

# Klah-Che-Min

ʔacaciɬalbixʷ gʷɬ tə xʷəlč yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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FEBRUARY 2005

COMPLIMENTARY

## Lower Elwha Klallam Tribe Begins Healing After Hood Canal Bridge Reconstruction Project Desecrated Their Ancestral Village Site

Members of the Squaxin Island Tribe braved an icy winter storm in order to stand with the Lower Elwha Klallam Tribe as it conducted a Healing Ceremony January 15 for its ancient čixʷicən village site which was literally torn apart by the Hood Canal Bridge reconstruction project.



*Frances Charles, Chairwoman of the Lower Elwha Klallam Tribe, counted cedar boxes holding tribal ancestors' remains unearthed by work in connection with reconstruction of the Hood Canal Bridge, a state Department of Transportation project. Photos by Steve Ringman.*

Although a decision to move the project to a new location was made in December, excavation had already desecrated grave after grave, including more than 264 intact human skeletons and more than 700 isolates, or bone fragments. The remains reveal statements of rank, of love and grief: shamans dusted with red ochre; couples buried with limbs intertwined; mass graves, signaling smallpox.

The Healing Ceremony was attended by several hundred people who came from the Lower Elwha Tribe, other tribes

from Washington and from as far away as the Southwestern United States and Alaska. People who had worked at the site, state agency representatives, local residents and others invited by the Lower Elwha Klallam tribe also attended. The ceremony took place in sleet and freezing rain in the paved parking area outside the sheet pile enclosed work area. Everyone stood in a large circle that included a tent set up for elders and listened as representatives from many tribes spoke, drummed and sang songs. Doug MacDonald, Secretary of Transportation, and staff members representing many of Washington's Representatives and Senators also spoke. Later people were invited to go on a guided tour into the area where the burials and village site are located. Following the ceremony at the site, dinner was served at the Lower Elwha Klallam Tribal Center, where many people again spoke. Squaxin Island Tribe contributed 200 pounds of clams for the dinner.

Currently, WSDOT is considering other suitable site for construction of the Hood Canal Bridge pontoons, including a site offered by the Makah. There is



*Frances Charles, Chairwoman of the Lower Elwha Klallam Tribe, washed with a mixture of snowberries steeped in water. Tribal members ritually washed whenever they left the site to avoid carrying bad feelings from spirits disturbed from their graves.*

still a lot of work that needs to be done, such as re-interment of the remains, constructing a facility for long-term curation of the artifacts not associated with the burials and determining what to do with the village site.

Lynda V. Mapes, The Seattle Times - In a makeshift morgue, handmade cedar boxes are stacked row upon row, each holding the ancient remains of the ancestors of the Lower Elwha Klallam Tribe, all facing east toward the sunrise.

Ripped from what was to be their final resting place, the remains were put here for

*Continued on Page 4.*

## SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane  
Shelton, WA 98584

*People of the Water*

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## KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

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Shelton, WA 98584

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

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

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

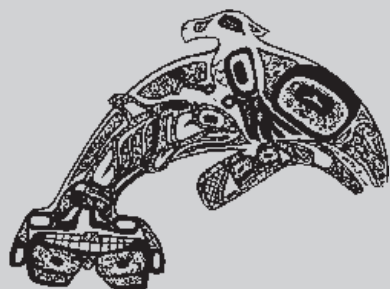
**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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# COMMUNITY



## From the Factory OPENING UPDATE

Jennifer Whitener - The Factory is moving forward as expected with a few minor delays in the arrival of equipment. The last of the equipment for the factory arrived at the end of January. Installation and testing of the equipment will continue on through February and March and the factory should be fully operational by March 21<sup>st</sup>!

As some of you may know, we have a machine that arrived broken. Mike Bell, a consultant from Bell Consulting, reports that a representative of the equipment manufacturer will schedule a visit to view the damage and make arrangements for a replacement. There has also been a claim filed against the trucking company for all damages.

Skookum Creek Tobacco is planning on having its Grand Opening on Saturday April 2<sup>nd</sup>. Look for updates and details on the Grand Opening over the next couple months in the Klah-Che-Min.

## RETAIL OUTLETS UPDATE

Skookum Creek Distributing has been hard at work adding new tribal stores as retail outlets for Complete. We are now selling Complete at:

- End of the Trail #1, End of the Trail #2, Lucky Eagle Casino (Chehalis)
- Rez Mart (Nisqually)
- Seven Cedars (Jamestown S'Klallam)
- Gliding Eagle, The Point Casino (Port Gamble)
- Mabton Smoke Shop, Yakamart, Goodman's Smoke Shop, Top Mart and Lil' Brown (Yakama)

When you count the Kamilche Trading Post, Little Creek Casino and the Skookum Creek Tobacco Factory Outlet down Steamboat Island Road, that makes 12 stores that now carry Complete!

There are several other Tribes that are posed to come online in the next two months as well.

## EMPLOYMENT UPDATE

When the factory becomes operational we will be filling the position of truck driver as well as some operator positions. The operator positions will be on call to begin with and we recommend anyone who is interested in those positions to apply for work at the KTP. It is our practice to transfer qualified people from the KTP to positions at the factory.

## From Salish Seafoods

By now most everyone knows that Harstine Oyster Company has changed its name to Salish Seafoods. This was done mainly for marketing reasons, we wanted the name to convey that we do not just sell oysters but other varieties of seafood products.

Salish Seafood management would like to thank the community for the salmon and clams and to let the community know that, as the company grows, so will the services available to the community.



## New Committee Being Formed

A committee is going to be formed to gather information regarding the issue of enrolling descendants. If you are interested in being part of this committee, please contact Tribal Council Secretary Ruby Fuller at 360-432-3909.





## Looking for Employment?

*Contact Erika Poste, New SIT Recruiter for Little Creek Casino and Hotel*

Oh-Chuf (hello), see-eeob d-ee-shud (honorable people),

I grew up within the Squaxin community and watched as we have grown in economic leaps and bounds. I have a strong commitment to our tribal people and a belief in making sure our people benefit from the economic growth. For the newly enrolled Squaxin Island Tribal members, my name is Erika Poste and I'm an enrolled Squaxin Tribal member. I am now the Squaxin Island Tribal Recruitment Specialist for the Little Creek Casino-Hotel. My job at the LCCH is to assist Squaxin Island Tribal Members meet their employment aspirations. I am available to help you in every step to ensure your success in obtaining employment.

This letter is to reach out to you for your help. We need to create an open line of communication to make this successful in assisting you for future employment. Please contact me to express your goals and career interests. Also, if you know another Squaxin Island Tribal Member who has expressed interest in working with the LCCH now or even from the past, call me with their name and I will contact them.

hay-shuh-buh, hee-sqwoa (thank you to man/woman)

I can't wait for you to stop by!

Erika Poste  
SIT Recruiter  
432-7036 or 427-7711  
eposte@little-creek.com

## Attention

### Housing List Applicants...

*It's that time of year again...*

#### REMINDER

If you are on the priority or secondary Squaxin Island Tribe Housing Waiting List, it is time to update your housing application.

Office of Housing mailed out update application forms to all applicants the first part of January, 2005. The update applications were mailed to the last known address that Office of Housing has for you. If you recently moved or have a change of mailing address, please call Liz Kuntz, Housing

Assistant, at (360) 432-3937 to update your mailing address. If you do not update your address to receive the update application and/or do not update your application by March 31, 2005, your name will be removed from the Housing Waiting List.

## Veterans Wanted!!!

A Veterans Committee has been formed to assist the Tribe in building a veterans memorial with flag poles. The meetings are held every two weeks at 10:00 a.m. before the Elders' lunch. The Planning Department would like input from veterans to finish the memorial and address other veterans-oriented projects. For more information, contact Glen Parker 426-1755 or Lynn Scroggins at 432-3952.

## Who Are These Handsome Protectors of Freedom?



Don Brownfield



Robert Whitener, Sr.





## Lower Elwha Klallam Tribe Begins Healing After Hood Canal Bridge Reconstruction Project Desecrated Their Ancestral Village Site

safekeeping until the tribe can find a place for their dead to rest once more.

The bones were exhumed by contractors for the state Department of Transportation as it prepared to build a marine facility needed for reconstruction of the Hood Canal Bridge.



*These carved bone pins are typical of adornments used by Coast Salish people to hold closed a bear skin or blanket. The pin on the bottom is a sea mammal, perhaps a whale or a seal, and the upper one an aquatic bird*

The excavation inadvertently unearthed the largest prehistoric Native village ever discovered in Washington, portions of which date back more than 1,700 years. With each shovel of dirt, the state and tribe came to realize what they are grappling with. One of Washington's largest transportation projects sat amid the region's richest archaeological site, including an ancient cemetery.

### About the bridge

The Hood Canal Bridge project will replace the eastern half of the bridge, which is nearing the end of its useful life. Fourteen new pontoons must be built and three refurbished. The new pontoons were to be built at the Port Angeles graving dock, basically an onshore pit with a sea gate. Once built, the pontoons could be floated and then towed into place for bridge assembly. (The term "graving" means the act of cleaning a ship's bottom. A graving dock is typically used for building ships, or repairing them below the water line.) The state began planning the project in 1997. Originally budgeted at \$204 million, costs escalated with the discovery of the village

and burial ground on the site. The project calls for the bridge to be shut down for about eight weeks during reconstruction. Passenger-only ferry service will carry travelers while the bridge is out of service. The bridge carries as many as 18,000 cars a day. It opened in 1961; its west half failed and sank during a storm in 1979. It was rebuilt and opened to traffic in October 1982.

More than 5,000 artifacts surfaced, including blanket pins fashioned in the shapes of animals; a stone rake for harvesting herring; hand tools; even the intact, sacrificial remains of sea otters offered to the spirit world.

The unprecedented discovery caused anguish to both sides. Facing delays costing tens of millions of dollars, the state wanted to limit the tribe's insistence to search for more remains. Apparently at risk was the state's ability to replace the eastbound lanes of the Hood Canal Bridge, a



*An equipment operator for Kiewit General Construction watched as tribal construction monitors sifted through dirt looking for human remains and artifacts.*



*The construction site at Port Angeles was dotted with tents erected over human remains. Archaeologists worked with tribal members to remove the remains, which were placed in handmade cedar boxes, awaiting reburial out of harm's way.*

critical project, state officials said, that was already more than a year behind schedule.

But the tribe insisted the state keep exploring for remains the tribe didn't want entombed below a 10-acre concrete slab. Such a barrier would have condemned the spirits of the dead buried below to be forever separated from their loved ones, said Frances Charles, chairwoman of the Lower Elwha Klallam Tribe.

"This is a sacred cemetery," Charles said. "I don't think anyone has given more than the tribe has already given in allowing the project to continue for the betterment of the state and Clallam County. But we needed to explore the site so the tribe could be comfortable, so we would know we did our best to get our ancestors out. We could not leave them behind."

The richness of the archeological find is stunning. Yet, test holes dug before construction turned up nothing. Work began in August 2003, and within weeks, workers unearthed the first artifacts — and remains.

"You look at the scale of the site and you say, 'How in the world was this missed?'" said Doug MacDonald, secretary of the state Department of Transportation.

After the initial find, work stopped. The tribe and agencies negotiated for months on a solution that would allow the project to proceed. A deal was struck to remove human remains. Above





## Lower Elwha Klallam Tribe Begins Healing After Hood Canal Bridge Reconstruction Project Desecrated Their Ancestral Village Site

all, retrieving their ancestors was most important to the tribe. In return, it reluctantly sacrificed the remnants of its ancient village so long as some of the site was sampled for artifacts by archaeologists. The archaeological work cost the state about \$5 million. The tribe also received \$3 million from the state to acquire land to rebury the remains.

When the agreement was reached last March, about two dozen burials had been discovered. All sides thought it was unlikely that many more would be found. But now it's clear the state's project was atop a major cemetery.

