

# Hopi Tumalhoymuy Tutuveniam



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## Hopi and Zuni Songs Return Home

Submitted by the Hopi Cultural Preservation Office

In 1940, a determined young recording engineer named Laura Boulton traveled around the Southwest "hunting" traditional songs, making hundreds of records that would find their way into the archives of the Ivy Leagues. More than 70 years later, these recordings are now being returned to their rightful owners through the Hopi Music Repatriation Project (HMRP), a partnership between the Hopi Cultural Preservation Office (HCPO) and Columbia University.

The five CDs worth of Hopi songs--just a fraction of Boulton's collection--were originally recorded in Moenkopi, Hotevilla, Oraibi, Mishongnovi, and Walpi, and were then virtually forgotten. HCPO and the Cultural Resources Advisory Task Team began listening to the songs in 2009 to identify them so that the recordings and their copyrights could be transferred back to the appropriate villages (or in some cases the families of the original singers). In June, KUYI Hopi Radio began airing some of the songs recommended for broadcast by advisory team members, which have since brought smiles and memories to many listeners.



At the same time, the process of returning these historic songs has taken HMRP collaborators beyond the borders of the Hopi Tribe. It turns out that many of the Hopi singers who sang for Ms. Boulton in 1940 chose to perform songs borrowed from other Pueblo peoples, including Zuni, Laguna, and others. In an effort to honor those traditions and rekindle the deep-seeded relationships Hopi people have with these tribes, HCPO has begun to return these borrowed songs back to their respective originators. According to HCPO Director Leigh Kuwanwisiwma, doing this kind of cross-cultural repatriation work is important to the Hopi people because, "It reinforces the inter-tribal respect and long-standing relations the Hopi has with these tribes."

HCPO Archivist Stewart Koyiyumptewa, HCPO Intern Joe Monongye, and Columbia University research fellow Trevor Reed recently met with Zuni ceremonial and civic leaders to officially return the 23 song recordings. "Observing the Zuni leaders as they listened to the tracks one by one was a priceless experience. Listening turned to singing and if they could've, they would have danced as well. I am honored to have experienced this gathering and I am happy that these songs will once again be used in the Zuni ceremonies", said Koyiyumptewa. For Reed, returning the songs was different from other kinds of academic work: "we weren't asking for anything, we were simply giving." The Zuni leaders warmly received the returned songs and shared their insights and translations of the songs with the Hopi visitors. Copies of the recordings were also provided to the Zuni Public Library and KSHI 90.0 FM the local radio station.

As gift to the Zuni people, Kuwanwisiwma recorded a "kwasay'taqa" (Korowista) song, all in the Zuni language, that he learned from his father, Marshall Jenkins.

During the meeting, Zuni leaders gave permission for the songs to be shared with the Hopi public on KUYI and offered their support for future Hopi-Zuni cultural events. The first of these will be on September 17, when KUYI audiences will have the chance to hear from two Zuni ceremonial leaders, Ronnie Cachini and Octavius Seowtewa, who will travel to Hopi to be interviewed by Bruce Talawyma during the morning Taatawi show. More Hopi-Zuni events will be announced in the coming months.

## From the Desk of the Chairman



Loloma,

I am happy to provide you, our Hopi & Tewa Senom, with an update of activities that we have been working on since January of 2013. In partnership with the Vice Chairman and the Tribal Council, we have accomplished many things and will continue to work to improve the lives and well-being of our communities and to protect our natural resources, fiscal resources and human resources for a healthier and successful Hopi Tribe.

As we continue to move forward, the stabilization that has been set within our tribal government allows us to effectively work on reaching tribal-wide goals for our Hopi & Tewa Senom. We have met many challenges to our Hopi sovereignty and with our extensive work in government-to-government relationships, we have been able to advocate and protect our Hopi opportunities and tribal interests.

Let us all remember that in order to accomplish a great deal, we must set aside our differences, be open to change and work together as one to benefit our children and future generations.

### TRIBAL LEGAL ACTIVITIES

#### EAGLE GATHERING

A longstanding agreement between the US Fish and Wildlife Service, The Hopi Tribe and the Navajo Tribe regarding the gathering of eagles was challenged by the Navajo Tribe. The Navajo Tribe tried to prevent Hopi religious practitioners from gathering eagles at sites located on the Navajo Reservation as well as reducing the number of eagles collected. The Hopi Tribe filed a lawsuit against the Navajo Tribe and was successful in upholding the current agreement.

