

## The West Olympia Rotary Commemorates 50th Anniversary Through ‘Life Is Water’ Carving by Squaxin Island Tribe Artist Taylor Krise

*The carving is a gift to the City of Olympia and placed at West Bay Park*

**Molly Walsh, Thurston Talk (article and photos)** - Towering over the shores of Budd Inlet, West Bay Park has a new addition: the “Life is Water” carving by Taylor Krise, a Squaxin Island Tribe artist.

“Life is Water” was commissioned by the West Olympia Rotary as a gift to the City of Olympia, in celebration of the Rotary Club’s 50th anniversary. Katya Miltimore, president of the West Olympia Rotary, says that as the club’s anniversary was approaching, Rotary members considered potential ways to commemorate, keeping in mind the Rotary’s motto of “Service Above Self.”

“The most important thing was that we provided some sort of service, or beautified the community in some way,” says Miltimore. “Just made a lasting impact on the community.”

West Bay Park holds particular meaning for the West Olympia Rotary, as the club previously joined fellow Rotary Clubs of Thurston County to support the formation of Rotary Point at West Bay Park. West Bay Park also rests on ancestral lands of the Squaxin Island Tribe.

New to the world of public art installations, Krise saw “Life is Water” as an opportunity to demonstrate the artistic skill set that he has been building for more than two decades. Krise drew inspiration for “Life is Water” from his time growing up in the tradition of fishing, paddling, and diving, while also hearing from Elders about the importance of land and waterway stewardship.

The carving highlights the importance of clean water in supporting marine life and the interconnectedness of the ecosystem.

Krise hopes that this carving can remind and encourage the public to protect local waterways and marine life.

“I felt like I really engaged and put a lot of my heart into this piece,” says Krise. “So I’m hoping that it does its job here, and that people respect it and see it for what it is.”

Many facets of the community united to make this project possible, including members of the West Olympia Rotary, and local institutions like Olympia Federal Savings, the South Puget Sound Community College Foundation, Squaxin Island Tribe and O Bee Credit Union. FORMA Construction donated the installation of the carving and created a base on which the carving rests. There was also continued partnership between the City of Olympia, Olympia City Council and West Olympia Rotary Club.

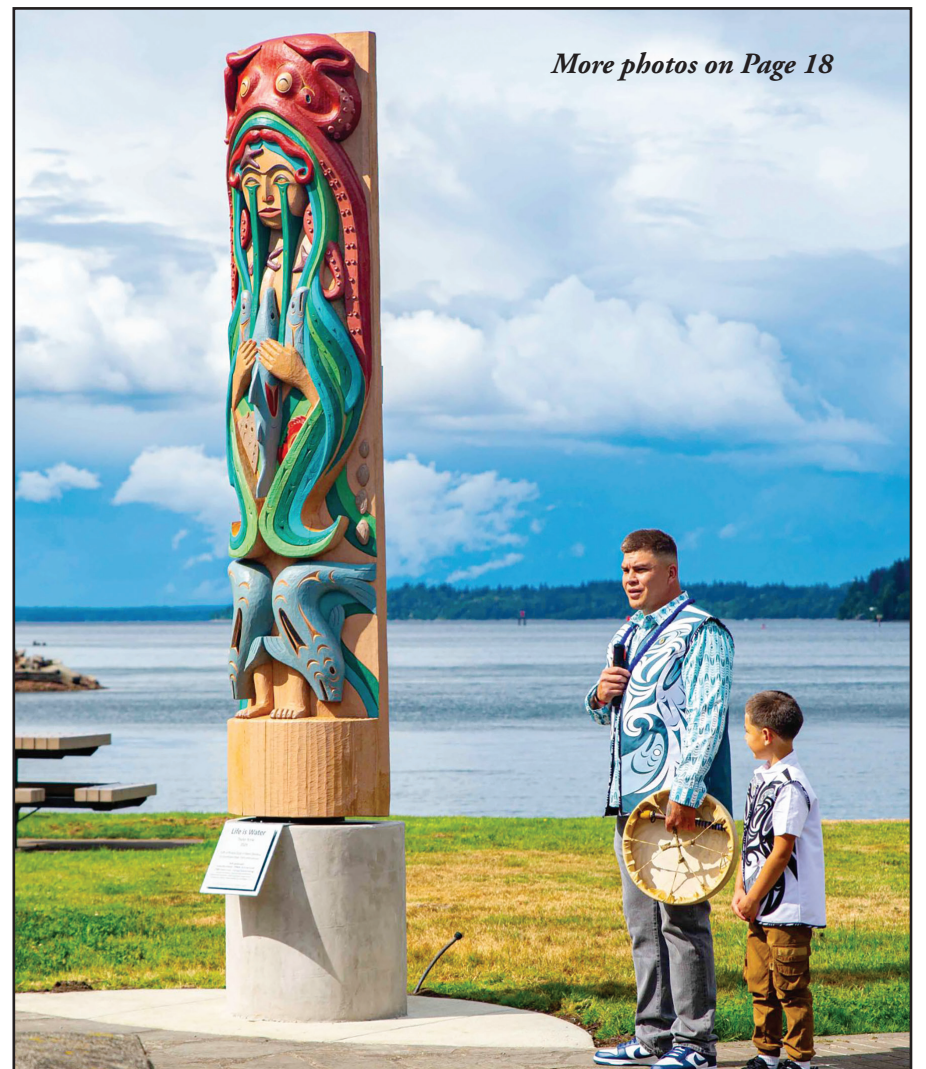
On Friday, June 20, 2025, members of the West Olympia Rotary Club, Squaxin Island Tribe and Olympia City Council joined members of the community at a Dedication Cer-

emony for “Life is Water” at West Bay Park. The Dedication Ceremony included remarks from West Olympia Rotary President, Katya Miltimore, Squaxin Island Tribe Chairman, Kris Peters, Squaxin Island Museum Director, Charlene Krise, “Life is Water” artist, Taylor Krise, as well as Olympia City Council Member, Clark Gilman. The dedication ceremony also featured a drum circle and dancers from the Squaxin Island Tribe.

“It’s a reminder of stewardship and that we’re still here and we have to continue to care for these waters,” says Squaxin Island Tribe Chairman, Kris Peters.



*More photos on Page 18*





### Council Corner July 10, 2025 Council Meeting Opening

Meeting called to order with an opening prayer led by Josh, emphasizing community strength and support for those suffering. Agenda was adjusted to include discussions on the helpers permit policy, language program, and housing policy related to house size and family members. Motion to approve the agenda and previous meeting minutes was passed.

### Announcements & Updates

Canoe Journey planned for July 21-23 with Council participation; discussions on lodging and logistics occurred. Upcoming events noted: 1st Salmon Preparedness Fair, NCAI, Centennial Accord, Correction Center Powwow (August 30), and other conferences later in the year. Emphasis on networking and participation in tribal events.

### Public Comments - Artifact Presentation

Eric Johnson presented a collection of arrowheads and baskets dating back to as early as the 1800s, collected by his family over 50 years. Collections from Squaxin Island, Kennedy Creek, and Tumwater areas were displayed. Council recommended referral to the museum or cultural resources for appraisal and authentication. Emphasis on preserving tribal history and educating the community.

### Wildfire Response Plan - Presentation & Approval

Kelly Guy presented the wildfire response plan focusing on forested lands without structures. Discussions included Coordination with the State Fire Marshal, identification and protection of critical natural and cultural habitats during fire management, recovery and restoration strategies (erosion control, invasive species management) to be developed alongside response plans. Community involvement and volunteer firefighter programs discussed as important. Council unanimously approved the wildfire response plan resolution.

### Discussion Enrollment Committee Status

Enrollment Committee is still addressing issues; no additional disenrollments are occurring.

### Native American Night at Mariners Game

Proposal to analyze costs and processes to participate in Native American Night at Mariners game.



## Squaxin Island TRIBAL NEWS

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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](mailto:thenderson@squaxin.us)

K L A H - C H E - M I N

## SQUAXIN ISLAND TRIBE FY 26 SECOND PUBLIC BUDGET HEARING

Wednesday, August 27 @ 4:30 pm  
Council Chambers

YOUR  
TRIBAL COUNCIL  
WANTS TO HEAR  
FROM YOU!

If unable to attend in person go to [www.squaxinland.org](http://www.squaxinland.org) for the link to join virtually. Or join here:

If unable to attend, please submit your input to [ksoto@squaxin.us](mailto:ksoto@squaxin.us).

The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities! Island Enterprises Inc and Little Creek Casino will be present with their annual plans.

Come & share your concerns, visions & help set priorities for FY26 programs!

If you need additional information, please contact a member of the Budget Commission:

- Josh Whitener, Treasurer
- Darren Bennett, Chief Financial Officer
- Erika Thale, Executive Director
- Julie Owens, Director of Operations
- Andrea Sigo, Tribal Member
- Rhonda Foster, Tribal Member
- Susan LaClair, Tribal Member Alternate
- Pam Hillstrom, Tribal Member Alternate

Tribal Point of Contact:  
Darren Bennet, Chief Financial Officer  
[dbennet@squaxin.us](mailto:dbennet@squaxin.us)



## Upcoming Washington D.C. Advocacy Trip

Planned for September; Council members encouraged to participate. Focus will be on federal advocacy, securing funding, and policy influence.

## Helpers Permit Policy

Current policy restricts helpers permits for fishing and hunting in that spouses and family members are treated interchangeably. Proposal to allow fishers/hunters to bring spouses and one family member/helper. Concerns about potential misuse (large numbers of non-family helpers) were raised. More discussion and input needed before formal policy changes.

## Language Program Initiative

Desire to establish a robust language program with certified teachers. Goal to offer language credits in schools and create a structured curriculum. Discussion to be included in upcoming work sessions.

## Other Council Items

Recognition of community volunteer efforts during recent fire incidents. Appreciation for staff organizing community events such as employee picnics.

Emphasis on transparency and proactive communication with community members about funding impacts.

