Squaxin Island
Human Resources
is continuously accepting application packets for the development of a pool for each of the following positions:

- Cook (on-call)
- Fish Tech 1 (on-call)
- Janitor (on-call)
- Bus Driver – Supplemental (on-call)
- Office Assistant 1/Receptionist (on-call)
- Maintenance (on-call)

NWITC Positions are located in Elma at the Residential Program:

- NWITC Cook 1 (on-call)
- NWITC Housekeeper 1 (on-call)
- NWITC Treatment Attendant 1 (on-call)

Continuously accepting applications for the following full time positions as they become available:

- Surveillance Observer
- Surveillance Observer (Trainee)
- TGA Agent
- Law Enforcement Officer

For a complete job description, please visit squaxinisland.org. Completed application packets may be submitted to Astrid Poste in the Human Resources Department. Please call (360) 432-3865 or email aposte@squaxin.us with any questions.

Check out new Election Committee column on Page 3
This column will be included in every issue leading up to elections that take place at the General Body meeting in May.

Mark Your Calendars
See you ALL at the

Squaxin Island Tribal Council
Winter General Body Meeting

January 11, 2014
Squaxin Community Kitchen

Meeting will start at 9:00 a.m.
Lunch will be served at noon.

Any questions? Please call the Administration Building at 426-9781.

FREE   FREE  FREE  FREE  FREE

7th Annual Squaxin Island Drug & Alcohol Awareness Dinner

January 26th at 2:00 p.m. Information on Page 12
**Community Development**

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### Squaxin Community Center Outreach Reaches Out to Elders and Youth

Margaret Foley - Squaxin Community Center architects, Mithun, visited Squaxin on December 2 to give community Elders and youth an opportunity to contribute their ideas and opinions about a potential new community center.

DCD Director Richard Wells introduced the Mithun team to the Elders at a meeting held after the Monday lunch. Mithun’s Michael Fiegenschuh and Dakota Keene explained the purpose of the dot exercises.

Using the same images that were presented to the gathering on October 17 at the Community Kitchen, Mithun gave Elders sets of green and red dots to mark their choices of three things most important and least important to them. When the Elders had finished placing their dots, Mithun facilitated a discussion to dig a little deeper into the reasons some activities or concepts were chosen—or not chosen.

From there, the Planning Team moved the easels over to the Tu Ha’ Buts Learning Center, where kids arrived by age groups on busses from the various schools. This timing worked well because the younger kids didn’t have to compete with the older ones to participate. In the smaller groups, children of similar ages had a chance to chat with their friends about what they were thinking before placing their dots. All youth responses were captured on the same set of display boards, and will be analyzed and by the Planning Team.

With three important outreach events complete, the next step will be to synthesize the community’s ideas into a presentation for the General Body meeting in January.

Watch for future articles to follow ongoing progress on the Community Center project. We’ll continue to keep you informed as the planning and design process continues.

Thanks to all Elders and Youth who participated and to the Elders Center and TLC staff for their support!

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TLC kids approached the challenge with plenty of energy and animated discussion.

The Elders Group was small but vocal.

Young participants enjoyed seeing familiar people and places on the easel boards.

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Happy Holidays
Who Turns Out to Vote?
Voter turnout is the percentage of eligible voters who cast a ballot in our election.

Eligible Voters

<table>
<thead>
<tr>
<th>Year</th>
<th>Eligible Voters</th>
<th>Total Attended</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>700</td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>709</td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>713</td>
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</tr>
</tbody>
</table>

The electronic voting system is strictly confidential. Although important data can be processed for compiling reports, names, addresses are NEVER included or accessible.

Let's start thinking now for the elections that take place at the MAY General Body meeting!

Why is it important to vote?
Play to win! Election outcomes are determined by those who participate. Elected officials make important decisions that affect our community, and they often respond more favorably to the opinions of those who vote. Voting does not guarantee that your ideas and opinions will prevail, but choosing to vote does offer you say in our tribal democracy.

How can a young person get involved in the voting process?
Come to the annual General Body meeting in May with your photo ID. All tribal members, 18 years and older, have the right to vote. For those who wish to go beyond voting, the Elections Committee is always on the lookout for volunteers. The Executive Secretary will assist on getting you started.

How do you know who to vote for?
Attending Squaxin Island tribal candidate forums is a great way to ask questions and hear what the candidates stand for. The schedule and locations will be in the Klah-Che-Min in February, March and April.

Elections seldom provide perfect choices (officials who agree with you on all issues). The first step is to prioritize your concerns and possible solutions. For example, ask yourself, "Should we be spending more money on education or community development?" There are no "right" answers to which everyone agrees. Therefore, the informed voter must understand all candidates' positions on issues important to him/her in order to make the best decision/vote. Informed voters also look at personal characteristics of candidates to help determine how they will perform in office. Are they hardworking? Honest? Moral? Skillful? We are entrusting them with decisions that affect our futures.

Sorting out information about candidates from their speeches, campaign ads, and websites can be a challenge for tribal members in a democracy. Candidates have often served in previous positions, making it possible to assess their policy preferences and capabilities. Talking with friends and relatives about politics helps define one's own outlooks and understand the available options.
Business Spotlight

I've said it before and I'll say it again, I love to write these little spotlights...they are FUN! I get to interview the entrepreneurs, hear about their businesses, and then write up a story to share. This month, I am very excited to share the visions for the future of Kamilche Café & Espresso from the mother-daughter team, Mary Whitener and Rebeckah Ford. Two entrepreneurs at heart. So let's get started.

For those of you who may not already know, Kamilche Café was originally a tribal business managed by Island Enterprises, Inc. But in September 2013, IEI decided to close the doors and offer the Café up for closed bid auction to an interested tribal member. As a result, Rebeckah and Mary once again found themselves knee-deep in a new business venture. Not unfamiliar with this business is Rebeckah who actually worked at the stand while it was an IEI company. Though the surroundings are familiar to her, it is completely different now.

