

# Klah-Che-Min

ʔacacihlaltbixʷ gʷəl tə xʷəlč yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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OCTOBER 2004

COMPLIMENTARY

## Childcare Center Is Now Open

Jim Kindle - It's finally here - the sounds of children laughing, playing, and learning in your new Child Development Center!!! After years of planning, developing and construction, the doors officially opened to youth ages 1 month through 5 years on September 7, 2004!

You are invited to tour this "state-of-the-art" facility! The Squaxin Island Tribe is the first Indian Tribe to have their Child Development Center licensed by the State of Washington. The staff and Board of Directors have set lofty goals, and high expectations only to set a foundation for "Learning for Life" for the community's children. If you are interested in enrolling your child, you must do it soon. Spaces are still available, but filling up quickly. If you would like a tour, come in anytime between 6:30 a.m. and 6:00 p.m. and see this spectacular facility for yourself! Or if you would like more information sent to you, call (360) 426-1390.



## Mark your Calendars

### *Talking Circle*

October 23rd at 3:00 p.m.

Council Chambers

### *Open House*

New Administration Building and Newly Renovated Tu' Ha Buts Learning Center

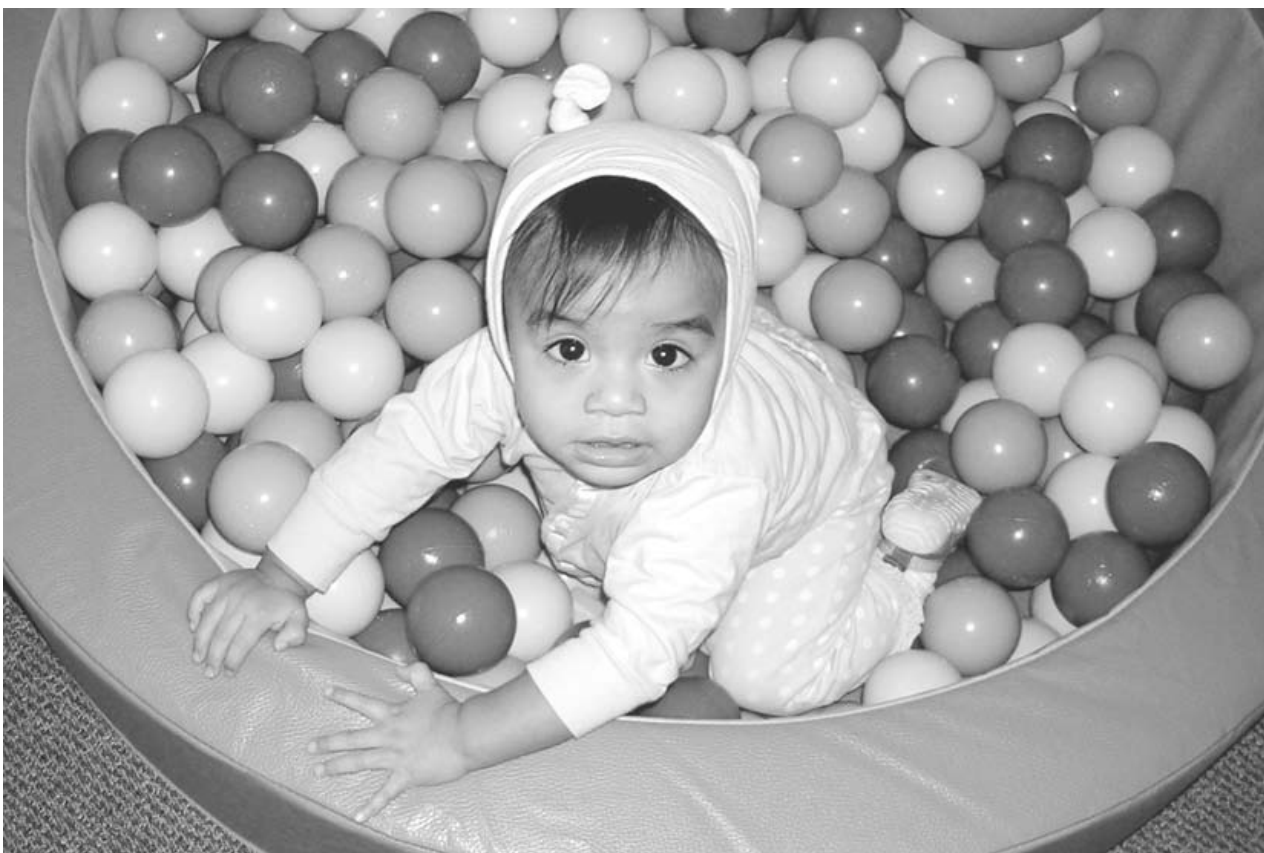
October 8th from 11:00 to 3:00 p.m.

BBQ @ Noon

### *General Body Meeting*

December 4th at 1:00 p.m.

Per Capita will be handed out at this same time



## SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane  
Shelton, WA 98584

*People of the Water*

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## KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

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 & staff.*

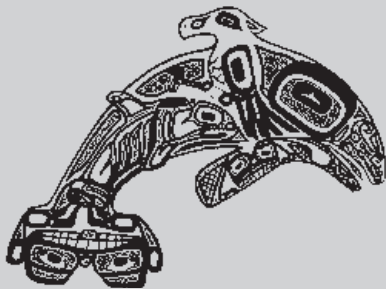
**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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

### Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.nsn.us](mailto:thenderson@squaxin.nsn.us)



## COMMUNITY

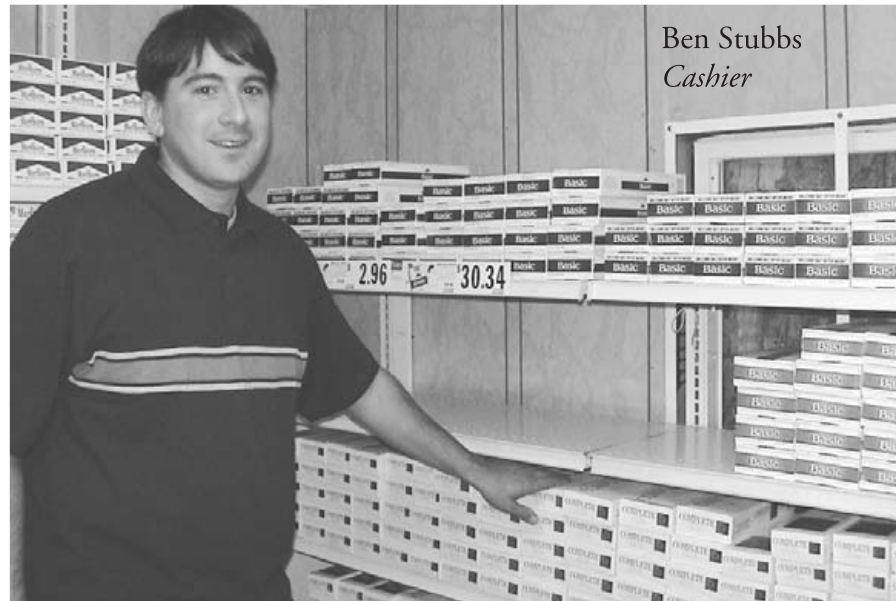


### Skookum Creek Tobacco Outlet Opens on Steamboat Island Road

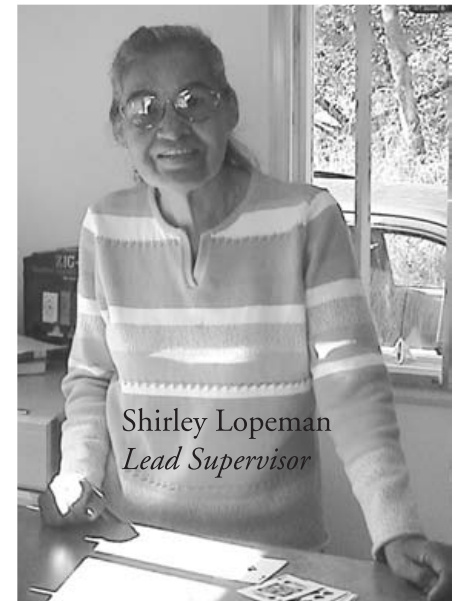
Skookum Creek Tobacco Factory opened a second retail outlet store in mid-September on Steamboat Island Road on the property of Don Lynn Whitener. According to the lease agreement between the Tribe and Don, the Tribe will pay a percentage of the profits in return for the use of the property and buildings.

