

MARCH 2015

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COMPLIMENTARY



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U.S. POSTAGE
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SHELTON, WA
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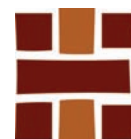


TLC ANNUAL EASTER EGG HUNT

Saturday, March 28th
From 10am to 11am
At the Baseball Field
Ages 0 to 12 years.

Please join us for brunch in the Gym

If you have questions, please contact Jerilynn at
432-3992 or jvail@squaxin.us

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

Island Enterprises, Inc. / Trading Post Stores Scholarship

Island Enterprises, Inc., together with the Kamilche Trading Post stores, has an exciting scholarship opportunity open to enrolled Squaxin Island tribal members, as well as their descendants. If you are currently enrolled and working towards a four year degree from a college or university, or you are presently working towards a graduate degree such as a master's or PhD, this is the scholarship for you.

There are 2 scholarships available. Each scholarship is \$1250.00. Funds may be used for tuition, books, lab fees and/or living expenses. Priority will be given to students who are seeking a degree in the fields of business or management. Secondary priority will be given to students who are seeking to earn a degree related to key positions within the Island Enterprises, Inc. family of companies.

To be considered for the scholarship, you must complete an application. Applications are available at Island Enterprises, Inc. **The deadline to submit your completed application to IEI is: May 15th, 2015.**

Please review the scholarship application for additional information. If you have any questions, contact Island Enterprises at 426-3442.



Salish Cliffs GOLF CLUB



ATTENTION GOLFERS!

2015 Golf passes NOW AVAILABLE!

SQUAXIN ISLAND TRIBE MEMBERS
\$500+TAX ALL INCLUSIVE

SIT AND LCCR EMPLOYEES
\$500+TAX (PAY \$20 CART FEE EACH TIME YOU PLAY)
OR \$1,100+TAX ALL INCLUSIVE

CALL OR VISIT SALISH CLIFFS GOLF SHOP
FOR MORE DETAILS OR TO SIGN UP
360.462.3673
WWW.SALISH-CLIFFS.COM
91 WEST STATE, ROUTE 108, SHELTON, WA 98584

GOLFWEEK'S BEST





Squaxin Island TRIBAL NEWS

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www.squaxinisland.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
WHITNEY JONES: 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

Council Corner

Knowing that our Klah-Che-Min newsletter is distributed to a wider readership than just Tribal members, their families and the local Kamilche-based community, it requires a thoughtful balance in deciding what to write and/or post sometimes. While we certainly welcome a wider readership, occasionally there are topics that might be easier to keep a little closer to home. But I really feel that I can't write again this month without first acknowledging the high number of deaths that our Tribe has experienced during the last few months and the heaviness it creates in the community. Some of them have been sudden and unexpected and some have been freeing for the individual, but all are painful in their own way and the sheer number and rapidity recently has left many people practically spinning. We express condolences to family members when we see them, but there are so many of you affected by these numerous passings that it is nearly impossible to reach out to everyone. Deaths, just like births, tend to bring people closer, and in the end it's a positive thing to see friends and loved ones leaning on each other. So I'm thankful for the blessing of being part of a large family and community even when it is a sad or difficult event that brings us together.

I would also like to formally say thank you to the tribal employees and volunteers who work so often at the funeral and memorial services that the Tribe hosts for tribal members. It is a complicated system, one that administration agrees still needs modifications. But in the meantime you provide a great service to a family in a time of sorrow, and it certainly is not an easy task. Thank you for what you sacrifice in order to contribute in a whole other way to the Tribe.

The Council hosted another quarterly Talking Circle in the Community Kitchen on Tuesday February 10th. It was also partly a make-up for the postponed mid-year General Body meeting. It was great to have the people who attended and thank you to Kim Elam for providing the meal. Some of the questions brought up and topics discussed included:

- Home ownership opportunities
- Tribal member management opportunities in high level positions at Tribal entities
- Tribal interest in marijuana business opportunities
- TERO (Tribal Employment Rights Ordinance)
- Mixture of low, medium, and high income housing on the reservation
- Fish consumption rate update
- Outside jurisdiction law enforcement presence on reservation

I continue to be excited that we have scheduled these Talking Circles in order for the Council to hear from, and be available to, the community on a regular basis. There is one every three months - August, November, February, and May - the General Body Meeting.

And last, I want to put in a plug for everyone to go over to the Mary Johns room next to the gym to check out the art mural project that is being created by the community under the vision and guidance of Taylor Krise. We are excited to have had lots of youth participation recently, but we need Elders, middlers, and everyone else too. You can participate by including a simple brushstroke or thumbprint and the final combined effort will really be amazing. Please go learn more about the mural and how it supports recovery efforts and beautification in our community in cooperation with the Safe Streets project.

*Our People,
Our Community,
Our Solutions.*



Veterans Committee Meeting

March 16th @ 10:00 a.m.

Tribal Center
Everyone welcome!





Youth Activity Program

Jerilynn Vail - Just as a reminder for parents and families of youth in the afterschool program – the afterschool activity program closes at 6:00 p.m. If you have checked the box for your child's registration paperwork that you will pick your child up each day, but you would now like your child to walk home, please stop by or contact us to update the registration form.

The Intertribal Basketball League season has ended for the elementary-aged team. Good job to all the youth who participated for showing up to practice and the games each week! It was great to see a huge improvement from last year - the team was working together and encouraging one another. We will still be planning to participate in a few tournaments as the school year continues. We want to continue team- building skills and we will continue to have practices on Monday and Tuesday from 5:00 - 5:45 p.m.

This month our monthly calendar has changed a little a bit. Please note there are several Early Release Dates this month. For our weekly activities:

- Monday's will be Game Day,
- Tuesday's will be Arts-n-Crafts,
- Wednesday's will be Crafty Kitchen Concoction,
- Thursday's we will be joining drum group at the Museum, and
- Friday's will continue to be our Fun Day Friday!



