

## Squaxin Family,

Around the world several countries are experiencing an uptick in Covid cases due to the Omicron variant. You can find many headlines stating which vaccine best protects against it. There are even reports that it isn't as severe as previous variants. I am not a medical professional, so it isn't my desire to steer anyone in one direction or another. The goal is to simply advise our community to be ready.

Please ensure you, your household, your extended family, and neighbors are doing everything possible to be prepared for the next uptick of Covid cases in our neighborhood. This is an effort to ensure we are all ready and safe!

The clinic has vaccines, and they are scheduling our people for boosters. The clinic also has vitamin packs that are known for increasing your body's immune system. I am imploring all of you to take advantage of these resources.

I also want to talk about fear, panic, and anxiety. These are normal reactions to uncertainty, and the last 20 months have been filled with uncertainty. We all have varying ways to cope with these emotions. We have been fortunate, in our small community, that we have not had the number of Covid cases or death percentages that the country/state have seen.

However, we've had a year with more deaths among our people than at any other time. It's possible some of the deaths were caused by second or third order impacts of Covid - uncertainty. If you, or a loved one have taken up unhealthy ways of coping with the uncertainty, please consider seeking help from our staff at Behavior Health. They will assist you in finding ways to deal with this uncertainty we have all been facing.

The lesson for all of us to learn from this pandemic is a 360 degree view on our health. Covid has had the greatest impact on people with underlining health problems. We can all find ways to improve our health. That can mean eating healthier for some, or increasing exercise for others. A 360 degree view addresses our mind, our body, and our soul. I encourage all of us to assess our current state of physical, mental, and spiritual health.

This is not a gloom and doom message. Squaxin has been, and will always be, known as a resilient Tribe. We have done an outstanding job taking care of each other up to this point, and I know we will continue on this path.

Please be safe, and let's finish the race Squaxin strong!

Respectfully,  
Marvin



m ^



**Tribal Government  
and the Health Clinic  
Will be Closed  
Beginning December 23  
and Reopen on  
January 4th**

### Squaxin Island Transit

## BUS CLOSURE

December 22, 2021  
@ 10am- (Wednesday)



### Back in Service

Monday, January 3, 2022  
Merry Christmas and Happy New Year



## Walking On



## Daniel Jacob Johnston

Daniel Jacob Johnston, 37, passed away peacefully in the arms of his loved ones at his home, on December 13th, 2021.

Daniel, who most people knew as Jake, was born on July 17th, 1984 to Susan Maniscalco and Daniel Sigo in Colville, Washington.

He is the grandson of Virginia Starns and Dewey Sigo of Squaxin Island Tribe and great-grandson of Florence Bagley and Edward Sigo.

At the age of three, Jake moved to southern California where he was raised by his mother and step-father, Steven Johnston.

Shortly after meeting his wife, Brittney, in 2002 and having their firstborn son, Jake and his little family moved to Kamilche, Washington where he quickly became involved in diving with the encouragement of his uncle, Steve Sigo. Diving soon became his passion. He pursued a career in diving commercially, working for the Nisqually Tribe as their Natural Resources Department Dive Supervisor for several years before starting his own family-run dive business. Jake thrived in his elements, teaching on the water and serving people from over 10 tribes in becoming successful and confident geoduck harvesters.

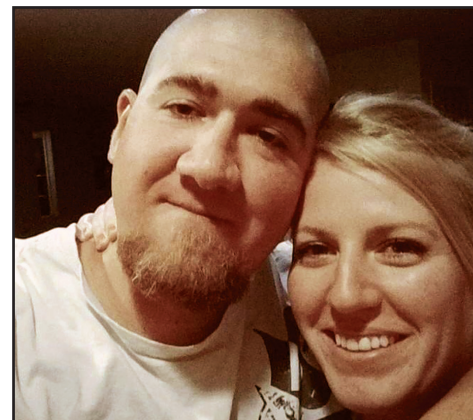
Among his many accomplishments, he was an exemplary father to his six children.

Jake was preceded in death by his grandmother, Virginia Starns; grandfathers, Daniel Jones and Dewey Sigo; and aunt, and Lisa Maniscalco.

He is survived by his wife, Brittney Johnston; his six children, Cavin, Cullen, Corban, Dawn, Lily, and Conor Johnston; mother, Susan Johnston; brother, Theodore Johnston; step-father, Steven Johnston; and father, Daniel Sigo.

Jake finished his journey with courage and dignity, the same way he lived it. His legacy will live on through his children and all the divers he taught.

In true Jake style, we will hold a memorial with all his family and friends on his birthday at the Collier House. As time gets closer we will keep you updated on the Celebration of Life.



## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3649

FAX: (360) 426-6577

[www.squaxinisland.org](http://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:

KRIS PETERS:	Chairman
CHARLENE KRISE:	Vice Chairman
PATRICK BRAESE:	Secretary
MARVIN CAMPBELL:	Treasurer
ANDY WHITENER:	1st Council Member
DAVE WHITENER:	2nd Council Member
VINCE HENRY:	3rd Council Member

Klah-Che-Min Staff:

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



## Angela Renee Lopeman 03-04-1972 - 12-10-2021

Angie began work at the KTP store, transferred to the original Bingo Hall as the assistant, then became the Bingo Manager at age 19. She continued to be the Bingo Manager when the casino was built. She grew up listening to her mom talk about Tribal Employment Rights Organization (TERO) and adopted that philosophy to hire tribal members and other tribal people whenever possible. She was always advocating for her people.

Angie and her lifelong partner, Derrick Hunt, enjoyed camping, hiking, going to the beach, and gambling at many other casinos. They also got to parent their niece, Billy Marie, and their nephews, Justine, Jared, Adam, and Jordan, which brought so much joy and happiness to her life. They participated in coaching sports, school activities and supporting all the children's endeavors. She truly enjoyed every minute of it, too.

She was preceded in death by her dad, William aka Billy Lopeman; and her grandparents, Mary Lopeman and Rena and Ray Johnson.

She is survived by her lifelong partner, Derrick Hunt, her mother, Janice Lopeman; sisters, Traci Lopeman, Ruthann Lopeman and Jr. Johns, and Christina Lopeman-Bragg and Wyatt Bragg; her bonus children, Justine Lopeman, Jared Lopeman Fry, Adam Fry, Billy Marie, and Jordan Lopeman Johns; and numerous other relatives and friends.

A car lineup began at Salish Cliffs at 10:00 a.m. on December 16, then proceeded around the casino property at 10:30 a.m., then traveled to Squaxin Island Sacred Grounds. The service was held at 11:00 a.m. A picture show and memory sharing took place along with a meal at Little Creek Casino Resort.

Arrangements were by McComb and Wagner funeral home.

## PRESCRIPTION DRUG

TAKE BACK BOX LOCATIONS



SHELTON

NEIL'S PHARMACY



MASON GENERAL HOSPITAL



SHELTON PHARMACY



SAFEWAY



## Addiction is real. So is Recovery.

YOU MATTER AND WE CARE.

Let us help you back to recovery.  
Make the call today, and find  
out what resources are available.

- Opioid treatment
- Outpatient services
- Treatment services, referrals & more

Business Hours  
Monday - Friday  
8:30 am - 5:00 pm

360-426-1582



SQUAXIN ISLAND TRIBE  
Behavioral Health  
Outpatient Services



To contact a  
Squaxin Island  
Police Officer Call:  
**360-426-4441**

If it is an  
EMERGENCY  
CALL 911

## New Health Services Director Kay Culbertson



Kay is a member of the Fort Peck Assiniboine and Sioux Tribes from Poplar, Montana.