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## From the Desk of the Vice Chairman



- My office representative accompanied the Congressional GAO team, the Hopi Housing Authority on tour of the First Mesa and Second Mesa areas. Purpose of the meeting and tour was to assist the GAO team on a fact finding mission.
- My office representative, DCHS staff participated in AHCCCS meeting, August 15, 2013. Purpose of meeting was to inform public on the Medicaid (AHCCCS) expansion and its impact on Hopi, Tewa clients. Law becomes effective January 1, 2014.
- The Code Talkers Committee met August 28 to finalize travel to Washington DC for family members of the ten Code Talkers families. The Committee is doing fund raising for their travel to receive US Mint medals

in honor of the Hopi, Tewa Code Talkers.

- My office representative attended the CTGP meeting on August 22, 2013 to discuss financial issues with their CTGP programs. The impact of incomplete audits on CTGP programs ability to delivery services is a concern to BIA and HT.

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# Office of the Chairman cont...

## TRIBAL INVESTMENTS/WACHOVIA

Upon an investigation of the Hopi Tribe's investments, it was discovered that Wachovia Bank had committed massive fraud against the Hopi Tribe by charging the Tribe more than \$5 million per year in fees, by putting the Tribe's money in high risk investments, and by providing false statements to the Tribe to hide huge losses. The Hopi Tribe has filed a lawsuit and is seeking more than \$180 million in damages from this financial institution.

## FRENCH AUCTION

In spite of the short notice given to the Hopi Tribe regarding the sale of sacred religious objects going up for auction in France, the Hopi Tribe immediately began its attempt to stop the auction. Due to the Tribe not having any international jurisdiction, Survival International reached out to the Hopi Tribe to pursue legal action against the French Auction House. Although we were unsuccessful in our attempt to stop the auction, the Hopi Tribe received overwhelming support from tribal members, cultural practitioners, and citizens from across the world. Let this serve as a reminder that we have a responsibility to protect and preserve our cultural and religious practices.

## TRIBAL WATER RESOURCES

### HAMP PROJECT

The Hopi Arsenic Mitigation Project continues to move forward with its plans to provide a safe drinking water source for First & Second Mesa village members and facilities dealing with arsenic contamination. New wells have been drilled in the Hard Rock Range Unit, which when tested, revealed good quality drinking water.

## TRIBAL GOVERNMENT ISSUES

### NAVAJO/HOPI RELOCATION OFFICE CLOSURE

The Hopi Tribe advocated to the U.S. Government to cease funding for the closure of the Navajo Hopi Relocation Office due to the lack of inadequate assistance to the Hopi Tribe. The Hopi Tribe continues to advocate on behalf of the Hopi relocatees to receive all benefits that were mandated through the Navajo-Hopi Relocation Act.

## GRANT FUNDING

The Hopi Tribe, through various programs, were awarded grant funding to operate. However due to issues stemming from various issues, the Tribe was unable to receive the awarded funding. The Office of the Chairman, along with Program leaders, Office of Finance, and Federal officials were able to identify and remedy the issues so that these grant monies awarded were released to the programs to provide for the much needed services for our Hopi & Tewa Senom.

## TRIBAL AUDITS

It has been a goal of mine to work at bringing the Tribe current on its financial audits. The tribe has been behind for several years in completing yearly financial audits, which puts funding for our programs in jeopardy which can severely affect the services provided to our Hopi people. We have been working diligently to bring the audits up to date and have completed the 2009 audit. We found that the reason that the past audits were not complete was due to the mismanagement of the tribe's investments which prevents the auditors from properly completing the remaining audits.

The Hopi Tribal Council has hired an investigation firm to help remedy this issue. One finding Tribal Council and I recently learned from the investment investigation was that Tribe had invested 8 million dollars in a Marriott Hotel in Galveston, Texas without proper approval from the Tribal Council.

## TRIBAL JUDICIAL SYSTEM

### HOPI LAW AND ORDER CODE

On August 28, 2013, the Hopi Tribe reached the one year anniversary of the passage of the Hopi Law and Order Code. The Council's approval of this historic development brought national attention to the Hopi Tribe as the first tribal government to meet the requirements of the Federal 2010 Tribal Law and Order Act, beginning a new era in pursuing justice for the Hopi people.

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## From the Desk of the Chairman Cont...

To date, the Hopi Law Enforcement Task Team has been actively reviewing issues and recommendations that have been raised about the code and plans to present recommended changes to Hopi Tribal Council.

The Hopi Courts, Office of the Prosecutor, and Hopi Resource Enforcement Services have been diligently working to ensure compliance of these new laws and have had to adjust their procedures and protocols.

The Hopi Tribe has charged several individuals under the Enhanced Sentencing guidelines which carries a minimum of 3-years sentence if convicted of their crime.

