



New Squaxin Island Fire Station Will Celebrate Grand Opening This Month

Its a big deal!

Mason County Fire District #4 and the Squaxin Island Tribe will celebrate the grand opening of a new fire station this month. The station promises to have a positive impact on many of the 6,500+ citizens living within the district's 52 square



miles. Locating the fire station at 3660 SE Old Olympic Hwy, in the southern part of the district, is expected to cut incident response time to Little Creek Casino Resort in half; the response time is currently four to seven minutes for aid and fire calls.

"Once the new station is staffed, we can be at the casino in just two minutes," Bob said.

Incident response time to the Squaxin Island Tribe's residential area will be cut by nearly two thirds; the volunteer, live-in firefighters will be able to get help to the scene within three minutes, Bob said.

The Grand Opening Ceremony will be held on site April 4th at 1:00 p.m. It will be the joyful culmination of more than four years of planning and negotiations between the Squaxin Island Tribe and Fire District #4 officials.

"This is a first, for both tribal nations and fire districts," Fire Chief Bob Burbridge said. "And what makes this agreement even more astounding is that we have placed a great deal of emphasis on emergency management and training, bringing the fire district up-to-date with all of the latest technologies and procedures."

John Taylor, the Squaxin Island Tribe's Emergency and Safety Manager, also serves as a volunteer captain and is attending the fire fighting academy requiring 290 hours for certification. It is his job to coordinate the emergency response team that involves all departments within the tribal organization. Drills have already taken place to simulate response to emergency situations such as pandemic flu. Training will be conducted in continuous four-year cycles.

"We even have the Department of Finance on board," Bob said. "This enables us to be prepared for federal reimbursement for disaster recovery from hour one, day one!"

The new facility nearly doubles the amount of space for offices and training rooms. There is a decontamination room and a home for four volunteer fire fighter residents.

"Everything is first rate," Bob said. "The Tribe's Emergency Operations Center's radios, phone system and internet lines allow the fire department to work like a small dispatch center. Everything is portable."

The fire district currently responds to approximately 1,000 calls a year with a very limited budget of \$450,000. All fire fighters are volunteers.

Another goal of both the Tribe and Fire District No. 4 is the recruitment of tribal members

and young cadets who can gain experience through the volunteer program. "Our live-in firefighter program is beneficial to young people who are just beginning to plan for a career," Bob said. "Our training program is progressive and encourages free-thinking through music and the presentation of cultural and moral values. We train to the national standard for fire fighting"

Interested in becoming a certified firefighter? Contact Fire District #4 at 426-7222 to begin the application process.

Mark Your Calendars . . .

General Body Meeting

May 3rd, LCCR Event Center

Sign-in begins at 8:30 a.m. / 1st Roll call @ 9:05

Elections will take place for the following positions:

POSITION

CURRENTLY HELD BY

Chairman:

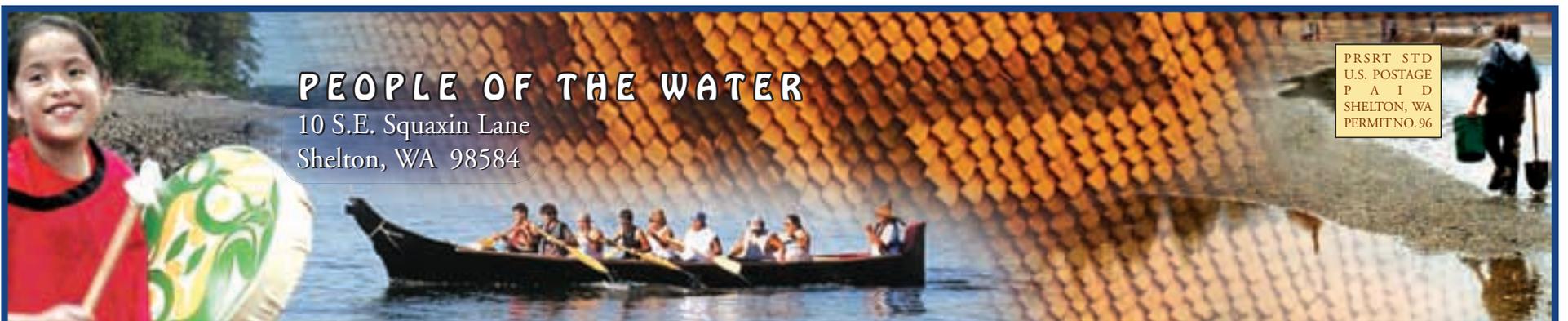
Jim Peters

First Council Member:

Will Penn

Second Council Member:

Pete Kruger



PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

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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:

JIM PETERS: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
WILL PENN: First Council Member
PETE KRUGER: Second Council Member
CHARLENE KRISE: Third Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

Beach Cleanup 2008

On March 19th, 2008 Pacific Coast Shellfish Growers Association will be hosting a beach cleanup at the Arcadia boat launch. Every year several dump trucks are filled by volunteers collecting trash in southern Puget Sound. Some of this debris is from shellfish aquaculture and harvesting activities, however in past beach cleanups approximately 85% of the trash collected was from other sources. This is a great opportunity for community members to get involved and take an active role in protecting our natural resources. The debris is not only harmful to local wildlife and health of our beaches, but upon chemically breaking down is undoubtedly harmful to humans as well. Squaxin Island Natural Resources personnel will be transiting between the Arcadia boat launch and Squaxin Island throughout the day starting in the morning at approximately 9am. We welcome all volunteers to join us in keeping our beaches clean. Lunch and coffee will also be provided by PCSGA. For more information on previous years' cleanup events please visit <http://www.pcsga.org/pub/uploads/Articles/dirtyjob.pdf>. Hope to see you there!

Beach Trash Facts:

- The majority of marine debris comes from people's mishandling of waste materials while on land.
- A glass bottle takes one million years to break down in the environment.
- Every day, the average American discards 4.5 pounds of trash.
- Seabirds and marine mammals are affected by ingestion of, and entanglement in marine debris.
- An aluminum can takes 80 to 200 years to break down in the environment.
- Marine debris entanglement and ingestion has been reported in six of seven sea turtle species worldwide.
- Debris can be blown into the water or carried by creeks, rivers, storm drains and sewers into the ocean.
- A plastic bag takes 10 to 20 years to degrade in the environment.
- It is illegal to dispose of any plastics in all U.S. waters and anywhere at sea.
- A cigarette filter takes one to five years to break down in the environment.
- In 2005, collisions with floating and submerged objects caused 269 boating accidents, resulting in 15 deaths, 116 injuries and \$2.9 million in property damage.
- A newspaper takes six weeks to degrade in the environment.

Running for Reelection



Howdy!

I think you all remember me; I am Pete Kruger Sr. and I'm running for my former position, Council Member No. 2. I feel I have had a positive impact on issues that have presented themselves to Tribal Council over the years that I have served.

As the only elder sitting on Council, I feel that I bring the knowledge and experience that only an elder can provide. I have been a successful business owner which helps in our Tribe's economic endeavors, and the years I have worked for our Natural Resource Department have given me a unique perspective on the impacts of environmental issues our tribe faces.

I am very proud and honored to have served the Squaxin Island people on Tribal Council for the last three years. I look forward to the challenges of making life better, not only for our youth and elders, but for all tribal members as we continue down this road together.

I hope you consider casting your vote for me in the upcoming election May 3rd. I'd like to say thank you for your support and hope you'll continue to support me in the upcoming election.

Sincerely,
Pete Kruger



Shelton School District Native Support Position

The Shelton School District is seeking applications for a Native American Support – Para Tech position. This position will be serving students at Shelton High School and CHOICE Alternative High School. Position is 6.5 hours per school day, 2 hours are temporary for the remainder of the 2007-2008 school year. Interested applicants should complete a letter of application and an up-to-date resume. Please complete an on-line application at www.sheltonschools.org.

Qualifications: Completed 2 years (72 quarter credits) of study at an institution of higher learning or AA degree from an approved institution, or completion of the ETS Parapro Assessment with a passing score. Washington State Sexual Misconduct clearance.

