



# SIWA VAATS NEWS

P U B L I C A T I O N   O F   T H E   C H E M E H U E V I   I N D I A N   T R I B E

## DEPARTMENT LISTING

Tribal Administration  
760-858-4219

Agriculture  
760-858-1135

Community Center  
760-858-5103

Conservation  
760-401-4207

Cultural Center  
760-858-1115

Education Center  
760-858-1063

Environmental Department  
760-858-1140

Diabetes Department  
760-858-4240

Gaming Surveillance  
760-858-4045

Head Start  
760-858-4918

Health & Wellness  
760-858-5426

Housing Department  
760-858-4564

T.E.R.O.  
760-858-5100

Tribal Court  
760-858-4219

Havasu Landing Resort  
760/858-4592

Havasu Landing Casino  
760-858-4593

## TRIBAL COUNCIL MEMBERS

Glenn Lodge, Chairman

Sheridan Silversmith, Vice Chair-  
Woman

Raymond Mejia, Secretary-  
Treasurer

Levi Esquerra

Kostan Lathouris

Tito K. Smith

Candice Chandler

Edward "Butch" Ochoa

Daniel Leivas



C H E M E H U E V I   I N D I A N   T R I B E

Chemehuevi Indian Tribe  
P.O. Box 1976

1990 Palo Verde Drive  
Lake Havasu, CA 92363

Phone: 760-858-4219  
Fax: 760-858-5400

Submit commentaries for  
future publications by  
e-mail to:

[exec.sec@cit-nsn.gov](mailto:exec.sec@cit-nsn.gov)

Or fax to:

760-858-5401

View Newsletter online:

[www.chemehuevi.org](http://www.chemehuevi.org)

**Tribal Council  
Regular Meeting  
Saturday,  
June 28, 2025  
9:00 a.m.**

# Chemehuevi Indian Tribe 55th Annual

## NUMUWI DAYS

June 6th & 7th, 2025  
Tribal Gymnasium  
1960 Palo Verde Dr. Chemehuevi Valley, CA

**VENDORS  
NEEDED!**

**ALL TRIBAL  
ROYALTY  
WELCOME!**

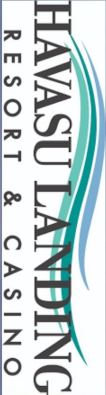
### Friday June 6

- 4:30 AM Nukwi  
Registration Closed for Cornhole  
5:00 PM 18+ Cornhole \$10.00 Buy In  
(Exact Change)  
Blind Draw for Teams  
1st Place \$200.00 + Buy Ins  
2nd Place \$150.00

Reusable  
Water Bottles  
are highly  
encouraged &  
your own chairs  
are welcomed

**Bird Singers &  
Dancers  
Welcome!**

Contact Information  
Vendors-Vanessa Tafoya (760) 284-3905  
General-Jasmine Lynch (760) 858-4219  
Cultural-Sheridan Silversmith (928) 277-3956



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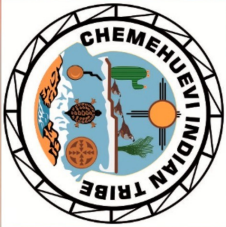
### Saturday June 7

- 10:00 AM Tribal Council Opening & Blessing  
10:15 AM Nukwi Recognitions  
10:30 AM John Contreras & Family - Torres Martinez  
11:00 AM Red Mountain Bird Singers - Lehi, AZ  
11:30 AM Rez Life Bird Singers - Ft. Mojave  
12:00 PM Archery Contest Ages 9-12, 13-17, 18+  
12:00 PM Ase Smaav - Parker, AZ  
1:00 PM Ribbon Skirt Contest (Audience Choice)  
Ages 11-13, 14-17- 18+

- 2:30 PM Most Creative Gourd Contest (Audience Choice)  
2:30 PM Solo Bird Singing Contest, Must wear Ribbon Shirt  
3:00 PM Ages 11-17 & 18+ Registration Closes at 12:00 PM  
3:30 PM Rez Life Bird Singers - Ft. Mojave  
4:00 PM 3 Legged Race Ages 6-12 & 13-17  
4:30/5:00 PM Ase Smaav - Parker, AZ  
6:00-8:00 PM Red Mountain Bird Singers - Lehi, AZ  
6:00 PM John Contreras & Family - Torres Martinez  
Dinner - Sponsored by ASAP & ICWA  
Elders Served First, followed by Community  
Kickball (Warriors Field)  
Men & Women's Horseshoes, Unity Park Horseshoe Pit  
Registration Closes at 4:00 PM  
\$10.00 Buy In (Exact Change)

**Flyer is Subject to Change**

This is a Drug & Alcohol  
Free Event  
No Pets or Weapons  
Allowed  
Chemehuevi Indian  
Tribe is not responsible  
for lost, stolen or  
damaged personal  
property







# Chemehuevi Tribal Members Nuwuvi Days run June 6, 2025



FRIDAY. JUNE 6  
**NUWUVI DAYS**  
**CORNHOLE**  
TOURNAMENT  
**18+**

2025  
**55**



**C.C.**  
**SNACK BAR**

 **1ST & 2ND**  
**CASH PRIZE**

**\$10** **BUY IN**

**BLIND DRAW**  
**(TEAMS)**  
**DOUBLE ELIMINATION**

**5** **PM**  
**START**  
**TIME**

**@TRIBAL**  
**GYMNASIUM**





# NUWUVI DAYS

## CTEC Itinerary

CTEC WILL HAVE A MERCH AND ACTIVITY TABLE

10-AM - 3PM

### ACTIVITIES

1. CARDSTOCK STEAM ACTIVITY
2. MAKING OF CORN HUSK DOLLS
3. NUWUVI SIGN PAINTING
4. POKEAN (CULTURAL GAME)

### MERCH

1. HATS
2. BOWS
3. SHIRTS
4. TOTE BAGS

\*\*\*ALL PROCEEDS GO TO EDUCATION FUNDRAISING\*\*\*



2025

55

# NuWuM Days

## HORSESHOES

### TOURNAMENT

**\$10**

BUY IN

MEN & WOMENS

1ST-2ND-3RD

CASH PRIZE

BLIND DRAW FOR TEAMS

**SATURDAY**

**JUNE**

**7TH**

GAME STARTS  
AT  
PM

**6**

C.C.  
SNACK BAR





C h e m e h u e v i I n d i a n T r i b e  
P r e s e n t s

**Tribal Member Opening**

# BOAT

# Cruise

**to Oasis, Havasu Palms**

**An Enterprise of the Chemehuevi Indian Tribe**

**10th**

**Boat Space Limited! Reserve by Monday  
June 9th 3:00 PM**

**June**

**Depart from Casino Dock at 10:30 AM**

**2  
0  
2  
5**

**R.S.V.P 760 284 3791 | Jasmine Lynch**

**HAVASU LANDING**  
**RESORT & CASINO**

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## BOARDS & COMMITTEES

### VACANCIES:

Interested in serving on one or more  
Boards or Committees? (LIMIT 3)

