



Qwu?gwes Prepares for 9th Field Season

Submitted by: Dale Croes, Rhonda Foster and Larry Ross - We have finished our 8th season of the Qwu?gwes wet/site field school program, and once again we were blessed with basketry, netting, and wooden artifacts within the 1x1 M excavation units. One of the highlights of the field school happened at the end of the season, when, at the very bottom of an excavation unit, we began uncovering a large piece of basketry rim. Site co-manager Rhonda Foster, also Director of the Cultural Resources Department at the Squaxin Island Tribe and Cultural Resource Technician and Weaver Margaret Seymour-Henry joined us that day, as did Ed Carrier, Master Suquamish Basketweaver. The rim has looped rope handles extended across the whole square, which is flattened or double layered, measures 6 feet (2 M) around the mouth, and may be a fish trap rather than a basket! This basket or fish trap rim is woven of splint cedar boughs, and the open-twined body extends some distance into the bottom of the next unexcavated square. Rhonda and I had to decide whether to cut it off or leave it to be excavated next summer. We agreed to cover it with porous cloth and back fill the squares with clean sand, as is the usual procedure for the winter. After all, it had been there for 700 years, so one more year would not make much difference. It awaits those participating in the 2007 field school!

Please alert your students about this field school opportunity. Rhonda and I assure that all students will have a part in the excavation of the two 1x1 m squares that the fish trap or basket might extend into. It will be quite an experience for everyone. The fish trap or basket will be conserved for eventual display in the Squaxin Island Tribe's museum.

The Qwu?gwes archaeological project has just been featured in two new archaeological textbooks for 2007. If you'd like to see the articles, recent published research papers, and the application form for our 2007 field school (please share with your students), go to our web site at: <http://www.library.spscc.ctc.edu/crm/crm.htm>

TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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- ANDY WHITENER: *Vice Chairman*
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Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
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Left: Squaxin Cultural Resource Specialist Margaret Seymour-Henry helps SPSCC student Jason Channel expose a basketry trap or basket. Right: Trap or basket as it had to be left for the 2007 season.

CONTACT THE CO-MANAGERS:

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Walking On



Dewey Sigo Pictured with grandson Andy

Beloved Squaxin Island Tribal elder and lifetime Shelton resident Dewey E. Sigo died of natural causes on Tuesday, November 21, at Mason General Hospital. He was 85.

He was born on March 27, in 1921 in a logging camp near Matlock to Edward and Florence (Bagley) Sigo.

He was also a member of the Suquamish Tribe until dual tribal membership was no longer allowed.

He served in the U.S. Army from 1941 to 1945.

In his early years he worked in fishing, clam digging and oyster picking. He then worked closely with his mother and others to establish the Squaxin Island Constitution and was Tribal Secretary for many years.

Dewey was also the Assistant Director of the Small Tribes Organization of Western Washington (STOWW).

In 1974, along with Cal Peters and many others, he helped current and future generations by becoming involved in the "Boldt Decision," a court ruling that upheld treaty fishing rights. He went back to fishing

and became one of the main fish buyers for all the local tribes.

He retired in 1982 and began a full-time ministry. He traveled from Shelton to Canada doing what he loved until his death. He enjoyed fishing, hunting, clamming, preaching, his dog Mighty and spending the Fourth of July on Squaxin Island with his family.

Surviving are his wife Jean Sigo of Shelton; sister Myrtle Richards of Shelton; Calvin Peters of Tacoma who was like a brother; daughter Janette Sigo of Shelton; sons Daniel Sigo of Aberdeen, Steve Sigo of Shelton and Dewey Sigo Jr. of Puyallup.

Also surviving are former wife Virginia Sophie, the mother of Dewey's children; four stepdaughters; grandchildren Janita, Jeromy, Jaclyn, Christopher, Lilly, Tony, Shawn, Marissa, Kierra, Steven Jr., Emily, Trelace, Misti, Andrew, Florence and Jacob; and great-grandchildren Tenaya, Tae'lor, Cleveland, Nicholas, Alysa and Calvin.

A memorial service was held at 11:00 a.m. on Friday, December 1, at the Squaxin Island Gym. Ron Daily officiated.

Who are These Crazy Halloween Revelers?

Answer from Page 1

Teresa Ford (Nun) and sister, Tammy Ford

Calling All Basketweavers

Charlene Krise - The museum is hosting the Basket Weavers Support Group Tuesday evenings at 4:30 p.m. in the classroom. You are encouraged to bring basketry projects. A few kits are available for weaving cedar frogs, a mouse and turtles. If you want to try one of these kits, please join us! So far we have played around with the turtle-making kit and will soon learn how to make a cattail duck. We support each other in the new techniques as we learn, so please join us. We look forward to sharing and learning more with our basket weavers!

The gathering is open to the whole Squaxin community. We meet every Tuesday at 4:30 p.m. in the MLRC classroom. If you have any questions please contact:

Ruth Whitener

432-3841

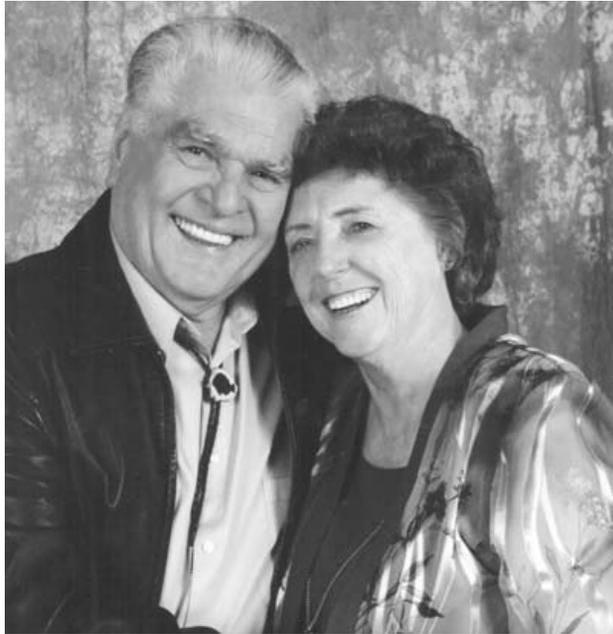
ruth.whitener@squaxin.nsn.us.