Starting Salary: \$13.63
Apply to: Human Resources Department
Shelton School District
700 S. 1st Street
Shelton, WA 98584
(360) 426-1687

Youth Powwow Dance Group Donations Needed

We are making powwow regalia.
Any Fabric or sewing materials, beads,
ribbon, leather, feathers
or regalia of any kind
would be greatly appreciated.
We are also looking for volunteers
to teach us how to make things
such as pouches, roaches and headbands, ect.
For more information call Janita:
Work 432-3972 or Cell 870-5818



Native Youth POWER Conference 2008

Great Wolf Lodge — Chehalis, WA — June 20-23, 2008



Promoting
Outreach &
Wellness
Empowerment
at the
Reservations

Expected Outcomes:
 native youth learn healthy habits
 native youth learn how to prevent disease
 native youth become peer educators in wellness
 native youth set goals and learn new physical activities

**Vision: native youth become leaders in wellness
for a lifetime
for their community**

Contact John Simmons
 Comprehensive
 Cancer Control
 Program Coordinator
 360-462-3660






TU HA'BUTS LEARNING CENTER



Computer Lab

Computer Lab is open and will be available Monday through Thursday from 3:30 to 6:00 p.m., and Friday from 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students are allowed to use the computers. The Computer Lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used for educational purposes, homework, research and reports, etc.

Tutoring

Private tutoring sessions will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Learning Center Hours

Kim Cooper	8:30 – 5:00	432-3904
Walt Archer	7:30 – 4:00	432-3826
Lisa Evans	8:30 – 5:00	432-3882
Mark Snyder	10:00 – 8:00	701-1561
Bill Kallappa	10:00 – 8:00	432-3992
Vanessa Algea	10:00 – 8:00	432-3876
Stephanie Weaver	3:00 – 8:00	432-3876
	M-Th	

Squaxin Youth Cultural, Educational and Activities Calendar

April 2008

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm</i>	<i>Homework Help is available Mon-Thur From 3:30-5:00!!</i>	1 <i>Spring Break! Shelton Watch for Flyer</i>	2 <i>Spring Break! Shelton Watch for Flyer 4:30pm Food Sense 5pm Youth Council</i>	3 <i>Spring Break! Shelton Watch for Flyer</i>	4 <i>Spring Break! Shelton Watch for Flyer</i>	5
6	7 <i>Spring Break! Griffin Watch for Flyer</i>	8 <i>Spring Break! Griffin Watch for Flyer</i>	9 <i>Spring Break! Griffin Watch for Flyer 4:30pm Food Sense 5pm Youth Council</i>	10 <i>Spring Break! Griffin Watch for Flyer</i>	11 <i>Spring Break! Griffin Watch for Flyer</i>	12
13	14 <i>3pm Ping Pong 3pm Snack 3:30pm Wii 3pm Open Gym</i>	15 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	16 <i>B-Ball 3:30-6pm 3pm Ping Pong 4:30pm Food Sense 5pm Youth Council</i>	17 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	18 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	19
20	21 <i>3pm Ping Pong 3pm Snack 3:30pm Wii 3pm Open Gym</i>	22 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	23 <i>B-Ball 3:30-6pm 3pm Ping Pong 4:30pm Food Sense 5pm Youth Council</i>	24 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	25 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	26
27	28 <i>3pm Ping Pong 3pm Snack 3:30pm Wii 3pm Open Gym</i>	29 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	30 <i>B-Ball 3:30-6pm 3pm Ping Pong 4:30pm Food Sense 5pm Youth Council</i>			<i>Any Questions Call: Mark Snyder 701-1561 Bill Kallappa 463-6361</i>



SQUAXIN GIRLS VS. SQUAXIN COPS



Jeremiah George - The Squaxin Island Girls vs. the Squaxin Island Cops game was an edge-of-your-seat affair again this year. I have to say that the sole reason the Cops took last year's game was because Bill Kallappa and I played on their team. If you don't remember, at the end of regulation last year, I came up with a steal with seconds remaining, and Bill hit a 3 off of my assist to tie it up. The Cops took advantage of more time, with us on the bench, and won it in overtime. You would think that would be hard to top, but the girls fought hard this year for a win with their newly established coach, Levi Sanchez, running the show.

Rose Algea opened the ceremonies with good work that she always contributes with a prayer song. Madeena led a moment of silence and then sang two songs on the big powwow drum with Tasheena Sanchez, Victoria Sanchez, Joseph Rivera, Morningstar Green and Billy Yocash. They sang the songs to show their respect for the late Squaxin Island Police Officer David Schmidt. David's children then commemorated the beginning of the game with the first two points for each team with shots at both goals. Madeena then grabbed the microphone and said, "Let's kick some butt!"

The game started out with Mike Evans winning the jump ball over Shaquille O'Neal AKA Vanessa Algea and the Cops jumped out of the starting gate to go up by eight points. The cops shot horribly, but used their height advantage to control the offensive boards and grab rebounds of the girls' missed shots. Tasheena Sanchez gave a good screen for Madeena.

Then the game got kind of disorganized on both teams. Coach Levi didn't waste time in getting his ringer, Joseph Rivera, substituted in, but it really didn't turn into instant offense. It might have been Joseph's reluctance to hog the ball right away or that he went 2 for 8 in the first half. I suppose he may have tried to concentrate on defense (he did look like a kid in a candy store when he realized the cops couldn't do much about him being physical). He took joy in that all game.

Lydia Rivera also checked in to the game early. She started out rusty in the first half, going 1 for 6 with an air ball or

two, but began to find her touch going into halftime. Morningstar played a few minutes for her being the tallest on the team and grabbed a couple rebounds, but showed the results of being cooped up in the little drive-thru window at KTP. Victoria Sanchez showed that her and her sister can still play good defense and brought the ball down the court a little like they used to do at Wa-He-Lut. Rachel Fennel was all over the place, making steals and assists with good defensive pressure, ball handling and passes. Kenna Krise made a couple easy baskets and showed her shooting form is very similar to her sister Kristi's, all with a smile or a giggle. Trisha Blueback found her way into key moments for a few minutes at the end of the first half. Deanna Hawks used her minutes to be a bruiser in the key creating rebounding. Madeena Rivera Hit made a 3-pointer, but couldn't find her natural touch.

The Cops received contributions from their entire team, a little different from years past when they relied totally on Chris Peters. SIPD's method to their madness wasn't pretty, but they controlled the first half with a balanced attack & stifling defense. But the girls wouldn't be denied in their own house; well it's theirs now that the Cops finally moved to the other side of the baseball field. The girls made a push, and showed that they came to play, cutting the lead down to eight going into half time.

At halftime, the results of the raffle were announced and a lot of art and valuables donated from the community resulted in over \$400 in proceeds. Then Madeena turned up the music for a mini dance off between her and Chris Peters who wowed the crowd with his funky river dance. His performance may have loosened him up a little, because he seemed to put the ball in the hoop with ease afterwards.

The second half started with the cops gaining momentum again, but the girls' resolve was soon to show. The officers



seemed to take the poster near their bench to heart, It read, "Power By Krispy Kreme" and they increased their lead to 14. The game went back and forth like a heavy weight boxing match for the first part of the second half. Lydia then seemed to find her touch and made another three which narrowed the gap pretty quickly. The girls' hard nosed defense, which found pretty even contributions from everyone on the team, pressured the ball handler and turned out bad passes and steals.

The Cops' stamina seemed unable to keep up with the pressure. Their lead kept getting smaller as the girls found each other for assists on easy short jumpers and Lydia's and Madeena's threat at the three point line. The pace favored the girls' into a 10 point lead with about four minutes to go in the game and Coach Sanchez could be heard telling the girls, "Look at the score girls. This is real!"

Then the cops seemed to remember they were taller, and they proceeded to rebound themselves into second shot opportunities. That eventually led to baskets as they chipped away at the lead.

