

July 2025



Kaibab Paiute Newsletter

Happy
Birthday, 'Merica

DOOR
PRIZES

Reservation-wide Economic Development and Strategic Planning Community Meeting



WHO SHOULD ATTEND?

ALL Kaibab Band Community members

Your voice matters and we need your help with this short and long-term community and economic development planning initiative.

This is an exciting time for our community and we need your input to help define the road ahead!!

CONTACT INFORMATION:

Roland Maldonado

Chairman
The Kaibab Band Council

Robin A. Evans

President

RAE Solutions LLC

480-459-6201

(Agenda & Facilitation)

Paul Miller

The Center for Applied
Research
(Event Co-Facilitator)

The Kaibab Band has contracted with RAE Solutions LLC, an economic and community development company, to help develop our 2025 reservation-wide economic and community development strategic plan. We need YOUR input!! You are invited and encouraged to attend this community and economic strategic planning meeting to help identify the highest priority needs for our community. Areas of discussion include but are not limited to the following:

- Housing
- Cultural and language preservation
- Health and wellness
- Economic and business development
- Education and childcare
- Infrastructure
- Land use planning
- Natural resource management and more!!



WHEN AND WHERE?

Kaibab Band Gymnasium, 900 N Pipe Spring Road

July 26, 2025, 5:30 PM - 7:30 PM *You speak, we listen*

WHY PARTICIPATE?

1. Shared Highest Priorities – **Help shape the future of our economy and share your voice and priorities.**
2. Best Strategies & Practices – **What are our successes? What can we improve? What opportunities are available to us?**
3. Opportunity Cost – **What do you want our community to look like in 3 years? 10 years? 20 years?**
4. Action and Accountability – **Help define actionable items and ensure the Plan reflects the values and needs of the Kaibab Band of Paiute Indians.**



June 27, 2025

Dear Tribal Members,

I hope this message finds you well. I'd like to take a moment to share a few important updates since our last communication regarding the economic development efforts of the Tribe.

At the most recent Tribal Council meeting, decisive action was taken to fund the startup costs of the Kaibab Paiute Corporation (KPC). This marks a major step forward in our economic development journey, and both myself and the KPC Board of Directors are treating this responsibility with the utmost seriousness. We are committed to laying a strong foundation that positions KPC for long-term growth and prosperity, all for the benefit of our Tribal membership.

As we move forward, we are seeking one more Tribal member to join the KPC Board of Directors. This is a three-year commitment and a unique opportunity to help guide the future of our economic ventures. If you are interested, please visit the Economic Development section of the Tribal website for more information and to access the application. The application is also attached to this letter.

In other news, Kaibab Tu'ee is preparing for a vibrant summer season and will kick it off with a Customer Appreciation Day on July 19th. This will be a family-friendly event featuring a live radio broadcast from the store, a local Corvette Club showcasing at least 25 classic and modern vehicles, live music from a local band, vendor booths, and door prizes. We'll also be introducing fresh-grilled burgers to our menu soon—so come hungry! Event details are attached, and we hope to see you there.

Our RV Park continues to do exceptionally well. While summer tends to be a bit slower, our manager and dedicated staff are taking proactive steps to ensure we stay ahead of the curve and continue offering a great experience for our guests.

Thank you for your continued support as we move forward with these exciting developments.

Warm regards,
John McClellan
Economic Development Director
Kaibab Band of Paiute Indians

- **Specialized Expertise:** Expertise in start-up ventures, financial oversight, corporate governance, or economic development that can contribute to the success of the Kaibab Paiute Corporation.
- **Experience with Section 17 Tribal Charters:** Familiarity with the legal and operational aspects of Section 17 tribal enterprises is highly valued.

Candidates with significant professional or leadership experience who do not meet formal education requirements may still be considered.

How to Apply:

If you meet the qualifications and are interested in serving on the Kaibab Paiute Corporation Board of Directors, please submit the following:

1. A letter of interest explaining your qualifications and why you would like to serve.
2. A current resume.
3. Optional: Letters of recommendation or other supporting documents.

Please send your application materials to JMcClellan@kaibabpaiute-nsn.gov or mail package to:

Kaibab Band of Paiute Indians
Attn: John McClellan
#1 N. Pipe Spring Rd
HC 65 Box 6
Fredonia, AZ 86022

We strongly encourage all qualified Kaibab Band of Paiute Tribal Members and experienced leaders with expertise in tribal enterprises and Section 17 charters to apply. Your leadership and expertise will help drive the continued success of the Kaibab Paiute Corporation and the prosperity of our community.

For any questions or further information, please contact John McClellan at (928) 643-8310 or JMcClellan@kaibabpaiute-nsn.gov.

Thank you for considering this important opportunity to serve the Kaibab Paiute Corporation and our community. We look forward to reviewing your application.

Sincerely,

John McClellan Economic Development Director Kaibab Band of Paiute Indians (928) 643-8310
JMcClellan@kaibabpaiute-nsn.gov

Subject: Call for Applications – Kaibab Paiute Corporation Board of Directors

Dear Kaibab Band of Paiute Tribal Members and Experienced Leaders,
The Kaibab Paiute Corporation is seeking applications from qualified tribal members and experienced leaders for positions on its Board of Directors. As a **start-up Section 17 tribal federal charter**, the Kaibab Paiute Corporation is at a pivotal stage of establishing its operations and strategic direction to drive the economic development of the Kaibab Band of Paiute Indians. We are seeking individuals with proven experience in launching and growing new enterprises, particularly those familiar with the complexities of tribal corporations and Section 17 charters.

Board Member Responsibilities:

- Attend regular board meetings.
- Provide strategic direction and oversight for the corporation's operations.
- Guide the corporation's financial, business, and economic development activities.
- Contribute to decision-making that shapes the future of the corporation and the community.

