

COMMUNITY EVENTS

Apache man drops 58 pounds in 45 days!

BY DON DECKER,
YAN News

It's all about wanting to feel good about oneself while losing weight and establishing the ideal weight. It's also about living healthy life styles while improving on the human psyche by raising the self-esteem quotient and most all, having a healthy heart.

Arlin Carlton, who is employed with the Nation's ASA Program (Alcohol-Substance-Program), has gone through a physical transformation shedding 58 pounds in just 45 days.

He is a loyal participant in the Nation's employee weight-loss program called the IDEAL Protein Weight Loss Protocol which is sanctioned by the Nation's HR department. This program has been operating for over 3 years and has been met with great success for many tribal members and the Nation pays for employed personnel who participate in the weight loss program.



Arlin Carlton at 256 lbs,

The program utilizes weight loss coaches for the Nation (Valerie Williams-LE Certified Health Coach and Nation's member Jessica Hernandez, certified health coach) to monitor their clients on a weekly basis. "The diet consists of pre-packaged meals formulated so they are low in carbohydrates and fat" states company literature posted on-line. In the most ideal situation, females can lose up to 3- 5 lbs. per week while males can lose 5-7 lbs. per week according to the same documents.



With just over 45 days into the program, Mr. Carlton says he is continuing to meet his daily goals with losing weight. Now weighing 185 pounds from the 256 pounds just a few weeks ago, Mr. Carlton appears energetic and self-assured.

Mr. Carlton is not so sure about his 'ideal weight' which is recommended to go lower than the current 185 pounds to 150 pounds.

He is willing to stick with it, he says.

Day Care Center gets special visitor to read a book

BY DON DECKER,
YAN News

YAN police officer Milfred Tewawina stopped by the Day Care about 3 p.m. on March 2 and gladly volunteered to sit down and visit with the children to read a book by P.D. Eastman entitled "Are you my mother?" It's a story about a dislocated baby bird in a nest and the book is part of the Dr. Seuss reading series.

Officer Tewawina is a natural for this as he and his wife Ophelia, who is the Day Care manager, have children of their own with 2 of them attending the university in Kansas.

Officer Tewawina started off with asking the names of the students one by one and then asked them, "Are you ready?"

Officer Tewawina is a natural for reading books as he dramatically read each line about a hatching baby bird that begins looking for its mother. And to see if the students were paying attention, he sprang a pop quiz by asking a question about the plot.

Interestingly, some of the students listening to his reading knew the story line as one student blurted out the resolution in the story. But police people are good sports (and good parents) so Officer Tewawina continued this suspenseful story that even got the journalist interested.

The Day Care Center



Officer Milfred Tewawina reading a classic Dr. Seuss book,

is also a part of the Dolly Parton Imagination Program that provides reading books to children up until they reach the age of 5.

After finishing the book, Officer Tewawina showed some of the devices on his flak jacket that is used in his line of work.

The students and staff also got their proper attire on with paper feather bonnets as they really got into the spirit of the story.

New Yavapai-Apache Nation royalty selected

BY DON DECKER,
YAN

The pageant committee selected YAN tribal members to represent the Nation for the coming year. In a pageant held in Middle Verde on February 17.

The judges selected Taylor Lewis-Moore as the new Miss Teen Yavapai-Apache Nation. Her parents are Tanya Lewis and Trapper Moore of Camp Verde.

For Little Missy, Noelani Victor became the new representative. Noelani is the daughter of Bethany Lowry and stepfather Jeremy Staurt of Middle Verde.

Takada Martinez, daughter of Angel and Donavon Martinez, was selected for Tiny Tot Girl.

Finally, Tiny Tot Boy, Domonic Thompson accepted his new role. Parents Randi and David Thompson were thrilled.

Some of the royalty got off to a running start by attending various events the first part of March. Little Missy Noelani Victor was guest at the All-Indian Pow-wow in San Carlos at the



YAN royalty Miss YAN Tiny Tot Takada Martinez with father, Donovan Martinez join the runner's greeters at the cultural center.



Sgt. Timothy DeClay stands by as the new Miss Teen Yavapai-Apache Nation Taylor Lewis-Moore enjoys the moment visiting with the community.

Apache Gold Casino the weekend of March 3.

Tiny Tot Girl YAN Takada Martinez attended the Pai Festival in Ft. McDowell the same

weekend. Miss Teen Yavapai-Apache Nation Taylor Lewis-Moore attended the Pai Festival in Ft. McDowell as well.

Press Release from the Executive Office of the Yavapai-Apache Nation

Yavapai-Apache Chairwoman Speaks to Native Youth.

CAMP VERDE, AZ- Yavapai-Apache Nation Chairwoman Jane Russell-Winiecki participated in the 2018 UNITY Mid-Year Conference in Tempe, Arizona on January 3. Chairwoman Winiecki was joined by State Representative Eric Descheenie, State Representative Isela Blanc, and former Presidential appointee Henry Lozano to participate in the Community Leaders Panel to talk youth advocacy.

During her presentation to tribal youth, Chairwoman Winiecki shared a traditional story and provided tribal youth with insight of her experiences advocating on behalf of her community. Chairwomen Winiecki said, "UNITY is such an amazing organization and the work they do with our tribal youth changes lives. I was so honored to participate in this year's Mid-Year Conference. The UNITY experience is full of energy and community pride. I am proud of our young leaders."

The 2018 UNITY Mid-Year Conference was held in Tempe, AZ and hosted nearly 300 youth from around the country. UNITY, which stands for United National Indian Tribal Youth, Inc. is a national Native American youth organization, promoting personal development, citizenship, and leadership among Native American youth and whose mission is to foster the spiritual, mental, physical and



Chair Jane Russell-Winiecki speaking to teens at the UNITY Conference.

social development of American Indian and Alaska Native youth and to help build a strong, unified, and self-reliant Native America through greater youth involvement.

"Our youth are advocates in their own right, whether that is visiting their Chairperson, presenting to their respected Tribal Councils or lobbying their congressional representatives. This year, we wanted to engage the youth and share with them the first-hand experience of advocacy through action planning and provide them with tools that they could take back home and implement. We were honored to have Chairwoman Winiecki join us for our Community Leaders Panel and appreciate

her advice and mentorship to Native youth", said Mary Kim Titla, Executive Director of UNITY.

Chairwoman Winiecki was elected Chairwoman of the Yavapai-Apache Nation in 2016; Chairwoman Winiecki is a 2017 recipient of Arizona Business Magazine's prestigious Arizona's Most Influential Women in Business award and currently serves as President of the Inter-Tribal Council of Arizona, Treasurer of Arizonans Tribal Government Gaming Association and an active member of the Apache Alliance.



Yavapai-Apache royalty were selected by a panel of judges.(L) Noelani Victor, Domonic Thompson, Takada Martinez and Taylor Lewis-Moore.

Noelani Victor (front L with pink dress) stands with other royalty at the Apache Gold Pow-Wow March 3.