A new store is being constructed behind the small building pictured at right (see photo at the bottom of the page).

Stop by and take a look between 7:00 a.m. and 7:00 p.m. The phone number is 866-3501.



Ben Stubbs  
*Cashier*



Shirley Lopeman  
*Lead Supervisor*





## Tribal Council Resolutions

**04-43:** Authorizes the Confederated Tribes of the Chehalis Reservation to prepare, submit, negotiate, execute and administer a grant proposal, agreement and any amendments thereto, on its behalf to DHHS Indian Health Services for the South Puget Intertribal Wellness Initiative for the amount of \$349,812 for the first five years in the Special Diabetes Program for Indians Competitive Grant

**04-44:** Requests the "Taylor Strip" property to be put in trust status

**04-45:** Rescinds resolutions #98-68 and 98-69 in order to combine two parcels of property in an application for trust status

**04-46:** Authorizes submission of a contract proposal in the amount of \$35,000 to the U.S. Department of Interior, Bureau of Indian Affairs, Northwest Region Office, 1) to update the Squaxin IRR inventory, 2) to update the Squaxin Transportation Plan, and 3) to coordinate Squaxin transportation planning with related agencies and organizations and supports the unified effort of ATNI which passed a resolution, "Transportation Capacity Building," to continue transportation capacity building efforts

**04-47:** Mandates the Department of Health and Human Services to develop and implement policies and procedures that will define eligibility and availability of services in order to ensure the most effective use of these limited resources

**04-48:** Adopts revisions to the Squaxin Island Gaming Ordinance in order to meet all requirements of the Indian Gaming Regulatory Act and the National Indian Gaming Commission

**04-49:** Suspends some, but not all, privileges of membership and determines to further evaluate the best means to redress the demands caused by increased enrollment and further resolves that the treaty harvest privilege for fish and shellfish (including, but not limited to, clams, oysters and geoduck) and per capita and dividend payments for new enrollees, other than those born to or adopted by a current tribal member, shall be suspended for five years from the date of his or her enrollment

**04-50:** Authorizes SPIPA to prepare, submit, negotiate, execute and administer a grant proposal, agreement and any amendments thereto, with the Office of Community Services Low Income Energy Assistance Program (LIHEAP) for about \$100,000

**04-51:** Authorizes submission of a grant application to USDA Rural Development under the TSA program for \$50,000 over the period of two years for

the purpose of providing technical and supervisory assistance to low income tribal members in becoming pre-qualified for mortgage financing and to prevent delinquency, eviction and foreclosure from occurring on the reservation

**04-52:** Authorizes submission of the Indian Housing Plan for the Squaxin Island Tribal Housing Program for Fiscal Year 2005 to the Department of Housing and Urban Development

**04-53:** Designates the director of Northwest Indian Treatment Center and or the Executive Director of the Squaxin Island Tribe to be the Tribe's designated representative to the Indian Policy Advisory Committee

**04-54:** Directs that \$15,000 of the excess withholding in the "Two Percent Net Win" account be appropriated for an immediate contribution to the Mason County Drug Court program

**04-55:** Adopts the Border and Reservation Security Act in order to provide the Department of Public Safety with tools adequate to address the entrance onto

the reservation of dangerous weapons or substances

**04-56:** Adopts the Squaxin Island Forest Practices Act

**04-57:** Adopts the Tidelands Access Code - Permit only in order to secure for the people of present and future generations the benefit of an enduring resource of Squaxin Island by providing for the protection of its tidelands



## Narcotics Tips Line

Any illegal drug information (on or off-reservation) can be reported without leaving your name. Simply call the number below and leave detailed information regarding the activity.

**432-3898**

## Veterans Wanted!!!

We would like the help of tribal veterans in the design and location of a veteran's memorial with flag poles. The design and location for the memorial has been discussed by the seniors and the Planning Department. They would like input from veterans to finish the project. If you would like to help, please contact Brian Thompson at 432-3907 or Lynn Scroggins at 432-3952.



## Dear Tribal Council, Community and Staff

At the end of September my position with Natural Resources will be ending. It has been a privilege to work on the behalf of the tribal community, protecting tribal interests. Thank you for giving me this incredible opportunity all these years. I have appreciated everyone's support and friendship and wish to continue my many friendships.

In peace,  
Michelle Stevie





## New Employees

**Esther Fox**  
*Financial Specialist 1*



I've been hired as the Financial Specialist 1, here at the Tribal Center and began work on September 8th. I worked at Island Enterprises for some time before leaving in June. Since then I have been taking care of some personal matters and doing part time work for the Squaxin Island Daycare Center.

I will not be serving cheeseburgers or any kind of food at the cashier's window. But I will be more than happy to take your payments.

**Melissa Henry**  
*Receptionist*



Hello, my name is Melissa Henry; most of you on the rez know me as Mish. My father is Marvin Henry and my Mother is Kathy Hurley. I have two children; my daughter Kaylyn is 3 years old and my son Damian is 1year old.

I am the new receptionist for the Squaxin Island Tribe which would explain why so many of your phone calls end up getting disconnected. Just kidding. Well I am very happy to have a job working for the Tribe and hopefully this will open the door for future employment opportunities. Hope to see you soon. Hoyt



Hi, everyone. My name is Sam Cang. I am very glad to be in this community. I do accounting/financial work for our new tobacco company. I have a Chinese ethnic background. I can play a Chinese musical instrument which you probably have not ever seen. Hope I'll be able sometime to show you my little Chinese music.

**Desmond Smith**  
*TGA Operations Manager*



Hello again everyone! My name is Desmond Smith, and I have accepted a position with Tribal Gaming at Little Creek Casino.

Currently I am employed by the Tribe in the Accounting Office at the Administration building. I have enjoyed the position I hold currently and appreciate the friendships that I have made there.

My new position is Operations manager for TGA. I believe I will be able to excell in this new position, just as I was able to do in accounting. But most importantly, being able to assist in protecting the Tribe's interests is first and foremost.

I look forward to seeing you there.





## New Employees

**Pam Hammond**  
*Family Services Manager*



worked for tribes my entire life, and it is truly a privilege to work for and among the Squaxin people. I believe the Squaxin Tribe is doing some wonderful things for their membership, and I am dedicated to developing a model family services program that is respectful in providing needed services to the community. I took this job knowing that the Family Services Division is in its early phase of development, and also knowing that there are some program changes that would be beneficial. I am open to hearing ideas and concerns from staff, tribal members, and community members. In an upcoming issue of the Klah-Che-Min Newsletter, I hope to share with the community specific details related to program development and anticipated changes. Please feel free to call me at 432-3914.

