

Squaxin Flags Fly Over Olympia Schools



Olympia High School



Capital High School

Photos by Olympia School District, more on Page 7

Olympia School District - For the first time, the Squaxin Island Tribe flag was raised at our high schools — kicking off a powerful new tradition across all 22 Olympia School District schools and buildings.

To celebrate, we held two ceremonies simultaneously (at Capital High School and Olympia High School) where student leaders and staff from all 17 feeder schools came together to honor the Squaxin people. The events featured traditional drumming, singing, and remarks from tribal leaders, school board members, and our superintendent. These flag raisings honor the first peoples of this land and demonstrate our district's commitment to learning and collaborating with the Squaxin Island Tribe — including through our tribal sovereignty curriculum and leadership training.

Thank you to everyone who joined us for this meaningful moment in OSD history!

Squaxin Island flags were given to one student representative from each school by Squaxin Island tribal member Joe Seymour and Squaxin Island Tribal Council Member Vicki Kruger.

Tribal Council Member Jeremie Walls attended the Capital High School event and thanked everyone, including Olympia School District staff and students, and said, "I always feel more at home on tribal properties and I hope this will give our students that same sense of security when they see their flag flying high. I hope they will not be so quick to leave school. This is a great step toward trust between the kids and the schools."

Squaxin Island Tribal Vice Chair Taylor Krise who attended the event at Olympia High School said, "Raising the Squaxin Island flag at our school districts is a powerful symbol of respect for our heritage and a tribute to our ancestors who endured countless struggles for our right to exist and thrive. It signifies not only our resilience, but also our commitment to education and knowledge. By proudly displaying this flag, we create a welcoming space for our young students, affirming their identity and honoring their journey as Native people in a diverse community."



10 SE Squaxin Lane, Shelton, WA 98584
Change Service Requested

SQUAXIN ISLAND TRIBAL GAMING AGENCY (TGA) VACANCY



Tribal Council is seeking interested tribal members in filling two vacancies with the TGA Commission.

The Squaxin Island Gaming Commission, as established under the Tribal/State Compact between the Squaxin Island Tribe and the State of Washington, shall ensure on-site regulation, control and security of the gaming operation, and protect the health, welfare and safety of the Squaxin Island Tribe, its members, and guests.

Interested individuals must be able to pass a ten year background check in order to be eligible for a Class III Gaming license.

Application deadline July 14, 2025

**TIME TO
GET
INVOLVED!**

Apply by emailing your resume and letter of interest to mpuhn@squaxin.us

Questions? Call 360-426-9781



Feedback forms are available for tribal members to provide feedback at the top of each department's main page, as well as the Tribal Council page. Your valuable feedback will go directly to the director of the department and Executive Director, Erika Thale. Please take time to let us know what great ideas and concerns you have.

Feedback forms:
squaxinland.org

Fin-Fish Licenses
July 1st 2025 - December 30th 2025

Fishing season is quickly approaching. Contact Natural Resources to pay your license
(360)432-3802 & (360)432-3805

Squaxin Island TRIBAL NEWS

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Shelton, WA 98584

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- KRIS PETERS: Chairman
- TAYLOR KRISE: Vice Chairman
- JIM PETERS: Secretary
- JOSHUA WHITENER: Treasurer
- JEREMIE WALLS: 1st Council Member
- VICKI KRUGER: 2nd Council Member
- CAMERON HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON:
thenderson@squaxin.us

Squaxin Island

Tribal Council Meetings



Public Comment Period

SECOND & FOURTH THURSDAYS
Each month

Tribal Council is implementing a new Public Comment Period with every Council Meeting. This period will be a standing item on the agenda, from 9:15 - 9:30am. Attendees are encouraged to bring their comments in written form, and each individual's time will be limited.



REGISTER FOR THE PUBLIC COMMENT BY TUESDAY BEFORE THE MEETING:

Email Melissa Puhn to get on the Public Comment Period:
mpuhn@squaxin.us



Council Corner

June 12, 2025 Tribal Council Meeting

Minutes from the May 8th and May 22nd Council meetings were reviewed and approved with minor corrections.

Travel Reports and Upcoming Events

Upcoming events were discussed, including honoring graduates at Sgwi' Gwi, "Life is Water" art dedication at West Bay Park, and the DNR Tribal Summit hosted by the Tribe.

Taylor discussed his selection as an artist for the West Bay Rotary Park 50th anniversary carving project, emphasizing the cultural and environmental symbolism reflected in the artwork.

The June 23rd DNR Summit dinner was discussed to include cultural representation by Squaxin drummers and singers.

The all-staff summer kickoff picnic was also discussed with plans to host the event at Skookum Park with canoe and kayak activities, replacing the August picnic to avoid conflicts with other events.

Tribal Council discussed the July 21st-23rd Canoe Journey hosting and encouragement for Elders to participate in viewing trips.

Community and Council Discussions

PRIDE MONTH: June was recognized as Pride Month, reaffirming Council's support for LGBTQ+ and Two-Spirit tribal members.

NCAI TRIP: Council members shared experiences from their visit to Mashantucket with the Pequots, highlighting gifting traditions, cultural resilience, and significant historical connections.

Education and Flag Raising

Flags were distributed to local schools acknowledging tribal homelands with positive feedback.

Concerns regarding racism and misconceptions toward Native Indian Education programs in schools were addressed. Council affirmed ongoing engagement and education to foster understanding. Plans to formally recognize supportive school board members were discussed.

City Relations

There was positive feedback on tribal engagement with Olympia City Council and collaboration with the local government, emphasizing the importance of government-to-government partnerships.

Budget and Staff Updates

There was good participation reported in the public budget hearing with program staff, directors, and some community engagement.

Introduction of a new text alert system was announced for improved community communication, including budget hearing notifications.

Digital literacy classes for Elders gained strong traction, indicating successful grant implementation with plans to continue beyond grant funding.

Canoe Journey participation protocol developed for employees, balancing operational needs with cultural engagement. Discussions on cultural leave, honorariums for community participation, and clarity on leave policies for tribal enterprises followed.

A school bus acquisition plan in collaboration with the casino was approved, including purchase, transportation, and construction of a bus barn extension. Concerns over maintenance and licensing for bus drivers was discussed.

First Salmon Ceremony has been scheduled for August 6th with considerations for venue locations due to logistics and safety.

Legal Updates

There was a presentation on an ICWA (Indian Child Welfare Act) case heading to the Washington State Supreme Court, with Council asked for permission to join an amicus brief opposing the state's interpretation that would limit active efforts findings during fact-finding hearings.

Concerns about communication from the DCYF Tribal Relations Office regarding the litigation were raised, and plans to draft a response letter addressing tribal concerns were discussed.

The importance of tribal involvement in these cases and elevating issues to the Centennial Accord level was noted.

Human Resources and Youth Employment

Summer Youth Employment program update: 41 positions will be available with ongoing recruitment and applications. New HR staff members were introduced.

The Personnel Committee status was discussed; the committee remains active, but may require refreshing membership and reviewing policies to improve the handling of appeals and disciplinary matters.

Federal Legislation and Tribal Advocacy

There was an update on the "big bad ugly bill" (federal budget bill) negatively affecting Medicaid and Medicaid funding critical to tribal health programs. There will be ongoing advocacy efforts with tribal organizations and national bodies to oppose harmful provisions. Coordination with Washington tribal leaders and national organizations for collective action was emphasized.

Sponsorship and Fundraising

There was discussion about sponsoring a breakout session at the WIGA conference with a proposed contribution of \$2,500, which was supported by Council.

There was a reminder of a campaign fundraiser for Maryland Strickland, with Council members encouraged to attend.

Grants and Programs

There was a presentation and approval of a \$1 million, 3-year Office on Violence Against Women grant application for Family Services and Northwest Indian Treatment Center, aimed at sustaining and expanding family and client support services.

Council discussed maintaining advocacy against federal budget provisions harmful to tribal health and social programs.



Thank You From Vince Henry

Thank you to the General Body for supporting and trusting me to be on Tribal Council all these years. It has been a roller coaster of good times and not so good times, memorable and eventful times.

I watched our kids grow up to become fine adults and also watched our Tribe grow immensely. It has been a fantastic journey. I hope I made a good impression in all the decisions and time being in this role.

I thank you and, maybe, someday I will throw my name in the hat again and give it another go, Huy'.



IEI Welcomes New Chief Operating Officer



Jennifer Hines Chief Operating Officer

Jennifer Hines is the Chief Operating Officer for Island Enterprises Inc. (“IEI”) where she facilitates operational management of the growing enterprise system of the Squaxin Island Tribe.

She is a transformative leader in the field of economic development with an unwavering commitment to advancing economic growth and equity for the Squaxin community.

She is renowned for her strategic acumen and advocacy for pioneering policies that drive meaningful change. Jennifer’s impact is felt through her instrumental role in drafting, negotiating, and championing groundbreaking equity and strategic policies, including policies which stand as the first of their kind in U.S. history. Her innovative approach to policy formulation has set new standards for addressing systemic challenges and fostering inclusive economic development practices.

Jennifer earned her Bachelor of Arts degree in Political Science with concentrations in Human Rights and English from Wright State University in Dayton, Ohio. Subsequently, she

obtained her Juris Doctor from the University of Dayton School of Law, where she honed her skills in corporate law, strategic policy formulation, and conflict resolution.

She is a current member of the Washington State Bar.

Throughout her professional tenure, Jennifer has demonstrated exceptional leadership in educating, managing, and advising stakeholders across various sectors. Her expertise encompasses navigating complex legal landscapes and fostering collaborative partnerships to achieve strategic objectives.

Central to Jennifer’s leadership philosophy is her mantra, “Action Over Symbolism; Progress Over Perfection.” This guiding principle underscores her commitment to driving tangible results and effecting meaningful change through pragmatic, results-oriented strategies. In her free time she enjoys gardening, cooking, hiking, and spending time with family and friends.



