

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 squaxinland.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.



FREE FREE FREE FREE FREE

7th Annual Squaxin Island Drug & Alcohol Awareness Dinner

January 26th at 2:00 p.m.

Information on Page 12

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.



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!



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.

Happy Holidays



Tribal News

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxinisoland.org



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

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

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

Submissions Deadline:
15th of each month

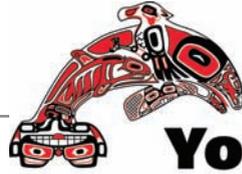
SQUAXIN ISLAND TRIBAL COUNCIL:

- DAVE LOPEMAN: Chairman
- ARNOLD COOPER: Vice Chairman
- PETE KRUGER: Secretary
- ANDY WHITENER: Treasurer
- RAY PETERS: 1st Council Member
- JIM PETERS: 2nd Council Member
- VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



SQUAXIN ISLAND TRIBE ELECTIONS

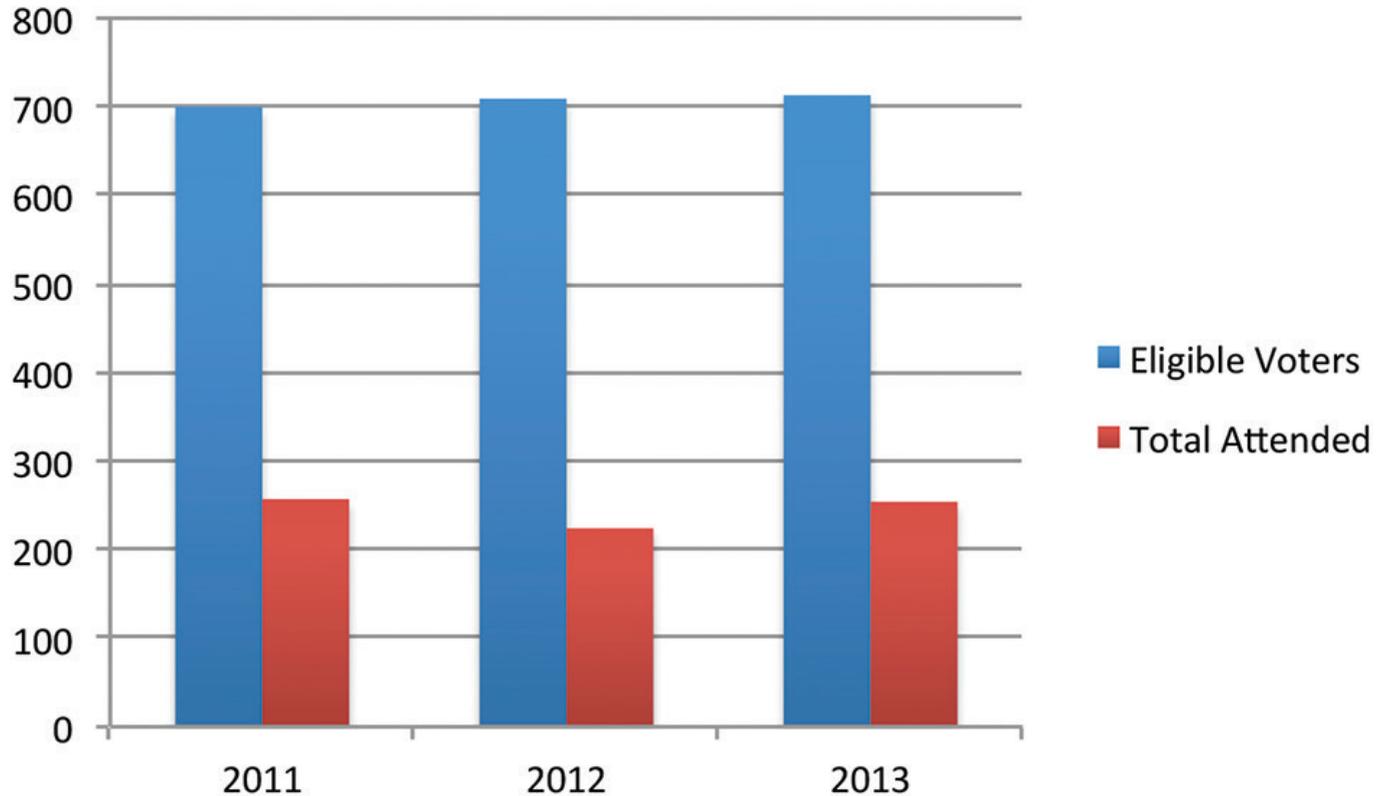


Your ✓OTE is Your ✓OICE

Who Turns Out to Vote?