A seemingly stubborn rim spit out any shots that the girls attempted, and the officers' dominating of the defensive boards limited the girls' shots. The lead was down to 8, then to 6. They traded baskets with only a few minutes left as Rachel finally began to take the open shots given to her by the defense all game. She made 6 of the girls' 10 points in a stretch of about 3 minutes. With about a minute left, the girls' lead stayed at 4 points. The Cops' defense stopped the girls' attempts at a larger lead, and they came within 2 points with about twenty seconds left on the game clock. One of the officers threw a desperation shot that hit the side rim and ricocheted into a crowd of players from both squads. Lisa and Mike Evans' son came out of the dog pile with the ball

pretty close to the basket, and had what looked to be a definite tying basket. But, out of nowhere, flew Rachel, who denied the easy look with a hard foul, sending him to the free-throw line with seconds to spare. Referee Mark Snyder took it upon himself to try to give him tips on how to deal with the pressure of tying the game at the end of the game with two free-throws. It may have seemed like an eternity as Mark went over the situation with him and the girls' bench grew louder and louder. His first shot bounced right off without much chance of going in. He then had to make a choice of whether he should try to make the shot or miss it on purpose and hope his teammates' height advantage would turn into a rebound and a shot attempt that could tie the game. In either case, he missed and the ball went to Chris Peters who missed a two-foot shoot. The girls grabbed the rebound and ran out the clock, winning the game 43 to 41. Both teams shook hands afterwards and took a player photo. Everyone signed the game ball which went to the children of the late officer. There were no MVP's announced, but here's some telling statistics:

For the Squaxin Island Police Department:

Mike had 4 points; Colton had 2 points; Bryan had 2 points; Micah had 4 points; Chris had 17 points (after only 6 in the first half); Josh had 12 points

For the Squaxin Girls:

Madeena had 6 points on 2 three pointers, 2 steals, 4 rebounds and 2 assists; Victoria had 6 points, 3 steals, and 5 rebounds; Kenna had 4 points, 2 rebounds and 2 steals; Morningstar had 2 rebounds; Deanna had 2 rebounds; Joseph had 9 points, 3 steals and 5 rebounds; Shaq AKA Vanessa had 2 points, 8 rebounds and 2 steals; Lydia had 6 points on 2 three pointers, 5 rebounds, 4 steals and 1 assist; Tasheena had 3 rebounds, 2 steals and 2 assists; Trisha had 2 rebounds; Rachel had 10 points, 7 rebounds, 5 steals and 2 assists.

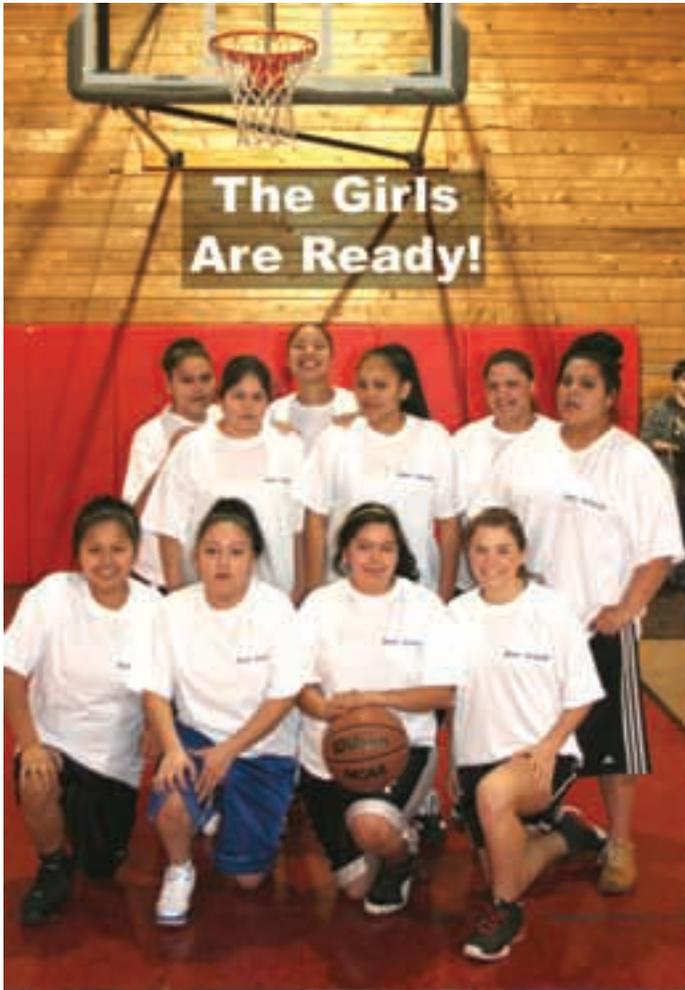
*Photo by John Evans:
Madeena Rivera and Tracy Bogart
More photos on pages 6-8.*



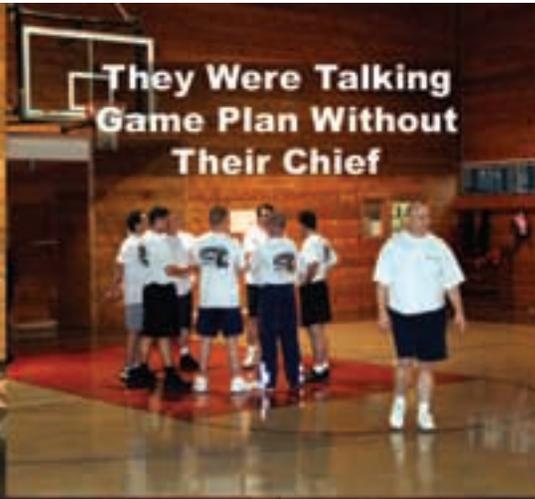
SQUAXIN GIRLS V. SQUAXIN COPS



Photos by Jeremiah George and Aleta Poste



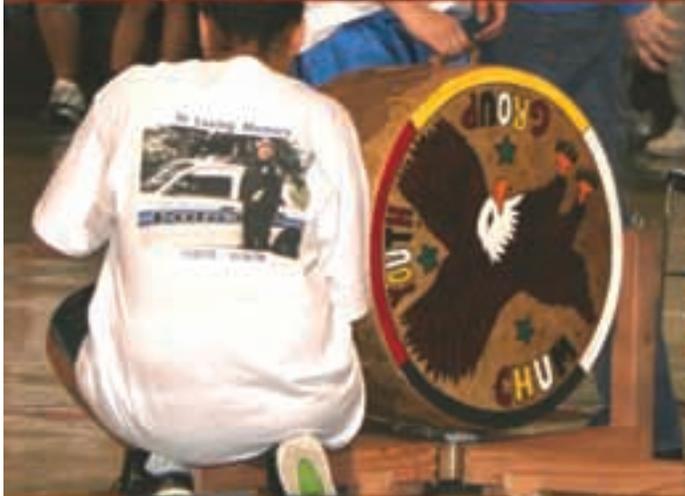
The Girls Are Ready!



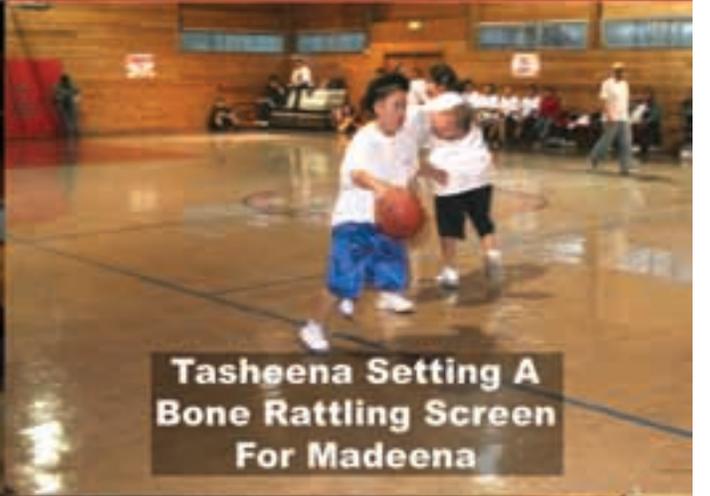
They Were Talking Game Plan Without Their Chief



Quick! Show Me The Look That You Will Give The Girls The First Time You Pull Them Over!



The Girls Only Loss Was The Jump Ball



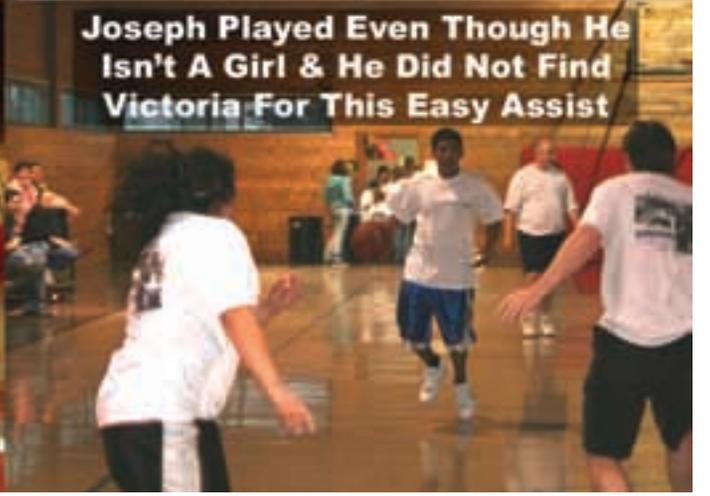
Tasheena Setting A Bone Rattling Screen For Madeena



Could Rachel Get Assault On An Officer For Breakin Their Ankles?