Initially, MacDonald said, he thought he had a solution by leaving remains behind below the level of the state's excavation for the project. "But the tribe didn't want to lay people below concrete. They did not want to separate the community. We were going to entomb people there."

To some, the surprise isn't that the bridge project was delayed, but that it had gone as far as it had.

"I know of no publicly funded project in the United States that continued with this many graves," said David Rice, senior archeologist for the U.S. Army Corps of Engineers, Seattle District. "There was no end in sight, and we were approaching 1,000. Most sites I know of that found as many as 30 burials were stopped in their tracks. This is unprecedented in the United States."

Bones had been inadvertently hauled to the dump and left on construction spoil, split in half by excavators and crumbled as they were dragged across the bottoms of ditches with excavating equipment. Skulls have been shattered, and the remains of families that were buried together have been scattered.

The village site itself was being destroyed, day by day; the remains of cooking areas, and the outlines of six plank houses used as permanent residences and ceremonial dance halls for the winter spirit dances, were lost to construction. Only a fraction of the project area was sampled for artifacts by some 100 archaeologists and helpers swarming the site.

The state and tribe looked to the Federal Highway Administration and the Army Corps of

Engineers for a resolution that set the legal limits of the state's obligations to recover human remains from the site.

The corps did not know what lay under the ground before it issued a permit, Rice said. "And it triggered a level of significance eligible for National Environmental Policy Act review," he said.

The corps could also pull its permit, throwing a wrench into the project, Rice said.

This mess, the tribe says, is far from its fault. The Transportation Department began planning the project in November 1997, bought the land for the project from the port of Port Angeles in 2003, but didn't sit down to formally consult with

constitutes adequate consultation, I'd have to say we didn't go to those lengths entering into the site," said Randall Hain, administrator for the department's Olympic region. "Looking back on the situation now, we in the department will take this as a lesson learned."

The dispute is a reminder of the history of explorers who first made contact with the tribes' ancestors on these same shores, bringing smallpox and other diseases that filled the tribal graves being unearthed today.

"We are still living the effects of that contact, we are connected to those burials," MacDonald said.

For the tribe, the construction project is one more violation. Its people were moved off this land once before, and they were being moved off it again, even in the grave.

"No one would allow this to happen anywhere else, knowing what we know now," Charles said. If it were a non-native cemetery this would not have happened, she said.

"This project was a big mistake. It is a burden they can walk away from, but we live here and we will always live here, and will always remember what has happened that shouldn't have happened. There is no price for the damages that were done. Our ancestors are not to be negotiated."

Johnson Charles, one of the Lower Elwha Klallam Tribe's spiritual advisers, said he comes to the site every day to calm it with his flute. He helped bring what dignity he could to his tribe's sacred ground amid the noise of track hoes, pile drivers, generators and porta-pottys — including a cluster near active burial excavations.

For most of the tribal workers, the job carried a heavy toll. Some said they were led to human remains by dreams; some say nightmares tormented their sleep.

They went to their elders to have their sorrow brushed away with cedar boughs, and when they entered the construction site, they anointed their faces with red ochre for protection against spirits angered at the disturbance of the graves.

*Continued on Page 6.*



*Spiritual leader Johnson Charles played the flute at a burial site where workers excavated remains.*

*He was painted with red ochre paint to protect him from evil spirits.*

the tribe about the project until late last year.

"From the perspective of sitting down, getting to know each other, understanding perspectives, building relations, if all that is what



## Lower Elwha Klallam Tribe Begins Healing After Hood Canal Bridge Reconstruction Project Desecrated Their Ancestral Village Site

Workers exhuming remains also rubbed ochre on their wrists, where the earth touched them. Some used trowels with handles carved with the faces of eagles or ravens.

As they left the site, tribal workers paused at a basin filled with a brew of snowberries steeped in water, splashing it on their skin to rinse off bad feelings from spirits they sensed crowding the very air.



*Lower Elwha Klallam member John Parker and others search for artifacts and human remains in dirt disturbed by the project.*

Many tribal members believe that spirits that have crossed into the next world are just as alive as in this one. A ritual burning after death sends food stacked on cedar tables into the spirit world, along with favorite possessions. Clothing, burned in piles on the ground, is sent across, too, for the use of the dead, including adult clothing for children, who will grow into it as their life goes on in the spirit world, just as it does here, Frances Charles said.

"I felt I was at my last thread; it was overwhelming to feel the things we felt and see the things we saw," said Carmen Charles, 21, the tribal chairwoman's niece. The Charles family is one of the largest on the reservation.

She said she was forced, because of contractors in a hurry to sink a piling, to break apart the bodies of a couple, buried with their legs linked, their arms around each other, and faces turned to one another.

"It was very hard, something I will have to live with the rest of my life. You are literally

staring into your ancestors' eyes, into their souls. Sometimes you had to break a bone to get it out, and it was this rush of sadness, I just had to turn off my emotions."

Discoveries at the site also brought excitement, and sparked a cultural revival. Tribal members for the first time are seeing physical evidence of the lives of the people who lived on the site, from whom they are directly descended.

Some never knew their people lived in longhouses, or wore the red paint in spirit dances, or passed on sacred rituals with etched stones that tell the story of the ceremonies.

### About the tribe

The Klallam people lived throughout the Northern Olympic Peninsula and were united by language and family ties to villages on both sides of the Strait of Juan de Fuca.

More than 30 village sites dotted the tribe's ceded lands from the Hoko River to the west and to Puget Sound to the east. Downtown Port Angeles

was a thriving Klallam village for thousands of years. Its main cemetery was at the base of Ediz Hook.

Early 18th-century explorers carried diseases to the area, and entire villages were decimated by epidemics.

White settlers began arriving in the 1890s, and homesteaders repeatedly forced the Klallams from their home sites.

Klallam families still lived on the Ediz Hook into the 1930s, when they were relocated to the reservation eight miles west of town. Many businesses chose the inner harbor and base of Ediz Hook through the years for commercial and industrial sites, disturbing the former village site and cemetery many times since the early 1900s.

More than 200 of the stones have been found so far, incised with teachings of the tribe's sacred ceremonies. Whether turning a baby from a breached position, confronting the death of a spouse or parent or being initiated into the longhouse, the tribe had teachings to consult,



*Clark Mundy, left, and Darrell Charles Jr. have made more than 250 cedar boxes to hold the remains of ancestors. Charles says that he is most bothered by the small boxes for infants and the large ones of the remains from mass graves.*





## Lower Elwha Klallam Tribe Begins Healing After Hood Canal Bridge Reconstruction Project Desecrated Their Ancestral Village Site



*Plastic sheeting dotted the site where bones were found. Many of the rocks are headstones found with the bodies which will be reburied with them, along with any grave offerings discovered.*



*This barbed harpoon tip has a smooth shaft on the left that would have been inserted into the end of a spear, then wrapped with sinew. It detached upon striking the prey, allowing the hunter to hold onto it with the line rather than the spear. It is probably made of elk antler or bone.*

etched into the stones.

"The etched stones, we heard legends about them, but no one had ever seen them," Carmen Charles said. "What better way to open our eyes for my generation. We are getting things back. But it shouldn't have happened this way."

Kin in Canada and around Puget Sound who also have familial ties to the tribe's ancestors are bringing over stories and songs, and explanations of rituals the Lower Elwha Klallam never knew before. They are also offering support to a tribe whose culture they say has been violated.

Delbert Miller, a spiritual adviser to the Skokomish tribe, said, "It is a crime against humanity, that is what it is to me.

"I've seen very, very private, and personal ways the bodies were buried, in fetal positions, with their hands to their face. There are very personal things that are being revealed; when I think about it I get a bitter and hateful feeling, and in my life I've never had that feeling before."

For elders who, as children, watched their people pushed off Ediz Hook and the inner Port Angeles harbor by white settlers, the desecration has been particularly painful.

Helen Charles, minister of the Shaker church and the last Indian to be born on the spit in 1936, ritually cleansed workers who come to her house for solace. "The only thing I could do was pray. They were weighed down with what they are digging up."

### Special Thanks to the Lower Elwha Klallam Tribe

For your generosity and hospitality.

We were treated so kindly  
and were fed wonderful meals.

It was our great honor to be with you!

Our hands are up to you all!

Loretta Case  
Ila Mae Ball  
Myrtle Richards  
Joyce Johns  
Sam Penn  
Connie Napoleon  
Debbie Napoleon  
Nikki Seymour  
Gloria Hill  
Mike Hill  
Rhonda Foster  
Larry Ross  
Joe Seymour  
Jeremiah George  
Astrid Poste  
Terri Capoeman  
Latoya Johns  
Lachell Johns  
Koreena Capoeman  
Clara Capoeman  
Elena Capoeman  
David J. Seymour  
Tamika Green

### "Re-housing the ancestors"

It's the special boxes that bothered Darrell Charles Jr., the most; the small ones for infants, the large ones for mass graves. He'd put in more than one all-nighter to build as many cedar boxes as the tribe needed to keep up with the remains that were unearthed.

First, the tribe needed 10 boxes, then 15, then 20, then 250 and counting. Planed and sanded smooth, the red-cedar planks are held together with yellow-cedar pegs and strong enough to carry 200 pounds, necessary when they hold dust to dust — the powdery remains of bones too ancient to hold together when disturbed, mixed with dirt from the site.

"It bothered me at first, making these," Charles Jr. said. "But now it doesn't, just because of the need. We are re-housing the ancestors, is what it is."

To Beatrice Charles, 85, and her aunt, Adeline Smith, 86, no one should be surprised it has come to this. When they were children, they were warned never to walk across the ground where project track hoes now rumbled over the earth. It was sacred ground, a place where children were never to play.

But Bea Charles remembers another teaching, too, from her elders: That the tribe — whose Klallam name means "the strong people" — would be nearly wiped out. But they would come back.

"It seems that we have been defeated for so long that we think we are defeated, when we shouldn't," Bea Charles said.

"We have got to come back strong. Say, 'Enough is enough.'"



A NOTE: The Canoe Family was with the Lower Elwha people last summer when some of their ancestors were discovered and were also able to participate in cleansing and healing ceremonies at that time.



## Tribal Council Resolutions

**04-98:** Supports the submittal of a \$381,620 WS-DOT 2005-2007 biennium grant application requesting \$190,300 to operate and expand Squaxin Island Tribe Transit and further commits a two-year cash match of \$101,800 for transportation hub operation and a two-year in-kind match of \$35,620 for planning/administration assistance to operate and expand Squaxin Island Tribe Transit

**04-99:** Approves and enacts a fifth loan amendment between Bank of America and Little Creek Casino pertaining to arbitration, jurisdiction and choice of law

**04-100:** Approves and enacts amendments to a loan agreement between the Tribe and Bank of America pertaining to arbitration, jurisdiction and choice of law for a loan of \$1,710,000 to bridge finance the development of a professional center (new SPIPA building)

**04-101:** Approves and enacts amendments to a July, 2004 loan agreement in the amount of \$2,335,000 between the Tribe (borrower) and Little Creek Casino Hotel and Casino (holder) pertaining to arbitration, jurisdiction and choice of law

**04-102:** Approves the Working Agreement between Squaxin Island Tribal Family Services and the Division of Children and Family Services, Shelton Office

**04-103:** Approves the Youth and Community Wellness Center Operations and Maintenance Plan in the amount of \$93,287.00 to cover maintenance, repairs, insurance, replacement reserves and annual costs for operating and maintaining the Youth and Community Wellness Center

**04-104:** Certifies that the Tu Ha' Buts Learning Center will be provided operational funds in the amount of \$102,312.00 from tribal enterprise revenue for operation of new recreational programs (swimming pool and locker rooms) as well as grants, contracts, compacts and tribal revenue for continuing educational and recreational programs in the Youth and Community Wellness Center

**04-105:** Certifies that requirements regarding citizenship participation have been met for publication of a Community Development Statement and pre-design drawings for the Youth and Community Wellness Center

