



# Lake Powell Chronicle



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Vol. 59 No. 45

Wednesday, November 9, 2022

\$1.00

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Sara Kidman has been acting in Page's high school musicals since she was in fourth grade.



## Page 4 The fading miracle of migration

Thanks to advances in technology and data collection, this is a golden age for research on migration.



# Old Spanish Trail: Not just a line on a map

By Douglas Long  
Lake Powell Chronicle

In 2002, the Old Spanish Trail received federal designation as an addition to the National Historic Trail system. The 20th anniversary of this designation was celebrated during the Old Spanish Trail Association National Conference, which was held at the Courtyard by Marriott in Page from Oct. 20-23.

The Old Spanish Trail Association (OSTA) website (oldspanishtrail.org)

describes the Old Spanish Trail as "the most arduous and difficult trail in the United States."

"With Native American historical roots, the trail was used by the adventurous and opportunists bringing textiles from Santa Fe to trade for mules and horses in Los Angeles beginning in the early 1800s," the website says. "Spanning more than 2,700 miles, parts of the trail were used by fur trappers and later by railroad and military surveyors."

The designated routes pass through

New Mexico, Colorado, Utah, Arizona, Nevada and California, traversing mountains, deserts, rivers and coastal valleys. One arm of the trail – the Armijo Route – passes just east and north of Page, and closely follows portions of Highway 89 across southern Utah between Big Water and Kanab.

In his welcoming remarks at last month's conference, OSTA Past President Paul Ostapuk said

TRAIL continued on PAGE 6

"THE whole purpose of the National Historic Trails Act is to get people out on the ground recreating, appreciating their history, taking that in, making a physical and emotional connection."

JILL JENSEN

Lead planner, NPS National Trails Office, Santa Fe, New Mexico

# Balloons take to the sky over Page

Douglas Long/Lake Powell Chronicle



Phil Clark/Lake Powell Chronicle



Douglas Long/Lake Powell Chronicle

Hot air balloons ruled the sky during last weekend's Page, AZ Balloon Regatta, the city's biggest annual event. Nearly 70 balloons participated in this year's regatta, and although poor weather conditions prevented flights on the first two days, Saturday and Sunday morning saw the sky filled with the colorful spectacle of mass balloon ascensions. The Balloon Regatta Street Fair on Elm Street in downtown Page was also a big attraction on Friday and Saturday, featuring merchandise vendors, food, live music and more. For more Balloon Regatta photos, see page 12.



Douglas Long/Lake Powell Chronicle

# Healing through culture: Increasing access to Native American practices to treat mental health

By Laura Bargfeld  
Cronkite News

HOUCK – In a remote hogan near the southern edge of the Navajo Nation, Wayne Wilson lights a fire, lays out eagle feathers and remembers his grandfather's teachings.

"He would talk to me and tell me, 'Grandson, we're going to do things here together. We're going to pray together. We're going to sing together. And I need you to pay attention as much as you can, because I don't know how things are going to

change.'"

Wilson, like his grandfather before him, is a traditional Navajo healer. He uses herbs, song and ceremony to restore the mental and physical well-being of himself and others, incorporating other practices, such as acupuncture, when needed.

"It all depends on the individual," he says.

Before embarking on this path, Wilson endured a life filled with trauma. He came from a home rife with alcohol and domestic violence, faced

HEALING continued on PAGE 7



Courtesy of Laura Bargfeld/Cronkite News

Wayne Wilson stands in a hogan at the Native American Baha'i Institute in Houck, Arizona, on Sept. 1. He is holding eagle feathers that he uses in traditional healing ceremonies.



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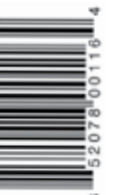


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## Visitor Information

### Glen Canyon National Recreation Area

Fluctuating Lake Powell water levels affect water-based recreation and visitor services. Water level information: <https://www.nps.gov/glca/learn/changing-lake-levels.htm> Information on this webpage is updated regularly and visitors to Lake Powell should check it often for the most current information about launch ramps and actions to address lowering lake levels. Information: [www.nps.gov/glca](http://www.nps.gov/glca) and 928-608-6200.

### Off-Highway Vehicles and Backcountry 4x4 Routes

Off-highway vehicles including UTVs, ATVs, and 4x4s are popular for touring the backcountry in the area. Check all regulations and plan ahead before setting out. Drive safely and stay on designated roads only. For more information on routes and regulations: <https://www.nps.gov/glca/planyourvisit/off-road-vehicles.htm>

### Fishing Information

Lake Powell and the Colorado River are popular fishing destinations. Fishing licenses are required for most anglers. Licensing information: <https://www.nps.gov/glca/planyourvisit/fishing.htm>

### Incentivized Brown Trout Harvest

The incentivized harvest began on November 11, 2020 and is expected to last for the next 3 to 4 years. Anglers will be offered a reward of at least \$25 per brown trout over 6 inches in length removed from the Colorado River between Glen Canyon Dam and the mouth of the Paria River. Incentivized harvest information: <https://www.nps.gov/glca/learn/news/20210222.htm>

### OPEN Motorized Boat Launch Ramps

**Stateline Auxiliary Ramp** - Open to all boat launching

### **Colorado River Ramps:**

- Lees Ferry - Open
- Hite North Wash Ramp - Open, limited use

### **OPEN to Non-Motorized Watercraft**

- Bullfrog Main Ramp
- Wahweap Main Ramp
- Halls Crossing Main Ramp
- Antelope Point Public Ramp

### **CLOSED to motorized watercraft**

- Bullfrog Main Launch Ramp
- Hite Boat Ramp
- Utah DOT Charles Hall Ferry at Bullfrog and Halls Crossing Ferry Ramps

### **Dangling Rope Marina is CLOSED**

Boaters are advised that the distance between the Wahweap area and the Bullfrog-Halls Crossing area approximately 100 miles. For boaters averaging 20 to 25 mph, the trip takes at least four to five hours without stopping. All of Dangling Rope Marina's services, including fuel, restrooms, and boat shop are closed until further notice. There are currently no refueling options between Antelope Point Marina and Bullfrog Marina, plan your trip accordingly.

### Rainbow Bridge National Monument

There is no dock access to the shoreline at Rainbow Bridge due to low water. Boats and small vessels beach at their own risk. While no longer connected to the shoreline, the docks will still be accessible with restroom facilities. More information: <https://www.nps.gov/rabr/index.htm>

### Grand Staircase-Escalante National Monument Headquarters

Located at 669 S. Highway 89A in Kanab, Utah. The headquarters phone number is 435-644-1200. The Kanab Visitor Center phone number is 435-644-1300, permitting for The Wave/Coyote Buttes is NOT conducted at the headquarters building.

### Vermilion Cliffs National Monument Headquarters

Located at 345 E. Riverside Drive, St. George, UT 84790. The headquarters phone number is 435-688-3200, permitting for The Wave/Coyote Buttes is NOT conducted at the headquarters building. Visitor services are available at Big Water Visitor Center, Kanab Visitor Center, and Paria Contact Station (hours listed below for each). More information: <https://www.blm.gov/programs/national-conservation-lands/utah/grand-staircase-escalante-national-monument> and <https://www.blm.gov/national-conservation-lands/arizona/vermilion-cliffs>

### Coyote Buttes/The Wave

Permit information for Coyote Buttes/The Wave Lottery is available at <https://www.blm.gov/programs/recreation/permits-and-passes/lotteries-and-permit-systems/arizona/coyote-buttles-north> for in-person lottery entry information and <https://www.recreation.gov/permits/274309> for online permit lottery entry.

### Navajo Nation Tribal Parks

Antelope Canyon, Marble Canyon reservation lands, Monument Valley Navajo Tribal Park, and other tribal parks are open and subject to use fees to the Navajo Nation. The America the Beautiful - National Parks and Federal Recreational Lands Passes are not valid. Information: [navajonationparks.org](http://navajonationparks.org) and 928-871-6647

### Horseshoe Bend Overlook Trail

Horseshoe Bend Overlook is located in both the City of Page and Glen Canyon NRA. The trailhead is approximately five miles south of Page on Highway 89. Visitors are required to pay fees to the City of Page to park and walk a 1.5 round trip stroller-friendly and ADA-accessible trail into Glen Canyon NRA to the overlook. America the Beautiful - National Parks and Federal Recreational Lands Passes are not valid. Information: <https://cityofpage.org/official-horseshoe-bend-information> and 928-645-8861 Overlook information: <https://www.nps.gov/glca/planyourvisit/horseshoe-bend.htm>

### Big Water Visitor Center

Approximately 17 miles north of Page at 20 Revolution Way, Big Water, UT 84741, phone: 435-675-3200 Big Water Visitor Center is open 9 a.m. to 4 p.m. MDT. Thursday through Monday. Closed Tuesday and Wednesday. Operated by the Bureau of Land Management and Glen Canyon Conservancy.

### Kanab Visitor Center

Approximately 60 miles north of Page at 745 E. Highway 89, Kanab, UT 84741, Phone: 435-644-1300. Open from 9:00 a.m. to 5:00 p.m. MDT Tuesday through Saturday. Closed Sunday and Monday. Operated by the Bureau of Land Management and Glen Canyon Conservancy.

### Paria Contact Station

Approximately 30 miles north of Page at 2040 Long Valley Rd, Kanab, UT 84741. Open from 8:00 a.m. to 4:30 p.m. MDT daily through November 15th, 2022. Operated by the Bureau of Land Management and Glen Canyon Conservancy.

