

# KLAH-CHE-MIN

ʔacaciḥalbiḥʔ gʔɪ tə xʔəlc̣ yəxʔ ti stultuləkʔ. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciḥalbiḥʔ gʔɪ tə xʔəlc̣ yəxʔ ti stultuləkʔ.

DECEMBER 2003

► *People of the Water* ◀

COMPLIMENTARY

## Little Creek Casino Hotel To Offer Guests the Best in Technology Services

Sam Askew, Hotel Director - As we have previously discussed, design and service have power! So does technology. The ability to control the guestroom environment, in terms of both entertainment and atmosphere, also has broad appeal. A wide-ranging survey conducted in October by a lodging industry magazine, suggests that today's guests highly value certain cable and network TV offerings, are willing to forego some convenience for high technology and want to be able to regulate the ambiance of their rooms. As far as the Internet goes, they want it free and fast—or not at all.

These are among the key findings of an in-room entertainment survey sponsored by ESPN and implemented by LH-Lodging

Hospitality. The information gathered in response to this poll, faxed to 5,000 business travelers, is designed to help hoteliers understand what guests want in television, movies, Internet access, fax machines, refreshment centers and climate control.

Some results were surprising, even counter-intuitive. Let's start with "Branding," which focused on what people like to watch on their guestroom television.

When asked what cable TV network they were most likely to watch in their guestrooms, a majority of respondents said HBO, which is celebrating its 30th anniversary this year. Close to HBO in popularity: Cable News Network, or CNN. Next up: ESPN. From then on, the drop-off was dramatic.

Not surprisingly, HBO also scored highest in response to the question, what cable TV network would you like to watch in a hotel guestroom that is frequently unavailable on hotel channel lineups? Showtime ranked next, followed by equal levels of response for ESPN, ESPN2, Starz!, Speedvision, and the Sci-Fi Channel. HBO also scored by far the highest as the favorite premium cable TV channel, followed by Showtime and Cinemax.

Perhaps in testimony to a sense of urgency, heightened since the terrorist attacks of Sept. 11, 2001, an inordinate number of people said they counted on

*Continued on Page 3.*

*A view of construction  
from a top floor window*





## KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

70 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
FAX: (360) 432-0858

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 & staff.*

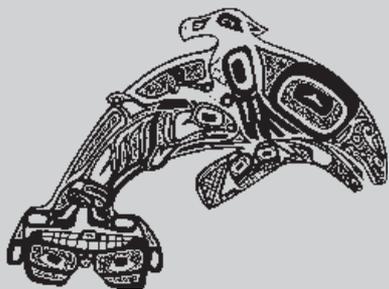
**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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### Klah-Che-Min Staff:

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



# LITTLE CREEK CASINO

## A Familiar Face in a New Position



### Kim Burrow *Little Creek Hotel Administrative Assistant*

Hello everyone! As you know, I was formerly the Administrative Assistant to the Squaxin Island Gaming Commission. I am now employed by the Little Creek

Casino Hotel as the Administrative Assistant.

After nearly eight years with Tribal Gaming, I was offered the opportunity to enter into a mentorship program to study hotel management. I am very excited about the opportunity to study hotel management. I feel a great deal of gratitude to Michael Peters, Little Creek Casino Assistant General Manager, and Sam Askew, Hotel Director, for having the faith in me and my abilities and for giving me this opportunity. I love being part of Little Creek Casino and I look forward to many years of service with them.

I look forward to seeing you at the hotel!

Hoyt!

## What a Crew!

The folks pictured below are the fantastic crew employed as laborers and installers at the Little Creek Casino Hotel. They have been busy installing furniture, clearing the factory, unloading trucks and they are very happy for the work! Kim Burrow is keeping a list of people who are interested in this kind of work. A few more may be needed as things speed up for opening next month. Call Kim at 427-3052 to get signed up.



*L-R: Dawne Elam, Dale Bull Plume, Donny Hartwell, Candace Richardson and Derek Decker in front*



## An Important Addition to the Crew



*Angel Hall and Harriet Arbuckle*



*Candace Richardson and Dawne Elam*

## Little Creek Casino Hotel *Continued from Page 1*

TV for news updates, turning to the tube to keep abreast of what's breaking rather than tuning in for weather or sports updates.

On the technology side, a slight majority said they want to rent single DVDs for \$5 for 24 hours at the front desk. Next most popular option: a VCR player in the room with the guest renting the videocassette. Nearly as popular: a \$12 bundle of three movies for 24 hours.

These results lead to two conclusions: DVDs, which have become a very mainstream technology in a very short time, are supplanting videocassettes on the road as well as in the home. They're so desirable, people will go out of their way to rent them, the poll indicates.

Also attesting to the increasing technological expectations of today's guest: a slight majority expect 25 to 50 cable TV channels in their guestroom, while slightly fewer expect 10 to 25. Few expect fewer than 10 or more than 50. These numbers suggest that today's guests

expect a huge variety of information and entertainment offerings in their rooms.

Which leads, of course, to the ever-popular "name your favorite show" segment. When we asked these road-savvy travelers for their basic cable TV channels of choice, the clear winner was ESPN, followed by CNN Headline News and, in a tie, the Weather Channel and CNN. Nearly as popular: History Channel and Fox News.

When it comes to network TV shows, "West Wing" remains the top hit, but "CSI" is a real comer, both in terms of the core show and its Miami spinoff. Other frequently watched shows are "Law and Order," "ER," and the equally popular "Friends," "Everybody Loves Raymond" and "Frasier."

HBO's "The Sopranos" proved by far the most favorite cable TV series, followed by the premium cable channel's "Six Feet Under" and "Sex and the City."

'So how does this affect the hotel?' you ask...The point here is to show how important our alliance with Comcast and On Command Video are for the overall value and enjoyment a guest receives.

The reason so many guests prefer DVD's is the ability to: Stop, Pause, Play, Rewind, etc. during your viewing. Our new in-room, Digital On Command Video system will allow any guest to order a Pay-Per-View movie at any time, watch for a while; stop, go to dinner in the restaurant or gaming in the casino; come back and pick up right where it left off. You can pause to go to the restroom, or rewind because your husband was talking during the most romantic part of the movie.

In short, its a DVD player that plays In-Theater releases!!