She has been hired as our new Director of Health Services.

Kay has a Bachelor of Science in Human Services and Master's in Public Administration/Health Administration. She has over 30 years of experience working on behalf of Native people as a Director for Urban Indian Health, Indian Health Service and Tribes.

"I am so excited to be a part of Squaxin Island Tribal Health Services," she said. "We have such a wonderful team and are able to offer a variety of services that aren't available to other Tribes in Washington State.

"My hope is to help Squaxin Island Tribe integrate their health care services to improve the health of the community. I want Squaxin Island tribal members to know that they are getting the best health care possible."

Kay is married to Jim Roberts and they have three grown children, four granddaughters and one more on the way. She has two cats and an Aussie Shepherd.

She enjoys going to powwows (a lot) and learning about other cultures. She loves to travel and looks forward to being able to do that again.

**COVID-19 is real.**  
Stay home,  
save lives.



## Lap Swim

This past month Lap Swim really took off and was quite popular! In December we serviced 10 people during Lap Swim, and those numbers will continue to grow! One of our swimmers tackled the 33 Lap Swim, which is swimming a mile. All styles of activities are welcome here, whether you are fast or just want to practice some water aerobics. For those interested, Lap Swim occurs every Tuesday/Thursday from 6:00 a.m. - 7:30 a.m. Interested in more information? Please email us at [pool@squaxin.us](mailto:pool@squaxin.us) or call (360) 432-3852.

## Daycare Swim

Daycare Swim has been extremely popular, and the talk of the center these days! The last month we served 75 SIDC youth. Every Tuesday and Thursday from 9:30 a.m. - 10:30 a.m., the SIDC took the bus to the pool. Youth focused on learning to blow bubbles, swimming independently with a puddle jumper on, and how to use their ice cream scoop arms. We also brought out the animal floaties, and the water blasters for extra play.

## Lifeguard Conditioning

The Lifeguards are leveling up each month with this fitness program! The three diligent trainees are doing excellent in learning proper water safety and how to become efficient and strong swimmers. The workouts change daily and can include swimming 300 yards, treading water for two minutes without your hands, and so much more. This one hour, twice weekly program, is designed to get people lifeguard fit, and prepare people to pass the Red Cross Lifeguard swim pre-test. This fitness program occurs every Tuesday/Thursday from 8:00 a.m. - 9:00 a.m. If you are a Squaxin Island employee and you are interested in lifeguard conditioning class, please email [pool@squaxin.us](mailto:pool@squaxin.us) or call (360) 432-3852 for more information.

## Pool Parties

Pool parties are a bi-monthly swimming extravaganza offered to registered After School program youth, and registered Online Academy youth. Pool parties this month are January 12th and 19th from 3:30 - 6:00 p.m. This is a great activity for the After School program youth, and the Online Learning Academy youth because it promotes a healthy lifestyle and gets the youth active! If you want to know more on how to sign up for pool parties, please email [pool@squaxin.us](mailto:pool@squaxin.us) or call (360) 432-3852.

## Swim Lesson Programs and Club Swim

The Squaxin Island Wellness Pool offers different levels for swimming lessons. The youngest level is the Tadpole Class and is offered to youth ages five and under. This past month we served six youth each week, and each youth progressed more each week! Olivia and Reagan are two Tadpole youth who have been taking lessons for a few months. They are beginning to swim independently without puddle jumper, and really take to the water. The Tadpole class is offered Fridays at 5:00 p.m.

Older youth can also benefit from swimming lessons that are offered at the Squaxin Island Wellness Pool. Their level is called the Dolphins, and is challenging. Youth in this class learn proper swimming technique that they can use on a swim team. The Dolphins take necessary steps to be on the Swim Club that we will be introducing this new year! Dolphins are taught Saturdays at 1:00 p.m.

Squaxin Island Swim Club will be for elementary/middle school-aged youth who can swim laps and want to be trained for high school swim teams. This club is for advanced swimmers who are ready to become fast athletes! Swim Club is offered every Saturday at 2:00 p.m.

If you want more information on any of the swim programs, or want to register your youth for any classes, please email [pool@squaxin.us](mailto:pool@squaxin.us) or call (360) 432-3852

## Fastest Swimmer Feature

This month the Squaxin Island Wellness Pool offered swim team training to Kade Whitener. Kade Whitener has recently joined his high school's swim team, and has been diligent in practicing his sport. While he attends after school swim team practices, he swims at 6:00 a.m. in the morning every Tuesday and Thursday at the Squaxin Island Wellness Pool. The Senior Lifeguard at the Squaxin Island Wellness Pool trains Kade Whitener with a series of fast-paced swimming sprints, strict technique drills, and strength exercises. Kade's favorite swimming stroke is the butterfly, and he can't wait to master it! For now, he is the fastest swimmer

Squaxin Island Parks & Recreation

## Swim Club



Saturday's  
2pm-3pm



Begins January  
8th

Offered to Squaxin Island Youth ages 8-14

*Swim Club prepares youth for high school swim team.  
Swim Club encourages healthy physical activity and team work.*

Pre-requisite

**Swim 50 yards of freestyle continuously.**

To sign up for swim club please  
email [pool@squaxin.us](mailto:pool@squaxin.us)  
call (360) 432-3852



at the Squaxin Island Wellness Pool. Kade's 25-yard sprint is 15.83 seconds! We asked him why he loved the Squaxin Island Wellness Pool, and he said that his favorite memory of swimming at the Squaxin Island Wellness Pool is with his family.

If you have any questions about the programs being offered at the moment, please don't hesitate to email or call the pool office (360) 432-3852. Follow the Squaxin Island Parks and Recreation Facebook page for emergency pool closure updates. We hope to see you soon at the Squaxin Island Wellness Pool.

## Parks and Rec Updates

Kasia Seymour and Kenna Acosta - November 2nd we had a Thankful Dinner for the youth and the food was amazing! We hope you all had a great holiday. We also had our annual chili cook-off on Veterans Day, November 11th. We had a few of our Veterans as judges! We were honored to have John Krise, Sr. and his wife, Elizabeth Krise, and Marvin Campbell join us. We thank you for your service, Veterans. We also had our Education Tutors, Tamika Krise and Kiana Wily, help judge as well. Thank you. The chili was really amazing! Great job, youth, because it was super tasty! We will have the certificates and pictures of each chili cook-off team in the hallway of Parks and Rec for all to see.



# PARKS AND REC | LEARNING CENTER



Kenna held a turkey coloring contest in November. She picked one winner for each age group at the end of the month. The winners are: Alexis Wentworth, Leilani Blueback, and Beau Henry, Jr. Congratulations to all! Kenna held a Christmas coloring contest for the youth in December. Youth colored pages that are posted in the hallway and the winners were announced to the youth on December 20th

Every Monday we will continue to learn about traditional medicines with Jerilynn and do activities related to this. December's plant focus was cedar. Monday, December 6th, youth will gathered cedar and made cedar steam respiratory kits. December 13th was cedar bath salts making and December 20th was DIY cedar wreaths.

Friday December 10th we watched the Grinch movie, having popcorn & hot cocoa from 5:00 p.m. - 6:00 p.m, just as a little treat for the Christmas season!