No Shame In His Game, Rejected



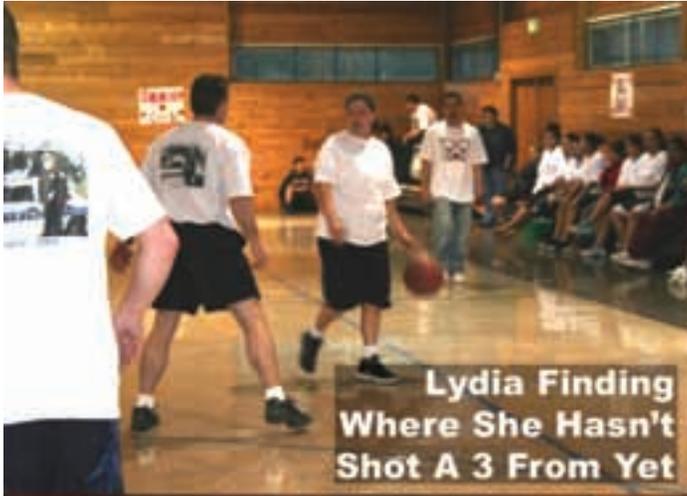
Joseph Played Even Though He Isn't A Girl & He Did Not Find Victoria For This Easy Assist



SQUAXIN GIRLS V. SQUAXIN COPS



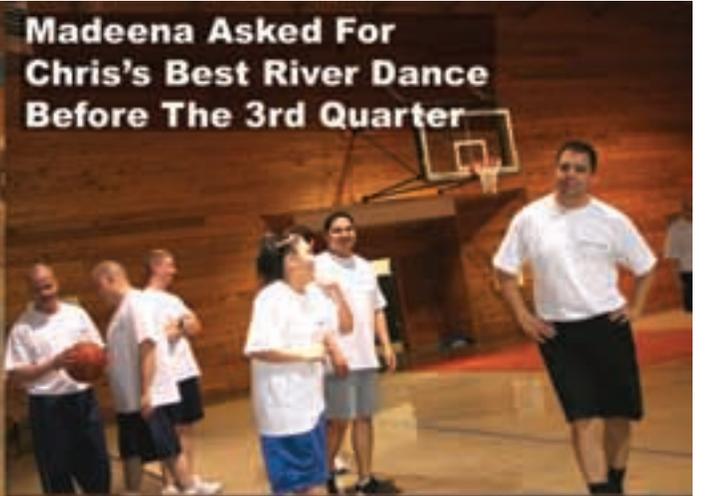
Photos by Jeremiah George and Aleta Poste



Lydia Finding Where She Hasn't Shot A 3 From Yet



Star Giving The Ball Up To The Wrong Team!



Madeena Asked For Chris's Best River Dance Before The 3rd Quarter

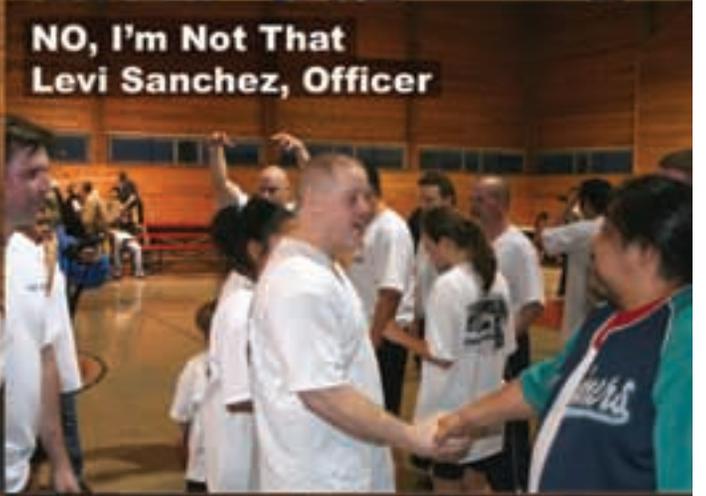


It's All White!

Look At The Ref's Great Attentiveness! This Is A Ref That's An Alternate For The NCAA Tournament?!



How Many Points Are You Going To Win By?



NO, I'm Not That Levi Sanchez, Officer



Shaq & Co.



Cops Bench With NO MORE DONUTS



COPS VS. REZ GIRLS BASKETBALL TOURNEY



Shelley Rawding - The CHUM Program initiated the Squaxin Island Cops Vs. Rez Girls Memorial Basketball Tournament. It was held February 29th. We held a raffle with proceeds going to the account of "Children of David Schmidt." We would like to thank all of those who donated to the raffle: KTP, Squaxin Museum, Jeremiah George, Bear O'Lague, Mari Stone, Little Creek Casino, Northwest Indian Treatment Center, Outpatient, Kevin Lyons, Squaxin Elders Program, Rose Brownfield, Ed Cooper, and Skookum Tobacco Factory.

Also, we had a concession stand, and would like to thank those who helped or donated to that: Sally Brownfield, Rose Algea and Marcella Castro.

The girls won the game this year... but it was very close. They had an advantage as they placed donuts next to the COPS bench and I think that may have weighed them down a bit. It was a great evening and everyone had a lot of fun.



Chief Mike Evans and Mason County Sheriff Casey Salisbury



David's daughter taking the 1st shot



Kris Peters



Micah Ware



Lydia Algea, Chief Mike Evans and Madeena Rivera



Brian Evans



Well, you know!



Madeena Rivera and Casey Salisbury



Joseph Rivera



Flag Song

Photos on this page by John Evans



A Couple More Great Powwow Shots by Lil Kruger



Are You Registered to Vote?
If not, ask at the front desk.
We will help you get signed up.

New Employee

**Dillon Decicio Places 1st at “Brawl”
Nintendo Wii Gaming Tournament at GameStop**

On Saturday, March 8, 2008 GameStop on Cooper-Point road in West Olympia hosted a “Brawl” tournament. Brawl is a Nintendo game that was not released to the public until 12:00 a.m. (midnight) March 9, 2008. This tournament was sponsored by Nintendo and was played on the Nintendo Wii game system. In excess of 50 contestants participated according to an employee of GameStop. The tournament began at approximately 9:45 p.m. and was over before midnight. Everyone who competed played “Brawl” for the very first time. Dillon Decicio was one of the 1st two contestants called inside of GameStop to play. The matches were 1 minute long with a tie-breaker if necessary. All matches had two players except the last match had 3 players with a total of 3 minutes to play. Dillon won a trophy and an invitation to play in Lakewood, Washington on Saturday, March 15, 2008 with the other contestants who won at participating GameStops Saturday, March 8, 2008. There are approximately nine more matches to win to be the contestant to compete at Nationals in San Jose, California in early April, 2008. Before leaving GameStop on Saturday night, the GameStop employees thanked Dillon for his participation and stated to him, “Dillon, you were one of the 1st two players called in to compete and you are also the last player, Congratulations!” Dillon is hoping to win the next “Brawl” matches in order to participate in the national competition. Everyone that was inside GameStop had to wait outside after the competition was over while the employees finalized Dillon’s paperwork and invitation for the next tournament. Then, GameStop started the “Brawl” game sales at midnight.

Congratulations to Dillon and good luck for the games ahead.



**Sophie Hoptowit
M.D.**

Hello! I am an enrolled member of the Yakama Nation and the mother of two children, Isabella and Samuel, and wife to James Stratton, who works as a pharmacist for St. John's Medical Center in Longview. I have been working for the Cowlitz Tribal Clinic for over a year, and prior to that, I did fill-in work while staying at home with my baby. My husband and I both worked at the Roger Saux Health Center in Taholah previously and the IHS Clinic in Toppenish.

I have always wanted to serve Native people and look forward to meeting the people in this community. I also look forward to working with your staff at the Squaxin Island Health Clinic. My hours will vary for the first few months while I try to catch up on paperwork for the clinic. Thank you!



Match 3



Final Match



*GameStop Manager,
Dillon and staff*



Office of Housing Highlights

Tax Preparation

The OOH Free Tax Preparation Site has prepared 13 returns for tribal members who reaped the rewards of not having to pay an expensive tax preparer and most received their refunds within 10-14 days. The site will remain open through April 15, so if you need your taxes prepared or are unsure if you need to file, call Lisa @ 432-3871. ***Pictured at right are Vanessa Algea and Phil Wozniak.***



Maintenance Workshop

Our "Do It Yourself" Maintenance Workshop was a lot of fun. Free prizes were given away and everyone learned how to install, repair and unclog toilets. ***Our Housing Maintenance Specialist, Todd Hagmann was on hand to demonstrate how to "Do It Yourself."*** Also pictured are Rusty Gouin, Dorinda Thein, Lisa Peters and Liz Kuntz (middle).



