

SMOKE SIGNALS



NOVEMBER 2017



CONGRATULATIONS NEW TRIBAL COUNCIL

Newly elected Chairwoman Ona Segundo, Vice Chairwoman Carmen Bradley and Councilwoman Cassandra Featherhat.

Open House was a success, it was a big turn out!



I see you! Come over here and let's check that Blood Sugar!!! Yea you!!

Halloween Party
October 29, 2017
4:00 - 7:00 pm
Multipurpose
bdlg.

Health Fair
October 27 & 28, 2017
Multipurpose Bdlg.

Language Class will be
starting up soon, info will be
forth coming!

Happy Thanksgiving
Nov 23, 2017

November 10th
Tribal Ofc. Closed
Veterans Day

IF YOU WOULD LIKE
AN ANNUAL MEETING
BOOKLET, PLEASE
GIVE THE SECRETARY
A CALL OR EMAIL, SHE
WOULD BE GLAD TO
SEND ONE TO YOU!



NOTICE

CONGRESSMAN TOM O'HALLERAN VISIT TO KAIBAB

SATURDAY, OCT 28, 2017

9:00 AM TO 1:00 PM

TRIBAL HEADQUARTERS

SCHEDULE:

9:00 AM - INTRODUCTIONS & OPENING PRAYER
OVERVIEW OF LAKE POWELL PIPELINE

10:00 AM - SITE VISIT LPP ROUTE ALONG HWY 389 &
SOUTH EASTERN CORNER OF RESERVATION

11:30 AM - RETURN TO TRIBAL HEADQUARTERS DEBRIEF
AND CLOSING REMARKS

12:00 PM - LUNCH AT TRIBAL HEADQUARTERS

1:00 PM - ADJOURN

REP. O'HALLERAN

Thomas Charles O'Halleran is a member of the United States House of Representatives, representing Arizona's 1st congressional district. He is a member of the Democratic Party. Wikipedia

Born: January 24, 1946 (age 71), Chicago, IL

Office: Representative (AZ 1st District) since 2017

Spouse(s): Pat

Residence: Sedona, AZ

Succeeded by: Steve Pierce

Education: DePaul University (1991–1992), Lewis University (1965–1966)

REP. O'HALLERAN: PARTISAN BUDGET WOULD KILL JOBS, HURT SENIORS

October 5, 2017 Press Release

Today, Rep. Tom O'Halleran (AZ-01) voted against the FY 2018 House Republican Budget Resolution, citing concerns about funding cuts for critical programs on which millions of Arizonans rely every day.

"This misguided budget will make things worse for rural Arizona. It will kill jobs and hurt seniors," said O'Halleran. "We cannot allow programs like the Community Development Block Grants and Pell Grants, which support good-paying jobs across rural America, to be cut. The heavy-handed cuts to Social Security and Medicare will end the programs as we know it and take resources and care away from elderly Arizonans who have worked hard their entire life."

The House Republican's budget proposal makes deep cuts to critical programs including:

Ends the Medicare guarantee, turning it into a voucher program;

- \$1.5 trillion from Medicaid;
- \$4 billion from Social Security benefits;
- \$3 billion from Community Development Block Grants;
- \$50 billion from veteran's benefits and programs.

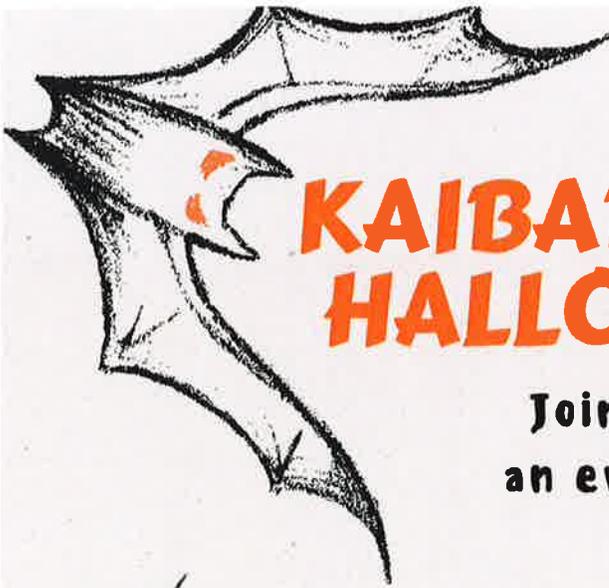
"This process is another example of how out-of-touch Washington is to the needs of hardworking families in Arizona, and across the nation," continued O'Halleran. "We owe it to the American people to get our spending under control, but this budget proposal is not the answer. We must have a bipartisan budgeting process that is focused on creating jobs in rural Arizona and keeping our promises to our veterans and seniors."