December 16th was our Community Christmas Celebration from 6:00 p.m. - 9:00 p.m. Please follow our Facebook for photos!

For the Month of November, our Good Behavior winner for the After School program was Janelle Krise, and the Online After School winner was Natalia Krise. Our Good Behavior weekly winner for the week of November 15th was Leilani Blueback. For the week of November 22nd, it was Luke Rodriguez, and for the week of November 29th - December 3rd it was Alexis Wentworth. You all are doing so awesome! Keep it up!

There was a pool party for the all registered youth to attend on December 22nd from 3:30 - 6:00 p.m! Our Lifeguard, Rafael, had towels and swim suits available to borrow for those who forgot them.

Stay updated on upcoming events and activities on our Facebook page, Squaxin Island Parks and Recreation Dept.

## Kasia Seymour, Youth Activities Lead

(360) 432-3801 or kseymour@squaxin.us

## Kenna Acosta, Youth Recreation Coordinator

(360) 432-3895 or kacosta@squaxin.us



## Tu Ha' Buts Youth Center Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 <b>Tribal Holiday</b>	4 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b>  Lap Swim: 6-7:30am Lifeguard Conditioning: 8-9am SICDC: 9:30-10:30am	5  SICDC: 9:30-10:30am	6 <b>Online After-School: 10-2pm</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b> <b>Bball 5<sup>th</sup>-12<sup>th</sup>: 4-4:45pm</b> Lap Swim: 6-7:30am Lifeguard Conditioning: 8-9am SICDC: 9:30-10:30am	7 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Bball K-4<sup>th</sup>: 4:45-5:30</b>  Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	8 <b>Open Gym: 8-4pm</b>  Swim Lessons: 1-1:45pm Club Swim: 2-2:45pm Open Swim: 4-8pm
10 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b>	11 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b>  Lap Swim: 6-7:30am Lifeguard Conditioning: 8-9am SICDC: 9:30-10:30am	12  SICDC: 9:30-10:30am	13 <b>Online After-School: 10-2pm</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b> <b>Bball 5<sup>th</sup>-12<sup>th</sup>: 4-4:45pm</b> Lap Swim: 6-7:30am Lifeguard Conditioning: 8-9am SICDC: 9:30-10:30am	14 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Bball K-4<sup>th</sup>: 4:45-5:30</b>  Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	15 <b>Open Gym: 8-4pm</b>  Swim Lessons: 1-1:45pm Club Swim: 2-2:45pm Open Swim: 4-8pm
17 <b>Open for Registered Youth from 10-3pm</b> <b>*Contact Kasia to reserve a spot for your youth.</b>	18 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b>  Lap Swim: 6-7:30am Lifeguard Conditioning: 8-9am SICDC: 9:30-10:30am	19  SICDC: 9:30-10:30am	20 <b>Online After-School: 10-2pm</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b> <b>Bball 5<sup>th</sup>-12<sup>th</sup>: 4-4:45pm</b> Lap Swim: 6-7:30am Lifeguard Conditioning: 8-9am SICDC: 9:30-10:30am	21 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Bball K-4<sup>th</sup>: 4:45-5:30</b>  Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	22 <b>Open Gym: 8-4pm</b>  Swim Lessons: 1-1:45pm Club Swim: 4-8pm Open Swim: 4-8pm
24 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b>	25 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b>  Lap Swim: 6-7:30am Lifeguard Conditioning: 8-9am SICDC: 9:30-10:30am	26  SICDC: 9:30-10:30am	27 <b>Online After-School: 10-2pm</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b> <b>Bball 5<sup>th</sup>-12<sup>th</sup>: 4-4:45pm</b> Lap Swim: 6-7:30am Lifeguard Conditioning: 8-9am SICDC: 9:30-10:30am	28 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Bball K-4<sup>th</sup>: 4:45-5:30</b>  Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	29 <b>Open Gym: 8-4pm</b>  Swim Lessons: 1-1:45pm Club Swim: 4-8pm Open Swim: 4-8pm
31 <b>Online After-School: 10-2</b> <b>After-School Rec: 3-6pm</b> <b>Homework Help: 3-7pm</b>					
<b>Open Swim Capacity: 20 people or Four Families</b> <ul style="list-style-type: none"><li>For Squaxin Island Tribal Members &amp; Employees</li><li>Saturday's Open Swim is Prize Activities for ages 5-12 years</li></ul>		<b>After-School Rec Program:</b> <ul style="list-style-type: none"><li>Lunch is offered: 12:00-12:30</li><li>Early Snack is offered: 3-3:45 pm</li><li>Late Snack is offered: 4:00-4:45 pm</li></ul>		<b>Homework Helpers in the TLC</b> <ul style="list-style-type: none"><li>Monday, Tuesday and Thursday from 3-7:00pm</li><li>Kindergarten and up!!</li></ul>	

*All activities are drug, alcohol, e-cigarette and tobacco free.*  
*\*Activities and Calendar are subject to change at any time.*





## Bordeaux Update

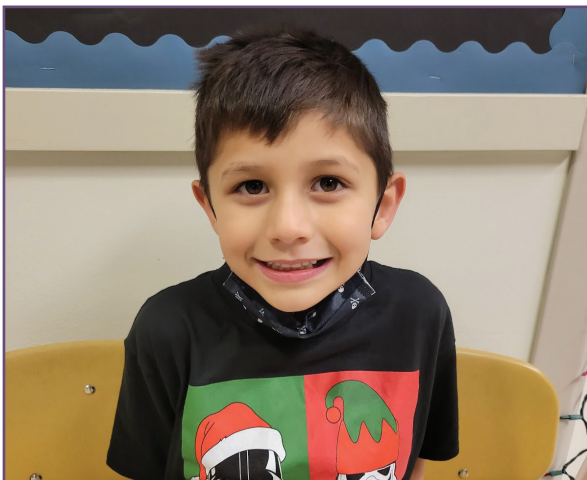
Tamika Krise - Happy holidays everyone! Just a nice update on how awesome our Bordeaux Bulldogs have been. Our kiddos have been involved and enjoying everything. The amount of courage and determination these kids have is inspiring, especially during the month of November, Native American Heritage Month. At the end of our hallway we had a huge bulletin board, and the main piece was a map of the six regions that showed all of the old ways . . . transportation, ways of harvesting, and shelter, etc. A lot of our young people were proud to share with their peers about their families and where they come from.



On another positive note, every day the kids go into a group that focuses on reading, writing, and math with "brain breaks" along the way. We are making sure to focus on their academic needs, as much as their social and emotional needs.