Financial Skills

Another successful *Building Native Communities - Financial Skills for Families* class was completed in January. The class was presented by Office of Housing staff with a one-on-one credit counseling session for each person in attendance.

The curriculum for this class covered the following topics:

- Building A Healthy Economy
- Developing a Spending Plan
- Working with Savings and Checking Accounts
- Understanding Credit and Your Credit Report
- Accessing Credit

We would like to congratulate the 3 participants who completed all 3 sessions of the class and received their certificate. Come join in on the fun and attend the next *Building Native Communities* class which will be held on April 15, 17 and 22. Call Lisa Peters @ 432-3871 to reserve your spot at the class. Hope to see you there!!

Economic Stimulus Payments to be Dispersed in May

Starting in May, the IRS will begin sending stimulus payments to an estimated 130 million taxpayers.

The vast majority of taxpayers don't need to anything more than file a 2007 tax return. The IRS will then do all the rest, including determining eligibility and stimulus amounts. The stimulus payments could be as much as \$600 for single filers and \$1,200 for joint filers. In addition, taxpayers may be eligible to receive an additional \$300 per qualifying child. Stimulus amounts begin phasing out at Adjusted Gross Income levels of \$75,000 for a single filer and \$150,000 for those filing jointly. Only taxpayers who file a 2007 tax return with valid Social Security numbers will be able to receive a stimulus payment. If filing a joint return, both spouses must have valid Social Security numbers. Children must have valid Social Security Numbers to be eligible as qualifying children. Individual Taxpayer Identification Numbers (ITINS) and Adoption Taxpayer Identification Numbers (ATMs) are not eligible.

The legislation also provides stimulus payments to recipients of Social Security and veterans with disabilities benefits if they receive at least \$3,000 in earned income and/or benefits from these programs, They need to file a tax return in order to receive that payment.

Social Security recipients, veterans with disabilities, widows of veterans with disabilities, and railroad retirement benefits recipients, who normally are not required to file a tax return, will need to send in a simple tax return this year in order to receive a check. The IRS.gov web site will be the best source of information for all stimulus questions.

Upcoming Events

Free Tax Preparation Site

(Basic Returns)

Tu Ha'Buts Learning Center
February 5 - April 15, 2008

Tuesday and Thursday evenings

By appointment only

4:30 p.m. – 7:30 p.m.

One-on-One

Credit Counseling

Administration Bldg. 2nd Floor

April 15, 2008

By appointment only

4:30, 5:30, 6:30 p.m.

Building

Native Communities

Financial Skills for Families

Administration Bldg. 2nd Floor

April 15, 17 and 22

3:00 – 6:00 p.m.

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters @ 432-3871.

The OOH asks that you call to reserve a seat if you plan to attend a workshop.



A New Back Hoe

Dan Neelands - The Maintenance and Facilities Departments were pleased to accept delivery of their new John Deere 110 back hoe the week of March 3rd. This piece of equipment will be put to use moving material, digging ditches and clearing roads. The hoe is one of the many tools used to keep the community running smoothly in any weather.

Campus Sign Project

Dan Neelands - The tribal campus sign project is currently under way. Recently, you may have seen contractor Jack Selvidge digging holes and preparing to place the signs for the tribes significant facilities. The signs will be mounted on attractive adze-finished poles in keeping with the timber architectural theme of many of our buildings.



Is Becoming a Homeowner One of Your Goals?

Even if you're moderate or low income, it's possible!

The first step to homeownership is knowing what's on your credit report.

The Office of Housing now has a Credit Counselor that comes in monthly to assist Tribal members with credit problems or questions. They have the ability to pull a FREE credit report from all 3 credit reporting agencies, which will also reflect credit scores from each. The counselor will then evaluate your report and offer assistance with any questions regarding your credit.

If you are interested in obtaining your credit reports and receiving a free consultation, please call Lisa Peters @ 432-3871 to schedule an appointment.

7th ANNUAL
MUCKLESHOOT VETERANS ASSOCIATION POWWOW

"Celebrating Freedom Indian Style"

SINGING CONTEST:

1st \$6000
2nd \$5000
3rd \$4000
4th \$3000
5th \$2000
6th \$1000

Adult Categories:

1st \$1200
2nd \$1000
3rd \$800
4th \$600
5th \$400
6th \$200

Team Categories:

1st \$500
2nd \$400
3rd \$300
4th \$200

Junior Categories:

1st \$400
2nd \$300
3rd \$200
4th \$100

Championship Specials:

Men's Traditional
Men's Grass
Team Dance
Junior Boys
"3 on 3 YOUTH BASKETBALL"
Hoop It Up

"Moon When the Men Get Ready © Ohohing Taha - www.tribalart.com"

1st GRAND ENTRY:
Friday, June 20th, 7pm

HEAD JUDGES
Tiny Ballinger, Chippewa
Edmund Bull, Cree
Boye Ladd, Winnebago
Bene Miles, Unalakleet
Wesley Spear Chief, Blood

SPECIAL PERFORMANCES BY:
Boye Ladd, Vietnam Veteran

ARENA DIRECTORS:
The Thunderbird Brothers

MC's:
Eric Toorosis, Foundmaker Crew
Jason Good Steiner, Blood
Jerry Merrick, Yakama

HOST DRUMS:
"Foundmaker"
Foundmaker, Case Holton
"Red Bull"
North Battleford, Sukkashewin

JUNE 20, 21, 22, 2008

"HONORING OF THE VETERANS" - SATURDAY AFTERNOON

HOST HOTEL: King Oscar Hotel (253) 265-1916 (ask for Pow Wow Rates)
ALL ROYALTY ENCOURAGED TO ATTEND

For more information contact Kahari Frank (206) 793-0347 or Mike Star (253) 261-1754



COMMUNITY



Happy Birthday

Duane Cooper	4/1	Andie Mae Cousins	4/9	Mable Seymour	4/19
Famie Mason	4/1	William Henderson	4/9	Elisha Peters	4/19
Seattle Morris	4/1	Alexander Henry Castellane	4/9	Jolene Grover	4/20
Colby Smith	4/1	Lila Jacobs	4/9	Pamela Peters	4/20
Rene Vigil	4/1	Kiana Henry	4/9	Vicky Turner	4/20
Daniel Hall	4/2	Cheryl Van Alstine	4/9	Edward Henry II	4/21
David Peters, Sr.	4/2	Antonia James	4/10	Elizabeth Obi	4/21
Kaitlyn Sweitzer	4/2	James Giles	4/10	Tyrone Seymour	4/21
Jacqueline Crenshaw	4/3	Joanna Peters	4/10	Emily Sigo	4/21
Deborah Knott	4/3	Kenneth Selvidge	4/10	Jon Vanderwal	4/21
Tamika Krise	4/3	Dorinda Thein	4/12	Chasity Villanueva	4/21
Bear O'Lague	4/3	Darren Ford	4/12	Joshua Whitener	4/21
Kathy Brandt	4/4	Russell Harper	4/12	Tracy West	4/21
Elizabeth Campbell	4/4	Healee Hernandez-Smith	4/14	Lenice Evans	4/22
Joseph Harrell	4/4	Debra Peters	4/14	Ronald Cooper	4/23
Tyler Hartwell	4/4	James Peters	4/14	Rebecca Keith	4/23
Janice Leach	4/4	Grace Pugel	4/15	Tristian Villanueva	4/23
Traci VanMechelen	4/4	Ronald Shaefer	4/16	Cameron Goodwin	4/24
Mathew Block	4/5	April Robinson	4/17	Lorrain Algea	4/25
Chauncy Eagle Blueback	4/6	Jeff Peters	4/17	Dawn Caasi	4/25
Robert James	4/6	Teresa Krise	4/18	Casey Krise	4/25
Carolyn Hoosier	4/7	Douglas Johns	4/18	Cynthia Parrott	4/25
Michael Kruger	4/7	Daniel Kuntz	4/18	Evelyn Allen	4/26
Rolando Rocero	4/7	Trinity Byrd	4/19	Russel Algea	4/26
Keesha Vigil-Snook	4/7	Dena Cools	4/19	Chauncy Blueback	4/26
Marcella Castro	4/8	Dustin Greenwood	4/19	Lucille Hause	4/26
Mi'Chelle Mach	4/8	Leslie Johnson	4/19	Doug Tobin	4/27
Rodney Krise, Jr.	4/8			Becky Pickernell	4/27
Juan Araiza	4/9			Wesley Whitener	4/28
				William Lopeman	4/29
				Redwolf Schalaq Krise	4/29
				Claudia McFarlane	4/29
				Toby Brownfield	4/30

