

Volume 27 Number 13

"Villages Against Meth" Grassroots **Group Presents to Hopi Tribal Council**



Villages Against Meth March 20, 2019 Meeting at Hopi Health Care Center (Photo by Romalita Laban/HT)

ROMALITA LABAN HOPI TUTUVENI

Kykotsmovi, Ariz. - Monday, June 24, 2019, the "Villages Against Meth" grassroots group was scheduled to present to the Hopi Tribal Council at 9:00 a.m., however, bystanders were sure to see the group of individuals were still lined up outside of the temporary entrance to Hopi Tribal Council Chambers past 9:00a.m.

Hopi Tutuveni staff attempted to sit in

on the presentation, however due to limited seats in the chambers, some of the patrons were not allowed entrance by Hopi Tribe Security personnel, until approximately 11:30 a.m.

Prior to being able to enter, Tutuveni staff did acquire a copy of the "VILLAGES AGAINST METH Hopi Tribal Council Presentation AGENDA" which amongst other information listed the following main eight items: 1. Intro of why we're here 2. Edu-

forts 3. Physician testimony 4. Testimonies 5. Presentation of VAM report 6. Subject Matter Experts 7. Accountability & Responsibility 8. Obvious on Efforts and Tangible communication on your work toward ending this crisis

In the January third Hopi Tutuveni publication, an article regarding the Town-Hall Meeting held by the grassroots group was published. Since that publication, a March 20, 2019 meeting was attended by Hopi Tucation – Whitney, Education/Awareness ef-tuveni staff, during which time, Cont on Page 2

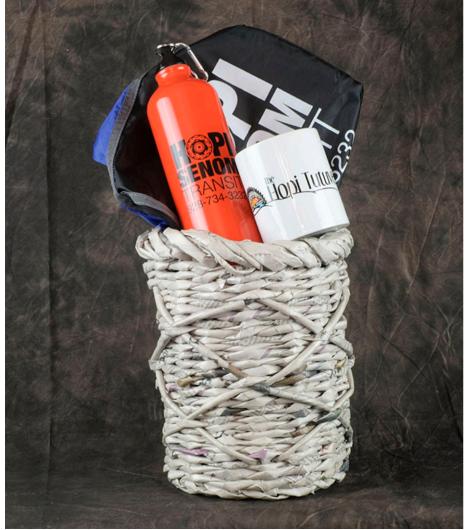
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July 2 - July 18, 2019

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Hopi Tutuveni 2019 Subscription Drive Begins Monday - July 1, 2019





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





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

ROMALITA LABAN HOPI TUTUVENI

Kykotsmovi, Ariz. - Since the June fourth announcement of the Hopi Tutuveni's 2019 Subscription Drive, the Tutuveni staff have received interest, comments and support to see this vision of revenue generating, while attending to ensuring readers get their paper, coming to fruition.

Officially beginning on Monday, July 1, 2019 and throughout the month up through July 31, 2019, any individual/ organization that determines to take out a subscription for the Hopi Tutuveni will be given the opportunity to win a basket (made entirely out of Hopi Tutuveni newspaper) and filled with incentives, with each subscription filled.

Subscription Drive Participant names will be submitted into a drawing Cont on Page 3

CURRENT INDIAN NEWS

NAJA Selects Trahant Read more about his achievement in the Indian News world.

More on Page 7

COLUMN

LARRY'S CORNER "PROBLEM SOLVED" Read how Larry solved all your problems...Maybe

More on Page 5

COMMUNITY

The Sky is the Limit... Read more about how the sky really is the limit in learning.

More on Page 4



Hopi Tutuveni

Want to

Page 2

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Oder i m Wegh

Jetzt sorgt sie mit

Bibis Fr

ist peinlich, Bibi kann nicht singen, Bibi hat den Song geklaut. Alles Vorwirfe, die vielleicht stimmen, vielleicht nicht. In Wahrheit geht es natürlich um tetwas an-deres: Es geht um Neid. Auf YouTube viel-leicht noch mehr als im sonstigen Leben. Dass Gemecker hat, wie so oft, mehr heisentwerkeit auf sich gezogen als der

als im sonstigen Leben. hat, wie so oft, mehr unf sich gezogen als der schaffte es mit 1,9 Mil-Video schau-aes in wenigen Tage-nde Top-Ten-Liste, und zwar-noch niemand in Deutschland Ahnliches geschafft, vor allem untlich weniger erfolgreiche undkurrenz, die seit enkurrenz, die seit hein biss

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Top Ten g

COUNCIL'S CORNER

Hopi Tribal Council

FY 2019 Resolution Summaries, Resolution Approved Summary

H-025-2019 04/09/19 Hopi Tribal Council supports Grand Canyon Centennial Protection Act of 2019 to permanently withdraw 1 million acres from mineral entry.

Vote: 18 in favor, 0 opposed, 1 abstaining, Chairman presiding

H-026-2019 05/06/19 Approves Sole Source Consultant Agreement with Daniel E. Driscoll, Bald & Golden Eagle Biologist to provide technical Golden eagle assistance to the Hopi Tribe.

Vote: 19 in favor, 1 opposed, 0 abstaining. Chairman presiding

H-027-2019 05/06/19 Approves contract with David J. McIntyre, Ph.D., ABPP, Behavioral Science Consulting, LLC as Court appointed mental health examiner.

Vote: 16 in favor, 2 opposed, 2 abstaining, Chairman presiding

H-028-2019 05/06/19 Approves Thirty-two (32) individuals into membership of the Hopi Tribe pursuant to Article II-Membership, Section 2 (a) and Enrollment Ordinance 33.

Vote: 19 in favor, 0 opposed, 0 abstaining. Chairman presiding

H-029-2019 05/07/19 Approves the establishment of the Hopi Gaming Team with the delegated authority to provide recommendations regarding gaming to the Hopi Tribal Council for approval and a budget of \$10,200.00. 16 in favor, 2 opposed, 1 abstaining. Chairman presiding

H-030-2019 05/07/19 Approves the extension of Agreement with Red Plains to finalize the Scope of Work with Projects HIR 503, HIR 501, HIR 4 and HIR Inventory & LRTP.

Vote: 18 in favor, 1 opposed, 0 abstaining. Chairman presiding

H-031-2019 05/07/19 Approves Consulting Agreement with Snyder & Butler, PLLC to complete the Hopi Tribe's annual audit for Fiscal Year ended December 31, 2018.

Vote: 19 in favor, 0 opposed, 0 abstaining. Chairman presiding

H-032-2019 05/23/19 Approves and accepts award of \$800,000.00 from the Office of Head Start to purchase a modular to be placed on the campus of Second Mesa Day School.

Vote: 15 in favor, 0 opposed, 1 abstaining. Chairman presiding

H-033-2019 06/04/19 Approves a Water Rights Negotiation Team and authorizes the Team to negotiate a Water Settlement on behalf of the Hopi Tribe. Vote: 13 in favor, 2 opposed, 0 abstaining. Chairman presiding

H-034-2019 06/04/19 Approves purchase of a refuse collection truck and rear loader for purposes of providing solid waste services to the Hopi People and businesses. Vote: 12 in favor, 4 opposed, 0 abstaining. Chairman presiding

H-035-2019 06/04/19 Approves amendment to Resolution H-060-2017 by increasing funds to complete the Hopi Emergency Medical Services Westside Substation Project.

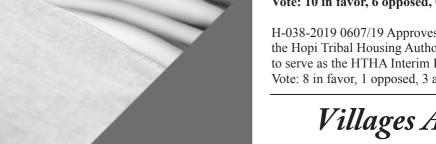
Vote: 15 in favor, 1 opposed, 0 abstaining. Chairman presiding

H-036-2019 06/05/19 Approves an alternate water source for the Moenkopi area. Vote: 13 in favor, 0 opposed 1 abstaining. Chairman presiding

H-037-2019 06/06/19 Authorizes an amendment to Resolution H-029-2019 by allocating and approving a budget in the amount of \$10,200.00 and authorizing the Tribal Treasurer to expend said funds.

Vote: 10 in favor, 6 opposed, 0 abstaining. Chairman presiding

H-038-2019 0607/19 Approves and appoints an Interim Board of Commissioners for the Hopi Tribal Housing Authority and appoints Annette F. Talayumptewa to serve as the HTHA Interim BOC Chairperson. Vote: 8 in favor, 1 opposed, 3 abstaining. Chairman presiding



Villages Against Meth, Cont.

