

Hopi Tribe to Assume Law Enforcement Services



At 9:30am on July 19, 2019 Chairman Nuvangyaoma signed the final documents to change Hopi Resource Enforcement Services to Hopi Law Enforcement Services. (Photo by Carl Onsae/HT)

Hopi Tribe PRESS RELEASE

Kykotsmovi, Arizona – On July 10, 2019, the Hopi Tribal Council took a monumental step forward with its vote to formally accept a Self-Determination Contract award, which supports assumption of certain Bureau of Indian Affairs Law Enforcement Service programs under Title 1 of the Indian Self Determination and Education Assistance Act (25 U.S.C. §§ 5301 et seq.). Chairman Timothy Nuvangyaoma, who broke the tie vote, stated, “The Hopi Tribe believes it can provide its people the law enforcement services they expect and deserve. The Hopi Tribe can, and will now, move forward to strengthen its sovereignty and become increasingly self-sufficient by maintaining law and order within its communities.”

The action taken by the Hopi Tribal Council has been long awaited. Until recently, the BIA-Office of Justice Services was respon-

sible for providing law enforcement services on the Hopi Reservation. The move to assume responsibility for law enforcement services on the Hopi Reservation is not new to the Hopi Tribe. The Hopi Resource Enforcement Services (HRES) has enhanced its capacity over the years to provide law enforcement assistance to BIA OJS. It is fitting that the HRES will now be known as Hopi Law Enforcement Services (HLES). The Hopi Tribe’s Chief of Police, Virgil Pinto, offered thanks to the Hopi Tribal Council for “helping to keep our community safe by supporting our overall objective to provide continued quality service and protection to our Hopi and Tewa people.”

The new Hopi Law Enforcement Service will officially assume responsibility over law enforcement, telecommunications, and administration at 12:00 am on July 21, 2019. The BIA OJS/Hopi Agency will continue to operate BIA Corrections and maintain two Criminal Investigators on the Hopi Reserva-

tion.

Chairman Nuvangyaoma expressed his gratitude to Dorma Sahneyah, Executive Director, Hopi Police Chief Pinto, and LaVaun Dyer, Police Administrator for their hard work to make this Self-Determination Contract a reality. The Hopi Tribe’s Department of Public Safety under newly hired Director, Joelynn Ashley, will oversee the HLES.

Chairman Nuvangyaoma especially extends his utmost gratitude to all BIA personnel who have served the Hopi people, stating, “The Hopi Tribe looks forward to strengthening our partnership with the BIA to insure the best services are delivered to our Hopi-Tewa Senom.”

The Hopi Law Enforcement Services can be reached at (928) 734-7340 for calls for service, including emergencies. For HLES Administration or non-emergencies call (928) 734-7344.

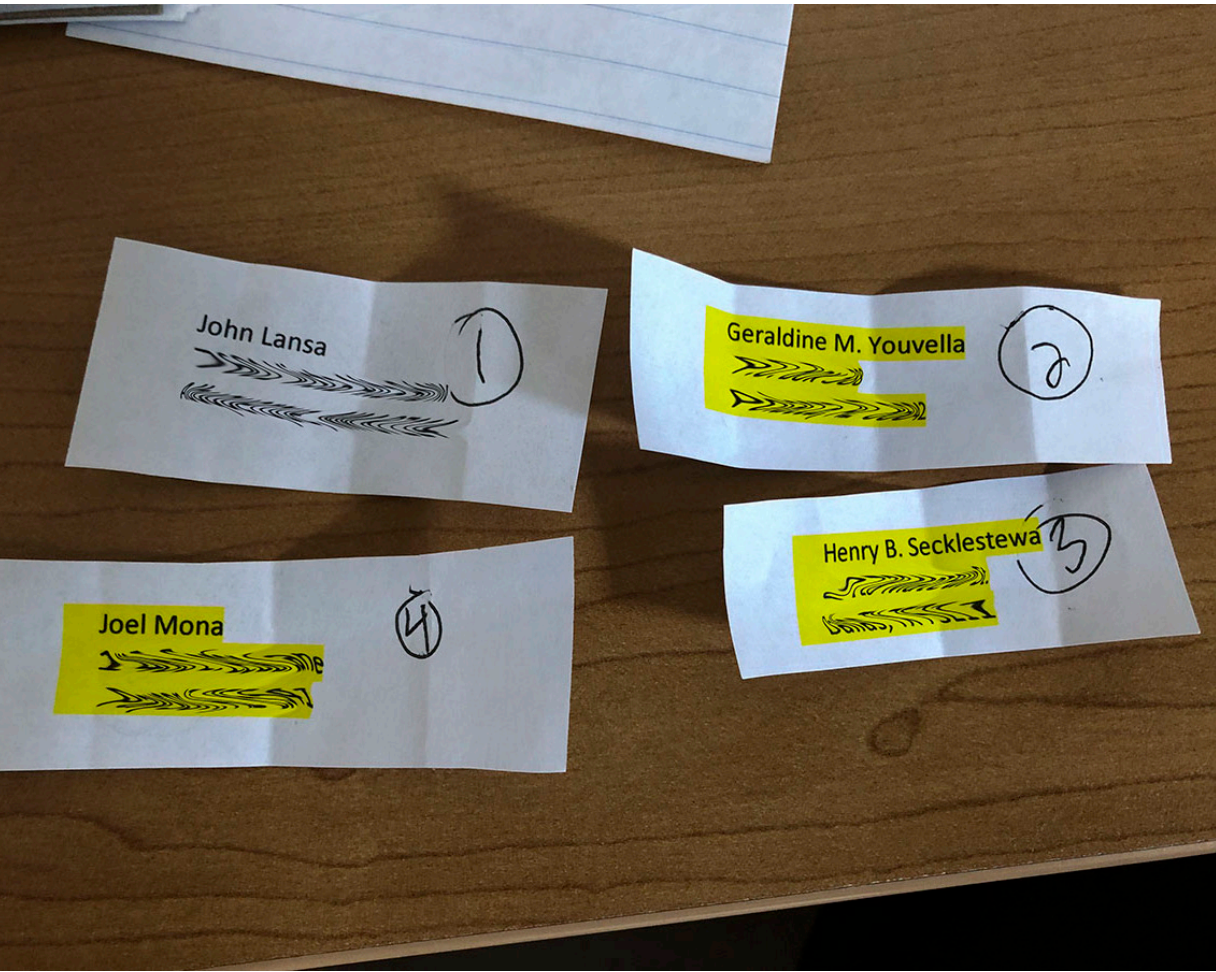
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Hopi Tutuveni 2019 Subscription Drive Is Complete as of July 31, 2019



Romalita Laban Hopi Tutuveni

Kykotsmovi, Ariz. – As of July 31st the Hopi Tutuveni’s 2019 Subscription Drive came to an end with more items added to the Subscription Drive Incentive basket, including a One-Night Stay from the Hopi Cultural Center Motel located on Hopi.

At publication, the last of any possible subscription payments made to the Hopi Treasurer’s Office were gathered via contact to the staff. Tutuveni staff also ensured mailed submissions with a postal date of July 1st through the 31st were included in the drawing for the four Hopi Tutuveni Subscription Drive Incentive Baskets.

Officially beginning on Monday, July 1, 2019 and slated to run throughout the month up through July 31, 2019, any indi-

vidual/organization that determined to take out a subscription for the Hopi Tutuveni was 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 were submitted to the Hopi Tutuveni office when payment was received and an official receipt of payment was sent from the Hopi Treasurer’s office. The drawing took place on August 1, 2019 during which time Carl Onsae, Assistant Editor drew four names from all those submitted and the lucky Winner’s names are as follows:

- 1)John Lansa
- 2)Geraldine M. Youvella
- 3)Henry B. Secklestewa
- 4)Joel Mona

Cont on Page 3

CURRENT INDIAN NEWS

3 MILLION COULD LOOSE FOOD STAMPS

Read more about it on how you could loos your food stamps...

More on Page 7

COLUMN

LARRY’S CORNER

“Too many chiefs, not enough leaders”

Read how Larry could become a leader...maybe

More on Page 5

COMMUNITY

Tick Collars available at no cost to you

Read more about how your dog can benefit from a free collar

More on Page 3

PUBLIC



DEDICATION TO NEW APARTMENTS

Read more about how Hopi has new apartments

More on Page 4

Um in dem Song
Wap-bap" alles in
Song kam vor einer
ab Riesengecke
riss er alle erdenk-
Gemecker ist der
gleich treffe.

ed wahrscheinlich
Sie nicht zufällig
er haben. Oder an-
minderjährige Töch-
wahrscheinlich so-
auch Bibi kennen;
seit Jahren, wenn
eher vom Weghö-
einzigste Möglichkei-
be ihrer Töchter für
Bibi betreibt seit
saTube-Kanal. „Bibi
hmal pro Woche
ein, in denen es um
alles: Wie Bibi ein-
schläft und wieder
sie sie gerade die Ha-
tuscht, die Lippen,

lich aufforderte: „Bitte hört den
Schwachsinn in euren Zimmern.“

Letzte Woche kam dann Bibis Song
heraus, seitdem interessieren sich auch
Menschen jenseits der elf für Bibi. Der
vollständige Titel ihres Liedes lautet:
„How it is (Wap-bap ...)“ Er brach meh-
rere Rekorde.