### HOPI RESOURCES ENFORCEMENT SERVICES

The Hopi Tribe has been enhancing the services of the Hopi Resource Enforcement Services. The Hopi Law Enforcement Task Team has reviewed the HRES General Orders which will allow HRES officers to receive federal commission cards enabling them to enforce federal laws. The HRES General Orders will also ensure that HRES has a standing policy in place for all law enforcement procedures.

HRES has been awarded the US DOJ's COPS Grant and funding from the Tribe and has increased from five officers in 2011 to 13 officers to date. This has also allowed HRES to upgrade equipment and change their hours of operation.

### REAUTHORIZATION OF THE VIOLENCE AGAINST WOMEN ACT

Congress recently passed the Violence Against Women Reauthorization Act of 2013, or "VAWA 2013". VAWA 2013 recognizes tribes' inherent power to exercise "Special Domestic Violence Criminal Jurisdiction" (SDVCJ) over certain defendants, regardless of their Indian or non-Indian status, who commit acts of domestic violence or dating violence or violate certain protection orders in Indian Country. This new law generally takes effect on March 7, 2015, and also authorizes a voluntary "Pilot Project" to allow certain tribes to begin exercising SDVCJ sooner.

The Hopi Tribe has committed to be a part of the VAWA Pilot Project and plans are underway to examine the feasibility of establishing a separate court dealing exclusively with domestic violence cases.

### ADDRESSING BIA LAW ENFORCEMENT SERVICES ISSUES

Through direct communications with the Department of Interior, the Hopi Tribe has been able to address issues pertaining to services received from BIA Law Enforcement. Some of these issues include lack of response to calls for service, inadequate law enforcement personnel, lack of transportation of deceased individuals, and overall communication with the Hopi Tribe. The Tribe continues to advocate for adequate quality service to the Hopi-Tewa Senom.

The Hopi Tribe is working diligently in addressing the issue of developing protocols for the proper handling and transportation of deceased individuals and processing death certificates for the submission to Vital Records. The Hopi Tribe is collaborating with Hopi Health Care Center, Hopi Resource Enforcement Services, Hopi Guidance Center, Hopi Emergency Services and BIA Law Enforcement to develop a Tribal policy to avoid future mishaps.

**This report I share with you highlights many of the major issues that have affected or continue to affect our Hopi-Tewa Senom. There are many more issues that we continue to face on a daily basis that are dealt with accordingly. We will strive to resolve any issues that may arise that affect Hopi Tribal government as a whole.**

**Kwa-Kwai to all those who have supported the Hopi Tribe's endeavors: Vice Chairman Herman Honanie, Hopi Tribal Council, my staff, Hopi Tribal employees, and outside agencies. I appreciate your continued support in allowing me to serve as your Chairman of the Hopi Tribe.**

**Kwa-Kwai,  
Chairman LeRoy Shingoitewa**

## Office of the Vice Chairman cont...

- This month the VC attended a tribal leaders consultation with the State on “first Things First” initiative. Meeting involved various Tribal Leaders to meet with First Things First Initiative leaders to discuss the state and progress being made on Tribal lands. Several different educational projects have been enacted on tribal lands and the FTF Initiative meets annual to discuss progress and response and input from tribal leaders. On Hopi, the only initiative being sponsored under First Things First is the planned pilot Hopi Language project at Sipaulovi.
- The same week, VC attended a meeting with tribes and ITCA on the subject matter of research. The matter of “Internal Review Process” (IRB) which is a formal process many tribes and major entities have in the form of policy that requires all levels of review and approval of all planned research projects before it can be implemented was the subject of discussion. These research projects are held or conducted on reservation land, today this IRB is an integral part to safeguard tribes as research projects get approved and are conducted.
- Sponsored a Resolution that was approved by HTC . This will allow the Hopi Code Talkers or their surviving family members to receive Silver Medals in recognition of the Code Talkers role during WWII. A formal Medal Awards Ceremony is planned in Washington DC later this fall, in November. Previously, HTC passed a Resolution in 2008 that Hopi would not accept nothing less than a Gold Medal for our Code Talkers. However, legislation passed in 2010 by the US Congress mandates only one gold Medal to be awarded to a Tribe and each Code Talker or surviving member, a silver medal. Surviving family members decided under Protest, to accept the silver medals, so hence the previous Resolution H-004-08 was rescinded.
- BOT which the VC heads, continues to work the proposed budget for FY-14 Village presentation are plan for the week of Sept. 3 – 5, 2013
- On Monday ,Aug. 19, HTC acted to remove all members of the Hopi Tribal Housing Authority Board of Commissioners from their roles. This occurred after HTC heard a report form the Chairman of the BOC. The HTC stated their concerns and due to delayed and non-actions on the part of the BOC in several key and ongoing projects, the BOC members were removed.