Likewise, if you're so inclined, you can just sit an watch HBO, CNN, ESPN or any of the other 52 channels we have lined up free to guests. Don't forget in room Keno and Special Events like Boxing!!!

### In-Room Communications

When it comes to in-room Internet access, the great majority of respondents said they think it should be free. The next-largest number said they wouldn't use it at any cost. One person suggested a \$4.95 charge for 24 hours and a handful said they would pay \$2-\$3 per session. Very few said they were willing to pay \$9.95 for 24-hour use,

suggesting that pay model, predominant just two years ago, is dead in the water.

In-room fax machines didn't seem that popular either. The great majority said they don't consider them important at all or of little importance. A preponderance of respondents responded similarly when asked to gauge the value of an in-room bar/refreshment center, saying it's not at all important or of little importance. But a respectable number said they considered it somewhat important.

With these items in mind, the hotel has developed a high speed Internet service that is free to guests. In the rooms, in the lobby, in the pool area,

*Continued on Page 5.*



*The guest rooms are starting to look homey.*



*Tribal member Mike Hill shows off the new swimming pool room*



*The huge hallway between the hotel and casino*



## A Familiar Face in a New Position



### Jeremiah George Cultural Coordinator

Hi, a great poet once said "To question why we've gone from bad to worse, is to question that from which we came." This is true in many ways for a lot of people, both for Native Americans and non-Native Americans. But for our tribe this may be true or seen as true by some more than others. For me, that statement is glaringly true because of the fact that our culture is strong, but, as with anything, it has it's weaknesses.

The Lushootseed language, the traditional language of the Squaxin Island people, is in grave danger and, without you and I, time may prove to be fatal.

Going back to this saying, I can't question others' dedication because in the end we are one and judgement and negativity reflects on us all. That's why I sought out my new position, as the Cultural Coordinator, to try to do my part in the passing on of values, both traditional and non-traditional. I've enjoyed it and really believe in the Learning Center's goals, which are for the Squaxin Island tribal members.

If your schedule permits it, please join the drum group and the language sessions.

Thanks, my name is Jeremiah George, some of you may know me.

## Tribal Council Resolutions

**03-67:** Authorizes membership in the National Congress of American Indians with membership dues of \$5,000 based on tribal membership

**03-68:** Approves the final budget for FY04 in the following amounts:

1) Tribal	\$11,382,909
2) Indirect	1,828,560
3) Human Resources	356,001
4) Planning	474,465
5) Community Development	7,544,366
6) Natural Resources	3,285,854
7) Public Safety & Justice	833,364
8) Health & Human services	3,612,454
9) NWITC	2,067,397
10) Cultural Resources	201,640
11) Learning Center	733,642
12) MLRC	387,253
Total \$32,707,905	

**03-69:** Assures USDA that substantial community input has been obtained regarding the development of drinking water system enhancements, approves IHS Project No. PO-03-J68, Preliminary Engineering Report, authorizes submittal of a USDA Rural Utilities Service applica-

tion requesting \$1,495,600 in loan/grant funds and recognizes Little Creek Casino's \$6,900 in-kind engineering contribution as a match for the project

**03-70:** Rescinds Resolutions #99-62 and 99-102 in order to submit the two properties, Lewis and Pitt, for placement in Trust

**03-71:** Rescinds Resolution #95-34 regarding the Taylor property #21 in order to include a new title company on the application to place the property in Trust

**03-72:** Agrees to the Memorandum of Agreement between the Tribe and the Washington State Department of Revenue concerning authority to affix stamps to cigarettes for the purpose of entry of the cigarettes into the State of Washington

## Walking On

Tribal member Joe Whitener passed away on November 13th. Watch for his story next month.

Also, condolences to the Tulalip Tribes for their loss of Jerry Jones, a beloved friend of the Squaxin Island Tribe who helped with our canoe project.

## Construction Projects Abound. The new Administration building, pictured below, is due to open in March.





## Little Creek Casino Hotel *Continued from Page 3*

it is 100% high speed and 100% FREE to guests. In fact we even have the latest technology available to our guests for use in our very own Business Center.

Guests will be able to sit in their room on the 4<sup>th</sup> floor and print a document from their laptop to the printer in the Business Center 2 floors below. They will also be able to fax, copy, and scan right in the Business Center 24 hours a day.

As you can see, we have put much effort and thought into all facets of the hotel: design, art, service and technology, all combined to make for the best possible stay.

Please look for announcements on new opportunities for art to come to you soon via the weekly mailers and an invitation to a SPECIAL PREVIEW, only for the Squaxin Tribal Community.

I look forward to seeing you all there and opening a hotel that you will all be very proud of!! Again, thanks for the opportunity to share with you.

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## The MLRC Needs You!

The Museum Library and Research Center needs help identifying people in the photo archives collection. Please contact Charlene Krise at 432-3851 for more information or stop by any time (except Mondays and Tuesdays).

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## For Sale

Awesome 17" Rims  
Call Paula @ 432-3934

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## Child Find

Wa He Lut Indian School is attempting to locate children with disabilities whose special needs are not being met. If you are aware of any children ages birth through 21, that may need assistance, please contact Becky Beswick @ 456-1311 or 272-1049.

## A Call for Help

*From John and Gloria Krise*

We are asking for your help. Our foster son, Luke Moses, has leukemia, Chronic Myelogenous Leukemia (CML). Unless a bone marrow donor is found, Luke's life will be extremely limited.

Luke is 11 years old. He is both Native American and Hispanic. But that does not matter. A match is more likely to be found among Native American and Hispanic people, but there is a slight possibility for a match from any race or ethnic group.

He needs a transplant to win his battle with cancer and enjoy life.

There is going to be a Bone Marrow Drive December 13th from 10:00 - 4:00 at the Old Shelton National Guard Armory, known now as SOCK, North 6th and Franklin, downtown across from Safeway.

Don't be afraid. It just takes a simple blood test. And there is no charge.

Please contact John or Gloria Krise at 490-6302.

To everyone who has helped out with everything, I can't even name them all - thank you!

THANK YOU!

### BONE MARROW DRIVE

12/13/03

10:00 - 4:00

Old Shelton National Guard Armory

Also known as SOCK

## Per Capita Distribution

The December, 2003 per capita checks from both Island Enterprises Inc. and Little Creek Casino will be distributed on Thursday, December 4, from 9:00 a.m. to 5:00 p.m. at the Tribal Center in the gym.