### Glen Canyon Conservancy Flagship Visitor Center

GCC's Flagship Store is located at 12 N Lake Powell Blvd in Page, Arizona and is open daily from 9 am to 5 pm MST. This location is an official Arizona Office of Tourism Visitor Center featuring The Big Map – a hand-carved, painted relief map of the Colorado River watershed in the Lake Powell area. The Flagship Store is open weekdays from 9:00 - 5:00 pm MST. More information: [CanyonConservancy.org](http://CanyonConservancy.org) and 928-640-3900

### John Wesley Powell Memorial Museum is closed for renovations.

Please visit GCC's Flagship Visitor Center next door.

### Carl Hayden Visitor Center

Carl Hayden Visitor Center is located approximately 3 miles from Page on Highway 89 and is open to the public from Thursday through Monday from 9 p.m. MST and 4 p.m. MST, with COVID-19 safety and social distancing protocols in place. See exhibits, audio-visual programs, ranger presentations, as well as a gift shop and bookstore. Public tours of the dam are not available at this time. Please contact the US Bureau of Reclamation regarding the public tour program at [UCBPAO@USBR.GOV](mailto:UCBPAO@USBR.GOV)

### Navajo Bridge Interpretive Center

Approximately 40 miles from Page, Arizona on Hwy 89A in Marble Canyon, Arizona. Restrooms and views of the Colorado River in Marble Canyon from historic Navajo Bridge. Frequent California Condor sightings. Open daily. For more information: [CanyonConservancy.org](http://CanyonConservancy.org) and 928-640-3900

### HUB Visitor Center for Page/Lake Powell

The HUB is located at 48 S. Lake Powell Blvd and helps visitors plan visits and book tours in the Page-Lake Powell area. HUB Visitor information: [pagelakepowellhub.com](http://pagelakepowellhub.com) and 928-608-5749

### Plan Ahead for Travel Conditions

Visitors are strongly recommended to verify current local road conditions and regulations with appropriate land management agencies before venturing on unpaved roads. Cell phone service, potable water, and tow services are limited in backcountry areas.

Arizona highway information: <https://az511.gov/>

Utah highway information: <https://www.udottraffic.utah.gov/>

Local Bureau of Land Management Safety and Conditions: <https://www.blm.gov/programs/national-conservation-lands/utah/grand-staircase-escalante-national-monument/safety-conditions>

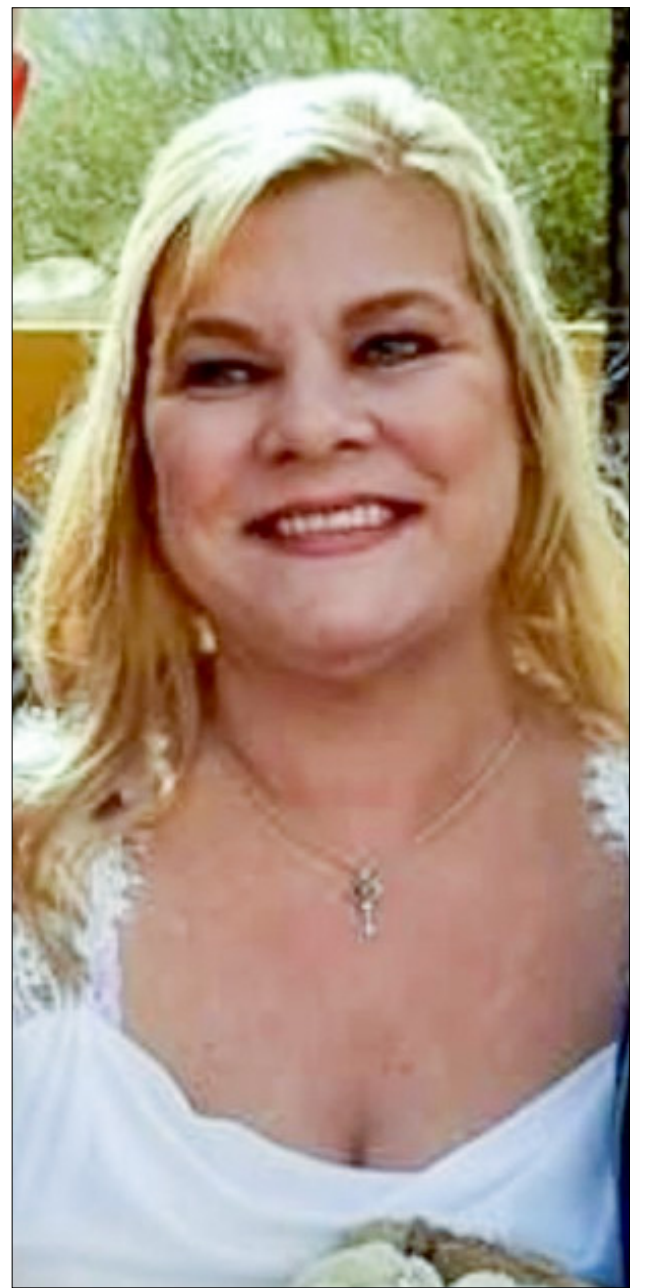
Local National Park Service Road Conditions: <https://www.nps.gov/glca/learn/news/road-conditions.htm>

### Leave No Trace

Visitors are urged to follow Leave No Trace Principles at: <https://lnt.org/why/7-principles>

## OBITUARIES

### Dawn Rochelle Sampson Sept. 13, 1972 – Oct. 11, 2022



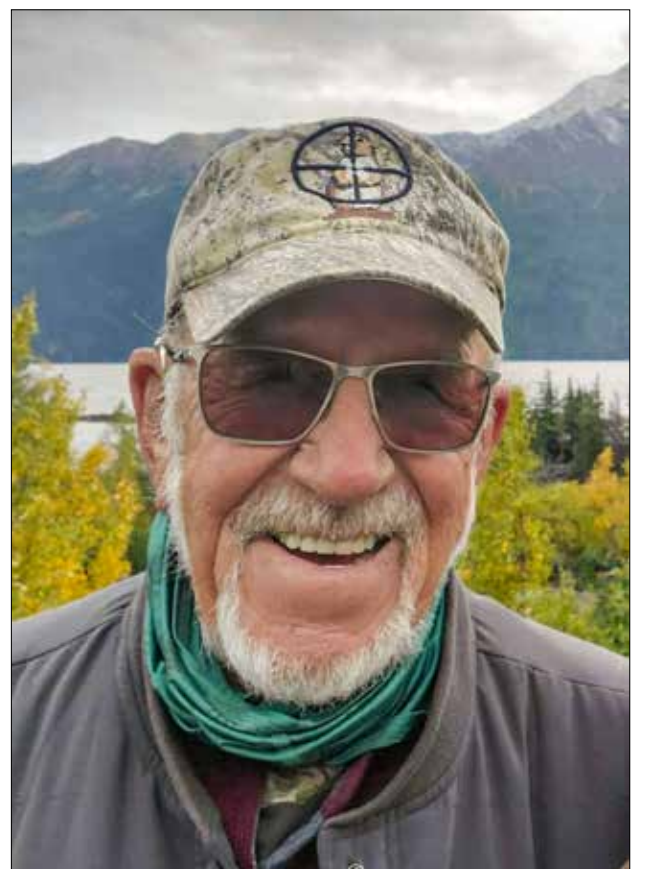
Dawn Rochelle (Cook) Sampson, age 50, passed away peacefully at home in Phoenix, Arizona, on October 11, 2022, with family by her side. Dawn was born September 13, 1972, in Denver, Colorado, to Vera Cook.

Dawn grew up in Page, Arizona, and called Page home. She was a 1990 Page High School graduate and went on to work as a Las Vegas bartender for over 20 years. Dawn married her husband in 2020. She loved spending time with family and friends. She also loved camping, especially at Lone Rock Beach. She and her husband would camp often in Payson with their pups. Dawn loved life to the fullest. She is loved by so many and will be greatly missed.

Dawn is survived by her husband Nicholas Sampson, stepson Skyler Sampson, mother Vera Cook, brother Joe Cook, sisters Tammy (Matt) Hensley, Julie Schneider and Tiffany (Abe) Anderson, her two nieces Kenzie Cook and Rylee Anderson, and her five nephews Christopher Cook, Jacob Trent, Dylan Cook, Joseph Hensley and Drake Anderson. Along with her three pups Sugar, Sophia and Scooby-doo

A Celebration of Life for Dawn will be held in Page, Arizona, in spring 2023.

### Thomas Edward Stout June 6, 1947- Oct. 18, 2022



Our sunshine isn't as bright today, nor will it be ever for us. A funny joke, a quick wit, sometimes just plain ornery but always willing to dive in to help someone! That was our guy! Tom loved teasing folks. Little kids had his heart strings. Mountains called his name. Hunting was his passion when the leaves turned golden ... like his heart.

Tom is survived by his wife and best friend of 51 years, Shari; son Scott James Stout (Marlea) of Fallon, Nevada; stepdaughter Beth Ann Smith of Grand Junction, Colorado; granddaughters Tawna Jaeger of Grand Junction, Jessica Lundsford of Littleton, Colorado, and Madison Ellingwood (C.J.) of Elko, Nevada; grandson Nicholas Stout of Oregon; brother Robert Stout of Buena Vista, Colorado; six great-grandchildren; and many beloved nieces and nephews.

No formal services will be held. As Tom once said, "There is nothing better than sitting down with friends, a good cup of coffee, a funny joke and sharing happy memories."



