Removing barriers to fish under State Route 108 this summer

There have been changes to the work schedule for the WSDOT Fish Passage Improvement Projects on HWY 108

Anticipated mobilization and prep work will begin in August with full traffic revisions/closures anticipated in September.

Work to improve access to fish habitat in and around State Route 108 began in mid-July. The Walsh Group, a contractor working for the Washington State Department of Transportation, launched this effort to remove culverts that are barriers to fish. Fish-passable structures will replace the existing barriers.

During the first phase of the project, crews will focus on locations UNDER SR 108

Please note the following schedule has been updated. Both total closures on SR 108 were scheduled to occur during August. The total road closures have been rescheduled to September and October. This is due to critical materials needed to build the project not being available.

Travelers began to see a construction zone outside McCleary in mid-late July at milepost 5.5. This included daytime one-way alternating traffic.

Travelers can expect two separate around-the-clock closures on SR 108.

SEPTEMBER 5th - 19th
- Closure located at milepost 5.5 and 5.54 northeast of McCleary for around-the-clock construction at two unnamed tributaries to Skookum Creek
- Detour via US 101, SR 8, and SR 108

From 8:00 a.m. Tuesday, September 5th to 8:00 a.m. on Tuesday, September 19, this portion of SR 108 will close to all traffic.

LATE OCTOBER
- Around-the-clock closure between milepost 9.47 just west of Hurley Waldrip Road
- Roadway will be closed approaching an unnamed tributary to Skookum Creek
- Detour via US 101, SR 8, and SR 108
- WSDOT will announce the closure dates when they are scheduled.

2024
Remaining construction of a new bridge at Kamilche Creek (SR 108 milepost 9.47), McDonald Creek, and an unnamed Tributary to Skookum Creek will be completed in 2024.

What will replace existing culverts?
Current culverts are blocking habitat for salmon and steelhead and other aquatic species. WSDOT is removing them and replacing them with new fish-passable structures. During 2023, crews will install new concrete box culverts at MP 5.54 & 5.50 and install shafts for Kamilche Creek.

Get in, get out
The approach is considered “get in, get out.” The work is boiled down to short-term around-the-clock closures.

“We know this is an inconvenience for a lot of people,” said WSDOT Project Engineer Casey Fraisure. “Each around-the-clock closure will shorten the duration of the construction timeline and keep this project moving forward so we can remove these barriers to fish.”

Total closures reduce construction timelines and provide smaller environmental footprints. The approach will reduce construction inside well-established riparian habitats along the edge of the creeks.

Continued on Page 3
**Walking On . . .**

With great sadness, we announce the passing of Chris Sigo. In order to allow the family time to mourn, a full writeup about Chris will be postponed until the next issue of the Klah-Che-Min. Our heartfelt sympathy goes to his family and friends.

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**No-Cost Mental Health Services**

The Tribal Opioid Response team, along with the NPAHB, are offering no-cost, fully virtual substance use and mental health services to Indigenous individuals aged 15 years and older who live in WA, OR, or ID.

For information on how to access these services, visit: bit.ly/TORmentalhealth

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**Culture Night at the Museum**

Wednesdays
5:30pm

Join us for food & fun to celebrate Squaxin Culture
Fish Passage under State Route 108
Continued from Page 1

**What is a fish passage barrier?**
A fish passage barrier is anything that hinders fish from moving through a waterway. Culverts, which are generally large pipes beneath roadways, may allow water to flow but don’t always provide conditions that fish can swim through. The water that flows through culverts may block fish migration because the flow is too swift, too shallow, or has a waterfall into or out of the culvert.

The work is being done in compliance with the federal injunction about fish passage. In 2013, a federal court injunction required the state to significantly increase efforts to remove state-owned culverts that block habitat for salmon, bull trout, and steelhead by 2030. This project is part of the WSDOT injunction.

**Stay connected**
Construction schedules can change, and we want you to stay informed. More information is available on the project web page. The project webpage is available at wsdot.wa.gov and search: Kamilche.

Or scan the code to go to the website:

Travelers can get advance notification and real-time information on the WSDOT app and statewide travel map. Sign up for email updates for major roadwork on state highways in Mason County.

People can also call the project hotline at (564) 225-3289.