On December 5, from 7:30 am to 12:00 p.m., you may pick up checks at the Tribal Center reception desk.

All remaining checks will be mailed on Friday afternoon.

Please be prepared to provide identification and to complete a W-9 Form, if necessary. Copies of Social Security cards are necessary for all minors.

Merry Christmas!

## Elders Stipends

The Tribal Council unanimously decided to distribute monthly dividends from Island Enterprises Inc. to tribal member seniors. The amount is based on the actual number of seniors eligible to receive the funds and is therefore subject to change monthly.

The yearly per capita from KTP in December will go to all tribal members except seniors because they get monthly per capita.

## The Canoe is Really Starting to Take Shape

Stop by and check it out!





## Natural Resources Department Maps Stream Temperatures

Emmett O'Connell – About ten thousand years ago a glacial lake north of Shelton overflowed its banks, creating what is now Johns Creek. Needless to say, things have gotten a lot warmer since glaciers crept this way. But, the temperature of Johns Creek may have gotten to the point that it is hurting salmon. “Salmon need cool water in order to grow in freshwater and when they return to spawn,” said John Konovsky, Water Quality Biologist with the Tribe. “Coho salmon especially, because they spend as long as 18 months in freshwater as juveniles, depend on cool water.”

The Squaxin Island Tribe is mapping temperatures on three main tributaries into Oakland Bay, including Johns Creek, Cranberry and Mill. FLIR technology allows researchers to find “hotspots” in surface water temperatures and gives them access to the full picture of water temperature throughout the stream. In conjunction with the helicopter flights, staff walked each of the streams, dragging behind them a temperature gauge to gather underwater temperatures data.

“Typically, we don’t get such broad temperature information,” John said. “Even if we put hundreds of temperature recorders in a stream, we wouldn’t get the entire picture that FLIR gives us.” Using FLIR technology, literally every square foot of surface water temperature is mapped. And, with the additional underwater data, the Tribe will have an almost complete picture of temperature problems on the creeks.

Using instream temperature monitors, or thermographs, the Tribe has been monitoring temperatures in local streams for years. “Other local streams, such as Goldsborough Creek, don’t have the problems that we see every year in the other creeks we monitor, especially Mill and Cranberry Creek,” John explained. “These streams have shown over the years to have pervasive temperature problems.”

Just as important to the Tribe as the surface temperature data provided by the FLIR flights, will be more straight for-

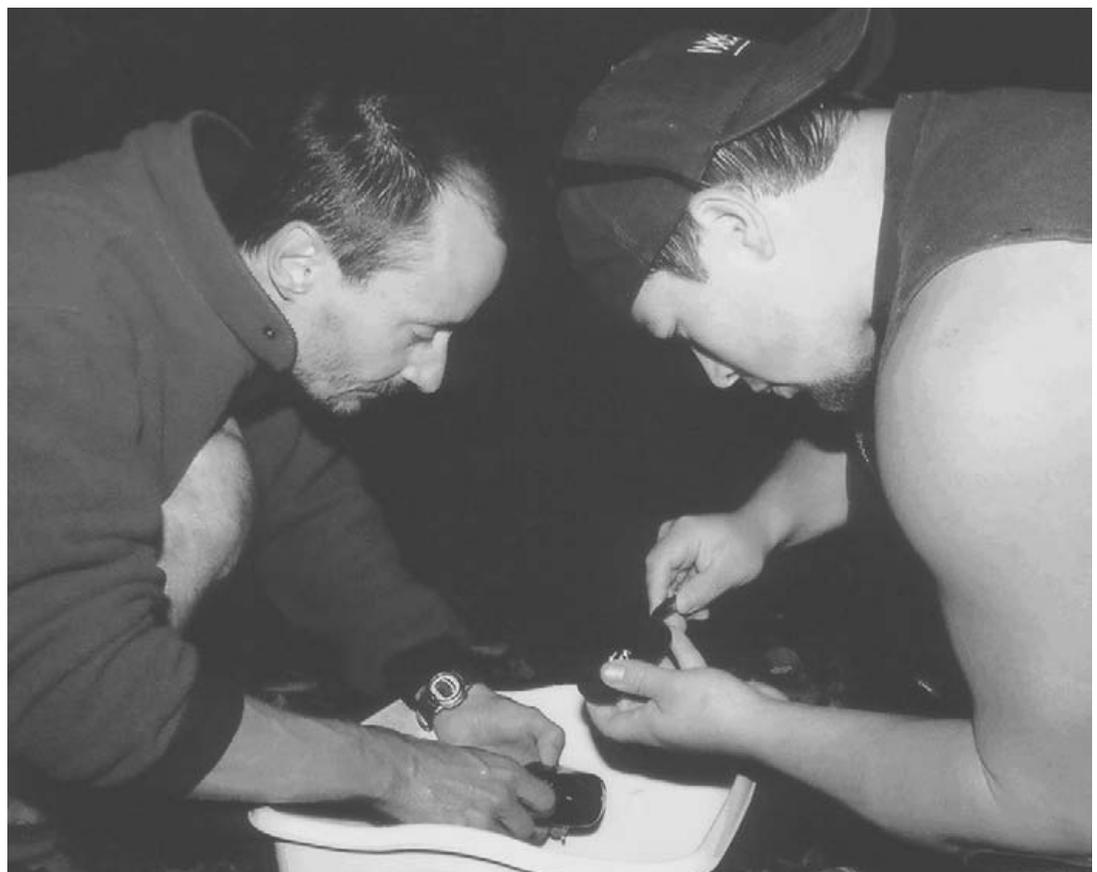
ward aerial photos that were also taken during the flights. “This will be one of the few times that these creeks are going to have up close-up pictures taken of them,” John said. “We’re taking the opportunity to examine what the tree cover around the streams.” If thin stands of trees are found near stretches of stream with higher water temperatures, simply restoring those stream side trees might solve the problem. If a lack of trees isn’t the issue, other causes might include widening of the stream bed or a lack of groundwater making it to the stream.

The Squaxin Tribe is especially concerned with how rising temperatures might be causing declining runs of coho salmon. “In many of the streams we are looking at

we are seeing steady declines in coho runs and we’re seeing parallel increases in temperatures,” said John.