## Administrative Reports Property Updates



Packwood property undergoing trust application process. Estuary restoration project coordination ongoing with relevant state departments.

## Natural Resources - Hunting Regulations

Annual hunting regulations approved for the upcoming season beginning August 1. Adjustments to pigeon hunting season dates requested and to be processed.

Process for helpers permits requires documentation from enrollment proving descendant status to reduce identity disputes. Communication to tribal members needed regarding permit process and hunting access, especially for newly acquired properties.

Need to discuss gathering permits and management for sustainable harvesting of cultural plants, e.g., cedar.

## Special Presentation - SPIPA

Kyle Rogers (Executive Director,) and Will Martin (Deputy Director) presented updates including program reviews, tribal member access to services, and inter-tribal service utilization. Explained 477 program flexibility for consolidated employment and training services among consortium tribes. Addressed concerns about funding, potential grant delays, and program cuts. Reviewed childcare services policy and funding allocation.

Discussed board member participation and commitment. Expressed willingness to collaborate on increasing tribal member enrollment in entrepreneur programs.

## Closing

Meeting adjourned regular session and moved into executive session for confidential matters. Council encouraged public participation through comment submissions and audience attendance.



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:**  
[squaxinistland.org](http://squaxinistland.org)

**SQUAXIN ISLAND**  
**COMMUNITY EMERGENCY PREPAREDNESS & SUMMER FAIR**  
**3-6PM | AUGUST 28**  
**SQUAXIN BALLFIELD**

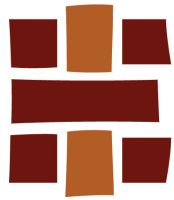
*Bring the whole family for a fun and important afternoon of community readiness!*

Giant Water Slide ~ Bouncy House Fun ~ Music ~ Kid Zone ~ Climbing Wall  
Backpack & Emergency Kit Giveaways ~ Preparedness Activities  
Community Department Booths ~ Face Painting ~ Ballistic Swing  
Battle Axes ~ Obstacle Course ~ Super Slide ~ AND MORE!  
Fundraiser Food Stands – Eat for a good cause!

**GET INFORMED. GET CONNECTED. GET PREPARED.**

Come learn about emergency resources, talk with Tribal departments, and walk away with tools to help keep your family safe.

For more info, contact the Tribal Administration Building at 360-426-9781



### Employee Spotlight



#### Carol Phipps

Island Enterprises would like to give a big thank-you to Carol Phipps for 20 years of hard work and dedication at Salish Seafoods.

Carol has been the go-to person for many people in the behind-the-scenes work that keeps the office running smoothly. Her steady presence and reliability have made a real difference every single day.

We're lucky to have her on the team and appreciate everything she does to help make the operation run like clockwork.





## What's Happening at the Creek?

### Forever Young (50+ Promotion)

Tuesdays in August | Cookie Pickup  
10AM–10PM | Drawings at 6PM & 7PM

Tuesdays are for our treasured 50+ guests! Stop by the Players Club for a free Crumbl cookie, then enter for a chance to win \$250 free play at 6PM and \$1,000 cash at 7PM. Sweeten your week with treats and prizes just for you!

### \$100,000 Super Rock Paper Scissors

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

Every hour, two guests face off in a Rock Paper Scissors showdown. The winner gets a shot at selecting a prize from the giant game board — one prize is worth \$100,000! Losers walk away with \$200 free play. It's simple, fast, and packed with prize potential.

### 18K Golden Chef Collection Giveaway

August 7, 10, 14, 17, 21, 24, 28 & 31  
Pickup 1PM–9PM

Earn 1,500 tier points to collect a premium cookware item every week in August! Collect all four to complete the 18K Golden Chef collection and elevate your kitchen game. Top-quality fry pans, saucepans, and more!

### August Jackpot Drawings

Sunday, August 10 | 2PM, 4PM, 6PM Drawings  
Guests who hit a jackpot of \$1,200+ in July qualify for bonus cash drawings:

2PM – \$2,000 cash

4PM – \$4,000 cash

6PM – \$6,000 cash

Big July jackpots bring big August rewards — don't miss out!

### Score & Pour Pepsi Giveaway

Mondays in August | Earn 1PM–8PM  
Pickup 3PM–8PM

Earn 400 points and get a free 12-pack of Pepsi products — earn enough points and you can claim two packs per Monday! Chill your way through summer with refreshing rewards.

### Table Games Pop to Riches

Mondays & Wednesdays | 11AM–5PM  
\$1,950 Weekly Prize Pool

Play your favorite table games for a chance to pop a prize balloon! Hourly winners can score up to \$500. Balloons reset weekly — come back each week to win again!

### Wednesday Hot Seats

Wednesdays | Every 30 Minutes from 3PM–10PM

Be in the right seat at the right time to win \$300 cash + a free gift. Everyone else at the winning bank gets \$20 in Free Play! Stay active and stay lucky on Wednesdays in August.

### Upcoming Entertainment

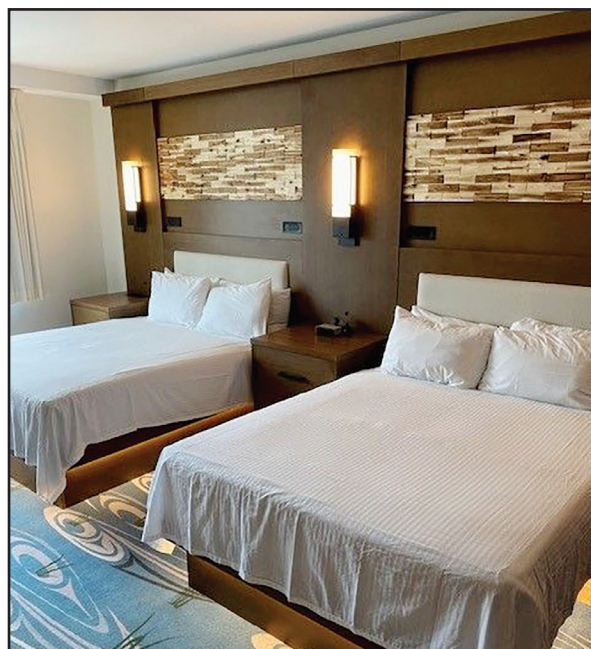
Hell's Belles | August 23rd

Becky Robinson | September 5th

Price Is Right LIVE | November 21st and 22nd

## Resort News

Our newly remodeled hotel tower is now welcoming guests with a fresh, modern look—and they're loving every moment! This summer, we've enhanced our family-friendly packages to include time in the Xbox arcade, pizza from Kamilche Brick Oven Pizza, and access to the pool for all-day fun. Don't forget to top it all off with a visit to Creekside Sweets for ice cream and other sweet treats — the perfect way to end your stay. Call today to book your summer getaway at the resort!



## Team Member of the Month Tammy Rios

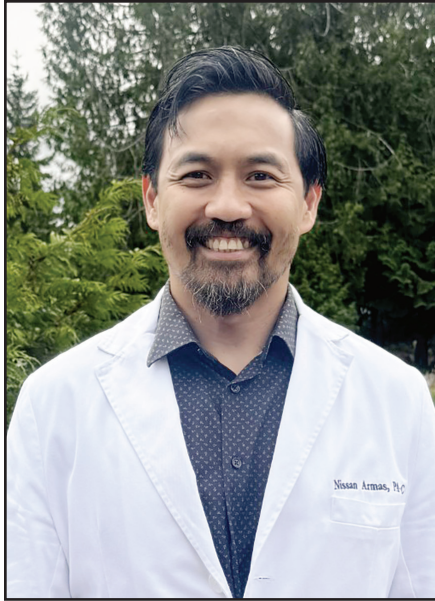
### Resort Sales Administrative Assistant

Tammy is a key contributor to the success of our group business, consistently exceeding sales goals and driving year-round occupancy. Her dedication to building strong cross-departmental partnerships ensures seamless guest experiences and exceptional, personalized events. Known for her professionalism, integrity, and calm leadership, Tammy leads with a hospitality-first mindset and supports her team through mentorship and collaboration. Her creativity, adaptability, and client-focused approach make her a trusted team member and a true ambassador





## New Employees



**Nissan Armas**  
*PAC*

Nissan is a Physician Assistant and is a graduate of the Army's Interservice Physician Assistant Program.

His prior PA experience was while he was on Active Duty serving as a Battalion PA and a Family Medicine provider.

He is a retired Army Veteran with 20 years time in service.

His philosophy and approach to patient care starts with kindness. He is driven by the bonds he builds with his patients and the enjoyment he holds in keeping them healthy and well.

Nissan enjoys fishing, watching movies, and spending time with his family. He is a huge Dallas Cowboys fan, alongside his wife, Rachel.

Nissan will be working in collaboration with Dr Carl Ott as part of our Internal Medicine Team.



**Minjin Ko**  
*Dentist*

Dr Minjin Ko has been hired as a dentist for Health and Human Services.

She grew up in Bellevue and graduated from the University of Washington Dental School. She has since worked in clinics in Moses Lake and Seattle.

She enjoys spending time outdoors, enjoying the Pacific Northwest weather, gardening, and bike riding.

She is excited to be joining the Squaxin Island dental staff and looks forward to meeting everyone and treating all of your dental needs.



**Joseph Goodfellow**  
*Mental Health Counselor*

Joseph Goodfellow (Joe) is a Licensed Mental Health Counselor Associate graduating from the University of Washington with a master's degree specializing in youth and adolescent psychology. He is from the Navajo Nation and has a beautiful daughter from Squaxin Island.

Joe has worked in recovery since 2018 as a CCAR recovery coach, trainer, and peer support.

He has completed the Portland DBT Institute's DBT CITI training and has been trained in neurodivergent modalities, such as ADHD and autism.

Although Joe specializes in youth and adolescents, he has helped adults through their journey towards bettering their lives. He has addressed ADHD, trauma, depression, and anxiety in all age groups. He combines a spiritual and evidence-based way approach to walking beside people through their emotional growth.