**Proposed work during 2024**
Next year, WSDOT plans to complete work on three remaining barriers to fish on SR 108. Work is also planned on US 101 near the Mason/Thurston County line. WSDOT will do the work when it will have the least impact on fish. This means mid-July through October is likely when most of the construction will happen. Work not happening in the water could take place outside that timeframe.

WSDOT will ask for feedback about the construction approach well in advance of any work during 2024.

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**Notice to the Community**

**Burn restrictions have increased!**

**EFFECTIVE IMMEDIATELY**
All recreational burning (campfires, outdoor cooking - including charcoal grills - and pleasure fires in concrete, rock, or steel rings) is prohibited!

This is a full ban on ALL fire types.

Per Tribal Code, Squaxin has adopted Mason County's burning restrictions for the safety of the Squaxin community.

Please be a good neighbor and keep us all safe!

Mason County Burn Ban Information:
masoncountywa.gov/community-services/fire-marshal/burn-restrictions.php
Happy Retirement Kevin Lyon and Sharon Haensley!!!
Thank you for your many years of service as Tribal Attorneys! You will be missed!

Calling all Squaxin Families!
Join us in celebration as we embark on a Huckleberry Harvest!
August 17–19th Cispus, WA
Whether you are an experienced harvester or new to this tradition, your presence and participation are invaluable.

Please express your interest and RSVP by July 31st to: Tribalgarden@squaxin.us. As there is great deal of coordination between several departments, having an accurate number helps with preparation.
Sarah Brown
*Clinic Receptionist*
Hi, my name is Sarah Brown, and I work in the Health Services Department as the Medical Receptionist.

My family has been working for the Tribe for some time, and I did the youth program.

I'm really excited to learn new things about this job and to get more experience while meeting and working with new coworkers.

I really look forward to working with everyone and am thankful to have this experience.

Jon Stordahl
*Finance*
Hi, my name is Jon and I work in the Finance Department. I look forward to seeing you around.

AJ Wier
Hi, my name is AJ Wier, and I work for the Family Services Department as the Receptionist. I am from the Cooper family and my parents are Lisa and Matthew Wier.

I attend Shelton High School and I just completed the 9th grade.

I look forward to working with you.

Alea Shea
Hi, my name is Alia Shea. I have been hired as a Child Development Center Classroom Assistant with the summer youth program.

I come from the Bagley family and the Henry family. My parents are Christina and Michael Henry.

I completed the 10th grade at Shelton High School.

I hope to have a nice summer working environment with you!

Alexia Snyder
Hi, my name is Alexia Snyder. My mom is Amber Gomez, and I come from the Bagley family. I attend Cedar High School and completed the 10th grade. I am looking forward to work.

Eva Rodriguez
Hi, my name is Eva, and I have been hired as a Cultural Apprentice. My parents are Rainey and Fernando. See you around.
Hi, my name is Anita. I am working in the garden for the summer youth program this year. My parents are a Wick and Moose LaClair. I am in the 21+ program and I’ve completed the 11th grade. See you around, I look forward to working with everyone.

Anita Peterson

Hi, my name is Ariana Salazar. I have been hired as a Fish Technician Trainee with the summer youth program. I come from the Johns family. My parents are Davina Braese and Mario Salazar. I completed 10th grade at Shelton High School. Hoyt

Ariana Salazar

Hi, my name is Arthur Barragan. I have been employed as a KTP Stocker with the summer youth program. My mom is Lettie Machado. I attend Shelton High School and completed the 10th grade. I look forward to working with you.

Arthur Barragan

Hi, my name is Benjamin. I work at the KTP as Stocker for the summer youth program. My parents are Ernesto Naranjo and Rachel Mae Johns. See you around.

Benjamin Naranjo-Johns

Hi, my name is Jason Longshore. I work at NR this year for Summer Youth. I come from the Krise family and my mom’s name is Jasmine Nelson. I attend the SHS and completed the 11th grade. I look forward to the experience.

Jason Longshore

Hi, my name is Josiah Perez. I have been hired as a Summer Roots Assistant for the summer youth program. I come from the Brown family. My mom is Jennifer Brown, and my real dad is Roy Perez. I go to Shelton High School and just completed the 9th grade. I look forward to working with you guys.

