

Klah-Che-Min

ʔacacihtalbixʷ gʷəl tə xʷəlč yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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MAY 2005

COMPLIMENTARY

Tribe Celebrates Grand Opening of Skookum Creek Tobacco Company, LLC

A great sense of pride in the Tribe's newest economic development venture - Skookum Creek Tobacco Company, LLC - was easily recognized in the faces of company employees and tribal members as they gathered to celebrate the company's Grand Opening on Saturday, April 2nd.

"This is a dream come true for me and the Tribe," a radiant Chairman Lopeman told a crowd of nearly 400 well-wishers. "We had to cut through a lot of red tape in order to be able to do this for our people. And it's a really good feeling for me today!"

"We are taking a very honest approach to selling cigarettes," said Robert Whitener Jr., Executive Director of Island Enterprises Inc., the parent corporation that oversaw the development of Skookum Creek Tobacco. "We tell everyone, 'Cigarettes are bad for you.' This shows in our marketing strategy. We are not out to create new smokers. We're just trying to get the existing smoker to change to our brand which is cheaper."

"Who better to make a profit from selling cigarettes than a government?" Robert asked. "Rather than lining the pockets of a few very rich individuals, we are able to support educational and social services. It's our ideal for our kids not to smoke. To achieve this goal, we have to make their lives better, and we hope to do this, in part, through the services we provide."

"The Tribe is a sovereign government, and yet it's been a struggle to be able to act like a government . . . to be able to levy taxes like every other government. But the tribe is tough and tenacious and we got this done after seven years of effort. Our original partners went away. ATF (federal department of Alcohol Tobacco and Firearms (licensor)) reorganized after 911. We were required to negotiate a compact agreement with the state. We had to work through jurisdiction issues. Building the factory was the easy part!"

The company will ultimately have three lines of production, each manufacturing an amazing 175-200 packs of cigarettes - per minute, said Tribal member and Warehouse Supervisor John Harrell. Each line will consist of two machines - a maker and a wrapper - both carefully guarded by operators.

On April 13, Tribal Chairman Dave Lopeman, Skookum Creek To-

Continued on Page 2.

General Body Meeting May 7th

LITTLE CREEK CASINO AND HOTEL BINGO HALL

Sign-in begins at 8:30 a.m.

First Roll Call and Door Prize at 9:00 a.m.

Elections will take place for the following Positions:

Position	Currently held by
CHAIRMAN	David Lopeman
FIRST COUNCIL MEMBER	Paula Henry
SECOND COUNCIL MEMBER	Vacant

Lunch will be served at 1:00



Tribal member and Warehouse Supervisor John Harrell greets Grand Opening Ceremony visitors with a display of Skookum Creek Tobacco Company's Complete brand of cigarettes.

SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane
Shelton, WA 98584

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SKOOKUM CREEK TOBACCO



TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577



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:

DAVID LOPEMAN: *Chairman*
ANDY WHITENER: *Vice Chairman*
VINCE HENRY: *Secretary*
PATTI PUHN: *Treasurer*
PAULA HENRY: *First Council Member*
VACANT: *Second Council Member*
CHARLENE KRISE: *Third Council Member*

Klah-Che-Min Staff:

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bacco General Manager Bryan Johnson and Squaxin Island Tribal Attorney Kelly Croman met with the new Washington State Attorney General, Mr. Rob McKenna. Mr. McKenna presented David with certification which allows Skookum Creek Tobacco to sell its products off reservation anywhere in Washington State. *See Page 24.*

"This is a significant step forward for Skookum Creek Tobacco Company and the Squaxin Island Tribe," Bryan said. "We believe we are the first native-owned tobacco company to receive such certification under a Tobacco Master Settlement Agreement in the United States. David is to be commended for his foresight and direction, as this will give Skookum Creek Tobacco Company tremendous opportunity to sell our products in many more locations. Kelly should also be commended for her zealous efforts with the State of Washington in assisting Skookum Creek Tobacco and Tribe in securing



this MSA certification."

"The reservation sales goal was 50,000 cartons per month," John Hartwell said. "Our off-reservation goal is closer to 150,000 cartons per month."

After the cigarettes are manufactured, each pack receives a tribal tax stamp.

"Each one of these stamps is worth \$1.42 in tax," Distribution Assistant Clinton Coley explained. Profits and taxes collected will be used to fund programs and services offered by the Tribe for its members.

Currently, Clinton makes deliveries once a week to tribes throughout western Washington. "We are already selling our product in 17 stores," Clinton beamed. In addition to making deliveries and putting the

tribal tax stamps on the cigarettes, Clinton manages inventory. "Our inventory is low right now because we have been able to keep up with sales. When things start to really pick up, we'll start stockpiling."

Tribal member Misti Saenz-Garcia is employed as the Quality Control Lab Technician. It is her job to check the moisture content in the loose tobacco. The moisture content affects not only the burn rate of the cigarette, but the flavor as well. "Cigarettes are harsher tasting the drier they are," she said. A quick 10 minute test indicates whether or not the tobacco has the desired 14.5 percent moisture content.



Once in full operation, Skookum Creek Tobacco will employ approximately 20 employees and will expand to include not only the Complete brand of regular, light, ultra light and menthol cigarettes, but also cigars, loose tobacco (roll your own) and a new brand called Native Blends.

Michael Bell of Bell Consulting, a firm that helps new tobacco manufacturing companies all over the world become established, said, "This is the best I've seen. And it was done by tribal people. We didn't have to bring in anybody. Its going to be a quality operation!"

Mason County Commissioner Tim Sheldon (State Senator and former Island Enterprises) had the final word, saying, "Thanks very much! This will be a big help to our economy!"



SKOOKUM CREEK TOBACCO



Page 2 Top Left: Tribal Chairman David Lopeman helps prepare food for the guests. Top Right: Tribal Council Vice Chairman Andy Whitener cuts the ribbon (Cutting ribbons on the other two lines of operation were Tribal Chairman David Lopeman and Skookum Creek Tobacco General Manager Bryan Johnson.) Bottom: Distribution Assistant Clinton Coley shows tribal member Theresa Sanchez how cigarettes receive their tax stamps.



Machine Technician Rocky Bloomfield and William, a contractor, with Bell Consulting operating an HLP Box Packer



Skookum Creek Tobacco General Manager Bryan Johnson (4th from left)



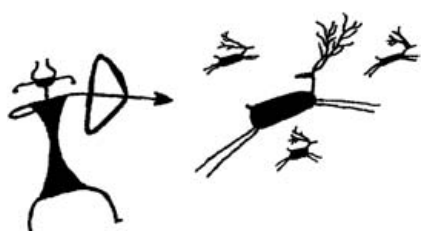
Quality Control Lab Technician Misti Saenz-Garcia checks the moisture content of the tobacco



Machines Operator Dave Elam explains how they work.



Squaxin Island tribal members performed for the crowd of almost 400.



Hunter Education

June 11th & 12th
To sign up, call Shelly at 426-5222
Watch for more details.

Language Center Schedule

MONDAYS

9:00 – 10:15, Day Care Center

1:00 – 3:00 Drop-In

TUESDAYS

10:00 – noon, Drop-In

1:00 – 3:00 Drop-In

6:00 – 7:30, Northwest Indian College class

WEDNESDAYS

9:00 – 10:15, Day Care Center

1:00 – 3:00 Drop-In

THURSDAYS

10:00 – noon, Individual tutoring

1:00 – 3:00 staff meeting (or drop-in)

6:00 – 7:30, Northwest Indian College class

FRIDAYS

9:00 – 10:15 Day Care Center

1:00 – 3:00 Drop-In

**Please call Barbara Whitener to schedule other times.*

432-8397 or 490-2720 or 426-0041



Summer Youth Employment

Patti Puhn - It's that time of year again - time to begin recruitment of Squaxin Island tribal youth who desire summer employment with Squaxin Island Tribe. If you are between the ages of 14 and 21 and are interested in working for six weeks this summer, please contact Patti Puhn in Human Resources to get an application. You must submit an application even if you participated in the program last year.

The six weeks of employment will begin on Tuesday, July 5th and will run through Friday, August 12th. Most of the youth workers will be working eight hours a day on Monday, Tuesday, Thursday, and Friday and have a half-day training session each Wednesday.

Please submit your application by May 27th so we have time to find positions for all who complete the application process. Applications received after May 27th will be considered only if positions are still available. Due to time constraints, no applications will be received after June 10th. We anticipate another successful year of youth employment training.



SQUAXIN ISLAND TRIBAL MEMBERS!!!!

Are you looking for Employment??

Come check out the exciting opportunities at
Little Creek Casino Resort!

Contact Erika Poste, the Squaxin Island Tribal
Member Recruiter and share your interests.

Call or better yet, stop by!