Letzte Wöche kann-beraus, seitdem interessieren sich auch-beraus, seitdem interessieren sich autet-vollständige Titel ihres Liedes lautet-"How it is (Wap-bup ...)" Er brach meh-rere Rekorde. Und nun steht Bihi da, und sofort tut es mir leid, dass ich ihretwegen bereits das Wort Schwachsinn in den Mund ge-nommen habe. Bib i trägt etwas sehr en-ges Schwarzes und sicht total hübsch aus. Sie sagt: "Hallo, ich bin Bib", und ich erkenne den Sound in ihrer Stimme, und es ist völlig in Ordnung. Auf dem und es ist völlig in Ordnung. Auf dem kam dann Bit

rkenne den Sound es ist völlig in Or boden hockt Julian, ind zu lächelt und a n höckt Junin, stors Fre u lächelt und ansonsten ody beschäftigt ist. Wir g Sofa und setzen uns und trotz der "good vib

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meeting discussions included comments from local community members regarding concerns about plaguing issues as a result of meth use in the communities, what could be done to address and combat continued use and sale of meth and signatures were being garnered on two petitions being circulated at the meeting.

Since the March 2019 meeting at the Hopi Health Care Center, Tutuveni staff attempted making contact with those thought to be leading the grassroots effort for follow up. Questions which were planned to be presented included what the petition contained, how many signatures had been garnered and what legal attempts were in place to address excluding an individual from the Hopi reservation for being a "known" meth dealer, facts behind any arrests of meth dealers and where funding was coming from to support the grassroots efforts. However, as of publication deadline for this July 2nd publication, return replies and contact were not received.

Hopi Tutuveni staff has received an email from Samantha Honanie, identifying as "Educator, Independent Consultant, and Community Empowerment Advocate" on June 27, 2019 noting the following: "Good news Hopi, we got a second meeting with Hopi Tribal Council. This meeting was confirmed for Monday - July 8th from 8am-12pm. We will submit a request for another facility to accommodate community members to prevent anyone being turned away due to the minimal capacity of the council chambers...We again invite organizations, programs, former users, and especially our youth & families. Please save the date and join us as we make our ask to our Hopi Tribal Council to remedy the meth public health crisis. More to come...Reminder - Community meeting Monday, July 1st at Hopi Health Care Center starting at 6pm."

Hopi Tutuveni staff will make another attempt to attend the grassroots group's presentation to Hopi Tribal Council on July 8, 2019.

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Page 3

Hopi Tutuveni begins subscription drive, Cont.

after Hopi Tutuveni office has received t-shirts resulting in one being placed in official receipt of payment. 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 unique baskets will be equal to, or valued more than, what the subscription cost would be.

Participants who subscribe during that time will in turn be guaranteed that the publications, which come out every first and third Tuesday of the month, will reach them via mail. Currently 5,000 copies of the Hopi Tribe's official newspaper are currently being distributed monthly and through seventeen distribution sites, located on and off the Hopi reservation.

On June 10, 2019 we received contact from Clark Tenakhongva, Hopi Vice Chairman who is also a local Hopi artist/ performer, who committed support to the Hopi Tutuveni's efforts via offering one (1) set of five (5) CD/DVDs which will go to one of the lucky 2019 Hopi Tutuveni Subscription Drive participants. The set was added to the already acquired items, such as the (4) "Hopi Tutuveni" Baskets, 1 set – "Gourd Jewels" earrings donated by Romalita Laban, a "Don't Worry Be Hopi" t-shirt and a Coin bracelet from Tsakursovi, "Hopi Tutuveni" coffee mugs from Tribal Ink, 4 bags w/ incentives from Hopi Senom Transit and a KUYI Hopi Radio t-shirt, as incentives for drive. Hopi Tutuveni was also successful in negotiating further with KUYI Hopi Radio and garnered three (3) more sent to rlaban@hopi.nsn.us

each of the baskets. Additionally, Tutuveni also acquired two (2) beautiful pieces of artwork from White Bear Hopi Arts and is awaiting word from the Hopi Cultural Center, Monongya Gallery, Honyoutink and LaFonda Mexican Restaurant in Flagstaff, Ariz. for more Hopi Tutuveni Subscription Drive incentives.

We encourage other artists and businesses that wish to participate in this portion of the efforts to contact Romalita Laban, Managing Editor at 928-737-3281 or at rlaban@hopi.nsn.us.

A sample depiction of what the Hopi Tutuveni Subscription Incentive Basket may look like is shown above. We wanted to prepare Hopi Tutuveni readers for the upcoming drive by giving a sneak peak of a couple of the completed baskets. A locally commissioned Hopi artist, Ronald L. Laban who is from Walpi village and is a part of the local artist group - Walpi Studios, based in Walpi, Ariz, created the uniquely designed baskets. Some incentives are still in route to Hopi Tutuveni with more incentives expected. There will be a total of four baskets, filled with the incentives, available for four lucky 2019 Hopi Tutuveni Subscription Drive participants.

We encourage all to participate in the Hopi Tutuveni 2019 Subscription Drive, which is now taking place. Any questions regarding the drive can be directed to Hopi Tutuveni staff at 928-734-3283 or 928-734-3281. Email inquiries can be

HEALTH Are You at Risk for Hepatitis C? What to Know

people in the U.S. are living with chronic hepatitis C virus (HCV), according to the Centers for Disease Control and Prevention (CDC), and as many as 75 percent of people with the disease don't know they're infected. Untreated, HCV can lead to liver damage, cirrhosis and liver cancer. While these numbers may sound startling, there's good news, too.

Thanks to the recent development of direct-acting antiviral medications, treatment of HCV has evolved significantly to be shorter in duration, cause fewer side effects and have cure rates higher than 90 percent for those treated.

To encourage testing, treatment and wellness, the American Liver Foundation (ALF), the nation's largest patient advocacy organization for people living with liver disease, and Lincoln Financial Group are offering the following tips:

(StatePoint) Approximately 2.5 million day's treatments typically involve eight to 12 weeks of oral medication, and are well tolerated with few side effects.

"With continued improvements in detection and treatment, understanding your risk for HCV can save your life," says Tom Nealon, president and CEO of ALF. "We encourage those high-risk populations to get tested, so they can get treated and get cured."

Pursue Liver Health and Wellness

Once you've received treatment, stay on the path to wellness. To protect your physical health, keep all your medical and lab appointments, see your physicians regularly, eat healthfully, pursue hobbies, exercise and avoid alcohol and recreational drugs. It can be common to face some emotional and mental stress as a result of the disease itself, as well as the stigma associated with it. Getting the support you need to overcome these challenges helps the healing process. For resources, visit liverfoundation.org.

COUNCIL'S CORNER



Timothy L. Nuvangyaoma CHAIRMAN

> Clark W. Tenakhongva VICE-CHAIRMAN

EXECUTIVE ORDER #01-2018 DECLARATION OF EXTREME FIRE DANGER

- WHEREAS, current data from the U.S. Drought Monitor and the climate assessment for the Southwest indicates that the Hopi Indian Reservation is experiencing below average precipitation, this is a trend for the past three to four years and we are in a state of severe drought: and
- WHEREAS, the dry conditions along with high winds, has resulted in 6 of human caused fires on the Hopi Reservation have already occurred in 2018 and pose extreme wildfire threats which necessitates the issuance of certain restrictions and sanctions for the protection of life, property, natural and cultural resources on the Hopi Indian Reservation; and
- WHEREAS, the adopted Hopi Tribal policies and plans including the Hopi Drought Contingency Plan, Hopi Natural Hazard Mitigation Plan, Hopi Wildland Fire Management Plan and Hopi Integrated Woodlands Management Plan, outlines steps to mitigate uncontrolled wildfire and recognizes the authority of the Executive Offices to initiate declarations to prevent such fire hazards; and
- WHEREAS, the use of Hopi range lands and woodlands will increase in the summer and fall months due to agricultural preparations, wood harvesting and hunting activities.
- NOW THEREFORE BE IT RESOLVED that the Chairman and the Vice Chairman of the Hopi Tribe, hereby declares that a State of Extreme Fire Danger be recognized.
- It IS FURTHER DECLARED the following restrictions and sanctions are hereby placed within the boundaries of the Hopi Indian Reservation until further notice:
 - Open burning is prohibited within the Reservation woodlands, wetlands, rangelands, farming areas, residential areas and near public facilities.