Bob & Alene's 50th Wedding Anniversary Party

Jennifer Ulrich - On Sunday, December 3rd, I had the honor of helping to throw my grandparents a 50th wedding anniversary party. We held the event at the Senior Center and at the Squaxin Island Museum. The event was well attended and enjoyed by all. We started with a nice lunch at the Senior Center, and then the party moved over to the museum for a slideshow of images from Bob & Alene's life and a chance for the guests to tell stories and present appreciations for them. I would share some of the stories, but I think I might get in trouble. As you can see from some of the pictures, some of the stories might have been a bit embarrassing. But what's a good party without a little roasting? Our family wanted to throw this party for Papa and Grandma for all the wonderful things they have done for us as well as the Tribe. Thanks for being a wonderful and influential part of our lives!



50 Great Years

Special Thanks to:

- Dave Lopeman for making a wonderful elk stew
- Rhonda & Mike Foster for the Elk
- Darla Whitener for her appetizer
- Vicki Kruger for the pull apart bread (that I think I had at least three pieces of!)
- Carolyn Popwell for catering the event; it was great food!





WA State Native American Coalition Against Domestic Violence & Sexual Assault Hosts Open House

Gloria Hill - Our Open House was held November 21, 2006, in Olympia. It began at 10:30 with a traditional blessing, singing/drumming and lunch served at noon. The event ended at 3:30. Our Open House was attended by approximately 60 people.

We would like to raise our hands to Rose Algea and Mike and Shirley Davis for doing the blessing in the Shaker Church way; the drum groups from Nisqually and Squaxin Island Tribes for the singing/drumming; and Marilee Ransdell from SPIPA for taking pictures.

Our Open House was visited by a variety of people from such organizations as: SW WA Tribal Health Alliance - Thurston County Prosecutors Office - Dept of Corrections - Thurston Co. Task Force for DV/SA - WA Coalition Against Sexual Assault Program - Attorney General's Office - Mental Health Tribal Program - Deputy Prosecutor Office of Thurston Co. - Prosecuting Attorney's Office - SafePlace - SPIPA - Squaxin Island Diabetes Program - YWCA Vancouver and guests from our neighbors in our office bldg.

Tribes that were represented: Lower Elwha - Nisqually - Skokomish - Chehalis - Cowlitz - Choctaw - Apache - Sioux - Winnebago - Montana - Squaxin Island



Mike & Shirley Davis



Rose Algea

Squaxin Island Community Dinner Discussion on HIV/AIDS

Thursday January 11th, 2007

Starts: 5:30 p.m. - Ends: 8:00 p.m.

Location: Elders Building

Dinner Provided at 6:00 p.m.

Many Native Americans are infected and affected by HIV/AIDS. The sad news is that many do not get tested and diagnosed in time to get on life saving medication. Lack of knowledge of personal risk, fear of stigma, and concern about confidentiality keeps many tribal members from getting tested and treated.

The Squaxin Island Tribe has addressed these issues in concert with SPIPA through several federal education projects. The Tribal B.E.A.R. (Building Effective AIDS Response) Project brings clinical HIV/AIDS and Hepatitis "C" education to the Tribal Health Clinic staff so that they can serve the community better and the SPNS (Special Project of National Significance) Project offered outreach and education to tribal community members.

SPIPA has funding to host a Community Dinner Discussion about the future of HIV/AIDS education for the Squaxin Island community. We ask that you join us and share your feelings and concerns to better protect the future health of the Squaxin Island Community.

For more information please contact either Patty Suskin 432-3929 at Squaxin Island or Michael Maxwell 462-3225 at SPIPA.



Drum Group from Nisqually and Squaxin Island - Joseph, Koreena, Shay, Clara, Grace, Jeremiah and Cleo



Jeremiah, Joseph and Gloria



Congratulations!

The Office of Housing would like to congratulate the newly conveyed homeowners: Tony Rivera, Angel Coley, Virginia Berumen, Charlene Cooper and Carrie Smith.

Upcoming Events

December 11th and 14th

BUILDING NATIVE COMMUNITY
BUDGET WORKSHOP

January, 2007

PATHWAYS HOME FIRST TIME
HOMEBUYER CLASS

March 10, 2007

3RD ANNUAL HOUSING FAIR

Earned Income Tax Credit

Submitted by Office of Housing - 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 provides 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 income tax withheld.

If you owe federal taxes, the EITC may reduce the amount you owe and may result in a refund check.

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.

How Can I Use My EITC Refund to Improve My Family's Financial Situation?

Submitted by Office of Housing - Instead of using your EITC refund to make unplanned purchases, you may want to consider ways to make the most of your refund by focusing on how to improve your family's financial situation. This may require some planning because you don't want to be in a situation where you've already "spent" your refund before you get it.

Think about the following:

- Debt Elimination. If you have high debt and/or problems with your credit, using your EITC refund to eliminate debt may be the best thing you can do to improve your financial standing. Some families with the goal of repairing their credit histories in order to buy a home may have put together a spending plan to lower their monthly expenses and pay off existing debt. Receiving a lump sum payment is an excellent way to jump-start the implementation of that spending plan.
- Savings. You can plan to deposit at least a portion of your refund in a savings account to help you save for necessary, large purchases rather than use credit. Paying cash for a purchase will eliminate added financing costs and help to minimize getting over-extended with credit. You can also use your savings for retirement planning.
- Individual Development Accounts (IDAs). IDAs are programs to help low and moderate-income working families increase their savings. They are "matched savings accounts" in which deposits you make are matched by contributions from the sponsoring organizations. IDAs are designed to help participants obtain some kind of asset like a down payment for a home, college education or job training, a computer, a car, or small business financing. Check with your tribal government or local nonprofit to see if IDA programs are available in your community.

You can learn more about each of these options by participating in a personal financial education course. Look for opportunities in your community to attend a class that can help you achieve your financial goals and maximize the impact of your EITC refund.

New Employee



Penni Giles
Planner/Grant Writer

Hi, my name is Penni Giles. I have recently been hired within the Department of Planning and Community Development as Planner/Grant Writer.

It is great to be back working for the Squaxin Island Tribe. Glenn and I are anxious to be closer to family and friends. I really missed Rusty's home cooking and am very happy to be home again.

Besides spending time with family in my spare time, I enjoy golfing, clam digging and cake decorating.