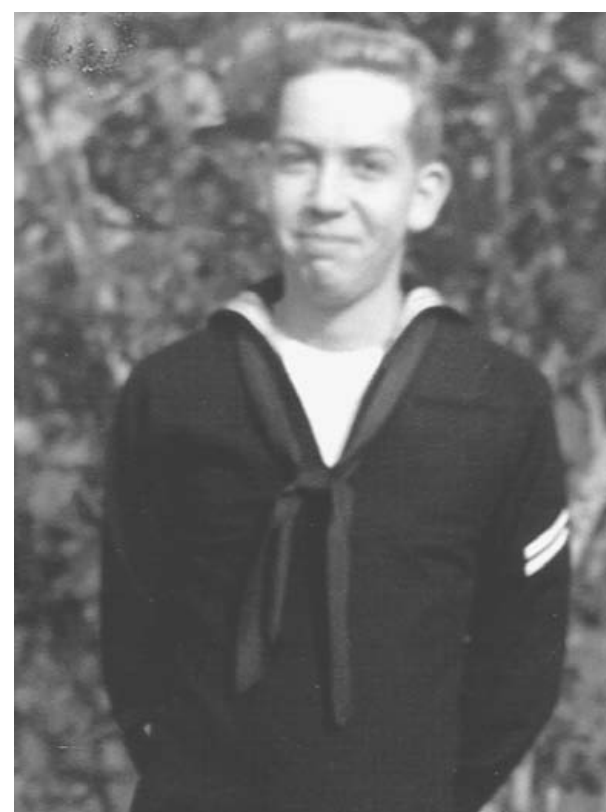
432-7036

eposte@little-creek.com

Who Are These Handsome Protectors of Freedom?



Johnny James



Gary Brownfield



Running for Tribal Council



Hi, my name is Jim Peters. I would like to take this opportunity to inform Tribal members that I would be honored to accept a nomination for the Chairman position on the Tribal Council.

From 1987-1992 I was Tribal Council Secretary and represented the Council on education, law enforcement/tribal court, natural resources, health care and economic development issues. I was proud to be part of the first casino negotiations.

I have 26 years experience in Natural Resources, 20 of which were with the Squaxin Island Tribe. The remainder were with the state and federal governments.

My goals are:

- Make sure the council has a process that includes Tribal members in discussion and the decision making process.
- Make all efforts to fully fund any Tribal member that seeks higher education.
- Adequately fund departments and programs providing services such as health care, law enforcement, education and housing for all tribal members, but especially youth and elders.
- Build a committee, with all necessary departments and programs involved, that will provide the Tribal Council a strategy for prevention of drug and alcohol abuse within our community.
- Continue to look at other economic development opportunities for the Tribe that will provide tribal employment, while still protecting our valuable cultural and natural resources.

I would appreciate your support and look forward to seeing you Saturday, May 7.

Thank you!



Hi, I am Will Penn. I am running for Tribal Council. With your support, we can do this.

I am for the community as a whole and will continue to be. I look forward to representing this community on the Tribal Council. Please come to the meeting and

let your voice be listened to. What we have to say needs to be heard. Please vote for me, Will Penn. Thank you



"LEARNING FOR LIFE!"

Squaxin Island Child Development Center will be offering childcare during the upcoming General Body Meeting!

The Center will be open for children ages 2-10, from 8am—5pm. Lunch and snacks will be provided. Registration forms, are available at the Center, and will also be mailed to all Tribal Members.

Space is limited to the first 30 registrations.

For more information call 426-1390!



Congratulations Graduate

Brandon Stewart

Brandon Stewart, the son of Debbie Tennis, will graduate from Kuna High School in Kuna, Idaho on May 28th.

As soon as he graduates, Brandon will begin an apprenticeship at Ada Sheriff's Office in Boise, Idaho. He has also been accepted at the Boise Police Academy. His ultimate goal is to work for Idaho State Fisheries and, maybe, one day, the Squaxin Island Tribe.

In addition to attending school during the day and the evenings, Brandon is also a full time dad to a beautiful son with another on the way. His girlfriend, Teala Cantrell works at the daycare center their kids attend. Brandon is also a fishing and hunting fanatic.

Way to go Brandon! We know it hasn't been easy, but like I always told you and your brothers - nothing worth having is easy!

Congratulations!

We are soooooo proud of you!

Love,

Mom, Blaine, Chris, Joe and the rest of the family!

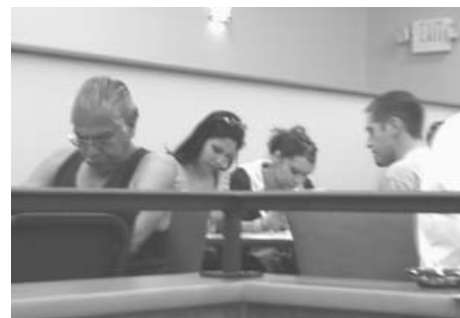


SQUAXIN ISLAND BINGO NIGHT





SQUAXIN ISLAND BINGO NIGHT





NEW EMPLOYEES



Kim Burrow



Director of Hotel Operations

For those of you that don't know me, my name is Kimberli (Kim) Burrow. I have had the pleasure of working for the Squaxin Island Tribe since 1993 when I was employed at the Northwest Indian Treatment Center as a Housekeeper. I came to the casino in April of 1996 and worked under the late Bruce Johnson in Tribal Gaming as the Administrative Assistant/License and Compliance Agent.

In September of 2003, I left the commission to begin a mentorship in hotel resort management with the Little Creek Casino. I have literally learned the hotel business from the ground up, working first under Sam Askew and then under Michael Peters. I learned many valuable lessons from them both and owe them ever so much for all they taught me.

I am currently working towards my Certified Hotel Administrator Certification. This is being done through the American Hotel and Lodging Educational Institutes distance learning program. I am finding the information very useful and am amazed at how much I already know. I find myself struggling at times trying to make room for work,

school and family, but thanks to a supportive staff and an extremely supportive family, I seem to be getting it done. I love you guys and could not have done this without you.

I am very proud of this hotel and all that we have done here at Little Creek. I am really excited for the future of this property and the Squaxin Island Tribe in general.

If you happen to get a chance please stop by and say hi.

NOTE: Kim would like to spotlight her excellent tribal member employees, starting with . . .

Chasity Decicio



Room Attendant

"I can't say enough good things about Chas," Kim said. "She has goals and she is working toward them. She's learning fast and is a very hard worker. She cleans the rooms quickly and keeps a good attitude. She's so dependable. Who do you know that's willing to say, 'I'll come back' after a doctor appointment? She is absolutely wonderful and I am so proud to have her on my staff."

Susan McFarlane



Data Entry Clerk

Hello, my name is Susan McFarlane. Most of you know me as Wicket. I used to work at KTP, and now I am working up here at the Tribal Center in Human Resources with Patti and Lorna. It is a fun job and I am learning lots of new things. Feel free to stop by and say hello anytime.

Loretta Case



Bus Driver

Hello, my name is Loretta Case. I am one of your bus drivers. I am a member of the Squaxin Island Tribe. My mother's name was Hazel Bagley. I came home with my husband, Rick, of 39 years



Loretta Case Continued

to retire, but I became bored, so I applied for the job of bus driver, which I got. I really love my job. I have met a lot of my family and have gained a lot of new friends. Sometimes my job is hectic, but at the same time it is rewarding. I enjoy my passengers from the young to the old. Some of them say I am more than a bus driver, because they say I am also the neighborhood watch person and a shoulder to lean on.

Thank you!



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.

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

Homework Club

The Learning Center is offering The Homework Club. It is a program that provides tutoring for students K-12. The Homework Club has recently started an incentive program, "Earn to Learn". For every five hours spent on homework a student earns a five dollar Wal-Mart gift card. This teaches students that it pays to learn! The Homework Club is open Monday-Thursday 3:30-5:00 p.m., come by and see what's new at TLC.

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

Rec Room

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!

April Youth Activities

1	2	3	4	5	6	7
Closed	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Baton 3 - 7 Rec Room 3 - 7	Closed
8	9	10	11	12	13	14
Closed	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Baton 3 - 7 Rec Room 3 - 7	Closed
15	16	17	18	19	20	21
Closed	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Baton 3 - 7 Rec Room 3 - 7	Youth Summit at Ocean Shores Watch for flyer
22	23	24	25	26	27	28
Closed	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Baton 3 - 7 Rec Room 3 - 7	Closed
29	30	31				
Closed	CLOSED Memorial Day	Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6				



EDUCATION



Squaxin Island Tribe Scholarships

The Squaxin Island Tribe is pleased to announce it will be awarding four (4) scholarships, \$1,000 each, to high school seniors in the Mason County schools.

