ETSKA NAV AH PAI THE NEWS CARRIER

# QUECHAN NEWS

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ETSKA NAV AH PAI THE NEWS CARRIER QUECHAN NEWS
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***Have A Story To Tell? Send It In Via Email!***

# New Milestones At Quechan Housing



**Quechan Tribal Council members Emilio Escalanti and Juliana Comet** held each end of a red ribbon as Agustín Tumbaga, Jr., Executive Director of Quechan Housing cut through the center, officially unveiling a new more energy efficient home at 1809 Turquoise Circle. Sharing the applause are Quechan Housing Commission Board Vice Chairman Vernon Smith, Lorraine White (Chairman), and Board members Yvonne Choate, Marianna Bobtail Bear and Board Secretary Rose Phipps. QUECHAN NEWS Photo by William Isbell

Quechan Housing employees, local residents, Tribal Council members and the Board of Commissioners of the Quechan Housing Authority (QHA) all gathered together in the driveway of a recently completed home in the "Old" subdivision on June 25th, to witness the unveiling of a new milestone in construction here on the reservation. The special event also celebrated a personal milestone for many of the residents in attendance, as most of them also came to sign the documents that would make them debt-free homeowners after years of mortgage payments.

The QHA wanted to give 15 local families official recognition for their becoming home owners, and to remind everyone present how far the Tribe's efforts in providing housing have progressed over the years.

In comments to the assembled audience prior to the ribbon cutting, many of the speakers discussed some of the first efforts at securing housing here on the Reservation, expressing relief that the Tribe no longer has to depend on outside agencies to "assist" us by providing us shipped in, second-hand, second-rate housing.

Now that the Quechan Tribe is taking charge of its own housing, the homes being built are not only equal to anything a potential home-buyer might find in Yuma; they are often a cut above. Case in point: the new home at 1809 Turquoise Circle, which is the newest addition to the QHA's inventory.

Agustín Tumbaga, Jr., Executive Director of the QHA spoke first, giving some of the details on the construction of this first of two more energy efficient homes which the Tribe is building. The 1,124 sq. foot 3 bedroom home has additional insulation throughout its interior and exterior walls and attic.

The plywood on the roof covering the west-facing back patio has a radiant barrier to keep heat from penetrating walls where the afternoon sun hits it, making the home cooler. This same plywood technology was used throughout the entire attic, which includes a "ridge vent" on the roof to help any heat collecting in the attic escape through the roof.

One of the more advanced features that makes this home energy efficient is the "3Kw Solar Panel System" installed on the roof, which will substantially reduce electricity costs. All of the windows are dual pane windows; all light bulbs, inside and out, are fluorescent to conserve energy and a back patio that adds shade to the entire back of the home also helps to keep the home cool. Low-

*(Continued on Page 2)*

# Housing Milestones

*Continued from Page 1*

maintenance rock landscaping was also installed to help cut back on water usage.

Most people don't seem to notice an additional detail until it is called to their attention. The covered driveway has another 9-foot wide concrete surface right alongside, extending all the way from the street to the back wall of the home. This allows the occupants to park as many as four cars in the driveway.

One of the most amazing things about the project, however, is that with the QHA as the lead contractor, they and their subcontractors were able to get it built in under 4 months!

Mr. Tumbaga also said the next energy efficient home, just starting to go up next door, will utilize the Larsen construction method to increase the "R-factor". He says, "It looks like it has two walls on the exterior," due to the thickness of the straw bales used as a construction material in the Larsen method. That will increase the (insulation) R-factor from R-19 in the walls of the current home to an insulation factor of about R-40 in the walls of the next home.

As already mentioned, both new homes have fully covered rear patios, which helps to keep the afternoon sun off of the rear bedroom walls, further increasing energy savings in air conditioning. Both homes also include oversized, handicap equipped walk-in showers in the front bathroom, as well as energy star electric appliances.

Funding for the new rentals was provided by HUD through Indian Housing Block Grants.

If these newest, energy efficient homes become the standard here on the Quechan reservation, we may see even more families becoming full-fledged homeowners in the future!

# EDA Offers Temporary Commercial Space For Local Entrepreneuers



**Temporary spaces complete with electrical power pedestals** and water will soon be available for Tribal member vendors and entrepreneurs to conduct their business at 475 Quechan Drive, just south of the Pipa Market. The spaces will be "up and running", ready to rent by August, 2014. Photo by William Isbell, QUECHAN NEWS

The Quechan Tribal Council passed a Temporary Commercial Space Plan at their Regular Council Meeting on July first, which will make temporary spaces available for Tribal member vendors and entrepreneurs to conduct their business at 475 Quechan Drive, in the empty lot just south of the Pipa Market and north of the *Quechan News*.

Authored by the EDA, the new Temporary Commercial Space Plan offers two options for the available spaces. The first is the lot space for trailers or food concession trucks; the second is for daily space for table and canopy operations.

Four lot spaces in the new development will be made available for trailers or food concession trucks on a 6-month or 1-year basis for a nominal monthly fee. However, one space has already received a permit, which leaves three spaces available. Those spaces will be provided with electrical, water and sewer amenities.

Daily space will be provided for four table and canopy vendors, with shared electrical outlets and a water faucet. Vendors must submit a completed Space Reservation Application and pay a fee of $10.00 per day at the EDA Office.

Vendors will no longer be allowed to sell at the Pipa Market lawn area once the space becomes available in August.

All vendors must obtain a valid Business Permit with the Quechan Indian Tribe. Please contact Allyson Collins at the Quechan EDA, (760) 572-5270, for more information.