In the place of the BOC Vice Chairman Honanie was delegated to have over-site authority over the HTHA until such time a full BOC are appointed.

Individuals who are interested in serving on the Board of Commissioners are urged to notify the Tribal Secretary in writing, accordingly.

# Hopi Workforce Investment Act Program

Submitted by Everett F. Gomez, WIA Youth Case Counselor

Greetings from the Hopi Tribe Workforce Investment Act Program! Well it's been a busy summer and several activities have benefitted our youth and adult participants in many ways. We are proud of the accomplishments of all our participants and their efforts to succeed in their planned educational and employment goals! Much of the credit goes to the hard working staff of the Hopi Tribe Workforce Investment Act Program, Adult Vocational Training Program and Grants and Scholarship Program (WIA, AVTP, HTGSP). Without their expertise and guidance these activities would not have been a success!

We would like to take this opportunity to present some of the activity highlights that have been offered and/or accomplished this summer 2013:

- On April 27, the Hopi Tribe Department of Education's WIA, AVTP and HTGSP facilitated a public Educational Career Fair at Hotevilla Bacavi Community School. There were (16) in state Vocational Training Schools and College/Universities in attendance! (8) Other local service oriented provider organizations were also represented and provided information on the services that they provide. A total of (25) booth's were packed full of information geared toward obtaining post secondary higher education. (4) Informational sessions were also provided on the topics of FAFSA, Financial Literacy, Schools of Higher Education Enrollment Process and WIA, AVTP and HTGSP. Over 200 persons visited the various informational booths
- The WIA Summer Youth Employment Program (SYEP) successfully placed 25 of our Hopi Youth, ages 16 through 21, in various worksites throughout Hopi to gain Work Readiness Skills. These individuals were employed for 7 weeks and were encouraged to budget their payroll and help with family financial obligations at home, purchase school clothes and/or open a savings account. Some participants were saving to attend various schools of higher education this Fall or Spring Semester. SYEP was able to recruit and establish partnerships with these 14 local entities that are committed to employing, mentoring and ensuring that our Hopi Youth succeed. Without them our SYEP Program would not be a success!

Hopi Special Diabetes Program (Prevention Education)  
Hopi Special Diabetes Program (Wellness/Physical Fitness)  
Walpi Village Youth/Elder Program  
Hopi Veterans Memorial Center  
Second Mesa Day School (Facilities Maintenance/Custodial Dept.)  
BIA Office of Justice Services/Hopi Police Department  
Hotevilla Bacavi Community School (Facilities Maintenance Dept.)  
Hotevilla Bacavi Community School (Administration)  
Hotevilla Bacavi Community School (Business Dept.)  
Hopi Cancer Support Services  
Hopi Tribe Cultural Preservation Office  
Hopi Tribe Dept. of Education  
Walpi Housing Management (Facilities Maintenance Dept.)  
Hopi Cultural Center Restaurant and Motel



- SYEP participants completed one mile of our annual "Adopt-a-Highway" cleanup and learned the importance of community service and civic duty.