**Misti Saenz-Garcia**  
*Mental Health Program Assistant/Clinic Support Services*



Hello Everyone, most of you know I am Misti D. Saenz-Garcia. My parents are Larry McFarlane and Susan Henry. I am a member of the Cooper Klan. I am a mother to four children Miguel, Brittany, Justin and Bianca. My husband is Miguel Saenz-Garcia. I have been a mother/wife for 12 years. We have also been foster parents for 12 years. I am a strong, family-oriented woman.

I was born and raised here. I am a member of the Aquatics Committee, Housing and Utilities Commission and the Fireworks Committee. I have been KTP Clerk, Enrollment Clerk, CHR, Planning Assistant, HRSA Project Coordinator, Assistant Editor to the Klah-Che-Min, Medical Assistant and Indian Child Welfare Assistant, and I'm now with the Mental Health Program.

I will be working closely with Brenda Dorsey, Heidi Chambers and Sedar Rowson. They were an awesome part of the Summer Recreation program this year and I look forward to the wonderful opportunities they will be bringing to our tribal children/families and being a part of that process.

I have Public Assistance applications and am available to help fill them out and turn into the DSHS. I look forward to seeing you all around and hope you will take advantage of the programs available, such as skill-building, for our kids.....  
...LOVE YOU ALL (UNCONDITIONALLY)  
GOD BLESS.....BYE! BYE!

**Clinton Coley**  
*Skookum Creek Tobacco Company Distributing*



Hi everybody! I've moved over to the tobacco company and I'm enjoying this new job very much. You should all come by and check the place out! Its pretty cool!

Hi, my name is Pamela Hammond and I am the new Family Services Manager for the Squaxin Island Tribe. The Family Services Division includes the social service programs under Health and Human Services, and now also includes the Elder service programs. My first employment with the Squaxin Island Tribe was as the Special Projects Coordinator for HHS where I primarily assisted with Community Health Focus Groups and distribution of the Community Health Survey. My educational background includes the recent completion of the Tribal Masters in Public Administration program at the Evergreen State College, and my work experience with tribes includes social services, tribal education, self-governance, and human resources. I am a member of the Hoopa Valley Tribe of northern California. I have two grown children, Dionisio "Nitz" Hurtado, Jr., and Mystique "Tika" Hurtado, who were raised at Skokomish and now are residing back in the area. My mother, Joan Carpenter, a full-blooded Hoopa Indian, also resides at Skokomish. My fiancé, Ken Norton, is also a member of the Hoopa Tribe and has been wonderfully supportive of my desire to relocate back here to Washington State, to find employment and complete my education.

I have lived on Indian reservations and





# COMMUNITY



**Ron Myers**  
*Retail Development  
and Training Manager*

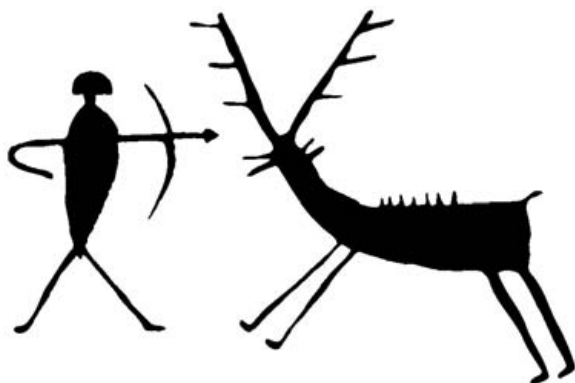


It is with great enthusiasm that I have joined the team at Kamilche Trading Post and Island Enterprises Inc. as Retail Development and Training Manager.

My background consists of the last four years as General manager of "End of the Trail" with the Chehalis Tribe. Four years as General Manager of "Nisqually Rez Mart with the Nisqually Tribe, fourteen years as Instructor of the Grocery Manager Career Training Program at Clover Park Vocational Technical College in Tacoma.

I started my career in the grocery industry in 1969 and have worked for several supermarket chains and convenient store chains.

I am looking forward to assisting the Squaxin Island Tribe in building a solid foundation with a structure that provides their retail operations a base for economic growth, employment and pride.



**Casey Brown**  
*Lead Stocker*



Hi, my name is Casey Brown. I'm a Squaxin Island tribal member. I've been in a lot of trouble in my life, but my life has turned around completely. I love my job here at the KTP. I'm a Lead Stocker. I spend all my free time with my kids and wife. I have two sons, Casey, Jr., and the young one, Cody. I'm really proud to have a job to support my family. I want to thank Bryan Johnson for giving me a chance to work here. Hope to see you here.

**Ryan Fox**  
*Stocker*



**Tyrone Seymour**  
*Stocker*



Hi, my name is Tyrone and I am a Stocker at the KTP. I am a tribal member and I like to fish, clam dig and hunt. I have been working for about three months at the store. I have a five month son named Tyrone Joseph Stuart Seymour and a very lovely girlfriend, Kasia Krise.

**Steven Dorland**  
*Security*



Hi, my name is Steven Dorland. I've been here at KTP for awhile, but I just moved to Security not too long ago. Come down and say hi. I'll see you there.



## LCC Hotel Business is Booming

Samuel Askew, Former Director of Hotel Operations - I am really happy to share with you some of the great things that are happening here at your hotel and to tell you that business is booming!!!

As most of you are aware, we sell out on a regular basis for weekends, and the discount MVP Club Room Rate we offer here at the hotel is leading to increased earnings on the casino floor with weekday stays being very steady. This can also be directly attributed in large part to promotional offers, package stays and the direct mail efforts of our management and sales team.

Occupancy continues to be above 70% which is, in fact, dead even with Thurston County as a whole and better than Mason County by 10%. Don't be happy or excited that we are meeting the same occupancies as the competition; better yet, be as enthralled as our staff is that your hotel team is bringing in MORE revenue per available room (REVPAR), at a higher rate than anyone else in the area! In fact, independent reporting now shows that in regard to REVPAR, we are in the top 10% of ALL hotels in the state, and in the top 5% for upscale properties!!! Likewise, your hotel is performing at a higher level of growth, occupancy and revenue than any other tribal property on a room to room comparison in Washington or Oregon!

Now, as I said above, our sales team is busy booking groups, new corporate accounts and events for many months out into the future, including several large VIP events in October that include: the governor, Washington State Hospitality and Lodging Association as well as the Northwest Basket Weavers Association.

We recently hosted guests in the hotel and conference spaces from: Quinalt Nation, the Colville Tribal Economic Summit, SPIPA and at least three other tribal gatherings, meetings and conferences.

As their efforts continue, we will see the occupancy rates continue to increase, slow seasonal months will have much better numbers than the competition and our market share and REVPAR will grow incrementally. Book Now!!!

As I continue to work closely with our marketing team, I can tell you that the efforts to draw new gaming guests to the casino and hotel, as well as existing guests for return visits is being profes-

sionally tackled head on! This is great for us, as it not only means a full hotel, but increased gaming revenue and food & beverage buys. Over the next couple of months, you'll see some of the best ever results for all departments. The marketing plans are paying great dividends here, as you'll soon see REALLY big promotions that include: September's Birthday Month and an all new way to PLINKO, a FREE Birthday concert by Moxie on the 22<sup>nd</sup> as well as \$9,000 in cash and prizes given away on that day alone!! October will be based on "HOWL-O-WEEN" with another Cabin Fever like Promotion for Trick-or-Treating, a Celebrity Guest appearance, Women of the Night Comedy Show, and an authentic Voodoo Lounge!! 'Feathers of Fortune' will literally fall from the ceiling in November as we give away nearly \$25,000 in cash!!! December will see tons of 'Holiday Hoopla' with the 'Christmas Crackers of Cash' hotseat drawings, 2 weeks of Double points, and the 'Five Pound Food Frenzy' for DOUBLE JACKPOTS!!! All this, along with Santa's Workshop retail outlet, A ladies night to rival all others and a Charity Blackjack Tournament, will create an excitement and buzz throughout the state and Native American gaming nationwide!!!