## Meet PHS student Sara Kidman

By Steven Law  
Special to the Chronicle

For Sara Kidman, the stage of the Cultural Arts Building is as familiar as the living room, kitchen or bedroom of her own home. Kidman has been acting in Page's high school musicals since she was in fourth grade. Kidman, the daughter of Steven and Sandra Kidman, is now a junior at Page High School. In last week's production of "Joseph and the Amazing Technicolor Dreamcoat," Kidman played Narrator One, a role she was very much looking forward to playing.

"I'm very excited for this role because I will be on stage singing and dancing the entire time," Kidman said before last week's series of performances.

In recent years, Kidman has played the role of Gretel in "The Sound of Music" (2016) and Mrs. Potts in "Beauty and the Beast" (2022).

"Personally, I don't

enjoy acting very much, but I do love to dance, sing and learn choreography," Kidman said. "I don't do a big personality shift when I play a character. For instance, when I played Mrs. Potts, I didn't shift into playing a kind, old lady. I was basically Sara, not Mrs. Potts."

Whether its dancers performing their moves with sharper, crisper motions, or actors delivering their lines with greater confidence, Kidman enjoys witnessing her fellow actors, the play and all its elements improve day by day, week by week.

"I like seeing how much easier it gets once we've done it so many times," she said. "Once you've reached a point where an element is good, you can focus on other things, such as making it more energized."

There comes a point in the rehearsals where the singing, the dancing, and the line delivery start to gel, and the cast – who

are comfortable with the performance – can let their own personalities shine through, and the production itself begins to manifest its own personality, its own nuance and flavor.

"There are some scenes that we have more fun with," Kidman said. "The energy is higher, and the scene turns out better. I like watching that development."

After eight years acting, dancing and singing in front of a large audience, Kidman rarely gets butterflies or feels nervous during a performance.

"It still happens a little," she said. "When I'm singing a new number in front of people for the very first time, like when I sing in front of cast members for the first time, it's kind of scary. But once we perform for real in front of an audience, by then I've done it so many times it no longer makes me nervous."

For Kidman, acting in the fall musical is a family affair. The musical's



Courtesy of Steven Law

Sara Kidman.

directors – Lynda Nolan and Dawnell Robertson – are her aunts. She also shared the stage with five cousins and two brothers. Sharing time on stage with family members makes the rehearsal experience a lot more enjoyable for

Kidman.

"It is fun with family and cousins," Kidman said, "because you're working with people you already know super-well. It makes it easy."

Kidman plans to attend college after she graduates

from Page High School, but she hasn't yet decided what college she wants to attend or what she wants to major in.

Kidman also takes orchestra part time and plays on the girls tennis team in the spring.

## Winter season begins Nov. 15 at Glen Canyon National Recreation Area

PAGE, Ariz. – Beginning Tuesday, Nov. 15, winter season operational changes will be implemented at several facilities in Glen Canyon National Recreation Area.

The following facilities in the South Lake Powell Wahweap District will be closed on Nov. 15: the fish cleaning station; and restrooms at the Picnic Area, Swim Beach and the Main Ramp. The Wahweap Stateline restroom will remain open for the winter season. At the Lone Rock

Primitive Campground, the public restroom will be closed, and the RV dump water will be turned off.

In North Lake Powell, the following facilities will be closed on Nov. 15: the Bullfrog fish cleaning station and picnic area restroom, and the Halls Crossing boat ramp comfort station.

Boat pumpouts in Wahweap and Bullfrog will have the same operational hours. Beginning Nov. 15, water will not be available and the pumpouts will be closed overnight. Park personnel will

reopen the boat pumpouts in the morning, however boaters will need to provide their own water. The pumpouts will be closed daily at approximately 3 p.m.

The following facilities at Lees Ferry will close on Nov. 15: the fish cleaning station and lower campground restrooms. The lower restroom is already closed and will remain closed due to repairs. At Lees Ferry, the following facilities will remain open: the upper campground restroom and main ramp comfort

station. On Nov. 15, the water will be turned off at the Lees Ferry RV dump, however, the RV dump is open year-round.

In addition, some National Park Service and concessioner-operated facilities will reduce hours of operation during the winter months. For example, Strata Medical Clinic at Bullfrog is closed for the season. For full details about seasonal hours of operations and facilities and services that remain open or are closed for the season, please visit:

[www.nps.gov/glca/planyourvisit/seasonalhours.htm](http://www.nps.gov/glca/planyourvisit/seasonalhours.htm).

Visitors are encouraged to know and follow guidelines for recreating responsibly by following the helpful guidelines available here: <https://www.nps.gov/planyourvisit/recreate-responsibly.htm>. More safety information is available here: <https://www.nps.gov/glca/planyourvisit/safety.htm>

The park wishes everyone an enjoyable and safe winter season!  
– GCNRA



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# OUTDOOR

## The fading miracle of migration

**Writers on the range**



### Pepper Trail

For the past few weeks, dozens of turkey vultures have been circling on thermals over my house in Oregon, preparing to soar away south into California. Not long ago, I saw a late monarch butterfly passing high overhead, its orange wings incandescent against the blue sky.

These are examples of the great migratory movements that enliven the West every spring and fall.

The long-distance migrations of seemingly fragile monarch butterflies are among nature's most incredible phenomena, with eastern populations wintering in vast numbers in a tiny refuge in Mexico, and western populations at a few sheltered spots along the California coast.

Migration is central to the lives of many wild animals of great public interest and huge economic importance, from salmon to waterfowl to large mammals like pronghorn and elk. Just about everybody attuned to the natural world looks forward to some migratory milestone, whether it's the arrival of the first

robin of spring or the beginning of duck hunting season.

Thanks to advances in technology and data collection, this is a golden age for research on migration. Radar allows documentation of the magnitude of animals on the move: On a recent night, for example, it was estimated that 5.4 million birds were in the skies over Oregon.

The citizen science database eBird, combined with advances enabling the detection of signals from lightweight tags attached to migrating animals, have provided migration maps of stunning specificity. For an example with turkey vultures, go to <https://tinyurl.com/mtndawtm>.

At the same time, we are also coming to understand the many threats to migration. The drastic declines of Pacific salmon are known all too well. Elk and pronghorn face ever-increasing obstacles posed by highways, roads to access and extract fossil fuels and other developments on the landscape.

But what's happening to migratory birds really tells the story. Based on many lines of evidence, scientists have concluded that 2.9 billion – yes, billion – breeding adult birds have been lost in the United States since the 1970s. That is one-third of the total bird population of the United States.

Of that 2.9 billion, 86%, 2.5 billion, are migratory species. Although declines of birds in the western part of the country are less severe overall than in the East, many of our familiar migrants are showing dramatic reductions, including rufous hummingbird, down 60%, common nighthawk 58%, band-tailed pigeon 57%, Lewis's woodpecker 67%, and evening grosbeak 92%.

Why is this happening? The loss of habitat is the main



Snow Geese in migration near Ashland, Oregon, in the fall of 2022.

Courtesy of Pepper Trail

problem for many species, especially grassland birds. For example, between 2018-19 alone, 2.6 million acres of grassland in the Great Plains were converted to row-crop agriculture. That's an area larger than Yellowstone National Park. Loss of winter habitat in Mexico and Central America also threatens many species.

Human constructions from power lines to wind turbines to oil pits increase the dangers of migration for birds. The greatest hazard may seem mundane, but it's ubiquitous: windows. Collisions with windows are estimated to kill a staggering billion birds in this country each year. Brightly lit skyscrapers are also a menace to songbirds, most migrating at night.

Climate change adds the threats for migratory species.

In addition to broad effects like widespread drought in the West and melting permafrost in the Arctic, climate change can scramble the relationship between migration timing and the availability of food resources. Hungry migrants may arrive in spring to find that the peak of insect abundance has already passed.

Fortunately, there are many things each of us can do to help migrating birds. First, advocate for the preservation of bird habitats – and provide your own by planting native fruiting and flowering plants on your land.

Second, take steps to reduce bird collisions with your windows. Many solutions are available, including "Zen wind curtains": light cords hanging in front of the glass. For DIY instructions, and much other

information, go to: <https://tinyurl.com/2hf558nj>. And keep your cats inside, as free-ranging cats take a staggering toll on birds.

Finally, support organizations that advocate for birds and their habitats or promote research on migratory birds, such as the National Audubon Society, the American Bird Conservancy, and the Cornell Laboratory of Ornithology.

Together, we can save the lives of millions of birds, and help ensure that their incredible migratory journeys never end.

*Pepper Trail is a contributor to Writers on the Range, [writersontherange.org](http://writersontherange.org), an independent nonprofit dedicated to spurring lively conversation about the West. He is a naturalist and writer in Oregon.*

## STELLAR VISTA OBSERVATORY SKY REPORT

November 14 – 20

By John Mosley  
Special to the Chronicle

An unusual meteor shower happens this week, and although we're not likely to see much, the story is interesting.

Meteor showers happen when the Earth passes near the orbit of a comet that has been shedding dust. That dust follows in the orbit of the comet, and when we plow through it, the dust falls as meteors. Meteor showers happen at the same time each year when we return to the same part of our orbit.

Generally, the dust is distributed more or less evenly around the comet's orbit, so we see the same shower each year, and the timing and intensity is predictable. But on occasion, the dust comes in clumps that were recently shed by the comet and that have not yet dispersed, and then there's a chance for very brief but intense showers. The problem is that it is quite hard to predict the location and size of the rather small clumps, so we can only make educated guesses about what will happen, if and when we meet one.

Every year on the night of Nov. 17, the Leonid meteors peak, although they fall for several nights before and after. Most years, this is a minor shower with perhaps a dozen meteors per hour, but every 33 years we pass through a large clump, and in 2002 we saw up to 3,000 meteors per hour! There is some thought that we might hit some small clumps this year with a prediction for a brief peak of 200 meteors per hour centered on around 2 a.m. on Saturday morning, Nov. 19. Don't have your hopes very high, as the calculations are difficult and hence

imprecise, having to take many factors into account. But some people will be monitoring the sky all week.

