feather photos)

By SCOTT MCKIE B.P.
ONE FEATHER STAFF

As the sun shone down on the names inscribed in a marble statue at the Cherokee Veterans Memorial Park of those brave Cherokee warriors who gave the ultimate sacrifice in battle, a large crowd gathered to honor them. The Steve Youngdeer American Legion Post 143 hosted its annual Memorial Day Ceremony at the Park on the morning of Monday, May 27.

“They are the fallen, we are grateful for their eternal sacrifice,” Post 143 Commander Lew Harding said during his opening remarks.

Commander Harding said on Memorial Day that unity is important nationwide. “We must seek harder to find common ground and work together as a country, as a Tribe, and as a people. We must not lose our moral compass or disregard the rule of law. These freedoms, for which these brothers and sisters have died, are so meaningful and we must preserve them. Each generation must relearn and re-commit to the foundations of our democracy. This nation was built on the blood, sweat, and tears of Native Americans and many others. We cannot let those sacrifices be in vain. We honor these veterans here today and the fallen heroes of all the conflicts that our country has faced.”

He added, “Today, we honor the men and women who answered the call of our nation. They are our heroes...the families of the fallen, we love you and we honor you. We thank you for every bit of our freedom that we appreciate each and every day.”

During the program, Warren Dupree,

Post 143 service officer, read a research piece about the Post’s namesake, Steve Youngdeer. The piece was written by Gary Holt, U.S. Army veteran, and is entitled “Journey of a Young Warrior 1917-18”.

After training at Camp Sevier from September 1917 to May 1918, Private Youngdeer and his fellow troops in the 30th Infantry Division took a 10-day boat transport and landed at Liverpool, England.

“About July 1, 1918, the 30th was ordered to move into Belgium,” Dupree read. “It was assigned to Tunneling Camp for final training in trench warfare and in attacking strong points. This sector was turned over to the 30th Division by the 33rd British Division.”

He continued, “On Aug. 31, 1918, the 119th and 120th Infantry Battalions, along with the 113th and 115th Machine Gun Battalions, engaged the 236th German Division. Steve Youngdeer was noted for volunteering constantly to be one of the first men to go ‘over the top’ and out of the trenches. He was there to take care of business and do his job as an American soldier. On Aug. 1, 1918, Steve Youngdeer suffered a leg wound that would be complicated by pneumonia. He was taken to a field hospital in the British sector called Dirty Bucket Camp near Flanders Field. On Sept. 15, 1918, Private Steve Youngdeer passed away.”

Principal Chief Richard G. Sneed, a U.S. Marine Corps veteran, gave the keynote address during Monday’s event and said, “It is an honor to be part of a community where so many come out to honor the memory of our fallen veterans who have paid the ultimate

Thunderstorms, tornadoes, and flooding: Aftermath of severe weather for Midwest tribes



Photo provided by Indian Country Today

Jourdan Bennett-Begaye
Indian Country Today

Cherokee Nation says their tribal citizens are safe.

Tribes in the Midwest suffered damages from severe thunderstorms, tornadoes, and flooding this week, and the severe weather will continue.

The National Weather Service has warned the central United States of flash flood watches and flood warnings into next week. Friday’s forecast brings winds, hail, and tornadoes.

Tornado warnings sent residents, including tribal citizens, looking for safety and some residents are reporting they haven’t slept in days.

Crystal Echo-Hawk, president of Echohawk Consulting, posted her experiences on social media on Wednesday from Skiatook, Oklahoma, which is

north of Tulsa.