Being a business owner changes things. And as any new business owner would agree, start-up is probably the most challenging part of owning a business. Patience and consistency are two necessary virtues for any new owner. The responsibilities that come with this can be overwhelming. Things like: staff calls, arranging deliveries, purchasing the right amount of product, maintenance issues (what if the espresso machine breaks), training, scheduling, book-keeping and so on and so on. It’s all on the owner(s) to make it all happen.

Luckily, this family (and I do mean all of them) were born with entrepreneurial DNA. They get it from their mother, Mary. Mary is no stranger to the world of business and with that, her presence and advice seems to instill confidence to those around her. Mary has been successful in a variety of business ventures. She is well known for her fireworks stand and people come from far away to buy from her. Why is that? She knows how to treat her customers and she keeps them happy. Happy customers equal loyal customers and customer loyalty is very important to the success of a business. She treats them well, she enjoys seeing them smile, and she is able to make the customer feel like they are #1. She is a people person and is very smart when it comes to operating a business. One of the things she began doing while operating the fireworks stand and has now incorporated in the Café is, with every purchase, you get something free.

Recently I asked them whose idea it was to bid and why. I found out that BOTH wanted to bid and the reason being that they missed having the business open and running. Rebeckah was adamant about acknowledging “three wonderful women” that have made the Café what it is and they all three continue to do so. They are: Tiffany Goos, Kayty Fishe and CJ Phipps. The Café is kinda home away from home for Tiffany. Rebeckah says Tiffany has been very instrumental at getting the Café back up and running. There are also some new faces in the Café: Erickah, Shelby, and Kyla. All of these girls are committed to making the business successful, plus they make it fun!

They have changed the menu a bit. They are still working on it, but for now it is focused heavily on espresso beverages. There are fresh made (delivered daily) doughnuts from a local shop, as well as a daily special which is posted on the Squaxin Island Tribe’s website under the “Daily Scoop” tab.

As for the future? They plan on offering a soup of the day, as well as fry bread. They welcome suggestions from the community (this is the perfect time to throw any menu ideas their way). When asked if there was anything else they wanted people to know, Rebeckah said, “There have been a few wrinkles but we are ironing them out. We will be opening soon for clam diggers before they go to work”. She also added that the Café’s beautiful addition is a great place for meetings and that she caters as well.

In conclusion, I would like to add a personal observation and that is watching them work together. They can actually do it!.......... And they do it well! And if you’re really lucky and happen to stop when Mary is there? Well, you will understand and know why so many people come from far and wide to do business with her. She is extra special and one of a kind!! “It’s probably too late to add that we would like to apologize for any inconsistencies and/or inconvenience the customers may have experienced” – Rebeckah Ford

HOURS OF OPERATION:

- **Monday - Friday**: 6:00 a.m. - 5:30 p.m.
- **Saturday**: 8:00 a.m. - 4:00 p.m.

LIKE THEM ON FACEBOOK!!

Thank You from KTP

Thank you! Thank you to all of you out there who helped us with the food drive at KTP! Wow, what a great job you all did, everyone from the wonderful children at our learning center who provided the great handmade turkeys and Christmas trees to post with donors’ names, to the helpers who loaded and delivered the food. Through the hard work and all of the willing donations we received, we were able to deliver 200 Thanksgiving packages totaling over 2,000 pounds of food, filled with all of the traditional side dishes for a great Thanksgiving meal to the Elder’s Center on Monday, November 25th. I wish you could have seen the look on the faces of the folks at the Elder’s Center when we filled the room with food, all for a great cause that we at KTP believe in with all our hearts. As we went to print for this issue of the Klah-Ché-Min, we were well on our way to being able to do the same for Christmas meals. Thank you again - it was and is a pleasure to serve all those in need.

Sincerely Yours,
The KTP Staff
Important Notice
Regarding Your Gas Discount Card

As part of an effort to clean up and update our systems, Island Enterprises, Inc. needs to replace all Tribal member gas discount cards.

Here’s what you need to know:
- There’s no change in the discount for Tribal members – it will still be $0.25 per gallon!
- All enrolled members age 16 and over are eligible to receive the new card.
- Your old card will no longer work beginning Monday, January 6, 2014, so be sure to get your new card in time!
- Beginning Monday, December 16, 2013, you can pick up your card at the Island Enterprises office, or call (360) 426-3442 and request that one be mailed to you.
- There will be a $25.00 fee to replace lost cards, and only one replacement card can be issued every 6 months.
- Based on estimated mileage, the average savings with the Tribal member discount are over $330 per year, so be sure to get your new card to continue enjoying this benefit!

Island Enterprises and the Trading Post Stores.

Thank you, KTP!!!

On behalf of Squaxin Island Elders, I would like to acknowledge and send a big THANK YOU to IEI’s KTP crew, especially Sam Roark and Isaiah Coley, for their Holiday Food Drive.

Thanks to their efforts, over $2,600 worth of food was distributed to Squaxin Island Elders and other Squaxin families at Kamilche and surrounding area to ensure a bountiful Thanksgiving.

KTP crew went out and bought stuffing, mashed potato mix, gravy mix, cranberry sauce, green beans, yams, canned pumpkin and pie crust mix as well as packages of mini marshmallows to top off a sweet deal.

Thanks out also to Squaxin Island Museum for traditional meats for our Elders, to LCCR for a turkey for all tribal members (which was distributed at the Community Kitchen, Thanks Kim!) anda big big thank you to Elders Marge Witcraft, Robin Smith; all of the available staff from Squaxin Island Museum; Family Services staff; STP Store Lead and, of course, Elders Program

Staff all worked hard to separate, package and deliver the food boxes to Squaxin Island Elders and other families. More than one person was exhausted at the end of that day, but it was well worth it to see the surprised humbling expressions on many faces as unexpected goodies were delivered. Thank you KTP, IEI and LCCR for taking care of Squaxin Island Tribal Members. We are so blessed.

Thank you, also, to Family Services Department for the WalMart gift card sent to Elders and tribal members.