Coming off some great success recently, I know the staff is extremely excited about the future happenings and we hope you are too!!!

In all my excitement, I don't want to miss an opportunity to tell you all about what a great job some of your very own youth did here recently for Little Creek Casino Hotel.

The following Tribal Youth helped in the setup of Sizzlin' Summer Sounds concerts and Luau Festival just two short weeks ago. They did some outstanding work for our departments with preparation for the shows outdoors, and in turn worked even harder when we were forced inside by Mother Nature. I know that working for and with me, can be a difficult task at times, so double the Kudos to those who got that experience!!! When you see these young people, please recognize their efforts and let them know how proud we all are of them. They are: Annie Beth Whitener, Sam Kenyon, Aleta Poste, Joey Furtado, Katrina Story, Brandon Greenwood, Dustin Greenwood, and, Tomi Giles.

I feel extremely fortunate to have worked with these leaders of tomorrow and hope that we



were able to help them in their learning. Thank you for giving me the chance to get to know you!

Keeping with the theme of a bright future, many of you have asked me, "when can we expect to see changes in the Casino to match what you've done in the hotel?" Well that time is coming soon...

Although we don't have definitive dates and plans, we are in the serious discussions stage of items such as carpet, paint, overall feel and how to match the older casino to the new hotel. Although important topics, they are secondary to much more important topics of; form and function. Doug Boon, Mike Peters and Terry Mehl are focused on those themes, while with Kim Burrow's help, I am busy collecting samples, swatches, chips, etc., so that we can firm up the plans and move forward in the near future. I expect that you'll see, at a minimum, new designer carpet in the next 2 - 3 months.

Lastly, but by no means least, if you happen to run into Kim Burrow, be sure to say hi and congratulate her on what a great job she is doing in her mentoring program...Kim continues to study and work towards her degree, even as she takes on more responsibility and learns about ALL facets of Hotel Operations. I am really proud to be a mentor to her, and her efforts make my job, not just as your Hotel Director, but as a teacher that much easier. THANK YOU & GREAT JOB KIM!!!





## Study Links Soda and Women Having Diabetes

AP- Women who drink more than one sweetened soft drink a day are more likely to develop diabetes than women who drink less than one a month, according to a new study. But critics of the study noted the same conclusion might be drawn from examining eating habits involving other forms of junk food, too.

Obesity is strongly linked to type 2 diabetes - the most common form of diabetes - so the extra calories from soda account for at least some of the increased risk, said the Harvard University researchers who performed the study. But the scientists said there also appears to be a link to the way the body handles the sugars in soft drinks - a claim two outside experts said needs more research.

A soft drink trade group said the study's conclusions were not scientifically sound and that the focus should be on the unhealthy lifestyles and weight gain that can lead to diabetes - not soft drinks.

**Either way you look at it, a healthier way of eating can help improve your health.** Check out past issues of the Klah- Che-Min for tips and next month's issue will have more healthy tips. "Many people are not eating vegetables daily," states Patty Suskin, Registered Dietitian and Certified Diabetes Educator. "I encourage people to buy & eat more vegetables and less chips and other less nutritious snack foods." Frozen vegetables are an excellent snack option—easy to store, easy to heat in the microwave & they taste great with a little grated cheese on top."

Contact our Registered Dietitian and Certified Diabetes Educator, Patty Suskin, at (360) 432-3929 to brainstorm healthier options for you and your family.

## How to Find Health Information for American Indians and Alaska Natives

[www.healthfinder.gov/justforyou](http://www.healthfinder.gov/justforyou)

Choose the American Indians and Alaska Natives link

This page highlights key health topics identified by members of these communities.

## Clinic Evening Hours

The Squaxin Island Health Clinic now offers extended hours.

A walk-in clinic is now open every Monday and Tuesday evening from 5:00 p.m. to 7:00 p.m. for Tribal members only. There is no need to call and make an appointment; just walk in and you will be serviced on a first come, first serve basis.

## 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
	4	6	7
Meat Vegetable Grains/Bread	Tuna Noodle Casserole Peas Wheat Rolls	Oven Fried Chicken Mixed Veggies & Baked Potatoes, Rolls	Baked Pork Chops Baked Squash Wheat Rolls
	11	13	14
Meat Vegetable Grains/Bread	Hot Roast Beef Sandwich Steamed Carrots, Potatoes Rolls	Macaroni & Cheese Green Beans, Tomatoes	Chicken Rollups Steamed Broccoli Orzo Pilaf
	18	20	21
Meat Vegetable Grains/Bread	Enchiladas Corn Spanish Rice, Beans	Beef Stroganoff Broccoli & Cauliflower Noodles	Sandwich Bar w/ Soup Spinach & Pasta Salad Variety of Breads
	25	27	28
Meat Vegetable Grains/Bread	Breakfast for Dinner, Ham Veggie Tray, Hash Browns Toast	Baked Salmon Green Bean Casserole Red Potatoes	Pozole Cabbage Wheat Rolls
Meat Vegetable Grains/Bread			

## Diabetes Support Group

Walk from 12:45 to 1 pm ; Talk from 1 pm to 2 pm  
People with Diabetes, their friends and family welcome

1st and 3rd Mondays  
Elder's Building after lunch  
12:45 pm-2 pm

- Encouragement to live a long, healthy life
- YOU CAN TAKE CHARGE OF YOUR DIABETES
- Share what you would like to learn about Diabetes

TAKE TIME FOR YOU AND YOUR DIABETES  
Join us!

Contact Patty Suskin, Registered Dietitian  
and Certified Diabetes Educator  
to RSVP or for more information at 432-3929





# HEALTH & HUMAN SERVICES



## Outdoor Activity of the Month

*Kennedy Creek preserve boasts pristine scenery*



### What

Kennedy Creek Natural Area Preserve at Oyster Bay in Totten Inlet

### Where

The parking lot for the Kennedy Creek preserve is at the intersection of U.S. Highway 101 and Old Olympic Highway.

### To Do

Kennedy Creek is one of the most pristine saltwater estuaries in Puget Sound. Two creeks -- Kennedy and Schneider -- flow through a forest and onto mud and grass flats. The preserve is a great place to see shorebirds, ducks and deer during the summer. Anglers prowl the estuary searching for schools of sea-run cutthroat trout during the summer. Kennedy Creek gets a huge run of wild chum salmon in November, and anglers from around Puget Sound come to catch the fish. Kennedy Creek also is a good place for photography, picnics and nature watching.

### To See

Sit on the bench in the parking area and watch the tide roll in or out of the estuary. If the tide is rising, watch for swirling fish and diving birds. If the tide is dropping, watch shorebirds scurry across the mud flats looking for worms and other food. Take the steep trail down to the grass flats below the parking lot -- watch for clutching blackberry vines -- to take a closer look. Listen for the piping, trilling cries of the shorebirds.

### Safety

The mud flats have a greasy sheen, and they can easily suck a shoe or boot off your foot. Wear waders if you want to walk along the creeks at low tide. Be careful of deep mud and never travel over the mud while alone.

