



## SQUAXIN VOTE

*Your voice your vote*

### Voting is not only our right—it is our power.” Loung Ung

This year, we will have the opportunity to meet at the General Body to vote in person. We are very excited to see everyone again.

Voting gives us the opportunity to say how the Squaxin Island Tribal Council should work to govern our community. Voting gives us an active voice in the Squaxin Island Tribal government. It allows us to choose the Tribal Council members who will make informed decisions on important issues that impact the Tribe and its membership, while promoting a stronger community.

**Every vote counts!** Don't give up the chance to choose leaders and/or representatives who will be an important asset to the community's current issues and progressive momentum!

#### How do you know who to vote for?

*Attend the Candidate's Virtual Webinar  
Thursday, April 14, 2022.*

Learn who the candidates are. Ask questions and talk with your neighbors. Know what's going on in the community. Stay up to date with current issues. Actively participate in choosing leaders and facilitating changes. Attend Talking Circles and the General Body meeting. Write to your current Tribal Council members about issues that are important to you. The point is... respect your right to vote! Voting is a privilege that many people do not have. Guide your community to a future supported by a true majority!

#### Candidate Virtual Seminar Information Guide

*What is the candidate Web Webinar?*

The Candidate Virtual Webinar is an avenue for those seeking a position on Tribal Council to express their views openly and answer questions from the Election Committee.

This will promote a better understanding of each candidate's ideas and positions on various topics, thus encouraging informed voting choices.

#### Event Moderator (Election Committee)

The Election Committee will pose pre-determined questions to the candidates. The moderator will maintain the flow of the webinar, ensuring timeliness and respect for all during the event.



## 2022 GENERAL BODY MEETING

SATURDAY, MAY 7, 2022  
9:00 AM - LITTLE CREEK EVENT CENTER  
Sign in starts at 8:30 a.m.

- Annual Reports
- Q&A with the General Council
- 2022 General Elections for:
  - Tribal Council Vice Chair Position
  - Tribal Council Member #3 Position

**Safety concerns will be closely tracked by Tribal Council, Elections Committee and the COVID Team, leading up to the event.**  
Covid metrics and safety measures will include data provided by, but not limited to: CDC, DOH, IHS, Tribal Health Officials, surrounding county Covid positives/hospitalizations, vaccination rates, etc.

#### MORE INFORMATION TO FOLLOW

QUESTIONS? CALL 360-426-9781 OR EMAIL MPUHN@SQUAXIN.US

#### Forum Guidelines

Each candidate will have two minutes to provide a brief introduction of themselves and to make any opening statements. The Committee will pose questions covering a wide range of topics and issues of interest to the tribal community.

Following each question, candidates will have up to three minutes to respond. This time limit will ensure that all candidates have an equal chance to reply and that the event stays on track.

The Webinar is not a debate, so there won't be interaction between candidates. The Moderator will not take questions from the floor during the pre-set portion of the event.

Each candidate will be given two minutes for closing remarks and to comment on any issues that may not have been discussed. Each candidate will have an equal and fair opportunity to express his or her position on issues. A time-keeper will be assigned to help maintain equity in discussion time. The time-keeper will use a flash card to indicate when the candidate's time has elapsed.

*Continued on Page 2*





## Your voice your vote

Continued from page 1

### The Elections Committee

The committee's primary responsibility is to conduct a fair and legal election process. The Elections Committee members are appointed by Tribal Council. Annually, committee members elect the officers.

The General Body meetings are organized and facilitated by tribal administration at the request of the sitting Tribal Council Chairman who has the authority to ask the administrator to conduct the meeting.

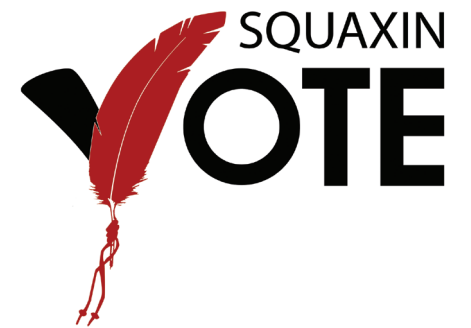
The Election Committee assists with planning the meeting, but their focus is on a smooth election.

In order to make the election process as efficient as possible and to reduce any potential conflicts of interest, the Elections Committee hires an outside consultant each year to print and record ballot counts.

Candidate representatives, Election Committee members, and tribal law enforcement supervise the ballot counting.

### Current Election Committee

Juana Nelson (Chair)  
Vacant (Vice Chair)  
Cassidy Gott (Secretary)  
Tamatha Ford (Staff Support)  
Mitzie Whitener  
Terri Capoean  
Elizabeth Kuntz  
Monica Nerney  
Penni Restivo  
Candace Penn  
Jaimie Cruz



**2022 CANDIDATES-**  
**Virtual Webinar**  
**Thursday, April 14, 2022 at 5:00 p.m.**

Get Exposure Before Election Day!

Tribal Members running for a Tribal Council position for 2022 are encouraged to declare their candidacy and to participate in this virtual webinar.

Your tribal member voters want to hear from you!

Candidates will need to pre-register by April 12th, at 3:00 p.m. by submitting your name and email address to Melissa Puhn, at [mpuhn@squaxin.us](mailto:mpuhn@squaxin.us) OR call (360) 426-9781.

Election Committee members will ask questions to each candidate. Any enrolled Squaxin Island Tribal Member can log in to watch the webinar. The Webinar will be recorded and available for viewing on the Squaxin website, Daily Scoop, and tribal Facebook page.

**Tribal Members**, please register to log in and watch the webinar by clicking here:  
[https://us06web.zoom.us/webinar/register/WN\\_5mFGXfN6TyiCXaY1ZW9-4w](https://us06web.zoom.us/webinar/register/WN_5mFGXfN6TyiCXaY1ZW9-4w)



## TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
TOLL FREE: (877) 386.3649  
FAX: (360) 426-6577  
[www.squaxinisoland.org](http://www.squaxinisoland.org)

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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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)



## Election Process



Quorum Calls at:  
9:00 AM  
9:30 AM  
10:00 AM  
At any point quorum is reached, proceed.  
If quorum is not reached after three calls, proceed with elections only.  
**2.50.010 A**

**Order of Positions**  
From highest to lowest by Election Year

**TERM 1**  
Chairman  
1<sup>st</sup> Seat  
2<sup>nd</sup> Seat

**TERM 2**  
Vice Chairman  
3<sup>rd</sup> Seat

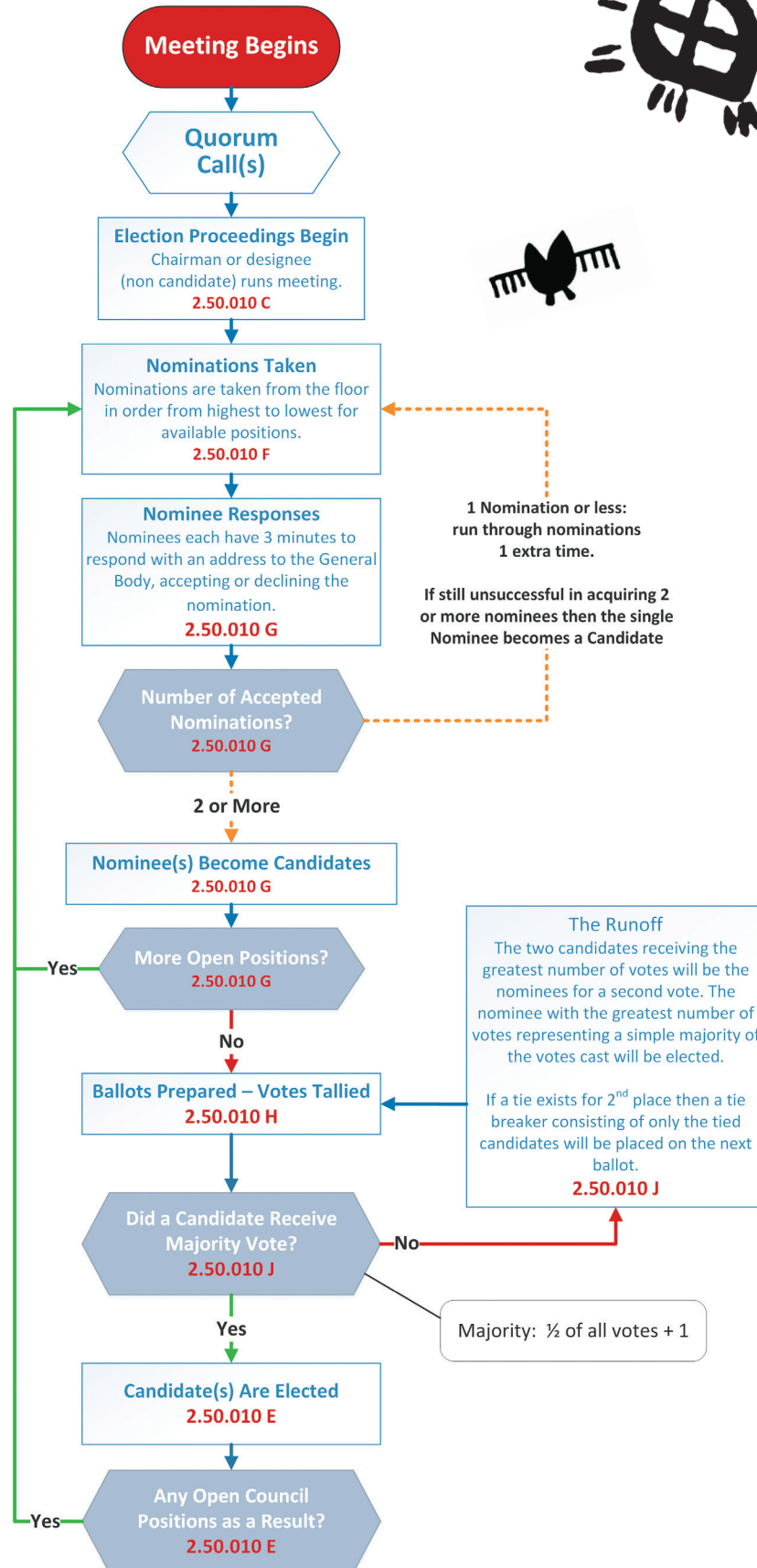
**TERM 3**  
Secretary  
Treasurer

**2.50.010 D**

When members are voting, the Meeting Facilitator will give a 5 minute and a 1 minute warning prior to closing the ballot box.  
**2.50.010 B & I**