Sizzlin' Summer
SPECIAL
From Menta Handyman Service
Residential Air Conditioning Tune-up/Maintenance
For Tribal Members: $45
For Tribal Elders: $35
For Information Or To Schedule A Service, Call Chris Menta:
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sgtmenta@yahoo.com

Happy Birthday to Sherrie Talaswaima, July 10th!
Hope you get lots of gift cards! LOL!

Congratulations Brandon Allen Frank on making the Dean's List at Arizona Western College for Spring 2013/Fall 2014! In order to receive this honor AWC students must be enrolled in 12 credit hours and earn a 3.500 GPA for the semester. Brandon, your family is so proud of you and your academic accomplishments! Keep up the good work! You have overcome many challenges this past year, it takes self-discipline and determination, so stay focused. We will always be there for you!
Love ~ Your Great-Grandmother, Grandmas, Mom & Brothers

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## *Have a story idea, or an event you want covered?*

**Quechan News is here to cover the special events and everyday lives of Quechan Tribe Members, and the issues that affect you in the world today. This newsletter is here to keep the lines of communication open, to expand opportunities, and uplift the Native Spirit of the *Kwat'san Pipá*. Your ideas and input are welcome!**

**Just call the Quechan News office Monday through Friday at (760) 572-3912, or email your stories and story ideas to *w.isbell@quechantribe.com*. I'm looking forward to hearing from you!**

# Culture & Heritage

# Summer Youth Program Includes Community Garden















**Over two dozen students are participating** in the maintenance of the Quechan Community Garden at the Anya Nitz Pak. Brian Warner of the Quechan Special Diabetes Project oversees their efforts, and sees to it that everyone gets a chance to water and weed the plots. Eddie Thundercloud, Jojo Thomas, and Jara Amador can be seen here taking care of the watering, while Owen Barley, Mya Short and Amanda Barley are seen with Brian as he explains how local animals will often raid the veggies! QUECHAN NEWS Photos by William Isbell

Tribal students who signed up to take part in the summer activities offered by the Fort Yuma Alcohol and Drug Abuse Prevention Program (ADAPP) have been busy with more than field trips, fishing and nature hikes: They are picking up some traditional knowledge on food production in our desert environment by maintaining the Community Garden at the *Anya Nitz Pak* (Sunrise Park).

During spring break, while most of these students were involved in their After School Program, ADAPP approached the Economic Development Administration (EDA) about the possibility of adding a gardening project to the curriculum. Since the Special Diabetes Project for Indians (SDPI) is responsible for the Community Garden (as a source of some of their "healthy foods"), EDA suggested the two programs get together.

As a result, Brian Warner at SDPI now has a dedicated staff of student helpers. Before the school year even ended, the ADAPP summer program students helped the Diabetes Project with providing the muscle for the repair of pathways around the garden area, and using compost and mulch to get the soil in the planting beds prepared for this summer's crops.

A few weeks ago, Brian led the students back over to the garden to help them plant squash, watermelon, tomatoes, and jalapeño peppers. Sometime this month, they will add pumpkins to the mix.

The desert heat, shifting soil and ultraviolet degradation has already caused the "automatic" irrigation system some problems, so the group has been hand watering their crops ever since. They've already learned that there is no such thing as a guaranteed return on investment, as the ground squirrels in the park discovered the tomatoes and jalapeños right away, and harvested those seedlings on their own schedule!

As a result, they're already talking about putting in some fencing to keep the rodents out!

## Thank You

**A VERY SPECIAL THANK YOU TO WIA/DOL STAFF**

(Mr. Daniel, Lou Ann, Angie)

Thank you for preparing me for my new job. Mr. Daniel, from the first time I came to your program, you always had encouraging words no matter what obstacle came my way (and there were many!). You taught me to never give up and that it's O.K. to laugh. Humor is good!

Lou Ann, you are always going to be my mentor. I will be successful in my new job because you were very, very patient with me. Without your knowledge and skills I probably wouldn't be where I am today. Through good and bad you were always willing to hear me out and keep me thinking positive at all times.

Angie, I would like to thank you for putting me through the challenges you and I both faced together. Now I will be able to utilize this in my new career. You helped me complete my Word 2010 lessons, and you stayed by my side encouraging me along the way, even when I couldn't navigate my way using a computer!

Now, when you ask me to create a new form or flyer or to create a new progress report, I can do so, being very creative (of course!), using what I have learned.

Yours truly,

*Christina "Tina" Sestiaga*

## Kwat'san Ii'yá!

**Delicious, Traditional Foods**

*Bread (in general)*
**Muuthíly**

*Bread baked in ashes*
**'atsé Kuutáp (or 'ootsé Kuutáp)**

*Bread baked in an oven or pan*
**'amátt Kuutáp**
*(Some say this means bread baked in ashes)*

*Frybread*
**'atsasháy Kuutáp**

*Wild Spinach*
**Kaamóot**

*Tepary Beans (Or White Beans)*
**Maaríik Xamáaly**

Submitted by Quechan Language Preservation and the Quechan Classroom Dictionary Project.
**To enroll in a Language Course, call (760) 572-4412**

# Update On Quechan Memorial Skatepark



**Greg Mize of Native Skateparks (headquartered in Oklahoma)** delivered renderings of his completed design for the Quechan Memorial Skatepark on May 9, 2014. One of those views is seen here, with images of local skaters Angel, Adrian and Tony Torres overlaid to provide scale. Original Rendering Courtesy of Kwatsan Media

In a little over three months (since the community meeting discussed in the April issue of *Quechan News*), the organizers hoping to build a Quechan Memorial Skatepark here on the reservation have made inroads with local businesses and other contributors, and have begun to collect pledges of support for the project.

