

## Goldsborough Creek dam removal site sees salmon numbers grow

Trevor Pyle, NWIFC - January 14, 2026, Goldsborough Creek has become an example of what removing fish barriers and restoring habitat can accomplish.

And the Squaxin Island Tribe, which is driving restoration efforts in collaboration with partners, isn't finished yet.

Since the tribe and partners teamed up to remove the Goldsborough Creek Dam in 2001, numbers of outmigrating coho salmon have continued to rise.

Built in 1885 and rebuilt in 1921, the dam was 35 feet tall. It blocked crucial rearing habitat for salmon until its removal, which opened 24 miles of habitat.

This year about 160,000 juveniles outmigrated—a new record and sign that the dam removal and related habitat restoration are paying off. The success of these efforts will help tribal members exercise their fishing treaty rights.

Since work began, there have been six years when more than 100,000 juveniles outmigrated; four of those were in the past six years.

“We’re definitely seeing an uptick,” said Danny Snyder, resource biologist with the tribe. “It makes for exciting times.”

In the late '90s, before the dam removal, outmigration numbers hovered around 9,000 fish.

After the dam removal, wood structures were added to the stream to give juvenile salmon places to feed and find refuge, and fish-blocking culverts were replaced upstream to open spawning and rearing habitat that hadn't seen salmon in 114 years.

Additionally, Capitol Land Trust preserved 320 acres of streamside habitat that would have been developed otherwise.

The tribe plans to continue work in the Goldsborough estuary, where the creek empties. Having already constructed two salt marsh lobes (sediment-heavy protrusions) to support vegetation and protect against sea level rise, the tribe



plans to build another 17-acre lobe. They'll also remove sheet pile and shoreline armoring, which degrades habitat for salmon and other species.

The tribe further plans to expand the use of an innovative, biodegradable lattice structure for stabilizing and protecting young plants, as new vegetation is added throughout the estuary.

The work to remove the dam and restore habitat and the resulting rejuvenation required collaboration among the tribe and various partners: Simpson Lumber, Simpson Timber, Capitol Land Trust, Washington Department of Ecology, Washington Department of Fish and Wildlife, Port of Shelton, Shelton Yacht Club, South Puget Sound Salmon Enhancement Group, and Mason County Conservation District.

“It’s a unique coalition. They all



had to work together to get this done,” said Scott Steltzner, the tribe’s environmental program manager.

Engineered logjams such as this one installed in 2013 play a large part in the Squaxin Island Tribe and partners’ efforts to improve salmon habitat in Goldsborough Creek.

## Little Creek Casino Resort administration building construction

The Little Creek Casino Resort administration building project is entering its final stages of construction.

The facility is a 20,000 square foot Class B office building attached to the end of hotel tower I.

This building will bring together several administrative and operational functions, including Human Resources, Marketing, Information Technology, Finance, Executive leadership, a staff break room, boardroom, and all Tribal Gaming Agency functions, including surveillance.

Currently, these teams operate from multiple locations across the property. The new administration building will allow these functions to be located in one place, supporting coordination, security, and day-to-day operations.

As teams move into the new building, some managers who are presently located near the gaming floor will transition to the existing administration office. This change supports long-term planning related to space use and operational needs

around the gaming floor.

Occupancy of the building is scheduled to begin on February 2, 2026. The move-in will occur over an extended period, as the casino and Tribal Gaming Agency will be relocating close to 60 team members in total.







## Little Creek Casino Resort Appoints Jef Bauer as Chief Executive Officer



Little Creek Casino Resort is pleased to announce the appointment of Jef Bauer as its new Chief Executive Officer, effective February 9, 2026. Mr. Bauer will lead the resort's overall strategic direction, operations, and continued growth in alignment with the Squaxin Island Tribe's long-term vision.

Mr. Bauer brings more than 30 years of executive leadership experience in gaming, hospitality, entertainment, and resort operations, including extensive work within tribal gaming enterprises. He is widely recognized for leading complex operations and guiding large-scale development initiatives across competitive markets.

Most recently, Mr. Bauer served as Assistant General Manager at Grand Sierra Resort in Reno, Nevada. Previously, he served as Chief Executive Officer of Augustine Casino in Coachella, California and held senior executive leadership roles at prominent resort and casino properties including MontBleu Resort Casino & Spa (Lake Tahoe), Golden Casino Group (Colorado), and Reserve Casino Hotel. His earlier career includes corporate and property leadership roles with Harrah's Entertainment and Hyatt Regency Lake Tahoe. "Jef Bauer is a proven leader with deep experience in gaming, hospitality, and tribal enterprise environments," said Ray Peters, Chairman of the Little Creek Casino Resort Oversight Board. "His track record of operational excellence, strategic growth,

and respect for tribal values makes him exceptionally well suited to lead Little Creek Casino Resort into its next chapter."

As CEO, Mr. Bauer will oversee all aspects of resort operations, with a focus on sustainable growth, operational efficiency, and delivering exceptional guest experiences while supporting the Squaxin Island Tribe's economic development and community priorities.

"Little Creek Casino Resort is an incredible destination--from Salish Cliffs Golf Club to all the incredible amenities at the casino resort itself," said Jef Bauer. "I am honored to be selected to head such a beautiful and successful resort for the Squaxin Island Tribe. I am committed to the Tribe, the Team and the Community and their trust in me is something I do not take for granted. Working for native peoples has been a passion of mine for many years and I can't wait to help this Tribe build on their vision in Shelton."

About Little Creek Casino Resort Little Creek Casino Resort is owned by the Squaxin Island Tribe and located in Shelton, Washington. The resort features a full-service casino, luxury hotel, dining venues, championship golf course, entertainment, and conference facilities, providing exceptional guest experiences while supporting tribal government services and community well-being.



## Youth Trust Payments

Tax-exempt option for young adults receiving Youth Trust payments Recently, the U.S. Treasury approved updated GWE (General Welfare Exclusion) guidance that recognizes tribal authority in administering tax-exempt payments funded through gaming and enterprise revenue. This aligns with what the Tribe already does and strengthens our current direction.

With this update, the Tribe will now offer a tax-exempt option for young adults receiving Youth Trust payments. To support this process and help our youth build long-term financial stability, the Tribal Council is adopting a policy that requires Financial Literacy participation for Youth Trust recipients after graduation. Youth must complete at least two (2) hours of financial literacy education and meet with the Tribe's Financial Liaison at least once.

The Financial Literacy requirement may be satisfied by participating in any approved financial education course, including topics such as credit building, credit scores, home mortgage financing, budgeting, and financial management. Many external nonprofits and tribal programs offer these services, and the Tribe will also host multiple opportunities throughout the year to help youth meet this requirement before and after high school graduation.

You can connect with Brandie at [blegarde@squaxin.us](mailto:blegarde@squaxin.us) or 360-432-3941.

If you have questions for me you can reach me at [jwhitener@squaxin.us](mailto:jwhitener@squaxin.us) or (360) 358-3379.

– Joshua Whitener, Council Treasurer

**THE BIG GAME**

**TAILGATE BASH**

Hosted by Island Enterprises, Skookum Creek Tobacco and Little Creek Casino

**FRIDAY**  
**FEBRUARY 6TH**  
12:00 NOON  
SQUAXIN COMMUNITY KITCHEN

**What to Expect:**  
*Good food, good music, team spirit and giveaways!!*



### Nisqually-Squaxin Island Tribal Vocational Rehabilitation Program Information

Hope everyone enjoyed their holidays with their loved ones! New Years is upon us. The Squaxin Island Tribe Vocational Rehabilitation Program is here to help serve Native Americans with disabilities, overcome barriers, and to successfully gain self-sufficiency with resiliency and employment.

- Alcohol/Drug Addiction
- Allergies
- Anxiety Disorders
- Arthritis
- Carpel Tunnel Syndrome
- Diabetes
- Fibromyalgia
- Eating Disorders
- Hearing Impairments
- Learning Disabilities
- Personality Disorders
- Post-Traumatic Stress Syndrome (PTSD)
- Traumatic Brain Disorder (TBI)
- Visual Impairment



**It's not about disabilities. It's about possibilities.**

#### What is Vocational Rehabilitation?

To provide culturally appropriate Vocational Rehabilitation services to Native Americans with disabilities who have a functional limitation and need assistance maintaining, Obtaining, and regaining employment.

#### What is a Disability?

A "disability" can be a physical, mental, sensory learning or emotional condition that constitutes or results in a substantial impediment to employment.

#### Who is Eligible?

Member of a federally recognized tribe, residing on or near the reservation, with a documented disability hindering employment potential and/or outcomes.

#### Types of Services Provided

A variety of services can be provided to assist eligible participants to prepare for, retain, continue or gain.

- job placement and retention services
- rehabilitation counseling
- post-employment services
- Job training
- transition services
- interpreters for the hearing impaired
- help with special rehabilitation costs
- physical restoration services

#### Our Mission Statement

*"To assist Native American People with disabilities in making informed choices that encourage the achievement of gainful employment while promoting personal empowerment, independence and integration into family, community and workplace with respect to individual cultural and traditional values."*

For more information, contact: Will Marchant VR Counselor (360) 432-3949, Squaxin Island Tribe Family Services



### Entertainment

BIG GAME VIEWING PARTY  
Starlight Lounge  
February 8th ALL DAY specials

FAN HALEN  
February 21st at 8pm

GREAT WHITE & SLAUGHTER  
March 21st at 8pm



### Promotions

MONDAY – Lucky Heart Swipe and Win – 9am to 11:59pm all Players Club Members receive one free swipe at the promotional kiosk for a chance to win up to \$1000!

TUESDAY – Crumbl Cookies available at 10am with Cash and Free Play drawings every 30 minutes. Cookies for seniors 50+, drawings open to all club members.

WEDNESDAY – We're celebrating Lunar New Year with our Red Envelope Hot Seat drawings every hour from 10am to 10pm. Be in the right seat at the right time and win! It's that easy.

SUNDAY AND THURSDAY – The Electric Collection Gift Giveaway – Earn 1500 points between Sunday and Thursday to receive noise cancelling headphones, mega wireless sound bar with a remote, portable charger power bank and a smart home camera. While supplies last, gift items are random each week.

FRIDAY & SATURDAY – Share the Love Giant Wheel – Each spin has a chance to win up to \$5000 in cash for you...and a friend! Drawings are every half hour from 4pm to 11pm each Friday and Saturday!