Leonid meteors radiate from the direction of the constellation Leo, which rises in the east after midnight, so the best time to look is in the early morning hours. Good luck.

That said, the next reliably good meteor shower and the best of the year is the Geminids, which peak on the morning of Dec. 14.

Turning to the planets, we know precisely where and how bright they are. Jupiter is one-third of the way up the southeastern sky at the moment of sunset, and you can see it soon after. It's halfway up the southern sky around 9 p.m. and it sets two hours after midnight. Wherever it is, it's the brightest thing in the night sky (other than the moon).

Saturn is 40° – four times the width of your fist held at arm's length – to the right of Jupiter, and it's brighter than any nearby stars.

Mars glows red in the east where it's second-brightest only to Jupiter. Mars rises an hour after sunset and at our latitude is nearly overhead around 2 a.m. It's north of Orion, between the horns of Taurus the Bull, in the middle of our winter constellations.

*The Sky Report is presented as a public service by the Stellar Vista Observatory, a nonprofit organization based in Kanab, Utah, which provides opportunities for people to observe, appreciate, and comprehend our starry night sky. Additional information is at [www.stellarvistaobservatory.org](http://www.stellarvistaobservatory.org) and questions and comments to [John@StargazingAdventures.org](mailto:John@StargazingAdventures.org).*



This classic woodcut by Adolph Vollmy portrays "the night stars fell on Alabama" at the rate of about 100,000 per hour in 1833.

**EDITORIAL**  
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### SOMETHING TO SAY?

The Lake Powell Chronicle encourages responsible letters to the editor on subjects of interest to our readers. Editing may be necessary for space, clarity, or to avoid obscenity or libel, but ideas will not be altered. The limit is 300 words. Letters exceeding this will either be edited to fit or not published. The deadline for letters is 3 p.m. on Fridays. Letter writers may have only two letters published per month. Those letters will be published on non-consecutive weeks. Letters are printed on a space-available basis.

All letters must bear the handwritten signature of the writer and include address and phone number, or email for verification purposes. Neither the street address nor phone number will be printed. Letters should be typed or legibly handwritten. No anonymous letters will be published. Any letters from boards or organizations must include at least one name of an individual. Any comments of public officials should be limited to issues related strictly to their position or actions made in office. Personal attacks will not be published. Letters involving private disputes between the writer and a business or individual will not be published. Political endorsements will be published, however letters from candidates endorsing themselves will not be printed.

Letters may be mailed to the Chronicle at P.O. Box 1716, Page, AZ 86040; or emailed to [dlong@lakepowellchronicle.com](mailto:dlong@lakepowellchronicle.com). The Chronicle reserves the right to edit or reject any letter to the editor for any reason. Letters chosen for publication do not necessarily reflect the views of this newspaper, its management and or ownership.

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LAKE POWELL CHRONICLE (USPS 302-640) is published weekly, every Wednesday. Periodical postage paid at Page, AZ 86040-9998.

POSTMASTER: Send address changes to LAKE POWELL CHRONICLE, P.O. BOX 1716, Page, AZ 86040.

*The Chronicle is owned by News Media Corp.*



# OPINION

## Three keys to a simplified life

### Enjoying Everyday Life



Joyce Meyer

Are you overrun by your to-do list? Do you feel overwhelmed and utterly exhausted? So many lists may drive you nuts, but what I'm about to share with you is a list that will make everything in your life more peaceful and simple.

I recall a time when I was

going on and on, complaining to God about my busy schedule. How could anyone be expected to juggle everything that I had on my plate? After a while, it hit me – I was the one who made my schedule, and nobody could change it but me. And while we can simplify our calendar, a truly simplified life comes from changing our mindset.

Most people live complicated lives that leave them frustrated and confused, weary and worn out. But I have good news: Your life does not have to be this way. Jesus offers us a new way of living, and I believe it is a simple, yet powerful way that enables us to enjoy our life.

So even if your calendar still feels full, here are three practical steps you can take to simplify your life by simplifying your mind:

#### Put God first

In Luke 10:38-42, we read about two sisters, Mary and Martha, who spent time with Jesus

in their home. Martha kept busy serving the guests and keeping the house clean, while Mary sat at the feet of Jesus, listening to His every word. Martha got upset that her sister wasn't helping with the housework, but Jesus commended Mary's decision and told Martha she was so busy that she was missing the point of His visit – spending time with Him.

I've learned we make time for what's important to us. Personally, I've made it a habit to go to bed on time so I'm able to wake up and spend quality time with God before I have to go on with the rest of my day. If I went to bed whenever I felt like it, I would sabotage my time with God – the very thing I need to help me get through my day.

Try prioritizing God in your life by putting Him into your schedule and working everything else around Him.

#### Don't worry

I used to be a very anxious person because I grew up in an

unstable, abusive household. As I've grown closer to God and learned to place my trust in Him, I've developed a calmer, more peaceful mind with His help.

If you're thinking, "But Joyce, I can't help it! I can't stop worrying," then I want you to know there is hope. Whenever God instructs us to do something, He also gives us the ability to do it. Pray and ask God for the strength to stop worrying (see Philippians 2:13; 4:6-7).

Practice living one day at a time; give yourself – your thoughts, your conversation, every part of you – to the day at hand. Instead of worrying, believe God and watch Him work on your behalf. This will help make your life less complicated.

#### Just be you

For many years, I tried to be just like other people. I tried to pray like them, act like them, and even look like them. This left me feeling worn-out and frustrated because I wasn't being the person

God created me to be. Eventually, I realized God just wants me to be myself, and it's much simpler to be me anyway.

Psalm 139:14 says, "I praise you because I am fearfully and wonderfully made." (NIV).

God created each one of us to be individual, unique, and irreplaceable. You are one of a kind! And no one else can be just like you. He wants you to like yourself – the person He created you to be! As you pursue a personal relationship with Christ, you will discover your true worth as a child of God, and you won't feel the need to compare yourself or compete with anyone.

Simplifying your life may seem impossible, especially when you feel like you are constantly running. But when you begin prioritizing your relationship with God and spending more time in His Word, you will be amazed at how your mindset shifts. You'll be able to relax, take a deep breath, and enjoy the simple life.

## ZED by Duane M. Abel



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## TRAIL from PAGE 1

the landscape “is not just layered by the geology” but is also “layered by the sands of time and the whole course of human history.”

“I’m proud to be part of OSTA because we recognize and want to celebrate all those diverse cultures and the stories. It’s only by sharing our cultures and stories that we gain new perspectives,” he said. “Trails have a way of doing that, bringing us all together.”

The conference featured around 20 speakers who delivered talks on topics ranging from the history of the Old Spanish Trail and how technology is changing the way people use the trail, to recreation and economic development on the Navajo Nation.

During a panel discussion on the 20-year

anniversary of the National Historic Trail designation, OSTA Arizona Director Earl Fosdick recounted the timeline of efforts from 1992 to 2002 to achieve the designation.

The effort started in the Grand Junction, Colorado, area and encompassed 10 years of research and feasibility studies. The National Park Service initially rejected the designation, but later decided that the Old Spanish Trail did indeed meet the national significance criteria for inclusion in the National Historic Trail system.

“The Old Spanish Trail is nationally significant within the theme of the changing role of the United States in the world community and the topics of trade and commerce during the period 1829 to 1848,” the final feasibility study said.

The OST Recognition Bill of 2002 was signed into law by President George



Douglas Long/Lake Powell Chronicle

**Old Spanish Trail Association Past President Paul Ostapuk (center) discusses the geography of Glen Canyon National Recreation Area during a reception for the Old Spanish Trail Association National Conference at the Glen Canyon Conservancy flagship store in Page on Oct. 20.**

W. Bush on Dec. 4, 2002. The Old Spanish Trail was the 15th route designated as a National Historic Trail.

Four more trails have been added to the list since then. Jill Jensen, the lead planner for the National

Park Service National Trails Office in Santa Fe, New Mexico, spoke about how the Old Spanish National Historic Trail (OSNHT) was designated by Congress for public enjoyment and to help showcase the diversity of American heritage and generate citizen stewards.

Such trails are “historical artifacts of a very special kind,” Jensen said.

“It’s not enough just to be a historic route. It’s not enough to just be locally important, and it’s not enough just to have somebody famous associated with it,” she said. “It has to be a route of travel, and the people traveling on that route is why that route is important. It’s what they’re doing that makes it important. What were they doing that contributed to the formation of our nation?”

Three criteria must be met for a route to be added to the National Historic Trail system.

First, it must have been established by historic use and must be historically significant because of that use. In other words, it can’t be a route invented just to connect the dots between historically important places.

Second, it must be of national significance in American history. Jensen said the OST met this criterion because it was “the first viable American overland route between Mexico’s frontier provinces of New Mexico and California, and it provided that final link in the first overland trade network to span the North American continent.” Specifically, it’s the 1829 to 1848 period that makes it nationally significant.

Third, the trail must have significant potential for public recreational value tied to its historic importance.

“The whole purpose of the National Historic Trails Act is to get people out on the ground recreating, appreciating their history, taking that in, making a physical and emotional connection,” Jensen said.

The OSNHT is co-administered by the Bureau of Land Management and NPS. Rob Sweeten, the OSNHT administrator for the BLM, picked up on the theme of promoting outdoor recreation on the

OSNHT.