Elizabeth Heredia
Squaxin Island Elders Inc. Chair

Exciting KTP Deli Improvements

The beverage counter experienced a major renovation overnight just before Thanksgiving, and is now complete with a new counter top, coffee station and two exciting additions; the Coca-Cola Freestyle machine and F’real Milkshake bar. The Coca-Cola Freestyle® fountain dispenser uses microdosing technology to dispense more than 100 sparkling and still beverage brands from a single free-standing unit. We are also very proud to now offer our customers milkshakes made from real ice-cream and dairy-fresh milk. The new F’real Milkshake Bar carries over 15 flavors to choose from, all made with real ingredients such as ice cream, fruit, milk and coffee. Come see for yourself, the new tasty options available at KTP, and look for more improvements in the coming months!
Salish Cliffs Golf Club Receives 2013 Best of Shelton Award
Shelton Award Program Honors the Achievement

Salish Cliffs Golf Club was selected for the 2013 Best of Shelton Award in the Golf Club category by the Shelton Award Program.

Each year, the Shelton Award Program identifies companies it believes has achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Shelton area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2013 Shelton Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Shelton Award Program and data provided by third parties.

LCCR Hosts Showtime Fights

Knockout, Round 6
J’Leon Love over LaJuan Simon

Technical Knockout, Round 6
Badou Jack over Rogelio Medina

Knockout, Round 3
Mickey Bey over Carlos Cardenas

Knockout, Round 1
Chris Pearson over Acacio Joao Ferreira

PLEASE SAVE THE DATE
SAT—APRIL 19, 2014
Memorial for David T. Seymour
“Bad News” Taholah Community Center
Please watch for more information Questions/Comments
Margaret Henry 360-490-5024 Terri Capoeman 253-343-3711
Gloria J. Hill 360-229-6324
Little Creek Casino Resort Presents the 6th Annual

SA’HEH’WA’MISH DAYS

February 15th & 16th, 2014 • Skookum Creek Event Center
Grand Entry Times • Saturday 1PM & 7PM • Sunday at 1 PM

EVERYONE WELCOME!
Dance Competitions-Prize Money for 1st, 2nd & 3rd Place
• 7-12 Boys/Girls, 13-17 Boys/Girls, 18-38 Men/Women
• 39-59 Men/Women, 60+ Golden Age Men/Women
• Chicken Dance: Ages 7-12, 13-17, 18-59

Drum Contest
• 1st Place $5,000 • 2nd Place $4,000 • 3rd Place $3,000

Committee Specials:
• Wallahee Special “Brothers Competition”
  Hand Drum, Dance, Big Drum
• Other Specials TBA

Head Woman Dancer - Urseloria Kangu (Dine-Tuba City, AZ)
Head Man Dancer - Isaiah Bob (Navajo-Yatahey, NM)
Master of Ceremony - Ray Fryberg (Tulalip) &
  Frank “Sonny” EagleSpeaker (Kainai)

Arena Director - Casey Mac Wallahee (Yakama)

Sponsored by:

All proceeds benefit the Squaxin Island Museum. This is a drug and alcohol-free event!
For reservations call: 1-800-667-7711 or 360-427-7711
91 W. State Route 108, Shelton, WA 98584
Accepting applications!!!!
The Office of Housing is accepting applications for low income elder housing.
Please contact Lisa Peters at 432-3871 for an application.

Help protect the Earth

Join the Green Team

New Member Training
Tuesday, January 28
9:00 am to 11:00 am
Tribal Center Large Conference Room

Questions?
Sheena Kaas
Solid Waste and Recycling Program
432-3907
skaes@squaxin.us

green.squaxin.us

Free Tax Preparation Site (Basic Returns)

Administration Building – 2nd Floor
February – April 15, 2014
By appointment only

The Squaxin Island Tribe – Office of Housing will be sponsoring their Annual FREE TAX PREPARATION SITE for the 2013 tax year. The site will be open to the public and operating evenings from February to April 15, 2014. Don’t pay high or unnecessary fees to a commercial taxpayer! Use your local free tax prep site.

THINK OF THE MONEY YOU WILL SAVE!!!
This site offers prepaid Visa debit cards for your tax refund.
Call Lisa Peters @ 432-3871 to schedule an appointment.
Jolene Lovelett was born on June 25, 1976 in Shelton, WA and passed away on November 4, 2013 in Olympia, WA. She was a Chehalish tribal member.

Throughout her life, Jolene dealt with cerebral palsy, but she didn’t let her disabilities keep her from being social and happy.

Jolene graduated from Capital High school. She liked books, drawing, and being around people. She was a happy young lady and loved her special stuffed cat, Lincoln. She also enjoyed jobs she had and making friends. She loved seeing her Uncle Arnold. She would light up, smile real big and tell him all the latest whenever she saw him come in a room.

Jolene was preceded in death by her mother, Delores (Rogers) Lovelett and her companion, Roger Cry and grandfather, Francis Cooper.

She is survived by brothers, Donald Williams of Tacoma and Mike Jones of Kingston; grandmother, Mabel Cooper of Shelton; uncle and guardian, Arnold Cooper of Kamilche; aunts, Ruth and Theresa; uncles, Buck, Ed, Mike, Duane, and Russel; and numerous cousins.

Services were held Friday, November 8th at 11:00 a.m. at Stickline Funeral Chapel in Centralia, WA followed by burial in Oakville.
We’ll have pictures from the tournament on our Facebook page. We are proud of
• Thanks to everyone who cheered on the kids at the Youth Basketball Tournament.
We’ll have pictures from the tournament on our Facebook page at www.facebook.com/TuHaButs. For now:
• Schools are closed on January 20th for MLK Day but the after school program will
be open from 10:00 a.m. - 4:00 p.m. A pool party is scheduled that day from
2:00 - 4:00 p.m.
• Another pool party is scheduled for January 29th from 2:00 - 4:00 p.m.
REMINDER - If any of your contact information has changed, please update it
with the after-school staff. If you have questions about the afterschool program,
call Jerilynn at 432-3992.