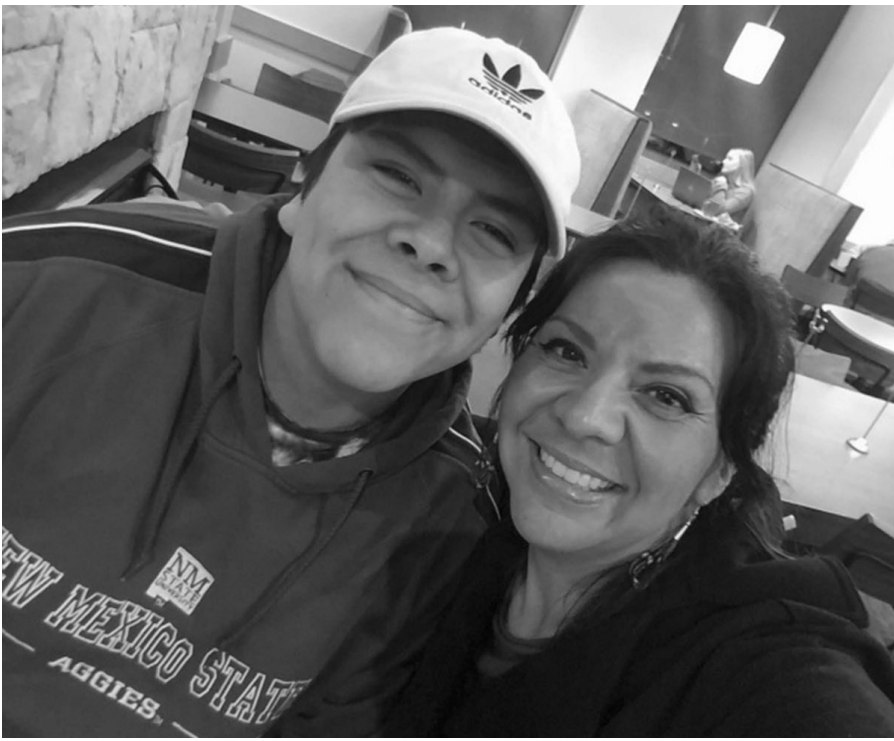
“Multiple tornado warnings, 2 trips to storm shelter, 1 tornado reported near us & no power. We are fried. Camping in the living room holding it down. Ready for this to be over!” she posted. “Grateful to be with these fierce ladies & we’ve managed to still laugh despite some real scares and stress. Truly appreciate all the folks who have been checking on us. Hope all our friends & relatives in surrounding areas are ok!”

A tornado killed 3 people in Missouri on Wednesday night, according to multiple reports, and a damage survey is ongoing from that tornado.

President Donald J. Trump expressed his condolences to the state of Missouri.

“Our hearts go out to the people of Missouri as they woke up to assess the damage from storms. You are strong and resilient, and we are here to assist,”

High school student fights for right to wear Native regalia and an eagle feather during commencement



Tvli Birdshead, 18, fights for his right to wear an eagle feather and regalia for his upcoming graduation ceremony at Latta High School in Ada, Okla. Pictured with Tvli is his mother, Taloa Birdshead. (Submitted photos)

Latoya Lonelodge, Staff Reporter
Cheyenne & Arapaho Tribal Tribune

(ADA-OK) With success comes a great deal of pride and honor as many students are anticipating and counting down the days until their high school graduation. Completing a milestone such as high school is an accomplishment for students, a success story of its own, and one of the last memories they will have parting ways into the next chapter of their lives.

While students look forward to the big day in excitement, others are facing challenges of their own in their fight to freely express themselves culturally as some Oklahoma schools continue to deny Native American students the right wear regalia and eagle feathers during graduation ceremonies. With Oklahoma being home to 39 Native American tribes, it leaves some baffled by these school decisions banning the wearing of regalia, beaded caps or eagle feathers.

For centuries, Native Americans have praised the sacredness of specific items that hold significance within their individual cultures. To uphold tradition that has been passed down from generation to generation, one Native student, Tvli Birdshead is actively fighting for his right to wear an eagle feather, beaded cap, and an honor cord that was presented to him by his tribe, the Chickasaw Nation.

Birdshead, 18, is a senior at Latta High School in Ada, Okla. Birdshead is actively involved in the Native American student life at school with clubs and maintains his grades as a National Honor Society student, and he takes great pride in his heritage.

Birdshead said that when he went to his principal at Latta High School to request permission to wear his eagle feather, beaded cap and cord, he was told no.

“I kind of already anticipated what Latta would say, they said no initially, because you hear these stories every year and I had anticipated their answer. It wasn’t that big of a shock to me but we still fought and we approached the principal at first. After our conversation with him my mom had a meeting with the superintendent and he also said no. He said it was up to the school board members and that the next meeting that could change that policy was May 6,” Birdshead explained.