Both tribal and nontribal contributors have thrown their support behind the $250,000, 10,000 square foot project.

Businesses pledging support so far include Aqua Chiropractic and Day Spa, Torture Training Center, Bordertown Skate Shop, Rod Hartt Kettle Corn, Big Dave Tattoo, the Vault Club and The Four Collection by Amay Tadits.

"We're off to a fantastic start and we're so grateful for the overwhelming support," says Kenrick Escalanti, President of Kwatsan Media, Inc. "We want to keep up the momentum and we're asking for everyone's support. Kwatsan Radio and all skate park supporters see this project as an opportunity to provide a positive outlet for our Tribal youth while bridging our surrounding communities (in Yuma, Somerton, Bard, the Cocopah Reservation and Imperial County)," says Escalanti.

And to demonstrate that momentum, the organizers held a five hour gathering at the Ironwood Community Center on June 18, to reveal the completed renderings of the proposed skatepark as designed by Greg Mize of Native Skateparks.

Frybread, kettle corn and pastries were among the goodies for sale at the gathering, which also featured live skating demonstrations in the parking lot, as well as a DJ, a live band and great raffles prizes. The gathering combined an informational meeting with an "indoor swap meet," as all kinds of things were offered for sale. The proceeds were added to the growing pile of contributions, to help the organizers get the skatepark built as soon as possible.

"It is our goal to raise the necessary funding to have it built within 36 months," says Escalanti. "We are working swiftly to achieve its completion sooner, rather than later."

The idea for a new skate park began as a suggestion from a Quechan tribal member, who thinks it would be a great way to remember tribal youth lost to suicide. She turned to Kwatsan Media, Inc. for support on this project because the non-profit organization has spent the past four years focusing on youth-centric events and initiatives.

Mr. Escalanti recites the statistics that inspired the project: "According to Indian Health Service research, suicide is the second leading cause of death for

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# Skatepark Update

*Continued from Page 4*

Indian youth residing in IHS service areas. Furthermore, the IHS report found this suicide rate to be three and a half times higher than the national average."

"When we look at how this statistic is affecting our local Native American population, we can't stand by and continue to let this number rise," he says. "We want to create a healthy, active community with youth that feel inspired to achieve their goals and aspirations."

Wanting to move forward with the Quechan Memorial Skatepark in early March, the Board of Directors at Kwatsan Media, Inc. put together a community-based project made up of Quechan community volunteers which they oversee.

Albert Golding (of Kwatsan Radio) and Kenrick Escalanti have been facilitating the bi-weekly community meetings and the local grassroots fundraising. Board Member Lycia Ortega is in charge of Public Relations on the project while fellow Board Member William White was put in charge of their fundraising strategies, seeking grants and donors from both the public and private sector.

In just a few short months, seven local businesses have joined the effort, offering contributions such as monetary donations, food items for sale, raffle prizes, and even a percentage of their sales. David Sanchez of Big Dave Tattoo pledged a portion of his sales toward the park last month, and even donated $100 worth of tattoo work as one of those raffle prizes!

Since a good part of their efforts include going after any available grant funding (in fields as diverse as healthy living projects and community improvements) they are asking EVERY member of our Tribal Community to donate $10 to this project.

"Doing so will showcase strong community support and give us a strong presence in grant funding proposals," according to the organizers. "Securing such local monetary donations would help to make us eligible for large scale grants."

If you'd like to get involved, you can make donations to the project on the Quechan Memorial Skate Park page at www.quechanskate.com and get updates on the Quechan Memorial Skate Park page on Facebook.



**Local artist and community member Ahree Robles** brought some of her art to the June 18th meeting, to contribute the proceeds of what she sold there to the Skatepark Fund. QUECHAN NEWS Photo by William Isbell

# Local Entrepreneur Pledges Support For Quechan Skatepark Project

Kenrick Escalanti has added a new art sales website to his portfolio of local businesses, www.thefourcollection.com.

There, he appears under his Kwat'san name of Amay Tadits (*A•my Ta•thits*), which means *Hail* in Kwat'san, claiming his Native American/Chicano ancestry as his inspiration as a contemporary artist.

The Four Collection is dedicated to helping great causes within Indian Country. "None is greater than the Quechan Memorial Skatepark to honor all of our Native Youth who have left us too soon," he says. "Proceeds of every purchase from The Four Collection will go toward helping us get the Quechan Memorial Skatepark built."

Amay Tadits says he creates artwork that demonstrates the richness and beauty of Indian Country, hoping to erase native stereotypes. His stated intent is to respectfully showcase the beauty of the Kwat'san people, expressing a clear message that the our local native culture is not a dead relic in a museum. "We in fact are living and thriving Indigenous Peoples of the world," he exclaims.




**Kenrick Escalanti** as he appears on The Four Collection by Amay Tadits website.

Courtesy of TheFourCollection.com

The first few items he has created cross over from the past into the present, adapting traditional design to the contemporary world. They are custom made cherry wood iPhone cases in two sizes, made to slip over either an iPhone model 5c or 5s. Both sizes come in two designs, known as "Songs" and "Ribbons", and they sell for only $35 each.

This company has so much meaning for me as an Artist, a Native American, a Chicano, and most of all a father," he explains. "The Four Collection is not only a representation of indigenous living through the Four Directions, it's also named for the four most precious gifts in life, my Four Daughters. My work, my art, has always been for them. I want to show my girls that there are no limits to what you can do so long as you never settle for the stereotyped limitations which the world places you in."