CHUM Program/Teen Center
Welcome back to the Teen Center; hope your holidays were merry. Along with the after-
school program, the Teen Center will reopen on January 6th. We will have plenty going
on for teens in January:
• Basketball practice will continue to be Monday-Thursday from 3:30 - 4:45. The
intertribal league basketball games will be on Wednesdays but the schedule hasn’t
come out yet. Follow us on Facebook as we’ll post it as soon as it comes out.
• Our “Learn to Ride” program starts on January 9th. While Laurel accompanies
the teens who have signed up to their adventures in the snow, we are very excited
to announce the teen center will still be open on Thursdays from 3:30 - 5:00 p.m. for
Lushootseed classes with Aleta Poste.
• Interested in applying for financial aid for college? On January 24th at 3:00 p.m., the
TLC will host a FASFA workshop in the upstairs classroom. An advisor from
South Puget Sound Community College will give a brief presentation on FASFA
and walk through the application process.
• The TLC will host a Winter Dance for teens January 24th, from 7:00 - 9:00 p.m.
• Teens with good school attendance in December - The program would like to take
you to the movies on January 31st. There will be more attendance incentives to
come so, “Go to school.”
Any questions? Call Laurel at 432-3842.

Higher Education Students
Remember, there are things you need to send in to keep your tribal higher education
funding flowing. If you haven’t yet done so, send in:
• Your final grades for fall quarter
• Your new class schedule for winter quarter
• Any receipts you have, and
• Your completed Memorandum of Commitment for the new quarter.

All of this information must be included in your Higher Education file. Not having
these documents interferes with processing your paperwork with the college, and delays
getting the school paid. If you have any Higher Ed questions, please call Mandy Valley
at (360) 432-3882, or email her at mvalley@squaxin.us.

Homework Help
Get the New Year off to a good start! Make your New Year’s resolution, “Earning good
grades.” I am here to help Tuesdays, Wednesdays, and Thursdays from 4:00 – 7:00 pm
in the classroom in the Education Building. Start coming up for homework support and
get your grades up!

GED Preparation Classes
The new GED test has now rolled out. This test is said to be more difficult than the
previous test. TLC still offers GED Prep classes so come in to start practicing the harder
skills incorporated in the new GED test. If you need more information, or if you have
any questions about Homework Help or GED Prep, please feel free to contact me: email
me at jburris@mccleary.wednet.edu or call me, Jamie Burris, at (360) 292-3301.

We want to congratulate all the youth who have taken part in our Intertribal Basketball
League Teams. We apologize if we’ve missed anyone. If we did miss anyone, please let
us know and we will add them to this list:

Intertribal Basketball League Team Members (so far…)
# Youth Education, Recreation and Activities Calendar

**TLC Hours:** M-Th 7:30am-7pm, F 7:30-5  
**Front Desk:** 432-3958  
**Youth Gym/Recreation Hours:** M-F: 3-6pm  
**Rec Rm:** 432-3275 (only 3-6pm)  
All activities are drug, alcohol and tobacco free.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
</tbody>
</table>
| **Rec Rm: 3-6:15**  
Game Day: 5-5:45pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm  
Open Swim: 3-6pm | **Rec Rm: 3-6:15**  
Drum Group: 5-6pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm | **GSD-ER @ 2:30PM**  
Rec Rm: 3-6:15  
Crafty Kitchen: 5-5:45pm  
Gym: I.T.B. Game TBA  
Open Swim: 3-6pm | **Rec Rm: 3-6:15**  
Arts-n-Craft: 5-6pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm | **SSD-ER 1.5 HRS**  
Rec Rm: 1:30-6pm  
Fun Day Friday: 5-6pm  
Gym: 1:30-3:30pm  
Bball: High 3:30-4:45  
Open Swim: 3-6pm |
| 13     | 14      | 15        | 16       | 17     |
| **Rec Rm: 3-6:15**  
Game Day: 5-5:45pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm  
Open Swim: 3-6pm | **Rec Rm: 3-6:15**  
Drum Group: 5-6pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm | **GSD-ER @ 2:30PM**  
Rec Rm: 2:30-6:15  
Crafty Kitchen: 5-5:45pm  
Gym: I.T.B. Game TBA  
Open Swim: 3-6pm | **Rec Rm: 3-6:15**  
Arts-n-Craft: 5-6pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm | **Rec Rm: 3-6pm**  
Fun Day Friday: 5-6pm  
Gym: 3:3-30pm  
Bball: High 3:30-4:45  
Open Swim: 3-6pm |
| 20 NO SCHOOL  
Rec Rm: 10-4pm  
Game Day: 10-11:30  
Gym: 10-4pm  
Pool Party: 2-4pm  
Open Swim: 3-6pm | 21 | 22 | 23 | 24 |
| **Rec Rm: 3-6:15**  
Game Day: 5-5:45pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm  
Open Swim: 3-6pm | **Rec Rm: 3-6:15**  
Drum Group: 5-6pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm | **GSD-ER @ 2:30PM**  
Rec Rm: 2:30-6:15  
Crafty Kitchen: 5-5:45pm  
Gym: I.T.B. Game TBA  
Open Swim: 3-6pm | **Rec Rm: 3-6:15**  
Arts-n-Craft: 5-6pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm | **Rec Rm: 3-6pm**  
Fun Day Friday: 5-6pm  
Gym: 3:3-30pm  
Bball: High 3:30-4:45  
Open Swim: 3-6pm |
| 27     | 28      | 29        | 30       | 31     |
| **Rec Rm: 3-6:15**  
Game Day: 5-5:45pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm  
Open Swim: 3-6pm | **Rec Rm: 3-6:15**  
Drum Group: 5-6pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm | **GSD-ER @ 2:30PM**  
SSD-NO SCHOOL  
Rec Rm: 12-6:15  
Crafty Kitchen: 5-5:45pm  
Gym: I.T.B. Game TBA  
Pool Party: 2-4pm  
Open Swim: 3-6pm | **Rec Rm: 3-6:15**  
Arts-n-Craft: 5-6pm  
Gym Bball: Jr High 3:30-4:45  
Elem Bball: 5-5:45pm | **SSD-ER 1.5 HRS**  
Rec Rm: 1:30-6pm  
Fun Day Friday: 5-6pm  
Gym: 1:30-3:30pm  
Bball: High 3:30-4:45  
Open Swim: 3-6pm |

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<tr>
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| ER = Early Release  
SSD = Shelton School District  
GSD = Griffin School District  
TLA = Tu Ha' Buts Learning Academy | I.T.B. = Inter-Tribal B-ball  
High School = Grades 9-12  
Jr. High = Grades 6-8  
Elementary = Grades 3-5 |
7th Annual Squaxin Island Drug & Alcohol Awareness Dinner

Don't need to be in recovery, just sober for the event and children are welcome!