Ballots are prepared for all positions and candidates. Time is allotted from those in attendance to vote. Votes are then tallied

If a voter has not signed in and voted by the time ballot box is closed, voter can not vote.  
**2.50.010 B**



Last Revised: 04/14/2016

Source:  
SITC Chapter 2.50.010 et seq.  
Adopted June 10, 2000  
Amended February 24, 2014





# FAMILY SERVICES



## Family Services Family Justice Services

Marcella Cooper, Family Justice Services Coordinator and Tribal Member Employee



Here is a flyer and contact information about the program and how to contact Marcella.

We also took time to ask Marcella a few questions about the job.

Q: Why do you do this work with our incarcerated brothers and sisters and assist when they are re-entering life outside?

A: "Honestly (laughter)? It's because I've been there. I hit my bottom. I know how it is. People deserve to get another chance. I got another chance. Plus, I like to help people."

Q: What would you want the community to know about Family Services?

A: "Our team is always able and willing. We go above and beyond to find a way to help."

*Thanks for your time and work, Marcella!*

## FAMILY JUSTICE PROGRAM SQUAXIN ISLAND FAMILY SERVICES

We are here to assist people with resources to to obtain self sufficiency to reduce risk of re-offending:

If you have been in the following: Prison, jail, substance abuse treatment and out-patient treatment.

Services provided: Personal advocacy, assisting with referrals, services to obtain emergency housing & transitional housing. Follow up contact, in person, telephone & written communications to offer client support & check on client progress with case plan. We can assist with clothing, food & gas vouchers. There is rent assistance & hygiene bags available. Assistance with job applications, resumes and cover letters to obtain employment.

This program is for Squaxin Island Tribal members & other tribes adjacent to the Squaxin Island Tribe.

Contact: Marcella Cooper Family Justice Services

MCOOPER@SQUAXIN.COM



360-432-3908 & 360-485-5150

*April 27<sup>th</sup> 2022*

# Denim Day

Respect  
Our  
BOUNDARIES

**Wear denim to protest all sexual violence & to remind that no clothing item can cause or is an excuse for sexual assault.**

#DenimDay  
#SAAM  
#RespectOurBoundaries



**Stop by the Squaxin Island Food Bank to get the conversation started!**

**Food Bank hours: Friday's 9am - 12pm & 1pm - 3pm**

Squaxin Island Food Bank

90 SE Klah Che Min Dr. Shelton, WA 98584

PH 360-432-3931





## Are YOU graduating this year?

We want to honor you!

Please take a couple of minutes to fill out this form and make sure to upload a photo of yourself - right above your name on the form.

It will be in the July Klah-Che-Min newsletter! Thank you and CONGRATS!!!

[https://squaxin.formstack.com/forms/2022\\_graduates](https://squaxin.formstack.com/forms/2022_graduates)

Squaxin  
Museum  
Presents

## GRADUATE BUTTON ROBE WORKSHOPS

We are offering individual family  
workshops to Squaxin families

Contact Ruth  
Whitener @  
360-432-3841 to  
reserve your spot

Material, sewing  
machines and all  
supplies will be  
provided

## Attention Hunters:

### TIME TO RETURN HUNTING TAGS

Please return your hunting tags to the Natural Resources Department as soon as possible. If you received tags and didn't harvest an animal we still need the unused tags returned.



The Natural Resources Department needs these tags to finish our annual harvest report. Thank You!

Questions contact:  
Joseph Peters  
[jcpeters@squaxin.us](mailto:jcpeters@squaxin.us)  
360-432-3813





## New Employees



**Tabatha Johnson**  
**Tribal Gaming Regulatory Agent**

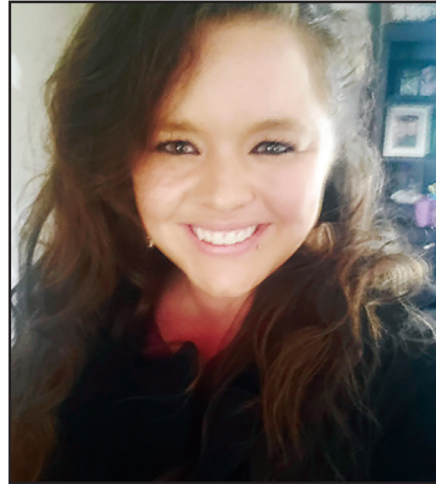
Hi, I'm beginning my journey with Tribal Gaming as a Regulatory Agent.

I have two amazing sons and three cats who all keep me busy and feeling young.

I've worked at LCCR for nearly four years.

I am excited to be part of a team and to get to enjoy a career dedicated to non-stop learning.

I look forward to meeting and working with you and learning new things every day.



**Trittany Heggie**  
**Domestic Violence (DV) Coordinator/  
Recovery Support Supervisor**

Hello, for the past five years I have been a Peer Support/ Network Developmental Specialist at Northwest Indian Treatment Center. I have worked closely with Alaskan Native and American Indian victims and/or survivors of domestic violence, sexual assault, dating violence, and human trafficking.

I enjoy connecting those in need with resources, including, but not limited to, housing, chemical dependency treatment, mental health and DV services, transportation, education, and employment.

Before entering the field, I received my BA in Children Studies with a Minor in Sociology. Then, later, I returned to school and became graduate certified in Addiction Studies.

Growing up in a home with substance abuse and domestic violence, I now work in this field to help educate and break the cycle for future generations.

I'm excited to continue to grow, not only as an individual, but with the Northwest Indian Treatment Center and the community under my new position as DV Coordinator/Recovery Support Supervisor.



**Erick Bussard**  
**Recovery Support Assistant  
Northwest Indian Treatment Center**

Hi, I'm a step-dad to a wonderful five year-old daughter and a first time dad to a soon to be one year-old daughter. I have lived in Grays Harbor for the majority of my 44 years. I am a Marine Corps veteran who served four years in the infantry. I have been a contracted Recovery Support Assistant with NWITC for over five years. I am a Recovery Coach and Recovery Coach Trainer, Agency Affiliated Counselor, Certified Peer Counselor and Peer Counselor Bridge Trainer. I am a person in long-term recovery from addiction.

After working with the team here at Northwest Indian Treatment Center for over five years as a contracted Recovery Support Assistant, I am very excited to officially join the Squaxin Island employee family. I look forward to hopefully being a part of growing/expanding our already great program. This is truly a very unique job that I am fairly certain I would not be able to find elsewhere.

I am grateful for the opportunity to serve the Squaxin Island Tribe as well as all the tribes of the Pacific Northwest. I look forward to the opportunity to continue using the skills and tools I have learned along the way to help others. I look forward to working with you all.



**Scott Voie sudp/bshs**  
**NWITC Counselor 3/4**

Hi, I have advanced my career at NWITC from a Counselor 2 to a Counselor 3/4.

I went to treatment here at NWITC in 2010 and came back as an intern in 2013. All of my professional training in trauma work came from NWITC. I achieved my Bachelor of Science in Human Service with an addictions certificate while working at NWITC.

The team at NWITC is a bonded family. The spirit this home has bonds us together so we can not only take care of the clients, but each other as well. I am very grateful for the opportunity to work at NWITC.