Board Composition and Initial Term Structure:

The Board will consist of **five members**, with staggered terms to ensure continuity. For the first round of appointments, the terms will be assigned as follows:

- **Two members** will serve 4-year terms (full terms). *Both of these 4-year terms will be assigned to Kaibab Band of Paiute Tribal Members.*
- **Two members** will serve 3-year terms (one year less than full term). *One of these 3-year terms will be assigned to a Kaibab Band of Paiute Tribal Member.*
- **One member** will serve a 2-year term (half-term).

After the initial staggered terms, all subsequent terms will be for the full four years, ensuring that not all board members rotate off at the same time.

Desired Qualifications:

We are seeking tribal members with advanced experience and education in areas such as [finance, law, business management, economic development, etc.]. Candidates are expected to meet the following qualifications:

- **Education:** A Bachelor's degree or higher in [Business Administration, Finance, Law, Economics, etc.] or a related field.
- **Professional Experience:** A minimum of (5) years of leadership or management experience in [business, economic development, financial oversight, etc.].
- **Board/Leadership Experience:** Prior experience serving on a board of directors or in a senior leadership role is strongly preferred.

The Kaibab Paiute Tribal Election Committee is in need of members. This position will serve until the next general election, which will be October 4, 2025. All committee applications may be picked up at the tribal office and must be returned by July 9, 2025 by 5:00 pm.

Please step up and be apart of the Tribe's election process. You will be paid for your time.

**COMMITTEE APPLICATION
KAIBAB BAND OF PAIUTE INDIANS**

ELECTION COMMITTEE

DATE: _____

NAME: _____

EMAIL/MAILING ADDRESS: _____

WHY DO YOU WANT TO BE A MEMBER OF THE COMMITTEE:

Signature of Applicant

Date

Would you be willing to serve as chairperson of the committee? Yes____ No____

Official Use Only

COMMENTS:

Approval Date: _____

Denial Date: _____

**CHAIRPERSON
KAIBAB BAND OF PAIUTE INDIANS**

**TRIBAL COUNCIL SECRETARY
KAIBAB BAND OF PAIUTE INDIANS**

Kaibab Tree

CUSTOMER APPRECIATION DAY

JULY 19TH (10-6 AZ TIME)

COME AND ENJOY LIVE MUSIC
(RADIO STATION AND A BAND)
FREE FOOD AND GIVE AWAYS
(WHILE SUPPLIES LAST)

WE WILL ASLO BE HAVING A CAR SHOW



Core-Mark®





Due to rapidly increasing fire danger, Kaibab Paiute Tribal Wildlife Director is implementing Stage 1 Fire Restrictions 🔥 on the Kaibab Paiute Tribal Reservation, beginning Monday, June 30th, 2025, at 8:00 a.m. These restrictions will expire at the same time as Color Country Fire Restrictions.

During Stage 1, the following is prohibited AT ALL TIMES:

1. 🔥 🚫 **No open fire of any kind** but Fires are allowed in constructed, permanent metal fire pits or fire grates at the Kaibab Paiute RVcampgrounds and picnic areas
2. 🔥 🚫 **No fireworks and other explosive devices** which are PROHIBITED on the reservation
3. 🔥 🚫 **No grinding, cutting or welding of metal including acetylene torches with open flames** except in clear area with fire extinguishers
4. 🔥 🚫 **No smoking** unless in an enclosed vehicle or building or stopped in an area at least 3 feet in diameter clear of flammable material.

If you have any questions, contact Bruce Benson @ (435) 899-2606

Kaibab Band of Paiute Indians
Sounds of Thunder Mountain
Contest Pow-Wow

When: August 16th & 17th, 2025

14 miles west of Fredonia, AZ
Turn at Junction SR 389 & Pipe
Spring Road



SAVE
THE
DATE

More information
coming soon!

Vendor information: Angie Bulletts Call (435) 669-8815
Camping reservations: Kaibab Paiute RV Park Call (928) 643-6601
Other inquiries: Tara Spute Email t_spute@yahoo.com

Kaibab Paiute Tribal Library

Summer Hours

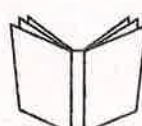
Monday - Thursday

8:00 AM - 11:00 AM

11:00 AM - 3:00 PM
(By Appointment Only)

3:00 PM - 5:00 PM

Phone: (928) 643-6025





Our little Ian Grant
graduated from his
kindergarten class.
Congratulations!!

Ian lives with his
grandparents in L.A.
Alonzo and Irene
Martinez.

Great grandson of the
late Loretta Frank
Martinez.

The menu is framed by a colorful border featuring various kitchen-related illustrations. On the left and right sides, there are cartoon chefs in white hats and aprons. The top and bottom borders are filled with images of food items like tomatoes, peppers, and meat, as well as kitchen tools like a grill and a whisk.