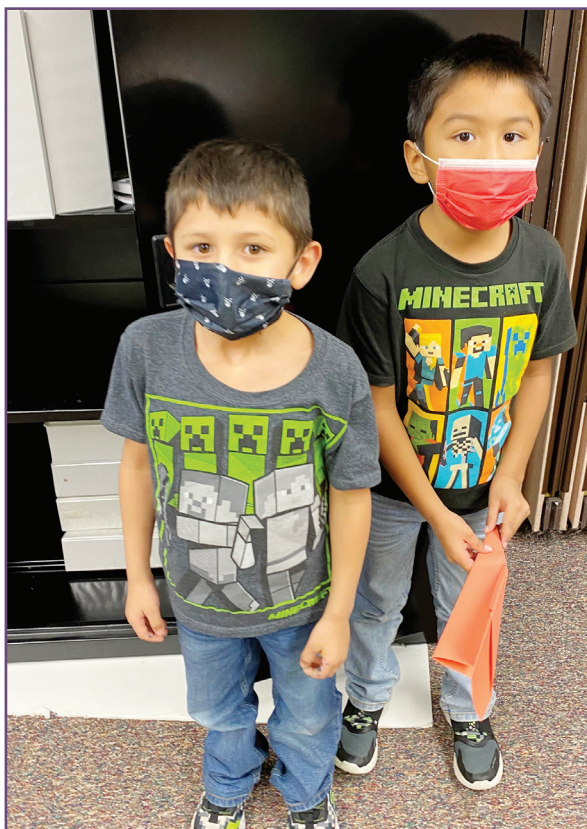
Lastly, STUDENT SPOTLIGHT!! This kid-do has been doing amazing! He is so happy, kind, and respectful at school. Has been doing great work in school, helping friends, and participating. He comes up almost every day to the education center and does homework. He truly is an outstanding student.

**Walter Hall**  
**Kindergarten, Mrs. Gottlieb's class**



## Homework Help

Do your students need help with school? Come see our amazing Homework Helpers Monday, Tuesday, and Thursday from 3:00 - 6:00 p.m.! Jayde and Jae-lah are here to help!

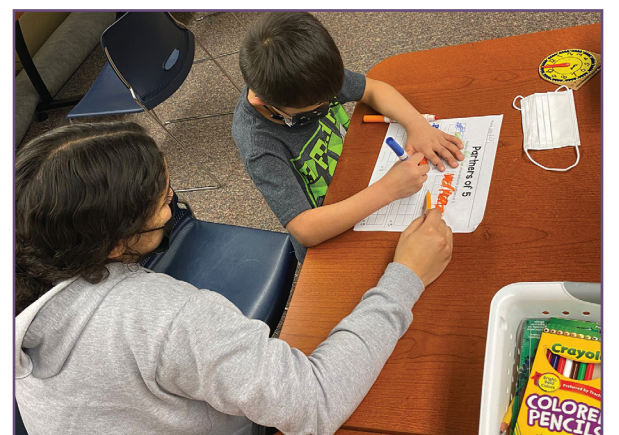


## Squaxin Teens

Jaimie Cruz, Teen Advocate and Truancy Prevention Specialist - Happy new year! With the new year it is a great time to set goals for your students' attendance. When you miss one day of school, it usually takes two days to make up the one day. We offer Homework Help Monday, Tuesday, and Thursday from 3:00 - 6:00 p.m. at the Tu Ha' Buts Youth Center every week unless otherwise posted on our social media pages.

It is important to communicate with the school when your child is missing school due to a clam dig, ceremony, or funeral so that the proper accommodations can be made. One of the many skills youth are learning while attending school is communication. Teaching your child to politely chat with their teacher can help them if they are struggling with the class.

One additional tip for parents is to have your child read for twenty minutes a day, this can create a positive bond with families, and who doesn't like a good story? With the technology we have, there are many free books on audible which is a useful app that reads the book to you.





## Middle School

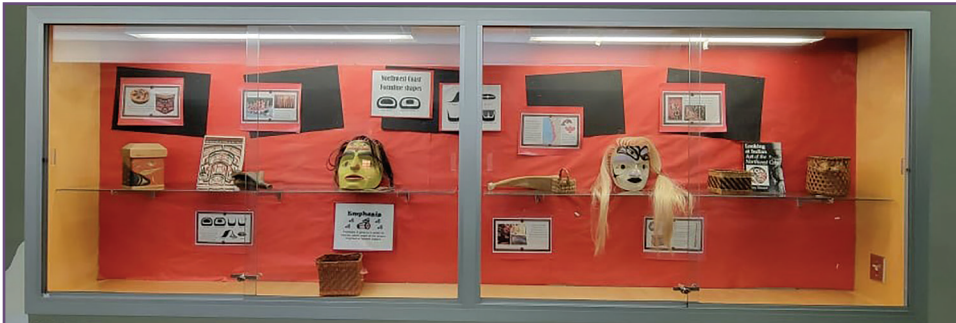
Kiana Wily - Our Olympic Middle School students are hard at work learning and finding routine in our new school norms. We are still wrapping up Native American Heritage Month here at the school, finishing up the native curriculum plans that many teachers implemented.

The art teacher, Mrs. Hall, created a beautiful display of carved masks, baskets, and other traditional Salish art that were generously loaned from one of our tribal members. It is currently still up in the fifth-grade hallway.

She taught the class about coastal form line shapes and had them design paper bent wood boxes. Many kids show great interest in learning about their indigenous peers and their people.

We are doing our best to utilize our little Native Ed room through covid restrictions and reach as many students as possible, but next semester we hope to have things sorted out so that we can do small group activities and incorporate some cultural arts & learning regularly.

Even through these more difficult times, our children continue to shine bright with their smarts and their skills. We are all on this journey together and together we will learn and overcome this school year!



## Virtual Academy

Lynn White, Virtual Learning Coordinator - We are several months into an online school program. We have 20 students enrolled, ranging from 1st through 10th grade. We've had to make adjustments to our school schedule to accommodate small group learning, which has proven to be beneficial! We currently have one student who successfully finished his first semester schooling a month early and is able to get started on his second semester!

While we are full at the moment, we are hoping to get more students in the future, who are self-motivated and interested in working at their own pace. As we are learning the ins and outs of the program, we can see how beneficial this is for those students who want alternative learning instead of traditional schooling.

Thank you to the families who were patient with us in getting the program up and running!

And a shout out to our two Virtual Learning Assistants, Keesha Vigil and Laura Snyder, for always being ready to help the students!



## Higher Education

Mandy Valley - If you haven't done so already, please turn in final grades from fall quarter/semester ASAP. Also, if you have not completed your FAFSA (2022-2023 school year), please do so ASAP. FAFSA launched on October 1st, 2021 and is open until June 30th, 2022.

If you have any questions regarding Higher Education or need assistance, please feel free to contact me.

I hope everyone has a great winter quarter/spring semester!

Thank you,

Mandy

Phone: (360) 432-3882

Email: [mvalley@squaxin.us](mailto:mvalley@squaxin.us)





## Healthy Personal Finance Resolutions for the New Year

The New Year is the time when many individuals start making resolutions to live a healthier lifestyle. And while resolving to eat better and exercise more is a good thing, you should be sure to make resolutions that pertain to the overall health of your personal finances as well.

### Develop a budget and stick with it

A good way to start the year on the right track financially is to make sure that you have a budgeting system in place. Start by identifying your income and expenses. Next, add them up and compare the two totals to make sure you are spending less than you earn. If you find that your expenses outweigh your income, you'll need to make some adjustments to your budget plan (e.g., reduce discretionary spending).

Once you have a budget, it's important to stick with it. And while straying from your budget from time to time is to be expected, there are some ways to help make working within your budget a bit easier:

- Make budgeting a part of your daily routine
- Be sure to build occasional rewards into your budget
- Evaluate your budget regularly and make changes if necessary
- Use budgeting software/smart phone applications

### Set financial goals or reprioritize current ones

The New Year is also a good time to set new financial goals and reprioritize your current ones. Take a look back at the financial goals you set for yourself last year—both short- and long-term. Perhaps you wanted to increase your cash reserve or save money for a down payment on a home. Maybe you wanted to invest more money towards your retirement. Did you accomplish any of your goals? If so, do you have any new goals that you would now like to achieve?