**Health Board (1) Vacancy**

**C.T.A Board (2) Vacancies**

(Chemehuevi Transportation Authority )

Health Board email

[health.board@cit-nsn.gov](mailto:health.board@cit-nsn.gov)

Tribal Members can submit questions, comments  
or concerns



## EMPLOYMENT OPPORTUNITIES

**Come Apply:**

**Contact Info,**

**TO APPLY FOR RESORT OPENINGS CONTACT HR DEPARTMENT @ 760-858-4592**

**TO APPLY FOR CASINO OPENINGS CONTACT HR DEPARTMENT @ 760-858-4593  
ext. 301**

**TO APPLY FOR TRIBAL OPENINGS CONTACT TERO OFFICER @ 760-858-5100.**





# **T.E.R.O.**

***HOURS OF OPERATION***

***MONDAY – FRIDAY***

***7:30AM – 4:00PM***

**WE ARE  
HIRING**

**JOIN OUR  
TEAM!**

## **TERO**

**TRIBAL EMPLOYMENT RIGHTS OFFICE**

### *WHAT DO WE DO?*

**1**

The TERO program enforces tribally enacted American Indian preference law, which ensures American Indians gain their rightful share of employment, training, contracting, subcontracting, and business opportunities occurring on or near reservations.

**2**

The Chemehuevi Tribal Employment Rights Office (TERO), by virtue of a contractual agreement with the Equal Employment Opportunity Commission (EEOC), is authorized to interview and counsel individuals with potential employment discrimination charges. The TERO employees address draft charges of alleged violations of Title VII, file complaints with the EEOC and attempt to resolve the charge by mediation within 30 days.

**3**

Call the TERO Office if you are a youth worker 14 - 17 or an adult looking for a temporary job

**OR**



If you want to speak with someone about a discrimination issue

### **CONTACT**

**VARNER ESCOBAR  
TERO OFFICER**

**760-858-5100  
DIR.TERO@CIT-NSN.GOV**



## **Head Start Happenings:**

Chemehuevi Head Start / June 2025 Addition of Monthly Newsletter

### **WHAT HAPPENED IN MAY:**

-Our Head Start kids wrapped up their month of Wednesday swim lessons with a family pizza party and were allowed to take turns down the big water slide. This was a fun way to begin the hot season in our desert. Thank You LHC Aquatic Center.



-We also participated in Chemehuevi Tribe's MMIP Awareness Walk. Children and parents were invited to dress in Red and support this important event. We had 5 families, and all Head Start staff there to participate. It was a warm day, but our kids muscled through with our water wagon in tow and snacks at the finish line. We enjoyed the Bird Singers, with the community, and then headed back to school.



-Head Start participated in Chemehuevi Tribe's Nuwuvi Days, providing hours of sensory play for all children at the event, old and young alike. We had a great time visiting with children from past Head Start years and meeting new incoming children for next year.

**\*JULY will be Head Start Staff's month to recoup and organize/ prepare for the next 2025-2026 school year.**

### **WHAT'S HAPPENING IN JUNE:**

-June 19<sup>th</sup> - No School HOLIDAY for Juneteenth

-June 29<sup>th</sup> - Last Day of School/ **PROMOTIONAL CEREMONY** and **"END OF THE YEAR PARTY"** at the Head Start building from 12-2pm.