Award Criteria and Profile: The Squaxin Island Tribal Council is looking for high school seniors who are committed to continuing their educational experience. Interested students must possess and demonstrate initiative, positive attitude, and inspiration in regard to their education and their commitment to their community.

The following is required of all interested students:

- Must graduate from High School in 2005.
- Must have plans to attend an institution of higher learning* fall quarter of 2005
(vocational school, community college, college or university)
- Must submit an application to the Squaxin Island Tribe by the deadline.
(Applications received after deadline will not be considered.)
- An oral interview

Award Profile: The four (4) scholarships to be awarded in 2005 will be:

- Available to eligible students in Mason County
- No greater than \$1,000 per student
- Paid directly to the institution of higher learning
- Used toward the cost of tuition and/or books only

Application Procedure: Interested students are required to write a letter of application to the Squaxin Island Tribal Council. The letter should include:

- 1) Background information
- 2) Educational interest and plans
- 3) Information that demonstrates applicant's initiative, positive attitude and inspiration, including any community service performed by applicant and how these attributes have been motivational in setting and achieving educational goals
- 4) A short biography, along with your application, to be placed in local newspapers

5) A senior or other recent picture

Students must also attach a copy of their most recent High School Transcript (Scholarships will not necessarily be based on high GPA).

Application Deadline: Applications must be received by May 6, 2005. (Late applications will not be considered!)

Applications should be sent to:

Lisa Evans, Education Assistant
Squaxin Island Tribal Office
SE 70 Squaxin Lane
Shelton, WA 98584



Scholarship Corner

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

American Indian Endowed Scholarship:

Applicants must be financially needy students, with close cultural ties to an American Indian tribe, who will be enrolled full-time at a public or independent college or university in Washington by fall term 2005. All qualified applicants will be considered, however priority is given to upper-division and graduate level students. Application materials must be submitted as one complete unit, including the following attachments: 1) A statement describing the applicant's close social and cultural ties to an American Indian tribe and/or community in Washington State; 2) A statement of intent to return service to the state's American Indian community; 3) Three letters of recommendation. Two of the letters should verify the student's social and cultural ties to an American Indian tribe or community within the state, and one letter should address the applicant's character and commitment to return service to the state's American Indian community; 4) High school, GED, and/or college transcripts, as applicable; and 5) A signed release of information form, as printed on the application. Deadline is May 15, 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 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.

1) Bell Labs Fellowships for Under Represented Minorities <http://www.bell-labs.com/fellowships/CRFP/info.html>

2) Student Inventors Scholarships <http://www.invent.org/collegiate/>

3) Student Video Scholarships <http://www.christophers.org/vidcon2k.html>

4) Coca-Cola Two Year College Scholarships <http://www.coca-colascholars.org/programs.html>

5) Holocaust Remembrance Scholarships <http://holocaust.hklaw.com/>

6) Ayn Rand Essay Scholarships <http://www.aynrand.org/contests/>

7) Brand Essay Competition <http://www.instituteforbrandleadership.org/IBLEssayContest-2002Rules.html>

8) Gates Millennium Scholarships (major) <http://www.gmsp.org/nominationmaterials/read.dbm?ID=12>

9) Xerox Scholarships for Students http://www2.xerox.com/go/xrx/about_xerox/about_xerox_detail.jsp

10) Sports Scholarships and Internships <http://www.ncaa.org/about/scholarships.html>

11) National Assoc. of Black Journalists Scholarships (NABJ) <http://www.nabj.org/html/studentsvcs.html>



EDUCATION



12) Saul T. Wilson Scholarships (Veterinary)
<http://www.aphis.usda.gov/mb/mrphr/jobs/stw.html>

13) Thurgood Marshall Scholarship Fund
http://www.thurgoodmarshallfund.org/sk_v6.cfm

14) FinAid: The Smart Students Guide to Financial Aid scholarships
<http://www.finaid.org/>

15) Presidential Freedom Scholarships
<http://www.nationalservice.org/scholarships/>

16) Microsoft Scholarship Program
<http://www.microsoft.com/college/scholarships/minority.asp>

17) WiredScholar Free Scholarship Search
http://www.wiredscholar.com/paying/scholarship_search/pay_scholarship_search.jsp

18) Hope Scholarships & Lifetime Credits
<http://www.ed.gov/inits/hope/>

19) William Randolph Hearst Endowed Scholarship for Minority Students
<http://www.apsanet.org/PS/grants/aspen3.cfm>

20) Multiple List of Minority Scholarships
<http://gehon.ir.miami.edu/financial-assistance/Scholarship/black.html>

21) Guaranteed Scholarships
<http://www.guaranteed-scholarships.com/>

22) BOEING scholarships (some HBCU connects)
<http://www.boeing.com/companyoffices/educationrelations/scholarships>

23) Easley National Scholarship Program
<http://www.naas.org/senior.htm>

24) Maryland Artists Scholarships
<http://www.maef.org/>

26) Jacki Tuckfield Memorial Graduate Business Scholarship (for AA students in South Florida)
<http://www.jackituckfield.org/>

27) Historically Black College & University

Scholarships
<http://www.iesabroad.org/info/hbcu.html>

28) Actuarial Scholarships for Minority Students <http://www.beanactuary.org/minority/scholarships.html>

29) International Students Scholarships & Aid Help
<http://www.ief.a.org/>

30) College Board Scholarship Search
<http://cbweb10p.collegeboard.org/fundfinder/html/fundfind01.html>

31) Burger King Scholarship Program
<http://www.bkscholars.csfa.org/>

32) Siemens Westinghouse Competition
<http://www.siemens-foundation.org/>

33) GE and LuLac Scholarship Funds
<http://www.lulac.org/Programs/Scholar.html>

34) CollegeNet's Scholarship Database
<http://mach25.collegenet.com/cgi-bin/M25/index>

35) Union Sponsored Scholarships and Aid
<http://www.afcio.org/scholarships/scholar.html>

36) Federal Scholarships & Aid Gateways 25 Scholarship Gateways from Black Excel
<http://www.blackexcel.org/25scholarships.html>

37) Scholarship & Financial Aid Help
<http://www.blackexcel.org/fn-sch.html>

38) Scholarship Links (Ed Finance Group)
http://www.efg.net/link_scholarship.htm

39) FAFSA On The Web (Your Key Aid Form & Info)
<http://www.fafsa.ed.gov/>

40) Aid & Resources For Re-Entry Students
<http://www.back2college.com/>

41) Scholarships and Fellowships
<http://www.osc.cuny.edu/sep/links.html>

42) Scholarships for Study in Paralegal Studies
<http://www.paralegals.orgdisplaycommon.cfm?an=13>

43) HBCU Packard Sit Abroad Scholarships (for study around the world)
<http://www.sit.edu/studyabroad/scholarships/index.html>

44) Scholarship and Fellowship Opportunities
<http://scholarships-college.uchicago.edu/>

45) INROADS internships
<http://www.inroads.org/>

46) ACT-SO bEURoe "Olympics of the Mind" B Scholarships
<http://www.naacp.org/work/actso/act-so.shtml>

47) Black Alliance for Educational Options Scholarships
<http://www.baeo.org/optionsprivatelyfinanced.jsp>

48) ScienceNet Scholarship Listing
<http://www.sciencenetemory.edu/undergrad/scholarships.html>

49) Graduate Fellowships For Minorities Nationwide
<http://cuinfo.cornell.edu/Student/GRFN/list.phtml?category=MINORITIES>

50) Rhodes Scholarships at Oxford
<http://www.rhodesscholar.org/info.html>

Higher Education

Attention ALL Higher Education students -Don't forget to send in your grades for winter quarter 05 and your receipts for Spring 05 quarter which began in March. The deadline to have all paperwork turned in for summer 05 quarter is May 1, 2005. Please remember that summer quarter is a special request. Please turn your request in as soon as possible. Deadline for Fall 05/06 quarter is August 15, 2005. If you need assistance with paperwork or

Shelton School District Events

Indian Education Banquet	May 20, 2005
Awards Night	May 26, 2005
Senior Prom	June 11, 2005
Graduation	June 18, 2005



Free Legal Services Available to Native Americans

To Native American and Tribal Community Members:

This letter is to introduce you to the civil legal services available to Native Americans and tribal community members both regionally and statewide. Northwest Justice Project (NJP) recently opened a field office in Olympia and became the primary provider of direct legal services to low income and senior clients in Thurston, Mason, Lewis, Grays Harbor, and Pacific Counties.

NJP's Olympia office provides legal advice, brief service, and representation in a variety of areas of the law for low income and senior clients. Seventy-five percent of all the work completed by NJP involves cases that threaten family safety and security, including domestic violence, child custody rights and child support, and cases relating to housing issues such as foreclosures and unlawful evictions. NJP does not handle criminal matters.