Youth Education, Recreation and Activities Calendar

TLA Hours: M-Th 7:30am-7:00pm, F 7:30am-5pm

Front Desk: 432-8958

Rec Rm: 432-8275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Rec Rm: 3-6pm Game Day: 5-6pm Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm Open Swim: 3-6pm	3 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm	4 <i>GSD – ER @ 2:15pm</i> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-4:15pm I.T.B. – TBA Open Swim: 3-6pm	5 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm	6 <i>SSD- No School</i> Rec Rm: 2:30-6pm Fun Day: 5-6pm Open Gym: 2:30-6pm Open Swim: 5-8pm
9 <u>Tribe is Closed</u> Open Swim: 3-6pm	10 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm	11 <i>GSD – ER @ 2:15pm</i> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-4:15pm I.T.B. – TBA Open Swim: 3-6pm	12 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm	13 <i>SSD- ER 1.5HRS WHL-ER @ Noon</i> Rec Rm: 1:30-6pm Fun Day: 5-6pm Open Gym: 1:30-6pm Open Swim: 5-8pm
16 Rec Rm: 3-6pm Game Day: 5-6pm Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm Open Swim: 3-6pm	17 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm	18 <i>GSD – ER @ 2:15pm</i> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-4:15pm I.T.B. – TBA Open Swim: 3-6pm	19 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm	20 Rec Rm: 3-6pm Fun Day: 5-7pm Movie Night: 5-7 Open Gym: 2:30-5pm Open Swim: 5-8pm
23 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm Open Swim: 3-6pm	24 <i>SSD- ER 3 HRS</i> Rec Rm: 1:15-6pm Arts-n-Craft 5-6pm Open Gym: 1:15-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm	25 <i>GSD – ER @ 2:15pm WHL – ER @ Noon SSD- ER 3 HRS</i> Rec Rm: 1:15-6pm Crafty Kitchen: 5-6pm Open Gym: 1:15-4:15pm I.T.B. – TBA Open Swim: 3-6pm	26 <i>SSD- ER 3 HRS</i> Rec Rm: 1:15-6pm Drum Group: 5-6pm Open Gym: 1:15-4:15pm Bball – Jr/HS 4:15-5:30pm	27 <i>SSD- ER 3 HRS</i> Rec Rm: 3-6pm Fun Day: Movie Night From 5:30-7pm Open Gym: 2:30-5pm Open Swim: 5-8pm
30 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm Open Swim: 3-6pm	31 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-5:45pm			
TLA: M: 1-4pm & 5-7pm; T: 1-4pm; W: 3-6pm; F 1-4pm After School Snacks: M-F 3:45-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-6:30pm Homework Help, GED Prep: T-TH 4-7pm		<u>ER = Early Release</u> WHL = Wa-He-Lut Indian School SDD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		<u>I.T.B. – Inter-Tribal B-Ball</u> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



Teen Center / CHUM Project

Laurel Wolff - Congratulations to our teens that finished the snowboarding program together. Before each snowboarding lesson a core value was discussed: Courage, Integrity, Discipline, Wisdom and Compassion. Each teen showed and improved on these values and I was very proud of everyone who participated in the program. These teens did a great job on the mountain: Shawn Lincoln, Josh Lopez, Machiah Rivera, Sierra Blueback, Fern Rodriguez, Austin Bone, Billie Marie Lopeman Johns, Shalee Allen, Jayde Smith and Nicole Rowell. Special thanks to Chris Sigo who helped facilitate and lead the snowboarding instruction.

** See Photos on Page 5*

Happy spring! The Teen Center continues to be busy and we're always looking for more teens to join our activities. Check the March calendar so you won't miss out:

- March 3rd, 17th, 31st
- March 6th and March 27th
- March 9th

Girl's Circle
Outdoor Club
Billy Frank Day

(Teen Center will be closed)

- March 13th
- March 23rd
- March 24th and 26th
- March 28th

Mural Project continues in Teen Center
Youth Council
Early Release days / Beading with Elders
Basketball Jamboree at Nisqually
(Van leaves at 11:00)

CHUM Calendar



Teen Center hours 3:00-6:00pm unless otherwise noted
Laurel Wolff teen advocate: 432-3842

Monday	Tuesday	Wednesday	Thursday	Friday
2 JR.H/HS Basketball Practice 4:15-5:30pm	3 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30 Girl's Circle 5-6	4 Homework help with Dusty 3:15-4:30	5 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	6 No School Outdoor Club 11-4
9 Billy Frank Day Closed	10 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	11 Homework help with Dusty 3:15-4:30 ITL- Game Jr. High & High School TBD	12 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	13 Early Release Mural Project
16 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	17 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30 Girl's Circle 5-6	18 Homework help with Dusty 3:15-4:30 ITL- Game Jr. High & High School TBD	19 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	20 Game & Movie Night
23 JR.H/HS Basketball Practice 4:15-5:30pm Youth Council 3:30-4:15	24 Early Release Beading with Elders 2-4 JR.H/HS Basketball Practice 4:15-5:30pm	25 Early Release Homework help with Dusty 3:15-4:30 ITL- Game Jr. High & High School TBD	26 Early Release Beading with Elders 2-4 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	27 Early Release Hike (pick up from school) Teen Night 7pm -10pm
30 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	31 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30 Girl's Circle 5-6			Mach 28 th Basketball Jamboree @ Nisqually Van leaves at 11:00



GED Prep and Homework Support

Jamie Burris - Whether you need help to prepare for GED testing or help with your homework, come to the TLC classroom ready to learn on Tuesdays, Wednesdays and Thursdays from 4:00 – 7:00pm. Spring break is just around the corner. Don't spend your spring break catching up on homework. Get it done now! I am here to help and encourage you.

For more information or if you have any questions, please feel free to contact me: Jamie Burris at jbarris@mcclary.wednet.edu.



Education Liaison News

Peggy Peters - Bullying is not just a school problem for children and teens. Bullying can occur in the home with siblings or relatives; on the way to and from school; in parks, playgrounds, swimming pools and at sports games; and in all kinds of relationships. All four basic types of bullying - emotional, verbal, physical and cyber bullying - are harmful and should be dealt with immediately.

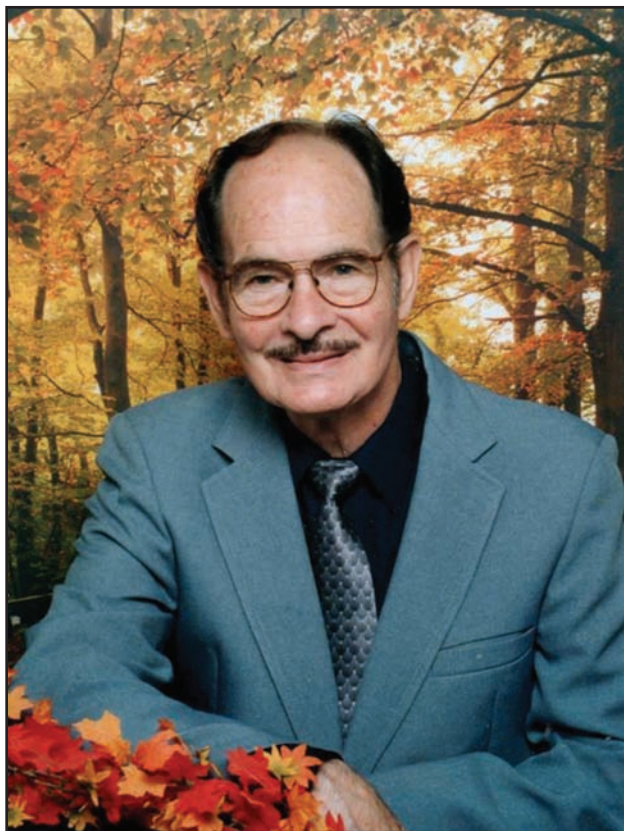
Bullying can have long-term consequences through school and even after graduation. Both the bullied and the student who is bullying may need to be counseled. No one wants their child to be bullied by another adult or child. However, what if it was your child doing the bullying? Parents find it difficult to consider their child might be the one who is bullying another child. You may need to take action with a plan to help your child.