Finally, have your personal or financial circumstances changed during the past year (e.g., marriage, a child, job promotion)? If so, would any of these changes warrant a reprioritization of some of your goals?

### Make sure your investment portfolio is still on target

You'll also want to be sure to review your investment portfolio to ensure that it is still on target to help you achieve your financial goals for the upcoming year. To determine whether your investments are suitable for reaching your financial goals, you'll want to ask yourself the following questions:

- Do I still have the same time horizon for investing as I did last year?
- Has my tolerance for risk changed?
- Do I have an increased need for liquidity?
- Does any investment now represent too large (or too small) a part of my portfolio?

### Make it a priority to reduce debt

Any healthy financial plan is one that makes reducing debt a priority. Whether it is debt from student loans, a mortgage, or credit cards, it is important to have a plan in place to pay down your debt load as quickly as possible. The following are some tips to help you manage your debt:

- Keep track of all of your credit card balances and be aware of interest rates and hidden fees
- Develop a plan to manage your payments so that you avoid late fees
- Optimize your repayments by paying off high-interest debt first or consider taking advantage of debt consolidation/refinancing programs
- Avoid charging more than you can pay off each billing cycle

### Review/take steps to improve your credit history

Having good credit is an important part of any sound financial plan, and the New Year is as good a time as any to check on your credit history. Your credit report contains information about your past and present credit transactions and is used by potential lenders to evaluate your creditworthiness. A positive credit history is important since it allows you to obtain credit when you need it and at a lower interest rate. Good credit is even sometimes viewed by employers as a prerequisite for employment.

Review your credit report and check it for any inaccuracies. You'll also want to find out whether or not you need to take steps to improve your credit history. To establish a good track record with creditors, make sure that you always make your monthly bill payments on time. In addition, you should try to avoid having too many credit inquiries on your report (these are made every time you apply for a new credit card). You're entitled to a free copy of your credit report once a year from each of the three major credit reporting agencies. You can go to [www.annualcreditreport.com](http://www.annualcreditreport.com) for more information.

*\* The American Institute of Certified Public Accountants*

**BINGO JANUARY SESSIONS**

**FRIDAY JANUARY 21ST**  
DAUBIN IN THE DARK  
8:30PM SESSION STARTS  
DOORS: 6PM - EARLY BIRDS: 8PM

**SATURDAY JANUARY 22ND**  
DOORS: 11AM - EARLY BIRD: 1:30PM  
2PM SESSION STARTS

**SUNDAY JANUARY 23RD**  
DOORS: 11AM - EARLY BIRD: 1:30PM  
2PM SESSION STARTS

**BRING CANNED FOOD FOR FREE LEVEL 1 (6-ON)**

Multiple winners split the payout. Call 360-427-3005 for more details.  
Must be 18 or over to participate in BINGO. Ages 21 and over only for Friday session.

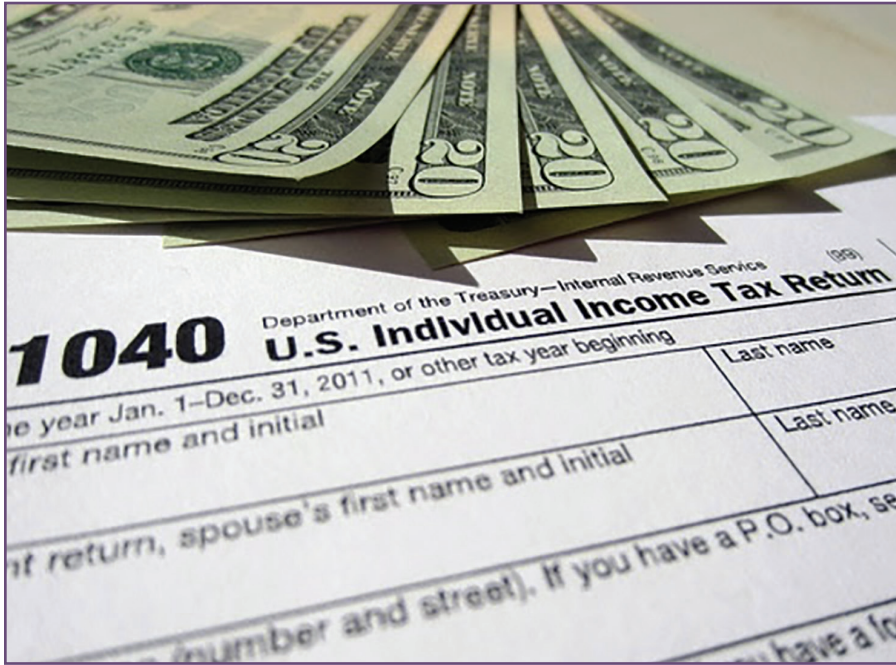
**LITTLE CREEK CASINO RESORT**  
LITTLECREEK.COM | 1.800.667.7711

**Little Means More!**

Management reserves the right to modify or cancel Bingo if not enough players.



# — PLANNING AND COMMUNITY DEVELOPMENT —



## Squaxin Island Tax Site Basic returns

February 8, 2022 — April 8, 2022

By appointment only



Contact Lisa Peters to schedule an appointment 360-432-3871  
Sponsored by SIT — Office of Housing

## Steps you can take now to make tax filing easier in 2022

### Gather and organize your tax records

Organized tax records make preparing a complete and accurate tax return easier. It helps you avoid errors that lead to processing delays that slow your refund and may help you find overlooked deductions or credits.

Wait to file until you have your tax records including:

- Forms W-2 from your employer(s)
- Forms 1099 from banks, issuing agencies and other payers including un employment compensation, dividends, distributions from a pension, annuity or retirement plan
- Form 1099-K, 1099-MISC, W-2 or other income statement if you worked in the gig economy
- Form 1099-INT if you were paid interest
- Other income documents and records of virtual currency transactions
- Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance Premium Tax Credits for Marketplace coverage
- Letter 6419, 2021 Total Advance Child Tax Credit Payments to reconcile your advance Child Tax Credit payments
- Letter 6475, Your 2021 Economic Impact Payment, to determine whether you're eligible to claim the Recovery Rebate Credit

Notify the IRS if your address changes and notify the Social Security Administration of a legal name change.

## Office of Housing Planning and Community Development Attention Housing Applicants

REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Juana Nelson at (360) 432-3863.

If you do not update your application by March 31, 2022, your name will be removed from the housing waiting list.



## Winter Alert

Pet owners need to be reminded of this each year, but it can never be said often enough: Keep pets away from antifreeze. Even a small amount of antifreeze, as little as one single teaspoon, can be deadly if ingested.

If you suspect that your pet may possibly have consumed even a taste of antifreeze, get him to your veterinarian immediately.



Put a **FREEZE** on Winter Fires

**Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!**

 <p><b>Half of all home heating fires</b> occur in December, January and February.</p>	 <p><b>1 in every 7</b> home fires and <b>1 in every 5</b> home fire deaths involves heating equipment.</p>	 <p>Keep anything that can burn <b>at least 3 feet</b> from any heat source like fireplaces, wood stoves, radiators or space heaters.</p>
 <p>Keep portable generators <b>outside, away from windows, and as far away</b> from your home as possible.</p>	 <p>Install and test carbon monoxide alarms <b>at least once a month</b>.</p>	 <p>Plug only <b>1 heat-producing appliance</b> (like a space heater) into an electrical outlet at a time.</p>
 <p>Have a qualified professional clean and inspect your chimney and vents <b>every year</b>.</p>	 <p>Store cooled ashes in a tightly covered metal container, and keep it <b>outside at least 10 feet</b> from your home and any nearby buildings.</p>	



For more information on how to prevent winter fires, visit [www.usfa.fema.gov/winter](http://www.usfa.fema.gov/winter) and [www.nfpa.org/winter](http://www.nfpa.org/winter).