### Equipment

Waders, walking sticks, binoculars, cameras, cell phones, sunglasses, rain gear, water and bug spray

### Directions

Highway 101 at Old Old Olympic Highway/Kennedy Creek. Turn off the road and drive into the preserve parking lot.

### Parking

There is plenty of parking at the lot -- unless it is chum salmon season in November.

### History

This area was the site of the Squaxin Island Tribe's T'Peeksin Band. A sign in the parking area describes some of the Squaxin tribal culture and history. The state Department of Natural Resources wants to expand the boundaries of the 164-acre preserve and buy more forest and wetland on Schneider Creek.

### More information

Visit [www.dnr.wa.gov/nap/napdesc.html](http://www.dnr.wa.gov/nap/napdesc.html).



## Another Reason to be More Active...

### *Obesity increases risk for Nine types of cancer*

The Olympian August 24, 2004 - Obesity increases your risk for heart disease and diabetes, but expanding waistlines increase the risk for at least nine types of cancer, too.

What's already clear: Being overweight can make it harder to spot tumors early, catch recurrences, determine the best chemotherapy dose, even fit into radiation machines.

That hurts chances of survival.

One major study last year estimated that excess weight may account for 14 percent to 20 percent of all cancer deaths -- 90,000 a year.

The risks of heart disease and diabetes from packing on pounds are much higher, and more immediate because cancer typically develops more slowly than those illnesses, she explains.

Fat is known to increase the risk of developing cancers of the colon, breast, uterus, kidney, esophagus, pancreas, gallbladder, liver and top of the stomach.

Advice from the cancer specialists: Exercise as much as possible, eat lots of vegetables and fruits. Choose whole grains & look for the highest fiber content in breads, pastas, & cereals.

To brainstorm ideas to be more active & eat healthier, contact our Diabetes Coordinator & Registered Dietitian, Patty Suskin at (360)432-3929 or stop by her office on the lower level of the clinic.



## Congratulations August Raffle Winners



Pat Brown  
*Women's Health*

Viola Thomas (not pictured)  
*Mammogram*

## Supermarket Tour

On Monday, September 13th, Patty Suskin, Diabetes Coordinator, conducted a supermarket tour at the Shelton Fred Meyer with Sharon Johns, Bertha Fletcher, Harry Fletcher and BJ Peters. Patty answered questions, explained how to read food labels, and made recommendations for healthier food choices. We enjoyed checking the Nutrition Facts for cereals, cookies, crackers, breads and more. We had so much fun, we decided to come back another time to look at more foods. The participants enjoyed taking home some healthier foods to try.



Sharon Johns, Patty Suskin, and Harry and Bertha Fletcher



Sharon Johns, Patty Suskin, BJ Peters and Bertha Fletcher

## Youth Counselor Available

### GROUP & INDIVIDUAL ACTIVITIES FOCUSING ON:

- Respect
- Responsibility
- Patience
- Honesty
- Grief & Loss Issues



Sedar Rowson

*Promoting self-esteem  
by building children's  
perception of their own  
strengths and skills*



Located in the Learning Center in Kim Cooper's old office  
Please feel free to drop by after school between 2:00 and 6:00 p.m.

**Our Goal is Your Good Health  
in Body, Mind and Spirit**





## Try Something New

### Take a HEALTH BREAK! Part 1

Are you in the habit of working through your morning break? Your lunch break? Your afternoon break? Do you feel guilty when you take a walking health break? Studies have shown that people who take breaks are more productive & energetic at work—especially if they go outside.

- Everyone knows it is healthy to be active—did you know that you can prevent diabetes or delay the onset of diabetes by being more active & eating healthier?

*IHS states, "In the past, Native Americans did not have diabetes. Elders can recall times when people gathered and hunted food for simple meals. But eating habits and daily work have changed. Now, we buy food at stores. We eat more fast food and sugar drinks. We drive cars rather than walk places. People are heavier. These changes cause many Indians to have high blood sugar."*

Studies predict that half of all Native Americans born in the year 2000 and after will get diabetes if we do not change the way we eat and our activity.

#### What will motivate you?

**Here are some steps to get started toward a healthier you:**

1. Write down why you want to be healthier
2. Write down the benefits of being more active
3. Take some time to evaluate how you spend your time (Could you walk as your child or grandchild has a sports practice? Could you take a stretch break at commercials? Could you turn off the TV & play catch or go for a walk?)
4. Brainstorm ways on how you can make an appointment for YOURSELF/a healthier you. (Join the Thursday walks at 12:40 from the Elder's building? Get up from your desk and take the walk around the inside or outside of your workplace?)

**Here are some reasons that others enjoy walking or other fitness activities:**

1. For their physical health
2. For their mental health
3. To think about things
4. To fit into smaller clothes
5. Be a role model for your family, neighbors, children, and friends
6. To think about something troubling you
7. Invite a friend, neighbor, or child to get to know them better

We all have busy schedules & family activities. Your breaks at work are a benefit to use to increase your productivity and take care of yourself! Change your habits, your family's habits & your coworkers for better health! We'll provide more ideas next month on how you can increase your activity. **Start taking your health breaks to get in shape now for the upcoming Fitness competition between Little Creek Employees, other Squaxin Island Employees, and Community Members.** Contact people: Patty Suskin, Diabetes Coordinator at (360) 432-3929 or Natascia Brown at (360) 432-7033.



## Upcoming Events

### Brief Walk

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

### Diabetes Support Group

Every 1st & 3rd Monday  
Talk Support Group  
12:45 to 2 pm  
Walk at 12:45  
Talk 1 - 2 pm  
Meet at Elder's Building  
right after lunch

### Mammogram Day

Oct. 21st, Nov. 15 & Dec. 16  
Call Rose Algea at 432-3930 to schedule an appointment.

### Health Fair

Wednesday, October 13th  
Tribal Center and gym  
Fair: 10:00 a.m. to 4:00 p.m.  
9:00 a.m. to 10:00 diabetes screening  
For diabetes screening, don't eat or drink anything for 12 hours before)  
contact Misti Saenz-Garcia  
at 360-432-3884

### Closures

The pharmacy will be closed Friday, October 22nd. The entire Health & Human Services Department will be closed Monday, October 4th. Please make a note.

### Breast Cancer Walk

Saturday, October 23rd at 9:00 a.m.  
Chehalis Tribal Center  
Sign up with Rose Algea  
432-3930

### OysterFest Elders Fundraiser

1st weekend in October  
Sign up to Volunteer  
Call Paula Henry  
432-3934

Questions or to  
RSVP for these activities,  
contact Patty Suskin,  
Diabetes Coordinator  
@ 432-3929





## Emergency Room Guidelines

An emergency may be defined as “a threat to the loss of life and/or limb.” Because the Emergency Room is the most expensive way of obtaining medical care and Contract Health Services does have limited funding, it is important that you use the Squaxin Island Health Clinic whenever possible.

If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Westcare Clinic (357-9392) in Olympia have extended business hours.

Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m., Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m.

Westcare Clinic is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 5:00 p.m. Either of these offices can advise you on how to handle a medical problem.

Below are some situations in which you might need to go to a clinic or emergency room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

### GO TO A CLINIC

- Ear ache
- Cough
- Ingrown finger/toenail
- Bronchitis
- Minor cuts & burns
- Headache
- Colds

### EMERGENCY ROOM

- Amputation
- Heart attack
- Profuse bleeding
- Coughing & vomiting blood
- Sexual assault
- Acute asthma attack

*If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital. The Tribe has a 15% discount with these facilities.*

## Methamphetamine

Methamphetamine is an addictive stimulant drug that strongly activates certain systems in the brain. Methamphetamine is closely related chemically to amphetamine, but the central nervous system effects of methamphetamine are greater. Both drugs have some medical uses, primarily in the treatment of obesity, but their therapeutic use is limited.