EXECUTIVE ORDER #02-2018 DECLARATION OF EXCEPTIONAL DROUGHT (D4) ON THE HOPI RESERVATION

- WHEREAS, on January 31, 2018 the United States Department of Agriculture declared 686 counties in 24 states disaster areas due to drought. Arizona had five (5) counties listed with Navajo County being one of the five; and
- WHEREAS, current data from the April 2018 U.S. Drought Monitor indicates the Hopi Indian Reservation is experiencing below-average seasonal total precipitation and above average temperatures which will impact the Southwest over the next several months: and
- WHEREAS, on April 30, 2018 Navajo County moved from Extreme Drought (D3) to Exceptional Drought (D4) conditions; and
- WHEREAS, the DNR field staff have reported that water that is reserved for agriculture use on the Hopi Reservation is being hauled off the Reservation from local windmills and stock tanks in mass quantities due to drought conditions; and
- WHEREAS, the range water resources located on the Hopi Reservation are for the exclusive use of Hopi tribal members or authorized Hopi Partitioned Land Navajo residents; and
- WHEREAS, the Department of Natural Resources field staff have conducted an assessment of the availability of water and range resources and have reported that the current conditions warrant a need to declare a drought on the Hopi Reservation; and
- WHEREAS, exceptional drought conditions highlight the need to conserve, preserve and protect the natural resources on the Hopi Reservation.

NOW THEREFORE, the Chairman and the Vice-Chairman of the Hopi Tribe, hereby declare that a "State of Exceptional Drought" exists within the jurisdictional boundaries of the Hopi Indian Reservation.

IT IS FURTHER DECLARED, the appropriate Hopi tribal government programs will conduct educational outreach regarding current drought conditions and its impacts on land-based resources, Hopi villages, and Tribal members.

Get Tested

HCV is called "the silent disease" because many with the virus show no symptoms. Therefore, testing -- often a simple blood test -- is important for higher risk populations, especially baby boomers.

The CDC recommends that everyone born between 1945 and 1965 get tested, as this portion of the population is five times more likely to have HCV than other adults. Other higher-risk populations include current or former drug users, recipients of blood transfusions or organ transplants before July 1992, hemodialysis patients, those who have gotten tattoos or body piercings with nonsterile equipment, workers who have come in contact with infected blood at their jobs, and those with HIV.

Get Treated, Get Cured

provider will suggest which medication treatment options are right for you based on your particular circumstances. To-

this form to:

Pursue Financial Well-being

After treatment, it's important to recognize and overcome the financial challenges created by the disease. If you were denied life insurance in the past, consider speaking with a financial advisor to determine how to get affordable coverage. Some insurance providers have incorporated the most up to date HCV information into their underwriting approach, allowing for expanded eligibility and lower costs for coverage.

"Those with Hepatitis C are now more empowered to secure their financial futures," says Dr. John Greene, vice president and chief medical director at Lincoln Financial Group.

HCV goes undetected and untreated all If you test positive, your healthcare too often. But knowing the facts can protect your physical, mental and financial well-being.



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Hopi Successfully Holds Veterans Claims **Day Event**



Eugene Talas, speaks to several Native Veterans during the opening part of the event (Photo by Carl Onsae/HT)



Several patrons get information from several booths during the event (Photo by Carl Onsae/HT)

By: CARL ONSAE HOPI TUTUVENI

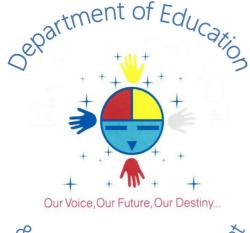
On June 19, 2019 the Veterans Affairs and the Hopi Tribe Veterans Office held the Claims Day Event at the Hotevilla Youth and Elderly Center. The objective for holding the event was to identify and assist Veterans who have presumptive disabilities and who might be eligible for Veteran's pension.

A presumptive disability is a result of encourage patrons to visit all the booths military men and women having been exposed to conditions while in service. The to get information on other Hopi and offreservation programs related to veterans. condition may first appear after discharge from the military, however, Veterans can Eugene Talas from the Hopi Veterans be considered eligible for claims. The Office stated, "This is the first time we event was held to provide information held this type of event on the Hopi resand aid in determining if Native Ameriervation we hope that this event encourcans on the Hopi reservation might qual- ages other Native and Hopi veterans to come out today and apply." ify for compensation payments. Stephanie Birdwell from the Office The event at the Hotevilla Youth and of Tribal Government Relations stated, Elderly center was an all day event filled "With the focus on Veterans with prewith informational booths, food, and sumptive disabilities and those who slide shows. are pension eligible, Veterans Affairs With the hopes of making this event is hopeful we can help Indian Country much bigger in the years to come, the Veterans access the full range of benefits Hopi Veterans Affairs and Hopi Veterans they have courageously earned through Services is ready to help all Native vetertheir services." ans in need. CUSTOM SCREEN PRINTING SCREEN PRINTING **PROMOTION PRINTING VINYL / DECAL CUTTING** SUBLIMATION PRINTING **Call us for July printing special OUR PRICE IS SO LOW WE CAN'T ADVERTISE IT HERE NO SETUP FEE NO SCREEN FEE** Contat: sales@tribal-ink.com Find us on Facebook! 928,734,1075 or 928,723,9021 Massieur

The theme for the event was "Your Service. Our Mission: Bringing VA Benefits Home." This theme was to encourage all Native service men and women within the Hopi area to come out to the event to apply and to see if they are eligible for compensation. It was also hoped that individuals would also take advantage of all the free information at the booths from the various Hopi tribal programs, which were represented at the event.

A raffle was also held at the event to

The Sky Is the Limit



& Workforce Development

By: Marcella Silas, Vocational Advisor **Special to Hopi Tutuveni**

Kykotsmovi, Ariz. - We tell our children, brothers, sisters, parents, family, it's never too late to pursue your educational dreams, go and reach for the stars. The Hopi Higher Education & Workforce Development can assist you in getting started with your educational dreams. We offer financial assistance to obtain a GED, certification in a vocational trade, a Commercial Driver's License, and yes, even a degree.

The Adult Vocational Training Program (AVTP) has funded students in areas of Pharmacy Technology, Dental Assisting, Medical Assisting, Medical Billing & Coding, Automotive Service Technology, Diesel Technology, Combination Welding, Veterinary Assisting, Electro-Mechanical Technology, Computer Technology, the list goes on. The AVTP also offers a direct employment service which assists employed individuals to relocate to another city, town, or state for full-time employment. Services may include apartment & utility deposits, moving expenses, tools and work attire.

If you have been pondering the idea of going back to school, now is the time to act. The AVTP serves eligible Hopi Tribal members between the ages of 18-35 for vocational training. For direct employment services there are no age criteria, only that you possess a high school or GED diploma and show proof of fulltime permanent employment. For both training and direct employment services, there are no income criteria and applicants must reside within the State of Arizona. Services are not restricted to people residing on the Hopi Reservation.

The Adult Vocational Training Program is recruiting interested and com-

mitted individuals to apply for services that include tuition costs, monthly subsistence, i.e., rent, utilities and school-related expenses. Most vocational programs range between nine to twelve months and will have monthly start dates, as opposed to 24 months or longer for a degree program. AVTP has many successful graduates who are now working in their career fields with some who have chosen to pursue higher education. Graduates can attest that vocational training has many benefits and has helped boost their selfconfidence and helped them to advance in their jobs.

Within the Hopi Higher Education & Workforce Development there are other programs which provide funding for educational opportunities. The Workforce Innovation & Opportunity Act (WIOA) is in full swing with the summer youth employment program. The Hopi Vocational Rehabilitation Program serves individuals with disabilities with the goal of becoming employed. The Hopi Tribal Grants & Scholarship Program provides funding for degree seeking students, as well as an educational enrichment award for students in Grades 5 through post-secondary, and a standardized test fee award for certifications such as for graduate record exam, law school admission, Arizona teachers proficiency exam, etc. There is no limit for education so to move forward on that goal, one just has to say, yes. The sky is the limit, out of the way where no one can get you down. You have nothing to lose, only to gain the best opportunity if you decide to take the challenge. For AVTP eligibility criteria or any of the other programs, call 928-734-3542 or 1-800-762-9630, or come to the office located on the second floor of the administrative building at the Hopi Tribal Complex.