**04-106:** Authorizes submission of a grant application to the FY04 Indian Community Development



Block grant under the Public Facilities and Improvement Projects in the amount of \$500,000.00 in support of the Youth and Community Wellness Center and further resolves that Tribal Council will support the \$959,004.00 project by providing \$459,004.00 or over 25 percent to be paid out of tribal revenue

**04-107:** Authorizes the incorporation of Employee Assistance Sustaining Fund, Inc. under the law of the Tribe

**04-108:** Ratifies existing leases between the Tribe and De lage Landen Financial Services, Inc. for lease of copier equipment

**04-109:** Approves loan documents in the amount of \$2,375,000.00 between the Tribe and Anchor Bank pursuant to Title VI of the Native American Housing Assistance and Self-Determination Act for the purpose of new construction of family residences

**05-01:** Authorizes submission of a grant application to the U.S. Department of Health and Human Services under the Targeted Capacity Expansion Grant Program for up to \$500,000 per year (up to three years), for the purpose of developing and implementing a culturally competent intensive post-treatment component through NWITC that will provide a comprehensive support system to alumni assisting them on their path to recovery and preventing recidivism from occurring

**05-02:** Authorizes submission of a grant application to the U.S. Department of Justice BOJ under the Tribal Courts Assistance Program, Category III Tier I, for up to \$250,000 for the purpose of enhancing the Tribe's court system through the development of a family court component

**05-03:** Support the submittal of USDA loan applications to help fund the Intertribal Professional Center building

**05-04:** Approves the Tribe's designated portion of the Mason County Hazard Mitigation Plan; resolves that the director and staff of the Tribe are instructed to pursue available funding opportunities for implementation of the proposal and seek to implement the proposal contained in its section of the strategy while continuing to participate in the updating and expansion of the Mason County Hazard Mitigation Plan in the years ahead; and further resolves to encourage other businesses, industries and community groups within Mason County to also participate in supporting the Mason County Hazard Mitigation Plan in the years ahead

**05-05:** Approves principal construction documents between the Tribe and John Korsmo Construction Joint Venture for development of 18 family residences and 4 duplexes at Slocum Ridge

**05-06:** Approves additional construction documents between the Tribe and John Korsmo Construction Joint Venture for development of 18 family residences and 4 duplexes at Slocum Ridge

**05-07:** Approves the Claims Services Agreement between the Tribe and Berkley Risk Administrators

## Cemetery Meeting

You are invited to a Cemetery meeting  
**FEBRUARY 2, 2005**  
at 1:30  
2<sup>nd</sup> Floor of Tribal Center

The Tribe is starting to plan our new tribal cemetery. We need tribal members to give us your input, maybe become a member of the Cemetery Committee. This is your cemetery, and we need to identify how you want your cemetery to look and how it will be managed.

If you have any questions or comments please call Rhonda Foster 432-3850.





## A January swim? 'It's f-f-fun'

Ed Murrieta, photo by Janet Jensen, The News Tribune - Kia Peters was too cold to talk after emerging from nippy Capitol Lake on New Year's Day.

But vigorous body language warmed her blood after the Olympia Polar Bear Swim Club's 21st annual New Year's Day dip, the 6-year-old's first.

Did she have fun? She nodded, clutching the parka that covered her dripping-wet grass skirt and coconut shell bikini.

Was it cold? She nodded.

Will she do it again? She nodded.

"She's a little shocked," said her dad, Joe Peters of Olympia, a six-time Polar Bear veteran who waded into the 45-degree lake with Kia; his 7-year-old daughter, Neve; and Joe's brother, Michael. Both grown-ups carried lighted tiki torches and wore grass skirts and aloha shirts as they accompanied the girls to celebrate the beginning of a new year.

Kia, who emerged from the water struggling to control her trembling bottom lip, could only muster one quick dip. Neve went back for seconds. Why?

"Fun," exclaimed the now-two-time Polar Bear veteran.

Like most of the 148 people who went for a dip on a drizzly Saturday, the Peterses were in and out in a flash. The event began at 3 p.m. and by 3:02, only ducks remained in the water.

A few swimmers hung out on shore, mostly near the bonfire. By 3:30, the crowd of about 300 swimmers and spectators had thinned out.

The field included 41 percent who had taken the New Year's plunge before, the swim club said. The oldest participant was 83, the youngest 4.

Western Washington is experiencing a warmer-than-normal winter this year. At dip-time, the water was 45 degrees, the air temperature 44 – a far cry warmer than last year's respective 34 and 37 degrees.

Unlike last year, there was no snow on the first day of 2005. But organizers tossed blocks of ice into the mild, shallow water so the event's Freezin' Man moniker would hold true.

"If you go dive into a lake with ice floating in it, it's a lot more exciting than jumping into



a Hawaiian paradise," said Dave Sederberg, a founder and organizer of the event.

Polar Bear participants made a costume party of the day. There were Santas and SpongeBobs, a flapper and a space-age Norwegian biker, homemade superheroes and a guy wearing only Speedos and a sombrero. Although park rules kept them out of the water, there were plenty of spectators in authentic-looking canine costume.

"He's willing but they said he can't go in," Mike Carrington of Lacey said of his 4-year-old German shepherd, Spot, whose massive paws – partially webbed like ducks' feet – are made for swimming. "But they said he could make a donation."

Funds raised at Saturday's Polar Bear swim benefit Olympia's Procession of the Species, an Earth Day pageant that celebrates people and the natural world around them.

Ed Murrieta: 253-597-8678



*Neve Peters, 7, of Olympia, strolls in shallow Capitol Lake with her father, six-time Polar Bear veteran Joe Peters, left, and uncle Michael Peters. Neve braved the 45-degree water twice Saturday afternoon, while her 6-year-old sister, Kia, could manage only one dip.*

## Thank You for Making Christmas Brighter

Misti Saenz-Garcia - I would like to extend a huge amount of appreciation to the following individuals for their tremendous support in this year's Christmas gift giving program for our children in placement. You made it all possible!

Kendra Glover  
Pam Peters  
Carrie Smith  
Marcella Castro  
Brenda Dorsey  
Heidi Chambers  
Gloria Hill  
Dan Ryder  
Whitney Jones  
Satoshi  
Julie Evenhuis  
Jeanette Freitag  
Espie Austria  
Deb Stoeher  
Kelly Croman  
Ralph Munro  
Charlene Krise  
Katrina Story  
Jeff Dickison  
Michelle Wiley  
Ann Parker  
Kathy Brandt



~\*~\*~Legend says~\*~\*~

three years later....  
Peace may draw closer if ~  
one ~ heeds  
the blue light  
~ who sings ~  
and shimmers in the midnight sky

In loving memory of  
**Bruce A. Johnson**

~\*~Who rides the Warrior's Spirit Horse ~\*~free among the Stars ~\*~

May 17<sup>th</sup>, 1944 ~ December 20<sup>th</sup>, 2001

Love ~ his Wife ~Peg



## Take Care of Your Credit and Save

Banket Jim - Most people will borrow money at some time in their life and the most significant factor in determining how much they will pay is credit. Lenders such as banks use a person's credit score to estimate the likeliness of being paid back - the higher the credit score the less the risk of default and the lower the interest rate on the money borrowed. Let me share with you the breakdown of how a credit score works.

Credit score is referred to as a FICO. The FICO score was developed by the Fair-Isaac Corporation to quantify a person's payment history. A FICO score will range from 300 to 850. As a generalization 720 to 850 is a good score and will usually get you the best rates on a house, car or other large ticket item. Please understand that the interest rate you qualify for depends on the individual lender's range and tiers of a FICO. A Breakdown of the FICO score is as follows:

35% is payment history  
30% is how much you use of your available credit  
15% is the length of your credit history  
10% is the number of recent credit inquiries  
10% debt management history

The best way to keep your FICO high is to pay your bills on time. I will briefly explain each component starting with payment history. Payment history shows your ability to pay your bills when they are due. Available credit is how much of your available credit you use. It is best to have a low balance on your available credit because it indicates increased cashflow and/or cash resources. Say, for example, you buy a car for \$10,000 and there is only \$5,000 on the balance. Your ratio will be 50%. A 50 % ratio is better than a 90% ratio because you have more to pay back at 90%. Credit history shows how long you have had credit available to you. A longer history is better than a short history. Best advice is to keep your first credit card. Credit inquiries may increase when you try for a credit product such as a home loan, credit card or home equity. If you are shopping for the best rate it may be necessary to have multiple lenders pull your credit to qualify you for a loan or credit line. Where you get in trouble is when you have bad credit and you let everybody under the sun pull your credit so that you can get a credit product. I have seen this a lot when people



**Quinault Tribal member Jim Stanley**

*For more background on Jim, see the January 2005 issue of the Klah-Che-Min*

with bad credit try and get another credit card to pay a bill or leverage the new line of money so that they can spend it on whatever. Debt management history reflects the variety of loans a person has paid on such as a house, car, credit card, jet ski, etc. Again, the best way to keep your FICO high is to pay your bills on time.

The last thing I want to include is an example I pulled from US Bank's website. I want you to see, in dollars, how paying your bills and not getting in trouble can save you money so the following is copied verbatim from the US Bank website:

Improving Your Score, How much of a difference can your credit score make? Look at the difference in mortgage rates based on various FICO scores. According to myfico.com, a borrower with a FICO score of between 720 and 850 would qualify for a 30-year fixed mortgage rate of 5.55%. On a \$150,000 mortgage, that results in a monthly payment of \$857. However, for a borrower with a FICO score of between 500 and 559, the rate jumps all the way to 9.29%, increasing the monthly payment to \$1,238 - a difference of \$381 a month or over \$137,000 over the life of the loan!

Numbers like these make it clear just how important it is to build as high a credit score as possible. Here are five tips for improving your score:

- Always pay your bills on time - your mortgage or rent, utilities, credit cards, car loans, etc. Late bill payments will especially hurt your potential mortgage rate and insurance premiums.
- Don't exceed 50% of your credit limit on any one credit card.
- If you know that you will be applying for a loan soon, pay off your credit card balance at least one week before the next monthly statement date, which is usually two to three weeks before the payment due date.
- Don't cancel any credit cards - even cards you never use - before you apply for a loan. This will actually hurt rather than help your score. At the same time, don't apply for any new cards before applying for a loan, since recent new credit inquiries will hurt your score.

I am hopeful that this is helpful and please remember to take care of your credit as it will save you money.  
Response to: [businessbankerjim@yahoo.com](mailto:businessbankerjim@yahoo.com)







## Don't Pay to Borrow Your Own Money

### THE RISKS AND COSTS OF TAX REFUND ANTICIPATION LOANS

#### *The "Tax Refund" That Really Isn't One: It's a Refund Anticipation Loan (RAL)*

Submitted by Lisa Peters - How would you like to pay a super high price to borrow money that already belongs to you? Sounds pretty ridiculous right? But that's pretty much what happens to many folks at tax time in the crazy world of RAL's or refund anticipation loans.

You may be tempted by tax-time advertisements for "Fast Cash Refund," "Express Money," or "Instant Refunds." These ads will offer to get you your refund in just a day or two, or even on the spot. BEWARE! Many of these "fast refunds" are really LOANS, refund anticipation loans. When you get an RAL, you're borrowing against your own tax refund money. RAL are often marketed to people who need money the most - low and moderate income workers who receive the Earned Income Tax Credit.

RAL's are extremely expensive. Loan fees typically range from \$30-\$90, which translates into Annual Percentage rates (APRs) of about 60% to over 700%. If you paid those rates on all of your borrowing you'd probably go broke! And all to get your tax refund just a few days earlier than you can for free from the IRS. You're lining someone else's pocket with YOUR hard earned money.

RAL fees, combined with tax preparation, electronic filing and other fees, can end up eating away a big chunk of your refund.

In addition to their high costs, RAL's can be risky. Since a RAL is a loan from a bank in partnership with a tax preparer, it must be repaid even if the IRS denies or delays your refund, or if your refund is smaller than you expected. If you don't pay back the RAL, the lender will take actions to hurt your credit rating and may send your account to a debt collector. When you apply for a RAL, you are giving the lender the right to grab your tax refund to pay for your old tax loan debts that the lender claims you owe.