Street methamphetamine is referred to by many names, such as “speed,” “meth,” and “chalk.” Methamphetamine hydrochloride, clear chunky crystals resembling ice, which can be inhaled by smoking, is referred to as “ice,” “crystal,” and “glass.”

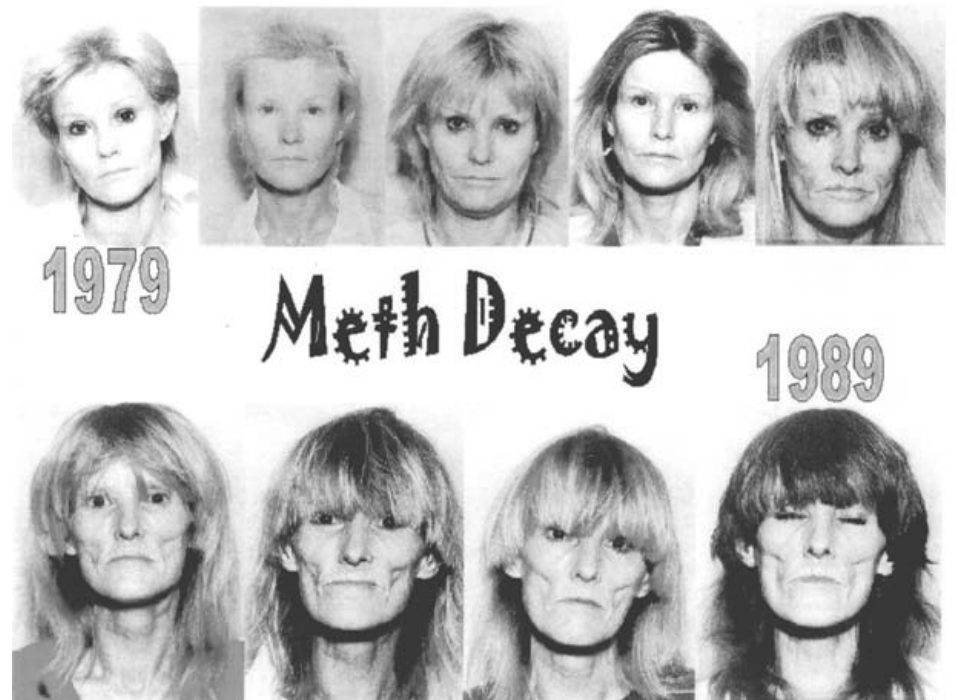
### Health Hazards

Neurological hazards. Methamphetamine releases high levels of the neurotransmitter dopamine, which stimulates brain cells, enhancing mood and body movement. It also appears to have a neurotoxic effect, damaging brain cells that contain dopamine and serotonin, another neurotransmitter. Over time, methamphetamine appears to cause reduced levels of dopamine, which can result in symptoms like those of Parkinson’s disease, a severe movement disorder.

Addiction. Methamphetamine is taken orally or intranasally (snorting the powder), by intravenous injection, and by smoking. Immediately after smoking or intravenous injection, the methamphetamine user experiences an intense sensation, called a “rush” or “flash,” that lasts only a few minutes and is described as extremely pleasurable. Oral or intranasal use produces euphoria - a high, but not a rush. Users may become addicted quickly, and use it with increasing frequency and in increasing doses.

Short-term effects. The central nervous system (CNS) actions that result from taking even small amounts of methamphetamine include increased wakefulness, increased physical activity, decreased appetite, increased respiration, hyperthermia, and euphoria. Other CNS effects include irritability, insomnia, confusion, tremors, convulsions, anxiety, paranoia, and aggressiveness. Hyperthermia and convulsions can result in death.

Long-term effects. Methamphetamine causes increased heart rate and blood pressure and can cause irreversible damage to blood vessels in the brain, producing strokes. Other effects of methamphetamine include respiratory problems, irregular heartbeat, and extreme anorexia. Its use can result in cardiovascular collapse and death.



## Before & After Meth User

*Submitted by Brooks Farrell*





## Marijuana

*Here's what experts say about marijuana and teens*

Submitted by Marcella Castro - Marijuana is not a benign drug. Use impairs learning and judgment, and may lead to the development of mental health problems. – **American Medical Association**

Smoking marijuana can injure or destroy

lung tissue. In fact, marijuana smoke contains 50 to 70 percent more of some cancer causing chemicals than does tobacco smoke. – **American Lung Association**

Teens that are high on marijuana are less

able to make safe, smart decisions about sex – including saying no. Teens who have used marijuana are four times more likely to have been pregnant or gotten someone pregnant than teens who haven't. – **National Campaign to Prevent Teen Pregnancy**

Marijuana can impair perception and reaction time, putting young drivers, their passengers and others on the road in danger. Teens, the highest risk driving population, should avoid anything that might impair their ability to operate a vehicle safely. – **American Automobile Association**

Marijuana use may trigger panic attacks, paranoia, and even psychoses, especially if you are suffering from anxiety, depression or having thinking problems. – **National Psychiatric Association**

Marijuana can impair concentration and the ability to retain information during a teen's peak learning years. – **National Education Association**

Recent research has indicated that for some people there is a correlation between frequent marijuana use and aggressive or violent behavior. This should be a concern to parents, community leaders and to all Americans. – **The National Crime Prevention Council.**

And, according to the **National Institute on Drug Abuse**, marijuana can be addictive. In fact, more teens are in treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.

Teens say their parents are the single most important influence then it comes to drugs. Know their friends. Ask them where they are going and when they will be home. Take time to listen. Talk to your teens about marijuana. To learn more about marijuana and how to keep your teens drug free, visit [www.theantidrug.com](http://www.theantidrug.com) or call 800-788-2800.

## Am I at risk for HIV???

You may be at risk if you:

- Have had sex with a man or woman who has had other partners.
- Have shared injection drug needles with someone or have had sex with someone who has shared needles

You are probably not at risk if you:

- Have had no sex
- Have only had sex with someone who has tested negative for HIV.
- Have not shared needles to inject drugs or for any other reasons, and have not had sex with anyone who has.

## PROTECT YOURSELF!!!

If you have questions about your risks, testing, or access to free condoms please contact Donna Penn through a confidential phone line at the Squaxin Health Clinic (360) 432-3881



## Lifting of Burn Ban Doesn't Okay All Burning

*The fire danger may be over  
but air pollution is still a concern*

Burn bans, initiated by local and regional fire agencies during hot, dry summer months are being lifted now that cooler, wetter weather is upon us. But the lifting of the bans doesn't mean all burning is okay. Just because the fire danger is over doesn't mean that outdoor burning doesn't cause air pollution. For the sake of the air we breathe, Olympic Region Clean Air Agency (ORCAA) recommends that citizens find alternatives to outdoor burning such as recycling and composting.

In those counties where the fire safety burn bans have been lifted, it is important for residents to remember that outdoor burning is still subject to restrictions.

According to the ORCAA, residents may burn natural vegetation gathered on their own property if they acquire an outdoor burning permit. But under no circumstances may they use burn barrels – or any similar container – for burning. Nor may they burn anything but natural vegetation.

"Materials prohibited from burning include household waste – including any paper products, plastic bags and containers, etc. – as well as milled lumber, and anything made from plastic or rubber," said Dan Nelson, spokesman for ORCAA. "State law prohibits burning of these types of materials because of the danger they pose. Significant toxic substances are emitted during combustion of any of these materials."