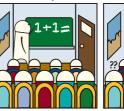
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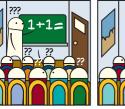
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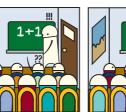
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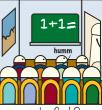
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bu: Carl Onsae

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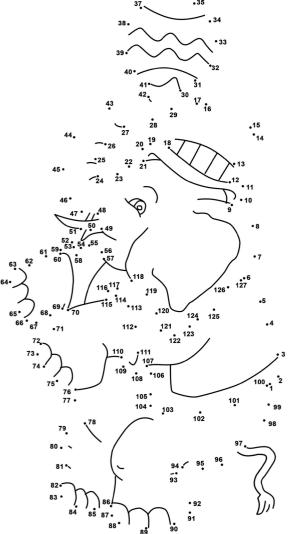
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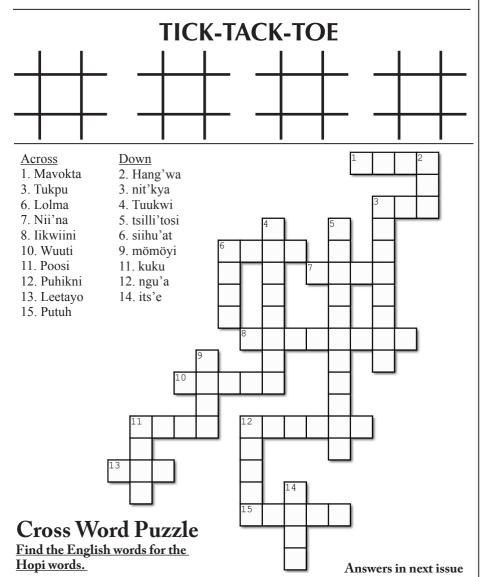
To find out more information. DISCLAIMER: Comics submitted will become property of Hopi Tutuveni. Name of artist will be displayed and not edited when submitted. Hopi Tutuveni has the right to publish submitted comics.



PUZZLES & GAMES

CONNECT THE DOTS







Picture by https://cheezburger.com/7058833664/no-problem

Problem Solved.

By LARRY WATAHAMAGEE The Hopi Tutuveni

People email me on a daily basis telling me that I have great insight to the world of Hopi and that every column that I do is the truth. Sometimes they also email me about their everyday problems. I do listen to everyone and their problems, but sometimes I cannot solve them all, all I can do is just give some cat advice. And a lot of the problems that I hear are the same problems, which is drug and alcohol problems, youth becoming lazier every year, and the lack of government funding.

YES...we have a lot of problems here on the reservation, but it's no more than any other native reservation here in the United States that is dealing with western society's ways, to making sure we still practice our native traditions.

We want to fit in to the new world of all the shiny things and we want it all, but it's hard for us to do so because of our religion and culture. Some natives have given up their culture to live the white man's way only to come back to the reservation because of the stresses of living like

Problems exist everywhere; the

the leading. Leading by example is to make sure everyone can see the good you do and hope someone follows your example, but it also can be a bad thing when you do wrong and lead by a bad example. Leading by force is to make sure you do well by forcing a situation in order to make it right and it can also become bad when you force a situation to your own way which can then lead to more complications. So how do we know if were leading by example or force? Does it depend on the situation? Or does it depend on what we see? But all in all both can be good and both can be bad, depends on what you use it for.

So, how do we know what a true leader is? How is it really defined? If you ask any Hopi person on how they feel about the tribal government, I guarantee that every answer revolves around the tribal council's decisions. Some will say, "Our tribal council does not care for us." Or "Our tribal council does not know what they are doing." But all in all, whom should we follow, if neither the tribal government is leading by example or by force?

When I was young kitten, my a white man, but that's another story. mom would always say that I could become Chairman of the Hopi tribe,

Answers for June 18th edition

Across

4. Cow, 6. Bangs, 8. Jack Rabbit, 10. Amazed, 11. Dance, 12. Long, 13. Chair, 15. Morning Star, 16. Flower, 18. Fat

Down

1. Plaza, 2. Husband, 3. Ice, 5. Want, 7. Cash Register, 9. Bathe, 10. Asian, 12. Lay, 14. Frog, 17. Left Call 928-734-3283 for hints or answers

HOPILAVYIT - SUMMER ACTIVITIES

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Find the Hopi Words			Mu	Muuyi - Gopher						orn							
HOPI WORDS			Oova - Grapes							Shade							
Aniwna - Accomplish				Yoktaqa - Hand Hoe							lhoya	a - Sh	now F	Robe			
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Hoohu - Arrow				Hööqö - Harvest Corn						Tsirooya - Show Wedding							
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	n Dance ivasa - Bean Field Munlalayi - Irrigate							ding Robes									
Hatiko - Beans (Lima)				Pahöva - Irrigation Ditch							Tuuoya - Store Dried Corn						
Söövööni - Boiled Fresh				Nitkya - Journey Food							Tala'muyaw - Summer						
Corr	Corn Tihu - Kachina Doll							Months									
Awta - Bow				Halasami - Moist Ground					Huuhua - Trap Rabbits &								
Melooni - Cantaloupe				Pu - Now					Rodents								
Wipho - Cat Tail				Siw'uyi - Onion Garden						Qölö - Vegetable Terrance							
Silaqvu - Corn Husk				Sooya - Planting Stick					Kawayvatnga - Water-								
Tutsi - Corn Roasted				Paapu - Pod Beans					melon								
Lentikive - Flute Dance				Yokva - Rain						Wayongni - Wind Break							
Sami - Fresh Corn			Pasta - Remove Weeds Aahu - Worm Kyaàsomkwivi - Scraped														
						Kya	aàsor	nkwi	vi - S	crap	ed						

exist is probably the moon. We cannot run from our problems, we can only try to ease those problems like a paper cut. We put a band aide on it and let it heal, so that seem to make the problem be gone, but sooner or later we will get another paper cut and then we will start the healing process all over again. So problems are going to exist no matter what we do to try to remedy the situation. All we can do is try to not get a paper cut again but eventually we will get a paper cut.

A meeting occurred recently with the Hopi tribal council, where a group of people wanted to either force the tribal council to change a certain law and/or make a new law, all together, and which pertains to drug related problems here on the reservation. I heard the meeting ended in tears both happy and sad, but the real question is "Does the council really want to change the law" or "How really important are the Hopi people to Tribal Council?" and "What are the Tribal Councils priorities, anyway?" All in all, these people who were there, trying to demand change had good intentions behind seeing change in their community, but it also occurred to me that demanding change is tough. People don't want to change, if it works for them and not for others, they are not going to or lead by force or maybe both.

only place where problems don't but I'm pretty sure every parent said that to his or her children, "young kittens" back in the day....

> But now we tell our children to not be like the tribal council or the Chairman of the Hopi tribe because we think the Hopi tribe is breaking apart. We are breaking apart due to the fact of money being involved. So this government stuff is really new to us, because it's only been about 80 plus years since the tribal council has been in "power."

> But again, we have a lot of problems here on the reservation and it all stems from one source...money. I'm not saying that money is bad, I love money, I love to throw it around and waste it on cat toys and treats, but when my money is all gone, I blame the government for not giving me enough money. So in my mind, if I were rich all my problems would be solved.

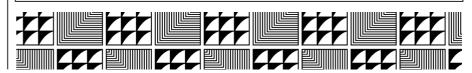
> My advice to you is that, I cannot solve all the problems, or better yet, no one person can solve all the problems. It takes everyone who is passionate to want to change in order to solve some problems. It's like sand in the house, you can sweep and sweep the sand out, but eventually you will find more sand, so you sweep again hoping you get it all out of the house, but sand will always be there, no matter what.

But what do I know, I love to roll change. We either lead by example around in the sand and eat grass, I'm a cat...

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lige Titel ihres Liedes lautet is (Wap-bap __)" Er brach meh

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Wahrheit geht es neid. Auf YouTube vee-leicht noch mehr als im sonstigen Leben. Das Gemecker hat, wie so oft, mehr Aufmerksmikeit auf sich gezogen als der Erfolg: Das Video schaffte es mit 30 Mi-lionen Dislates in wenigen Tagen in die entsprechende Top-Ten-Liste, und zwar entsprechende Top-Ten-Liste, und zwar entsprechende Top-Ten-Liste, und zwar entsprechende Top-Ten-Liste, und zwar entsprechende Top-Ten-Liste, und zwar

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•The maximum hours one may spend in Kids Korner is 1½ hours

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CIRCULATION

The Hopi Tutuveni is published twice a month, with a circulation of 2,500 copies throughout the entire Hopi Reservation. The paper is delivered on the 1st and 3rd Tuesday of each month to the following locations: Moenkopi Travel Center, Moenkopi Legacy Inn, Hotevilla Store, Kykotsmovi Village Store, Tribal Government Complex, Hopi Cultural Center, Hopi Health Care Center, Polacca Circle M, Keams Canyon Store.