## Running for Tribal Council Annie-Beth Henry



For anyone that I haven't gotten to know, I'd like to take a moment to introduce myself. My name is Annie-Beth Henry. I'm married to Cameron Henry, and we have three children (Bailie, Brooke and Bennett). My parents are Barbara Whitener and David Whitener Sr. My dad was gifted the name Akwahteed (Bald Eagle) by Howaltid (Hamilton Greene). Howaltid and John Hottowe gifted my dad a song and dance as a part of his naming. Howaltid gifted me a baby name when I was about six weeks old, Klesayup (Bird Red Top). When I was about 15, my dad gave my brother, Davey, and me permission to dance and sing his song and dance after he passed away. My dad had Parkinson's disease that grew progressively worse and he wanted to make sure his song and dance wouldn't be lost. I am very proud and grateful to have grown up in our culture and to have been able to see our involvement grow and evolve over the years.

I grew up in Kamilche, down the hill from the reservation with my grandma Ethel just a short walk across little creek away. I consider myself very lucky to have grown up with so much family in my life. I've had influences from many strong men and women. I

am grateful for all of them and will always remember spending time with Uncle Wes, Uncle Pete, Uncle Bob, Uncle Johnny, Aunt Mary, and Aunt Ruby.

From a young age, I remember both of my parents understanding the importance of learning our language and being involved in cultural activities. With the help of Zalmi Zahir we held "blanket ceremonies" at our house which were the beginnings of language classes. We held these at our house for many years and my mom started volunteering to teach language and then became a contract employee for the Tribe teaching language for many years.

While learning language, I got to know Auntie Vi Hilbert as a kid. She was an amazing woman with a wealth of knowledge to learn from.

Learning our language has always been an important part of maintaining my identity as a Squaxin Island tribal member. As a kid, we participated in drum group and canoe journey for as long as I can remember. As an adult, I haven't been as active as I would have liked. Seeing my kids enjoy themselves when my family and I have the opportunity to take part in canoe journey and drum group brings back some of my best memories. I will always remember Lester Greene coming down and asking "Where's the party?" He meant where's the drumming and singing going on. His passion and love for our culture was infectious. I have always looked up to people like Auntie Vi and Lester. I try to think what their reactions and opinions would be before I make important decisions.

When I was about ten years old, we moved a short way away, off of Lynch Road. I worked in our Tribe's summer youth program while in high school and graduated in 2007.

In 2015 I began working in our Elders program. I worked closely with Elders Inc. and learned a lot about being on committees from Elders like Carolyn Hoosier and Glen Parker. Influences like theirs inspired me to become Treasurer on the Indian Education Parent Advisory Committee for Shelton School District. I was an integral part of creating the non-profit for this committee, allowing us to fundraise on a larger scale and help fund our Indian Education programs in Shelton schools. While in this position, I get to be involved in how these programs encourage our kids academically and maintain their cultural identity. Being Treasurer for the Indian Education Parent Advisory Committee for Shelton School District shows my commitment to education for our youth and making sure cultural identity is woven in.

I feel my experiences give me a unique perspective that would be beneficial as a council member. I will always carry with me the teachings instilled since childhood. I have worked closely with our Elders for almost ten years and have grown very important relationships during that time. I will always consider how decisions will impact our Elders.

I work hard to see situations from multiple points of view and to not take offense when someone disagrees with my perspective. I strive to see it from their side and learn how they came to that conclusion. Once we can understand another person's motivations and feelings, we can stop arguing and communicate in a way that leads to understanding.

I believe strength is found in identifying and communicating failures, tragedies, and betrayals, but not having anger and resentment be the result; rather, compassion and growth. True weakness is hiding from these events in our lives and, in turn, hurting those who matter the most. I am grateful for the mistakes I've made because of the strength, resilience, and compassion I've gained.

I'm not blind to the division that happens amongst people, but I've grown up with being a part of the same Tribe, meaning we're a part of a large family. Whether we're blood or not, we're family because we're all Squaxin. For me being family means protecting one another, providing for one another, noticing when another is struggling and, overall, never picking sides, but doing what benefits the majority of people. Also being a good family member can often mean setting aside your own wants and needs for what is best. It's not an easy thing to do, but I believe it's best to sometimes take yourself out of the equation in order to better understand how others will be affected. I do my best to live up to the standards I've set for myself.

Thank you to everyone who took time to read over this and hear my thoughts and opinions. I would be so thankful to have the support in becoming a representative for our Tribe.





## Tax Time

### Understanding Credits and Deductions

#### How they work

You can claim credits and deductions when you file your tax return to lower your tax. Make sure you get all the credits and deductions you qualify for. If you have qualified dependents, you may be eligible for certain credits and deductions.

#### Claim credits

A credit is an amount you subtract from the tax you owe. This can lower your tax payment or increase your refund. Some credits are refundable — they can give you money back even if you don't owe any tax.

To claim credits, answer questions in your tax filing software. If you file a paper return, you'll need to complete a form and attach it.

#### Here are credits you can claim:

- If you earn under a certain income level
- If you're a parent or caretaker
- If you pay for higher education
- If you put money into retirement savings
- If you invest in clean vehicles or clean home energy
- If you buy health insurance in the marketplace
- If you qualify for other personal tax credits

#### Take deductions

A deduction is an amount you subtract from your income when you file so you don't pay tax on it. By lowering your income, deductions lower your tax.

You need documents to show expenses or losses you want to deduct. Your tax software will calculate deductions for you and enter them in the right forms. If you file a paper return, your deductions go on Form 1040 and may require extra forms.

#### Standard vs. itemized deductions

Most people take the standard deduction, which lets you subtract a set amount from your income based on your filing status.

If your deductible expenses and losses are more than the standard deduction, you can save money by deducting them one-by-one from your income (itemizing). Tax software can walk you through your expenses and losses to show the option that gives you the lowest tax.

Some people, including nonresidents and partial-year filers, can't take the standard deduction.

#### Standard deduction amounts

##### The standard deduction for 2025 is:

- \$15,750 for single or married filing separately
- \$31,500 for married couples filing jointly or qualifying surviving spouse
- \$23,625 for head of household

If you're married filing separately, you can't take the standard deduction if your spouse itemizes. You must both choose the same method.

#### Deductible expenses

You can deduct these expenses whether you take the standard deduction or itemize:

- Alimony payments
- Business use of your car
- Business use of your home
- Money you put in an IRA
- Money you put in health savings accounts
- Penalties on early withdrawals from savings
- Student loan interest
- Teacher expenses
- For some military, government, self-employed and people with disabilities: work-related education expenses
- For military servicemembers: moving expenses


#### If you itemize, you can deduct these expenses:

- Bad debts
- Canceled debt on home
- Capital losses
- Donations to charity
- Gains from sale of your home
- Gambling losses
- Home mortgage interest
- Income, sales, real estate and personal property taxes
- Losses from disasters and theft
- Medical and dental expenses over 7.5% of your adjusted gross income
- Miscellaneous itemized deductions
- Opportunity zone investment

## Squaxin Island Tax Site

### BASIC RETURNS


February 9, 2026 -  
April 7, 2026




***By appointment only***  
Contact Lisa Peters to schedule  
an appointment 360-432-3871

**WHAT YOU NEED:**

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- Bank account and routing numbers for direct deposit of your refund
- A copy of last year's federal return, if available
- Identity Protection Pin (IP Pin) if you have one
- Wage and earning statements (W-2, 1099's)
- Other income documents
- Documentation for any credits or deductible expenses you may claim
- Form 1095-A, Health Insurance Marketplace Statement
- Anything that says IMPORTANT TAX DOCUMENT





IRS Certified Volunteers Providing  
**FREE TAX PREPARATION**

Sponsored by Squaxin Island Tribe—Office of Housing



## Are Dogs Color Blind?

### ANSWER:

No, dogs are not colorblind in the sense that they see more than just black, white, and grey. However, the color range they perceive is limited compared to the spectrum we see.

To put it in very basic terms, the canine color field consists mostly of yellows, blues, and violets. “Human” reds, greens, and oranges are not distinguishable to dogs and instead appear somewhere on their yellow to blue spectrum.

The reason? The retina of both species contains two types of photoreceptors, rods and cones. The human eye, however, contains more types of cones while the canine eye has more rods and no fovea, which is responsible for sharp visual detail in humans. The result is that dogs have superior night vision and are better at tracking movement than we are, but see fewer colors and shapes and objects appear in much less detail.

The bottom line is that tossing an orange ball onto green grass may look like yellow against yellow to your dog but his acute motion-detection ability will help him fetch it anyway.

- Gus the doggie guy



### Squaxin Island Tribe 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



### ATTENTION:

### HOUSING WAITING LIST APPLICANTS

This is a reminder that it is time to update your Housing application. If you are on the Squaxin Island Tribal Housing waiting list, the application update will be mailed to the last known address that the OOH has on file for you. If you have recently moved or have a change of mailing address, please call:

*Kristin Penn, Housing Occupancy Specialist*  
(360) 432-3863

If you do not update your application by March 31<sup>st</sup>, 2026, your name will be removed from the Housing waiting list.

## Squaxin Transit Services

Squaxin Transit provides FREE public transit service within 100 miles of the Squaxin Island Reservation.

**Operating Hours:**  
Monday through Friday  
6:00 AM – 5:00 PM

### Dial-a-Ride:

Please request your ride at least 24 hours in advance.

Call dispatcher, Windy, at  
360-490-0567

### We offer transportation for:

- Medical appointments
- SeaTac airport runs
- Grocery routes
- Farmers Market in Olympia (Fridays – pending interest)

We welcome all riders and are committed to serving our community with care and respect.



## SPIPA's Entrepreneurial Program Open House

Thank you for joining our Open House!

Thank you to everyone who joined us for our recent Open House! We are deeply grateful for the time, energy, and curiosity you brought. Seeing community members come together - asking thoughtful questions, sharing ideas, and exploring what's possible - reminds us why we do this work.

From conversations with our team to tours of our space and Program offerings, your presence helped make the event warm, welcoming, and community centered. If you joined us, thank you again for attending, engaging, and helping shape the future of our Entrepreneurial Program offerings.

### Couldn't Make It? Here's What We Shared About EP

If you weren't able to attend, we still want you to see what's available. Below is an overview of our Entrepreneurial Program's offerings - workshops, support, resources, and spaces designed to help entrepreneurs and community members build skills, confidence, and forge new income pathways.