What's Happening

	1	2	3	4	5	
		Family Court		AA Meeting 7:30	Good News Book Club 10:30	
6 Squaxin Indian Bible Church 11:00 a.m.	7	8 Criminal/Civil Court	9	10 Council Mtg.	11 AA Meeting 7:30	12 Good News Book Club 10:30
13 Squaxin Indian Bible Church 11:00 a.m.	14	15	16	17	18 AA Meeting 7:30	19 Good News Book Club 10:30
20 Squaxin Indian Bible Church 11:00 a.m.	21	22	23	24 Council Mtg.	25 AA Meeting 7:30	26 Good News Book Club 10:30
27 Squaxin Indian Bible Church 11:00 a.m.	28	29 Criminal/Civil Court	30			



Child Development Center Garden Project

We are excited about creating a few new growing spaces at the center. The child care center is now accepting donations to include:

- Cash for child sized gloves
- Child sized gardening tools
- Flower or vegetable seeds
- Flower or vegetable starts
- Lumber to construct raised beds

Gardening creates a place where children can experience the true meaning of nature.



Thank you
David Black, Cameron Goodwin
and Little Creek Event Center staff,
for all the thoughtfulness
and consideration you have shown
to the elders.

We appreciate it very much!!!
Thank you for the dinner Feb. 12th!!!

- Squaxin Island Elders

There were quite a few elders at
Sa'Heh'Wa'Mish Days Friday evening.
Drummers entertained us until the food
was served. It was good to see David
Whitener Sr. there. Everyone enjoyed
the event!



Daybreak Star

Dorinda Thein - The elders went to Daybreak Star in January to an event put on by the University of Washington. They enjoyed culture, dancing and good food. The food was prepared by the medical students, and there were parting gifts given to us. They all had a great time and go every year, so they are already looking forward to next year. About 25 elders attended.



Jeff Peters is the New Elders Committee Chairman



Outgoing Elders Secretary, Alene Whitener, was presented with blanket for her several years of service. Also pictured is incoming Elders Chairman, Jeff Peters.

** Photo by Rose Brownfield*





Sixty Four & Still Walking!

Del Johns, Sr. invites you to walk with him.

-Interviewed by Patty Suskin, Diabetes Coordinator

1. ***(Q) What do you consider your success in being healthier for life?***

(A) This walking, other exercise and eating healthier has taken me off my blood sugar medicine for my diabetes. I am always outside doing something from morning till dark. I may wax my truck 3 times a day!

2. ***(Q) What got you started on Healthier Lifestyle?***

I may have had a mini stroke about 4 months ago. I wanted to get back in shape, get the heart pumping like it should and get the blood flowing to my brain.

3. ***(Q) When did you start making changes?***

I started lifting weights about 6 months ago. I started walking before the snow, then I took a break for a week and a half or so for the snow to melt and started walking again about 2 months ago. When I was 30 years old, I used to run all the time. I felt really good when I ran. I tried running up the hill here, but it almost killed me.

4. ***(Q) What type of changes have you made?***

I'm walking about 4 miles a day now. I quit eating junk food. I cut back from 5 or 6 cans of Pepsi a day to 1 can a day; I drink water with lemon juice instead of the Pepsi. I'm eating more salads and choose whole grain breads now. If you get off the sugar, especially pop, you will feel better.

5. ***(Q) What was one of the hardest changes you made?***

Quitting Pepsi was harder than quitting drinking. I used to have to have one every morning. Now I add lemon juice to my water. I like the lemon water taste.

6. ***(Q) What keeps you going?***

I talk myself into it because I know it will make me feel better. I do feel better every time I walk. Sometimes my knees hurt so bad (arthritis) when I get up in the morning, I don't feel like walking. But I still walk because I know if I don't walk, I won't be able to walk the rest of the day. The walking actually helps my knees feel better once I get going. What also keeps me going is I want to spend more time with my grandson, Jacob. I'd like to have him walk with me, too.

7. ***(Q) What is different to you this time - why do you think these changes are a new way of life rather than a passing fad?***

It is a new way of life. I am going to keep this up until I can't do it anymore. Anyone who wants to walk with me can join me anytime. I'll walk slower and a short distance and walk you back. I want to inspire others to walk, too.

8. ***(Q) What advice to you have for others thinking about making healthier choices in life?***

You have to talk yourself into walking and eating healthier every day. It is easy not to make that choice. What are you going to do if you just sit there at home and drink pop? I make a choice every day to walk and drink my lemon water. Too many people are drinking too much pop. If you can get away from drinking pop, you will feel better and have more energy. Energy from pop wears off right way and pop is bad for your teeth. Some people find it easier to start slowly. But whatever you do, just start moving more. Even if you are an Elder, you can still walk a short distance. I know you'd feel better if you just start walking.

Anyone who wants to walk with me can join me anytime. I'll walk slower & a short distance & walk you back. I want to inspire others to walk, too. Even if you are an Elder, you can still walk a short distance. I know you'd feel better if you just start walking.

Being Active Keeps You Young !

If you need to start with chair exercises, ask Patty for a DVD.

If you are Native American & willing to share your health success story, contact Patty Suskin at Health Promotions at (360)432-3929 or psuskin@squaxin.nsn.us





HEALTH & HUMAN SERVICES



April Elder's Meals

Wed., 2 - Breakfast for Dinner
 Thurs., 3 - Chicken Fried Steak

Mon., 7 - Shrimp Cattiatore
 Wed., 9 - Baked Teriyaki Chicken
 Thurs., 10 - Spaghetti

Mon., 14 - Navy Bean Soup & Sandwiches
 Wed., 16 - Baked Chicken
 Thurs., 17 - Enchiladas

Mon., 21 - Pepper Steak
 Wed., 23 - Oysters
 Thurs., 24 - Lasagna

Mon., 28 - Chicken Rollups
 Wed., 30 - Elk Burger in Gravy
 Over Potatoes

** Menu subject to change*



April is Humor Month

Laugh More for Better Health

Patty Suskin modified from Larry Wilde - Did you know that humor is healthy? Laughing has been shown to help reduce stress, anxiety and frustration. Here are some suggestions:

1. Take a Humor Break. Keep a book of jokes or cartoons handy. If it makes good sense to keep a first-aid kit for medical emergencies why not a mirth-kit to deal with stressful situations? Just before a potentially stressful situation read some funny stories, look at a comic, or remember something funny. A smile or chuckle will relax and better prepare you for a confrontation. A good laugh makes you feel good and allows you to think more clearly and quickly. **Humor makes you more efficient -- it allows you to function better.**

2. Laugh at Yourself. When you make fun of yourself it takes the sting out of what other people say. It is not necessary to constantly put yourself down, but laughing at yourself shows that you're human. It reveals that you are so self-assured, you can readily poke fun at yourself. And guess what? People like you more! **Humor keeps you from taking yourself too seriously and makes dealing with others easier.**

3. Create Your Own Funny File. Find out what makes you laugh and nurture it. Each of us has an individual sense of humor. There are many life experiences we can look back on and laugh about uproariously, such childhood incidents, school situations and even marriage mishaps. Remember the embarrassing moments that were so painful when they happened but are funny now when you think about them. Consider collecting list of things that make you laugh or smile. Refer to these when you need a mental "pick up." **Keeping your own humor collection provides comic relief when you need it most.**

Medical science has shown that humor is a great way to cope with stress. Scientists are checking into more ways that humor may help us to be healthier.



TANF Program and Health Promotions Join Hands

Terrie Remick - Squaxin Island TANF program has partnered with Squaxin Island Health Promotions in presenting a monthly cooking class. The focus of the class is providing healthy nutritious meals for the family on a limited budget.

To date we have presented two classes. The first, held in January, involved a meal presentation utilizing ground turkey, (an item usually on stock at the tribal food bank), roasted potatoes, steamed vegetables, a healthy salad and peach cobbler. Our second class, held in February, involved a field trip to a local store where reading labels for nutrition was the focus. A 'meal on the run' was provided to participants which included chicken quesadilla, refried beans, jicama, carrots, apples, banana muffins and bottled water.