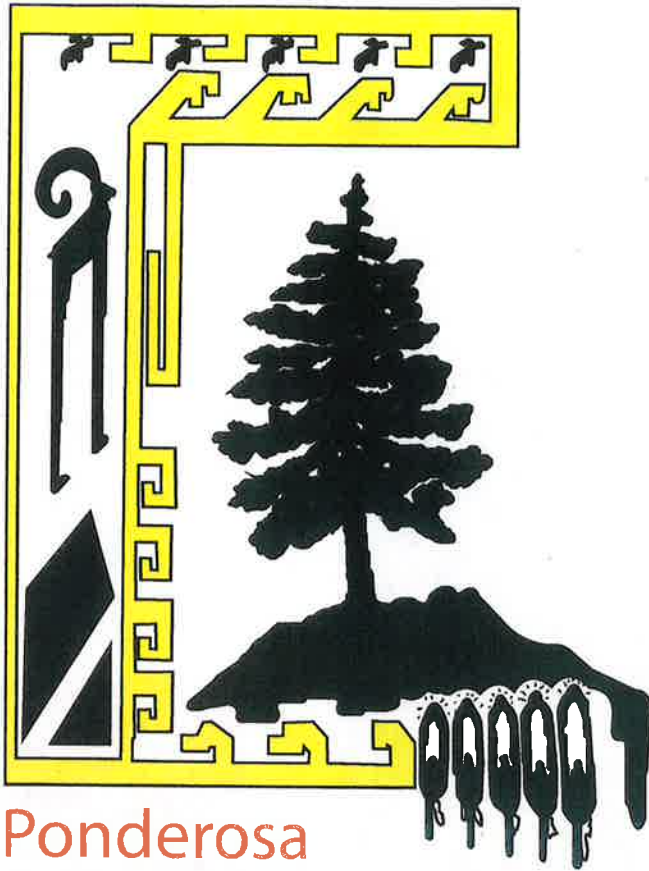
Senior Kitchen July Menu

Building Open 11-1

Serving 11:30-12:30

Mon	06/30	Thai Pork Stir Fry
Tue	07/01	Sloppy Joe
Wed	07/02	Pork Ribs
Thu	07/03	Chicken Burrito
Fri	07/04	HOLIDAY
Mon	07/07	Goulash
Tue	07/08	Chicken Asparagus Pasta
Wed	07/09	Turkey Dinner
Thu	07/10	Broccoli Chicken Casserole
Fri	07/11	Pot Roast
Mon	07/14	Chicken Cacciatori
Tue	07/15	Meatloaf
Wed	07/16	Pork Chops
Thu	07/17	Spaghetti
Fri	07/18	Tuna Sandwich
Mon	07/21	Beef Stroganoff
Tue	07/22	Chicken Salad Sandwich
Wed	07/23	Pizza
Thu	07/24	Cashew Chicken
Fri	07/25	Pork Poblano Tacos
Mon	07/28	Chicken Tacos
Tue	07/29	Fish Sandwich
Wed	07/30	Swiss Steak
Thu	07/31	Hamburgers
Fri	08/01	Chicken Alfredo Casserole

Yevingkarere Camp



Ponderosa Pine Sitting

Come out and
learn about
Southern Paiute
culture and values.
Must be a member
or decendent of a
Federally
recognized
Southern Paiute
Band.

Ages 10 - 12



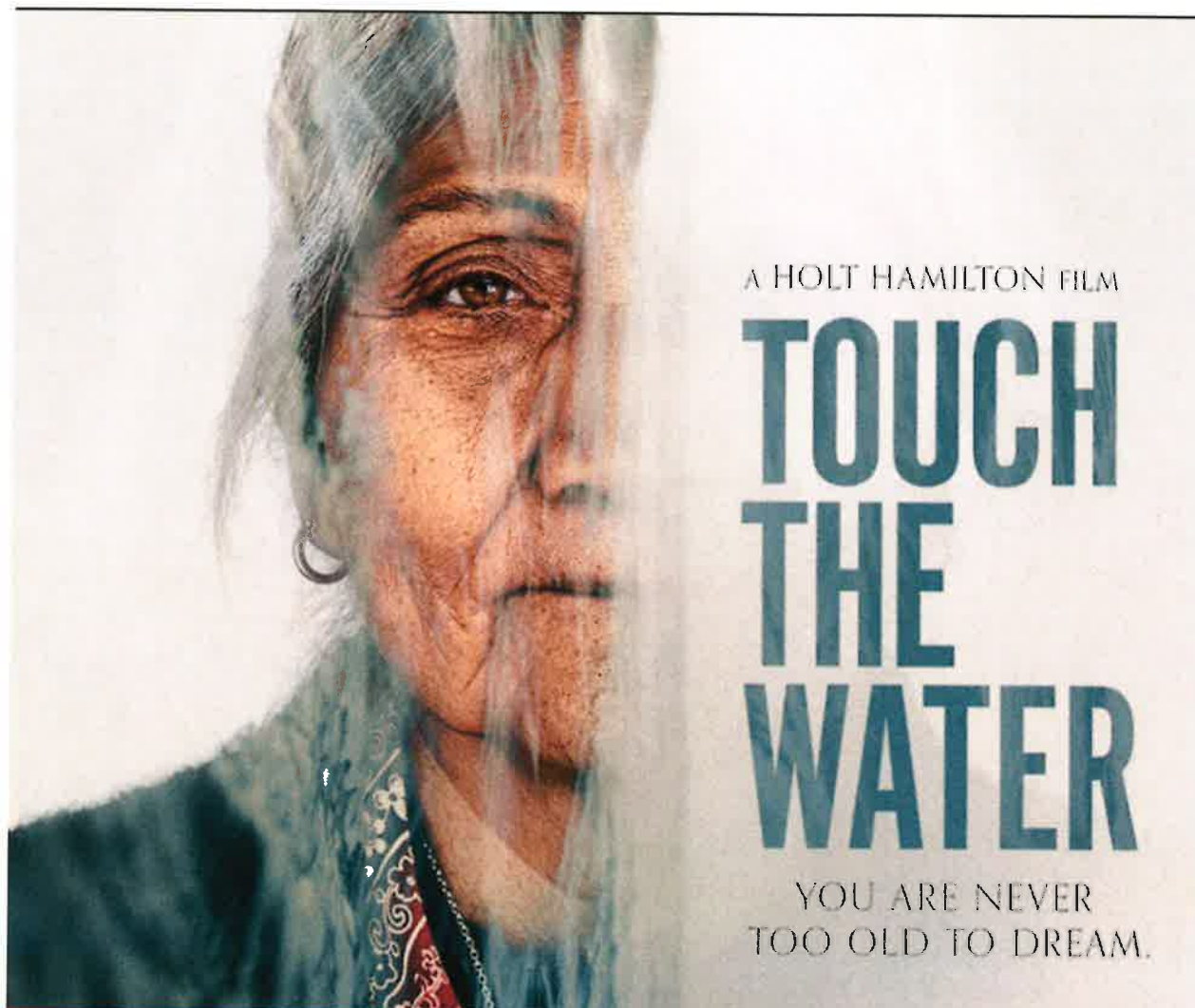
September 19-21, 2025

Contact: Daniel Bulletts

Phone number: 928-643-6278

Email: dbulletts@kaibabpaiute-nsn.gov





**Film-Making Class &
Film Showing
Coming Friday 8/15/2025
@ Comm Center**
(Times for film class and showing
to be announced soon)