**Rachel Espanto**  
*Registered Nurse  
Case Manager*

Rachel is currently the case manager where she coordinates comprehensive care plans and advocate for patients across the healthcare continuum.

Prior to this role, she gained extensive experience as a specialty float registered nurse, delivering high-quality care in diverse clinical settings including wound care, pulmonary, dermatology, allergy, asthma, primary care, and pediatrics.

This broad background has strengthened her clinical versatility, sharpened her critical thinking, and deepened her understanding of chronic disease management and preventative health.

She is passionate about empowering patients through education, continuity of care, and a holistic approach to wellness.

"I may not have all the answers, but I can usually help in some fashion," she says. "Let me know if there is anything I can help with."



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





## New Employees



**Patty Lynch**  
**ARNP**

Patty Lynch, ARNP, is a board-certified family nurse practitioner with over 15 years of diverse clinical experience caring for children across all developmental stages, from infancy through adolescence.

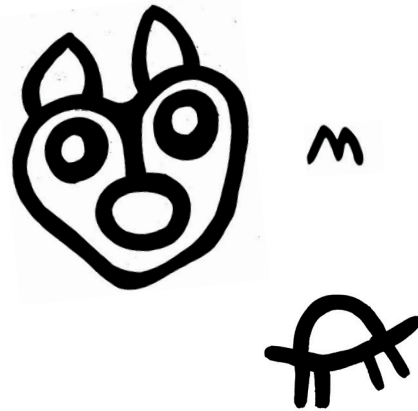
She has recently joined our tribal health clinic to serve as a primary care provider for the pediatric population, bringing with her a holistic, family-centered approach rooted in prevention, education, and cultural respect.

We offer well child exams, sports physicals, and acute care services for pediatric patients, and we work closely with Squaxin Behavioral Health Services to provide comprehensive care for your child's physical, emotional and development wellbeing.

Before entering the nursing profession, Patty worked as a marine biologist with the National Oceanic and Atmospheric Administration (NOAA), where she developed a deep appreciation for the interconnectedness of environment, community, and health. Her background in marine science continues to inform her work today. She draws inspiration from the natural world and holds a deep reverence for the water people of the Squaxin Island

Tribe, whose traditions and relationship with the sea she greatly admires. This connection is reflected not only in the decor of her exam room—which honors the beauty and significance of coastal life—but also in her thoughtful, relationship-based care.

Patty is committed to building trust with families, supporting their unique needs, and contributing to the long-term wellness of the Squaxin community's youngest members.

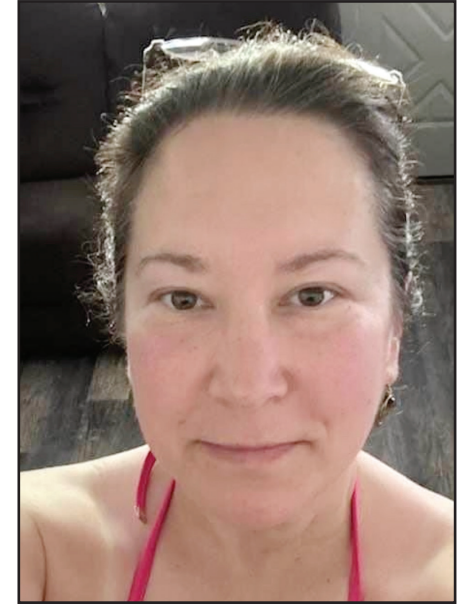


*Pediatrics Kids' Room*



**Traci Lopeman**  
**Receptionist**

My name is Traci Lopeman. I am the daughter of Janice Lopeman and the late William Lopeman. I have been working at the Tribal Center as the receptionist and really enjoy it. Stop by and say hello. Aho.



**Renae Ayres**  
**NWITC**

### **Treatment Attendant**

I have been hired as a Treatment Attendant 1 for the Squaxin Island Tribe's Northwest Indian Treatment Center.

I have two teenage boys, and I love crafting, baking, canning, and cooking.

I am coming back to the Treatment Center after leaving for less than a year, and am excited to be back! I am excited to be a Treatment Attendant here and joining this team because I love the work. I love how multiple departments work as a team and come together to make a better place. I enjoy meeting people from all over, helping them with their recovery, learning and discovering myself as well.

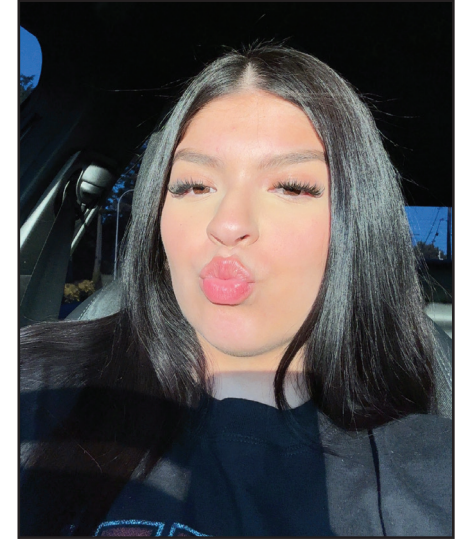
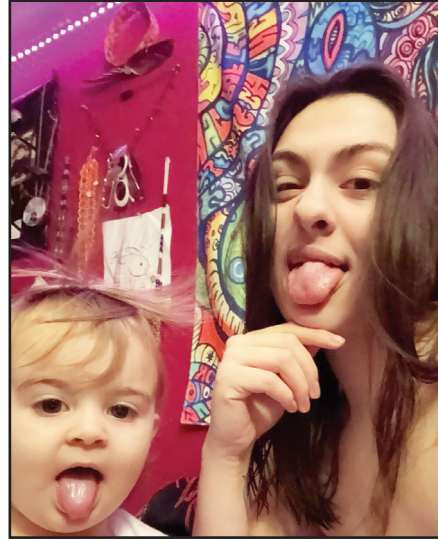
I look forward to coming back to NWITC!

*If you would like assistance updating a resume or have questions about any of our open positions, please reach out to Jessica in Human Resources.*





## New Employees



### **Elsie Thale**

#### **Summer Rec Assistant**

Hi my name is Elsie Thale. I work as a Summer Rec Assistant with the summer youth program. I am from the Krise family. My mom is Erika Thale and my dad is Tyler Thale. My grandma is Charlene Krise. I go to Capitol High School and completed the 9th grade. I really look forward to working with everyone.

### **Jasmine Rivera**

#### **Summer Rec Assistant**

I'm working with the TLC Department as a Summer Rec Assistant. I've worked with the tribe since I was 13 coming from the summer rec as a youth. Since then I've been a mentor at both the Summer Rec and Stepping Stones programs. I'm excited to be hanging out with the youngins and my little cousins. I like teaching them activities and crafts and being able to do it with them. I'm excited for the field trips.

### **John Krise III**

#### **Wastewater Trainee**

Hi! I have been hired in the Wastewater Trainee position. The department I'm also working with is PCD/Utilities.

I was raised around Squaxin Island, where the tide speaks in rhythms passed down through generations and every cedar tree holds the memory of our people. Life here wasn't always easy, but it was honest—rooted in tradition, salmon runs, and stories by firelight. The hardest part wasn't the work or the isolation; it was the loss. Family left us too soon—grandparents who carried our language, uncles and aunts who never got to grow old. Grief came like the winter wind off the water—sharp, cold, and sudden. But in every sunrise over the Sound, I felt them near. Their spirits remain in the land, in the songs, and in the silence between the waves. I carry them with me still.

What I am most excited about is being able to learn from the team I am going to be working with. I'm incredibly excited and proud to be working for Squaxin Island. I'm eager to contribute, learn, and help carry our traditions forward. It feels like home, and I'm ready to put in the work to make a positive impact.

### **Ana Pinon**

#### **Summer Rec Assistant**

My name is Ana Pinon. I have been hired as a Summer Rec Assistant. My mother is Susan LaClair and my dad is Patrick LaClair. I am granddaughter to Larry McFarlane and Susan Henry and mother to Luka Henry Nelson. I try and be involved with the Tribe as much as I can be and I played all four years of basketball at Shelton High School. I'm excited to work with the youth and give back to our community by keeping the youth busy and engaged. I am looking forward to this summer with Summer Rec.



### **Robyn Holt**

#### **NWITC Cook/housekeeper**

I have been hired as a cook/housekeeper at NWITC. I worked as a cook for many years for the Quinault Beach Resort and Casino and in the bakery department. I also worked as a housekeeper for the casino. I am looking to being part of a wonderful team/family unit. Thank you for giving me the opportunity to have a wonderful career at the Northwest Indian Treatment Center. I look forward to many years to come.





# HUMAN RESOURCES



## New Employees



**Alisa Ramirez**  
**Summer Rec Cook**

I have been hired as a Summer Rec Cook. My son is Rome Henry, a Squaxin Tribal member. I'm excited to be involved with the youth in the community, even if it's just through food. I look forward to being a part of the summer rec program



**Ariana Salazar**  
**Summer Rec Assistant**

My name is Ariana. I am from the Johns family. My mom is Davina Brease and grandma is Tonya Henry. I have worked as a Stepping Stones Mentor, Youth Rec Mentor and now am working as a Summer Rec Assistant. I recently graduated. I am looking forward to working with your kids this summer. Love ya! Bye, hoyt.



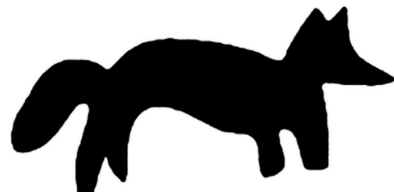
**Melanie Sequak**  
**Summer Rec Cook**

My name is Melanie Sequak I have been hired as a cook with the summer youth program. My dad is Martin Sequak and my mom is Hope Longshore. I really like cooking but enjoy baking more and I just like that feeling knowing these kids get to eat. I go to Shelton high school and completed the 11th grade. See you all around.