Voter turnout is the percentage of eligible voters who cast a ballot in our election.

	2011	2012	2013
Eligible Voters	700	709	713



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 web sites 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 it can be overwhelming. Things like: staff call outs, 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. In this case, that could be a mint, or piece of candy, either way it is a nice touch. This idea of adding something for free with a purchase was Mary's way of showing how much she appreciated the business.

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.

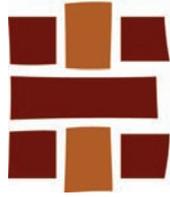
LIKE THEM ON FACEBOOK!!



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-Che-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



ISLAND ENTERPRISES INC
Weaving a strong business foundation for the
Squaxin Island Tribe's future.

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!) and a 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!





HAPPY NEW YEAR

Salish Cliffs Golf Club Receives 2013 Best of Shelton Award

Shelton Award Program Honors the Achievement

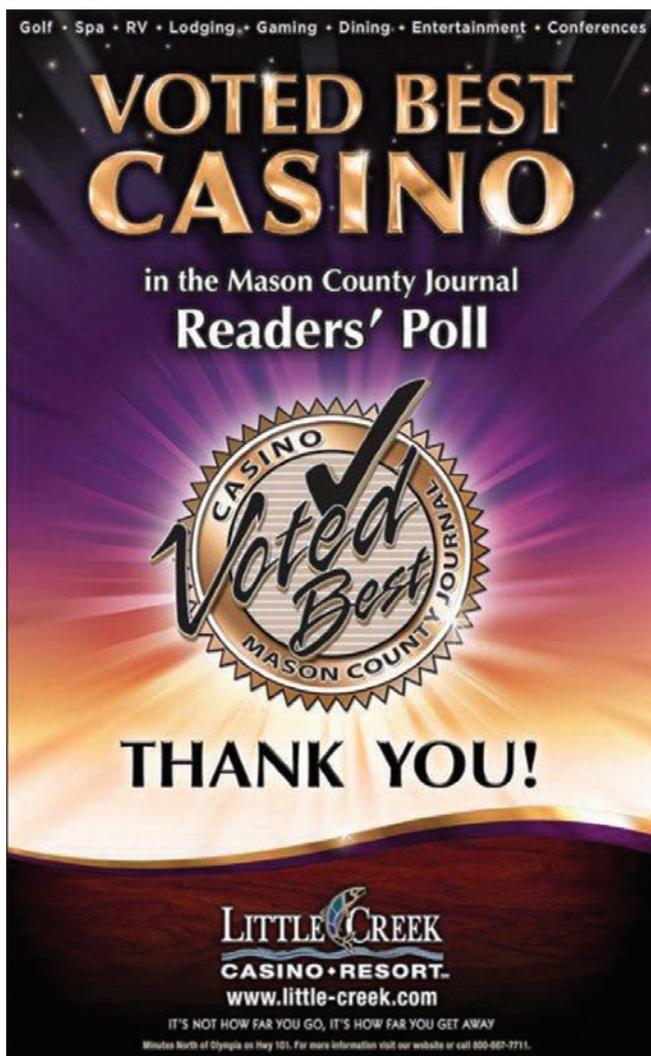
Salish Cliffs Golf Club was selected for the 2013 Best of Shelton Award in the Golf Club category by the Shelton Award Program.

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.



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



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

best.king5.com	
2013 Best of Western Washington	
BEST Casino	
	Tulip Resort Casino 493 tips 1st Place
	Muckleshoot Casino 153 tips 2nd Place
	Little Creek Casino Resort 184 tips 3rd Place
	Snoqualmie Casino 202 tips 4th Place
	Clearwater Casino 236 tips 5th Place



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 Kanuho (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



VA-VA-VA VOOM
Valentines Day
Make over!

- ✦ Thursday, February 13th
- ✦ Time 4:00-6:00 P.M.
- ✦ Place: MLRC

BEAUTIFY YOURSELF FOR VALENTINES DAY WITH FOOT SOAKS, PAINT YOUR FINGERNAILS WITH A NEW STYLE, AND GET YOUR HAIR CURLED



Come and Enjoy!