FORT YUMA
INDIAN HEALTH CENTER

## Temporary Limitations On Radiology Services

In early June, the Diagnostic Radiology Technician at the IHS Fort Yuma Health Center (FYHC) resigned her position.

At that time, the management of FYHC anticipated that there could be about 6 weeks of limited x-ray capability, while they went through the process of hiring a new Technician.

Since the second week of June, a Radiology Technician has been on Temporary Duty (TDY) status from the Phoenix Indian Medical Center. That Technician's services have been available two days a week, on Wednesdays and Thursdays.

In the meantime, the Purchased Referred Care procedure has been implemented for emergency x-ray requests, and those patients are being sent to either the Yuma Regional medical Center or the Yuma Imaging Center for the necessary x-rays.

If an x-ray is needed on a non-emergency basis, the patient will be scheduled on Wednesdays and Thursdays when the TDY Radiology Technician is at the FYHC.

Planning for patient care support is important to the Fort Yuma Health Center, we apologize for any inconvenience, and we are optimistic that our recruitment plans to hire a new Radiology Technician for Fort Yuma should be completed either this week, or in the very near future

# EARLY INDEPENDENCE CELEBRATION

QUECHAN NEWS Photos by William Isbell





**While many enjoyed** the motorcycle stunts in the evening, one of the most popular activities during the afternoon was lining up to shoot some hoops (below).



**Schuyler Massey** (at right) went all out in her efforts to project a patriotic image, as she helped out making thousands of Sno Kones for the thirsty crowd!





**A free live concert by Checkered Past** kept the crowd entertained, kicking off the tunes at sundown. The '80's style rockers played three short sets, with the breaks in between taken up by the excitement of the Monster Energy Drink motorcycle stunt team!

The Quechan Tribe went all out for the 2014 Independence Day Celebration, with three days of community events at the Paradise Casino, Evergreen Park, and the softball field at the Quechan Community Center. Thousands from Yuma and the surrounding communities showed up on the first night, for the Paradise Casino's Annual Early Independence Day extravaganza!

The outdoor party in the Casino's parking lot featured free Sno Kones and cotton candy, motocross stunts, the band *Checkered Past*, and a spectacular one day early fireworks show that really thrilled the crowd after sundown!



**The night ended, as it always does,** with a spectacular fireworks display in the night sky above the Paradise Casino. This was the view from the Quechan Veterans Memorial on Indian Hill.



QUECHAN NEWS Photos by William Isbell - Pig Catch Photo Courtesy of Dexx Taylor

# THIS IS THE FOURTH OF JULY
## THE WAY THE QUECHAN TRIBE DID IT IN 2014






**The Friday afternoon sack races were a lot of fun,** with kids like Elijah Thomas (in the second photo) getting a lot of altitude as they hopped their way to the finish line. That's Jesse Uvalles in the the third photo crossing the green finish line to win the 11 to 13 year olds' contest, while Damien Cota (in the last image) went down just before reaching the end-of-the line. Elias Rea and Jovi Barker smile in the background, hoping his fall gives them a chance to win in the 8 to 11 year olds' sack race!







**During the craker eating contest, Sarah Jackovitch** tried to be lady-like as she worked her way through the dry crunchies. Her contest (for 5 to 7 year olds) was won by her brother Eugene, who raised his hand as soon as he finished. The 8 to 10 year old craker eating winners were all girls: Delilah Taylor, Alyssa Rosales and Marlea Aceves!







**Additional activities on Saturday included Horseshoes,** with Alex Bouts among the contestants. Jimmy Gomez of "The Klick" hammers a homer at the Adult Co-Ed Softball Tournament that same day, while John Villicana, Jr. caught the greased pig (and prize money) at the Walking Park on Friday. The park's giant waterslide was a big draw for families in the heat of the day! And last (but not least), Frank Vinegas, Commander of Quechan Post 802 came out to take care of the Fourth of July flag raising.

# Intertribal Council of Arizona Sponsors Caregiver Training Session at Senior Center

The Quechan Senior Nutrition Center was the scene of a valuable Family Caregiver Training session on June 12, sponsored by the Intertribal Council of Arizona (ITCA).

Tribal members were able to gather in the conference room there, to receive the benefit of years of experience from three professionals as they explained the challenges of caring for people in a home environment who are slowly losing their mental, sensory or locomotive abilities.

Quechan and Cocopah Tribal members were able to learn what to expect throughout various stages of debilitation, the gadgets and medical resources available to assist them in home healthcare, and additional professional training available through both the ITCA and government sponsored programs.

Hannele Waissi and Dorothy Kelly from the Foundation for Senior Living in Phoenix opened the program. Hannele is the Community Living Resources Program Director at the Foundation, with years of experience in dealing with patients suffering from dementia. She understands the special challenges of communication that develop over the progressive stages of such disorders, and what needs to be done to recognize and prepare for those stages as they arrive. Ms. Waissi began with an explanation of what dementia is, its many causes and how to properly diagnose the source of "mental fog" in a patient.



**Nearly a dozen local community members** gathered in the Quechan Senior Center conference room to learn the techniques of being a caregiver for a family member. QUECHAN NEWS Photos by William Isbell



**Dorothy Kelly,** Community Liason for the Foundation for Senior Living, showed participants some of the many devices available to assist people with homebound care.