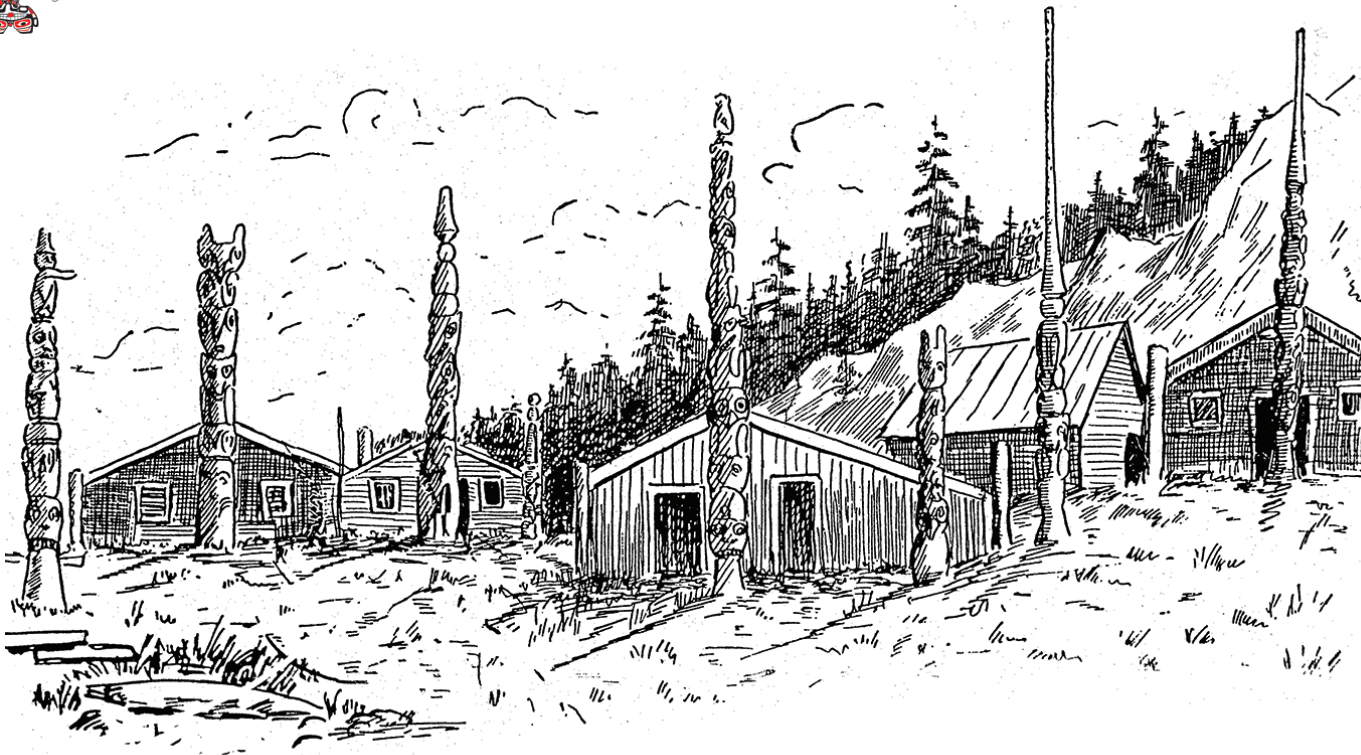
I look forward to the opportunities NWITC will bring my way. This place forever better the life of so many as well as my life!



Happy Spring







SQUAXIN ISLAND PARKS & REC

## GLOW- IN-THE-DARK EASTER EGG HUNT

WEDNESDAY, APRIL 6, 2022  
8:30-9:30PM  
AGES: 10-16 YEARS

COME JOIN US AT THE  
T'Peeksin Playground

If you have any questions, please contact  
Jerilynn: (360) 432-3992 or  
Brittney: (360) 432-3873



## SQUAXIN ISLAND PARKS & REC EASTER PARTY



SATURDAY, APRIL 9, 2022  
10AM - 12PM  
SQUAXIN GYM

JOIN US FOR  
LIGHT SNACKS & FAMILY KARAOKE

### EGG AGES:

0 - 4 Field at the Gym @ 10:15  
5 - 8 Squaxin Playground @ 10:35  
9 - 12 Tpeeksin Playground @ 10:55

Questions: Contact Brittney: (360) 432-3873 or  
Jerilynn: (360) 432-3992





Parks & Rec "Congrats Kasia!"

We want to give a BIG Congratulations to Kasia! She was one of three recipients of the Child and Adult Care Food Program Excellence Award for Washington State!!

The After-School Program, Summer Program, and Squaxin Island Child Development Center are all participants in the Child and Adult Care Food Program.

It's an honor for Kasia to have been selected!  
Kasia, thank you for all your hard work, dedication and everything you do!

Squaxin Island Tribe: Kasia Seymour

At the beginning of the pandemic Kasia Seymour was one of the staff who worked everyday in our emergency meal site. She prepped breakfast and cooked the lunches for the youth/teens in the Squaxin Island Tribal Community.



Squaxin Island Tribe  
People of the Water



Tu Ha' Buts Youth Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Spring Break: 8:30am-3pm	5 Spring Break: 8:30am-3pm Cheer Clinic: 10-11am	6 No Basketball Practice	7 Spring Break: 8:30am-3pm Dance: K-12 <sup>th</sup> @ 2pm-3pm	8 Spring Break: 8:30am-3pm No Basketball Practice
11 After-School Rec: 3pm-6pm Homework Help: 3pm-7pm	12 After-School Rec: 3pm-6pm Homework Help: 3pm-7pm Cheer Clinic: 6pm-7pm	13 BBall: 8 <sup>th</sup> -12 <sup>th</sup> : 4pm-5pm	14 After-School Rec: 3pm-6pm Homework Help: 3pm-7pm Dance: K-12 <sup>th</sup> @ 2pm-3pm	15 Tribal Holiday Closed
18 After-School Rec: 3pm-6pm Homework Help: 3pm-7pm	19 After-School Rec: 12pm-6pm Homework Help: 3pm-7pm No Cheer Clinic	20 BBall: 8 <sup>th</sup> -12 <sup>th</sup> : 4pm-5pm	21 After-School Rec: 3pm-6pm Homework Help: 3pm-7pm Dance: K-12 <sup>th</sup> @ 2pm-3pm	22 CLOSED for Art Walk
25 After-School Rec: 3pm-6pm Homework Help: 3pm-7pm	26 After-School Rec: 3pm-6pm Homework Help: 3pm-7pm No Cheer Clinic	27 BBall: 8 <sup>th</sup> -12 <sup>th</sup> : 4pm-5:30pm	28 After-School Rec: 3pm-6pm Homework Help: 3pm-7pm Dance: K-12 <sup>th</sup> @ 2pm-3pm	29 After-School Rec: 3pm-6pm BBall: K-7 <sup>th</sup> : 4:30pm-5:30pm
• <u>Pool is currently CLOSED due to Maintenance.</u>		<b>After-School Rec Program:</b> <ul style="list-style-type: none"><li>Early Snack is offered: 3pm-3:45 pm</li><li>Late Snack is offered: 4pm-4:45 pm</li></ul>		<b>Homework Helpers in the TLC</b> <ul style="list-style-type: none"><li>Monday, Tuesday and Thursday from 3pm-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. \*



## Parks and Rec Youth Program

Kasia Seymour and Kenna Acosta - Wow! March was filled with so much fun! Here's a recap of all our fun activities . . .

Thank you to all the youth and the families who came and shared your ideas for our summer R.O.O.T.S. day camp. We will be using those ideas to enhance your program this summer, so thank you!

On Tuesday, March 1st, we made cupcakes in a cone from the book, *Put Me in the Zoo*, a Dr. Seuss story. On Thursday, March 3rd, we made *Cat and the Hat* slushy drinks and on Friday, March 4th, we watched *The Lorax*, all to celebrate *Read Across America* and Dr. Seuss' birthday!

We celebrated Billy Frank, Jr. Day on Tuesday, March 8th, and Thursday, March 10th, by learning a little about his life and legacy while making medicine with Jerilynn. We had a mini slide show for the youth showing them Billy Frank, Jr., photos and historical images.

Our monthly and weekly drawing winners for March were Luke Rodriguez and Beau Henry Jr. Congratulations!

Early release days during March were fun. We were able to do some exciting activities, such as kickball, a very cool obstacle course, bread-in-a-bag, and kinetic sand!

Every Monday we will continue to learn about traditional medicines with Jerilynn and do activities relating to the plant of the month. In March, the kids learned how to make dandelion lattes and harvest Douglas fir tips to make infused water.

### Here is what we have upcoming in April:

April's plant focus is big leaf maple and salmon berries.

We're open during spring break this month April 4th - 8th from 8:30 a.m. - 3:00 p.m. We will be having a few trips to the T'peeksin and Skalapin parks and on Friday, April 8, we will be going to the movie theatre!! Please sign up and come hang out with us during spring break. To register your youth, contact Kasia, Jerilynn or Kenna (contact information below).

We kicked off our 2nd cheer clinic with Stephanie Conesa in March. Our girls are always excited for Tuesday's here at the Squaxin Recreation Center. Cheer clinic will be April 5th from 10:00 - 11:00 a.m. and on April 12th from 6:00 - 7:00 p.m. It's open for all Squaxin Island members and the community.

Our first dance class was with Maria Littlesun in March. We had a big turnout for the first dance class. The girls were excited to learn some dance moves. Maria is going to come up with a dance to the Encanto song *We Don't Talk about Bruno*. This month dance class will be April 7th from 2:00 - 3:00 p.m. and April 14th and 24th from 4:30 - 5:30 p.m.

Easter is almost here, and we are having an Easter celebration. The teen glow-in-the-dark Easter egg hunt will take place at 8:30 p.m. on Wednesday, April 6th, for ages 10-16. Also, our annual Easter egg hunt for ages 0-12 will be on Saturday, April 9th, from 10:00 a.m. - noon.