Und nun steht Bibi da, und sofort tut
es mir leid, dass ich ihrerwegen bereits
das Wort Schwachsinn in den Mund ge-
nommen habe. Bibi trägt etwas sehr en-
ges Schwarzes und sieht total hübsch
aus. Sie sagt: „Hallo, ich bin Bibi“, und
ich erkenne den Sound in ihrer Stimme,
und es ist völlig in Ordnung. Auf dem
Fußboden hockt Julian, Bibis Freund, der
ab und zu lächelt und ansonsten mit sei-
nem Handy beschäftigt ist. Wir gehen rü-
ber zum Sofa und setzen uns nebenei-
nander, und trotz der „good vibrations“
kriege ich kurz einen heftigen Gehir-
nkrampf, weil ich mich frage, über was ich
um Gottes Willen 20 Minuten lang mit
Bianca Heinicke reden soll! Über
Schminktipps vielleicht oder über die
lustigsten Pranks (für die älteren unter

Seln erfolg ist nicht leicht zu verstehen,
aber es gefällt nun mal vielen Teenagern,
was soll also das Gemecker?

Das Gemecker geht ungefähr so: Bibi
ist peinlich, Bibi kann nicht singen, Bibi
hat den Song geklaut. Alles Vorwürfe, die
vielleicht stimmen, vielleicht nicht. In
Wahrheit geht es natürlich um etwas an-
deres: Es geht um Neid. Auf YouTube viel-
leicht noch mehr als im sonstigen Leben.

Das Gemecker hat, wie so oft, mehr
Aufmerksamkeit auf sich gezogen als der
Erfolg: Das Video schaffte es mit 19 Mil-
lionen Dislikes in wenigen Tagen in die
entsprechende Top-Ten-Liste, und zwar
weltweit – noch niemand in Deutschland
hat etwas Ähnliches geschafft, vor allem
nicht die deutlich weniger erfolgreiche
deutsche YouTube-Konkurrenz, die seit
Tagen verzweifelt versucht, auch ein biss-
chen von Bibis Erfolg zu profitieren. So-
gar die Parodien des Liedes ziehen Milli-
onen Klicks. „Einige haben mir gut gefal-
len“, sagt Bibi. Und es ist ja wohl klar, dass
so was nur sagt, wer wirklich drübersteht.

Auf Platz 1 der „List of most disliked
Youtube videos“ steht übrigens Justin

lich alle hier im Ratun, im
Freund, der Fotograf, sie und ich
Gesicht, ihr Lachen, ihr Kanal
ihr „Hallihallo, meine Lieben“ ei-
ge Projektionsfläche für Marke
Produktwerbung ist. Was immer
lobt und anpreist oder auch nur
kamera hält, kommt in Millionen
zimmern an, und Kinder sind etw-
nur Fans von Bibi, sondern auch
I sing: Wap-bap, bi-da-di-da-da-
Wenn ich also meine Kinder
Zimmer schicke, um Bibis Clips
lieren, tue ich Bibi in Wahrheit ei-
fallen. Und darum tut Bibi mit ei-
einen. Sie schreibt eine lange Lis-
gramme für meine Kinder und
Freunde.

Auf dem Weg nach Hause: An-
ner minderjährigen Töchter. „Ma-
hat dich in ihre Snapchatstory
genommen – du bist Interview N-
sieben.“

Ich bin Interview Nummer sie-
Bibi Windschatten habe auch ich
ter die Top Ten geschafft.

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Hopi Tutuveni Obtains Hopi Tribal Council Priorities

**Romalita Laban, Managing Editor
Hopi Tutuveni**

Kykotsmovi, Ariz. – July 17, 2019 after much inquiry and waiting, Hopi Tutuveni staff were able to acquire Hopi Tribal Council’s Priorities which were the result of Council holding work sessions going back to April 2019 and according to one of the Work Session Agenda’s “Purpose of Work Session...Establish Hopi Tribal Council priorities consistent with the Hopi Tribe’s overarching goals and objectives based on updates to the Hopit Potskwaniat and information shared in presentations.”

Hopi Tribal Council 2019 Priorities

The Hopi Tribal Council has established the following priorities pursuant to Tribal Council Resolution H-098-2011, which adopted the Hopit Potskwaniat (Hopi Tribal Consolidated Strategic Plan) to serve as the principle direction for the Hopi Tribe to meet the needs of the Hopi and Tewa people. The Potskwaniat guides the annual budget preparation and allocation of resources. It also requires the development of annual action plans and an update every four years.

The Hopi Tribal Council in setting its priorities aims to maintain a proactive, responsible tribal government that strives to strengthen and protect tribal sovereignty, self-determination, and Hopi cultural values and life-ways.

- Self Governance & Self Sufficiency**
- Update all tribal ordinances to meet current need and review on a regular basis or as necessary to ensure compliance and effective enforcement
 - Update current policies related to finance, information technology, and human relations
 - Create a diverse revenue stream that benefits tribal members and supports comprehensive tribal government services
 - Establish a Hopi Utility Authority to develop a comprehensive Hopi water and power infrastructure to support new homes, businesses, recreation sites, and centralized office space for a growing tribal government workforce
 - Direct effective communication, collaboration and coordination between tribal departments/programs/entities, tribal council teams/committees, non-profit organizations, and villages to improve and expand services and achieve positive project outcomes.

- Preservation & Protection of Cultural Resources**
- Mandate Hopi School System to incorporate the teaching of Hopi language and culture in all schools located on the Hopi reservation

- Quality Human Services**
- Improve the infrastructure of the tribal government to support the needs of tribal education, social services and an overall growing workforce where tribal business can be conducted in a safe and aesthetic environment
 - Maintain a stable tribal government capability of administering quality health grant and contract programs that reimburse the Tribe indirect cost funding that can used to support overall needs across tribal programs
 - Develop a plan to contract certain Indian Health Service programs under P.L. 93-638
 - Direct development of a strong judicial system, inclusive of alternative sentencing programs, that ensures due process and accountability of all persons who violate criminal and civil laws, and regulations of the tribe, and which recognizes a traditional forum for the settlement of claims and disputes
 - Promote the safety and protection of women, children, vulnerable persons, and families by an efficient and effective tribal law enforcement program focused on reducing crime rates

- Conservation & Effective Use of Natural Resources**
- Protect Hopi lands through development and management practices that accord with comprehensive, updated land use plans, economic development plans, Transportation Priority Plan, and proper rights-of-way and lease agreements
 - Work with Villages to identify solutions to issues related to land boundaries and define a process for use of lands within District Six and Moencopi Village areas for economic development
 - Direct a team approach when lobbying or speaking on behalf of the Hopi Tribe on matters of significant importance related to use and protection of Hopi land and its natural resources

6/27/19 Approved by HTC



Hopi Tutuveni 2019, Cont.

We send out gratitude to all those who participated in the July 2019 Hopi Tutuveni Subscription Drive. Hopi Tutuveni staff will be packaging up the incentive baskets and have the items sent out by August 16, 2019. The incentives along with the four unique baskets are of equal or valued more than, what the subscription costs were.

We were encouraged as well, by other artists and businesses who participated in supporting Hopi Tutuveni efforts of increasing revenues which go towards the operations of the newspaper via its Revolving Fund, which is designed to offset operational expenses. The support received from the following is appreciated:

Clark Tenakhongva, Hopi Vice Chairman who is also a local Hopi artist/performer - one (1) set of five (5) CD/DVDs.

1 set – “Gourd Jewels” earrings donated by Romalita Laban, Managing Editor Hopi Tutuveni

Tsakursovi, local Hopi Business located on Second Mesa, Ariz. which provided a “Don’t Worry Be Hopi” t-shirt and a Coin bracelet

Tribal Ink, local Hopi printing business located in Hotevilla, Ariz., which provided a trade for printing and supply of “Hopi Tutuveni” coffee mugs.

Hopi Senom Transit which provided 4

bags w/incentives

KUYI Hopi Radio which provided a trade for four (4) KUYI Hopi Radio t-shirts.

White Bear Hopi Arts provided two (2) beautiful pieces of artwork

Monongya Gallery, local Hopi art gallery located in Orayvi Village, participated by offering one (1) ladies pair of yellow mocassins, silver link chain, and a beautiful Star Blower silver pendant.

Honyoutink, a local Hopi owned printing company based in Kykotsmovi, Ariz. added four (4) coffee mugs and two (2) t-shirts.

Hopi Cultural Center provided a one-night free stay at the Hopi Cultural Center Motel.

Sample depictions of what the Hopi Tutuveni Subscription Incentive Basket might look like were shared and final pictures will be featured on the Hopi Tutuveni’s page on the Hopi Tribe’s website at www.hopi-nsn.gov/news/hopi-tutuveni/ and in the August 20th publication.