Precautions in Selecting a Tax Preparer

Submitted by Office of Housing - Some tax preparers promise large and fast refunds and try to encourage individuals to use their returns as a down payment on a large purchase such as an automobile or a mobile home. Or, they might offer a rapid refund through a loan or a debit card. These people and the businesses they work for are called "predatory" because they prey upon people's needs, fears and lack of knowledge about options.

In Native communities, some common predatory tax return preparers work out of:

- Pawn shops
- Trading posts
- Car dealers
- Mobile home dealers
- Check cashing services



Although their offers may appear attractive, they may cause you to lose a lot of your refund to inflated fees.



What are the Real Costs of Rapid Refunds or Refund Anticipation Loans (RALs)?

Submitted by Office of Housing - Using a rapid refund from a commercial tax preparer allows taxpayers to access their tax refund in just a few days and in some cases instantly. But these rapid refunds are actually high-interest loans called Refund Anticipation Loans or RALs. They are short-term loans secured by the expected refund from the IRS. While this product may look good, it comes with very high costs. In some cases, waiting a few extra days can double the amount of a taxpayer's return.

Benefits of RALs

Though many taxpayers do not even realize they are using a loan to access their tax returns as a rapid refund, they see many benefits from doing so. Reasons why some people might decide to use a RAL refund include:

- **Quick Cash.** Some taxpayers need their refunds as soon as possible to cover past debts or outstanding rent or utilities payments. They do not mind getting a smaller refund in order to get it faster.
- **Mistrust of Federal Government.** Rather than rely on the federal government to provide a refund in the future, some Native taxpayers prefer to receive their refunds from their tax preparers immediately, even at a higher cost.
- **No Knowledge of or Comfort with Other Options.** Individuals may not currently be aware of other alternatives, such as visiting free tax preparation sites or reputable commercial preparers, completing their own paper returns or using free electronic filing options.
- **Source of Funds to Cover Filing Fees.** Using a RAL may be the only way some taxpayers can cover the filing fees charged by the tax preparer.
- **Down Payment for Purchases.** Some businesses such as car or mobile home dealers may provide free tax services in exchange for using the refund as a down payment on a new purchase.

Costs Of RALs

Despite these perceived benefits, RALs can come with many costs to taxpayers. While many commercial preparers charge legitimate fees for providing their services, some take advantage of their clients' lack of knowledge and use

abusive pricing practices.

Depending on how the transaction is structured, taxpayers may be charged the following fees:

- **Tax Return Preparation Fee.** Many tax preparers charge high fees just to prepare the paper return and there may be additional fees to prepare the paperwork to claim the EITC.
- **Electronic Filing Fee.** In addition to the fees to prepare the tax return, tax preparers charge additional fees to file electronically.
- **Loan Fees.** Tax preparers may charge a fee to prepare or originate the RAL.
- **Interest Charges.** The interest rates for RALs are generally very high - sometimes in the triple digits. They may appear reasonable if they are quoted on an annual basis, but since the loan is usually only for two weeks, the rates are inflated.
- **Check Cashing Fee.** In many cases, RALs are issued to taxpayers in checks rather than by depositing them in a new or existing bank account. This may require an additional check-cashing fee.
- **Debit Card and Transaction Fees.** Some tax preparers, especially those at trading posts, issue the refund as a debit card, which may be used only at certain retail outlets. There may be a first-time user or membership fee to obtain the debit card and then an additional fee charged for each transaction. On top of that, the retailers may inflate their prices by as much as 30 percent during tax season.

Another risk a taxpayer takes when accessing a rapid refund through a RAL is the chance that the IRS will dispute the claim. In some cases, predatory tax preparers whose fees are tied to the amount of the refund may have an incentive to give inaccurate tax advice, which causes the refund to be delayed or disallowed. In these situations, the taxpayer is either required to continue to pay inflated interest rates until the refund arrives or even repay the loan without receiving the refund. This could present quite a hardship to the taxpayer especially if the refund has already been spent. In cases of fraudulent EITC claims, future claims may be denied for ten years.

While expensive RAL products may provide extra convenience to taxpayers, they may also unnecessarily reduce the amount of the refund. In some cases, taxpayers may not even realize how much they are paying unless they specifically ask for an itemization of the costs. According to one analysis conducted by the Brookings Institution, Native taxpayers are over twice as likely to access their refunds through a RAL.

OFFICE OF HOUSING WILL BE A FREE TAX PREPARATION SITE!

Make Tax Time Cash Time!



If your family earned less than \$38,348 last year, you may qualify for an Earned Income Tax Credit (EITC) refund in your 2006 tax return.

To qualify, you must work full-time, part-time or be self-employed, meet certain eligibility rules, and file a 2006 tax return. Refund amounts are:

- Up to \$4,536 if you have two or more qualifying children
- Up to \$2,747 if you have one qualifying child
- Up to \$412 with no qualifying children

Don't pay high or unnecessary fees to a commercial tax preparer. Use your local free tax prep site!



NFEC

NATIVE FINANCIAL EDUCATION COALITION

www.nfec.info

The Squaxin Island Tribe, Office of Housing will be sponsoring a free tax preparation site. Watch for further details on location and hours. Any questions, contact Lisa Peters @ 432-3871.



Attention College Students and Families of College Students

Squaxin Island Tribal Elders would like to send a little greeting now and then to acknowledge our college students and their hard work. They would like to remind them that their families back home at the Tribe love and miss them.

Please contact Sally Brownfield with names and addresses. 427-7132 OR kamilche@hctc.com

Higher Education

The deadline to apply for funding for winter 06/07 quarter is Friday December 15, 2006 by 5:00 p.m. If you need assistance with higher education paperwork, please call Lisa Evans @ 432-3882. Please see the Higher Education Calendar for important dates and deadlines. Please visit our web site for scholarship information. <http://www.squaxinland.org>. Click on the Government button on the top menu bar. Then click on the Learning Center button on the left menu bar. Then click on Scholarship Opportunities button on the left menu bar.

Thank Your Mentor Day! January 25, 2007

Lynn Olson - When you were a child or young adult, was there someone in your life—a teacher, neighbor, relative, coach, friend, or boss—who encouraged you, showed you the ropes, and helped you become who you are today? That person was a mentor to you.

