

Around-the-clock closure of SR 108 starts Monday, May 6

Construction is planned on State Route 108 west of Hurley Waldrip Road at Kamilche Creek. The work is related to the Washington State Department of Transportation's efforts to remove barriers to fish.

From 8:00 a.m. Monday, May 6th, to 8:00 a.m. Monday, May 20th, the highway will close at milepost 9.4.

During the around-the-clock closure, all travelers will detour via US 101 in Thurston County and SR 8.

What's happening at Kamilche Creek

Contractor crews will begin efforts to replace the existing culvert with a new bridge. Workers will use large cranes and other heavy equipment parked on the highway to drill reinforced concrete columns. The underground concrete columns (called shafts) will support the future bridge over Kamilche Creek. The bridge will be built between spring and fall 2024.

How the bridges are built

During the May closure, crews will drill shafts into the ground to help distribute the load and provide stability for the new bridge.

During a second around-the-clock closure this summer, crews will install piers on the shafts to get ready for girder placement. Girders make up the backbone of the bridge and support the bridge deck or driving surface. Once the girders are placed for each bridge, crews will rebuild the lanes approaching the bridges.

This is the first of three closures planned on SR 108 between spring and fall. The second and third closures are not yet scheduled. WSDOT will give advance notification well before the remaining closures.

Working in the stream

Some of the work crews will perform has to take place in the water. There is a limited time frame they are allowed to do this that is determined by the Department of Fish and Wildlife. We call it a "fish window." This is when working in the water will be the least disruptive to aquatic life. The fish window is not the same at every fish passage job, but is usually in mid to late summer.

Fish barrier removal

To protect and restore salmon runs, the Washington State Department of Transportation has corrected fish barriers found under state highways since 1991. Since 2013, this work has accelerated due to a permanent federal injunction which applies to most of western Washington. As of June 2023, WSDOT has corrected 114 fish passage barriers related to the injunction. The work has improved access to more than 502 miles of upstream habitat for salmonids.

Fish passage work involves many partners and engages staff from multiple disciplines. Experts in the fields of biology, hydraulics, and engineering work together to improve fish habitat. The experts ensure structures are sound and resilient for travelers. Using structures like bridges and culverts that allow for natural stream conditions provides fish access to important spawning and rearing habitat.



Stay connected

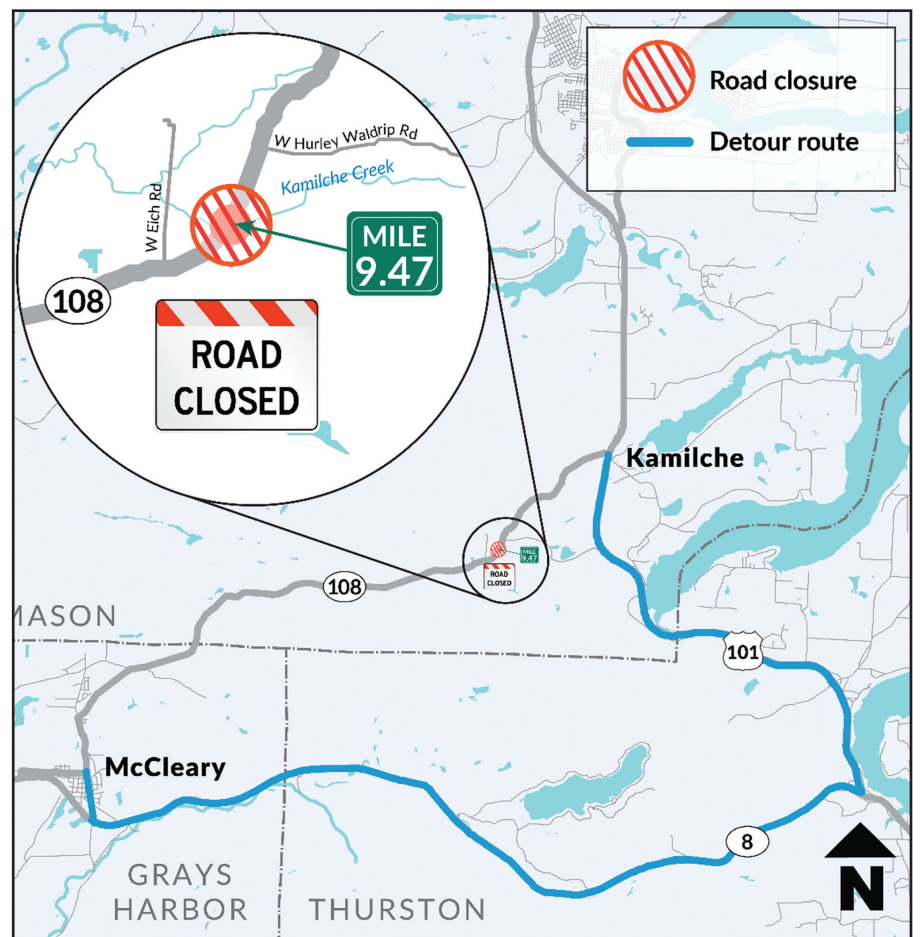
Construction schedules can change, and we want you to stay informed. More information is available on the project web page.

Project web page: wsdot.wa.gov and search: *Kamilche*
Or scan the code to go directly to our 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.

Project hotline: (564) 225-3289



Location of SR 108 total closure and detour route through Thurston County.



New Interpretive Signs Installed at Kennedy Creek



ON LEFT (L-R): Lance Winecka, South Puget Sound Salmon Enhancement Group Executive Director, and Hilary Franz, Commissioner of Public Lands

ON RIGHT (L-R): Taylor Wily Krise, Squaxin Island Artist, and Kris Peters, Squaxin Island Tribal Chairman



These new signs were installed as an upgrade and to serve as phase one of a larger project for the entire Kennedy Creek watershed.

Taylor Wily Krise created the tribal artwork for the signs.

Candace Penn, Joe Peters, and Patricia Green collaborated and provided the Squaxin Island tribal voice to the project as well as ecological and biological context.

WA State Department of Natural Resources (DNR) also plans to create additional signage within the watershed, working with Taylor and a core committee to consider the balance of land conservation, tribal usage, and public access from the estuary and along the river, potentially up to Kennedy Creek Falls.

The Kennedy Creek Salmon Trail is open on weekends in November and the Friday after Thanksgiving. The trail is also available during the weekdays of November for school groups.

The project was funded by Washington DNR using state capital funds.

"This was a great opportunity to work with South Puget Sound Salmon Enhancement Group and the Kennedy Creek Core Committee during this phase one of the Kennedy Creek salmon trail and Kennedy Creek estuary project," Joe said. "The committee's goal was to ensure that we develop signs that could tell the story of Kennedy Creek, our story, the Squaxin Tribes story. It was a great experience and we look forward to working on phase two."

TRIBAL NEWS

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www.squaxinisoland.org

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- KRIS PETERS: Chairman
- 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:
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CAPTURING OUR STORIES

ORAL HISTORY METHODS AND PROCEDURES



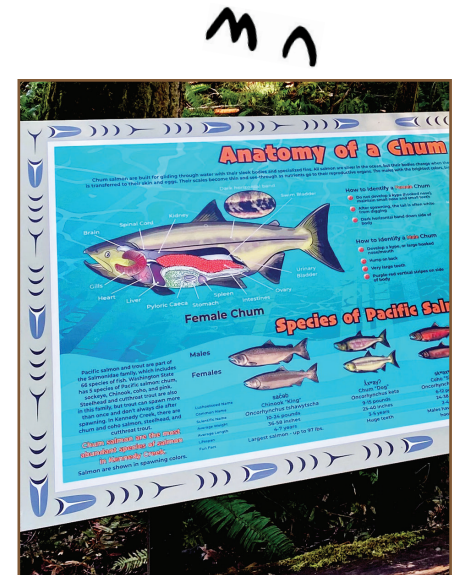
Edward Echte
Oral Historian
Legacy Washington
Office of the Secretary of State

Learn the basics of conducting meaningful oral histories, the equipment needed, and best practices for preserving these living memories for research and to share with others.

Wednesday April 24 @ 4:00pm

SQUAXIN ISLAND MUSEUM LIBRARY AND RESEARCH CENTER
150 SE Kwuh-Deegs-Altwx
Kamilche, WA 98584

Contact: 360.432.3839





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

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

Mark your calendar!

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

Candidacy Forum #1
March 21, 2024
5:00 p.m.