**Jaqci Ogno**  
**Summer Rec Assistant**

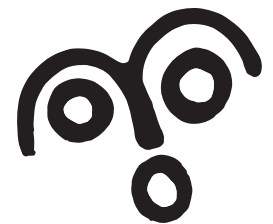
My name is Jaqci Ogno I have been hired as a summer rec assistant with the summer youth program. I am from the Peters family. I go to Columbia virtual Academy and I just completed the 9th grade. I really love working with these kids and thank you so much for allowing me to work with you guys!



**Nayeli Henry**  
**Summer Rec Assistant**

My name is Nayeli Henry, and I have been hired as a Summer Rec Assistant. A little bit behind my professional background is I've been working with the Squaxin Island Tribe since I was 13.

I worked at Lynch Creek Farm Creek recently. I'm most excited to learn how to cooperate with children . . . what attitude works best for them, what upsets them, what triggers them and to be able to understand their emotions so I can help them, for all of us to be able to have the best fun. I look forward to having fun with the kids like my siblings. (Not pictured)



**Judah Thale**  
**Summer Rec Assistant**

My name is Judah Thale. I work as a Summer Rec Assistant. I go to school at Capitol and completed the 11th grade. I love sports and spending time with family and friends. I am from the Krise family. My mom is Erika Thale and my dad is Tyler Thale. My grandma is Charlene Krise. I am happy to be working another summer with your kids. (Not pictured)



**Rae Tauscher**  
**Summer Roots Activities Assistnat**

I have been hired as a Summer Roots activities assistant. I have been working with children since 2022 when I started at SICDC. Last year I worked Summer Roots and I had so much fun I had to come back another year!





# HUMAN RESOURCES



## Summer Youth Employees



### Hayden Seymour

I am working at the Child Development Center as a Center Aide.

My mom is Niki Ho, and my dad is Steven Ho.

I go to Capitol and completed the 9th grade.

See you later!



### Jaidon Henderson

My name is Jaden Henderson. I am a Natural Resources Intern.

I come from the Henderson family. My dad is Michael Henderson, and my mom is Jamie Whipple.

I do online schooling with the Tribe and completed the 10th grade.

See you around!



### Janelle Krise

I am Janelle Krise. I work at the museum as a Cultural Apprentice.

I am a member of the Krise family. My dad is Taylor Krise and my mom is Amanda Grover.

I go to Shelton High School and completed the 9th grade. I look forward to working with you.



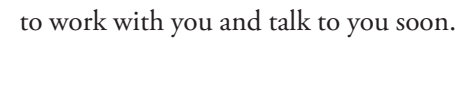
### Grace Scout

My name is Grace Scout, and I work at the garden as a Garden Tech.

My parents are Sally Scout and Bob Koshiway.

I do the High School 21+ program through the Tribe and completed the 11th grade.

I am excited to have the chance to work with you and talk to you soon.



### Autumn Wily

I work as a Receptionist Trainee with the Executive department. I am from the Krise family. My dad is Taylor Krise from Squaxin and my mom is Chinook Miller-Guardipee from Skok. I look forward to helping out this summer and getting to know people.



### Arthur Barragon

Hi! I work with Janitorial in the PCD department. My mom is Lettie Machado. I attend the tribal program for schooling. Thanks for employing me.



### Milo Krise

My name is Milo Krise. I work at the Garden as a Garden Tech. I am from the Krise family, and my mom is Kenna Krise.

I make it for my family, and I think I did it. I love my family.



### Quinton Whitener

Hi! I am working at the Education Center as a Summer Rec Assistant.

I am from the Whitener family, and my dad is Patrick Whitener. I go to Capitol High School. I completed the 11th grade. You welcome to reach out if you need help or to hang out.



# HUMAN RESOURCES



## Summer Youth Employees



### Steven Mendoza

Hi! I work at the Salish Roots farm (the garden).

I'm related to the Krise family, and I worked as a Stepping Stones Mentor before in 2022. I am excited to learn about the garden and work with my uncle. I look forward to working with everyone at the garden and learning.



### Johnny Seymour

My name is Johnny Seymour. I work at KTP as a Stocker.

I am from the Bagley family. My parents are Kasia and Tyrone Seymour.

I go to the Penn Foster High School.



### Kaleb Krise

My name is Kaleb Krise. I have been placed at Natural Resources as a Natural Resources Intern.

I come from the Krise family. My mother is Santana Krise.

I've completed high school.



### Mykah Masoner

My name is Mykah Masoner. I have been placed at Natural Resources as Natural Resources Intern.

I come from the Henry family.

I graduated this past summer, and I am excited to learn new things.



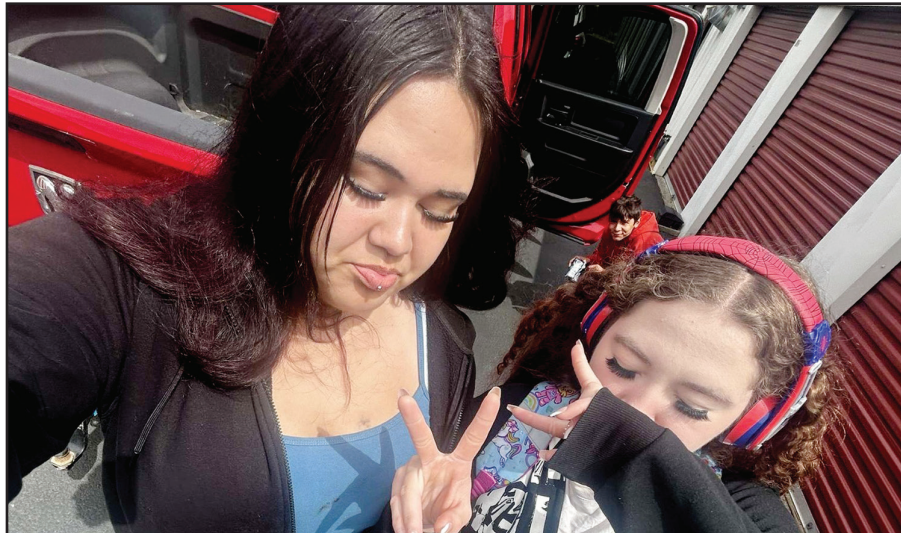
### TJ Seymour

My name is Tyrone Seymour.

I work as a Grounds Maintenance Tech with the DCD department.

I come from the Bagley family. My parents are Tyrone and Kasia Seymour.

I go to Penn Foster High School.



### Lolyta Johns

Hi! My name is Lolyta Johns, and I work at the museum as a Cultural Apprentice.

My mom is Latoya Johns.

I go to Shelton High School and completed the 9th grade.



### William Ogden

My name is William Ogden, and I work with the Stepping Stones program as a Mentor.

I come from the Bagley Seymour family. My mom is Jorie Ogden.

I attend the Shelton High School and just completed the 9th grade.



# HUMAN RESOURCES



## Summer Youth Employees



### Adrian Tucker

My name is Adrian Tucker. I work at the Child Development Center as a Center Aid. I come from the Masoner and Tucker family. My mom is Chasity Masoner and my dad is Bradley Tucker. I got home schooled. I am excited and I can't wait to start work.



### Anthony Pinon

Hi! My name is Anthony Pinion, and I work with housing as a Housing Maintenance Tech Intern. My mom is Susan Leclair and my dad is Patrick Leclair. I do the program with the Tribe for high school and completed the 11th grade. I look forward to working with you.



### Aiyanna Longshore

My name is Aiyanna Anderson – Longshore. I work at the SICDC as a Center Aid. My mom is Rebecca Fox and my dad, by marriage, is Ryan Fox. My family is from Skok. I go to Shelton High School and completed the 10th grade. I look forward to personal growth.



### Aidan Sizemore

I am Aidan Sizemore, and I work at Natural Resources as a Natural Resources Intern. My mom is Tiffany Henderson and my dad is Ike Sizemore. I attend Shelton High School, and I am looking forward to working with you, period.



### Josiah Perez

My name is Josiah Perez. I am working at the museum this summer as a Cultural Apprentice. I am part of the Bagley family. My dad is Roy Perez and my mom is Natasha Bush. I go to Choice High School and just completed 11th grade. I look forward to working with you.



### Keona Rocero

Hi! I am working with the Elders as an Elders Assistant for Summer Youth this year. My family are Jay and Janita. I go to Shelton High School and completed the 11th grade.



### Kolby Winans

My name is Kobe Winans, and I work at Clam Fresh as a Beach Worker. I am a hard worker, and I am working to become a welder. I am most excited to be on the water, and am very excited to start working.



### Kameron Weythman

My name is Kameron Weythman. I am working at KTP this summer as a Stocker. My mom, Tamika Green, works at licensing and my dad, Justin Weythman, works at Elevation. (Not pictured)





# LEARNING CENTER



## Stepping Stones

Keesha Vigil-Snook - Hello everyone!

The first week of Stepping Stones was filled with fun activities designed to break the ice and help the youth get to know one another. It's always such a joy to see how quickly they form new connections and begin working together as a team.

In Week Two, we had the incredible opportunity to work with Andrea Sigo on weaving tunics, sashes, and skirts. Many of the youth discovered a love for weaving! We also had our amazing mentor, Tayla Vigil, teach everyone how to bead keychains and they absolutely killed it! We definitely see some future beading entrepreneurs in the making.

Week Three started off in the canoe! For many youth, this was their first time in one, and it provided a powerful hands-on lesson in teamwork, listening, and responsibility. A big thank-you to the Natural Resources department and Jeremie Walls for this incredible community collaboration.

To wrap up the week, we spent three days working on drum-making. Little Bear from the Skokomish Nation generously shared his knowledge and skills, helping the youth connect more deeply with this traditional art form.

We're so proud of everything the youth have accomplished so far, and we can't wait to see what the next weeks bring!