The Olympia field office is staffed by three attorneys and two legal assistants and works closely with Columbia Legal Services and volunteer legal services groups. Priorities for the Olympia office include: housing issues to prevent loss of shelter; public benefits that are terminated, reduced or denied; certain family law issues; and youth at risk issues such as public education and other non-criminal matters affecting youth. We can also provide community education and informational workshops or presentations to interested community groups on a variety of legal subjects. Possible topics could be estate planning, guardianship, powers of attorney, living wills, nursing homes, educational rights, consumer rights, child support, domestic violence, problems with driver's licenses, and numerous other areas of law. Please call our offices to discuss and request these services.

In addition to the Olympia field office, NJP's Native American Unit (NAU) delivers legal services to tribal communities statewide on a variety of issues, including youth at risk issues; tribal and federal program issues; wills and probate; jurisdictional and sovereignty issues; and matters involving tribal and Indian status. Attached are examples of assistance NJP field offices and the NAU provided Native American clients.

In addition to providing direct legal services to clients, NJP has become a pioneer in integrating new technologies into the delivery of legal services. NJP operates a toll free intake and referral system called CLEAR (Coordinated Legal Education Advice and Referral), which serves as a critical point of access for clients throughout the state to obtain free legal help, including advice, brief legal service, and, where available, a referral for further representation. In addition, CLEAR maintains an extensive library of legal resources and self-help materials which are provided to callers as appropriate.

NJP accepts referrals for services to clients primarily from the NJP CLEAR intake and referral line. CLEAR can be reached at 1-888-201-1014, M-F, 9:30 a.m. to 12:15 p.m., and Tuesdays from 3:30-6:15 p.m. Those who are 60 and over can call CLEAR Sr. at 1-888-387-7111 during the morning hours. Native American callers can request to speak directly to a

Native American CLEAR intake worker. CLEAR attorneys can give eligible callers advice and referrals to NJP or Columbia Legal Services in Olympia, NJP's Native American Unit, as well as other organizations that may be able to provide assistance, as appropriate.

If you are a service provider or case manager, you may contact NJP directly at (360) 753-3610 or 1-888-212-0380. If you have a client needing legal services, please ask them to call CLEAR in order to be screened for our services. CLEAR does receive a large volume of calls, and it is often difficult to get through. Please encourage callers to be prepared to redial the number several times and encounter this wait time on hold. If, for some reason, your client is unable to contact CLEAR directly please notify us.

Sincerely,
Northwest Justice Project



Northwest Justice Project

Some Snapshots of Serviced Provided to Native American Clients

- NJP's Native American Unit (NAU) represented the great aunt of 4 children ranging in age from two to thirteen years who was seeking guardianship of two of the children. The client had previously been granted guardianship of one child through the tribal court and granted nonparental custody of a second child through state court. The two remaining children had been the subjects of a tribal court dependency for two years. During this entire time the children had resided with the client in a community three hours away from the reservation. At the point the tribal court was preparing to consider permanent guardianship for the two children, the mother of both children and the father of one objected, arguing in part that the tribal code barred placement of the children outside the reservation community without the consent of the parents. The question was referred to a tribal forum with the authority to approve such a placement. This is the point at which the client sought help from NJP. NJP made a presentation detailing the history of the sibling group, the client's efforts to provide the children with a home and cultural connection, the state's efforts to provide opportunities for the parents to develop and maintain a relationship with the children, and the parents respective lack of involvement with the children or court ordered services. The tribal forum recommended the client be granted guardianship of the children.

- NJP's NAU represented a young mother whose three children had been removed from her care by the state Division of Children and Family Services. After initiation of a juvenile court dependency, the case was transferred to



tribal court. The client sought advice about the possibility of having the case reinstated in state court and the prospects for getting her children returned through the tribal court process. After reviewing the client's options, she decided to proceed in tribal court. Working through the tribal court advocate assigned to represent the children's interests and tribal social services, the client was able to reinstate regular contact with the children, engage in services and has now regained custody.

- NJP's NAU represented the interests of a federally-recognized tribe in a state juvenile court dependency. The mother of three children, one of whom is a member of the tribe, had a significant drug abuse problem. Although willing to enter into a long-term inpatient treatment program, placement of the children became a barrier to establishing a suitable disposition plan. Working with the parents, DCFS and the Assistant Attorney General a program was arranged that resulted in the mother and children being reunited in a family treatment facility.

- NJP's Spokane based NAU attorney was appointed to represent the interests of a toddler in a tribal court dependency. Through the course of the dependency, advocacy on behalf of the child resulted in keeping the child with the mother. The mother completed all services and treatment required, went through job training, obtained a job and permanent home resulting in dismissal of the dependency.NAU attorney.

NJP FIELD OFFICES

- NJP's Bellingham field office represented a Native American woman when the local housing authority sued to evict her and her teen-age son from public housing for paying her rent late four times in the previous twelve months. When she first contacted NJP, the client identified her only income as DSHS TANF cash assistance, but the amount she said she received each month was lower than the usual grant for her household size. NJP recognized that she was being penalized for not meeting WorkFirst requirements and that, as part of the penalty, her monthly assistance was probably being sent directly to a protective payee and not to her. In fact, for several months her payee, a social service agency contracted by DSHS, had been solely responsible for paying her rent, including the last two of the four late payments for which she was being evicted. With this information, NJP persuaded the housing authority's attorney to postpone a court hearing scheduled for the next day. NJP obtained records from DSHS and the payee agency demonstrating that the client was not personally responsible for the last two late payments. In addition, NJP learned that the housing authority and the social services agency had no indication that the client is disabled, and that DSHS had made no accommodations for her disabilities as its rules require. NJP further discovered that a recent evaluation ordered by DSHS had diagnosed the client with significant untreated depression and social anxiety, and that her IQ tested in the range of mental retardation. In partial response, DSHS ended the client's sanction and restored her full TANF assistance beginning in the next month. NJP quickly negotiated an agreement with the housing authority that resulted in its dismissing the eviction action. NJP also initiated a series of discussions with the payee agency and the housing authority that separately resulted in improved communications and procedures both within and between the two agencies that will better serve the

sizable number of public housing tenants with a DSHS-required payee and will minimize rental payment problems in the future.

- NJP's Tacoma office represented a client in a dissolution action filed in Suquamish Tribal Court. Although the Tribal Code has a provision for spousal maintenance, the court has rarely dealt with the issue and sought the intervention of NJP to represent the wife in the case. NJP obtained temporary orders awarding the client custody of the parties' three children and making provisions for visitation for the father, child support and spousal maintenance. A final hearing is pending.

An NJP Everett office attorney supervised a legal intern in a project that drafted wills for members of the Swinomish and Upper Skagit Tribes. This project was the result of a grant from the University of Idaho College of Law, which had been awarded funds from the national Indian Land Tenure Foundation to increase estate planning for trust property interests held by individual Indians. Planning for the distribution of trust property makes a positive difference to the testator's family and tribe when it prevents trust land interests from continuing to divide when they pass intestate. The goals of the project were to give information about estate planning and then to draft wills for interested individuals. The project also prepared living wills and durable powers of attorney for those interested. Another law student was supervised by an NJP Spokane-based attorney. This student worked on the Spokane and Colville Reservations.



Squaxin Island Tribal Logo Artists



Youth Group who designed the tribal logo, Top L-R: Spring Angel (Van Brunt) Peterson and Christina Lopeman; Front L-R: Kim Allen, Kim (Peters) Cooper, Becky (Norman) Keith, Eric Johnson, Jason Fletcher and Chauncey Blueback



CLASS #5 National Indian Youth Police Academy 2005

By Madeena Rivera - This year's National Indian Youth Police Academy will be taking place at the Washington State Patrol Training Facility in Shelton during the month of July. It will be two weeks long, from July 11th – 23rd. This means two weeks of exploring and experiencing everything that policing has to offer, as well as other criminal justice career opportunities for the future.

There will be a limit of only 60 students that will be selected from different tribes all over the U.S. In order to be accepted, you must be enrolled in a federally recognized tribe, be 14-16 years of age on or before July 6, 2005, currently enrolled in school or working on GED and obtain three letters of recommendation.

In addition to the daily hands-on training you'll be taking daily classes about different law enforcement agencies or divisions, such as SWAT, Bomb Squad, state, local and tribal, and you'll be learning different information about every agency.

There's more, but that's just an example of how many other career opportunities there are.

Personally, my favorite class at the academy was the defensive tactics class, which teaches the proper techniques for use of force in a way for civilian self-defense. You learn how to defend yourself in certain situations out in the field and everyday.

Another one of my favorites was the firearms safety class, which involved taking part and gaining knowledge on how to use a firearm in a well and safe manner, which also related to learning how to use a firearm when needed.

Then there was the traffic enforcement class, which helped me gain more knowledge of what things may occur and what is most likely to occur during traffic patrol. It also taught me the things that mainly do occur while doing traffic enforcement.