Josiah Perez
Human Resources

Summer Youth Employment

**Judah Thale**
Hi, my name is Judah Thale. I have been hired as a Summer Roots Assistant with the summer youth program. My parents are Erika and Tyler Thale. I come from the Krise family. I just completed the 9th grade at Capital High School.

**Lyla Wentworth**
Hi, my name is Lyla Wentworth. I have been hired as a Daycare Teacher’s Aide for the summer youth program. I come from the Bagley family. My parents are Kezia and Then Wentworth. I attend Shelton High School and just completed the 10th grade. I’m so excited to work with you and your team!

**Micah Masoner**
Hi, my name is Micah Masoner. I have been hired as a KTP Stocker with the summer youth program. My parents are Chastity Masoner and Bradley Tucker. I am home schooled and completed the 10th grade.

**Randy Koshiway**
Hi, my name is Randy Koshiway. I will be working at Natural Resources as a Fish Technician Trainee. My mother is Sally Scout and my father is Bob Koshiway. I attend Shelton High School and I just completed the 11th grade.

**Sophia Pinon**
Hi, my name is Sofia Pinon. I have been hired as a Legal Intern with the summer youth program. I am from the Henry/Cooper family. My parents are Patrick and Susan LaClair. I just finished my senior year of high school and sophomore year of college with my Associates degree. I look forward to working with the tribe!

**Trent Brown**
Hi, my name is Trent Brown. I my position is with Natural Resources for the summer youth program. I am from the Bagley family, and my mom’s name is Kristin Penn. I go to Choice High School and completed the 11th grade. I hope to work here again.
Human Resources

Summer Youth Employment

Adarius Coley
Hi, my name is Adarius Coley. I have been hired at NR as a Fish Tech Trainee for the summer youth program.
My parents are Theresa Sanchez and Clinton Coley.
I attend online school and just completed my junior year.

Ana Pinon
Hi, my name is Ana Pinon. My position is Summer Roots Program Assistant with the summer youth program.
I come from the Henry and Cooper family. My parents are Wicket McFarlane LaClair and Jeffrey Pinon.

Syncere Ho
Hi, my name is Syncere Ho. I have been hired as a Summer Roots Program Assistant for the summer youth program.
My parents are Niki Ho and Steven Ho.
I attend Capital High School and just finished the 10th grade.
I look forward to work.

Shea Peters
Hi, my name is Shae Peters. I have been hired as a Summer Roots Assistant with the summer youth program.
I come from the Peters family.
My parents are Kristopher and Brandy Peters.
I go to Capital High School, and I just completed the 11th grade.
See you around!

Tanalee Mendoza
Hi, my name is Tanalee Mendoza. I have been hired as a Summer Roots Mendoza. I have been hired as a Summer Roots Assistant with the summer youth program.
I come from the Johns and Henry families. My mom is Davina Brease and my grandma is Tonya Henry.
I attend Shelton High School and completed the 11th grade.
Love You, Bye
HOYT

Emma Sparr
Hi, my name is Emma Sparr. I have been hired as a Child Development Center Classroom Assistant for the summer youth program.
My parents are Janita and Jermaine Raham.
I just completed the 9th grade at Shelton High School.
See you around.
Human Resources

Summer Youth Employment

Aiyanna Krise
Hi, my name is Aiyanna Krise. I have been hired as a Summer Roots Assistant for the summer youth program. I come from the Krise family. My parents are John Krise II and Shayla Wilkins. I attend Shelton High School and completed the 10th grade. How you doin??

Alys Meyer
Hi, my name is Alys Meyer. I will be working as a Summer Roots Assistant for the summer youth program. My parents are Jeromy Meyer and Stephanie Hodkinson. I attend Shelton High School and completed my junior year. I look forward to working with you all!

Grace Pugel
Hi, my name is Grace Pugel. I have been hired as a Cultural Apprentice for the museum. My parents are Juanita Algea and Anton Pugel. My grandmother is Rose Davis. I graduated from Cedar High School this year.

Kly Meas
Hi, my name is Kly Meas. I work with the Housing Department for the summer youth program. My mother’s name is Talia Roy. I am from Chehalis. I go to River Ridge High School, and I am in the 11th grade. I look forward to working with the Squaxin Island Tribe.