Congratulations on Your Retirement Arturo Martinez

Arturo Martinez has been with Clam Fresh since 2017, leading the farm with heart, grit, and an unwavering commitment to excellence. As our Farm Manager, Arturo wasn’t just a hard worker—he was a steady hand, a problem-solver, and a friend to many.

After years of pouring his time, energy, and care into the farm, Arturo has decided to retire. While we’re sad to see him go, we’re also so happy for him as he begins this well-earned next chapter.

Arturo, thank you for everything. You’ll be deeply missed, and we hope this next adventure brings you all the happiness and relaxation you deserve. Don’t be a stranger—your Clam Fresh family will always be cheering you on!





What's Happening at the Creek?

\$100,000 Summer Fun Prize Wheel

Fridays & Saturdays in July | 12PM–7PM | Spin to Win Up to \$100,000

Guests who spin exactly \$500 over three turns win the \$100,000 grand prize! Drawings every hour, plus cash prizes based on spin totals. A game show-style thrill you don't want to miss!

Cornhole Showdown

Wednesdays in July | 12PM–7PM | \$250 Daily Winners + \$15,000 Tournament

Compete in hourly 1v1 cornhole matches for a shot at \$250 cash or \$100 Free Play. Win a match to qualify for the July 30 Grand Prize Tournament with over \$15,000 in prizes!

Jackpot Drawings

Sunday, July 6 | Drawings at 2PM, 4PM & 6PM

Players who hit a jackpot of \$1,200+ in June are entered to win big in July:

2PM – \$2,000 cash

4PM – \$4,000 cash

6PM – \$6,000 cash

Celebrate your June jackpots with July winnings!



Shark Blitz Pick & Win

Mondays in July | Earn 3PM–5PM | Play 6PM–8PM

Earn 300 points to play the Pick & Win game for a chance at Free Play or the \$1,000 cash top prize. Didn't hit it? A final drawing at 8:30PM might still send you home a winner!

Forever Young (50+ Promotion)

Tuesdays | 10AM (Cookies) | 6PM & 7PM Drawings | Win \$1,000 Cash

Tuesdays are made for our 50+ guests! Enjoy a sweet Crumbl cookie, then enter to win \$250 Free Play or the \$1,000 cash prize in our evening drawings. It's your time to shine!



Countertop Collection Gift Giveaway

Sundays & Thursdays | Earn 9AM–9PM | Pickup 1PM–9PM

Collect a new tool set each week by earning 1,500 tier points—or qualify with your ADT! Redeem weekly gifts and complete all four weeks to unlock your entry into the July 31 Grand Prize Drawing: Ninja Slushie Machine!

Independence Day Swipe & Win

Thursday, July 4 | 9AM–11:59PM | Win Up to \$5,000 Cash

Celebrate Independence Day with a swipe at our promotional kiosk for a shot at up to \$5,000 in cash! One swipe per guest—luck is just a swipe away!

Table Games Pop to Riches

Mondays & Wednesdays | 12PM–5PM Drawings | \$1,950 Weekly

Play your favorite table games to qualify for hourly drawings! Winners get to pop a balloon and claim a surprise cash prize—up to \$500! Balloons reset weekly, so keep coming back for your shot!

Events:

Car Show	July 19th	
Deana Carter	July 26th	
Hell's Belles	August 23rd	
Price is Right LIVE	November 21st and 22nd	





New Employees



Ayla Simodi **Help Desk Analyst for** **Information Services**

Hi! My name is Ayla, and I have been hired as a Help Desk Analyst for Information Services.

I've always had a heart for helping people, especially when it comes to making technology feel more accessible and less overwhelming.

My son is part Oglala Lakota, and connecting with Indigenous communities has always felt deeply meaningful to me.

I also share my life with a couple of incredible dogs who bring me grounding and joy every day.

I'm most excited about being part of a team that works in service to a living, breathing community - not just a system. There's something really powerful about contributing to a space where healing, culture, and connection all matter.

I look forward to working with you, learning, and growing with the community.



Laura Sanders **HR Generalist**

Hi! I have been hired as the HR Generalist, in the Human Resources Department.

I am a single working mother with four daughters, ages 16, 12, 9, and 3.

I have been employed in the Human Resources field since 2008 and continue to pursue professional development, applying my diverse skill set to serve as a valuable contributor to any team.

I developed a deep admiration for the Tribe and community a little over three years ago. Following the birth of my youngest daughter, I have been eager to re-integrate into the Squaxin community.

I genuinely look forward to collaborating with the Human Resources team, both now and in the future.

This opportunity excites me, and I am enthusiastic about joining the team.

I look forward to working with everyone in the community and being a member of the HR team.



Erika Rollman **Financial Specialist 3**

Hi! My name is Erika Rollman, and I have been hired as the Financial Specialist 3 with Squaxin Island.

I am a mother of four and grandmother of six.

I have worked in the accounting field for about 30 years.

I am excited to learn about the Squaxin Island Tribe and be part of your financial team.

I look forward to meeting and working with everyone.

Squaxin Tribal Transit Department is Hiring!

Are you a Tribal Member without a CDL?
Great News! Mason Transit is offering FREE CDL
Training for Tribal Members!

Requirements:

- **Must be a Tribal Member**
- **Commitment to work for the Transit Department for at least 1 year after obtaining your CDL**

Benefits:

- **Free CDL Training**
- **Secure Employment**
- **Serve Your Community**

Apply Now!

For more information, contact: Squaxin Transit
Department Phone: (360) 432-3951

Email: mnerney@squaxin.us

For an application contact Human Resources:
(360) 426-9781 or Email : apply@squaxin.us



Thank You! **To All of Our Valued** **Employees!**



FLAG RAISING



Capital High School



Olympia High School





CONGRATULATIONS GRADUATES



High School



Kylie Bethea
Hart County High School
Hartwell, GA

Kylie Bethea graduated from Hart County High School Hartwell, GA in May.

Kylie is the daughter of Clayton Bethea and Sarah Cook, granddaughter of Laurie Thomas, and great-granddaughter of Lila Jacobs.

She enjoys playing softball and plans a career in real estate.



Gloria Hill
Olympic College

Gloria Hill graduated from Olympic College in June.

Gloria is the daughter of Marjorie Jean Seymour Hill and granddaughter of Roy Seymour from Yurok and Clara Bagley Napoleon Martin Seymour from Squaxin Island Tribe.

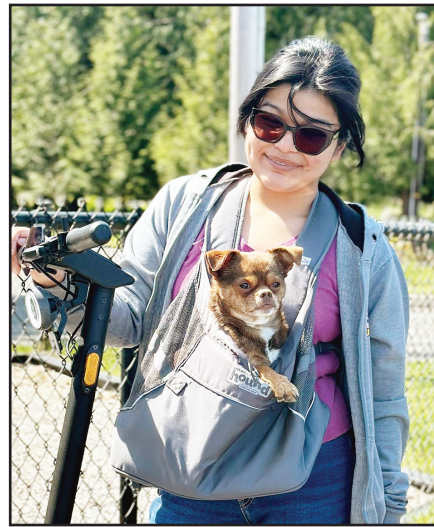
She was married to Bill Ogden from July 18, 1957 to August 1, 1981. Their kids and grandkids are Jorie, William, Michael, and Rose Ogden.

She later married Mike Hill.

Gloria's sisters and brothers in-law are Joanne and Dino Decicio, Marie and Chuck Snyder, Margaret and Vinny Henry, and Lydia and Randy Parrot.

She attended Taholah Elementary School, AJ West Middle School, Hopkins Middle School and Northbeach High School.

She was certified in Early Childhood Teaching and Chemical Dependency Counseling through Northwest Indian College.



Larissa Krise
Penn Foster High School

Larissa Krise graduated from Shelton High School in March.

She has a 3.6 GPA.

Larissa is the daughter of Kenna Krise and Victor Bolanos and granddaughter of Alan and Rose Krise.

She is currently a volunteer for the Squaxin Island youth center's after school program.

Larissa's plans for the future are to help her community by working with the youth.

In her free time, she enjoys beading, shopping, outdoor adventures, hanging out with family, and walks with her fur baby, Tobert, and with the newest fur baby, Jesus.



Aiyanna Krise
Shelton High School

Aiyanna Krise graduated from Shelton High School in June.

Aiyanna is the daughter of Shayla and John Krise, Jr. and granddaughter of John and Gloria Krise, may she rest in peace, and Elizabeth Krise, her-bonus grandma, and Roy and Kathryn Kenyon.

She is looking into photography or studying history.

Aiyanna enjoys hanging with friends and family, taking pictures, and reading about history.



Photo by Rose Blueback





CONGRATULATIONS GRADUATES



High School



Mykah Masoner
Michael Masoner Academy

Mykah Masoner graduated from Michael Masoner Academy in June.

Mykah descends from the Henry-Cooper family. He is the son of Chasity Masoner-Tucker and Mike Masoner and Bradley Tucker. His grandparents are Joanne and Dino Decicio and Gerald Masoner and Blanche Hayes.

Mykah is enlisting in the Navy in the summer/fall of this year as he aspires to follow his father's footsteps.

He is an avid gamer and ranks in the top 50 of 10,000 in one of the games he plays. He is highly active in basketball and other sports.



Micha Roberts
Capital High School

Micha Roberts from Capital High School in June.

He is the son of Patricia Green and Michael Roberts, Jr. and grandson of Donna Penn, Patrick Green, Michael Roberts, Sr., Tabatha and Gary Gray, and Tanya Roberts.

Micha was a member of the Capital High School track and field team.

Micha plans to graduate from Western Washington University and find a job in either finance or translating using the experience and knowledge he gains there.

In his free time, he enjoys gaming, language learning, finance, and memorization.



Johnathan Seymour
Penn Foster High School

Johnathan Seymour graduated in January from Penn Foster High School with a 3.5 GPA.

He also received a certificate of completion for culinary arts.

Johnathan is the son of Kasia and Tyrone Seymour and has one brother, Tyrone-Joseph Seymour. His grandparents from his mother's side are Rose Krise and Alan Krise. His grandparents from his father's side are Elizabeth Seymour and Stuart Mowitch.