People are dying right and left, children are losing parents, and families are saying goodbye to loved ones prematurely. The purpose of this dinner is to raise awareness of the effects that drugs, alcohol, trauma, and grief and loss have on individuals, families, and communities and to provide resources to the same. We hope to bring families together for support and to facilitate the healing process. I encourage anyone who has been affected by drugs and/or alcohol through either personal use or a loved one's use to attend. There will be a free dinner, free give away, free info, and a free T-shirt while supplies last. This year’s T-Shirt design is donated by Malynn Foster.

The dinner will be held on Sunday, January 26th at 2:00 p.m. at the Skookum Creek Event Center. This year’s main speaker is Monte Stiles (ex federal prosecutor). Others participating this year is: Family Services-Prevention and Wellness, SADD and Mason County Drug Abuse Prevention (MCDAP). MCDAP is also hosting a candle light vigil to memorialize loved ones lost due to drugs or alcohol. This year’s sponsors are Squaxin Island 1%, Family services Prevention and Wellness, TLC, Vocational Rehabilitation, MCDAP, and the Semanko family. For more information please contact Shila or Christine at 360-402-7297 or by e-mail at cree2sober@aol.com. Hope to see you there!

CHUM Calendar

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<tr>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Teen Center hours 3:00-6:00 p.m. unless otherwise noted&lt;br&gt;Laurel Wolff teen advocate: 432-3432</td>
<td>Basketball Practice 3:30-4:45&lt;br&gt;Youth Council 5:30-6:30</td>
<td>Basketball Games TBD</td>
<td>Basketball Practice 3:30-4:45&lt;br&gt;Lushootseed 3:30-5:00&lt;br&gt;Teen Center closes at 5pm</td>
<td>Early Release Teen Center opens @1:30</td>
</tr>
<tr>
<td>Basketball Practice 3:30-4:45&lt;br&gt;Youth Council 5:30-6:30</td>
<td>Basketball Practice 3:30-4:45&lt;br&gt;Craft Class 4pm @ Museum&lt;br&gt;Drum group 5pm @ Museum</td>
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<td>Basketball Practice 3:30-4:45&lt;br&gt;Lushootseed 3:30-5:00&lt;br&gt;Teen Center closes at 5pm</td>
<td>Movie Night @ the Teen Center</td>
</tr>
<tr>
<td>Basketball Practice 3:30-4:45&lt;br&gt;Youth Council 5:30-6:30</td>
<td>Basketball Practice 3:30-4:45&lt;br&gt;Craft Class 4pm @ Museum&lt;br&gt;Drum group 5pm @ Museum</td>
<td>Basketball Games TBD</td>
<td>Basketball Practice 3:30-4:45&lt;br&gt;Lushootseed 3:30-5:00&lt;br&gt;Teen Center closes at 5pm</td>
<td>Early Release FASFA Workshop 3:00 in Class Room <em>Winter Dance</em> 7-9pm</td>
</tr>
<tr>
<td>Basketball Practice 3:30-4:45&lt;br&gt;Youth Council 5:30-6:30</td>
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<td>Trip to the Movies for good school attendance</td>
</tr>
</tbody>
</table>
| Basketball Practice 3:30-4:45<br>Youth Council 5:30-6:30 | Basketball Practice 3:30-4:45<br>Craft Class 4pm @ Museum<br>Drum group 5pm @ Museum | Basketball Games TBD | Basketball Practice 3:30-4:45<br>Lushootseed 3:30-5:00<br>Teen Center closes at 5pm | }
Enjoy the season with your children

Sis Brownfield - We all know how curious small children are. We watch as the newborn child grows and changes so quickly, and every day is a new experience: their first real smile; they roll over, sit up and learn what sounds mean. They are always watching, feeling and tasting everything around them as they grow and develop while learning about the world around them. They grow into toddlers, and all too quickly it is time for them to go to school to learn even more new and interesting things.

The best time to begin a child’s learning is even before they are born through good prenatal care and understanding the early development of the unborn child. Did you know that in the third trimester of pregnancy a baby hears and is beginning to understand the very basics of reading? Rhythm is the basis of reading, and studies show babies at this stage of development will recognize the sounds and rhythm of a story repeatedly read out loud before they were ever born. One Tribe in the Southwest had mothers-to-be sing a traditional lullaby every day during the third trimester of pregnancy. When these babies were born they recognized that song over others that were sung to them.

The whole family is a part of a little one’s learning and growing: parents, grandparents, aunties, uncles, friends and community. Everyone around them is a part of their learning and understanding of the world around them. I like to remind people that children are always learning, and it depends on those around them what lessons they take away. Positive interactions and knowing the kinds of activities the child needs will enrich and support the little one’s growth and future.

During this very special time of year, the most important gifts you can give your child(ren) is your time, positive attention and encouragement. Take time to play together; help them use their imagination by playing make-believe. You can take them for a walk or car ride to see the pretty lights. It’s a great opportunity to teach them colors, counting, big/little…in a fun way.

And when buying gifts, think about what will really help them learn and develop. It usually isn’t the latest craze on TV and often doesn’t even cost that much. There’s a reason the old standbys like playdough, wooden blocks, balls, jigsaw puzzles and color books are still around.

So enjoy this great time of year and watch for all the special ways you can help your child(ren) learn in a fun and healthy way as you also build a strong relationship that will last far into the future.
**Health Clinic**

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**Clinic Events**

**Brief Community Walk**
Every Thursday at 12:40 p.m.
Meet at Elder’s Building after Lunch

**Free Diabetes Screening**
at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

**Smart Shopping/ Food Label Workshops**
Contact Patty to schedule

**Health Promotions Programs**
We have exercise videos in the building across from clinic
Work out alone, with us or schedule a time for a group

**Our Nationally Recognized Lifestyle Balance Program**
If you are ready to lose weight, we can provide support.
If you are Native American and over 18, see if you qualify to participate.