REP. O'HALLERAN STATEMENT ON THE END OF HEALTH CARE SUBSIDIES

October 13, 2017 Press Release

SEDONA, AZ – Today, Congressman Tom O'Halleran responded to news that President Donald Trump will end cost-sharing reduction payments, subsidies to insurers that reduce the cost of health coverage for lower-income Americans.

"Sabotaging our health insurance markets will only drive up health care costs and hurt hardworking Arizona families. I urge the President and Congressional leaders to sit down with doctors, nurses, and other health care professionals to craft bipartisan legislation that stabilizes the health insurance market and improves our health care system. The American people cannot afford these political games; they deserve better."



KAIBAB COMMUNITY HALLOWEEN PARTY!

Join us at the gym for
an evening of scary fun!

OCTOBER 29

4:00 P.M. – 7:00 P.M.

COSTUME CONTESTS

FAMILY COSTUME CONTEST

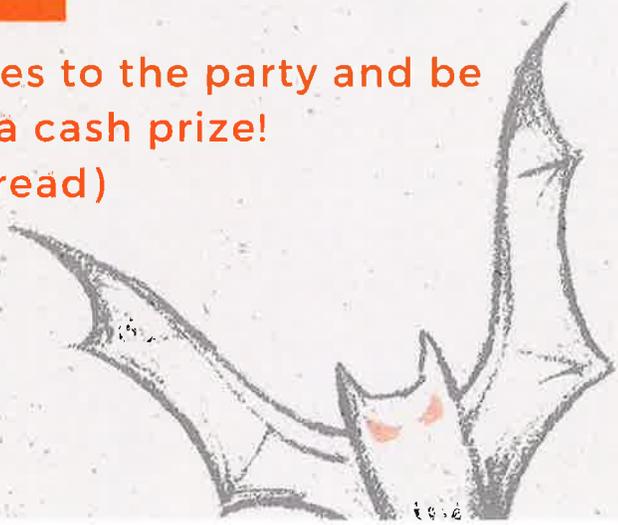
WREATH DESIGN CONTEST

DESSERT DECORATING CONTEST

CARNIVAL GAMES

BIG PRIZES!

Pot luck dinner! Bring side dishes to the party and be
entered in a raffle for a cash prize!
(no chips or bread)



Your Health is Wealth Fair

OCTOBER 27 - 28
Kaibab Community building

Friday October 27

Welcome starts at 10:00 a.m.

Cooking demonstrations. Nutrition class. Stress Management. Tobacco and dental demonstration.

Saturday October 28

8:00 a.m. Monster Mash Dash!

Welcome starts at 10:00 a.m.

Stress management. Beginner Exercise. Cooking demonstration. Games and activities.

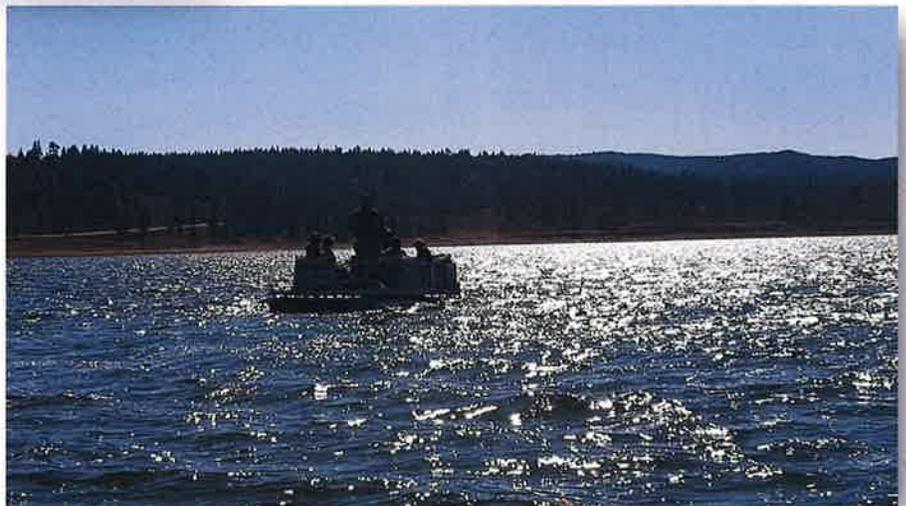
**join us for great health tips
and activities! Great meals,
games and prizes!**

For more information call
Celia Milner 643-8333



MENS FISHING ON THE LAKE

A good time was had by all - Thank You Substance Abuse Program!!



