

# 2024 Candidates

**Announce your candidacy before Election Day!**

Declare early-  
Your Tribal Members want to hear from you!

**Candidates**

Pre-register for the forums by:

- March 14th for Forum #1
- April 3rd for Forum #2

by submitting your name and email address to:  
[SquaxinElections@squaxin.us](mailto:SquaxinElections@squaxin.us)

If you would like to announce earlier and share a little bit about yourself, please take advantage of the Klah-Che-Min Newspaper. Submission deadlines are the 15th of each month. Send your information to [news@squaxin.us](mailto:news@squaxin.us)


**Mark your calendar!**

Candidacy Forums will be held at the Community Kitchen! Come watch the Election Committee interview each candidate.

**Candidacy Forum #1**  
March 22, 2024  
5:00 p.m.

**Candidacy Forum #2**  
April 10, 2024  
5:00 p.m.

**General Elections will be held at the Little Creek Event Center May 4, 2024**





## Coho Have Arrived at the Netpens!

Will Henderson - On the 3rd of January, Natural Resources staff started transporting coho smolts to the netpens for annual rearing.

Each day, four trips were made to the pens with our fish transfer barge. We continued to haul fish through the end of January.

In total, 30 pens have been filled with just under 2.4 million coho.

Overall, the fish look good and are acclimating to the new environment. We did have one group of coho come out smaller than normal but, since the transfer, they have been doing better than expected and eating well.

Staff continue to feed and maintain our coho daily.

We will sample 6-8 random pens each month to monitor health and growth progress. Samples are sent to the Northwest Indian Fish Commission Pathology for the health inspections and pathogen testing.

Coho will be reared until the end of May, then released.

A big thank you to our NR staff for the work they do and the long days put in during fish hauls! David Dorland, Jackson Cruz, Terrence Henry, Cris Hall, Donald Terry, Danny Snyder and Keenon Vigil. We also thank the WDFW folks who help and are involved as well. I would like to give a special shout out to David, as this was his first experience operating the fish transfer barge throughout the hauls. He did a great job along with his deckhand, Danny. Thank you all! Your hard work is appreciated!



SQUAXIN ISALND  
TU HA' BUTS YOUTH CENTER

PLEASE JOIN US FOR AN  
**Easter Egg Hunt**

**SATURDAY MARCH 23, 2024**  
**10AM-11AM**  
LIGHT SNACK WILL BE PROVIDED

**EGG HUNTS FOR AGES:**  
0-4 SQUAXIN GYM  
5-7 GYM PARK  
8-12 TPEEK SIN PARK

ANY QUESTION CONTACT:  
KASIA 360-432-3801  
KENNA 360-432-3895





## KL A H - C H E - M I N Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

**PHONE:** (360) 426-9781  
**TOLL FREE:** (877) 386.3649  
**FAX:** (360) 426-6577  
**www.squaxinland.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
JAIMIE CRUZ:	Vice Chairman
PATRICK BRAESE:	Secretary
MARVIN CAMPBELL:	Treasurer
JEREMIE WALLS:	1st Council Member
VICKI KRUGER:	2nd Council Member
VINCE HENRY:	3rd Council Member

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



## Squaxin Transit

### *A function of Planning and Community Development*

Squaxin Transit would like to introduce you to the Ford Flex. This is the vehicle we use for Dial-A-Ride. We just want to show it off a bit.

Dial-A-Ride is a door-to-door transit service for individuals who, because of a disability, are prevented from using Transit's bus system.

We can transport riders to Mason, Thurston, and Gray's Harbor Counties with 24-hour notice.

### **Do you need a ride?**

Call Squaxin Transit (360) 480-1402 or (360) 432-3951.

### **Dial-A-Ride Policies ...**

All Dial-A-Rides need to be scheduled 24 hours in advance. This can be done by calling the Transit line at (360) 480-1402 or the Program Services Manager at (360) 432-3951.

Passengers needing assistance are required to have an assistant to transfer them in and out of the vehicle.

Squaxin Transit Dial-A-Rides can only travel within 30 miles outside of our service areas, which include Mason, Thurston, and Grays Harbor Counties.

If you have any questions or comments, contact Monica Nerney at (360) 432-3951.



think spring

## Holiday Schedules

Effective March 1st, Transit will be closed on the same holiday schedule observed by other SIT employees:

### 2024

NEW YEARS DAY  
January 1st

BILLY FRANK JR DAY  
March 8th

SPRING HOLIDAY  
March 29th

AMERICAN INDIAN DAY  
May 13th

MEMORIAL DAY  
May 27th

INDEPENDENCE DAY  
July 4th

LABOR DAY  
September 2nd

THANKSGIVING  
November 28th & 29th

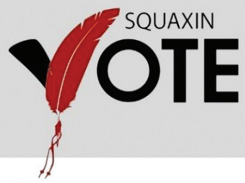
CHRISTMAS HOLIDAY  
December 23rd – 31st

### 2025

NEW YEAR'S DAY  
January 1st, 2025







## Candidacy Forum General Guidelines



### WHAT ARE CANDIDATE FORUMS?

Candidate forums are an avenue for those seeking a position on Tribal Council to express their views openly so fellow Tribal members can understand their positions and make informed voting choices.



### THERE WILL BE A VARIETY OF TOPICS FOR YOU TO KNOW WHAT THE CANDIDATES HAVE TO OFFER.

#### THE PROCESS FOR CANDIDATE

The forum will begin at 5:00pm until 6:00pm

- Each candidate will have 2 minutes to introduce him/herself – with an opening statement and announce the position they are running for.
- 4 questions will be asked to each candidate, which were chosen by the Election Committee.
- Candidates will have one minute to respond to each Question
- Candidates will be given two minutes for closing statements.

The forum is not a debate, so we will ask candidates to respect each other, no crosstalk will be allowed while a candidates and moderator speak.



### EVENT MODERATOR

The event moderator along with staff will be neutral participants, holding candidates to time limits and keeping them on the topics of questions raised to maintain dialog flow. The moderator will ensure each candidate has an equal and fair opportunity to express his or her position on each issue.

A TIMER/ FLASH CARD WILL BE USED  
TO INDICATE THE END OF TIME  
ALLOWANCES TO THE CANDIDATE  
THAT HIS/HER TIME HAS ENDED.

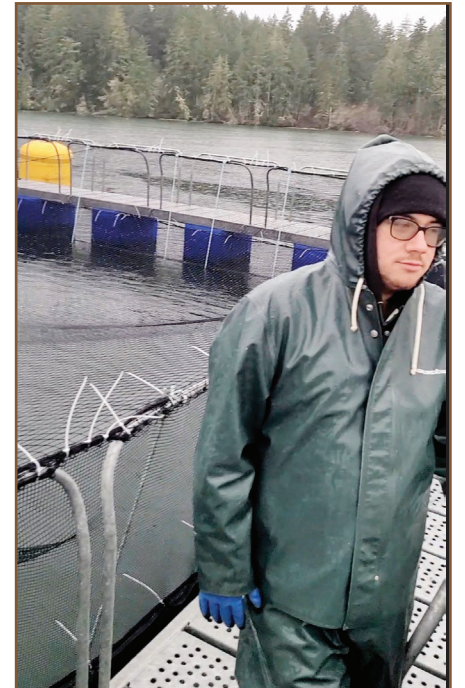


### THE AUDIENCE

We will not have time for questions from Tribal Members. If you have a burning desire to ask a question to a particular candidate, Candidates will be available for questions after the forum is over



## Netpens Coho Transfers







## What's Happening

**Tuesdays** – Crumbl Cookies are every Tuesday for members 50+! Receive one free cookie and enter the drawings at 6:00 p.m. for three winners of \$250 in free play and 7:00 p.m. one winner for \$1,000 in cash.

**Wednesdays** – What a better month than March to get lucky on clovers...of CASH! These drawings are at 1:00 p.m., 3:00 p.m., 5:00 p.m., 7:00 p.m. and 9:00 p.m. Contestants have a chance to win up to \$500 in this game board style drawing.

**Fridays and Saturdays** – It's this simple...\$500 in cash every 30 minutes! Drawings start at 11:00 a.m. and run until 7:30 p.m. with a \$5,000 grand prize at 8:30!