The cooking classes will continue through June. We have plans to continue discussion on working with a budget, preparing a nutritious breakfast and creating a traditional Squaxin meal.

The class is currently offered to those individuals who are eligible for TANF or who are relative caregivers. I would like to express my thanks to Patty Suskin for her time and expertise in assisting Squaxin Island TANF & relative caregiver families.

If you would like further information on our monthly cooking classes, please call Terrie Remick, Squaxin Island Family Support Specialist at 432-3216.





Upcoming Health Events

DIABETES SUPPORT GROUP

Monday, April 21
12:45 p.m. to 2:15 p.m.
(After Elder's Lunch)
At Elder's Building
Bring your Questions for
Dave Caulfield, ARNP

BRIEF COMMUNITY WALK

Every Thursday at 12:40 p.m.
Meet at the Elder's Building
after senior lunch

DIABETES FOOT EXAM MORNING

Tuesday, April 15th
Contact Patty for your annual
appointment

HEALTH PROMOTIONS

Come visit our
Health Promotions Programs
We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the
Pounds & more)
you can come & use in building across
from clinic.
Work out alone, with us,
or schedule a time for a group

COMMUNITY HEALTH WALK

Thursday, April 17th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk
in their area at the same time
for diabetes prevention!
Help us win the Walking Stick!
The Tribe with the most walkers
each month wins the walking stick
for that month.
We won it in July . . .
can we get it back in April?

MAMMOGRAMS WOMEN'S HEALTH EXAMS

April 18th
9:00 a.m. - 3:00 p.m.
Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family &
friends session

LIFESTYLE BALANCE PROGRAM

If you are Native American and over 18,
you may qualify to participate in this 16-
week workshop to improve your health
by changing nutrition and activity.

HEALTH PROMOTIONS

We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the
Pounds & more)
You can come & use them
in the building across from the clinic.
Work out alone,
with us, or with a group

FOOD SAMPLE AT PER CAPITA

Food Sample at Per Capita
Wednesday, April 2nd, Tribal Center
Taste something new & the recipe

DIABETES EXPO IN SEATTLE

Saturday, April 19th
Contact Patty for Details

FREE PILATES CLASSES

Community members welcome
Mondays and Wednesdays
4 - 5:00 p.m.
at the Health Promotions

ARE YOU LOW INCOME?

Do you live on the REZ?
Want a garden in your yard?
Contact Patty Suskin to get on the wait-
ing list to have a garden placed in your
yard - for FREE

WANT A GARDEN IN YOUR YARD?

Are you low income?
Do you live on the REZ?
Contact Patty Suskin
to get on the waiting list to have
a garden placed in your yard -
for FREE

LINE DANCING

Wednesdays & Fridays at noon
in the gym
\$2 donation

Questions?
Contact Patty Suskin @ 432-3929
or
Janita Johnson @ 432-3972



Diabetes Support Group Gets Tips on How to Become More Active

Submitted by Patty Suskin - On Febru-
ary 25th, Mike McCusker, Supervisor of
St. Peter Hospital's Fitness Center and
Cardiac Rehab Center shared informa-
tion about how to increase your heart
health, how to get started on being more
active and how to set activity goals. Dis-
cussion was lively and participants came
away with ideas and inspiration.

Here are some tips to increase your activity:

- Start a walking group with friends or neighbors and walk around the neighborhood
- Dance to music around the house
- Play with your children or pets
- Keep a pair of walking shoes handy at all times
- Hide the remote and get up the change the channel.

Join our next Support Group meeting on Monday, April 21st at the Elder's Building when Dave Caulfield, ARNP will answer your questions.

If you are Native American with diabetes, tell Patty how you are increasing your activity and get in the drawing for a pair of Nike N-7 shoes.





Squaxin Island Tribe Commodities

in the Gym 10:00 am to 12:30 p.m.

April 7th – Monday

May 5th – Monday

Call Nisqually Tribe for more information

Find Hiking, Beaches at Burfoot

From The Olympian



Photo by Chester Allen/The Olympian

WHAT: Outing to Burfoot Park.

WHERE: Six miles from downtown Olympia on Boston Harbor Road

TO DO: Burfoot Park has something for just about every outdoors person. Hikers can shake off the winter rust on the trail network, which also includes plenty of uphill — in the form of wooden steps. Birders can find a rich variety of gulls, woodpeckers — particularly pileated woodpeckers — ducks and shorebirds. Beach lovers can poke around the driftwood at the high-tide level, sift through shells and pebbles or spot harbor seals and sea lions just offshore. Photographers can get shots of forest and Puget Sound beach. There are picnic spots in the park and play areas for kids.

HIKING DETAILS: Burfoot Park is a nice spot for a quick lunchtime or after-work hike. The trails are in good shape and go up and down enough to give a little workout. Trees are budding into leaf along the trails, although winter isn't over for a few weeks. Watch your step on the stairs, as they can be slick. This trail is not for people who use wheelchairs or walkers.

BEACH DETAILS: It's a good idea to time your visit for low tide, as a very high tide will cover much of the 1,100-foot beach. Low tide is an excellent time to spot seagulls digging clams out of the gravel and then lifting into the air with a few strong wing beats. The gulls then drop the clams on the beach and immediately land to enjoy a meal of very fresh seafood. Several gulls are often working clams at the same time, and the thump of clams hitting rocks is almost constant.

BIRDS: Birders should watch for the bald eagles that like to perch in the Douglas firs on the bluff overlooking the beach.

SAFETY: Watch for slick spots on the trail. Don't go off of the trail because poison oak is everywhere.

EQUIPMENT: Food, water, rain gear, hiking shoes, cameras, binoculars and wild-life guides.

DIRECTIONS: From I-5 North, take Exit #105 (Port of Olympia) , go left on the roundabout to Plum Street. Turn left (north) onto Plum Street at the light, which becomes East Bay Road and then Boston Harbor Road. Pass Priest Point Park. Turn left into Burfoot Park about six miles from downtown. This route is a good bike ride on a nice day.

PARKING: Plenty of spaces are waiting for you.

HOURS: The park opens at 9 a.m. and closes at dusk.

COMFORTS: There are restrooms, picnic areas, fresh water and a nice play area for kids. The grassy lawns are good for Frisbee, catch and other games.

RULES: No camping, alcohol, firearms or fireworks.

MORE INFORMATION: Call Thurston County Parks and Recreation at 360-786-5595 or go to www.co.thurston.wa.us/parks.

Emergency Room Guidelines

Because Contract Health Services has limited funding, it is required that you use the Squaxin Island Health Clinic whenever possible. If the clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m., Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. Either of these offices can advise you on how to handle a medical problem. **The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.**

An emergency may be defined as “a threat to the loss of life and/or limb.” See partial listing under EMERGENCY ROOM listed below. Contract Health Services will only pay for Priority Level I and Priority II procedures. Below are some situations in which you might need to go to a clinic or emergency room. **Please note that this is not a complete list, and is only meant to provide you with a few examples.**

GO TO A CLINIC:

- Earache
- Couch
- Ingrown Finger/Toenail
- Bronchitis
- Minor Cuts & Burns
- Headache
- Colds

EMERGENCY ROOM:

- Amputation
- Heart Attack
- Profuse Bleeding
- Vomiting Blood
- Sexual Assault
- Acute Asthma Attack
- Stroke

If you find yourself in an emergency situation, please use Mason General Hospital or St Peter Hospital as the Tribe has a discount with these facilities. If you do not have prior authorization, please visit the hospital's financial assistance department to apply for assistance to satisfy our Contract Health Care requirements. Hospital Charity Care is available (up to 200% of the federal poverty level) – but only if you apply at the hospital.

Stopping the Next High

By Alison Birnbaum

Are we supplying our children with their next high?

Several national studies have just released statistics revealing that more teens abuse prescription and over-the-counter (OTC) drugs than any other illicit drug, except marijuana. The news is staggering: 2.1 million teens abused prescription drugs in 2006; 3.1 million people ages 12 to 25 have used cough medicine to get high.

This means that millions of us parents have been caught off-guard while a new wave of drug abuse has been occurring right in our own homes. The good news is that we have the power to prevent our children's access to medicines abused as drugs!

What can we do? There are three really easy ways to begin:

1. Safeguard all drugs at home and ask friends and family to do the same.

I knew a young woman who was taking her father's OxyContin from his bathroom cabinet. Though the family was aware of her drug abuse history, they were totally unaware of the disappearance of the father's pills. Review all medications – including prescription medications and (OTC) medications – that you are storing: Choose either to toss the meds out, or find a place to lock them so that only adults have access.