## WIA Program Cont...

- Both SYEP Youth and WIA Adult participants participated in these three trainings offered through the WIA Program. Approximately 38 individuals participated in the various trainings. WIA retained the services of “Strive for Student Success”, a Division of Career Services Network, LLC. Strive for Student Success is a renowned consulting and training firm that works with most of Arizona’s 21 federally recognized tribes, and who participate in the WIA Programs.
  - Two Day “Work Readiness Training” @ Tewa Community Bldg.
  - One Day “Building Confidence” and the “Dream Builder Workshop” @ Hopi Wellness Center Conference Rm.
  - One Day “ Manage Your Money, Manage Your Life and Livin’ Large, Life Skills That Change the Way You Live” @ Hotevilla Bacavi Community School
- SYEP Field Day activity was hosted on July 30<sup>th</sup> at HBCS and the participants and supervisors were treated to a BBQ and games. Certificates of Participation to youth and Certificates of Appreciation to worksites were given to the participants and worksite supervisors.
- (3) SYEP participants were able to attend the Nick Lowery Foundation, Nation Building for Native Youth Leadership Institute @ Scottsdale on June 27 –July 1.
- (4) SYEP participants were able to attend the annual WIA Nineteen Tribal Nations, Indian Nations Camp @ Mingus Mountain from July 15 – 19.
- A four hour Test for Adult Basic Education (TABE ) was administered to youth and adult participants as part of a new WIA mandate that all WIA participants be tested in Reading, Math and Language. This test will determine grade point levels and track advancements which will prepare them for Vocational Training and/or GED. Services are provided to insure fulfillment of a participants training plan and recommended Adult Basic Education Classes, GED or Vocational Training. Partnerships are in place with Northland Pioneer College.
- (2) SYEP 2013 Hopi High School graduates are continuing their post secondary education and will be starting classes at Northern Arizona University and Mesa Community College this Fall Semester.
- (2) SYEP high school youth and one SYEP out of school youth have retained part time employment with the Hopi Cultural Center Restaurant and Motel. Thank you HCC!
- Our former recent WIA youth participant, Ms. Jacqueline Poleahla has just completed her tenure as the reigning 2013 Ms. Hopi. “Congratulations and Thanks” for representing us well! She will continue with her post secondary educational goals.
- The WIA/SYEP has had the pleasure of employing an Adult participant, Ms. Delaine Tawahongva, this summer, through our Work Experience Program (WEX). This WEX Program is separate from our SYEP and can employ a participant for up to three months and offers work experience to help prepare them for future higher education. Delaine will be with us till August 30 and then will start school at Carrington College in the Dental Assistant Program. Good Luck Delaine and “Thanks” for all your help here at WIA/Dept of Education!
- The WIA Youth Program currently has (4) participants who will be doing Adult Basic Education classes at NPC this Fall Semester in preparation for Vocational Training. (1) Participant will be taking classes at NPC to acquire his GED. (19) Participants will return to high school. A big “Congratulations” goes out to Mr. Wilson Kaye, Village of Hotevilla, for successfully completing his Diesel/Heavy Truck Program at Arizona Automotive Institute this past May!
- A “Very Special Thanks” goes out to our WIA, AVTP and HTGSP Program Administrator and DOE Director. Without their support, confidence in staff, and foresight in securing funds and budgeting, we would not be able to provide many of these services!



For more information about the Workforce Investment Act Program, Adult Vocational Training Program and Hopi Tribe Grants and Scholarship Program, please contact the WIA/AVTP/HTGSP Office at 928-734-3542.

# Hopi Elections Office

Kykotsmovi, AZ - On August 28, 2013 the Hopi Election Board held interviews of three Candidate Petitioners who had submitted their petitions for the Offices of Vice Chairman and Chairman. The interviews began with a welcome by the Hopi Election Board Chairman, Mr. Clyde Qötswisiwma from Shungopavi, and the introduction of the members of the Election Board who were present: Ms. Colleen Seletstewa, Vice Chairman, from the Village Mishungnuvi; Kristopher Holmes, Member from the Village of Shungopavi, Marlene Sekaquaptewa, Member, from the Village of Bacavi and Oran Selestewa, Alternate Member from the Village of Hotevilla.

Introduction and interviews of the Candidate Petitioners began with Mr. Alfred Lomahquahu Jr. from the Village of Bacavi; Mr. George Mase from the Village of Sipaulovi, both running for the Vice Chairman seat and Mr. Herman George Honanie from the Village of Kykotsmovi, running for the Chairman seat. The Hopi Election Board focused on the four points for qualification of a Candidate Petitioner which were:

- Be members of the Hopi Tribe
- Twenty-five (25) years of age or older
- Must be able to speak the Hopi Language fluently
- Must also have lived on the Hopi Reservation for not less than two years immediately preceding his announcement of such candidacy.

At the completion of the interviews the Election Board went into Executive Session to discuss the information gathered and provided during the interviews. The Candidate Petitioners and the general public gathered in the lobby of the Hopi Wellness Center and enjoyed the refreshments and good company as they patiently waited for the Ruling on the Qualification of the Candidate Petitioners interviewed.

As the suspense grew, the doors opened and the Rulings were ready to be read.

Mr. Alfred Lomahquahu Jr. has been approved qualified to be a Candidate for the position of the Vice Chairman.

Mr. George Mase has been approved qualified to be a Candidate for the position of the Vice Chairman.

Mr. Herman George Honanie has been approved qualified to be a Candidate for the position of the Chairman.

Congratulations to the three gentlemen for their active participation in this year's election process.

Next Interview Sessions will be held on September 18 and October 9, 2013 at the Hopi Wellness Center Conference Room beginning at 6:30 p.m. Last date to submit a Petition is on October 16, 2013 at 5:00 p.m.

Petitions are available at the Hopi Elections Office located at the Hotevilla Business Complex, Hotevilla, AZ. For more information you can call our office at 1-928-734-2507 /2508.