Sponsored by:
Squaxin Island Tourism
&
Squaxin Island Museum,
Library & Research Center



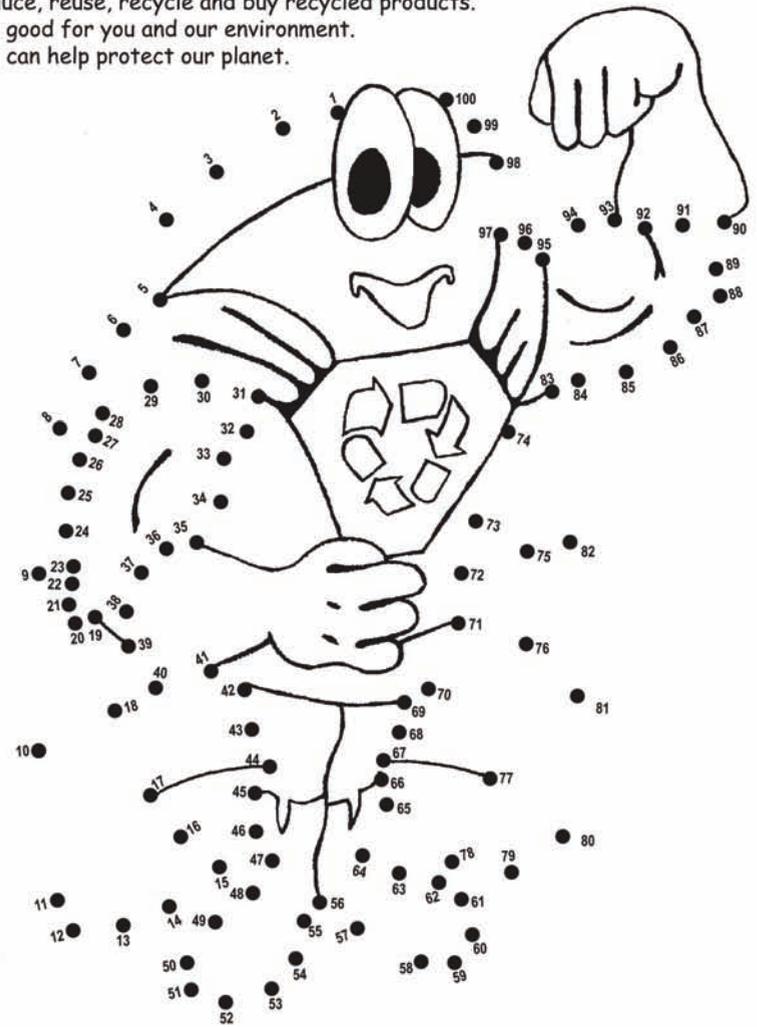
Accepting applications!!!!

The Office of Housing is accepting applications for low income elder housing. Please contact Lisa Peters at 432-3871 for an application.



You Can Be a Recycling Superhero!

Reduce, reuse, recycle and buy recycled products. It's good for you and our environment. You can help protect our planet.



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

Green Team members become recycling experts and help recycle at community events.

Questions?

Sheena Kaas

Solid Waste and Recycling Program

432-3907

skaas@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.



Walking On Jolene M. Lovelett



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.



Secretary of Interior Loves MLRC Gift Shop

Secretary of the Interior Sally Jewell visited Squaxin Island Tribe and shopped at the MLRC gift shop. This is a screenshot of her twitter post



Sally Jewell
@SecretaryJewell



Happy #SmallBizSat! I'm shopping small with the Squaxin Island Tribe in #Washington. SJ
pic.twitter.com/bpYzhoTVuV

Reply Retweet Favorite More



23 RETWEETS 18 FAVORITES

4:29 PM - 30 Nov 13 Flag media



Magda D.P. Vilme @MagdaDPVilm 30 Nov
@SecretaryJewell «Heureux #SmallBizSat ! Je Suis En Train D'Acheter Avec La Petite Tribu De L'île De Squaxin Dans Le #Washington. S.J.»
Details Reply Retweet Favorite More



Linda Wade @LindaWade2 30 Nov
@SecretaryJewell @Interior You're not shopping small, you're shopping awesome!! Wish I lived near that store. Share

New Employee



Rose Targeant

Parent Educator/Home Visitor

Hi! My name is Rose Targeant, and I have been hired as the Family Services Parent Educator / Home Visitor.

My family has relocated to the Olympia area from Neah Bay, WA.

My background is in social services, from program management to residential foster care. I am also a Montessori teacher.

I'm excited about working for the Squaxin Island Tribe and learning about the culture and traditions here to better help me to help you.

I look forward to building relationships with community members and sharing ideas, knowledge and time.