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

Seresto Tick Collars Available At No Cost Rabies Vaccination Clinic

By: Madeline Sahneyah, Hopi Public Health Compliance Program

Every year, the Indian Health Service (IHS), Office of Environmental Health (OEH) located at the Hopi Health Care Center organizes a traveling Rabies Vaccination Clinic for Hopi dogs and cats. This year, a veterinarian from Midwestern University School of Veterinary Medicine – Glendale, Arizona will administer the vaccinations. The Hopi Public Health Compliance Program and Midwestern University will also be placing free Seresto tick collars on all dogs that are brought in to the clinic.

Along with the rabies vaccine for dogs and cats, a core vaccine for dogs that protects against Parvo and Distemper will be administered along with a core vaccine for cats. Oral de-wormer for puppies and kittens will be available. No appointments are necessary. Registration will take place on-site and will be handled first come, first serve. Clinic times, which are basically thirty minutes to one hour at each location, are as follows:

August 13, 2019 - the vaccination and dog tick collaring event will begin in Upper and Lower Moenkopi Villages at 9:00 a.m. and 11:00 a.m. respectfully. At 1:00 p.m. the clinic will set up at the Hotevilla

Elderly/Youth Center then move to Hotevilla Village, Old Oraibi Village and end for the day at the Kykotsmovi Community Building.

August 14, 2019 - the clinic will be in the Second Mesa area beginning at 9:00 a.m. at the Sipaulovi/Mishungnovi Community Center for one hour and move to Upper Mishungnovi Village at 11:00 a.m. After a break for lunch, the clinic will be set up at the Hopi Cultural Center parking lot by 1:00 p.m. and at the Shungopavi Community Building from 1:45-3:00 p.m. and on to the Lower Sipaulovi Housing by 3:15 p.m. The last stop will be at Walpi Housing/Hopi Health Care Center; 4:15-5:00 p.m.

August 15, 2019 - the clinic will start at Ponsi Hall/1st Mesa - 8:30 a.m. and move to Polacca Post Office at 10:15 a.m., Circle M Store at 1:15 a.m. and Kears Canyon Park is the last stop at 3:30 – 4:30 p.m.

For questions about the traveling Rabies Vaccination Clinic and the tick collaring for dogs, you may call the Public Health Compliance Program at (928) 734-3403 or 3404. Information is also available by calling the IHS Office of Environmental Health at (928) 737-6275 or 6277.

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The Hopi Tutuveni

Purple Heart Medal Presentation Ceremony

To Honor World War II Hopi Veteran Starlie Lomayaktewa, Jr



Starlie Lomayaktewa with his friend, unknown date (Picture provided by sender)

By: Eugene Talas, Hopi Veterans Office and Romalita Laban, Managing Editor

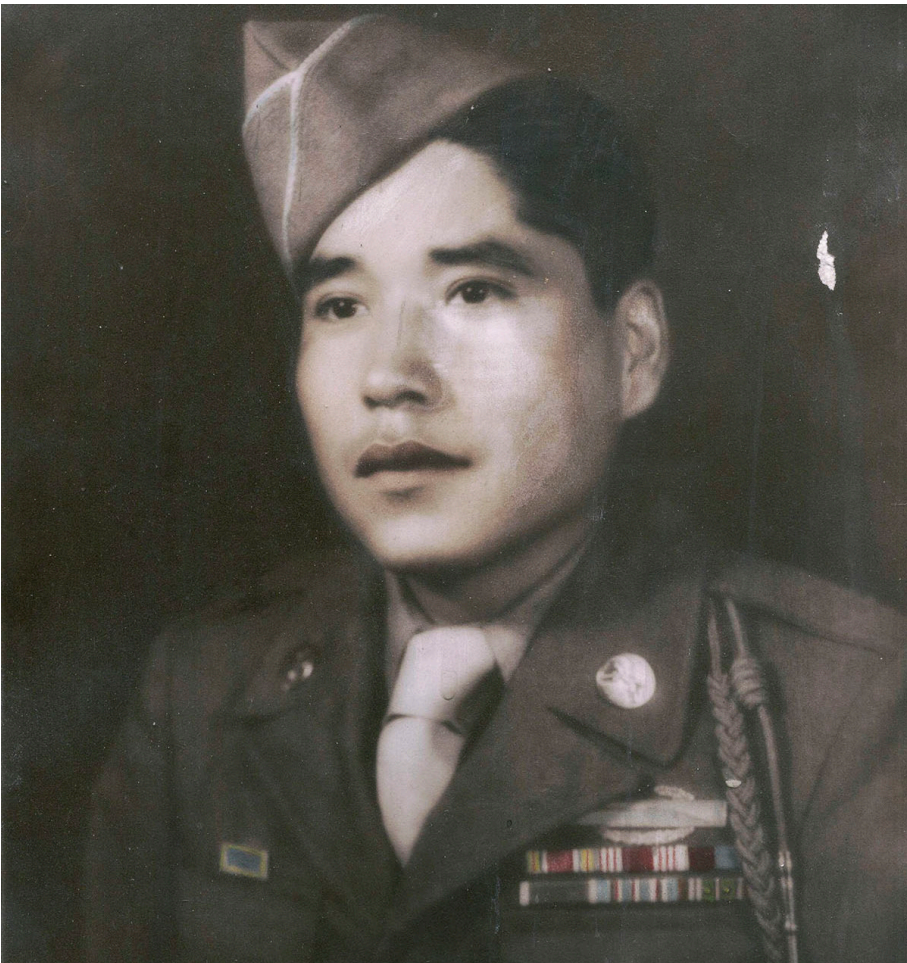
Kykotsmovi, Ariz. - On August 13, 2019, Hopi Veterans Services and Office of the Chairman, will co-host a special ceremony to honor the late Mr. Starlie Lomayaktewa, Jr., World War II Army Veteran, and his next-of-kin, by the award of the Purple Heart Medal. Arizona Congressman Tom O’Halloran, District 1, will be present at the ceremony to bestow the Purple Heart Medal, posthumously, to Lomayaktewa’s surviving sons and daughters.

The public is invited to witness this simple, but time-honored ceremony awarding the Purple Heart Medal to military members wounded in action during combat operations. The ceremony will begin promptly at 5:00 pm at the Hopi

Day School auditorium.

Lomayaktewa enlisted in the U.S. Army on December 7, 1943, as a rifleman serving in the European theater of operations. On or about April 13, 1945, Lomayaktewa was wounded by mortar rounds, during the fighting in the North Appennines campaign in northern Italy. In a 1998 written and notarized statement, Mr. George Morgan wrote in part, “After training we both were sent to Italy, stationed in the Alpenees Mountains. It was there that Starlie was wounded by mortar rounds. The concussion affected his eye which turned white. I visited him a few times while he was in the hospital. We were Good Buddies.”

Lomayaktewa was honorably discharged on March 20, 1947, in the rank of Private First Class. He was awarded the Bronze Star, World War Victory and Good Conduct Medals. In addition, he



Starlie Lomayaktewa unknown date (Picture provided by sender)

received the European-Africa-Middle Eastern and American Theater ribbons. Lomayaktewa returned to the Hopi Reservation and his home village of Mishungnovi, located in northeastern Arizona, marrying the former Lila Lee Sakwis-eoma, from Sipaulovi Village and raising his family.

In 1998, an attempt was made to locate military records to prove Lomayaktewa was wounded and was eligible for the Purple Heart Medal. Then in 2011, Hopi Veterans Services began their research to help in this effort, but to no avail. Fast forward to 2017 when contact was made with Ms. Paulette Yazzie, Military and Veterans Case Worker, with the Office of Congressman Tom O’Halloran, who helped the push towards obtaining Lomayaktewa’s records. Finally earlier this year, we were elated, as well as the family members, as the official records were

found which showed that Lomayaktewa was wounded in combat and had earned the Purple Heart Medal. Sadly Lomayaktewa passed away on September 6, 2016.

The Hopi Tribe and Hopi Veterans Services wish to extend our sincere thanks to Ms. Yazzie for her superb efforts to finally “complete the mission” and to never leave a fellow Soldier behind. And to Congressman O’Halloran for taking time to travel to Hopi and present the Purple Heart Medal to Lomayaktewa’s surviving family; Rainell Russell Lomayaktewa (daughter) and Loren Lomayaktewa, Sr., Stanley Lomayaktewa, Ronald Lomayaktewa, Waldon Lomayaktewa, Sr. and Randy Lomayaktewa, Sr. (sons)

For more information contact: Eugene “Geno” Talas, Manager, Office of Hopi Veterans Services, (928-734-3461).

Dedication for Indian Health Services Apartment Complex Occurs on Hopi

By: Hopi Tutuveni Staff

On July 16, 2019 several members of the Hopi community, along with several dignitaries, gathered in Keams Canyon, Ariz. to mark the completion and opening of the newly built Indian Health Services (IHS) apartment complex on the Hopi reservation.

The 19-unit apartment complex was dedicated toward housing the IHS contracted or temporary clinical staff to inhabit while providing services at the IHS Hopi Health Care Center. The apartment complex was built with consideration of temporary contract staff’s housing needs.

Melvin Consulting, Greenberg Construction, JSRa Architect, and the Hopi Tribe came together as a project team and were all part of the building of the new apartments.