Super Summer R.O.O.T.S. sign-ups will be taking place in May, so keep an eye out for that!

Stay updated on upcoming events and activities on our Facebook page, Squaxin Island Parks and Recreation Dept. or join our Remind app! Text @ SquaxinRec to 81010.

Kasia Seymour, Youth Activities Lead  
(360) 432-3801 or kseymour@squaxin.us

Kenna Acosta, Youth Recreation Coordinator  
(360) 349-6414 or kacosta@squaxin.us



Squaxin Island Parks and Rec

## Spring Break Activities

April 4-8, 2022

8:30am-3:00pm

Monday, April 4th - Making Slime, Moccasins, Mini Moccasins and Playing at T'Peeksin Park

Tuesday, April 5th - Cooking with Dandelions, Nature Walk & Plant Bingo

Wednesday, April 6th - Canvas Painting, Playing Musical Chairs and Playing at Skalapin Park  
Thursday, April 7th - Making Mini Pizzas, Karaoke in the Gym and Playing at the Playground

Friday, April 8th - Field Trip: Movie at the Theatre, Snack and Free Choice When We Return.

To Register or For Any Questions Contact:

Kasia Seymour 360-432-3801

Jerilynn Vail 360-432-3992





## Ben Parker earns PhD in math

**Squaxin Island tribal member Benjamin Parker is one of a few Indigenous mathematicians in the U.S. who have completed the field's most advanced degree. He's the first to graduate with PhD in Math from Portland State University.**

Chris Aadland, Underscore.news and Indian Country Today - John Denver music and log cabin floor plans.

Those two escapes were among Benjamin Quanah Parker's go-to ways to relieve stress and decompress from the rigors of completing a Ph.D. in mathematical sciences.

Now, with a doctorate in hand and a good job, he can start building a future in which that log cabin becomes more of a reality than a daydream.

Ben, a member of the Squaxin Island Tribe and also Turtle Mountain Ojibwe, Cree, Shoshone-Bannock, successfully defended his dissertation — entitled “Error Propagation and Algorithmic Design of Contour Integral Eigensolvers with Applications to Fiber Optics” — in December to become the first Native American to earn a Ph.D. in mathematical sciences from Portland State University, joining a small but growing group of Indigenous mathematicians with doctorates in the U.S.

After graduating, Ben took a month off before beginning a job in early February as a software research and development engineer at Intel. Despite giving himself a month to readjust to life outside of academia — a self-care effort that included going to a Portland Trailblazers game and joining a fitness group — Ben said it still feels strange to be done with school after more than five years of working toward his Ph.D. and years of higher education before that.

“It’s actually still a little surreal and still sinking in,” he said. “This was kind of a long journey in the making.”

Ben 33, grew up in Washington and attended Dartmouth College for his undergraduate studies. He earned a master’s degree in New York, spending about six years on the East Coast. He wasn’t sure he wanted to continue in academia and returned to the Pacific Northwest for a couple of years to teach and work. Then he got an “itch” to get back into school because he missed research and solving problems “for fun” and decided to pursue a Ph.D.

In addition to daydreaming about his ideal log cabin, Ben unwound from the stress of his studies and kept motivated by sticking to a routine that included a balance between research and personal time, spending time at PSU’s Native American Student and Community Center and trying to compile a list of Indigenous people with doctorate degrees.

Ben then discovered that a website called Indigenous Mathematicians had recently done something similar by assembling a list of all Indigenous people with a Ph.D. specifically in math. Now Ben is among the 37 names nationwide — and the second added in 2021 — on that list. Another five are anticipated to graduate this year, with 56 projected by 2026.

Indigenous Mathematicians launched to give people like Ben a place to “connect, network, and inspire the next generation of Indigenous mathematicians” and to “share, narrate, and tell our stories on our journeys in math,” according to the website. The website hosted its first meeting, virtually, for Indigenous mathematicians last November.



Knowing that there are other Native Americans who have gone through the stress and challenges of completing a doctorate was reassuring, Ben said.

“It’s just that solidarity in the struggle,” he said. “It’s nice to know that other people have been through this and that they know what it’s like.”

Eventually, Ben said he’d like to help guide students like him in the future. For now, he wants to give himself some space to digest his experience.

Doctorates are different from other graduate degrees, according to Ben’s faculty advisor, Jay Gopalakrishnan. That’s because successfully completing a Ph.D. requires the student to contribute to the advancement of their chosen field. Math can be even more challenging because the student has to find a new solution to a problem.

Gopalakrishnan said Ben stood out because of his work ethic, efficiency and professionalism.

While Gopalakrishnan has advised eight other Ph.D. students, most of them from underrepresented backgrounds, he said there aren’t enough people from diverse backgrounds with advanced degrees in the math field despite

his and PSU’s emphasis on working with those students.

Gopalakrishnan, a mathematics professor at PSU who studies scientific computation, numerical analysis, and multigrid and fiber optics, said Ben had a closer connection to his family than other students he has mentored. For example, Ben’s family attended his first conference presentation even though they probably didn’t understand much of his work.

“I could see how important it was for them to see Ben succeed,” Gopalakrishnan said. “And Ben himself takes a lot of pleasure and satisfaction in seeing that he is appreciated among his community. That was something that I had not seen in other students.”

Gopalakrishnan said the experience helped him better understand how important Ben’s Indigenous heritage was to him and how close many families are in Native American communities.

Ben said his new job is tangentially related to his Ph.D. research, which involved lasers and fiber optics, but he will still need time to learn the “ins and outs.” He chose to go into the private sector because of a better balance between work and free time while still giving him the opportunity to conduct research and solve problems.

Ben still lives in southwest Portland and plans to stay in the Pacific Northwest. He would like to have a house someday where he could build a longhouse in the backyard and hopes to take language lessons to learn more of the Lushootseed language, as well as some Ojibwe.

He doesn’t know where yet, but he also wants to someday build that log cabin. He envisions it as a place where he “can go or get some quiet peace and respite,” along with family and friends. But no different than finishing his Ph.D., he said he’ll have to be patient for that dream to be realized.

“I haven’t even got my first paycheck yet, so I have to save up,” He said.

*This story is co-published by Underscore.news and Indian Country Today, a news partnership that covers Indigenous communities in the Pacific Northwest. Funding is provided in part by Meyer Memorial Trust.*

*Photos by Jes Abeita/Underscore.news*





## Bordeaux

Tamika Krise - This month has been great so far! As the kiddos wiggle their way to Spring Break, we have had fun, been inspired, and reached new goals. On March 2nd, we celebrated Dr. Suess day. There were some iconic looks, that's for sure.

Lastly, a big shout out to the following kids for having 100% attendance for the Month of February! We know how impossible it feels sometimes and we appreciate you kiddos for working hard and getting that education every-day! We had a lot of friends who were very close to 100%, keep it up guys!



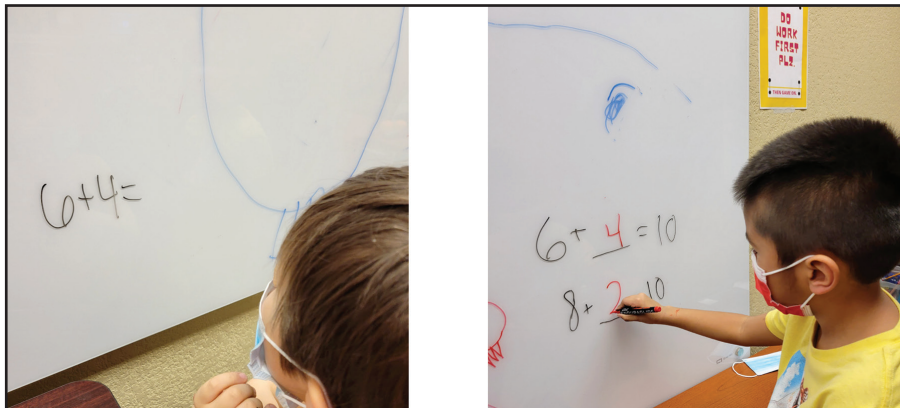
**Breezy Cooper-Bush** AKA "One Fish, Two Fish, Red Fish, Blue Fish"



On March 9th, we celebrated Billy Frank Jr. Day! The kids played BFJ trivia games, watched some informative videos, and colored some fish with an idea of how they could be like Billy Frank Jr. We have a river going in the hallway for the kids and staff to see all month long!



I also would like to say how much it joys us to see the kids come up to the Education Center for Homework Help! Whether it is educational games or even just practicing our numbers, we have a good time. Here are some of our kinders practicing their 10 facts.



Finn Dorland

Redwolf Krise

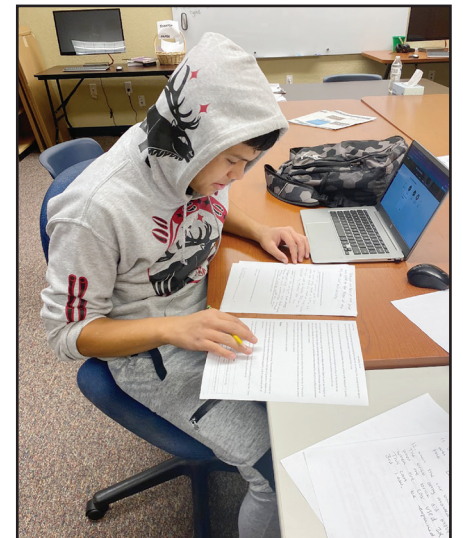
## A Round of Applause for:

Finn Dorland  
Ian Melton  
Olivia Henry  
Owen Dorland  
Gracelyn Wier



## Virtual Learning Center

Keesha Vigil-Snook -



## AM Student of the month

*Student of the Month* for our morning session is Keona Rocero. Keona has been working hard to stay on top of his schoolwork and is a very resilient student! We are so proud to see Keona and the determination he shows us every day. Keep it up, Keona, you rock!