Table Games Play, Earn and Gift! – **Mondays through Thursdays** in March from 12:00 p.m. to 6:00 p.m. Play your favorite table games for a chance to win cash and gift prizes!

**March 18th – March 21st** – Complete your college basketball bracket for a chance at a \$2,000 prize. Ten brackets will win in this challenge, but stop by before tip-off on March 21st to participate!

*~See the Players Club  
for complete details on all promotions~*



**FEELIN' LUCKY HOT SEATS**

Fridays and Saturdays in **MARCH**

WIN YOUR SHARE OF

**\$140,000** IN CASH

DRAWINGS EVERY 30 MINUTES | 11AM-7:30PM  
GRAND PRIZE DRAWING FOR \$5,000 AT 8:30PM

# LITTLE CREEK

## CASINO • RESORT<sup>SM</sup>

## Other News

### Pay Per View – UFC

Now playing in the Starlight Sports Bar and Lounge, join us on March 9th for UFC 299. The main event starts at 7:00 p.m.

### March Hotel Package

Book a room during the month of March with a Get Lucky add-on! This package includes a St Patrick's Day hat, Pot of Gold chocolates, two Little Creek shot glasses and two shots of Bailey's to start your celebration. Add this to any room night in the month of March. Call the hotel for more details!



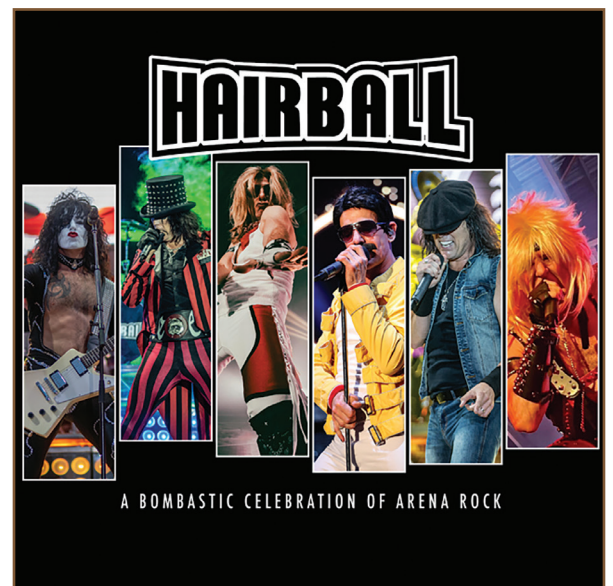
## Entertainment

MMA | March 23rd | 8:00 p.m.

Commodores and Spinners | March 30th | 8:00 p.m.

Kool and the Gang | April 20th | 8:00 p.m.

Hairball | April 27th | 8:00 p.m.







## Tumwater Trading Post Groundbreaking!

On February 26th, we held a ceremonial blessing for the groundbreaking of construction on Tumwater Trading Post. We want to thank everyone who attended, and to all of those who participated.

Keep a lookout in the upcoming Klah-Che-Min papers to see the development of this project. We are excited to have more of a presence in Thurston County!

*In the meantime, check out TTP Express and Elevation in Tumwater at 7249 Capitol Blvd.*



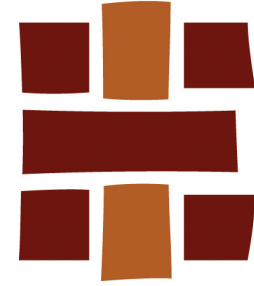
*Island Enterprises CEO David Burnett breaks ground*



*Thank you for the blessing, Rose and Francis!  
\* The building in the background will be removed.*



*Thank you for the blessing song, Jeremiah George (R)!*  
*Island Enterprises staff L-R: Savannah Fenton, Audelia Araiza, David Burnett (CEO), Kristen Davis*  
*IEI Board Members: Daniel Kuntz (3rd from right), Tim Sheldon (second from right)*



## Congratulations to a Dedicated Employee



### Austin Littlesun - 5 Years!

Congratulations to Austin Littlesun on his five-year anniversary working in security for Island Enterprises, Inc.

Austin is Northern Cheyenne and grew up in Montana. He described growing up without a T.V. and being outside a lot, getting fresh air and riding horses.

Austin moved to Shelton in 2000 and, with his law enforcement background, started working for the Skokomish Tribe as a law enforcement officer and later transferred to security.

Austin started working in security for Squaxin Island Tribe around March of 2018. During that time his greatest enjoyments, he says, were getting to see his kids and grandkids almost every day and being a positive influence on the community.

Austin has helped make the businesses safe and fun places to shop.

Austin does not plan on slowing down anytime soon. He enjoys working and taking part in the Northwest's rich Native American culture and working with our Squaxin community.

Next time you see Austin, stop and say, "Hi!"





## Housing Data Collection 2024

We will continue processing the Housing Data Questionnaire through March 2024. Please scan the QR code using your camera or go to the following link: <http://forms.office.com/r/0dmw278g6c>

### Confidentiality Statement:

Personal information that you provide about you as an individual or your family is strictly confidential. Responses to questions are tallied without reference to individual names and addresses and are not shared or distributed. Questionnaire totals are reported to the Tribe to ensure we maintain accountability to the community regarding housing priorities.

### Questions? 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

We are processing surveys on an ongoing basis. Please scan the QR code using your camera or go to the following link:

<https://forms.office.com/r/0dmw278g6c>

### Note:

If you would like our assistance in determining your eligibility and qualifications for current or potential housing or financial assistance programs, please contact us at the number or email above.



## Squaxin Island Tax Site

### BASIC RETURNS

February 6, 2024 -  
April 5, 2024



By appointment only

Contact Lisa Peters to schedule  
an appointment 360-432-3871

#### WHAT YOU NEED:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Other income documents and records of virtual currency transactions
- A copy of last year's federal return, if available
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance Premium Tax Credits for Marketplace coverage
- Proof of bank account routing and account numbers for direct deposit such as a blank check
- Anything that says IMPORTANT TAX DOCUMENT



IRS Certified Volunteers Providing  
**FREE TAX PREPARATION**

Sponsored by Squaxin Island Tribe—Office of Housing

### Attention

## Housing Waiting List Applicants

REMINDER: If you are on the Squaxin Island tribal housing waiting list, it is time to update your housing application.

The updated application will be mailed to the last known address that the Office of Housing has for you. If you have recently moved or have a change of mailing address, please call (360) 432-3937.

*If you do not update your application by March 31, 2024, your name will be removed from the housing waiting list.*





## New Employees



### Shashoney Fenton

Hi! I've been hired on as a Medical Receptionist at the Squaxin Island Health Clinic.

My great-grandparents are Mable and "Buddy" Cooper. My grandparents are Theresa and Jim Davis and my mother is Elizabeth Cooper-Campbell. I have a daughter, Winnona Brower, and my sisters are Savannah and Jewels Fenton.

I've worked mainly as a cook the last few years at KTP and Little Creek Casino.

I'm excited about working at the clinic as it's like a second home to me. I always remembered, when I was younger, my mom worked as a receptionist at the clinic. It was the best time spending time after school just hanging out watching her work until it was time to go home.

I look forward to seeing all familiar faces and working with such a wonderful team.



### Shelly Wojcik

Hi! My name is Shelly, and I have been hired as the new bus driver with the DCD transit.

I have been married for 18 years, and we have five children and four grandchildren.

I've lived in Shelton my whole life. I went to high school here and have met and became friends with some amazing people.

I am most excited about the nature of my job that allows me to do what I like. I like driving, and working with and helping others. I look forward to working with a team that also has the same passion. I look forward to working with my team and the community.



### Colby Smith

Hi! My name is Colby Smith, and I have been hired as the Aquatic/Fitness Center Coordinator with the education team.

I am from Squaxin Island Tribe, and I've worked at Walmart and the Skookum Creek Tobacco Factory.

I am most excited about the hours and the job in general.

I look forward to working with you all at the fitness center. Come check it out!



### Amanda HSU

Hi! My name is Amanda HSU, and I have been hired as the GIS Analyst at Natural Resources.

My background is in environmental science and spatial analysis.

I had previously worked for the National Park Service, US Forest Service, county and state government, and now look forward to working and growing with the Squaxin Island Tribe.