“Over the years, coho salmon have been the steadiest provider for us,” said Jim Peters, Natural Resources Director for the Squaxin Tribe. “We have seen dangerous declines in the wild runs of coho for the past few decades. We need to protect the remaining coho habitat and repair what we can so we can start reversing that trend.”

For more information, contact: John Konovsky, Water Quality Biologist, Squaxin Island Tribe, (360) 438-3804. Emmett O’Connell, South Sound Information Officer, NWIFC, (360) 438-1181, ext. 392, eoconnell@nwifc.org.





## Tribe Applauds Approval of Deschutes Estuary Restoration Study

Emmett O'Connell – The Squaxin Island Tribe applauds the approval of a Deschutes estuary restoration feasibility study by the State Capitol Committee. “This has been a long time coming,” said Jim Peters, Natural Resources Director for the Squaxin Island Tribe. “We have been trying to restore productivity to this system ever since the State of Washington dammed the Deschutes River.”

The State Capitol Committee finally approved the study after a year of delays, even though the study was part of a 10-year Capitol Lake Adaptive Management Plan the committee had approved last year.

The Squaxin Island Tribe, along with other local governments and state agencies, has dedicated money and staff time toward the study. “It is very encouraging to see everyone at the table has dedicated themselves to completing this study,” said Jeff Dickison, Policy Analyst for the Tribe. “It’s important for the study to be conducted promptly and thoroughly.”

“Conducting this study doesn’t assure that the estuary will be restored,” Jeff said. “What it means is that we will be collecting information in order to make a responsible decision about restoration.”

The feasibility study will look at how sediments are carried down into the former estuary, the expected changes to plant and animal populations, and how much restoration could cost, among other tasks. “This study will paint us a picture of what estuary restoration on the Deschutes may look like,” Jeff said. “It will answer questions about how salmon would benefit from a restored estuary.”

The Squaxin Island Tribe belongs to a group of local governments and state agencies that last year approved the “Capitol Lake Adaptive Management Plan (CLAMP) for 2003-2013.” In addition to the estuary feasibility study, the plan also included provisions, for example, for invasive species control and improving fish habitat. But, the feasibility study was dropped from the plan at the request of the director of the state Department of General Administra-

tion – which manages the land around the former estuary.

In recent months, the GA has not only gotten behind the study, but also dedicated \$200,000 towards it. “We are pleased the Department of General Administration has come around to backing the feasibility study,” Jeff said. “We won’t be able to restore the Deschutes estuary without the help of General Administration.”

Contrary to the intentions of the original designers of the Capitol Campus, Capitol Lake was created in 1951 when an earthen dam was built between the banks of the lower Deschutes River. Fresh water backed up by the dam flooded what had been a rich tidal estuary. Today the lake is a warm, shallow reservoir that is constantly filling with sediment and faces a host of environmental problems. In addition to an invasion of non-native weeds, problems include water quality and low levels of dissolved oxygen.

For more information, contact: Jeff Dickison, Policy Analyst, Squaxin Island Tribe, (360) 432-3815, [jdickison@squaxin.nsn.us](mailto:jdickison@squaxin.nsn.us).

## Who Is This!?



Sadly, this is our own Dan Ryder dressed up as Corporal Klinger from M.A.S.H. for the Tribal government Halloween staff meeting. For more crazy pictures, see pages 10 - 11.

**Natural Resources Hotline**  
360-432-3899

## Congratulations Joe Peters, Employee of the Quarter



Believe it or not, that really is Joe, Harvest Biologist, on the left receiving his award from boss Andy Whitener, Natural Resources Assistant Director and at right with Derek. *More wild pictures on pages 9-12.*





## Scholarship Corner

Lisa Evans -

### *Truman D. Picard Scholarship Program*

Interested students must provide the following information by 5:00 p.m. January 30, 2004: **A)** Letter of application demonstrating (1) an interest in Natural Resources, (2) a commitment to education, community culture, (3) academic merit and (4) financial need. The Education Committee reviews and ranks each application. All four points should be addressed in the letter. The letter may be up to two pages in length. **B)** Must provide a resume. **C)** Must provide three letters of reference. **D)** Validated enrollment in a federally recognized Tribe or Native Alaska Cooperation, as established by the U.S. Government. **E)** 2004 Graduating High School Seniors: Please provide documented proof of application to an institution of higher education to study in the area of Natural Resources along with school grades. **F)** College Students: If you are currently enrolled in a higher education program please provide documented proof of study in the area of Natural Resources, along with school grades.

### *Gates Millennium Scholarships*

Awarded to students who: **A)** Are American Indian/Alaska Native, African American, Asian/Pacific Islander American, and Hispanic American. **B)** Will enter a nationally accredited college or university as full-time freshmen in the fall of 2004. **C)** Will graduate from high school with a cumulative 3.3 GPA on a 4.0 scale at the time of application. **D)** Meet the federal Pell Grant eligibility criteria (financial need). **E)** Demonstrate leadership abilities through participating in community services, extracurricular, or other activities.  
Deadline to apply is January 16, 2004.

### *The College of Education at the University of Oregon*

The College of Education at the University of Oregon has received a grant from the Department of Education in Washington D.C. They will be able to fund ten (10) students through the Native American Teachers Program for the 2004-05 school

year. If you know of any Native American students who have already earned a Bachelor's degree who might be interested in the teaching scholarship, please have them contact me (Lisa Evans). The deadline is January 2004, for both the teaching and the scholarship programs.

### *Construction Electrician Apprenticeship*

Must be 18-HS Graduate

### *ESA Foundation*

Degree in Special Education  
Deadline 02/01/04

### *Toyota Community Scholars*

\$10,000-\$20,000  
4 year University  
Deadline 12/05/03

### *Discover Card*

JUNIORS  
One million dollars in scholarships  
Deadline 01/09/04

### *AXA Scholarship*

\$670,000 Nation Wide  
Deadline 12/01/03

### *Washington State Trial Lawyers*

\$2,500  
Deadline 03/15/04

### *U.S. Bank Scholarship*

usbank.com/studentbanking  
Deadline 02/28/04

### *Eastern Washington University*

Deadline 02/01/04

### *Equine Industry*

\$2,500 to \$10,000  
Deadline 02/01/04

### *Naval Reserve Officer Training*

\$150,000  
Deadline 12/01/03

### *Johnson & Wales University*

\$3,500 to \$7,500  
Deadline 01/30/04

### *Wells Fargo*

100 @ \$1,000  
wellsfargo.com/collegesteps

### *Ewing C. Scholarship*

\$2,500  
Deadline 02/14/04

### *Embry-Riddle Aeronautical University*

Arizona  
Deadline 01/15/04

### *University of Portland*

\$12,000-\$8,000-\$7,000 yr.  
Deadline 01/01/04

### *University of Idaho*

Deadline 02/15/04

### *Washington State PTA*

\$2,000 & \$1,000  
Deadline 02/14/04

There are currently several pre-college workshop opportunities available, but time is running out. Please come to the Tu Ha' Buts Learning Center for more information and program descriptions, or call Lisa at 432-3882.