## September is National Suicide Awareness Month



Submitted by Brenda M. Patterson, Child Sexual Abuse Prevention Education

Suicide is a topic that is difficult to think about and extremely difficult to discuss. Suicide is an issue we need to talk about and it is a preventable mental health problem. Our Native youth commit suicide more than 3 times the rate of other young Americans, according to federal government figures.

An article written by Stephanie Woodard 100 Reports (2012) wrote that suicide is an epidemic for American Indian youth. Suicide for American Indians and Alaska Native is higher than any other ethnic group in the United States, 70% higher than the rate for the general population of the United States. The hardest hit is our native youth with the highest rate of suicide from ages 10-24, according to 2008 data from Indian Health Services.

Other reports indicate that suicide is the 3rd leading cause of death for young people ages 15-24, and 4th leading cause of death for adults ages 18-65. Data reflects that:

- An estimated 12 attempted suicides occur per every suicide death.
- Every day, approximately 101 Americans take their own life.
- In 2009 there were twice as many suicide, as there were homicides.
- Arizona (2009) data reported 1,060 people died by suicide.

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# September is National Suicide Awareness Month Cont.

**Knowing what we know, it's time** to talk about suicide, learn about suicide and put action into prevention of suicide. What are some of the risk factors of suicide? Poverty, high unemployment rates, alcohol/substance abuse, feeling of helplessness and hopelessness, family history of suicide, family violence, prior attempts of suicide, family history of mental disorders, firearms in the home, incarcerations, trauma (physical, sexual or emotional abuse), bullying, peer pressure, impulsivity and poor self-control, losses (of a loved one, physical, financial), and same-sex sexual orientation.

What cause suicidal thoughts? People may think about suicide because they are feeling great pain, they are having trouble finding solutions for their problems; they may feel they don't deserve the time or effort it would take to get help.

What if you are having suicide thoughts, what can you do?

- Take it seriously just as you would if you were physically having health problems
- Don't go through the crisis alone, talk to a professional who can help
- Talk to others who you choose to trust, that can support you through the crisis, people that wouldn't judge you and will help you seek appropriate care
- Talk with someone spiritual, a healer
- **Avoid alcohol or other drugs**

What if a friend talks about suicide, what can you do?

- If the person is in danger, don't leave him or her alone. Call **911** and get help!
- Listen closely and without judgment and remain calm
- Acknowledge the pain and confusion
- Connect your friend to professional help
- Tell a professional about the situation even if it means breaking their confidence. **SAFETY** is a priority!
- Get support and take care of yourself

## **Warning Signs for suicide?**

- Threatening to hurt or kill self
- Looking for ways to kill self
- Seeking access to weapons, pills, or other means
- Talking or writing about death, dying or suicide
- Giving away personal items of value

Additional signs to look for...Rage, anger, seeking revenge, acting reckless without thinking about risky activity, helpless/hopeless no solution and feeling trapped, withdrawing from friends and family, anxiety, agitation, unable to sleep or sleeping all the time, dramatic changes in mood, expresses no reason for living and has no sense of purpose in life.

Protective factors reduce the risk of suicide. Encourage:

- Positive social support
- Is spiritually or culturally connected
- Has a sense of responsibility to family, children in the home, pregnancy
- Positive coping skills, positive problem-solving skills
- Positive relationships

If warning signs are present, start asking questions. Asking doesn't increase their risk.

→ Are you feeling hopeless about the present/future?

IF Yes ... Ask

→ Have you had thoughts about taking your life?

IF Yes ... Ask

→ When did you have these thoughts

→ How do you plan to take your life?

If the answers are YES, \*Respond and Assure the persons immediate safety.

- Limit access to means of suicide (weapons, medication, etc)
- Refer or ask for help from a professional
- Inform and involve someone close to the person
- Call 911 if necessary.

## September is National Suicide Prevention Month Cont...

Suicide is not about numbers, it's about people and the community. Wonderful people with everything ahead of them can contemplate suicide. It's also about the traumatized, loss and grief stricken families and communities left behind. There is hope and things do change. As a Chief of the Co-Salish Tribe once said, "There is an order in life that encircles the man, the woman and the child, everlasting and pure. Silently within the man speaks the love and respect for life. It is echoed in the woman, it is witnessed by the child. This is my heaven, this is my home".

If you are in a crisis and need help right away, call 911 or the

**24 hour, Crisis Line 1-877-387-2652**

Hopi Behavioral Health

928-737-6300

LISTEN

CARE

HOPE

HEAL

## HOPI Substance Abuse Prevention Center Celebrates National Recovery Month

Kykotsmovi, AZ., by Kevin Nash, HSAPC Program Manager

*National Recovery Month (Recovery Month)* (<http://www.recoverymonth.gov>) is a national observance sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), that educates everyone on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. Recognized in the month of September, *National Recovery Month* brings awareness that recovery works throughout the year.