When Bullying happens it needs to be reported. Students who see bullying sometimes don't know what to do, or fear they may become bullied if they step in trying to resolve the situation. If you are aware that bullying is happening at school, check with your school to see if there is a policy or form for reporting harassment. If your child goes to a school in Shelton School District you can find an HIB Incident Reporting Form on the District's website home page under "bullying information." Make sure to submit this form to your child's principal so an investigation can be started.





Walking On



Ron Dailey

February 4, 1929 - February 6, 2015

Ronald Leroy Dailey was been promoted to Heaven on February 6th.

Brother Dailey (as he was known among the American Indian Fellowship) lived and died as an outstanding minister of the Gospel. He exemplified everything a minister should be. He was a great preacher, a faithful friend, and a champion for the cause of the American Indians. He was loved by everyone who came under his pastorate. He carried himself like a statesman; his manner of dress was always immaculate, and his speech was appropriate in every circumstance.

Ron's survivors include his wife, Kathleen Dailey; son, Leroy Dailey, and his wife, Laurel, of Tahuya; son, Matthew Dailey, and his wife, Laurie, of Anchorage, Alaska; daughter, Mary Ford, and her husband, Don, of Arkansas; stepsons, Stephen Henry and Ryan Shepard of Shelton; sister, Colleen Tyler, and her husband, Ray, of Renton; grandchildren, Ben, David, Zach, Shane, Bradly, Lennea, Trevor, and Misti; and a great-grandchild, Daelli Grace.

He was preceded in death by his wife, Trudy; sisters, Pat Scarano and Nancy Rose and two brothers.

Ron's funeral service was held at the Squaxin Island tribal gym on Wednesday, February 18th at 11:00 with a meal following at the Community Kitchen. Out of respect for the family, tribal offices were closed on that day.



Ray Krise. Sawalas

February 4, 1965 - February 15, 2015

Ray Krise, a Puyullap tribal member with roots at Squaxin, and a resident of Yelm, passed away on February 15th at St. Peters Hospital at 5:30 p.m.

Ray Krise was known throughout numerous states and countries as a Salish cultural leader who imparted a legacy of generational teachings of the Canoe Way and of Traditional Tribal Protocol (etiquette). His spirit will be heard when Salish songs are brought to the floor of cultural houses or are being heard on the marine waterways in the power pulls of the Canoe Journeys. His love of Salish cultural teachings will live on through all those he touched. He was also involved in the drug and alcohol awareness dinner and traveled all over the western United States and Canada to learn teachings of Native American cultures. He was involved with the Indian Shaker Church religion, the Longhouse/Smokehouse, and the Sundance beliefs.

He is survived by his daughter, Kisa Krise; son, Talon Krise; father, John Krise, Sr.; Step-mom, Gloria Krise; sister, Pam; brothers, Adam Sr. and John Jr. Krise; sister-in-law, Shayla Wilkins Krise; best friends Kendall and Janell; and several other family members.

He was preceded in death by his grandmothers Naomi Johns and Evelyn Krise-Miller; grandfathers, Steve Johns and Bud Miller; mother Marguarite Johns.

Ray's funeral service was held at Little Creek Casino Resort Event Center on Thursday, February 19th at 10:30 a.m. with a dinner and burial following at the Squaxin Island Cemetery.

Ray's family would like to thank David Lope-man, Janell, Kendall, Kenny Farmer of the Sundance family and all the others who helped and comforted us in our time of loss.



Patty Brown

June, 1945 - February 15, 2015

Patricia Dodds Brown, a lifetime resident of the Shelton area, passed away Sunday, the 15th of February at her home in Kamilche.

Born in June, 1945 in Shelton to Ronald and Inez (Satra) Dodds, Patty graduated from Irene S. Reed in 1963. She continued her education at Eastern Washington University and Gonzaga University.

Patty married Dan Brown in 1968 and had four children - John, Paul, Jennifer, and Amy. Though family came first, Patty had many passions, including bowling, softball, and playing cards with friends and family.

She held many jobs over the years, but was most proud of her accomplishments while working with the Squaxin Island Tribe's Housing Authority, Alpine Way assisted living, and her management position at Little Creek Casino Resort, where she worked until her retirement in 2011.

She was preceded in death by her parents, Ronald and Inez; her husband, Danny; her sisters, Joann, Shirley, and Dawn; and her brother, William.

Patty is survived by her sister, Julie; her sons, John Mac, and Paul Dan; her daughters, Jennifer Louise, and Amy Kathleen; her grandchildren, Erica, Krissa, Alex, Abigail, Grace, Casey, Journey Bear, and Josiah, Autum; and many nieces and nephews.



Stephanie James - Creating a Monthly Budget doesn't have to be overwhelming or difficult. In fact, if you are anything like me, you enjoy tasks like this when they are made simple. There is also a "wealth" of information and resources available to you at the business center, as well as on the internet. Here is an example of a monthly budget. The most important thing to remember is to include ALL sources of income and ALL of your monthly expenses.

My Monthly Budget

Income:

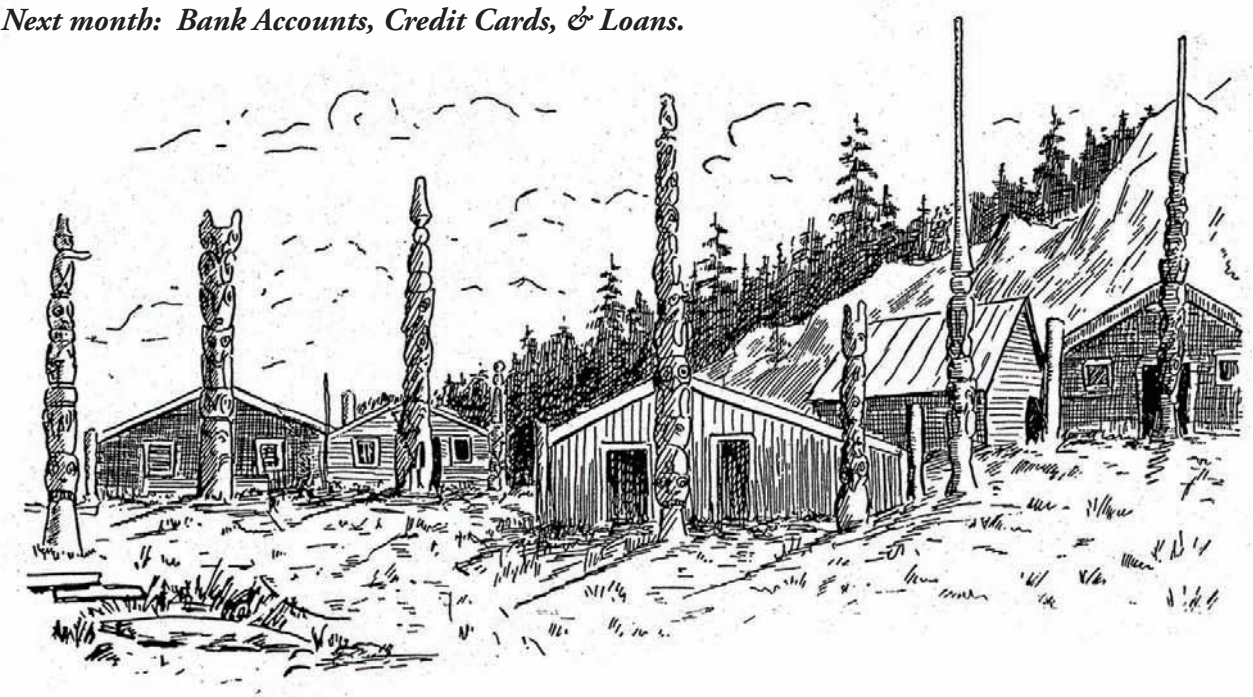
Salary (after taxes and benefits):	\$ _____
Other income (Per Capita, Dividends, Child Support):	\$ _____
TOTAL MONTHLY INCOME:	\$ _____