ATTENTION BMX/SKATE PARK KIDS!!

Tribal Council generously gave us enough money to buy a Sidewinder Pump Track to start the new bmx/skate park!



THE NEXT BMX/SKATE PARK MEETING IS:

WHEN: FRIDAY November 9, 2017 3:30 pm

WHERE: CONFERENCE ROOM # 2

**WHO: ALL KIDS AND ADULTS INTERESTED IN THE TRIBAL
BMX/SKATE PARK**

**WHY: TO DEVELOP SOME RULES, POLICIES AND PROCEDURES FOR
THE BMX / SKATE PARK**

CALL PENNY AT 928-643-8323 WITH QUESTIONS

A.A. and N.A. Meetings in Kanab and Kaibab**Kanab Meetings on UTAH Time**

SUNDAY			
Sunday Morning AA	68 West 400 North (American Legion Hall)	Kanab	10:00 AM
Grapevine Study AA	68 West 400 North (American Legion Hall)	Kanab	7:00 PM
MONDAY			
Came to Believe AA	Airport Search and Rescue Bldg. (2 nd Floor)	Kanab	NOON
Hang in There NA	68 West 400 North (American Legion Hall)	Kanab	7:00 PM
TUESDAY			
Talking Circle	Kaibab Community Bldg.	Kaibab	5:00 PM AZ TIME
NA Meeting	445 North Main St. (Southwest Center)	Kanab	7:00 PM
Singleness of Purpose AA	530 S. Hwy. 89A (United Church)	Kanab	8:00 PM
WEDNESDAY			
Newcomer's Meeting AA	68 West 400 North (American Legion Hall)	Kanab	NOON
Came to Believe AA	Airport Search and Rescue Bldg. (2 nd Floor)	Kanab	7:00 PM
THURSDAY			
Serenity Sisters	1569 S. Escalante	Kanab	5:30 PM
Singleness of Purpose AA	530 S. Hwy. 89A (United Church)	Kanab	5:30 PM
NA Meeting	68 West 400 North (American Legion Hall)	Kanab	6:30 PM
Kaibab Living Sober AA	Kaibab Community Bldg.	Kaibab	NOON AZ TIME
FRIDAY			
Nooners AA	68 West 400 North (American Legion Hall)	Kanab	NOON
Relax & Recover AA and Alanon	1314 S. Prairie Circle	Kanab	7:00 PM
SATURDAY			
NA Meeting	68 West 400 North (American Legion Hall)	Kanab	4:00 PM
Allered Attitudes (1 st SAT Only) Potluck	68 West 400 North (American Legion Hall)	Kanab	6:00 PM Potluck 7:00 PM Speaker
Speaker AA	68 West 400 North	Kanab	7:00 PM



Human Resources

HC 65 Box 2

Fredonia, AZ 86022

Phone: (928) 643-7245 Fax: (888) 294-9453

E-mail: HR@kaibabpaiute-nsn.gov

Website: www.kaibabpaiute-nsn.gov

Employment Opportunities – October 19, 2017

NEW!

Probation Officer: Part-Time (10 hrs wk)/No Benefits; \$12.00 hr

The Probation Officer is responsible for monitoring compliance of adult and juvenile offenders with Judgment and Sentencing Orders, Orders of Deferred Prosecution, Deferred Sentences and Conditions of Release after arraignment or bail hearing. Meet regularly with probation clients to verify compliance with drug and alcohol programs, domestic violence programs, mental health counseling, community service or any other condition of probation. File reports with the Court on the progress of each client as directed by the Judge. File documents when appropriate to seek revocation of a client's probation or provide Prosecutor with notice of a violation of a deferred prosecution agreement. Conduct pre-sentence reports to give the Court a client's personal and criminal history, treatment alternatives already attempted and proposed sentencing alternatives. Make sentencing recommendations for Defendants upon the request of the Court or Prosecution. Represent the Probation Department in Tribal Court at revocation hearings in the absence of the Prosecutor. Monitor Defendants who are released from custody pending trial to ensure that Defendant complies with any requirements upon which his/her release from custody was conditioned. Must administer drug and alcohol testing to clients as ordered by the Court. PROBATION OFFICER SHALL NOT HAVE THE AUTHORITY OF A POLICE OFFICER TO MAKE ARRESTS FOR VIOLATION OF PROBATION OR PAROLE AGREEMENTS.