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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 inder 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.

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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).

'So much progress' treating the diabetes epidemic in Indian Country



Dr. Yvette Roubideaux, Rosebud Sioux/Standing Rock Sioux, speaks to delegates at the National Congress of American Indians. (Photo by Jourdan Bennett-Begaye, Indian Country Today)

Mark Trahant Indian Country Today

Yet Indian Country still shows the highest rate of diabetes; Native Americans are twice as likely to get diabetes as other population groups

Dr. Yvette Roubideaux took a quick poll Wednesday from the podium at the National Congress of American Indians mid-year meeting in Sparks, Nevada.

"How many of you think we've made great progress with American Indians and Alaska Natives with diabetes? Raise your hand.'

A few hands went up. "How many think we still have more to do?'

Far more hands in the air, followed by, "how many of you think that diabetes is still a significant crisis in our communities?"

Nearly every hand went up.

For the record Roubideaux agreed with all three premises. Indian Country has made extraordinary progress on the diabetes front even though there remains a Indians and Alaska Natives go down. long way to go before the disease is under And most exciting is the complications control. But at the same time there has for diabetes are going down." Cont. On Page 8

been extraordinary progress.

Dr. Yvette Roubideaux, Rosebud Sioux/Standing Rock Sioux, speaks to delegates at the National Congress of American Indians. (Photo by Jourdan Bennett-Begave, Indian Country Today)

Indian Country still shows the highest rate of diabetes; Native Americans are twice as likely to get diabetes as other population groups.

The big picture is that we've seen amazing outcomes in the prevention and treatment of diabetes over the past 20 years," Roubideaux told Indian Country Today. She credits the Special Diabetes Program for Indians as a key element in that success. Roubideaux, Rosebud Sioux/Standing Rock Sioux, is director of the NCAI Policy Research Center in Washington, D.C.

"The proportion of people with diabetes who are American Indians and Alaska Natives has not increased since 2011. It's amazing results," she said. "We've seen the mortality for diabetes and American

Joy Harjo, Muscogee (Creek) Nation, becomes nation's first Native **American U.S. Poet Laureate**



NAJA selects Trahant as 2019 NAJA-Medill Milestone Achievement Award recipient



Photo by: Jaynie Parrish

Native News Online Staff nativenewsonline.net

NORMAN, Okla. - The Native American Journalists Association (NAJA) will recognize Mark Trahant (Shoshone-Bannock) as an awardee during the 2019 National Native Media Conference in Prior Lake, Minnesota.

NAJA selected Mark Trahant (Shoshone-Bannock) as the 2019 NAJA-Medill Milestone Achievement Award recipient.

The award honors an individual who has made a lasting impact on media to the benefit of Indigenous communities and is given jointly by the Native American Journalists Association and the Medill School of Journalism, Media, and Integrated Marketing Communications at Northwestern University to celebrate responsible storytelling and journalism in Indian Country.

The award honors an individual who has made a lasting impact on media to the benefit of Indigenous communities and is given jointly by the Native American Journalists Association and the Medill School of Journalism, Media, and Integrated Marketing Communications at Northwestern University to celebrate responsible storytelling and journalism in Indian Country.

The award also includes a \$5,000 cash prize and an invitation to the recipient to speak with Medill faculty and students day (ICT). He reflected on

on campus in Evanston, Ill., to further advance the representation of Indigenous journalists in mainstream media.

Trahant's contributions will be highlighted during the award presentation ceremony set for Monday, Sept. 16 from 12-2 p.m. in coordination with the NAJA Membership Luncheon during the 2019 National Native Media Conference at Mystic Lake Center Sept. 15-18 in Prior Lake, Minnesota.

Conference attendees must have a ticket to attend this event. NAJA members may RSVP for free. Tickets are available for \$50 each for non-members andmay be purchased online in advance or on site at the registration desk (limited availability)

His nomination was reviewed and selected by the NAJA-Medill Selection Committee based on the following award criteria:

Body of journalistic work during career •Contribution to society through outstanding journalism

•Recognition and respect from peers and community

·Significant contributions to the advancement of Native Americans in the field of iournalism

•Commitment to NAJA and its values such as free press, accurate representation of Indigenous communities in media, etc.

Trahant is editor of Indian Country To-

Cont. On Page 8

Centers for Disease Control release suicide stats. Native

Joy Harjo has been named Poet Laureate of the United States. Photo by Shawn Miller, Library of Congress.

Vincent Schilling **Indian Country Today**

Being named poet laureate was exciting but completely unexpected,' says Harjo, the first Native American 'official poet' of the United States

The Library of Congress has appointed it's newest U.S. Poet Laureate, awardwinning book author, musician and poet Joy Harjo. Harjo, 68, as a member of the Muscogee (Creek) Nation will be the nation's first Native American U.S. Poet Laureate when she succeeds Tracy K. Smith

Librarian of Congress Carla Hayden made the announcement Wednesday that Harjo would serve as the 23rd Poet Laureate Consultant in Poetry and stated "Joy Harjo has championed the art of poetry-'soul talk' as she calls it-for over four decades," said Hayden in a release.

"To her, poems are 'carriers of dreams, knowledge and wisdom,' and through them, she tells an American story of tradition and loss, reckoning and myth-making. Her work powerfully connects us to the earth and the spiritual world with direct, inventive lyricism that helps us reimagine who we are."

Harjo, who currently lives in Tulsa, Oklahoma, her hometown said of the appointment in the official announcement., "What a tremendous honor it is

to be named the U.S. Poet Laureate." "I share this honor with ancestors and teachers who inspired in me a love of poetry, who taught that words are powerful and can make change when understanding appears impossible, and how time and timelessness can live together within a poem. I count among these ancestors and teachers my Muscogee (Creek) people, the librarians who opened so many doors for all of us, and the original poets of the indigenous tribal nations of these lands, who were joined by diverse peoples from nations all over the world to make this country and this country's poetry." "It's such an honoring for Native people in this country, when we've been so disappeared and disregarded," Harjo told NPR. in an interview Wednesday. "And yet we're the root cultures, over 500-something tribes and I don't know how many at first contact. But it's quite an honor ... I bear that honor on behalf of the people and my ancestors. So that's really exciting for me."

The Library of Congress also tweeted the announcement Wednesday afternoon accompanied by a short interview with Harjo.

What is the U.S. Poet Laureate?

According to the Library of Congress, the Poet Laureate Consultant in Poetry is appointed to the Library of Congress in order to seek "to raise the national consciousness to a greater appreciation

Cont. On Page 8

American women top the list with 139 percent increase

Vincent Schilling **Indian Country Today**

The suicide rate for the United States' general population latest is 33% higher than the rate in 1999 according to the latest CDC report, Native men are also higher than average at 71%

The Centers for Disease Control and Prevention have just released their latest June 2019 report titled Suicide Rates for Females and Males by Race and Ethnicity: United States, 1999 and 2017 which documents the number of deaths caused by suicide in the United States from the years of 1999 to 2017.

The total U.S. population has seen an increase of 33% in suicides in the past 18-year report, the CDC also reported the following:

For females, age-adjusted suicide rates increased significantly between 1999 and 2017 for all race and ethnicity groups except non-Hispanic Asian or Pacific Islander. The largest increase occurred for non-Hispanic American Indian or Alaska Native females [at] 139%.

The CDC also reported the same for non-Hispanic American Indian or Alaska Native men at a 71% increase.

suicide_1999_2017_fig2

According to the CDC, "Data are from the National Vital Statistics System Multiple Cause of Death files for 1999 and 2017."

According to a CDC 2018 report, American Indian/Alaska Natives (AI/ AN) have the highest rates of suicide of any racial/ethnic group in the United States ... Suicide disproportionately affects American Indians/Alaska Natives. The suicide rate among AI/AN has been increasing since 2003, and in 2015, AI/ AN suicide rates in the 18 states participating in the National Violent Death Reporting System was 21.5 per 100,000, more than 3.5 times higher than those among racial/ethnic groups with the lowest rates."

In answer to the CDC report, USA Today's Alia E. Dastagir reported on how Native American and Alaska Native women are disproportionately affected by suicide, and that suicide is often caused by high rates of poverty, substance abuse, geographic location and limited access to health services.

In the article, Shelby Rowe, Chickasaw, talked about how the death of her husband soon after the birth of her second child had eventually caused her to make an attempt on her life. Luckily, she survived.