Pest Control

July 8, 2025

Starting at 8am

ALL rental units, inside and outside will be sprayed. Maintenance will be accompanying Pest Control, if no one is home, they will let them into the house.

All MH/homeowners contact our office if interested, 928-643-8308 or 8328, the cost is \$50.00

**The next pest control will be
September, 2025**

Swimming is here



Kanab Pool

June 10th, 17th, 24th

July 1st, 8th, 15th, 22nd, 29th

August 5th

TUESDAYS 5:00 p.m to 7:00 p.m. Arizona Time

Fredonia Pool

June 4th, 11th, 18th, 25th

July 2nd, 9th, 16th, 23rd, 30th WEDNESDAY

6:00 p.m. to 8:00 p.m. Arizona time

Swim diapers and cover ups will be available at the swimming pool.

Sponsored by the CHR/SDPI Program

DATE AND TIME SUBJECT TO CHANGE

ORIGINATIV YOUTH BASKETBALL CLINIC



WHO: YOUTH ages 8-17
WHEN: 1-5 PM, JULY 10, 2025
WHERE: TUBA CITY HIGH SCHOOL

◆ PRESENTED BY THE PHOENIX
SUNS/PHOENIX MERCURY FOUNDATION ◆
AND THE INTERTRIBAL COUNCIL OF
ARIZONA

**JOIN US FOR A FUN-FILLED DAY OF BASKETBALL
EXCITEMENT AND TRAINING**

DEADLINE TO SIGN UP JULY 07
CALL TARA OR QUANAH TO GET
YOUR SEAT (928)643-6007

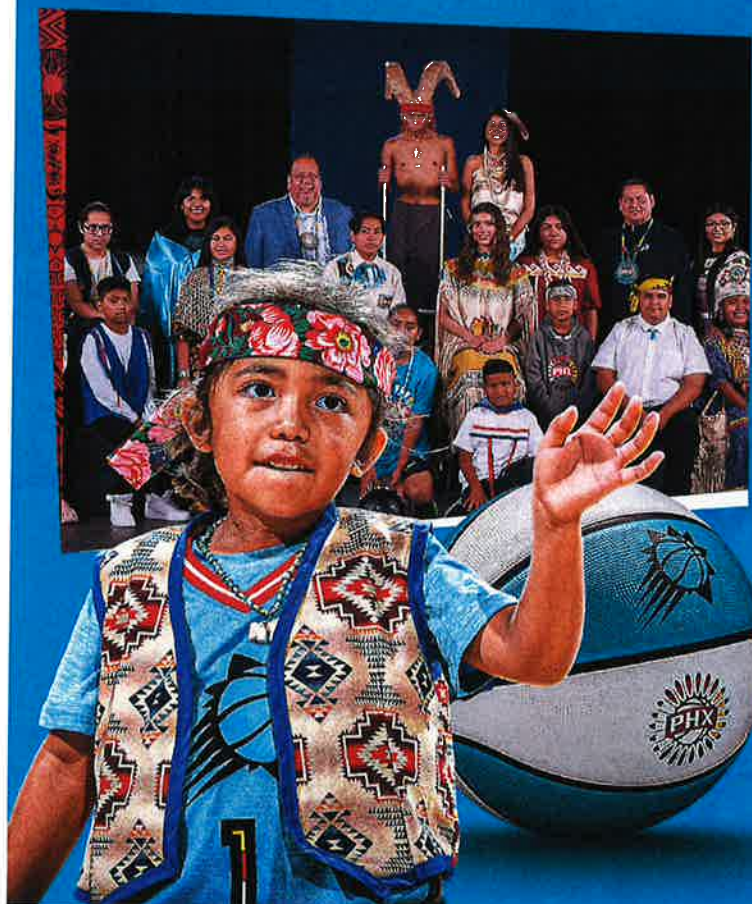
ORIGINATIVE YOUTH BASKETBALL CLINIC

Presented by the Phoenix Suns/Phoenix Mercury Foundation
and the Inter Tribal Council of Arizona



July 10 | 1-5PM

Tuba City High School, 160 Warrior Drive, Tuba City, AZ 86045



WHO:

Youth ages 8-17 from all 22 tribal nations of Arizona

WHAT:

A regional clinic in which participants will receive on-court instruction from Phoenix Suns & Phoenix Mercury youth basketball staff as well as resources from the Inter Tribal Council of Arizona.

HOW TO SIGN UP:

All participants must register in advance. The Phoenix Suns/Phoenix Mercury Foundation is working with tribal staff to invite participants.