*Owen working on his sash*



*Dominick with his tunic!*



*Chase with his Sash!*



*Mason about to finish up his Tunic*



*Stepping Stones taking off*



*Mayella with her skirt!*



*Cat working on her keychain*





# LEARNING CENTER



**LS:** Lap Swim                      **EA:** Elders Aerobics  
**OS:** Open Swim                 **SR:** Summer Rec  
**SS:** Stepping Stones

**Front Desk:** (360) 432-3852  
**Pool Office:** (360) 432-3873

**Non-Tribal:**  
 \$5 per visit  
 \$30 per month for single pass  
 \$45 per month for family pass



**Tribal Members Swim Free!**

## August 2025 Pool Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 LS: 8:30 AM - 9:30 AM SR: 10:00 AM - 12:00 PM LS/OS: 12:00 PM - 5:30 PM	2 LS/OS: 8:30 AM - 5:30 PM
3 LS/OS: 8:30 AM - 5:30 PM	4 LS: 8:30 AM - 9:30 AM SR: 10:00 AM - 12:00 PM LS: 12:00 PM - 1:00 PM SR: 1:00 PM - 3:00 PM OS: 3:00 PM - 5:30 PM	5 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	6 LS/OS: 8:30 AM - 5:30 PM	7 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	8 LS: 8:30 AM - 9:30 AM SR: 10:00 AM - 12:00 PM LS/OS: 12:00 PM - 5:30 PM	9 LS/OS: 8:30 AM - 5:30 PM
10 LS/OS: 8:30 AM - 5:30 PM	11 LS/OS: 8:30 AM - 5:30 PM	12 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	13 LS/OS: 8:30 AM - 5:30 PM	14 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	15 LS/OS: 8:30 AM - 5:30 PM	16 LS/OS: 8:30 AM - 5:30 PM
17 LS/OS: 8:30 AM - 5:30 PM	18 LS/OS: 8:30 AM - 5:30 PM	19 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	20 LS/OS: 8:30 AM - 5:30 PM	21 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	22 LS/OS: 8:30 AM - 5:30 PM	23 LS/OS: 8:30 AM - 5:30 PM
24 LS/OS: 8:30 AM - 5:30 PM	25 LS/OS: 8:30 AM - 5:30 PM	26 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	27 LS/OS: 8:30 AM - 5:30 PM	28 POOL CLOSED FOR BACK TO SCHOOL EVENT	29 LS/OS: 8:30 AM - 5:30 PM	30 LS/OS: 8:30 AM - 5:30 PM
						31 LS/OS: 8:30 AM - 5:30 PM



# LEARNING CENTER



Nicholas, Ana, Ariana and Atawith at Tacoma Rainiers



Youth getting on barge after a lunch Natural Resources Field Trip



Elias and Benette at Rainiers game



Mary designing her skateboard



Catori mixing her Rosehip jam



Elias and Barney Centralia Roller Dome



Elijah Centralia Roller Dome



Summer Rec



Eviana and Danielle completed their Peacock Light STEM kit!

## Squaxin Island Summer Recreation Calendar August 2025

Kasia: 360-432-3801 | Kenna: 360-432-3895 | Sara: 360-432-3992 | Rec Room: 360-432-3986

Monday	Tuesday	Wednesday	Thursday	Friday
Summer Rec Hours: 8:30-3:00pm <b>CENTER BASED:</b> Swimming Frogs & Salmon: 10-12pm Bears & Orcas: 1-2:45pm Cultural Activities, Crafting and Playground or Gym	Summer Rec Hours: 8:30-3:00pm <b>Field Trip</b> <b>RAC Park Lacey</b> Leave Squaxin at 10am Return to Squaxin at 2pm	Summer Rec Hours: 8:30-3:00pm <b>CENTER BASED:</b> <b>Swimming and Field Day Activities</b> Traditional Medicine Activity, crafting, drumming and singing, Cooking activity and Water Play in Field.	Summer Rec Hours: 8:30-3:00pm <b>Field Trip</b> <b>Woodruff Park Olympia</b> Leave Squaxin at 10am Return to Squaxin at 2pm	Summer Rec Hours: 8:30-3:00pm <b>Last Day of Summer Rec</b> <b>Field Trip</b> <b>Wild Waves Water Park</b> Leave Squaxin at 9:45am Return to Squaxin at 3pm
Summer Recreation Closed Getting Ready for After School Program We will see you in September	→			
Summer Recreation Closed Getting Ready for After School Program	→			
Summer Recreation Closed Getting Ready for After School Program Stay tuned for After School Calendar in September on on Facebook or Remind App	→			
<b>Frogs: Ages 5-6</b> <b>Salmon: Ages 6-7</b> <b>Bears: Ages 9-10</b> <b>Orcas: Ages 11-12</b>	<b>Summer Rec Mealtimes:</b> <b>Breakfast: 9:00am-9:50am</b> <b>Lunch: 12:00-12:50pm</b>	<b>Activity Time:</b> <b>10-11am, 11-12pm, 1-2 &amp; 2-2:45pm</b>	<b>Swimming: Mondays 10-12 &amp; 1-2:45pm, Fridays 10-11 &amp; 11-12pm</b>	



# PADDLE TO ELWHA



## The Beginning of the Journey



## Potlatch Protocol August 1 - 5

For more information, visit:

[squaxinlandmuseum.org](http://squaxinlandmuseum.org)

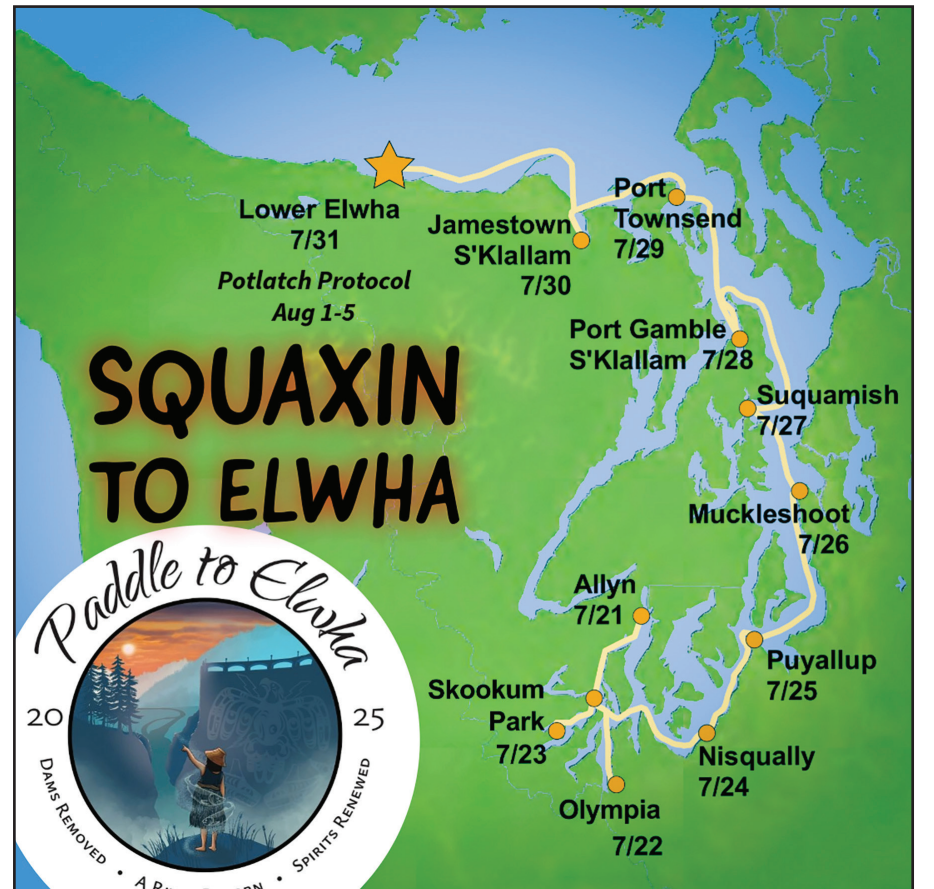
OR <http://paddletoeelwha.com>

Slideshow:

<http://squaxinland.org/paddle-to-elwha-2025>

Photos by Aleta Poste

More next issue





### Higher Education

New and returning Higher Education students, fall quarter/semester is starting back up soon! Packets are due August 4th. If you haven't got your paperwork turned in yet, please do so ASAP, or you could lose the opportunity to receive funds for fall. Turning in your required documents early makes the process easier and smoother for everyone involved. If you have any questions, need a Higher Education packet, or need assistance filling it out, please give me a call or send me an email. I will be more than happy to assist you.

Thank you,  
Mandy Valley  
Higher Education Coordinator  
mvalley@squaxin.us  
(360) 432-3882

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:

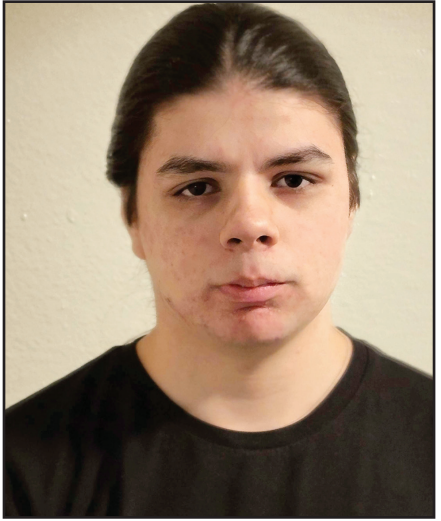
Email Melissa Puhn to get on the Public Comment Period:  
mpuhn@squaxin.us


### The Beginning of the Journey



### Correction



**Treyson Spezza**  
**SPSC 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.

**Congratulations  
Treyson!**



# LIFE IS WATER



*Photos by Molly Walsh, Thurston Talk*



# CONGRATULATIONS GRADUATES



## Squaxin Island Child Development Center Graduation

On June 27, 2025, Squaxin Island Child Development Center proudly celebrated the graduation of 17 preschool students, including three who will continue their educational journey in Transitional Kindergarten (T-K).

The event brought together 102 family members and friends for a heartwarming afternoon of songs, traditions, and recognition.