Rowe told USA Today, "I wanted to live, I just didn't know how to anymore ... I think that's something that a lot of people miss, they think that individuals who are suicidal want to die."

Rowe explained in an email to Indian Country Today that in the days after her attempt she was able to connect with her father which gave her a new outlook on her life.

Rowe also mentioned that the CDC's recent report shows "what many of us in Native communities already knew - suicide rates are increasing exponentially for our people. Through my work, I'm fortunate enough to know of dozens of really good programs operated by tribal nations that are helping to save lives. If we all work together, within the next 20 years we can show a remarkable decrease in suicide deaths among our people."

Rowe currently serves on the Consumer Survivor Committee for the National Suicide Prevention Lifeline and on the Clinical Advisory Board for Crisis Text Line. Rowe is also a co-chair for the newly formed Indigenous Peoples Committee for the American Association of Suicidology.

National Suicide Prevention Lifeline

If you or someone you love is experiencing a crisis, please call 1-800-273-TALK (8255), or visit https://suicidepreventionlifeline.org for resources.

Hopi Tutuveni

Want to overtise

Page 8

Jetzt sorgt sie mit

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Diabetes epidemic in Indian Country, Cont.

stage renal disease (Centers for Disease Control and Prevention.)

The data shows a sharp decrease in the complications associated with diabetes, such as a 54 percent drop in kidney failure, according to the Centers for Disease Control and Prevention. More than 300 tribes are engaged in diabetes education, exercise programs, or nutrition initiatives and 66 are funded directly through the Special Diabetes Program for Indians.

Another data point is the reduction in glucose levels for American Indians and Alaska Natives. This, she said, is like the "gold star" from the Special Diabetes Program for Indians because of the decrease blood glucose means better diabetes care. "There actually had been decrease complications ... going down faster than all the other racial and ethnic groups."

The data is showing the success of these programs, especially when it comes to reducing diabetes-releated complications through better care.

An issue brief by the U.S. Health and Human Services Office of the Assistant Secretary for Planning and Evaluation translated the data into "cost savings" for taxpayers through Medicare. Permanent kidney failure, also known as end-stage renal disease, is covered by Medicare.

"Under our relatively conservative assumption," the agency observed, the overall reduction in kidney-related issues estimated an accumulated Medicare savings between 2006 and 2015 of \$435.9 million. To put that number in context, the Special Diabetes Program for Indians is funded at \$150 million per year.

The Centers for Disease Control and Prevention says one reason for the slowing diabetes rates is because the Indian health system uses a team based-care approach that includes "patient education, community outreach, care coordination, tracking of health outcomes, and access

Incidents per million people of end to healthcare providers, nutritionists, diabetes educators, pharmacists, community health workers, and behavioral health clinicians."

Diabetes remains at epidemic level, but complications from the disease is declining in several areas (Centers for Disease Control and Prevention)

At the NCAI conference, Dr. Roubideaux made that point that best practices do lead to better outcomes in diabetes prevention.

"If you attended more of the 16 week classes, you have a lower risk of diabetes," she said. If you attended more case management visits, you had lower risk factors for diabetes and better care means better outcomes.

Roubideaux told delegates about her visits to the Zuni Pueblo. In the 1990s we were there to look at their dialysis center and 18 beds running all the time. "It was really sad," she said.

Then she visited in 2013 or 2014 and the pueblo had summer programs for youth doing soccer and exercise. They had programs where kids learn how to garden and they had wellness camps. "I got to watch a group of probably four to eight year olds doing the Zumba class," she said. "I have to admit it was very emotional because 20 years earlier I had been in that community and I noticed all the obesity and the kids, these kids doing the Zumba class were normal weight and that's a great start for their futures and for the community as a whole."

And if you multiply that story across 573 tribes across the country it shows how an epidemic can be defeated.

"Okay, so now let's turn the tide," Roubideaux said. "But let's think about the questions at the beginning. We still have an epidemic going on. We still have serious issues in our communities. We still, despite these great outcomes, we still haven't moved to end disparities."

Joy Harjo Poet Laureate, Cont.

of the reading and writing of poetry." The Poet Laureate is appointed on an annual basis by the Librarian of Congress and the appointment is from September to May of the following year. Specific duties of the Poet Laureate are loosely defined to give the Poet Laureate freedom to work on specific projects, participate in speaking engagements or chair literary festivals.

The first consultant in poetry was Joseph Austander in 1937, who was followed by 29 appointees to the position, some of whom served for up to two years. In 1986, the position was named the Poet Laureate Consultant in Poetry. Joy Harjo will be the 23rd.

Awards and music

Though Harjo is an award-winning acclaimed poet and author, she is also a well-known saxophonist having performed with such bands as Poetic Justice and the Arrow Dynamics. Harjo is also a founding board member of the Native American Arts and Cultures Foundation.

Respected Indian Country Today contributor Suzan Shown Harjo expressed her sentiments via email about Harjo's appointment.

"Joy Harjo is one of our preeminent Native poets and U.S. Librarian of Congress Carla Hayden is to be applauded for appointing her as the U.S. Poet Laureate, one of only 23 to hold that exalted title. Now that the first Native person has been named Poet Laureate, our young Native poets will be able to envision themselves as honored in their own time, and maybe even as making a living as a poet. Congratulations, Joy, for all the good you will do with this great honor. Mvto, Hokte!"

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Harjo has received numerous awards for her literary work to include American Book Awards for her books In Mad Love and War and her 2012 memoir Crazy Brave, which also won the PEN Center USA Prize for creative nonfiction.

NAJA selects Trahant, Cont.

(Cherokee), the namesake for another of of Native candidates running for office NAJA's top awards, when reflecting on the standard for Indigenous journalism.

"[Boudinot] described his paper as 'a vehicle of Indian intelligence.' Even though ink has been replaced by pixels; the task remains the same – to publish an informative daily account that's comprehensive and adds context to the stories missing from the mainstream media.

"We have so many stories to tell. Our mission is simple but important: Solid, factual reporting. Great writing. Photography that inspires and records. Provide a real service to readers across Indian Country's digital landscape," Trahant said.

Trahant has exemplified this standard during his career, which includes his past work as editorial page editor of 'The Seattle Post-Intelligencer' and employment with the 'Arizona Republic,' 'Salt Lake Tribune,' 'Seattle Times,' 'Navajo Times Today,' and 'Sho-Ban News.'

He has been a reporter for the PBS 'Frontline' series, publishing 'The Silence,' which detailed the sexual abuse by priests in an Alaska Native village.

Trahant is known for his election reporting in Indian Country, developing the first comprehensive database of American Indians and Alaska Natives running for office. His research has been cited in publications ranging from 'The New York Times' to 'The Economist' and most recently, 'Teen Vogue.'

During the 2018 Election, Trahant launched a journalism initiative and as a result, more than 40 Native media professionals conducted the first ever live coverage of election night.

Six hours of TV programming was produced at the First Nations Experience | FNX studios in California and viewers

the first tribal editor, Elias Boudinot were able to get reports about the dozens during this election, which included the first two Native American women voted into Congress.

> Trahant was recently elected as a member of the American Academy of Arts and Sciences and has been a professor at the University of North Dakota, the University of Alaska Anchorage, the University of Idaho and the University of Colorado.

> He moderates his blog, www.trahantreports.com and reports on events and trends on Facebook, Twitter (@Trahant-Reports) and social media.

> He does a weekly commentary for 'Native Voice One' and is chair of the board of directors for 'Vision Maker Media,' which works with Native producers to develop, produce and distribute education telecommunications programs for all media, including public TV and radio.

> Trahant was appointed to lead ICT as a digital enterprise on March 1, 2018 after the National Congress of American Indians (NCAI) took ownership of the outlet the month before. In May 2019, ICT assumed a new legal structure and board of directors under the ownership of the nonprofit arm of NCAI.

> Trahant explained how this will support the outlet's operational autonomy, a mission in line with the highest values of NAJA.

> "The structure of a company does two things. First: It sets us on course as an independent, non-profit media enterprise. And second it sets in place a governing structure to protect that independence," Trahant said.

> This year, ICT completed the first investigative series on #MeToo, begun opening a newsroom on the campus of Arizona State University and developed a national news program for PBS stations.

LIVING

8 Great Ways to **Combat Boredom**

(StatePoint) While we all get bored Casio's Advanced Series line -- you can that chronic boredom may be bad for health, as experts have found it can be associated with depression, anxiety and even bad habits like smoking and overeating.