REGISTER HERE:



The Charles Family Presents

BOUNCE BACK TO THE REZ SR. YOUTH CO-ED OPEN BASKETBALL TOURNAMENT

**ENTRY FEE
\$225.00**

**AGES: 13 - 18
HIGH SCHOOL
ELIGIBLE**

**JULY
18TH & 19TH**

**\$100 DEPOSIT
NONREFUNDABLE
BY JULY 9TH**



LOCATED AT THE PITU GYM

440 NORTH PAIUTE DRIVE CEDAR CITY UT

**10 TEAM DOUBLE ELIMINATION
AWARDS FOR 1ST, 2ND & 3RD PLACE
PLUS MVP BOY & GIRL OF THE TOURNAMENT**

contact

Patrick Charles (435) 233-8396

for more information

**payments can be made by
money order, zelle or cash**



ALHOCOL AWARENESS WEEK JULY 7TH - 13TH

**ALCOHOL IS LINKED TO OVER 60 MEDICAL
CONDITIONS, INCLUDING SEVEN TYPES OF CANCER.**

**IN 2020, 10.2% OF AMERICANS AGED 12 AND OLDER
HAD AN ALCOHOL USE DISORDER.**

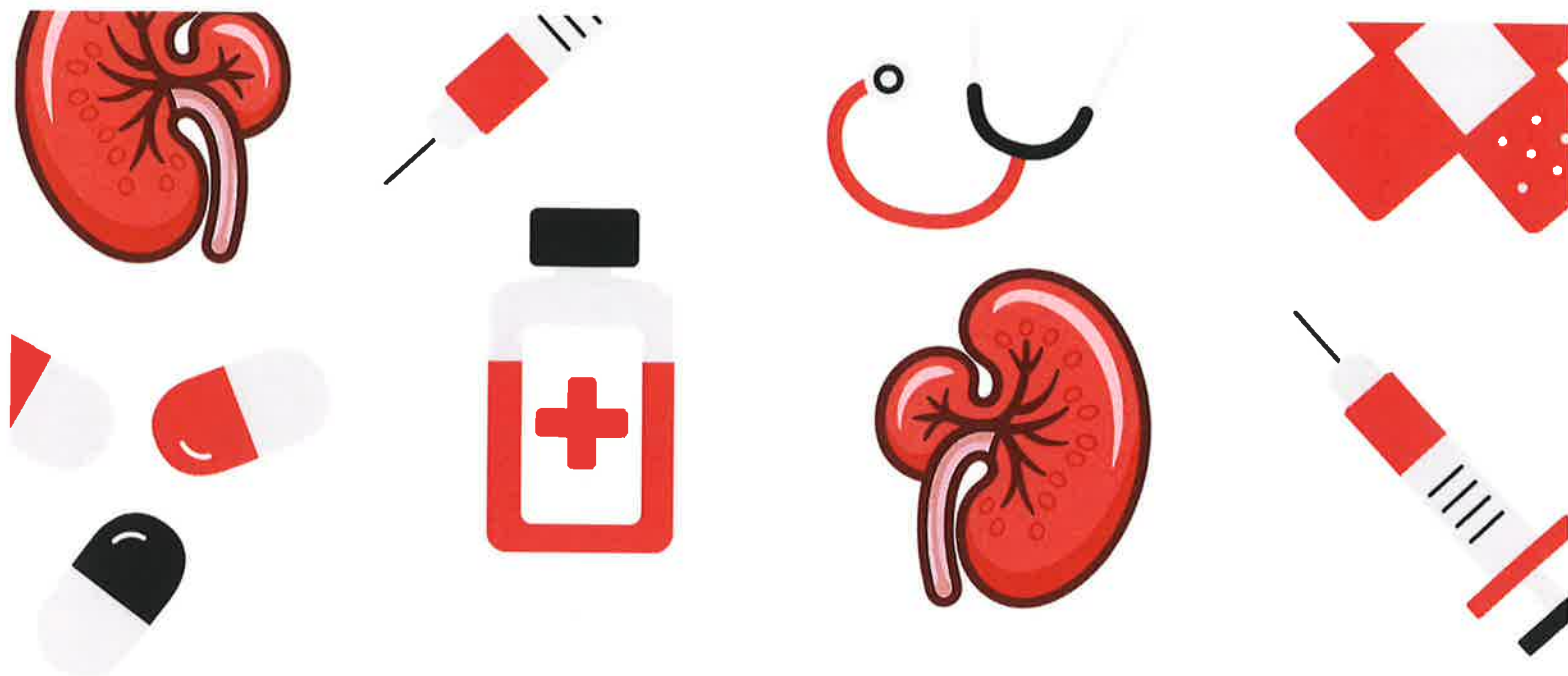
**AN ESTIMATED 88,000 PEOPLE DIE ANNUALLY FROM
ALCOHOL-RELATED CAUSES IN THE US. THIS
INCLUDES 119,600 DEATHS AMONG MEN AND 58,700
AMONG WOMEN.**

**ALCOHOL IS THE THIRD LEADING PREVENTABLE
CAUSE OF DEATH IN THE UNITED STATES.**

**ALCOHOL IS A SIGNIFICANT FACTOR IN LIVER
DISEASE, WITH 44.5% OF LIVER DISEASE DEATHS
AMONG PEOPLE 12 AND OLDER INVOLVING ALCOHOL
IN 2023**

**AA MEETINGS TUESDAYS AT 12PM, AT THE
COMMUNITY BUILDING AND ON ZOOM
MEETING ID: 870 210 54634
PASSWORD: ODAT**

**THE KAIBAB PAIUTE TRIBAL HUMAN
SERVICES HAS AN UPDATED LIST OF
TRAUMA TREATMENT AND MENTAL
HEALTH PROVIDERS FOR OUTSIDE
REFERRALS**



DIABETES PROGRAM PRESENTS

DIABETES & CHRONIC KIDNEY DISEASE

Simple Steps Can Save Your Kidneys
Come Learn with Us!