Referring to the school’s handbook, Birdshead said the school’s reasoning behind denying his request was that only school sanctioned items could be worn at graduation.

“They didn’t really show me anything that said I couldn’t wear it and that’s where me and my mom were confused because they would say it’s against policy and it wouldn’t go with the student handbook or it’s against the dress code and the dress code isn’t stated and the policy that they talked about doesn’t state it either, so that’s the situation that we were running into,” Birdshead said.

In wearing regalia at ceremonies such as graduation, Birdshead said it would give him a sense of pride in honoring his family and where he comes from.

“It gives me the opportunity to acknowledge the people that I come from, to acknowledge my grandfather, my great grandmother, it gives me the opportunity to acknowledge my spirituality, acknowledge what I believe in and just thanking the Creator for this opportunity that he’s given me and thanking him for giving me this honor,” Birdshead said.

With the honor of showcasing his regalia at graduation, Birdshead said he initially wanted to wear his eagle feather.

“I didn’t know how the school would react to that, then the Chickasaw Nation, I think it was new this year, they issued honor cords for all the Chickasaw graduating seniors and those were sent in the mail and I got mine and I asked our principal if I could wear it and he said no and the reason is because it would open the door for other organizations, that the school doesn’t let them wear their honor cords either, and so the honor cords kind of just set the tone because I wanted to wear my eagle feather initially and bead my cap and the honor cords added to that,” Birdshead said.

And while the school stood by their policy and with Birdshead standing firm in his fight to wear his regalia, Birdshead said it became frustrating for him at school.

“It’s really frustrating because people talk around the school, I’m hearing other people use comparisons like ‘what if this other kid wanted to honor, in quotations, his ancestors that were Nazis or what if they wanted to wear the swastika on their cap,’ and they’re taking it to the extreme and that makes me really angry because that belief, that whole situation that they made up is not protected in the American Indian Religious Freedom Act and that just makes me angry,” Birdshead said.

In helping schools better understand the Native American viewpoint in honoring themselves at ceremonies such as graduation, Birdshead said education is the key.

“I think we definitely need to educate better and get the word out about the significance of the eagle feathers ... in the Society of Indian Psychologists is an article in response to the recommendation of the display of spiritual and cultural symbols of graduation regalia for American Indian students, it just talks about the historical aspect of assimilation, of how the school systematically forced Indians to forget about their language, forget about their culture and spirituality and it talks about denying us our right to wear our eagle feather, it’s just going back to repeating history. I think by spreading articles like this and addressing the issue with schools like earlier in the year would definitely help,” Birdshead said.

And in educating schools, some schools are taking that proactive step to communicate and coordinate with respective tribes where a majority of Native students are located.

El Reno High School Principal Pat Liticker said they have a strong Native American population, where Native Americans come in second category of minorities to Hispanics. Home to a large majority of Cheyenne and Arapaho tribal families, El Reno High School makes it a priority to coordinate with the tribes each school year.

“We do have a strong tradition of Native American students at El Reno in our community and so we try as best we can to meet the needs, there’s a lot of activities that the Native American students get to participate in especially through our Indian Education Program, which I think is a phenomenal program,” Liticker said.

And like other schools, Liticker said they do have policy for all students to follow. However, the one and only exception allowed at graduation time allows Native American students to wear an eagle feather on their cap if they choose to.

“We have a policy, not just for Native Americans students, but it’s a policy for Hispanic students, African

High school student fights for right to wear Native regalia, Cont.

American students, Caucasian students, we have a graduation policy that we have in place, which we try to hold to a more traditional graduation ceremony where nobody is allowed to deviate, not any cultural group, and some schools allow students to decorate their caps and some schools don't allow them to. We just have that policy for all students, at the same time, to be respectful of our Native American students and their heritage and their beliefs, we do, in conjunction with the tribes, we work very closely with them to hammer what is called the spirit charter where we recognize the importance of Native American values and culture and what that means to those students and families. They wear the official feather on their cap to recognize that, we allow them to wear full regalia under their gown, some of them wore a medallion around their necks, we do have some of those agreements with the tribe and we do have a full agreement that we allow our Native American students to do," Liticker explained.