Those were some of the classes that I considered favorites to me at this academy.

To the best of my knowledge and from my experience during the summer of 2003, when I attended and graduated from the National Indian Youth Police Academy, I believe that this is a well put together program. Many law enforcement and criminal justice professionals take part in putting this together. They are dedicated law enforcement professionals who work together to ensure this

program is designed to develop understanding and improve communication about learning how the fields of law enforcement work.

Since I gained more knowledge, self-esteem and increased confidence by attending this academy in 2003, I would most definitely encourage those of you youth in the community who have an interest in law enforcement to consider this program. The National Indian Youth Police Academy is a great opportunity to see how the criminal justice and law enforcement system works, to see if it really would be something that you would want to pursue as a career some day.

This is a great start for future planners who are looking into law enforcement as a career. Actually, this year I'll be taking a position as a Junior Counselor for the NIYP Academy. So, if you do decide to apply this year and get accepted, then I'll see you there.

Peace.

NOTE: If you would like to get an application form or want more information about the National Indian Youth Police Academy, Please Call Shelley at the Police Department @ 426-5222, and she will help you. Thanks.



Madeena with Gramma Rose (Algea) and Uncle Russel (Cooper)





The Positive Power of Fruits and Vegetables

Beyond the known heart disease-fighting characteristics of fruits and vegetables, the American Cancer Institute is so convinced about the cancer fighting abilities of fruits and vegetables, that they are considering recommending that all Americans consume 9 to 11 servings of fruit and vegetables each day!!! How in the world could do that??? Here are some ideas for you:

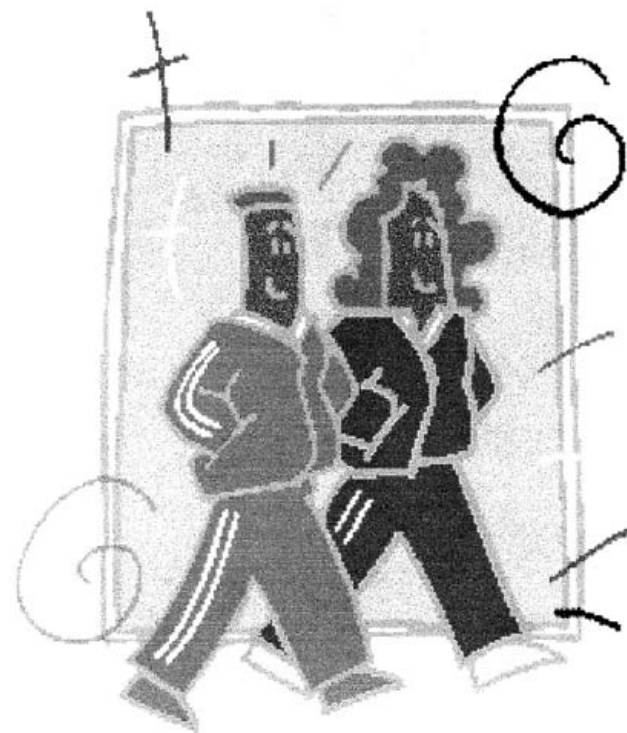
Cooking and meal planning tips...

- Add shredded or chopped carrot to spaghetti sauce.
- Add plenty of chopped green and red pepper to spaghetti sauce.
- **Buy romaine, spinach or dark leaf lettuce** instead of iceberg lettuce.
- Add many more vegetables to tossed salad than what your mother did.
- Make a veggie salad using no lettuce, just chopped vegetables. Experiment with tomatoes, cucumbers, carrots, green and red pepper and celery, etc.
- Serve baked **sweet potatoes** instead of regular potatoes once per week.
- Bake or microwave **winter squash like butternut, buttercup and acorn**, etc.
- Serve **spinach** once per week.
- Make "Carrot-Raisin" salad frequently, using yogurt or fat-free mayonnaise.
- Use **salsa liberally** in cooking and snacking, as it adds much fat free flavor while boosting your lycopene intake.
- Don't wait for holidays to make up fresh vegetable and dip platter. Make it a weekly tradition to **whip up a "veggie" bowl** for the refrigerator, and just use a favorite low fat or fat free salad dressing as a dip.
- **Shred cabbage and carrots** up frequently for slaw, stir-fry and soup.
- Try claiming **one night of every week as "stir-fry" night.**
This is a great way to consume a larger than normal intake of vegetables.
- When making dinner, steam a very large batch of broccoli, cauliflower and carrots to provide for "planned-overs" for tomorrow's lunch.
- **Try tofu or soymilk for your cancer fighting "genistein."** Edensoy Vanilla Extra Soymilk is very good, Use it instead of water to cook oatmeal in, use with cereal, or to make blenderized drinks with frozen fruits.
- **Eat beans** (like pinto, kidney, garbanzo, lima or black beans) 4 times per week!

Desserts that do the body good...

- Make carrot cake and carrot muffins often. Be sure to use low fat recipes, or smart substitutions. For instance substituting applesauce for the oil in carrot cake.
- Use lots of fresh or canned pumpkin by making pumpkin bread, muffins, bars, cookies, pie and even pudding.
- Create "Fruit Explosions"- Cubed melons, strawberries, pineapple, apple, etc., in a bowl.
- Snack on frozen, unthawed fruit like strawberries, raspberries, blueberries and cherries.
- Snack on dried fruit especially dried apricots and peaches.
- Make apple, peach or blueberry cobblers or crisps, using reduced fat recipes.
- Serve angel food cake that's mounded with strawberries.
- Bake with whole-wheat flours or other whole grains.

Submitted by Patty Suskin and Courtesy of *The Power of Positive Eating* by Zonya Foco, RD



Six Week Wellness Trek *An Adventure in Good Health*

May 2nd through June 12th

Join us for the Kick Off
Monday, May 2 @ 4:00 p.m.
Clinic Parking Lot

To Sign Up Call:
Patty Suskin (360) 432-3929 or
BJ Peters (360) 432-3884
or
stop by the clinic

For the couch potato, the marathoner and everyone in between, this six-week game can be tailored to every individual. Trekkers set personal goals and map their way around Washington State on their individual game guides. Points are earned for:

Pyramid Eating
Physical Activity
Stress Busting

Participants compete against themselves or their friends. Get on the road to wellness!





Native Americans Eating Themselves Into Oblivion

By Tim Giago and submitted by Patty Suskin -

No people have gone through such an extreme and dramatic change in diet than the American Indian.

"We are what we eat." This becomes immediately apparent to anyone who is diabetic and who monitors his or her blood sugar on a daily basis. If one sets aside common sense and indulges in a meal high in sugar and starch the next reading on the diabetic meter will be sky high for blood sugar content.

In the history of America no people have gone through such an extreme and dramatic change in diet than the American Indian. From a people that had for centuries existed on a diet high in protein and low in fats, the change brought about by the invasion of the Europeans can almost be counted as immediate on a historic scale.

For thousands of years the Indian was a hunter and gatherer. Both activities required a large amount of physical exercise. He subsisted on berries, roots and other plants plus a diet rich in deer, elk and buffalo meat.

When the white man arrived in the 15th and 16th centuries he brought with him diseases unknown to the Indians, diseases that decimated entire tribes. Along with the diseases, the newcomers had an insatiable hunger for furs. By setting up trading posts in the East, the settlers established a market for the furs. By trading goods in exchange for the furs they created a market that flourished as long as fur was in demand. In order to compete, many Indian tribes established territories where they hunted and trapped the fur-bearing animals into near extinction and in the process greatly diminished their food supply, thus becoming ever more dependent upon the trade goods of the newcomers.

In the Northern Plains the relatively new government of the United States soon realized that in order to diminish and eventually destroy the Indian population, their greatest source of food had to be eliminated. The slaughter of the North American bison began. Once again many Indian Hunters became traders and contributed to the destruction of their own food source.

With their hunting grounds decimated and their warriors defeated, Indians were herded onto reservations where they became nearly totally dependent on the U.S. government for survival. The

government then began shipping herds of longhorn cattle from Texas to Dakota Territory and to other reservations. Unfortunately, since the people had been reduced to near starving conditions, the cattle that arrived were for almost immediate consumption.

The federal government did not plan ahead and allow the Indian people to develop their own herds thus eliminating the middleman. This no doubt was done deliberately so that the Indian people would not find a food source that would make them semi-independent. Along with the beef brought to the reservations from Texas came other foodstuffs high in starch and sugars, ingredients heretofore not a regular part of the diet of the Indian people.

The Department of Agriculture then brought its food commodity program to the reservations. The USDA foodstuffs have changed dramatically over the last 10 years, but in the beginning it became apparent that healthy nutrition was not a keen part of the menu.