She made it clear at the outset that just because a person seems to be disconnected from the present, or have problems getting around the house, while they seem listless or angry a great deal of the time, it might not necessarily mean that person is beginning to descend into senility. There are reversible causes for such symptoms, from depression and anemia, to vitamin B-12 deficiency, to over medication and even certain infections. Hannele said a person should always be sure to consult with a qualified specialist and have the proper diagnostic tests run, so if a problem develops that can be arrested through a change in diet or medication, that route should be taken.

She also provided a simple mental state examination which doctors and long-term care facilities use, to help determine just what kind of cognitive impairment might be developing. The test is a series of questions that a patient must answer every few months, which helps to reveal their orientation to the present; their ability to access short term memory; their attention span and ability to calculate; how well they recall events from earlier in the test, and how they process language. A home caregiver can use the same test, given every few months, to see if the family member is "holding steady", making improvements, or continuing to fade.

The best part about the test she presented is that it takes nothing more than a conversation with a pencil and a piece of paper to assess a person's mental state—no expensive medical tools or special skills are required, just patience and observation!

The class also spent a good deal of the morning on how to help a person who is slowly slipping away to stay comfortable, feel safe, and minimize their confusion. Much of what was passed on is simple "common sense", actually.

A person suffering from dementia has no idea that the world they are living in may be years removed from the present they are inhabiting, so all you do is contribute to their confusion when you insist on correcting them when they call someone by the wrong name, or insist that their absent adult children are going to be coming home from school soon.

All of the instructors agreed that it is always best to validate their feelings, speak in calm and relaxed tones, and stay aware of your own posture and body language. Standing over someone, especially a person under mental stress is often seen as a threat. If there is something which must be discussed in detail, it is always best to sit down next to the person, use touch as a mode of connection, and wait for their response after you've explained things.

It is important to keep home bound patients reassured and feeling safe. Something as simple as leaving their room the way they want it, and keeping change to a minimum, goes a long way towards creating a safe and stable environment.

Archie Mariano, a caregiver support specialist with the ITCA, spent the last part of the morning going over additional tools for caregivers offered through various programs, and discussed a chronic disease self-management program as well as a variety of Lifespan Respite Voucher Programs which have been set up to assist family caregivers, and provide them with assistance as required.



**Hannele Waissi** spent almost two hours going over ways to keep patients functioning comfortably, while living with a condition that is gradually deteriorating.

# Medical Sharps Disposal Regulated By State Laws

The handling and disposal of used home generated medical sharps such as needles, syringes, and lancets are exempted from regulation in Arizona's Medical Waste Regulations (Arizona Administrative Code (A.A.C.) R18-13-1401 et seq.). However, these materials still need to be handled safely.

The Arizona Department of Environmental Quality requests your help in ensuring that medical sharps are disposed of in a manner that helps minimize health risks to garbage haulers, landfill personnel and the community.

All used medical sharps should be placed in either an approved medical sharps container purchased from a pharmacy or health care provider, or a heavy plastic or metal container. The containers should be puncture-proof with a tight-fitting lid. Household containers such as plastic detergent bottles can be used if the following precautions are observed:

• Use a heavy duty tape such as electrical or duct tape to secure the lid to the container.

• Write the words "Not Recyclable" on the container with a black indelible marker. This helps to ensure the container will not be inadvertently mingled with recyclable materials.

• Do not use a clear or glass container.

• Do not over-stuff the containers with medical sharps (fill only to "approximately full").

Over filling the container can increase pressure on the lid and cause a release of the medical sharps.

While storing a container, keep out of reach of children and pets. Always wash your hands after handling or touching medical sharps. Although other methods of disposal are preferred, in Arizona the container may be placed in your regular trash for disposal once you have followed the precautions mentioned above.

The State of California regulates the disposal of medical sharps through Health and Safety (H&S) Code Section 118286, which prohibits individuals from discarding home-generated sharps waste in home or business recycling or waste containers.

However, two state agencies provide guidance on home-generated sharps waste disposal. The California Integrated Waste Management Board (CIWMB)'s Sharps & Health Home Care Waste Home Page is a valuable resource both for individuals who use sharps and must dispose of them properly, and for counties, cities and businesses working to comply with sharps disposal law.

California State Law (H&SC §118286) makes it illegal to dispose of home-generated sharps waste (such as hypodermic needles, pen needles, intravenous needles, lancets, and other devices that are used to penetrate the skin for the delivery of medications) in the trash or recycling containers, and requires that all sharps waste be transported to a collection center (such as the Fort Yuma Medical Clinic) in a sharps container approved by your local enforcement agency.

# Fort Yuma Clinic Accepts Sharps For Safe Disposal

**Safe Sharps Disposal is very important** for the safety of household members, community members, and community workers. Any needless exposure to used syringes or lancet devices is very serious and very expensive because they can injure people and spread infections that cause serious health conditions.

## Importance of Safe Sharps Disposal



Safe sharps disposal is important whether you are at home, at work, at school, traveling, or in other public places such as hotels, parks, and restaurants.
Never place loose needles and other sharps (those that are not placed in a sharps disposal container) in the household or public trash cans or recycling bins, and never flush them down the toilet.
Doing so puts trash and sewage workers, janitors, housekeepers, household members, and children at risk of being harmed.

Pet owners who use needles to give medicine to their pets should follow the same sharps disposal guidelines used for humans.