2. Properly conceal and dispose of old or unused medicines in the trash -- and control the distribution of every prescription written for our family members.

Attention Deficit Disorder (ADD) medications such as Adderall and Ritalin are being shared among teens for studying and weight loss. Prescription painkillers are widely abused, and even antidepressants are being shared amongst teens who don't have a prescription for them. Make sure that your child is not selling, sharing, or increasing his or her own dosage. Ask your prescribing doctor to review the proper use and dosage of each medication. Monitor dosage and use. Is your child using the meds for focusing on schoolwork as prescribed? Or has the use spread to a more general enabling of performance? I knew a teenage boy who was misusing his Ritalin to stay up all night and still be able to function the next day. He burned through his prescription, which finally signaled to his parents that he needed help.

3. Set clear rules for teens about all drug use, including not sharing medicine.

Define prescription and OTC drug abuse and clarify why it is so important to not share medicine and to always follow the medical provider's advice and dosages. Read up (this Web site is a gold mine!). And be prepared to discuss the dangers of abuse.

Remember that one of your most powerful tools in preventing drug abuse is expressing your disappointment in your child's behavior. Most teens say that losing their parents' approval is their number one reason to not use drugs.

As always, it is moving and enlightening to read your reactions and advice for one another. I look forward to following your responses in our parent forum.

Alison Birnbaum, LCSW, has practiced psychotherapy in New York City and Connecticut for 25 years. In her clinical work, she helps adults, adolescents, children, and their families with issues ranging from mental illness and substance abuse to divorce and emotional intelligence. Alison also works as a consultant to the National Youth Anti-Drug Media Campaign, offering expert advice on various media initiatives and contributing guest columns to TheAntiDrug.com. She was previously a member of the Media Campaign's Behavior Change Expert Panel (BCEP).

Shelton School District Native American Support Position

The Shelton School District is seeking applications for a Native American Support – Para Tech position. This position will be serving students at Shelton High School and CHOICE Alternative High School. Position is 6.5 hours per school day, 2 hours are temporary for the remainder of the 2007-2008 school year.

Interested applicants should complete a letter of application and an up-to-date resume. Please complete an on-line application at www.sheltonschools.org.

Qualifications: Completed 2 years (72 quarter credits) of study at an institution of higher learning or AA degree from an approved institution, or completion of the ETS Parapro Assessment with a passing score. Washington State Sexual Misconduct clearance.

Starting Salary: \$13.63

Apply to: Human Resources Department
Shelton School District
700 S. 1st Street
Shelton, WA 98584
(360) 426-1687

Strengthening Families Program

Dates: 4/15/08 to 5/27/08

Time: 5:00pm-8:00pm

@ Tu Ha Buts Learning Center

The TLC will be offering the Strengthening Families Program to the first 7 families to register. The Program will begin on Tuesday April 15th at 5pm. The ages for this program will be Youth ages 10-17. Dinner will be provided at each session! The deadline to register is April 8th. Registration forms will be mailed out or can be picked up at TLC.

Contact: Bill Kallappa (360) 463-6361





Happy 4th Birthday to Our Son
Tyrone Joseph Seymour
We love You Son!
Love, Mom, Daddy and Johnathan

Happy Belated 1st Birthday
Johnathan Seymour
We Love You Baby Boy!
Love, Mom, Daddy and TJ

Happy Birthday Andy Whitener
From Pete and Lil

S.H.M.I.L.Y???
Thank you for allowing me to share yet
another year of your life!
HAPPY BIRTHDAY ALACOLASH!

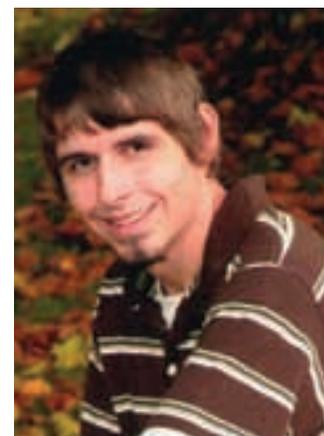


Always,
tsis?abali

Happy 18th WES-MAN!
Love Aunt Dee, Uncle Jerry & Dionna



Happy 18th Birthday Wes!



Love Leila & Mom - Dad says, "My little Buck!"

Fun in the Sun (Cruise) and a Little Visit to Elaine Moore's Cabo San Lucas Oasis, by Lil Kruger



on-board entertainment



Elaine's hideaway in Cabo



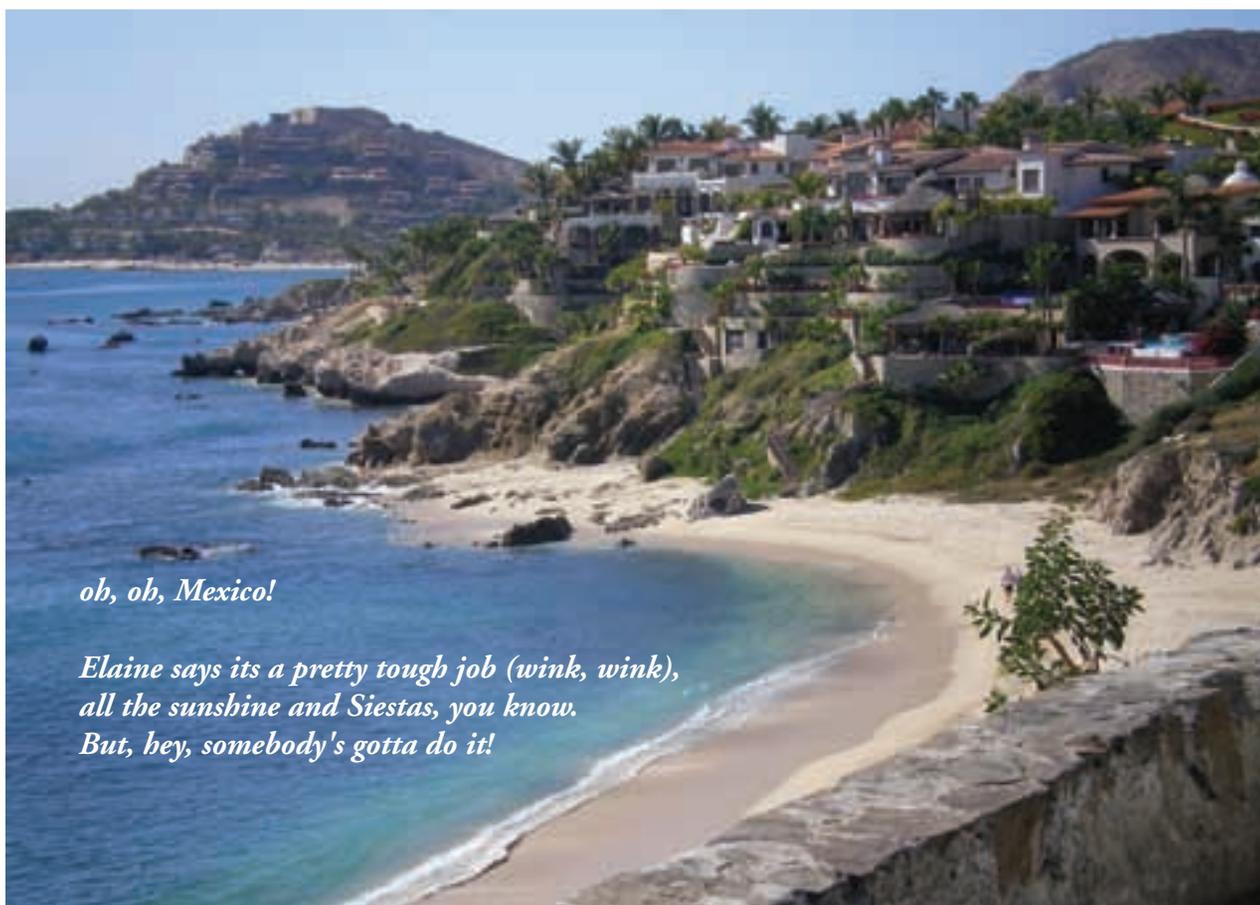
*guess who?
yep,
lucky brats!*



ok, a little scary!



spoiled



oh, oh, Mexico!

*Elaine says its a pretty tough job (wink, wink),
all the sunshine and Siestas, you know.
But, hey, somebody's gotta do it!*



this guy's cool!



*Elaine's hideaway
from another angle*