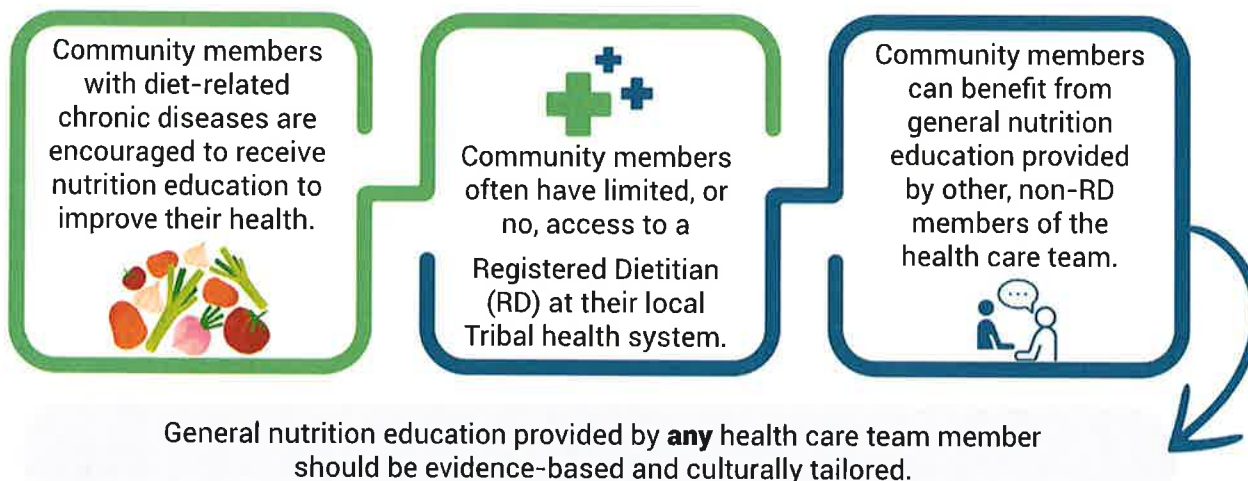
JULY 21, 2025
5:30 P.M. AZ TIME
CONFERENCE ROOM 2
ZOOM LINK TO BE
PROVIDED PRIOR TO CLASS

Food and Nutrition

Background and Context

Educators, clinicians, and other members of the health care team often have the opportunity to talk with community members about food, nutrition, and factors that influence eating behaviors. Health care team members are encouraged to have a conversation and support community members along their food and nutrition journey. Use this tool to strengthen your understanding of food and nutrition as you work with members in your community.

Navigating Nutrition Education in the Indian Health System



If I'm not an RD, can I still provide general nutrition education?

YES!

Providing information about nutrition, including guidance about behavior change, are services that health care team members can provide to help community members make informed decisions about their food and eating habits.

What is Medical Nutrition Therapy or MNT?

MNT is a personalized, nutrition-based treatment plan created by an RD to treat or manage one or more health conditions. MNT for those with complex health conditions should only be provided by an RD.

In MNT, an RD will do the following:

- assess health status, medical history, and eating patterns
- identify any dietary issues
- create a personalized, culturally appropriate and medically supervised nutrition plan

When is MNT recommended?

MNT for most complex health conditions is recommended at diagnosis, annually, and more often as needed.



Issues to Consider

Understanding and addressing issues that influence a person's eating behaviors are important to consider as you talk with community members about food and nutrition.

1 Food and Nutrition Insecurity

Community members with food and nutrition insecurity can be predisposed to overeating available foods, skipping meals, or choosing foods that are less expensive and unhealthy.

- Not having money to buy enough quality food affects eating habits. To share ideas with community members on how to stretch food dollars, use the [Healthy Eating On A Budget](#) tip sheet as a guide.
- Assess the individuals' access to a sufficient quantity of affordable, nutritious foods. Start by using the [IHS Food Insecurity Assessment Tool and Resource List](#).
- Provide individuals with information on the resources available in their community to address food insecurity issues.



2 Traditional Foods

- Talk with Tribal members, such as elders, about traditional foods in their community and how these foods are harvested, prepared, and preserved. Collaborate with them to offer food demonstrations and cooking classes using traditional foods.
- Partner with local food sovereignty initiatives, cultural programs, or organizations.
- Find more information about traditional foods on the [IHS Nutrition - Food Sovereignty](#) page.

3 Emotions and Stress

- Food can often be used as a coping agent or to fill a void in some conditions, such as depression, anxiety, and stress.
- Encourage individuals to practice mindful eating (e.g., honoring our food, eating slowly, avoiding distractions while eating).
- If the issues presented are beyond your scope of practice, refer community members to a behavioral health professional.

4 Eating Away From Home

Family and community gatherings

- Social gatherings are important to community members and may affect healthy eating habits.
- Keep in mind that declining foods offered at gatherings, potlatches, feasts, and potlucks may not be socially or culturally acceptable.
- A common practice in community settings is taking leftover food home – with the understanding that food should not be wasted or thrown away.
- Help community members plan ahead by using [My Native Plate](#) as a guide in selecting types of foods commonly found at gatherings.
- For more tips, see the handout [Ten Doable Ways You Can Enjoy Meals on Special Days](#).



Fast food, restaurants, take-out or delivery, and local food vendors

- Recognize that community members may receive food and meals from options such as roadside stands, trading posts, gas stations, and other community-based food vendors.
- Discuss how to compare food choices and select the healthier option. Keep in mind that menu options labeled "healthy" may cost more.
- Suggest ways to use [My Native Plate](#) when eating away from home.



Use My Native Plate as a Guide

My Native Plate is a visual guide to help your adult community members eat healthy meals. Use it to engage discussion about eating practices such as food choices, meal preparations, and portions.

My Native Plate can also help educators and clinicians with the following:

- Encourage individuals to set nutrition-related goals.
- Work with community members and their families to develop a basic meal plan that includes traditional and cultural preferences.
- Discuss how traditional foods can work with *My Native Plate*.
- Use examples and tips to encourage eating a variety of foods.



