

Kaibab Band of Paiute Indians

# Smoke

# Signals

June 2017

We would like to say **Congratulations!** to all  
the 2017 Graduates.

Have a safe Memorial Weekend



# Wildlife Fisheries & Parks Department

**Spring Fish Derby** – Was held on May 5, 2017 it started at 7am (AZ, Time) and at 11am a lunch of Hamburgers and Hot Dogs was served, after which prizes were given out, everyone caught fish and had fun. I would like to thank the following programs and people, Environmental, Housing, Wildlife Committee Members, Arizona Game & Fish, Economic Development, Thom/Sally Alcoze, Rustie Tom, and lastly Marissa (Dory) for helping me with the food.



Bureau of Indian Affairs Big Horn Sheep Water Catchment Grant is coming along good, after some setbacks, like getting started late with the grant, hiring late. Now we have installed one Trough.



Last month there was a video that showed up on "YouTube" which was kind of funny and wired, it may attracted some people to come and look for this location, some tribal members made comments which no matter what you say will make it look like something is there so please don't offer to help them find this location or make any comments.

It is spring time we need to remember not to pick up any baby birds or rabbits, they belong in the wild and not in the house. We have gotten reports of young people shooting the rabbits around the housing area, you could get in trouble for wasting small game and shooting near homes.

Also Remember it is getting warm so when you go onto the back roads take water, some snacks, a Shovel, Cell Phone and always tell someone where you are going and what time you will be back, so if you don't come back on time we will have a start as to when to look for you first.

If you have any questions about the Wildlife, Fisheries & Parks Department Please call (643-8305) or come see me. THANK YOU

# Bicycle Safety Check List

	Good	Needs Attention
• Fit of Bike to Rider	_____	_____
• Alignment of Bike	_____	_____
• Front Wheel Area	_____	_____
• Rear Wheel Area	_____	_____
• Brakes	_____	_____
• Bell or Bike Horn	_____	_____
• Reflectors	_____	_____

• Additional Comments:

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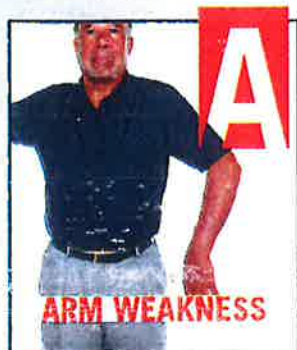
# SPOT A STROKE F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of a stroke.



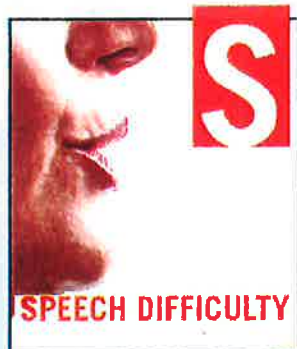
## Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile.



## Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



## Speech Difficulty

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?



## Time to Call 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

## Beyond F.A.S.T. – Other Symptoms You Should Know

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



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[StrokeAssociation.org/warningsigns](http://StrokeAssociation.org/warningsigns)



## Diabetes Information for You and Your Family

# Keeping Your Feet Healthy

Healthy feet help us to take care of ourselves and our families. We depend on them daily. Many people also use them to walk familiar trails and to take part in traditions, such as dances and ceremonies. For people with diabetes, controlling blood sugars is important to keep feet healthy. Here are three things you can do to take care of your feet:

### 1. Check your feet every day.

- Look at your feet for cuts, sores, red or swollen areas, and blisters.
- Check for infected or ingrown toenails.
- If you need help checking your feet, use a mirror or ask a family member to help you.

### 2. Get help if you find a foot problem.

- If you find any problems during your daily foot checks, contact your health care team right away.
- Getting help early can keep small problems from becoming bigger problems.

### 3. Quit using commercial tobacco or never start.

- Tobacco use reduces blood flow to your feet.
- Ask your health care team about things you can do to quit using commercial tobacco.
- Call 1-800-QUIT-NOW (1-800-784-8669) for free help.
- Avoid being around others who are smoking, including in the car.



**Check your feet every day.**

*Donna Cardoza, Santo Domingo Pueblo, NM*

### At each clinic visit, take off your shoes and socks.

Ask a member of your health care team to:

- Check your feet.
- Show you how to care for your feet.
- Trim your toenails or take care of corns and calluses, if needed.
- Suggest special shoes or inserts to help protect your feet.