January is National Mentoring Month, and Thursday, January 25, 2007 is the fourth annual Thank Your Mentor Day.

The theme for Thank Your Mentor Day is "Who Mentored You? Thank Them...and Pass It On!" Join others to honor an important mentor in your life.

Ways to Honor Your Mentor:

Have you often thought about someone who encouraged you, gave you confidence, or just pointed you in the right direction, but regret never having said "thank you?" Here's your chance to remember them by telling them how they made a difference in your life. What lessons—or words—of lasting value did they impart to you? Are there particular events or moments in your life that you recall in connection with your mentor?

- Write a Tribute
- Contact your mentor directly to express your appreciation;
- Write a tribute to your mentor for this newsletter
- "Pass it on" by becoming a mentor to a young person in your community;

Find Your Mentor

SEARCH: If you have lost touch with your mentors and want to try locating them, search for your mentor using free services such as People Search on Yahoo.com or AOL White Pages on AOL.com.

To Become a Mentor or to have your child participate in the Squaxin Island Tribe's Mentoring Program contact:

Lynn Olson
Mentor Coordinator
Squaxin Island Tribe
70 SE Squaxin Lane
Shelton, WA 98584
360-432-3957
360-490-7037 cell
360-426-7897 fax
lolson@squaxin.nsn.us

Scholarship Opportunity

Humboldt State University, nationally known for its strong natural resource management programs is pleased to announce that thirty students will receive \$3623 a year for 4 years. All students interested in studying Computer Science, Mathematics or Environmental Resources Engineering with a GPA of 2.75 or higher and financial need should apply.

Priority will be given to eligible applicants who are American Indian and/or first generation college students. Applicants from the 14 Western University Exchange (WUE) states are encouraged to apply, as WUE students can attend Humboldt State University for nearly the same cost or less as a public university in their home state. The scholarships, with additional federal financial aid, should cover costs for 4 years.

Humboldt's rural coastal setting in Northern California is near forests, rivers and mountains and is conducive to studying natural resources problems, as well as other social, economic and environmental issues. Average class sizes are small, with most classes under 24 students. Students work side-by-side with faculty members on research, community projects and field work.

The student body of about 7000 students contains members of more than 40 tribes and HSU is within 60 miles of three of California's largest tribes. The combination of programs such as the Indian Natural Resources, Sciences and Engineering Program (INRSEP), the Indian Teacher and Educational Personnel Program, the Center for Indian Community Development and the Native American Studies program is unique, making HSU a university of choice for American Indian students.

Scholarship recipients will participate in an enhanced academic program including leadership training, professional development, and support services.

The deadline to apply is April 15, 2007. For more information about HSU and the Scholarship Program please see:

- <http://www.humboldt.edu/>
- <http://www.humboldt.edu/~sls/>

If you would like to nominate a student to receive application materials in the mail, please send an email to sls@humboldt.edu containing the student's contact information.

Have questions? Please call Dr. Beth Eschenbach, Professor of Environmental Resources Engineering at 707-826-4348 or Dr. Jacquelyn Bolman, Director of Indian Natural Resources, Sciences and Engineering Program at 707-826-4994.





LEARNING CENTER



Update

GED classes are available to Squaxin Island tribal members, community members, and casino employees. Classes are held Monday and Wednesday evenings from 5:00 p.m. to 7:30 p.m., in the classroom upstairs in the old tribal center building (above the gym). You must be 18 years of age to participate in this program. For more information you may contact Walt Archer at 432-3826.

Computer Lab

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

Private Tutoring Sessions

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 area, please call to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.