Liticker said students don't have to ask permission to wear regalia underneath their gown.

"That's their choice as far as meeting the official dress, we tell our students you have to be dressed formal, dress shoes, ties, dress shirts, all that, and for our Native students, if they choose, their formal official dress is their regalia," Liticker said.

In order to avoid lack of education of the tribe's heritage and beliefs, Liticker said that the school makes sure they work closely with the Cheyenne and Arapaho Tribes.

"We just make sure we're working very closely with them, that we're very respectful of our Native student's culture, that we're very respectful of their beliefs with the tribe and any time if there is something where we're kind of out of line with that we make sure we're edu-

cated on it, because I think most of the time that's where it comes from is just a lack of education on what is the official meaning of the headdress, sometimes our kids don't understand that and so it just needs to be an educational time of lets explain to them really what the headdress means and the importance of it to the tribes. Lets explain to them what all of these things mean so that we understand that when we're using this term or that term, that you understand that's a negative term in the eyes of the tribe and we want to be respectful of that, we don't want anybody to be offended because somebody used a term that maybe they've been using and never realized, 'oh I didn't think of it that way,'" Liticker said.

While schools are proactively involving themselves with tribes, some educators are also striving to praise the cultural upbringing of Native youth in the school system. With the continuing issue of denying Native students the right to honor themselves distinctly among their heritage, the topic arises frequently across the United States.

Founder and Interim Executive Director of the Oklahoma City Sovereign Community School, Phil Gover, had some insight to share over the topic.

"I've been really hardened that this issue is coming up more and more and not just in Oklahoma, I think it comes up in other states as well where there's a substantial population of Native students. Why I'm hardened about it is because for so long, especially in the traditional public schools systems, excluding our tribal grant schools or BIA schools, but for so long our Native kids don't see themselves reflected in their schools, like their cultures, they tend to be watered down if not outright disrespected. The curriculum that schools teach in our school, and this doesn't necessarily reflect their experience and knowledge,

but other times it's just outright lies, it's not true, you get to the point when someone who's on the verge of adulthood has the self awareness to say, 'you know what this moment is about me, it's about my achievements and my accomplishments and I should have the ability to celebrate in a culturally or appropriate way,'" Gover said.

With the upcoming addition of the Sovereign Community School set to officially open in the fall of 2019 in Oklahoma City, where Native American curriculum will be incorporated, the issue of denying cultural upbringing and expression will cease to arise.

Gover said the issue comes from a system designed for the children.

"It was mostly designed to assimilate them and this is how that happens, when the important celebrations and milestones in our lives get claimed by someone else's rules and the way someone else wants to do things and for not any good reason but just because they want you to conform, more people should have a problem with that and I'm glad that these students and their parents do have a problem with that," Gover said.

In his fight to gain the right to wear his regalia freely at graduation, Birdshead's mother, Taloa Birdshead said her son has worked very hard as a student and will be graduating with the highest honors.

"Tvli has been brought up knowing who he is, his identity is founded in his people who are his family, Tvli has been taught that there is no separation of his spirituality from any aspect of his life, graduation, even from high school. He is a high honor among his family, his cousin and brother requested to honor Tvli by beading his cap and when a person offers to bead something like a graduation cap it is to honor and bestow a blessing, an eagle feather is given to a

person to signify honor, bestow spiritual blessings, or to honor for personal achievement, an eagle is considered sacred to first peoples, we are the descendants of the first peoples of this nation, the right to educate our children according to our own ways was prohibited during colonization and the years following," Taloa said.

Taloa explained that many schools across the nation receive Title VI funding and schools that apply and receive the funding are required to meet the 'unique cultural, language, and educational needs of American Indian and Alaska Native students.'