## Help is Here

There will be a tutor available Tuesdays and Thursdays between 4:00 p.m. and 6:00 p.m. Please call Lisa Evans or Kim Cooper if you would like to participate in this program. Any students who want help with homework can also stop by the Learning Center Monday through Thursday between 3:00 and 6:00 and get help from our own Chris Henry.

## Staff Hours

Kim Cooper, Director	8:30 – 5:00	432-3904
Mark Snyder, Youth Coordinator	9:30 – 6:00	432-3872
Walt Archer, Education Liaison	7:30 – 4:00	432-3826
Lisa Evans, Administrative Asst.	8:30 – 5:00	432-3882
Mandy Valley, Volunteer Tutor	4:00 – 6:00	432-3882
	Tuesday and Thursday	



# HALLOWEEN FUN



## M.A.S.H.

Starring	
Pilot	Paula Henry
Co-pilot	Rose Algea
Hawkeye	Whitney Jones
Nurse 1	Misti Saenz-Garcia
Margaret Houlihan	Tonia Guzman
BJ Honeycutt	Nora Coxwell
Nurse 2	BJ Peters
Col. Potter	Heidi Chambers
Klinger	Dan Ryder
Frank	Dr. Sine
Soldier	Jen Olsen
Father Mulcahy	Brenda Dorsey
Wheelchair patient	Gloria Hill
Jeep Driver	Marcella Castro

Fade in sound of helicopter. Helicopter and gurney roll in. Fade out sound of helicopter. Fade in music. Houlihan, nurse 1, and Hawkeye rush out. They release the gurney without speaking, check vitals and wheel patient. Helicopter rolls out. Hawkeye and nurses are greeted in OR with scrubs and put on their gloves theatrically. Meanwhile, BJ Honeycutt, Col. Potter, Winchester and nurse 2 enter with four chairs, four martini glasses and bathrobes. At the same time, the outhouse walks in slowly and stops. Music stops.

Hawkeye: Usually at this time of year, I'd be digging geoducks. Now I'm digging bullets. (Raises hand in which he is holding some tongs and a bullet. Soldier is squirting blood.)

Houlihan: (Smiling.) Oh, I know what you mean. I'd give anything for a nice piece of fry bread right now. (More blood form the patient.)

Radar enters swiftly from left and walks around the front of the gurney to approach Hawkeye with a clipboard.

Hawkeye: What a lovely, healthy liver! Never know when you'll need one of those! (He drops the organ into the organ donation box.)

Radar: (Holding up clipboard.) Can I get you to sign here, sir?

Hawkeye: Criminey, Radar! Can't it wait?!

Radar: (nonchalantly) No sir, it's our timesheets sir, Timesheets are due today, sir.

Hawkeye: AWE, jeesh, you're right. Alright! Margaret, close it up. (off-ing his scrubs and gloves quickly. He signs the clipboard.) Radar swiftly walks back around to approach Margaret Houlihan for her signature. She signs with gloves on.

Hawkeye walks cross stage to the left approaching the set-up of chairs where the others are waiting with martini glasses. Midway, he is stopped by Klinger who enters from the left quickly with a rifle.

Klinger: Halt! State your name and your business here. (pointing a rifle at Hawkeye)

Hawkeye: For crying out loud, Klinger! Put that thing down before you hurt somebody.

Klinger: Sorry, Captain. (Saluting stiffly while fidgeting in his heels) Couldn't see you so well through my new Tommy Hilfinger veil.

Hawkeye: (Sarcastically) Its hazardous being a slave to fashion.

Hawkeye enters and puts on his red robe.

BJ: Hawkeye, you look like hell. You need a drink. (He hands him a martini glass.)

Hawkeye: To hell with our random drug screening policy – I may need more than one.

Meanwhile, Houlihan and Nurse 1 have taken off the scrubs and quietly wheeled the gurney back about five feet into the recovery room. Houlihan walks toward the chairs in left a few seconds behind Hawkeye. She is also stopped by Klinger. Nurse 1 leaves.

Klinger: Halt! State your name and business here! (pointing the rifle at Houlihan)

Houlihan: You are a disgrace to the uniform, mister!

Klinger: Why, thank you, Ma'am. Could you state that for the record?

Houlihan: Get out of my way, you lunatic!

She enters the next scene with the others.

Houlihan: Has anyone seen Frank?

Col. Potter: Margaret? What in the sam hell do you need that Horse Patooty for,

Hawkeye: Yeah, what's up? You got an urgent case of hotlips?

Houlihan: Oh, grow up! For your information, smarty pants, he's got patients!

BJ: Well, now. That's more than we can say for you. Remember, Margaret, patience is a virtue!

(Laughter from group.)

Houlihan: Children! Hmph! (She storms out of the scene angrily.) Frank! Frank!

She continues looking and calling for Frank. She notices the outhouse in back left and approaches. She opens the door and Frank is sitting inside with a nudie magazine.





# HALLOWEEN FUN



Houlihan: (startled) FRANK! (She slams the door and storms off to left.)

Outhouse shakes for few seconds and then the door bursts open. Frank rushes out with his magazine fiddling with his fly.

Frank: Margaret? Schnookums? Dumpling? I'm sorry. (Remembering his magazine he folds it matter-of-factly and places it under his arm.) Margaret, honey? (He scrambles after her to left.)

Father Mulcahy enters from right and walks in front of the gurney where the wounded soldier lays.

Soldier: Father? Father? Am I going to make it?

Mulcahy: Son, you are going to be fine. Why not tell me what happened? (He bends to listen.) Soldier sits up in bed with a horrified look on his face.