## **CTEC SUMMER HOURS**

**Monday 10AM-3:30PM**

**Tuesday 10AM-3:30PM**

**Wednesday 10AM-3:30PM**

**Thursday 10AM-3:30PM**


**Friday 10AM-3:30PM**

**Saturday CLOSED**

**Sunday CLOSED**


***ANY QUESTIONS CONTACT 760-858-1063***








6/2025

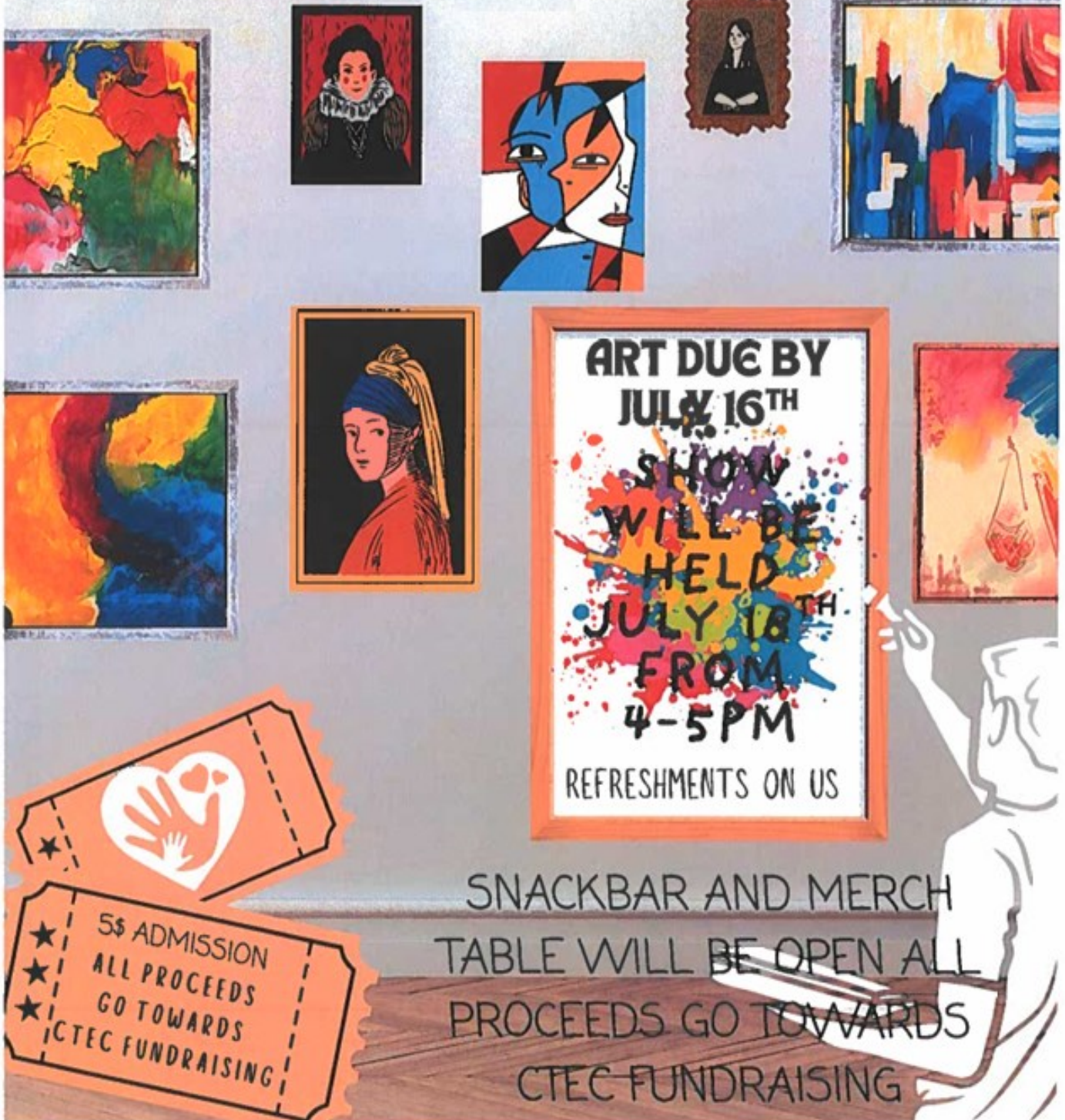
# June



SUN	MON	TUE	WED	THU	FRI	SAT
1 CLOSED	2	3	4 GARDENING 10AM XOOX	5	6 CLOSED LAST DAY OF SCHOOL	7 OPEN 10-5 FOR NIGHT DAYS
8 CLOSED	9	10 TALENT SHOW TRY OUTS 12-2	11 GARDENING 10AM XOOX	12 SLIME 2-4 AT C.C. HOW TO MAKE CORN PUK DOLLS	13 LAKE DAY WITH C.C.	14 CLOSED
15 CLOSED	16 WATER BALLOON CONTEST	17 BOAT DAY STEAM ACTIVITY	18 GARDENING 10AM XOOX	19 CLOSED 	20 NACHO FRIDAY	21 CLOSED
22 CLOSED	23 FISHING & SWIMMING DAY WITH C.C.	24 BOATING IN LAKE HAYAST	25 GARDENING 10AM XOOX	26 CAR WASH AND AQUA FRESCA SALE	27 TABLET COMPETITION	28 CLOSED
29 CLOSED	30					



# SUMMER ART GALLERY





# CHEMEHUEVI INDIAN TRIBE EDUCATION CENTER SUMMER ART GALLERY

THERE WILL BE  
PRIZES FOR 1<sup>ST</sup>,  
2<sup>ND</sup>, AND 3<sup>RD</sup> PLACE



SIGN UP  
NOW TO  
JUNE 13<sup>TH</sup>

FOR MORE INFORMATION CONTACT

(760) 858-1036









# TALENT SHOW

LAST CALL FOR TRY OUTS!

**16** **12 - 2PM**  
**JUNE** @ Education Center

**If you missed out the first time its still not too late the Education Center will be hosting a second round of try outs for anyone who missed the first !**

Show us what you've got and grab your chance to shine on stage!

**FOR MORE INFO CALL**  
**(760) 858-1036**

## Graduation announcements for Class of 2025

We are proud to announce graduate Angelyka Rose Dilling, graduating from Ironwood Ridge Highschool. She enjoys dancing, listening to music, and photography. She plans to explore her love for photography with higher education and potentially a career in the field.

We are proud to announce graduate Aliyah Little Feather Nopah, graduating from Needles Highschool.

We are proud to announce graduate Ayanna Mei Lopez Cordova, graduating from Arizona Western College. She will be graduating with a degree in Exercise Wellness & Nutrition. She knew during her time at San Luis Highschool, where she did volunteer work assisting athletic trainers that she wanted to pursue a career related to this field. She even went on to volunteer at her school Arizona Western College, where she was able to learn more about the field, and got more hands-on experience. She plans on furthering her education at Northern Arizona University, in hopes to obtain her bachelor's degree in Fitness Wellness, and a master's degree in Athletic Training.

We are proud to announce graduate Alexa Cooper Franklin, graduating from Wheatland Union High School.



# CHEMEHUEVI COMMUNITY CENTER

## OPERATING BUSINESS HOURS

<b>MONDAY</b>	<b>10AM-7PM</b>
<b>TUESDAY</b>	<b>10AM-7PM</b>
<b>WEDNESDAY</b>	<b>10AM-7PM</b>
<b>THURSDAY</b>	<b>10AM-7PM</b>
<b>FRIDAY</b>	<b>10AM-7PM</b>
<b>SATURDAY</b>	<b>10AM-7PM</b>

**SUNDAY'S CLOSED**

**FOR INFO CALL 760 858 5203 OR 760-858-5103**



# CHEMEHUEVI COMMUNITY CENTER JUNE ACTIVITIES

MONDAY	TUESDAY	WEDNES	THURS	FRIDAY	SATUR
2. ARTS & CRAFTS	3. BADMIN- TON	4. GAME ROOM	5. SPOON RACE CHALLENGE 4-5pm	6. 7. <b>CLOSED FOR NUWUVI DAYS</b>	
9. GIANT CONNECT 4 & JINGA TOURNAMENT 3-5pm	10. LADY BUGS CRAFTS 2:30-4pm	11. *SLIME DAY 2-4pm	12. *LAKE DAY @ NUWUVI PARK 12:30-2:30pm	13. <u>C.C.</u> PARENT DINNER ORIENTATION 4:30-5:30pm	14. OPEN GYM 12-5pm
16. * WATER BALLON BATTLE 12- 2pm	17. <u>MOVIE NIGHT</u> 5-7pm SNACK BAR	18. OPEN GYM 12-5pm	19. <b>CLOSED FOR HOLIDAY</b>	20. SUMMER ART CONTEST START SAC RACE @BALLFIELD 4-5pm	21. 12 -17 TEEN POOL TOURNAMENT 4-6pm
23. *LAKE DAY @ NUWUVI PARK 12:30-2:30pm	24. *BOWLING IN LAKE HAVASU AGES 9-17	25. OPEN GYM 12-5pm	26. *CAR WASH FUNDRAISER 10am-2pm	27. BIG HEADS SELF PORTRAIT MAGNET MAKING	28. GAME ROOM
30. ROCK PAINTING (NUWUVI ROCKS) FB PAGE	COMMUNITY CENTER HOURS—MONDAY - SATURDAY 10:30AM - 7:00PM LUNCH @12:00 SNACK @3:00 MONDAY—SATURDAY FOR QUESTIONS OR INFO CALL 760-858-5103 FOLLOW US ON FACEBOOK FOR UPDATES & FLYERS *COLLABORATION WITH EDUCATION DEPT.				