I am excited for the new learning opportunities, different ways I can lend my skills, and getting to know the community and new people.

Thank you for this opportunity, and I look forward to working and meeting you.



### Daniela Castro Nunez

Hi! I have been hired for the lifeguard position, and will be working at the pool.

I come from a Mexican household with hard working parents, and this will be my first lifeguard job.

I am so excited to be working with the community and learning more about the culture as well as the people.

I am looking forward to working with you and will do my best to bring you a great experience at the pool and keep you safe.



**Employment Opportunities:**  
[squaxinland.org](http://squaxinland.org)



### Lucy Hill

Hi! As of January 29th, I have officially joined Squaxin Island Tribe as the Manager of Administrative Operations at the NWITC Inpatient Facility.

I have two beautiful children and nine nieces and nephews (and counting). Family time is something I cherish. We enjoy cousin nights, board games, hiking and swimming and trying new food places.

The NWITC staff members greeted me with warm welcomes, and I am very enthusiastic to start contributing support to the amazing work each of them does. There is just as much excitement to get familiar with the Squaxin Island tribe and the partnering community members. I am looking forward to experiencing the variety of adventures within my new role and working with each of you. I also welcome any restaurant/ food place recommendations.





## Bordeaux

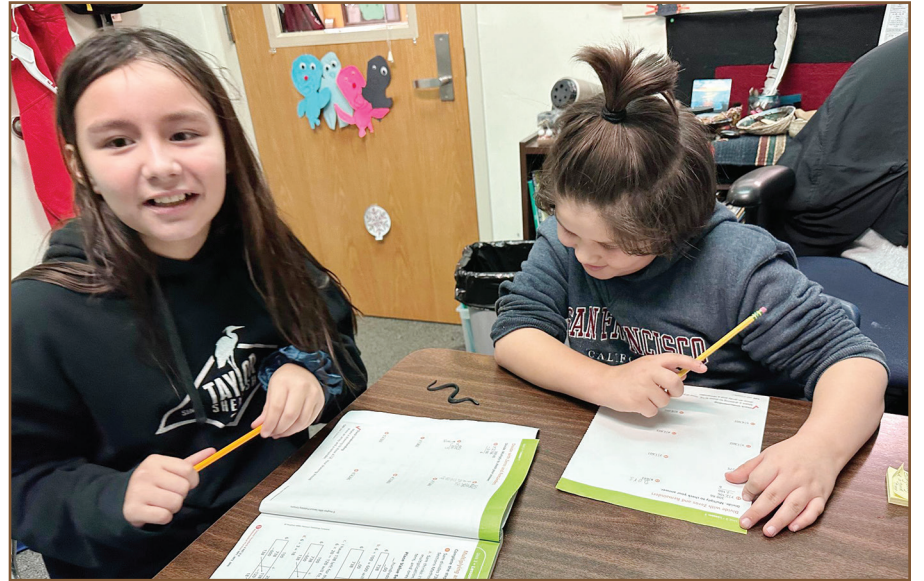
Happy March y'all! Getting back into the groove after our two winter breaks has had it challenges, but our kiddos have been pushing themselves and have been making it happen. We are excited for what the rest of the year is going to bring.

February was fun and filled with love! Unfortunately, I didn't get any pictures; I was out Valentines Day due to training. All my kiddos got to party hardy without me! They didn't leave out any details though, pancake parties, candy, and movies! I am so glad they had so much fun.

On to the next things, March 9th is Billy Frank, Jr. Day! The kids have been talking and learning about the importance of Billy Frank, Jr. and what he did. In the next newspaper update, I will share pictures and a little bit more on what we did to celebrate the day.

Lastly, getting closer to spring means we're getting closer to the end of the school year. It is important that we still strive to get to school every day. I know the kiddos are excited about our upcoming breaks, but it shows a lot in their school days when they have inconsistent attendance.

I know times can be hard, so please let us know how we can help! We are here for our students and our student families!



*Milah and Barney! Love these two*



*Breezy hard at work*



*Turumi 101 Days of School*



## Homework Help Update!

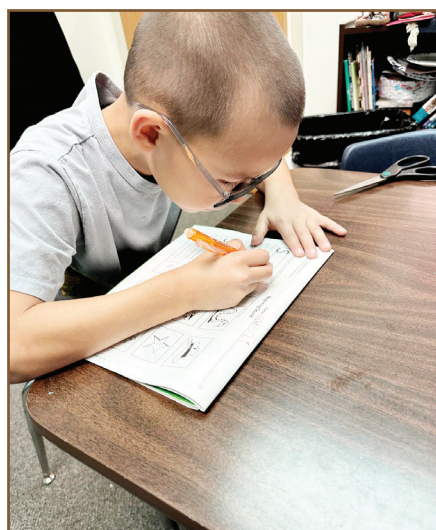
We very much appreciate our students' patience as we all navigate our new temporary home!

We have everyone situated in the Mary John's room, and it is pretty darned crowded and cozy, but we are making it work. We appreciate them tolerating this small space!!

Homework Help is still rolling Monday through Thursday from 3:00 p.m. - 6:00 p.m.



*Congrats Daniel Hartwell!  
Way to go TOP DOG!*



*Cahsai focused in!*







## Oakland Bay Junior High

Hi everyone! This year has been flying by, and we are now less than a month out from the end of trimester two. Please keep up on your students' homework and their Skyward for any missing assignments/tests.

With the end of trimester two coming up, that means that students may potentially have to stay before or after school to make up tests/meet with teachers. Please keep an eye out for your students potentially having to change their schedule up a bit to improve their grades. They're really trying, but there can be limitations.

Students may be feeling anxiety as we enter the back half of this school year, because the 8th graders will be moving to high school and the 7th graders will also be moving up.

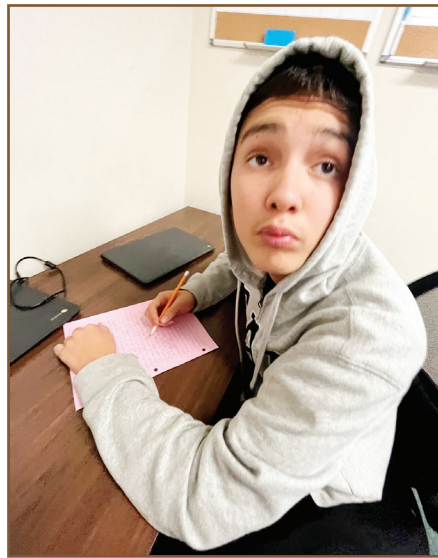
The 8th graders have been picking their classes for high school this month, so please check in on them to make sure they picked the right classes.

OBJH has also been bringing in drug prevention workers to educate the 7th and 8th graders on the long-term drug use problems. This has been beneficial for the students, because they are often told not to do drugs, but don't always know the long-term consequences.

The Student of the Month this month is Heather Perez. She has had a great trimester two and, overall, has had a very strong year. She is well respected by her teachers, and they recognize the extra effort that she puts in. I am very proud of Heather and the work that she has put in. She is an advocate for herself and also knows when to reach out for help.



Zach Johns



Kiyote Sparr



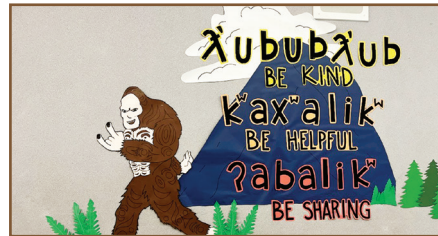
Lolyta Johns, Janelle Krise, and Jordan T

## Olympic Middle School

Kiana Wily - The second trimester is already wrapping up, and that means it is conference time again! The 19-22 of March will be half days, so there is time for you to meet with your students' teachers and support teams.

You can also check out the doors that OMS staff and students covered in kindness decorations. Along with relearning and implementing our school expectations, we are also making sure to have constant reminders of the importance of kindness. Decorating our doors with affirmations and words of kindness was one little way of brightening up the place.