NEW!

Hatch Valley Grill Restaurant Manager: Full-Time/Benefits after 90 days; Wage DOE

The Manager is responsible for the leadership, management vision, and overall success of the Hatch Valley Grill Restaurant. The Manager is responsible to ensure the facility has the proper controls, reporting, and people in place to effectively and efficiently grow the business to ensure profitability and a positive customer experience. Oversee day-to-day activities of Hatch Valley Grill. Is responsible for all personnel management. Responsible for scheduling of personnel and making sure management is present or available by phone for all shifts. Directs and coordinates all business activities, including pricing, sales, and distribution of products. Ensures the timely and accurate delivery of invoices, check requests, weekly and monthly reports, this includes a monthly oral report to Tribal Council. Have a clear understanding of the store budget and revenue. Reviews financial statements, sales and activity reports and other performance data to measure productivity and goal achievement. Ensures a clean and safe work environment for employees and customers. Implement improvements and cost containment to assure profitability and success of the business. Responsible for store inventory, point-of-sales accurate recordkeeping, and sound money management practices. Works to develop and maintain productive business relations with vendors, suppliers, and all business partners. Stay Current with industry trends. Ensure store assets are properly maintained. Know and follow all applicable OSHA, federal, and tribal laws and regulations. Must have and maintain a current ServeSafe certification.

NEW!

Hatch Valley Grill Assistant Manager: Full-Time; Wage DOE

The Assistant Manager is responsible for the leadership, management vision, and overall success of the Hatch Valley Grill Restaurant when the restaurant manager is not present. Oversees the shift by shift activities of the Hatch Valley Grill. Assists the manager with personnel management including, but not limited to, selection, performance appraisals, professional development, and discipline. Ensures a clean and safe work environment for employees and customers. Ensures all policies and procedures are followed. Know and follow all applicable OSHA, federal, and tribal laws and regulations. Must have and maintain a current ServeSafe certification. All other duties as assigned or required.

NEW!

Restaurant Crew: Full & Part-Time (20-40 hrs wk)/No Benefits; \$10.00 hr

This position requires hands-on cooking as well as great customer service skills and cashier experience. Must have familiarity with cashiering and restaurant operations. The applicant must be able to provide pleasant and courteous service to customers according to tribal goals, policies and procedures. This position requires a high degree of initiative and attention to detail, excellent communication skills and the ability to project the desired tribal image of courteous, friendly service to customers. The applicant must be able to maintain a variety of records and reports. Must be able to handle cash transactions, be responsible for general cleanup, restocking of inventory and performing all related duties as necessary. Be able to work all shifts including evening, weekend and holidays and must be able to closely follow written and oral instructions.

RV Park Host & Maintenance Worker – 2 Positions: Weekends/24 hrs wk, No Benefits; \$10.00 hr & Weeknights/20 hrs wk, no benefits; \$10.00 hr

Provide a quality recreational experience for visitors within the Kaibab Paiute RV Park; also, responsible for the maintenance, repairs and evening/weekend operations of the Kaibab Paiute RV Park grounds and equipment. Maintain and assist in cleaning all RV Park restrooms, shower and laundry facilities. Manage operational functions of the RV Park during shift as needed; includes collecting fees, interacting with guests during check-in & check-out, and taking phone reservations. Perform regular general clean-up maintenance of RV Park: operate lawn mowers, leaf blowers, and a variety of other small equipment needed for landscaping. Empty trash on a regular basis and remove weeds. Perform minor repairs to RV Park and Club House as needed. Report danger or damage to RV Park property, equipment, or electrical boxes immediately to Supervisor. Take initiative in getting job duties and tasks completed without direction or direct supervision. Perform and complete all other duties as assigned.