CALENDAR AND EVENTS SUBJECT TO CHANGE



CHEMEHUEVI COMMUNITY CENTER  
WITH THE EDUCATION DEPARTMENT

# LAKE DAY

@ NUWUVI PARK

Thursday  
**JUNE 12<sup>TH</sup>**  
&  
Monday  
**JUNE 23<sup>RD</sup>**  
**12:30-2:30 PM**

MUST HAVE SWIMMING ATTIRE  
A SIGNED PERMISSION SLIP  
BRING SWIM SHOES / TOWEL

FOR QUESTIONS OR INFO CALL 760-858-5103



*Chemehuevi*  
COMMUNITY CENTER  
DINNER

*Friday*  
*June 13 4:30-5:30*

*"Introduction by  
C.C. new Director  
Isac Ochoa"*

*"Goals and plans for  
C.C."*

*"Going over the rules  
of C.C."*

*"Updating Youth  
Contact Forms"*



FOR INFO 760-858-5203

1978 VALLEY MESA  
HAVASU LAKE CA.92363



**CHEMEHUEVI COMMUNITY CENTER  
WITH EDUCATION DEPT.**

# BOWLING

**AGES 9-17**



**JUNE 24<sup>TH</sup>**

**HAVASU LANES**

**2:30 - 5:30**

**FOR INFO CALL THOMAS PENCILLE 760-858-5103  
LACE TURNER 760-858-1063**





# Department of Housing

Housing Office hours are 7:30 a.m.—4:00 p.m.  
Maintenance Office hours are 6:30 a.m.—4:00 p.m.  
Phone: 760-858-4564 Email: [recp.hsg@cit-nsn.gov](mailto:recp.hsg@cit-nsn.gov)

1-4 bedroom homes are available to low-income Chemehuevi Tribal Members and other Native Americans. Quail Trail 1-2 bedrooms apartments are available for qualified low-income families regardless of race. If interested contact Housing for an application or you can stop by and pick one up. Keep in mind Housing does have waiting lists for both programs. Tribal list posted in the Housing lobby.

## FY 2024 INCOME LIMITS DOCUMENTATION SYSTEM FOR CALIFORNIA

Extremely Low Income Limits

1 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
\$35,900	\$41,000	\$46,100	\$51,250	\$55,350	\$59,450	\$63,550	\$67,650

NOTICE: If you aren't feeling well, please call Housing personnel rather than visiting the office. If you prefer not to visit the Housing office with your payments Chrissy or Housing Administrative employees can process electronic payments with debit or credit cards. Housing Drop-box is also available at the

### PEST CONTROL

Bug Emergency was out to spray May 8th & 22nd. Be advised they do spray backyards if gate is unlocked.

### NEXT SPRAY

Will be June 12th & 26th of 2025.

### COVID BAGS

Housing Department is offering Covid bags to Community members that are affected by Covid, please call Housing Department for info.

### MMIP WALK



**Nuwuvi Days 2025**



**NuKwi**



**American Rescue Plan.** Although we are currently not accepting new applications Housing continues to work on this program.

**HEAP Applications:** Care Act Funding available. Housing has received the new 2024 applications. Please contact Housing if you would like an application or if you need any assistance completing the forms. You will need to bring all pages of your current electric bill and propane. Receipt, valid identification, also bring our social security cards for household members and proof of income.

**A&S Propane:** If you interested in their service, please give Housing Department a call, or you can call them direct @ 928-854-4098. Their next scheduled delivery January 2025.

**Ferrellgas:** Is still offering propane, an account must be created first. All deliveries will not be charged taxes or other fees. Please contact Ferrellgas directly and let them know you are paying with a credit card or debit card to be considered for an upcoming delivery. To make arrangements, please contact: Katy Rankin, Customer Service Specialist, phone number is 928-445-3840. Her email address is [KatyRankin@ferrellgas.com](mailto:KatyRankin@ferrellgas.com)

### UPCOMING EVENTS

June 6, 2025—Tribal Departments Closed Due to Nuwuvi Days.

June 7, 2025—Continued Nuwuvi Days Events in Gymnasium.

June 10, 2025—Tribal Event Held at Ghost Mine.

### SENIOR INFORMATION & ASSISTANCE

The Department of Aging & Adult Services' Senior Information & Assistance Program staff will be available to answer questions and provide information about programs and services available to you!

PLEASE JOIN US! Every 4th Wednesday of the month 10 AM-12 PM

IN THE HOUSING RESOURCE CENTER





## CHEMEHUEVI INDIAN TRIBE

1990 Palo Verde Drive • Havasu Lake • California 92363

P.O. Box 1976 • Havasu Lake • California 92363

Phone: 760/858-4219

Fax: 760/858-5401

[enrollment@cit-nsn.gov](mailto:enrollment@cit-nsn.gov)

website: chemehuevi.org

### Information From the Enrollment Department

Greetings Membership,

I have been receiving a high number of returned mail when it comes to the Minor Trust Fund account statements. The statements are mailed quarterly so remember to update any address changes with the Enrollment Department. This will help with undue cost associated with returned postage.

Graduation season is upon us, and I would like to say congratulations to the Class of 2025!

For information regarding the release of a Minor Trust Fund and the application please visit our website at <https://chemehuevi.org/administration-1>. The application will be found at the bottom of the page. If you are graduating and requesting your funds, please mail the application, a copy of your social security card and diploma to:

Arlene King-Escobar  
Enrollment Clerk  
P.O. Box 1976  
Havas Lake, CA 92363

I cannot accept faxed or emailed applications. Please write the minor applicants' phone number at the bottom of the application. If you have any questions, concerns or need information please contact me at [enrollment@cit-nsn.gov](mailto:enrollment@cit-nsn.gov) or by phone at 760-858-4219 ext. 3.

I would also like to inform you that our bank Pacific Premier Bank that holds our minor trust fund accounts will be merging with Umpqua Bank. The name will be changed to Colombia Bank later this year. More information on the name change will be provided in the coming months.

Mawk (Thank You),  
Arlene King-Escobar  
Enrollment Clerk



# CHEMEHUEVI DIABETES DEPARTMENT



## Healthy Cooking Class

sweet  
potato/bison hash

**Tuesday, June 17, 2025  
10:30am - 11:30 am  
COMMUNITY CENTER**

Class size is limited, You must register  
by June 10, 2025 to participate.

*For more information or to sign up, please call*

**Anna Drum-Lynch 760.858.4240**





## Chemehuevi Diabetes Department

# *Lunch & Learn*

*Topic: Meal prep*  
*By: I.H.S Dietician*  
*Brenda Bourn*

Creamy Chicken Apple Salad

**When: June 24, 2025**

**Time: 11 am-12 pm**

**Where: Chemehuevi Community  
center**

Registration is  
required by  
6/10/2025

QUESTIONS? CONTACT Anna Drum-Lynch (760) 858-4240



# Taking Diabetes Medicines



People with diabetes often need to take medicines to help keep blood sugar at a healthy level.