The dedication started with a Hopi prayer and words of encouragement, all in the Hopi lavayi (language) from James Tewayguna, Kikmongwi (village chief) of Walpi and all of First Mesa villages. Tewwayguna’s words were inspiring and heartfelt, especially for those who understood the Hopi language. The message Tewayguna shared was an offering to inspire good well-being for years to come,

for those who will be living in the apartments which occupy traditional First Mesa lands under the traditional auspices of the Kikmongwi.

Michael Adams an artist and founder of Gourd Jewels designed the Hopi motifs that were installed on the hallway walls of the apartment complex. The designs added a distinct Hopi accent and which are well known to add to the uniqueness and aspects of living on the Hopi reservation. Any visitor will surely be touched in a unique fashion while becoming familiar with the Hopi lands, living spaces and the hope is that the beautiful designs will aid in the healing and connections with all the Hopi and Native people being served at the IHS Hopi Health Care Center.

Each of the 19 rooms are completely furnished with beds, couches, and TV’s, which is to ensure that traveling temporary clinical staff would have a comfortable rejuvenating space while living and working on the Hopi reservation for only a short while. The entire budget for the apartment complex was set around \$5.3 million and was constructed in a 9-month period. The apartment style housing is now open and will now house the IHS temporary contract clinical staff.



Patrons sit outside the apartment complex waiting for the guest speakers to speak for the apartment complex (Photo by Carl Onsaie/HT)



A look inside the hallways of the new apartment complex, complete with designs on the wall, by famous artist. (Photo by Carl Onsaie/HT)



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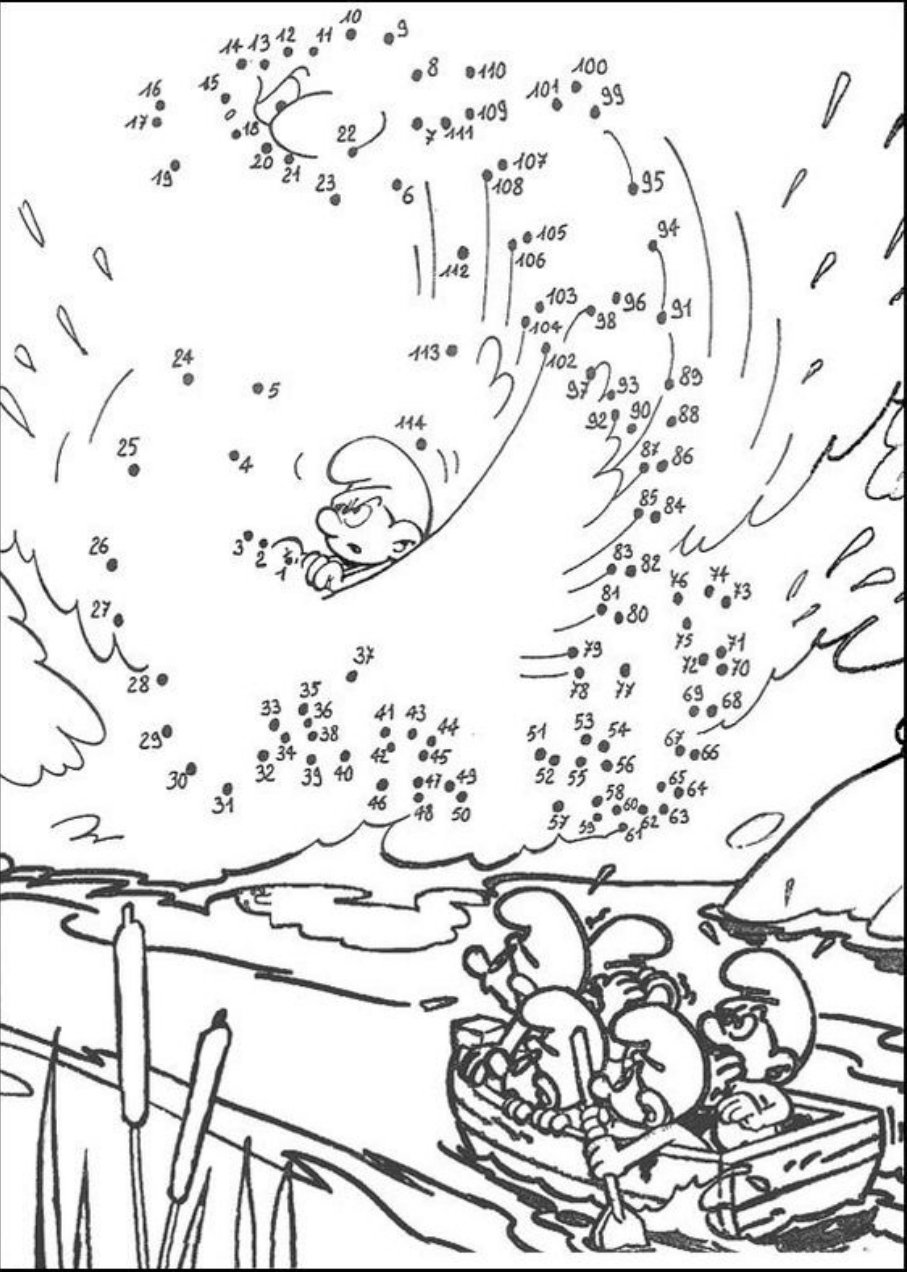


The kitchen/dining room/living room in the one bedroom apartment. (Photo by Carl Onsaie/HT)



PUZZLES & GAMES

CONNECT THE DOTS



Across

3. Kevetsi

5. Na’at

7. Wuwan’aya

9. Niqw

10. Maatavi

13. Lalvayhoya

14. Wiihu

16. Moki

17. Nu’umi

unaagwata

Down

1. Tatuva

2. Sowi

4. Soosoyam

6. Nalmaqa

8. Taq’

10. Qöang’wu

11. Kawaysöhövi

12. Paakwa

13. Hotsors’angwa

15. Puvu’ki

Cross Word Puzzle

Find the English words for the Hopi words.

Answers in next issue

Answers for June 16th edition	
Across	
1. Burp, 2. Bathroom, 7. Anywhere, 8. Live Alone, 9. Tease, 11. Clay, 13. Apache, 14. Air Pump, 15. Bathtub	
Down	
1. Bark, 2. Bald Eagle, 3. Algae, 4. Shy, 5. Breeze, 6. Stinkbug, 10. Shade, 12. Apricot, 16. Arm, 17. Bat	
Call 928-734-3283 for hints or answers	

HOPILAVYIT - SCHOOL RELATED

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

HOPi WORDS

Qayep’e - Absent

Kwusu - Accept

Su’an - Accurately

Enang - Additionally

Pana - Admit

Tutapta - Advise (In-struct)

Tuhisa - Artistic Ability

Tuvingta - Ask

Tatatsiw - Basketball

Hamana - Bashful

Ispi - Because

Qahop’iwta - Behave improperly

Tukopna - Blame

Awheeva - Challenge (Test)

Awk - By means of

Saana - Chewing Gum

Yuku - Complete

Awmaamatsi - Com-prehend

Suus Tutuqaywisa - Days - Mon

Löös tutuqaywisa - Days - Tues

Paayis tutuqaywisa - Days - Wed

Yuki - Decision

Sivintoyna - Discipline

Hinti - Do

Tutuqayge’ti - Drop out from school

Tutuqayiw - Educate

Öqala - Encourage

Tunatya - Endeavor/ Goal

Piptsa - Envision

Leelëwta - Erase

Tuho’os - Fall (Au-tumn)

Kwaatsi - Friend

Tso’o - Get off (Bus)

Tsoona - Have fun

Nawus - Have to

Qaatsa - Honest

Kuuna - Humorous

Piïyi - I don’t know

Pävanti - Improve

Tuu’awi - Information

Wuwni’yta - Intelligent

Tumala - Job

Penso - Pencil



Photo by: <https://www.humorkitty.com>

Too Many Chiefs, Not Enough Leaders

By LARRY WATAHAMAGEE
The Hopi Tutuveni

Sometime in the early 90’s I was just a small kitten and I use to watch Saturday morning cartoons and it was always one of the highlights of being young back then. I had dedicated myself as a kid to get up extra early, on a Saturday, just to eat cereal and watch Saturday morning cartoons...why? Well, because I knew that was the only time when nothing else mattered. There were no wars, there was no racism, there was no hate in the world...there was only a bushy tailed kitten watching Teenage Mutant Ninja Turtles at 7:30 in the morning, while eating Froot Loops.

We as a Hopi society make matters into matters that shouldn’t be made into; some of us think that there are too many mongwit (chiefs) and not enough leadership. As a society we have forgotten how to lead, we have forgotten how to become leaders, we just want to become chiefs first then lead later. In the Hopi tribal council we have a lot of chiefs that want to set examples for their people and to make sure their decisions are for the good of the people. But what some of them seem to have forgotten is that, they have forgotten how to become leaders or why they became leaders in the first place. The village where I come from is the same in that we have this problem where we establish a leader, so we can address our problems to this leader, but sometimes it does not work because it seems the power they have seems to go to their head. The same seems to be what occurs at Hopi tribal council where they think they are doing well for the people by “leading” by example but in actuality not enough research has been done by asking their own villages if that’s an ok decision to make on behalf of their people. Leaders have forgotten the simplest task of just listening to people. Yes...I know...some people just want to rant and get their hatred out to anyone willing to just listen, but sometimes we just have to be quiet and just listen. I know, very hard to do, when you have opinions of your own. I’m good at that, well, because I write this op-ed and that’s part of my job...to state my various opinions. We have forgotten how to make sure that only the important things in the village are taken care of as a priority, example; our elderly and their well-being.