"Latta High School, where my son will graduate, is a school that receives Title VI funding, he has the right to wear his regalia, not only to allow his family and his people to honor him in our way, but also to hold the school accountable to their obligation upon receiving Title VI funding, the right to honor our children in our Native ways, even in regards to how to educate our children was taken from Native People in this country long ago. Though that right was taken from us, we never forgot who we were as a people, we have the right to honor our children in our way, and encourage them to pursue higher education, it would show great honor and respect for the First Peoples of this nation by allowing all of our children to be honored by their family and their people through wearing their regalia during graduation," Taloa said.

With addressing the Latta School Board on May 6, the Birdsheads had a support system behind them supporting their endeavors as they have opened an investigation with the Oklahoma State Attorney General's office by filing the Public Accommodation Discrimination Complaint form. They had support from the Oklahoma ACLU, Native American Rights Funds, Oklahoma Indian Legal Servic-

es, with other legal representation provided through Conner & Winter's Law Firm, the Oklahoma Chapter of AIM, along with numerous supporters from the community.

Birdshead also received a letter of support from various representatives of the Chickasaw Nation, including Lisa Billy, Chickasaw Nation legislator and former Oklahoma House of Representative, National Congress of American Indians, John Densmore, musician and Native American activist and Representative Ruth Ann Buffalo of North Dakota.

"Tvli and I both are hoping to keep this moving forward for positive change and restoring honor to our first peoples of this nation, Tvli and I hope this will impact the nation to create a wave of change to bring to light the need for change in legislation that would uphold the rights to protect our Indigenous ways of life. We hope to have laws in place that protect what's sacred, it begins with protecting what's sacred to us, our children, who carry with them our ways of life. I've borrowed this quote of Sitting Bull many times, Tvli tells me, but I'll borrow it yet again, 'Let us put our minds together and see what life we can make for our children,'" Taloa said.

The May 6 School Board Meeting convened at the Latta High School cafeteria where a majority of supporters gathered in support of Birdshead. The board, totaling five members, passed Birdshead's request, allowing him to wear his eagle feather, beaded cap and cord at the upcoming graduation ceremony set for May 21.

Birdshead will be attending the Institute of American Indian Arts in Sante Fe, N.M. in the fall where his major area of study will be Indigenous Liberal Studies with a minor in Studio Art.

Cherokee remembers fallen warriors, Cont.

price. There are many communities today where there is no ceremony-taking place at all. Memorial Day has become a day for cookouts and family gatherings, and while that is appropriate, the purpose of Memorial Day is found in the name."

Chief Sneed said that on Memorial Day, each year, he reflects on the life of his grandfather Vernon Sneed, a man he never got to meet. He said he has only one photo of his grandfather who was killed during World War II and that photo makes him reflect on the entirety of his family. "I look at that picture, and I wonder what their lives would have been like had he not fallen during that fateful day in Germany. I wonder how my life would have been different had I had the opportunity to know him, and I wonder how our community would have been different had he been a part of it. And then, I reflect upon the big picture – the world stage – and I wonder what humanity had been like if tyranny and despotism would have won out that day during World War II. Fortunately, we only have to imagine what that would be like because of the very sacrifice of Vernon Sneed and countless millions of men and women, just like him, who stood and faced evil head on and paid the ultimate price for the freedom that we enjoy today."

Following the keynote address, Chief Sneed and Cyndi Lambert, former EBCI First Lady, did the Ringing of the Bell ceremony in honor and memory of the following members of the Eastern Band of Cherokee Indians who were killed in action:

World War I: Steve Youngdeer, U.S. Army; Joe Kalonaheskie, U.S. Army
World War II: Boyd Catt, U.S. Army; Jacob Cornsilk, U.S. Army; Adam West Driver, U.S. Marine Corps; James R. Lambert, U.S. Army; Samuel William Otter, U.S. Navy; Blaine Queen, U.S. Army; Mark Rattler, U.S. Marine Corps; Isaac Ross, U.S. Army; Joshua Shell, U.S. Army; Sheridan Smith, U.S. Marine Corps; Vernon George Sneed, U.S. Army; William Taylor, U.S. Navy; Enos Thompson, U.S. Army; Jeremiah Toineeta, U.S. Army; Robert Austin Wahneeta, U.S. Marine Corps
Korea: Charles Arch, U.S. Marine Corps; Charles George, Medal of Honor recipient, U.S. Army
Vietnam: John Burgess, U.S. Army; John Edward Oocumma, U.S. Army
Chief Sneed, Col. John Carter, SFC Clifford Long, and Sgt. Major Frank McRae did the ceremonial laying of the wreath which was followed by the dedi-

cation of Operation Flagpole at the Park.