## PM Student of the month

*Student of the Month* for our afternoon session is Alexis Wentworth. Alexis is working hard to finish up her classes and is always in the best mood. She encourages both our staff and her peers to always have a good day because her good vibes are contagious.





## Olympic Middle School

Kiana Garberich-Wily  
ACADEMIC:

It is not always easy to get up and show up each and every day, but these two students made sure to do just that every day, all day, all month long. A special shout out to Mason Ehler and Dominick Hartwell for getting to school every single day for the month of February! Way to be, guys. You set yourself up for success each and every day. Keep it up!

March was Womens' Month and, here in the OMS Native Ed room, we honored our missing murdered indigenous women. MMIW art was placed in the hallway and a poster of the statistics was put up. This was a means to help educate students and staff and bring awareness to this real-life problem that effects our women and people to this day. Another important day in March was Billy Frank, Jr. Day, March 9th. Kids spent time in their home rooms learning about the amazing things Billy Frank advocated for, the rights he helped maintain for natives and the positive ways his work impacted the salmon runs and habitats.

With spring and graduation season fast approaching, its quickly became that time of year to start thinking about and getting button blankets planned out. It came to my attention that many of our younger students are not familiar with button blankets so, here at OMS, we are helping to explain to the kids the significance and value of a button blanket. Our Native Ed teachers are working on a few button blanket activities that we'll do before the end of the year to build excitement and understanding about the honor of a button blanket. Talk to the kids in your lives and tell them what your button blanket means to you!

### SPORTS:

Our OMS girls basketball team has been killing it on the court. The girls ended the season with five wins and only two losses. The final game was against Pioneer leaving the spectators on the edge of their seats when the teams were neck and neck until the last second with Pioneer hitting a buzzer beater and taking the win by a single point. Carmela Valencia, Aliegha Johns, and Janelle Krise have been pushing hard and the coaches are proud of their attitudes in games and practices. Our girls have definitely earned their time on the court. Shout out to Janelle for getting elected Team Captain! Way to be team players, ladies!



COME & JOIN US FOR  
SPRING BREAK

## TEEN FILM CAMP

FILM MAKING WITH  
SKYBEAR MEDIA!  
April 4th- 8th  
11 AM-4PM  
Tu Ha' Buts Learning Center

Got an interest in videography? Ever wondered what all goes into film making? Want to try out a new hobby and skill?

Come join our film crew this spring break and gain a new experience and give back to your community all in once place!

Adrienne Amikobs Abigail Ootoova  
Amelia Sainnawap Barbra Shapwaykeesic  
Carolyn Connolly Cecilia Danahy Keesio  
Helyna Rivera Paula Joy Martin Shawna Taylor  
Daniella Zaagaa Teahowik Cileanna Taylor  
Jody Howard  
Arden Pepion Charlene Two Hearts Jane Jack  
Th  
Mac Morlon Sarah Mason Diane Medicine Horse  
Reborn Jean King Corinne Deili  
Viv  
Jody Howard Sandace Laforde Ashley Loring  
Breanna Spotted Eagle Shamaila Young Running  
Crahe Aarayah Quequesah Ashanti Thoma  
Petrina Lynn W  
Elan Bearo  
Quequesah  
Mary Peters  
Zena Fox  
Jaeliah Azura  
Terri Abraham  
Laura Piron  
Leanna Lawson

FOR WOMENS MONTH WE ARE  
HONORING  
MISSING & MURDERED  
INDIGENOUS WOMEN

## Shelton High School

Isabelle LeClair – Hello everybody! I am the new High School Advocate! I work at Shelton High School in the Native Ed room. As the high schoolers and I leapt into March, we tackled difficult finals, tryouts for spring sports, homework, jobs, and just being a teenager in a pandemic. It was a hard trimester for everybody. I am so proud of every student finishing the trimester!

Special shout out to Kiona Krise who, not only passed all of her classes, but also tried out for the Shelton High Climbers Fastpitch team. This was her first time ever trying out for a school sport and she made JV! I am so proud of her juggling a new sport along with keeping up with new material inside the classroom. Great work, Kiona, we look forward to cheering you on in the bleachers this fastpitch season!

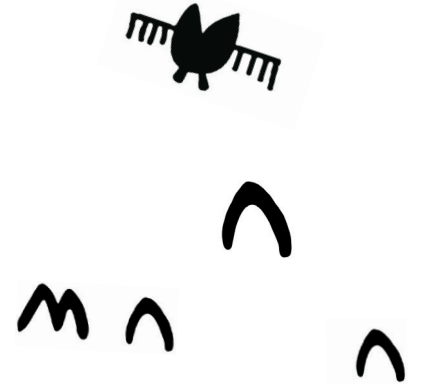






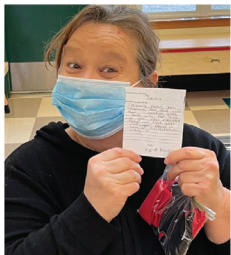
## Ravens

The Raven classroom has been investigating a black pipe. The children discovered that they can look through the pipe at each end. They figured out they can place objects into the pipe, but they first had to see what ones would fit by size. Exploring everyday items with no directions is a fantastic way to spark creative thinking and problem solving.



## Tree Frogs

The Tree Frogs took part in March 17th shenanigans with some colored foam exploration. Sensory play is important to brain development because it can strengthen sensory related synapses and brain function. Sensory experiences encourage the development of motor skills, supports language development, scientific thinking and problem solving. Plus, exploring the world with sensory is a blast!



### Teacher Jackie

knocked our socks off with the way she came up with creative ways to teach important life skills to the toddlers children in the Tree frog class room!

### Teacher Maryssa

knocked our socks off with the way she always keeps us on our toes and spreads her love to everyone!



### Teacher Savannah

knocked our socks off with the way she takes time to pay close attention to detail when it comes to Assessments for our River otter children!



### Teacher Angelina

knocked our socks off with the way she is always so welcoming and caring to staff children and families!



## Congrats Teachers

The butterfly is a powerful symbol of life representing endurance, change, hope and life. These are all very relevant thoughts for the time that we want to spread on this day!



## Earth Day Art Walk & Luminary Parade

### 4/22/2022

### 6:00-8:00



This community event is sponsored by: Squaxin Island Child Development Center and Squaxin Island Parks & Rec

For more info Contact:

Kelly Aho, Interim Coach and

Mentor, (360) 426-1390

Kaho@squaxin.us





## Planning and Community Development (PCD) Spotlight

The Utilities program is a critical function that provides the delivery of modern, sanitary, and safe fundamental infrastructure services to the entire Squaxin community and its enterprises.

The responsibilities of Squaxin Utilities include the proper operation, maintenance, and development of systems for electrical power, potable water, wastewater treatment, reuse water management, storm water control, and street maintenance, including snow and ice removal.

The Department of Planning and Community Development's Utilities team has launched a long-overdue upgrade and expansion of the wastewater treatment facility and related communications support systems. This major improvement project is just one element of a three-part expansion of the utilities infrastructure the Tribe is undertaking to increase the water and power resources needed for community and economic development.

### Accomplishments:

- Successfully operated the community water system - 24 hours a day, 365 days a year
- Successfully operated the community wastewater system - 24 hours a day, 365 days a year
- Participated in the planning process to expand the Tribe's water resources
- Provided technical and hands-on support to the wastewater program repair and modernization project
- Managed and repaired all community water meters

Our program employee's four (4) Squaxin Tribal members are developing a path to water treatment and operator certifications.

**Jeromy Meyer, Utilities Manager:** I have 10 years working in the maintenance and utilities program. Most of my life I worked in roofing, construction, and car repair. I have spent many years learning everything I can about water and wastewater management. I take every opportunity to camp and ride my side-by-side with my better half and our two dogs.

**Beau Henry, Lead Operator in Training:** I have worked with the Tribe for 12 years. Most of that time has been with the utilities program. I really enjoy working with the community and being able to help where I can. When I'm not working, I spend my time with family, hunting, fishing and diving.

**Alan Cooper, Utilities Operator Trainee:** I have 12 years working with the Tribe, three years with utilities. I enjoy hunting, fishing, and all the family time I can get.

**Casey Brown, Operator in Training:** I have in 13 wonderful years with Squaxin Island Tribe. Two years have been working with utilities. I am learning all I can and working towards becoming an Operator One in water management. Adventures with family, carving, fishing, and diving are some of the things I do in my time off.