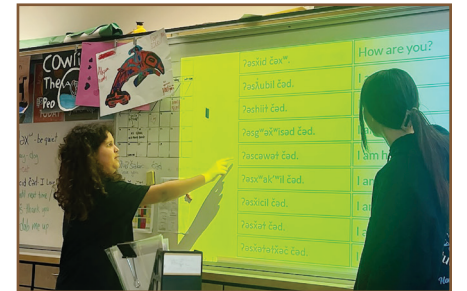
Our weekly Lushootseed classes with Holly Whitener having been going great! The majority of all the Native Ed students have chosen to participate, and it's been so awesome to see them so engaged and interested in learning. I'm very proud of our Squaxin students and the comfortability and confidence they have been showing by trying to learn their language! It's been so nice to witness them wanting to share their language with their friends throughout the days. Holly has been going through the Lushootseed alphabet and phonetics, basic introductions, and expressing emotions. In just a couple months, many have already started normalizing Lushootseed into their daily life in little ways. I can't wait to see where our students are by the end of the school year!



Native Ed Kindness Decoration



Emilio and his team doing interviews of staff for class



Luke showing us what he knows



Below: Language class time



Holly Whitener teaching OMS Native Ed some Lushootseed





## February After-School Program

*We hope you had a wonderful mid-winter break with your families!*

We celebrated February with a mini Valentine's Day party for the youth in the rec room on February 14th from 5:00 - 5:45 p.m. We celebrated with some exciting activities. Each youth got a Valentine's Day card from staff and, afterwards, they each made some delicious treats. They made Valentine's Day themed drinks, too, all while celebrating and having fun!

**Friday, February 2nd** - We created mini no-bake Oreo cakes. The Youth all had a great time mixing and forming their mini Oreo cakes, This was a fun activity for them.

**Monday February 5th** - We offered plant teachings: peppermint bath soak. Youth helped mix ingredients into their bath soak while learning about the medicinal properties of the essential oils we were using. They were really excited to gift this to someone close to them.

**Tuesday, February 6th** - We offered a cultural activity: beading bracelets. Youth were shown how to use a needle and thread. They were able to choose their own beads and bead container to keep throughout the month to continue their bracelets each Tuesday.

**Wednesday, February 7th** - We made friendship bracelet boards and bracelets. The kids picked out their own string colors to use. The youth then began their bracelets to take home and finish.

**Thursday, February 8th** - We made winter trail mix. Youth mixed together pretzels, chocolate, sunflower seeds, Goldfish, and Rice Chex mix to create a homemade trail mix they took home with them as a snack on the go.

**Friday February 9th** - STEM: Balloon towers. Youth were challenged to join a two-person team while creating the tallest tower together.

**Monday, February 19th & Tuesday, February 20th** - We had a lot of fun activities during mid-winter break. On Monday, youth made mini heart-shaped pizzas, played on the playground, and made immunity tea. On Tuesday, youth made Valentine's Day brownies, played at the T' Peeksin Park, and made bracelets and bone bead key rings.

**Tuesday February 20th** - We held our 2nd annual family paint night event from 4:00 p.m. - 5:00p.m. We all had an amazing time with the youth and their families creating painted canvases. Each youth and their family member got to pick out a canvas and get creative. We made fruit and vegetable platters for the youth and their families to snack on while they painted together. Thank you for joining us. We can't wait until the next family event., Stay tuned!

### Stay tuned for upcoming February Events and Activities

Facebook page: Tu' Ha Buts Youth Center

Or join our Remind app! Text @SquaxinTYC to 81010

KASIA SEYMOUR  
Youth Activities Lead  
360-432-3801  
kseymour@squaxin.us

SARA NARANJO JOHNS  
Youth Recreation Mentor  
360-432-3992  
snaranjo@squaxin.us

KENNA KRISE  
Youth Recreation Coordinator  
360-432-3958  
kekris@squaxin.us

BILLIE LOPEMAN-JOHNS  
Youth Recreation Mentor  
360-432-3919  
blopeமானjohns@squaxin.us

## March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				After-School 3-6pm STEM: Lego Building *Gathering Dandelions*
After-School 3-6pm Dr. Seuss Truffula Treats & Plant Teaching: Dandelion Healing Salve	After-School 3-6pm Weaving Cedar Hearts	After-School 3-6pm St. Patrick's Day Art Twirlers SSD 1.5 Hour Early Release GSD Early Release@ 2:30	After-School 3-6pm Making Sherbet Floats	Tribe Closed Billy Frank Jr Day
After-School 3-6pm Plant Teachings: Dandelion Tea & Beaded Keychains	After-School 3-6pm Beaded Suncatchers	After-School 1-6pm Four Leaf Clover Art SSD 1.5 Hour Early Release GSD Early Release@ 2:30	After-School 3-6pm Editable Rainbow Necklaces	After-School 3-6pm STEM: DIY Kaleidoscope
After-School 3-6pm Plant Teachings Homemade Gummies	After-School 12:30-6pm Bracelets & Outdoor Games SSD Conferences 3 Hour Early Release	After-School 12:30-6pm Spring Pastel Art & Sidewalk Chalk SSD Conferences 3 Hour Early Release GSD Early Release@ 2:30	After-School 12:30-6pm Lucky Charm Rice Krispies & STEM Project SSD Conferences 3 Hour Early Release	After-School 12:30-6pm STEM Egg Drop Project & T'Peeksin Park SSD Conferences 3 Hour Early Release
After-School 3-6pm Plant Teachings: Homemade Berry Poptarts	After-School 3-6pm Weaving Cedar Roses	After-School 3-6pm Water Color Easter Egg Art GSD Early Release@ 2:30	After-School 3-6pm Movie Night: 5-6pm	Tribe Closed Spring Holiday
<b>Key:</b> SSD - Shelton School District GSD - Griffin School District	<b>After-School Meal Times:</b> Early Snack is offered: 3:00pm-3:45pm Late Snack is offered: 4:00pm-4:45pm	<b>Activity Time:</b> 5:00-5:45pm	<b>Contact:</b> Kasia: 360-432-3801 or 360-490-0595 Kenna: 360-432-3958 Sara: 360-432-3992 Rec Room # 360-432-3986	

M A



Paloma, Chase, and Toby  
Mid Winter Break

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





# LEARNING CENTER



Leighton, Paisley, Kyla, and Grayson



Eviana, Alexis, and Natalia

## Higher Education

If you are planning to attend spring quarter 2024, all paperwork is due no later than Monday, March 18th.

Remember to send in your final grades for winter quarter, new class schedule for spring quarter, and your completed Memorandum of Commitment for the new quarter.

I need all of this information for your Higher Education file by March 18th. I cannot process your paperwork for the college until your file has been updated.

I hope everyone had a very successful quarter.

If you are planning on attending summer session, you will need to request funding no later than May 28th.

If you have any questions, I can be reached at my direct line or email.

Thank you!