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

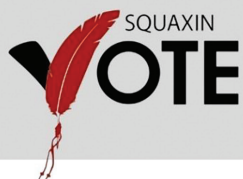
General Elections will be held at the Little Creek Event Center
May 4, 2024



Natural Resources Surplus Auction

We would like to offer this boat to the tribal community in a sealed bid auction. We will accept sealed bids until 4:00 p.m. on April 12th, 2024.

Bids will be reviewed, and the winner will be notified the following week. The winner will have two weeks to pay. In the event of a tie bid, NR staff will determine the winner by lottery. If the winning bidder fails to pay, then the next highest bid will be accepted. All items are sold "as-is".



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.



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.



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.



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



2003 26' Munson Pack-Cat

This solid welded aluminum boat comes with twin 2014 Evinrude 200 HP outboards and a 2012 EZ Loader tandem axle. The engines have 1,783 hours on them.

A complete vessel survey was just completed, and a copy can be obtained by emailing Daniel Kuntz dkuntz@squaxin.us.

A reserve amount has been set at \$20,000.00.



Squaxin Transit can be reached at
(360) 280-7612 or
(360) 480-1402 or
(360) 432-3951



LITTLE CREEK

CASINO • RESORTSM



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 – It's Earth Month and the planets are aligning! Join us for this Planetary Payday every Wednesday in April. Contestants drawn get a chance to win each hour from 2:00 p.m. to 8:00 p.m. for a chance at \$1,000.

FRIDAYS AND SATURDAYS – We're going on an Eco Adventure and giving away an electric Jeep! Win a key each Friday and Saturday for a chance to come back for the grand finale on Sunday, April 28th.

KINGS & QUEENS OF DICE (Craps Only) – During the month of April all Players Club members playing craps can have a chance at weekly Free Play prizes.

HIGH HAND HUNT (Table Games) - During the month of April all Players Club members playing table games can have a chance at weekly Free Play prizes.

- See the Players Club for complete details on all promotions-

Other Specials

April Hotel Package

Book a room in the month of April and jump right into the Spring spirit! This \$50 room add-on can be included with any accommodation for the month and includes two spring table toppers, two Little Creek logo beer glasses, two Malibu cocktails and spring balloons! See the hotel for complete details.

eco  

ADVENTURE

Jeep

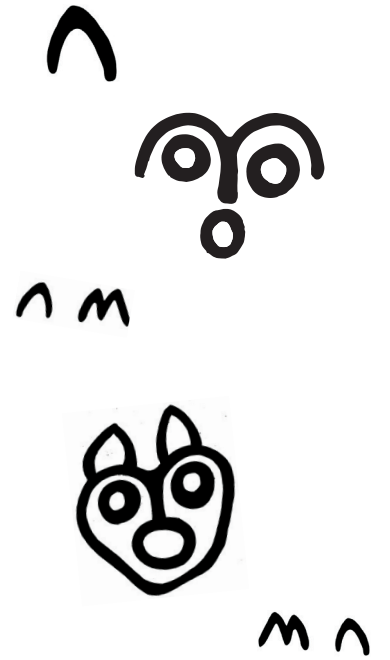
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PROVIDED BY **I-5 CJDRF**

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LITTLECREEK.COM | 1.800.667.7711



Upcoming Entertainment

Kool and the Gang
April 6th | 8:00 p.m.

Hairball
April 27th | :00 p.m.

Lupita Infante
May 10th | 8:00 p.m.

Mike Epps
June 22nd | 8:00 p.m.

PLANETARY PAYDAY

LITTLE CREEK CASINO • RESORT

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HAIRBALL

A BOMBASTIC CELEBRATION OF ARENA ROCK

Saturday **APRIL 27**

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Little Means More!

Kool & the Gang

Saturday **APRIL 6**

LITTLE CREEK CASINO • RESORT

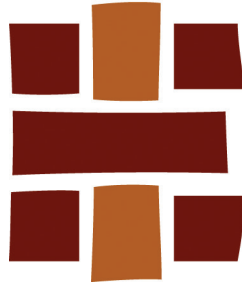
Little Means More!



Tumwater Trading Post

Things are moving smoothly in Tumwater! In March we started the dirt work and in April we should have the concrete slab started. We will keep the community updated monthly through the Klah-Che-Min.

Tumwater Trading Post, coming soon!



Congratulations to a Dedicated Employee



Joann Symonette - 15 Years!

Joann is one of the most amazing persons I know. I have known her for about six years.

She has been the Controller for SCTC (through IEI) for at least that length of time. She has never hesitated to take on more tasks and assignments, if needed, to include compliance duties, federal and state reporting and, sometimes, even served as our in-house IT person!

She always presents a positive and happy attitude and cares about her coworkers and her team.

Joann, besides being a wife and mother, is also an accomplished Iron Man Triathlete and has run multiple marathons.

She always encourages others to take care of their health and has organized after-work events, to include running 5Ks, bicycle races, and other healthy activities. She has taken the lead on the "Biggest Loser" competitions at work, motivating others to become healthier, eat better, and exercise more.

As a coworker, I am proud to have been able to meet Joann and consider her a friend.

Her work ethic and attendance are to be commended, and her positive attitude is very contagious!

Congratulations on reaching 15 years with IEI/SCTC!

- Mike Araiza, General Manager
Skookum Creek Tobacco Company, Inc.



Welcome to the neighborhood!

Transitional Housing Opportunity to Plan and Empower T-HOPE Program

T-Peeksin Lane has new community members. Introducing
T-Peeksin Loop.

“We all help each other out as our own little community. It really is nice to see the people not take advantage of the tiny homes but actually appreciate the tiny homes.” “I really appreciate housing for giving me the chance to live in a tiny home. I have a 2nd chance to live life clean and sober and be a part of our tribe. I am following all rules and following all the laws and am real grateful for this.”
~ T-HOPE tenants.

Requirements for the T-HOPE program include

- Squaxin Island Tribal member
- Applicant must qualify as low-income with a minimum of \$5,000 annual income
 - Single adult and/or couples (Tiny homes are for no more than two people)
 - This is a drug and alcohol free community



Time to remember



Elizabeth Ann Seymour

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

Spring Into Action



Home Maintenance Spring Checklist

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





AMERIND
Protecting Our People

Connect with us for homeowner safety tips and other information: AMERIND.com



Grocery Shopping Anyone? Or Grocery Order Pickup?



Beginning Friday March 01, 2024 the Shelton area Grocery/Errand Routes will run Monday through Friday 10:00 – 12:00.



Wednesday's from 1:00 – 3:00 we will go to the Westside of Olympia; Target, Grocery Outlet, Big lots

For more information or to schedule call (360) 432-3951 or (360) 280-7612





New Employee

Jeannette Neibert
Medical Referral Coordinator

Hi! I have been hired on as the Medical Referral Coordinator with the Health Services Department.

I have many years in healthcare and serving the best interest of patients and community.

I am most excited about getting to help patients obtain the best healthcare opportunities.

I look forward to meeting and working with you.



The Squaxin Community Culture Program is here to help Squaxin families with educational achievement regalia

The Museum & Culture Center is offering Squaxin families workshop time, fabric, buttons, use of sewing machines, irons, large project space, and knowledge

CONGRATULATIONS CLASS OF 2024!

Questions? Please contact Ruth Whitener 360-432-3841 rwhitener@squaxin.us

APRIL 2024

Basketball Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BBALL 14u: 1pm-2:15pm 10u: 2:20pm-3pm	2 BBALL 14u: 1pm-2:15pm 10u: 2:20pm-3pm	3 BBALL 14u: 1pm-2:15pm 10u: 2:20pm-3pm	4 NO PRACTICE	5 NO PRACTICE	6 Open Gym 9am-3pm
7	8 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	9 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	10 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	11 NO PRACTICE	12 Splash City Tournament	13
14 Splash City Tournament	15 NO PRACTICE	16 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	17 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	18 NO PRACTICE	19 NO PRACTICE	20 Open Gym 9am-3pm
21	22 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	23 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	24 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	25 NO PRACTICE	26 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	27 Open Gym 9am-3pm
28	29 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm	30 BBALL 14u: 4pm-5:15pm 10u: 5:20pm-6pm				

SPRING BREAK
APRIL 1-5
BASKETBALL SCHEDULE

MON 1	14u : 1pm - 2:15pm 10u: 2:20pm - 3pm
TUE 2	14u : 1pm - 2:15pm 10u: 2:20pm - 3pm
WED 3	14u : 1pm - 2:15pm 10u: 2:20pm - 3pm
THU 4	No Practice
FRI 5	Free Choice / Open Gym

GYM / AFTER SCHOOL
PROGRAM CLOSES @ 3PM



Bordeaux

Tamika Krise - April is here! Sunshine is coming and the kids are feeling the good vibes! I hope all our kiddos enjoyed their well-earned break after a busy March. With only a couple of months left of school, we are preparing our fourth graders for middle school, our other kiddos to move up a grade, and so on. I know the kids get excited, though we encourage them to keep up with their attendance and school-work.