Yes I know I talked about us having a lot of problems but I’m not too sure if people understand that simple problems can involve simple solutions like a math question like 2+2=4...simple right? But sometimes people tend to overthink or over complicate an issue. We tend to think too critical about simple problems and that have simple solutions and it’s like we want the most difficult answers to solve simple solutions so we tend to forget about how to solve problems with simple solutions.

Everyone has to be a critic about how well they know something, so take for example a dance recently occurred and I was at this house where there were a lot of people eating and enjoying themselves, but there were also a lot of women who were arguing about how to bake bread. I mean...all Hopi yeast bread tends to taste the same if you think about it. I’m pretty sure Bashes’ makes the same bread and for this particular situation it seemed there were too many cooks in the kitchen. We let simple problems go to our head and not pay attention to the more major problems like praying for the rain more...

During this dance, I saw little kids playing on devices such as iPads or phones because their parents want them to keep busy while they bake bread or something. I mean there’s a dance, I would think that everyone should be watching the dance...or maybe that’s just me. But I know that some parents don’t want their children wandering around in the village because of the fear of someone taking their children and yes, it has become that bad, when a small village of 200+ people have fear of someone taking their kids and even during a ceremony of all times.

In today’s society we only know two ways of living...living in fear and living in doubt. We have forgotten how to live in Hopi; we just assume that we know how to live in Hopi because we take that for granted. At least that’s my opinion.

When I was growing up, I was taught that the world is a bad place and that there were people out to hurt me. They didn’t teach me that I had to prepare for how to combat these people who wanted to hurt me. If you take that same concept and compare it to the Hopi Tribe and how it has provided jobs for the Hopi people for a very long time now, and that’s all we know. We have not heard of the Hopi Tribe teaching its employees how to be self-sufficient in case the Tribe ever went “belly-side-up.” It seems as if Tribal employees were given this promise of money and the Tribe just delivered, so we in other words, we live on a hand out. Now if college had better prepared me for the real world, like making sure I learned about how to save enough money to live on, than I think I would be more money conscience. And you may be of the opinion or question, is that the responsibility of the Tribe?

We teach children about the bad things in the world but we don’t teach them how to solve those bad things in the world. We just assume that if we stay away from the bad, it will go away.

So let me ask this question, are our leaders bad? I guess it just depends on how you look at it, some will say YES and some will say NO, but all in all leaders will have the same intention, and that intention is to help others.

My advice to you is that, leading a group of people is hard, it is very hard to please someone and the fact that you have to please everyone, is very hard. We have our own opinions and our own way of thinking, but I know for a fact...that every person here on the Hopi reservation thinks that we need a better outlook on life, leadership, and morals. So let’s think alike and start making confident changes to how our leadership leads maybe by helping them to see and listen to our needs or joining them in listening to their opinions, too. As soon as we do that, maybe some things will start to change for the better...I think...

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Attorney General restores federal executions; Navajo man on death row



Attorney General William Barr ordered the federal Bureau of Prisons to take steps to resume executions after almost two decades, and named a Navajo double-murderer as one of the first five on death row to be put to death. (Photo by Shane T. McCoy/U.S. Marshals Service)

**Miranda Faulkner
Cronkite News**

WASHINGTON — Attorney General William Barr ordered a resumption of federal executions Thursday and named a Navajo double-murderer as one of the first five death-row inmates who will be put to death.

Lezmond Mitchell will be executed on Dec. 11 with a fatal injection of pentobarbital if all goes according to the plan unveiled by the Justice Department and the U.S. Bureau of Prisons.

Mitchell was convicted on 11 counts in connection with the grisly beating and stabbing deaths of Alyce Slim, 63, and her 9-year-old granddaughter in 2001 near Sawmill on the Navajo Nation. He is currently the only Native American on federal death row, according to the Death Penalty Information Center.

In ordering the Bureau of Prisons to start scheduling executions again, Barr

said he focused on inmates convicted of “murdering, and in some cases torturing and raping, the most vulnerable in our society — children and the elderly.”

Barr also ordered the bureau to replace its current three-drug for executions with the single drug, that he said has been used in more than 200 executions in 14 states and has withstood legal challenges.

If the five executions occur as scheduled — beginning on Dec. 9 and continuing at regular intervals through Jan. 15 — they would be the first executions in the federal prisons in nearly two decades, Barr said.

According to court documents, federal prosecutors in Mitchell’s case originally opted against the death penalty, in the face of opposition from the Navajo Nation and from the victims’ family. But that decision was overruled by then-Attorney General John Ashcroft and prosecutors sought, and won, a death sentence in the case.

Cont. On Page 8

Mauna Kea is a clear voice from the Hawaiian people. (But they don't hear)



Healani Sonoda-Pale is a Native Hawaiian activist, organizer, and a ku kia’i mauna or mountain protector. (Photo by &Anne Keala Kelly)

**By Anne Keala Kelly
For Indian Country Today**

Hawaiians were inspired by Wounded Knee, Alcatraz, the Civil Rights Movement, and decolonization efforts in Africa, the Pacific and the Caribbean. Kahoolawe was the beginning of a sovereignty movement with roots that go back to the overthrow

Healani Sonoda-Pale is a Native Hawaiian activist, organizer, and a ku kia’i mauna or mountain protector. She was one of more than a hundred faculty members and students who squeezed into a crowded room at the University of Hawaii’s main campus on Friday to testify before the Board of Regents.

The university controls the master lease for the summit of Mauna Kea.

“I feel like I’ve been at this meeting many times already,” Sonoda-Pale said.

Although the board met to establish a committee to study the university’s management of the summit, Hawaiians and allies who work at the university were there to give voice to the most divisive event since the 1893 U.S. backed overthrow. “We come to these meetings and speak on so many issues, year in and year out,” Sonoda-Pale said. “But they don’t hear.”

A political and cultural paradox for Hawaiians, the University of Hawaii is a contested space geographically and ideologically. The University of Hawaii system is made up of three universities and seven community colleges. And like most public institutions, every campus sits on so-called ceded lands, which are

comprised of the crown and government lands of the Hawaiian Kingdom. Often referred to as C & G lands by Hawaiians, it adds up to more than a third of the archipelago. Mauna Kea is also part of those lands.

Hawaiians have made inroads at the university during the past 40 years, despite often being ignored by those in power.

Many of today’s Native leaders and organizers, including those standing for Mauna Kea, were educated or influenced by professors Haunani-Kay Trask, Lilikalā Kame’eleihiwa, and others who have taught at the Center for Hawaiian Studies. Those Hawaiians were part of a cultural renaissance and political shift that began in the late 1970s with the struggle to stop the U.S. Navy’s bombing of Kahoolawe. At that time, Hawaiians were inspired by Wounded Knee, Alcatraz, the Civil Rights Movement, and decolonization efforts in Africa, the Pacific and the Caribbean.

But Kahoolawe was the beginning of a sovereignty movement with roots that go back to the overthrow, an event that is now referenced daily, as analogies are being drawn between that and the Thirty Meter Telescope.

Sonoda-Pale, who studied at the center 25 years ago, is like many who see the historical lineage that has impacted generations of Hawaiians. “The state and the TMT Corp are colonizers in the most basic sense,” she said. “The Americans have been doing this to us since they overthrew the queen. They will commit total destruction of whatever

Cont. On Page 8

Three million people could lose food stamps

**Miranda Faulkner
Cronkite News**

The Trump administration is proposing to tighten restrictions on access to food stamps for people receiving other financial assistance.

The Department of Agriculture said the rule, to be released Wednesday for public comment, would close a “loophole” in current policy that makes those getting Temporary Assistance for Needy Families automatically eligible for food stamps under the Supplemental Nutrition Assistance Program.

The change would require TANF recipients to show that they separately qualify for SNAP benefits, a move the department estimates could affect 3.1 million food stamp recipients in the U.S. while saving billions of dollars.

“The types of people that are going to be affected are going to be predominantly people with income,” said Angie Rodgers, CEO of the Association of Arizona Food Banks. “The working-but-poor individuals that might work at low wages or not have enough hours for full-time employment, and for seniors on fixed incomes like Social Security.”

Roughly a quarter of American Indian households receive food assistance, ac-

cording to the Native Farm Bill coalition. “In some tribal communities, participation is as high as 60-80 percent.” Rep. Deb Haaland, D-New Mexico, tweeted that she once relied on food stamps to feed her and daughter. “I know the damage that this administration’s attack on families will cause,” she said. “They are telling everyone in this country that it’s ok for people to go hungry. News flash: it’s not.”

Arizona had 810,525 recipients on SNAP in June of which 365,894, or about 45%, were children, according to the most recent numbers from the Arizona Department of Economic Security. DES said there were 13,253 TANF recipients last month, of which 10,992 were children.

