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STED Talk

THE QUARTERLY NEWSLETTER FOR ALL THINGS ENVIRONMENTAL



Summer Youth Programs



Summer is always a fun time to join forces with our fellow Tribal Admin departments to educate Soboba youth on different environmental topics. This year we were able to join Parks and Recreation and TANF summer programs for some exciting activities. The purpose of these activities, as always, is to educate and get the youth excited about the environment, often using examples specific to the Soboba Reservation.

We joined the Soboba Parks and Rec's department at the Sports Complex to do a couple fun activities with some of the younger tribal community members. We started the day outside with a fun version of "Food Web Tag". This game gave the children an idea of how a food web works and how elimination of important consumers can disrupt the entire ecosystem.

Children were provided with either the sun, red, orange, yellow or green tags. The green tags represented producers, which are mainly plants that get their energy from the sun. Those with yellow tags

Summer Program cont.

were primary consumers, which are herbivores or animals that get energy by eating plants, such as rabbits or insects like a grasshopper. Orange tags represented secondary consumers. These are animals that eat other animals but can also be prey themselves, such as snakes or lizards. The final red tags were our tertiary consumers, some



of which we call apex predators. These predators are the top of the food chain and play a very important role in maintaining ecological balance. These could be hawks or mountain lions. Of course, the examples we provided the youth were all found on the Soboba Reservation, such as desert hares and mountain lions!

A week later, STED teamed up with TANF for the Summer Youth Program. We have made it an annual activity to clean up the trash and bullet



casings around the 4 Corners Area. To help entice the youth, we offer gift cards to the two youth who collect the most. We try to make sure the youth are aware why it is so important to collect these bullet casings, since Indian Creek run's relatively close by. Bullet casings can potentially leach metals, especially lead into waterways. This contamination can pose a risk to the wildlife, the quality of the soil, and water quality. Although regulations are in place and bullets are more commonly created with steel, copper, or brass, it is good to practice good disposal techniques.

Summer Program cont.

After this, we joined with Robin Roberts, a volunteer from the Forest Service who led us all on a nature walk, scouting for different bird species. We walked through the canyon up Indian Creek checking out all the natural beauty. Robin brought an owl pellet with her to share with the youth, which consisted of the tiny bones from rodents. The youth were also excited to find tadpoles and tiny fish, called Speckled Dace, swimming around the creek.

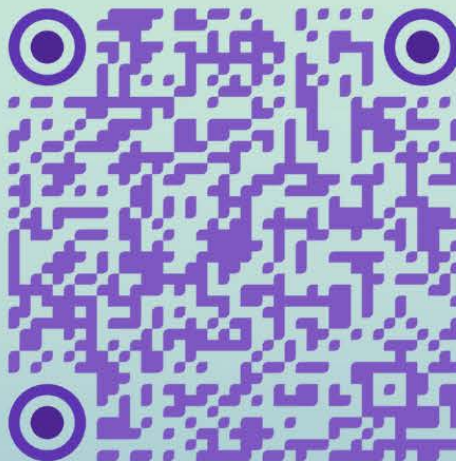
STED always enjoys the Summer Programs. Its an opportunity for us to open up the minds of the youth and teach them why the environmental field is so important. We hope that they take these experiences and share what they learned with their families and friends. The youth are the future and they will pave the way for a more environmentally conscious community.



SURVEY 123 FOR WILDLIFE



STED collaborated with the GIS Department to make an quick and easy way for people to upload photos that have been taken on the Soboba Reservation. Do you take photos of plants and wildlife? Simply scan the QR code below or visit the link on our instagram to upload pictures. STED will feature a photo submission on STEDtalk each quarter!



INTRODUCING SURVEY 123: ANIMAL OF THE QUARTER!



Back in July, STED excitedly introduced the Soboba Wildlife Photography submission platform to the Soboba community on our Instagram and Korbyt. This helps us track what wildlife we have and estimate populations. It seems that everyone enjoys seeing some of nature's bests, so this will give us the opportunity to feature YOUR photos on Instagram and as Animal of the Quarter.

This quarter, we are featuring the mule deer. These deer are very popular on the Soboba Reservation. Deer are herbivores, meaning they obtain their energy and nutrients from plants. They are often spotted munching on grass throughout Indian Canyon early in the mornings. Mule deer are known to be ruminants, which means that they ferment plant material before digesting it. As in this photo, the male deer, or bucks, have beautiful antlers that they shed once a year.