The Operation Flagpole, a project conceived and funded by Cyndi Lambert, involved placing permanent flagpoles for the U.S. and EBCI colors as well as those of all branches of the armed forces including the U.S. Army, Navy, Marine Corps, Air Force, Coast Guard, and Merchant Marine. "We are able to be here today largely in part due to those who are not," she said. "And, today is a special today to remember those who have died for our freedoms."

Lambert noted that she formulated the idea for Operation Flagpole during a simple drive by the Park one day when she noticed a general lack of flags. "Each branch of our military have had brave warriors who have been injured or killed, and it's only fitting each branch is given a prominent recognition in our Veterans Park."

She said many people were involved in Operation Flagpole, with herself and former Principal Chief Patrick Lambert, a U.S. Army veteran, and she thanked Post 143, notably Commander Harding and Service Officer Dupree, as well as Justin French and the EBCI Facilities Department for their work. "For Patrick and I, this personal contribution is only a small way for us to show our gratitude, love, and appreciation for all of our veterans and honoring those who are injured or gave their lives to protect us and our freedoms. This joint effort just goes to show that working together with friends, neighbors, our local American Legion Post 143, and our community, we can ensure that the sacrifices made by our nation's finest and bravest never go unappreciated and that their memories are never forgotten."

Post 143 presented a Certificate of Achievement to both Joaquin Layno and Blake Smith for being named the valedictorian and salutatorian, respectively, of the Cherokee High School Class of 2019.

The Post 143 Color Guard rendered honors to the fallen heroes, which was followed by the playing of "Taps".

Phyllis Shell, U.S. Army veteran, sang two songs during Monday's event including "In Honor of Those Who Served" and "God Bless America". Taran Swimmer, former Miss Cherokee, opened the event by singing the National Anthems of the United States and the EBCI. Patriotic readings were done by Col. Carter and Dupree, and Big Cove Rep. Perry Shell, U.S. Army veteran, gave the benediction.

Thunderstorms, Tornadoes, Cont.

he tweeted.

The River Spirit Casino, owned by the Muscogee (Creek) Nation, is temporarily closed due to the rising water from the Arkansas River. The casino is located next to the river where a drone captured the now flooded property.

The resort announced it will open back up on Sunday. Guests were evacuated yesterday and relocated to other properties.

Chief executive officer Pat Crofts released a statement about the rising waters.

"We remain fortunate that our engineering design accounted for a 100-year-flood. However, this level of water was not a previous measurement. The new water level being released today is increasing the water on our south and north parking lots, on the front service road, on the south great lawn, in the subterranean parking and on our service road leading to our loading docks," he said in the statement. "All of the Resort hotel, Margaritaville and Ruth's Chris restaurants, Margaritaville and River Spirit Casinos, Paradise Cove Theater all remain, and will remain dry. The Resort

Pool is at the biggest risk at this time."

Cherokee Nation closed its casino in Fort Gibson on Tuesday in anticipation of the Arkansas River flooding. The casino will open up when the flooding is over.

The tribal nation's emergency management team has been helping the community and tribal citizens with resources, such as food, water, and financial assistance.

They also delivered water to a fire department and a local health center.

Pawnee Nation tribal offices closed early on Monday and have been closed due to severe flooding to roads that lead to the offices. The American Red Cross donated some cots and blankets to those staying at the Pawnee Community Center. The tribal offices will open up on Friday.

The Osage Nation is helping enrolled members whose homes were damaged from the chaos. The Nation has been providing emergency financial assistance up to \$1,000.

People are advised to not drive through flooded roads or even park in areas where there's water.