Squaxin Youth Cultural, Educational and Activities Calendar

January 2007

Co-Sponsored by DASA

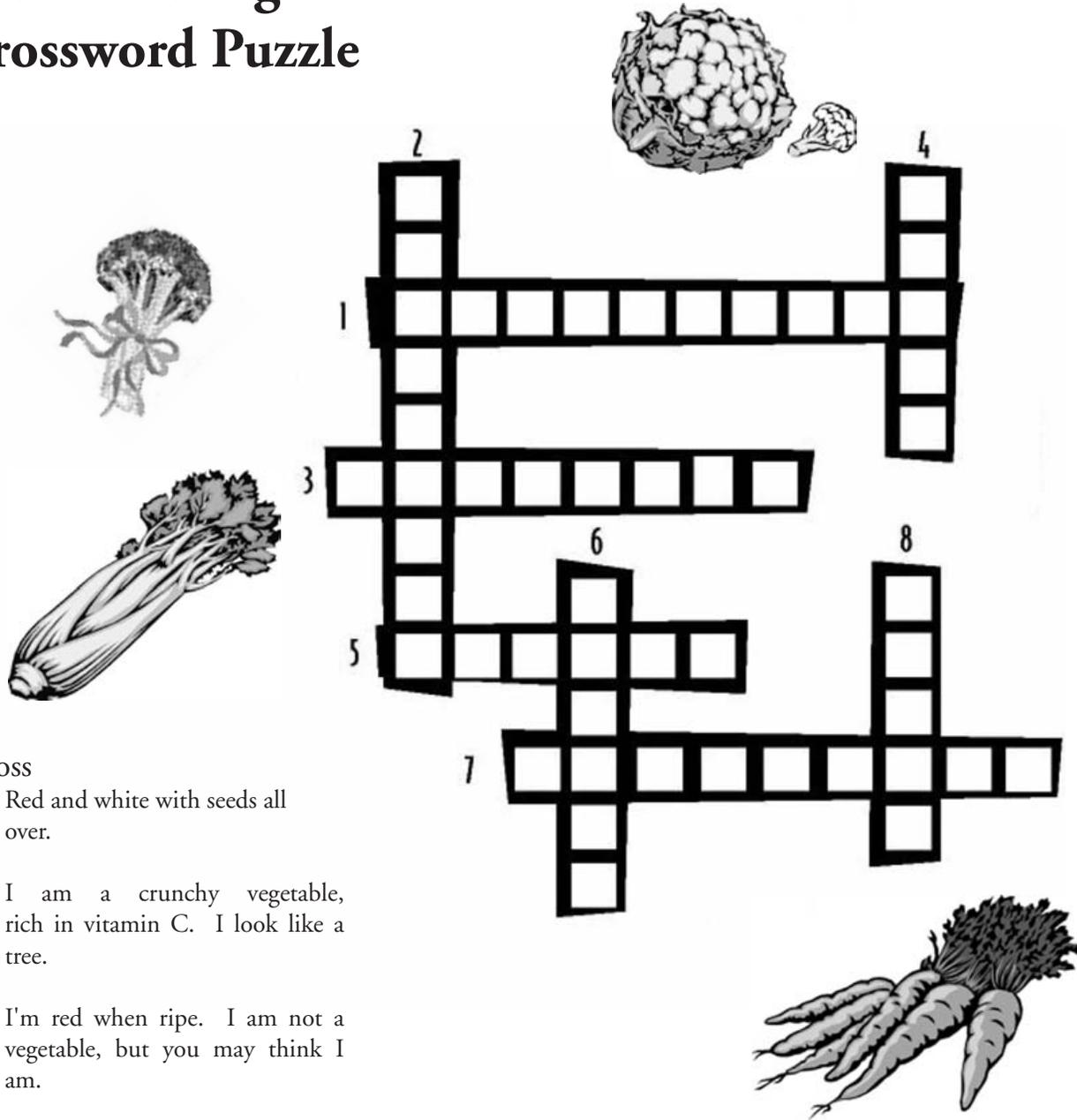
All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Any Questions Call: Mark Snyder 701-1561 Jeremiah George 229-0547 or Bill Kallappa 463-6361</i></p>	<p>1 Happy New Year! </p>	<p>2 <i>No School Shelton! School starts Griffin! No After School Programs!</i></p>	<p>3 <i>Shelton school starts! B-Ball 4:30-6pm 4:30 Youth Council 6pm Drum Group</i></p>	<p>4 <i>3pm Board Games 3pm Snack B-Ball 4:30-6pm</i></p>	<p>5 <i>3pm Board Games 3pm Ping Pong 4pm Movie/ Snack</i></p>	<p>6 <i>Gym open from noon to 4pm Staff will be on site!</i></p>
7	<p>8 <i>4pm Cultural Arts & Crafts B-Ball 4:30-6pm</i></p>	<p>9 <i>3pm Board Games 3pm Snack B-Ball 4:30-6pm</i></p>	<p>10 <i>B-Ball 4:30-6pm 3pm Ping Pong 4:30 Youth Council 6pm Drum Group</i></p>	<p>11 <i>3pm Board Games 3pm Snack B-Ball 4:30-6pm</i></p>	<p>12 <i>3pm Board Games 3pm Ping Pong 4pm Movie/ Snack</i></p>	<p>13 <i>Gym open from noon to 4pm Staff will be on site!</i></p>
<p> 15 <i>No School MLK Day!!! Watch for flyer for movies!! Rec center open at 12</i></p>	<p>16 <i>3pm Board Games 3pm Snack B-Ball 4:30-6pm</i></p>	<p>17 <i>B-Ball 4:30-6pm 3pm Ping Pong 4:30 Youth Council 6pm Drum Group</i></p>	<p>18 <i>3pm Board Games 3pm Snack B-Ball 4:30-6pm</i></p>	<p>19 <i>3pm Board Games 3pm Ping Pong 4pm Movie/ Snack Dance 7pm-11pm</i></p>	<p>20 <i>Gym open from noon to 4pm Staff will be on site!</i></p>	
21	<p>22 <i>4pm Cultural Arts & Crafts B-Ball 4:30-6pm</i></p>	<p>23 <i>3pm Board Games 3pm Snack B-Ball 4:30-6pm</i></p>	<p>24 <i>Shelton early release B-Ball 4:30-6pm 4:30 Youth Council 6pm Drum Group</i></p>	<p>25 <i>3pm Board Games 3pm Snack B-Ball 4:30-6pm</i></p>	<p>26 <i>3pm Board Games 3pm Ping Pong 4pm Movie/ Snack</i></p>	<p>27 <i>Gym open from noon to 4pm Movies!!!</i></p>
28	<p>29 <i>4pm Cultural Arts & Crafts B-Ball 4:30-6pm</i></p>	<p>30 <i>3pm Board Games 3pm Snack B-Ball 4:30-6pm</i></p>	<p>31 <i>B-Ball 4:30-6pm 3pm Ping Pong 4:30 Youth Council 6pm Drum Group</i></p>	<p><i>Homework Help is available Mon-Thur From 3:30-5:00!!</i></p>	<p><i>Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm</i></p>	



Fruits and Vegetables Crossword Puzzle



Across

- 1. Red and white with seeds all over.
- 3. I am a crunchy vegetable, rich in vitamin C. I look like a tree.
- 5. I'm red when ripe. I am not a vegetable, but you may think I am.
- 7. I'm the end of a thistle. To eat me, you pick my leaves.

Down

- 2. I am a fruit that looks like a little fuzzy, oval-shaped bell.
- 4. I am a tropical fruit, I am the opposite of woman and the opposite of stop.
- 6. I'm a vegetable that's good for your eyes.
- 8. I can make your cry!

A Special Thank You
 Thank you to all the clinic staff
 for the great job
 on Dad/Grandpa's service.
 We appreciate all you did.
 Eating in the Elder building
 was a great idea.
 Thank you!
 - The Sigo Family

Flu Shots are Available
 FREE TO TRIBAL MEMBERS
 Call now for an appointment!



Health Events January 2007

Diabetes Support Group

Welcomes everyone to attend a workshop
 January 23rd, from Noon to 1:30 p.m.
 "Tips on How to Beat the Winter Blues"
 With Brenda Dorsey

Brief Community Walk

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

Community Health Walk

Thursday, January 18th
 Meet at Elder's Building at 12:40
 for a 20 minute walk around the REZ
 All SPIPA tribes will be taking a walk in their area at
 the same time - for diabetes prevention!
 Help us win the Walking Stick!
 A walking stick was donated by a Skokomish
 community member.
 The Tribe with the most walkers each month
 wins the walking stick for that month.
 We won it for June and July.
 Can we get back in January?