Agriculture Secretary Sonny Perdue said in a news release Tuesday that the automatic eligibility has been used as a loophole by states that administer the SNAP program to “bypass important eligibility guidelines.”

“Too often, states have misused this flexibility without restraint,” Perdue’s statement said. “The American people expect their government to be fair, efficient, and to have integrity ... That is why we are changing the rules, preventing abuse of a critical safety net system

Cont. On Page 8

APTN journalist pushed by AFN official. NAJA demands investigation.

**By Native American Journalist Association
Press Release**

Norman, Okla. — The Native American Journalists Association (NAJA) calls on the Assembly of First Nations to investigate incidents of physical contact in an effort to thwart the reporters ability to ask questions and fulfill their professional duties as journalists of the Aboriginal Peoples Television Network (APTN).

“We’re calling on AFN to investigate this incident and take appropriate action so that reporters can be free to do their job without fear of harassment or violence,” said Francine Compton, Executive Producer at APTN News and NAJA board member.

On Thursday, July 25, at the Assembly of First Nations (AFN) General Assembly in Fredericton, New Brunswick, policy advisor Dakota Kochie pushed APTN news reporter Amber Bernard during an interview with National Chief Perry Bel-

legarde.

Earlier in July, Dwayne Bird, director of communications for Peguis First Nation, swatted and then grabbed a microphone out of the hands of APTN producer Beverly Andrews during a scrum, then ordered her to leave because he did not like the question she was asking Chief Glenn Hudson.

APTN’s outgoing Executive Director of News and Current Affairs, Karyn Pugliese, sent a letter to Bellegarde, calling on him to take action and immediately dismiss Kochie, issue a public apology, and ban Bird from future AFN events.

“NAJA supports APTN in their efforts to protect their reporters and employees while reporting on First Nations at the Assembly of First Nations,” said NAJA President Tristan Ahtone. “We believe that AFN should investigate and take appropriate action against anyone who attempts to physically limit journalists from doing their job.”

Federal Judge Throws Out \$250 Million Lawsuit Against The Washington Post



Covington Catholic (Ky.) High School student Nick Sandmann, seen here standing before Native American activist Nathan Phillips at the Lincoln Memorial, says he has received death threats after video of their encounter went viral

WASHINGTON — On Friday, a federal judge dismissed a \$250 million lawsuit against The Washington Post over its coverage of the drumming scene at the Lincoln Memorial where Nicholas Sandmann, a teen from Covington Catholic High School, who stood with a smirk on his face in front of Omaha elder Nathan Phillips, on January 18, 2019 near the Lincoln Memorial in Washington, D.C.

Sandmann, the student who filed the lawsuit, argued in his lawsuit that The Post had defamed him in seven articles and three tweets by portraying him as hostile or aggressive towards the activist, Nathan Phillips.

The lawsuit alleged The Washington Post “targeted and bullied” the teen in order to embarrass Donald Trump. Sandmann was among several teens wearing Trump’s mantra cap that says “Make America Great Again.”

“The Post ignored basic journalist standards because it wanted to advance its well-known and easily documented,

biased agenda against President Donald J. Trump by impugning individuals perceived to be supporters of the President,” read part of the lawsuit.

As the story unfolded through a week of national attention, there were differing opinions between Phillips and Sandmann as to what took place during the drumming incident.

Federal Judge William Bertelsman, wrote in his opinion rendered on Friday that even if Phillips’ account to The Post was inaccurate, the characterizations were clearly opinions, which are protected speech under the First Amendment.\

The Washington Post quoted Phillips as saying he “felt threatened” by the “smirking” teenagers and accused them of “taunting” his fellow American Indian activists. Bertelsman wrote in his opinion that what constitutes feeling threatened, or smirked at, or taunted was subjective, and that the characterizations were not facts that could be proven incorrect.

Mauna Kea is a clear voice from the Hawaiian people, Cont.

we have left for their own sense of power and supremacy.”

As one of the organizers of Ka Lāhui Political Action Committee, Sonoda-Pale, who provides a live Facebook feed of every public meeting she attends, tracks state legislation that impacts Native Hawaiians. The committee then issues an annual legislative report card detailing which politicians support and oppose Native issues. Since 2015, they have rallied Hawaiians to speak out against several legislative attempts to give the university and the telescope project broader power over Mauna Kea. Sonoda-Pale, who is a wife and mother of two teenage boys, is an advisor at the university’s Student Leadership and Development program. We met in her office before her Board of Regents testimony.

“My activism began when I was an undergraduate here. My sister and I took a Geography of Hawaii class. It was taught by a haole (white) professor who was telling lies about our people. I thought I was being helpful when I corrected him,” she said. “But he said crazy things, like, we made our lei niho palaoa out of pubic hair.” Those lei, only worn by ali’i (royalty)were made with long, thickly bound strands of braided human hair, that held a pendant carved from whale bone.

“We were polite,” she said, “but to him we were just disruptive, so he called security. When we refused to leave, they dragged us out. And my sister was 8 months pregnant at the time, so imagine that.”

Wao Akua

As board members filed into the room, Sonoda-Pale was busy saying aloha to friends and colleagues, handing out copies of her testimony, entitled “No Jurisdiction ma Wao Akua.” It means that no one has jurisdiction over Mauna Kea because it is the realm of the gods. But there is a legal aspect to that statement, too, a challenge to U.S. jurisdiction. When

it was her turn to speak, she said, “The UH doesn’t have jurisdiction on Mauna Kea. That’s crown and government land. Kanaka Moali (Native Hawaiians) never relinquished our rights and sovereignty over the mauna....”

Throughout the testimonies, words such as deplorable, racially insensitive, collusion and cultural violence were repeated many times. So were comparisons between the latest telescope project and the overthrow.

Kahele Dukelow, a Hawaiian Studies alumnus and professor at UH Maui College, is one of the Mauna Kea protectors teaching classes at the Pu’u Huluhulu encampment.

“Many of my kumu (teachers) are in this room. What you are seeing with Mauna Kea is a result of decades of work,” she told the board, “In 1893, businessmen overthrew our queen, going against what the Kanaka Maoli wanted. You can either stand with the settler businessmen now, or with Kanaka Maoli.” Dukelow finished her testimony with a quote from Queen Lili’uokalani: “The voice of the people is the voice of God.”

More than a telescope

At the end of a week that included Hawai’i State Governor Ige announcing a two-year extension on the TMT Corp’s construction permit, a Thursday counter-demonstration across from TMT supporters in front of the state capitol, and the regents meeting, Sonoda-Pale was on a flight to Hilo, on Hawai’i Island (Big Island). A tropical storm had thinned the typical thousand or more Hawaiians standing guard full-time at Pu’u Huluhulu down to 300. And she was on her way there to spend the night. Like many, she was worried that the governor might use the storm as an excuse to raid the camp.

Though she admitted to being tired, Sonoda-Pale is being fueled by an energy that is coming from someplace deep.

EDUCATION

How to Take on the New School Year Like the Ultimate Overachiever

(StatePoint) A new school year is a clean slate. How are you going to make your mark?

To help students everywhere gear up for a successful school year, celebrated actor, author, humanitarian and G2 Overachiever, Priyanka Chopra Jonas is sharing tips for making more happen.

Tip 1: Set specific goals: Writing down goals and aspirations can get you started on the right note. In a recent survey conducted by Pilot Pen, more than 94 percent of people stated that writing down goals makes you more likely to achieve them, whether that means getting straight As, making your favorite sports team, or making a difference in your community.

Tip 2: Get involved: Find something that you are passionate about this school year, whether that means joining an existing club or taking on a totally new project. You can get inspired by Ian McKenna, winner of the 2018 G2 Overachievers Student Grant, which recognizes young scholars (age 13-19, in middle or high school) who are making a real difference in others’ lives in and outside of the classroom. A native of Austin, Texas, 14-year-old McKenna was inspired to help feed his hungry classmates during winter break and founded Ian’s Giving Garden, a series of community gardens that donates 100 percent of their crops to hungry families. To-date, McKenna’s charity has helped feed over 700 families by growing and donating an estimated 18,300 pounds of fresh produce.

McKenna’s inspiring story was selected by Chopra Jonas from a pool of highly qualified nominees. Together with Pilot, she’ll award McKenna and his school a combined \$15,000 grant. He plans to use

his \$12,500 portion for college tuition, to gain the skills needed to make an even greater impact on social issues like hunger. The remaining \$2,500 will go to his school to help continue fostering overachievement among its students.

Do you know someone going above and beyond their daily responsibilities to better their community? Whether they’re a student or adult, visit G2Overachievers.com to learn more and submit a handwritten nomination.

Tip 3: Be prepared: Overachievers of all ages know that you have to have the right tools on-hand so that you’re always prepared when inspiration strikes. Whether you’re taking notes in class, outlining a science experiment or planning a fundraiser for an afterschool club, the right pen in your hand can make all the difference. A preferred pen of overachievers, the G2 gel ink pen by Pilot is smooth-writing, long-lasting and the number one selling pen in America. Its smaller counterpart, the G2 Mini, offers the same smooth-writing ink and comfortable grip of full-sized G2s in 10 great color options, and funds the G2 Overachievers Student Grant.