L-R: Beau Henry, Jeromy Meyer, Alan Cooper, and Casey Brown

## Spring Into Action

### Home Maintenance Spring Checklist

- **Check** roof for missing, loose, or damaged shingles.
- **Check** chimney and roof vents for any nests and animal infestation.
- **Clean and inspect** gutters and downspouts.
- **Check and touch up** exterior paint.
- **Test** smoke and carbon dioxide alarms and change batteries.
- **Clean** debris from dryer lint trap and exhaust duct.
- **Remove** dead leaves and other debris around foundations, decks, porches, and stairs.
- **Check** grills for rust, worn parts, insects, grease, and other debris before use.
- **Use** grills at least 10 feet away from the house or any building.
- **Inspect** caulking and seams on doors and windows.
- **Check** for cracks or leaks around the foundation.
- **Drain and flush** sediment from water heater and check for leaks or corrosion.
- **Clean** ducts and filters on HVAC system.
- **Trim trees** that are touching or overhang the roof or gutters.
- **Power wash** vinyl siding.
- **Inspect** caulking around base of shower and sinks, scrape it out, and replace if needed.
- **Vacuum** under refrigerator and clean condenser coils.
- **Clean** kitchen and bathroom exhaust fans.



Connect with us for homeowner safety tips and other information [AMERIND.com](https://www.amerind.com)





Please keep an eye out on the Daily Scoop for upcoming RFPs (Request for Proposals) or check this webpage periodically:  
[squaxinland.org/community/request-for-proposals](http://squaxinland.org/community/request-for-proposals)  
**Updated March 29**

### **Attention Squaxin Island Tribal Homeowners**

## **Have you been financially impacted by Covid-19 (on or off reservation)?**

The Squaxin Island Tribe, Office of Housing, has applied for the Homeowner Assistance Fund (HAF) through the Department of Treasury and is waiting for approval on funding. We are accepting applications from Squaxin Island tribal homeowners (who live on- or off-reservation) who meet the following criteria:

1. You own the home, and it is your primary residence.
2. You have experienced financial hardship due to Covid-19 (after January 21, 2020) from one of the following:
  - Mortgage delinquencies
  - Foreclosure
  - Unpaid property tax
  - Past due utilities
  - Critical home repairs that would cause displacement
3. Your income falls at or below the following guidelines:

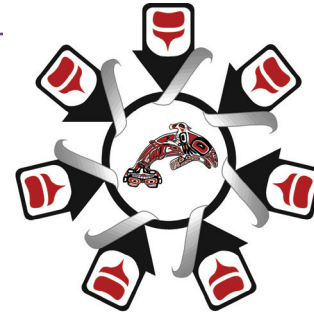
1 person (\$55,930 )	2 persons (\$63,920)
3 persons (\$71,910)	4 persons (\$79,900)
5 persons (\$86,292)	6 persons (\$92,684)
7 persons (\$99,076)	8 persons (\$105,468)

If you answer yes to all three questions, you may qualify for assistance through the HAF Program.

You may request a copy of the application from the contact list below.

If you have any questions or need assistance with the application, please contact:

Lisa Peters: [lpeters@squaxin.us](mailto:lpeters@squaxin.us) (360) 432-3871  
OR  
Liz Kuntz [lkuntz@squaxin.us](mailto:lkuntz@squaxin.us) (360) 432-3937



**Planning and Community Development  
invites qualified contractors to register with us.**

### **Register at:**

<http://www.squaxinland.org/contractor-registration>

### **Contact:**

Diane Deyette, Facilities Planner  
[ddeyette@squaxin.us](mailto:ddeyette@squaxin.us) or (360) 432-3833  
10 SE Squaxin Lane, Shelton, WA 98584

## **New QR Code Gives Easy Access to Mason Transit Schedules, Maps**

Mason Transit Authority customers now have a new way to find bus schedules and maps by using smartphones to scan QR codes posted on buses, in bus stop shelters, and, eventually, on bus stop signs along routes.

“The QR code makes it easier for people to get information. The code quickly takes you to route information, saving the time and frustration of online searching,” said Amy Asher, Mason Transit general manager.

To read a QR code, simply open the camera on your smartphone and hold the phone steady for a few seconds. The camera reads the QR code and prompts you to click on a web link. Older phones may require you to download a QR code reader from an app store.

The new QR code is clearly identified with the Mason Transit Authority logo.







## April is National Cancer Control Month

American Indian and Alaska Native people have some of the highest rates of getting certain cancers in the United States. What can you do to reduce your chances of cancer?

### Prevention

Screening is one of the most effective ways to detect pre-cancerous cells and provide early treatment. Some of the most easily screened cancers include:

- Breast Cancer: screening includes yearly mammograms for women ages 40 and older
- Cervical Cancer: screening includes Pap tests at least every three years for women ages 21 and older
- Colon and Rectal Cancer: screening includes colonoscopies for men and women age 50 and older

In addition to screening, vaccinations are available to help treat and prevent certain types of cancers. These cancer vaccinations work to prevent specific infectious agents that cause or contribute to the development of cancer. Following are FDA approved cancer vaccines:

- Gardasil or Cervarix: these vaccines are designed to protect women against certain strains of the cancer causing human papilloma virus (HPV)
- Hepatitis B Vaccine: this three-shot series given to children is designed to protect both men and women against the Hepatitis B virus, which can cause liver cancer
- Provenge: approved by the FDA in 2010, this vaccine helps to treat metastatic prostate cancer

Other clinical trials are being performed to help develop additional vaccines to treat more types of cancer.

Along with medical prevention, the most effective way to prevent some types of cancer involve these lifestyle changes:

1. Don't use tobacco products
2. Drink alcohol in moderation
3. Eat a healthy diet
4. Be physically active
5. Avoid overexposure to UV rays
6. Practice safe sex

Although cancer is one of the leading causes of death in the US, it is also one of the most easily preventable. Making an effort to protect your body and utilizing the available resources can help prevent a future cancer diagnosis, or even death.

SOURCE: Southeastern Medical Oncology Center, National Cancer Institute, CDC.gov

<https://www.cdc.gov/cancer>



## 5 WAYS YOU CAN REDUCE THE RISK OF COLORECTAL CANCER



**Quit smoking** and/or using other forms of tobacco, including chew and iq'mik.



**Exercise regularly.** Physical activity can reduce your risk of colorectal cancer by as much as 50%.



**Eat well and keep a healthy weight.** Discuss a diet and exercise that works for you with your provider.



**Limit alcohol consumption.** Drink more water.



**Get screened.** Screening is recommended for Alaska Native people age 40 and older, and all adults age 50 and older.



For more information about ANTHC's Cancer Program, visit [www.anthc.org/cancer](http://www.anthc.org/cancer)



## Baby's Dental Health

Submitted by Carly Goltiani, Registered Dental Hygienist, Squaxin Island Dental Clinic - Congratulations on your new addition!

As your baby starts teething, taking care of those little chompers are going to be very important.

Teething usually occurs around six months of age, but every child is different. However, it is also important to take care of Baby's mouth, even before teeth show up.

Did you know that 75% of American Indian/Alaska Native children 0-5 years old have tooth decay? Tooth decay is preventable. See below about what you can do.

Childhood tooth decay is the most common chronic infectious disease. Decay will usually begin as white, chalky areas along the gum line and then breakthrough to brown or black areas of decay. If left untreated, the teeth will begin to break. This can cause pain and difficulty eating and talking for the child.

The most common cause of childhood tooth decay is putting Baby to bed with a bottle or allowing them to drink from a bottle or sippy cup throughout the day that is filled with milk or any liquid containing sugars.

Eating too much sugary and sticky foods are a huge contributing factor to decay.

Being diligent and establishing a regular home care routine can help prevent cavities.

### Some tips to help prevent childhood tooth decay are:

**Practice Good Oral Care from the Start!** 0-36 Months: Gently use a cloth to clean baby's gums. Once teeth appear, use a soft baby toothbrush with a grain-of-rice sized smear of fluoride toothpaste to gently brush teeth. Do this morning and night each day. Increase time to two minutes each time after baby turns 12 months old. Children will need you to brush their teeth twice a day for many years.

**Never Put Baby to Bed with a Bottle or Use a Bottle/Sippy Cup as a Pacifier.** If absolutely necessary, then fill only with water. Offer a cup with water for your child starting at six months. Allow your child to practice so they will be ready to drink from a regular cup by their first birthday.

**Serve Juice at Meals Only or Not at All.** Diluting with at least 50% water is best. Also limit the amount of sticky or sugary foods given to Baby. Damaging sugars are in foods, such as cookies, crackers, chips, fruit snacks, etc.

**Make an Appointment for Baby's First Dental Visit Just before Age One.** If you have any concerns though, do not hesitate to make an earlier visit. Call the Squaxin Island Dental Clinic at (360) 432-3881.

Source:

<https://www.healthychildren.org/English/ages-stages/baby/teething-tooth-care/Pages/How-to-Prevent-Tooth-Decay-in-Your-Baby.aspx>



## Screening saves lives

Talk with your dental provider about getting screened for oral cancer

- ▶ An oral cancer screening can detect early signs of cancer
- ▶ Early detection is important. If found early 75% of people survive. If found late 20% survive
- ▶ During the screening, a dentist or hygienist will examine your face, neck, lips, tongue, mouth and the back of your throat for abnormalities
- ▶ The screening is quick, painless and is performed during your regular dental appointment
- ▶ If your dentist does not give an oral cancer screening at every visit, ask for one



@AMERICANINDIANCANCER /AMERICANINDIANCANCER @AICAF\_ORG

 **AmericanIndianCancer.org**

## 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.





## High Blood Pressure: The Silent Killer

### *These Blood Pressure Facts May Surprise You*

#### WHY?

High blood pressure is often called "the silent killer" because most people do not have symptoms of high blood pressure.