## Our Dental Clinic wants to see you!

An ounce of prevention is worth a pound of cure!

Please call Rosie for any dental appointments (360) 432-03881

### Services we offer:

- Children's dental checks
- Cleanings and xrays for all ages
- Dentures: gums check and fitting

### If you have diabetes, a few reminders:

- Poor dental health can affect diabetes.
- Treating gum disease can improve blood sugar control.
- Uncontrolled diabetes can lead to infections.
- Get your annual cleaning, Xray, and dental exams to stay healthy!



## Has COVID caused you to add on some unwanted weight?

### Want a Healthier You in 2022?

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber>

Submitted by Patty Suskin, Diabetes Coordinator & Registered Dietitian Nutritionist - Many people have gained weight due to isolation, lack of activity, and comfort foods. Here are some tips to get off those extra pounds and start on a healthier way of life:

**Get moving move and sit less:** Make it a goal to get outside daily and move or do your fitness of choice, even for 10 minutes. Check out youtube fitness for those days you'd rather be inside. Work up to at least 30 minutes a day. Did you know that muscle burns twice as many calories than fat? Moving more helps build muscle.

**Shop Healthy:** If you bring home healthier foods and beverages, you will eat healthier choices. Shop with a list on a full stomach. Leave the less healthy choices at the store.

**Fiber is Your Friend:** Eating more fiber is one of the best and easiest things you can do for your health. Fiber:

- Aids digestion and helps prevent constipation
- Helps you maintain a healthy weight, as they fill you up more
- Helps decrease the risk of heart disease

**Sources of Fiber:** Vegetables, fruits, beans, peas, lentils, nuts, seeds, and whole grains (see red lentil soup recipe on Page 20)

### Tips for Increasing Fiber Intake:

- Eat whole fruits instead of drinking fruit juices.
- Replace white rice, bread, and pasta with brown rice and whole grain products.
- Snack on raw vegetables instead of chips, crackers, or candy bars.
- Substitute beans or legumes for meat two to three times a week.
- Drink more water - at least 6 cups a day
- Download My Native Plate: Personalized MyPlate plans, recipes, videos, tip sheets, menu planners, and so much more: <https://www.myplate.gov>
- Fill half your plate with vegetables
- Drink water or unsweetened beverages

### Other resources to check out:

Food Labels Explained: <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

<https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>

Ideas & recipes for increasing fiber: <https://www.fullplateliving.org>

<https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=2468>

### Want more personalized ideas?

Contact Patty to set up an appointment in person or on zoom. (360) 432-3929 or [psuskin@squaxin.us](mailto:psuskin@squaxin.us)



# HEALTH CLINIC



## Covid-19 Statistics

### Vaccinations

	Total	Nov. 14 - Dec. 15
First doses provided:	1,125	6
Second doses provided (fully vaccinated):	1,115	9
J&J (fully vaccinated):	5	0
Booster doses	211	163
Third dose for immunocompromised:	3	0
People fully vaccinated:	1,115	
Vaccines given:	2,451	

### Tests

Total  
1,933

### Positives

Total  
103

Nov. 14 - Dec. 15

4

(one partially vaccinated,  
one fully vaccinated with booster  
and two vaccinated with no booster)

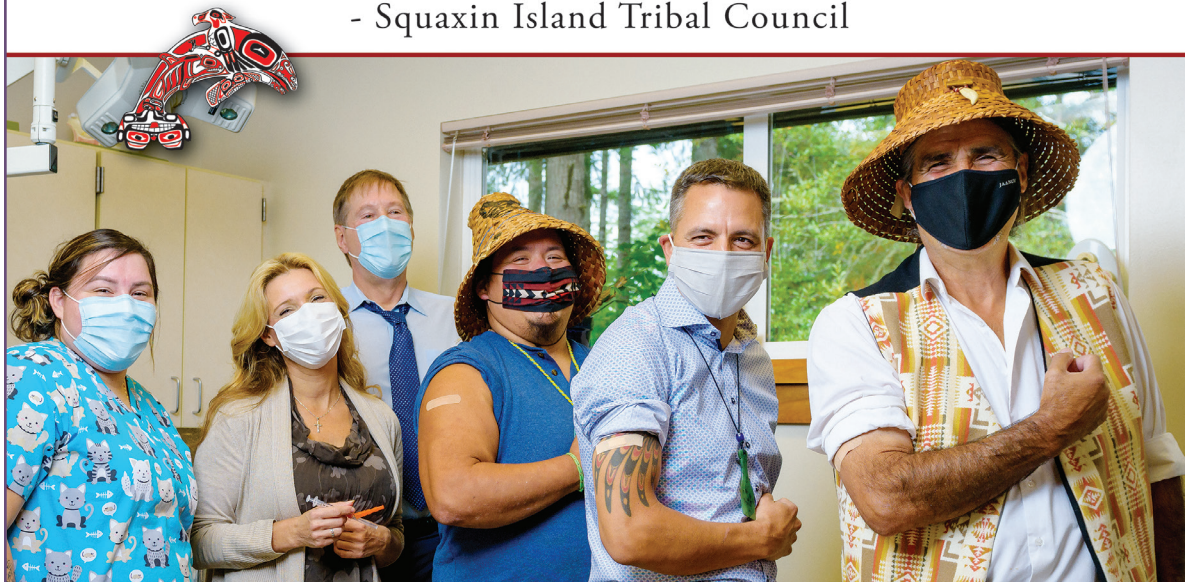


HAPPY  
New  
Year  
2022



Thank **YOU!** for getting vaccinated!

- Squaxin Island Tribal Council





## A prescription for outdoors



## Get Outside for Your Health

### Did you know?....

*Time in nature* decreases anxiety and negative thinking and lowers levels of depression and stress.

*Outdoor activity* improves both mental and physical wellbeing more than indoor activity.

*Time in nature* helps to decrease high blood pressure.

*People with diabetes* who spend more time in nature are more physically active and show better blood sugar control.

*Time in nature* is associated with better cognitive development in schoolchildren.

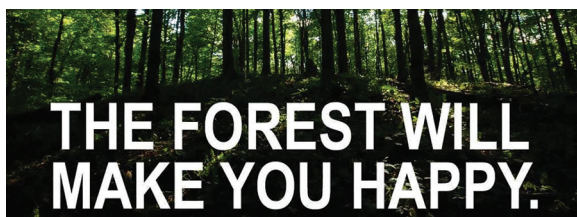
*The closer you are to green space*, the less you suffer from cardiovascular, musculoskeletal, mental health, respiratory, neurological and digestive diseases.