**EXAMPLE:** For a tax refund of \$2,000, you might pay to get a RAL:

RAL loan fee:	\$ 75
Electronic filing fee	\$ 40
Combine that with the fee you will need to pay to the tax preparer	\$100
<b>TOTAL COST</b>	<b>\$215</b>

That is over 10% of your refund!

#### WAYS TO SAVE AT TAX TIME

Here are ways to pass on that RAL and save money at tax time:

*E-File with Direct Deposit.* File your tax return electronically (E-file) to speed up your refund. Tell the IRS to deposit the refund directly into your bank account (you provide the number right on your tax return) You can get a refund in about 10 days this way, without paying one cent extra for a loan.

*Get a Bank Account.* If you don't have a bank account, open one up to take advantage of direct deposits. You can use a savings account to receive your tax refund and maybe save some of it for a down payment on a house or a car or to build a nest egg.

*Wait just a bit longer.* Do you really have to cash your tax refund today? Can you wait a few weeks to save almost \$100? If you have an urgent bill to pay, ask for more time until the tax refund comes from the IRS. Don't take on a new expensive debt to pay an old bill.

*Avoid check cashers.* Check cashers charge an extra fee to cash RAL and tax refund checks. Some check cashers charge up to 7% to cash a RAL check - the average is about 3%. So if you would receive a \$2,000 refund, it would cost you an average of \$60 to cash the RAL check - on top of the RAL and tax preparation fees. A smarter move is to use a bank account.

A great way to save money at tax time is to go to an AARP-Tax Aide site. These sites provide free tax preparation to low and moderate income taxpayers.

Information from National Consumer Law Center Inc. @ [www.consumerlaw.org](http://www.consumerlaw.org)



## Congress Approves Early Tax Deduction for Tsunami Donations

Taxpayers will be able to deduct donations made to tsunami relief organizations from their 2004 federal income taxes instead of waiting a whole year, after the Senate passed a bill January 6th.

Senator Maria Cantwell said she hopes the early tax relief will provide extra incentive for Americans to help victims of the deadly tsunami, which has claimed at least 155,000 lives in South Asia and Eastern Africa.

The bill (HR 241) will allow taxpayers to claim a deduction for cash donations made during the month of January to organizations providing tsunami disaster relief. Instead of waiting until they file their 2005 taxes, taxpayers will be able to claim the donation on their 2004 tax forms, due in April of this year.

Taxpayers who wish to wait and claim the donations on their 2005 tax forms may do so - it's entirely up to them.

The bill, which also passed the House, will now be sent to the President for his signature.



## Free Tax Help

Submitted by Lisa Peters - AARP TAX -AIDE helps taxpayers file their personal income tax between February 1<sup>st</sup> and April 15<sup>th</sup>. It is important to bring means of identification and last years tax return along with any financial activity during 2004.

AARP Tax-aide is the nation's largest free, volunteer-run tax counseling and preparation service available to all taxpayers with middle to low incomes, with special attention to those 60 or older. You do not have to be a member of AARP or a retiree to use this service. Tax-aide volunteers take this service to hospitals, nursing homes and to those individuals who are unable to leave their homes.

Volunteers are trained to assist in filing basic forms, including 1040, 1040A and 1040EZ. Electronic filing (e-filing) is available at all sites and any refund is received faster.

## FREE TAX HELP SITES

### Mason County

*\*February 1 - April 16*

Tuesdays	1:00 p.m. - 5:00 p.m.
Wednesdays	8:00 a.m. - 4:00 p.m.
Fridays	12:00 p.m. - 4:00 p.m.
Saturdays	10:00 a.m. - 2:00 p.m.

Belfair Library  
Shelton Senior Center  
Olympic College  
Shelton Library

### Thurston County

*\*February 2- April 15, 2005)*

Mondays	1:00 p.m. - 5:00 p.m.
Tuesdays	1:00 p.m. - 4:00 p.m.
Tuesdays	10:00 a.m. - 2:00 p.m.
Tuesdays	12:00 p.m. - 4:00 p.m.
Wednesdays	12:00 p.m. - 4:00 p.m.
Thursdays	12:00 p.m. - 4:00 p.m.
Fridays	12:00 p.m. - 4:00 p.m.
Saturdays	11:00 a.m. - 4:00 p.m.
Saturdays	10:00 a.m. - 2:00 p.m.
Saturdays	12:00 p.m. - 4:00 p.m.

Tumwater Library & Panorama City  
Lacey Senior Center  
Olympia Library  
Community Center *Downtown Olympia*  
Lacey Library  
Community Center *Downtown Olympia*  
Tumwater Library  
Yelm Library  
Olympia Library  
Lacey Library

### Grays Harbor County

*\*February 8 - April 14*

Tuesdays/Thursdays	10:00 a.m. - 2:00 p.m.
--------------------	------------------------

Aberdeen South Shore Mall  
and Ocean Shores Library

## WHAT TO BRING

- Identification
- 2003 Tax Return
- Records of financial activity for 2004

If you have any questions about the AARP TAX – AIDE sites, please call Lisa Peters @ Office of Housing (360) 432-3871.

## What is the

## Earned Income Tax Credit?

Submitted by Lisa Peters - The EITC is a federal tax benefit which has been in existence since 1975. It is the single largest federal aid program supporting working families. It provided more dollars than any other federal program. For example, the EITC program is larger than food stamps and Temporary Assistance for Needy Families (TANF) combined.

- The EITC is a tax benefit for people who have earned income under a certain amount. Earned income includes wages, salary, tips, other taxable employee compensation and net earnings from self employment.
- It generally benefits low and moderate income working families, but it also benefits qualifying individuals with earned income and no children.
- The EITC is administered through the Federal tax code. You must file a federal tax return in order to receive the benefit, even if you don't owe any tax or did not have any income tax withheld.
- If you owe federal taxes, the EITC may reduce the amount you owe and may result in a refund check.
- If you have no qualifying children, your maximum credit could be \$390. If you have one qualifying child, your maximum credit could be \$2,604 and if you have two or more qualifying children, your maximum credit could be \$4,300.
- You can receive your EITC refund in a lump sum with your tax return or, if you are eligible, you can claim it in advance throughout the year in your paycheck.
- If you were eligible for an EITC refund within the past three years, but did not claim it, you can still file to receive it.
- An EITC refund can add on to your income to cover living expenses or to pay off existing debt. You can also use it to help meet your savings goals.
- Receiving an EITC refund generally does not affect your ability to qualify for other public assistance.







Will you qualify for the Earned Income Tax Credit (EITC) this Year?

## 2004 Earned Income Tax Credit Requirements

To claim the EITC, taxpayers must meet the following rules

- Must have earned income
- Must have a valid social security number
- Investment income is limited to \$ 2,650
- Filing status can't be "married filing separately"
- Generally must be a U.S. citizen or resident alien all year
- Cannot be a qualifying child of another person
- Cannot file Form 2555 or 2555-EZ (related to foreign earned income)

## Qualifying child criteria

A qualifying child cannot be used by more than one person to claim the EITC. The child must meet the relationship, age and residency tests. If you don't have a child:

- You must be at least 25, but under 65
- You cannot qualify as the dependant of another person
- You must have lived in the United States more than half the tax year

## Proper income reporting

You need to have worked and have earned income less than:

- \$11,490(\$12,490 if married filing jointly)if there is no qualifying child
- \$30,338(\$31,338 if married filing jointly) if there is one qualifying child
- \$34,458(\$35,458 if married filing jointly) if there is more than one qualifying child

## Filing Status

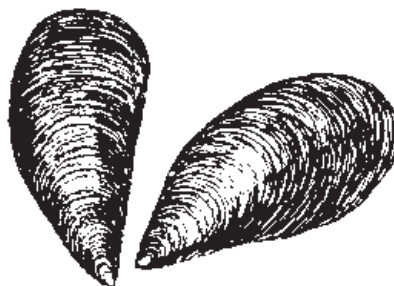
You cannot be married filing separately

## Common errors to avoid

- Taxpayers claim a child who is not a qualifying child
- Married taxpayers who should file as married filing separately instead file as single or head of household
- Income-reporting errors
- Taxpayers or qualifying children with incorrect Social Security numbers

What can I do if I have more questions about the Earned Income Tax Credit (EITC)? Consult a tax professional or someone at a FREE tax preparation site. Contact the IRS 1-800-TAX-1040 or [www.irs.gov/eitc](http://www.irs.gov/eitc)

*\*Information from: Building Native Communities, A Guide to Claiming Earned Income Tax*



## Winter Baton Classes Squaxin Gym

**Fun Fitness For All Ages**  
**Team Sport Philosophy**  
**Hand/Eye Co-ordination**  
**Develop positive self-esteem**

**Where:** Squaxin gymnasium  
**When:** Fridays 6:00-6:50 pm starting Jan 21  
**Who:** Any child ages 6 & up  
**Fee:** Funded by the 1% Fund for this twirling season

Baton Twirling classes will be taught by Judy Welsheimer  
Coach & Director of Fantasia Twirling & Show Corps  
**2004 USTA Grand National Show Corps Champions & WA State Team Champions for 15 years**

**To reserve your spot call Coach Judy at (360) 459-2518 or (360)923-0100**  
**All classes will have performance and parade opportunities.**





## Northwest Indian College

Lila Vigil - Winter classes at the three Northwest Indian College sites have begun and will be completed March 24<sup>th</sup>. All classes are filled. Barbara Whitener at the Squaxin Island Learning Center is teaching the Lushootseed language. Cedar Basket Weaving is taught by Kimberly Bordley at the Skokomish Tribal Center and English 100/Computers 101 is being co-taught at the Five Tribes Site by Vicki York and Shannon Bruff. It has been a very exhilarating start to the winter quarter and, now that those classes are underway, planning for spring quarter is on the table. At present, NWIC is planning to offer *Introduction to Native American Studies*, *Introduction to Successful Learning*, *Lushootseed Language*, *Cedar Basketry* and *Twana Language*. All classes offered are college level classes.

If you are interested in beginning your college education this spring, now is the time to start by filling out paperwork for spring quarter. The first step is to contact your education department or Lila Vigil at the Five Tribes site and pick up the Free Application for Federal Student Aid (FAFSA). Then fill out NWIC admission papers and registration forms. All applications are ultimately submitted to Lila, who then submits to NWIC. Spring quarter registration is March 7th to April 1st. Sign up today, contact:

Lila Vigil	Five Tribes	426-2433
Bill Heelan	Skokomish	426-4232
Walt Archer	Squaxin Island	426-9781

## To Start College Next Fall Start Preparing Now

Lila Vigil - All new and beginning college students - Now is the time to fill out the Free Application for Federal Student Aid (FAFSA) if you plan to start college fall (September 2005). January and February is the ideal time to complete this task if you are enrolling for the 2005/2006 school year. Early completion of the FAFSA will put you in the running for extra financial aid such as Washington State Need Grant as well as other financial aid sources, and who couldn't use all the financial aid possible?

As soon as you finish filling out your income tax, it is time to gather the documents for this very important task.

### FAFSA Documents Needed

- Social Security Number
- Drivers License Number
- 2004 W2 forms and other records of money earned
- If a dependent, student copy of parents' income tax return
- Copies of untaxed income such as SS, TANF, VA, GA, etc.
- Your current bank statements
- Current business and farm records, stocks, bonds and other investment records

Persons applying for FAFSA can apply online which is the fastest way of getting a response. You can apply by yourself or request assistance from your education department.