CHR Registered Nurse: 24 hrs wk/Benefits after 90 days; \$24.00 hr

Must be clinically competent while delivering care to Kaibab Paiute Tribal patients in the community. Utilizing the nursing process of assessment, planning, intervention, implementation, and evaluation, the RN will effectively interact with patients, significant others, and other health team members. Provide services through case management on a consistent basis, including screening and ongoing assessment of patients: screen and assess patient; obtain and record vital signs; maintain immunization program for all tribal members and other federally recognized tribal members. Document and prepare clear, concise reports; maintain accurate patient records on PCC (patient care component); complete documentation in a timely manner; write and submit monthly reports. Promotes the efficient and effective use of a variety of healthcare resources by focusing on the whole patient. Services provided include, but are not limited to: education regarding diabetes and hypertension prevention and management; maternal and child health; women's and men's health; substance abuse and communicable disease control. Assure that systems are in place with regards to safe guarding patients medical information in accordance with HIPPA regulations. Work collaboratively with other members of the healthcare team in coordination of the

patient's care. Answer phone calls and other inquires in a timely manner. Occasionally transport patient to doctors' appointments. All other duties as assigned.

Title III Congregate Meals Cook: Full-Time (30 hrs wk)/Benefits after 90 days; \$10.00 hr

This program provides congregate meals to the community elders with at least one-third their daily requirement of balance nutrition. The cook position is responsible for preparing menus, grocery shopping, planning, cooking, serving, cleanup and completing reports to the funding agency. Must have or acquire a Food Handlers Card and current CPR Certification. Must pass a fingerprint and criminal background check according to P.L. 101-630 standards.

For full job description and qualifications see Human Resources or website.

Please follow the guidelines listed below when filling out your application:

1. Complete the Application for Employment in its entirety, providing detailed and accurate information; include area codes with phone numbers, city, state zip codes with addresses, particularly on the Employment History section. Incomplete applications will not be considered.
2. Indian Preference will be given if an attached copy of your tribal document or ID card demonstrating proof of eligibility.
3. Return the completed application and the following: education requirement verifications, copy of driver's license and 36 month driving record, and two completed fingerprint cards (available at the Human Resource Office) to the Tribal Affairs Building located at 1 North Pipe Spring Road and HWY 389. Applications and verifications will be accepted by mail: HC 65 Box 2, Fredonia, AZ 86022.
4. Any offer of employment will be contingent upon the satisfactory completion of a drug test and background check.

It is important your application show all relevant education & experience you possess, including transcripts, diplomas, training certificates, 36 month driving record, etc. Applications will not be considered if incomplete. HR will accept resumes, however, the applicant understands that it is not in lieu of the application; "see resume attached" on the application will not be accepted.

Pre-employment background screening will be conducted. All Positions require a high school diploma or GED except for Day Laborer, Language Director, and C-Store Clerk. Full-time positions will receive full benefits that include Medical, Dental, Vision, HRA, Gap Insurance, plus Annual and Sick Leave, 13 paid Holidays and Birthday Leave.

CONFIDENTIALITY:

Each employee is required to sign a confidentiality agreement. Violation of this agreement can result in immediate dismissal.

YES, YOU CAN PREVENT HAVING DIABETES, JUST TAKE THIS PREDIABETES RISK TEST!

DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

1 How old are you?

- Less than 40 years (0 points)
- 40—49 years (1 point)
- 50—59 years (2 points)
- 60 years or older (3 points)

2 Are you a man or a woman?

- Man (1 point) Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) No (0 points)

5 Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

6 Are you physically active?

- Yes (0 points) No (1 point)

7 What is your weight status? (see chart at right)

Write your score in the box.

Add up your score.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
	You weigh less than the amount in the left column (0 points)		

If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

Call Celia Milner @ 928-643-8333

if you score 5 or higher

LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

Head lice control and removal



MY LICE KIT INCLUDES:

A metal comb (ex. Rid comb)
Tea tree oil
Baby oil or mayonnaise
Shampoo (any brand works)
Conditioner (any brand works)
Regular combs
Hair clips/ties

When your child has head lice follow these steps for control and removal:

STEP # 1 – Initial treatment

For first infestation, use lice treatment as directed on box (Nix, RID, etc.). Leaving chemical treatment on the head for longer than directed is NOT recommended. If you prefer not to use chemicals on your child's head use baby oil, mayonnaise, or conditioner on hair.

Secure towel around shoulders and neck under the hair (like a cape). Using a towel will catch lice that get combed out of the hair but don't stay on the comb. **TIP- Using a lighter colored towel will help spot lice and nits on the towel.**

Comb out hair with hair brush or comb and separate into small sections with hair clips or ties. Comb out each section with metal lice comb. Remove lice and nits from comb after each run through hair by wiping the comb across the towel.