Soldier: It was awful, sir. (shaking his head) My buddy and I were in an unknown quadrant over in accounting. I, I had my requisitions... (holding up some papers in his hand.) and they were signed... but (hesitating, looking confused) my codes, they were a mess! I can't explain it! Next thing that I knew we were getting fierce gun fire all around us. I tried to correct my mistakes but it was too late. They were too strong for us. We had to retreat.

Mulcahy: There, there, soldier. Consider yourself very blessed. It's a lucky few that return from finance on the healthy side of a body bag. Now get some rest.

Music starts. Jeep enters from left and circles to each scene. Each character gets in line behind the Jeep driver as if it were a long mamba line. The Jeep eventually leaves with everyone in line and the stage is empty.





# HALLOWEEN FUN





# HALLOWEEN FUN





## Breast Cancer Awareness Walk Held in Chehalis

A five-mile Breast Cancer Awareness Walk sponsored by SPIPA took place at Chehalis on Saturday, October 25. At specific segments along the route, participants were greeted by signs that gave important information regarding breast cancer such as prevention, detection and treatment. Each participating tribe gave away tee shirts and refreshments were served. Special thanks go out to everyone who participated, especially Rose Algea who walked the entire five miles!

## New Years Eve Sobriety Powwow

In the Gym  
Sponsored by Health & Human Services  
Watch for more information

### Did You Know?

For just a few cents extra, you can purchase breast cancer awareness stamps at the Post Office. The funds go to help fund cancer research. This is an easy way to help out. And, they're pretty in pink!



## Congratulations

Virginia Berumen (bottom photo)  
October Mammogram raffle winner  
&  
Elaine Moore (top photo)  
October Womens Health Raffle Winner





## Eating SWEETS the Healthy Weigh

During this holiday season, we are often surrounded by sweets. It's a fact: Humans like sweet treats. There's nothing wrong with enjoying sweet foods – in moderation! The problem is that we tend to go overboard on sugar, especially empty-calorie, “liquid candy” beverages. Here's how to have your sweets – and stay healthy too!

### 1. *Go natural with fruit.*

Fruit – fresh, frozen, canned, dried or juiced – is nature's sweetest treat. Satisfying your sweet tooth with fruit means you get some real nutrition benefits – like fiber, vitamins, minerals, and disease-fighting phytonutrients – along with great taste.

### 2. *Enjoy sweets with other foods.*

Timing is everything. The best time to enjoy a sugary food or beverage is along with other foods at a meal. You'll tend to consume less if you are satisfied with other foods (especially protein foods) and the sugar you eat will have less effect on your blood sugar.

### 3. *Resize your portion size.*

Many sweets – including candy bars, cookies and soft drinks – have been super-sized. Choosing smaller portions, like a Halloween-size candy bar rather than a king-size bar, will be far better for your health. Smaller portions can also be equally as satisfying.

### 4. *Get exactly what you want.*

One way to be satisfied with a smaller portion is to get exactly what you are craving. Some people eat through piles of treats trying to stay away from the one thing they really wanted in the first place. Take a few minutes to focus on what you really want to eat.

### 5. *Relax and enjoy.*

People often feel guilty about eating sweets, so they sneak around and wolf them down. However, eating quickly and

guiltily means that you feel less satisfied. The goal is to eat less and enjoy it more. Pick a small portion of your favorite sweet, then savor every bite.

### 6. *Use 'sugar-free' wisely.*

Being sugar-free does not guarantee that product is fat-free or calorie-free. Sugar-free also does not guarantee that something is packed with protein, vitamins, or minerals. Read before you eat – and check Nutrition Facts labels to get the most nutrients per bite.

## Straight Scoop

### About Sugar on Labels

#### *How to read and understand information about added sugars*

Sugars are carbohydrates, which serve as an energy source for the body. There are many types of sugars. They occur both naturally and as ingredients in many foods.

The nutrition panel on a food label lists the total amount of sugars in a serving of the food. This amount includes sugars found naturally in foods such as the sugars in milk and fruit. It also includes added sugars. The ingredient list must name all added sugars.

### INGREDIENT LISTS

A food is likely to be high in sugars if one of these names appears first or second in the ingredient list, or if several names are listed in one product:

- Brown sugar
- Corn sweeteners
- Corn syrup
- Confectioner's sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn Syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Sucrose
- Syrup
- Table sugar
- Turbinado sugar

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### LABEL DEFINITIONS

#### **Label**

- Calorie free
- Sugar free
- Reduced or less sugar

No added sugars/no sugar

#### **Term Means**

- Less than 5 calories per serving
- Less than 0.5 gram sugars per serving
- At 25% less sugar per serving as compared with standard serving size of the traditional food
- No sugars added during processing or packing including ingredients that contain sugar such as juice or dried fruit

*NOTE: The term “low sugar” may not be used as a claim on food labels.*



# HEALTH & HUMAN SERVICES



## SWEET COMPARISONS

In an attempt to lower both added sugars and calories, the food industry continues to develop a wide variety of non-nutritive, intense or "artificial" sweeteners. Here are some of the sugar substitutes in use today, along with their sweetness compared to table sugar:

<b>Sweetener</b>	<b>Comparative Sweetness</b>
Sorbitol	0.5 times as sweet
High-fructose corn syrup	1.5 times as sweet
Aspartame	180.0 times as sweet
Acesulfame K	200.0 times as sweet
Saccharin	300.0 times as sweet
Sucralose (brand name Splenda®)	600.0 times as sweet

*Provided by Eat Right Montana,*

*Submitted by Patty Suskin, Diabetes Coordinator 432-3929*

## Principals to Ensure a Guilt-Free Holiday

The fall and winter holidays are fast approaching and our thoughts are turning to planning for upcoming holiday events. Caregivers are already busy with day to day tasks and can feel overwhelmed by additional expectations that holidays and family gatherings can produce. The following reminders are written by Kate Murphy and are taken from a Caregiver.com weekly newsletter, issue #97.

"I am entitled to take care of myself."

I am worthy of a break."

"I am showing my commitment to my caregiver role when I take steps like respite care to ensure that continued quality of care is delivered to my loved one."

"It is OK to relax and enjoy other aspects of my life."

"It is OK to take a break and recharge my energies."

"It is OK to maintain as much normalcy in my life as possible."