Mammogram & Women's Health Exams

January 16th
 Contact Rose Algea (360)432-3930

Come Visit our Health Promotions Programs

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

Contact Patty Suskin (360)432-3929
 or Janita Johnson (360)432-3972



5 Tips for Helping Kids Eat More Vegetables

Submitted by Patty Suskin

1. Try, Try again. One of the biggest mistakes parents make when it comes to kids and food is that they give up too soon. Researchers have proved it can take 15 or so exposures to a new food before a child will accept it. If parents keep trying, putting the food on the table and asking kids to, "just take a bite," most kids will eventually learn to accept the new food. "Try an adventure bite!"

2. Don't React. Don't bribe or threaten punishment and don't celebrate when kids eat their vegetables. Studies show that kids often will dislike vegetables if you follow these methods. For parents, this can be a challenge, but worth it.

3. Use Tasty toppings, but sparingly. Use foods like ketchup, cheese sauce, ranch dressing and even refried beans to boost the flavor appeal of vegetables. Adding a few calories for the topping is worth the benefits of kids liking the vegetables more.

4. Build food bridges. Introduce foods that are similar to those the child already likes. For example, remind them how they like mashed potatoes and introduce mashed sweet potatoes. Or, add their favorite fruits to a green salad.

5. Eat YOUR veggies with gusto. The best way to get kids to eat vegetables is to eat them yourself. If a child refuses to eat the veggies on his or her plate, reach over and say, "Great, more for me!"

Web Site Provides Info for Caregivers

Paula Henry - The Aging and Disability Services Administration web site added a new "Caregiver Resource" section in conjunction with National Caregiver's Month. There are topic areas and helpful resources on this site.

The web site is <http://www.ada.dshs.wa.gov/caregiving/>

If you need assistance or have any questions give me a call or stop by my office. My number is 432-3934 and my e-mail is pshenry@squaxin.nsn.us.



129 Pounds Lost!

We have just wrapped up our first round of lifestyle classes, a 16-week program that teaches you how to prevent or postpone diabetes. To see if you qualify for this amazing program, contact Janita Johnson, Diabetes Prevention CHR at 432-3972.

Try This Recipe

to Keep You Warm This Winter!

It was a hit at the commodities tasting!

- Melissa Grant

OLD-FASHIONED VEGETABLE STEW

INGREDIENTS

- 2-1/2 cups cubed potatoes
- 1 cup frozen cut green beans*
- 1 cup frozen whole kernel corn*
- 1 cup sliced carrot
- 1 can black beans
- 1 can stewed tomatoes
- 1 medium onion, cut into thin wedges
- 3 cubes instant beef bouillon
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried oregano, crushed
- 1/4 teaspoon pepper
- 2-1/2 cups vegetable juice or hot-style vegetable juice



DIRECTIONS

1. In 3-1/2- or 4-quart crockery cooker or on the stove top using large pot layer potatoes, green beans, corn, carrot, stewed tomatoes, black beans and onion. Add bouillon cubes, Worcestershire sauce, oregano, pepper. Pour vegetable juice over all.
2. Cover and cook in crock pot on low-heat setting for 10 to 12 hours or high-heat setting for 5 to 6 hours. For stove top, cook for 2- 4 hours on med-high setting stirring occasionally until vegetables are tender. Ladle into bowls. Makes 4 to 6 servings.

Note: If you like, substitute 2 cups frozen mixed vegetables for the beans and corn.

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others \$3.

Monday	Wednesday	Thursday
CLOSED 1	Pork Roast 3	Soup & Sandwich 4
Spaghetti 8	Swiss Steak 10	Biscuits and Gravy 11
Beef Stew 15	Ham and Beans 17	Pizza 18
Pork Chops 22	Baked Fish 24	Chicken Fettuccine 25
Hamburgers 29	Breakfast 31	



HEALTH AND HUMAN SERVICES



Diabetes Awareness Breakfast a Success

Patty Suskin - On Tuesday, November 21, 44 people enjoyed a delicious, healthy breakfast.

Eleven of those people were screened for diabetes, and 8 braved the wind and rain and went for a walk.

Everyone there knew someone with diabetes or had diabetes themselves. Diabetes is widespread in our community with more people finding they have pre-diabetes or diabetes. You can live a long healthy life with diabetes! If you would like to learn more about keeping yourself strong and well, contact Patty Suskin, Diabetes Coordinator at (360)432-3929 or stop by the health promotions area across from the clinic.

Thanks to all those contributing to the success. (Forgive me if I forgot someone!) Whitney Jones, Ed Fox, Rose Algea, Mike Davis, Shirley Davis, Cleveland Johnson, Cindy Beck, Nadine Romero, Colleen Woodard, Melissa Grant and Janita Johnson.



Besides this delicious collection of fruit, we had eggs, ham, potatoes, waffles, quiche and salad bar.



Nadine Romero, Hydrogeologist, made her special recipe for healthy, tasty waffles for the crowd. If you are interested in the recipe, contact Patty Suskin.



Mike & Shirley Davis enjoyed the morning with us.



Crossword Puzzle Answers

1. Watermelon
2. Kiwi Fruit
3. Broccoli
4. Mango
5. Tomato
6. Carrot
7. Artichoke
8. Onion



ANSWERS

Congratulations Raffle Winner



Mitzie Whitener,
October Womens Health



Susan Fletcher,
November Womens Health



Julie Nelson,
November Mammogram



Wasting Away – The Effects of Methamphetamine

by Victoria Warren-Mears, EpiCenter Director

Short term starvation is common with street drug use. Methamphetamine users report major health problems including sleep disturbances, irritability, dehydration and weight problems. Street drugs, like many drugs given by doctors, can cause nausea and loss of appetite. The risks of use include weight and nutrient loss. Additionally, poor oral function, such as dry mouth and teeth grinding, can limit food choices and intake.

Physical Changes with Meth Use: Temporal wasting, or loss of fat and muscle on the side of the head above the cheek bones, is common among methamphetamine users. It is a sign of long lasting low calorie intake and poor nutrition. Wasting becomes more severe as users increase their use and time goes by without treatment.

Dental health changes with drug use. Drug users report more problems in getting dental care and are less likely to visit the dentist. Additionally, drug users have much higher self reported dental problems than non-abusers.

“Meth mouth”, consists of progressive severe erosion and loss of teeth, is a large problem in those who use methamphetamine. Factors that contribute to “meth mouth” include: dry mouth, teeth grinding, nerve damage to teeth, and poor oral care. Methamphetamine users’ teeth have been described as blackened, stained, rotting, crumbling, or falling apart. If methamphetamine is smoked, enamel is exposed to hydrochloric acid in smoke, creating a highly acidic environment and therefore, enamel erosion. Damaged teeth often cannot be saved and must be pulled. The pictures show the progressive nature of meth mouth.