Tip 4: Try something new: Make this the year you step outside your comfort zone and try something totally new to you. Audition for the school play. Join or start a new club. You never know where a hidden talent lies and there’s only one way to find out.

When taking on new challenges this school year, no matter your goals, remember that with smart planning, perseverance and the best tools, you too can be an overachiever.

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Attorney General restores federal executions; Navajo man on death row, Cont.

Barr’s announcement was swiftly attacked Thursday by death-penalty opponents, who said public sentiment increasingly opposes capital punishment and more states are prohibiting it.

“Year after year, we’ve seen American public opinion polls say that American people oppose the death penalty, so we are questioning the wisdom of the president kind of reinstating something that has historically proven to be arbitrary, unfair and racially biased,” said Gregory Joseph of the National Coalition to Abolish the Death Penalty.

Other critics focused on the issue of tribal sovereignty, noting that the death penalty flies in the face of not just the Navajo but of most tribes in the nation. Mitchell and his victims were Native American and the crime occurred on Navajo lands.

“Any jurisdiction seeking to apply the death penalty for crimes that occurred on Indian Country should have the consent and the approval of the tribes ... being impacted by it because it’s part of their inherent sovereignty rights to control the death penalty of their own members,” said Kevin Heade, president of Death Penalty Alternatives for Arizona.

Heade said only one tribe in the nation approves of capital punishment, which has broad problems with racial inequity.

But Rep. Andy Biggs, R-Arizona, welcomed the announcement, saying it will bring justice to those who suffered from Mitchell’s “horrific” crimes.

“Government has a solemn responsibility to administer justice for the most loathsome crimes, committed by some of our most hardened criminals,” Biggs said in a statement, before going on to applaud Barr’s “staunch commitment to the rule of law and providing justice for these victims’ families.”

The case began when Mitchell and others abducted Slim and her granddaughter on Oct. 28, 2001, in Slim’s pickup truck, which they planned to use later to rob a trading post on the Navajo Nation.

The men ended up killing Slim by stabbing her 33 times, then dumping her body in the back of the truck, where her granddaughter was forced to sit with the body.

They later dragged Slim’s body out of the truck and ordered the girl to “lay down and die,” slitting her throat and then, when she did not die, dropping heavy rocks on her head to kill her.

They later tried to cover their tracks by burying their victims’ heads and hands in a hole and dragging their dismembered torsos into the woods before burning the victims’ clothes and belongings.

Mitchell and two other men were in Slim’s truck three days later when they robbed the Red Rock Trading Post at gunpoint before driving off. They later burned Slim’s truck.

Defense experts at Mitchell’s trial determined that he had mental and emotional problems and a distant mother, that he had substance-abuse issues and was likely abused as a child.

But they also described him as a borderline sociopath who denied he was intoxicated at the time of the killing, who talked calmly about killing the girl and who had a history of “swinging dogs and cats by their tails and then throwing them off bridges just for fun.”

Mitchell was convicted on 11 counts, including two counts of first-degree murder, carjacking resulting in death and robbery, among others. He could not be executed for the murders under federal and Navajo law – but because carjacking falls under another section of federal law, he could face the death penalty for that.

It was in part because of that “loop-hole” in federal law that an appeals court judge in 2015 argued that Mitchell should get a new trial because his attorneys were ineffective.

But his opinion was the dissent in a ruling that upheld the conviction, with the majority of court panel saying Mitchell’s attorneys were “thorough in the extreme” and had to make difficult choices to construct a defense in a crime of “unusual brutality.”

Circuit Judge Stephen Reinhardt, the dissenting judge in that case, wrote then that Mitchell could “suffer the ignominious fate of becoming the first person to be executed for an intra-Indian crime that occurred in Indian country.”

Three million people could lose food stamps, Cont.

so those who need food assistance the most are the only ones who receive it.”

Perdue said that under current rules, some people who get as little as a flier in the mail with information on TANF benefits can be considered eligible for SNAP in some states. Under the proposal, a household would have to get at least \$50 in TANF benefits a month for at least six months before being considered eligible for SNAP, or get noncash benefits that include subsidized employment, work support or child care. Stacy Dean, vice president of food assistance policy at the Center on Budget and Policy Priorities, said the changes would make it harder for the poor and working poor to make ends meet.

“Instead of punishing working families if they work more hours or penalizing seniors and people with disabilities who save for emergencies, the President should seek to assist them with policies that help them afford the basics and save for the future,” Dean said in a prepared

statement.

But the Agriculture Department argues that the proposal could save billions of dollars and protect SNAP, ensuring that “benefits go toward Americans most in need.”

That argument did not resonate with Arizona Democrats. Rep. Ruben Gallego, D-Phoenix, said in a tweet that the proposal “takes food off the tables of hungry American families,” while Rep. Raul Grijalva, D-Tucson, called it another Republican favor to wealthy taxpayers.

“While the GOP gave tax breaks to the wealthy & corporations with the #GOTaxScam, they are taking food off the table for America’s working families,” Grijalva tweeted. “This means more food insecurity and poorer health outcomes for millions of vulnerable families.”

The proposed rule is scheduled to be published Wednesday in the Federal Register and will be open for public comment for 60 days.

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Natural Pain Relief: 9 Alternatives to Ibuprofen, Acetaminophen or Aspirin

by **Indian Country Today**

Ginger and turmeric among natural pain relief alternatives

When people experience a minor headache, muscle tension or other pain, they readily reach for over-the-counter drugs like ibuprofen and acetaminophen—the most commonly used drugs in the U.S. But regular use of these drugs can lead to long-term side effects like intestinal damage, liver failure and more, recent research reveals. Before popping the pills, consider these alternative remedies for natural pain relief.

1. Ginger
The powerful anti-inflammatory ginger is more effective than drugs like ibuprofen for pain relief, according to a 2013 study published in the journal Arthritis. The study revealed that drugs like Tylenol or Advil do block the formation of inflammatory compounds. Ginger, however, “blocks the formation of the inflammatory compounds—prostaglandins and leukotrienes—and also has antioxidant effects that break down existing inflammation and acidity in the fluid within the joints,” reported care2.com.

2. Turmeric
This distinctive, curry spice possesses anti-inflammatory and anti-cancer properties, according to Doctor Oz. It also improves circulation and prevents blood clotting. Turmeric’s active ingredient curcumin is responsible for lowering the levels of two enzymes in the body that cause inflammation.

3. Capsaicin
Derived from chili peppers, this topical remedy reduces nerve, muscle and joint pain by stopping the chemical known as substance P from transmitting pain signals to the brain. Available in gel or cream form, it can be applied three to four times daily.

4. Valerian Root
“Nature’s tranquilizer,” valerian root helps relieve insomnia, tension, irritability, stress, and anxiety, Doctor Oz says. Through reducing nerve sensitivity, it al-

leviates feelings of pain. Drink a cup of valerian tea for a natural pain relief and body aches.

5. Magnesium
Magnesium supplements can help curb the pain of migraines, muscle spasms and fibromyalgia. “It’s really easy to be magnesium deficient,” Tanya Edwards, MD, medical director of the Center for Integrative Medicine at the Cleveland Clinic, told WebMD. Heavy consumption of alcohol lowers magnesium levels. “The foods that are highest in magnesium are things like sunflower seeds and pumpkin seeds. Most of us just don’t eat those very often.”

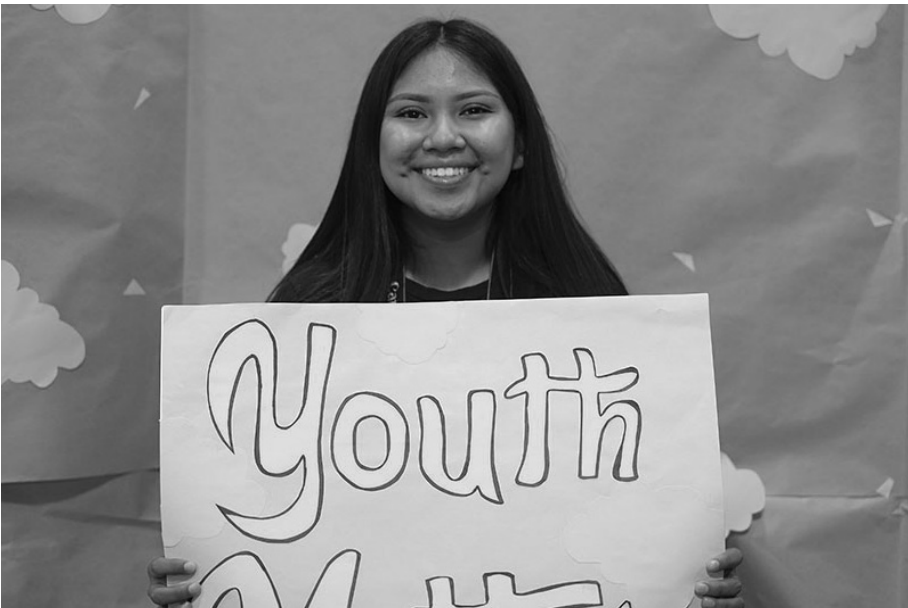
6. Cats Claw
Named for its hook-like horns, cat’s claw, a woody vine native to the Amazon rainforest and other places in South America, is known for containing an anti-inflammatory agent that aids in blocking the production of the hormone prostaglandin, which contributes to inflammation and pain within the body. Stick to the suggested doses to avoid diarrhea: 250 to 1,000 mg capsules one to three times daily.