Let us let the sun and summer motivate us!

Flashback to March, our kiddos were remarkably busy. March 9th was Billy Frank Jr. Day and we celebrated bigger than ever. We only want to go bigger! The week before Billy Frank Jr. Day, we made a ton of fry bread and brought in different toppings for the kids to have. We have about 75+ Native American students here at Bordeaux. Thanks to my team, and Julie Leclair at the school, we set up lunch tables and chairs outside and were able to eat lunch with all our students . . . in their individual grades, of course. Some kids never had fry bread or never knew they liked it. It was so cute to see them so happy about the food that our people make. While we all ate family-style, we started those conversations about Billy Frank, Jr. and why he is so important in Native Country. Our kiddos were able to eat and listen so respectfully. It was awesome.

Lastly, the ASSEMBLY!! The following week after BFJ Day, we had an assembly in honor of Billy Frank, Jr. Our main stars were our fourth graders. The week prior, our fourth graders came and practiced at the end of the school day a few songs and dances to perform. Those practices really showed me that our culture is being passed on through them. These kids alone are making our ancestors proud, I

was so thankful to be able to watch them. As time got closer to the big day, they would get in front of the whole school and perform. When the day came on Wednesday, March 13th, they absolutely rocked it! I was grateful for all who showed up to support, sing, drum, and dance. We had people from both of our neighboring tribes, Squaxin and Skok. We did a land acknowledgment to start the assembly, said some words about BFJ and his work, then went in to singing and dancing. Our fourth graders really stepped up; they introduced themselves, led the dance, got on the microphone, and explained songs. I could not be prouder to share. Our people should all make sure to let these kids know how awesome they are.

Thanks everyone!



Our dancers are ready



Fourth Grade Squad



Billy Frank Jr. Day lunch with Kindergarteners



Native strong at the assembly



Frog song



Some of our young leaders



Second Grade BFJ Lunch



Oakland By Junior High

Caleb Kinzner - Hi everyone! We are now in the final trimester of this year. This will be overwhelming for some students as they are nervous to move schools or move up grades. This will be the final time that we can change schedules, so if there are any difficulties, please reach out to me.

Attendance and homework are still the largest obstacles for the students over here at OBJH. Attendance definitely impacts homework, so if your students miss a day or two, please make sure they get the work that they missed. This trimester will be a fresh start and a great opportunity to correct a cycle of missing work. Please reach out to me if there is any confusion with classes or missing work.

For 8th graders, this is their final trimester at OBJH. I am sad to see them go, but incredibly proud of the work they put in and the growth they experienced over the last two years. Many of them are looking forward to high school, and I am excited to see what they can accomplish. Please check with your 8th graders to make sure that they are registered for high school classes correctly.

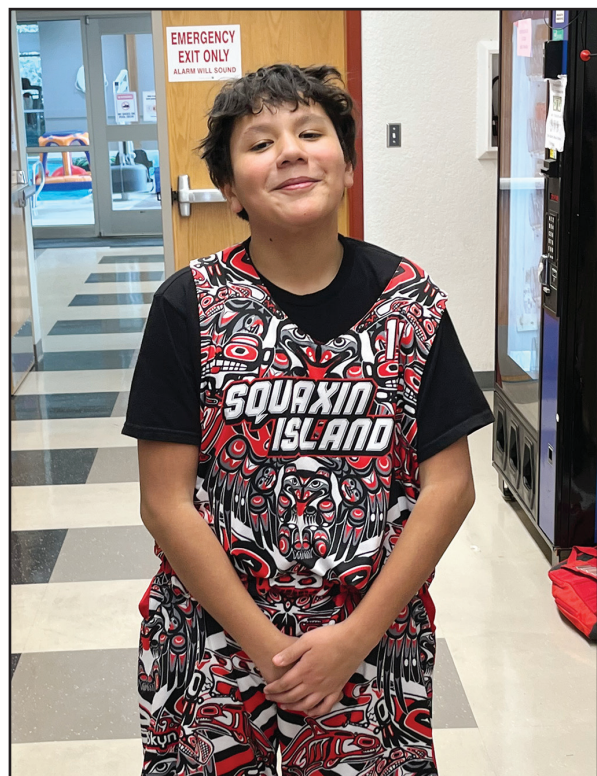
The Student of the Month this month Zach Johns. Zach had a great second trimester and has been a model student over both his years at OBJH. Along with his amazing grades, he has also been putting in a lot of work on the basketball court and is making a lot of progress. I am beyond proud of Zach and everything he has done over the past two years. I am confident his success will carry into high school.



Zach Johns, Camilo Krise, and Beau Henry



Skylehr Henry, Wyatt Wentworth, and Robbie Sigo



OMS

Kiana Wily - The month of March was a busy one! We did our Billy Frank Jr. school-wide salmon coloring activity.

As always, we loved and appreciated the participation we received from the whole middle school! Almost every single student, staff, and admin added salmon to the streams display we put together to honor Billy Frank Jr. and the work he did to protect our salmon and environment.

Home rooms watched a slide show Ms. Chappell put together and several classes even chose to watch our Squaxin treaty rights video made by our teens.

Holly was on a break for her own schooling during the month, but we kept our routines for language group going, and we can't wait to show her what we've kept up on when she returns after spring break!

Conferences had the kids much more conscientious about getting their grades up. It's already the start of third trimester and we are kicking it into

third gear doing our best to get our incomplete assignments turned in and keeping our attendance strong till the finish line! There is only a little over two months left to go, and I know our students can end this school year in a good way.



Luke stapling up our school display



Chase and friend helping hang up fish



LJ Cooper



Teens

Keesha Vigil - In the beginning of February, Julie hosted a “Cannabis Conversation” night for teens and parents. Doctor Jason Kilmer came out and shared his presentation on the effects of cannabis on the human brain. This presentation was very informative, and he was a great speaker. We learned a lot about how cannabis has changed over the years, from low percentage to very high percentage, and some of the impacts these high percentages are having on mood and mental health. Dr. Kilmer answered all the questions the teens had, and there were a lot of questions. A special shout out to Micha Roberts. He challenged Dr. Kilmer with questions and impressed him! We ended this event with a circle where everyone shared one thing they learned from Dr. Kilmer. Thank you, Julie and Dr. Kilmer, for this amazing event.

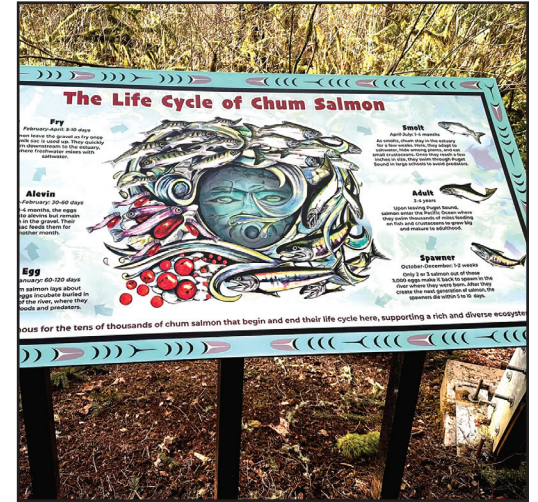
On February 24th, the teens and I went to the new signage at Kennedy Creek trail made by our very own Taylor Krise! We had the honor of dancing and singing to honor Taylor and bless the news signs. I highly recommend checking them out when you get the chance!

The teens kicked off March with a “Polar Plunge” in the pool... the pool was still 80 degrees, lol, so it was just a super fun swim on a nice Saturday!

I also decided to host a glow-in-the-dark egg hunt for the teens! It was so heartwarming to see the teens turn into kids again running around looking for eggs. I tried to put fun stuff into their eggs, like ChapStick, facial masks, gift cards, dollar bills, games, and so much more. I love doing things that make the teens laugh and have a good time.