## Need Inspiration?

*Here are some ideas to get you outdoors* - solo or with kids, grandkids, and friends - from the National Association for the Education of Young Children (naeyc.org), hikeit baby.com and popsugar.com:

- Grab a jump rope • "Camp" in your yard • Try geocaching (geocaching.com)
- Sketch wildlife • Go fishing • Plant flowers • Stargaze • Play hopscotch • Join a volkssport group (ava.org) • Take up archery • Go metal detecting • Read a book outside • Play disc golf • Window shop • Try birding (seattleaudubon.org)
- Bury a time capsule • Play flashlight tag • Volunteer for a park or beach cleanup (volunteermatch.org) • Watch a sunrise/sunset • Take a dog for a walk • Fly a kite

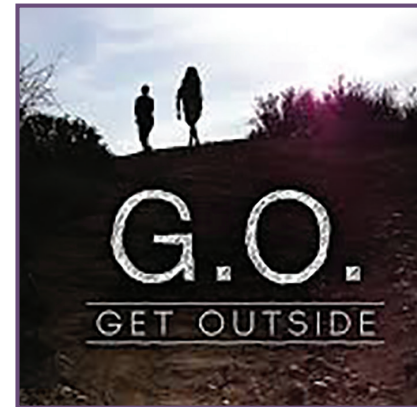
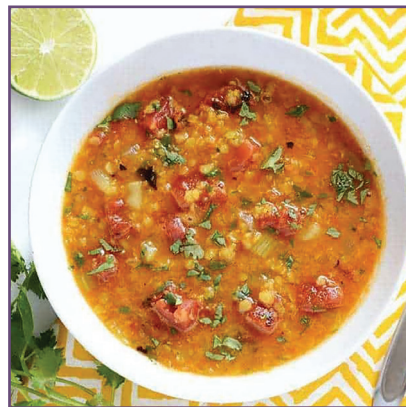
- T. foster Jones



**Study in 2019 in Denmark:** adolescents who didn't spend time in green space were up to 55% more likely to develop depression and anxiety later in life. Even 5 minutes looking at green space through a window is helpful. If you need to start with opening a window, that's ok.

Recommendation of 20 minutes a day / at least 2 hours a week in nature.

Nature is one of the four pillars of health, along with diet, exercise and sleep.



## Red Lentil Soup

Submitted by Patty Suskin, Registered Dietitian Nutritionist

This colorful, easy, inexpensive soup has great flavor with a good dose of fiber. I made it for my Mom and she loved it!

### YIELD

Makes about 7 cups

### ACTIVE TIME:

20 min

### TOTAL TIME:

40 min

1 1/2 tablespoons

Olive oil

1

Large onion, chopped

4

Garlic cloves, chopped

2

Carrots, chopped (1 cup)

1 10 oz. can

Rotel tomatoes and peppers

2

Celery rib and leaves, chopped

1 1/4 teaspoons

Ground cumin

1/2 teaspoon

Salt

16 oz.

Dried red lentils

5 cups

Water

3 cans

Chicken broth

2 tablespoons

Chopped fresh parsley

1 tablespoon

Curry powder (optional)

6 - 8 oz

Fresh kale/spinach/chard mixture coarsely chopped (I just use spinach)



Heat oil in a 4- to 5-quart heavy saucepan over moderately high heat until hot but not smoking, then sauté onion, stirring, until golden, about 5 minutes. Add garlic, carrots, Rotel tomatoes, celery, cumin, curry powder, and salt and sauté, stirring, 2 minutes. Add lentils, water, and broth and simmer, uncovered, stirring occasionally, until lentils are tender, about 15 minutes.

Stir in parsley and kale/spinach mixture, then season with salt and pepper.



# COMMUNITY



## Elders Menu . . . Fruit and salad at every meal



**MONDAY 3:**  
CLOSED

**MONDAY 10:**  
French Dips, Potato Salad

**MONDAY 17:**  
Baked Potato Bar, Broccoli

**MONDAY 24:**  
Spaghetti, Corn, Garlic Bread

**MONDAY 31:**  
Chicken Burgers, Potato Wedges

**TUESDAY 4:**  
Tomato Soup, Grilled Cheese

**TUESDAY 11:**  
Chicken w/ Rice Soup,  
Egg Salad Sandwiches

**TUESDAY 18:**  
Beef Stew Biscuits

**TUESDAY 25:**  
Pork Pozole, Tortillas

**WEDNESDAY 5:**  
Tator Tot Casserole, Brussel Sprouts

**WEDNESDAY 12:**  
Tacos

**WEDNESDAY 19:**  
Enchilada Casserole, Black Beans

**WEDNESDAY 26:**  
Tuna Melts, Chips


**THURSDAY 6:**  
BBQ Ribs, Mac-N-Cheese, Broccoli

**THURSDAY 13:**  
Baked Ham, Scalloped Potatoes,  
Carrots

**THURSDAY 20:**  
Pork Chops, w/ Mushroom Gravy,  
Rice w/ Spinach

**THURSDAY 27:**  
Baked Chicken, Red Potatoes,  
Green Beans

In an effort to provide additional safety precautions, the Elders staff will only be delivering meals to "Homebound" Elders at this current time. Elders who have met the requirements of "Homebound" will still call in to the Elders staff to request meals. Thank you for understanding.



# EMERGENCY

CALL **9-1-1** FIRE  
POLICE  
MEDICAL  
RESCUE

## SQUAXIN ISLAND TRIBE

### Non-Life Threatening Emergencies

<b>Emergency Operations Center (EOC) Hotline</b> (Information only - no voicemail) (360) 432-3947	<b>Squaxin Police Department</b> Office Hours Monday - Friday 8:00-4:00 (360) 432-3831
<b>Community EOC Hotline</b> (Questions and voice mail message) (360) 443-8411	<b>PUD No. 3 Outage Hotline</b> (360) 426-8255
<b>Emergency Management Coordinator</b> (360) 443-8410	<b>Mason County Police Dispatch Non-Emergency</b> (360) 426-4441
<b>Community Emergency Response Team (CERT)</b> (360) 426-5308	<b>Mason County Fire Non-Emergency</b> (360) 426-3348

## Squaxin Island Tribe

### Family Justice Program

We are here to assist people

With your needs when released from incarceration or in-patient treatment for substance abuse. We have resources to remove barriers and obtain self-sufficiency to reduce risk of reoffending

contact: Family Justice Services  
Coordinator Marcella Cooper

**360-485-5150 & 360-432-3908**

Email: [mcooper@squaxin.us](mailto:mcooper@squaxin.us)

