

COMMUNITY NEWS

Remarkable weight loss brings many benefits to YAN member

BY DON DECKER,
YAN News

Two-hundred and forty-four (244) pounds is equal to about 24 bowling balls weighing 10 pounds each. Imagine carrying 24 bowling balls on a small skeletal frame for a few years.

That is what Jessica Hernandez carried around until April of 2015 when she walked into the office of the Nation's Weightloss Clinic where she was greeted by Valeria Williams, the program manager for the clinic. Ms. Hernandez now weighs 155 pounds!

This sanctioned weight loss program aka Ideal Weight Loss Method by the Nation has been met with many successes since its adoption. The Ideal Weight Loss Method, as it is officially titled, was invented by a Parisian medical doctor, Tan Tien Chanh. Today, this weight loss program has "emerged as the healthiest method of weight loss" according to a pre-

vailing message on the internet.

Ms. Hernandez can vouch for the program because this has given her the opportunity to jettison about 9 bowling balls off of her frame and she is still continuing with her weight loss program. She is vibrant, appears to be happy and healthy and she also practices what she preaches.

You see, Ms. Hernandez is now a weight loss coach along with her supervisor Ms. Williams who helped her to lose the 89 lbs. to date. With solid convictions about the program, Ms. Hernandez coaches others in the weight loss program to stay away from "root vegetables, corn, fruit, nuts, soda, alcohol, cream pies, cotton candy, sweet peas, milk shakes, French fries, deep fried burritos," almost everything else that could add a few more bowling balls to the body's frame and possibly a quick trip to the grave from a heart

attack. "I decided to lose weight because of health issues, finding out about the history of my family's health and try to prevent that from happening," she added. Ms. Hernandez would be considered petite up against someone 244 lbs. and she takes much credence in living healthy and seeing the benefits of feeling good about herself. "I enjoy shopping. I don't have to buy more stuff and pay extra money for the material," she says with a laugh about the large sizes of clothing she use to buy and wear. Now that she is coaching others to lose weight, Ms. Hernandez says that the Nation's weight loss participants are glad to see her as a coach. "They are more excited to come and being in the program, hearing about it and they want to give it another whirlwind or a new start," said Ms. Hernandez about the clients she

works with.

Jessica is the daughter of the late Debra Johnson and Deci' Hernandez of Middle Verde. She graduated from Mingus High School in 2006 and has remained in Verde Valley where she was employed for a total of 7 years inside of the casino as a hostess-cashier in the Gallery Restaurant then as a supervisor in the bowling alley for 4 years and finally, as administrative assistant at the casino's cage for two and half years.

Ask about her recommendation for self-improvement, Ms. Hernandez said, "Just get up and move, change your eating habits, be selective, more vegetables and integrate that into a regular routine". And join the Ideal Weight Loss Program. People are crazy about breads but not Ms. Hernandez. "Stay away from all the breads, tortillas, all the sugars, all of the above," she said.

Soon, Ms. Hernandez will be placed into a 'maintenance' program whereby she will be "able to eat just about anything (except French fries), more protein and a little more fruit" and still maintain her desired weight. It's about longevity and a long life. Jessica Hernandez has found that key.

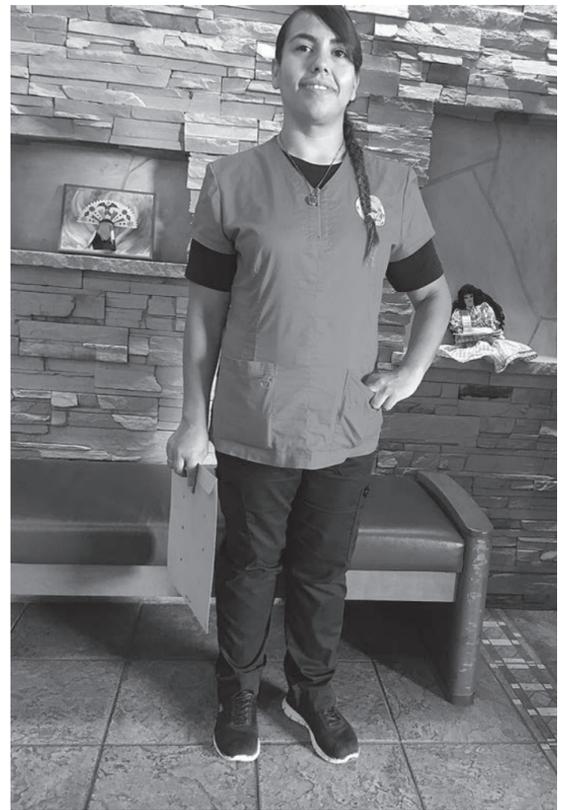


Photo by YAN News

Physical stamina, endurance, personal dedication and positive thinking = primary ingredients for running marathons

BY DON DECKER,
YAN News

While many people are sitting in their living rooms all weekend with remote controls in their hands watching TV, Laurie Stevens, YAN member, runs marathons. Now, in her 7th year running full and half marathons, Stevens just returned from the Estes Park Marathon run where she ran a 13.1 mile half marathon. Last year, she and council woman Rachel Hood ran the Grand Teton marathon in Wyoming.