Nito questioning his Easter treats



Taylor's work at Kennedy Creek



Julie and Teens at the Kennedy Creek trail



Above: Teens at Kennedy Creek Trail

Below: Teens ready to find some eggs!





Shelton High School

Isabelle LeClair - Hello everyone!

We are cruising into our final trimester here over at SHS! I have a few important reminders and things I would like to cover that I missed last month while I was sick.

The first reminder is for our seniors and their families: Button Robe sessions have started! If seniors and their families want the black and red button robes the district gives out, the workshop will be open on Tuesdays 5:00 p.m. - 7:00 p.m. at Choice High School portable. So, feel free to stop on by and grab the materials you and your family may need for graduation! The next session dates are April 9th, April 23rd, April 30th, and May 7th. If you have any questions, please feel free to contact me! I am available through email, text, and Facebook! We look forward to celebrating all our amazing seniors May 17th 6:00 p.m. at SHS Sub!

I also want to give a shout out to our amazing senior athletes. I was only able to attend the girls basketball senior night, so I apologize for not having any pictures of our senior boys. We are enormously proud of all the hard work y'all put in on and off the court!

In other silly news, we had a fun assembly, it was SHS staff vs. students with our very own Journeybear coaching the SHS staff. A few of our girls played for the students. Shout out to Jazzy and Cedar! It was a fun and interactive game to watch!

My last reminder is, spring break is April 1st-5th at SHS. It just so happens to be the same week we are doing our film camp, so if any of our students want to join us, they are more than welcome to!! We will be making another PSA type short film with Skybear Media again. It will be a lot of fun, so please feel free to join us!



Ana's senior night



Jazzy's senior night



SHS staff vs. students game





LEARNING CENTER



Squaxin Island Tu Ha'Buts Youth Center

Spring Break Rec

April 1-5, 2024
8:30-3:00pm

To Attend Movie
Please sign up & For those who do not attend the movie can still come to Spring Rec 12pm-3pm!

Monday April 1st- Squaxin Garden & Metamimicry will be visiting us doing some awesome Activities, Games, Spring Tie dye & Ironing Beads.

Tuesday April 2nd- Kool Aid Playdough, God eyes, Playground, Drumming & Singing & Cooking Project: Mini Pizzas!

Wednesday April 3rd- Field Trip to the Movies! Shelton Cinemas -**Leave: 10:00am Return: 1:00pm**, Dreamcatchers, Bone Bead Chokers & Soccer.

Thursday April 4th- Squaxin Garden & Metamimicry, Musical Chairs, T'Peeksin Park, Sprout ball & Watercolor Art projects.

Friday April 5th-Medicine bags & painting them, Basketball, Cooking Monkey bread & Minute to Win It Games.

Contact Information
Kasia Seymour kseymour@squaxin.us
Kenna Krise kekrise@squaxin.us
Sara Naranjo Johns snaranjo@squaxin.us
Billie Lopeman Johns blopemanjohns@squaxin.us

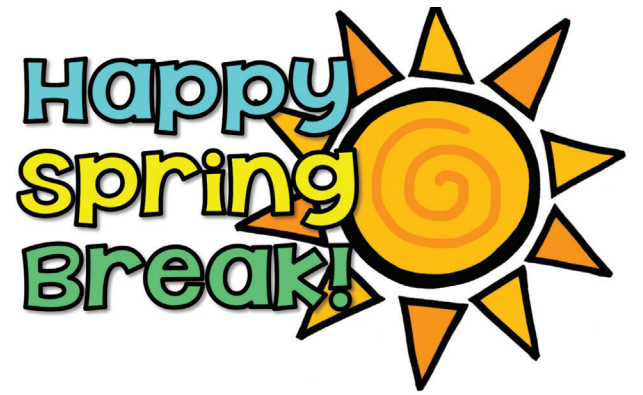
Higher Ed

I hope everyone's spring quarter is starting off great! If you haven't turned in your final grades from winter quarter, please turn them in ASAP!

If you are graduating this spring, please let me know so I can get you added to the 2024 Sgwi' Gwi program. The deadline to turn in paperwork for Sgwi' Gwi is June 3rd.

If you have any questions, please feel free to contact me or stop by the Education Department between the hours of 7:30 – 4:00

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



April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Spring Break 8:30-3pm</i> Squaxin Garden/ Metamimicry, Games, Spring Kinetic Sand & Ironing Beads	<i>Spring Break 8:30-3pm</i> Kool aid playdough, gods' eyes, Playground, Drumming & Singing, Cooking Projects.	<i>Spring Break 8:30-3pm</i> Field Trip to Movies: Shelton Cinemas Leave 10am & Return 1pm Dreamcatchers, Bone Bead Chokers & Soccer	<i>Spring Break 8:30-3pm</i> Squaxin Garden/ Metamimicry, Musical Chairs, Tpeeksin Park & Water Color Art	<i>Spring Break 8:30-3pm</i> Pool Party, Medicine Bags & Painting them, Basketball & Monkey bread	
<i>After-School 3-6pm</i> Plant Teachings: Lion dandelion Craft	<i>After-School 3-6pm</i> Beaded Keychains	<i>After-School 2:30-6pm</i> Spring Bingo GSD Early Release@ 2:30	<i>After-School 3-6pm</i> Oreo Dirt Cup	No After School Squaxin Youth Splash City Tournament 5pm April 12-14, 2024 at Squaxin Island Gym	Squaxin Youth Splash City Tournament Squaxin Island Gym
<i>After-School 3-6pm</i> Simon Says	<i>After-School 3-6pm</i> Rainbow Suncatcher	<i>After-School 12:30-6pm</i> Capture the flag Nature Glitter Walk SSD 1.5 Hour Early Release GSD Early Release@ 2:30	<i>After-School 3-6pm</i> Cake Cookies	<i>After-School 3-6pm</i> STEM: Color Changing Flowers	
<i>After-School 3-6pm</i> Spring Tree Threading	<i>After-School 3-6pm</i> Medicine Bags & Beaded Necklaces	<i>After-School 2:30-6pm</i> Dodgeball & Tip Painted Flowers GSD Early Release@ 2:30	<i>After-School 3-6pm</i> Fruit Cups	<i>After-School 3-6pm</i> STEM: Volcano Experiment & Ironing Beads	
<i>After-School 3-6pm</i> Leaf Lantern	<i>After-School 3-6pm</i> Weaving Cedar Headbands	Key: SSD – Shelton School District GSD – Griffin School District	After-School Meal Times: Early Snack is offered: 3:00pm-3:45pm Late Snack is offered: 4:00pm-4:45pm	Activity Time: 5:00-5:45pm	Contact: Rec Room # 360-432-3986 Kasia: 360-432-3801 Kenna: 360-432-3958 Sara: 360-432-3992

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



After-School Program in March

Kasia Seymour - We hope you all had a happy Easter with your families!!

March was a fun month in the after-school program. We had fun activities for the youth, like Dr. Seuss floats to celebrate Read Across America week. The youth also got to make Rice Krispies treats and they were really popular!

Shelton School District had a 1 1/2 hour early release day on Wednesday, March 6th. The kids were able to make beaded necklaces and play a game of Capture the Flag that the staff joined in on, and the youth had a great time.

Throughout the month of March, we had the youth getting more active and playing outside when the weather permitted; it was great for them to get fresh air.

Every Wednesday in March the youth had swimming from 3:00 - 4:15 p.m. on their early release days, and they had a blast swimming in the pool. Thank you, Kiona and Colby!

Shelton School District had three-hour early release days for conferences March 19-22nd, so we were open for the youth from 12:00 - 6:00 p.m. The youth got to make beaded bracelets, play some fun outdoor games, and create some great tasting strawberry honey gummies. On Saturday, March 23rd, we held our annual youth Easter egg hunt from 10:00 a.m. - 1:00 a.m. at the playgrounds and inside the gym. We served some breakfast items for families to enjoy. It was great to see all the kids having such an amazing time and excited to get all their eggs into their baskets. It was cool to see all the youth's happy faces!

April is here, so we will be open during spring break. Call or email to sign your youth up if they are going to attend Spring Break Rec. and keep an eye on Remind for announcement of dates and times.

Stay tuned for upcoming April events and activities on our Facebook page, Tu' Ha Buts Youth Center, or join our Remind app! Text @SquaxinTYC to 81010 - The Remind app will text our weekly hours and any urgent updates directly to your phones!