July is Anti-Boredom Month, and the perfect opportunity to explore new hobbies and interests, while giving yourself the tools to combat boredom now and in the future. Check out these eight ideas to try this month, and beyond.

• Test a new recipe: Think outside the culinary box. Look for a recipe from a style of cuisine you haven't tried before. Or, attempt a cooking feat for the first time, such as making pasta from scratch.

• Learn to play a song: With today's digital instruments, such as Casio Keyboards CT-X700, you can learn to play your favorite song in an afternoon, no matter what your experience level is. Its lesson system displays proper fingering and notation, and a six-track recorder makes it easy to capture your creation.

• Host a book club: Pick a book you've been meaning to read and invite friends to join you in reading and discussing it. This can turn into a monthly tradition, with a different host each selecting the book each meeting.

• Host a gaming tournament: Invite friends over for a gaming tournament -just be sure you have the best possible visuals with your home theater. With projector options that sense ambient bright- there are abundant ways to combat it at ness in the room and adjust accordingly - like the LampFree XJ-F210WN from

from time to time, it's important to know make a day of it, with stunning visuals in any lighting conditions.

• Express yourself: Pick up a pen, set a timer and just start writing. Don't overthink it. When the timer buzzes, you may find you have the opening of a novel, a poem or song lyrics. Writing prompts, available online, can help you get started.

•Make math fun: Learning math shouldn't be a bore. Use a scientific calculator to play online math games or invent your own. For example, the fx-991EX scientific calculator's high-resolution LCD screen allows for more information for applications like spreadsheets and 4X4 matrix calculations.

• Jump-start a pick-up game: You don't need to join a formal team or have lots of equipment to enjoy athletic competition. Call a few buddies and head to a local field for a pick-up game of soccer or twohand touch football for some on the fly sportsmanship.

• Explore nature: Make more of your next nature walk, using new tools, such as the PRG600YB-2, a timepiece that includes a direction sensor for compass readings, pressure sensor for altimeter and barometer readings and a thermo sensor for temperature. Its solar power technology means fewer battery changes and its water resistance up to 100 meters means you can safely venture into unchartered waters.

When boredom sets in, remember, home, in your backyard and beyond.

FAMILY LIVING **5 Reasons Kids Should Play Outside More**

sons, computer projects, art class or yoga, kids these days are busy bees. And while such activities are enriching and fun, experts say that many kids aren't spending enough time doing something much simpler and every bit as important as structured programming: playing outdoors.

"Finding time for the kids to play outside can be such a challenge for parents," says Keri Wilmot, a pediatric occupational therapist and an expert contributor cial skills are developed during outdoor to TheGeniusofPlay.org. "As a parent I play. worry about 'stranger danger' or whether my kids will be able to navigate social is-

(StatePoint) Whether it's dance les- ing the confidence and resilience needed to pursue a future career, start a business, or handle life's many challenges.

> Social Skills: Childhood games played outdoors can help build social skills and teach kids to follow directions. From games as simple as tag, to those with more complicated rules, like "Kick the Can," "Capture the Flag," and sports like soccer and basketball, communication, teamwork and other important so-

> • Problem Solving: Children's imaginations are often stimulated by the world

LEGALS

IN THE HOPI CHILDREN'S COURT, HOPI JURISDICTION **KEAMS CANYON, ARIZONA**

)
) Case No. 2019-CC-0011
)
) NOTICE OF SERVICE BY PUBLICATION OF
Minor Child,) A MINOR-IN-NEED-OF-CARE PETITION
)
Parent.	j

THE HOPI TRIBE TO MICHAEL LOMAUHIE, BIOLOGICAL PARENT OF MINOR CHILD, K. LOMAUHIE, NAMED ABOVE:

THE HOPI TRIBE on behalf of Hopi Tribe Social Services Program (HTSSP) has filed a Minor-In- Need-of-Care Petition (Petition) in the Hopi Children's Court bearing Case No. 2019-CC-0011.

NOTICE IS HEREBY GIVEN to MICHAEL LOMAUHIE, biological parent of K. LOMAUHIE, minor child named above, and to any interested persons (family or relatives of minor) who contests or may contest the Minor-In-Need-of-Care Petition shall file a response to the Petition with the Hopi Children's Court within twenty (20) calendar days from date of publication. Your response must be filed with the Clerk of the Hopi Trial Court, Post Office Box 156, Keams Canyon, Arizona 86034, and a copy of your response provided or mailed to the Office of the Hopi Prosecutor at the address provided below.

A COPY of the Petition may be obtained by submitting a written request to: The Office of the Hopi Prosecutor, PO Box 306, Keams Canyon, Arizona 86034; telephone number (928) 738-2245 or 738-2246; fax number (928) 738-2203.

FAILURE to respond will result in the Court rendering default judgment for what the Petition demands. This means that the parent's rights to legal and physical custody of the minor child, K. Lomauhie, may be vested with the Hopi Tribe Social Services Program.

RESPECTFULLY SUBMITTED this //// M day of June 2019.

HOPI CHILDREN'S COURT

Hunney Una

Députy Court Clerk Post Office Box 156 Keams Canyon, Arizona 86034 Telephone: (928) 738-5171

IN THE HOPI CHILDREN'S COURT, HOPI JURISDICTION **KEAMS CANYON, ARIZONA**

In the matter of:)	
)	Case No. 2019-CC-0002
DEWANGYUMPTEWA, P.	DOB: 12/21/2015	Ĵ	
NAMINGHA, A.	DOB: 07/28/2017	ĵ	NOTICE OF SERVICE BY PUBLICATION OF
	Minor Children,	j	A MINOR-IN-NEED-OF-CARE PETITION
AND CONCERNING:)	
Vivian Shebala and Spence	r Namingha,	ĵ	
	Parents.	í	

THE HOPI TRIBE TO SPENCER NAMINGHA, BIOLOGICAL PARENT OF MINOR CHILD, A. NAMINGHA, NAMED ABOVE:

THE HOPI TRIBE on behalf of Hopi Tribe Social Services Program (HTSSP) has filed a Minor-In- Need-of-Care Petition (Petition) in the Hopi Children's Court bearing Case No. 2019-CC-0002.

NOTICE IS HEREBY GIVEN to SPENCER NAMINGHA, biological parent of A. NAMINGHA, a minor child named above, and to any interested persons (family or relatives of minor) who contests or may contest the Minor-In-Need-of-Care Petition shall file a response to the Petition with the Hopi Children's Court within twenty (20) calendar days from date of publication. Your response must be filed with the Clerk of the Hopi Trial Court, Post Office Box 156, Keams Canyon, Arizona 86034, and a copy of your response provided or mailed to the Office of the Hopi Prosecutor at the address provided below.

A COPY of the Petition may be obtained by submitting a written request to: The Office of the Hopi Prosecutor, PO Box 306, Keams Canyon, Arizona 86034; telephone number (928) 738-2245 or 738-2246; fax number (928) 738-2203.

FAILURE to respond will result in the Court rendering default judgment for what the Petition demands. This means that the parent's rights to legal and physical custody of the minor child, A. Namingha may be vested with the Hopi Tribe Social Services Program.

RESPECTFULLY SUBMITTED this $11^{4/1}$ day of June 2019.

HOPI CHILDREN'S COURT

Margene (lausk Deputy Court Clerk Post Office Box 156

sues on their own. Without spontaneity, playtime has lost some of it's fun."

Outdoor play is necessary for healthy child development, according to The Genius of Play. The initiative, whose mission is to raise awareness about the importance of play and help parents make play a critical part of raising their kids, is play involves physical activity, thrilling sharing five benefits of unstructured outdoor playtime:

• Physical Development: Research has shown that physically active kids tend to be leaner and healthier, while an inactive childhood can lead to a sedentary (and likely unhealthy) lifestyle in adulthood. Furthermore, physical play builds gross and fine motor skills necessary for success in school and beyond. Hanging from the monkey bars, for instance, helps kids develop the hand muscles needed to grip a pencil.

• Risk-Taking: Through outdoor play, children are given the opportunity to step outside their comfort zones and try new things. While taking risks won't always lead to success on the first try, moments like a first bike ride without training wheels, or the first trip down the big slide in the playground, are critical for buildaround them. Being outside widens their horizons and can encourage kids to tap into their creativity in order to come up with solutions to challenges, such as learning how to build a sandcastle or figuring out how to climb up a jungle gym.