“This trail has so much potential moving forward to become something incredible,” he said. “Something we can celebrate with our feet, with our tires and our bikes and our cars and whatever it is we use to move across the landscape.”

Sweeten emphasized that the OSNHT is “not just a line on a map.” During his presentation, he demonstrated a smartphone app being developed by trail administration to help people get out and experience the trail for themselves, and to connect with its resources and stories. The rollout is being done country by country along the route, starting with Iron County, Utah. There are currently three counties in system, with more coming soon.

The app can be accessed by going into any app store, typing in “field maps,” and downloading the ArcGIS Field Maps platform. Once the app is installed, users can search for the BLM Utah Old Spanish Trail package, and then download each section of the map onto their phone for exploration.

The maps show the congressionally adopted OSNHT route, including hiking trails, mountain bike routes, four-wheel-drive roads and two-wheel-drive roads. A blue dot shows app user’s current location, and there is information about the selected route – such as distance and description – along with the history of trail, safety considerations, clickable points of interest and photos.

Several attendees at the conference spoke about how the Old Spanish Trail is not as well-known as some other routes in the National Historic Trail system, such as the Oregon Trail or the Lewis and Clark Trail.

Some attributed this to the fact that the trail’s period of historic significance (1829-1848) occurred when it was located within Mexico’s territory and is therefore not commonly taught as part of U.S. history. Others suggested it was because the route has only been part of the National Historic Trail system for 20 years.

In either case, conference attendees stressed the important role that schools, teachers, local businesses and communities along the route – such as Page – can play in promoting and educating people about the Old Spanish Trail.

“The thing I like the best about the Old Spanish Trail is it really forces us all to look up,” Jensen said.

“Archeologists are terrible about looking down all the time, looking for trace, but National Historic Trails are about more than just that trace on the ground. It’s the experience, it’s looking up, seeing that landscape, seeing what’s coming at you, seeing where you’ve been, what your challenges are going to be. And that is something the Old Spanish Trail has hands down, for the experience of the trail user. It’s huge.”



## LAKE POWELL NATIONAL

### golf course

### Nightmare Scramble Results:

1st	64.5	Derek Ligon/Dan Evert	\$100
2nd	66.2	Warren Schlesinger/Brandon Hammond	\$90
3rd	67.9	Bruce Muraida/Kelsey Sanders	\$85
4th	68.7	Kevin Liptrot/Barry Martinez	\$80
5th	69.4	Joey Dickson/Alex Herder	\$75



## EVENTS:

Turkey Shoot 11/26  
Lloyd Pahi's Black Tee Challenge 12/3-12/4


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**Mulligan's at LPN has the NFL Sunday Ticket**

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**Navajo Fellowship Baptist Church**  
111 Elk Road  
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645-0236 (Church)  
Rev. Ken Norris  
Sunday Worship: 10 am  
Sunday Bible Study 6 pm  
Wed. Prayer Service: 6 pm  
Youth Activities as announced

**Church of Jesus Christ of Latter-Day Saints**  
Page 2nd & 3rd Wards and Big Water  
Branch all meet at 1301 N. Navajo  
2nd Ward: 9 am - 11 am  
Big Water Branch: 10:30 am - 12:30 pm  
3rd Ward: 12 pm - 2 pm  
Page 1st & 4th Wards meet at 313 S. Lake Powell Blvd.  
4th Ward: 9 am - 11 am  
1st Ward: 10:30 am - 12:30 pm

**The Potter's House Christian Center**  
609 Elm Street, (928) 660-9689  
Pastor Steven Amichiarico  
Sunday Services: 10:30 am, 6:30 pm  
Wednesday Service: 7 pm

**Lake Powell Church of the Nazarene**  
255 S. Lake Powell Blvd., 645-2195 (Church)  
Pastor Martin Micale  
Sunday School: 9 am  
Sunday Worship: 10 am  
Evening Service: 6 pm  
Family Night: 6:30 pm Wed's Night

**First Baptist Church of Page**  
213 S. Lake Powell Blvd., 645-3353 (Church)  
Pastor Scott Olander  
Sunday School: 9:15 am  
Sunday Worship: 10:45 am  
Sunday Night Youth Group (6th-12th grades) 6:30 pm;  
Wednesday Prayer Meetings: 10 am & 7 pm

**All Nations Seventh Day Adventist Church**  
Pastor James Crosby  
413 Lake Powell Blvd.; 928-614-4792  
Woman's Bible Study Friday 10 am - 11 am  
Midweek Bible Study Wednesday evening 7 pm - 8 pm  
Saturday 10 am Bible Study & Worship 11 am

**Global Alliance Ministries**  
635 S. Lake Powell Blvd., 645-2301 (Church)  
Fr. Thomas Maikowski, PHD  
Deacon Gerry Kocjan  
Monday-Friday 11 am mass  
Saturday 5 pm mass  
Sunday 10 am

**Faith Bible Chapel**  
551 San Francisco Road, 645-3012 (Church)  
Pastor Manny Parks-Senior Pastor  
Associate Pastor Robert Candelaria  
Youth Pastor Al Nezy  
www.faithbiblechapelpage.com  
Sunday Morning - Sunday School 8:45-9:45 am  
Wed. Night 7 pm - Adult and Youth Services  
Children's Program & Nursery  
Home Groups: Call church office for times & places

**1st Assembly of God**  
263 S. Lake Powell Blvd., 645-8161 (Church) or 928-614-4792.  
Asst. Pastor Adam Johnson  
Saturday Prayer Meeting: 5:30 pm  
Saturday Prayer Service: 6:30 pm  
Marriage Enrichment Groups


**Immaculate Heart of Mary Catholic Church**  
455 S. Lake Powell Blvd., 645-2301 (Church)  
Fr. Thomas Maikowski, PHD  
Deacon Gerry Kocjan  
Monday-Friday 11 am mass  
Saturday 5 pm mass  
Sunday 10 am

**Page Church of Christ**  
530 Vista Ave., 645-2242  
R.B. Ward, Preacher  
Sunday 9:45 Bible Study  
10:45 Worship  
6 pm Eve Worship  
6 pm Wed. Bible Study

**Shepherd of the Desert LCMS Lutheran Church**  
331 S. Lake Powell Blvd., 645-0078 (Church)  
Pastor: Tom Henkes  
Sunday Worship: 10 am  
www.oaceazlutherans.com

**St. David's Episcopal Church**  
421 S. Lake Powell Blvd., 645-4965  
Rev. Kathalin Walker  
www.stdavidspage.org  
Sunday Worship & Eucharist: 10 am  
All are welcome!

**Page Community United Methodist Church**  
291 S. Lake Powell Blvd., (928) 645-2881 (Church office)  
Pastor's cell: 702-927-6768  
Join us Sundays at 10 am  
Pastor Ash Dotson



Douglas Long/Lake Powell Chronicle

**Rob Sweeten, the Old Spanish National Historic Trail administrator for the Bureau of Land Management, gives a presentation during the Old Spanish Trail Association National Conference at the Courtyard by Marriott in Page on Oct. 21.**



## HEALING from PAGE 1

isolation and abuse while attending boarding schools as a boy, and had a complex relationship with alcohol himself.

“One day I’d just had enough,” he recalls. “I just got fed up.”

He made his way to the Native American Baha’i Institute, which integrates Native American spirituality with that of the Baha’i faith. The institute’s hogan, a traditional ceremonial dwelling, is where he embarked on a long journey toward finding a renewed relationship with the healing practices of old.

“Here is where my sobriety started,” Wilson says. “The medicine way started here for me.”

Today, Wilson incorporates traditional Navajo practices with those pulled from his Baha’i faith and cultures from around the country and world to heal people.

“It’s a kind of reciprocity,” he says. “What you put out, you get back.”

### ‘An ongoing legacy’

Researchers have long pointed to the importance of incorporating cultural practices into behavioral health care for Native Americans, but there is an ongoing struggle to ensure those services are accessible and affordable.

In past years, federal and state legislation aimed at increasing insurance coverage of mental health treatment has expanded the availability of Western services for many.

But access to culturally responsive care and traditional healing remains limited.

In the larger landscape of mental and behavioral health care, Indigenous communities face significant disparities.

Native Americans report experiencing serious psychological distress 2.5 times more than the general population, federal data show. And although overall suicide rates are similar to those of white people, there are key differences among certain age groups – with suicides among Native Americans ages 15 to 19 more than double that of white youth.

Indigenous people also are more likely to suffer from substance use disorders.

A major factor in all of this is multigenerational trauma stemming from a long legacy of colonization, genocide and oppression, as well as forced relocation from traditional lands, sterilization and assimilation.

“We need to recognize that we’re not just talking about history. We are talking about an ongoing legacy and ongoing problems,” said Hilary Weaver, a professor emeritus at the University at Buffalo who studies Indigenous identity and well-being.

Weaver, who’s a social worker and a member of the Lakota tribe, said traditional healers play a significant role in mending these lasting wounds.

“Those traditional ways have been there long before somebody came in with a psychology degree or a social work degree or a nursing degree,” she said. “And there’s a lot of value in those tribal traditions.”

Traditional healing rituals have always been a part of Indigenous culture. Whereas Western medicine focuses on curing, often through the use of medication, Indigenous healing aims to reestablish harmony and balance – more akin, experts say, to “recovering one’s wholeness.”

Practices vary among tribes, but they typically include herbal remedies and ceremonies, such as smudging or sweat lodge gatherings, to heal and maintain mental, physical

and spiritual health. And spiritual health is key, along with participation not only from the individual being treated but from loved ones or other tribal members.