Deer can sometimes be a host for tiny parasites, known as ticks. These little blood feeding parasites are often found during summer in tall grass and wooded areas. They are known to carry diseases, such as Lyme Disease. If you decide to go for a hike through the canyon, be sure to thoroughly inspect your body afterwards, to make sure you didn't pick up any creepy hitch hikers. Another option is to apply a repellent such as DEET or picaridin to exposed skin, prior to hiking or enjoying the great outdoors.

Stay tuned for our next Animal of the Quarter! And be sure to use Survey 123 to send STED your wildlife and plant photos.

SUMMER HEAT SAFETY

Some Heat Safety tips brought to you by the Soboba Tribal Emergency Services Department. It's hot out, stay safe and keep cool.



Heat's on? Chill out!



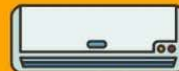
Plan your day. Avoid going outside during peak heat hours. Wear protective clothing while outdoors.

Drink water regularly. Hydrate before activities and often throughout the day.



Use sunscreen. SPF 30+ helps protect your skin against UV ray damage

Stay cool. Find a space with air conditioning and avoid being outside for prolonged periods



Check in on loved ones and pets. Charge medical devices in case of a power outage

Know the signs of heat illness; heat exhaustion or heatstroke can develop quickly if left untreated



Call 911 if you see someone suffering from a heat related emergency



Extreme Heat Safety Tips

Prepare Before

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades
- Weather strip doors and windows
- Add insulation to keep the heat out
- Install window air conditioners and insulate around them
- Ensure regular air conditioner maintenance is performed

Learn to recognize the signs of heat illness.



Survive During

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning where you can take a break from the heat.

Wear loose, lightweight, light colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask the doctor what would be best.

Be aware that electrical fans do not help cool your body temperature, they only circulate air.

Avoid high energy activities.

Check yourself, family members, and neighbors for signs of heat illness.

Recognize & Respond

Heat Cramps

- **Signs:** Muscle pains or spasms
- **Actions:** Go to a cooler location. Take sips of a sports drink containing salt and sugar. Get medical help if cramps last longer than one hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headaches, nausea/vomiting, fainting
- **Actions:** Go to an air conditioned room and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks. Get medical help if symptoms get worse or last more than one hour.

Heat Stroke

- **Signs:** Red, hot, dry skin with no sweat, rapid strong pulse, dizziness, confusion, unconsciousness
- **Actions:** Call 911 or get the person to a hospital quickly. Cool down with whatever methods are available until medical help arrives.

Why does it rain in the Summer?



PICTURE THIS:

YOU ARE IN THE POOL ON A NICE HOT SUMMERS DAY
WHEN ALL OF A SUDDEN, YOU GET HIT WITH
RAINDROPS

HAVE YOU EVER WONDERED WHY IT WOULD RAIN
WITH ALL OF THE SUMMERS HEAT? HERE ARE A FEW
REASONS WHY:

IN THE SUMMER, THE SUN SHINES SO BRIGHT THAT IT MAKES EVERYTHING
WARM EVEN WATER. WHEN THE SUN HEATS THE WATER IT TURNS IT INTO TINY
INVISIBLE WATER DROPS CALLED WATER VAPOR. THIS IS CALLED
EVAPORATION.

THINK OF WHEN YOU HAVE A HOT SOUP AND YOU BLOW ON IT TO COOL IT
DOWN, YOU WILL SEE THE STEAM RISE UP.

THE WATER VAPORS FLOAT INTO THE SKY AND ONCE IT GETS HIGH ENOUGH
THE COLD AIR THEN COOLS DOWN THE VAPORS AND IN TURN, BECOME
TINY WATER DROPS. THESE DROPS STICK TOGETHER AND FORM CLOUDS

WHEN CLOUDS GET FULL OF WATER, THEY CAN'T HOLD IT
ANYMORE. SO WHAT HAPPENS? THE WATER FALLS BACK
DOWN AS RAIN.