Johnathan is currently self-employed and enjoys clam digging with family, music production, and art.

His future plans are to further pursue his love for the arts.



Alea Shea
South Puget Sound Community College

Alea Shea graduated with her high school diploma from South Puget Sound Community College in May.

Alea is the daughter of Christina and Beau Henry and granddaughter of Diana Van Hoy.

She is currently employed as a Steward at Little Creek Casino Resort and as a Teachers' Assistant at Squaxin Island Child Development Center.

Alea plans to become an occupational therapist or elementary school teacher.

In her free time, she enjoys baking and making beaded bracelets and other arts and crafts.



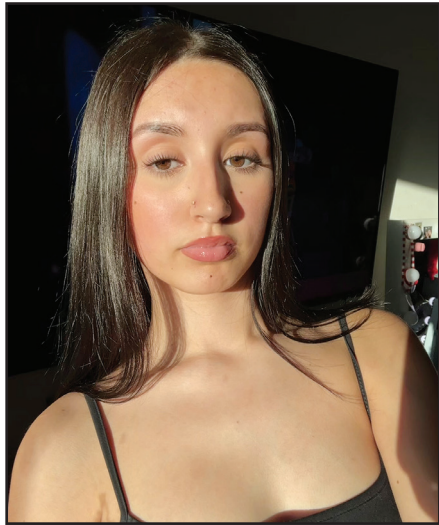
Photos by Margaret Henry



CONGRATULATIONS GRADUATES



High School



Ariana Salazar
SPSCC High School 21 +

Ariana Salazar graduated from South Puget Sound Community College's 21+ program in June.

Ariana is the daughter of Davina Braese and granddaughter of Tonya Henry and Francis Cooper, Jr.



Allie jo Sigo
Shelton High School

Allie jo Sigo graduated from Shelton High school in June.

She is the daughter of Steve and Andrea Sigo.

She participated in competitive cheer and dance cheer. and was Miss Mason Area Teen.

Allie jo plans to work with special needs students.

In her spare time, she enjoys helping at home with her siblings.



Alexia Snyder
SPSCC High School 21+

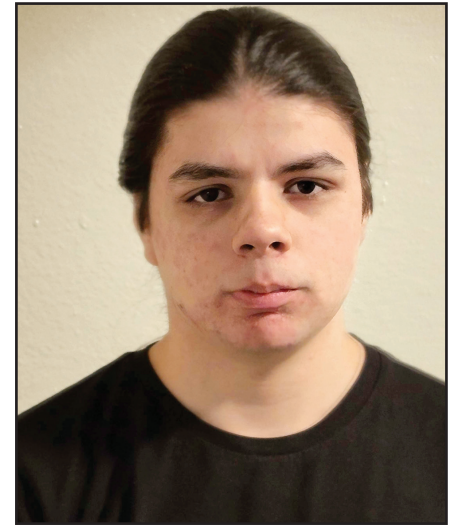
Alexia Snyder graduated from South Puget Sound Community College's 21+ program in May.

She is the daughter of Amber Gomez and Ramon Gomez and granddaughter of Bette Peters, Mark Snyder, and Darla Snyder.

Alexia moved to Houston, Texas with her sister, Jazmyn and they plan to move to a few more cities in the future.

She worked at the Squaxin Island Child Development Center before she moved.

Alexia plans to pursue a career in the beauty and fashion industry.



Treyson Spezza
SPSCC High School 21+

Treyson Spezza graduated in August, 2024 from South Puget Sound Community College's 21+ program.

He is the son of Roxanne and Daniel Spezza and grandson of Delwin Courville and Jacqueline and Donald Smith.

He plans to become a professional baker.



Photo by Margaret Henry



Congrats from Isabelle LeClair (SHS)

I would like to congratulate all the seniors who graduated this year!

All your hard work has paid off and now you can relax.

I look forward to seeing where life takes each one of you. This next step can feel strange and lonely, but just know what I'm always rooting for you and in your corner I'm very proud of all your hard work! Relax and enjoy this new chapter in your life!

For all my underclassmen, enjoy your summer break, and I will see you all at orientation in August!



Photo by Margaret Henry





High School



Catherine Sumner Tacoma Science and Math Institute

Catherine Sumner graduated in June with her high school diploma from Tacoma Science and Math Institute.

She has a 4.0 GPA.

Catherine is the daughter of Bill (George) and Megan Sumner; granddaughter of Helen L. Fletcher (Sumner); great-granddaughter of Myrtle Z. Whitener (Fletcher); and great-great-granddaughter of Annie Martha Krise (Whitener).

Catherine plans to earn a Bachelors degree in Biology at UW Seattle and pursue a career in neuroscience lab research.

She was a member of the Silas High School Varsity girls swim and dive team, FRC robotics team, and a cancer research lab intern.

Catherine received the "Most Dedicated" award from the swim team two years in a row and was swim team captain two years in a row.

She was nominated for a Dean's List semi finalist award in robotics.

In her free time, Catherine enjoys reading, crocheting, crafting, and spending time outside.



Takoda Tahkeal SPSCC High School 21+

Takoda Tahkeal graduated from the High School 21+ program in June.

She is the daughter of Julie and Kui Tahkeal, Sr. and Carrie Turpin and granddaughter of Fawn and Jake Parker and Cindy and Terry Turpin.

She is a shellfish harvester and plans to start a franchise business.

Takoda enjoys nature and being by the water.



Not Pictured

Kameron Weythman SPSCC High School 21+

Kameron Weythman graduated from South Puget Sound Community College's 21+ program in June.

He is the son of Tamika Green, and Justin Weythman, grandson of Donna Penn, and great-grandson of the late Myrtle Richards whose mother was Florence Sigo, but her biological mother was Florence Sigo's sister, Hazel Bagley.

He is looking forward to gaining new experiences and interests.

In his free time, Kameron enjoys lifting weights.

Randy Koshiway

Leo Henry

Matthew Pugel

Photo by Margaret Henry



Lilah Wentworth Shelton High School

Lilah Wentworth graduated from Shelton High School in June.

Lilah is a descendant of the Bagley family. She was named after her great aunt, Lila Jacobs. Her grandmother is Josey Reeves Kitselman. Her mother is Kezia Wentworth and father is Ben Wentworth. She has two siblings Wyatt and Alexis Wentworth.

Lilah will be attending Saint Martins University in the fall.

During high school, she was a member of Family, Career and Community Leaders of America (FCCLA) and went to Nationals in Colorado.

Lilah participated in dance and went to state two years in a row in Yakima.

She was a member of the bowling team and went to districts in Vancouver.

Also playing tennis, she went to districts in Vancouver.

In her free time, Lilah enjoys playing tennis and bowling, attending music festivals and concerts, crocheting and sewing, and playing computer games.





CONGRATULATIONS GRADUATES



Associates



Dominique McFarlane
South Puget Sound
Community College

Dominique McFarlane graduated from South Puget Sound Community College in June with an Associates degree.

Dominique has a 4.0 GPA.

She is the daughter of Larry McFarlane, Jr. and Raven Thomas and granddaughter of Donna Penn and Norbert Thomas and Susan Henry and Larry McFarlane, Sr.

Dominique plans to attend Seattle University to get her Bachelors degree in Film and Media.

She is interested in cinematography, writing short stories, and bringing more culture and diversity into the film industry.

Photo by Margaret Henry



Tyrone Seymour
Northwest Indian College
Nisqually Site

Tyrone Seymour graduated from Northwest Indian College, Nisqually Site, in June with an Associates in Arts Direct Transfer degree, and is currently working on his Bachelor of Arts degree in Native Studies Leadership.

Tyrone has a 3.98 GPA.

Tyrone is the son of Elizabeth Ann Perez and Stuart Mowitch; grandson of Clara Bagley and Roy Seymour on his mother's side and Willard Mowitch, Sr. and Joyce Capoeman on his father's side.

He is married to his beautiful wife and best friend, Kasia Seymour, and they have two handsome sons, Tyrone-Joseph Stuart Seymour and Johnathan Draven Seymour.

Tyrone was on the President's List for spring and fall of 2023, fall, winter, and spring of 2024, and fall and winter of 2025.

He is currently employed as an Inventory Replenishment Associate Supervisor at the Kamilche Trading Post.

In his free time, Tyrone enjoys fishing and clam digging with his family and going on family trips.

Bachelors



Shae Peters
South Puget Sound
Community College

Shae Peters graduated from South Puget Sound Community College in June with an Associates of Arts degree.

She was on the Vice President's List.

Shae is the daughter of Kris and Brandi Peters.

She is currently working at the Squaxin health clinic, so you might see her there.

Shae loves music, making mix tapes, and collaging.



Jocelyn Campbell
Liberty University
Bachelor's Degree in
Business Administration and
Data Analysis

Jocelyn Campbell graduated from Liberty University in May with a Bachelor's Degree in Business Administration and Data Analysis.

She was a member of the intermural basketball team.

Jocelyn is the daughter of Marvin and Erin Campbell, granddaughter of Theresa Davis, and great-granddaughter of Mable and Buddy Cooper.

Jocelyn is currently employed as the Assistant Director of Operations for Foundations Church and plans a future working in church ministry.

In her free time, Jocelyn enjoys kayaking, running and driving.

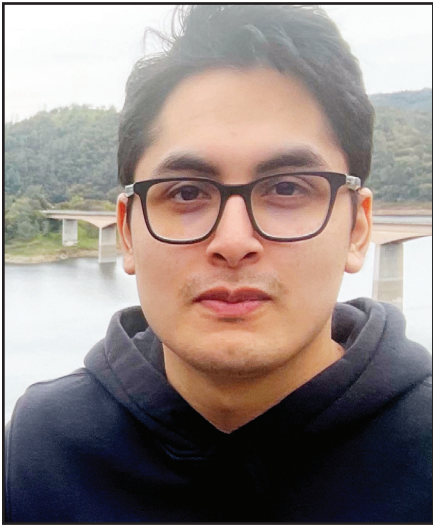




CONGRATULATIONS GRADUATES



Bachelors



Raymond Castro
University of Washington
Bachelor of Arts in Arts, Media and Culture with a Minor in History

Raymond Castro graduated from the University of Washington in June with Bachelor of Arts in Arts, Media, and Culture with a Minor in History.