Mandy Valley  
(360) 432-3882  
mvalley@squaxin.us

## Valentines Day and Family Paint Night - More on P. 21



Valentines Day Floats



Arya, Eliza, Sara, and Lilly

<div>KEY</div> <div>LS: Lap Swim EA: Elders Aerobics OS: Open Swim</div> <div>March 2024</div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"><li>OS: 9:00AM-11:30PM</li><li>closed (12-1:00PM)</li><li>OS: 3:00-5:30PM</li></ul> <div>3</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>OS:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>4</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>EA:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>5</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>Daycare: 10:30am - 11:30am</li><li>CLOSED (12-1PM)</li><li>after school swim : 3:00pm - 4:15pm</li></ul> <div>6</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>EA:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>7</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>OS:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>8</div>	<ul style="list-style-type: none"><li>Teen Pool Party 12pm - 3:30PM</li></ul> <div>2</div>
<ul style="list-style-type: none"><li>OS: 9:00AM-11:30PM</li><li>closed (12-1:00PM)</li><li>OS: 3:00-5:30PM</li></ul> <div>10</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>OS:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>11</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>EA:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>12</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>Daycare: 10:30am - 11:30am</li><li>CLOSED (12-1PM)</li><li>after school swim : 3:00pm - 4:15pm</li></ul> <div>13</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>EA:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>14</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>OS:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>15</div>	<ul style="list-style-type: none"><li>OS: 9:00 - 11:30PM</li><li>closed (12-1:00pm)</li><li>Easter Pool Party 3:00 - 5:30pm</li></ul> <div>16</div>
<ul style="list-style-type: none"><li>OS: 9:00AM-11:30PM</li><li>closed (12-1:00PM)</li><li>OS: 3:00-5:30PM</li></ul> <div>17</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>OS:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>18</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>EA:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>19</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>Daycare: 10:30am - 11:30am</li><li>CLOSED (12-1PM)</li><li>after school swim : 3:00pm - 4:15pm</li></ul> <div>20</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>EA:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>21</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>OS:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>22</div>	<ul style="list-style-type: none"><li>OS: 9:00AM-11:30PM</li><li>closed (12-1:00PM)</li><li>OS: 3:00-5:30PM</li></ul> <div>23</div>
<ul style="list-style-type: none"><li>OS: 9:00AM-11:30PM</li><li>closed (12-1:00PM)</li><li>OS: 3:00-5:30PM</li></ul> <div>24</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>OS:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>25</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>EA:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>26</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>Daycare: 10:30am - 11:30am</li><li>CLOSED (12-1PM)</li><li>after school swim : 3:00pm - 4:15pm</li></ul> <div>27</div>	<ul style="list-style-type: none"><li>LS: 8:30-9:30AM</li><li>EA:10:30-11:30AM</li><li>CLOSED (12-1PM)</li><li>OS: 3:00pm - 5:30PM</li></ul> <div>28</div>	<ul style="list-style-type: none"><li>CLOSED for Spring Holiday</li></ul> <div>29</div>	<ul style="list-style-type: none"><li>OS: 9:00AM-11:30PM</li><li>closed (12-1:00PM)</li><li>OS: 3:00-5:30PM</li></ul> <div>30</div>
<ul style="list-style-type: none"><li>OS: 9:00AM-11:30PM</li><li>closed (12-1:00PM)</li><li>OS: 3:00-5:30PM</li></ul> <div>31</div>						





## Teen Program

haʔl sləxil,

Happy February everyone!

Last month, myself and Coach Tae'lor hosted our annual Staff vs Teens basketball game. The community came together to all have a good laugh and root for our teens. However, the adults took the win again this year... but only by one point!

This game, always, is a great way for the youth to bond with the adults in our community. It allows for both to see each other in a non-formal setting, and lets the teens see that adults like to have fun too!

Our goal is to bring together the community, because we know life can get hard for both our staff and our young ones.

This game always makes me smile until my cheeks hurt!

Coach Tae'lor is looking forward to her continued effort in coaching our teens up to get ready for future tournaments and other activities.

If you have any questions about sports, please reach out to Coach Tae'lor via Facebook or (360) 688-8452.

If you have any questions about teen programming, please reach to me via Facebook or (360) 463-0681.

Keesha Vigil, Teen Program Coordinator



*Janelle gearing up for a free throw*



*Coach Tae'lor and her trusty sidekick Natalia*



*Everyone was playing hard!*

*Teen vs Tribal Staff Basketball*



## 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**





# MLRC

## Ooooh La La!



*Using modern LED light technology with indigenous Salish lotions and creams to rejuvenate and tighten skin.*





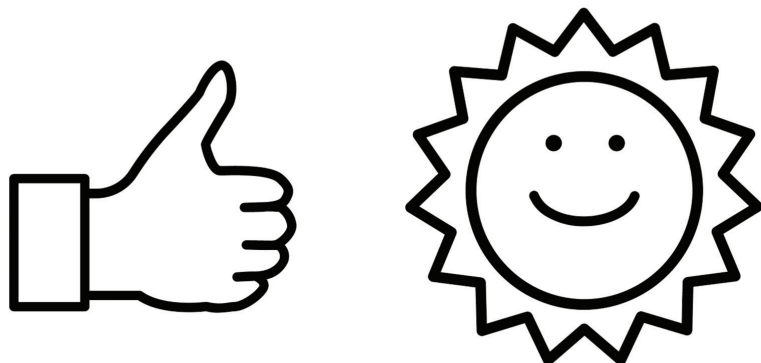


## Culture Night

**See you there!**  
**5:30pm Wednesdays**  
**@ The Community Kitchen**

<https://youtu.be/w-d90daTPhU?si=BRNtdJV4ClDaCvG5>

 Learn Squaxin Language by clicking link above!



haʔt sləx̣il  
good day



**SQUAXIN ISLAND CHILD DEVELOPMENT CENTER**  
**IS LOOKING FOR VOLUNTEERS TO HONOR INDIGENOUS IDENTITY AND CULTURE THROUGH TRADITIONAL**

STORY TELLING  
DANCE  
DRUMMING  
WEAVING  
BEADING  
CARVING  
GATHERING  
MEDICINAL MEDICINE

**INTERESTED VOLUNTEERS REACHOUT TO MARTI PETERSON**  
**mpeterson@squaxin.us**

**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

## Time to remember



**Elizabeth Ann Seymour**

memorial  
**April 20, 2024**  
Taholah Community Center  
Lunch at noon  
traditional giveaway





## Make Smart Choices!

### Nutrition Label Word Search

All the words hidden below can be found on the **Nutrition Facts** label.

Find them here first ... then use them when comparing and choosing snacks!

- ☐ added sugars
- ☐ calcium
- ☐ calories
- ☐ cholesterol
- ☐ dietary fiber
- ☐ iron
- ☐ nutrition facts
- ☐ percent daily value
- ☐ potassium
- ☐ protein
- ☐ saturated fat
- ☐ serving size
- ☐ servings per container
- ☐ sodium
- ☐ total carbohydrate
- ☐ total fat
- ☐ total sugars
- ☐ trans fat
- ☐ vitamin D

### No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!

**Nutrition Facts**  
**Read the Label**

Revised: October 2018



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

**1**

#### Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

**2**

#### Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

**3**

#### Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)







## Squaxin Island Behavioral Health

100 SE Whitener Rd

(360) 426-1582

The goal of the Behavioral Health Outpatient Program is to support you toward decreased crises, increased quality of life, and positive self-esteem. To achieve these goals, the program provides the following services for adults, youth, elders, couples, and families:

### Substance Use Disorder Services

Ase Torjussen, SUDP      Substance Use Disorder Professional  
Julie Anderson, SUDPT      Substance Use Disorder Professional Trainee

- SUD Assessments
- Individual drug/alcohol counseling
- Group
- UA's
- Facilitates admission into Detox and Inpatient Treatment
- Case Management

### Mental Health Services

Giita Clark, LMHC      Licensed Mental Health Counselor  
Julie Anderson, LMHC      Licensed Mental Health Counselor  
Ruthie Kovanen, LMHC      Licensed Mental Health Counselor Associate

- Mental health assessments
- Individual counseling
- Family/couples counseling
- Child/teen counseling
- Crisis intervention
- Grief and loss counseling

### *Integrated substance use and mental health treatment*

### Psychiatric Services

Sara Weelborg, ARNP-PMHNP-BC      Psychiatric Mental Health Nurse Practitioner)

- Psychotropic medication management

PEER SUPPORT COORDINATOR

Jennifer Johns

OFFICE MANAGER

Jessica Dolge

RECEPTIONIST

Amaya Meija-Remigio  
Additional Resources

**Suicide & Crisis Lifeline**

# Dial 988

**for mental health emergencies.**

**Text NATIVE to 741741 for free, 24/7 support.**

**#WeNeedYouHere**



### Crisis Response Team

(360) 754-1338

A 24/7/365 regional crisis hotline for mental health and SUD crises.

Mental health crisis services, including the dispatch of mobile crisis outreach teams, staffed by mental health professionals and certified peer counselors.

Short-term SUD crisis services for people intoxicated or incapacitated in public.

Application of mental health and SUD involuntary commitment statutes, available 24/7/365, to conduct Involuntary Treatment Act assessments and file detention petition.

### Mason/Thurston Crisis Clinic:

(360)586-2800

### Teen/Youth Help Line:

(360) 586-2777

Answering a volunteer-powered Crisis Line, 24 hours a day, 7 days a week, 365 days a year.

Strengthening individual resilience through crisis intervention, resources, and referrals.

Raising awareness of and expanding access to community services.

Showing respect, empathy and compassion to all.

Training our community to prevent suicide among seniors, adults and youth. Offering inclusive volunteer opportunities to members of the community.