Expenses:

Mortgage/Rent:	\$ _____
Utilities (electric/gas, water, garbage):	\$ _____
Internet, Cable TV, Phones:	\$ _____
Car Payment:	\$ _____
Gas:	\$ _____
Insurance (auto and home):	\$ _____
Food:	\$ _____
Entertainment:	\$ _____
Other (like clothing, health & beauty):	\$ _____
Debt (credit cards, loans):	\$ _____
TOTAL MONTHLY EXPENSES:	\$ _____

Income: \$ _____ - Expenses: \$ _____ = \$ _____ (If your income is greater than your expenses, this is the amount you have to spend or better yet, save. If your expenses are greater than your income, look at your budget to find expenses to cut. That's it!

Next month: Bank Accounts, Credit Cards, & Loans.



New Employee



Acacia Baker
Certified Medical Assistant

Hi, I am Acacia Baker recently hired part-time in the Health Services Department at Squaxin Island Tribe. I have worked as a Certified Medical Assistant for 21 years and am also an x-ray technician. I was working some 'on call' days here at Squaxin Island Health Clinic this winter.

I think the staff and facility are really great and it's been so nice to meet new people in this community as well as seeing some familiar faces!

My grandparents live at Skokomish, and I have grown up with a deep appreciation of the history and traditions of the local indigenous peoples.

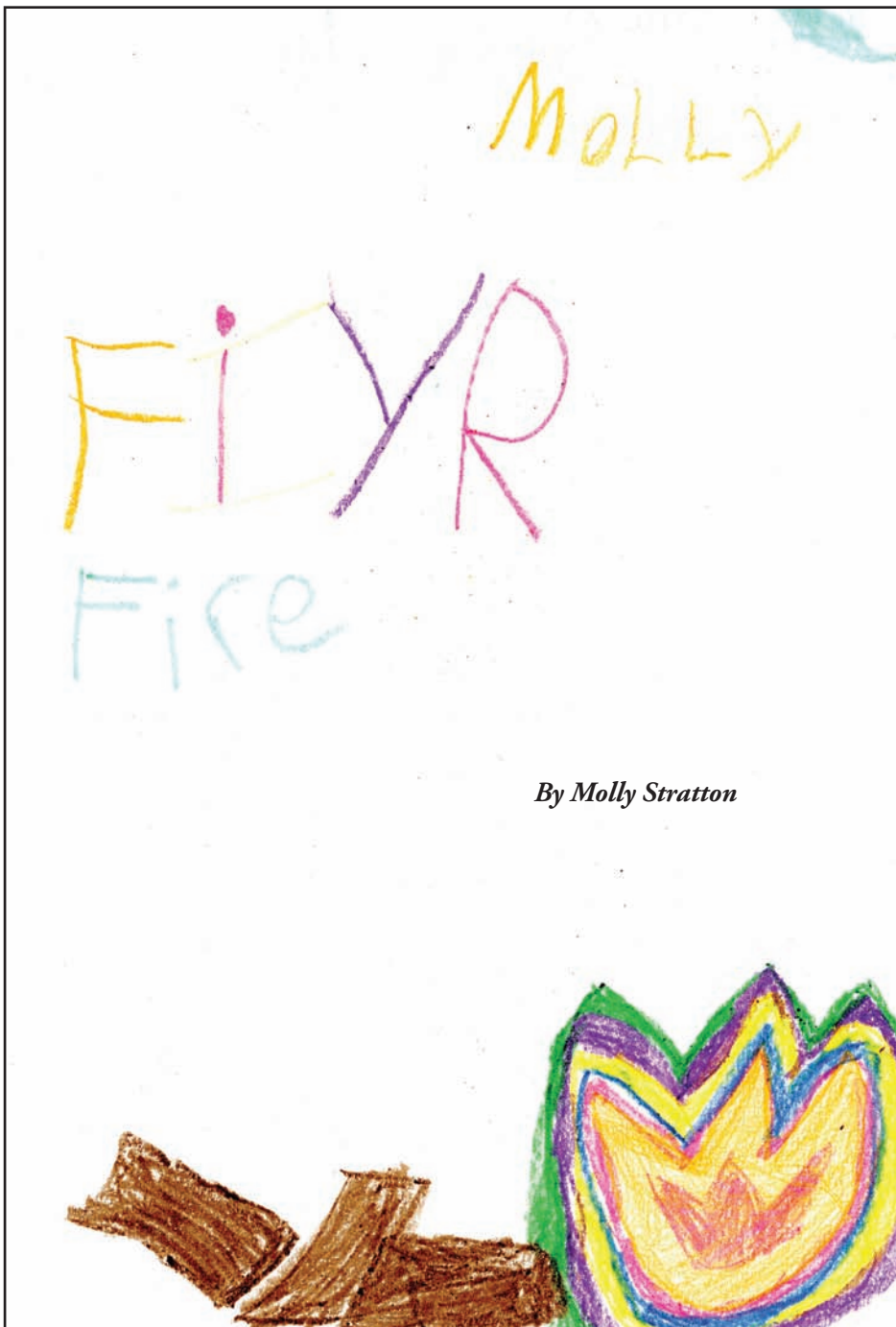
I have 3 children, Mat age 21, Kara age 21, and Raney age 17 (I am very proud of them) and live with my best friend and partner in life Caleb. We have built a business providing marine mammal monitoring under federal safety guidelines. We feel healthy diverse ecosystems are important and worth all the hard work.

When I am not working, I enjoy being in the woods or on the water, and grooming or riding our horses. I am looking forward to my role here with the Healthcare team in this wonderful area.



Youth Environmental Art

Two more on back page



By Molly Stratton

Office of Housing

Attention Housing Applicants...

Here's your last chance...

The Office of Housing has not received completed update application forms from the following individuals. These individuals will be removed from the Housing Waiting List unless they turn in their requested information by March 31, 2013. If you have any questions, please contact Lisa Peters, Housing Counselor, at: 432-3871.