### Entrepreneurial Program Offerings Overview

- Dependable Strengths – Workshop to identify core talents and values and connect them to roles in business and entrepreneurship
- Dollars & Sense – Basic budgeting, separating personal and business finances, and understanding credit and debt
- Intro to Indianpreneurship – Short overview of the full course so entrepreneurs can decide if they are ready to commit
- Indianpreneurship – Cohort training that turns ideas into launch-ready business plans grounded in cultural values
- Chehalis Tribal Lending Fund – Lending Days – On-site loan readiness checks, space or questions, and application support
- Lunch & Learns (Native-only subject matter experts) – Short lunchtime sessions led by Native business experts on practical business topics
- Entrepreneurial Program Tax Event – Seasonal tax clinic that assists with free tax preparation, guidance on recordkeeping, estimated payments, 1099s, and key small-business tax topics
- Entrepreneurial Program Website-Building Events – Hands-on assistance with creation, launch, update and maintenance of a business website and ecommerce store
- Makin' Money Series – Quarterly in person demonstrations of one of our revenue-ready tools with real cost, pricing, and income examples
- \$pending Frenzy – Interactive simulation that teaches real-life spending choices and cash-flow awareness for Native youth ages 14-21
- Outreach Events – Entrepreneurial Program staff bring mini-trainings and quick consultations to Tribal organizations, gatherings, and community events
- Individualized Consultations – One-on-one advising to determine basic business viability, coaching, and outline next steps
- 5TRIBE Podcast Studio – Bookable studio for high-quality audio to support business marketing and community storytelling
- Maker Space – Shared workroom space with tools for prototyping and market ready product creation
- Creator Space – Shared workroom space equipped with sewing machines, a serger, and a long arm quilter that produces quilts up to California king size
- Office/Conference room Space – Equipped with 3 all in one monitor/printer stations, Entrepreneurs can also utilize the client office or conference room for their administrative needs

- Firework Stand Directory – Annual SPIPA website listing for 4th of July firework stands located on the Squaxin Island, Chehalis, Skokomish, Nisqually and Shoalwater Bay reservations to increase visibility and sales
- South Sound Business Directory – SPIPA website listing of Native owned businesses and their products or services located within the South Sound area, designed to promote indigenous entrepreneurship

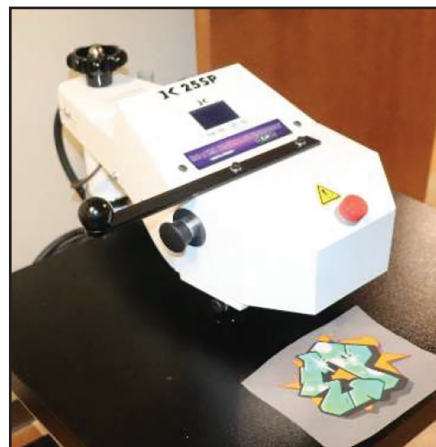
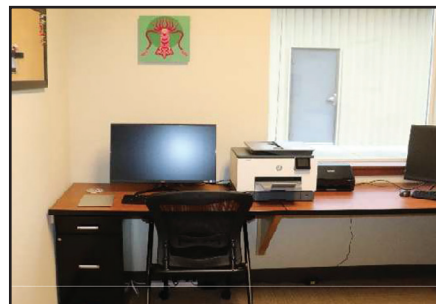
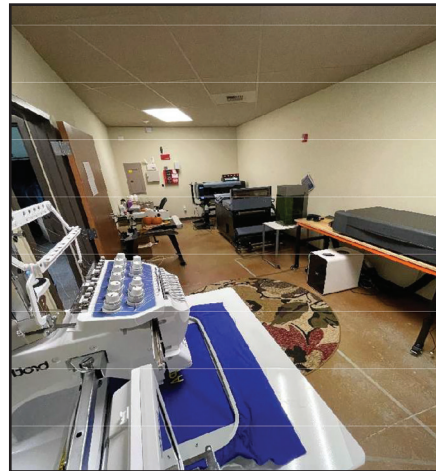
### Want to Learn More or Get Involved?

We'd love to connect with you - whether you came to the Open House or are just now hearing about SPIPA's Entrepreneurial Program.

*Email us to request more info: [info@spipa.org](mailto:info@spipa.org) / [smcelhinney@spipa.org](mailto:smcelhinney@spipa.org).*

Thank you again for being such an important part of the entrepreneurial programs journey.

We look forward to seeing how these offerings support your goals in the months and years ahead.





## New Employees



**Sneha Gunda**  
**Public Health Specialist**

Hello! My name is Sneha Gunda, and I am excited to join the Squaxin Island Tribe as a Public Health Specialist.

I began my professional journey as a dental surgeon, but along the way I realized that my true passion lay in public health and community-level impact. This led me to transition into public health by pursuing my Master of Public Health (MPH), a decision that has been incredibly fulfilling. I genuinely love the work I do now, building connections with communities, listening to people's stories, and supporting disease prevention through advocacy, education, and policy-driven approaches.

My interest in healthcare started early. I grew up watching my father, who is a physician, serve his patients with dedication and compassion, which strongly influenced my path into the medical and public health field. My family lives in India, and I am an only child to my wonderful and lively parents, who continue to be a big source of inspiration and support for me.

Outside of work, I enjoy reading and hiking, and I love spending time outdoors whenever I can.

I am truly excited to be here, to learn, and to connect with the community and my colleagues.

I look forward to contributing meaningfully as a Public Health Specialist and being a positive addition to the team.



**Tim Walker**  
**Director of Information Services**

Hi! My name is Tim Walker, and I recently joined the Squaxin Tribe as Director of Information Systems.

I come from a long background in IT infrastructure and operations, with over 25 years of experience supporting organizations across healthcare, manufacturing, MSP, and highly regulated environments.

My work has focused on building reliable systems, strengthening security, and helping teams use technology in a way that actually makes their jobs easier.

Outside of work, I'm very family-oriented. My wife and I have seven kids, which means life is never quiet — but it's always interesting. I enjoy traveling with my wife and family, and we love to hike and see the world.

When I'm not working, you'll usually find me spending time in my woodworking shop, baking something delicious, or somewhere out in nature.

I'm excited to be here and look forward to working with everyone.



**Allie Schauer**  
**Attorney**

Hi! My name is Allie Schauer, and I am so excited to join the Legal Department as a Staff Attorney.

My husband and I fell in love on the Oregon coast, and are overjoyed to be returning to the Pacific Northwest with our two dogs.

My professional background is in environmental, Alaska Native property, and community association law, and I am especially interested in any project that serves and helps strengthen the community.

I look forward to getting to know you and working with the talented Legal team.

I can't wait to learn more about the history and culture of the Squaxin Island Tribe.

See you soon!

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



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





## Bordeaux

Tamika Krise - January was all about getting back into our school routine at Bordeaux Elementary! After winter break, students jumped right back into learning, and classrooms were busy with test prep, review activities, and setting goals for the rest of the school year. Our teachers and students have been working hard, and it's been great to see everyone settling back into a steady rhythm.

One big focus coming out of January is attendance. Missing a day now and then can add up, and we appreciate families doing their best to make sure students are at school and ready to learn.

As we begin the new year, I also want to remind families and students that I am here to support the students in any way possible. Whether it's academics, attendance, or other challenges that may come up, please don't hesitate to reach out.

You can contact me by email at [tmkrise@squaxin.us](mailto:tmkrise@squaxin.us) or through my work Facebook page @Tamika StudentAdvocate.

As we move into February, we're excited to keep the momentum going and continue supporting our students.

### Important Dates to Remember:

- February 11: 1.5-hour early release for PLC Day
- February 16-17: No school for Mid-Winter Break



*A group of our second graders worked to earn lunch and Uno in Native Ed!*

## Oakland Bay Junior High

Caleb Kinzner - Hi all, we have students back from winter break and are firmly in the second trimester now. Many of our students are off to a strong start, and this has continued to be the strongest group of students that I've had academically. I'm very proud of the work that all these students put into maintaining their grades/attendance.

I appreciate all of you parents/guardians who have kept up with your students this year, and I ask that you continue to keep up on them.

As we enter the new year, I know that students have some academic goals for their New Year's resolutions, and we are gonna do our best to accomplish them!

As always, we are available upstairs at the education center for after-school homework help from 3:00 p.m. - 5:00 p.m. Monday-Thursday, and I highly encourage students to come get some assistance.

Student of the month! The student of the month this month is Jay Willis. He has had an excellent school year so far. I have never had to worry about his attendance/grades, and he has also been very encouraging towards his classmates. He is never afraid to help his classmates if they are struggling, and his teachers rave about his work ethic/academic habits.



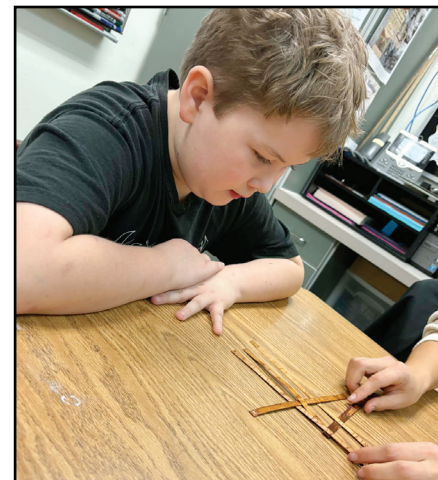
*Emilio H. and Jay W.*



*Isabel rockin' the cedar rose necklace she made!*



*Alaiyah and her ornament she made in Native Ed*



*Cadence learning how to weave cedar*





## Olympic Middle School

Kiana Wily - We've been getting back into the regular groove of things since returning back from our holiday break.

Kiddos have completed MAPs testing for ELA and Math. Everyone either maintained scores or improved, so that was really awesome to see.

We have lots of changes for our academy classes, getting the kiddos into reading groups that more accurately support their reading levels. Please keep encouraging reading at home and showing interest in their school days; it really does make a difference.

Shout out to Ivy Hawks for earning a Golden Eagle award along with three of her classmates for their leadership, character, teamwork and positive attitude.

Shout out to Josiah Saenz-Garcia for receiving a school award for his reading that he accomplished over winter break.

You guys are setting great examples, at school and in your communities.

I hope everyone has a love filled and lovely February.

We are looking forward to celebrating Billy Frank Jr. Day next month on March 9th!