Permits for burning of yard waste (natural vegetation) may be acquired from local fire agencies. Residents of rural Thurston County should be aware of the annual closure of all outdoor burning July 15 through October 15. After October 15, burn permits may be acquired from the fire agencies in the county.

Outdoor burning is prohibited year-round for residents within the cities of Olympia, Tumwater and Lacey, as well as for county residents within the Urban Growth Area (UGA) boundary.

For more information on the outdoor burning rules throughout ORCAA's jurisdiction, visit <http://www.orcaa.org/residential.html>

The Olympic Region Clean Air Agency protects and enhances air quality for citizens in Thurston, Mason, Clallam, Grays Harbor, Jefferson, and Pacific counties by enforcing federal, state and local air quality regulations. If you have general questions about air quality, contact ORCAA at (360) 586-1044 or 1-800-422-5623, or visit ORCAA's Web site, [www.orcaa.org](http://www.orcaa.org).



## Native American Actors Sought

CAST & CREW wanted for a film entitled RAIN IN THE MOUNTAINS. The film is about a Native American trying to teach his son the ways of their ancestors. It will be shot in western Washington from July to August of 2005. Anyone interested in acting or helping should contact director Joel Metlen at:

(347) 645-7611

or email:

[Foxhallfilms@aol.com](mailto:Foxhallfilms@aol.com)

or visit:

<http://www.foxhallfilms.com>

Joel, writer of the award-winning script, is part Iroquois, was raised in Olympia, WA, and is a graduate of the film department at New York University. Casting sessions will take place in January.

## Special Thanks to Art Auction Volunteers

Nora Coxwell - Food & Beverage

BJ Peters - Food & Beverage

Carrie Smith - Food & Beverage

Bob Smith - Food & Beverage

Desi Smith - Food & Beverage

Bob Gouin - Bartender

David Puhn - Bartender

Elaine Moore - Finance

Jeanette Freitag - Finance

Hal Freitag - Finance

Patti Puhn - Bids

Whitney Jones - Showcasing Artwork

Ronnie Whitener - Emcee

Hank Gobin - Special Guest Speaker

Joe Seymour - Everything!

Lynn Scroggins - Moving Artwork

Jeremiah George - Auction brochures

## Board Members Present

Ray Peters

Lorna Gouin

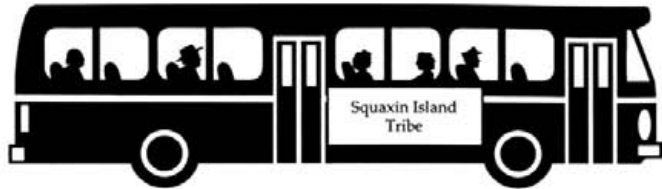
Ralph Munro

Dale Croes

Ruby Fuller







## Squaxin Island Tribe

Phone 789-5936 or 280-7612

Bus Schedule effective August 27, 2004

Leave Tribal Center	* Bloomfield Loop	Reservation Route **	Kamilleche Transit Center	Steamboat Island	Elma / NWITC	McCleary Transit	Arrive Tribal Center
6:25 a.m.		6:26 a.m.	6:50 a.m.				6:55 a.m.
7:00 a.m.		7:01 a.m.	7:30 a.m.				
		7:40 a.m.	8:10 a.m.	8:25 a.m.			
			8:35 a.m.				8:45 a.m.
9:10 a.m.		9:12 a.m.	9:35 a.m.				
9:50 a.m.		9:51 a.m.	10:15 a.m.		10:40 a.m.	11:00 a.m.	
			11:20 a.m.				
11:45 a.m.		11:46 a.m.	12:10 p.m./12:25 p.m.				12:45 p.m.
1:05 p.m.		1:06 p.m.	1:25 p.m.				
	Call/Request					Call/Request	2:10 p.m.
2:30 p.m.		2:31 p.m.	2:50 p.m.	3:05 p.m.			
			3:20 p.m.				3:30 p.m.
3:45 p.m.		3:46 p.m.	4:10 p.m.				4:20 p.m.

\* Kamilleche Point Road (Bloomfield Loop)  
1) Bloomfield Road  
2) Old Olympic Highway  
3) Hurley Waldrip Road  
4) Highway 108 to Kamilleche Transit Center

\*\* Stops on Squaxin Island Reservation  
1) Corner of Klah-Che-Min and T'Peeksin  
2) Corner of T'Peeksin and Steh'Chass Place  
3) Loop of T'Peeksin  
4) Corner of Klah-Che-Min and Skalapin (by Clinic)

- Connects with Mason Transit to Shelton  
- Connects with Mason Transit to Olympia  
- Connects with Grays Harbor Transit to Aberdeen  
- Connects with Grays Harbor Transit to Olympia Greyhound Station

- **Dial-A-Ride** Service is available for customers who experience difficulty using the regular route service. **Please call at least one day in advance to schedule your ride.**
- Each Monday a scheduled trip to Shelton is available that will include stops, as requested, such as Safeway, the library, Fred Meyer and WalMart. The bus will leave Squaxin Island Tribal Center at 9:00 a.m. For more information, please call Tammy Ford at (360) 426 9781 or (360) 432-3888.
- Service is Monday through Friday only. - The Bus does not operate on Martin Luther King Jr. Day, President's Day (observed), Good Friday, American Indian Day, memorial Day (oserved), Fourth of July, Labor Day, Thanksgiving, the day after (Friday), Christmas Eve through New years Day and any day that Squaxin Island Tribal Center is closed.



# NATURAL RESOURCES







# NATURAL RESOURCES



The Department of Natural Resources continued the long process of enhancing Squaxin Island's Palala Bay by spreading gravel this summer. The project is expected to ensure increased production of clams and oysters. The department staff also had an opportunity to learn how to make arrowheads through the guidance of Jeff Van Pelt, Cultural Resources Protection Program Manager for the Umatilla Tribe of Pendleton, Oregon. Squaxin Island Tribe Cultural Resources Director Rhonda Foster arranged the workshop through her longstanding friendship with Jeff Van Pelt. The staff really enjoyed learning this rare skill and would be happy to pass on what they learned to other tribal members, so feel free to catch up with any one of them.

**Natural Resources Hotline**  
360-432-3899

*Photos by Will Penn*



Happy Birthday

Jess Ehler	10/1	Sharon Ahrens	10/12	Marjorie Hill	10/24
Donna Penn	10/1	Ray Peters	10/13	Roger Hartung, Jr.	10/24
Clinton Kruger	10/4	Steven Sigo. Sr.	10/13	Donna Baker	10/25
Nichole Seymour	10/4	Savannah Fenton	10/14	Erika Poste	10/25
Steven Sigo, Jr.	10/4	Joseph Whitener	10/14	Lisa Braese	10/26
Lorenzo Solano	10/4	Joseph Seymour	10/14	Mario Rivera	10/27
Lydia O`Brien	10/5	Troy Baxter	10/16	Dione Whitener	10/27
Jeremiah Whitener	10/6	Charles Bucher	10/17	Joseph James	10/27
Michael Todd	10/6	Ruth James	10/17	Ellen Seidenstucker	10/27
Shiloh Henderson	10/6	Wilson Johns	10/17	Mariano Bello	10/29
Russell Pleines	10/6	Mitchell Coxwell	10/17	Ronnie Johns	10/29
Zachery Clark	10/7	Kelli Davis	10/17	John Krise II	10/29
Mike Krise	10/7	Shanika Cooper	10/18	Tori Kruger	10/30
William R. Peters	10/7	Christina Lorentz	10/18	Tanya Anderson	10/31
Theresa Davis	10/8	Danielle Whitener	10/18	Marvin Henry. Jr.	10/31
Yum Krise	10/8	Trelace Gallagher	10/19	Wilma Morris	10/31
Elizabeth Perez	10/8	Christine Thompson	10/19		
Ronald Day	10/9	Brenda Thomas	10/20		
Colton Gott	10/9	Michael Henderson, Jr.	10/20		
Addison Yvette Peters	10/9	Bear Lewis	10/21		
Susan Clementson	10/10	Leroy Yocash	10/21		
Mike Peters	10/11	Pete Kruger, Sr.	10/22		
Larry McFarlane, Jr.	10/12	Rose Algea	10/24		
Sabrena Johns	10/12	Daren Brownfield	10/24		