Priority Waiting List

Dillon Decicio
James Coxwell
Gelacio Orozco
Sheryl Wingfield
Tiffany Sizemore
Kui Tahkeal
LaMetta LaClair
Dakota Lorentz
Adam Mowitch
Lindsey Mike



RAISINS, GRAPES, AND DOGS

ASK OUR VET

Susan Neary, D.V.M

Q: Can raisins and grapes really poison dogs?

A: Yes - fresh grapes of both red and white varieties from grocery stores or vines in private yards and fermented grapes from wineries. In the cases reported, the estimated amount of ingested raisins or grapes to cause toxicity ranged from 0.41 to 1.1 oz/kg. Because 4 pounds of grapes equal about 1 pound of raisins, fewer raisins need to be ingested to reach toxic levels.

Dogs can exhibit problems ranging from acute gastrointestinal signs to life-threatening renal failure or even death.

Vomiting occurs in all dogs and begins within the first few hours of ingestion. Because there are still many unknowns about the toxic potential of grapes and raisins, the ASPCA Animal

Poison Control Center had advised that grapes, raisins, and any food containing grape extracts not be given to pets in any amount. If ingestion should occur, owners should seek veterinary assistance immediately to initiate aggressive medical management. For more information on the toxicity of grapes or raisins, see the ASPCA APCC web site (www.apcc.aspc.org).

We welcome your pet health questions and will answer as many questions as possible. We also welcome your suggestions got future topics.

Please write:

Nose To Toes - Ask Our Vet
P.O. Box 2029

Lynnwood, WA 98036

Or email:

NtAskOurVet@hotmail.com



SAFE STREETS/COMMUNITY WATCH



Evan Welkin - We've had beautiful weather in February and Squaxin Safe Streets took inspiration with some great progress on our work. We set the stage at the end of January actually, as Audelia Araiza and Evan Welkin took the Recovery Coach Academy class taught by the Northwest Indian Treatment Center. This class teaches "coaches" how to mentor people in recovery that are reentering the community as they overcome addiction. Squaxin Safe Streets recognizes a piece of addressing alcohol and drug abuse in our community is making sure that people who have struggled with addiction get support and a second chance to choose a healthier path. Right now, at least 3 members of our advisory board are trained Recovery Coaches and we encourage folks interested in learning more to come out to our next meeting to get support. Anyone is welcome to our meetings, regardless of where you are in your recovery.

Taylor Krise and John Ackerman also geared up this month to begin work on a mural project with young people of the tribe. After receiving support from the Family Services, Education, and Community Development Departments as well as encouragement from Tribal Council and the Museum, Taylor and John took all the ideas they had gathered from the community to sketch out an amazing design on four 4 foot x 8 foot panels. While Taylor can give you the best explanation if you ask him directly, the themes of the mural focus on the seasons, cycles in the life of Tribal members, and living in balance with cultural traditions. We hope that by bringing together different programs supporting youth as well as youth themselves, we can offer this project to the community as a living, lasting witness to healthy living and creative expression for coming generations. Keep an eye out for continued work on this project and an unveiling ceremony in the spring!

Finally, the Squaxin Safe Streets group itself is taking our work to the next level. Samantha Ackerman won our logo contest with over a third of all 98 votes cast at the Drug and Alcohol Awareness dinner. Her design is currently being "vectorised" into a high resolution format by the Squaxin Information Services Department. Keep an eye out for it on decals, T-shirts and posters soon. The Advisory Board (made up of community volunteers, anyone can join!) has set some goals for success of the project. We are taking next steps to bring the work of mobilizing the community to our neighborhoods. This month our first offering was a training on neighborhood block watch and community safety on February 25th, coordinated with our contracted Safe Streets Campaign partners who last joined us in September at our kickoff. We looked at tips for landscaping and maintenance to reduce criminal activity, the best ways community can support law enforcement case building, and celebrated successes. Also, the Squaxin Island Police Department's Youth Explorer Program, which will offer Squaxin youth an opportunity to learn skills in law enforcement, natural resources management, security, traffic control, first response, and emergency management, will open up for applications soon. Please stay tuned for this exciting opportunity and we encourage youth to apply.

Our next Squaxin Safe Streets dinner and meeting is March 17th at 5:00 p.m. in the Community Kitchen. Everyone who is interested in helping make the community safer is welcome!

Drug and Alcohol Related Police statistics January 1st - 31st

- 26 total drug and alcohol related incidents reported
(19 drug related, 7 alcohol related)
- 8 arrests
- 3 citations/infractions
- 6 referred to other agencies
- 5 to Tribal court

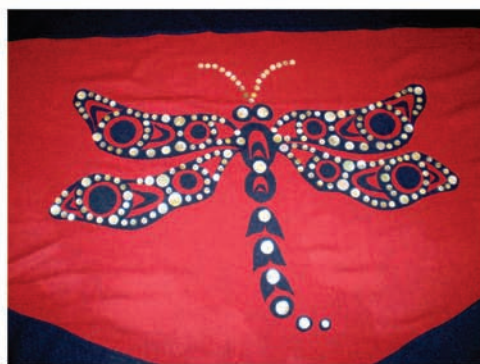




Squaxin Island Museum

Would like to help *Squaxin Island* tribe
members with creating
Button Robes

For HIGH SCHOOL, GED, or COLLEGE
GRADUATES



If you have a graduate, honor their hard work with a
hand made (by you & your family) button robe!
Space is limited!!!!!!!

Where: Squaxin Island Museum classroom
Starts: Tuesday March 10th
When: Every Tuesday 5:00-7:00 pm
Contact: Ruth Whitener 432-3841

Prescription Drug Take Back Boxes

Clean Out Your Medicine Cabinet

Dispose of unused or expired prescription medications

Located At:

**Mason County
Sheriff's Office**

322 North 3rd Street in Shelton, WA 98584

and

**North Mason Regional
Fire Authority**

460 Northeast Old Belfair Highway in Belfair, WA 98528

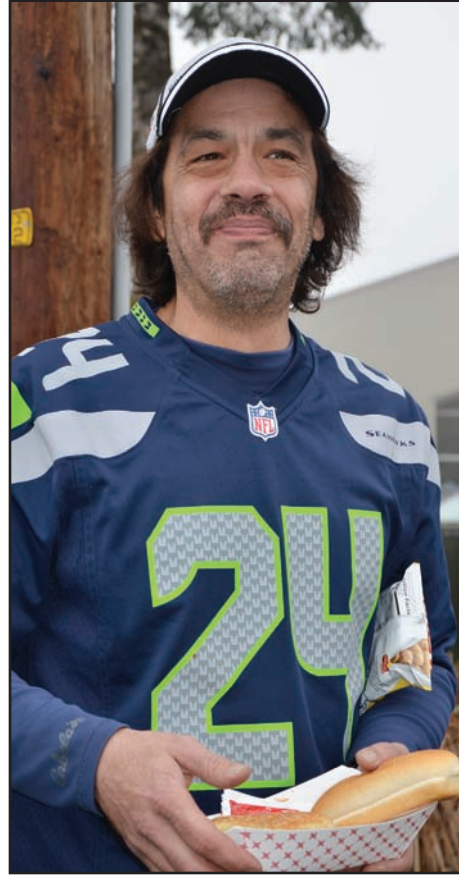
Free Collection!