**Take your medicines as it says on the labels. Ask your medical provider about any concerns, such as:**

- When to take medicine
- How much medicine to take
- What to do when your blood sugar is low
- What to do if you miss a meal
- What to do when you are sick
- What are common side effects



**Refill your medicines before they run out.**

Medicines can usually be refilled one week before they run out. Look at the labels on the medicines to check for refills. If there are no refills, contact your medical provider.



**Let your medical providers know about all the medicines you take, as well as how much and how often you take them.**

Below are some ways you can help keep your medical providers up to date:



Take all your medicines with you to each medical visit.



Keep a list of all your medicines. Get a list from your pharmacy or make your own.



Use your cell phone to snap a picture of each medicine label to show your medical providers.

**Remember to include other things you take, such as over-the-counter medicines, vitamins, and supplements.**



Produced by the IHS Division of Diabetes Treatment and Prevention  
For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)  
07/2019

Take a picture with your cell phone.  
Look at the picture later as a reminder!





# Tips to Help You Remember to Take Medicines



Ask family members and friends to remind you.



Use a calendar to mark when you take medicines.



Set an alarm as a reminder.



Use a pill box.



Put a note on your refrigerator or mirror.



Consider taking medicines at the same time you do daily activities.

## Be Safe with Medicines

- Keep all medicines out of the reach of children.
- Sharing medicines can be harmful. Only take medicines prescribed for you.
- Talk to your medical provider before you stop taking any of your medicines.
- Ask your health care team how to safely:
  - Store medicines
  - Get rid of unused medicines
  - Dispose of used needles and syringes



Produced by the IHS Division of Diabetes Treatment and Prevention  
For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)  
07/2019

Take a picture with your cell phone.  
Look at the picture later as a reminder!



# Increasing Muscle Strength

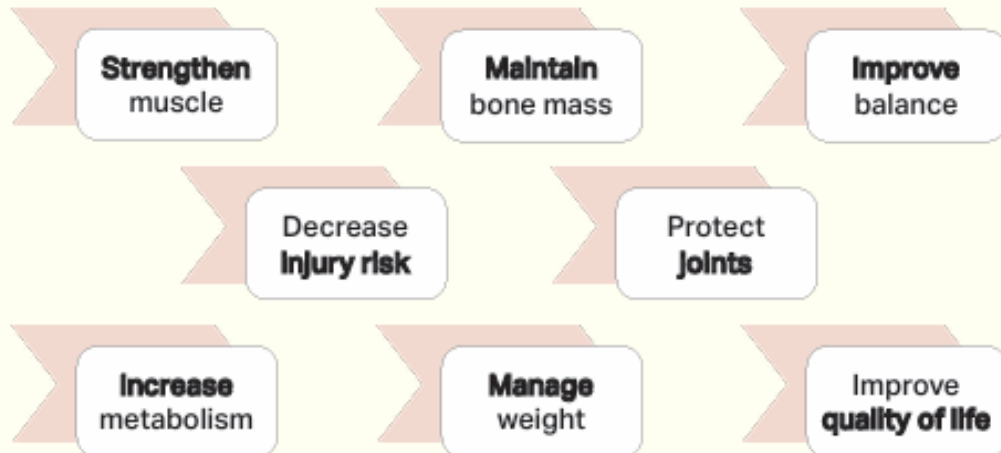
## WHAT IS STRENGTH TRAINING?

As we age, we tend to lose muscle mass and strength. Strength training can build muscle, improve balance, and help us manage chronic conditions like arthritis, back pain, obesity, heart disease, and diabetes.

Strength training makes your muscles work against an outside force. The force can be from your body weight, resistance machines, resistance bands, or hand-held weights.



## BENEFITS OF STRENGTH TRAINING



## BASICS FOR STARTING

If possible, begin training with a certified fitness professional or physical therapist to reduce the risk of injury. They can assess your needs, choose the right exercises, teach you the safest exercise methods, and monitor your progress. One resource is the [Native American Fitness Council](#).



Adults may begin strength training 2 to 3 days a week. Include the major muscle groups in your routine: legs, hips, back, abdomen, chest, shoulders, and arms.

If you have not done strength training before, use your body weight for resistance, such as push-ups or sit-ups. Build your strength using exercise bands before trying free weights or resistance machines to prevent injury.



Produced by the IHS Division of Diabetes Treatment and Prevention  
For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)  
07/2024

Free Diabetes  
Education Materials  
Scan Now!





# Increasing Muscle Strength

Strength training can be performed using free weights, resistance machines, flexible resistance bands or tubing, or your body weight, as shown below:



Chair Squat



Free Weights



Resistance Machines



Resistance Bands or Tubing

Follow these general guidelines for strength training:

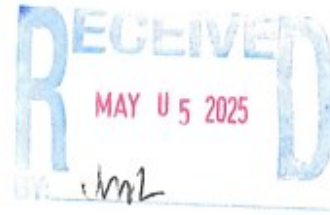
- Warm up with a short walk
- Choose 6-8 different exercises
- Perform each exercise with 10-15 repetitions per set
- Do 2 to 3 sets for each exercise
- Rest for at least 60 seconds between each set
- Skip 1 or 2 days between workouts
- Stay hydrated by drinking water before and after your workout



If you have excessive shortness of breath, chest discomfort, or unusual fatigue during or after exercise, contact your healthcare provider or call 911.



Produced by the IHS Division of Diabetes Treatment and Prevention  
For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)  
07/2024



Dear Valued Customer,

The Chemehuevi Water Department would like to inform you that starting July 2025 late fees will be reinstated and delinquency notices will commence starting at \$100.00 or more. Any accounts above \$100.00 or more that need to have a payback agreement can contact the Water Department at

760-858-5370 or email [oc.wd@cit-nsn.gov](mailto:oc.wd@cit-nsn.gov). You may also view your billing information by creating a customer registration at <http://chemehuevi.utilitybillingsystem.us>. At this time online payments aren't accepted but as soon as we have that available, we will inform all customers. Please fill out a customer update form to ensure you have phone, email and emergency contact information on file if the Water Department needs to contact you. If you have any questions, you can call the number or email provided.

Thank you,

Chemehuevi Water Department





Chemehuevi Indian Tribe  
Code Enforcement  
P.O. Box 1976  
Havasupai Lake Ca. 92363  
(760)401-4207  
aco@cit-nsn.gov

Hello Tribal Members,

The weather here on the Rez is getting pretty warm highs reaching around 105 degrees. Cool mornings around the 80's. flowers are in fullbloom, and the wildlife is on the move.