### What are other ways you can keep your feet healthy?

#### Wear shoes indoors and outdoors. Do not go barefoot.

- Wear comfortable shoes that fit well and protect your feet.
- Shoes should have round toes and low heels.
- Avoid shoes that are open at either the toe or the heel.



# Substance Abuse Activities

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## YOGA

FOR KIDS, TEENS AND ADULTS

Monday's 4:00 PM

Kaibab Paiute Gym

For all levels, ages and sizes.

Work out at your own speed.



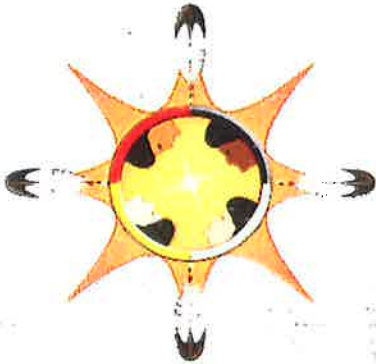
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## Talking Circle

FOR TEENS AND ADULTS

Tuesday's 5:00 PM

AA Room in the Community Building



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## TRX Workout

FOR TEENS AND ADULTS

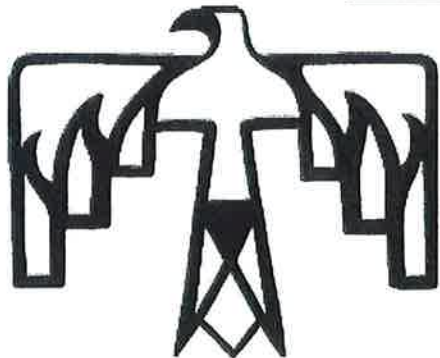
Wednesday's 5:30 PM

Kaibab Paiute Gym



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## Kaibab Living Sober AA Meeting



FOR TEENS AND ADULTS

Thursday's at 12:00 PM

AA Room in Community Building

# Congratulations Graduates

Kaydin Benson-Fredonia High School

Jasmine Levi-Millard High School

Leo Lomahquahu-Kanab High School

Caitlynn Spute-Mesquite High School

Teralynn Spute-El Capitan High School

Katherine Ward-Metro Tech High School



# HAPPY BIRTHDAY!

## June Birthdays

**A very special Happy Birthday to:**



Quanah Benson  
Lalicia Bullets  
Dakota Bullets  
Mario Castillo  
Derena Enas  
Gavin Hill  
Jakobe Sanden  
Griffen Shepherd  
Kardyn Sims  
Maggie Souders



In an ongoing effort to recognize our students, we will begin spotlighting birthdays. If you have a tribal student with a birthday that is not listed please call me to update my information 928-643-6025

TMVCIPP  
May 2017  
Bike Safety

Our bike rodeo will be June 19, 2017 @ 3:00 p.m. at the Community Bldg./Park. We will be reinforcing the safety aspect to youth 10 years and up and adults. You're never too old to learn something new for your own safety. We want to help you make bicycling a fun and safe experience for all, as well as the healthier you.

Encourage your youth by participating with them or have an aunt, uncle, grandparent or older sibling or even as adult you can come participate and share your safety and experiences with us.

New helmets we have in stock and are bigger in size for your safety. If your bicycle is in need of new tires, seat or anything else to make it safe while riding contact the office.



Laura Rae Savala-Levi/TMVCIPP Coordinator 643-8331  
lsavala@kaibabpaiute-nsn.gov



## MENTAL HEALTH SERVICES

**Allen Orton is available for services every Friday**

**Call Ciera Bradley @ (928) 643-8336 to set up an appointment**





**Congratulations to our daughter Maiya Osife Graduate of 2017 from Portland State University.**

**Within you is the future, you have been blessed with many gifts to help you meet your responsibilities as a strong Native Southern Paiute Woman.**

**Believe there is a purpose for your life and look for the opportunities no matter what the situation may be.**

**It is important to nourish and care for your gifts, use them, learn about them, practice them they will be there when you need them.**

**The honor of one is the honor of all. We are proud to call you our daughter.**



**Love your blessed family**

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School is out for Summer, No more pencils, No more Books! Have a wonder Summer



# Eagle Mountain Village Community Center

# OPEN HOUSE



Friday, June 2, 2017

6:00PM to 8:00PM

**POTLUCK**

**Bring A Dish to Share!**