For More Information
Call Mason County
Public Health & Human Services
360-427-9670 ext. 400





SEAHAWS SUPERBOWL TAILGATE PARTY





SEAHAWKS SUPERBOWL TAILGATE PARTY





SEAHAWS SUPERBOWL TAILGATE PARTY





Smoking Cessation Classes

Beginning March 2 at 4:00 p.m.

Community Kitchen

Have you ever wondered why smoking is so enjoyable? Are you thinking about quitting, but not sure how to begin to do that? Come to the Smoking Cessation classes and you will find the answers to these questions plus more! The classes are held every Monday at 4:00 p.m. in the Community Kitchen. These classes are educational, and fun, but more importantly, supportive. You are welcome to join in at any time. New participants are always welcome and encouraged to join. If you or someone you know is considering quitting, please come and join us.



HOW FOOD AFFECTS YOUR BODY

What you eat affects how you feel, how you look and how healthy you are. Eating healthy foods gives you more energy and lowers your risk of serious diseases. Here are some of the ways food affects your body and your health.

Heart and Circulation

A healthy diet helps your heart and blood vessels work better. It helps protect you from heart disease and high blood pressure as you get older.



Energy

Foods like fruit, vegetables, whole-grain bread and potatoes have carbohydrates. Carbohydrates are the body's main source of energy. These foods not only give your body energy, but they help your body stay healthy. For good health, eat a variety of grains, vegetables and fruits each day.



Muscles

Protein helps your body build muscle and keeps your energy up. Protein is found in foods like chicken, fish, beans, eggs, milk, soy and nuts. Try for two or three servings of protein a day.

Brain and Moods

Eating regular meals may help you feel more alert and you may be less likely to get stressed or depressed. It may also help you do better in school.

Hair, Skin and Nails

The vitamins and minerals in a balanced diet make your skin, hair and nails shine with health.



Bones

Foods like milk, yogurt, cheese and spinach have an important mineral called calcium. Calcium makes your bones stronger. Children and teens need at least three servings of calcium a day.

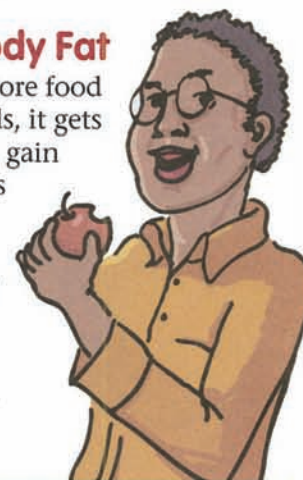
Teeth

Calcium also helps keep your teeth and gums strong and healthy. Sugary foods like candy and soda can lead to cavities. Try drinking low-fat milk or water instead of soda.



Weight and Body Fat

When you take in more food than your body needs, it gets stored as fat and you gain weight. Everyone has some body fat, but too much can affect your health. The key is to eat a variety of healthy foods, and to stop eating when you are full.



Eating too many high-sugar and high-fat foods like soda, candy, potato chips or cheeseburgers can cause you to gain weight and add to other health problems. You don't have to give up these foods completely, just eat them less often and make sure you eat plenty of healthy foods too.



ARE YOU AT RISK FOR

TYPE 2 DIABETES?



Diabetes Risk Test

1 How old are you?

- Less than 40 years (0 points)
- 40—49 years (1 point)
- 50—59 years (2 points)
- 60 years or older (3 points)

Write your score
in the box.

2 Are you a man or a woman?

- Man (1 point) Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) No (0 points)

5 Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

6 Are you physically active?

- Yes (0 points) No (1 point)

7 What is your weight status? (see chart at right)

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount
in the left column
(0 points)

Adapted from Bang et al., Ann Intern Med
151:775-783, 2009.
Original algorithm was validated without
gestational diabetes as part of the model.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Add up
your score.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at
www.diabetes.org or call 1-800-DIABETES



Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)



Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

Clinic Events

Mammogram Clinic

February 24th
Contact Traci Lopeman
360-432-3930

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

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions

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

Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
Native American and over 18

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

FREE BLOOD PRESSURE SCREENING 2015

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!



HEALTH CLINIC



Foot Exam Morning
with Dr. Kochhar (Foot Doctor)

Thursday,
March 26, 2015

9 am—noon

Priority for people with Diabetes
Others will be seen if space is available.



Contact Patty Suskin,
Diabetes Coordinator for an appt.
360 432-3929

Kamilche Pharmacy Auto Refill Program

1. Auto Refill—How does it work?

When you have less than a week's worth of medication left on your current prescription, we'll automatically refill it for you. There is no need to call the pharmacy.



2. Which prescriptions are eligible?

Most maintenance medications. A maintenance medication is a prescription that is filled on a regular schedule for an ongoing medical condition. Please keep in mind that some prescriptions are not eligible, such as controlled substances, topical products, and items used as needed.

3. What if I am out of refills?

Don't worry! We will contact the prescriber to request refills for you. If you do not pick it up in ten days, we put it back on the shelf, but we can always fill it again for you.


4. What if my prescriber changes my prescription or I do not need to take it anymore?

Just let us know and we will take it off Auto Refill.

5. I'll be going out of town when my prescription is due to be picked up. What do I do?

Let us know a few days before you're leaving & we will make arrangements so you can get it before you leave town.


Questions? Call Bob or Doug at Kamilche Pharmacy 360.432.3990




WIC at SPIPA
(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,
March 10th is
WIC DAY at
SPIPA**

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org
or Patty Suskin 360 462-3224




Complete a Community Wellness Survey at the event and receive a raffle ticket for the chance to win one of 3 - Cabela Gift Cards or other prizes. Lunch will be provided.








**SPIPA Colon Health Program
Presents**
**Fourth Annual
March to Prevention @
Squaxin Community Kitchen
Saturday, March 7, 2015
10 AM to 3 PM**
Call 360-462-3235 for more information.



Prevention Action Steps: Maintain healthy weight, eat lots of fiber (fruits and vegetables), Stop smoking commercial tobacco, avoid alcohol, exercise daily, and participate in colorectal screening exams.




Made possible by a Cooperative Agreement between SPIPA and Centers for Disease Control and Prevention
Grant Number 5U58DP002069-06



TEAM UP to Reach Your Blood Pressure Target

Having your blood pressure checked regularly and taking steps to reach your blood pressure target can help you improve your health. Team up with your health care provider. At each visit ask:

1. What are my numbers?
2. What should my blood pressure target be?
3. What steps can I take to reach my target?



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov



National Nutrition Month® 2015

Nutrition Word Search for Kids

What's for breakfast? Words may be horizontal, vertical, diagonal or backwards.