From Arizona to the Dakotas the Indian people began to ingest the USDA commodities or face starvation. While church groups were working on the minds of the children at Indian mission boarding schools and do-gooders were shipping truckloads of used and tattered clothing, the Indian people were committing a slow suicide by consuming food their ancestors would not have touched.

Obesity in children as young as three and four years old has become commonplace. Visit any school on the reservation today and you will see far, far too many children badly overweight. What the white man could not do with guns, the Indian people are doing to themselves with food.

Even the teenagers joke about it. When they see another teen greatly overweight they say they have a "commod bod." This has become apart of the language.

The offshoot of this, of course, is that diabetes has become an epidemic in Indian country. Some Indian reservations have a staggering 50 percent of their population afflicted by this disease. As a result the Indian people are dying at an ever-increasing younger age.

It is said that before the white man arrived the Indian could expect to live 90 to 100 years. Now we are lucky if we make it 50 years.

Yes, we are what we eat, but who would have thought 100 years ago that it would be what the Indian people ate that would set the stage for their own destruction.

Reprinted from the Albuquerque Sun
Tim Giago, a Oglala Lakota, is president of the Native American Journalists Foundation, Inc.

Another Food Label Reading /Supermarket Tour



Another Food Label Reading /Supermarket Tour was held on Thursday, March 17th. We read labels on yogurt, milk, cheeses, hummus, "sugar free" candies and more. In this photo, we are choosing some vegetables to enjoy at home. Pictured left to right: Glen Parker, Ann Parker, Patty Suskin, Harry Fletcher, Bertha Fletcher and Rose Algea. Thank you to all the participants for taking the time to learn about healthier eating! Our next workshop is Wednesday, May 4th. Call Patty at (360)432-3929 to reserve your spot and/or ask for a reminder call.



Here is a Different Twist on the Burrito

Quick, Easy and Healthy!

Serve with a salad or some other vegetables to boost your nutrition even more!

Chicken and Black Bean Burritos

- ½ pound skinless, boneless chicken breasts cut in bite-size pieces

Brown chicken in a skillet that has been sprayed with non-stick cooking spray

- 1 tsp cumin
- 1 tsp garlic powder
- 1 (15-oz) can black beans, drained and rinsed
- 1 (8 oz) can corn, drained
- ½ cup salsa, thick and chunky
- 1 green bell pepper, diced

Add to chicken and continue to cook until chicken is done.

- 6 flour tortillas

Heat briefly in microwave

To serve, spoon ¾ cup chicken mixture onto a tortilla. Fold ends in & roll up burrito style. Serve as is or with salsa, lettuce and light sour cream.

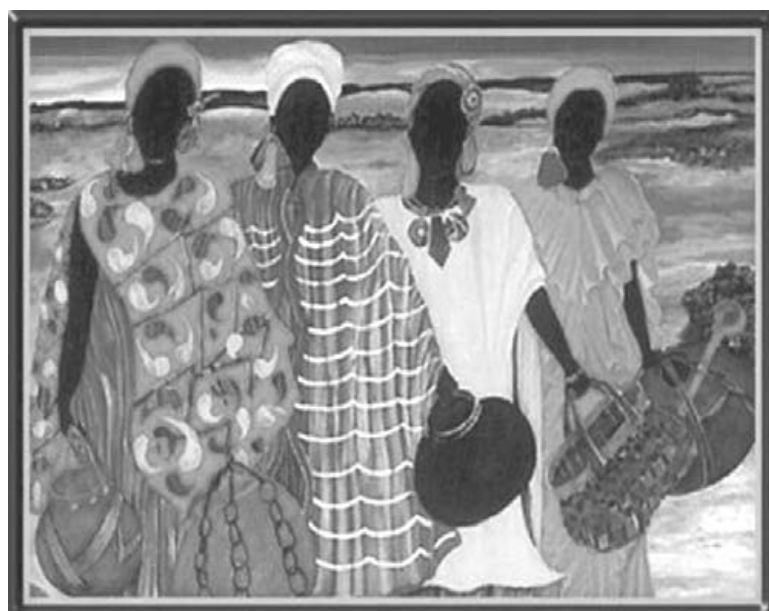
****Note:** Substitutions you can make:

- Whole cooked chicken, shredded
- Pinto or kidney beans instead of black beans
- Frozen corn instead of canned
- Add other chopped fresh vegetables

Makes 6 burritos. One serving = ¾ cup chicken mixture on a tortilla.

Per serving: 239 calories, 35 g carbohydrate, 16 g protein, 4 grams fat

Exchanges: 2 starch, 1 lean meat, 1 vegetable



Good Information to Know

Submitted by Lori Hoskins

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Doctors say a bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to smile.
2. Ask him or her to raise both arms.
3. Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 IMMEDIATELY! and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.



Healthy Habits Group

Please come join the Healthy Habits Groups with your brown bag lunch, Tuesdays at noon in the lunch room at the Administration Building/Tribal Center. Patty Suskin will be there to discuss small changes we can make to increase healthy habits in our daily lives.

If you have any questions, or for more information, please call Patty at 432-3929.

"Fund the Cure"

Stamp to Help Fund Breast Cancer Research

As you may be aware, the US Postal Service recently released its new "Fund the Cure" stamp to help fund breast cancer research. The stamp was designed by Ethel Kessler of Bethesda, Maryland. Instead of the routine 37 cents for a stamp, this one costs 40 cents. The additional 3 cents will go to breast cancer research. A "normal" book costs \$7.40. This one is only \$8.00.

It takes a few minutes in line at the Post Office and means so much. If all stamps are sold, it will raise an additional \$35,000,000 for this vital research. Take a stand against this disease that affects so many of our mothers, sisters and friends.



Come Join Us for the Thursday Walks!



We meet at the Elder's Building after lunch and take a brief walk around the Rez. Pictured here on a windy walk in March are: Bertha Fletcher, Harry Fletcher, Carolyn Hoosier and Espie Austria. Others who have joined us, but are not pictured include, Liz Kuntz, Ruby Fuller, Paula Henry, Ann Parker, Elaine Moore, Brooks Farrell, Jill Krise, Alene Whitener, Lorna Gouin, Mary Fletcher, Irvin Fletcher and several more - I'm sorry if I forgot you. Thank you for taking time out of your busy schedules to enjoy a walk! See you on a Thursday!

Drug Problems

Submitted by Loretta Case -

The other day, someone at a store in our town read that a methamphetamine lab had been found in an old farmhouse in the adjoining county and he asked me a rhetorical question, "Why didn't we have a drug problem when we were growing up?"

I replied, "I had a drug problem when I was young. I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather. I was drug by my ears when I was disrespectful to adults. I was drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me. I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profane four-letter word. I was drug out to pull weeds in Mom's garden and flower beds and cockleburrs out of Dad's fields. I was drug to the homes of family, friends and neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood; and, if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed. Those drugs are still in my veins; and they affect my behavior in everything I do, say and think. They are stronger than cocaine, crack or heroin; and if today's children had this kind of drug problem, America would be a better place. Amen!

MEAL PROGRAM MENU

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.

Food Group	Monday	Wednesday	Thursday
Meat/Meat Alternate Vegetable	2 French Dip Carrot-Raisin Salad French Rolls	4 Crab Cakes Baked Potato, Green Beans Corn Bread	5 Chalupa Toppings, Veggie Tray Brown Rice, Pinto Beans
Meat/Meat Alternate Vegetable	9 Bean Soup, Sandwich Bar Broccoli Salad Variety of Breads	11 Baked Chicken Peas and Carrots Orzo Pilaf	12 Beef Stew with Veggies Veggie Tray Biscuits
Meat/Meat Alternate Vegetable	16 Turkey & Dressing Rollups Lima Beans, Corn Potatoes	18 Sweet & Sour Meatballs Caribbean Veggies Rice	19 Swiss Steak Brussels Sprouts Mashed Potatoes
Meat/Meat Alternate Vegetable	23 Tuna on Muffin Tomato Soup, Veggies Wheat English Muffin	25 Egg Casserole Veggie Tray Blueberry Muffins	26 Spaghetti Green Vegetable French Bread
Meat/Meat Alternate Vegetable	30 Closed for Memorial Day		



HEALTH & HUMAN SERVICES



Outdoor Activity of the Month

Walker Park a wonder, in or out of water



WHERE

2400 S.E. Walker Park Road

TO DO

This is one of the prettiest waterfront parks in Puget Sound. The park has a big pebble-and-shell beach that has great views of Oakland Bay and Hammersley Inlet. The five-acre park also has huge cedar and fir trees, picnic areas and play areas.

There are few better places for a picnic and beach walk in Puget Sound. The beach has lots of shellfish, but it is illegal to harvest them, as pollution has made them unsafe to eat.