“With us, it’s a family affair. Pretty much all things are,” said Roland Begay, coordinator of the Office of Native Medicine at the Chinle Comprehensive Health Care Facility, one of 12 Indian Health Service health care facilities on the Navajo reservation.

A traditional healer for more than 30 years, Begay has a deep understanding of its importance.

“I grew up around Native medicine. I grew up around medicine men,” Begay said. “My great-grandpa, my grandfather, my dad were all practitioners. So I was raised among that.”

Many traditional healers, including Wilson, work independently, but it’s become more common for hospitals and medical facilities to employ traditional healers.

The health center in Chinle has four traditional healers on staff to provide services and two hogans and sweat lodges for ceremonies. At a patient’s request, traditional healing can be integrated alongside Western medicine, all at no cost.

These services, Begay and other experts note, are particularly important for mental health and wellness.

In Indigenous communities, depression and other mental health conditions are more likely to be related to family, cultural and community dynamics than individual experience, meaning Western-based treatment without cultural context is often less effective.

“Somewhere, a person gets out of balance,” Begay said, “and the intent is to get him back in balance.”

One of the rare studies published on Native healers, a 1998 study in the Archives of Internal Medicine, found that more than 60% of

Navajo patients surveyed had seen a traditional healer and about 40% used them regularly.

More recent studies show that Native Americans who suffer from depression or a substance use disorder are significantly more likely to seek help from traditional healers over other providers.

Avery Denny is a professor of Navajo studies at Diné College in Tsaile and president of the Diné Hataafii Association, an organization of traditional Navajo healers. He has worked in clinical settings alongside psychiatrists before, and he’s seen times where traditional healing has worked where Western medicine hasn’t.

“They’re given pills and

psychiatric care, but then that same patient comes back over here and says, ‘I want a second opinion. I want to go traditional. I want to be diagnosed.’”

Like Begay, Denny says family and community are central to the process of healing.

“All the religious intolerance and human rights violations and historical trauma – and all the things that happened to our people that got us all sick – the people that have done that to us couldn’t make medicine for us,” he said.

“They didn’t know how to heal it, to heal us.”

### Barriers to care

Traditional services are

free to Native Americans at facilities operated by the Indian Health Service, but supply can’t always keep up with demand at the chronically underfunded federal agency.

A 2011 federal report found just 33% of 514 IHS and tribal facilities providing mental health services offered traditional healing. And many of those clinics are located on or near reservations, even though 70% of Native Americans live in urban areas.

“Almost all of those services are for reservation-based populations, and for decades, the majority of

### HEALING continued on PAGE 9



## CALENDAR OF EVENTS

### Wednesday Nov. 9, 2022

**Tiny Tots Story and Craft**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 10-11 a.m.  
You Should Know: Call 928-645-4270 for information.

**Author Party: Games and Snacks**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 1:45-3 p.m.  
You Should Know: Call 928-645-4270 for information.

### Thursday Nov. 10, 2022

**Adult Craft: Decoupage Flower Candles**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 10 a.m.-12 noon  
You Should Know: Call 928-645-4270 for information.

**Bingo**  
Where: Page Community Center (699 S. Navajo Dr.)  
When: 1 p.m.  
You Should Know: Bingo is back at the Page Community Center. Join the game for great fun, great social activity and great prizes. Call ahead for lunch at noon, then stay for bingo: 928-645-2600.

**Native American Heritage: Fry Bread Day**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 3:30-5 p.m.  
You Should Know: Call 928-645-4270 for information.

**Teen Life Skills: Fry Bread Day**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 3:30-4:30 p.m.  
You Should Know: Call 928-645-4270 for information.

**Adult Book Club Theme: Number in the Title**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 5:30-6:30 p.m.  
You Should Know: Call 928-645-4270 for information.

### Friday Nov. 11, 2022

**Veterans Day Parade**  
Where: Lake Powell Boulevard to Elm Street  
When: 11 a.m.  
You Should Know: Line up at City Park at 10 a.m. Register before Nov. 10. Float applications are at City hall and the Chamber/Hub.

### Monday Nov. 14, 2022

**Business Meeting Monday**  
When: Mondays at 9 a.m.  
Where: <https://us02web.zoom.us/j/6997212741>  
Meeting ID: 699 721 2741  
One tap mobile: +12532158782,,6997212741#US (Tacoma) | +13462487799,,6997212741#US (Houston)  
You Should Know: Join Gregg Martinez and Judy Franz for Business Meeting Monday for all businesses or individuals from 9 to 10 a.m. This is open for any type of business.

**Parenting Class**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 9:45-11:45 a.m.  
You Should Know: Registration required. Call 928-645-4270 for information.

**NGS Memorial Dedication**  
Where: Page City Hall & Page Public Library  
When: 1:30 p.m. & 2:15 p.m.  
You Should Know: Boiler Tube Slot Canyon dedication at Page City Hall at 1:30 p.m., NGS Memorial Wing Dedication at Coconino Community College in Page at 2:15 p.m.

**Craft-tastic Monday: Scarecrow Paper Roll**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 3:15-4:15 p.m.  
You Should Know: Call 928-645-4270 for information.

### Nov. 15, 2022

**Parenting Class**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 9:45-11:45 a.m.  
You Should Know: Registration required. Call 928-645-4270 for information.

**Stretching (Yoga)**  
Where: Page Community Center (699 S. Navajo Dr.)  
When: 11 a.m. to 12 p.m.  
You Should Know: Free class every Tuesday led by instructor Barb Wilson. All levels welcome. Call 928-645-2600 or email [pagecommunitycenter@pageaz.gov](mailto:pagecommunitycenter@pageaz.gov) for information.

**Life Skills: Self-Esteem**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 3:15-4:15 p.m.  
You Should Know: Call 928-645-4270 for information.

**Teen Gaming: Games and Spicy Snacks**  
Where: Page Public Library (479 S. Lake Powell Blvd.)  
When: 3:30-4:30 p.m.  
You Should Know: Call 928-645-4270 for information.

**Glen Canyon Lecture Series**  
Where: Page Public Library  
When: 7 p.m.  
You Should Know: Free public presentation on "Submerged Memories: Dick Sprang Recalls Hite Ferry."

**Healthy Meals Soup Kitchen**  
The Healthy Meals Soup Kitchen is open Mondays and Wednesdays from 3 p.m. – 5 p.m. (or until we run out of food) at St. David's Episcopal Church, 801 Aqua Avenue. Drive-thru, to-go service only. Please enter on Aqua Ave. and follow the orange cones into the drive-thru lane. Stop by after school or work and pick up dinner. Follow us on Facebook for the menu ([facebook.com/soup-kitchenpageaz](https://facebook.com/soup-kitchenpageaz)). **FREE MEALS FOR ALL.**

**St. Jude Food Bank**  
When: Mondays through Friday from 10 a.m. to 2 p.m.  
Where: Tuba City, Arizona  
You Should Know: This is a contactless meet-up. Please call 928-283-6886 before you arrive. Provide household size and specify if there are children younger than 5 living with you or if a member is pregnant to receive "healthy beginnings." Mondays are only for CSFP clients. This is for elders 65 and older. At pick up please show ID through your window or leave on the dashboard. Please call before you arrive and stay in your vehicle.

**Dinner at the Library**  
Free grab-and-go dinner. Those 18 years and younger are invited to pick up a free "grab and go" dinner at the library. Dinner is a frozen sandwich, vegetable cup, fruit cup, and milk. Grab and Go Dinner is weekdays, Monday through Friday from 4:30 to 5:30 p.m. If you are unable to make it at that time, no worries, go to the library anytime from 10 a.m. to 5:45 p.m. to request a meal. The Page Public Library is located at 479 S. Lake Powell Blvd. in Page.

**Applying for a certified copy of an Arizona Birth Certificate by mail**  
Because of the coronavirus, in-person services at all county offices are not available at this time. Please call 92-283-4518 for assistance. To apply for an Arizona Birth Certificate by mail, the following must be submitted:  
• A completed application for certified copy of a birth certificate. Applications are

available at <https://www.azdhs.gov/documents/licensing/vital-records/application-certificate-birth.pdf> or to request for an application to be mailed to you call 928-283-4518.

- A copy of the front and back of a valid government-issued picture identification which bears the signature of the applicant or notarized signature.
- A self-addressed stamped envelope.
- Enclose the fee: \$20 for birth certificate, \$30 for amended birth certificates. Acceptable payment methods for the exact amount are cashier's checks, money orders, personal checks, and Visa or Mastercard. Checks should be made payable to Coconino County Health and Human Services. There is a \$25 returned check fee assessed to all bad checks. Credit card payments must include the type of card, full card number, expiration date and the three digital security code on the application.
- Mail completed applications and required documents to: Coconino County Health and Human Services Vital Records 2625 N. King Street Flagstaff, AZ 86004

### Happening now

**Circle of Page Food Pantry**  
The Food Pantry is open Tuesdays 3 p.m. – 5 p.m. and Thursdays 10 a.m. – 12 p.m. at St. David's Episcopal Church, and is drive-thru only. Please enter on the Aqua Ave. side and follow the cones into the service lane. Anyone can come and get supplemental food bags or you can put in an application to get more food from St. Mary's Food Bank. Please present an ID to the greeter to be entered into the Pantry database for easier service.

### Upcoming events

**Turkey Shoot Golf Tournament**  
When: Nov. 26, 10 a.m.  
Where: Lake Powell National Golf Course  
You Should Know: Four-person team, three-person scramble and turkey ball. Sign up at the Golf Pro Shop. Call 928-645-2023 for more information.