Skin problems. Almost all meth users suffer from what they call “bugs”. Methamphetamine is made with chemicals that are toxic to the body. Once the drug is taken chemicals are in the body. The body attempts to eliminate the toxins. Users itch and scratch which causes sores. Users may also have skin sores due to poor diet.

Treatment
As with most addictive drugs, withdrawal from methamphetamine following chronic use is hard. Patients may be depressed and/or paranoid. One point of intervention for users is to try to prevent malnutrition. Clinicians can suggest fast and inexpensive foods to have on hand while the user is on a drug run. Families can have quick and easy foods on hand for their loved one who is using.

We also are aware that many people use methamphetamine to control their weight. Clinical specialists should assess users for the presence of eating disorders and methamphetamine use. In this situation, as with any counseling situation, a team approach should be used to assess social, medical and nutritional issues.

Improving diet for better health is an important consideration for those using and recovering from meth use. Appetite changes with chronic meth use and health care professionals don’t yet know why. Users often have nutrient deficiencies related to loss of appetite and weight loss.

Mild Meth Mouth

Late Stage Meth Mouth



Silence Isn't Golden; It's Permission

No loving relationship can exist without good communication. Teens believe they have valuable things to say, and when a parent genuinely listens, it helps self-esteem and confidence. It will take more than five minutes to talk to your teen about drugs and alcohol - it's about building an ongoing dialogue.

Don't be discouraged if your teen acts like he doesn't want to talk. Teens may become defensive during your conversation less because of what you're saying than because of why they think you're saying it. Here are three steps to help guide you during these crucial conversations:

- State what you don't intend and what you do intend.
- Be flexible about when you talk, but not about whether you talk. Control is a huge issue for teens. Sometimes parents provoke an unnecessary confrontation by demanding that conversations be on their terms and their time frame.
- Create a "safety reserve" by creating safety even when there are no problems.

Take time to think about your teen, and determine when a good time is for them to talk. Remember, being flexible doesn't mean that you're turning the reins over to your teen; you're simply showing your teen that you respect his space while still being in control of the conversation. Think about when your teen is most talkative - after school, after they've finished homework, after practice, before dinner, etc. Choose that time to start a dialogue.

Practice before speaking to him about drug use. Go through scenarios of what could happen during the conversation, but above all, make the time to talk with your teen. You're aiming for a two-way, face-to-face conversation that gives your teen room to disagree with you and communicate a different point of view. After the conversation, ask yourself who did most of the talking. If your teen didn't do at least 25 percent of it, you didn't ask enough questions - or didn't create enough safety to allow your teen to participate fully.

For more advice, visit TheAntiDrug.com.





COMMUNITY



Happy Birthday

Aaron Evans	1/1	Janita Meyer	1/9
Jessica Solano	1/1	Paula LaFlame	1/9
Nancy Moore	1/1	Isaac Ackerman	1/10
Patrick Braese	1/2	Stephanie Peters	1/10
Tory Hagmann	1/2	Tiffany Valderas	1/10
Mary Cruz	1/4	Natasha Gamber-Chakos	1/11
Mary Garrett	1/4	Cassidy Gott	1/11
Aaron Peters	1/4	Patricia Green	1/11
Two Hawks Krise Young	1/5	Darlene Krise	1/12
Holly Henderson	1/5	Marvin Campbell	1/13
Lametta LaClair	1/5	Connie Whitener	1/13
Christopher Stewert	1/5	Sheena Glover	1/14
Samantha Ackerman	1/6	Carrie Smith	1/14
David Whitener, Sr.	1/6	Kayla Peters	1/15
Sherry Whitener Haskett	1/6	Shelby Riley	1/16
Lincoln Villanueva	1/6	Whitney Jones	1/17
Charlene Blueback	1/7	Leanora Cruz	1/17
Kaleb O'Bryan	1/7	Barbara Cleveland	1/17
Melissa Whitener	1/7	Tristen Coley	1/17
Shila Blueback	1/8	John Ackerman	1/18
Francis Cooper, Jr.	1/8	David Dorland	1/18
Meloney Hause	1/8	Lorna Gouin	1/18
Patti Riley	1/8	Ruth Whitener	1/19
Deanna Hawks	1/9	Santana Sanchez	1/20
Emma James	1/9	Leonard Hawks III	1/20

Best 14th birthday wishes to our little man, Bugga. You are loved so much, more than you will ever know. You have been faced with a lot of challenges in life, and it makes us proud to see you take everything with such resilience. Walk Proud.

**Lots a Love,
Dad & Mom.
Miguel & Misti
Saenz-Garcia**

David Michael Bear Lewis	1/20
Jacob Campbell	1/21
Traci Lopeman	1/21
Shawnell Lynn McFarlane	1/22
Kahsai Tiefel Gamber	1/22
Percy James Welcome	1/22
Guy Cain	1/23
Linda Jones	1/23
Dawn Sasticum	1/23
Miguel Saenz-Garcia	1/24
Jace Merriman	1/25
Margaret Seymour-Henry	1/25
Robert Lacefield	1/26
Myeisha Little Sun	1/26
Dakota Hodge	1/26
Emily Baxter	1/27
Guy Cain	1/27
Amanda Larios	1/27
Cheryl Melton	1/27
Rebeckah Ford	1/28
Sharleina Henry	1/29
Buck Clark	1/30
John Parker	1/30
Nikolai Cooper	1/31
Alicia Obi	1/31
Brandon Stewert	1/31



What's Happening

	1	2	3	4	5	6
		Church 7:30			AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
7 Squaxin Indian Bible Church 11:00 a.m.	8	Criminal/Civil Court Church 7:30	10	11 Council Mtg.	12 AA Meeting 7:30	13 Bible Book Club 10:30 Mary Johns Room Food/Transportation
14 Squaxin Indian Bible Church 11:00 a.m.	15	16 Church 7:30	17 Family Court	18	19 AA Meeting 7:30	20 Bible Book Club 10:30 Mary Johns Room Food/Transportation
21 Squaxin Indian Bible Church 11:00 a.m.	22	Criminal/Civil Court Church 7:30	24	25 Council Mtg.	26 AA Meeting 7:30	27 Bible Book Club 10:30 Mary Johns Room Food/Transportation
28 Squaxin Indian Bible Church 11:00 a.m.	29	30 Church 7:30	31			