Front Side



Back Side

Resources

- **Education Materials and Resources (Online Catalog):**
www.ihs.gov/diabetes/education-materials-and-resources/
- **Healthy Eating on a Budget:**
<https://www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/nutrition/healthy-eating-on-a-budget/>
- **IHS Food Insecurity Assessment Tool and Resource List:**
https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/clinicaldocs/FoodInsecurityAssessTool.pdf
- **My Native Plate:**
<https://www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/nutrition/my-native-plate/>
- **Ten Doable Ways You Can Enjoy Meals on Special Days:**
https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/printmat/TenWaysSpecialMeals_508c.pdf



Blood Pressure and Diabetes

What You Need to Know



The heart is an amazing, life-giving organ

The heart works well under pressure, but blood pressure that gets too high (hypertension) makes your heart work harder. People develop hypertension as a result of many conditions, including injury to the kidneys from diabetes. If it is not treated, hypertension can cause damage to your heart and blood vessels, raising your chances of heart attack, stroke, worsening kidney problems, amputation, and blindness. There may not be any warning signs or symptoms.

An estimated 4 out of 5 American Indian and Alaska Native people with diabetes also have hypertension.

It is important to have your blood pressure checked often. Anyone, including youth, can develop high blood pressure, but it is more likely to occur as you get older.

Hear my voice, the wind,
The buffalo,
The drumbeat,
The voice of your ancestor,
Giving of spirit, giving
Of love, giving of life,
Our ancestors, show us
The way,
Strong heart, strong body,
Strong Mind

—by a Native Youth

(From "Honoring the Gift of Heart Health" manual)

What is Blood Pressure?

Blood pressure is the force of the blood against the walls of your blood vessels. Blood pressure is needed to circulate blood through the body.

Blood pressure readings have two numbers, such as 120/80.

The top number (120) is the pressure in the heart and blood vessels when the heart beats. This is called systolic pressure.

The bottom number (80) is the pressure in the heart and blood vessels when the heart is at rest. This is called diastolic pressure.



Blood Pressure	Systolic (mmHg)		Diastolic (mm Hg)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension)	130 or Higher	or	80 or Higher



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
01/2023



Keeping Blood Pressure in Control

Your health care team can help you manage your blood pressure and lower your risk for complications. What changes could you make to control your blood pressure?



▶ Take prescribed blood pressure medication.



▶ Choose foods lower in sodium. See [Sodium Fact Sheet](#).



▶ Decrease or quit commercial tobacco.

▶ Move more. Even a 15-minute walk most days helps.

MOVE



▶ Eat more fruits and vegetables.

▶ Aim for a healthy weight.



▶ Limit alcohol to no more than 1 drink a day for women, 2 for men.



▶ Get enough sleep.



▶ Find healthy ways to decrease stress. See [Healthy Coping Tips](#).



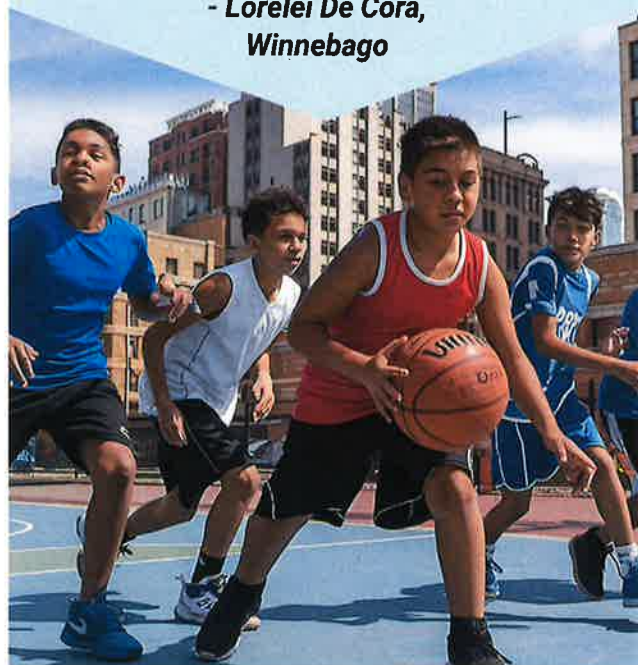
Healthy Native Youth and Diabetes Prevention

The colonization of American Indian and Alaska Natives caused widespread disruptions to traditional lifestyles.

This led to poor access to healthy foods and decreases in physical activity and contributed to an epidemic of type 2 diabetes in people of all ages.

"As our ancestors looked out for us, we must look out for our children and grandchildren. Together, let's build a diabetes-free future for our children."

**- Lorelei De Cora,
Winnebago**



Know Your Child's Growth Pattern

Being overweight is one of the main predictors of type 2 diabetes in children. Children's height and weight are tracked at clinic visits and determine if a child is underweight, healthy weight, overweight, or obese.

Screening for Diabetes

All Native youth, age 10 and older, who are overweight or obese should be screened for diabetes.

Support Lifestyle Changes

Establishing healthy habits early helps prevent diabetes. Adults can help by providing access to nutritious foods, daily physical activity, and support for weight loss for overweight or obese youth.

Stay Active

Support youth in being physically active for one or more hours per day. Monitor screen time and set age appropriate limits.

walking to school	15 minutes
biking or skateboarding	15 minutes
playing sports	30 minutes

TOTAL 1 hour



Aerobic activities use the body's large muscles to strengthen the heart and lungs, such as brisk walking, skateboarding, biking, or any activity that raises the heart rate.

Strengthening activities can help the:

Muscles - Climbing, doing push-ups, sit-ups, or pull-ups, or using resistance bands, free weights, and/or machine weights.

Bones - Jumping or running, including while playing basketball, lacrosse, and soccer.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit www.ihs.gov/diabetes. 07/2024

Free Diabetes Education Materials
Scan Now!