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

Kenna Krise, Youth Recreation Coordinator
(360) 432-3958 or kekrise@squaxin.us

Sara Naranjo Johns, Youth Recreation Mentor
(360) 432-3992 or snaranjo@squaxin.us

Billie Lopeman-Johns, Youth Recreation Mentor
(360) 432-3919 or blopemanjohns@squaxin.us



KEY		APRIL 2024						
LS: Lap Swim EA: Elders Aerobics OS: Open Swim		SUN	MON	TUE	WED	THU	FRI	SAT
			1 • LS: 8:30-9:30AM • OS:10:30-11:30AM • CLOSED (12-1PM) • OS: 3:00pm - 5:30PM	2 • LS: 8:30-9:30AM • EA:10:30-11:30AM • CLOSED (12-1PM) • OS: 3:00pm - 5:30PM	3 • LS: 8:30-9:30AM • Daycare: 10:30am - 11:30am • CLOSED (12-1PM) • open swim : 3:00pm - 5:30pm	4 • LS: 8:30-9:30AM • EA:10:30-11:30AM • CLOSED (12-1PM) • OS: 3:00pm - 5:30PM	5 • LS: 8:30-9:30AM • OS:10:30-11:30AM • CLOSED (12-1PM) • OS: 3:00pm - 5:30PM	6 • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM
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28 • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM	29 • LS: 8:30-9:30AM • OS:10:30-11:30AM • CLOSED (12-1PM) • OS: 3:00pm - 5:30PM	30 • LS: 8:30-9:30AM • EA:10:30-11:30AM • CLOSED (12-1PM) • OS: 3:00pm - 5:30PM						

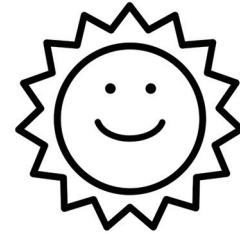



Culture Night

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

TRIBAL MINISTRY CONFERENCE

April 12-13, 2024 - Tacoma, WA

First Presbyterian Church
102 Tacoma Ave S, Tacoma, WA 98402

MEET OUR SPEAKERS



SWIL KANIM
Lummi



VINCENT YELLOW OLD WOMAN
Siksika



HURON CLAUS
Mohawk / Kiowa

ABOUT TMC 2023
Come gather with Native Christian leaders, their people, and all who have a heart for Indigenous ministry, from across the spectrum of churches in the PNW. We'll share stories over meals, listen to speakers, enjoy special music from Living Stone, and participate in engaging seminars.

JOIN US!
FRI 2:00 - 8:30pm / SAT 8:30 am - 7:30pm

Register by April 5:
• Online: [Tinyurl.com/tribalmc24](https://tinyurl.com/tribalmc24)
• By Mail: see attached form

Cost \$60/person, includes 3 meals
• Fri Dinner, Sat Lunch & Dinner
• Mail payment with registration or pay at the door by cash/check

Questions? Taylor Lee
253-314-2575
sacredpathfellowship@gmail.com

Tribal Ministry Conference

HOST MINISTRIES: CHURCH OF THE INDIAN FELLOWSHIP (TACOMA), SACRED PATH FELLOWSHIP (TACOMA), FIRESTARTERS MINISTRIES (TACOMA), CLEARWATER AWAKENING (SUQUAMISH), MUCKLESHOOT PENTECOSTAL CHURCH (AUBURN), SACRED ROAD MINISTRIES (WHITE SWAN), HOPE FELLOWSHIP (WHITE SWAN)



ATTENTION ALL STUDENTS

Graduating in 2024

Do you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program?

To be recognized please email your information to Mandy Valley by; 4:00pm Monday June 3rd, 2024.
Please see contact information below

The Squaxin Island Tribal Council, Education Commission and the Tu Ha' Buts Learning Center would like to recognize and celebrate these individuals at the Twenty-seventh Annual Sgwi-gwi Celebration.

27th Annual Sgwi-gwi Celebration
Friday June 14th, 2024
Time 5:00pm, Squaxin Gym.

Please go to the following link below and fill out the questionnaire.
https://squaxin.formstack.com/forms/2024_graduate

Contact: Mandy Valley
70 SE Squaxin Lane
Shelton, WA 98584

Phone: (360) 432-3882
Fax: (360) 426-7897
email: mvalley@squaxin.us



For more info: email emarbet@squaxin.us, or text 360-790-9353

GARBAGE CLEAN-UP

APRIL 15 AND 22, 2024, NOON
START ON OLD OLY HWY AT NATURAL RESOURCES

So you walk on Old Olympic Highway between Family Services and KTP Express? We do too. There's quite a bit of garbage on the road, so we thought we would clean it up.

RAIN OR SHINE
 We will have gloves and garbage bags.
 We will do this only during the lunch hour.

Enjoy Spring

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.

Eligibility

- At least 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.

For more information
 fill out this form today, or for questions, email DDOR@spipa.org

Form is available at:
spipa.org/family-and-community-resources/

Pacifiers: In or Out?

Maybe for a little while..

SIDS: Pacifiers for naps or nighttime may reduce the risks of sudden infant death syndrome (SIDS) for the first year of life.

Why is it best to wean a baby off a pacifier before their first birthday?

Pacifier misaligned teeth

Normal

Ear problems: Pacifiers may double the risk of ear infections.

Speech problems: Children who use pacifiers excessively **past the age of 2** may also increase their risk for speech problems your baby's top or bottom front teeth may slant or tilt which can add to problems.

Tooth troubles: Pacifier use **after age 4** can have major long-lasting effects on adult teeth.

This institution is an equal opportunity provider. Washington WIC 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@spipa.org
 or
Debbie Gardipee-Reyes 360.462.3227 gardipee@spipa.org

Main SPIPA number: 360.426.3990

Next WIC:
Tues., April 9, 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.



Water

Think of what you need to survive, just survive. Food? Water? Air? Internet?

Water is of major importance to all living things; in some organisms, up to 90% of their body weight comes from water. Up to 60% of the human adult body is water.

While the average percentage of water in a person's body is around 60%, this can vary from roughly 45–75%. There is water in every cell of the body, from the brain to the teeth. Body size, shape, and balance of muscle and fat can all affect the percentage of water in a person's body.

How long can a person live without food?	More than a month
How long can a person live without water?	Approximately one week (depending upon conditions)

Drinking enough water every day is crucial to health and plays a part in almost all body functions. Water is commonly thought to be the most important nutrient in the body.

There is no set daily amount of water that a person should drink. The amount varies, depending on age, sex, weight, health, physical activity, and the climate where a person lives. A good general rule to determine the minimum amount of water you should drink daily is to take your weight in pounds and divide it in half.

Example: Roxanne weighs 140 pounds. Divide 140 / 2 = 70. She should drink about 70 ounces of water/day.

How much water should you drink each day?
 Body weight = _____ pounds
 Body weight / 2 = _____ oz of water each day

All the water a person needs does not have to come from drinking liquids, some of this water is contained in the food we eat. Of all foods, vegetables provide the most water, often being over 90% water by weight. Vegetables high in water include lettuce, celery, bok choy, radish, cucumber, zucchini, watercress, tomatoes, green bell peppers, and asparagus.

What about sports drinks like Gatorade/Powerade? These drinks were not made for daily use. They were developed for athletes who work out for extended amounts of time (constant movement that lasts more than 90 minutes), are in hot environments and/or sweat excessively. They contain a lot of sugar and salt which can cause:

- Weight gain
- Stomach pain, diarrhea

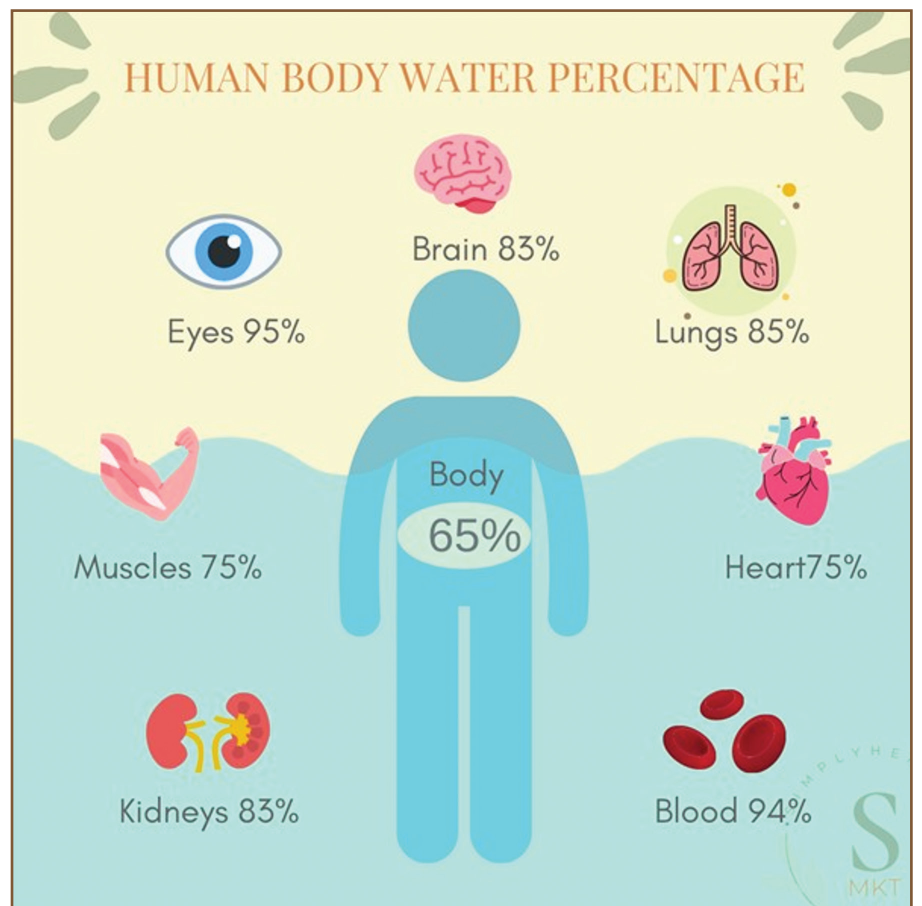
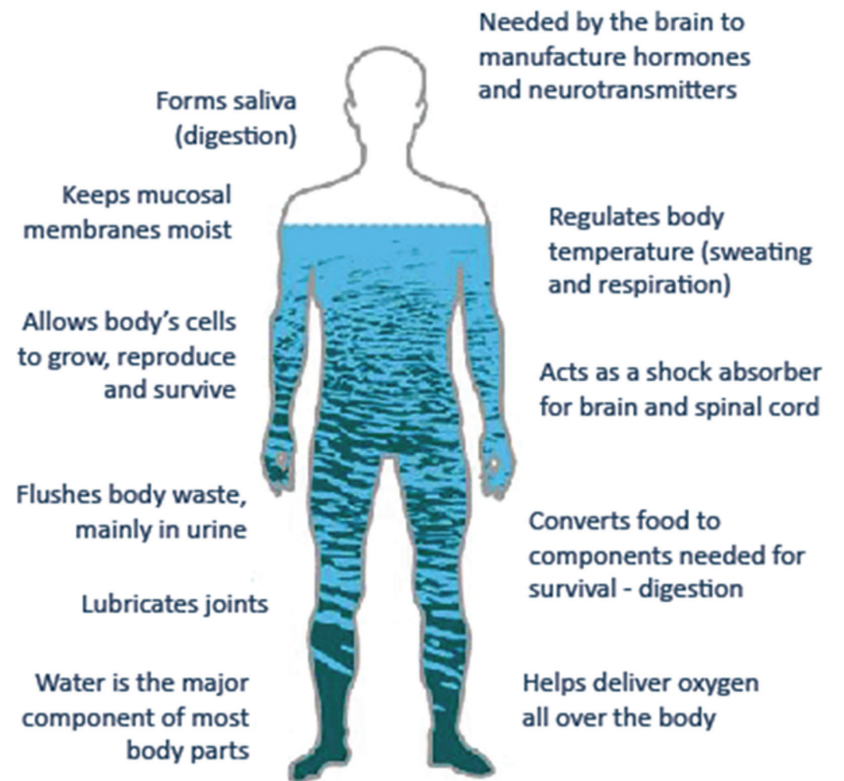
When you are thirsty, avoid drinking soda, sweet teas, lemonade, energy drinks, and fruit juice. Stick to Water. Only Water? YES! COLD Water is absorbed better than warm/room temperature water.

Drink small amounts of water throughout the day to get your minimum amount of water. On days that you exercise or sweat more than usual, you will want to increase your water consumption. Remember to drink water whenever you are thirsty, have dry mouth, or are sweating heavily.

Listen to your body, and drink whenever you need or are able.



What Does Water do for You?





familydoctor.org

Is Your Child Too Busy?



Finding a balance between school, activities, and play can mean the difference between a well-adjusted child and a stressed-out one. Finding this balance is different for every child. It's up to you, as the parent or guardian, to find the mixture of scheduled time and play time that works best for your child.

Determine if your child is overlooked

Experts don't agree on the ratio of time that makes the ideal balance. However, they do agree on what an over-stressed, over scheduled child looks like. You should look at your child's schedule your child:

- Is tired a lot.
- Is grumpy or cries easily. They don't seem to have much control over emotions.
- Has recurring physical problems, such as headaches or stomachaches.
- Has trouble sleeping.
- Is being antisocial and doesn't want to participate in fun activities. They seem to have lost touch with all close friends.
- Is having trouble finishing homework. Grades are starting to suffer.
- Is slacking on chores or needs reminders to do them.
- Doesn't have free time most days.
- Is prone to accidents, like falling.
- Frequently says he or she would like to stay home and do nothing.
- Suffers more than usual from asthma and allergies. There is evidence these are made worse during times of stress.

These symptoms may seem easy to spot, but can be overlooked by parents. A schedule that worked at first may now be causing added stress for your child.

Also consider how you feel as a parent. Are you tired all the time? Are you agitated and lose your temper? Do you see your kids in the car more than anywhere else? These are good indicators it's time to reevaluate your family's schedule.

If you find your child is overscheduled, decide together which activities to cut. Don't make your child decide alone and don't decide for them. Maybe your child postpones some activities now and picks them up when other activities end.

Path to improved health

Kids should have at least some days each week where they have nothing to do. Also, they need free time every day. Free time is time where they can choose to what to do.

Put a priority on this free time and make it productive. Suggest they spend time with friends or go outside if the weather is good. This is where truly creative play happens—and usually exercise, too. Being outside has been shown to make people calmer and it reduces stress.

The American Academy of Family Physicians (AAFP) encourages that all children and adolescents accumulate at least 60 minutes of moderate to vigorous aerobic physical activity every day. Encourage these activities instead of watching TV or playing video games. The AAFP recommends no screen time before 2 years of age and no more than two hours a day for children 2 years of age and older.

Also make time to play with your kids. Experts agree that unscheduled family time is an important part of a healthy balance for kids and families. This is one of the best ways for parents and children to get to know each other. It also helps children feel their parents love the “real” them—not just the “over-achieving” them.

Try to eat together. Sharing a meal as a family has many benefits, especially for children. Not only is it a great way to teach manners and appreciation, but it also teaches conversation. Encourage your child to talk about their day. Some studies show that children who eat with their families even earn higher grades at school.

Things to consider

While some stress is good for children, some types of stress can negatively impact a child's health. Major stress—called toxic stress—can happen after a traumatic event, such as a divorce or death in the family. Long-term stress—like that from being overscheduled—can negatively impact a child's health. Children under these stresses may suffer from high blood pressure, headaches, stomachaches, and extreme tiredness.

Also consider your child's sleep pattern. If your child is so busy that he or she must stay up late to complete homework, you don't have a good balance. School-aged children need 10 to 11 hours of sleep each night. Teens should average 8 to 9 hours each night. Set a consistent bedtime for your kids.

Overstressed and overscheduled children are more at risk for depression and anxiety. Stress disorder, which can trigger severe anxiety, can happen at any age. Stressed children also can show an overall lack of creativity and have fewer problem-solving skills.

Resources

National Institutes of Health, Are kids too busy?

U.S. National Library of Medicine: MedlinePlus, Stress in childhood

Continued on Page 18



familydoctor.org

Is Your Child Too Busy? Continued from Page 17

Lastly, think about the example you're setting. If you limit your child's screen time—but you spend many hours with your device or watching television—that may send the wrong message to your child.

When to see a doctor

Stress can cause an increase in infections and illnesses because it impacts your child's immune system. If your child is frequently getting sick, look for symptoms of general stress. Relieving stress for your child could be as easy as modifying his or her schedule.