Tu Ha' Buts Learning Center

By Gordon James, Jamie Burris, Jerilynn Vail, Mandy Valley and Laurel Wolff

Youth Activity Program

We hope everyone had a safe holiday season. Remember – you can always check out the latest announcements about the Education Department and the Tu Ha' Buts Learning Center on our Facebook page at www.facebook.com/TuHaButs. For now:

- Thanks to everyone who cheered on the kids at the Youth Basketball Tournament. We'll have pictures from the tournament on our Facebook page. We are proud of the youth who have been working hard with Coach Jeremy both at practice and during our games. They never give up and give their best efforts until the buzzer goes off.
- Please note from the activity calendar that the after-school program will be closed until the youth return to school on January 6th.
- Elementary and Jr. High teams will continue in January in the Intertribal Basketball League. Please make sure to stop by the gym to pick-up a schedule.
- 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@mcclery.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...)

High School Team

Raul Apaez
Sierra Blueback
Kestle Coley
Rayanne Dahman
Malia Henry
Tiana Henry
Antone Hidalgo-Hawks
Shawn Lincoln
Santi Lopez
Kolten Morrison
Michael Mosier
Machiah Rivera
Seth Thomas
Trenton Woodward

Junior High Team

Casey Brown
Jorge Contreras
Jackson Cruz
Cris Hall
Terence Henry
Tamika Krise
Nathan Raham
Sabastian Rivera
Tony Sigo
Jayde Smith
Keesha Vigil-Snook

Elementary Team

Trinity Byrd
Damian Castellane
Aaron Evans
Alonzo Grant
Malachi Johns
Loretta Krise
Billie Marie Lopeman-Johns
Dominique McFarlane
Kaleb O'Bryan
Sophia Pinon
David Seymour
T.J. Seymour
Colby Smith
Trey Spezza
Holly Whitener

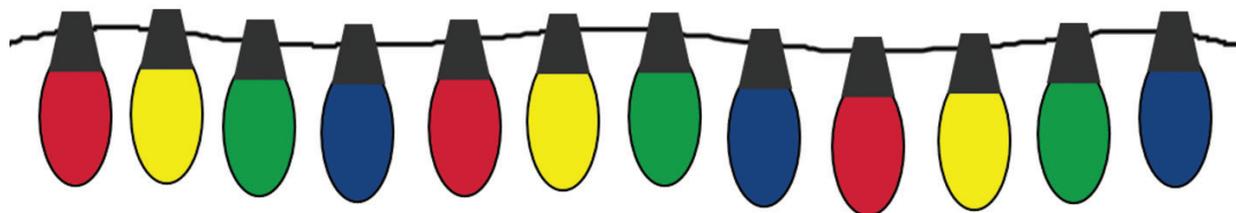




LEARNING CENTER



Happy Holidays!



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.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tribe Closed	2 After-School Program Will be Closed	3 After-School Program Will be Closed
6 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	7 Rec Rm: 3-6:15 Drum Group: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	8 <i>GSD-ER @ 2:30PM</i> Rec Rm: 3-6:15 Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game TBA Open Swim: 3-6pm	9 Rec Rm: 3-6:15 Arts-n-Craft: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	10 <i>SSD-ER 1.5 HRS</i> 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 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	14 Rec Rm: 3-6:15 Drum Group: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	15 <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:15 Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game TBA Open Swim: 3-6pm	16 Rec Rm: 3-6:15 Arts-n-Craft: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	17 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 Rec Rm: 3-6:15 Drum Group: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	22 <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:15 Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game TBA Open Swim: 3-6pm	23 Rec Rm: 3-6:15 Arts-n-Craft: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	24 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Gym : 3-3:30pm Bball: High 3:30-4:45 Open Swim: 3-6pm
27 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	28 Rec Rm: 3-6:15 Drum Group: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	29 <i>GSD-ER @ 2:30PM</i> <i>SSD-NO SCHOOL</i> Rec Rm: 12-6:15 Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game TBA Pool Party: 2-4pm Open Swim: 3-6pm	30 Rec Rm: 3-6:15 Arts-n-Craft: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	31 <i>SSD-ER 1.5 HRS</i> 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
TLA: After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 12-4pm M-F 4-4:45pm M-Th 3-6, F 3-5pm M-Th 4:30-7:30pm T-TH 4-7pm	Key ER = Early Release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy	Key for Basketball I.T.B. = Inter-Tribal B-ball High School = Grades 9-12 Jr. High = Grades 6-8 Elementary = Grades 3-5	