Raymond is the son of Marcella Cooper and Abel Baca Castro and grandson of Rose Davis and Mario Rivera.

Mario plans to take a break for a year to do some recreational activities and work, maybe an internship and a local job.

He wants to find some new hobbies, then go back to school for a Master's Degree.

Raymond has made a couple short video films and enjoys traveling with family, movies, video games, reading, and writing stories.



Sophia Cooper
University of Washington
Bachelor of Science in Biology: Ecology, Evolution, Conservation

Sophia Cooper graduated from the University of Washington in March with Bachelor of Science in Biology: Ecology, Evolution, Conservation.

Sophia is the daughter of Kim and Anton Cooper and granddaughter of Emory and Ruth Peters.

She started a six-month internship in June with the Western Washington Fish and Wildlife Conservation Office.

Sophia plans to find a career in salmon conservation in Washington State.



Photo by Margaret Henry



Susan "Wicket" LaClair
Northwest Indian College
Bachelor of Arts in Tribal Government and Business Management

Susan "Wicket" LaClair graduated from Northwest Indian College in June with a Bachelors of Arts in Tribal Government and Business Management.

She has a 3.72 GPA.

Susan is the daughter of Sue Henry and Larry McFarlane and granddaughter of Theresa Cooper Nason and Walter Henry.

She is married to Patrick Moose LaClair.

Susan was on President's List and Dean's List throughout her time at Northwest Indian College.

In her free time, she enjoys baking, bowling, beading, bingo, and spending time with her kids and grandkids.



Cloe Martin
Central Washington University
Bachelor's Degree in Business Administration and Human Resources Management Minor in Economics

Cloe Martin graduated from Central Washington University in March with a Bachelors degree in Business Administration/Human Resources Management with a Minor in Economics.

Cloe is the daughter of Kari and David Martin and granddaughter of Reggie and Sue Ward and Phillip and Rose Martin.

Cloe is currently working at the Attorney General's Office as a Legal Assistant in the Labor and Personnel Division.

She plans to go back to school for her Masters degree while continuing to work.





CONGRATULATIONS GRADUATES



Bachelors



"After graduating with my Bachelors degree in Native Environmental Science, I plan to take a gap year to continue my work with Cattail Rising and then pursue graduate studies at the University of Washington in Astrobiology.," she says. "My goal is to keep uplifting our youth, protect our land and waters, and carry forward our teachings into science spaces where our voices and values are needed."



Shawnell McFarlane Northwest Indian College Bachelor of Science in Native Environmental Science

Shawnell McFarlane graduated from Northwest Indian College in June with a Bachelors of Science degree in Native Environmental Science.

She has a 3.97 GPA.

Shawnell is the daughter of Shera Johns and Larry McFarlane, Jr. and Frank Cousins. Her grandparents are Susan Henry, Isaac Johns, Larry McFarlane Sr., and Leonora Gouley and her spouse, Victor Garfias.

She is currently employed as a Coordinator for Cattail Rising, a tribally led initiative focused on building a land-based education system that honors cultural strengths and supports Native youth through projects, partnerships, and curriculum rooted in Indigenous knowledge.

Shawnell is an AISES Google and A.T. Anderson scholarship recipient 2024–2025, American Indian College Fund scholar, Squaxin Island tribal scholarship recipient, NASA-published children's book author, recognized presenter at national and tribal research conferences, and selected speaker for "Celebrating Native American Heritage Month with NASA Internships" in 2024. She was an AIHEC participant and champion in Critical Inquiry 2023-2024.



Photo by Margaret Henry



Masters



Steve Peters Southern New Hampshire University Bachelor's degree in Business Studies in Accounting

Steve Peters graduated from Southern New Hampshire University in November with a Bachelors degree in Business Studies in Accounting.

He is currently employed as the Accounts Payable (AP) Manager for the Squaxin Island Tribe.

Steve is married to Tanya Jones.

He plans to be successful at his job in the Finance department for the Tribe.



Rose Blueback University of Oklahoma Master of Social Work Degree

Rose Blueback graduated from the University of Oklahoma in December with a Masters degree in Social Work.

Rose has a 3.57 GPA.

She is the daughter of Charlene Cooper and Thomas BlueBack, Sr. and granddaughter of Wilson Woodrow Johns (maternal grandfather), Sarah Leila Johns (maternal grandmother), Alice Crye (paternal grandmother), and Neil BlueBack (paternal grandfather).

Rose is currently working for Interfaith Works as a Public Supportive Housing Case Navigator and plans to become a Licensed Independent Clinical Social Worker (LICSW).

In her free time, she enjoys beading and spending time with her grandchildren.



Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us





CONGRATULATIONS GRADUATES



Masters



Zoë Cooper
Seattle University
Master's Degree in Teaching

Zoë Cooper graduated from Seattle University (SU) in June with a Masters degree in Teaching.

She has a 4.0 GPA.

Zoë is the daughter of Kim and Anton Cooper and granddaughter of Emory and Ruth Peters.

She is a recipient of a Seattle University graduate scholarship and Schumacher endowed scholarship

Zoë is a middle school teacher for Seattle public schools and plans to teach middle school English.

In her free time, she enjoys gardening, reading, and crafts (quilting, beading, crocheting).

Kelly Jones
University of Phoenix
Master of Business Administration

Kelly Jones graduated from the University of Phoenix in November, 2024 with a Master of Business Administration.

Kelly plans to become a Certified Public Accountant (CPA) and continue to grow within her profession.

Linda Jones
Southern New Hampshire University
Masters Degree in Business Administration with a concentration in Operations and Supply Chain Management

Linda Jones graduated from Southern New Hampshire University in June with a Masters Degree in Business Administration with a concentration in Operations and Supply Chain Management.

She has a 4.0 GPA.

Linda is the daughter of Emory and Ruth Peters and granddaughter of Jameson and Josephine Peters.

She is currently employed as the Warehouse Manager for Skookum Creek Tobacco Factory.

In her free time, Linda enjoys basket weaving, beading, and gardening.

Lyssa Wier
Walden Univeristy
Master of Social Work Degree

Lyssa Wier graduated from Walden University in May with a Masters degree in Social Work.

She is married to Matthew Wier and has two children, AJ and Grace-Lyn Wier.

She is the daughter of Jim and Theresa Davis and granddaughter of Francis "Buddy" Cooper and Mable Cooper and Barbara Davis.

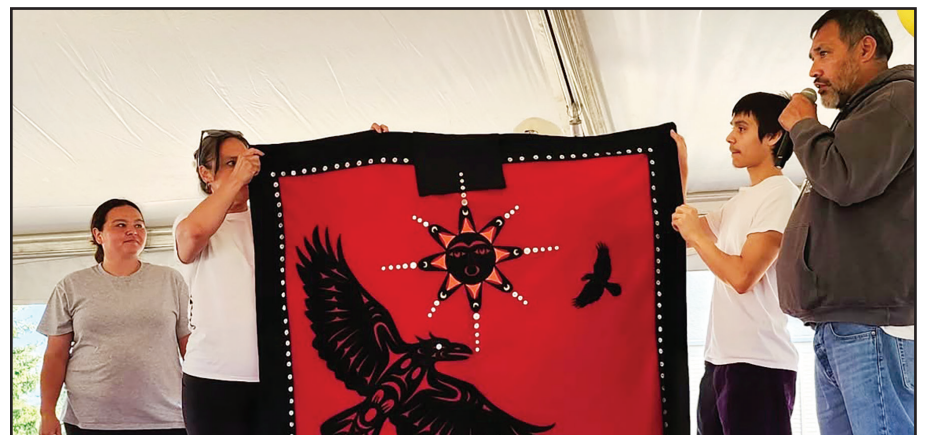
She is currently employed as a CFWS SSS3 at DCYF.

She plans to use her degree in social work to come back to the Tribe.

"I one day want to be a CFWS Supervisor within DCYF and work on building a positive relationship between the state and the Tribe," she said.



Pre-K 2012 ~ High School Graduates 2025 Johnny & Riss





PADDLE TO ELWHA



The 2025 Canoe Journey to Elwha is underway!

Jeremiah George - We have had ongoing Squaxin Culture Night gatherings and Squaxin Canoe Practice to prepare for cultural representation of Squaxin.

Please join us weekly for Culture Night on Wednesdays at the Community Kitchen. The Canoe Practice schedule is being finalized, watch for coming announcements on Squaxin Community social media pages, the Tribe's Daily Scoop and flyers posted in the community.

We need all Squaxin families to be represented during this year's Canoe Journey between July 21st and August 5th.

Once again, we plan on reconnecting to our home waters in Squaxin Territory. Squaxin Canoes will paddle from Arcadia to Allyn on July 21: Arcadia to Olympia on July 22: and Arcadia to Skookum Park on July 23.

It will take an additional eight days of paddling, from July 24 to July 31, to get to Elwha. Elwha will have the final canoe landing of close to 100 canoes on July 31st.

We have a high number of young Squaxin Youth who are eager to learn more about our Squaxin traditions. Young kids make up most of the dancers during the drum, song and dance practice portion of our weekly Culture Night gatherings. Our canoes function the best when we have a proper mix of strong and experienced paddlers: which also permits young paddlers to gain experience in a safe and comfortable setting.

A frequent question we receive is about having a youth only canoe. In a traditional sense, youth are a central focus. However, we can't overburden or put too much onto our young people. Youth grow more properly with close guidance interwoven together with older generations. The structure of canoe travel is the same.

The Potlatch Protocol is scheduled from August 1 to August 5, where each participating cultural group from communities in the Northwest and across the world shares songs, dances, and gifts.

The estimated potlatch floor time for Squaxin is between August 2nd and August 4th.