Kill nit and lice by squishing between fingernails. You will hear a pop from live nits when killing them, empty eggs make no sound. Comb entire head until nits are no longer found on comb.

Also ensure you do the following:

- Vacuum the area where you treated the hair (couch, carpet, etc.)
- Wash bedding where infected person slept with hot water, (continue to do weekly)
- Boil combs and brushes for 5 minutes.

STEP #2 – follow-up treatment

Comb out hair EVERY DAY with metal lice comb, as directed above, until you no longer find lice or nits. **NOTE- If you don't remove all of the eggs they may hatch and you may become re-infested.**

If you still find nits on the second or third day after lice treatment you can use baby oil, mayonnaise, or conditioner on the hair. The oil loosens the glue from the nits and the grip of the live louse. If your child has long hair, the conditioner makes it easier to comb out the tangles. Put the oil/mayonnaise/ conditioner on the hair and let it sit for 5 minutes. Separate hair and comb out hair with metal lice comb, as instructed above.

OTHER TIPS –

- For small children, lice treatment during bath time is a great distraction for your child while you work
- If your child has long hair, trimming the hair may help when combing
- Adding Tea Tree Oil to your shampoo, is thought to act as a lice repellent, because of its strong odor. **NOTE: Tea Tree oil can be purchased at a pharmacy or beauty supply store in the hair section.**

Here is information on bed bugs and head lice. During the year we sometimes get visited by the friendly bugs. Fredonia has seen a rise in bed bugs so please be aware of your surroundings. If you should have any other questions you can call the CHR office 643-8331.

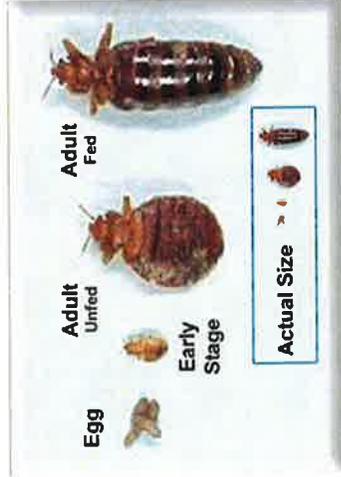
Bed Bug Fact Sheet



Environmental, Health, and Safety Office Facilities Planning and Management

What are Bed Bugs?

Bed bugs are small reddish-brown insects. They're about 3/16 inch long (size of an apple seed) and easily visible to the naked eye. They are wingless, but are fast crawlers. Their bodies are very flat with slender legs and antennae. Nymphs (immature bed bugs) resemble the adults--but are smaller and often lighter in color. Bed bugs feed on the blood of humans during the night or in darkness and crawl away to hide in nearby cracks, crevices, recesses of furniture (especially mattresses and head boards), clutter, electronic equipment, and walls of the home during the day.



Associated with people for thousands of years, they were drastically reduced after World War II by the use of pesticides that are no longer available for use, or to which they developed resistance. An individual bed bug feeds for only 3-10 minutes after biting and normally feeds only every few days.

What About The Bites?

Both male and female bed bugs bite and ingest blood. The blood meals are necessary for the female to reproduce and the juveniles to develop. The bites themselves are normally painless, and the host typically is not disturbed while bed bugs feed. While responses differ, within a day of the bite(s), most people then experience itching, pain, and/or swelling of the skin where the bed bug bite occurred. This is most common on the arms, face, hands, back or other exposed areas. Bed bugs are drawn to body warmth and carbon dioxide from our respiration. You will usually see 3 or 4 bites in a line or grouped together.



Typical Bed Bug Bites

However, the bites themselves can easily be confused with bites from other insects or arachnids (mosquitoes, fleas, ticks, or spiders). It often takes finding the bed bugs, their eggs, or droppings, in the residence to positively confirm a bed bug infestation.

Are They a Health Risk?

There is no evidence that bed bugs are involved in the transmission of any disease-causing agent, including Hepatitis B virus or HIV, the virus that causes AIDS. Bed bugs do not transmit disease organisms after feeding on multiple hosts. Regardless, bed bugs severely reduce the quality of life by causing discomfort, sleeplessness, embarrassment, and, in some people--extreme anxiety. While bed bugs, not long ago, were considered just another "fact of life" their long absence has given many of us a feeling of "entitlement" for a life free of such pests.