### Suicide Prevention Lifeline:

1 (800) 273-8255

Text: NATIVE - 741741

Mental Health Lifeline: Text 988

### South Sound Behavioral Hospital

(844) 949-8888 – 605 Woodland Square Loop SE, Lacey, WA 98503

Provides specialized acute care for behavioral health and addiction treatment. 24/7 Walk-in services

### Detox:

Self-Referral Medicaid Covered:

- ABHS – Chehalis: Phone number - (360) 266-5029
- South Sound Behavioral Hospital – (844) 949-8888

### IHS Covered Detox:

Needs to be referred by Squaxin Behavioral Health Program

- Harborcrest
- Royal Life
- Recovery Village





## Do I Have COVID-19 or the Flu?

COVID-19 and the flu are both caused by viruses. However, they're caused by different viruses. COVID-19 is caused by the coronavirus, SARS-CoV-2. Coronaviruses have been around for a long time and coronaviruses can cause you to get the common cold. Flu, on the other hand, is caused by the influenza virus. This is a seasonal virus with two types: Influenza A and Influenza B.

You can catch COVID-19 and the flu in similar ways. When you talk, sneeze, or cough, tiny, invisible droplets leave your mouth and nose and travel through the air. These particles are where the virus can live. If you breathe in these particles, the virus is then inside your body and can make you sick. Also, if you get the particles on your hands and then touch your mouth, nose, or eyes, you can get sick. This is why it's so important to wash your hands with soap and water frequently.

COVID-19 is much more contagious than the flu. That means it passes more quickly and easily from one person to another. As COVID-19 variants mutate (change), they spread easier and faster.

### People most at risk

While anyone can get COVID-19 and the flu, some groups of people are at a higher risk of getting sick. For both COVID-19 and flu, adults over 65, people who are pregnant, people with lung disease, heart disease, or diabetes have a greater risk. Read more about flu risks for people with chronic conditions. Children are also at risk for both COVID-19 and flu.

Unfortunately, many people who are impacted negatively by social determinants of health are at greater risk for poorer COVID-19 and flu diagnoses, treatment, and outcomes. These social determinants of health include poverty, physical environment (e.g., smoke exposure, unhoused), and race or ethnicity. These things often impair a person's ability to get care.

### Symptoms

*COVID-19 and the flu have many of the same symptoms, including:*

Fever	Cough	Trouble breathing
Extreme tiredness	Sore throat	Stuffy nose
Diarrhea	Vomiting	
Body aches, including headache		

You may also lose your sense of smell or taste if you have a particular variant of COVID-19.

COVID-19 and the flu can cause severe illness and complications that require hospitalization. If you have any of these symptoms, contact your doctor right away. They can diagnose which illness you have and offer advice about what you should do next.

### Testing

You can test for both COVID-19 and the flu. For both, tests commonly involve swabbing the inside of your nose with a cotton swab. The end of the swab collects a sample from your nasal cavity because this is where the germs live. The swab is then sent to a laboratory for testing. For COVID-19, the swab may also be used for a rapid antigen test. However, you may need to confirm a positive or negative result with a laboratory (PCR) test if you still have symptoms or if you need a negative test to return to school or work. A saliva test may be offered and at home (over the counter) tests are also available in some areas. Be sure to check that the test is authorized by the FDA before purchasing.

If your doctor thinks you have the flu, they can perform one of two tests.



One test involves swabbing the inside of your nose. This swab will be sent to the lab for testing. The other test involves collecting a sample from the back of your throat. It will be sent to the lab for testing, too. Rapid tests are also available for flu.

Laboratories have also developed tests that can detect both flu and COVID-19. Talk with your doctor to see if they are available in your area.

Recently, the Food and Drug Administration (FDA) issued an emergency use authorization (EUA) for the first over-the-counter (OTC) at-home diagnostic test that can detect the flu from COVID-19. The Lucira COVID-19 and Flu Home Test is a single-use at-home test kit that provides results from self-collected nasal swab samples in roughly 30 minutes.

If you believe you have COVID-19, and you cannot afford to purchase an at-home test at your local retail store, the U.S. Department of Health and Human Services will provide residential households in the U.S. with four, free at-home tests from the U.S. Postal Service (USPS).

In general, testing availability may differ depending on where you live. There are some no-cost testing centers. Check your local health department to see what locations near you are doing testing and if there is a fee to test. Testing may be available at hospitals and pharmacies that offer drive-thru testing during high COVID-19 infection periods in your local community. This will allow you to stay in your car to prevent the possible spread of COVID-19. Depending on the location, someone may approach your car to collect a sample, or they may ask you to collect it yourself. Samples for COVID-19 viral tests are collected through nasal swabs. Depending on where you get your test, you may get your results the same day or you may have to wait a few days. Find out more about COVID-19 testing.

Delays in testing may also delay seeking care and treatment (when sick) as well as delays in self-isolation that could reduce the spread of the virus to others.

### How Long Are You Sick?

It's possible to spread COVID-19 and the flu to others before you even know you're sick. If you have COVID-19, the Centers for Disease Control (CDC) recommends isolating for five days. Day one is the first day you noticed symptoms. While isolating in a home you share with others, you should wear a mask, sleep in a separate area of the house, use a separate bathroom and generally avoid

*Continued on Page 18*







## Do I Have COVID-19 or the Flu?

*Continued from page 17*

contact with others in your home. If you had no symptoms, but tested positive, you can end isolation after five days. If you did have symptoms, you can end your isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery but does not extend isolation time.

It's also important to remember that even if you get a negative test, you may still need to self-isolate if you've been exposed to COVID-19. This is because it can take time after exposure for your sample to show a COVID-19 infection.

Keep in mind that local officials may determine quarantine requirements for different states or counties. Reducing the length of quarantine may not be an option in all areas. If you need to quarantine, you should follow any local requirements and recommendations.

With the flu, you can spread it one day before your symptoms begin. Once you have symptoms, you're contagious for up to seven days. This time can be longer for kids and seniors. If you're exposed to someone with the flu, it can take between one and four days for you to develop symptoms. Like COVID-19, reducing exposure to others in your home or in the community will help reduce the spread of the virus.

People are usually sicker for a longer period of time with COVID-19 than with the flu.

### Prevention

Vaccines are the best and most effective method of staying healthy and reducing hospitalization with flu or COVID-19.

The AAFP and CDC recommend the Pfizer-BioNTech's coronavirus vaccine for people five and older, and the Moderna vaccine for people 18 and older. To maximize protection, COVID-19 vaccine booster doses are now recommended for adults aged 12 and older. People 12-17 years old can only receive a booster dose of Pfizer.

Updated boosters for the Omicron variant were made available beginning in September 2022. In March 2023, the FDA authorized the bivalent Pfizer-BioNTech COVID-19 vaccine as a booster dose for children 6 months through 4 years of age.

The CDC provides a guideline to vaccine availability and coverage to people who want the vaccine but do not have insurance.

### Covid-19

As with a cold or the flu, drink fluids and get plenty of rest. COVID-19 symptoms usually go away on their own. If symptoms feel worse than a common cold, contact your doctor. They may prescribe pain or fever medication. If you are having trouble breathing, seek immediate medical care.

If you catch your symptoms early and test positive, talk to your doctor or health department about Paxlovid, a preferred anti-viral medication that reduces the severity of your symptoms, but does not eliminate the virus. Through December 31, 2024, individuals covered under federal programs, such as Medicare or Medicaid, and uninsured patients are eligible for the USG Patient Assistance Program (PAP) operated by Pfizer and can receive Paxlovid at no cost. Patients can enroll to participate.

There are certain eligibility requirements for receiving Paxlovid. A doctor or health department can tell you if you are eligible, or you can read more about it.

The FDA advises people to be cautious of websites and stores selling products that claim to prevent, treat, or cure COVID-19. Additionally, do not take any form of chloroquine, ivermectin or other medicines unless they have been prescribed for you by your family doctor. There are a few options to treat COVID-19 for people at high risk of serious illness. Your physician will decide which option is appropriate for you.

### Flu

There is a vaccine you can get to help protect you against the flu. It's given as a shot in your arm. The American Academy of Family Physicians recommends everyone older than six months old get the yearly flu shot, unless their doctor says otherwise. If you get the flu, there are medicines your doctor can prescribe to help you relieve symptoms. The flu shot doesn't give you the flu.