COMMUNITY / LEARNING CENTER



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 encour-

age 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

Monday	Tuesday	Wednesday	Thursday	Friday
Teen Center hours 3:00-6:00 p.m. unless otherwise noted Laurel Wolff teen advocate: 432-3842		1	2	3
		Teen Center Closed	Teen Center Closed	Teen Center Closed
6	7	8	9	10
Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	Basketball Practice 3:30-4:45 Craft Class 4pm @ Museum Drum group 5pm @ Museum	Basketball Games TBD	Basketball Practice 3:30-4:45 Lushootseed 3:30-5:00 Teen Center closes at 5pm	Early Release Teen Center opens @1:30
13	14	15	16	17
Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	Basketball Practice 3:30-4:45 Craft Class 4pm @ Museum Drum group 5pm @ Museum	Basketball Games TBD	Basketball Practice 3:30-4:45 Lushootseed 3:30-5:00 Teen Center closes at 5pm	Movie Night @ the Teen Center
20	21	22	23	24
Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	Basketball Practice 3:30-4:45 Craft Class 4pm @ Museum Drum group 5pm @ Museum	Basketball Games TBD	Basketball Practice 3:30-4:45 Lushootseed 3:30-5:00 Teen Center closes at 5pm	Early Release FASFA Workshop 3:00 in Class Room *Winter Dance* 7-9pm
27	28	29	30	31
Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	Basketball Practice 3:30-4:45 Craft Class 4pm @ Museum Drum group 5pm @ Museu	Basketball Games TBD	Basketball Practice 3:30-4:45 Lushootseed 3:30-5:00 Teen Center closes at 5pm	Trip to the Movies for good school attendance



Shelton School District's Indian Education Parent Committee Mtg

WHERE:

Shelton High School
300 Bldg. Rm. 308

WHEN:

January 14, 2014 from 6:00 to 8:00 p.m.

The meeting will be held at the Shelton High School 300 Building in Room 308. You may park in the TEACHER parking lot in back of the 300 building. Your presence at the meeting is vital for the continuance of our program and the education of our children. Rachel Cromer, District Student Records and Data Coordinator will be present to provide Skyward Family Access sign up and training. We strongly encourage those parents who have not yet signed up for Skyward access to attend. Please, join us for a complete Spaghetti dinner and learn about the Indian Education Program. We strongly encourage your participation; we need your input!

If you have any questions, please feel free to call the Special Services office at 360 426-2151.

Thank you for your support
Gary Richardson, Chairperson
Board Elected

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.

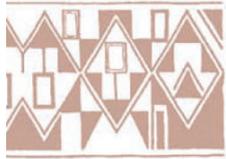
The whole family is a part of a little one's learning and growing; parents, grandparents, aunts, uncles, friends and community. Everyone around them is a part of their learning and understanding of the world around them. I like to remind people that children are always learning, and it depends on those 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.





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." ●



"Money can buy you almost anything. But, it won't buy you good health and longevity. Diet and exercise does!"

Mary Underwood
(Athabascan)



LOST 14 POUNDS

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.**" ●

"I learned I could put a thought in my head, like walking on the treadmill, and then do it."

Angie Santa Ana (Cup'ig)

40 HEALTH FOR NATIVE LIFE • Number 14

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



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'll 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 your 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 fall, 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.)



WIC
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child, Provider One Card
or paystub and Identification for
you & your child

**Tuesday,
January 14th is
WIC DAY at
SPIPA**

**Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227 or
main SPIPA 360 426-3990**



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.

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.

Kernel Corn	Mixed Vegetables	Green Beans	Sliced Potatoes
Spaghetti Sauce	Tomato Sauce	Fresh Carrots	Baby Carrots
Onions	Celery	Red & Russet Potatoes	
Broccoli	Applesauce	Apricots	Peaches
Pears	Raisins	Fresh Apples	Grapefruits
Oranges	Grapes	Fruit Juices	Canned Beans
Whole Chicken	Canned Chicken	Ground Beef	Roast Beef
Pork Chops	Chicken and Turkey Breasts	and much, much more.	

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.

10 tips
Nutrition
Education Series

make celebrations fun, healthy & active



10 tips to creating healthy, active events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



Go to www.ChooseMyPlate.gov/bday/celebrate.aspx for more information.

DG TipSheet No. 20
May 2012
USDA is an equal opportunity provider and employer.



Healthy Eating



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.