**Next Mammogram Clinic**
February 4th
Call Traci Lopeman at 432-3930

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

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**LOWERED CHOLESTEROL, BLOOD PRESSURE, AND BLOOD SUGAR**

**Mary Underwood: Information is Power**

Mary Underwood (Athabascan) has prediabetes. She has learned information is power. She has learned that she can prevent diabetes.

When she started learning about what high blood sugar does in a person’s body, she found it easy to make lifestyle changes. *“I learned real information, not scare tactics. I learned how high blood sugar affects a person’s heart, eyes, kidneys, and limbs. The information was sobering.”*

What Mary learned immediately changed the way she viewed food. Mary likes to cook and realized many of the recipes she used contained high fat or high sugar. *“I learned how to change a recipe and make it healthy,”* she says.

This new knowledge impacted what Mary thinks about every time she eats. *“I think about the fat and sugar content of what I am eating. I buy a grilled chicken sandwich without mayo instead of a double cheeseburger.”*

Mary also learned about the health benefits of exercising. *“I’ve seen it with my own eyes,”* she says. *“I rode a stationary bike for 20 minutes, and my blood sugar dropped 20 points.”*

This inspired Mary to be more active. *She rides a stationary bike every day for 30 minutes, walks, and swims. “I would have never done this without seeing and understanding the benefits. I hate exercise. It’s a battle for me to do it. But the information gave me discipline.”*

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**Angie Santa Ana: Overcoming the Addiction of Food**

Angie Santa Ana (Cup’ig) has three children. When she was pregnant with her last child, Angie had gestational diabetes.* Now Angie has prediabetes.

“When I was younger, I drank alcohol. *I think when you have one addiction, and that stops, you move on to something else. I think my body is addicted to white flour and sugar.* I learned from my college instructor that we can get addicted to certain foods. It’s easy to do because in the world we live in, so many foods are heavily processed.”

*“I’ve lost weight in unhealthy ways before. Now, I am learning I can lose weight in a healthy way. I learned that if I walk on a treadmill and burn 200 calories, and do that several times a week I can lose weight. That is pretty amazing! *It is amazing to know that I can take care of my body, my temple.”*
Is quitting smoking one of your New Years Resolutions? 
10 Tips for Quitting Smoking from a former smoker

Post written by Leo Babauta, former smoker, Submitted by Patty Suskin, Diabetes Coordinator - I recently celebrated my one-year anniversary of quitting smoking. Well, of finally quitting ... like most smokers, I had tried to quit many times and failed. But this quit stuck, and I'd like to share the top 10 things that made this quit successful when the others failed.

1. Commit Thyself Fully. In the quits that failed, I was only half into it. I told myself I wanted to quit, but I always felt in the back of my mind that I'd fail. I didn't write anything down, I didn't tell everybody (maybe my wife, but just her). This time, I wrote it down. I wrote down a plan. I blogged about it. I made a vow to my daughter. I told family and friends I was quitting. I went online and joined a quit forum. I had rewards. Many of these will be in the following tips, but the point is that I fully committed, and there was no turning back. I didn't make it easy for myself to fail.

2. Make a Plan. You can't just up and say, “I'm gonna quit today.” You have to prepare yourself. Plan it out. Have a system of rewards, a support system, a person to call if you're in trouble. Write down what you're going to do when you get an urge. Print it out. Post it up on your wall, at home and at work. If you wait until you get the urge to figure out what you're going to do, you've already lost. You have to be ready when those urges come.

3. Know Your Motivation. When the urge comes, your mind will rationalize. “What's the harm?” And you'll forget why you're doing this. Know why you're doing this BEFORE that urge comes. Is it for your kids? For your wife? For you health? So you can run? Because the girl you like doesn't like smokers? Have a very good reason or reasons for quitting. List them out. Print them out. Put it on a wall. And remind yourself of those reasons every day, every urge.

4. Not One Puff, Ever (N.O.P.E.). The mind is a tricky thing. It will tell you that one cigarette won't hurt. And it's hard to argue with that logic, especially when you're in the middle of an urge. And those urges are super hard to argue with. Don't give in. Tell yourself, before the urges come, that you will not smoke a single puff, ever again. Because the truth is, that one puff WILL hurt. One puff leads to a second, and a third, and soon you're not quitting, you're smoking. Don't fool yourself. A single puff will almost always lead to a recession. DO NOT TAKE A SINGLE PUFF!

5. Join a Forum. One of the things that helped the most in this quit was an online forum for quitters (quitsmoking.about.com) ... you don't feel so alone when you're miserable. Misery loves company; after all. Go online, introduce yourself, get to know the others who are going through the exact same thing, post about your crappy experience, and read about others who are even worse than you. Best rule: Post Before You Smoke. If you set this rule and stick to it, you will make it through your urge. Others will talk you through it. And they'll celebrate with you when you make it through your first day, day 2, 3, and 4, week 1 and beyond. It's great fun.

6. Reward Yourself. Set up a plan for your rewards. Definitely reward yourself after the first day, and the second, and the third. You can do the fourth if you want, but definitely after Week 1 and Week 2. And month 1, and month 2. And 6 months and a year. Make them good rewards, that you'll look forward to: CDs, books, DVDs, T-shirts, shoes, a massage, a bike, a dinner out at your favorite restaurant, a hotel stay ... whatever you can afford. Even better: take whatever you would have spent on smoking each day, and put it in a jar. This is your Rewards Jar. Go crazy! Celebrate your every success! You deserve it.

7. Delay. If you have an urge, wait. Do the following things: take 10 deep breaths. Drink water. Eat a snack (at first it was candy and gum, then I switched to healthier stuff like carrots and frozen grapes and pretzels). Call your support person. Post on your smoking cessation forum. Exercise. DO WHATEVER IT TAKES, BUT DELAY, DELAY, DELAY. You will make it through it, and the urge will go away. When it does, celebrate! Take it one urge at a time, and you can do it.