The ceremony opened with a welcome from Center Director Janita Raham, followed by a prayer led by Morningstar Ackerman, SICDC's Health Manager. Kristine Techavanich from Timberland Regional Library led the graduates in the interactive song Rolly Polly, and Vicki Kruger, Squaxin Island Tribal Elder and Tribal Council Member, led the children in traditional songs, bringing cultural richness to the celebration.

A highlight of the ceremony was the special honoring of our community's dedicated contributors through the traditional wrapping of blankets. Kristine Techavanich, who offers monthly story time in the SICDC foyer with singing, ukulele playing, and reading, was recognized, as was Vicki Kruger for her continued guidance and cultural leadership. SICDC Lead Teacher Angelina Saunders was wrapped for her remarkable 20 years of service, and an announcement honored Maryssa Ank, Savannah Wood, and Delfina Ramirez for completing their two-year degrees in early childhood education while working full-time.

Graduates gifted attendees with bookmarks, painted clay art, and homemade berry jam before Janita Raham read a personalized poem with a special line for each child. One by one, the graduates crossed the stage to receive their diplomas. The ceremony closed with Maryssa Ank leading a heartfelt thank you in Lushootseed, followed by photos and a celebratory cake.





## Processed Foods

Every year in the US, food manufacturers introduce ~20,000 new products into our grocery stores. Most of these products are Ultra Processed Foods [UPF]. Ultra-processed foods are industrially manufactured, ready-to-eat or heat foods that are often high in additives and typically lack real food.

Think of an UPF like Frankenstein’s monster, changed by science until the food is almost unrecognizable in its original form. They contain ingredients not normally found in the home, such as high-fructose corn syrup, hydrogenated oils, flavoring agents, and emulsifiers. If an ultra-processed food includes ingredients that you probably don’t recognize, such as preservatives and colorings, what is a Processed Food?

Processed foods are made using ingredients that are unprocessed or minimally processed and culinary ingredients such as sugar, salt, vinegar or fats to prolong the food’s shelf life or enhance its taste. Example: bread made from wheat flour, water, salt, and yeast is processed, but by adding emulsifiers or colorings, it becomes ultra-processed. Bacon, salted nuts, or canned fruit in syrup are examples of processed foods.

Food processing has been happening for thousands of years, and virtually everything we eat has undergone some form of processing. Food processing falls on a spectrum from minimally to heavily processed. Cleaning and chopping veggies is a form of processing; it’s impossible to say that processed foods don’t belong in a healthy diet. Processing becomes an issue when it alters food so much that the nutritional content, quality, and value of the food changes.

Unprocessed and minimally processed foods are in their natural or near-natural state: fresh fruit, vegetables, nuts, seeds, grains, and animal products such as eggs, milk, and unprocessed meat. Minimally processed foods can be dried, crushed, frozen, roasted, boiled, or pasteurized, but do not contain added ingredients. 100% fruit juice, frozen fruit, vegetables, fish, spices, and dried herbs are all minimally processed.

How else can you tell a processed food from an UPF? UPFs are easily identifiable by looking at their nutrition labels – they typically lack essential nutrients and dietary fiber compared to whole foods. Look at the ingredient list. Most processed foods have two or three ingredients; if a product has more than five ingredients, it is likely to be ultra-processed. Minimally processed foods have recognizable ingredients, while heavily processed varieties typically include names that require a chemistry degree to interpret. A UPF will have preservatives such as sodium benzoate, nitrate, sulfite, BHA or BHT. If an ingredient is listed that you would not find in your kitchen, it is most likely a UPF.

Sometimes it’s difficult to identify food that has been ultra-processed because in some cases, the same type of food can be minimally processed, processed or ultra-processed, depending on how it’s made. Using a French Fry as an example, a minimally processed French fry is one that you make from a potato in your kitchen; you wash, slice, and fry the potato in oil on your stove. An Ultra Processed French Fry is one that you purchase in a box in the freezer; its ingredients include POTATOES, VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED), MODIFIED FOOD STARCH, RICE FLOUR, CONTAINS LESS THAN 2% OF SALT, DEXTRIN, CORN STARCH, ANNATTO COLOR, SODIUM ACID PYROPHOSPHATE (TO RETAIN NATURAL COLOR), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEXTROSE, XANTHAN GUM.

Don’t they sound Yummy?

<https://bodzii.com/blogs/the-bodzii-blog/understanding-processed-foods-and-their-role-in-your-diet>

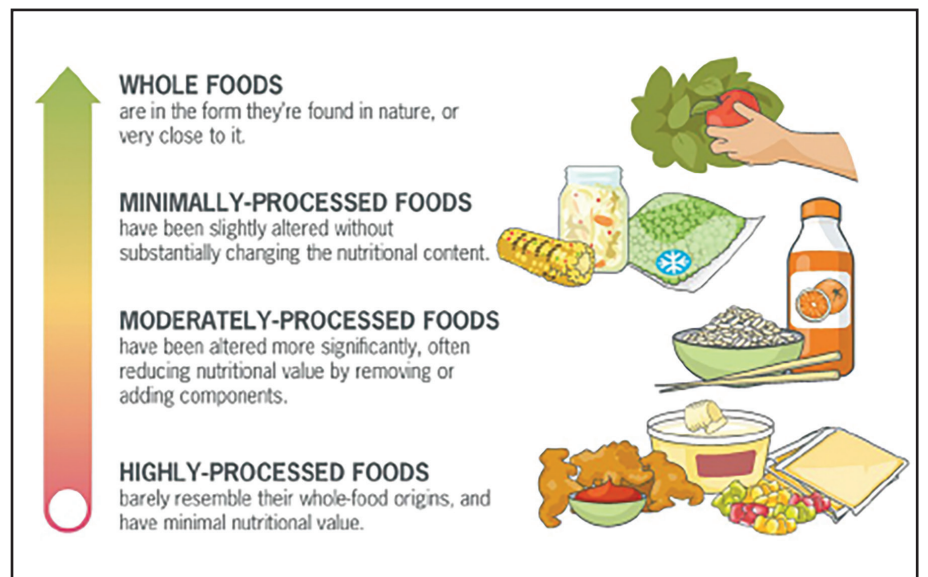


Ultra-processed foods, including breads, cereals, snacks, frozen meals, and fast food that have been industrially manufactured with flavors and additives to make them more palatable, account for up to 58 percent of total daily energy intake in the United States. In recent years, dozens of studies have found that people who consume a lot of ultra-processed foods have higher rates of weight gain, obesity, cardiovascular disease, cancer, diabetes and other chronic diseases. There seems to be a direct association between eating too many ultra-processed foods - and more than 30 health conditions, including heart disease, anxiety and early death.

Highly suggestive evidence also indicated that diets high in ultra-processed foods were associated with a 21 percent greater risk of death from any cause, a 40 percent to 66 percent higher risk of heart disease-related death, obesity, Type 2 diabetes and sleep problems, and a 22 percent increased risk of depression. This occurs because the body cannot extract nutrients from a nutrient-poor UPF.

The next time you go grocery shopping, remember that while not all processed foods are bad, it’s wise to limit ultra-processed foods in favor of whole, minimally processed options.

*Food is more than fuel; it’s a relationship with our health!*





# Trapped in The Now: Time Blindness and ADHD

## What is ADHD?

By Dr. Fergie - Attention-Deficit/Hyperactivity Disorder (ADHD) is a brain-based disorder. It arises (or becomes more obvious) during childhood and adolescence and impacts the brain's primary development during those years. If you have spent any time with young children, you probably have noticed that those you suspect (or know) of having ADHD often act more immaturely than their peers of similar age. Brain scans reveal that children with ADHD have developmental delays of about 2 to 3 years compared to their neurotypical peers.

ADHD affects roughly 5-8% of children (1 in every 15 to 20). About 4-7% of teens and 3-5% of adults have ADHD, which suggests that some children with ADHD will not meet diagnostic criteria by adulthood. So, either their symptoms have (1) resolved (i.e., they grew out of it) or (2) lessened in severity. This implies that their symptoms started out on the milder end of the severity continuum, or they might have learned effective ways of coping with it.

Of course, we cannot lose sight of the fact that, when children start kindergarten too early, developmentally-typical behaviors (e.g., high activity levels, impulsivity, very short attention spans) may be misinterpreted as ADHD symptoms, leading to misdiagnosis and, possibly, unnecessary treatment. Several massive studies in Canada, USA, and Turkey, for instance, found just that: Younger children who started school much earlier were significantly more likely to be diagnosed and treated than older peers in the same grade.

The sex ratio of ADHD is about 4 to 1 (males to females) in children, about 2 to 1 in adolescents, and 1.5 to 1 in adulthood. Scientists are still unsure how sex differences in ADHD brain development evolve over time.

Odds are, you know (or have known) several people with ADHD. Or, you might have it yourself. ADHD creates significant challenges across several key areas of cognition (thinking). Individuals may struggle to focus, often becoming easily distracted or avoiding important tasks that are perceived as "boring" or otherwise require sustained mental effort. They may also have difficulty with impulse control – such as saying inappropriate things, blurting out answers in class, or interrupting others – which can create all sorts of problems socially. Among other things, as adolescents or adults, they are more prone to act aggressively (mostly in males), speed in their vehicles, or engage in risky behaviors (e.g., adolescents with ADHD are 2 to 3 times more likely to become teenage mothers than those without ADHD). Moreover, such individuals may engage in behaviors that are at odds with their long-term goals, such as playing videogames all night or getting lost for hours down the mind-numbing social media rabbit hole instead of studying for final exams. Goal achievement highlights the core of self-regulation challenges in ADHD – the fierce battle between the impulsive desires of the present ("me now") and the desired planned goals of the future ("me later"), which requires inhibiting those seemingly overwhelming impulses that fly in your face in favor of longer-term, bigger payoffs.