Eat a Variety of Foods

Native youth need a variety of whole foods like traditionally grown and prepared foods. Help youth try new foods and find ones they enjoy, such as:

FRUITS

berries, melons, oranges, apples, peaches, pears, and dried cranberries

VEGETABLES

corn, beans, and squash, baby carrots, celery, cucumber, lettuce, and tomatoes

WHOLE GRAINS

corn tortillas, oatmeal, corn meal, whole wheat bread, pasta, wild rice, and quinoa

PROTEIN

buffalo, lean beef, chicken or turkey, eggs, fish, beans, nuts, seeds, and tofu

DAIRY

low-fat milk, yogurt, cheese, and lactose-free dairy, and fortified soy milk

GOOD FATS

vegetable oil, seed and nut oils, olive oil, seal oil, and oil in fish



Increase Water Intake

- Water first – offer a reusable water bottle to use daily.
- Drink water with meals. Try water infused with fresh fruit, or cucumber and mint.

Traditional Foods

Visit “[Diabetes is Not Our Destiny](#)” for traditional foods, finding recipes, and more.

Limit Sugary Drinks

Avoid drinks high in added sugar. Sugary drinks make it hard for youth to get the nutrients they need without extra calories. Limit 100% fruit juice to 8 ounces daily.

Prepare Meals as a Family

- Prepare meals using whole foods and encourage tasting new and traditional foods.
- Get youth cooking! Help them learn skills like following a basic recipe, baking in the oven, and chopping vegetables. Visit, [Teaching Kids to Cook](#)
- Invite youth to participate in traditional harvesting, preservation, preparation, and story time about foods from our plant and animal relatives. Find [Native Cooking Resources at ihs.gov](#)

If you need help providing nutritious food for your family, consider looking into these food assistance resources [USA.gov/food-help](#)

We all can do a lot to help Native youth prevent type 2 diabetes. The changes you make as a family today can help them achieve a healthier future.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit [www.ihs.gov/diabetes](#). 07/2024

Free Diabetes Education Materials
Scan Now!





HUMAN SERVICES

Kaibab Living Sober AA:

**Tuesdays @ Noon Community
Building & on Zoom**

Meeting ID: 870 210 54634

Password: odat

Social Services: Jennie Kalauli: (435)-689-1799

Mental Health: Allen Orton: (435)-899-1782

Marisa Ybarra: Substance Abuse: (928) 643-8323

Support Services Assistant: Cierra Rossman:

(928)643-8336

WHAT WOULD YOU LIKE
YOUR VILLAGE TO
REPRESENT?!



VILLAGE BILLBOARD MEETINGS

EAGLE MTN VILLAGE

**JULY 23RD EAGLE
MTN COMMUNITY
BLD 5-7PM**

**RED HILLS, JUNIPER
AND KAIBAB VILLAGE**

**JULY 24TH KAIBAB
COMMUNITY BLD 5-7PM**

**CONTACT ME IF YOU HAVE IDEAS BUT
CAN'T ATTEND!**

**SUBSTANCE ABUSE DIRECTOR- MARISA YBARRA
(928) 643-8323 MYBARRA@KAIBABPAIUTE-NSN.GOV**



St. Mary's
Food Bank

MEMBER OF
FEEDING
AMERICA



COMMUNITY FOOD DISTRIBUTION

ALL ARE WELCOME!

Do you need food? Join us for a **FREE** food distribution to assist the community.

Please see below for additional information.

Wednesday, JULY 9TH, 2025

Drive Thru Distribution: 11:30 to 1:30 (ARIZONA)

RV Park:

600 North Pipe Springs Rd Fredonia AZ 86022

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

For more food resources, please visit: www.AZFoodHelp.org or call 2-1-1

Yearly Calendar Template

Year

Month

Start Day

1:Sun, 2:Mon ...



2025

2 N Pine Springs Rd. Kaibab, AZ

Kaibab Paiute

Distribution: 2nd Wednesday From 11:30AM to 1:30PM

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

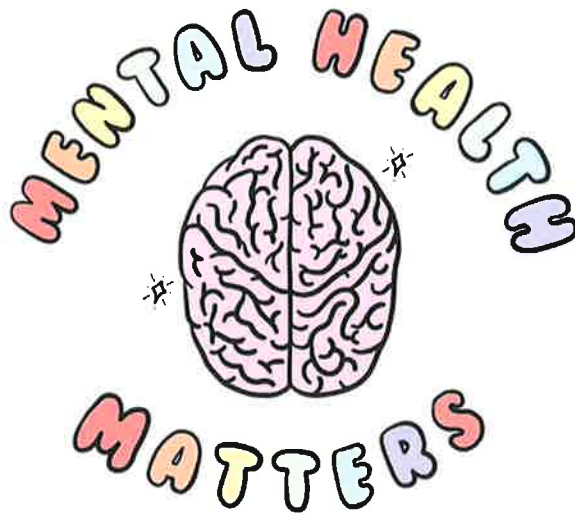
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Your mental health is important! You are important and valuable! So, if you're feeling sad, depressed, all alone, having suicidal thoughts, PLEASE REACH OUT! Here are a few suggestions to whom you can reach out to:

CALL 911 if it's an **EMERGENCY**

CRISIS HOTLINE.....TEXT NATIVE to 741741

SUICIDE & CRISIS LIFELINE.....CALL/TEXT 988; CONFIDENTIAL MENTAL HEALTH SUPPORT 24/7

ALLEN ORTON LCSW..... (435)899-1782

JENNIE KALAU LI..... (928)643-8320

MARISA YBARRA..... (928)643-8323

CIERRA ROSSMAN..... (928)643-8336

LARECIA JAKE..... (928)643-8330

The Kaibab Paiute Tribal human services program has an updated list of Trauma Treatment and Mental Health providers for outside referrals.

Stay;
Tomorrow needs you