## What are sharps used for?

People use sharps to treat all kinds of medical conditions in the home, and the number of conditions treated at home with injectable medicines continues to rise. Sharps users may use lancets and/or needles and syringes to deliver medicine for conditions such as:

- Allergies
- Diabetes
- Arthritis
- Cancer
- Hepatitis
- HIV/AIDS
- Infertility
- Migraines
- Multiple Sclerosis
- Osteoporosis
- Psoriasis

**Fort Yuma Indian Health Service, as a long standing policy, accepts sharps for safe disposal:**

You may turnin your sharps disposal containers at the Fort Yuma Clinic during normal hours of operation, from 8:00AM – 5:00PM, Monday through Friday, except on Holidays

**In an Approved Container:**

**Medical sharps should be placed in either a medical sharps container (from a pharmacy or health care provider) or a heavy-plastic or metal container. All containers should be puncture-proof with a tight-fitting lid.**

**For Medical Sharps Containers:** check with the Quechan Diabetes Program, CHR and THMP programs, and the Fort Yuma IHS Nursing Staff.

**Turn in To:**

Fort Yuma Nursing and Housekeeping Staff take sharps containers for disposal.

**Do Not:**

**Drop off or leave a sharps container unattended in a public space or dumpster: ALWAYS turn-in containers to a Nurse or Housekeeper.**

# High Speed Internet Plans

*Continued From Page 12*

forward," he promises. "It's very exciting."

As TDS begins this new partnership with the community, the company has hired Tierra Right of Way Services, described as one of the most respected land services firms in the western United States. Based in Tucson, Tierra will provide cultural resource, environmental permitting, and right-of-way services for the project. They will also be conducting biological and cultural resource surveys of the areas where the new line installations are to occur.

Currently, Tierra's archaeologists are engaged in the Class I research phase, which precedes the actual archaeological fieldwork which will be required. The California Historical Resources Information System (CHRIS) is assisting with this portion.

CHRIS staff members are gathering the historical and archaeological information which includes previous archaeological work, historic properties and structures in the affected areas, and known archaeological sites in the project area and within a 1-mile buffer zone around it. Tierra's schedule showed they would have everything needed from CHRIS by the end of June.

Once the research phase is complete, the Class III survey phase will get underway. The survey could begin as early as this week, though it might also begin closer to the end of July.

Class III is the actual archaeological fieldwork phase.

Tierra's archaeologists will be on tribal lands while conducting this survey, evaluating any potential impacts the proposed fiber optic installation may have on cultural resources.

A biological survey of the area will also be performed. This survey is critical for two reasons:

1) It establishes the character of the actual habitat that is present along the project lines and;

2) And helps to evaluate any potential impacts the proposed installations may have on the area's biological resources.

Once they get underway, the Class III and biological surveys are expected to only take about two to three days. During this time, Tierra staff members may be observed walking along roads searching for indications of archaeological remains where construction is planned.

They will also be evaluating remains that may have been identified previously (such as during the installation of other utilities in the past), which Tierra will have been alerted to during the Class I research.

A senior biologist at Tierra is currently gathering data and doing background research in preparation for the biological survey, to identify the types of wildlife, plants, and special-status species which may be present in the project area.

Special-status species include threatened and endangered species listed by the U.S. Fish and Wildlife Service and/or the state of California's Department of Fish and Game. Because many special-status species are dependent on riparian areas and wetlands, these are the two primary habitats that will be closely examined during the biological surveys.

Kirk says, "By taking these steps ahead of time, it allows us to adjust our routes to accommodate these findings and still complete the project in a timely fashion."

Sometime this fall, once the surveys are completed, Tierra will provide cultural and biological resource reports, which will be incorporated into the Proponent's Environmental Analysis (PEA). The PEA will serve to provide concise descriptions of the potential impacts the project may have on the local environment.

TDS is also working with a licensed surveyor to perform land surveys in order to create the required legal descriptions and the associated right-of-way maps for easement acquisitions and permitting purposes.

• During the permitting phase, TDS will be working with the BIA, tribal and other federal agencies, and additional state and local agencies.

• Once the land surveys are complete, Tierra will contract with a licensed appraiser to evaluate and determine "fair market value" for any needed rights-of-way required on tribal trust land, allotments, or private land holdings within the Fort Yuma Quechan Reservation.

• Individual property owners will be contacted if construction will need to cross their parcel or if their parcel will be impacted at all during the project.

TDS expects to begin construction on the project in January 2015. The project should be completed and fully accessible to residents by fall 2015.

TDS has scheduled two opportunities for the public to learn more. Both meetings on the project will take place at the Paradise Event Center on July 17th, the first at 10:00 AM, the second at 6:30 PM. For more details you can contact Nate Stanislawski at TDS, call 1(608)664-5642 or call Renee Darling at Tierra, 1(520)319-2106.


## Weight Management Support Group

**Meets Every Wednesday Evening At 6:00 PM**
**At The Quechan Diabetes Project Office**



- **Nutrition Education**
- **Peer Support**
- **Food Demos**
- **Exercise Tips**

**Come Join the Staff from the Special Diabetes Project as we continue meetings with our weight management support group. The focus of the group is to encourage those lifestyle changes that will promote healthier lives for years to come. If you or anyone you know can benefit from being a part of our weekly support group please give us a call at 760-572-1286 for more information.**



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# TRIBAL COUNCIL BUSINESS

## Resolutions Passed From Late May Thru the Month of June, 2014

*The Quechan Tribal Council passed 23 Official Resolutions from the second half of May until this issue of* Quechan News *went to press. The Resolutions are listed below in numerical order, as they were passed and adopted by the Council. The effect of each Resolution is covered by its Title. For further information on these Resolutions, please contact the Tribal Council Secretary, Alexis Summerfield, or Executive Secretary Marsha Emerson at the Tribal Administration Office: (760)572-0213, Ext. 204 or 206.*