Stevens has the confidence to run more marathons and her collection of running medals is proof of her interest and desire to run. Someone has to complete a marathon with the shortest amount of time but Stevens is happy to just complete the marathon regardless of the time. For some marathon runners, competitiveness is not in the realm of participating although most marathon runners consider themselves competitors according to



Recent running medals won by Laurie Stevens

Runner's Magazine.

Estes Park is on the east end of the Rocky National Park about 65 miles northwest of Denver and the elevation is the same as Flagstaff-7,500 feet. The scenery is spectacular and the primary destination of the area is Grand Lake west of the park providing post card views of the Rockies. Elk graze freely on the edge of roads as tourists stop to take photos.

August 12, Saturday marked the day for Stevens as she began the run at Lake Estes with 76 other women in her age category. The course returned



Laurie Stevens holds winning medal from the Estes Park, Colorado half marathon run held in August.

to the point of origin and Stevens' photographs shows people running along a lake's edge.

"The weather was perfect, nice and

cool with the highs in the 70s. I had never been there and it was beautiful there," said Stevens about her visit to the Rockies. The 1/2 marathon which converts to 13.1 miles garnered a time of 2:48 hours for Stevens which averaged out to 12-minute mile segments. Last year, Stevens' time for the half marathon in the Grand Tetons was 2:23.

Obviously, one has to be physically fit and Stevens said she trains almost daily by running in the area 4-5 miles at a time and going inside of the Middle Verde fitness center working out 3-4 times a week. "You can't do this every day (train) because you need time off as well," she added about her training.

Stevens is eyeing the upcoming Los Angeles Marathon and this is the ultimate marathon with 25,000 runners scheduled in March of 2108.

If you see Stevens jogging down one of the county roads on Yavapai-Apache Nation- give a toot for encouragement!

Nation member is appointed the new Court Administrator for the Nation's court system

BY DON DECKER,
YAN News

Judge Joel England named Tonita Fernando as the new court administrator.

Ms. Fernando had been a court clerk for the past 3 years at the Nation and on July 24, she was promoted to the new position. She is a graduate of Prescott High School and went on to raise children thereafter and performed housekeeping duties as an occupation.

Ms. Fernando is the daughter of Linda Hartnett of Tunlii and her grandmother was the late Yavapai matriarch Florence Engle



New court administrator Tonita Fernando of Tunii in her new office.

of Ft. McDowell. Ms. Fernando has 3 daughters and she said she enjoys family time and watching the latest movies on Netflix.

YAN Human Resource Department adds new personnel

BY DON DECKER,
YAN News

Brian Kelley of Rimrock is the newest member of the HR team for the Yavapai-Apache Nation.

Mr. Kelley has been with that department for the past 3 weeks. "It's a lot different, it's more fast-paced than I thought. It keeps me busy," he said with a smile.

On his personal side, Mr. Kelley is connected very closely with the Yavapai-Apache Nation since he is married to YAN member Lyndell Charley of the Nation's Rimrock community. Between him and his wife, they share 6 children including a new 5 month old child.

Another member of the family, Mia Charley,



Brian Kelley

step-daughter to Mr. Kelley, was named Valedictorian at Beaver Creek School last spring during spring graduation. Elder Everett Randall of Rimrock is grandfather to the Kelley family.

Mr. Kelley brings with him a varied back-

ground of professional experiences and spending over 13 years working at the Cliff Castle Casino as a prep cook at the exclusive Storyteller Fine Dining and as Sous Chef for the Gallery and as fill-in chef for the Storyteller Fine Dining. After this, Mr. Kelley went on to the Cage/vault department.

Mr. Kelley was born in Belleville, New Jersey then moved to Olympic, Washington where he finished high school. His mother now resides in Verde Valley and that brought Mr. Kelley back from Australia and New Zealand in 2003! Yes, 'down under'!

In Australia, he was backpacking across the country and found