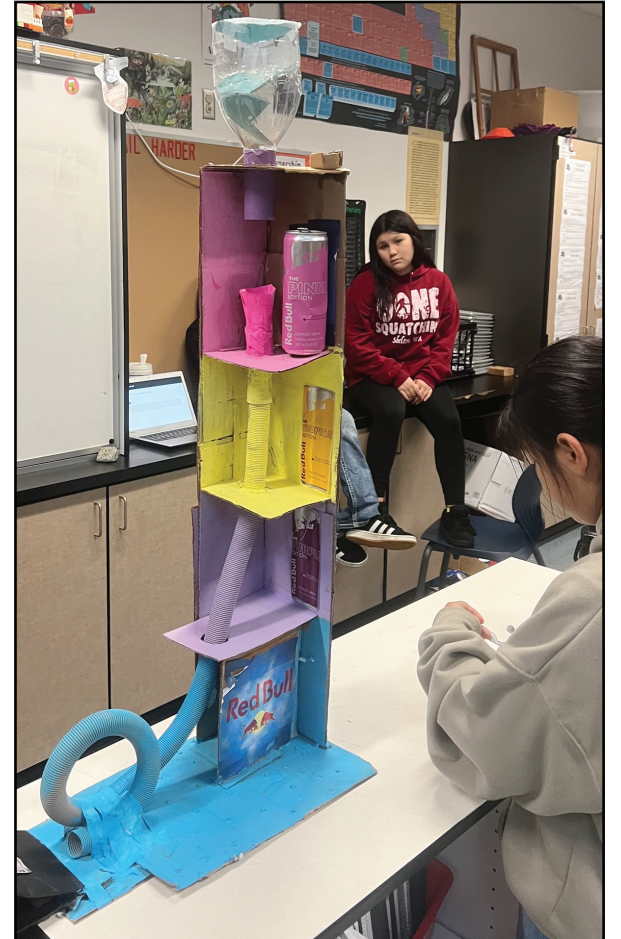
Conference week will also be starting at the end of March.



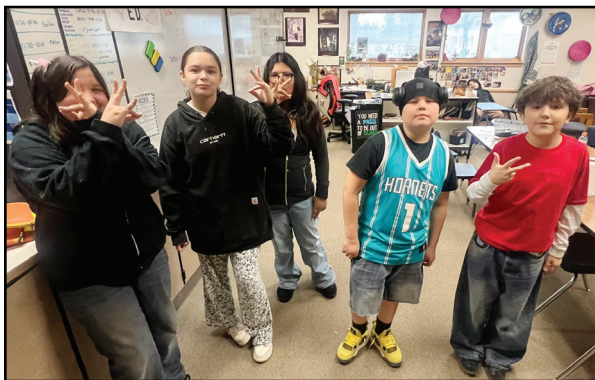
*Eden, Marty, and Haven enjoying the hot cocoa party*



*Ivy Hawks was one of the 5th grade recipients of the Golden Eagle Award*



*Breezy's Red Bull themed marble roller coaster in science with Mr. Barrett*



*Lexi, Addison, Natalia, Barney, and Zayne*



*Zayne, Barney, and Holden Christmas 2025*



*1st lunch holiday party*



*Olivia, Satayla, Elaine and the little sis, Armani*



*Milah with our classroom pet Le'Birdy James the woodpecker*



## Shelton High School

Isabelle LeClair - Hello from SHS! I just want to give a short and sweet announcement for Native Ed!

We have finished our midterms, so it's very important to finish out of trimester strong and focus on passing our classes.

We have tutoring options on campus available during both lunches and before and after school, along with in-school tutoring. We also have homework help up at the education center Monday - Thursday 3:00 - 5:00 p.m. so, if you or your student might need a little extra help for classes, don't be afraid to reach out and get that extra support that is offered!

If you have any questions or concerns, please don't be afraid to reach out to me on Facebook: Isabelle TheAdvocate or work cellphone: (360) 968-4453.



## After School Program

Kasia Seymour - Welcome back, we hope you all had a wonderful break!

Monday, January 5th, was our first day back in the after-school program. The activity was weaving; however, the youth got creative and wanted to make gods eyes with the yarn and popsicle sticks. This was a fun activity and a lot of youth participated. I look forward to seeing pictures of Finn Dorland's giant 4'x4' gods eye when its done!

On Wednesday, January 7th, the youth went swimming from 4:30-5:30 in the pool. They also played outside at the playground during that time. Tayla took youth to the T' Peeksin Park, and they picked up trash around the park. It was awesome to see Juniper, Ava, Matayla, Lily and Ziya being helpers for the environment.

On Thursday, January 8th, the youth had a great time playing outside at the playground, but it got super cold and dark outside, so youth decided to head inside, color and make heart paper chains for Valentines Day with Kenna. They turned out awesome.

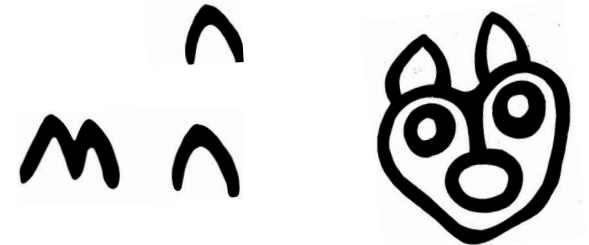
Tuesday, January 13th, was a cooking activity. The youth made ooey gooey butter cake! Yum, it was an awesome treat for the kids, and they had an exciting and messy time. Youth were able to bring their finished treat home at the end of the evening.

Monday, January 19th, was MLK Jr. Day, a non-school day for Griffin and Shelton schools. We were open 8:30-3:00 p.m. for the youth, and we made hot cocoa cookies, played on the playground, and did some awesome paintings and ironing beads.

The MLK basketball game, Teens vs. Staff, took place and it was great to watch the youth play against adults! The game was 1:00 p.m. - 3:00 p.m. in the gym. Thank you to everyone who came and showed support, to those who participated, and to the Squaxin team. Way to go! You guys did great!

Friday, January 30th, was movie night for the youth; we watched the new Sponge Bob movie from 4:30 - 6:00 p.m. The youth swam from 4:30-5:30 p.m. and they had a blast swimming in the pool with their buddies.

Stay tuned for the upcoming after-school calendar in February and weekly schedule on our Facebook page, Tu' Ha Buts Youth Center, or join our Remind app! Text SquaxinTYC to 81010 - The Remind app will text our weekly hours and any urgent updates directly to your phones!



## February 2026

Rec Room: 360-432-3986 | Kasia: 360-432-3801 | Kenna: 360-432-3895 | Sara: 360-432-3992 | Tanalee: 360-432-3819

After School Program: 3:00-6:00pm Cultural Activity: Beaded bracelets	2	After School Program: 3:00-6:00pm Cooking Activity: Oreo cheesecake balls	3	After School Program: 3:00-6:00pm DIY Pipe cleaner crowns Swimming 4:30-5:30pm	4	After School Program: 3:00-6:00pm Traditional Medicine: Honey lemon turmeric gummies	5	After School Program: 3:00-6:00pm STEM: Baking soda Balloons	6
After School Program: 3:00-6:00pm Cultural Activity: Beaded bracelets	9	After School Program: 3:00-6:00pm Cooking Activity: Cinnamon sugar pizza	10	After School Program: 2:30-6:00pm DIY Foil hearts Swimming 4:30-5:30pm <small>GSD.Early Release @ 2:30 SSD.1.5 Hr. Early Release</small>	11	After School Program: 3:00-6:00pm Traditional Medicine: Peppermint bath salts	12	After School Program: 3:00-6:00pm Youth Mini Valentines Party 4:30-6pm Swimming 4:30-5:30pm	13
Midwinter break hours: 8:30-3:00pm Ironing beads, playground, Clay art, outdoor play and godseyes  <small>GSD/SSD No school Midwinter break</small>	16	Midwinter Break hours: 8:30-3:00pm Cooking activity, watercolor painting, playground and winter bingo.  <small>SSD No school Midwinter Break</small>	17	After School Program: 2:30-6:00pm DIY Pillows Swimming 4:30-5:30pm  <small>GSD.Early Release @ 2:30</small>	18	After School Program: 3:00-6:00pm Traditional Medicine: Cold and flu tea	19	After School Program: 3:00-6:00pm STEM: Winter storm in a jar Swimming 4:30-5:30pm	20
After School Program: 3:00-6:00pm Cultural Activity: Beaded bracelets	22	After School Program: 3:00-6:00pm Cooking Activity: HM Pizza sticks	23	After School Program: 3:00-6:00pm DIY Friendship bracelets Swimming 4:30-5:30pm  <small>GSD.Early Release @ 2:30</small>	24	After School Program: 3:00-6:00pm Traditional Medicine: Eucalyptus Bath soak	25	After School Program: 3:00-6:00pm STEM: Homemade Snow experiment Swimming 4:30-5:30pm	27
<b>Key:</b> SSD - Shelton school District GSD - Griffin School District	<b>After-School Mealtimes:</b> Early Snack: 3:00pm-3:45pm Late Snack: 4:00pm-4:45pm		<b>Activity Time:</b> 5:00-5:45pm		<b>Swimming Wednesday &amp; Fridays</b> 4:30-5:30pm				

After-School & Recreation programs are Tobacco, Vape, Alcohol & Drug Free.

This calendar and its activities are subject to change at any time.



## Teen Program

Keesha Vigil Snook - Hello Squaxin fam!

The teen program partnered with the sports program to host our annual teens vs. adults basketball game on Martin Luther King Jr. Day, January 19th. This event is always a favorite within our community, bringing lots of laughs and excitement as adults bring their competitive spirit to the court against our teens. Beyond the fun, this game creates an important space for connection, allowing our community to come together and engage with our youth in a positive and supportive way.

Later in the month, on January 30th, the teen program took youth to the "Just Cuz Jam" in Suquamish. Our teens truly enjoy attending jam sessions in Suquamish, as these gatherings provide good medicine, cultural grounding, and opportunities to connect with our fellow coastal tribes. Events like these continue to strengthen relationships, support cultural identity, and offer meaningful experiences for our youth.

Keesha Vigil  
Teen Program Manager  
kvigilsnook@squaxin.us



## Higher Education

If you have not sent in your final grades from fall yet, please do so as soon as possible.

If you plan to attend spring quarter and are not a current Higher Education student, please stop my office or give me a call so I can go over the required documents with you.

Paperwork for spring quarter is due back no later than March 13th.