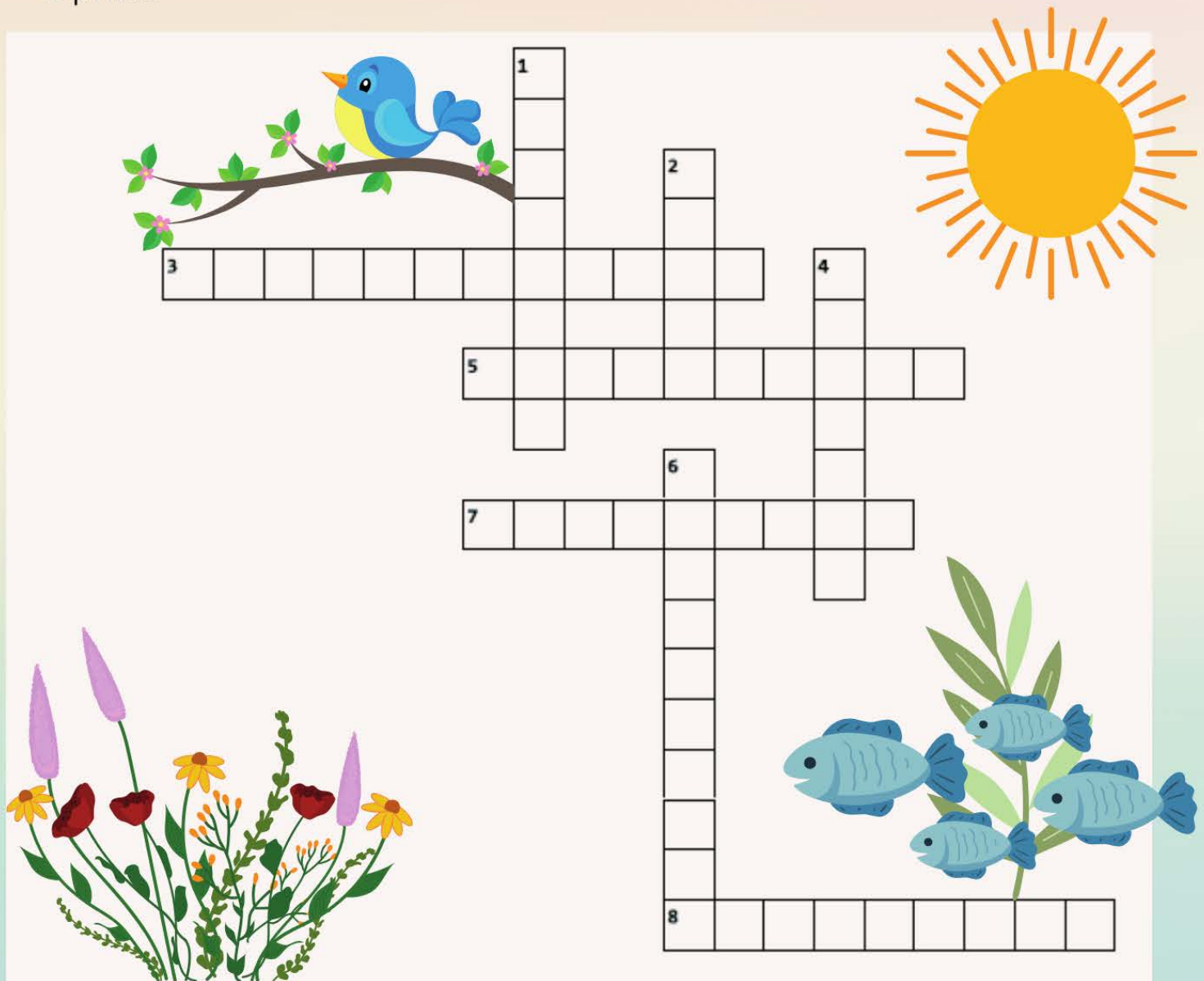
THATS WHY IN THE SUMMER STORMS COULD HAPPEN FAST.
THE HOT WEATHER MAKES LOTS OF WATER GO UP, AND THEN
A BIG CLOUD FORMS AND IT STARTS TO RAIN.

SOMETIMES THERE IS THUNDER AND LIGHTENING TOO! THATS
BECAUSE THE WARM AIR RISES SUPER FAST AND BUMPS INTO
COOLER AIR.



IN THIS ISSUE - CROSSWORD PUZZLE

Read through this issue of STEDtalk to find the answers to the puzzle below! When completed, bring the completed puzzle in for a prize!



Across

- 3. tiny fish found in indian creek
- 5. signs include rapid strong pulse and dizziness
- 7. contained tiny bones from rodents
- 8. new resource offered by STED

Down

- 1. herbivore with antlers
- 2. blood feeding parasites
- 4. includes primary consumers and apex predators
- 6. muscle pains or spasms due to heat