Our plan is to keep a close watch on the Elwha Potlatch Protocol schedule so that we can send notice to Squaxins at home who want to travel to join our drummers and dancers; or for those who simply wish to witness our cultural exchange in person.

Please join our preparations so that you can become a part of the very important cultural representation of the Squaxin Island Tribe during the great opportunity that the Canoe Journey provides!

LET'S GO

We Need Representation of All Squaxin Families for Canoe Journey 2025 July 21 to August 5

- Canoe Paddlers
- Drummers
- Dancers
- Youth & Elders

Sign Up Now

SQUAXIN CANOE PRACTICE

Join Us Weekly for Canoe Practice

Watch for Announcements in Daily Scoop and Social Media Pages

Scan Here for Web Sign Up

Web sign up will be updated as dates for practices are set

For more info call Jeremiah George 360-432-3968 or Deanna Hawks 360-432-3838

2025 Canoe Journey Schedule

Squaxin Territory Canoe Connection	Elwha Hosting
• July 21 - Paddle from Arcadia to Allyn	• July 31 - Final Canoe Landing
• July 22 - Paddle from Arcadia to Olympia	• Aug 1-5 - Potlatch Protocol
• July 23 - Paddle from Arcadia to Skookum Park	• Aug 2-4 - Estimate for Squaxin Drum & Song
Squaxin to Elwha Canoe Route	• Camping in Elwha Community from July 31 to August 5
• July 24 - 31	

* 5-8 Canoes from other Tribes are finalizing plans to start from Squaxin

SQUAXIN TO ELWHA

Paddle to Elwha

20 DAMS REMOVED • A RIVER BORN • 25 SPIRITS RENEWED

Paddle to Elwha 2025

Required Participation Forms



Honoring Our Graduates: Maryssa, Savannah, and Delfina

We are thrilled to celebrate the academic achievements of three remarkable teaching staff members at Squaxin Island Child Development Center who have recently graduated from college while continuing to provide exceptional care and education to our children.

MARYSSA ANK has earned her Associate degree in Technical Arts in Early Childhood Education. Maryssa's dedication to early learning shines through in her daily work with children, and her new degree is a reflection of her passion for nurturing young minds and supporting their growth during these foundational years.

SAVANNAH WOOD has graduated with a General Associate degree and will be transferring to Western Governors University (WGU) this fall to pursue her Bachelor's Degree with licensure in Early Childhood and Special Education. Savannah's commitment to continued learning and inclusive education is inspiring, and we're excited to see how she continues to grow in the field.

DELFINA RAMIREZ has completed her Associate degree in Social Services and Education and plans to continue her educational journey by pursuing her Bachelor degree in Education. Delfina's compassionate heart and dedication to lifelong learning make her a powerful advocate for children and families, and we look forward to seeing her future achievements.

We are so proud of Maryssa, Savannah, and Delfina for reaching these significant milestones. Their dedication to their own education and to the children and families they serve embodies the heart and mission of Squaxin Island Child Development Center.

Congratulations, graduates! Your hard work, passion, and perseverance inspire us all.




South Puget Intertribal Planning Agency

July Diaper Distribution

Squaxin Island Tribe

7/11/25
At SPIPA IPC
11:00am-1:30pm

Pull-ups | Diapers | Wipes | More

Need diapers? You may qualify! Households on or near Tribal lands and enrolled in programs like WIC, SNAP, or TANF may be eligible.

Call SPIPA at 360.426.3990



SICDC

OPEN ENROLLMENT

Exciting news! Early Head Start open enrollment for qualifying families of Infants 1 month to 6 months old!

SECURE YOUR SPOT TODAY!

Learning

Family Support Network

Health & Wellness

Contact to Apply!
Use information below

3851 SE OLD OLYMPIC HWY
SHELTON, WA 98584
KAITI KRUG, PROGRAM MANAGER
360-426-1390
KKRUG@SQUAXIN.US





FAMILY SERVICES



Missing and Murdered Indigenous People Awareness Event

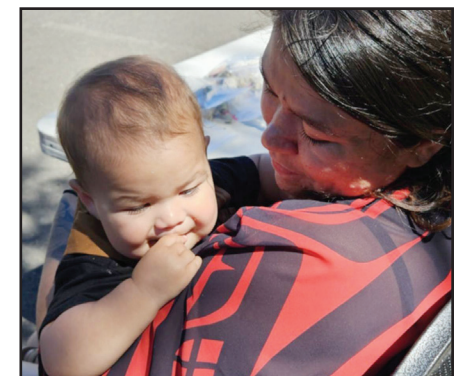


Beverly Hawks, Charlene Krise, Tonya Henry, Madeena Rivera, Terri Capoman

Thursday May 29th was a busy day for the Elder's program. We had lunch followed by Bingo, co-hosted by Phoenix Cooklin, with lots of great prizes. We then moved over to the Community Kitchen for the Missing and Murdered Indigenous People (MMIP) tribal event and walk. There were tons of great incentives, informational hand-outs and even some prize drawings. We then enjoyed a nice stroll either around T'Peeksin or the ballfield followed by dinner to end the event. This was a great community event that brought people together to raise awareness for a good cause.



Shaylyn Clark, Chauncey Blueback, Annette Blueback, Gloria Hill, Latoya Johns, Marissa Morken, Jaclyn Meyer



Shaylyn Clark

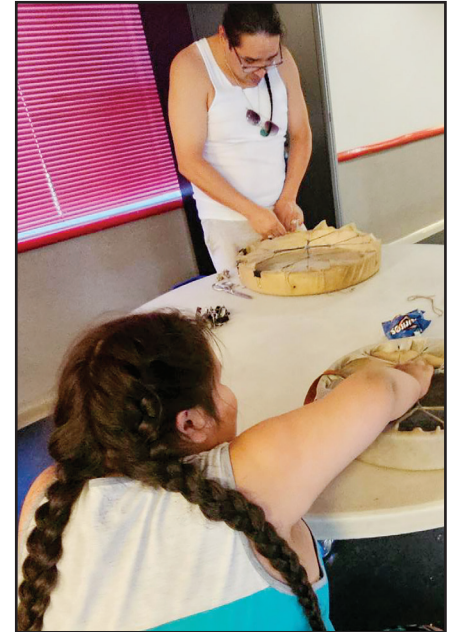


Lorainne VanBrunt, Casey Krise, June Krise, Peggy DeMiero, John Penn, Jaclyn Meyer, Phoenix Cooklin, Stella Sicade, Laken Gray, Lorainne Algea, Lydia Trinidad, Rose Algea, Carolyn Hoosier, Debra Mattson.





Father and Son Drum Making Event



This event was hosted by Squaxin Island Family Services and organized by Marcella Cooper.

Joseph Rivera and Tom Castellane taught a group of dads and their kids how to soak and stretch a hide to make a hand drums.

On day two, they painted them adding their own creative works of art.





LEARNING CENTER



Bordeaux

As the school year wraps up, Bordeaux Elementary is taking a moment to reflect on two awesome events that helped our students feel connected and supported, thanks to our collaboration with the Native Education Program.

First, our fourth grade Native Ed students got the chance to visit Olympic Middle School, where they toured the new Native Education room and met their future teacher, Lori Chapell. They also had the opportunity to chat with Squaxin Island student advocate, Kiana Wily, who shared some helpful tips for making the transition to middle school smoother. It was a fantastic chance for the students to get excited and feel prepared as they move on to the next chapter.

The second event, the Native Ed Ceremony, was a celebration like no other. We honored each student individually, and, what started as a small gathering, turned into a big community event. Thanks to donations from the Native Ed PAC, Salish Seafoods (who provided fresh clams), and a food blessing by Jeremiah George, the ceremony was full of love and support. Goody bags, extra funding from families, and the warm energy of the community made the event extra special. It was all about lifting up the Native youth of Bordeaux and showing them just how much they're loved and valued.

These events really brought everyone together—students, families, and the wider community—and showed how important it is to support one another.



Love my girls! Ivy and Roselani



Our soon to be second grader boys with their certificates



Elijha and Emory posing with the school awards

Bordeaux Elementary is already looking forward to next year and continuing this partnership with the Native Education Program.



Kids doing squirrel dance at field trip



Ceremony Time!



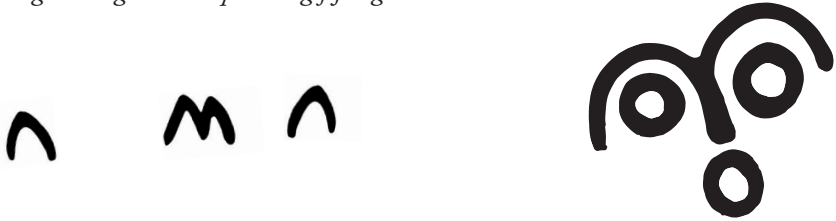
Our opening circle



Native Ed kids from BDX and OMS



Fifth graders give our upcoming fifth graders the run down



Way to Go Hazel Lehman!



HAZEL LEHMAN received a quality work award from her teacher for the month of May. The Griffin Grizzlies held their last assembly of the year celebrating those who received awards for quality work and quality behavior. Way to go, Hazel, Mama is so proud of you!

Oakland Bay Junior High

Caleb Kinzner - Hi all, we have finally finished this school year! This school year seemed to fly by at OBJH, and I couldn't be more proud of the work that these students put in throughout the year. I appreciate all of you parents/guardians who have been keeping up on your students; it shows in their attendance and grades. I am very confident that the students who are moving up to the high school are equipped for their new challenges and will thrive at the next level.

As for our 7th graders, I know that they are now fully adjusted to their new environment and will prosper in their 8th grade year.