The Code Enforcement Department has transitioned to the river for beach revenue collection and cleanup. This years beach goers seem to enjoy the fact that the Ghost Mine Saloon at the Oasis in The Havasu Palms has opened. Nothing but positive feedback have sparked conversation with the officers.

The Code Enforcement Department has assisted the EPA Department with monthly Algae Bloom Sampling. These samples are taken in sample location along the Colorado River.

The burros are still around, so becareful when traveling in and out of the Rez.

Bi weekly patrols of the Havasu Palms have made the tribe a positive presence there. More resident are starting to communicate and become familiar with the department. This vocal bridge will help with incident reports, and happenings, when officers are not present.

**Respectfully Submitted,**  
Frederick Rivera  
Chief Code Enforcement Officer



**HAVASU LANDING**  
RESORT | CASINO | HOTEL  
*"An Enterprise of the Chemehuevi Indian Tribe"*

**HL**  
HARDWARE  
STORE

# RAFFLE GIVEAWAY



**ENTER TO WIN !!! \$900.00  
VALUE!!!**



**SAT. JULY 5, 2025 AT 12:00 NOON**

FOR A MINIMUM PURCHASE OF ONLY \$100 AT OUR HARDWARE STORE, YOU WILL BE ENTERED IN OUR RAFFLE FOR A CHANCE TO WIN AN AMAZING BRAND NEW BLACKSTONE BBQ. ONE DAILY ENTRY ALLOWED PER CUSTOMER FOR DURATION OF RAFFLE. RAFFLE STARTS THURSDAY JUNE 5, 2025 AND WINNER MUST BE PRESENT AT THE RAFFLE TO WIN. TICKET WILL BE DRAWN ON SATURDAY JULY 5, 2025 AT 12:00 NOON. YOU MUST HAVE YOUR RAFFLE TICKET TO MATCH THE WINNING TICKET DRAWN. STOP IN AND MAKE YOUR PURCHASES TODAY!!!

***HAVASU LANDING HARDWARE STORE***

[www.havasulandingresortcasino.com](http://www.havasulandingresortcasino.com)





**HAVASU LANDING**  
RESORT | CASINO | HOTEL



*"An Enterprise of the Chemehuevi Indian Tribe"*

# ***HAVASU LANDING RESORT***

## **PICTURE SCAVENGER HUNT EVENT**

***WIN PRIZES FOR YOUR PHOTOS!!!***

***\$5.00 ENTRY FEE DUE AT REGISTRATION.***

***100% DONATED TO CHEMEHUEVI TRIBE COMMUNITY  
CENTER YOUTH PROGRAMS***

**REGISTER AT OUR MARKET STORE SATURDAY June 28, 2025 8:00AM**

**REGISTRATION ENDS SATURDAY June 28, AT 9:30am.**

**RAFFLE FOR WINNERS AT 12:00PM | GREAT PRIZES, 1st - 14th!!!**

**MUST BE PRESENT TO WIN AT MARKET STORE!!!**

**\*\*\* EMAIL OR TEXT YOUR PICTURES TO CORI - RESORT MARKETING \*\*\*  
cmerryman@myhlrc.com OR TEXT 928-486-2974. ALSO PLEASE INCLUDE  
YOUR FULL NAME WITH EVERY PHOTO YOU SEND TO CORI.**

**WWW.HAVASULANDINGRESORTCASINO.COM**

# Chemehuevi Disaster Preparedness Survey

Thank you for participating in our hazard mitigation planning survey. Your feedback plays a critical role in helping us understand the community's hazard concerns and identifying mitigation actions to reduce the impacts of future disasters. This survey is voluntary, and your responses will remain confidential—no information will be directly attributed to you.

If you have any questions about the survey or want to learn more about participating in the development of the Hazard Mitigation Plan, please contact:

Steven Escobar, Tribal Planner  
Phone: 760-284-3795  
Email: [planner@cit-nsn.gov](mailto:planner@cit-nsn.gov)

## How to Prepare for a Disaster

(Keep this Page of Survey)





Name: \_\_\_\_\_

Email: \_\_\_\_\_

Number of adults in your household: \_\_\_\_\_

Are you a year-round resident?      Yes                      No

Do you have any special medical needs (e.g., oxygen, wheelchair, etc.)    Yes      No      Maybe

**1. How concerned are you about the potential impacts of the following hazards?**

	Very Concerned	Neutral	Not Concerned
Climate Change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Earthquake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extreme temperatures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drought	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extreme Winds, (Santa Ana, Wind Erosion, Tornadoes, Thunderstorm, Dust Devils)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hailstorm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insect Pests and Diseases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lightning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wildfire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dam Failure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Landslides/Mudslides	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tropical Storm, Hurricane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2. How important is it to prioritize the protection of the following categories during hazard planning?**

	Very Concerned	Neutral	Not Concerned
People (e.g., community health and safety)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Economy (e.g., businesses, jobs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Infrastructure (e.g., roads, bridges, utilities, schools, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cultural and Historic Sites	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Environmental Resources (e.g., habitats, water quality, vegetations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Government Operations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How important is it, to you to protect each of these assets?

	Very Concerned	Neutral	Not Concerned
Tribal Administration Building	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water Department	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Casino	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Housing Department	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Environmental Department	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Community Center	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gym	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fire Station	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hardware Store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Resort Administration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
General Market	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Education Center	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head Start	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Realty & Planning Department	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health Clinic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ferry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Airport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cultural Center	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Elementary School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:			

4. If other, please specify:

5. In your opinion, what are some actions that the Tribe could take to reduce or eliminate the risk of future natural hazard damages in your community?



6. What have you done to prepare for a disaster?

	Have Done	Not Done	Unable to Do
Create a household plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assembled an emergency kit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attended community preparedness events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Registered for emergency alerts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Installed smoke detectors on each level of our house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Purchased insurance policies to cover losses from specific risks (e.g., flood or earthquake insurance)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cut brush around my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Secured your water heater, cabinets, bookcases, and pictures to the wall?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:			

7. If other, please specify:

8. What is the most effective way for you to receive information about making your home and reservation more resilient to natural hazards? *circle*

- a. Tribal Website
- b. Social Media (e.g., Facebook, Instagram, etc.)
- c. Text or email alerts
- d. Community meetings or workshops
- e. Printed materials (e.g., flyers, brochures)
- f. Other:

9. Check all that apply to you

- ☐ I am a Tribal Member
- ☐ I live on the Reservation
- ☐ I work on the Reservation
- ☐ I visit the Reservation
- ☐ Other:

**10. If you live on or near the Reservation, please let us know what area.**

- ☐ HUD Housing Rentals
- ☐ HUD Housing Mutual Help Homeowners
- ☐ HUD Conveyed Unit
- ☐ Colony (Sub-Division)
- ☐ Quail Trail Apartments
- ☐ Transitional Apartments
- ☐ Senior Complex
- ☐ HLR Resort
- ☐ HLR Sunrise
- ☐ Havasu Landing (Section 36)
- ☐ Vista Del Lago
- ☐ North Estates
- ☐ Oasis at the Palms (Havasus Palms)
- ☐ Other:

**11. Please add any comments you would like to make regarding hazard mitigation and disaster preparedness.**

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**Thank you for taking the time to complete this survey!**

Please return it to the Department Manager or the Realty & Planning Office.