**Resolution R-93-14: A Resolution to expend funds for financial aid to Applicant #1 attending higher education for the Summer 2014 academic year.** *Approved by a vote of: 5 for, 0 against, 1 abstained, 0 absent at a Special Council Meeting held on May 27, 2014.*

**Resolution R-94-14: A Resolution to expend funds for financial aid to Applicant #2 attending higher education for the Summer 2014 academic year.** *Approved by a vote of: 5 for, 0 against, 1 abstained, 0 absent at a Special Council Meeting held on May 27, 2014.*

**Resolution R-95-14: A Resolution to expend funds of financial aid for student request attending higher education for Summer 2014.** *Approved by a vote of: 4 for, 1 against, 1 abstained, 0 absent at a Special Council Meeting held on May 27, 2014.*

**Resolution R-96-14: A Resolution to expend funds for financial aid for Applicant #1 attending vocational education for the Summer 2014 program year.** *Approved by a vote of: 5, for, 0 against, 1 abstained, 0 absent at a Special Council Meeting held on May 27, 2014.*

**Resolution R-97-14: A Resolution to expend funds for financial aid for Applicant #2 attending vocational education for the Summer 2014 program year.** *Approved by a vote of: 4 for, 0 against, 1 abstained, 1 absent at a Special Council Meeting held on May 27, 2014.*

**Resolution R-98-14: A Resolution to expend funds for financial aid for Applicant #3 attending vocational education for the Summer 2014 program year.** *Approved by a vote of: 5 for, 0 against, 0 abstained, 1 absent at a Special Council Meeting held on May 27, 2014.*

**Resolution R-99-14: A Resolution to expend funds for financial aid for Applicant #4 attending vocational education for the Summer 2014 program year.** *Approved by a vote of: 5 for, 0 against, 1 abstained, 0 absent at a Special Council Meeting held on May 27, 2014.*

**Resolution R-100-14: A Resolution to approve a mutual settlement and release of claims and a 1st amendment to the fire protection and emergency medical service agreement.** *Approved by a vote of: 6 for, 0 against, 0 abstained, 0 absent at a Special Council Meeting held on May 27, 2014.*

**Resolution R-101-14: A Resolution to approve an agricultural lease with Nunes Vegetables, Inc., for land included within Farm 147.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Regular Council Meeting held on June 3, 2014.*

**Resolution R-102-14: A Resolution to approve a contract and lease with the Bureau of Reclamation for the Colorado River Lift Station upgrade project.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Regular Council Meeting held on June 3, 2014.*

**Resolution R-103-14: A Resolution to approve an amended Exhibit A, Amendment Four for the formula for the YCIP-TA Contribution to the Memorandum of Understanding.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Regular Council Meeting held on June 3, 2014.*

**Resolution R-104-14: A Resolution to approve the tentative budget for the Johnson O'Malley Program for Calendar Year 2014.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Regular Council Meeting held on June 3, 2014.*

**Resolution R-105-14: A Resolution to approve an agreement with EDAIS Enterprises, Inc., for the Yuma Main/Colorado River Lift Station upgrade project.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-106-14: A Resolution to approve a contract with DEP Construction, Inc., for asphalt maintenance.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-107-14: A Resolution to approve Amendment No. 1 to the professional service agreement with Brodshatzer, Wallace, Spoon & Yip, APC.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-108-14: A Resolution to appoint a member to the Health Committee for a two year term.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-109-14: A Resolution to appoint a member to the Events Committee for a two year term.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-110-14: A Resolution to appoint a member to the Events Committee for a two year term.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-111-14: A Resolution to appoint a member to the Events Committee for a two year term.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-112-14: A Resolution to appoint a member to the Events Committee for a two year term.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-113-14: A Resolution to appoint a member to the Events Committee for a two year term.** *Approved by a vote of: 4 for, 0 against, 0 abstained, 2 absent at a Special Council Meeting held on June 16, 2014.*

**Resolution R-114-14: A Resolution to certify and approve fifteen applicants as officially enrolled members of the Quechan Indian Tribe.** *Approved by a vote of: 5 for, 0 against, 0 abstained, 1 absent at a Special Council Meeting held on June 26, 2014.*

**Resolution R-115-14: A Resolution to enact relinquishment and withdrawal of person from the Quechan Indian Tribe.** *Approved by a vote of: 5 for, 0 against, 0 abstained, 1 absent at a Special Council Meeting held on June 26, 2014.*