### Recovery Time

If you've had COVID-19, it may take you a long time to recover or weeks before you feel like yourself again. For some people, it may take months (also known as long COVID). Talk with your doctor if you have symptoms that continue, as there are options for managing these ongoing symptoms.

People who have had the flu usually feel much better about two weeks after getting sick. There is no evidence of long-term flu symptoms.

### Things to Consider

COVID-19 and the flu share many complications. These include pneumonia, respiratory failure, kidney failure, and blood infections. These illnesses can also make existing conditions—including issues with the heart, lungs, and diabetes—worse. In severe cases, both illnesses may lead to death.

If you have COVID-19, you may also develop blood clots in your legs, lungs, heart, or brain. Your chances for these complications go up if you have heart disease, lung disease, or diabetes. Some children develop multisystem inflammatory syndrome. This is a serious condition, but it isn't very common.

If you've had the flu, you may develop a sinus infection or an ear infection. You may also get pneumonia, which can be serious. Severe complications are more common in people who are younger than five years old or older than 65 years old, pregnant, or who have asthma, diabetes, or heart disease. Talk to your doctor to see if you are eligible for getting a pneumonia vaccine.

### Questions to Ask Your Doctor

Do I have to test to determine if I have the flu or COVID-19?

Are the symptoms the same for both?

Do both conditions lead to hospitalization?

Can one vaccine cover both conditions?

How do I treat the flu and COVID-19?

Can you get both conditions at the same time?

Is there a way to prevent the flu and COVID-19?

Can I get each condition more than once in a season?

### Resources

Centers for Disease Control and Prevention: Symptoms of COVID-19

Centers for Disease Control and Prevention: Influenza

Familydoctor.org: Coronavirus Disease (COVID-19)

Familydoctor.org: Preventing the Flu





## How to Encourage Children to Brush Every Day?

### Make it a Family Affair:

Set an example by brushing and flossing alongside your children. Make it a family routine, especially before bedtime. For younger children, you can even let them practice brushing your teeth.

### Two-Minute Brushing

Brushing teeth for two minutes is recommended for both adults and children.

To make it fun, set a timer for two minutes. Play your child's favorite song or music while brushing. Encourage them to move the toothbrush along to the rhythm. Dancing and brushing go hand in hand - turn it into a mini dance party!

*Healthy habits formed in childhood can last a lifetime!*

REMEMBER: The dental clinic has emergency walk-in time available from 8:00 a.m. - 9:00 a.m. on Mondays and Tuesdays on a first come, first served basis.

Please call us if you would like to schedule an appointment @ (360) 432-3881.

## Mammogram Dates

3/28/2024	6/20/2024
4/25/2024	7/25/2024
5/16/2024	8/29/2024
	9/26/2024

Contact Clara Hernandez to get scheduled.  
Phone#360-432-3930  
Email : [chernandez@squaxin.us](mailto:chernandez@squaxin.us)

## MOVE MORE – SIT LESS

Sitting for more than 7-8 hours a day at home or in the office can decrease muscle strength and increase the risk of diabetes and blood clots over time. Reduced sitting time has benefits even for those who are physically active.

### Moving More

- Helps lower blood sugar levels for people with diabetes
- Helps boost circulation and increase muscle strength
- Reduces stress and improves mental health
- Improves quality of life

### Interrupt sitting every 30 to 60 minutes

- Seated in chair: 10 elbow to knee twists
- 5-minute household chore
- 20 knee up high steps
- Walk briskly 3-5 minutes
- Climb up and down 2 flights of stairs
- 12-15 half-knee bends with hands on chair
- 15-minutes of standing 2 minutes of arm pumps up and down

Produced by the IHS Division of Diabetes Treatment and Prevention  
For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)  
01/2024

## SAVE THE DATE!

SQUAXIN ISLAND TRIBE IS HAVING A  
COLORECTAL CANCER AWARENESS EVENT

WHEN: MARCH 26, 2024  
TIME: 4PM-6PM  
WHERE: COMMUNITY KITCHEN

RACHEL ARMAS WILL BE THERE TO SCREEN  
FOR FIT KITS. HEALTHY SNACKS WILL BE  
PROVIDED ALONG WITH FUN ACTIVITIES AND  
PRIZES!

QUESTIONS? CALL CLARA HERNANDEZ AT  
360.426.9781






## Did You Know? Feedback forms are available on: [squaxinisland.org](https://squaxinisland.org)

Feedback forms are available for tribal members to provide feedback at the top of each department's main page, as well as the Tribal Council page.

Your valuable feedback will go directly to the director of the department and the Executive Director Erika Thale.

Please take time to let us know what great ideas and concerns you have.





### South Puget Intertribal Planning Agency

## USDA Foods Program March Dates

<b>PT. GAMBLE S'KLALLAM</b>	<b>3/1/24</b>
<b>SQUAXIN ISLAND</b>	<b>3/6/24</b>
<b>SKOKOMISH</b>	<b>3/12/24</b>
<b>NISQUALLY</b>	<b>3/15/24</b>
<b>CHEHALIS</b>	<b>3/20/24</b>

**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.





### Baby/Toddler's Teeth— What is recommended?

**Sad Fact:**

**75% of American Indian/Alaska Native children 0-5 years old had dental caries (decay).**

**TEETH DECAY IS PREVENTABLE!**

Teeth decay due to bottle to bed & sipping on milk, juice, and sweet drinks during the day.

**Why are baby teeth important?** Your child needs strong and healthy teeth so he can learn to speak clearly, chew food, save space for growing permanent teeth, and smile with confidence.

**TIPS for Teeth Free of Cavities:**

- **Avoid bottle to bed**— wipe teeth with a washcloth or toothbrush before bed.
- **Offer a cup with water to your child starting at 6 months.** Allow your child to practice with an open cup to prepare for cup use for by the first birthday.
- Take your baby for a **dental checkup** as soon as teeth erupt or by age 1.

**Offer your toddler /child water only between meals.**

- **Avoid providing sweetened beverages** such as pop, fruit drinks, sports drinks, and sweetened tea.
- **Do not allow your toddler to carry the sippy cup around** (even with water) due to the likelihood of a fall that may damage teeth.
- **Brush your baby's teeth** twice a day using a smear of fluoride toothpaste on a soft-bristly baby toothbrush.
- **Transition away from bottle** to an open cup by first birthday.

**The last thing in your child's mouth before bed should be a toothbrush.**



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



### Need Diapers?

**Diapers are NOT CHEAP**  
Often times, those in low income families face high costs and limited supplies of this essential need.

**1 in 3 Mothers** in the United States struggle with diaper scarcity.

**Diapers are necessary**  
When supplies are low or absent, it can add to the challenges of maintaining consistent childcare and steady employment.



**SPIPA is excited to be able to provide Diaper Distribution services to eligible Consortium Tribal Members**

The Diaper Distribution on Reservations Project works with other SPIPA Programs to deliver diapering needs to eligible families with children age 0-18 residing in the SPIPA service area.