**Page Christmas in the Park & Parade of Lights**  
When: Nov. 26, 4-8 p.m.  
Where: Page, AZ  
You Should Know: 4 p.m.: Shop at Vendors in the Park (John C. Page Memorial Park), writer letters to Santa & tree-decorating contest (Page Public Library); 6

CALENDAR continued on PAGE 9

### Tuesday



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# POW WOW TRADING POST

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## HEALING from PAGE 7

Native people have not lived on tribal territories," said Weaver of the University at Buffalo. "So there's a mismatch between where services are and where people are. Some Native people have private insurance and can pay for mental health care. Many others do not."

In some states, health officials are trying to address all this.

For years, Arizona, California and other states have been asking the federal government for the OK to reimburse the cost of traditional healing services under Medicaid.

While IHS provides free health care to Native Americans, services are available only to members of federally recognized tribes and within specific geographic service areas.

With over 50% of Native Americans lacking private health insurance, Medicaid becomes another important source of care. As of 2019, federal data show, some 42% of American Indians and Alaska Natives relied on Medicaid or public health insurance coverage.

In 2015, Arizona established a workgroup to help develop parameters and potential payment methodology related to traditional healing for federal and state Medicaid officials to consider.

In a memo a year later, Arizona leaders noted that traditional healing, "while beneficial to tribal members," has not been considered a covered Medicaid service, "despite it being promoted in the Indian Health Care Improvement Act and by IHS."

And yet, to date, the federal government has declined to approve reimbursement.

In a letter last month from the federal Centers for Medicare & Medicaid Services to the Arizona Health Care Cost Containment System, the federal agency said it "recognizes the state's goals of addressing disparities in the American Indian and Alaska Native community and will continue to work with the state on this request."

CMS declined additional comment about why the change has taken so long. It so far has not approved reimbursement for traditional healing for any state. A spokesperson said the requests "are still under review."

Heidi Capriotti, a spokeswoman for Arizona's Medicaid agency, said federal officials "recognize our interest in traditional healing services and how important it is for our tribal communities, and have agreed to continue negotiations on this topic."

"We don't know a specific issue that's holding it up, only that they like to align multiple states," Capriotti said. "So it might be a conversation that includes more



Courtesy of Laura Bargfeld/Cronkite News

**Skye Elmore pets her favorite sheep, Thomas, at Goats With Horns Animal Sanctuary in Gilbert, Arizona, on Oct. 26. When she was 19, Elmore struggled with depression and eventually returned to the Navajo Nation for a traditional healing ceremony. Today, Elmore finds peace volunteering at animal sanctuaries.**

than Arizona."

Tribal health centers, IHS facilities and clinics that are part of the Office of Urban Indian Health Programs allocate money out of their own budgets to provide the infrastructure and staff for onsite traditional healing. The financial relief that would come with allowing these services to be reimbursable through Medicaid could lead to an expansion of services, experts said.

"This has the potential to sustain them... and to maybe even increase the number of traditional providers that are in their systems," said Kim Russell, director of the Arizona Advisory Council on Indian Health Care, which works to increase access to health programs for the 300,000 Native Americans living in Arizona.

Although the Navajo Nation has been one of several Arizona tribes pushing for this reimbursement, not all 22 of the state's federally recognized tribes see it as in alignment with their own traditions. Russell said some abstained from the conversation.

Even approval would come with limitations. Traditional services may require additional travel by family members over long distances to attend ceremonies or gather materials that are used in practices, such as tobacco and herbs.

And for Indigenous people in urban areas like Phoenix, even if a traditional service is offered by a nearby practitioner, they may need to commute hours to wherever a particular ceremony is traditionally performed. Russell, who lives in Phoenix but grew up in Chinle, knows this all too well.

"Some of the services can only happen in our traditional dwellings," she said. "Would I have to travel all the way back five hours north to get that service?"

Outside of Medicaid

reimbursement, there have been other efforts to expand access to these services.

Alaska's Behavioral Health Aide Program, founded in 2009 by the Alaska Native Tribal Health Consortium, trains people in the state's rural and Indigenous communities to provide culturally appropriate behavioral health prevention, treatment and recovery services.

And in urban settings, organizations like Native American Connections in Phoenix have for decades provided access to traditional healing services in conjunction with Western mental health care.

Whether the federal government eventually OKs reimbursement for these services or not, Russell said, "Our practices will continue."

### Teaching the next generation

Wayne Wilson won't turn down anyone who needs help, money or not. He believes payment should take the form of whatever someone can give: turquoise, tobacco, food, water.

Beyond financial barriers, one of his biggest concerns is how to ensure these practices carry on for generations to come.

He has encountered families who don't want their children to learn traditional ceremonies because of their religious beliefs; many Indigenous people today are Christian.

Even Wilson wasn't able to learn all he wanted to from his grandfather, and instead had to pick up knowledge from other people – and cultures – as an adult.

Now, Wilson said, none of his own children has shown an interest in learning from him.

Back in the hogan at the Baha'i Institute, he displays some of the eagle feathers he uses for healing. Many were given to him by people

he has helped: One from a veteran. Another from an Aleut woman who got it from a nephew who died.

"When it comes time for me to leave," Wilson said, "I don't know who these items are going to go to."

He strokes a feather as he speaks. Wilson uses this particular feather in talking circles for youth who struggle with alcohol and drugs. It once belonged to his daughter, Nesbah.

"My daughter wore this when she danced," he said. "She was a basket dancer."

Nesbah died of an overdose last year after a long battle with drug addiction. She was 27. Wilson shares pictures of her on Facebook, speaks about her to anyone who will listen, and carries pieces of her with him.

"She tried really hard to overcome it."

He holds up another feather that once was hers. He'd hoped to give it back to her when she got sober.

"I'm still holding onto it, even though she's gone. I'm still taking care of it."

No one's sure exactly how many traditional healers remain in the Navajo Nation, although most leaders here agree the numbers are dwindling and many young people aren't willing to learn.

Wilson considers his own responsibility to future generations and the greater consequences, beyond the psychological, of letting go of these traditional practices. Their loss would be just one part of the slow disappearance of Navajo culture and an interruption of people's connection with the Earth.

"We're going to destroy ourselves. That's a scary thought," he said. "That's why I'm trying to keep these ways going for the younger generation to understand."

In Tsaile, Avery Denny is doing the same.

He sees a lack of education and

the loss of Navajo language skills in the next generation as an obstacle to keeping traditional healing alive. He cited the Hózhóójí ceremony, which he referred to as "spiritual psychology," and said that without a strong understanding of Navajo, the ceremony loses its healing effect.

People need "to have the language be fluent to understand the prayer, the story, the song," he said, "because the oral history, the whole piece, is all healing."

On a weekday morning at Diné College, Denny stands in front of 13 students for an introductory class on Navajo culture. The glow of a projector illuminates him. Windows frame a scenic landscape of mountains and trees.

"Diné education will heal you," he tells his students.

He assigns them homework, including an essay they must write about themselves. He wants the next generation to know who they are and where they come from – to find personal stability and balance but also to preserve their culture.

"If nobody learns from me," he said, "then it's going to be gone forever."

Skye Elmore shares many of the same concerns as Wilson and Denny. She left the Navajo reservation with her mom when she was 5. Now 25, she lives in Gilbert, east of Phoenix, and is studying to be a veterinary technician at Mesa Community College.

"My aunt, grandma and great-grandma, as well as extended family members, continue to live on the rez," she said.

When she was 19 and struggling with depression, Elmore sought help at the Phoenix Indian Medical Center, part of IHS, and received therapy and antidepressants.

Although the hospital had traditional services available, Elmore felt she needed to be near family to really benefit from them, so she returned to the Navajo reservation for a healing ceremony.

Elmore remembers eating peyote, and the healer burning cedar. She looked into the fire and saw a dog's face.

"It reminded me of my dogs and how much they help me work through emotions," she said.

Today, Elmore finds peace volunteering at animal sanctuaries, such as Goats with Horns in Gilbert. She knows the names of all the goats, chickens, sheep and cows.

Although she found traditional healing more helpful for her, Elmore doesn't want to downplay the importance of Western treatments or therapy, which she recently has considered, and acknowledges that a lot of people may need both.

"Everybody's unique," she said. "And if they're really struggling, I could see how it's beneficial to dive into both and see what works."

Cronkite News reporter Natalie Skowlund contributed to this story.

## CALENDAR from PAGE 8

p.m.: Parade of Lights on Lake Powell Boulevard; 6:30 p.m.: Lighting of the Christmas Tree, visits with Santa, holiday entertainment on stage and more.

### Santa's Layover and Craft Fair

When: Dec. 3, 11 a.m. to 4 p.m.  
Where: Courtyard by Marriott (600 Clubhouse Dr.), Page, Arizona  
You Should Know: For vendor application, contact 48 S. Lake Powell Blvd., Page, or 928-612-2928.

### Page Attacks Trash

When: April 22, 2023  
Where: Throughout Page, Arizona  
You Should Know: The City of Page, Coconino Community College and Republic Services are teaming up for Page Attacks Trash. If you or your business, group or organization are willing to help, please reach out to us. Call 928-645-4201 or email [spack@pageaz.gov](mailto:spack@pageaz.gov).

If you are planning an event that you want included in the Lake Powell Chronicle Calendar of Events, please email information to [dlong@lakepowellchronicle.com](mailto:dlong@lakepowellchronicle.com).

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 Preferred Method of Submission is via Email in a Word/Text document to [mcaywood@lakepowellchronicle.com](mailto:mcaywood@lakepowellchronicle.com).