1. Almonds
2. Bagel
3. Banana
4. Blueberries
5. Cereal
6. Cheese
7. Eggs
8. English muffin
9. French toast
10. Granola
11. Grits
12. Hummus
13. Milk
14. Oatmeal
15. Orange
16. Pancake
17. Peanut butter
18. Pita
19. Raisins
20. Raspberries
21. Smoothie
22. Strawberries
23. Toast
24. Tortilla
25. Yogurt
26. Waffle
27. Walnuts

M Q R T S D Y P L K J G F P R X O R A N G E D W
X Y C V B N T Q W R X M J H K L P B C R V T R Y
Q S T R A W B E R R I E S N D F E K A C N A P v
S R W Q V L B L G H P T Y X M Z Y N V P I T D Q
G D F S U M M U H Q R T S F D V O B N S R C P V
D F G T Y X T O Z L K J T M N L P Y I R W G H T
J M K L P A N A N A B Z U M A F G N D C B R P L
V P D F M G H N M D K B N S D R S F V D Z X R Q
M R S N I F F U M H S I L G N E L P K B N T T D
L N B V L T Q Y P M B V A Z X N Y P B N S O M R
B C X P K G R Z P N M X W J G C V B B N M R C Z
D H F L K Y O G U R T B R E I H T O O M S T R W
V P L H D J K R Z C V X N R M T P Y D C X I R D
M H T Y D P R I X Z B P R Q W O A T M E A L M V
D S P E A N U T B U T T E R G A D S Y P H L N Q
B D K L S R A S P B E R R I E S Q P Y T R A Z X
M Q E L F F A W L G H Y W Q P T T E G G S C V X
B T R E X P I T A Z Y T W T P B N X S M G P B T
R F Z G X T Y M E C P T B O Z C X M C E N Y T R
X R Z A C V P Y R T N M C A X Y T Z P W E Q Y S
Y B V B L U E B E R R I E S B L J K G D T H Y X
Q W T Y P S D F C G J K L T B N Z R T X F G C W
N Y P R Q W T V C X M K L G J Y Q P W T R Y C N
G P H L T R N S P M C V T W B X S P L K N B R Q



Living a Healthy Lifestyle

(Article from www.4woman.gov)

Traci Lopeman, Outreach Specialist - A healthy lifestyle can help you thrive as you move through the seasons of life that every woman experiences. But, making healthy choices isn't always easy! It can be hard to find the time and energy to exercise regularly or prepare healthy meals. Your efforts, though, will pay off in many ways, and for the rest of your life.

Steps you can take:

Be physically active for 30 minutes most days of the week. Break this up into three 10-minute sessions when pressed for time.

Eat a well-balanced, low-fat diet with lots of fruits, vegetables, and whole grains. Choose a diet low in saturated fat and cholesterol; moderate in sugar, salt, and total fat. Choose vegetable oils and soft tub margarine rather than solid fat (meat and dairy fats, butter, lard and shortenings). Use the Food Pyramid as a guide.

Avoid injury by wearing seatbelts and bike helmets, using smoke and carbon monoxide detectors in the home, and using street smarts when walking alone.

Drink alcohol only in moderation. Never drink before or when driving, or when pregnant.

Don't smoke, and quit if you do. Ask your health care provider for help.

Use prescription drugs wisely—read the label, ask your health care provider or pharmacist for details about the medicine, keep a record of the medicines you use, take medicine(s) correctly, and report side effects to your health care provider.

Ask someone you trust for help if you think you might be addicted to drugs or alcohol.

American Diabetes Association

Alert Day®

American Diabetes Association Alert Day® is a one-day "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. In 2015, Alert Day will take place on Tuesday, March 24. The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round.

Take the Risk Test!

<http://www.diabetes.org/assets/pdfs/at-risk/risk-test-paper-version.pdf>



Happy Birthday

1
Sapphire Pricilla Ward
Alyssa Mary- Ida Henry
Emma Jean Valle
Jennine Marie Jacob
Luke Grey Falcon Rodriguez

2
Raven Haaq Roush-Lizotte
Christy Marie Peters Block

3
Clayton John Briggs
Serena Rae Phillips
Daniel Rodney Snyder
Vincent Gene Henry, Jr.
Arnold E. Cooper
Chazmin K. Peters

4
Mayella Frankie Jean Roberts
Adolfo Douglas McFarlane
Angela Renee Lopeman

5
Cedar Michael Korndorfer
Jamaal Jason Byrd
Faith Elizabeth Pughe

6
Evan Taylor Cooper
Kodiak Draven-Wolf Masoner

7
Andrienne J. Baldwin
Cody Francis Cooper
David Josiah Seymour
Massiah Angel Manu-Garcia

8
Glen Woodburn Parker
Sheryl Sue Wingfield
Stella Jean Sicade
Belinda Gail Colberg

9
Michaela Alina Lynn Johnson
Marjorie L. Penn

10
Billy D. Yocash
Joseph Daniel Rivera
Adrian Jose Julio Garcia
Terrah Maria Jackson

11
Susan Faye Henry
Alexandrea Reanne Rivera
Chenoa Reed Peterson

12
Steven Duane Lehman Jr.
Cindy Lee Ehler

13
Sara Marie Guadalupe Naranjo-
Johns

14
Andrew Dean Whitener
Lois Colleen Woodard
Chantel D. Peterson
Justin Daniel Kenyon

15
Brandon Carl Blueback
Nikki Marie Farron
Tashina M. Ackerman

16
Rebecca Lezon-Ferreira
Adarius Terell Coley
Sally A. Johns

17
Monte Morris
Anthony Dushuyay Johns
Robert Jan James, Jr.
Kenneth M. Green
Jaimie Renee Henderson
Rachele D. Roberts

18
Victoria Dennis-Horn
Thomas Blueback, Jr.
Jolene Rae Peters
Winter Snow White

19
Cherry Teresa Armstrong
Vicky Belle Engel
Raymond M. Castro
Michael Alfred Bloomfield

20
Jolene Elaine Tamm
Lachell Marie Johns
Nathaniel B Bisson

21
Tayla Rose Logan
Doyle Raymond Foster

22
Lorane D. Gamber
Charlene Ann Krise

23
Gelacio Troyal Orozco
Ronin Sharky Edwards
Nora Jean Coxwell
Evelyn Angel Hall

24
Taylor Randolph Krise
John Brady Whitener
Joanna Fuller

25
Johnathan Draven Seymour
Shelby Wayne West

26
Elsie Jeanne Gamber
Jerad Charles Lopeman - Fry

27
James Jeffrey Coxwell
Kameron Marshall Weythman
Lucke Robert Newell

28
Brittany F McFarlane
Jon D. Brownfield

30
Josephine M. Sabo
Benjamin Naranjo-Johns
Eric Lee Ellerbe
Ronald A. Whitener
Felicia E. Thompson
Matthew James Pugel

31
Stephen William Henry
Christina Marie Lopeman

What's Happening

1	2	3	4	5	6	7
	Criminal/Civil Court		Family Court			
8	9	10	11	12	13	14
		Criminal/Civil Court		<i>Council Mtg.</i>		
15	16	17	18	19	20	21
		<i>Safe Streets Dinner/Mtg</i>				
22	23	24	25	26	27	28
		Criminal/Civil Court		<i>Council Mtg.</i>		<i>Easter Egg Hunt</i>
29	30	31	AA & ALANON Every Thursday 7:30 p.m. in the Elders Building			



Happy Birthday Aiyanna and John Krise III Love, Gramma and Grampa John and Gloria Krise!