## What Causes ADHD?

Genetic factors account for between two-thirds and three-quarters of all cases of ADHD. As a yardstick of comparison, these estimates are similar to the heritability of height (80–90%) and body type (somatic type) (50–70%). Simply, taller parents tend to have taller children. All things being equal, children of stocky or lanky parents are likewise stocky or lanky themselves, respectively. By extension, a parent or parents who have ADHD tend to have children with ADHD. Furthermore, when both parents have ADHD, the likelihood that their child will have it is higher than if only one parent is affected.

A further 10% of ADHD cases is due to genetic mutations (i.e., specific changes in the DNA sequence that makes up a gene). Every child receives their parents' DNA (one allele from mother, one allele from father), which serves as the genetic blueprint for how they develop, function, and even think. For you biology nerds, the process is called meiosis. However, DNA may not always pass on fully intact.

## Let me explain . . .

Each time a male produces sperm or a female produces egg cells (gametes), their DNA has to be replicated. And with each copy, there are potentially tiny alterations, known as mutations, which can occur. Imagine making a photocopy of a photocopy on a copier machine. The first copy might look identical to the original. However, over time, making more copies of copies often results in small imperfections like smudges, faded text, or extra dots. Likewise, the process of duplicating DNA millions of times during cell division is prone to small errors (mutations). Therefore, the chances of errors (mutations) increase as a parent, particularly the father, ages. If you wait until you are 30 to have kids, for example, your eggs or sperm are around 8 times more likely to have mutations than if you decide to have children when you are 20. The risk of autism, schizophrenia, intellectual disability (e.g., Down syndrome, trisomy 21), and, yes, ADHD, increase with advanced maternal and/or paternal age.

All of the remaining ADHD cases are acquired. Most acquired injuries happen during pregnancy (not later in life). Incidentally, the frontal part of the brain, which plays a crucial role in executive functioning (self-control), is very prone to a host of injuries during pregnancy. Maternal infections, particularly those accompanied by fever, are linked to higher rates of ADHD in offspring. Polycystic ovarian syndrome, a hormonal illness, and maternal autoimmune diseases (such as hypothyroidism, rheumatoid arthritis, and inflammatory bowel disease, among others) are additional maternal risk factors. Other risk factors include maternal heavy metal exposure (e.g., lead and mercury; not Metallica!) and exposure to specific pesticides. Alcohol is a well known neurotoxin, and exposure to it during fetal development (in utero) can have serious consequences for the developing brain. Please keep in mind that no amount of alcohol, regardless of the type (e.g., wine versus spirits), is safe during pregnancy.

## What Is Time Blindness?

Our ability to focus, hold images and words in mind, and manipulate information, filter distractions, and switch mental gears is like an airport's air traffic control system, managing dozens of planes on multiple runways, all arriving and departing at once. Executive functioning (mostly tucked away in the front of the brain) is the brain's air traffic control system that coordinates thoughts, actions, and memories.

Challenges with executive functioning often leads to "time blindness" (a term coined by Dr. Russell Barkley, the leading expert on ADHD). The inability to properly sense, estimate, and manage time constitutes a major difficulty for most, if not all, people who have ADHD. These problems make the person more short-sighted than usual, so their conduct is considerably more affected by things happening right now than by information inside their minds about things that pertain to longer term, future events. Said differently, people with ADHD frequently have shorter time horizons than neurotypical individuals.





## Trapped in The Now: Time Blindness and ADHD Continued from Page 21

Time blindness is a hallmark challenge for individuals with ADHD. Time blindness is not an established psychiatric diagnosis, but it describes a very real struggle. Persons with ADHD perceive time moving slowly or not at all. But despite how time might feel, people with time blindness often are not aware of how quickly it passes or how little of it is left. Therefore, they are perpetually behind schedule, procrastinating and struggling to organize their time effectively, unable to divide large projects into smaller, actionable steps. Because they are "nearsighted" to time, they frequently wait until the future is imminent and everything has turned into a five-alarm fire.

For many people living with ADHD, daily life can seem like a relentless (and losing) race against time; acting at the eleventh hour, rushing to meet deadlines. Their work tends to be rushed and careless, with frequent mistakes that are likely to be noticed by supervisors (who feel compelled to have to monitor them). If they produce high-quality work, it comes at enormous personal cost, leaving them feeling utterly drained or burned out. Frequently, they must disappoint others with whom they have made prior commitments to meet deadlines, to prioritize work or school projects over friends or family (who might interpret this as rejection). Naturally, friends and family can only take so many last-minute cancellations before moving on.

If someone has little regard for the future, they will act largely to maximize the present and its smaller rewards, as well as to escape immediate unpleasantness or suffering, without considering the long-term consequences of their actions. When the internal clock is not functioning well or working properly, time must be made visible or externalized.

### (A) The Pomodoro Technique

The Pomodoro Technique was invented by Francesco Cirilli (pronounced "SEER-uhl") while he was a college student in Italy in the early 1980s. He used a kitchen timer to divide his study time into 25-minute intervals, with short breaks in between. He named it The Pomodoro Technique because the kitchen timer he used was shaped like a tomato ("pomodoro" is the Italian word for tomato). As it happened, he called the 25-minute time interval a "Pomodoro."

The Pomodoro technique is a simple but powerful tool to help counteract time blindness. This technique "externalizes" time and breaks time down into more manageable units (in a sense, shortening the temporal window). It takes into account our brains' limited attention spans.

After trying several timers, the one shown in Figure 1 proved to be the most effective because it lets you fully visualize the passage of time. Making time feel concrete is essential for managing time blindness.

#### Here's how to use it:



- (1) Set the timer for 25 minutes (less time if that is too long) — this is one Pomodoro.
- (2) Pick just one task to focus on during the 25 minutes. This minimizes distractions and helps direct attention to a clear, achievable goal.
- (3) When the timer goes off, take a rest for 5 minutes. Get up, stretch, do some push-ups, do a lap around the house, drink some water. Do whatever you need to do to clear your head. Do not do anything during the break that saps you of

brain power, including playing video games, hopping on social media, or doom-scrolling through your news feed.

- (4) After 3 or 4 Pomodoros, take longer breaks (15–30 minutes). Go easy on your tired brain!

The Pomodoro approach works because it turns overwhelming, nebulous time into concrete, bite-sized chunks. An external timer serves as a kind of prosthetic for the internal sense of time that people with ADHD often struggle with. Over time, this can help you get more done and feel less stressed about losing track of time. A lot of people with ADHD also find that using simple planners or checklists with the Pomodoro approach helps them keep on track and stay motivated.

### (B) How the Eisenhower Matrix Can Help You Stay on Track (And Waste Less Time)

The Eisenhower Matrix is another surprisingly powerful tool to combat time blindness. It is also known as the Urgent-Important Matrix. You will see why in a moment. This simple four-box chart helps you prioritize tasks based on urgency and importance, letting you delegate or eliminate less crucial items. The Eisenhower Matrix is named after President Dwight D. Eisenhower, who was known for his exceptional ability to juggle numerous important tasks, both while serving in the military and in the Oval Office. It divides your tasks into four distinct categories, as depicted in Figure 2.

- (1) Urgent and important: The upper left, Do-first, quadrant is reserved for those time-sensitive tasks that are highly important. These tasks should be completed today or tomorrow at the latest. Prioritize these activities over all other ones. Use the Pomodoro technique to knock off as much of this list as possible.
- (2) Important but less urgent: The upper right, Schedule, quadrant are important but less time-sensitive. Move these less urgent tasks to your calendar (paper works best - no notifications!). These tasks are critical to your long-term goals (e.g., studying for an important exam next month).  
Persons with excellent time-management skills leave fewer things unscheduled, so they aim to handle the majority of their work in the second quadrant, lowering stress by limiting urgent, dumpster fires and critical deadlines to a realistic date in the near future if a new assignment comes up.

- (3) Urgent but not important: The lower left, Delegate, quadrant is reserved for tasks that are less important to you than they are to other people but nonetheless very urgent. A delegated task may be someone calling you and requesting an urgent favor. You could reassign this task by recommending a more qualified candidate for the job or by providing the caller with the information they need to handle the situation themselves. Whenever possible, set boundaries by letting the person know when you are available.

- (4) Neither urgent nor important: The lower right, Don't Do, quadrant is designed to help you to be mindful of and sort out things you should not be doing at all. Surfing the Web aimlessly or gaming too long belong to this category. This final quadrant is for things that are distracting or, more accurately, wastes of time.



## Trapped in The Now: Time Blindness and ADHD *Continued from Page 22*

"What do I feel like doing right now?" is a question that people with ADHD brains frequently answer impulsively: "Everything but this boring (important) task!" The Eisenhower Matrix is a beautiful tool because it changes the question to "What matters most at this moment?" A seemingly little change like that can have a big impact, allowing you to control your day rather than let it control you. Here are some additional suggestions on The Eisenhower Matrix that you should keep in mind. Every time you add something to your list, you should always ask yourself what should come first. Develop a habit of doing this. For each quadrant, you should try to limit yourself to no more than eight activities, and before adding another one, you should finish the one that is the most critical. You should only use one matrix for both your professional and personal life (so 2 total). Don't forget—and this is crucial—to schedule regular, dedicated time for strategic planning as part of your daily routine.

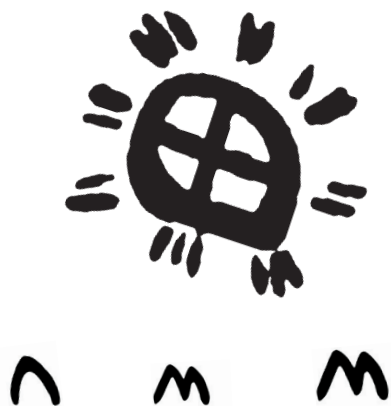
With the Pomodoro Technique and The Eisenhower Matrix, you will never go in blind, just fashionably on time! For further information or if you would like a pdf of The Eisenhower Matrix as depicted in this little article, please feel free to write me at [kferguson@squaxin.us](mailto:kferguson@squaxin.us). I promise not to relegate your request to the neither-urgent-nor-important quadrant!