There is good news. Sheri Peterson-Hale, TANF Education and Training Coordinator, who has an office at the Five Tribes Career Center in Shelton, is coordinating a FAFSA workshop where she will share all the information that she has on correctly, accurately and quickly filling out the FAFSA. Sheri would enjoy seeing you at her workshop, which she plans to do at Squaxin Island, Skokomish and Nisqually. Watch for flyers advertising this very important workshop. The workshops will take place in the month of February. Contact:

Lila Vigil	NWIC	426-2433
Bill Heelan	Skokomish	426-4232
Squaxin Island Ed. Dept.		426-9781
Sheri Peterson-Hale, Five Tribes		426-2433

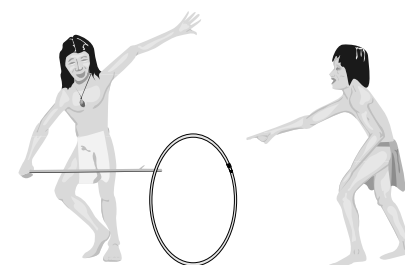
**Northwest Indian College**  
**Begin Your College Education Now!**  
**Call Lila Vigil at 426-4233**

**Congratulations Kyla Ford**  
Selected by her Language Arts teacher as  
**Student of the Month**  
**in December!**

## Learning Center Update

The Homework Center is open and will be available Monday through Thursday, 3:30 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main focus of the Homework Center is to provide students with assistance in completing daily homework assignments and studying for tests. Remember we are located upstairs in the old tribal center building.

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. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.



## Staff Hours

The Tu Ha' Buts Learning Center staff is available during the following hours:

Kim Cooper, Director  
8:30 – 5:00 432-3904

Mark Snyder, Youth Coordinator  
10:00 – 7:00 432-3872

Walt Archer, Education Liaison  
7:30 – 4:00 432-3826

Lisa Evans, Education Assistant  
8:30 – 5:00 432-3882

Barb Whitener, Language Coordinator  
432-3897

Jeremiah George, Cultural Coordinator  
10:00 – 7:00 432-3968

Sedar Rowson, Youth Counselor/Skillbuilder  
2:00 – 6:00 432-3896  
(Wednesday through Sunday)





# EDUCATION



## Learning Center Rec Room

Come and check out the new Youth Recreation Room; it's pretty cool. You can play air hockey, fooseball, or just hang out and watch a movie on the new 32" TV while sitting on the new leather couch. The rec room is open until 7:00 p.m. On Friday and Saturday, it is open until 8:00 p.m. We have regularly scheduled youth movie nights. Contact Jeremiah George at 432-3968 for more information. We hope to see you there!

## Higher Education

Attention ALL Higher Education students, don't forget to send in your grades for Fall 04 quarter, and your receipts for Winter 05 quarter which began in January. The deadline to have all paperwork turned in for Spring 05 quarter is February 28, 2005. If you need assistance with paperwork or anything else please give me a call, Lisa Evans 432-3882.

## Congratulations Raven Thomas

ON EARNING YOUR GED JANUARY 19TH!

We are so proud of you!

Love - Mom, Seth and Dominique

NOTE: Raven has been employed as SPIPA Social Services Program Assistant since September. She is looking forward to becoming a permanent employee now that she has obtained her GED. She plans to continue her education, beginning either at South Puget Sound Community College in Olympia or Bryman College in Tacoma with a goal of becoming a dental hygienist!

WAY TO GO RAVEN!



## FEBRUARY YOUTH ACTIVITIES CALENDAR

		1 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	2 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	3 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	4 Baton 3:00 - 7:00 Rec Room 3:00 - 8:00	5 Open Gym 11:00 - 8:00
6 Open Gym 11:00 - 8:00	7 Midwinter Break Activities Watch for Flyer	8 Midwinter Break Activities Watch for Flyer	9 Midwinter Break Activities Watch for Flyer	10 Midwinter Break Activities Watch for Flyer	11 Baton 3:00 - 7:00	12 Valentine's Day Dance 7:00 - 10:00 All Ages
13 Open Gym 11:00 - 8:00	14 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	15 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	16 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	17 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	18 Baton 3:00 - 7:00 Rec Room 3:00 - 8:00	19 Open Gym 10:00 - 7:00 Rec Room 10:00 - 7:00
20 Open Gym 11:00 - 8:00	21 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	22 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	23 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	24 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	25 Baton 3:00 - 7:00 Rec Room 3:00 - 8:00	26 Open Gym 10:00 - 7:00 Rec Room 10:00 - 7:00
27 Open Gym 11:00 - 8:00	28 Homework Help 3:00 - 5:00 Upstairs Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00					



## Scholarship Corner

Scholarship packets and information are available at the Tu Ha' Buts Learning Center. Contact Lisa Evans at 432-3882.

**Truman D. Picard Scholarship** The Truman D. Picard Scholarship Program is dedicated to the support of Native American students pursuing higher education in Natural Resources. Required Material: 1) Letter of application demonstrating (a) an interest in Natural Resources, (b) a commitment to education, community/culture, (c) academic merit and (d) financial need. The Education Committee reviews and ranks each application. All four points should be addressed in the letter. The letter may be up to two pages in length. 2) Resume. 3) Three letters of reference. 4) Validated enrollment in a federally recognized Tribe or Native Alaska Corporation, as established by the U.S. Government. 5) HIGH SCHOOL STUDENTS: Please provide documented proof of application to an institution of higher education to study in the area of Natural Resources along with school grades. 6) COLLEGE STUDENTS: If you are currently enrolled in a higher education program, please provide documented proof of study in the area of Natural Resources, along with school grades. All information requested must be received by the close of business April 1, 2005 to be considered. Information can be found at [www.itcnet.org](http://www.itcnet.org).

### NASA's Summer High School Apprenticeship Research Program

To be considered for program participation, students must correctly complete the entire form and meet the following eligibility requirements: 1) Be a U.S. citizen who will be at least 16 years old by the time the program starts. Territories of the United States Include: Puerto Rico, U.S. Virgin Islands, Guam, Marshall Islands, American Samoa, Northern Mariana Islands, and the Republic of Palau. 2) Have a significant and demonstrated interest in and aptitude for a career in the sciences, technology, engineering, or mathematics. 3) Complete at least two mathematics courses and two science courses with an average grade of "B" or better in each discipline and an overall average of "B" or better in all other coursework. 4) Communicate fluently in English. 5) All finalists must be interviewed. Residential

and Nonresidential University sites: Interview will be conducted by phone. 6) Must be available to participate on a full-time basis (Monday through Friday, 40 hours per week) for the entire duration of the program. 7) In addition, those applying for the commuter component or nonresidential university component of NASA SHARP must be a state resident (in accordance with state residency requirements) and must live and attend a school within a 50-mile radius of the participating NASA Field Installation or nonresidential university component. The Residential and nonresidential university site are only open to current 10<sup>th</sup> and 11<sup>th</sup> grade students this year who will not be graduating in 2005. Submission deadline is February 14, 2005.

### Miss Native American Pacific Northwest Scholarship Program

The Miss Native American Pacific Northwest Scholarship Program is an organization empowering Native American young women to achieve their educational, personal and professional goals. Whether you want to become a doctor or a dancer, an accountant or an architect, we have an opportunity that will help bring you closer to achieving your goals, whatever they may be. This year's pageant will take place on Saturday, May 21, 2005 at Chinook Winds Casino Resort in Lincoln City, Oregon. Please consider entering pageant if you are: 1) Between the ages of 17 and 24 years of age. 2) Have never been married. 3) Are enrolled in a college or university or plan to continue your secondary education. 4) A resident of Oregon, Washington or Idaho. 5) An enrolled member of a Federally recognized tribe. 6) Have never been convicted of any criminal offense and there are no criminal charges presently pending against you. All information must be received by March 1, 2005.

### American Indian/Alaska Native Employees Association for NRCS

Two scholarships will be awarded to an American Indian/Alaska Native student pursuing a degree in a natural resources field. The scholarship amount this year is \$200. There are two categories: one for members of the AIANEA and one for any American Indian or Alaska Native student in the natural resources field. The deadline for

applications is July 1, 2005, and the scholarship recipients will be announced on August 1, 2005. For the application criteria and form, visit the website at [www.aianea.com](http://www.aianea.com) and click on scholarship information. Your contact for questions is Kurt Cates, AIANEA Scholarship Committee Chair, P.O. Box 306, Fort Hall, ID 83203. Phone: 208-478-3778. Email: [kurt.cates@id.usda.gov](mailto:kurt.cates@id.usda.gov).

### ESA Foundation Scholarship

20 @ \$1,000  
Deadline 02/01/05

**Eastern Washington University**  
Scholarship  
Deadline 02/01/05

**Grays Harbor College**  
Deadline 02/14/05

**Kelly Foundation Scholarship**  
\$2,500  
Deadline 05/01/05

**Art Scholarship,**  
McMillen Foundation  
Deadline 04/01/05

**Walmart**  
[www.walmartfoundation.org](http://www.walmartfoundation.org) Deadline 02/01/05

**GeorgeFox University's Annual Scholarship Competition**  
[www.georgefox.edu](http://www.georgefox.edu)  
Deadline 02/01/05

**Educational Communications Scholarship - Nationwide**  
Deadline 05/15/05

**WASA/Pemco Scholarship**  
3 @ \$4,000  
Deadline 03/11/05

**Evergreen State College**  
Deadline 02/01/05





# EDUCATION



**Colorado State University**  
\$5,000

**Foster Youth Governor's  
Scholarship**  
\$1,000-\$5,000  
Deadline 03/01/05

**University of Idaho (NASA)**  
\$1,000  
Deadline 03/01/05

**WAVE Scholarship**  
Deadline 02/15/04

**Elks National Foundation Scholarship**  
4 @ \$1,000 – [www.elks.org/enf/scholarships](http://www.elks.org/enf/scholarships)

**Sammy 2005**  
25 @ \$7,500 – [www.whymilk.com](http://www.whymilk.com)  
Deadline 03/04/05

Washington State Employees Credit Union  
20 @ \$2,000  
Deadline 03/01/05

## FEBRUARY CULTURAL ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Closed	2 4:30 Youth Council Meeting 5:00 Lushootseed Bingo 4 All 6:00 Drum Group @ Museum	3 5:00 Youth Council Presents Arts & Crafts	4 4:00 Lushootseed Computer Games (when new computers are fixed)	5 3:00 Potlatch Arts & Crafts
6 1:00 Potlatch Arts & Crafts 3:00 Lushootseed Bingo 4 Youth	7 Closed	8 Closed	9 4:30 Youth Council Meeting 5:00 Lushootseed Bingo 4 All 6:00 Drum Group @ Museum	10 5:00 Youth Council Presents Arts & Crafts	11 4:00 Lushootseed Computer Games (when new computers are fixed)	12 3:00 Potlatch Arts & Crafts
13 1:00 Potlatch Arts & Crafts 3:00 Lushootseed Bingo 4 Youth	14 Closed	15 Closed	16 4:30 Youth Council Meeting 5:00 Lushootseed Bingo 4 All 6:00 Drum Group @ Museum	17 5:00 Youth Council Presents Arts & Crafts	18 4:00 Lushootseed Computer Games (when new computers are fixed)	19 3:00 Potlatch Arts & Crafts
20 1:00 Potlatch Arts & Crafts 3:00 Lushootseed Bingo 4 Youth	21 Closed	22 Closed	23 4:30 Youth Council Meeting 5:00 Lushootseed Bingo 4 All 6:00 Drum Group @ Museum	24 5:00 Youth Council Presents Arts & Crafts	25 4:00 Lushootseed Computer Games (when new computers are fixed)	26 3:00 Potlatch Arts & Crafts
27 1:00 Potlatch Arts & Crafts 3:00 Lushootseed Bingo 4 Youth	28 Closed					

All times are in the afternoon. All cultural activities are open for everyone of all ages, please bring your friends & family.. Prizes such as toys & candy can be won at Lushootseed Bingo games. Arts & Crafts are to be made for upcoming potlatches the Drum Group will be attending. For any questions, please contact Jeremiah George at 432-3968.