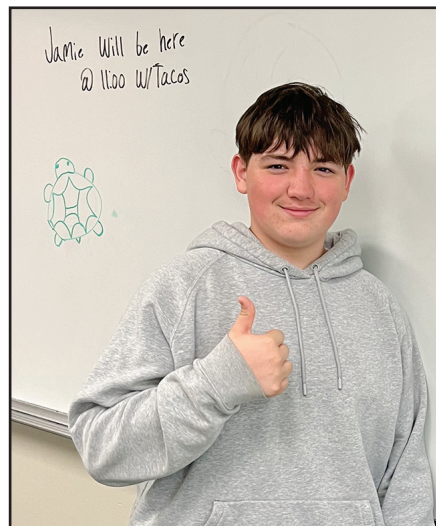
I look back at this year with very fond memories, this group of students made a very unique and welcoming environment for all students. Teachers would often rave about how much the kids loved coming to the Native Ed room and how productive they could be. This is a true testament to the hard work that these students put in throughout the year. I look forward to seeing a lot of our students during Stepping Stones programming or during Canoe Journey to hear about their summer adventures/plans.

Many of our students finished the year on a high note. It is natural for students to falter around the midpoint of the 3rd trimester, but I don't believe that many of our students experienced it this year. From the start of the final trimester on, students saw the light at the end of the tunnel and didn't look back. This speaks to the resilience that this group of students has, which bolsters my confidence in them.

My final student of the month for the year is actually two students, Heather Perez/Jessica Ryker. This duo was inseparable over their two years together, and they ended their final month at OBJH strong. Their teachers and staff had nothing but positive words about them, and I am excited to see what they can accomplish next year in high school.



Emilio Hernandez and Jay Williams playing chess



Wyatt Wentworth



Alex Edwards vacuuming





The Scientific Benefits of F-U-N

All work and no play makes Jack a dull boy. It also makes Jack less healthy. That's because without play, the body misses out on key opportunities to reach its full health potential. So, no matter what your age, don't be like Jack; have some fun! You'll live a longer and more enjoyable life if you do.

Recent research has shown that playtime has a positive impact on health and well-being. In a study published in the Journal of Social and Personal Relationships, daily play was associated with a better mood and greater perceived effectiveness in coping with general stressors among patients with diabetes. Another report from a UC Merced study team demonstrated that when people engage in leisure-time activities, they have lower stress levels, better moods, lower heart rate, and increased psychological engagement. What's more, these positive effects were shown to last for hours after the activity was over.

Healthy Ways to Have a Good Time

These findings prove that living a long life can be all fun and games. So put fun—and your health—first by engaging in a variety of activities.

EXERCISE. Physical activity is a fun and powerful way to prevent and treat many chronic conditions, from cardiovascular disease to mental health. And with summer upon us, it's the perfect time to get moving outdoors, which is infinitely more enjoyable than an indoor workout and better for you. According to a recent study, even a short stroll in nature improves working memory and concentration more than completing the same walk inside. You can also take it up a notch by joining a summer softball league, a hiking club, or volunteering at the Salish Roots garden to start cultivating good times.

SOCIALIZE. Getting together with friends might be the most enjoyable activity of all. And it turns out that it's also good for your health. A 2019 report in Innovation in Aging found that friendship not only influences psychological well-being but also helps maintain cognitive function and physical health in old age. And be sure that you and your friends get in as many laughs as possible because laughter and humor can have deep and long-lasting effects on your mental and physical health. Whether you go out dancing, join a new book club, or host an outdoor dinner party, socializing can work wonders for your health.

GALVANIZE. Stimulating your brain in fun and new ways can positively impact your cognitive health, especially as you age. A trial of adults aged 60 to 85 indicated that playing games significantly improved cognitive ability and effectively reversed

the signs of aging. Thankfully, there's no shortage of brain games like Wordle or Sudoku that you can easily download to your mobile device and play anywhere.

TRANQUILIZE. Fun doesn't always mean going all-out all the time. There are plenty of enjoyable ways to unwind that are also good for your health. Some low-key pleasures like a spa day may be just what the doctor ordered. That's because spa treatments like massage can relax more than your muscles. Research shows that a single 45-minute massage can significantly decrease the body's circulating levels of arginine-vasopressin, a hormone that constricts blood vessels and induces high blood pressure.

Incorporating fun into your daily routine is a great way to enjoy life and stay healthy. By prioritizing enjoyable activities, you can reduce stress, improve mood, and boost your quality of life regardless of age. So, get the good times rolling and start living healthier today.

*When the weather's fine
We go fishing or go swimming in the sea
We're always happy
Life's for living, yeah, that's our philosophy
from "in the summertime"
- by Mungo Jerry*

Trouble Reading? It Might Be Dyslexia

By Dr. Fergie

Reading Is Hard

The ease with which children pick up spoken language is truly astonishing. Infants, provided their nervous systems (and hearing) are healthy and intact, require only exposure to the everyday sounds and rhythmic patterns of speech, such as the conversations of parents and older siblings, to attain language with remarkable ease. Speaking is something our brains are hardwired to do. Spoken language unfolds naturally, without formal instruction. Our brains only require enough language exposure and the passage of time. Lather, rinse, repeat. We have Mother Earth to thank for that!

Reading, though, is a completely different matter. Reading is more complicated than it seems. We are not born knowing how to read. Reading

is a complex human skill that needs to be taught. Mastering reading requires years of practice, often through monotonous mind-numbing drills, through the diligent efforts of patient adults and older children. Only after countless hours of exhausting work does the brain lay the necessary neuronal tracks for the intricate circuitry needed to make reading seem automatic. Our brains have to connect letters to sounds (decoding), put those sounds in the right order (syntax), and then turn them into words and sentences we can understand (semantic and syntactic processing).

By the time we become fluent readers (and the so-called "letterbox" is formed on the left side at the base of our brains), the process becomes so seamless it is easy to forget how unnatural (not least, painful) it once was. After all, only 5% of children learn to read with minimal support. Chances are, neither of us belong to this highly exclusive literary club! So, please go easy on children and non-traditional learners starting their reading journey! Reading is hard!

Why Reading Is Especially Hard for People with Dyslexia

For people with dyslexia, the first part of this process — matching letters to sounds (decoding) — is extremely hard. And when that part is tough, everything else becomes harder too. Children and adults with dyslexia may read slowly, have trouble spelling (due to poor orthographic encoding), and find it difficult to learn another language. But there is hope. Although dyslexia is a lifelong condition, with the right support and interventions, most individuals can learn to read and write more effectively.

Dyslexia Is Highly Heritable

Genetic research suggests a strong familial link with dyslexia, with approximately 50% of children with dyslexia having a first-degree relative (e.g., parent or sibling) also exhibiting the condition. It is advisable, therefore, to have other family members screened for dyslexia if one member has already been diagnosed. If you were on an Individualized Education Program (IEP) during school, you might very well have dyslexia, even if it were never formally diagnosed (school psychologists typically do not diagnose learning disabilities). Dyslexia is the most common learning disability, comprising as much as 90% of all such disabilities.





Dyslexia Myths

Contrary to popular belief, dyslexia is quite common. It is estimated that up to 20% of the population is affected with it, with severity ranging from mild to severe.

Men and women are also equally affected; another common myth (boys are simply more likely to get tested because they are more prone to act out in the classroom).

Despite widespread assumptions, there is no link between dyslexia and intelligence. Reading challenges have nothing to do with how smart a person is. Dyslexia affects reading, not intelligence. It affects different parts of the brain. Many individuals with dyslexia have average or above-average intelligence. Albert Einstein, General George Patton, and Charles Schwab (the second-largest steel maker in the United States during his lifetime), are several among countless examples of brilliant and accomplished individuals who had dyslexia. Several outstanding physicians I have had the good fortune of working with over the years have told me they have been diagnosed with it. Medical school presented more difficulties for them than most of their classmates, but they persevered and succeeded. In fact, they excelled in other ways compared to other students (e.g., they possessed a superior ability to mentally rotate objects and visualize organ systems, better creativity, and the like).

Because dyslexia can present social challenges and impact self-esteem (sadly, there is still a lot of stigma attached to dyslexia), it is not uncommon for individuals with this learning disability to also experience social anxiety and its associated symptoms. While many believe that dyslexia is a visual issue, dyslexia is not a problem with vision. So-called mirror writing is not a symptom of dyslexia. Children without reading disorders commonly reverse letters, words, or even write backwards when they are first learning to write. In addition, the notion that eye training or colored lenses can correct dyslexia lacks scientific support. Reading difficulties, as alluded to earlier, result from problems of phonological processing in the brain, which means trouble recognizing and working with the individual sounds of spoken language (“kuh-aah-tuh,” for example, are the individual sounds corresponding to the three letters of the printed word CAT). Successful reading hinges on the brain's ability to break down words like CAT into their constituent phonetic units—individual sounds—a crucial step that precedes or comes before word identification, comprehension, memory storage, and the eventual retrieval of those

words from memory when they reappear in written form. Again, dyslexia mostly concerns difficulty accurately and smoothly translating written words into speech sounds.

Another common myth is that you can outgrow dyslexia. Research following children across their entire K-12 education shows the disability often continues to affect them in their adult lives. So, even though many individuals with dyslexia can learn to read accurately, they continue to read slowly and not automatically. Secondary and college students with dyslexia, therefore, are typically supported through accommodations (e.g., extended time on exams, providing text in audio format when academic knowledge is the target skill being evaluated, etc.), not direct remedial instruction.

Please note that accommodations provide students with dyslexia and other learning challenges equal access to learning. Accommodations level the playing field. They do not give students an unfair advantage.

When Is The Best Time to Assess for Dyslexia?

The earlier, the better! If you are concerned that your child might have a reading disorder, ask their school to evaluate them or come to the Squaxin Island Health clinic to start the referral process. We have tests that help identify children who are well behind their classmates in key reading-related skills. These tests can also help us understand what type of dyslexia a child might have, so we can better inform you and their schools about the best way to assist them. When struggling readers get the right kind of help in kindergarten through 3rd grade, it can make a huge difference. Early intervention -- especially when initiated in kindergarten or 1st grade -- can close the reading gap because children's brains are highly responsive to language-based interventions. Brain and developmental scientists call this the “critical period” because very young brains are more adaptable and “plastic.”