**2750 SE Old Olympic HWY**  
**Shelton, WA 98584**



# COMMUNITY



- |  |  |   |
|--|--|---|
| 1<br>Aaron Nathaniel Evans<br>Jessica Kay Solano<br>Nancy A. Moore   | 9<br>Deanna Mary Hawks<br>Emmalee Georgena James<br>Janita Lee Raham<br>Jazmin Victoria James  | 18<br>David Norman Dorland<br>John A. Ackerman  |
| 2<br>Fernando M. Rodriguez<br>Patrick Allen Braese<br>Sydney Marie Tuso<br>Tory Lee Hagmann                          | 10<br>Isaac J. Ackerman<br>Samantha S. Armas<br>Stephanie Michele Peters<br>Tiffany A. Valderas  | 19<br>Emily Ruth Whitener   |
| 3<br>Nohea S. K. Robinson-Black  | 11<br>Anthony Joe Armas<br>Cassidy J. Gott<br>Emilie Rose Burgain<br>Lolyta Jean Johns<br>Natasha Page Bush<br>Patricia Johnna Green<br>Seilyah Emily Louise Smith | 20<br>David Micheal Bear Lewis<br>Jadha Ann James<br>Leonard William Hawks III<br>Santana Lee Krise                                 |
| 4<br>Aaron M. Raven Peters<br>Elias Dade Coley<br>Halia Marie Cooper-Lewis   | 13<br>Connie Renee Whitener<br>Marvin Eugene Campbell Jr.  | 21<br>Jacob Wesley Campbell<br>Traci Lynn Lopeman   |
| 5<br>Christopher Wade Stewart<br>Two Hawks Krise Young   | 14<br>Sheena Marie Lewis Glover  | 22<br>Kahsai Tiefel Gamber<br>Percy James Welcome<br>Shawnell Lynn McFarlane  |
| 6<br>Lincoln L. Villanueva<br>Moses Elijah Kruger<br>Samantha Ackerman<br>Sherry Lynn Haskett                        | 15<br>Ashton Ryder Coble<br>Jesse Raymond James<br>Kayla Marie Scelopin Peters   | 23<br>Keona Anahoi Rocero<br>Linda Kay Jones  |
| 7<br>Charlene Holly Blueback<br>Kaleb Darrell Krise<br>Melissa Rose Dawn Whitener<br>Zachery G. Clark                | 16<br>Imalee Rose Tom<br>Shelby V. Riley   | 24<br>Jeremy Turner Sigo<br>Miguel Jordan Saenz-Garcia<br>Mini Maree Ali Gamber   |
| 8<br>Francis Arnold Cooper Jr.<br>Melanie Evelyn Sequak<br>Meloney R. Hause<br>Patti Lee Riley<br>Shila Mae BlueBack | 17<br>Barbara Eileen Cleveland<br>Charlotte Sky Bradley<br>Tristan Isaiah Coley<br>Whitney Amber Jones   | 25<br>Adonis Micheal Bradley<br>Debra Ann Brownfield<br>Jace L. Merriman<br>Margaret Catherine Henry<br>Percina Erin Bradley        |
|  |  | 26<br>Dakodah Delaney Vigil<br>Jayda Evelyn Leigh Hawks<br>Myeisha Marie Little Sun<br>Nutella Natt Obi<br>Robert Charles Lacefield |
|  |  | 27<br>Alohna J. Clark<br>Amanda R. Salgado<br>Cheryl Rae Melton<br>Emily Ann Baxter<br>Guy Tatum Cain                               |
|  |  | 28<br>Eva Alexandra Rodriguez   |

- 29  
Sharleina E. Henry
- 30  
Buck Gene Clark Jr.
- 31  
Brandon Lee Stewart  
Nikolai A. Cooper



## FREE Wills for Squaxin Tribal Members and Their Spouses

The Tribe is offering the services of Mark Allen, an attorney who has worked for the Squaxin Community for 10 plus years. Mark Allen is ready to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents.

- Wills
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Estate Planning

If you are interested in these services, please contact **Lindsey Harrell**, Legal assistant at the Squaxin Island Legal Department, at (360) 432-1771 ext. 6 or [Lharrell@squaxin.us](mailto:Lharrell@squaxin.us).

There is currently a waitlist for consultations, but we will be scheduling appointments each month. Call/email now to get on the list.



# What's Happening

## Court:

FAMILY COURT: January 6  
CRIMINAL/CIVIL COURT: January 11  
VULNERABLE ADULT COURT: January 20

## USDA FOODS WIC

January 11  
January 11



South Puget Intertribal Planning Agency



## USDA Foods Program January Dates

PT. GAMBLE S'KLALLAM 1/6/22

SQUAXIN ISLAND 1/11/22

SKOKOMISH 1/14/22

CHEHALIS 1/20/22

NISQUALLY 1/21/22

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities.

If you're unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



## COMMITTEES COMMISSIONS & BOARDS

Please visit: <https://squaxinisoland.org/tribal-member-info/committees-commissions-and-boards>



## Welcome to Our World!

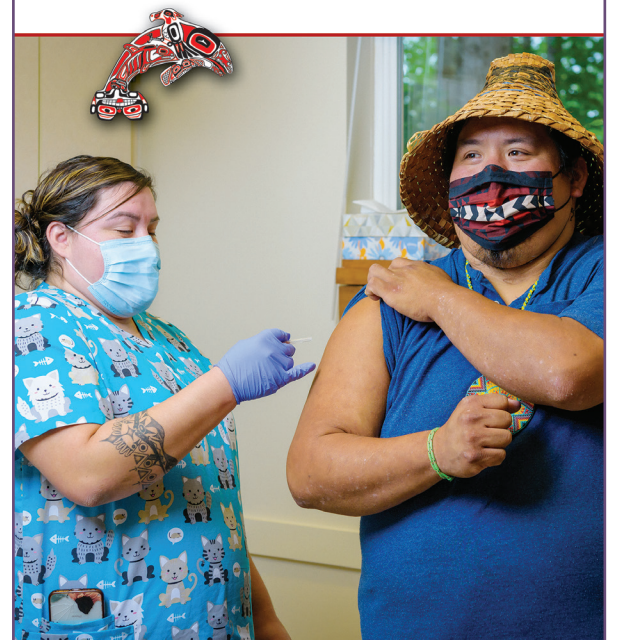


### William Austin Randy John

William Austin Randy John was born on October 20th, 2021 in Tacoma, Washington to Cynthia Parrott and Brandon John. Grandparents are Lydia Parrott (Squaxin) and Randy Parrott (Mohawk), Elsita James (Navajo) and Jonathan John (Navajo). Welcome to the world baby William!!!

**Thank YOU**  
for protecting our community  
by getting vaccinated!

- Squaxin Island Tribal Secretary Patrick Braese





## Squaxin Island WIC

(Women, Infants, and Children)

provides healthy foods & nutrition information for you and your child up to age 5.

**Please have available:**  
Your child's height & weight,  
Provider One Card or paystub  
and identification for you & your child

**Contact at SPIPA for an appointment:**  
**Patty at 360.462.3224,**  
**wicnutrition@spipa.org**  
or  
**Debbie Gardipee-Reyes 360.462.3227**  
**gardipee@spipa.org**

Main SPIPA number: 360.426.3990




**Next WIC:**  
**Tues., Jan 11, 2022**  
**We are continuing**  
**remote phone appointments**  
**at least thru March 2022 due**  
**to the COVID-19 virus**  
**We will call you on your appt day**

**This institution is an equal opportunity provider.**  
Washington State WIC Nutrition Program doesn't discriminate.

# Thank **YOU**

## for protecting our community by getting vaccinated!

- Squaxin Island Tribal Council Member Andy Whitener





## Free Quality Preschool for Your Child

ECEAP helps all children enter kindergarten ready to succeed

### Who is eligible?

Children 3 years old or 4 years old by August 31st who are:

- From a family with a low annual income; or
- Qualify for school district special education services; or
- Have developmental or environmental risk factors that could affect school success.



### Questions?

Squaxin Island Child Development Center  
(360)426-1390

### ECEAP Provides:


- ☒ Preschool
- ☒ Nutritious meals & snacks
- ☒ Health screenings
- ☒ Family support

We are committed to high-quality preschool.  
Ask us about:




## Early Head Start

### Now Recruiting Pregnant Women and Children Birth to Three




### Early Head Start Provides:

- ☒ Parent Training
- ☒ Health Screenings
- ☒ Family Support



We are committed to a high-quality Program.  
Ask us about:



### Early Head Start programs provide family centered services for low income families with very young children.

Squaxin Island Child Development Center  
(360)426-1390