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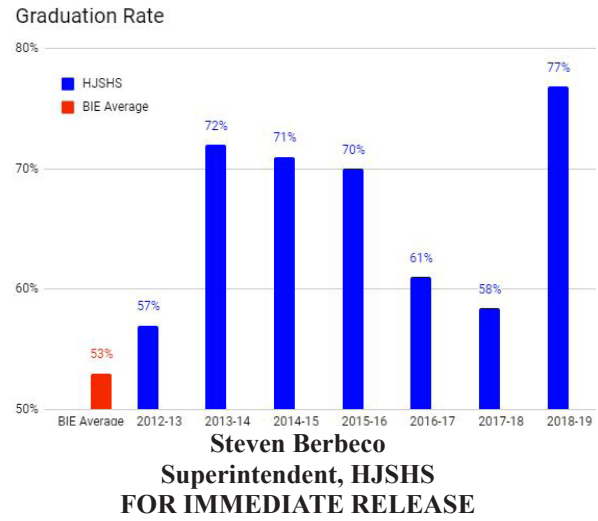
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HJSHS Finishes Awesome School Year with Great Successes



KEAMS CANYON, Ariz. – The students and staff at Hopi Junior Senior High School (HJSHS) had unprecedented successes during the 2018-2019 school year, thanks to the teamwork, collaboration, and dedication of the staff, students, and school community. The school is making significant improvements in important areas and it is headed in the right direction.

The numbers have been finalized and the graduation rate this year is 77%, the highest it has been for more than five years. This information is charted on the graph. This is also higher than the graduation rate for BIE schools across the country (53%) and Native Americans in Ariz. (67%). Also, the AzMerit scores for junior high school students are up in reading and especially math, where there is a jump of 8% for eighth graders who passed this year.

HJSHS graduates are on the move, too! More than two-thirds of this year’s graduating seniors are going to vocational programs, community college, four-year universities, and the armed forces, and about 1 in 5 have a job lined up straight out of high school. Just a few years ago only 25% of students had post-graduation plans, but now that number has increased to 87%.

The ACT scores for high school students also went up. This year the Governing Board approved a change from AzMerit to ACT for the high school students. The ACT is widely accepted by colleges so it can be very useful for students. The AzMerit test is not accepted by colleges. The decision to change from AzMerit to ACT was also approved by the BIE and the Arizona Department of Education.

Grades are in for the TALON dual enrollment pro-

gram and they are awesome! Students took Spanish, Pre-calculus and Calculus, and American Government. They got 8 A’s, 7 B’s, and only 2 C’s. These are real college classes and the students are getting college credit while in high school. There are actually TWO dual enrollment programs at HJSHS, so other students got college credit for their classes, too.

HJSHS, Keams Canyon Elementary School, and now Second Mesa Day School will have AVID programs as of this fall. AVID is the gold standard in college and career readiness curriculums. This means that more incoming students will have this top-notch learning experience before they arrive to the junior high school classrooms to continue with the AVID program. It’s just one of many ways that Hopi’s schools are coordinating student learning with each other.

Students have brought home many awards this year. For example, in Spring Jihad Nodman was named the 2A North Region Boys’ Track Distance Runner of the Year, and Steven Baker, Tyrall Roland, and Nico Valdez were selected as the All-Region 2nd Team for track. Amber Labahe earned honorable mention in the news-writing category, a national award from the Journalism Education Association. And high school students Kaleen Joseph, Jaeda Pooyouma, Serena Honahnie, Zachary Douma and Leyton Klee in the Gifted and Talented (GATE) program took FIRST PLACE in the Climate Action Challenge sponsored by the Flagstaff Sustainability Program for their project: “The Effect of Climate Change on Hopi Fields.”


HJSHS is building stronger connections with the community. The Hopi Cultural Preservation Office – Hopi Tribe and the Resources Advisory Task Team met in the school library recently. Over 300 students were in attendance throughout the day and respectfully listened to these guests. The agenda included updates on Bears Ears, the Wildlife Program, and the Hopivewat museum project. Students learned about ways they can participate in their Hopi culture and speak their language.

There were many other successes throughout the year. HJSHS passed accreditation, so the school is all set for another five years. The accreditation team was particularly impressed by the shared governance and how staff participates in decision-making. JROTC passed accreditation, too, and was recognized as a model and exemplary program. High school students connected with students around the world through the new United Planet class and that will continue next year. Also, the school website now has up-to-the-minute information on school activities like the recent science fair and spelling bee, and also sports programs. More than 40,000 individual people have viewed the Facebook page this month!