"It is OK to continue to dream."

"If roles were reversed, there is no question I would want my loved one to have respite."

"It is right and responsible of me to also have respite."

*It is in the shelter of each other that the people live*

*- Irish Proverb*

## December Events

*Community Walk around the REZ*

December 2.

Leave from the clinic at 10:00 a.m.

Back by 11:00 a.m.

*Dealing with Depression*

What is Depression?

Tips on How to Cope

December 2

Clinic Conference Room

Lunch provided

To RSVP or get more info,

call Patty Suskin,

Diabetes Coordinator at 432-3929

*Mammogram Day*

December 23 from 10:00 - 4:00

Call Rose Algea @ 432-3939

for an appointment

## Attention Ladies

If you are interested in having a talking circle started, please contact me (Gloria Hill). Please give me some suggestions on when, where and what time. You can reach me at the Health Clinic, 427-9006, my direct line at 432-3927 or stop by my office which is downstairs. I'm looking forward to hearing from you.

Squaxin Island's Women's Circle motto - "IT IS NOT YOU, ME OR I, IT'S WE!!!"

## Meal Program News

1. Salad Bar - The salad bar will be open at every meal with at least 6 toppings each meal service to go with the lettuce at the salad bar.

2. Salad Dressings - Will include light and fat free choices in addition to regular choices. We are phasing out the ladles and will serve in bottles or individual packets

3. Beverages - We will continue to serve 2% and fat free milk along with crystal light, water, coffee, tea and hot chocolate.

4. Refilling - Soccoro and Arlene are watching closely to refill the vegetables, fruits, and other items served each day, so there will be plenty of food for you whenever you arrive throughout the 12:00 lunch hour.

5. Vegetables - In addition to the salad bar, we will be serving another vegetable dish each meal service.

6. Menus - Will no longer mention the type of fruit each day, but we will serve fresh fruit daily or a fruit salad.

7. Prices - Are the same—Free for seniors 55 and older, all others \$3 per meal. Sandwiches available daily as an alternative to the entrée served. Want seconds? Just ask or help yourself.



## How to Manage the Challenge of Holiday Eating

Are you stressed about trying to eat healthier during the holiday season? The allure of cookies, festive holiday get-togethers, not to mention treats that coworkers share at the office, all conspire against our best-laid plans not to over-indulge. To keep yourself sane and avoid excess pounds, keep these eating tips in mind:

### 1. Don't eat to be polite

You may feel uncomfortable when a friend offers a special dish, but you can refuse, nicely. Don't be afraid to say, "Gee, thanks, but I think I'll pass." Even a plain "no thanks" will do.

### 2. Don't eat when you're not hungry

Eating because you're bored or nervous can contribute to unwanted weight gain. Find a tall glass of sparkling water, diet soda or a cup of tea to sip if you need something to keep you occupied. Or, consider chewing sugar free gum.

### 3. Don't "save yourself for later"

How many times have you told yourself it's OK to skip lunch because you're going to a party later & you'll eat then? Bad idea. When you starve yourself, you are much more likely to overeat and go for foods higher in calories when you do eat.

### 4. Bypass your usual high-fat favorites

It may be your habit at a party to head straight for the dessert buffet or the cheese selection. This time, do it differently. Start with the fresh veggies and fruit, then last, head for the cookie. Eat, but try the healthier items first.

### 5. Don't deny yourself every indulgence

Resolving not to have a single treat at this time of year just sets you up for failure. Enjoy, but have a smaller portion than usual.

### 6. Serve Yourself

Generous hosts usually tend to pile the plate high. By serving your own portions, you can better control what you eat and how much.

### 7. Be more active

Walk to the event or park your car a few blocks away. Make physical activity a priority. Move away from the table with tempting treats. Go outside for a short walk with a friend.



Alene Whitener and Ruth Creekpauum staying fit by participating in the Walk Around Olympia last month

MEAL PROGRAM MENU			
Food Group	Monday	Wednesday	Thursday
<i>Sandwiches available on request instead of the entrée listed Want seconds? - Just ask! Free to seniors 55 and older \$3 for all others</i>	Shrimp Salad 1	Pork Roast 3	Navy Bean Soup 4
	Veggies with Dip	Steamed Vegetable	Sandwich Bar
	Beef Barley Soup	Orzo Pilaf	Copper Pennies Salad
Meat	Chicken Fajitas 8	Hamburger Steak 10	Baked Halibut 11
Vegetable	Corn, Peppers	Green Beans	Steamed Broccoli
Grains/Bread	Tortilla, Brown Rice	Mashed Potatoes	Orzo Pilaf
Meat	Crab Cakes 15	Elders Dinner at Little Creek Casino 17	Chicken & Bean 18
Vegetable	Mixed Vegetables		Taco Salad
Grains/Bread	Baby Red Potatoes		Veggies & Dip
Meat	Sandwich Bar with Tuna 22	<i>No meals December 23 - January 4</i>	
Vegetable	Carrot Raisin Salad		
Grains/Bread	Tomato & Split Pea Soup		



## Outdoor Activity of the Month

### *Walk Around Watershed Park*

Increase your steps in the "Walk to the Olympic Peninsula Tribes at Watershed Park - 2500 Henderson Blvd - another great trail and not too far from home!

#### **What**

Nature trail with a beautiful rain forest canopy throughout. A few hills, but mostly flat.

#### **Where**

Olympia, near downtown

#### **Size**

1.5 mile loop

#### **Time**

About an hour

#### **Hours**

Dawn to Dusk

#### **How to get there**

Take 101 north toward Olympia, then take I-5 north, and exit at the City Center (EXIT 105), taking the Port of Olympia split. Get in the left lane at the split. At the stop sign at the end of the off ramp, take a Left (away from town). You can see the small parking lot (almost a large shoulder) immediately on the left only one-tenth of a mile from the stop sign at the off ramp.

#### **History**

In the late 1800's, wells were first established on the Watershed property. Nearly every glass of water in the city came out of Watershed Park. In 1917, the city acquired the waterworks and operated the wells until they were replaced in the 1950's. In 1955, the property was to be logged and sold. Citizens were so overwhelmingly opposed, they appealed to the Supreme Court to preserve the area. Their efforts resulted in an ordinance that protects this beautiful area today. Upon close observation, park visitors are still able to see signs of the old waterworks and large ancient tree stumps. If you have a favorite nature area for walking to share in future Klah-Che-

Min issues, contact Patty Suskin, Diabetes Coordinator at the Clinic at 432-3929. To RSVP for walks or for information about community walking activities, call Patty at the same number.