*Recovery Month*, now in its 24th year, highlights individuals who have reclaimed their lives, by living happy and healthy lives in long-term recovery. *Recovery Month* also honors the prevention, treatment, and recovery service offered by providers who make recovery possible. *Most importantly, this month* promotes the message that recovery in all its forms is possible, and encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

In recognition of National Recovery Month, the HOPI Substance Abuse Prevention Center (HSAPC) is organizing The National Recovery Month Awareness Walk and public reading of the Recovery Month Hopi Proclamation, on Friday, September 6, at 9AM. Everyone of all ages is welcome!

The National Recovery Month Awareness Walk participants will meet at the HSAPC office, located next to The Hopi Foundation office, on Friday morning at 8:30 AM. The Walk will begin at 9 AM and proceed to the Hopi Tribe Legislative Building where The Hopi Tribe Executive Offices and Hopi Tribal Council Representatives are invited to welcome the participants of the Walk, offer words of encouragement and recognition, and to publically read the 2013 Hopi Recovery Month Proclamation.

Everyone is encouraged to come and support those in recovery and offer hope to those who are experiencing the effects of drug and alcohol use and abuse. We are all grateful to our community members who live a clean and respectful way of life and for the youth and young adults for making the choice to live a life with purpose, without drugs and alcohol. You are our support for those who are in the cycle of abuse and addictions. We all have the choice to help one another to live clean and sober healthy lives by learning to use the support of our peers and nurturing our relationship with our Creator.

The HSPAC is a project of The Hopi Foundation and celebrates providing recovery and prevention services through mentorship and intervention education, to the Hopi communities since November 2003. A 10 Year Anniversary celebration is slated for November 12 & 13 this year, more information will be coming about the 10 Year Anniversary. This year also marks 25 Years of service to the Hopi communities by The Hopi Foundation. You may call our office at (928)734-0300 if you have any questions or are interested in participating in any of our events.

# Hopi Wellness Center Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 12N: 5k Outdoor 5:45pm - Cross Training - Toning (TS)	4 12N: Zumba (AS) <b>Fitness Center CLOSING @ 4pm - Power Fitness Night</b>	5 12N: 2 mile outdoor run (OT) 5:45pm - Cross Training - Weights (KD)	6 12N: Cardio/Weights (KD)	7
8	9 12N: Mt. Eldon Run 5K (AS) 5:45pm - Core Workout (OT)	10 <b>NO 12N GF</b> 5:45pm - Cross Training - Leg Strength (TS)	11 <b>7 Day Blast Begins: Running Camp</b> Fitness Profiles 12N & 5:45pm	12 <b>7 Day Blast</b> 12N: Treadmill Intervals (KD) 5:45pm - Resistance Bands (TS)	13 <b>7 Day Blast</b> 12N: Ballast Ball (TS) 5:45pm - Strength Circuit	14 <b>7 Day Blast</b> Workout on Own 2 mile, 1 mile Drills Paatuwakatsai Run
15 <b>7 Day Blast</b> 6am - 5K Fence line Outdoor Run (TS)	16 <b>7 Day Blast</b> 12N: Running Drills (AS) 5:45pm - AB Workout (OT)	17 <b>7 Day Blast Ends</b> 12N: Stretching/Flexibility (AS) 5:45pm - Spinning/ Core (KD)	18 12N: Strength Training Circuit (OT) <b>Fitness Center CLOSING @ 2pm - Zumba Fitness Party</b>	19 12N: Step Aerobics (AS) 5:45pm - Cross Training - Weights (KD)	20 12N: Stretching/Relaxation (TS)	21
22	23 12N: Zumba (AS) 5:45pm - Outdoor Hill Workout (TS)	24 12N: 3 mile Cardio (OT) 5:45pm - Cross Training - Weights (KD)	25 12N: Core Workout (OT) 5:45pm - Zumba (AS)	26 12N: Step Aerobics (AS) 5:45pm - Cross Training - Light Upper Body Workout (TS)	27 12N: 2 mile/Speed Work (OT)	28 The Hopi Fitness Center <b>OPEN</b> from 7:00am - 11:00am
29	30 12N: Step Aerobics (AS) 5:45pm - Outdoor 3 mile (OT)	1 12N: Boot Camp (KD) 5:45pm - Cross Training - Total Body Workout (TS)	2 <b>NO Group Fitness Classes</b>	3 <b>NO Group Fitness Classes</b>	4 <b>NO Group Fitness Classes</b>	5 Pre Taawaki Trail Run Event