You probably know that high blood pressure places you at risk for heart attacks and strokes, but these blood pressure facts may surprise you..

- 1. Take blood pressure medication?:** If you take medication for your blood pressure, it is best to take it the same time each day. If needed, set up a system to remember. Check with your provider about what to do if you miss a pill.
- 2. High blood pressure and eyes:** Untreated high blood pressure can affect your eyesight and lead to eye disease.
- 3. High blood pressure and sex:** A link between high blood pressure and sexual problems has been proven in men. More detail : <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure-and-sex/art-20044209>
- 4. High blood pressure and memory:** Evidence suggests that high blood pressure increases the risk of mild cognitive impairment, dementia and even Alzheimer's disease.
- 5. More reasons to quit:** Smoking increases your blood pressure, damages your blood vessels, and raises your risk for stroke and heart disease. Check with your provider about options to help you quit.
- 6. High blood pressure and your kidneys:** High blood pressure can narrow and damage blood vessels in the kidneys. High blood pressure can make your kidneys worse. Over time, this can lead to kidney failure.

#### What can I do to prevent or manage high blood pressure?

In addition to medications, lifestyle changes listed below can help:

- Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Maintaining a healthy weight or losing extra pounds
- Not smoking
- Managing stress
- Following a healthy eating plan, including less sodium (salt) intake

Talk with your provider about your blood pressure goals and how often you should have your blood pressure checked.

#### SOURCES:

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/syc-20373410>

<https://www.health.harvard.edu/heart-health/blood-pressure-and-your-brain>

<https://www.cdc.gov/bloodpressure>

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



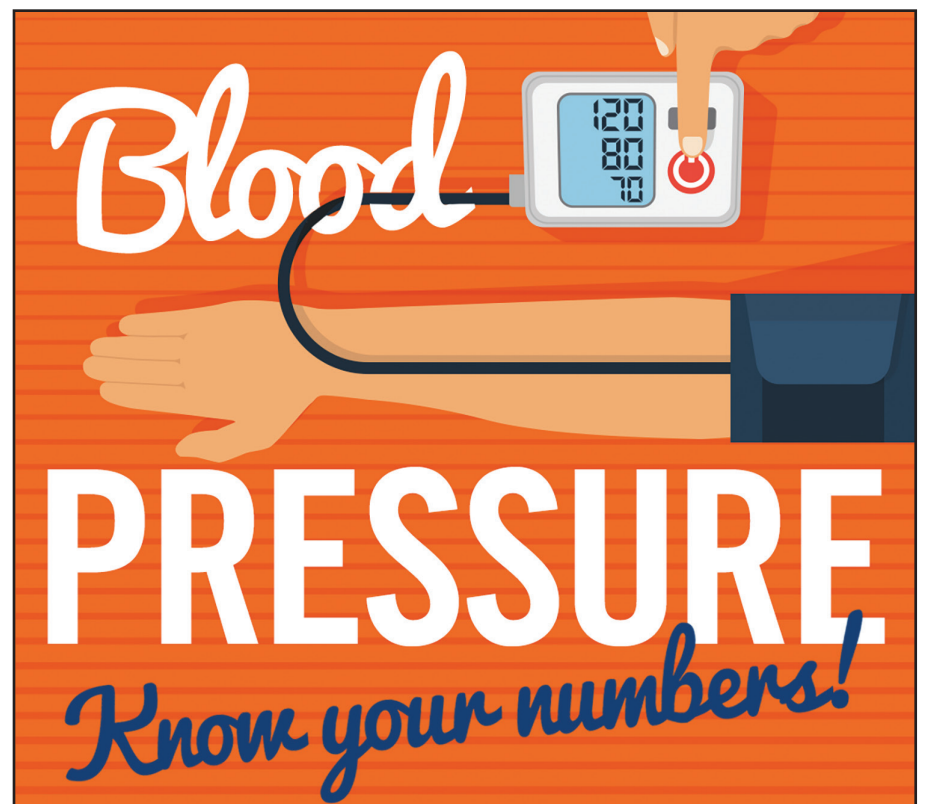
## TEAM UP to Reach Your Blood Pressure Target

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](http://www.diabetes.ihs.gov)







# HEALTH CLINIC



## Covid-19 Statistics

### Vaccinations

Feb. 15 - March 15

Vaccine	1st Dose	2nd Dose	Booster
Moderna	2	2	10
Pfizer (5-11 year-olds)	1	9	0
Pfizer (12 and up)	3	4	0
J&J	0	0	0

### Totals

Through Pandemic

1st Dose	2nd Dose	Booster
1,155	1,148	346

Fully Vaccinated	Vaccines Provided
2,303	2,649

### Tests

Feb. 15 - March 15

Positive	Negative	Total Tests
7	37	44

### Vaccine Status

Feb. 15 - March 15

	Non-Vaccinated	1 Dose	2 Doses	Boosted
Positive	2	0	2	3
Negative	17	2	9	9

### Vaccine Status Percentages

Feb. 15 - March 15

	Non-Vaccinated	1 Dose	2 Doses	Boosted
Positive	29%	0%	29%	43%
Negative	46%	5%	24%	24%

## Mammogram Clinic

Thursday, April 21, 2022

7:30 am to 3:30 pm



To schedule an appointment or if you have any questions regarding your eligibility please contact:

Traci Lopeman at (360) 432-3930.

Every Woman counts, please tell your Sisters, Daughters, Mothers and Friends to have a mammogram done yearly.

Beginning at age 40 Women should have a mammogram done yearly. Clinical breast exams should be done on a yearly basis by your medical provider. You should do your own monthly Breast Exams on a regular schedule.

Check in parking lot behind police station



National Breast and Cervical Cancer Early Detection Program



## Thank YOU! for getting vaccinated!

- Squaxin Island Tribal Council



## Need Help While You Isolate or Quarantine at Home?

**Care Connect**  
Washington

Supporting the people who stay home to stop COVID-19  
1 (800) 525-0127

How does it work?



4 Get Help



Groceries, Supplies, Finances

You qualify for Care Connect Washington assistance if:

- ✓ You tested positive for COVID-19 and are actively isolating
- Or
- ✓ You were exposed to someone who tested positive for COVID-19 and are actively quarantining

Visit [DOH.WA.GOV/Coronavirus](https://DOH.WA.GOV/Coronavirus) for more information. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov)



DOH 120-052 February 2022





## After School Snacks

### Ideas for Healthier Options

Check this source for more details:

After-School Snacks (for Parents) - Nemours KidsHealth

After-school snacks can take the edge off hunger and boost nutrition. Parents can help their children choose healthy after-school snacks while still leaving room for dinner.

### 1. Create a list of Healthy Options

When it comes to after-school snacks, make chips, sweets, and other treats the exception rather than the rule. Talk to your kids and make a list of healthy options together. Include a variety of fresh fruits and vegetables, whole grains, and protein foods. An occasional treat is fine, but serve healthy snacks most of the time.

### 2. Figure out the Timing

A child who gets home at 4:00 and eats a large snack probably won't be hungry if dinner is at 5:00. Instead, offer a light snack — perhaps a fruit or vegetable you'll serve at dinner — to take the edge off. On the other hand, it may not be reasonable to expect a child to wait until 7:30 with nothing to eat since lunch. Offer a fruit or vegetable, but pair it with a protein, like apples and peanut butter or veggies and hummus.

### 3. Make Healthy Snacks an Easy Choice

Kids are more likely to eat what's handy, especially when they are hungry. Make it easy to choose healthy after-school snacks. You can:

- Put healthy snacks out where kids can see them. Keep fruit on the counter and healthy items, like yogurt and cut-up vegetables, front and center in your fridge.
- Make healthy snacks ahead of time.
- Pack healthy snacks in lunchboxes or backpacks.

If you're at home after school, your child might enjoy making snacks together. Some kid-favorite creative snacks include:

- Ants on a log (celery topped with peanut butter and raisin "ants")
- Egg boats (hard-boiled egg wedges topped with a cheese sail)
- Fruit kabobs (pieces of fruit on skewers with yogurt for dipping)

Older kids may enjoy making smoothies, home-made trail mix, or popcorn sprinkled with parmesan cheese.



## top 10 ways to grow happy kids

1. Let them decide how much to eat.
2. Present healthy foods as "treats."
3. Offer water instead of juice.
4. Include a fruit and/or vegetable at each meal.
5. Serve low-fat milk to children over two.
6. Use mealtime to strengthen family ties.
7. Lead by example – "walk the talk."
8. Create activities – for you and them – every day.
9. Provide attention instead of food or the bottle.
10. Encourage and praise their efforts.