7. Boswellia
Commonly known as Indian frankincense, boswellia contains active components like resin that reduce inflammation and pain. It can be taken as a supplement as well as used topically.

8. White willow bark
The original Aspirin, white willow bark contains salicin which, in the stomach, converts to salicylic acid—the primary component of Aspirin. Synthetically, it can irritate the stomach, but naturally through white willow bark, it is effective in relieving pain, inflammation and fever. The recommended dose is 1 to 2 dropperfuls of white willow bark tincture daily.

9. Essential oils
Keep essential oils on hand. Rub chamomile, lavender or sage into temples, chest or sore joints to relax muscles and calm the mind. Aromatherapy relieves stress—often the root of our pai

Promising Hopi Youth Photographer is Active in the Community



Hope Honani (Photo by Carl Onsaе/HT)

By: **Hopi Tutuveni Staff**

Kykotsmovi, Ariz. - Hopi Tutuveni came across a young dreamer named Hope Honani, who is a young photographer that was taking pictures during the Youth Matters event on July 31, 2019 and who also showed much promise.

At only 16 years of age, Honani is very interested in taking pictures from her community and displaying it on her Facebook page. She also wants to pursue a career in photography because she believes it is a different type of medium and that not many Hopis are doing this type of art.

Honani’s goals after high school are to

attend UCLA and to further her passion for photography and in hopes of building a studio and/or a gallery to showcase her work.

Honani has done some work for former Miss Hopi, Mikaela Gamble at the end of her reign by taking pictures of the former Miss Hopi and which helped in the showcasing of Honani’s work throughout social media.

Hopi Tutuveni wants to encourage Hope Honani to pursue her passion for photography and to continue learning all she can in the art of photography. We wish Hope the very best in your chosen career path. Hope Honani’s work can also be found on Instagram and Facebook.

Korean Missionaries Visit Hopi



Hopi children enjoy outdoor activities with the missionary group on July 18, 2019 (Photo by Carl Onsaе/HT)



Korean youth talk to the Hopi children at Kykotsmovi Baptist Church (Photo by Carl Onsaе/HT)

CARL ONSAE
HOPI TUTUVENI

A group of Korean missionaries made their first visit to the Hopi reservation on July 18, 2019 to spread joy and happiness to the Hopi youth and community. Hopi youth from various villages and communities throughout the reservation came to Kykotsmovi Baptist Church to enjoy the company of Korean’s stories, adventures, and this created an opportunity to let the Hopi children do something during the remainder of the summer break.

As a token of their fellowship and wanting to connect with Hopi of all ages, the missionaries made sure that everyone that they met was well fed and well taken care of.

The Korean mission group, from the Berendo St. Baptist Church located in Los Angeles California, brought toys, games, food, and more to the Hopi youth to enjoy. For two days the missionary group lead the children in prayer, and bible verse games as well as giving some Hopi adults free haircuts and acupuncture. During their visit with the Hopi children, they introduced the children to games which incorporated bible verses and provided good food throughout their visit and presence as a missionary group.

The group, which was led by Sung Keen Kim, expressed that he liked visiting the Native people here in Arizona and it gives him much joy to see all the youth and community coming out in interest and to enjoy their company. Kim stated, “For some of us this is our first time visiting the Hopi people and it has nice weather and nice people.”

Around 22 student volunteers from the Berendo St. Baptist Church also joined several adult volunteers to accompany the journey to the Hopi reservation. Not only did the missionaries bring good joy to the Hopi people they also brought a staff doctor to give some medical advice and acupuncture to the Hopi people they met. Dr. Roy Kim a practitioner of 28 years in the medical field led the way to give some of the Hopi community free medical advice and to give free acupuncture.

The Korean missionaries expressed a desire to make sure they visit the Hopi community on a yearly basis. All in all, those Hopi community members who took time to spend with the visitors seemed to do so with open arms and a welcome to the Korean missionaries while accompanying them on their journey, and to make welcome to their mission.

MONEY

Smart Strategies to Help Pay Off Debt

(StatePoint) From car loans to student loans, credit card balances and other revolving debt, U.S. consumer debt is higher today than ever before.

Indeed, that figure now exceeds \$4 trillion for the first time, according to CNBC.com 2019 estimates. To reduce and eliminate your own debt, consider the following tips:

- Review where your money is being spent. Create a budget for monthly expenses and stick to it.

- Get inspired by expert-touted financial strategies and pick one to follow. One popular example is the debt snowball plan, whereby you pay off bills smallest to largest, no matter the interest rates. Or, use the debt avalanche method, paying off highest interest rate debts first, or balancing transfers to credit cards with the lowest interest rate.

- Fifty-eight percent of Americans report less than \$1,000 in total savings, according to a 2018 GOBankingRates survey. Without an emergency fund, unexpected expenses can quickly become a crisis, throwing you off track. Work toward growing a savings fund, even if it’s just \$500 to \$1,000.

- If a retirement savings program is offered by your employer, participate. Of Americans 55 and older, 48 percent have nothing put away in a 401K-style contribution plan or individual retirement account, according to the U.S. Government Accountability Office. Many employers offer matching programs, which is essentially free money. Don’t leave it on the

table!

- If your company offers an employee purchase program, consider enrolling, as this can offer you greater financial flexibility. One example is Purchasing Power, one of the fastest-growing voluntary benefit providers, which gives workers the option to pay for consumer goods and services over the course of six or 12 months through automatic payroll deduction. With no interest on the purchase, no fees and no credit check, this a viable way to break the cycle of predatory lending options.

“Those high-interest credit cards, payday loans, pawn, title pawn and rent-to-own contracts might all look like lifelines when you’re faced with a necessary expense you can’t immediately afford, but they can be traps leading to compounding interest rates and hidden fees,” says Richard Carrano, Purchasing Power CEO.

For more information, visit purchasingpower.com.

- Leverage any other financial wellness benefits offered by your employer, like budgeting tools, financial counseling and automated savings and bill-paying services.

- Engage family members in your efforts. Together, celebrate small wins achieved each week or month. Remember, don’t be too hard on yourself. It’s a marathon, not a sprint.

U.S. Consumer debt may be at an all-time high, but it doesn’t need to be for you personally. Get inspired to gain a solid financial footing.

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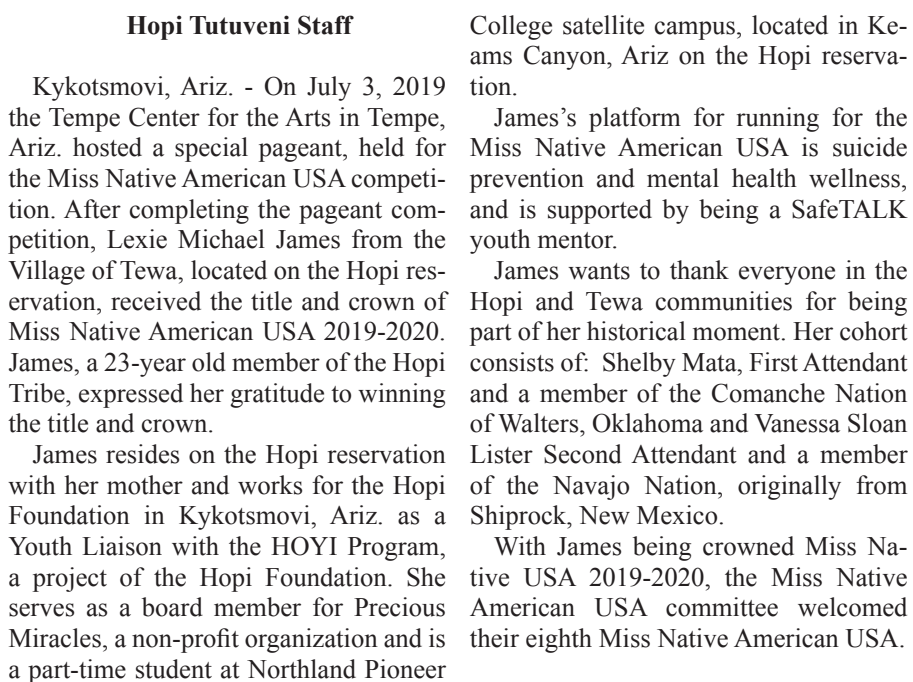
Newly Crowned Miss Native American USA 2019-2020, Lexie Michael James



LtoR: Former Miss Native American USA 2018-19 Karyl Frankiewicz, Vanessa Solan Lister, Lexie Michael James, Shelby Mata, CEO/Founder Tashina Atine (Photo by Tiffani Potter)



Lexie James being crowned by former Miss Native American USA 2018-19, Karyl Frankiewisz (Photo by Tiffani Potter)



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New parents?

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Family Spirit is a NO COST, Confidential, Family Strengthening curriculum designed to help create healthier pregnancies, provide encouragement & guidance, and implement health education on topics such as:

- ~Prenatal/Infant Care
- ~Healthy Child Development
- ~Life Skills ~Goal Setting



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