5 fruits and veggies a day
2 hours or less of screen time
1 hour of active play
0 sweetened drinks

Why 5-2-1-0?

5—Eat 5 servings of fruits and vegetables each day

The vitamins and minerals in fruits and vegetables helps 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.

1—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.

0— 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.



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 limit screen time:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games. Trips to the library, museum, local pool, and park or farmers market are great ideas.
- Tune into dinner, not the TV. Do not watch TV during mealtimes. Focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

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.

California Medical Association Foundation

3835 North Freeway Boulevard, Suite 100, Sacramento, CA 95834

Phone: (916) 779-6620 • Fax: (916) 779-6658

www.thecmafoundation.org

Elders Menu

Wed. 1	CLOSED
Thurs. 2	Pizza
Mon. 6	Spaghetti & Meatballs
Tues. 7	Soup & Sandwich
Wed. 8	Fajitas
Thurs. 9	BBQ Chicken Salad
Mon. 13	Chicken Fried Steak
Tues. 14	Soup & Sandwich
Wed. 15	BBQ Flank Steak
Thurs. 16	Paprika Chicken
Mon. 20	Baked Potatoes
Tues. 21	Soup & Sandwich
Wed. 22	Tacos
Thurs. 23	Pot Pies
Mon. 27	Braised Short Ribs
Tues. 28	Soup & Sandwich
Wed. 29	Ham
Thurs. 30	French Dips

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
 Aaron Peters 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
 Isaac Ackerman 10
 Samantha Armas 10
 Anthony Armas 11
 Natasha Gamber-Chokos 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 Coble 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 Mesplie-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
 Aloha 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

AA & ALANON Meetings: Every Thursday at 7:30 p.m. Elders Building		1	2	3	4
Basket Class: Every Wednesday at the MLRC					
5	6	7	8 Family Court	9 Council Mtg.	10-11 General Body
12	13	14 Criminal/Civil Court	15	16	17-18
19	20	21	22	23 Council Mtg.	24-25
26	27	28 Criminal/Civil Court	29	30	31

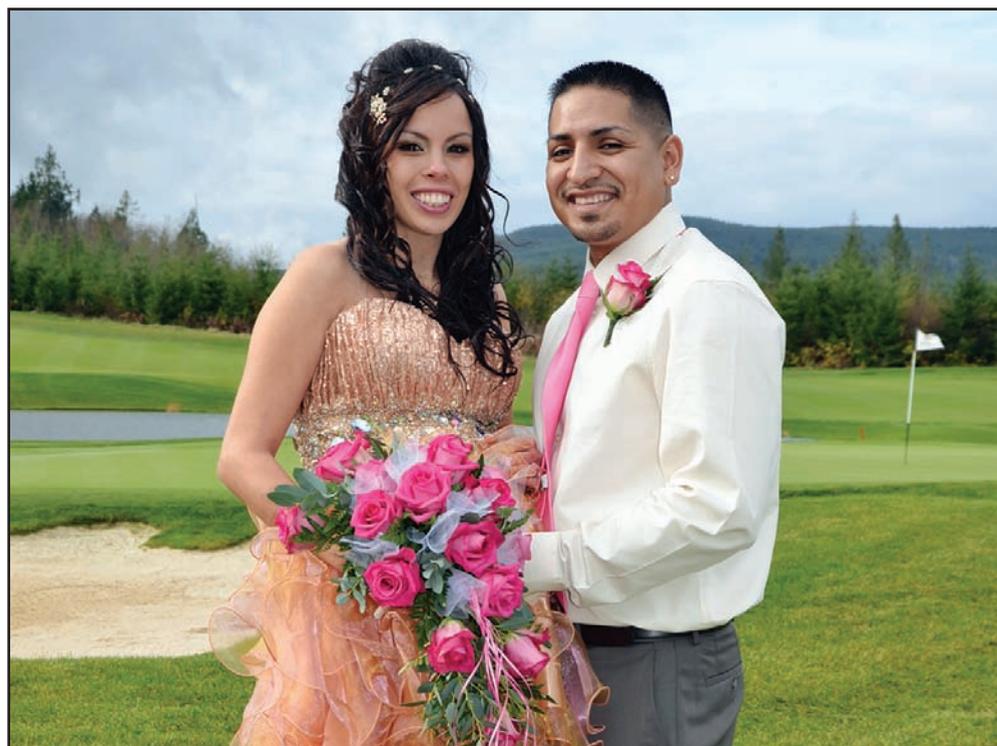




Congratulations Newlyweds



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.