Chronic stress symptoms will be more severe. If your child is showing symptoms of anxiety, sleep problems, the inability to concentrate, or is not eating normally, you should contact your doctor.

Questions for your doctor

My child wants to do everything but there's not enough time to do it all. How do I help them limit activities?

If I don't schedule my child's time, they will choose to play video games all the time. How can I steer them toward creative play during free time?

My child wants to quit the team halfway through the season. If I let them, am I teaching my child to be a quitter?

My child is shy and doesn't want to participate in extracurricular activities. How do I encourage involvement?

How old should my child be before beginning scheduled activities?

What is a realistic number of activities for my child to select?

Squaxin Dental Clinic News

The current emergency walk-in times are 8:00 a.m. - 9:00 a.m. on Mondays and Tuesdays.

Starting Monday, April 22nd the dental clinic will change the emergency walk-in times available to 8:00 a.m. - 9:00 a.m. on Mondays and 2:30 p.m. - 3:30 p.m. on Tuesdays.

Patients will be seen on a first-come/first-served basis. These openings are available for anyone who has already registered with the clinic.

If you would like to schedule an appointment for any other days or times, please contact us at (360) 432-3881.

We are here for you!



Denture Care

If you have dentures, or are in the process of getting dentures, know that you are not alone. According to the American Dental Association, it is estimated that at least 120 million people have at least one tooth missing and 36 million people have no teeth at all (edentulous.) Of those who are edentulous, 90% have dentures.

Dentures can be made from several different materials with the teeth made from either a polymer-plastic or porcelain and the base being resin and/or metal. Sometimes dentures can be retained in the mouth using implants, depending on if the patient has adequate bone levels and no major risk factors, such as smoking. Proper care of dentures and the gum tissues are very important. Inadequate cleaning can lead to problems such as chronic inflammation, ulcerations, and infection.

Tips for proper maintenance of dentures:

- Dentures and implants should be cleaned daily. Use a denture brush to remove stains and debris from the denture. Use a soft toothbrush and toothpaste to clean around any implants.
- Dentures should be taken out every night and soaked in cool water with a denture cleansing agent. Denture cleansers are not designed to be used in the mouth and should be rinsed off prior to placing the dentures back in the oral cavity. Toothpaste or dish soap are acceptable alternatives for cleaning dentures. Do not use bleach or any other non-specific commercial cleaners for cleaning dentures. Do not use warm or hot water for soaking, which can warp the dentures.
- Removing dentures for several hours every day will help the gum tissue have time to "breathe." This can help the tissue recover from being under the dentures all day.

It is important to see the dental professional every six months to a year for regular denture and tissue checks, removal of hardened debris and stains, and fit checks.

Call Squaxin Island Dental Clinic at (360) 432-3881 to schedule your check-up.





12 Signs It's Time to Worry About a Rash in Adults

In most adults, a rash can be mild and resolve on its own. But if you have other symptoms, such as fever, pain, or a rash that spreads, you may need urgent medical care.

Rashes can cause irritation and discomfort. Rashes in very visible places such as your hands or face might even cause embarrassment. Fortunately, most rashes are mild and not a cause for concern. You can generally treat a rash with over-the-counter (OTC) remedies.

However, there are rashes that a medical professional should look at. These rashes might be a sign of an infection, allergic reaction, or disease. You can read 12 common signs a rash might be a sign of something more serious below.

What is a rash?

An area on your skin that is itchy, irritated, and swollen is called a rash. A rash can be raised, bumpy, blistered, or patchy.

Rashes can present differently depending on your skin tone. People with lighter skin often see rashes that are pink, red, or purple. People with darker skin might develop rashes that are white, gray, or darker than the surrounding skin.

Rashes can be caused by many things including:

- Underlying health conditions
- Stress
- Sun exposure
- Allergic reactions
- Weather

Types of rashes

Rashes are very common. Many types of rash are mild and can be treated with OTC medications. For example, contact dermatitis is a rash you get when your skin touches something that causes it to become itchy and irritated.

If you've ever gotten a rash from a new laundry detergent, lotion, or soap, your rash was likely contact dermatitis.

A contact dermatitis rash will be inflamed and itchy. It will generally be contained to the part of your skin that touched the irritant.

Avoiding the item in the future and using an OTC anti-itch cream is normally enough to treat contact dermatitis.

Other common rashes in adults include:

- Hives. Often caused by an allergic reaction to medications, foods, or beverages, hives appear as raised, itchy, splotches and often spread rapidly.
- Shingles. Caused by the same virus that is responsible for chicken pox, shingles is often painful forming patches of skin with bumps that blister and itch. Anyone who has ever had chicken pox is at risk of developing shingles.
- Chronic rashes. Conditions such as eczema or psoriasis can cause chronic rashes that can flare when triggered. A dermatologist can help you manage these conditions.

12 signs you need to seek medical care for your rash

Sometimes, a rash is a sign something serious is going on with your body. It's a good idea to keep an eye on any rash you develop and watch for these signs. Seek medical care if any of them develop.



1. You have a fever

A fever is a key sign that rash should be looked at by a doctor. It could be a sign of an allergic reaction. A fever along with your rash could also indicate an infection such as:

- Herpes
- Measles
- Mononucleosis
- Scarlet fever

2. The rash is spreading

A rash that is spreading is another sign it's time to seek medical care. A rash that is spreading quickly might be a medical emergency. It's best to go to an urgent care center or the emergency room if your rash is spreading rapidly. If your rash is spreading slower but is spreading over your body, it's still a good idea to get it looked at. It might be a warning that your rash is caused by an allergic reaction or an infection.

3. The rash area hurts

A painful rash should be looked at by a medical professional. It could be infected or a sign of conditions such as shingles. It's best to also keep an eye on any rash that isn't painful but that is tender when you press on it. This could be a sign of infection, and you'll want to have it checked out if it doesn't resolve after a day or so.

4. The rash came on suddenly

A rash that comes suddenly may be an allergic reaction to a medication. Sometimes, a rash can develop in the first few weeks after you start a new medication. Let a medical provider know about this side effect as soon as possible. It's important to be careful when a rash is caused by an allergic reaction to medication. This kind of reaction can lead to difficulty breathing and may become a medical emergency.



Continued on Page 20



Rash in Adults Continued from page 19

5. *The rash is beginning to blister*

Sometimes rashes caused by sun exposure or poison ivy can blister. These rashes generally heal on their own in most cases. However, unless you're sure your rash was caused by the sun or poison ivy, any rash that blisters should be looked at by a doctor. It could be a sign that your rash is a severe allergic reaction to a medication or caused by an autoimmune condition called pemphigus vulgaris.

6. *You see signs of infection in the rash*

Rashes damage the surface of your skin. This can make it easy for infections to develop, especially if you scratch the rash area. An infected rash should be looked at by a medical professional.

Signs a rash is infected:

- Pain
- Warmth
- Swelling
- Crusting over of rash bumps
- Yellow discharge
- Green discharge
- Bad smell

7. *You have difficulty breathing*

This is a medical emergency. Call 911 or seek care right away. A rash and difficulty breathing can be signs of a serious allergic reaction. This might happen when you eat or drink something you're allergic to.

When to call 911

A rash can be a sign of a serious medical emergency called anaphylaxis when it happens along with other symptoms. Call 911 if you have a rash and any of these is occurring:

- It is spreading rapidly.
- You're having trouble breathing.
- You have a high fever.
- You feel lightheaded or dizzy.
- You're nauseous.

It's best not to drive yourself in any of these scenarios. If your reaction is anaphylaxis you could become unconscious in just a few minutes.

8. *The rash looks like large purple patches*

A rash that looks like large purple patches or dark bruises can be a sign of a serious condition. It could be a warning sign of an infection spreading throughout your body or of a blood clotting problem. It could also indicate a condition called vasculitis that causes your blood vessels to become inflamed.

A medical professional can determine what's causing this rash and start treatment.

9. *Bruises are forming in or around the rash*

A rash with bruising or swelling around it might have been caused by an insect bite. It's a good idea to seek medical care if you notice this symptom. The bruises and swelling are a warning that that poison from the bite could be cutting off blood flow to the area.

10. *The rash is in a circle shape*

A circular-shaped rash could indicate Lyme disease. Caused by ticks, Lyme disease normally causes a rash that resembles a bull's-eye and symptoms similar to the flu. Antibiotics are the primary treatment for Lyme disease, so you'll need to visit a medical provider for a diagnosis and prescription.