# Youth Life Skills **AGENDA**

## *PRESENTED BY AKAP*

June 11th - Aug. 2nd  
**WEDNESDAYS**

**June 11th**

***Healthy Relationships***

11-1 Community Center Speaker: Miranda Wert

***Youth Conference- Being a Super Hero***

10-3 Gymnasium and Ed Center Speaker: AZ Youth Project

**June 18th**

**June 25th**

***Fentanyl and Vaping Awareness***

11-1 Community Center Speaker: SBC Sheriff

***Time Management and Goal Setting***

11-1 Community Center Speaker: Miranda Wert

**July 2nd**

**July 9th**

***Tribal Lands, Stewards, and EPA***

11-1 EPA- Reservation Speaker: Cruz and Brian

***Cultural Activity and Chemehuevi History***

11-1 Comm. Center Speaker: June & Bridgette

**July 16th**

**July 23rd**

***Personal Hygeine and Healthy Eating***

11-1 Community Center Speaker: Public Health Nurse

***Job Support and Resume Building***

11-1 Community Center Speaker: TERO /1st Institute

**July 30th**

Contact Miranda Wert @ 760-284-3794 for questions and to register







SAVE THE  
DATE!!!

# CHEMEHUEVI FAMILY WELLNESS RETREAT 2025

## Activities

Zip Line  
Climbing Wall  
Archery  
Giant Swing  
and more

## Friendly Pines Campground

Prescott, AZ

December  
19th-21st  
2025



## BANANA BREAD BARS

### Ingredients:

#### Banana Bread Bars:

1-1/2 c. sugar

1 c. sour cream

1/2 c. butter, softened

2 eggs

1-3/4 (3 or 4) ripe bananas, mashed

2 tsp. vanilla extract

2 c. all purpose flour

1 tsp. baking soda

3/4 tsp. salt

1/2 c. chopped walnuts (optional)

#### Brown Butter Frosting:

1/2 c. butter

4 c. powdered sugar

1-1/2 tsp. vanilla extract

3 tbsp. milk

1. Heat oven to 375F. Grease and flour

15x10-inch jelly roll pan. For the bars, in

a large bowl, beat together sugar, sour

cream, butter, and eggs until creamy.

Blend in bananas and vanilla extract. Add



flour, baking soda, salt, and blend for 1 minute. Stir in walnuts.

2. Spread batter evenly into pan. Bake 20 to 25 minutes or until golden brown.

3. Meanwhile, for frosting, heat butter in a large saucepan over medium heat until boiling. Let the butter turn a delicate brown and remove from heat

4. Add powdered sugar, vanilla extract and milk. Whisk together until smooth (it should be thicker than a glaze but thinner than frosting). Using a spatula, spread the brown butter frosting over the warm bars (the frosting will be easier to spread while the bars are still warm)

## Common STDs and their symptoms

**Learn about common and possible STD symptoms and how serious they might be.**

By Mayo Clinic staff

If you have sex, you may also have an STD, with subtle or noticeable STD symptoms. Straight or gay, married or single, you're vulnerable to STDs and STD symptoms, whether you engage in oral, anal or vaginal sex. Although condoms are highly effective for reducing transmission of STDs, keep in mind that no method is foolproof. STD symptoms aren't always obvious. If you think you have STD symptoms or have been exposed to an STD, see a doctor. Some STDs can be treated easily and eliminated, but others require more involved, long-term treatment. Either way, it's essential to be evaluated, and — if diagnosed with an STD, also known as a sexually transmitted infection (STI) — get treated. It's also essential to inform any partners so that they can be evaluated and treated. If untreated, STDs can increase your risk of acquiring another STD such as HIV. This happens because an STD can stimulate an immune response in the genital area or cause sores, either of which might make HIV transmission more likely. Some untreated STDs can also lead to infertility.

### STIs often asymptomatic

You could have an STI and be asymptomatic — without any signs or symptoms. In fact, this happens with a lot of STIs. Even though you have no symptoms, you're still at risk of passing the infection along to your sex partners. That's why it's important to use protection, such as a condom, during sex. And visit your doctor on a regular basis for STI screening, so you can identify a potential infection and get treated for it before passing it along to someone else. Some of the following diseases, such as hepatitis, can be transmitted without sexual contact. Others, such as gonorrhea, can only be transmitted through sexual contact.

### Chlamydia symptoms

Chlamydia is a bacterial infection of your genital tract. Chlamydia may be difficult for you to detect because early-stage infections often cause few or no signs and symptoms. When they do occur, they usually start one to three weeks after you've been exposed to chlamydia. Even when signs and symptoms do occur, they're often mild and passing, making them easy to overlook.

Signs and symptoms may include:

- Painful urination
- Lower abdominal pain



- Vaginal discharge in women
- Discharge from the penis in men
- Pain during sexual intercourse in women
- Testicular pain in men

### **Gonorrhea symptoms**

Gonorrhea is a bacterial infection of your genital tract. The first gonorrhea symptoms generally appear within two to 10 days after exposure. However, some people may be infected for months before signs or symptoms occur. Signs and symptoms of gonorrhea may include:

- Thick, cloudy or bloody discharge from the penis or vagina
- Pain or burning sensation when urinating
- Abnormal menstrual bleeding
- Painful, swollen testicles
- Painful bowel movements
- Anal itching

### **Trichomoniasis symptoms**

Trichomoniasis is a common STI caused by a microscopic, one-celled parasite called *Trichomonas vaginalis*. This organism spreads during sexual intercourse with someone who already has the infection. The organism usually infects the urinary tract in men, but often causes no symptoms in men. Trichomoniasis typically infects the vagina in women. When trichomoniasis causes symptoms, they may range from mild irritation to severe inflammation. Signs and symptoms may include:

- Clear, white, greenish or yellowish vaginal discharge
- Discharge from the penis
- Strong vaginal odor
- Vaginal itching or irritation
- Itching or irritation inside the penis
- Pain during sexual intercourse

- Painful urination

## **HIV symptoms**

HIV is an infection with the human immunodeficiency virus. HIV interferes with your body's ability to effectively fight off viruses, bacteria and fungi that cause disease, and it can lead to AIDS, a chronic, life-threatening disease. When first infected with HIV, you may have no symptoms at all. Some people develop a flu-like illness, usually two to six weeks after being infected.