Beachcombers can find interesting shells on this beach. Many visitors launch kayaks or canoes on the beach and go for a paddle. Hammersley Inlet has strong currents during tidal changes, so keep this in mind when planning a trip on the water.

The park also has a play area with a slide, swings and jungle gym.

TO SEE

Check out the stream that flows through the park, down a short cascade and into Hammersley Inlet. Walk along the beach for the views and to see many kinds of shorebirds and even a seal or two. Walker Park is part of the state's Cascadia Marine Trail -- which is a network of launch sites and parks. A kiosk at the park has a map of marine trail sites and lots of information on the ecology of the Puget Sound.

EQUIPMENT

Bring kayaks, canoes, safety gear, sunglasses, rain gear, picnic supplies and a change of clothes.

SAFETY

Don't walk on the beach without shoes or good sandals. Many of the pebbles have barnacles -- especially at low tide. Sharp-edged shells also are on the beach. Children will want to wade into the water, but watch for a fast-moving rip tide -- the seam between fast and slow water -- on this beach. Keep an eye on kids in the park area as well, as the stream can be hazardous.

PARKING

There is plenty of parking.

PICNICS

There is a nice picnic shelter and barbecue, which can be reserved by calling 360-427-9670, extension 535. There are lots of picnic tables, and there is water at the park.

DIRECTIONS

From Olympia, take Interstate 5 south to U.S. Highway 101. Merge onto U.S. 101. Stay on U.S. 101 until the state Route 3 exit for Shelton. Take the exit, and turn right onto state Route 3 toward Shelton. Take a sharp right on Fairmount Avenue. Fairmount Avenue eventually becomes Walker Park Road. The park is on your left at 2400 Walker Park Road.

RULES

No alcohol, firearms or fireworks. The park opens at 8 a.m. and closes at dusk. Dogs must be on leashes, and owners must clean up after their pets.

INFORMATION

Call Mason County Parks at 360-427-9670, ext. 535, or visit www.co.mason.wa.us.

Appointments Now Necessary for Evening Clinic

The walk-in evening clinic has changed. It is now an extended hours clinic by appointment only.

The change started April 18th.

Call 360.427.9006 to make an appointment.

Sorry for any inconvenience.

Upcoming Health Events

BRIEF WALK

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

MAMMOGRAM DAY

May 26
Call Rose Algea @ (360)432-3930

DIABETES SUPPORT GROUP

Every 1st and 3rd Monday
(Cancelled May 16th)
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
Talk at the clinic's lower level conference room

FOOT EXAM DAY FOR PEOPLE WITH DIABETES

Tuesday, June 7th
9:00 a.m. to noon
Call Patty for an appointment

SUPERMARKET TOUR/ FOOD LABEL READING WORKSHOP

Open to the Community
Wednesday, May 4th
1:00 - 3:00 p.m.
Meet at Elder's Building
Learn how to read labels
and evaluate foods for good health

WELLNESS TREK

Six week Fitness & Nutrition Activity
May 2nd - June 12
Call Patty Suskin at 432-3929 or BJ Peters at 432-3884 to sign up. Or, see us at the clinic

HEALTHY HABITS FOR LIFE

Take charge of your health!
Tuesdays noon to 1:00 p.m.
Tribal Center Lunch Room
Bring your own lunch & thoughts

QUESTIONS OR TO RSVP

Contact Patty Suskin, Diabetes Coordinator
at (360)432-3929.



Thank You Dave Whitener



Thank you for your history presentation at the Power of the Treaties Symposium. You did a GREAT job and the symposium was a big HIT!!!



Canoe Family Meeting

May 11th at 4:00

MLRC Classroom

For more information,

call Terri at 427-3501 or Jeremiah @ 432-3968.



How To Make Your Home Exterior Last Longer

Submitted by Lisa Peters - The key to preserving your home for the least expense is a periodic home maintenance inspection to find or correct little problems before they become big money guzzlers.

Here are some things you can check in the spring:

EXTERIOR WALLS

- Check siding, shingles and trim for damage, looseness, warping and decay. Replace sections.
- Check painted surfaces for peeling, blistering, cracking and mildew
- Check masonry walls for cracks, looseness, missing or broken mortar.

ROOF/GUTTERS

- Check for damaged, curled, loose or missing shingles
- Check flashings around vents, chimneys, etc. for corrosion, rust, cracks or loss of sealant.
- Check attic for leaks and wet spots during a heavy rain.
- Check antenna supports for sturdiness and possible sources of leakage.
- Check vents, louvers, chimneys for birds nests, squirrels and insects.
- Check chimney and chimney caps for deterioration and loose or missing mortar
- Check fascia boards and soffits for paint flaking, leakage, mildew and decay.
- Check for leaking, misaligned or damaged gutters, down spouts, hanger, gutter guards and strainers.
- Clean gutters, downspouts, strainers and drains. Be sure downspouts direct water away from the house.

FOUNDATION

- Check foundation walls, steps, retaining walls, walks, walk patios, driveways, garage floors, etc. for cracks, crumbling and lifting or buckling.
- Make sure the ground slopes away from the foundation walls and there is at least 8" of foundation wall exposed.
- Crawl space – check for wet, soft or rotting wood. You may need to ventilate or cover ground with plastic.

DOORS AND WINDOWS

- Check for decay and caulking gaps around doors, windows, corner boards and joints, recaulk as needed.
- Check for finish failure of doors, wooden window frames, etc.
- Check glazing putty around window glass.

*Atlanta Neighborhood Development Partnership
Homebuyer Education – "Keeping the Dream Alive"*

Thunder Mountain Media Talent Search

Thunder Mountain Media is conducting a nationwide talent search. For all the detailed information, go to www.thundermountainmedia.com

Tribal Member Gas Discount Cards

Please come in and sign up for your tribal member gas discount cards at Island Enterprises.

Public Hearing on Amendments to the Forest Management Plan for Squaxin Island

Watch for an announcement about an upcoming public hearing on amendments to the Forest Management Plan for Squaxin Island. The hearing is tentatively scheduled for the week of May 16th.



COMMUNITY DEVELOPMENT



Do You Qualify for Any of These Programs?

Section 504 Home Repair Loans and Grants

USDA Rural Development provides home repair loans and grants to qualified very low income home owners to repair or improve their home, remove health and safety hazards, weatherize, pay for installation and assessment cost of utilities and/or provide accessibility for persons with disabilities. The applicant must be the owner of the home (This includes mutual help units)

SECTION 504 HOME REPAIR LOANS

- Must be unable to obtain conventional financing elsewhere
- Must have a satisfactory credit history
- Must have reliable and dependable income
- Must show repayment ability including the loan payments, real estate taxes, homeowner's insurance and other current debt obligations
- Must be a U.S. Citizen or legally admitted U.S. resident
- Must be 18 years of age or older and able to enter into a binding contract
- Cash value of non-retirement assets cannot exceed \$7500 for non-elderly and \$10,000 for elderly households
- Maximum loan limit is \$20,000
- Interest rate is 1% fixed for a term of up to 20 years.

SECTION 504 GRANTS

If you are a senior citizen (age 62 or older), who meets the criteria above but does not show repayment ability for a loan, you may be eligible for a grant, or a loan/grant combination. Grants are limited to a lifetime limit if \$7500.

504 Grant funds may be used only for repairs and improvements that remove health and safety hazards or to repair or remodel dwellings to make them accessible for household members with disabilities.

SECTION 504 LOAN AND GRANT INCOME LIMITS

504 Loan and grants can only be made to very-low homeowners with incomes below the following limits

Household Income	A Average Monthly Income	B Annual Income	C Monthly Income For Wage Earners
1	\$ 997	\$ 11,963	\$ 1,246
2	\$ 1,336	\$ 16,038	\$ 1,671
3	\$ 1,676	\$ 20,113	\$ 2,095
4	\$ 2,016	\$ 24,188	\$ 2,520
5	\$ 2,355	\$ 28,263	\$ 2,944
6	\$ 2,695	\$ 32,338	\$ 3,368
7	\$ 3,034	\$ 36,413	\$ 3,793
8	\$ 3,374	\$ 40,488	\$ 4,217



WEATHERIZATION ASSISTANCE PROGRAM

Weatherization programs exist to help low-income households reduce home energy consumption, while increasing the health, safety, comfort and longevity of their home. The Community Action Council of Lewis, Mason and Thurston Counties provides a Weatherization Assistance Program which may include air measures such as weatherstrip and caulking, insulation measures to wall, floor and ceiling areas and related repair measures. Health and safety issues such as indoor air quality and heating system repair are also addressed. Each home is unique as to what is needed.

Below are the income guidelines for the weatherization program. If you would like more information on any of these programs, please contact Lisa @ Office of Housing 432-3871.