(360)432-3882 mvalley@squaxin.us

Thank you,  
Mandy



# Happy Valentines Day!

## February 2026 Pool Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 LS/OS: 8:30 AM - 5:30 PM	2 LS/OS: 8:30 AM - 5:30 PM	3 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	4 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	5 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	6 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	7 LS/OS: 8:30 AM - 5:30 PM
8 LS/OS: 8:30 AM - 5:30 PM	9 LS/OS: 8:30 AM - 5:30 PM	10 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	11 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	12 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	13 LS/OS: 8:30 AM - 4:00 PM ASP Valentines Pool Party: 4:30 PM - 5:30 PM	14 LS/OS: 8:30 AM - 5:30 PM <i>HAPPY Valentine's Day</i>
15 LS/OS: 8:30 AM - 5:30 PM	16 LS/OS: 8:30 AM - 5:30 PM	17 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	18 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	19 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	20 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	21 LS/OS: 8:30 AM - 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 - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	25 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	26 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	27 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	28 LS/OS: 8:30 AM - 5:30 PM

**Key:**  
 LS: Lap Swim  
 OS: Open Swim  
 EA: Elders Aerobics  
 ASP: After School Program

**Front Desk:**  
 360-432-3852  
 (Call for recording of daily schedule)

**Pool Office:**  
 360-432-3873

Non-tribal swim fees:  
 \$5/visit  
 or  
 \$30/month for single pass  
 \$45/month for family pass

Tribal members swim for free!

\*Schedule is subject to change at any time due to community/staff/youth events\*



# BASKETBALL



**December 20th we held our very first "3v3 Winter Rez-Fest Tournament"  
15 teams show up to compete for a cash prize.**



*Thailer Vilter going in for the block!*



*Coach TaeLor & Coach Judah coaching the young 10U team*



*Elias L taking the ball to the basket!*



*Coach Judah #1 took the floor & played for Squaxin!*



*Undefeated 18u team Wabi Sabi Bros!*



*SPSCC gave us a shout out on the big screen!*



*Group photo!*



*Winners! Our very own Squaxin boys won 1st place in the 10U division*



*Atawit going for the basket to score!*



*LJ & Iziah putting up some shots on the college court*



# LEARNING CENTER



CLIPPER ATHLETICS

This group of boys got to attend the SPSCC mens game! SPSCC won by 20 points!



Coach Judah and Coach Syncere taking the lead with the 10u team!

**CALL FOR VENDORS**  
**APRIL 24-26, 2026**  
 70 SE SQUAXIN LN SHELTON, WA 98584

WE ARE HAPPY TO ANNOUNCE OUR 3RD ANNUAL SPLASH CITY BASKETBALL TOURNAMENT & ARE LOOKING FOR VENDORS!

VENDORS MUST BE AVAILABLE:  
 SATURDAY APRIL 25TH: 9AM - 7:30PM AND SUNDAY APRIL 26TH: 9AM UNTIL LAST GAME (TBD)  
 VENDORS WILL BE OUTDOORS!

ALL VENDORS WELCOME! PLEASE REGISTER YOUR SPOT WITH THE LINK PROVIDED.




[HTTPS://SQUAXIN.FORMST ACK.COM/FORMS/SQUAXIN SPLASHCITYVENDOR](https://squaxin.formstack.com/forms/squaxin-splashcityvendor)

FOR MORE INFORMATION REACH OUT:  
 TAE'LOR GLASS (360)688-8452  
 KASIA SEYMOUR (360)432-3801  
 SITSPTS@SQUAXIN.US

## Sports / Basketball



# February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
We will be starting games this month with other tribes, dates are TBD!	We will be having weekend open gym on a week by week basis. Keep your eye out for the posting!					1
2 12-18u 3:45 - 5pm 10u: 5pm - 5:50pm	3 12-18u 3:45 - 5pm 10u: 5pm - 5:50pm	4 12-18u 3:45 - 5pm 10u: 5pm - 5:50pm	5 12-18u 3:45 - 5:30pm	6 All Team Practice 3:45 - 5:30pm	7	8
9 12-18u 3:45 - 5pm 10u: 5pm - 5:50pm	10 12-18u 3:45 - 5pm 10u: 5pm - 5:50pm	11 12-18u 3:45 - 5pm 10u: 5pm - 5:50pm	12 12-18u 3:45 - 5:30pm	13 All Team Practice 3:45 - 5:30pm	14	15
16 Mid-Winter Break: Skills Training 12-3pm	17 Mid-Winter Break: Skills Training 12-3pm	18 12-18u 3:45 - 5pm 10u: 5pm - 5:50pm	19 12-18u 3:45 - 5:30pm	20 All Team Practice 3:45 - 5:30pm	21	22
23 12-18u 3:45 - 5pm 10u: 5pm - 6pm	24 12-18u 3:45 - 5pm 10u: 5pm - 6pm	25 12-18u 3:45 - 5pm 10u: 5pm - 5:50pm	26 12-18u 3:45 - 5:30pm	27 All Team Practice 3:45 - 5:30pm	28	




**Pilates Classes**  
Squaxin Island Fitness Center

**Tuesdays & Thursdays**  
4:30 - 5:30 p.m.  
January 6 - May 21




Wear loose comfy clothes

Pilates focuses on core strength through structured exercises and slowly gets more challenging.


**For more information:**  
Cindy Beck  
360-432-3595  
or  
cbeck@squaxin.us



Happy Valentines Day

## Squaxin Tribal Court Survey



The Tribal Court is receiving an update to their Tribal Court Assessment, and the team wants to hear from you!



Tribal Court Assessments are intended to evaluate tribal court needs, provide recommendations for court improvement and to receive dedicated tribal court funding.

Please take this brief survey!

<https://www.surveymonkey.com/r/SquaxinTCA>

Questions? Contact:  
TCAcoordinator@whitenergroup.biz  
or 360-688-1004



### Squaxin Island Community Kitchen Rental Information

If you're interested in renting the Community Kitchen, please reach out to:

Kenna Krise  
Desk #: 360-432-3895  
Email: kekrise@squaxin.us



### NEW FACTORY STORE HOURS

EFFECTIVE 1-26-2026

- MONDAY: CLOSED
- TUESDAY: 9AM-3PM
- WEDNESDAY: 9AM-3PM
- THURSDAY: 9AM-3PM
- FRIDAY: CLOSED

FOR ANY QUESTIONS, PLEASE CALL 360-462-3446



## Stay Healthy this Flu Season

Influenza, also called the flu, is a sickness that spreads easily between people and is common during the fall and winter seasons. Currently, the Washington State Department of Health (WA DOH) has documented high levels of influenza-like disease across the state. Instances of influenza-like diseases are the highest they have been in over 5 years, so knowing how to prevent this illness is important to keep you and your community safe.

### How do you know if you might have the flu? What are the symptoms?

Flu symptoms can start suddenly. People with the flu might have a fever, cough, sore throat, body aches, headaches, and feel very tired. The flu can be dangerous for babies, young children, Elders, pregnant women, and people with certain health problems (diabetes, obesity, lung and heart illnesses). The more people in the community that get the flu, the more people visit the emergency room. Preventing the flu is very important to keep the community healthy.

### How can you help prevent spreading the flu and keeping yourself healthy?

If you are sick, stay at home. Wash your hands often with soap and water. Cover your mouth and nose when you cough or sneeze. Clean items and surfaces that people touch frequently, including door handles, phones, light switches, keyboards, etc.

Flu shots, or vaccinations, are also important to help you prevent getting the flu or experiencing severe symptoms. You can get your flu shot every year during the flu season. Health experts recommend everyone six months and older get a flu shot, but talk to your health provider if you have questions. It is not too late to get a flu shot! The sooner you get the shot, the better. Call the Squaxin Island Tribe Health Clinic to schedule an appointment today at (360) 472-9006.

You can help protect children, Elders, and the whole community from the flu and other similar illnesses by following these simple steps. Small actions like staying home when sick, washing hands, and getting vaccinated can help keep everyone healthy. Let's work together and help keep our community safe and healthy during this flu season!

### CDC Data Link:

<https://www.cdc.gov/fluview/surveillance/2025-week-53.html>

Information in this article is based on guidance and surveillance data from the Washington State Department of Health (WA DOH) and the Centers for Disease Control and Prevention (CDC).

## Good News!

### Tribal Assistors

The Clinic is pleased to announce that Tonya Haapanen, Clinic Manager and Kaylee Wright Pharmacy Technician are now serving as Tribal Assistors. They are available to help all Tribal members with applications for Apple Health (DSHS Insurance). If assistance is needed, please contact the Clinic to schedule an appointment.

**MAMMOGRAM SCHEDULE 2026**

**SQUAXIN ISLAND TRIBE**

**February**  
THURSDAY 02/26/2026

**May**  
THURSDAY 05/07/2026

**June**  
THURSDAY 06/25/2026

**July**  
THURSDAY 07/09/2026

**September**  
THURSDAY 9/10/2026

NAVIGATOR: Clara Hernandez  
(360) 427-9006

To Schedule your appointment please contact your patient navigator.