Not Pictured

Employment Opportunities: squaxinisland.org

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

Squaxin Island Tribe
Behavioral Health Outpatient Services

Business Hours
Monday - Friday
8:30 am - 5:00 pm
360-426-1582

Squaxin Island Tribe
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Human Resources

Stepping Stones

Kassidy Burrow
Hi, my name is Kassidy Burrow. I have been hired as a Stepping Stones Mentor with the summer youth program.
My mother is Kimberli Burrow Elam.
I attend Shelton High School and just completed the 11th grade.
I look forward to working with other adults and the youth.

Deanna Hawks
Hi, my name is Deanna Hawks. I have been hired as a Stepping Stones Mentor.
I am the daughter of Beverly Hawks and Levi Henry and Chris Furtado. I come from the Henry and Krise family of Squaxin and also the Mesple side of the Yakima.
I am super excited to work with the teams and other Mentors. I’ve always had fun working in the sun with the youth. I’m looking forward to the summer with the teens in Stepping Stones.

Tayla Logan
Hi, my name is Tayla Vigil Logan. I have been hired as a Stepping Stones Mentor with the summer youth program. I am the daughter of Beverly Hawks and Levi Henry and Chris Furtado. I come from the Henry and Krise family of Squaxin and also the Mesple side of the Yakima. I am super excited to work with the teams and other Mentors. I’ve always had fun working in the sun with the youth. I’m looking forward to the summer with the teens in Stepping Stones.

Raiatea Villanueva
Hi, my name is Raiatea Villanueva. I have been hired as a Stepping Stones Mentor with the summer youth program.
I come from the Lewis family, and my mom was Chastity Villanueva and my grandmother was Katherine Lewis.
I just finished the 11th grade at Shelton High School.
I look forward to working with the youth this year.

Deanna Hawks
Hi, my name is Deanna Hawks. I have been hired as a Stepping Stones Mentor.
I am the daughter of Beverly Hawks and Levi Henry and Chris Furtado. I come from the Henry and Krise family of Squaxin and also the Mesple side of the Yakima.
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I come from the Lewis family, and my mom was Chastity Villanueva and my grandmother was Katherine Lewis.
I just finished the 11th grade at Shelton High School.
I look forward to working with the youth this year.
Salish Roots Garden

Fresh produce from Salish Roots Farm is available for free every Thursday from 3:00 p.m. - 5:00 p.m. on Klah-Che-Min Drive. Community volunteer days at the farm are every Tuesday from 9:00 a.m. - 3:00 p.m. Contact tribalgarden@squaxin.us for info!
What’s happening at the Creek

- Seahawks/Tailgate Earn & Get – Saturdays and Sundays earn 1,500 tier points from 8:00 a.m. to 9:00 p.m. to receive a gift each promotional week! Gifts change each week, so play to earn the full collection during the month of August!

- Crumbl Cookies are moving to Tuesday! Seniors 50+ can claim their cookie voucher from 10:00 a.m. to 10:00 p.m. each Tuesday. There will be three winners of $250 in free play at 6:00 p.m. and one winner of $1000 cash at 7:00 p.m!

- Wednesday’s are cash drawings where it pays to be a resort rewards member! These Rapid Fire drawings award prize amounts based on tier level up to $1,000 for gold members. Drawings are at 1:00 p.m., 3:00 p.m., 5:00 p.m., 7:00 p.m., and 9:00 p.m.

- Thursday’s will be Guy’s Night Out! $1000 cash drawings at 1:00 p.m., 3:00 p.m., 5:00 p.m., 7:00 p.m., and 9:00 p.m. … Guys will win double the prize if drawn!

- It pays to play table games this August! Earn 750 points on table games from 11:00 a.m. to 5:00p.m. on Fridays and Sundays to receive a $15 dining voucher and an entry for a 6:00 p.m. drawing to win $500 in cash!

Upcoming Entertainment
Ginuwine and Tone Loc      August 12th | 8pm
Foreigner                  September 23rd | 8pm

Other Exciting News

One Cart
Visit the "Book Now" button on the homepage of the Little Creek Casino Resort website to visit our One Cart platform! Here guests can make hotel reservations, book a tee time for golf, and make a reservation for the spa. Now you can also make a reservation at the Island Grille, all in one cart!

Salish Cliffs News
Salish Cliffs is continuing with the course maintenance and bunker renovations throughout the month.