## September 2013 Group Fitness Calendar

Group Fitness Classes	
Mondays & Wednesdays 12:00 - 1:00pm (1 hr.) & 5:45pm - 6:30pm (45 min)	Tuesdays & Thursdays 12:00 - 1:00pm (1 hr.) & 5:45pm - 6:15pm (30 min)
(Group Fitness Classes are subject to change)	



Hours of Operation for the Hopi Fitness Center	
Monday - Thursday 6:00am - 8:00pm	Fridays 6:00am - 2:00pm
& <b>Kids Korner</b>	
Monday - Thursday 12:00pm - 8:00pm	<b>CLOSED</b> on Fridays

### NOTICES

- Power Fitness Night is Wednesday, September 4, 2013. The Fitness Center will CLOSE @ 4pm.
- The 7 DAY BLAST! begins Wednesday, September 11 - Tuesday, September 17, 2013. Weekend workouts will be held at the Hopi Fitness Center from 6:00am - 7:00am.
- Zumba Fitness Party is Wednesday, September 18, 2013. The Fitness Center will CLOSE @ 2pm.
- P.F. Chang's Hopi Rez Runners team cross training will be Tuesdays & Thursdays for 30 minutes.
- The Hopi Fitness Center will be OPEN on Saturday, September 28, 2013 from 7:00am - 11:00am. Kids Korner will not be open for the Saturday Fitness Center openings.

All activities are held at The Hopi Wellness Center, Highway 264, Mile Post 375.5, Kykotsmovi, AZ

For more information call (928)734-3432

# Announcements

## Hopi Guidance Center OUTREACH EVENT



Friday, September 13, 10:00 a.m. to 1:00 p.m. (MST)

UPPER MOENKOPI COMMUNITY CENTER

**\*\*FREE HOTDOGS & CHIPS\*\*      \*\*EVERYONE WELCOME—YOUNG AND OLD\*\***  
**\*\*INCENTIVES\*\*                      \*\*INCENTIVES\*\*                      \*\*INCENTIVES\*\***

### COME LEARN MORE ABOUT PROGRAM SERVICES OF:

- SOCIAL SERVICES PROGRAM
- CHILD PROTECTIVE SERVICES
- FOSTER CARE
- ICWA—FAMILY SUPPORT SERVICES
- MENTAL HEALTH PROGRAM
- SUBSTANCE ABUSE PROGRAM
- CHILD SEXUAL ABUSE PROGRAM
- PREVENTION EDUCATION
- TANF PROGRAM
- VETERANS SERVICES
- TRANSPORTATION



*Promoting "kyaptsi" (respect); "naminangwa" (helping each other); and "suminangwa" (working together) for the uniqueness of all people.*

For more information contact the Hopi Guidance Center @ (928) 737-2685 or (928) 737-1836. Future HGC Outreach Events will be held at each Hopi Village in the coming months, look out for advertisements and radio announcements .



**Sunday, September 8, 2013**  
**Hopi Cultural Center—Second Mesa, AZ**

**Registration/ Sign-In: 6-7 am (MST)**  
**"Climb" begins at 7 am (MST)**

### **ENTRY INFORMATION**

**Pre-Registration** (Deadline: 9/6/13 by 5pm): \$ 12.00  
**Day of Event:** \$ 15.00  
(T-Shirts will be given to all registered participants)

*Greet the day with a breath of fresh air and exercise.*  
*It's good for you!*

- Start/End Point: Hwy 264 Sunlight Mission Rd./ Hopi Cultural Ctr.
- Distance: Approximately 6 miles of steady incline
- Terrain: Dirt Road to Mishongnovi, Paved Road to the Cultural Center
- Parking: Hopi Cultural Ctr. (Entrants will be shuttled to start point)

Water and refreshment stations will be located throughout.  
Informational booths will be available.  
Arts and craft vendors are welcome. Please **NO FOOD VENDORS**.

All proceeds will benefit the **Hopi Cancer Assistance Fund**, which provides monetary assistance to individuals receiving cancer treatment.

For More Information Contact: **HOPI** Cancer Support Services at  
928-734-1150 or 734-1151 or 734-1152



The Hopi Tribe  
P.O. Box 123  
Kykotsmovi, AZ 86039  
928-734-3102

**Labor Day**  
**September 2, 2013**



**We're on the Web:**  
**www.hopi-nsn.gov**

Thank you to all the departments who submitted their updates and stories. The next deadline for submission is on September 27, 2013. You may email submissions to [LDyer@hopi.nsn.us](mailto:LDyer@hopi.nsn.us).

*"Man cannot discover new oceans unless he has the courage to lose sight of the shore." - Andre Gide*