## Getting Ready for School

August is a wonderful time of year. There are BBQs to go to. The weather is warm, and it is a great time to swim. As the month goes on it becomes time for another thing...getting the kids ready for school. There are a few medical items to take care of for children before the start of the year.

- If a child has asthma or another similar condition, they might need a medication form completed.
- If a child does sports, then August is the time to make sure that their sports physical is up to date.
- Children who are going into elementary or middle school might need vaccine before the start of the year.

So, when you're enjoying your summer, make sure to remember school time is coming.



SQUAXIN ISLAND HEALTH CLINIC

IS HAVING A  
**BACK TO SCHOOL**

HPV VACCINE &  
SPORTS PHYSICALS EVENT

AUGUST 2, 2025

10AM-4PM

PARTICIPANTS WHO RECEIVE A HPV VACCINE WILL RECEIVE A \$25 WALMART GIFT CARD, LUNCH BOX, WATER BOTTLE AND A CHANCE TO WIN A PAIR OF JBL HEADPHONES!

PLEASE CALL THE CLINIC TO SCHEDULE YOUR APPOINTMENT 360.427.9006

### Extreme Heat: Older Adults

People 65 years or older are at greater risk from extreme heat health problems.

Find somewhere air conditioned.

Drink plenty of fluids to stay hydrated.

Wear loose, lightweight, or light-colored clothing.

Avoid high-energy activities during the midday heat and stay in the shade.

#SUMMER #READY

Ready



**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  
Elders**

Elders Inc is asking for dried alder wood for cooking the salmon at Oyster-Fest on October 4th and 5th. If you have any to donate, please contact Jaclyn. JEMeyer@squaxin.us.

If you are a new Elder, make sure to reach out to Jaclyn to get on the email list for the latest updates and events!

JEMeyer@Squaxin.us

or

Call (360) 462-4206



**Elders at the Jamestown S'Klallam Luncheon**

John Krise, Bonnie Goulie, Windy Poitra, Gloria Hill, Deb Tennis, Theresa, Jaclyn Meyer, and Elizabeth Krise



*Elizabeth Krise finished her first quilt during the Elders quilting classes. Classes will resume in September.*

SQUAXIN ISLAND TRIBAL COURT  
YOUTH COURT  
SQUAXIN ISLAND RESERVATION

IN RE:

Case No.: SQI-CW-2025-05-6

A.B.

NOTICE OF GUARDIANSHIP HEARING

Indian Child

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Thomas Blueback and Shiann Blueback

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set a Guardianship Hearing in the above captioned matter. The hearing on this matter shall be held on September 4, 2025, at 10:30 am at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A GUARDIANSHIP. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

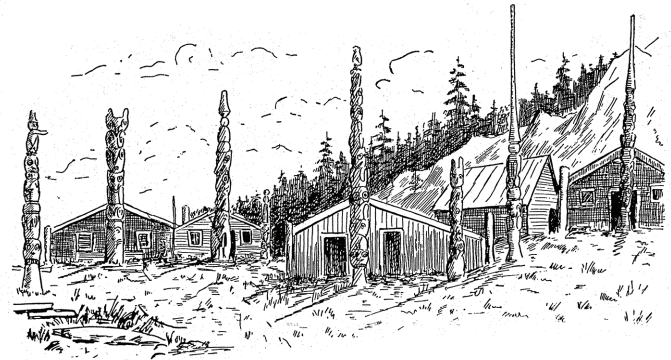
NOTICE OF HEARING-- PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT  
3711 SE OLD OLYMPIC HWY  
SHELTON, WASHINGTON 98584  
360.4362.1771



# Squaxin Transit

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



## 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



## Spay/Neuter Assistance

Must be an enrolled Squaxin Island Tribal Member

**Rez Animal Resources (RARE) has appointments available on August 14th, 2025 at the Humane Society of Mason County. Pet transportation will be available.**

1. Call Gus (360)490-6493 or Lisa (360)432-3871 to make an appointment for your pet and sign a waiver.
2. Bring your pet to the baseball field by 6:30 am on 8/14/25
3. Your pet will be transported to the Humane Society of Mason County in Belfair for spay/neuter surgery.
4. Pick up your pet at the ball field at the end of the day.  
(more details to come on pickup)



- **BY APPOINTMENT ONLY**
- RARE will transport your pet for you!
- All pets must be in an appropriate sized carrier
- Appointments are for spay/neuter only
- Dogs and cats must be 2 months old or older for spay
- Waiver must be signed prior to pet drop off
- **NO FERAL CATS**



Dog spay/neuter appointments are full.

If you would like to be put on a waiting list, contact Gus (360) 490-6493 or Lisa (360) 432-3871.



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



# COMMUNITY



8/1  
Barbara Gail Kennedy  
Jeremie John Walls

8/3  
Anne Elizabeth Burgain  
Darlene Wood  
Louise Isabelle Kathy Burgain  
Randolph Bert Foster

8/4  
Kelly Josephine Jones  
Lawton Jebadiah Case  
Leighton James Case  
Norman Riley Price  
Tyrone Stuart Seymour

8/5  
Christopher Eugene Brown

8/6  
Debra Kay Eagle

8/7  
David Charles Johns  
Robert David Koshiway Jr.

8/8  
Lettie Ann Machado-Olivo  
Lisa Fawne Eaton  
Margaret Hazel Johns  
Robert Edward Sigo  
Roy Journey Bear Perez

8/9  
Araceli Hernandez-Capoeman  
Chasity Faye Masoner  
David Wayne Peters Jr.  
Juliet Lindsay James-Blake  
Memphis Shawn Penn-Dodge  
Molly Eileen Kirk  
Nikieta Sue Ho

8/10  
Kalysi Renee Whitener

8/11  
Marilyn Helene Mcfadden

8/12  
Aaron James Edgley  
Zaiden Elijah Jimmie

8/13  
Arlo Jay Woodard  
Brandon Eugene Campbell  
Lola Noelle Bonin

8/14  
Elena Lin James  
Rory Jane Allen

8/15  
Llewellyn Frank Parker  
Zachary White Wolf Sanchez

8/16  
Beverly Jean Mesplie  
Kevin Henry Spezza  
Matthew James Cooper  
Rachel M. Naranjo

8/17  
Amanda Parks Grover  
Magdelano Roy Perez

8/18  
Hannah Lucille Forcier  
Jordan Scott Saenz-Blueback

8/19  
Naomi Reyes

8/20  
Dionna A.P. King  
Rock James Johns

8/22  
Aidan Alan Sizemore  
Greg Anthony Lewis Glover  
Jessica Eliza Spiering  
Rene De Anne Salgado

8/23  
Andre James Woody-Johns  
Cadence Joseph Henry  
Ernesto Naranjo-Johns Jr.  
Jeremiah Obi-Rivera

8/24  
Bryce Mitchell Penn  
Victoria Lee Sanders

8/25  
Mitchell John Carrington  
Nicole Mae Cooper

8/26  
Eden Lee Van Cleave

8/27  
Kaytlyn Joi Henderson  
Meghan Elizabeth Burgain

8/28  
Eathon Raymond Caasi  
Ezekial Jesus Salas  
Jasper Silver-Hawk Cooper  
Nancy Carol Combes  
Rhonda Madge Foster

8/29  
Angelo Wilson Rivera  
Joseph D. Furtado  
Lindsey Nicole Harrell

8/30  
Catherine Mary Tuller  
Debra Lee Sayers  
James Ronnie Trinidad  
Loreta Marie Swan Krise  
Taylor Jeffrey Porad



**Happy 40th Birthday Tyrone!**

**You're an amazing dad and husband.  
We hope your day is filled with  
love and laughter.**

**Love you always!  
Kasia,  
Tyrone & Johnathan**

**Need a Tribal ID?**

**Contact Aleta Poste:**

(360) 432-3923

aposte@squaxin.us

**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

South Puget Intertribal Planning Agency

**August Diaper Distribution**

**Squaxin Island Tribe**

**8/7/25**  
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



# What's Happening

**ELWHA CANOE JOURNEY PROTOCOL  
2ND PUBLIC FY26 BUDGET HEARING  
PREPAREDNESS FAIR & CARNIVAL**

August 1-5  
August 27  
August 28

**WIC  
USDA & DIAPER DISTRIBUTION**

August 5  
August 7

**COURT**

Family Court  
Criminal & Civil Court

August 7  
August 26

**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.

Learn to Clean and Thread Sewing Machines and Sergers

Need Sewing Tips and Tricks?

Make the most out of your tablets!

**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!

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 4:**

Shrimp Alfredo, Broccoli

**TUESDAY 5:**

Chili, Corn Bread

**WEDNESDAY 6:**

Baked Chicken Rice Pilaf,  
Brussel Sprouts

**THURSDAY 7:**

Crab Cakes, Veggie Rice

**MONDAY 11:**

Goulash, Cauliflower

**TUESDAY 12:**

Clam Chowder, Fry Bread

**WEDNESDAY 13:**

Baked Ham, Scalloped Potatoes

**THURSDAY 14:**

Hamburgers

**MONDAY 18:**

Fish Tacos

**TUESDAY 19:**

Broccoli Cheddar Soup,  
Turkey Sandwiches

**WEDNESDAY 20:**

Indian Tacos

**THURSDAY 21:**

Chicken Fried Steak,  
Mashed Potatoes, Mixed Veggies

**MONDAY 25:**

Stroganoff, Veggies

**TUESDAY 26:**

Chicken Noodle Soup, Egg Salad  
Sandwiches

**WEDNESDAY 27:**

Pizza

**THURSDAY 28:**

Salmon, Red Potatoes, Veggies





Next WIC date:  
**Tuesday, August 5, 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.

**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](mailto:dgardipee@spipa.org)

SPIPA main number: **360.426.3990**



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 August Delivery Date

### Squaxin Island

**8/7/25**  
At SPIPA IPC  
**11:00am-1:30pm**




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.

## 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](mailto: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