Influenza Positive Tests Reported to CDC by U.S. Clinical Laboratories, National Summary, 2025-2026 Season

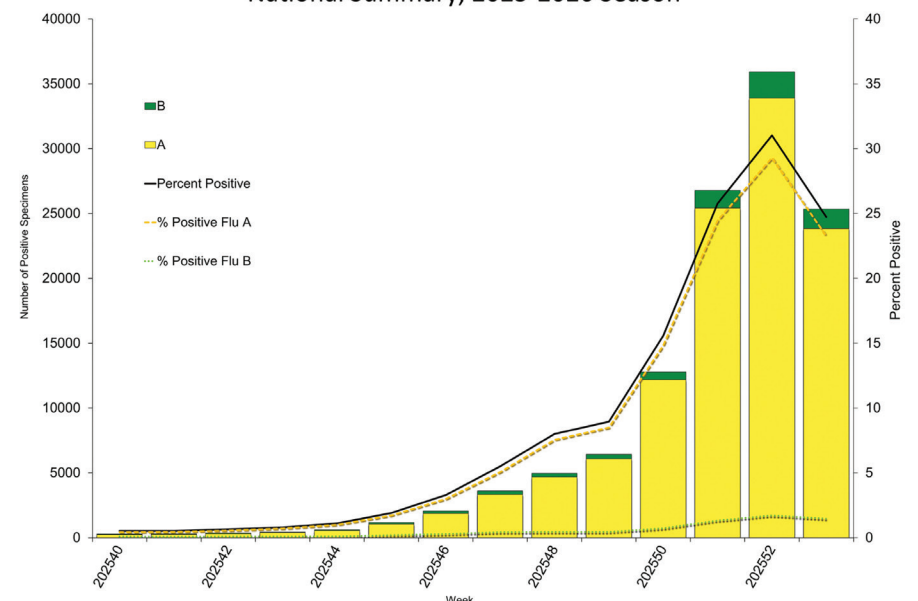
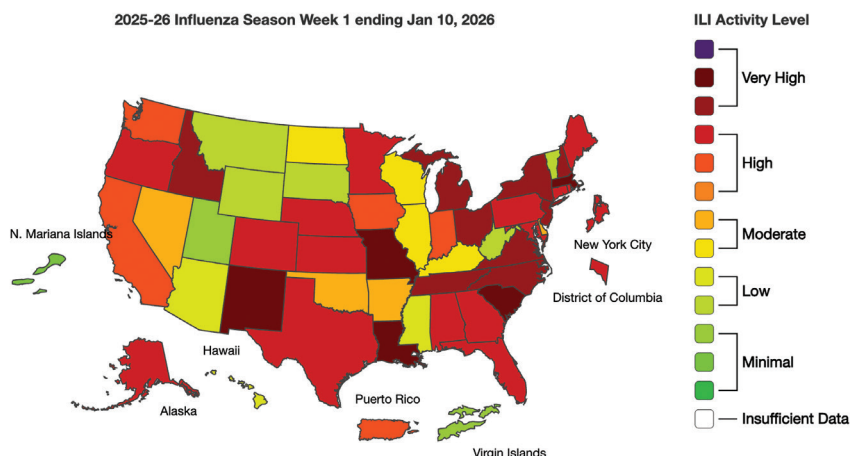


FIGURE 1: Across the United States, there are increasing positive tests for Influenza. Most of the flu cases are strain A (in yellow), but positive tests for Influenza B (in green) are also going up.

FIGURE 2: As of January 3, 2026, Washington State is classified as having "High" Influenza-like illness activity, meaning many people in our state and community are getting sick with the flu.





## Hiding Under The Covers in Plain Sight: Gentle Sleep Fixes That Really Work



By Dr. Fergie - Nearly one in three children and adolescents experience significant sleep difficulties – problems falling asleep (sleep onset), staying asleep (sleep maintenance), or both. Among neurodivergent youth, including those with Attention-deficit/hyperactivity disorder (ADHD) or autism, sleep disturbances are almost universal. Moreover, these challenges are not fleeting. Sleep problems in infancy often persist into early childhood, and research shows that about half of adolescents diagnosed with insomnia (sleep disorder diagnosis) continue to struggle with sleep well into their twenties and beyond.

Sleep problems disrupt nearly every major organ system in the body. It negatively impacts emotional regulation (how the brain manages feelings) and worsens mental health. Sleep deprivation has been shown to increase “dark” or negative thoughts, making a child or youth more prone to depression. Adolescents with significant sleep problems, for example, are twice as likely to meet diagnostic criteria for a depressive illness in adulthood. Some studies have also shown that adolescents with significant sleep problems experience more hopelessness, suicidal thoughts, and, unfortunately, make more suicide attempts. Please keep in mind that sleep difficulties are typically part of a wider constellation of emotional and/or behavioral challenges – not the sole cause of suicidal ideation (thoughts).

Sleep problems also negatively impact the ability to think (cognition) and the ability to learn, which, potentially, have lifelong consequences. Children and adolescents who do not get enough quality sleep exhibit slower reaction times, reduced processing speed (how quickly brains think), poorer sustained attention (concentration), and have trouble remembering things (due to problems encoding new information and consolidating existing memories). Slower processing also makes it harder to keep up in school. Information packed into a lecture simply outpaces a sleepy brain’s ability to absorb it. Making matters worse, sleep deprivation also lowers impulse-control, increases risk-taking and hyperactivity, making children and youth more prone to conflicts at school. Sleep is, after all, crucial for how the brain operates, not least brain development, so it is no wonder sleep problems impact so many areas of daily functioning.

Chronic sleep loss can affect hormone regulation, releasing cortisol (stress hormone) and disrupting growth hormone (GH) secretion (which is released during slow-wave or “deep sleep”), potentially leading to slower growth rates. Because they alter hormones that regulate appetite and increase cravings for high-calorie, high-carbohydrate foods, sleep problems increase the risk for obesity. Sleep problems also potentially raise blood pressure and, over time, can contribute to hypertension, Type 2 diabetes, among many other health-related problems.

### So, How Much Sleep Is Necessary?

A good anchor point is “ten at ten,” meaning that a 10-year old requires about 10 hours of sleep for healthy development and brain function. Younger children require more. Adolescents and adults require less, as depicted in the figure on Page 19. By the way, you won’t go wrong if you mostly stick to the healthy ranges in dark blue.

### What Causes Sleep?

Apart from strong anesthetics used in surgery, nothing can truly “force” sleep. Sleep isn’t something that can be “commanded” – it must be “allowed” to happen. For the brain to fall asleep, the “wake” system must first be switched off,

allowing the body’s natural sleep mechanisms at the base of the brain (i.e., brainstem) to kick in, like a thermostat on a wintery December night.

Sleep pressure is the body’s biological drive to sleep. Sleep pressure builds gradually during the day the longer a person stays awake. For children, this means that the more time that has passed since their last nap or bedtime, the greater their drive to sleep. Daytime naps are therefore fine for toddlers but usually counterproductive for older children and adults as it prolongs sleep onset at bedtime.

Sunlight has the strongest impact on decreasing sleep drive. Morning and daytime light exposure sends a strong signal to the brain to stay awake (by suppressing melatonin). This is why spending time outdoors, like at recess or at auntie’s house – especially early in the day – helps children stay alert, while dimming the lights in the evening helps their developing brains “turn off wake,” allowing sleep to take over.

### How To “Turn Off Wake”

Healthy sleep begins not in the moment we close our eyes, but in the hours leading up to it. Psychologists call this sleep hygiene — the set of healthy habits and environmental cues that prepare the brain and body for rest.

qqStart with consistency. A stable sleep schedule anchors the body’s circadian rhythm — the 24-hour internal clock that governs when we feel alert or drowsy. Try to keep bedtime and wake time within two hours of each other, even on weekends. Developing brains love routines!

qqNext, modify the sleep environment. Darkness triggers the release of melatonin, the hormone that tells the body it’s nighttime, while cool temperatures (around 68°F for most adolescents, slightly warmer for very young children, 70-72°F) lower core body temperature, another signal telling the brain to rest. Nightlights, however, are okay (if the light does not shine directly on the child’s eyes; the eyelids are translucent and let light in). If they insist on having the television on, cover the screen with a pillowcase or towel. Try to keep ambient noise to a minimum. Gentle white noise is fine if it soothes rather than stimulates. If a child insists on listening to something else, have them listen to the same audiobook or movie/show every night. Over time, the audiobook or movie is used less for entertainment and more to help children settle in for sleep. If at all possible, charge their phones outside of the bedroom (at the opposite side of the room and out of view and silenced, at a minimum).

Caffeine, even in the early afternoon, can linger for six hours or more. Caffeine intake should therefore be restricted before noon. Likewise, eating at regular times and avoiding heavy meals before bedtime is also recommended. Heavy meals can promote indigestion, heartburn, or cause upset stomach, keeping a child awake.

Build a bedtime routine — a predictable sequence of calming activities, whether it’s dimming lights, reading a few pages from a calming book, or gentle stretching. The repetition itself conditions a brain to associate those cues with winding down.

### From Rumination to Relaxation

Many children find themselves lying in bed worrying about a test, the bully who kicks the back of their seat on the bus, or maybe they’re stressed out about how long it is taking them to fall asleep (psychologists call this “catastrophizing”). For



## Hiding Under The Covers in Plain Sight: Continued from Page 18

busy minds that keep a child awake, distract the mind (gently) using the “cognitive shuffle.” The cognitive shuffle helps a child redirect their minds from these anxious loops, stuck on repeat, by providing a mental task that is interesting enough to capture their attention but calm enough to allow their brain to drift off. Here are several examples.

Have the child choose a “neutral” word without repeating letters – something like dreams, rest, or calm (in keeping with the theme of this little article). For each letter in that word, their task is to think of another word beginning with that letter and briefly picture the object in their mind. For example, for “dreams,” they might first imagine a (d)og, a (d)iamond, a (d)inosaur, a (d)ishwasher, (d)ice, a (d)oor, and so on. Once they've exhausted their ideas for one letter, they move on to the next, and so forth. When they finish the whole word, they can pick a new one and repeat the exercise.

Another variation of the cognitive shuffle is to use simple math. Have the child count backward from, say, 300 by threes or by twos. Younger children might also enjoy tracing the alphabet with their index finger on the open palm of their other hand. The tactile sensation is soothing too. Whether counting backward or tracing letters in an open palm, the aim is to gently occupy a busy little mind – just enough to calm the worries of the day and allow sleep to drift in naturally.

### Training A Young Brain to Associate Bed with Sleep (Stimulus Control)

Brains are always forming associations. It connects places, feelings, and activities — even when a child is not aware that it is happening. Below are recommendations to help strengthen the association between a child's bed and sleep.

#### 1. *The bed is only for sleeping.*

When a child lies down, their brain should automatically think, “Oh—this is where I sleep.” So, avoid studying, eating, or binge-watching there! If they are tired, go to bed. If they are awake for an extended period of time, get up.

#### 2. *The bedroom itself is fine.*

They do not have to exile themselves from their room — just draw boundaries within it. Create a “sleep zone” separate from where they hang out or do homework.

#### 3. *Keep bedtime routines out of bed.*

Read, stretch, or journal nearby — on a chair, desk, or floor. When they finally climb into bed, it signals to their brain: “Now I sleep.”

#### 4. *Be patient with sleep onset.*

Falling asleep within 15 to 30 minutes is perfectly normal. Sleep isn't a toggle switch — it's more like a dimmer switch of sorts that takes time to lower.