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**Jumping Castle**




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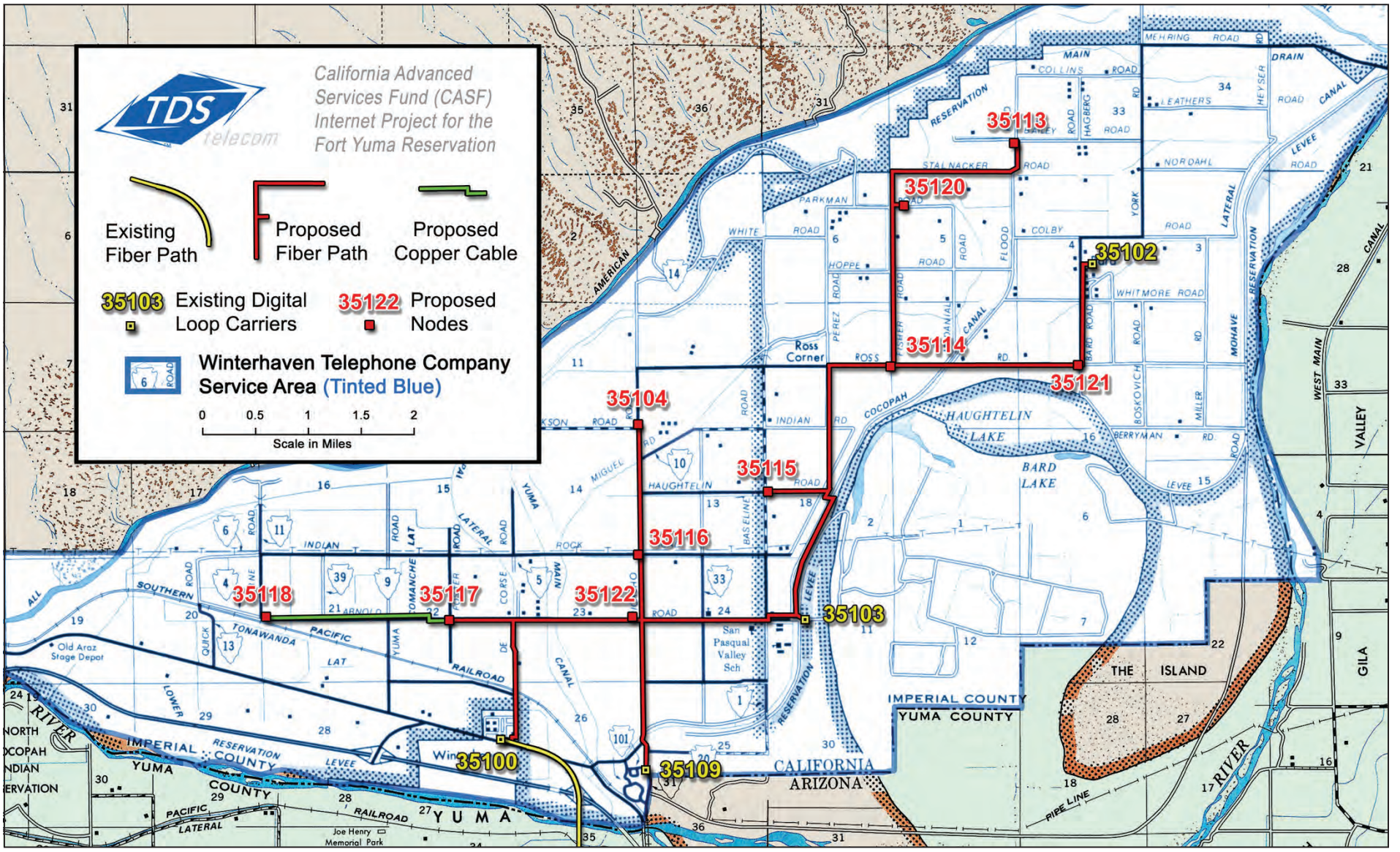
**928-388-0711**





*Happy Birthday to my lil' brother*
*Michael Joseph Sestiaga*
*July 29, 2014*
*I love you very much brother!*
*I miss you!*
*Your sister Tina*

# TDS Plans for High Speed Internet on Res




**This map, combining data from the Bureau of Indian Affairs Cartography Division** with data provided by the TDS Telecom Engineering Department, shows the new fiber optic and copper cables which TDS hopes to add to the existing network, to provide high speed internet service for subscribers of the Winterhaven Telephone Company. Biological and cultural resource surveys will have to be completed where the new lines will be installed before actual work begins. QUECHAN NEWS Graphic by William Isbell

TDS Telecom (TDS) is proposing to construct a new high-speed Internet network within the boundaries of the Fort Yuma Quechan Reservation. In total, approximately 16 miles of buried fiber-optic and Ethernet over copper (EoC) lines will be installed alongside many existing roads throughout the reservation.

Once complete, residents will gain access to high-speed Internet service that should offer downlink speeds of up to 15 Mbps, and 1.5 Mbps when uploading files to the web.

"We are excited about this project to expand and improve high-speed Internet services in the Fort Yuma Quechan Reservation," said Joe Kirk, manager of Project Implementation at TDS. "It's an investment in the future, opening the door to job creation, economic growth, and a way to help improve public safety, education, healthcare, and entertainment experiences."

The California Public Utilities Commission (CPUC) also recognizes the importance of Broadband Internet access.

Through its California Advanced Services Fund (CASF) program, a matching funds grant has been awarded to TDS Telecom, the long standing local telecommunications provider for the Quechan Reservation.

In addition to providing high-speed Internet access to homes, the project will also ensure that five anchor institutions get access to higher-speed connections.

San Pasqual Valley Elementary School, the Middle School, and San Pasqual High, as well as Bill M. Manes School and the San Pasqual Vocational Academy will all be served by the new network TDS plans to build.

"Before we can begin, we must first demonstrate regulatory compliance to various agencies at the federal, state, and local level," Kirk added. "We want to build this network quickly, but we want to make sure it's built appropriately and respectfully."

TDS has reached out to the Quechan Tribal Council, which has expressed its support for the project. The Fort Yuma Agency of the Bureau of Indian Affairs (BIA), Quechan Tribal government officials, Quechan Cultural Committee, and many others have also stepped in to provide TDS with guidance and feedback on the steps that are legally necessary to help them meet those requirements which are culturally important when doing work on the reservation.

"We appreciate the guidance and support of these wonderful groups," says Kirk adding that "TDS is hopeful the Quechan Tribal Community will be equally supportive."

"We will do everything possible to earn your trust and cooperation to move this project

***Continued Inside on Page 10***