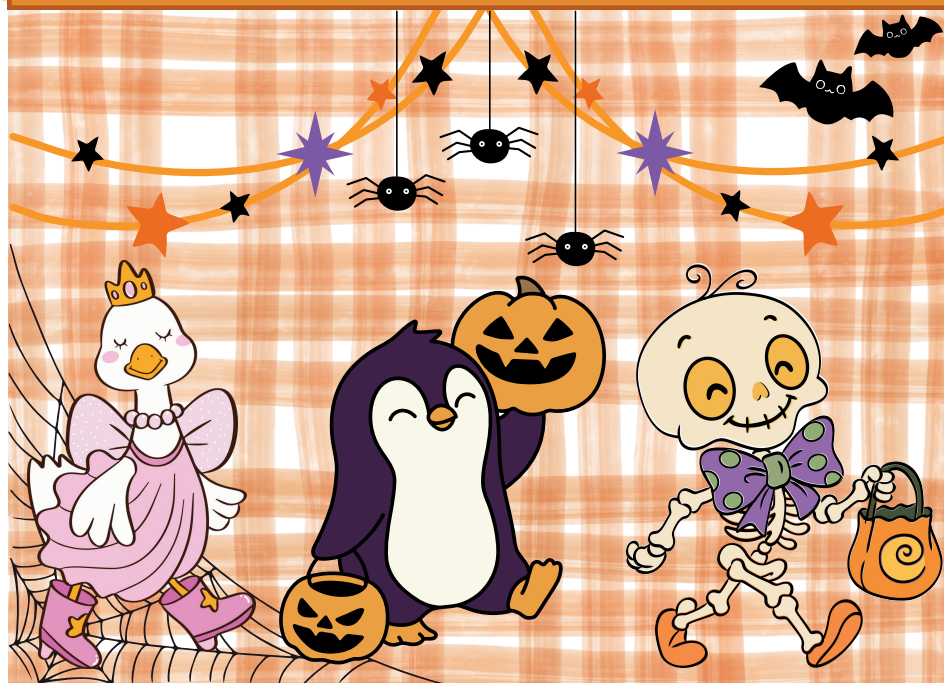


NATIVE YOUTH PROGRAM NEWSLETTER

PITU.GOV | 435.586.1112 | 440 N. PAIUTE DRIVE



Miukwa

The best part of October is the crisp, comfy weather that gives us an opportunity to incorporate fall fitness in our lives—for example, taking a walk after dinner, visiting a local pumpkin patch, or participating in a community walk (see page 2).

This month is filled with fun festivities like Halloween parties, dressing in your spookiest or cutest costumes, and trick-or-treating. Although pumpkin spice lattes, pumpkin cookies, and pumpkin cheesecake are delicious treats, how can we also include pumpkin with healthier, whole food recipes?

Upcoming Events

Monthly Theme: Miukwa
Meaning: ??? See page 2

- **Oct. 14:** WUSD Title VI: Planetarium, Coral Cliffs PLC, St. George, 6-8pm
- **Oct. 16:** Tooveep opening reception, Southern Utah Museum of Art, Cedar City, 6-8pm
- **Oct. 17:** Tooveep Exhibition, Southern Utah Museum of Art, Cedar City, 10am-12pm
- **Oct. 26:** Trunk or Treat, Cedar City, 6:30-8:30pm
- **Oct. 30:** Zombie Run, Cedar City, 5-7pm

See full calendar of events at [PITU.gov/Native-Youth/](https://pitu.gov/Native-Youth/)

Learning Paiute

The first youth to pronounce and define the word Miukwa will win a cool prize!

Miukwa
(pron. mee-ooh-kwah)
Meaning???



Did you know?

In honor of our Native people, Indigenous People's Day (Monday, Oct. 12) is acknowledged not only in the U.S. but also in Canada, Australia, and New Zealand.

Zombie Fun Run/Walk

Let's kick off our second annual Zombie Run with a *BANG* on Friday, Oct. 30 from 5-7pm. We are welcoming all of our Nung'wu and staff, along with their families. **To “zombify” our experience, we are looking for zombie volunteers, ages 16+**

For more information or questions, please contact the Youth team: Everson, Elissa, and Gissella at 435-586-1112.