8. Replace Negative Habits with Positive Ones. What do you do when you're stressed? If you currently react to stress with a cigarette, you'll need to find something else to do. Deep breathing, self massage of my neck and shoulders, and exercise have worked wonders for me. Other habits, such as what you do first thing in the morning, or what you do in the car, or wherever you usually smoke, should be replaced with better, more positive ones. Running has been my best positive habit, altho I have a few others that replaced smoking.

9. Make it Through Hell Week, then Heck Week, and You're Golden. The hardest part of quitting is the first two days. If you can get past that, you've passed the nicotine withdrawal stage, and the rest is mostly mental. But all of the first week is hell. Which is why it's called Hell Week. After that, it begins to get easier. Second week is Heck Week, and is still difficult, but not nearly as hellish as the first. After that, it was smooth sailing for me. I just had to deal with an occasional strong urge, but the rest of the urges were light, and I felt confident I could make it through anything.

10. If You Fall, Get Up. And Learn From Your Mistakes. Yes, we all fail. That does not mean we are failures, or that we can never succeed. If you fail, it's not the end of the world. Get up, brush yourself off, and try again. I failed numerous times before succeeding. But you know what? Each of those failures taught me something. Well, sometimes I repeated the same mistakes several times, but eventually I learned. Figure out what your obstacles to success are, and plan to overcome them in your next quit. And don't wait a few months until your next quit. Give yourself a few days to plan and prepare, commit fully to it, and go for it!

BONUS TIP #11: THINK POSITIVE. This is the most important tip of all. I saved it for last. If you have a positive, can-do attitude, as corny as it may sound, you will succeed. Trust me. It works. Tell yourself that you can do it, and you will. Tell yourself that you can't do it, and you definitely won't. When things get rough, think positive! You CAN make it through the urge. You CAN make it through Hell Week. And you can. I did. So have millions of others. We are no better than you. (In my case, worse.)
**Help for Today . . . Hope for Tomorrow**

*Introduction to breast cancer by National Breast Cancer Foundation, Inc.*

Source: Government  
Submitted by Traci Lopeman, Outreach Worker, Women's Wellness Program - Breast cancer is the most common cause of cancer in women and the second most common cause of cancer death in women in the U.S. While the majority of new breast cancers are diagnosed as a result of the abnormality seen on a mammogram, a lump or change in consistency of the breast tissue can also be a warning sign of the disease. Heightened awareness of breast cancer risk in the past decades has led to an increase in the number of women undergoing mammography for screening, leading to detection of cancers in earlier stages and a resultant improvement in survival rates. Still, breast cancer is the most common cause of death in women between the ages of 45 and 55. Although breast cancer in women is a common form of cancer, male breast cancer does occur and accounts for about 1% of all cancer deaths in men.

Research has yielded much information about the causes of breast cancers, and it is now believed that genetic and/or hormonal factors are the primary risk factors for breast cancer. Staging systems have been developed to allow doctors to characterize the extent to which a particular cancer has spread and to make decisions concerning treatment options. Breast cancer treatment depends upon many factors, including the type of cancer and the extent to which it has spread. Treatment options for breast cancer may involve surgery (removal of the cancer alone or, in some cases, mastectomy), hormonal therapy, and/or chemotherapy.

With advances in screening, diagnosis, and treatment, the death rate for breast cancer has declined by about 20% over the past decade, and research is ongoing to develop even more effective screening and treatment programs.

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**Expanded USDA Food Options Now Available**

Many people have misconceptions about the food offered by the Food Distribution Program. (Formerly Commodity Foods) There are more frozen meats, fresh vegetables, and in season fruits being offered now than ever before. The food is also lower in fat and sodium than what was offered in prior years. Below is a partial list of what is available.

<table>
<thead>
<tr>
<th>Food Item</th>
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<tbody>
<tr>
<td>Mixed Vegetables</td>
<td>Green Beans</td>
<td>Sliced Potatoes</td>
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<tr>
<td>Tomato Sauce</td>
<td>Fresh Carrots</td>
<td>Baby Carrots</td>
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<tr>
<td>Celery</td>
<td>Red &amp; Russet Potatoes</td>
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<td>Applesauce</td>
<td>Apricots</td>
<td>Peaches</td>
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<td>Raisins</td>
<td>Fresh Apples</td>
<td>Grapefruits</td>
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<tr>
<td>Grapes</td>
<td>Fruit Juices</td>
<td>Canned Beans</td>
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<tr>
<td>Canned Chicken</td>
<td>Ground Beef</td>
<td>Roast Beef</td>
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<tr>
<td>Chicken and Turkey Breasts</td>
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Please call the SPIPA Warehouse staff to discuss how to apply for the Food Distribution Program. Recent changes enacted by the USDA that make it much easier to qualify. You can call 360-438-4216 Monday through Friday between the hours of 8:00 a.m. and 4:00 p.m.
**Health Clinic / Family Services**

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**What Is 5-2-1-0?**

5-2-1-0 is a simple message for you and your family to eat healthy and be active.

**Why 5-2-1-0?**

1. **Eat 5 servings of fruits and vegetables each day.**
   - The vitamins and minerals in fruits and vegetables help kids grow. They also help fight off illness. Eating fruits and vegetables may prevent weight gain. They fill up a stomach with low-calorie, healthy foods.

2. **Limit screen time (unrelated to school) to two hours or less everyday.**
   - Watching TV/video games occupies many children for several hours each day, and is associated with physical inactivity, eating too much, and obesity. The American Academy of Pediatrics (AAP) recommends that children under two years of age should not watch TV. Too much TV has been linked with low reading scores and attention problems.

3. **Get one hour or more of moderate to vigorous physical activity everyday.**
   - Active play is fun and great for your child’s health. Active kids will likely become active adults. What you teach them early will become part of how they live as an adult.

4. **Limit sweetened drinks (to near 0 a day).**
   - Soda, sports drinks, chocolate milk, and juice have a lot of sugar, which adds empty calories. High-intake of sugar-sweetened beverages among children is associated with overweight/obesity, displacement of milk consumption, and dental carries. Low-fat milk is best for kids. They don’t need the extra fat and calories in whole milk. Whole milk is the single largest source of saturated fat in children’s diets. Switching to low or non-fat milk products significantly reduces dietary saturated and total fat, as well as total calories.