Salish Cliffs will continue two promotions:
- Monday’s will be Ladies Wine and Nine. Play nine holes of golf, enjoy a glass of wine, and participate in a golf clinic for only $50. Tee times are required to reserve in advance!

- Thursday’s are reserved for Beer, Brat and Shot! On now through August 31st, for only $60, play 9 holes of golf, have a beer…a brat…and a shot! Again, reservations are required, so book in advance!

Starlight
Starlight remains closed, but is in the final stages of construction. Management/operations has started furnishing the space. Fixtures are up and a grand opening announcement is coming soon!

Little Creek Casino Mobile App
The resort officially launched an enhanced mobile app in May. The app showcases the dining venues, and Salish Cliffs and Seven Inlets Spa. It also allows a direct link to make a reservation or tee time! Resort reward members can also log into their players club account to view their tier status, see their resort points, and checkout the current promotions.

Download in the Google or Apple Play stores today!

Administration Building
Select departments are excitedly awaiting the start of the administration building project! Once complete, this space will be home to marketing, tribal gaming, human resources, and finance, just to name a few. This will open valuable space on the resort property for guest amenities while creating efficiencies within departments and improving interdepartmental communications.

Tower 2 Hotel Refresh
Finishes for the refresh are in the review process and the remodel will start after the New Year.
Interested in bringing CERT back to Squaxin?

Want to brush up on some skills or learn something new?

Andrew Allen Johnson
Aj is the son of Erik Johnson and the late Amber Depoe; the stepson of Wendy Johnson; the grandson of the late Bruce A. Johnson and Dorothy Johnson (Krise); and the great-great-grandson of Andrew Swan Krise, for whom Andrew Johnson was almost born on his birthday.

As a former Squaxin Child Development Center participant, Andrew is now a Tacoma Online 8th grade 2023 graduate!

Aj (Andrew) was a key batter for the Sound View Sonics Majors Baseball Tacoma Travel Team Champions.

In the fall, Aj will be attending Mt. Tahoma High School in Tacoma, Washington home of the Thunderbirds.

Congratulations Aj!
We are all so proud of you!

Ava Swan Johnson
Ava is the daughter of Erik Johnson and Wendy Johnson (Brown); the granddaughter of the late Bruce A. Johnson and Lana Fye (McInelly); the great-granddaughter of Woodrow A. Johnson and Dorothy Johnson (Krise); and the great-great-granddaughter of Andrew Swan Krise.

Ava is a Birney Elementary preschool 2023 graduate!!

Ava will continue attending Birney Elementary when she starts Kindergarten this fall. She has participated in some ballet classes earlier in the year.

This Summer she has been enjoying nature camps, playing T-ball and swimming with her brothers, Jack Brown and Andrew Johnson.

Congratulations Ava!
We are all so proud of you!
Summer fun is in full swing!
The first day of Summer R.O.O.T.S was a big hit.

We had the first ever welcoming celebration on July 5th. Youth came to meet their group leaders for the first time and got to play in the bubble pit, throw basketballs (basketball camp with SPSCC), and play some inflatable games.

The first official day was July 6th. The youth were placed in multi-age groups this year and were introduced to their new group mates.

Youth will be swimming Tuesdays, Wednesdays and Thursdays. The first half of the groups swim 10:30 a.m. to 11:35 a.m. and the second half go 1:00 p.m. to 2:35 p.m. Please make sure to send swim suits and towels as we don’t provide these items. Thank you.

We cannot wait for some more fun and amazing summer time memories, so please stay tuned…

If you have any questions or need assistance, please feel free to contact:
Kasia Seymour  Kseymour@squaxin.us  (360) 432-3801
Kenna Krise  Kekrise@squaxin.us  (360) 432-3958
Sara Naranjo  Snaranjo@squaxin.us  (360) 432-3992
Learning Center
**Stepping Stones**

Hello Squaxin Fam!

This summer has been filled with much fun and learning for our Stepping Stones program. The teens have been working hard creating their own regalia and paddles to prepare for Canoe Journey. Watching the teens find themselves in what they like to do has been such a blessing. So many have become natural weavers, making such beautiful regalia! Others have been drawn to making awe-some paddles, and there are so many talented beaders.