Happy Birthday (February 27) to My Beloved Wife Gloria Love, John

Tribal Police Drug Tip Hotline

360-462-7104

Leave anonymous messages on this newly reactivated, regularly monitored message line direct to the Squaxin Island Police. You will be asked to leave a message on this non-emergency line and not be required to speak with anyone, but please leave as many important details as possible to help law enforcement pursue tips: the who, what, when, where of your tip are really important, especially with as much up-to-date, factual information as possible. If there is an emergency or you need immediate assistance, call 9-1-1.

SKOOKUM CREEK
TOBACCO

FACTORY OUTLET STORE

MARCH "SPECIAL"

"KINGS"



"KINGS"

"ALL 85 KINGS"

ALL BRANDS

Complete, Premis, Traditions

\$12.00 per carton

DISCOUNT

Located at the factory

Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD

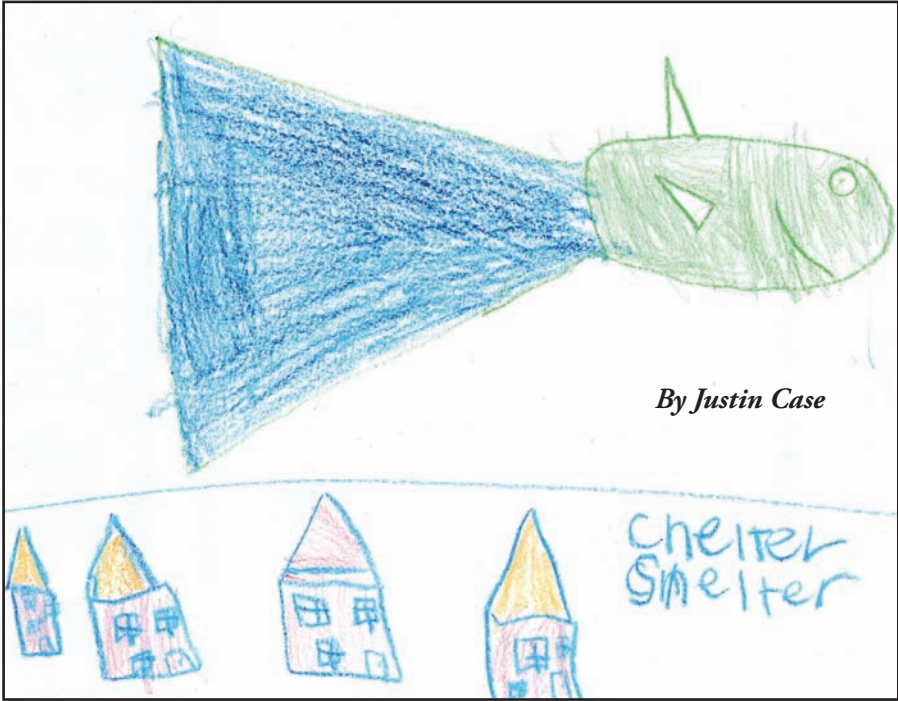
(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)

NOT INCLUDED IN MONTHLY SPECIALS

1			
2			
3		THE HONORABLE ANITA ESTUPIÑAN NEAL	
4			
5		SQUAXIN ISLAND TRIBAL COURT	
6		YOUTH COURT	
7	IN RE:	Case No.: SQI-CW-2014-1412-0237	
8	L. W.		
9		Indian Child	NOTICE OF FACT FINDING AND
10			DISPOSITIONAL HEARING
11			
12			
13		THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID: Chickie Rivera and Howard	
14		Williams.	
15		YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth	
16		code, a Fact Finding and Dispositional Hearing for the above named youth has been filed in the Squaxin	
17		Island Youth Court. The hearing on this matter shall be held on the 4th Day of March, 2015 at 10:00	
18		a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR	
19		TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER	
20		HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at	
21		the above listed address or call 360-432-3828 for more information.	
22	Post:	February 10, 2015	
23	Publish:	February 10, 2015	
24			
25			
	NOTICE OF HEARING - PAGE 1 OF 1	SQUAXIN ISLAND LEGAL DEPARTMENT 3711 SE OLD OLYMPIC HWY SHELTON, WASHINGTON 98584 360.4362.1771	

6			
7		SQUAXIN ISLAND TRIBAL COURT	
8		SQUAXIN ISLAND RESERVATION	
9	Estate of	Case No. CV-2013-1303-0034	
10			
11	DAVID SEYMOUR,	NOTICE OF HEARING TO	
12	Deceased.	DETERMINE FINAL DISTRIBUTION	
13			
14	TO: ELIZABETH PEREZ		
15		You are hereby provided notice of a hearing in the above captioned matter to be held on	
16		April 1, 2015 at 9:30 a.m. in the Squaxin Island Tribal Court. The hearing will be to determine,	
17		among other things, the distribution of proceeds of 2013 contributions to the Puyallup 401K and	
18		Pension Plan. Failure to appear at the hearing may result in foregoing the opportunity to collect	
19		a portion of those funds, and/or the distribution of weapons left in Mr. Seymour's estate.	
20	DATED February 5, 2015.		
21			
22			
23			
24	Page 1 of 1	SQUAXIN ISLAND LEGAL DEPARTMENT 3711 SE OLD OLYMPIC HWY SHELTON, WA 98584 360.432.1771	

Youth Environmental Art
Another on Page 4



By Justin Case

NEW RESCHEDULED DATE! WEDNESDAY | MAR 11 | 7PM

JENNY MCCARTHY'S

Dirty Sexy Funny

NEW RESCHEDULED DATE!

A night of comedy hosted by Jenny McCarthy featuring four of today's hottest female stand-up comedians

TICKETS \$40 | \$30 | \$20

FOR TICKETS VISIT THE BOX OFFICE, ONLINE, OR CALL 800-667-7711

LITTLE CREEK
CASINO • RESORT
www.little-creek.com
Must be 21 or older. Call for Skyboxes.

2015 SEATTLE MARINERS

WE ARE FAMILY

SUN., APRIL 26 1:10 PM

Event Details

Tickets start at \$12 and include a Mariners We Are Family Day giveaway. Join the Mariners at Safeco Field as we say Thank You to foster, kinship and adoptive families and the agencies, social workers and community members that support them.

Caregiver Recognition Event: 10 - 11:00 a.m. Ellis Pavilion; doors open at 9:30 a.m.

Tickets

- \$12 View Level
- \$27 Main Level

To buy tickets or for more information, please call or visit:
(206) 346-4540  Mariners.com/WeAreFamily