The good news is continuing during the summer. HJSHS received a grant for more than \$100,000 to offer a summer school program that is a combination of credit recovery and enrichment classes for students who want to learn more about Hopi culture and language and STEM. The junior high school is offering a great summertime STEM program in partnership with a non-profit organization, including field trips and lots of hands-on activities. Next year there are plans to build a STEM laboratory with 3D printers, laser engravers, and other 21st century learning tools using funding from the University of Arizona.

These are some of the wonderful things that have been going on at HJSHS this year, where the extraordinary staff members always put the students first and the Governing Board has set the school in the right direction.

Check out the school website at www.hjshs.org for a count-down to the first day of school!



Applied Suicide Intervention Skills Training (ASIST)

A two-day interactive suicide first aid workshop

ASIST is for any person in a position of trust who wants to feel more comfortable, confident and competent in helping to prevent suicide.

This includes:

- Caregivers
- Mental health professionals, counselors
- Nurses, physicians, pharmacists
- Clergy
- Teachers, youth workers, school support staff
- Police and correctional staff
- Community volunteers

Learn how to:


- Recognize invitations for help
- Reach out and offer support
- Develop a Safety Framework
- Apply Pathway to Assisting Life Suicide Intervention Model
- Link persons with thoughts of suicide with resources

Wednesday, July 17 & Thursday, July 18, 2019
8:00 a.m. to 5:00 p.m. (both days)

Hopi Wellness Center
Kykotsmovi, AZ

This is a **Free Event!** Space is limited to the first **24** attendees who register


To RSVP, please call Hopi Behavioral Health Services (928) 737-6300



What you need to know for this workshop:

- Dress comfortably
- Interactive; feel challenged and safe
- Group activities, skills practice
- Lunch provided both days
- Participation in full two days is required; partial absences will result in participant having to retake course.

This training is funded through Phoenix Area IHS and presented in partnership with Hopi Behavioral Health Services.



For more information, contact Hopi Behavioral Health Services | (928) 737-6300

Hopi CHR Program Presents:

Teen Night

2019



Females: June 5, 2019

Males: June 6, 2019

Where: First Mesa Youth Center

Time: 5:30 - 8:30 pm

Ages: 13-18

DINNER WILL BE SERVED

Break Out Sessions:

☉ Sexually Transmitted Infections ☉ Hopi Values ☉ Relationship Roles



Break the Silence, **Speak YOUR Voice!**

Not All Wounds Are Visible

For more information, please call:
928-737-6342

SUMMER LIVING

4 Ways to Beat the Summer Heat

(StatePoint) If you love summer and sunshine, you may be looking for ways to beat the heat that don’t necessarily involve escaping indoors to air conditioning.

Here are four ways to make the most of the summer season while staying cool and comfortable.

1. Homemade popsicles. Get the entire family involved in making homemade popsicles -- a sweet treat that can be much healthier than the store-bought variety, depending on what ingredients you include. Consider pineapple chunks, coconut shavings, berries, lime juice, kiwi, yogurt and other fresh flavors for a delicious, nutrient-packed way to cool down on hot summer nights.
2. Get on the water. Keep cool with outdoor water activities. Whether you’re doing something active like kayaking and swimming or just lazing on the river for a day of tubing, be sure you have the right tools on-hand, like the WSD-F30
3. Stay hydrated. A hydrated body is like a well-oiled machine. Indeed, staying hydrated helps keep your core body temperature in check. Be sure to drink plenty of water, particularly on the hottest days. At mealtime, select items like gazpacho or smoothies and opt for snacks that have a high-water content, like watermelon, cucumbers and apples.
4. Dress right. The fabrics and colors of your summer wardrobe can make a big difference in the way you feel. Stick to light, loose garments or tech fabrics specifically designed to wick moisture. Some clothing even now comes with SPF for extra sun protection, which could be important if you exercise outdoors or are otherwise spending lots of time in direct sunlight.