Friends and Family

Doe Bridge - How lucky we are to have family and friends. To have a true friend is as rare as having a million dollars. To be able to have friends and family who love and like you whether you are right or wrong and who just take the time to listen is a great blessing. To be able to express your true feelings when the world seems upside down and to have friends and family who go out of their way to stretch out their helping hands to lift you out of despair is a priceless gift.

People who give words of encouragement and hope and make the world a beautiful place.

What would we do without friends and family?

It is a great joy to share our life with others. Whether it is eating at McDonalds, shopping, walking or working, it is great to have friends who are as precious as the sight of a rainbow on a cloudy day. We are one.

						1	2
						AA Meeting 7:30	OysterFest
3	Diabetes 4 Support Group 12:45 Elder's Bldg HHS Closed	5 Court Church 7:30	6 Drum practice 6:00 p.m., MLRC	7 Tribal Council Brief Walk After Lunch	8 Open House Learning Center and New Admin Building 11-3 AA Meeting 7:30	9	
10		11	12 Church 7:30	13 Health Fair 10:00 - 4:00 Drum practice 6:00 p.m., MLRC	14 Brief Walk After Lunch	15 AA Meeting 7:30	16
17	18 Diabetes Support Group 12:45 Elder's Bldg	19 Church 7:30	20 Drum practice 6:00 p.m., MLRC	21 Tribal Council Mammogram Day Brief Walk After Lunch	22 Pharmacy Closed Talking Circle 6:00 AA Meeting 7:30	23 Breast Cancer Walk 9:00 Chehalis	
24/31	25	26 Church 7:30	27 Drum practice 6:00 p.m.,MLRC	28 Brief Walk After Lunch	29 Brief Walk After Lunch	30	



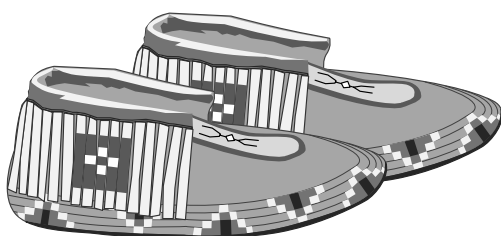


## UTOPIA

Submitted by Marjorie Hill

We'd gather around, all in a room,  
fasten our belts, engage in dialogue.  
We'd all slow down, rest without guilt,  
not lie without fear, disagree sans judgement.  
We would stay and respond, and expand  
and include, and allow and forgive,  
and enjoy and evolve, and discern and inquire,  
and accept and admit, and divulge and  
open, and reach out and speak up.  
This is utopia, this is my utopia.  
This is my ideal, my end in sight.  
Utopia, this is my utopia.  
This is my nirvana...  
My ultimate.  
We'd open our arms, we'd all jump in,  
we'd all coast down into safety nets.  
We would share and listen, and support  
and welcome, be propelled by passion, not  
invest in outcomes.  
We would breathe and be charmed,  
and amused by difference.  
Be gentle, and make room for every emotion.  
This is utopia, this is my utopia.  
this is my ideal, my end in sight.  
Utopia, this is my utopia.  
This is my nirvana...  
my ultimate.  
We'd provide forums, we'd all speak out,  
we'd all be heard, we'd all feel seen.  
We'd rise post-obstacle, more defined,  
more grateful. we would heal, be humbled,  
and be unstoppable. We'd hold close, and let go,  
and know when to do which. We'd  
release and disarm, and stand up and feel safe.  
This is utopia, this is my utopia.  
This is my ideal, my end in sight.  
Utopia, this is my utopia.  
This is my nirvana...  
my ultimate.

Wouldn't it be great if we ALL tried for this?????



## A Message From Doe Bridge

I once asked my grandmother, "Which granchild do you love the best?" Her replay was, "Look at my hand." I did. She asked me, "How many fingers do you have?" I said, "Five." She asked me which finger would I not mind cutting off. I said, "None." She said, "That is how I feel about all of you."

The Tribe works well when there is love and appreciation for each other, when we smile at each other, when there is kindness in the words we speak to each other and when we don't just think of me, me, me. I hope to see all of you at Oyster Fest and the dancers and maybe the Indian crafts will be there as we sell our salmon dinners.

## Family Announcements from Lila Jacobs



My new great-grandson, Jacob Cain, born July 21, 2004 to Guy and Theresa Cain weighing in at 7 pounds, and 6 ounces.



Four Generations: Jacob Cain, Dorinda Thein, Lila Jacobs and Guy Cain



My granddaughter, Felicia Ellerbe, daughter of Elroy Ellerbe, recently got in touch with Laurie through email.

Laurie Thomas was recently re-united with her daughter Alicia Boyett and she has a daughter, Alexi and a son, Stevie.



L-R:  
Alexi, Mike, Alicia and Stevie Boyett.



# COMMUNITY DEVELOPMENT



## Summer Spruce Up Contest

The Office of Housing recently sponsored a Summer Spruce Up Contest. Housing provided garbage dumpsters and vehicle removal services to the community. The "Most Improved Yard" was voted upon by the community and they were to base their votes on the following: removal of vehicles, garbage clean-up and removal, groomed yards and outside clean-up of their homes. Thanks to all of the participants for their hard work and enthusiasm.



First Place: Toby & Merline Lewis - BBQ



Second Place: Rebeckah Ford and Derek Bartczak  
- Lawnmower

Sixth place: Ramona Mosier (not pictured)  
- Pedestal Fan



Third Place: Russell Harper and Brad Henry  
- Digital Camera



Fourth Place: Leah Cruz  
- \$50 Toziers Gift Certificate



Fifth Place: Marvin Henry - Pedestal Fan

## Remember When?

Heidi Chambers, Counselor - I ask, have you ever been shamed, humiliated or have felt less than . . . I ask you to remember what that felt like and stop, remember how you felt before you decide to shame or humiliate another human being, child, teenager or adult . . .

Have you ever thought of the damage that shame and humiliation brings to the human spirit . . .

I will tell you what it does to some people; they become depressed anxious, untrusting, violent, kill, kill themselves, become drug/alcohol abusers . . .

PLEASE take the time to choose a different path by giving support and helping them become strong, healthy and empowered . . .

For those that have been so deeply wounded that they are unable to heal, we must begin to look deeper as to the reason for this and change what we do that hurts them so deeply . . .

As the next generation comes, we can teach them where we went wrong so they can begin the road to empowering a strong and healthy people . . .

I say if we can look at the source of the world's ills, we can prevent the ills from continuing, and we can change the way we treat each other. Then we will change the way we treat our environment (Mother Earth and Father Sky), and this will bring a new beginning of great healing and the seven generations to come will have something to look forward to . . .

I share this as I remember . . .