BAGLEY FAMILY REUNION POTLUCK



APRIL 7, 2007

Congratulations Celeste and Anthony Forcier



*Wedding photo of Celeste & Anthony Forcier
(Nov. 20th, 2006)*

**Congratulations from
Grandma Lucille & Aunt Meloney**



*Thelma Shea, Celeste Forcier,
Christina Shea & Baby Aliyah Shea (L-R)*

**Congratulations on the new arrival.
- The Martin Clan**

Photos by : Karol K Danner (karol@studiodanner.com)

Calling All Family . . .

of Florence, Clara,
Joséphine, Hazel,
John, Violet,
Frenchie and Marion!!!

**For more information,
or for suggestions,
Call Terri Capoeman:
427-3501
(cell) 561-2913
tcapoeman@hctc.com
OR
Gloria Hill
462-0117**



A Special Thank You

I would like to thank Tully Kruger for helping me on a cold and snowy night when I was stranded on a dark, icy road. I found out my car doesn't do well at all in the snow. The car wouldn't go forward or backward. Tully brought me home, and then he and Jacob brought my car home. They are my heroes!
- Love, Auntie Lila

Another Special Thank You

I would like to thank the Tribal Council for the help they gave to my family. It was greatly appreciated.
- Lila Jacobs, Tribal Elder



Squaxin Outpatient Program Is An Herbal Treasures Chest

Elise Krohn, NWITC Herbalist - These days, when you walk into the Squaxin Outpatient building the first thing that will catch your eye is the herbal pharmacy. Shelves are stocked with glass jars full of medicinal plants. If you open the rose, lemon balm or lemon verbena jars, your senses will be flooded with sweet smells. The herbs are blended into teas that might be used for irritability, insomnia, coughs, colds or diabetes, just to name a few. The pharmacy also includes herbal salves and essential oils. The pharmacy is available for outpatient clients.



Monthly herbal classes and the pharmacy are part of a native plant nutrition program offered through the Northwest Indian Drug and Alcohol Treatment Center. Most of the plants in the pharmacy were harvested from gardens at the treatment center or at Outpatient.

Some have been wild-harvested by volunteers.

Last summer participants in the outpatient classes put in a raised bed garden with medicinal and nutritive herbs. They also planted a berm in the front parking lot with traditional foods like huckleberries, strawberry and wild rose. This spring and summer a traditional foods garden will be planted.



Herbal Classes

Squaxin community members are welcome to attend herbal classes. Some of the

topics include herbs for diabetic care, traditional foods, making herbal salves for arthritis and sore muscles, herbs for the cough and cold season and more. If you are interested in participating, please call Mari Stone at 426-1582. Or drop by at 100 S.E. Whitener Rd. Hours are Monday through Friday from 8:00 a.m. to 4:00 p.m.

The topic for the December class was making holiday gifts. Participants created their own bath salts, salt scrubs and essential oil spritzers. If you would like to make your own handmade gifts, try this easy recipe for bath salts. It is inexpensive and easy to make. Do not worry too much about getting exact measurements. The recipe is forgiving. Sea salts are available in bulk at most natural food stores like the Olympia Food Coop. Epsom salts can be found at any grocery store. Essential oils and body oils are available at herb stores, body care stores or health food stores.

Basic Bath Salts

- 3/4 part sea salt or Epsom salts (fine, coarse or a combo)
- 1/4 part baking soda
- 15 drops essential oils per 1 cup of mixture

Mix all ingredients thoroughly with the flat bottom of a spoon so essential oil is completely blended into the salts. Place in a decorative jar or tight sealing plastic bag. Use about 1/2 cup of salts per bath.

Optional ingredients: Adding 1-2 teaspoons of oil (grape seed, jojoba or olive oil) per cup of salts will help prevent the salts from getting hard or clumping. You can add rose petal, calendula flower or lavender flower to the salts to make them look beautiful. The flowers will rehydrate and float in the tub. Use about 1-2 T. of flower petals per cup of salts.

Choosing a Scent for Your Salts

You will want to use pure essential oils for scenting your creations. Avoid fragrance oils as they are chemically derived and do not have the same medicinal benefits as essential oils. Essential oils are concentrated, so it



takes a very small amount to scent a large volume of salts or scrubs. You can use a single oil or do a combination. Each oil has its own unique effect on the mind and body. Rule number one is follow your nose. Your senses will tell you what you need. Most oils are safe topically, but check with a knowledgeable sales person or a reference book to make sure. The following scents are some favorites from plant classes.

Lavender

Ah, to sink into the soothing fragrance of lavender. This oil is said to cool the heart and comfort the mind. Lavender is excellent for the skin and is often tolerated



Mari Stone shows just some of the treasures to be found at Squaxin Island's NWITC Outpatient Program.

by people with sensitive skin. The essential oil is used for anxiety, insomnia, headaches and irritability.

Black spruce

Black spruce trees grow in the high mountains where winter snow weighs down the branches until they are almost touching the trunk of the tree. Miraculously, in the spring time, the snow melts and the branches spring back up. This is where the term "spruce up" comes from. The scent is reminiscent of Christmas trees and seems to dispel the gloominess of winter. Spruce is used to rejuvenate the adrenal glands for those who have had long periods of stress and for women in menopause.

Rosemary

Rosemary for remembrance, but also for stimulating circulation, easing tired muscles, warming cold feet and soothing tired legs. Rosemary is said to wash away mental fogginess and help people feel clear-headed. It is no wonder it was such a beloved plant to the ancient Egyptians, Romans and Greeks.

Soothing Soak for Sore Muscles

- 1 c. sea salt
- 1 c. Epsom salt
- 1/4 c. baking soda
- 1 tbs. powdered ginger

Add up to 20 drops of a blend of any of following pure essential oils: rosemary, eucalyptus, wintergreen, peppermint or lavender. Blend ingredients together. Store in a covered container. Use 1/2 to 1 cup per bath to relieve sore muscles, painful joints and athletic injuries.