I also want to give a shout-out and put my hands up to our AMAZING teachers . . . Andrea Wilbur-Sigo and Taylor Krise have been so good to the teens, sharing their knowledge, talents, and stories. We couldn’t have done it without them.

We also want to thank the Mason County Sheriff Department’s Deputy Collenson for helping us with cold water training. The youth capsized their canoe and learned it is not as easy as it looks to get back in and paddle! These youth are learning things they are going to carry with them for the rest of their lives. Next it’s Canoe Journey!

Keesha Vigil
kvigilsnook@squaxin.us
Learning Center

Lolyta working hard on her paddle

Nyelli creating her paddle

Grace, Benito, Kye, Olivia, and Hayden with creative drum painting ideas

Kye working on regalia

William, Taehani and Raiatea enjoying the day!
Cedar Tree Bark Stripping Demonstration

Squaxin Island Child Development Center recently witnessed an on-site cedar stripping demonstration. The demonstration held profound significance as it aimed to honor a cedar tree that will be lost due to the Center’s repairs and building expansion - with the approval from the community’s leadership. During the demonstration, the preschool students participated in expressing gratitude and respect to the cedar tree. It was an opportunity for our students to witness firsthand the sacred act of thanking the tree and learning about its significance in Squaxin culture. The teachings imparted by Vince Henry, Sr., Tully Kruger, and Vicki Kruger offered the children a profound connection to their heritage and the natural world around them. For generations, this majestic tree has been deeply intertwined with the lives of indigenous communities, providing invaluable resources and teachings.

The cedar stripping demonstration served as a reminder of the importance of preserving these ancestral traditions for the next generation. As the cedar tree holds a special place in the hearts of the community, the Center staff and leadership decided to utilize the majority of the tree in a meaningful and sustainable manner. SICDC plans to create salmon habitats in the nearby creek with the top of the tree, reflecting the Tribe’s commitment to protecting their sacred waters. Additionally, parts of the tree will be used to build a traditional canoe and paddles, allowing the students to further engage with Salish teachings. As the cedar tree lives on through various projects, the spirit of the tree will continue to touch the lives of the children and the community as a whole.
Canoe Journey

Here are just a few of the photos from the beginning of the Journey. Jeremie Walls/Kamilche Adventures provided rides for Elders and took great care of them - see the beautiful food tray he provided below. Stay tuned for more photos and information next month.
Summer Foods
Summer is a wonderful time to get outside and enjoy the warm weather. It’s also the time to enjoy all the fresh fruit and vegetables that are in season. By eating with the seasons, you can enjoy food at its peak of flavor and nutrition. Eating in-season is also more sustainable, allowing us to buy locally grown produce - which can be more economical - and it also tends to be healthier.

Here are a few easy ways to add summer fruits and veggies to your diet:
- Keep a bowl of fresh, clean fruit in an easily accessible place for ‘grab and go’ snacks.
- Slice some fruit or cucumbers and throw it in your water bottle.
- Make a peanut butter and berries or peach sandwich instead of using jam, just about any fresh fruit will work.
- Grill some veggies with olive oil and garlic or sprinkle pineapple, peach or even watermelon slices with cinnamon or ginger and grill.
- Freeze seedless grapes or berries for a cool treat or make some fruit popsicles:

Fro-Yo Fruit Popsicles
- Any fruit (fresh or frozen) chopped into small pieces
- Vanilla Greek yogurt

In a popsicle tray, scoop in the Greek yogurt adding a generous amount of fruit. Place the tray into freezer and let sit for a couple of hours until hardened. To serve, run the popsicle mold under lukewarm water for a few seconds to loosen up the popsicles. Now, carefully wiggle the mold stick to let the fruity popsicle slide out effortlessly! If you prefer a smoother consistency, put ingredients in blender first and whip together before scooping into the molds.

Salad, although nutritious, can be boring. Get creative by adding different veggies or tossing in some berries.