Energy Drinks and Your Teeth

As the days get longer and hotter energy drinks, soda and sports drinks can be a tasty and satisfying way to hydrate and energize. But if you find yourself regularly consuming one or more of these types of drinks each day, you may have noticed chalky, white areas on your teeth or perhaps your teeth have become extra sensitive to sugar, cold, heat or pressure. These can be warning signs that the enamel on your teeth is becoming demineralized and eroded.

The damage sports and energy drinks can do to your teeth is considerable because they are extremely high in sugar and citric acid. They usually contain 4-8 teaspoons of sugar per cup. Still, the main reason these drinks are so damaging to your teeth are because they are extremely acidic. The average pH of energy drinks is 1.5-3.3 while a healthy mouth has a pH of 6.2-7.6. That is pretty much like giving your teeth an acid bath. The acid breaks down the enamel that surrounds your teeth and protects them. This puts you at higher risk of cavities and gum disease. Even switching to sugar-free will not protect your teeth from the acid erosion.

What can you do?

Ideally, stop drinking energy drinks, soda, and sports drinks altogether, or minimize the amount you consume. Switch to drinking water, smoothies, protein shakes, green tea, or green juices.

Do not sip on energy drinks over a long period of time. Consume quickly and with food. Eating cheese, yogurt or other dairy products after energy drinks will help to neutralize the acid.

Do not brush your teeth right before or after drinking an energy drink to avoid eroding your enamel further. Chew sugarless gum to stimulate more saliva flow to help protect your teeth. When you do brush, use a fluoridated toothpaste.

Do not consume before bedtime. Your saliva protects your teeth and salivary production goes down when you sleep.

Be sure to visit your dental office for regular cleanings and dental treatment. Don't wait until your teeth hurt to try to make an appointment. Call (360) 432-3881 to schedule a check-up and cleaning.





The Best Dog Food for Summer? These Foods Will Keep Your Dog Cool

Diana Laverdure-Dunetz, MS | Jul 17th 2018 - What's the best dog food for summer? Use the principles of Traditional Chinese Medicine and the concepts of yin and yang when determining what types of dog food to keep your dog cool this summer.

Living in South Florida definitely has its perks, including balmy winter weather. For this thin-blooded gal, basking in year-round warmth and sunshine lends itself to a certain type of easygoing lifestyle accentuated by light, fresh foods that help me stay cool and don't weigh me down when temperatures rise. But what about the best dog food for summer? Such dog food, according to Traditional Chinese Medicine, is classified as yin, or cooling, food.

"In Chinese medicine, all foods have energetic properties and produce a thermal effect on the body," said holistic veterinarian Cornelia Wagner, Dr. med. vet., owner of Hawthorne Veterinary Clinic in Portland, Oregon. Some foods are yang (warming) foods, while others are yin (cooling) foods."

People and dogs can benefit from seasonally adapting their diet to consume more yin or yang foods. "In the heat of summer, it makes sense to incorporate more cooling yin foods into the diet, whereas in winter, the body benefits from more warming yang foods," Dr. Wagner said.

"Neutral" foods, which are neither predominantly yin nor yang, are appropriate year-round.

Proteins to Feed Your Dog in the Summer

What proteins will cool a dog down in the summer? Ample protein is essential to your dog's health; however, cooling yin proteins can also help your dog battle the heat, whereas yang proteins provide warmth on a chilly winter day.

- Yin: cod, duck, duck eggs, rabbit, tofu, turkey, yogurt
- Yang: chicken, lamb, trout, venison
- Neutral: beans (adzuki, broad, kidney, red), beef, beef liver, chicken eggs, cow's dairy, lentils, mackerel, pork, quail, salmon, sardines

Carbohydrates to Feed Your Dog in the Summer

Chances are that when the weather cools, you turn to dishes made from denser carbohydrate sources, such as a stew of root vegetables, to nourish and comfort you, whereas in the summer you seek out lighter carb-based dishes, like a cooling wild rice salad. Not surprisingly, these instinctual dietary choices also coincide with the concepts of yin and yang. "Yang foods tend to be slower growing and originate under the earth, whereas yin foods are faster growing, have a higher water content and grow away from the earth," Dr. Wagner said.

- Yin: barley, buckwheat, millet, wild rice
- Yang: oats, sticky rice, sweet potato
- Neutral: brown rice, quinoa, white potato, white rice, pumpkin, yam

Fruits and Vegetables to Feed Your Dog in the Summer

If your dog loves a nice cold chunk of watermelon on a hot summer's day, that's no surprise. Watermelon, comprised mostly of water, is a classic cooling yin fruit. Here are examples of additional yin fruits and veggies as well as yang and neutral choices.

- Yin: alfalfa sprouts, apple, banana, broccoli, Brussels sprouts, celery, coco nut, cranberry, cucumber, lettuce, mango, melon, pear, watermelon
- Yang: asparagus, cherries, green beans, green peppers, kale, red peppers
- Neutral: beet root, beet greens, cabbage, carrots, cauliflower, peas, pine apple, raspberry

Herbs and Spices to Feed Your Dog in the Summer

Ever break out into a sweat after eating a spicy meal? Then you've experienced the effects of yang spices, such as cayenne pepper. In the summertime, opt for more cooling seasonings to help your dog beat the heat.

- Yin: peppermint, marjoram
- Yang: basil, black pepper, cayenne pepper, cinnamon, dill, fennel seeds, garlic, ginger

Preparation of Dog Food Matters

Cooking method also determines whether foods take on a more yin or yang quality, according to Dr. Wagner. "In hot weather, cook foods briefly or feed raw," she said. "However, avoid feeding ice-cold foods, which are hard on digestion." Adding water to fresh food also increases the yin quality, while helping to promote hydration.

Avoid Extremes with Dog Food in the Summer

Accentuating yin or yang foods according to the seasons is beneficial, but feeding an overabundance of either can lead to imbalances in the body, resulting in an excess of one type of energy with a corresponding deficiency of the other. According to Dr. Wagner, acute yin deficiency might result in signs such as sensitivity to cold, lethargy or poorly formed stool, while too many yang foods might cause feelings of stress, increased thirst and dry, hard stools that are difficult to pass.

Consider Your Dog's Health When Selecting Dog Food

A dog's specific health issues also determine whether emphasizing yin or yang foods is appropriate. Yin diseases that benefit from more warming, yang foods include anemia, diabetes, chronic digestive issues, chronic kidney disease, dry skin, generalized weakness and hypothyroidism. Yang conditions warranting cooler yin foods include abscesses, acute fever, acute hepatitis, aggression, agitation, ear infections, infection, injuries, arthritis with inflamed or swollen joints, hot spots, hyperactivity and certain skin diseases.

Dr. Wagner also noted that while dry dog food is convenient, it is very yang. "Fresh ingredients, which are closest to a dog's natural diet, are far superior than highly-processed foods, regardless of the season," she said.

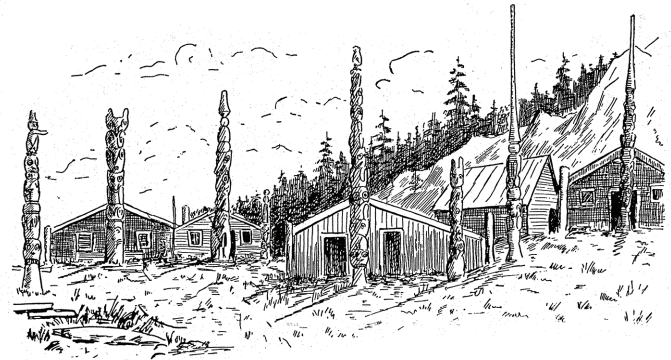
Diana Laverdure-Dunetz, MS, is a canine nutritionist and co-author, with W. Jean Dodds, D.V.M., of two books, including Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health. Their online course, Complete Canine Nutrition, can be found at myhealthy dog.dog.





Squaxin Transit

(360) 280-7612 | (360) 480-1402 | (360) 432-3951



Understanding Squaxin Transit: Public Service for All

By Monica Nerney, Program Services Manager - Did you know that Squaxin Transit is a public transportation system that is free to everyone and fully funded by the Washington State Department of Transportation (WSDOT)?

We are proud to operate under the Squaxin Island Tribe, but our funding and mission extend beyond tribal boundaries. Our service is not limited to tribal members—we serve the entire community, tribal and non-tribal alike. That’s the agreement we hold with WSDOT in exchange for the funding that allows us to operate this essential, no-cost service.

Lately, we’ve received feedback from tribal community members who are concerned when they see non-tribal riders scheduled during busy ride times. Please understand that our drivers are required to provide equal access to rides, regardless of background. Turning someone away based on their tribal status would violate our funding agreements and jeopardize the very service we provide.

That said, we are always working to improve service and make sure our Tribal Elders, youth, and community members feel supported and valued. If you have specific transportation needs or concerns, I invite you to reach out to me directly. We are happy to explore creative solutions that serve everyone fairly.

We are committed to honoring our Tribal values while serving the larger community with dignity, equity, and respect—just as WSDOT expects of us and as we expect of ourselves.

Thank you for riding Squaxin Transit.

Your Voice Matters: Participate in the Tribal Cultural Survey!



We are excited to announce the launch of our Tribal Cultural Survey, designed to gather your insights and perspectives on how we can better incorporate our shared cultural heritage into tribal programs, events, and initiatives.

Your input is invaluable in shaping our tribal government's efforts to preserve, celebrate, and strengthen our cultural identity for current and future generations. By completing the survey, you are directly contributing to decisions that honor our traditions and reflect our collective values.

Squaxin Island Tribe’s Office of Housing

Housing staff is available. Please do not hesitate to call or email with any questions or concerns.