Treatment of bed bug bites consists of managing the itching and inflammation associated with the bites. Drugs called antihistamines and/or corticosteroids may be prescribed by your health care practitioner to reduce allergic reactions. Antimicrobial ointments may prevent secondary infection from the bites.

The medical treatment of bites, however, does nothing to eliminate the bed bug presence, and bites will recur as long as the bed bug infestation remains.

How Are Bed Bugs Identified?

By the presence of actual bugs, their light-brown skins (shed during metamorphosis into adulthood), dark spots of excrement and blood spots or stains on bedding, upholstered furniture, or walls.



Bed bugs along a mattress seam

Bed bugs on a metal bed frame

Normally, a flashlight and crevice tool (putty knife, screw driver, credit card, etc.) are used to carefully and systematically check the following areas or items:

- ◊ Along mattress seams
- ◊ Under the gauze covering of box springs
- ◊ Behind wall mounted objects and bed headboards
- ◊ Behind wall switches and receptacle covers
- ◊ Inside cracks and crevices or screw holes of Upholstered, wooden, or synthetic furniture
- ◊ Under loose wallpaper or wall coverings

- ◊ Behind base and window trim
- ◊ Under the edge of wall to wall carpeting
- ◊ In electronic devices (computers, TVs, etc.)



Bed bugs infesting a couch

Bed bugs seek narrow harborage places for which their flat body shapes are designed. They normally reside close to their "hosts", but can hide over 20 feet away and crawl that distance to feed if necessary—particularly in severe infestations. A "stale sweet" odor may be detected in severe or long-lasting infestations.



Under a recessed nightstand screw

How Are Bed Bugs Spread?

Bed bugs are often spread through the acquisition of infested second-hand furniture, or by their hitchhiking on items used during travel such as suitcases, outerwear, and other belongings. Once established in a building, the bugs can then move throughout the structure by crawling along pipe and wiring runs, conduits, HVAC system ductwork, sharing of belongings, laundry, etc.

Environmental Health & Safety Office

Bed bugs do not occur only in poor and insanitary conditions, and they can be found in even very clean environments. Excessive clutter and harborage in a room or structure, however, can make their spread and multiplication faster and more intense.

How are Bed Bugs prevented?

Vigilance during travel by inspecting premises to be occupied, keeping luggage and personal belongings closed and off the floor, beds, or surfaces easily accessed and infested by bed bugs. Prompt reporting of the suspected presence of bed bugs in accommodations is necessary so that their presence can be confirmed and prompt action taken to prevent their spread.

Discarded beds, couches, furniture, and furnishings should not be retrieved without a thorough inspection for infestation. Bed bugs are small, quick, and agile and can conceal themselves effectively after crawling into suitcases, boxes, and belongings.

What can be done to get rid of them?

Bed Bugs can be difficult to eliminate because they can go months without feeding, multiply rapidly, are resistant to many pesticides, and effective pesticides can often not be used on bedding or other furniture. Bed bugs do not have nests, but they do tend to congregate in habitual hiding places. The help of trained pest control personnel and mutual cooperation is important as several rounds of treatment may be necessary to remove or kill all eggs, nymphs, and adult bed bugs. Integrated pest management including sanitation, insect removal, and pesticide application may be necessary. The following controls may be undertaken by individuals and/or pest control professionals:

- Bag and wash all linens, bedding, clothing, drapes, etc., in hot water and/or dry on medium or hot heat cycles (120° F or above) for 10-20 minutes. This heat will kill all life stages of bed bugs. Dry cleaning will destroy the insects, but the items should be bagged

and the cleaner alerted to the bed bug infestation. If not washable, drying alone at high heat will also kill the bed bugs.

- Use a dedicated vacuum to remove the insects. Use the vacuum, along with a crevice tool and stiff bristled brush for no other purpose. Keep the vacuum and any tools in a closed bag when not in use, and discard the vacuum contents in a closed container. It may be particularly difficult to remove eggs as they are hard to spot and adhere to surfaces.

- Discarding infested furniture, moving furniture from walls, sealing cracks, crevices, and openings, and reducing clutter may be a necessary part of the treatment. If infested items cannot be treated, they should be covered and labeled as infested to prevent spread of the bed bugs to other rooms or buildings.

- Encasing mattresses and box springs by placing a zippered cloth or plastic mattress cover will restrict the bed bugs movement and feeding, but the covers must remain on for a year.

- The licensed pest control operator may use registered pesticides for residual control of the insects.