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### Elders Menu

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<tbody>
<tr>
<td>Wed. 1</td>
<td>CLOSED</td>
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<tr>
<td>Thurs. 2</td>
<td>Pizza</td>
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<tr>
<td>Mon. 6</td>
<td>Spaghetti &amp; Meatballs</td>
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<tr>
<td>Tues. 7</td>
<td>Soup &amp; Sandwich</td>
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<td>Wed. 8</td>
<td>Fajitas</td>
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<td>Thurs. 9</td>
<td>BBQ Chicken Salad</td>
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<td>Mon. 13</td>
<td>Chicken Fried Steak</td>
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<tr>
<td>Tues. 14</td>
<td>Soup &amp; Sandwich</td>
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<td>Wed. 15</td>
<td>BBQ Flank Steak</td>
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<td>Thurs. 16</td>
<td>Paprika Chicken</td>
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<td>Mon. 20</td>
<td>Baked Potatoes</td>
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<tr>
<td>Tues. 21</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed. 22</td>
<td>Tacos</td>
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<tr>
<td>Thurs. 23</td>
<td>Pot Pies</td>
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<tr>
<td>Mon. 27</td>
<td>Braised Short Ribs</td>
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<tr>
<td>Tues. 28</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed. 29</td>
<td>Ham</td>
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<tr>
<td>Thurs. 30</td>
<td>French Dips</td>
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</tbody>
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**Tips to Implement 5-2-1-0**

**To increase vegetable and fruit intake:**
- Limit 100% fruit juice.
- Be prepared. Keep washed ready-to-eat produce on hand so it’s always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza and soups.
- Be a role model. Others are more likely to eat fruits and vegetables if they see you eating them.
- Don’t give up. You may need to see or taste a food 7 to 10 times before you like it!

**To increase physical activity:**
- Make gradual changes each day to increase your activity level.
- Keep it fun! Do activities that you enjoy and encourage your children to do the same!
- Be consistent. If you decide on the “1 hour rule” or set aside a specific time for activity...stick to it!

**To limit sweetened beverages:**
- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on soda and sugar-sweetened sports and fruit drinks. It has little nutritional value, adds calories to your diet, increases the occurrence of cavities, and may increase your risk for bone fractures later in life.
- Drink Water! Water is the best choice! Not only is it the most healthful drink, it is also the cheapest.
- Drink 3-4 servings/day of fat-free/skim or 1% milk.

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**FREE BLOOD PRESSURE SCREENING 2014**

The First Thursday of each month

Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm
Everyone is welcome!
### Community

#### Happy Birthday

- Aaron Evans 01
- Jessica Solano 01
- Nancy Moore 01
- Tory Hagmann 02
- Patrick Braese 02
- Fernando Rodriguez 02
- Nohea Robinson-Black 03
- Halia Cooper-Lewis 04
- Mary Cruz 04
- Elias Coley 04
- Mary Garrett 04
- Christopher Stewart 05
- Two Hawks Krise Young 05
- Lametta LaClair 05
- Samantha Ackerman 06
- Lincoln Villanueva 06
- Moses Kruger 06
- Sherry Haskett 06
- Charlene Blueback 07
- Zachery Clark 07
- Kaleb Krise 07
- Melissa Whitener 07
- Meloney Hause 08
- Patti Riley 08
- Francis Cooper, Jr. 08
- Melanie Sequak 08
- Shila Blueback 08
- Janita Raham 09
- Emmalee James 09
- Jazmin James 09
- Deanna Hawks 09
- Tiffany Valderas 10
- Stephanie Peters 10
- Samantha Armas 10
- Anthony Armas 11
- Natasha Gamber-Chokes 11
- Seilyah Smith 11
- Lolyta Johns 11
- Patricia Green 11
- Cassidy Gott 11
- Marvin Campbell, Jr. 13
- Connie Whitener 13
- Grace Scout 14
- Sheena Glover 14
- Theresa Bridges 15
- Ashton Coleb 15
- Jesse James 15
- Kayla Peters 15
- Imalee Tom 16
- Shelby Riley 16
- Barbara Cleveland 17
- Whitney Jones 17
- Tristan Coley 17
- Leanora Krise 17
- Charlotte Bradley 17
- David Dorland 18
- Lorna Gouin 18
- John Ackerman 18
- Emily Whitener 19
- Jadha James 20
- Leonard Hawks, III 20
- David Lewis 20
- Santana Mespie-Sanchez 20
- Jacob Campbell 21
- Traci Lopeman 21
- Kahsai Gamber 22
- Shawnell McFarlane 22
- Percy Welcome 22
- Linda Jones 23
- Keona Rocero 23
- Miguel Saenz-Garcia 24
- Mini Gamber 24
- Jace Merriman 25
- Adonis Bradley 25
- Margaret Henry 25
- Percina Bradley 25
- Myeisha Little Sun 26
- Jayda Hawks 26
- Dakodah Vigil 26
- Robert Lacefield 26
- Amanda Salgado 27
- Cheryl Melton 27
- Emily Baxter 27
- Alohna Clark 27
- Guy Cain 27
- Eva Rodriguez 28
- Rebeckah Ford 28
- Sharleina Henry 29
- Buck Clark, Jr. 30
- Nikolai Cooper 31
- Brandon Stewart 31
- Alicia Obi 31

#### What's Happening

<table>
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<tr>
<th>AA &amp; ALANON Meetings:</th>
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<tr>
<td>Every Thursday at 7:30 p.m. Elders Building</td>
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<td>Basket Class:</td>
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<td>Criminal/Civil Court</td>
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### Happy Birthday!
Congratulations Newlyweds

Mr. & Mrs. Patrick and Margaret (Tootsie) Johns married Nov. 19th

Mr. & Mrs. Marco and Amber Guzman married Nov. 5th

In January we will be making drums and painting them.
We also do bead work every class.

Building Strong Families Through Culture

When: October 8, 2013-September 30, 2014

Where: Community Kitchen
When: Wednesdays
Time: 3:00 – 5:00 PM

Focus is on the formation and maintenance of two-parent families and prevention of out-of-wedlock pregnancies.

Sponsored by SPIPA-TANF.
Happy New Year