#### 5. *Don't stay in bed wide awake.*

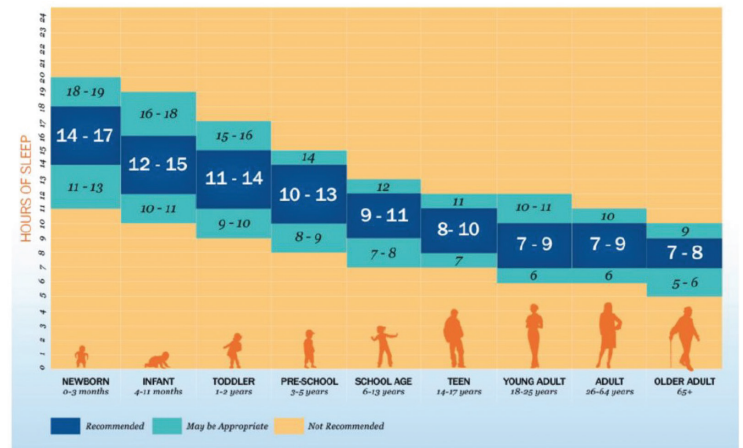
If they are tossing and turning, have them get up. Have them do something quiet and relaxing (like reading or “square breathing”) until they feel sleepy again. Lying awake too long teaches their brain that the bed is for thinking or stressing out, not sleeping.

Over time, these simple rules retrain their brain. They are teaching their

brain a powerful new association — one that says, bed = sleep, not gaming, doom-scrolling or trolling or being trolled on social media, etc.

**6. Finally, exposure to morning sunlight and regular physical activity (ideally, earlier in the day) reinforce the body's natural sleep-wake rhythm.**

Lather, rinse, and repeat!  
Pleasant dreams!



Source: Hirshkowitz, M., Whiton, K., & Albert, S. M., et al. (2015). The National Sleep Foundation's updated sleep duration recommendations: Final report. *Sleep Health* 1(4), 233–243.

## Clenching and Grinding Your Teeth

Do you tend to wake up with your jaw aching? Maybe frequent headaches in the morning? Or your teeth are appearing chipped and worn but you don't remember how it happened. So what could be possibly going on?

You may be clenching or grinding your teeth while you sleep.

Your dentist also calls this phenomenon bruxism.

What causes bruxism? The short answer is stress. When awake, people tend to clench and grind their teeth when they are feeling anxious, frustrated or concentrating hard. When it happens during sleep, the causes can be due to an abnormal bite, sleep apnea or other stressors.

So what can be done? Excessive wear and tear on your teeth, jaw joints, muscles and ligaments are definitely not good. It can significant pain, dental issues and difficulties eating or talking.

So be sure to let your dental professional know if you suspect that you are clenching or grinding your teeth. They will probably want to have you try wearing an occlusal guard (nightguard.) This will help keep the teeth slightly apart and protected from hitting against each other. It also allows the jaw to smoothly move back and forth without interference.

Also be sure to let them know whether you feel that you do it more during the day or night as this could affect what type of occlusal guard your dentist decides to have made. Guards that are thinner material and made to fit over the lower teeth tend to be easier to talk with and are usually a better choice for daytime bruxers.

If you are suffering from any of these symptoms, call Squaxin Island Dental at (360) 432-3881 to schedule an appointment.





## The 10 Keys to Healthy Eating

Nutrition is often regarded as the first form of medicine. Indeed, it plays a fundamental role in our health! Here are 10 ways you can adopt simple dietary habits to optimize your health and well-being.

### 1. Have a savory breakfast!

Most of us eat cereal with milk or buttered white toast with jam alongside a tall glass of orange juice for breakfast. But that breakfast is far from ideal in terms of nutrition. Indeed, that kind of overly sugary meal encourages insulin secretion, which should be avoided — especially in the morning.

It's best to opt for a savory breakfast. Eating protein in the morning promotes the production of dopamine, a neurotransmitter that stimulates the mind and jump-starts your motivation. In addition to making you more motivated and alert, consuming protein at breakfast can also help you feel full longer and reduce snacking later in the morning.

Eggs are the perfect solution because they contain extremely high quality protein and are rich in vitamins and minerals. But there are other protein sources you can try for variety:

Animal protein: one ounce of cheese (preferably goat or sheep milk), yogurt (goat or sheep milk), sardines or a slice of good ham (from time to time) Plant-based protein: soy-based vegan pudding packed with protein, chia seeds, nuts & nut butters (almonds, walnuts, hazelnuts, etc.)

### 2. Eat at least 2 - 3 fruits & 2 - 3 servings of vegetables a day

A daily intake of 28 to 32 oz of fruit and vegetables is ideal, i.e. 2 to 3 servings of vegetables (17 oz) and 2 to 3 fruits. For lunch and dinner, choose at least one raw and one cooked fruit or vegetable.

Fresh fruits and vegetables are very high in fiber, which has an essential role in optimizing our health. It contributes to satiety and therefore plays an important role in weight management, it helps regulate our blood sugar levels, and it also facilitates digestion and helps balance our gut microbiota.

Fruits and vegetables are also rich in vitamins, minerals and antioxidants. Getting the right amount of antioxidants is particularly important for preventing cancer, degenerative diseases and cardiovascular disease.

Vary the fruits and vegetables on your plate and their colors as much as possible to reap all their benefits!

Warning: fruit juice is not the same as fruit! Juice lacks the fiber that regulates the rate at which sugars are assimilated, so its glycemic index is much higher than that of whole fruit.

### 3. Eat good fat

The quest to eliminate fat has no scientific or biological basis. In fact, “good fats” are responsible for the proper development of eyesight, brain membranes and neural connections. In addition to being good for the brain, they help reduce cardiovascular risks. So good fat is a crucial ally for good health!

But not all fats are created equal! The problem is not that we eat too much fat these days, but that we eat too much bad fat.

Limit your intake of saturated fats and omega-6, which are currently over-consumed. These fats are found in animal products (meat, butter, cheese, etc.), in some vegetable oils (sunflower, coconut, palm, grape seed) and above all in many processed products (cookies, potato chips, etc.).

On the other hand, make sure you get plenty of omega-3 fatty acids! Omega-3 fatty acids occur primarily in fatty fish (tuna, salmon, mackerel, sardines, etc.), certain oils (canola, linseed, walnut), seeds (chia, flax, hemp) and in some vegetables in very small quantities (watercress, lamb's lettuce, cabbage). Caution: do not consume tuna or salmon more than once a week, as they generally contain high levels of various pollutants, including heavy metals (mercury, PCBs, dioxins, etc.).

Choose products rich in omega-9 fatty acids. Omega-9 fatty acids occur in large quantities in olive oil, hazelnut oil, avocado, hazelnuts and almonds.

### 4. Take the time to chew

Chewing may seem like a trivial step and is often neglected; however, it plays an essential role in our health.

Better nutrient absorption: good chewing transforms food into nutrients that reach our cells more effectively.

Eating less and managing weight: chewing triggers various hormones that send a satiety signal to the brain during the meal.

Improving digestion: insufficient chewing forces the stomach to produce more gastric juice to break down large pieces. This excess acid can irritate the digestive lining and cause acid reflux.

Protecting teeth and gums: chewing helps prevent cavities by stimulating saliva production, which cleans dental plaque and protects enamel from acidity. It also exercises our gums, essential for good dental health.

### 5. Fill up on antioxidants

Antioxidants are extremely beneficial molecules that are crucial to cell protection. They help guard against various afflictions, such as premature skin aging, cancer, degenerative disorders, cataracts, arthritis and cardiovascular disease.

The good news is that these miracle workers occur all around us in our food. Eating generous amounts of fruits and vegetables is usually enough to cover the body's needs.

*Here are some foods with particularly high antioxidant properties:*

- Berries: blueberries, blackberries, goji berries, acai berries, raspberries, strawberries
- Other fruits: apples, plums, pomegranates, oranges, kiwis, grapes, figs
- Vegetables: artichokes, cabbages, broccoli, spinach, bell peppers
- Allium family: onion, garlic, shallot
- Spices: cloves, ginger, turmeric, cinnamon
- Herbs: thyme, basil, oregano, parsley, chives, dill, mint, rosemary, bay leaf
- Hot beverages: tea and coffee
- Cacao and chocolate: pure cocoa powder, dark chocolate (at least 70% cacao)

You should eat organic versions of these foods because organically grown foods



have 20% to 70% more polyphenols (a type of antioxidant found in many vegetables) than conventionally grown foods.

## 6. Eat mindfully

In our busy lives, many of us eat breakfast at breakneck speed, or gobble up lunch in front of our computers to make the most of our time. We are completely disconnected from our relationship with food.

However, it is important to devote at least 20 minutes to each meal. Mindfulness is about considering a moment in its own right and paying attention to what we eat.

Applying mindfulness to our eating habits will have several beneficial impacts. First, it enables us to listen to our hunger and satiety signals and ensure that our intake is adapted to our needs. This will reduce the quantities we consume and our cravings for snacks.

Mindful eating also helps develop a preference for healthier foods: when we eat impulsively and emotionally without listening to our bodies, we no longer feel the pleasure of eating, and we are more susceptible to fatty, sweet and salty foods.

Finally, mindfulness also contributes to mental well-being. It allows you to observe your feelings without judgment, and to listen to yourself. Thinking only of the present moment during a meal also helps to still the mind and lower stress and anxiety.

## 7. Limit your salt intake

Salt is essential to proper body function, but excessive consumption can lead to the development of certain diseases. Today, we consume more than twice as much salt than we really need!

Excessive salt intake increases the risk of high blood pressure. Hypertension itself can lead to heart disease and even stroke. Salt consumption also increases the risk of cancer and stomach ulcers.

### *There are simple ways to reduce salt intake:*

- Limit foods high in salt: ready-made meals, potato chips, cold cuts, pizza, sauces, cheese, etc.
- Opt for alternatives to add flavor to dishes, such as garlic, onion, thyme, chives, basil, lemon, pepper, curry, paprika and all sorts of spices.
- Taste before salting
- Do not add salt to cooking water
- Remove the salt shaker from the table

## 8. Go vegetarian at dinner

It is recommended to prepare a vegetarian dinner, meaning no meat, fish or eggs. This type of meal will help pave the way for a good night's sleep.

So, for dinner you should opt for plant-based protein rather than animal protein. Indeed, animal protein encourages the production of dopamine, a neurotransmitter responsible for alertness and motivation. While it is perfect in the morning to rev you up, at night the body needs to make serotonin, a neurotransmitter associated with soothing and sleep regulation.

Serotonin is made from tryptophan, an amino acid found in plant-based protein, such as legumes, soy, brown rice, sunflower seeds and chocolate. The carbohydrates found in legumes and grain products also help optimize serotonin production.