This recipe mixes together the best of summer fruit and veggies.
STONE FRUIT, TOMATO AND CUCUMBER SALAD
- 2 small peaches, pitted and diced
- 2 large plums, pitted and diced
- 1 stalk celery, sliced
- 1 cup cherry tomatoes, halved
- 1 cup cherries, pitted and halved
- 1/2 English cucumber, diced
- 1/4 serrano pepper, very thinly sliced
- 1/2 teaspoon sea salt, plus more to taste
- 1/4 teaspoon freshly ground black pepper, plus more to taste
- 2 tablespoons extra virgin olive oil, plus more to taste
- 1 teaspoon apple cider vinegar
- 2 tablespoons chopped fresh mint or chives, or a combination

In a large bowl, combine the peaches, plums, celery, tomatoes, cherries, cucumber, and serrano pepper. Season with salt and black pepper and gently stir to combine. Set aside for 5 to 10 minutes. The salt will start to pull juices from the fruit and vegetables. Drizzle in the olive oil, apple cider vinegar, and add the herbs. Stir to combine. Taste and adjust for seasoning with salt, black pepper, and olive oil. Spoon onto a serving plate and garnish with herb leaves.

Salsas lend themselves well to a variety of different fruits. Salsas can liven up grilled meats and fish, pair well with eggs and can even be used as a substitute for salad dressing.

Salsa can be made with different fruit, like this:
WATERMELON - PINEAPPLE SALSA:
- 2 cups seedless watermelon (chopped)
- 8 ounces pineapple (unsweetened crushed, drained)
- 1/4 cup sweet onion (chopped)
- 1/4 cup fresh minced cilantro (can substitute parsley)
- 3 tablespoons orange juice
- 1 small jalapeño pepper
  (adjust to create mild, medium, or hot salsa)

Refrigerate 1 hour before serving.

Besides being delicious, fruit can prevent someone with a sweet tooth from reaching for a candy bar or other foods with low nutritional value. So go ahead and enjoy some seasonal fresh foods today!

Energy Drinks and Your Teeth
As the days get longer and hotter, energy drinks, soda, and sports drinks can be a tasty and satisfying way to hydrate and energize. But if you find yourself regularly consuming one or more of these types of drinks each day, you may have noticed chalky, white areas on your teeth or perhaps your teeth have become extra sensitive to sugar, cold, heat or pressure. These can be warning signs that the enamel on your teeth is becoming demineralized and eroded.

The damage sports and energy drinks can do to your teeth is considerable because they are extremely high in sugar and citric acid. They usually contain 4-8 teaspoons of sugar per cup. Still, the main reason these drinks are so damaging to your teeth are because they are extremely acidic. The average pH of energy drinks is 1.5-3.3 while a healthy mouth has a pH of 6.2-7.6. That is pretty much like giving your teeth an acid bath. The acid breaks down the enamel that surrounds your teeth and protects them. This puts you at higher risk of cavities and gum disease. Even switching to sugar-free will not protect your teeth from the acid erosion.

What can you do?
Ideally stop drinking energy drinks, soda, and sports drink altogether or minimize the amount you consume. Switch to drinking water, smoothies, protein shakes, green tea, or green juices.

Do not sip on energy drinks over a long period of time. Consume quickly and with food. Eating cheese, yogurt, or other dairy products after energy drinks will help to neutralize the acid.

Do not brush your teeth right before or after drinking an energy drink to avoid eroding your enamel further. Chew sugarless gum to stimulate more saliva flow to help protect your teeth. When you do brush, use a fluoridated toothpaste.

Do not consume before bedtime. Your saliva protects your teeth and salivary production goes down when you sleep.

Be sure to visit your dental office for regular cleanings and dental treatment. Don’t wait until your teeth hurt to try to make an appointment. Call (360) 432-3881 to schedule a check-up and cleaning.
Health and Human Services

Thank You Color Run Participants

TRIBAL MEMBER SERVICES
Jaclyn Meyer, Coordinator

Purchase Orders
- Call and tell us when, where and what the appointment is for.
- The referral must be made by one of our providers or the hospital.
- Please verify you have a purchase order before your appointment.
- Provide your PO number when you check in to your appointment.

They sent me a bill!!!
Send it over to us ASAP!!!
You may receive bills for ambulance, labs, radiology, specialists, & doctors separately.

Contact Info
Here are all the ways you can contact me:
- jmeyers@squaxin.us
- (360) 432-3922
- www.squaxinisland.org

Emergencies
- Notify the ER clerk that you are covered by Squaxin Island Tribal Health
- Call us within 72 hours (3 days).
- Let us know where you went!
- Did you go by ambulance?
- Date you checked in and out,
- What was the reason for the emergency visit?