## Go Red for Women

Submitted by Diabetes Coordinator Patty Suskin - Ever made a "to do" list and checked everything off? It's a feeling of accomplishment. This February, during American Heart Month, the American Heart Association is painting America red with **Go Red For Women**, a nationwide educational movement about women and cardiovascular disease. **Go Red For Women** was designed to teach women everywhere to add "fight heart disease" to their "to do" lists and accomplish a goal that just could save their lives. Heart disease is the No. 1 killer of women. **Go Red For Women** is a call to action for women to join a movement. February 4th women across the nation will wear red to symbolize their commitment to take charge of their health and live a stronger, healthier life. Wearing red, taking control and spreading the word is something every woman can do, too. Specifically, you can control or be treated for six heart disease risk factors: high blood pressure, tobacco smoke, high blood cholesterol, physical inactivity, obesity/overweight and diabetes mellitus.

## GO get your blood pressure checked - it's a 'silent killer'

High blood pressure is called "the silent killer." You can have it and never know it. The only way to find out is to have your blood pressure measured regularly.

High blood pressure raises your risk of heart attack, stroke, kidney failure, eye damage, heart failure and atherosclerosis (fatty buildups of plaque in the arteries).

A woman's risk for high blood pressure increases if she is 20 pounds or more over a healthy weight, has a family history of high blood pressure, has reached the age of menopause, or takes the older oral contraceptives containing large amounts of estrogen/progestin.

### You can reduce your risk by

- Eating a nutritious, well-balanced diet including lots of fruits and vegetables, low fat and fat-free dairy products and whole grains
- Limiting sodium in your diet
- Losing excess weight and keeping it off
- Limiting alcohol consumption
- Taking any prescribed medicine exactly as directed

## GO tell a loved one to quit smoking - it's a 'preventable death'

Smoking is the single most preventable cause of death in the United States. Smokers have more than double the risk for heart attack, stroke and other debilitating and potentially deadly diseases. Just being exposed to other's tobacco smoke increases your risk.

Compared with nonsmokers, a smoker has two to four times the risk of a heart attack and is more likely to die - and die within an hour. If you smoke and use oral contraceptives, you have a higher risk of a heart attack than nonsmokers who use them. You can reduce your risk by:

- Choosing not to start smoking
- Quitting smoking and
- Staying away from secondhand smoke

Quitting drops your risk of heart disease rapidly after one year, and it continues to drop until it's as low as a nonsmoker's risk. A healthcare provider can recommend smoking-cessation programs and strategies.

## GO get those numbers checked - high blood cholesterol is 'symptomless'

A high level of cholesterol can lead to a buildup in the inner wall of your arteries, called plaque, which can narrow them and reduce blood flow. This plaque can break open (rupture), which will cause a blood clot to form and block an artery feeding your heart muscle, causing a heart attack.

You can find your cholesterol numbers through a blood test called a "lipoprotein profile." With numbers in a safe range, you should have the test every five years. Numbers in an unsafe range need to be monitored more often.

In addition to total cholesterol, two types of cholesterol are measured: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). A high level of HDL, the "good" cholesterol, lowers the risk of heart disease. A high level of LDL, the "bad" cholesterol, raises the risk.

## You can raise your "good" cholesterol by:

- Engaging in regular physical activity
- Maintaining a healthy weight
- Quitting smoking

## You can lower "bad" cholesterol by:

- Eating a low-fat/low-cholesterol diet
  - Engaging in regular physical activity, and
  - Keeping a healthy body weight
- Sometimes managing cholesterol levels requires medical assistance

## GO get physically active - getting your blood pumping means 'reducing risk'

If you're physically inactive, you're probably increasing your risk for heart disease. Physical inactivity risk ranks alongside high blood pressure, high blood cholesterol or cigarette smoking. Less active, less fit persons have a 30-50 percent greater risk of developing high blood pressure. On the positive side, being physically active reduces your risk of heart disease and makes your heart stronger.

Check with your doctor before starting an exercise program, especially if you've been inactive a long time. Start slowly and build up to a minimum of 30 minutes of moderately intensive activity on most - and preferably all - days of the week.

## DSHS Liaison Available To Assist You

Kathy Hatch, a Native Chippewa and Department of Social and Health Services (DSHS)



Tribal Liaison, is available Mondays from 11:00 - 2:00 and Wednesdays from 10:30 a.m. to 2:00 p.m. downstairs at the health clinic. Her job is to help tribal and community members with anything that pertains to DSHS.

Kathy can assist with TANF, Work First and just about anything, including filling out forms, processing paperwork and delivering it to caseworkers.

"If you have a question and I don't know the answer, I'll find out!" she said.





You don't have to be an athlete. You can benefit from such activities as brisk walks, fast dancing, yard work and taking the stairs at home or at work.

## GO take control of diabetes mellitus - it puts many more women at risk.

Women with diabetes have from three to seven times greater risk of heart disease, even when the diabetes is under control. Diabetes mellitus appears more often in middle age and among overweight people. Many with diabetes have high blood pressure, which further increases their risk, and about 75 percent of people with diabetes die of some form of heart or blood vessel disease.

If you have diabetes, get regular medical checkups and manage the disease aggressively. This includes eliminating or reducing other heart disease risk factors. If you have a family history of diabetes, ask your doctor for

- A fasting blood sugar test
- Help on eating a healthful diet
- Help on managing your weight
- Guidance for limiting your alcohol consumption
- Suggestions on increasing physical activity, and
- Instructions for taking medicine or insulin shots to control your blood sugar

Call the Squaxin Island Health Clinic for help from our staff.

The heart disease risks are real, but so is your potential to take control and reduce your chances of becoming one of its casualties. It's as easy as picking up the phone, dialing 1-888-MY-HEART and asking about the red dress pin and the **Go Red For Women** program. The American Heart Association will send you information as a free "red dress" pin. Information is also available online at [americanheart.org](http://americanheart.org)

Why is the American Heart Association sending out free red dress pins? The red dress symbolizes your power to beat your No. 1 health threat, and to cross heart disease off your "to do" list.

## 10 WAYS TO GET YOUR FIBER FIX

Submitted by Diabetes Coordinator patty Suskin - Increasing your fiber can help to reduce your risk for obesity, colon cancer, heart disease, type 2 diabetes and fatigue.

1. Go slowly. Help your body adjust by adding 3-5 grams of fiber every two to three days.
2. Drink plenty of fluids to help your body process the fiber. Aim for 6-8 cups a day.
3. Become a label reader. Look for "bran," "whole grain" or "whole wheat."
4. Choose foods that are considered a "good source" of fiber or contain at least 2 1/2 grams of fiber per serving.
5. Top it off. Add raisins, dates or berries to your favorite breakfast cereals.
6. Get a jump on the day. Choose cereals with 5 or more grams of fiber per serving. Kellogg's Frosted Mini-Wheats Bite Size cereal provides 6 grams of fiber per serving and nearly 25% of the Daily Value for fiber.
7. Go for the whole. Eat whole fruits instead of drinking fruit juice.
8. Get the skinny. Trade in your vegetable peeler for a vegetable brush and enjoy the skins.
9. Replace the whites. Choose brown rice and whole grain breads, crackers and pasta.
10. Revamp your recipes. Substitute whole-wheat flour for half the white flour in homemade cookies, pancakes and muffins.

Want more information on fiber and other labels?

### Attend our Next Food Label Reading Workshop

Thursday, February 17th  
at Fred Meyer in Shelton  
1:00 - 3:00 p.m.

Meet at the Elders Building

Contact Patty Suskin, Diabetes Coordinator at the clinic  
360-432-3929

### HOW MUCH FIBER DO I NEED?

AGE	GRAMS OF FIBER/DAY	AGE	GRAMS OF FIBER/DAY
CHILDREN		FEMALES	
1-3 YEARS	19	9-13 YEARS	26
4-8 YEARS	25	14-18 YEARS	26
MALES		19-50 YEARS	25
9-13 YEARS	31	51+ YEARS	21
14-18 YEARS	38		
19-50 YEARS	38	PREGNANCY	28
51+ YEARS	30	LACTATION	29



# HEALTH & HUMAN SERVICES



## Upcoming Health Events

### BRIEF WALK

Every Thursday at 12:40  
Meet at the Elder's Building

### MAMMOGRAM DAY

February 24th  
Call Rose Algea @ (360)432-3930

### DIABETES SUPPORT GROUP

Every 1st and 3rd Monday  
12:45 to 2:00 p.m.  
Walk at 12:45  
Talk 1:00 - 2:00 p.m.  
Meet at Elder's Building right after lunch

### FOOT EXAM MORNING FOR PEOPLE WITH DIABETES

Tuesday, February 15th  
9:00 a.m. to 11:00 a.m.  
Foot exams by Podiatrist, Dr. Kochhar  
For an appointment, Call Patty Suskin  
@ (360)432-3929  
*People with Diabetes have first priority,  
others are welcome as space is available*

### SUPERMARKET TOUR/ FOOD LABEL READING WORKSHOP

Open to the Community  
Thursday, February 17th  
1:00 to 3:30 p.m.  
Meet at Elder's Building  
Learn how to read labels  
and evaluate foods for good health  
Bring your Questions

Questions or to RSVP for  
these activities, contact  
Patty Suskin, Diabetes Coordinator  
at (360)432-3929.



## Congratulations December Raffle Winners



*Vanessa Algea,*  
Womens Health Winner



*Charlene Cooper,*  
Mammogram Winner

## MEAL PROGRAM MENU

Food Group	Monday	Wednesday	Thursday
Meat/Meat Alternate Vegetable Grains/Bread		2 Turkey Rollups Green Beans Stuffing	3 Chili Veggie Tray Corn Bread
Meat/Meat Alternate Vegetable Grains/Bread	7 Hot Roast Beef Sandwiches Steamed Carrots mashed Potatoes	9 Baked Cod in Red Sauce Steamed Broccoli Red Potatoes	10 Chicken Wellington Peas Orzo Pilaf
Meat/Meat Alternate Vegetable Grains/Bread	14 Valentines Day - Pork Mixed Vegetables Wheat Rolls	16 Breakfast for Dinner Ham Complete Salad Bar French Toast	17 Chicken and Beef Tacos Taco Fixings Beans and Rice
Meat/Meat Alternate Vegetable Grains/Bread	21 Cornflake Chicken Brussels Sprouts Baked Potato	23 Spaghetti Deluxe Corn, Zucchini French Bread	24 Soup, Tuna Sandwiches Veggie Tray Wheat Bread
Meat/Meat Alternate Vegetable Grains/Bread	28 Beef Stew Potatoes, Carrots, etc Wheat Rolls		

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.





## Outdoor Activity of the Month

*Take a stroll through FRYE COVE PARK*

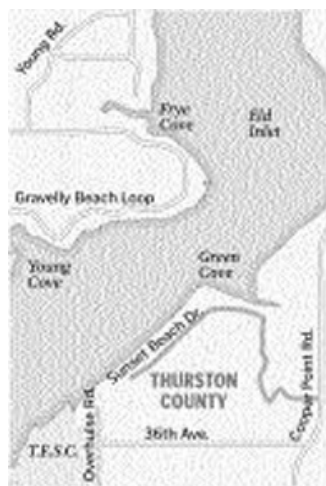
*Stunning views and abundant wildlife await*

### WHAT

Frye Cove Park on Eld Inlet

### WHERE

The park is at 61st Avenue Northwest, off of Young Road Northwest



### TO DO

Last year, Thurston County closed Frye Cove Park for the winter, which was a blow to South Sound outdoors lovers. This year, Thurston County is keeping the park open. Frye Cove

might be the most scenic park in Thurston County. Frye Cove is a short drive from downtown Olympia, but it has the quiet serenity of a wilderness spot. The 67-acre park has 2 miles of trails, plenty of covered picnic areas and 1,400 feet of pebble beach on Eld Inlet. Visitors can spend an hour -- or an entire day -- at this park.