### **Early signs and symptoms**

Early HIV signs and symptoms may include:

- Fever
- Headache
- Sore throat
- Swollen lymph glands
- Rash
- Fatigue

These early signs and symptoms usually disappear within a week to a month and are often mistaken for those of another viral infection. During this period, you are very infectious. More-persistent or -severe symptoms of HIV infection may not appear for 10 years or more after the initial infection. As the virus continues to multiply and destroy immune cells, you may develop mild infections or chronic signs and symptoms such as:

- Swollen lymph nodes — often one of the first signs of HIV infection
- Diarrhea
- Weight loss
- Fever
- Cough and shortness of breath

### **Later stage HIV infection**

Signs and symptoms of later stage HIV infection include:

- Persistent, unexplained fatigue



- Soaking night sweats
- Shaking chills or fever higher than 100.4 F (38 C) for several weeks
- Swelling of lymph nodes for more than three months
- Chronic diarrhea
- Persistent headaches
- Unusual, opportunistic infections

continued:

## **STD symptoms: Common STDs and their symptoms**

### **Genital herpes symptoms**

Genital herpes is highly contagious and caused by a type of the herpes simplex virus (HSV). HSV enters your body through small breaks in your skin or mucous membranes. Most people with HSV never know they have it, because they have no signs or symptoms. The signs and symptoms of HSV can be so mild they go unnoticed. When signs and symptoms are noticeable, the first episode is generally the worst. Some people never experience a second episode. Other people, however, can experience recurrent episodes over a period of decades. When present, genital herpes signs and symptoms may include:

- Small, red bumps, blisters (vesicles) or open sores (ulcers) in the genital, anal and nearby areas
- Pain or itching around the genital area, buttocks and inner thighs

The initial symptom of genital herpes usually is pain or itching, beginning within a few weeks after exposure to an infected sexual partner. After several days, small, red bumps may appear. They then rupture, becoming ulcers that ooze or bleed. Eventually, scabs form and the ulcers heal. In women, sores can erupt in the vaginal area, external genitals, buttocks, anus or cervix. In men, sores can appear on the penis, scrotum, buttocks, anus or thighs, or inside the urethra, the tube from the bladder through the penis. While you have ulcers, it may be painful to urinate. You may also experience pain and tenderness in your genital area until the infection clears. During an initial episode, you may have flu-like signs and symptoms, such as headache, muscle aches and fever, as well as swollen lymph nodes in your groin.

In some cases, the infection can be active and contagious even when sores aren't present.

### **Genital warts (HPV infection) symptoms**

Genital warts, caused by the human papillomavirus (HPV), are one of the most common types of STDs. The signs and symptoms of genital warts include:

- Small, flesh-colored or gray swellings in your genital area
- Several warts close together that take on a cauliflower shape
- Itching or discomfort in your genital area
- Bleeding with intercourse

Often, however, genital warts cause no symptoms. Genital warts may be as small as 1 millimeter in diameter or may multiply into large clusters. In women, genital warts can grow on the vulva, the walls of the vagina, the area between the external genitals and the anus, and the cervix. In men, they may occur on the tip or shaft of the penis, the scrotum, or the anus. Genital warts can also develop in the mouth or throat of a person who has had oral sex with an infected person.

### **Hepatitis symptoms**

Hepatitis A, hepatitis B and hepatitis C are all contagious viral infections that affect your liver. Hepatitis B and C are the most serious of the three, but each can cause your liver to become inflamed. Some people never develop signs or symptoms. But for those who do, signs and symptoms may occur after several weeks and may include:

- Fatigue
- Nausea and vomiting
- Abdominal pain or discomfort, especially in the area of your liver on your right side beneath your lower ribs
- Loss of appetite
- Fever
- Dark urine
- Muscle or joint pain
- Itching
- Yellowing of your skin and the whites of your eyes (jaundice)

### **Syphilis symptoms**



Syphilis is a bacterial infection. The disease affects your genitals, skin and mucous membranes, but it may also involve many other parts of your body, including your brain and your heart. The signs and symptoms of syphilis may occur in four stages — primary, secondary, latent and tertiary. There's also a condition known as congenital syphilis, which occurs when a pregnant woman with syphilis passes the disease to her unborn infant. Congenital syphilis can be disabling, even life-threatening, so it's important for a pregnant woman with syphilis to be treated.

### **Primary**

These signs may occur from 10 days to three months after exposure:

- A small, painless sore (chancre) on the part of your body where the infection was transmitted, usually your genitals, rectum, tongue or lips. A single chancre is typical, but there may be multiple sores.
- Enlarged lymph nodes.

Signs and symptoms of primary syphilis typically disappear without treatment, but the underlying disease remains and may reappear in the second (secondary) or third (tertiary) stage.

### **Secondary**

Signs and symptoms of secondary syphilis may begin two to 10 weeks after the chancre appears, and may include:

- Rash marked by red or reddish-brown, penny-sized sores over any area of your body, including your palms and soles
- Fever
- Fatigue and a vague feeling of discomfort
- Soreness and aching

These signs and symptoms may disappear within a few weeks or repeatedly come and go for as long as a year.

### **Latent**

In some people, a period called latent syphilis — in which no symptoms are present — may follow the secondary stage. Signs and symptoms may never return, or the disease may progress to the tertiary stage.

### Tertiary

Without treatment, syphilis bacteria may spread, leading to serious internal organ damage and death years after the original infection.

Some of the signs and symptoms of tertiary syphilis include:

- **Neurological problems.** These may include stroke and infection and inflammation of the membranes and fluid surrounding the brain and spinal cord (meningitis). Other problems may include poor muscle coordination, numbness, paralysis, deafness or visual problems. Personality changes and dementia also are possible.
- **Cardiovascular problems.** These may include bulging (aneurysm) and inflammation of the aorta — your body's major artery — and of other blood vessels. Syphilis may also cause valvular heart disease, such as aortic valve problems.

### If you suspect you have an STI, see your doctor

If you suspect you have these or other STIs or that you may have been exposed to one, see your doctor for STI testing. Timely diagnosis and treatment are important to avoid or delay more-severe, potentially life-threatening health problems and to avoid infecting others.



WE'RE ON THE WEB  
[WWW.CHEMEHUEVI.NET](http://WWW.CHEMEHUEVI.NET)

# CHEMEHUEVI INDIAN TRIBE

A MONTHLY PUBLICATION OF THE CHEMEHUEVI INDIAN TRIBE

## JUNE 2025

**TRIBAL MEMBERS: WANT QUICK ACCESS TO THE NEWSLETTER!  
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