- Commercially available pesticides are not generally effective, or recommended for control of bed bugs in the home or other residential living units. Foggers and repellants are of no benefit with bed bugs.

- Normally, adjacent rooms are inspected and treated to ensure the infestation is controlled.

If you believe your accommodations have bed bugs, immediately notify your resident assistant or landlord. Remove no articles from the room. If you are suffering from bites, the Health Clinic has health care professionals who can give advice on relieving your symptoms. If assistance is needed concerning control of bed bugs, contact a local pest control company

This FACT Sheet is produced by BSU EH Program

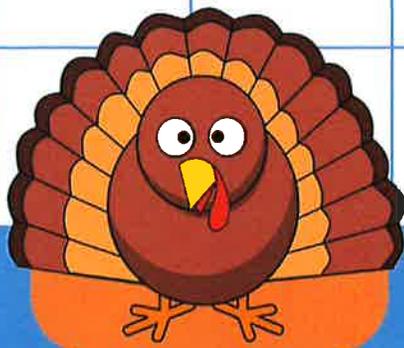


Education Connection

November 2017

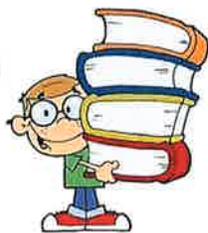
Library Hours
 Mon-Thurs 12-7
 Friday 9-3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <small>KCSD Board Mtg. 7 p.m.</small>	3 Reading Activity 3rd-12th grade	4
5	6	7 Education Committee Meeting 10 a.m. <small>FMUSD Board Mtg. 6 p.m.</small>	8	9 Excel Workshop Intermediate 1-3	10 Veteran's Day Holiday Library closed	11
12	13 <small>CCSD Board Mtg. 6 p.m.</small>	14 Library Hours 2-6	15 Library Hours 2-6	16 Tribal Council Library Hours 2-6	17 Library Closed	18
19	20 Tutoring Hours 4:00-6:00 pm	21 Tutoring Hours 4:00-5:30 pm Book Club Adult Coloring 5:30-7:00 p.m.	22 Tutoring Hours 4:00-6:00 pm	23 Thanksgiving Day Library Closed	24 Library Closed	25
26	27	28	29 Women's Craft Holiday Crafts 5:30-7:30 p.m.	30 Spring 2018 Semester Application Deadline	Dec 1st Community Movie Night 6:00 pm	



Check out our new webpage for current information and flyers
<http://kpteducationlibrary.weebly.com/>

November Activities



Adult Book Club

Tuesday, November 21st

5-6:30 p.m. @ Library

Book to be determined

Please join us for discussion, food, and prizes!

If you are not able to attend, but would like to read the book and participate, please email me for the book report form.

abundy@kaibabpaiute-nsn.gov

Adult Coloring Night

November 21st

5-6:30 p.m.

Come relax and unwind with an adult coloring book.

Coloring can reduce stress, anxiety, negative feelings, and much more. It is a therapeutic way to create mindfulness and focus. Materials will be provided.

Women's Craft

November 29th

5:30-7:30

Holiday Crafts



Excel Intermediate Workshop

November 9th

1:00-3:00 pm

Learn how to use advanced features of excel. 5 spots available so please call to reserve yours.

Beyond the Book

Book Club

Youth and Teens

November 3rd

2:00-4:00 pm

Literacy skills, fun crafts, snacks, book sharing, listening library, read-a-thon, and more! We will be helping youth find books that they will enjoy reading!

Reading is POWER!

FRIDAY MOVIE NIGHT

AT THE

COMMUNITY BUILDING

Presented by Education and CHR

December 1st

6:00 p.m.

Movie to be announced

The Early Learning Center will providing yummy concessions; homemade goodies, chips, pickles, soda, water and more! Come support them even if you don't stay for the movie!!



★HAPPY★ BIRTHDAY!

November Birthdays A very special Happy Birthday to:



Kamaira Bullets
Sativa Bullets
Xavier Lomahquahu
Hannah Lomahquahu
Yvette Lopez
Taiven Shepherd
Rayven Tom



In an ongoing effort to recognize our students, we will begin spotlighting birthdays. If you have a tribal student with a birthday that is not listed please call me to update my information 928-643-6025

Keep Reading!!
36,500 minutes is our goal
We have reached 6,125!

Keep up the good work everyone! If you haven't reported your reading please let me know. Every minute counts!



Tutoring is available Monday thru Thursday in the library from 3-6 and Fridays by appointment