### WINTER FUN

Frye Cove's beach is perfect for a winter stroll. Be sure to arrive when the tide is dropping, as the entire beach can be under saltwater during a high tide. Look for shells, starfish and water birds. Some people dig clams at Frye Cove, but check state fishing regulations for seasons before planning on fresh chowder. The trail to the beach is steep in a couple of spots, but it winds through a maturing cedar forest. The leaf-covered paths are a perfect road into

the silent, mossy forest of cedar, Douglas fir, alder and madrona trees. On a clear day, the beach has great views of Mount Rainier.

### OTHER ATTRACTIONS

There are 2 miles of paths in this park. Picnic shelters and grills make the park a good option for a cold-weather picnic lunch.

### WILDLIFE

Look for deer, water birds and ducks. It's common to see sea lions and seals from the beach.

### HIKE DETAILS

The beach trail has one steep pitch, but it should be no problem for children or people who use wheelchairs or walkers.

### SAFETY

Watch kids on the beach, as there are sharp shells and barnacles. The trail system has some steep slopes and thick brush.

### EQUIPMENT

Rain gear, food, water, warm clothes, cameras and binoculars.



### DIRECTIONS

From Shelton, go south on U.S. Highway 101. Merge onto U.S. 101 and head toward Olympia. Take the Steamboat Island exit. Go north on Steamboat Island Road N.W. about 6 miles to Young Road N.W. Turn right onto Young Road. Take Young Road to 61st Ave N.W. and follow the road into the park.

### PARKING

There are plenty of spaces.

### RESTROOM

A restroom is midway between the parking lot and the beach.

### RULES

The park is open from 9 a.m. to dusk. No camping, alcohol or firearms.

### INFORMATION

Call Thurston County Parks and Recreation at 360-786-5595 or visit [www.co.thurston.wa.us/parks](http://www.co.thurston.wa.us/parks).





## 7 Steps To Preventing, Recognizing and Reacting Responsibly to Child Sexual Abuse *A Guide for Responsible Adults*

Submitted by Misti Saenz-Garcia, From [www.darkness2light.org](http://www.darkness2light.org) - What is child sexual abuse?

- Any sexual act between an adult and a minor or between two minors when one exerts power over the other.
- Forcing, coercing or persuading a child to engage in any type of sexual act. It also includes non-contact acts such as exhibitionism, exposure to pornography, voyeurism and communicating in a sexual manner by phone or Internet.
- An agonizing and traumatic experience for its victims.
- A crime punishable by law.

### STEP 1.

#### ***Learn the facts. Understand the risks.***

Realities - not trust - should influence your decisions regarding your child.

**It is highly likely that you know a child who has been or is being abused.**

Experts estimate that one in four girls and one in six boys are sexually abused before their eighteenth birthdays. This means that in any classroom or neighborhood full of children, there are children who are silently bearing the burden of sexual abuse. 67% of all reported sexual assaults (including assaults on adults) occur to children ages 17 and under. The median age for reported sexual abuse is nine years old. 22% of the victims of sexual abuse are under eight. 50% of all victims of forcible sodomy, sexual assault with an object, and forcible fondling are under twelve. Most child victims never report the abuse. Sexually abused children who keep it a secret or who "tell" and are not believed are at far greater risk than the general population for psychological, emotional, social and physical problems often lasting into adulthood.

**And it is also likely that you know an abuser. The greatest risk to our children doesn't come from strangers, but from our friends and family.**

34% of victims are abused by family members. A further 59% are abused by people the family

trusts - abusers frequently try to form a trusting relationship with parents. A large number are abused by older or larger children. People who abuse children look and act just like everyone else. In fact, they often go out of their way to appear trustworthy to gain access to children. Those who sexually abuse children are drawn to settings where they can gain easy access to children, such as sports leagues, faith centers, clubs and schools.

### STEP 2.

#### ***Minimize opportunity.***

If you eliminate or reduce one-adult/one-child situations, you'll dramatically lower the risk of sexual abuse for your child. Reduce the risk. Protect your child. Understand that abusers often become friendly with potential victims and their families, enjoying family activities, earning family trust and gaining time alone with the children. Think carefully about the safety of any one-adult/one-child situation. Look for group situations whenever possible. Set an example by personally avoiding one-adult/one-child situations with children other than your own. Monitor your child's Internet use. This is one way that offenders interact with children. They use the Internet with the goal of luring children into physical contact.

#### ***Reduce the risk. Insist on policy.***

Lobby for policies eliminating one-adult/one-child situations in all youth-serving organizations, such as faith groups, sports teams and school clubs. These policies should ensure that all activities can be interrupted and observed. Question program administrators and avoid organizations that do not do careful screening and background checks on all persons working with children. Insist that youth-serving organizations train their staff to prevent, recognize and react responsibly to child sexual abuse. Ensure that youth-serving organizations have policies in place for dealing with suspicious situations and reports of abuse.

What about the value of one-on-one time for children? Of course one-on-one time with a caring adult can be healthy. It builds self esteem and makes a child feel valued. There are things you can do to protect your child when you do want

him to have time alone with another adult. Drop in unexpectedly when your child is alone with any adult, even trusted family members. This conveys that there are no entirely private times where you are not looking after your child. Make sure outings are observable, if not by you, then by others. Ask about the specifics of the planned activities before your child leaves your care. Talk with your child when he returns. Notice his mood and whether he can tell you happy how the time was. Find a way to tell the adults who care for your children that you and your child are educated about child sexual abuse. Be that direct. Remember, none of the 7 steps are meant to be used exclusively.

### STEP 3.

#### ***Talk about it.***

Children often keep abuse a secret, but barriers can be broken down by talking openly about it.

#### ***Understand why children won't "tell."***

The abuser shames the child, points out that she let it happen, or tells her that her parents will be angry. The abuser is often manipulative and may try to confuse the child about what is right and wrong. The abuser sometimes threatens the child or a family member. Some children who did not initially disclose abuse are afraid or ashamed to tell when it happens again. Children are afraid of disappointing their parents. Children are afraid of disrupting the family. Some children are too young to understand. Many abusers tell children the abuse is "okay" or a "game."

#### ***Know how children communicate.***

Children who do disclose sexual abuse often tell a trusted adult other than a parent. For this reason, training for people who work with children is especially important. Children may tell "parts" of what happened or pretend it happened to someone else to gauge adult reaction. Children will often "shut down" and refuse to tell more if you respond emotionally or negatively. If your child does not talk to you, don't think it's a sign of poor parenting.





## 7 Steps To Preventing, Recognizing and Reacting Responsibly to Child Sexual Abuse *A Guide for Responsible Adults*

*Talk openly with your child.*

Good communication may decrease your child's vulnerability to sexual abuse and increase the likelihood that he will tell you if he is sexually abused. Teach your child about her body, about what abuse is and, when age-appropriate, about sex. Teach her words that help her discuss sex comfortably with you. Teach your child that it is against the "rules" for adults to act in a sexual way with children and use examples. Start early and talk often. Use everyday opportunities to talk about sexual abuse. Teach your child that it is your responsibility to protect him from sexual abuse. Teach your child you can only protect her if she tells you when something is wrong. Listen quietly. Children have a hard time telling parents about troubling events.

### STEP 4.

#### ***Stay alert.***

Don't expect obvious signs when a child is being sexually abused.

*Learn the signs.*

Physical signs of sexual abuse are not common, although redness, rashes or swelling in the genital area, urinary tract infections or other such symptoms should be carefully investigated. Also, physical problems associated with anxiety, such as chronic stomach pain or headaches, may occur. Emotional or behavioral signals are more common. These can run from "too perfect" behavior, to withdrawal and depression, to unexplained anger and rebellion. Sexual behavior and language that are not age-appropriate can be a red flag. Be aware that in some children there are no signs whatsoever.

**If you find physical signs that you suspect as sexual abuse, have the child physically examined immediately by a professional who specializes in child sexual abuse.**

A child advocacy center can guide you. To find a center near you, contact National Children's Alliance at [nca-online.org/members.html](http://nca-online.org/members.html) or call 1-800-239-9950. The opportunity to convict a child molester may depend on forensic evidence from an examination.

### STEP 5.

#### ***Make a plan.***

Learn where to go, who to call and how to react.

*Don't overreact.*

If your child breaks an arm or runs a high fever, you know to stay calm because you've mentally prepared yourself. Reacting to child sexual abuse is the same. Your reactions have a powerful influence on vulnerable children. When you react to disclosure with anger or disbelief, the response is often:

- The child shuts down.
- The child changes his story in the face of your anger and disbelief, when, in fact, abuse may actually be occurring.
- The child changes his account around your questions so future tellings appear to be "coached." This can be very harmful if the case goes to court.
- The child feels even more guilty.

#### **Very few reported incidents are false.**

*Offer support.*

If you think through your emotional response before you even suspect abuse, you'll be able to respond in a much more supportive manner.

Believe the child and make sure he knows it. Encourage the child to talk, but don't ask questions. You'll just confuse and upset her. You might confuse and upset her. If you must ask questions to keep her talking, ask open-ended ones like "What happened next?" Seek the help of a professional who is trained to ask questions about child sexual abuse. Professional guidance could be critical to the child's healing and to the criminal prosecution of the offender. Assure the child that it's your responsibility to protect him and that you'll do everything you can for him. Report or take action in all cases of suspected abuse, both inside and outside the immediate family. The safety of a child is far more important than any emotional conflict you may have to face. Don't panic. Sexually abused children who receive psychological help can and do heal. An appropriate reaction to a child's report of sexual abuse can start the healing process for the child and end one cycle of abuse.

*Child sexual abuse is a crime.*

"A child in my class told me that her neighbor sexually abused her. What should I do?" Know the legal requirements for reporting. All 50 states require that professionals who work with children report reasonable suspicions of child abuse. Some states require that anyone with suspicions report it. Information about each state's requirements is available at [www.darkness2light.org](http://www.darkness2light.org) (Get Help/Reporting Child Abuse) or call the ChildHelp USA National Child Abuse Hotline, 1-800-422-4453.

If you are a professional who works with children (e.g., a teacher, a nurse), there are special procedures and reporting requirements you must follow. Your employer should provide mandated

*Continued on Page 20.*

"It can't happen in my family. I could tell if someone I know is an abuser."

**Yet 93% of all victims know their abusers.**



## 7 Steps To Preventing, Recognizing and Reacting Responsibly to Child Sexual Abuse *A Guide for Responsible Adults*

reporting training. Know the agencies that handle reports of child abuse.

Two agencies handle most reports of child abuse: Child Protective Services (in some states this agency has a different name) and the police. Some states designate Child Protective Services as the agency that accepts reports of suspected child abuse. Others designate the police. Some do not designate or designate both. Many states have centralized toll-free lines that accepts reports of abuse from the entire state. To find out where to make a report in your state, visit [www.darkness2light.org](http://www.darkness2light.org) (Get Help/Reporting Child Abuse) or call the ChildHelp USA National Child Abuse Hotline, 1-800-422-4453. If the legal system does not provide adequate protection for a child, call Justice for Children (713-225-4357) or [www.jfcadvocacy.org](http://www.jfcadvocacy.org).

### STEP 6.

#### ***Act on suspicions.***

The future well-being of a child is at stake. By acting on suspicions of child sexual abuse, you will save not only one child, but perhaps countless others because many of those who sexually abuse children have multiple victims. You may be faced with a situation where you suspect abuse, but don't have proof. Suspicions are scary, but trust your instincts. Have the courage to report the abuse.

*What if I'm not sure? Where do I go?*

Child advocacy centers coordinate all the professionals (legal and social services) involved in a case. If you're unsure about whether to make an official report or just need support, contact a child advocacy center. They will help you evaluate your suspicions. To find one near you, contact National Children's Alliance at <http://www.nca-online.org> or 1-800-239-9950.