County	1	2	3	4	5	6	7	8
	person	person	person	person	person	person	person	person
Pierce	17,500	20,000	22,500	25,000	27,000	29,000	31,000	33,000
Thurston	17,450	19,950	22,450	24,950	26,950	28,950	30,950	32,950
Mason	17,100	19,550	22,000	24,450	26,400	28,350	30,300	32,250
Grays Harbor	17,050	19,500	21,900	24,350	26,300	28,250	30,200	32,150





Happy Birthday

Leo Henry	5/1	Colleen Peters	5/9	Melissa Henry	5/22
Robert Jones	5/2	Stanley Black	5/10	Richard Monger	5/22
Fame Rankin	5/2	Kevin Harper	5/10	Rebecca Napoleon	5/22
Veronica Rivera	5/2	Breanna Peters	5/10	Carly Rose Peters	5/22
Julio Valencia	5/2	Kassidy Whitener	5/10	Tiffany Hartwell	5/23
Krystal Koenig	5/3	Linda Allen	5/11	Brandon Kenyon	5/23
Kim Cooper	5/3	Richard Johns, Jr.	5/11	Michael Ogden Hill	5/23
David Lewis "Toby"	5/3	Jeremy Meyer	5/11	Levi Sanchez	5/23
Brian Tobin	5/4	Wesley Whitener	5/12	Theresa Sanchez	5/23
Todd Hagmann, Jr.	5/5	Connie Napoleon	5/12	Donald Hartwell	5/24
Payton Lewis	5/5	Julie Owens	5/13	Alexandra Mirka	5/24
Sally Brownfield	5/6	Tyler Barnwell	5/14	Raymond Peters	5/25
Nancy Rose	5/6	Kenneth Wilbur	5/14	Spirit Jones	5/25
Justin Saenz-Garcia	5/6	Donna Wood	5/17	Tyler Johns	5/26
Raven Thomas	5/6	Bryan Johnson	5/17	Craig Parker	5/26
Taylor White	5/6	Jaclyn Meyer	5/17	Mildred Wagner	5/26
Eric Castro	5/7	Marlene Henry	5/18	Jeremyha James	5/27
Dustin Barnwell	5/8	Shawnee Kruger	5/18	Kurt Poste	5/28
Francis A. Cooper, Sr.	5/8	Gary Brownfield	5/19	Jack Selvidge	5/29
Ashley Smith	5/8	Jeffery Kenyon	5/20	Iladee King	5/30
Morningstar Green	5/9	Richard Harper	5/21	Carol Phipps	5/31
Justin Johns	5/9	Jennie Martin	5/21		
Colleen Merriman	5/9	Tamatha Ford	5/22		

What's Happening

1	2	3	4	5	6	7
	Wellness Trek Begins	Church 7:30	Supermarket Tour Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	General Body Mtg. @ LCCH Bingo Hall
8	9	10	11	12	13	14
	Diabetes Support Group 12:45 Elder's Bldg	Court Church 7:30	Canoe Family 4:00 MLRC Drum practice 6:00 p.m., MLRC	Tribal Council Brief Walk After Lunch		Bible Book Club 10:30 Mary Johns Room Food/Transportation
15	16	17	18	19	20	21
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	Shelton Indian Ed Banquet AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
22	23	24	25	26	27	28
	Diabetes Support Group 12:45 Elder's Bldg	Court Church 7:30	Drum practice 6:00 p.m., MLRC	Tribal Council Mammogram Day Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
29	30	31				
		Church 7:30				



Krystal:

I am so proud of you. You grow more and more each year. I am glad you are my daughter and I hope I am able to give you an awesome birthday. Happy 13th birthday to my beautiful daughter. LOVE, MOM



Happy 81st Birthday to
Francis Cooper Sr.
and 82nd Birthday to
Mabel Cooper!!!
From All Their Grandkids
and Great-Grandkids
With Love Always

Happy Birthday Levi Sanchez
From Rose, Vanessa and Family

Happy Mothers Day
to Every Mother
in the Seymour Family!!!
Love Terri

Happy Birthday Mikey
From the Seymour Family

Dear Mom:

I just wanted you to know how much you mean to me. You have always been there for me. When I was sad, mad, happy and confused. You are such a strong and beautiful woman. I am amazed at how you can handle working, cooking, cleaning, mothering, grandparenting and still have enough energy to function on so little hours of sleep. I know every child tells their mother on Mother's Day that their mom is the best, but, IN MY HEART YOU WILL ALWAYS BE THE BEST. I LOVE YOU SO MUCH.

HAPPY MOTHER'S DAY!

Love, Rose, Kendra, Krystal and Ann.

Happy Mother's Day to all of you out there May your day be filled with no stress and a lot of happiness.

Squaxin Island Child Development Center

As you drive by on your way to work, or way to home.....have you ever wondered what is really going on while kids are at the Center? Well here's your chance to find out!! Our kids love to be in the spotlight, and show off there unique talents, or just let you know what they have learned! If you would like to see it first hand stop by the Center and take a tour!!



Dorian showing off his newly found artistic talents!



Sarah hamming it up for the camera!



Here's Cody learning about painting with his fingers

"LEARNING FOR LIFE"!!



Lindsey really doesn't want to go take a nap!!

Hey.. Somebody pass me a shovel? I found something cool!!

I would like to congratulate my beautiful daughter, Lisa, on her completion of the Cathrine Freer Expedition Program. That took a lot of courage Sweetness! Great job! And to all of you in the community - Do NOT offer her any drugs or alcohol. You know who you are. Thank you. Lisa - I love you!!!
Love, Your Mami and Brothers



Rob McKenna

ATTORNEY GENERAL OF WASHINGTON

1125 Washington Street SE • PO Box 40100 • Olympia WA 98504-0100

April 13, 2005

Honorable David Lopeman
Chairman, Squaxin Island Tribe
Squaxin Tribal Center
70 SE Squaxin Lane
Shelton, WA 98584

Dear Chairman Lopeman:

I am very pleased to inform you that this office has approved the placement of the Skookum Creek Tobacco Co. ("SCTC") and its certified tobacco products, on the compliant tobacco product manufacturers' directory in and for the state of Washington.

I want to compliment the Tribe and SCTC on the manner in which this matter has been patiently, diplomatically and professionally pursued. Tribal representatives have zealously advanced the interests of the Tribe and SCTC, but at the same time have acknowledged and respected the issues and challenges that the state of Washington must consider in administering the tobacco Master Settlement Agreement ("MSA") and related statutes. In pursuing this enterprise, it is apparent that the Tribe and SCTC have been constantly mindful of the important public policy and economic issues that underlie the MSA. The Tribe's assurance that SCTC will comply with the MSA's advertising and similar restrictions, and the Tribe's offer to assist in the defense of "diligent enforcement" challenges, are tangible examples of this awareness, and building blocks in a successful and promising government-to-government relationship. I very much appreciate the Tribe's willingness to make these commitments.

I also appreciate the Tribe's expressed intention that SCTC join the MSA. As you know, becoming a party to the MSA is a process separate and distinct from "certification" process that we acknowledge and celebrate in this letter. We look forward to SCTC joining the MSA, and I reaffirm our commitment to assist the Tribe in making any necessary contacts with the National Association of Attorneys General with respect to the MSA application process.

I have enjoyed the opportunity to meet and discuss this matter with you and other representatives of the Tribe and SCTC. I will look forward to the opportunity to work with you again on other matters of mutual interest to the Squaxin Island Tribe and the state of Washington.

Sincerely,

ROB MCKENNA
Attorney General

RM/jg

cc: Bob Whitener
Bryan Johnson
Kelly Croman

See the story about the Skookum Creek Tobacco
Grand Opening Celebration on pages 1-3



PULLING TOGETHER FOR SUCCESS

CAREER ENHANCEMENT CERTIFICATE PROGRAM
Northwest Indian College
GED / Career Preparation

Classes offered at the Five Tribes Career Center

May 2nd to June 10th
Tuesday, 10:00 am to 3:00 pm
Wednesday, 10:00 am to 3:00 pm
Thursday, 10:00 am to 3:00 pm

- ♦ Lifelong Learning
- ♦ Communications
- ♦ Decision Making
- ♦ Interpersonal
- ♦ Technology

No cost to attend!!!

To Register, Call Sheri or Lila 426-2433

GED Classes

Will begin
April 18th to June 10th

Skokomish Tribal Center, Library
April 18th to June 10th
Monday and Wednesday, 4pm to 6pm

Five Tribes Career Center, Classroom
April 19th to June 10th
Tuesday and Thursday, 4pm to 6pm

No Cost To Attend!!!

Contact Sheri, Lila, or Shannon
At
The Five Tribes Career Center
426-2433



Left to right:
Assistant Attorney General
Rusty Fallis, Kelly Croman,
Bryan Johnson, David
Lopeman, Attorney General
Rob McKenna, and Senior
Assistant Attorney General
Rob Costello