11. *You've had the rash for longer than a week*

A rash that persists for more than a week is worth getting looked at by a medical professional. There might be a reason your body is having trouble healing the rash. Plus, even if your rash is mild, a medical professional can give you tips to treat it at home.

12. *The rash is causing you discomfort or concern*

It's a good idea to get any rash that is causing you to feel significant discomfort or concern checked out by a dermatologist or other healthcare professional. While it might be simple contact dermatitis, it's still a good idea to consult a doctor.

The bottom line

Rashes are a common skin condition. Most rashes are temporary and clear up on their own. However, a rash can be a sign of something more serious.

Allergic reactions, infections, autoimmune conditions, and more can also cause rashes that need to be seen by a medical professional.


Rashes that occur along with trouble breathing, fever, light-headedness, or nausea, are a medical emergency.

Written By: S. Srakocic

Edited By: Debbie Nurmi

Medically Reviewed By: Shilpa Amin, MD, CAQ, FAAFP


Mammogram Dates

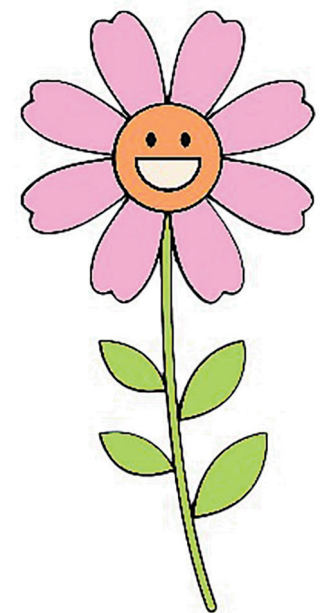



4/25/2024	6/20/2024
5/16/2024	7/25/2024
	8/29/2024
	9/26/2024

Be aware. Check regularly

Contact Clara Hernandez to get scheduled.
 Phone#360-432-3930
 Email : chernandez@squaxin.us





South Puget Intertribal Planning Agency



LIHEAP

NEED HELP WITH YOUR LIGHT BILL?

SPIPA is still accepting applications for energy assistance. If you have not utilized LIHEAP benefits in the past year, you may be eligible for assistance.

LIHEAP APPLICATIONS ARE AVAILABLE AT THE FOLLOWING LOCATIONS

Chehalis	SPIPA IPC	360.426.3990
Nisqually	Warehouse	360.438.4216
Shoalwater Bay	SPIPA IPC	360.426.3990
Squaxin Island	SPIPA IPC	360.426.3990
Skokomish	Rosetta LaClair	360.426.7788


Did You Know?

Feedback forms are available on: squaxinland.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.

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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

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

Notice to Creditors Page 1 of 1

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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



4/1
Colby Smith
Duane Cooper
Famie Mason
Rene Vigil
Seattle Morris

4/2
Bentley Gray
David Peters
Kaitlyn Niel

4/3
Deborah Knott
Jacqueline Crenshaw
Keenan Lorentz
Tamika Krise

4/4
Elizabeth Cooper-Campbell
Janice Leach
Joseph Harrell
Kathy Brandt
Traci Coffey
Tyler Hartwell

4/5
Matthew Block

4/6
Chauncey Blueback

4/7
Carolyn Hoosier
Keesha Vigil-Snook
Marie Snyder
Michael Kruger
Rolando Rocero

4/8
Marcella Cooper
Mi'chelle Mach
Nolah Cousins
Rodney Krise



4/9
Alexander Blueback
Andie Cousins
Cheryl Hantel
Juan Araiza
Kiana Henry
Maurisio Salas
William Henderson

4/10
Joanna Cowling
Kenneth Selvidge
Lily Naranjo-Johns

4/11
Anisaia Manu-Saenz
Talon Beattie
Tseeka Ackerman

4/12
Dorinda Thein
Elaine Roberts

4/13
Allen Mosier
Latiesha Gonzales

4/14
Debra Peters
Haelee Hernandez-Smith
James Peters
Mary Josephine Lewis

4/15
Grace Pugel
Lorena Porter

4/16
Maria Francisco Coley
Ronald Schaefer

4/17
April Leonard
Dena Cools
Skylehr Henry

4/18
Brooke Henry
Daniel Kuntz
Douglas Johns
Josiah Saenz-Garcia

4/19
Dustin Greenwood
Elisha Peters-Guizzetti

4/19
Sande Smith
Trinity Byrd
Walter Hall

4/20
Jolene Grover
Louise Rioux
Pamela Peters
Vicky Turner

4/21
Emily Sigo
Jon Vanderwal
Joshua Whitener
Tracy West
Tyrone Seymour

4/22
Randy Koshiway
Sarah Koshiway

4/23
Rebecca Keith
Ronald Bell
Tristian Villanueva

4/24
Cameron Goodwin
Syncere Ho

4/25
Casey Krise
Cynthia Parrott
Dawn Caasi
Larain Algea

4/26
Bear Lewis
Chauncey Blueback
London King
Richard Montano
Russel Algea

4/27
Becky Barker
Brent Snipper
Standing Raven

4/28
Anthony Johns
Wesley Whitener

4/29
Claudia Guijosa-Meas
RedwolfKrise

Sunrise and Moonset By Kimi James "Calling All Angels"



Thank you for serving on the Elders Committee Debra Mattson





What's Happening

- Candidates Forum #2** April 10
- Memorial for Elizabeth Ann Seymour** April 20
- NR Auction Bid Deadline** April 12
- Highway 101 Cleanup** April 15 & 22
- Oral History Workshop** April 24

Court:
 ICW Court: April 1
 Criminal/Civil Court: April 9

WIC April 9



Elders

Squaxin Island Tribe Elder Jackets are available for sizing by appointment. Please contact Traci at tcoffey@squaxin.us or (360) 463-3385, for your appointment.

Next Elders Committee meeting is on April 3, 2024 at 12:15ish

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

MONDAY 1:

Baked Potato Bar, Broccoli

TUESDAY 2:

Navy Bean Soup, Turkey Sandwiches

WEDNESDAY 3:

Chalupas

THURSDAY 4:

Chicken Strips, Tator Tots

MONDAY 8:

Hamburgers, Chips, Macaroni Salad

TUESDAY 9:

Italian Sausage Potato Soups, Breadsticks

WEDNESDAY 10:

Veggie Pizza

THURSDAY 11:

Pork Loin, Rice, Mixed Veggies

MONDAY 15:

Tuna Melts

TUESDAY 16:

Pork Pozole

WEDNESDAY 17:

Spaghetti, Veggies

THURSDAY 18:

BBQ Ribs, Mac-N-Cheese, Baked Beans

MONDAY 22:

Salmon, Red Potatoes, Spinach

TUESDAY 23:

Chili, Corn Bread

WEDNESDAY 24:

Sandwich Bar

THURSDAY 25:

Chicken Pot Pie w/ Veggies


MONDAY 29:

Creamed Hamburger, Peas

TUESDAY 30:


Chicken Noodle Soup





Looking Forward Together:

Elders' Supports & Services ~ Your Health and Wellness



Tuesday, May 14, 2024
10:00am - 3:30pm

Little Creek Casino Event Center
 91 WA-108
 Shelton, WA 98584

You are invited to an intertribal gathering of tribal elders, caregivers, and service providers.

This event is open to Tribal Elders of the Following SPIPA Consortium Tribes: The Chehalis Tribe, The Nisqually Indian Tribe, the Shoalwater Bay Indian Tribe, the Skokomish Indian Tribe, and the Squaxin Island Tribe.


First 25 Elders from each of the five Tribes to register will receive an incentive. Registration Deadline is May 4, 2024.

TOPICS DISCUSSED Cyber fraud, hearing, and vision.

MEALS There will be a light breakfast served in the morning, with lunch provided in the afternoon.


How to Register:

By Phone





360.426.3990

In person



Contact your Tribal Elders Coordinator

Online

<https://bit.ly/4abREWW>

Chehalis	Skylar White Eagle	360.529.7839
Nisqually	Elders Program	360.486.9546
Shoalwater Bay	Kathirine Horne	360.267.8134
Skokomish	Rosetta LeClair	360.426.7788 x2314
Squaxin Island	Tracey Coffey	360.432.3906

Call 360.426.3990 or email dgardipee@spipa.org and mshilley@spipa.org for questions and special accommodations.

Bible Study

Non-Denominational and Led by Marvin Campbell



Community Kitchen
Thursdays at 6:00 p.m.



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



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

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