### *Some foods promote serotonin production, which optimizes sleep quality:*

- Walnuts and almonds: in addition to tryptophan, they contain magnesium,

a lack of which can be linked to sleep disorders.

- Carbohydrates (from whole grains and fruits): thanks to insulin secretion, their amino acids will be directed to the brain rather than the muscles. That will make room for tryptophan in the brain, so it is more readily available for serotonin production.
- Furthermore, animal proteins and cooked fats are very demanding for the digestive system: they are made up of molecules that can take a long time to digest.

## 9. Opt for low-temperature cooking

Cooking at high temperatures erodes the nutritional quality of food: it leads to the destruction of certain vitamins and minerals. Some vitamins are very sensitive to heat, and foods can easily lose 50% of their initial vitamin content during cooking. The longer the cooking time and the higher the temperature, the lower the nutritional content of the food.

In addition, browning food during cooking is accompanied by the production of Maillard bodies, compounds which, in excessive quantities, can increase the risk of developing certain cancers.

Opt for low-temperature cooking, i.e. below 210°F. The most useful method is gently steaming your foods.

## 10. Eat raw foods and avoid processed foods

Raw food is a product that is sold in its original form and has not undergone any processing: fruit and vegetables, legumes, eggs, fish, etc. Conversely, processed products are those that have undergone some form of transformation in order to be sold and which do not occur in this form in nature: ready-made meals, fruit juices and soft drinks, cookies, etc.

Ultra-processed foods have problematic health effects: they are often low in nutrients with a high glycemic load. What's more, they generally contain little fiber and their texture can be too soft to be satiating.

Finally, consuming processed foods throws the gut microbiota out of balance. As a result, the intestinal microbiota has fewer good bacteria, which are essential to proper body function since they fight pathogens (e.g. parasites and bacteria) and perform essential functions to prevent lifestyle diseases.

### *Here are some tips for avoiding processed foods:*

- Go with short ingredient lists, meaning no more than 4 or 5 ingredients.
- Avoid products whose ingredient list includes items with complicated names (glucose-fructose syrup, hydrolyzed proteins, modified starch, etc.).
- Eat as many raw, unprocessed products as possible, that you have prepared and cooked yourself.

Happy New Year!

Happy New You!





# COMMUNITY



2/1  
Camden Bear Adams-Lewis  
Dennis Lloyd Sigo  
Harry James Johns Jr.  
Winter Raven Perez

2/3  
Aaliyah Emily Ann Garcia  
Donald John Briggs  
Mistifawn Andi Martinez  
Rome Luis Ramirez Henry  
Tatum Guijosa-Bryson

2/4  
Isaiah Lewis Rees  
James Arnold Cooper  
Kalea Anne Johns  
Larry Joseph Bradley Jr.  
Lydia Anna Trinidad

2/5  
Anthony Andrew Pinon  
Dylan Lee Suarez  
John Clayton Briggs  
Shannon Renee Cooper

2/6  
Stephanie Jeanne Starr

2/7  
John Edward Tobin  
Michael James Mosier  
Ruth Ann Lopeman  
Sabastian Ramon Rivera

2/8  
Apisai Taule'ale'a Moliga Jr.  
Barbara Lynn Knudsen  
Fawn Patricia Ann Parker  
Imani Rose Murray  
Justin Lopeman-Dobson

2/9  
Adin Jeromy Cooper

2/10  
Aries Mae Blueback  
Crisaleena Nevaeh-Marie Rees

2/11  
AleI Leslie-Renea Henderson  
Hunter Davis Merriman  
Shaelynn Dawn Peterson

2/12  
Che-Vonne Josephine Obi  
Emilio Hernandez Capoeman  
Russ Michael Addison

2/13  
Addison Maralee Henry  
Alaiyah Adair Marie Lewis  
Angel Nosson Krise-Zacarias  
Eugene Russell Cooper

2/14  
Michael James Furtado  
Santino Saenz-Hernandez

2/15  
Alicia Nicole Boyette  
Owen Francis Bell  
Sean Daniel Jones  
Sonja Mae Clementson

2/17  
Antone Hidalgo-Hawks  
Clayton Mcloud Bethea  
Raul Cristian Avalos  
Sophie Lynne Martin

2/18  
Haley Nicole Wilson  
Kimberli Anne Burrow-Elam  
Steven Mitchell Peters

2/19  
Benjamin Quanah Parker  
Katalina Michelle Lewis  
Rachel Fame Ford  
Robert Wesley Whitener Jr.

2/20  
Cheryl Louise Sept

2/21  
Annie Martha Graye  
Kristopher Klabsch Peters  
Margaret Mary Witcraft  
Steven Ray Peters  
Timothy Lee Edgar Linn Jr.

2/22  
Grace Marie Pughe  
Hailey Cassidy Brown

2/23  
Joshua Darryl Melton  
Kasiah Mae Brown  
Lydia Cecile Parrott  
Marvin Dale Newell Jr.

2/24  
Alkaiyas Cedar-Wolf Cooper  
Fayila Prae Hewitt

2/25  
Jonathon Joseph Fry  
Zachariah Ashton Mirka

2/26  
Fisher Warren Sigo  
Katrina Frances Branch  
Lisa Marie Lehman  
Samuel Joseph Penn

2/27  
Alex Ryan Salgado  
Amar'e Lucio Carrington  
Cameron Fitzgerald Henry  
Juana Cherati Rose Nelson  
Leilani Blueback

2/28  
Katherine Mae Ackerman  
2/29  
Dennis Lloyd Sigo



## Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us



## Culture Night

5pm

Wednesdays

Squaxin Community Kitchen

Bring your dancing feet,  
drums, rattles & crafty hands



Contact Deanna for more info  
360-463-0991





# What's Happening

## WIC



February 2

## DIAPER DISTRIBUTION

February 6

## USDA



February 6

## COURT

Family  
Criminal  
Civil Court

February 5 Beginning at 9:30 a.m.  
February 24 Beginning at 9:30 a.m.  
February 24 Beginning at 11:00 a.m.



## AA MEETING

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



## Elders Menu

*Fruit and salad at every meal*

### MONDAY 2:

Veggie Quiche

### TUESDAY 3:

Taco Soup, Corn Bread

### WEDNESDAY 4:

Chicken Pot Pie

### THURSDAY 5:

Hamburgers, Green Beans

### MONDAY 9:

Crab Cakes, Veggie Rice

### TUESDAY 10:

Italian Sausage, Potato Soup,  
Bread sticks

### WEDNESDAY 11:

Sandwich Bar

### THURSDAY 12:

Shrimp Scampi, Zucchini

### MONDAY 16:

Spaghetti, Corn

### TUESDAY 17

Chicken Rice Soup,  
Egg Salad Sandwich

### WEDNESDAY 18:

Baked Potato Casserole, Carrots

### THURSDAY 19:

Steak, Roasted Red Potatoes, Broccoli

### MONDAY 23:

Teriyaki Chicken, Rice, Veggies

### TUESDAY 24:


Seafood Soup

### WEDNESDAY 25:

Salmon, Rice Pilaf, Brussel Sprouts

### THURSDAY 26:

Turkey, Mashed Potatoes w/Gravy,  
Mixed Veggies



# EMERGENCY

CALL **9-1-1** FIRE POLICE MEDICAL RESCUE

## SQUAXIN ISLAND TRIBE

### Non-Life Threatening Emergencies

<p><b>Emergency Operations Center (EOC) Hotline</b> <i>(Information only - no voicemail)</i> (360) 432-3947</p> <p><b>Community EOC Hotline</b> <i>(Questions and voice mail message)</i> (360) 443-8411</p> <p><b>Emergency Management Coordinator</b> (360) 443-8410</p> <p><b>Community Emergency Response Team (CERT)</b> (360) 426-5308</p>	<p><b>Squaxin Police Department</b> Office Hours Monday - Friday 8:00-4:00 (360) 432-3831</p> <p><b>PUD No. 3 Outage Hotline</b> (360) 426-8255</p> <p><b>Mason County Police Dispatch Non-Emergency</b> (360) 426-4441</p> <p><b>Mason County Fire Non-Emergency</b> (360) 426-3348</p>
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## Squaxin Island WIC

**Women, Infants, and Children**  
WIC 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



Next WIC date:  
**Monday, February 2nd**  
SPIPA IPC, phone appts.

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



**WOMEN, INFANTS & CHILDREN**

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

## In Washington State, Help is 3 Numbers Away

**211** maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services
- Transportation
- Legal Services
- Counseling
- Disaster Aftercare
- Everything Else

**211** also can connect people with information and referrals for:

**988** provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

**911** provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation


**Call for Information and Community Resources**  
**211**

**Call for Suicide Intervention and Crisis Support**  
**988**



**Call for Emergencies**  
**911**

**Whole Person Care**  
Warm Handoff

**2-1-1**  
Washington



Learn more at [Traumatic Brain Injury](https://www.traumaticbraininjury.org/)



## South Puget Intertribal Planning Agency

### USDA Foods Program December Delivery Date

# Squaxin Island


## 02/06/26

SPIPA IPC Parking Lot  
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.



## South Puget Intertribal Planning Agency

### February Diaper Distribution


# Squaxin Island Tribe

## 02/06/26


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

## Join Us! JANUARY 30TH



Nisqually Tribal Elder John Simmons  
in Collaboration with SPIPA

### Intertribal Men's Health Listening & Talking: Cancer 101 Session

**Men and Their Caregivers:  
A Special Event in Nisqually!**



Join us for an evening of learning, connection, and community!

Discover valuable information about different cancers in an interactive session led by a trusted healthcare professional.

**What's in store?**

- A welcoming space for men to connect, share stories, and support each other
- Breakout sessions for caregivers with Nisqually's Caregiving Specialist, Juanita Banelos
- Delicious dinner, exciting raffle prizes, and a \$15 gift card for completing a quick Men's Wellness & Health Assessment

**Raffle Items:**  
Salish Cliffs Golf Club  
Salish Cliffs Golf Package

**Fishing Basket**

**WHEN & WHERE:**

- Friday, January 30, 2026
- 5:30pm - 7:00pm
- Nisqually Elder's Building Lunchroom
  - 4820 She Nah Num Dr SE, Olympia, WA 98513

For additional questions, contact  
**Cher Castello**

360.550.6224  
[ccastello@spipa.org](mailto:ccastello@spipa.org)