• Reducing Stress: So much outdoor moments and a sense of freedom, all of which can boost endorphins, helping to lower stress levels and reduce anxiety and depression. Interestingly, simply touching dirt when creating mud pies or digging for worms can be beneficial. According to a Bristol University study, certain types of "friendly" bacteria in soil have been found to activate the group of neurons that produce serotonin, which contributes to a feeling of well-being and happiness. So, don't be afraid to let your kids get a bit dirty out there!

For play ideas, expert advice and other play resources, visit TheGeniusOfPlay. org.

Playtime is essential for children. To promote health, happiness and confidence, be sure some of it is spent outdoors.

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Call or email us to tell us if we are doing a good job. We need your feedback

If you have a question on content or pictures let us know and we can gladly help you.

928-734-3283 or rlaban@hopi.nsn.us

		Keams Canyon, Arizona 8603 Telephone: (928) 738-5171	4
	IN THE HOP	PI TRIBAL COURT	ILMIN VAN
	KEAMS CA	NYON, ARIZONA	2619 MAY 18
	KEAWS CA		FIL
Fate Rex Yoiwyma,) Petitioner,)	Case No. <u>2019 - W - 2026</u>	_
And, Bradford Kaye,) 20-DAY CIVIL SUMMONS (Service by Publication)	
Stautoru Raye,	Respondent.		

TO: BRADFORD KAYE and ANY INTERESTED PARTY

1. A Petition/Complaint has been field against you in this Court demanding for:

Verified Petition for Legal Guardianship of Minor Children

A copy of the Petition is available with the Hopi Tribal Court.

- You have TWENTY (20) CALENDAR DAYS from the day after the last publication of the summons to file a written Answer/Response with the Hopi Tribal Court, if you want to deny the claim and have the Court hear your side of the case.
- 3. You can prepare a written answer on your own or you may hire an attorney or legal advocate to prepare the written answer/response for you.
- Your Answer/Response must be filed with the Clerk of the Hopi Tribal Court, Post Office Box 156, Keams Canyon, Arizona 86034.
- 5. A copy of your written Answer/Response must be mailed to the Petitioner at his mailing address of: Tate Rex Yoiwyma, Sr., Post Office Box 269, Second Mesa, Arizona 86043.
- 6. If you do nothing, the court may give judgment for what the petition demands.

Dated: Mary 16, 2019

Analentaling pupt

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The Hopi Tribe and Melvin Consulting To Host Keams Canyon 19-Unit Apartment Dedication with Building Tours



Picture provided by sender.

By: Daryl Melvin, Melvin Consulting FOR IMMEDIATE RELEASE

Keams Canyon, Ariz. – June 19, 2019, at 10:30 a.m. on Tuesday, July 16, 2019, the Hopi Tribe will formally dedicate the newly constructed 19-unit apartment complex to house healthcare staff at the Indian Health Service (IHS) housing compound in Keams Canyon, Arizona. This \$5.3 million complex was constructed in 9-months by the Hopi Tribe project management team. The dedication ceremony will feature remarks from James M. Tewayguna - First Mesa Kikmongwi (Village Leader), Timothy L. Nuvangyaoma - Chairman of the Hopi Tribe, and Clark W. Tenakhongva Vice Chairman of the Hopi Tribe.

Light refreshments, facility tours, and the public viewing of the apartment project storyboard will follow the ceremony. Attendees are encouraged to view the Hopi art mural by local artist, Michael Adams, and design aspects contributed by the Hopi Tribe.

The Hopi Tribe contracted with the Indian Health Services to lead, manage and control the architectural design and construction of this 19-unit facility. Melvin

Consulting PLLC is the project owner's representative and worked to support the Hopi Tribe's project leadership team to deliver the construction project through a Public Law 93-638 self-determination contract between Hopi Tribe and Indian Health Service. The 638 contracting process resulted in providing locals jobs in the construction trade, and at the height of construction daily crews numbered approximately 30 workers with 10 Hopi Tribal Employment Right Office workers.

The building consists of efficiency units, one-bedroom and two-bedroom

apartments. The apartment will house contract or temporary clinical staff for extended periods while providing essential clinical services for the Hopi people. The design-build team for the project is Greenberg Construction, General Contractor. Johnson, Smitthipong, and Rosamond Associates, Inc. (JSRa) is the architectural subcontractor.

For press information, contact Cheryl Tootsie, Contracting Officer – Hopi Tribe, by phone at: 928-734-3000 or by email at: CTootsie@hopi.nsn.us.

Rural Economic Development Loan & Grant Program

What does this program do?

The Rural Economic Development Loan (REDL) and Grant (REDG) programs provide funding to rural projects through local utility organizations. Under the REDLoan program, USDA provides zero interest loans to local utilities which they, in turn, pass through to local businesses (ultimate recipients) for projects that will create and retain employment in rural areas. The ultimate recipients repay the lending utility directly. The utility is responsible for repayment to the Agency.

Under the REDGrant program, USDA provides grant funds to local utility organizations which use the funding to establish revolving loan funds (RLF). Loans are made from the revolving loan funds to projects that will create or retain rural jobs. When the revolving loan fund is terminated, the grant is repaid to the Agency.

Who may apply for this program?

To receive funding under the REDLG program (which will be forwarded to selected eligible projects) an entity must be described as:

- Any former Rural Utilities Service (RUS) borrower who borrowed, repaid or pre-paid an insured, direct, or guaranteed loan
- Current Rural Development Electric or Telecommunication Programs Borrowers
- Nonprofit utilities that are eligible to receive assistance from the Rural Development Electric or Telecommunication Programs; or

What is an eligible area?

Intermediaries may use Rural Economic Development Loan & Grant (REDLG) funds to lend for projects in rural areas or towns with a population of 50,000 or less.

How much funding is available to intermediaries?

- Up to \$300,000 in grants may be requested for establishment of the RLF
- Up to 10% of grant funds may be applied toward operating expenses over the life of the RLF
- Up to \$2 million in loans may be requested

The intermediary applies to USDA for funding support on behalf of specified local projects. Projects may commence after application submission, but there is no guarantee of approval. USDA funds are issued to the intermediary at project completion.

What are the terms for the intermediary?

- 10 years at 0%
- Grants require 20% match from the intermediary
- Grant funds must be repaid to USDA upon termination of the RLF

How may funds be used?

REDLG intermediaries pass the funding to ultimate recipients on to eligible projects. Examples of eligible

Projects include:
 Business incubators

- Community development assistance to nonprofits and public bodies (particularly job creation or enhancement)
- Facilities and equipment for education and training for rural residents to facilitate economic development
- Facilities and equipment for medical care to rural residents

• Start-up venture costs, including, but not limited to financing fixed assets such as real estate, buildings (new or existing), equipment, or working capital

- Business expansion
 Technical assistance

NOTE: 7 CFR, Part 4280.27 and 7 CFR, Part 4280.30 list ineligible uses

Yu-Weh-Loo Pah-Ki Community Utility Awarded Rural Development Grant Funding by the U.S. Department of Agriculture

ROMALITA LABAN HOPI TUTUVENI

Kykotsmovi, Ariz. – June 25, 2019 the Hopi Tutuveni was informed via Arizona Senior Senator Kyrsten Sinema's Press Release that Yu-Weh-Loo Pah-Ki Community Utility and project under a local Hopi Tribal Village Office was awarded. According to the release the Senator, "Applauds Grant Funding for Arizona Tribal Communities" and which led Tutuveni staff to research further about the announcement.

It was found at the USDA Rural Development, U.S. Department of Agriculture's website that the Project Description listed the following: "This Rural Development investment will be used by Yu-Weh-Loo Pah-ki Community (YPC) through their contractor to assist at least 10 small businesses with business counseling services and completion of business plans. It is expected that 15 jobs will be created. Entrepreneur Development was identified as key selected strategy when YPC completed a Community Transition Plan in January 2019. YPC is located on the Hopi Indian Reservation and in Navajo County, AZ, a persistent poverty county. This area is adversely affected by the impending closure of the Navajo Generating Station and the Kayenta Mine."

The total project cost was listed at \$135,000.00 with 15 jobs being created and additional funding being listed as coming from a Technical Assistance Provider in the amount of \$45,000.00 which brings the total project value up to \$190,000.00.

John Hawkins was listed as the Recipient Contact and who currently serves as the Community Service Administrator for YPC.

Hopi Tutuveni reached out to Hawkins, who at the time was surprised and responded, "I had no idea it would get noticed by a Senator!" At publication deadline, no further comments were available.

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