# COMMUNITY



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



**MONDAY 4:**  
Hamburgers, Chips, Macaroni Salad

**MONDAY 11:**  
Chalupas

**MONDAY 18:**  
Tuna Melts, Chips

**MONDAY 25:**  
Chicken Pot Pie

**TUESDAY 5:**  
Navy Bean Soup, Ham Sandwiches

**TUESDAY 12:**  
Italian Sausage Potato Soup  
Bread Sticks

**TUESDAY 19:**  
Pork Pozole, Tortillas

**TUESDAY 26:**  
Chili, Corn Bread

**WEDNESDAY 6:**  
Meatloaf, Mashed Potatoes w/Gravy,  
Mixed Veggies

**WEDNESDAY 13:**  
Pork Chops, Red Potatoes, Carrots

**WEDNESDAY 20:**  
Spaghetti, Corn, Garlic Toast

**WEDNESDAY 27:**  
Pizza

**THURSDAY 7:**  
Baked Potato Bar, Broccoli

**THURSDAY 14:**  
BBQ Ribs, Mac-N-Cheese,  
Baked Beans

**THURSDAY 21:**  
Chicken Strips, Fries

**THURSDAY 28:**  
Baked Chicken, Veggie Rice



## EMERGENCY

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

### SQUAXIN ISLAND TRIBE

## Non-Life Threatening Emergencies

**Emergency Operations Center  
(EOC) Hotline**  
(Information only - no voicemail)  
(360) 432-3947

**Community EOC Hotline**  
(Questions and voice mail message)  
(360) 443-8411

**Emergency Management  
Coordinator**  
(360) 443-8410

**Community Emergency  
Response Team (CERT)**  
(360) 426-5308

**Squaxin Police Department**  
Office Hours Monday - Friday 8:00-4:00  
(360) 432-3831

**PUD No. 3 Outage Hotline**  
(360) 426-8255

**Mason County Police  
Dispatch Non-Emergency**  
(360) 426-4441

**Mason County Fire  
Non-Emergency**  
(360) 426-3348

## PRESCRIPTION DRUG

### TAKE BACK BOX LOCATIONS



#### SHELTON

#### NEIL'S PHARMACY



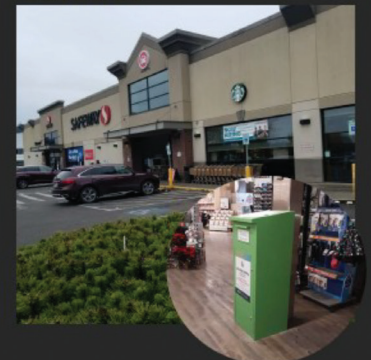
MASON GENERAL HOSPITAL



#### SHELTON PHARMACY



#### SAFEWAY







## COMMITTEES COMMISSIONS & BOARDS

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

1  
Colby Robert Smith  
Duane Arthur Cooper  
Famie Marie Mason  
Rene Andre Vigil  
Seattle Dee Morris

2  
Bentley Daniel Gray  
David Wayne Peters Sr.  
Kaitlyn Rose Niel

3  
Deborah Jean Knott  
Jacqueline Crenshaw  
Tamika May Krise

4  
Elizabeth Cooper-Campbell  
Janice Nadine Leach  
Joseph Nolan Harrell  
Kathy Ann Brandt  
Traci Jo Coffey  
Tyler D. Hartwell

5  
Matthew Volker Peters Block

6  
Chauncey Eagle Blueback

7  
Carolyn E. Hoosier  
Keesha R. Vigil-Snook  
Marie Elaine Snyder  
Michael W. Kruger  
Rolando Lewis Rocero

8  
Marcella Rease Cooper  
Mi'chelle Emily Mach  
Nolah Jean Cousins  
Rodney James Krise Jr.

9  
Alexander Henry Blueback  
Andie May Cousins  
Cheryl Lynn Hantel  
Juan Miguel Araiza  
Kiana Jean Henry  
Lila Mae Jacobs  
William Howard Henderson

10  
Joanna Lynn Cowling  
Kenneth Wayne Selvidge Jr.  
Lily Ana Naranjo-Johns

11  
Anisaia Manu-Saenz  
Talon Jacob Beattie  
Tseeka Myrtle Lee Ackerman

12  
Dorinda Evon Thein  
Elaine LeeAnn Roberts

13  
Allen Jovian Mosier  
Latiesha Marie Gonzales

14  
Debra Jean Peters  
Haelee Ana Hernandez-Smith  
James Leroy Peters  
Mary Josephine Mae Lewis

15  
Grace Elizabeth Pugel  
Lorena Lynn Porter

16  
Maria Guadalupe Coley  
Ronald Lawrence Schaefer

17  
April Ann Leonard  
Dena Mae Cools  
Skylehr Monroe Henry

18  
Brooke Belle Henry  
Daniel Edward Kuntz  
Douglas Wayne Johns  
Josiah Cruz Saenz-Garcia

19  
Dustin P. Greenwood  
Elisha R Peters-Guizzetti  
Sande Lee Smith III  
Trinity Richelle Byrd  
Walter Ray Hall

20  
Jolene R. Grover  
Louise Agnes Rioux  
Pamela Ann Peters  
Vicky Lee Turner

21  
Emily Denise Sigo  
Jon Kenneth Vanderwal  
Joshua Henry Brady Whitener  
Tracy Roy West  
Tyrone Seymour

22  
Randy William Koshiway  
Sarah Gloria Koshiway

23  
Rebecca Ray Keith  
Ronald Francis Bell  
Tristian Isaiah Villanueva

24  
Cameron Kyle Goodwin  
Syncere Van Ho

25  
Casey Adrian Krise  
Cynthia T. L. Parrott  
Dawn Marie Caasi  
Larain Rose Algea

26  
Bear Jon Lewis  
Chauncy Roger Blueback  
London Rain King  
Richard Montano III  
Russel Ramon Algea

27  
Becky Lynn Barker  
Standing Raven

28  
Anthony Del Johns  
Wesley Kyle Whitener

29  
Claudia Jeanette Josa-Meas  
Redwolf S. Krise



### 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**





## What's Happening

**Candidates Virtual Webinar**  
**Teens vs Exec Basketball Game**  
**Easter Party**  
**Glow-in-the-Dark Egg Hunt**

April 22 at 5:00 p.m.  
April 1 at 5:30 p.m.  
April 9 from 10:00 a.m. - Noon  
April 6 from 8:30 - 9:30 p.m.

### Court:

FAMILY COURT:  
CRIMINAL/CIVIL COURT:  
VULNERABLE ADULT COURT:  
(All in person subject to Covid-19 changes)

April 7th  
April 12th  
April 21st

**USDA FOODS**  
**WIC**


April 22  
April 12



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

If it is an  
**EMERGENCY**  
CALL 911





# ALMOST HUMAN

KISS TRIBUTE

Saturday **MAY 28TH**  
Doors Open | 7PM  
Show | 8PM

GENERAL ADMISSION TICKETS: **\$10** | SKOOKUM EVENT CENTER

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

**Little Means More!**

MUST BE 21 AND OLDER. SEE PLAYERS CLUB FOR MORE DETAILS



## APRIL SESSIONS

**FRIDAY APRIL 15TH**  
DAUBIN IN THE DARK  
8:30PM SESSION STARTS  
DOORS: 6PM - EARLY BIRDS: 8PM

**SATURDAY APRIL 16TH**  
DOORS: 11AM - EARLY BIRD: 1:30PM  
2PM SESSION STARTS

**SUNDAY APRIL 17TH**  
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.



# Happy Easter



South Puget Intertribal Planning Agency

## USDA Foods Program April Dates



PT. GAMBLE S'KLALLAM	4/5/22
SQUAXIN ISLAND	4/8/22
SKOKOMISH	4/13/22
NISQUALLY	4/15/22
CHEHALIS	4/22/22



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.



## 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., April 12, 2022  
We are continuing  
remote phone appointments  
through July 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.



## SICDC Early Head Start



## Now Accepting Applications for the 2022-2023 School Year!

PREGNANT TEENS & PARENTS OF INFANTS & TODDLERS (UP TO AGE 3) WITH DISABILITIES, IN FOSTER CARE, OR HOMELESS ARE ESPECIALLY ENCOURAGED TO APPLY.  
TRIBAL PREFERENCE IS GIVEN

\*Birth Certificate  
\*Proof of pregnancy  
(if applicable)

\*Proof of residency  
\*Proof of income

\*Current immunization  
record.  
\*Medical insurance card

\*Disability  
documentation  
(If applicable)



To Apply  
Call 360-426-1390  
Email kkrug@squaxin.us  
OR

Stop in at 3851 SE Old Olympic HWY Shelton Wa 98584  
All applications will be done interview style

## ECEAP PROVIDES



Preschool



Healthy meals  
and snacks



Health screenings



Family support

Free Quality preschool for Native  
American Children

Early Childhood Education and Assistance  
Program (ECEAP)

Native American Children  
May Be Eligible

- Who are 3 or 4 years old by August 31 or turning 3 during the school year and leaving Early Head Start:
- Are a family up to 100% state median income
  - Qualify for school district special education services
  - Enrolled Tribal member of a recognized tribe
  - Involvement in tribal or state child welfare services
  - Other factors

Squaxin Island Child Development Center  
3851 SE Old Olympic Hwy, Shelton Wa. 98584

(360) 426-1390