Child Abuse Helplines have staff specifically trained to deal with questions about suspected child sexual abuse. Call Darkness to Light's helpline, 1-866-FOR-LIGHT to be routed to resources in your own community, or call the ChildHelp USA National Child Abuse Hotline, 1-800-4-A-CHILD. Local community agencies,

such as local hotlines, United Way offices, or rape crisis centers can often help. Talk to the child's parents (as long as they are not the abusers) and provide educational materials, such as this booklet. If the parent seems indifferent or unlikely to take action, call one of the other recommended sources. These resources can help if you are unsure about whether abuse has occurred, but they do not substitute for making an official report. Remember that you may be a mandated reporter in your state and you may be the only source of protection that the child has.

### STEP 7.

#### ***Get involved.***

Volunteer and financially support organizations that fight the tragedy of child sexual abuse.

*Get involved by donating your time and resources to support organizations such as these:*

Prevention programs  
Child advocacy centers  
Crisis information and referral services  
Rape crisis centers

*Use your voice and your vote to make your community a safer place for children.*

Support legislation that protects children. Visit [www.darkness2light.org](http://www.darkness2light.org) for legislative information. Demand that the government puts more resources into the fight against child sexual abuse. Call and write members of Congress. Write letters to your newspaper.

#### ***Break the cycle of silence.***

If child sexual abuse is part of your history, do not keep silent. By breaking the cycle of silence, you will break free from the trauma you carry within you and begin an important healing process. And you will help protect other children from suffering the way you did.

***There are 39 million survivors of child sexual abuse in America today.***

## Let the prevention and the healing begin.



### Don't Let Life Get You Down

Submitted by Debbie Obi

Better days may be closer than you think!

Life can be unfair at times and those are the times when you must maintain faith and never let go.

It is especially during the difficult times that you must live your life to its fullest potential.

Now is the time to triumph over circumstances with hope and courage.

Life isn't always easy, but if you keep going and persevere to the very best of your ability, you will gain strength to manage the new challenges ahead.

Each goal that you reach is another important step forward.

Believe that there are bright and wonderful days ahead for you and you will find them.

- Mary A. Rothman





## Two Familiar Smiles Behind Those New and Friendly Voices at Little Creek Casino and Hotel



Sonia Rivera, left, and Lizzy Perez, LCCH Reservationists/PBX Operators



## Elders Building Roof Is Being Remodeled

The Elders building roof will be remodeled from January 12 until March 15. The project will consist of building several sub-assemblies in the administration parking lot and lifting them onto the building with a small crane. Several parking places on the east side of the lot, in front of the Elders building will be used to route traffic past the construction. All staff members are encouraged to park on the west side of the lot during this time. Visitor spaces and handicapped access will remain available.



## Want to Serve Your Community?

The following Committees and commissions have members whose terms are due to expire this year. If you would like to be appointed or reappointed to one or more of these positions, please provide a written request to Ruby Fuller by February 21.

Committee/Commission	Openings
Housing & Utilities	2
Personnel	3
Shellfish	3
Aquatics	3
Fish	3
Gaming	2
Hunting	3

## To Whom It Concerns,

I would appreciate it very much if whoever is driving on my lawn would stop. I don't appreciate you tearing up my grass. Please leave me alone. I haven't done anything to anybody, so please don't bother me. If I find out who you are, you will have to pay for the damages.

- EC

## Tires For Sale

16 inch P215 60R16  
Only 25 miles on them.

Not on rims.

Paid \$400

Asking \$350 or best offer.

Call Rick Case at 426-1351

## Missing Community Member SAM WITCRAFT



34 years old, 6 foot, 5 inches tall  
and 210 pounds,  
Last seen Monday, January 3rd,  
leaving his worksite  
between Matlock and Shelton.

His truck is a 2001 Dodge with an equipment box, a blue twin tank compressor mounted on the driver's side, an aluminum headache rack and a black diesel fuel tank.

WA License # A991161



Sam's wife and two children miss him dearly. His friends and family (many Squaxin Island tribal and community members) are looking for him and want him to come home  
- no questions asked.

If you have any information about his whereabouts, please call the Mason County Sheriff's office at  
360-427-9670 exts. 226 or 313  
Collect calls accepted

REWARD!



# Happy Birthday

Harry Johns	2/1	Ramona Mosier	2/13	Jordan Sweitzer	2/21
Winter Perez	2/1	Michael Furtado	2/14	Kim Allen	2/22
Donald Briggs	2/3	Alicia Boyette	2/15	Barbara Henry	2/23
Mistifawn Martinez	2/3	Sonja Clementson	2/15	Joshua Melton	2/23
Lydia Algea	2/4	Sean Jones	2/15	Marvin Newell	2/23
Lareciana Broussard-James	2/4	Jennifer Kenyon	2/16	Lydia Parrott	2/23
Ronald Dailey	2/4	Clayton Bethea	2/17	Delwin C. Johns	2/24
Kalea Johns	2/4	Crystal McCulloch	2/17	Jonathon Joseph Fry	2/25
Larry Bradley	2/4	Michael Scott Kenyon	2/17	Maralee Hopkins	2/25
John Briggs	2/5	Derrick Wiley	2/17	Zachariah Mirka	2/25
Shannon Cooper	2/5	Antone Hidalgo-Hawks	2/17	Mary Whitener	2/25
Stephanie Gott	2/6	Steven Peters	2/18	Katrina Story	2/26
Ruth Lopeman	2/7	Kimberly Burrow	2/18	Samual J. Penn	2/26
Michael Mosier	2/7	Haley Peters	2/18	Cameron Henry	2/27
John Tobin	2/7	Rachel Ford	2/19	Alex Larios	2/27
Justin Lopeman-Dobson	2/8	Benjamin Parker	2/19	Katherine Ackerman	2/28
Michael Henderson	2/9	Katalina Lewis	2/19	Mishell Miller	2/29
Stefanie Kenyon	2/9	Robert Whitener, Jr.	2/19		
Brent Snipper	2/11	Cheryl Monger	2/20		
Alei Henderson	2/11	Sallee Elam	2/21		
Hunter Merriman	2/11	Annie Kuntz	2/21		
Russ Addison	2/12	Timothy Linn, Jr.	2/21		
Che-Vonne Obi	2/12	Kristopher Peters	2/21		
Rusty Gouin	2/13	Steven R. Peters	2/21		

**A Very Special Birthday**  
**To My Very Best Friend, Ramona (L)**  
**You're Like A Big Sister To Me**  
**(Bossy!)**  
**Really, Someone I Can Always Talk to!**



**Love Ya Lots! Barb**

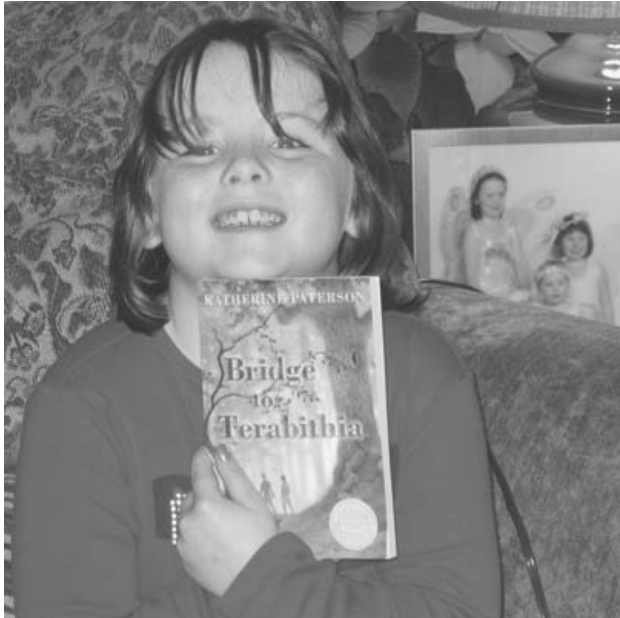
**A Very Happy 35th Birthday**  
**To My Special Niece, Maralee**  
**(Center with daughters Sharleina (R) and Marissa)**



**Love, Your Aunt Barb**

What's Happening						
	1	2	3	4	5	
	Church 7:30	<b>Cemetery Meeting 1:30 Upstairs at Tribal Center</b>	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation	
6	7	8	9	10	11	12
	Diabetes Support Group 12:45 Elder's Bldg	Court  Church 7:30	Drum practice 6:00 p.m., MLRC	<b>Tribal Council</b>  Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
13	14	15	16	17	18	19
		<b>Foot Exams for people with Diabetes 9 - 11 Church 7:30</b>	Drum practice 6:00 p.m., MLRC	<b>Supermarket Tour 1-3:30</b> Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
20	21	22	23	24	25	26
	Diabetes Support Group 12:45 Elder's Bldg	Court  Church 7:30	Drum practice 6:00 p.m., MLRC	<b>Tribal Council</b> Mammogram Day Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
27	28	29	30			





## A Special Thank You

Tracy Farrell - Caoilinn (Tracy's daughter) is fully recovered, Thank you.

This is a letter to all the kind and generous people who contributed for gas money upon finding out that our eight-year-old daughter, Caoilinn Farrell, had taken ill with a condition involving part of her brain.

The condition is called acute cerebellitis, and Caoilinn is now fully recovered from her ordeal. The doctors predicted this miraculous recovery, but, as her parent and without being fully confident of the outcome, I witnessed her endure physical difficulty with optimism and great effort.

Her recovery would not have been the same without the tremendous effort of the doctors, therapists and nursing staff at Seattle Children's Hospital. Additionally, the kind words of Tribal members and fellow employees have been crucial in helping me to cope with the duress of the situation.

I cannot thank you all enough.

**Lordy, Lordy!  
Look Who's 40  
Kim Burrow  
Happy Birthday!  
Love - Your Nieces**

**A Very Happy Belated 44th Birthday  
To My Baby Boy, Vinny  
and Daughter-In-Law, Margaret (42nd)**



**Love, Mom**

**A Very Happy Belated 14th Birthday  
To My Grand-Niece Shar  
(Right with Grandma Mari Anne Haney and Sister Marissa)**



**Love, Your Aunt Barb**

**Happy Birthday Winter!  
Love,  
Gramma, Lizzy, Dad  
and the Rest of the Family**

**Happy Birthday Michael James!  
Love,  
Gramma, Lizzy, Dad  
and the Rest of the Family**

**Happy Birthday Kim!  
Love,  
Sister Terri**

## The Top of the Kamilche Hill



Special thanks to my grandson, Vince, Jr. for the beautiful Christmas lights! My decorations were the best on the hill! Thank you so much for buying the lights with your own money and putting them all up for me. I really enjoyed them!!!

- Love Mom





## Happy New Year from the Squaxin Island Child Development Center!



*Raymond learning  
about shapes and colors*

Jim Kindle - Some exciting things are happening at the Child Development Center! Enrollment is growing, kids are laughing and learning and staff are busily preparing activities and programs that will benefit our children.

If you are interested in enrolling your child, or know someone who is interested, it is best to do that NOW, rather than later. Currently there are 65 children enrolled, that leaves only 51 spots available. We already have a waiting list for our infants, and our toddler classrooms are growing rapidly! 46% of our enrollment is tribal members, and 18% are non-tribal member employees. The remaining 36% of our children are families from the Shelton or Olympia areas.

Our teachers are working hard to teach the children the necessities and prepare them for school. Did you know that if your child attends a quality preschool his/her chances of succeeding in school triple. Some things are teachers are doing in the classroom are:

- Our preschool classes got a visit from the Fire Department, and they were able to put on real boots and pants from the firemen. They are also learning about counting, reading and writing.
- Toddlers are learning about colors, farm animals, opposites, shapes and still enjoying a lot of play time. They are also learning about themselves - their eyes, ears, nose and arms and how to use them.
- The wobblers have had the opportunity to learn about textures and



*Madison P.*



*Our preschoolers learning how to cut with scissors, and different patterns*

how to paint with brushes and their feet. They are also working on communication skills, sign language and manners.

- Then there are our infamous infants. In the past few weeks almost all of them have learned to crawl, as well as voice their displeasure when they are not getting enough attention. You can see them learning daily, what an exciting time!

If you are interested in enrolling, or just getting a tour, feel free to visit us at anytime, or call 426-1390!



*Longtime buddies Damian, and Aaron washing up for lunch*