Mammogram Bus Dates
- August 29, 2023
- September 26, 2023

Contact Clare!
360-432-3930
Happy Birthday!
The Foster family needs assistance on August 28th in saying happy birthday to Rhonda Foster. If everyone can take a few moments out of their day and tell her happy birthday, it would be greatly appreciated. Happy birthday Rhonda!
- Love your husband, four kids and five grandkids.
Community

What's Happening

1st Salmon Ceremony: August 8 Port Blakely prop.
Huckleberry Harvest: August 17-19, Cispus
Grand Opening Elevation and TTP: August 19, Tumwater

Mammogram Bus: August 29

Court:
Family Court: August 3
Criminal/Civil Court: August 8
Vulnerable Adult Court: August 17

WIC
USDA
August 8
August 9

South Puget Intertribal Planning Agency

USDA Foods Program
August Dates

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
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<tbody>
<tr>
<td>PT. GAMBLE S’KLALLAM</td>
<td>8/4/23</td>
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<tr>
<td>SQUAXIN ISLAND</td>
<td>8/9/23</td>
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<td>SKOKOMISH</td>
<td>8/11/23</td>
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<td>CHEHALIS</td>
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<td>NISQUALY</td>
<td>8/29/23</td>
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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.

Elders Menu . . . Fruit and salad at every meal

MONDAY 7:
Chicken Burgers, Chips

MONDAY 14:
Stroganoff, Mixed Veggies

MONDAY 21:
Indian Tacos

MONDAY 28:
Salmon, Roasted Red Potatoes, Broccoli

TUESDAY 1:
Broccoli Cheddar Soup, Turkey Sandwiches

TUESDAY 8:
Chili, Corn Bread

TUESDAY 15:
Chicken Noodle Soup, Biscuits

TUESDAY 22:
Clam Chowder, Fry Bread

TUESDAY 29:
Pork Pozole, Tortillas

WEDNESDAY 2:
Crab Cakes, Veggie Rice

WEDNESDAY 8:
Shrimp Fettuccine Alfredo

WEDNESDAY 15:
Pizza

WEDNESDAY 22:
Baked Chicken, Rice Pilaf

WEDNESDAY 29:
Chicken Fried steaks, Mashed Potatoes w Gravy, Peas & Carrots

THURSDAY 3:
Baked Ham, Scalloped Potatoes, Carrots

THURSDAY 10:
Steaks, Ranch Mashed Potatoes

THURSDAY 17:
Hamburgers, Mac Salad, Chips

THURSDAY 24:
Beef Fajitas, Spanish Rice

THURSDAY 31:
Chicken Fried steaks, Mashed Potatoes w Gravy, Peas & Carrots
AA MEETING
Every Wednesday
7:30-9:00 p.m.
Elders Building

August is Breastfeeding Awareness Month
Breastfeeding is natural and traditional.
Feel confident in YOUR breastfeeding.
You will have enough breastmilk for your baby.
-Sashina Ware

Saschuna breastfed her 3 girls. (currently breastfeeding Emory) She shares why:
1. Breastfeeding is a great way to bond with your baby.
2. Breastmilk is the best nutrition for your baby.
3. It is amazing and natural that our bodies can provide breastmilk to help babies grow and thrive.
4. Breastfeeding is traditional.
Tips for Pregnant mums:
1. Educate yourself about breastfeeding before the baby arrives. Ask family and line up your support.
2. The baby’s stomach is very tiny—don’t get discouraged about how much milk you make; you will produce what the baby needs. Be sure to feed your newborn 8-12 times in 24 hours to keep up your supply.
3. Breastfeeding can be hard in the beginning, but don’t give up...It gets easier as time goes on.
4. Don’t worry—you will have enough milk. Breastmilk is made by your body based on supply and demand. The more your baby suckles at the breast, the more milk you will make. Keep feeding breastmilk only.
5. Keep hydrated; eat healthy for the best nutrition for your baby.
6. Sometimes people will try to discourage you from breastfeeding, but stand your ground and you will be successful.

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

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@sppa.org
or
Debbie Gardipee-Reyes 360.462.3227
gardipee@sppa.org
Main SPIPA number: 360.426.3990

Next WIC:
Tues., August 8, 2023
We will call you on your appt day.
Beginning Sept 1, we will be offering both phone appointments and in person appointments.

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