**For more information**  
fill out this form today, or for questions, email [DDOR@spipa.org](mailto:DDOR@spipa.org)



Form is available at:  
[spipa.org/family-and-community-resources/](https://spipa.org/family-and-community-resources/)

**Eligibility**

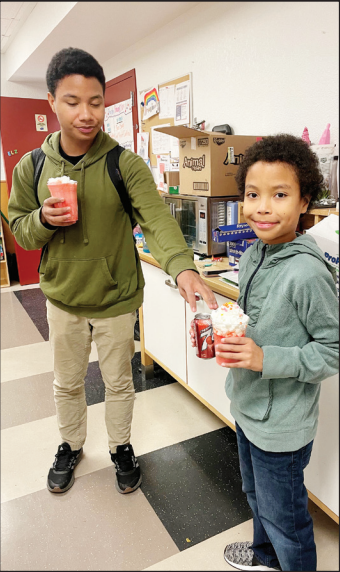
- Atleast one household member is enrolled in a SPIPA consortium Tribe
- Must meet income guidelines

**If you qualify for:**  
Food Vouchers  
LIHEAP/ Weatherization  
USDA Foods  
WIC  
Workforce Development Programs  
**You are eligible to receive diaper distribution.**





## Family Paint Night and Valentines Day - More on P. 11



Andre and Micah  
Valentines Floats



Eliza, Lilly, and Arya



Walter, Blaze and Ellen



Billie, Eviana, Alexis and Natalia

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SQUAXIN ISLAND TRIBAL COURT  
SQUAXIN ISLAND INDIAN RESERVATION

IN RE THE ESTATE OF: ) NO. DV-2023-03-2  
RAMONA MOSIER, ) NOTICE TO CREDITORS  
Deceased. )

The personal representative named below has been appointed and has qualified as Personal Representative of this estate. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the personal representative or the attorney of record for said estate, at the address stated below and file an executed copy thereof with the Clerk of the Court within four (4) months after the date of first publication of this notice or within four (4) months after the date of the filing of the copy of this Notice with the Clerk of the Court, whichever is later or, except under those provisions included in RCW 11.40.013, the claim will be forever barred. Decedent's Social Security No. xxx-xx-3825

Date of Filing Copy of Notice to Creditors with Clerk of the Court: February 26, 2024.  
Date of First Publication: February 27, 2024, then March 26, 2024, then April 30, 2024.  
Personal Representative: Viola Thomas

DATED February 22, 2024. s/s Robert C. Brungardt  
ROBERT C. BRUNGARDT, WSBA# 8214  
Attorney for Personal Representative

Notice to Creditors Page 1 of 1

Law Office of Robert C. Brungardt  
P.O. Box 638  
Shelton, WA 98584

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THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT  
YOUTH COURT  
SQUAXIN ISLAND RESERVATION

IN RE: Case No.: CW-2023-4-4  
O.M. NOTICE OF GUARDIANSHIP HEARING  
Indian child.

TO: Rowland Mason

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on April 1, 2024 at 9:30 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information regarding the hearing.

NOTICE -PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT  
3711 SE OLD OLYMPIC HWY  
SHELTON, WASHINGTON 98584  
360.432.1771





# COMMUNITY



3/1  
Alyssa Mary- Ida Henry  
Jennine Marie, Jacob  
Luke Grey Falcon, Rodriguez  
Sapphire Pricilla Ward

3/2  
Christy Marie Peters Block  
Raven Haaq Roush-Lizotte

3/3  
Clayton John Briggs  
Arnold E. Cooper  
Bichsel Set  
Chazmin Peters  
Clayton Briggs  
Daniel Snyder  
Serena Phillips  
Vincent Henry

3/4  
Adolfo McFarlane  
Mayella Roberts

3/5  
Cedar Korndorfer  
Faith Pughe  
Jamaal Byrd

3/6  
Evan Scott  
Kodiak Masoner

3/7  
Andrienne Baldwin  
Cody Cooper  
David Seymour  
Felicity Torres  
Massiah Manu-Saenz

3/8  
Belinda Colberg  
Kyler Araujo  
Millie McFarlane  
Stella Sicade



3/9  
Finn Dorland  
Kai'in Tucker  
Kastiel Cooper  
Marjorie Tuso  
Michaela Riker

3/10  
Adrian Garcia  
Billy Yocash  
Jay Powell  
Joseph Rivera  
Terrah Jackson

3/11  
Alexandrea Rodriguez  
Chenoa Peterson

3/12  
Abigail Bell  
Cindy Ehler  
Gene Benson  
Steven Lehman

3/13  
Sara Naranjo-Johns

3/14  
Andrew Whitener  
Justin Kenyon  
Lois Woodard

3/15  
Brandon Blueback  
Kaleonahe Tadios-Tahkeal  
Nikki Farron  
Tashina Ackerman

3/16  
Adarius Coley  
Rebecca Lezon-Ferreira

3/17  
Anthony Johns  
Jaimie Whipple  
Kenneth Green  
Monte Morris  
Rachele Roberts

3/18  
Jolene Peters  
Thomas Blueback  
Victoria Dennis-Horn  
Winter White

3/19  
Cherry Armstrong  
Micheal Bloomfield  
Raymond Castro  
Vicky Engel

3/20  
Joelene Tamm  
Kalea Krise  
Lachell Johns

3/21  
Doyle Foster  
Tayla Logan

3/22  
Charlene Krise  
Jose Francisco-Coley  
Lorane Gamber

3/23  
Kameron Weythman  
Nora Coxwell  
Troy Orozco

3/24  
Jaelynn Moliga  
Taylor Krise  
Tucker Hindley

3/25  
Johnathan Seymour

3/26  
Christina Henry  
Elsie Gamber  
Jerad Lopeman-Fry

3/27  
James Coxwell  
Lucke Newell

3/28  
Brittany McFarlane  
Jon Brownfield  
Kierah Cooper

3/30  
Benjamin Naranjo-Johns  
Eric Ellerbe  
Felicia Thompson  
Matthew Pugel  
Ronald Whitener

3/31  
Christina Lopeman  
Kailana Whitener  
Stephen Henry



## Happy 92nd Birthday Marge Witcraft February 21







## What's Happening

<b>Candidates Forum #1</b>	March 14
<b>Candidates Forum #2</b>	April 3
<b>Easter Egg Hunt</b>	March 23
<b>Colorectal Cancer Awareness Event</b>	March 26
<b>Memorial for Elizabeth Ann Seymour</b>	April 20

<b>Court:</b>	
Family Court:	March 4 & 7
Criminal/Civil Court:	March 12

**WIC  
USDA**



March 12  
March 6



**AA MEETING**  
Every Wednesday  
7:30-9:00 p.m.  
Elders Building

## Need a Tribal ID?



**Contact Aleta Poste:**

(360) 432-3923

acposte@squaxin.us



**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](mailto:wicnutrition@spipa.org)  
or  
Debbie Gardipee-Reyes 360.462.3227 [gardipee@spipa.org](mailto:gardipee@spipa.org)  
Main SPIPA number: 360.426.3990

**Next WIC:**  
Tues., March 12, 2024

We're offering both phone appointments and in person appointments.

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



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

<b>MONDAY 4:</b> Stroganoff, Green Beans	<b>TUESDAY 5:</b> Baked Potato Soup, Turkey Sandwiches	<b>WEDNESDAY 6:</b> Chicken Yakisoba w/ Veggies	<b>THURSDAY 7:</b> Tacos
<b>MONDAY 11:</b> Chicken Alfredo, Broccoli	<b>TUESDAY 12:</b> Minestrone Soup, Biscuits	<b>WEDNESDAY 13:</b> Baked Ham, Scalloped Potatoes, Carrots	<b>THURSDAY 14:</b> Cabbage Patch Casserole
<b>MONDAY 18:</b> Chicken Fried Rice w/ Veggies	<b>TUESDAY 19:</b> Italian Sausage Potato Soup, Breadsticks	<b>WEDNESDAY 20:</b> Fish-N-Chips, Coleslaw	<b>THURSDAY 21:</b> Hot Dogs, Chips, Baked Beans
<b>MONDAY 25:</b> Meatloaf, Mashed Potatoes, Mixed Veggies	<b>TUESDAY 26:</b> Chicken Dumpling Soup, Biscuits	<b>WEDNESDAY 27:</b> Sandwich Bar	<b>THURSDAY 28:</b> Pork Chops, Stuffing, Brussels Sprouts



# Bible Study

Non-Denominational and Led by Marvin Campbell



**Community Kitchen**  
Thursdays at 6:00 p.m.



## In Washington State, Help is 3 Numbers Away

**211** maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

Call for  
Information and  
Community Resources  
**211**

**211** also can connect people with information and referrals for:

- Transportation
- Legal Services
- Counseling
- Disaster Aftercare
- Everything Else

**988** provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

Call for Suicide  
Intervention and  
Crisis Support  
**988**

Whole  
Person  
Care

Call for  
Emergencies  
**911**

**911** provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation

**2-1-1**

Washington



Learn more at  
Traumatic Brain Injury



## ATTENTION: 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. Please be advised that this program provides estate planning services in accordance with **WASHINGTON STATE** laws.

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

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

**If you schedule an appointment and you decide you cannot make it, please respectfully cancel PRIOR to the day of the appointment.**



**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