**LEGAL DEADLINE: FRIDAY AT 5:00 PM**

### ARTICLES OF ORGANIZATION OF LIMITED LIABILITY COMPANY

**ENTITY NAME:** BLACK STREAK CANYON TOURS LLC; **ENTITY ID:** 23431294; **ENTITY TYPE:** Domestic LLC; **EFFECTIVE DATE:** 10/04/2022; **CHARACTER OF BUSINESS:** Tours; **MANAGEMENT STRUCTURE:** Manager-Managed; **PERIOD OF DURATION:** Perpetual; **PROFESSIONAL SERVICES:** N/A; **STATUTORY AGENT NAME:** Daisy Marie Etsitty; **PHYSICAL ADDRESS:** 2919 Shooting Star Court, PAGE, AZ 86040; **MAILING ADDRESS:** P.O Box #1325, PAGE, AZ 86040; **PRINCIPAL ADDRESS:** At: Daisy Etsitty, P.O Box #1325, PAGE, AZ 86040; **PRINCIPALS:** Manager: Daisy Etsitty-P.O Box #1325, PAGE, AZ, 86040, USA - - Date of Taking Office: 09/23/2022; **Manager:** Laurie Billiman - P .O Box #1325, PAGE, AZ, 86040, USA; **ORGANIZERS:** Daisy Marie Etsitty: P .O Box #1325, PAGE, AZ, 86040, USA.; **Laurie B Billiman:** P.O Box #1325, PAGE, AZ, 86040, USA.; **SIGNATURES:** Authorized Agent: Daisy M Etsitty - 10/03/2022; **Organizer:** Laurie B Billiman - 10/03/2022; 22100315449407  
 LE 5700 Oct. 26, Nov. 2 and Nov. 9, 2022

### Public Notice

**ARTICLES OF ORGANIZATION**  
**NAME:** NSA Arizona LLC  
**ADDRESS:** 9938 Legacy Lane, Flagstaff, AZ 86004  
**STATUTORY AGENT:** KML Bookkeeping, LLC, 2708 N. 4th Street, Ste B 4, Flagstaff, AZ 86004  
**MEMBER:** Jeffrey C. Lopez, 9938 Legacy Lane, Flagstaff, AZ 86004  
**MEMBER:** John Vecs, 2050 Polaris Dr., Lake Havasu City, AZ 86403  
 To be published in the Lake Powell Chronicle on Nov. 2, 9 and 16, 2022  
 Legal No. 5702

### REQUEST FOR PROPOSALS (RFP): DESIGN-BUILD RED MESA RIM TRAIL

The City of Page ("City") invites interested Contractors to submit a sealed proposal for DESIGN-BUILD TRAIL services to be located in Page, Arizona in accordance with the specifications outlined in the RFP documents. The proposal must be received by the City Clerk, 697 Vista Ave., PO Box 1180, Page, Arizona, 86040, by or before 4:00 PM on December 21, 2022. At that time, proposals will be opened publicly by the City. Further information may be obtained by contacting Lynn Cormier at [lcormier@pageaz.gov](mailto:lcormier@pageaz.gov) or at our location 697 Vista Ave., Page, AZ 86040. Proposals must be in the actual possession of the City Clerk on or prior to the exact time and date indicated above. Late proposals shall not be considered and will be returned unopened. The prevailing clock shall be City's clock. The project name and proposer's name and address should be clearly indicated on the outside of the envelope. Proposals sent through Federal Express or other express mail agencies must have the proposal documents sealed within an additional envelope inside the outer mailer. Questions shall be directed to: Lynn Cormier, Director of Community & Recreation Services, PO Box 1180, Page, AZ 86040 (928) 645-4314 or via email to [lcormier@pageaz.gov](mailto:lcormier@pageaz.gov). RFP packages may also be accessed on the City of Page website at [www.cityofpage.org](http://www.cityofpage.org) beginning on 11/9/22. Persons with disabilities may call the City Clerk at (928) 645-4221 regarding availability of information in alternative formats. City reserves the right to reject any or all proposals or parts thereto and to waive any informalities or irregularity in the proposals received. City will be the sole judge of the merits of the proposals received. No binding contract will exist between the proposer and City until City executes a written contract. Upon review and evaluation of the proposals, City will select and negotiate with the contractor whose proposal is responsive to this RFP, receives the highest number of points, and is in the best interest of City. Any documents submitted in response to this RFP must provide sufficient detail and information so as to allow a complete evaluation of its merit. The instructions contained herein should be followed for responses to be considered responsive to this RFP. City reserves the right to cancel this RFP at any time. LE No. 5703 to be published in the Lake Powell Chronicle Nov. 9 and Nov. 16, 2022

### ARTICLES OF ORGANIZATION OF LIMITED LIABILITY COMPANY

Articles of Organization have been filed in the office of the Arizona Corporation Commission for: Run Wild, LLC  
 The address of the known place of business is: 4506 E Silver Leaf TRL, Cottonwood, AZ 86323  
 The name and street address of the statutory agent is: Teanna Hall 3108 N Schevenne Blvd, Flagstaff, AZ 86004  
 Management of the limited liability corporation is reserved to the members. The names and addresses of each person who is a member is: Cindy Jalet 723 W Birch Ave, Flagstaff, AZ 86001  
 LE 5705 11/9, 11/16 and 11/23

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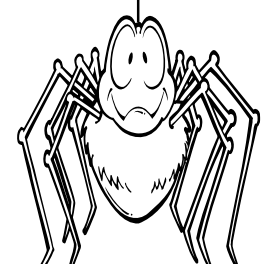
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 Canyon Lake is currently taking applications for apartments. Available for persons 62 years of age and older or disabled persons of any age. Stove and Refrigerator included. Beautifully landscaped with community room and onsite laundry. Interested persons should contact Peggy M-W, 8-5 pm & F, 8 - noon. TDD (800) 367-8939  
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 1106 N. Navajo  
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**509 HOUSES FOR RENT**

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 3 Bedrooms, 3 Bathrooms, 2,390 sq. feet on 0.29 acres. Home Built in 1997  
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66 1st Ave., 3 Bed, 1.75 Bath, 1,857 sq. ft., 0.24 acres	REDUCED	\$293,000
65 Reflection Canyon Dr., 3 Bed, 2 Bath, 4,274 sq. ft., 0.66 acres		\$675,000
1 Lakeside Ct., 4 Bed, 1.75 Bath, 1,904 sq. ft., 0.16 acres		\$320,000
435 Donimquez Ct., 2 Bed, 2.5 Bath, 1,569 sq. ft., 0.09 acres		\$360,000
2280 Coyote Creek Rd., 0.18 acres		\$65,000
22 & 32 Grand Circle Dr., 0.33 acres		\$72,500
2137 Coyote Creek Rd., 0.17 acres		\$74,900
340 Clubhouse Dr., 0.24 acres		\$90,000
310 Eagle Dr., 0.3 acres		\$124,000
305 S Anasazi Dr., 0.44 acres		\$165,000
460 S Rainbow (J4 L9) Dr., 0.96 acres		\$195,000
446 Haul Rd., 1,300 sq. ft., 0.08 acres		\$39,000
816 Village Dr., 3 Bed, 2 Bath, 1,198 sq. ft., 0.13 acres	PENDING	\$294,000
924 Glen Canyon Dr., 0.12 acres	PENDING	\$52,000

**WE NEED LISTINGS! WE NEED LISTINGS! WE NEED LISTINGS!**  
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 Serving Page & Greenhaven  
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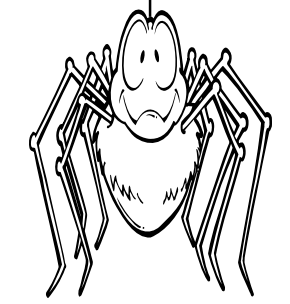
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**LAKE POWELL LAKE LEVELS**  
 Lake Information provided the Lake Powell Water Database: [lakepowell.water-data.com](http://lakepowell.water-data.com)

Date	Lake Level	Outflow
Nov. 4	3529.76	8602
Nov. 3	3529.82	8764
Nov. 2	3529.83	8740
Nov. 1	3529.85	8683
Oct. 31	3529.92	7610
Oct. 30	3529.91	7671
Oct. 29	3529.92	7730

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**King Crossword**

**ACROSS**

- Whispered "Hey!"
- Cacophony
- Last write-up
- Jazz singer James
- Punk rock offshoot
- Indy event
- Meander
- Has a portion (of)
- Seeming contradiction
- Small earrings
- Allow
- Paulo
- Social worker's load
- Talkative birds
- Half of bi-
- Levy
- French article
- Layered desert
- Media bar-rage
- Dog tags, e.g.
- Sheep call
- Acid in prote-ins
- Lets off
- Sunshades
- "Phooey!"
- Earth Day subj.
- "A mouse!"
- Outside (Pref.)
- Painter

**DOWN**

- Criminal, to cops
- Old portico
- Flag feature
- Mexican entree
- Station
- Big-screen format
- Neither mate
- Speaker
- Capital of Azerbaijan
- On the rocks
- Hardy heroine
- Despot
- Moines
- Swing band instrument
- Drink holder
- Santa — winds
- Knight's address
- Bit of butter
- Gigi's "yes"
- Stick with a kick
- who?"
- Poetic contraction
- Closing num-ber
- Big fusses
- Saloon
- Firetruck necessity
- Soaks up the sun
- Unoriginal one
- Spiked club
- Pressing need
- Entreaty
- Killer whale
- D.C. baseball team
- Halt
- British ref. work

**CROSSWORD ANSWER KEY**

Solution time: 23 mins.

Answers

King Crossword





## Page, AZ Balloon Regatta



Phil Clark/Lake Powell Chronicle



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