The Office of Housing contact information:

- ⇒ Liz Kuntz – Housing Manager
⇒ Email: lkuntz@squaxin.us PH: 360-432-3937
- ⇒ Lisa Peters – Housing Counselor
⇒ EMAIL: lpeters@squaxin.us PH: 360-432-3871
- ⇒ Kristin Penn – Housing Occupancy Specialist
⇒ EMAIL: kpenn@squaxin.us PH: 360-432-3863
- ⇒ Ashly Sigo – Housing T-HOPE Specialist
⇒ EMAIL: asigo@squaxin.us PH: 360-432-3888
- ⇒ Gus Nilsson – Housing Enforcement Officer
⇒ EMAIL: gnilsson@squaxin.us PH: 360-432-3953
- ⇒ Guy Cain – Housing Maintenance Technician
⇒ EMAIL: gcain@squaxin.us PH: 360-432-3957
- ⇒ For Housing related emergencies call Maintenance PH: 360-545-2768



Squaxin Island Tribe
Office of Housing
10 SE Squaxin Lane
Shelton, WA 98584



AA MEETING
Wednesdays
7:30-9:00 p.m.
Elders Building



COMMUNITY



7/1
Azmira Ann Tom
Malynn A. Foster
Mark Louis Jones
Tully James Kruger

7/2
Janessa Faye Kruger
Milo Romeo Giles

7/3
Phinatue Lee Hodgson

7/4
Annie-Beth Whitener Henry
Heaven Wilde Mowitch
Jeremie Walls

7/5
Elijah Raul Garcia
Gary Shawn Brown
Jon Brady Whitener

7/6
Celeste Rene Forcier
Martin Regius Sequak Jr.

7/8
Andre William Anderson
Ariah Hazel George
Clayton James Edgley
Diana L. Van Hoy
Issiah Thomas Lewis
Steve George Witcraft
Virginia Mae Berumen

7/9
Keenon Vigil-Snook

7/10
Nyla Elizabeth King

7/11
Leah Marie Gentile

7/12
Terence Jevan Henry

7/13
David Michael Lewis
Donald Lee Daniel III
Elizabeth Ivy Yeahquo
Jennifer Ann Evans

7/14
Antonio Alex Rivera
Cristian Andres Hall
Emery Isabelle Peters
Ivy Lynn Hawks
Shaiann Rene McFarlane

7/15
Adrianna Fawn Hartwell
Brett Devin Orozco
Seth William Thomas
Totten Ezera Dorland

7/16
Mary Lois Kuntz
Nikita Laudine Mowitch
Olivia Kinzee Henry
Viola Lorine Thomas

7/17
Matthew John Bell
Tiffany Faye Henderson

7/18
Alexander Long Van Horn
Charles Edward Mickelson Jr.
Isabel Rose Leonor Trinidad
Victoria Kruger-Neilsen
Violet R Garcia

7/19
Clara Rose Hernandez
Elena Capoeman-Johns
Soren Emerson Jimmie

7/20
Allie Mae Ann Johns
Bailie Barbara Henry
Kamryn Lutolf
Wilson Charles Johns Jr.

7/21
Corri Clae Coleman
Eliza Mae Naranjo-Johns
Leila Lorine Whitener



7/22
Cara Marlene Price
Tyler Steven Morlock

7/23
Austin Pedro Solano
Bette Jo Peters
Chickie Mae Rivera
Jaelynn Jesse James
Richard William Piersol

7/24
Misty Manette Kruger
Sailor Midnight-Reign Tucker

7/25
Catori Jade Blueback
Eileen Renee Faye George
Hailey Ann Henry
John Rue Willis
Thomas Blueback III
Walter E. Lorentz Jr.

7/26
Kacen Jay Cooper
Kellie Christine Read
Loretta Jean Case
Malia Red- Feather Henry
Shawnene Breezy Mae Cooper

7/27
Chas Michael Addison
Dorian Alike Williams
Jackson Cooper Napoleon
Marvin Stanley Henry

7/28
Angelica Victoriano-Coley
Edward Wayne Sigo
Kira Nakia Coley

7/29
Marissa Ann Morken
Markiemih Charles Johns
Nathan Jay Armas
Reidar Corpuz Snipper

7/30
Alex Paul Anderson
Billie Marie Lopeman-Johns
Marcus Imteus Johns
Tasheena Marie Sanchez

7/31
Jaelin Christopher Campbell
Jordan Ray Lopeman-Johns
Michael James West
Nyah Rose Sicade
Serenity Masoner-Tucker
Stanton Todd Sicade Jr.



SAVE THE DATE
Looking Forward Together:
Elders' Supports & Services ~ Your Health and Wellness

August 14, 2025
Lucky Eagle Casino Event Center

*You are invited
to an intertribal gathering of
tribal elders, caregivers,
and service providers.*

For more information please call: 360.426.3990

South Puget Intertribal Planning Agency

Happy Birthday Olivia Kinzee!



We love you so big!
Love, Mommy, Daddy,
Sissy and Sally



What's Happening

PADDLE TO ELWHA

July 21 - August 5

**WIC
USDA & DIAPER DISTRIBUTION**

July 1
July 11

COURT
Criminal & Civil Court

July 29

Culture Night

See you there!
5:30pm Wednesdays
@ The Community Kitchen

Squaxin Elders

Quarterly Elders Meals at LCCR

The next quarterly dinner for Elders at the casino will be a BBQ on September 9th, and **you must RSVP in the Elders building**. RSVP is new, and requested by the casino so they can get an estimate. The next meal after that will be December 9th.

Bring It Fridays!!

I will be in the Elder's Building most Fridays to help Elders with more advanced and one-on-one projects. Bring your equipment in for tips or set up help. Email me at JEMeyer@Squaxin.us, or stop by the Elder's building, to let me know what you would like to bring in for help or if you have any questions on what I can help with!

Learn to Clean and Thread Sewing Machines and Sergers

Need Sewing Tips and Tricks?

Make the most out of your tablets!

Have a Cricut you don't know how to use?

Need Help Connecting your Smart Devices?

Elders Menu

Fruit and salad at every meal

MONDAY 7:

Shepherd's Pie

MONDAY 14:

Tuna Casserole

MONDAY 21:

Salmon, Red Potatoes

MONDAY 28:

Fish-N-Chips, Cole Slaw

TUESDAY 1:

Chicken Noodle Soup,
Egg Salad Sandwiches

TUESDAY 8:

Seafood Soup

TUESDAY 15:

Italian Sausage Soup, Breadsticks

TUESDAY 22:

Chicken Wild Rice Soup, Sandwiches

TUESDAY 29:

Hamburger Soup, Bread

WEDNESDAY 2:

Spaghetti, Corn, Garlic Toast

WEDNESDAY 9:

Tacos, Spanish Rice

WEDNESDAY 16:

Stuffed Bell Peppers

WEDNESDAY 23:

Meatball Subs, Chips

WEDNESDAY 30:

Chicken Burger, Mac Salad, Chips

THURSDAY 3:

Chicken Pot Pie

THURSDAY 10:

Clam Fritters, Cole Slaw, Cauliflower

THURSDAY 17:

Pork Chops, Stuffing, Carrots

THURSDAY 24:

Fried Oysters, Steamed Potatoes

THURSDAY 31:

Cabbage Patch Casserole

Suicide & Crisis Lifeline

Dial 988

for mental health emergencies.

Text **NATIVE** to 741741 for free, 24/7 support.
#WeNeedYouHere



South Puget Intertribal Planning Agency

USDA Foods Program July Delivery Date



Squaxin Island 7/11/25



NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



Squaxin Island WIC

(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:

Debbie Gardipee

360.463.4439

Email: dgardipee@spipa.org

SPIPA main number: **360.426.3990**

Next WIC date:
Tuesday, July 1, 2025
SPIPA IPC

We will offer both phone appointments and in person appointments. Date subject to change.



This institution is an equal opportunity provider.
Washington WIC doesn't discriminate.

FREE WILLS AND ESTATE PLANNING FOR **SQUAXIN** TRIBAL MEMBERS AND THEIR SPOUSES LAST CALL FOR SUMMER 2025

PLEASE BE ADVISED THAT THIS PROGRAM PROVIDES ESTATE PLANNING SERVICES IN ACCORDANCE WITH **WASHINGTON STATE** LAWS.

- WILLS
- POWERS OF ATTORNEY
- ADVANCE DIRECTIVES
- HEALTH CARE DIRECTIVES
- ESTATE PLANNING

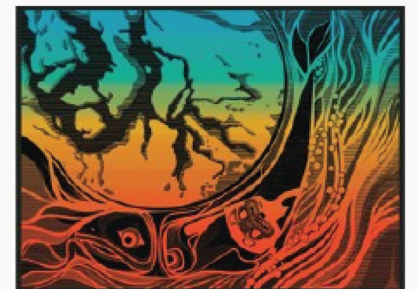
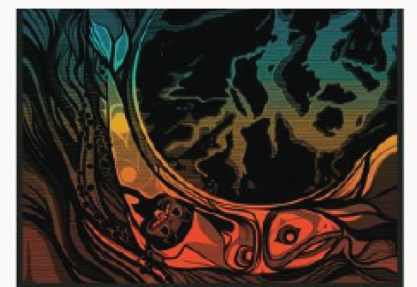
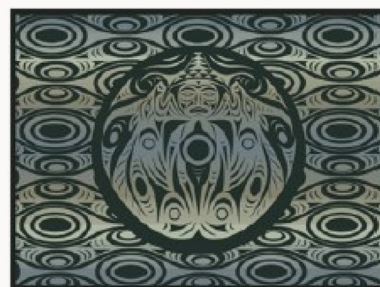
IF YOU ARE INTERESTED IN THESE SERVICES, PLEASE GET IN TOUCH WITH LINDSEY HARRELL, LEGAL COORDINATOR FOR THE SQUAXIN ISLAND LEGAL DEPARTMENT, AT (360) 432-1771 EXT. 2 OR LHARRELL@SQUAXIN.US



EIGHTH GENERATION
TRIBAL BLANKETS
NOW AVAILABLE!



Tribal Council is excited to offer a stunning selection of Eighth Generation tribal blankets—designed by Squaxin artists: Taylor Krise & Kimy Peterson



Blankets may be purchased at the Tribal Cashier Window and at the Squaxin Museum. Questions? Call 360-426-9781