## Walk to the Olympic Peninsula Tribes

### *Wellness One Step at a Time*

#### **TRIBE TRIVIA**

Where are you on your walk to the tribes? In early December, you want to be reaching Lower Elwha, but you still have time to catch up! Remember, walking a total of 30 minutes a day can get you the animal paws you need to get back home by mid-February. Make walking a part of your holiday celebrations—create new walking traditions your friends and family!

#### **Lower Elwha**

*(Week 5 to 7 through December 6th )*

The Lower Elwha Clallam Tribe is one of the three Clallam bands recognized by the federal government. The Lower Elwha Clallam Reservation is located on 373 acres. The land is mixed checkerboard fashion with private property and is located eight miles west of Port Angeles.

#### **Makah**

*(Weeks 7 to 9 through December 20 )*

The Makah Reservation consists of 27,200 acres of land at the northwest tip of the state bounded by the Pacific Ocean and the Strait of Juan de Fuca. The Makah Tribe is part of the Nootkan culture group, the two other tribes in the group are the West coast and Nitinaht tribes of Western Vancouver Island, British Columbia. The Makah is the only tribe in the US to speak a Wakashan language. There were five major permanent villages in early time; one of them (Ozette) was destroyed in a mud slide and its excavation has produced much knowledge about the culture.

#### **Quileute**

*(Weeks 9 to 10 through December 27 )*

Surrounded on three sides by The Olympic National Park, the Quileute Reservation is located on 594 acres along the Pacific and on the south banks of the Quillayute River (formed by the Sol Duc, Bogachiel, and Dickey rivers). The area is rich in outdoor recreational opportunities including: ocean and river fishing, hiking, hunting, and slug racing.

Have you received your weekly health tips? Contact Patty Suskin, Diabetes Coordinator for more information the clinic or 432-3929.



Remember to turn in your weekly yellow "postcards" at the tribal center, clinic, or elders building in order to be eligible for the weekly drawings.

John (Stub)  
Creekpaum, Bob  
Whitener, Alene  
Whitener and Patty



## Congratulations Justin Saenz-Garcia



Justin's artwork and short story entitled, "What I like About Summer" was featured in the showcase at the entrance to Bordeaux Elementary School in November. Justin's work was chosen to represent his third grade class for the month of November.

**Way to go Justin!!!**

## Elders News

Lila Jacobs - The flu shots are now available at the clinic. Elders are encouraged to get one.

The Elders would like to thank the Tribal Council for the monthly stipend that started last month. We will be receiving the checks at the end of the month. Christmas dinner will be at the Legends buffet December 17th at 6:00 p.m. We will exchange gifts at that time. Please bring a gift for a male or female or unisex. Gift price should not exceed \$15. Let me know if you will be attending. We will have a sign up sheet at the Elders meal time.

We will be starting Bingo after Wednesday evening meals. Please join us. As you have probably heard, Lea Cruz has resigned from the Elders Program. She will be sorely missed by the Elders and others. She has decided to broaden her horizons by working at the casino. We have heard she loves her new job (darn it!). Way to go Lea!!!

## Tips for Parents of New Drivers

Submitted by Misti Saenz-Garcia - An estimated 38,000 high school seniors in the U.S. reported in 2001 that they crashed while driving under the influence of marijuana and 46,000 reported that they crashed while impaired by alcohol.

Here are two things parents can do to keep their teen safe on the road:

### Tip 1:

Know the Facts: Marijuana is more harmful than many parents and teens think. Take time to learn the facts about marijuana and talk to your teen about its harmful health, social, learning and mental effects on young users.

### Tip 2:

Set Rules: Let your child know that marijuana use is unacceptable. Two-thirds of teens say that upsetting their parents or losing the respect of family and friends is one of the main reasons they don't smoke marijuana or use other drugs. Also, set limits on driving, especially in high-risk conditions such as at night, with other teen passengers and in poor weather conditions. Limit your teen from riding with other new drivers, and make sure they never get in a car with a teen driver who has been drinking or using drugs.

## A Great Big Thank You

Special thanks to the One Percent Charity Contribution Commission for funding Thanksgiving baskets for the tribal Community this year!

- Marcella Castro

**Happy Birthday Scott  
Love,  
Barb, Steph and Jess**



Lea Cruz



**Happy 2nd Birthday  
to our Lil' Devil, Xzandrea!  
Love,  
Daddy, Mommy and Sister, Kale**



Lea Cruz, Joyce Johns and Lila Jacobs



*Join hands, walk in harmony,  
keep the peace*



### **Inter-Tribal Warrior Society**

Indian veterans and active-duty military,  
your families and friends

We would be honored for you  
to join our group.

For more information, contact  
Sonny Bargala (Secretary)  
toll-free at (866) 685-4400  
Bob Sison (Chaplain) at (360) 456-8961  
or at Squaxin, contact  
Will Penn or Lynn Scroggins  
at (360) 426-9781

## **Get Out and Vote 2004**

In exactly one year, we will head to the polls to decide who will lead our country for the next four years. This next election will be crucial to the future of our democracy, our nations and our mother earth.

If you're not registered to vote, now is the time to do so. It can be done online with just a few clicks of the mouse (<http://www.yourvotematters.org>). But you mustn't stop there. We need people like you to get actively involved in educating voters, registering voters and mobilizing voters to get to the polls on November 4, 2004. Not sure where to start? Well keep on reading. The National Congress of American Indians has a project called Native Vote 2004 and is mounting an extensive voter mobilization in collaboration with regional organizations, local tribal governments, centers and non-governmental organizations whose focus is on democracy initiatives. One of their efforts includes a listerv for Natives engaged in voter work. For more information about Native Vote 2004, please visit [http://www.ncai.org/main/pages/issues/other\\_issues/nativevote.asp](http://www.ncai.org/main/pages/issues/other_issues/nativevote.asp).

## **New Employee**



### **Joan Koenig Island Enterprises Executive Assistant**

k<sup>w</sup>ədaçí?, my name is Joan Koenig and I am the new Executive Assistant at Island Enterprises, Inc. I am currently working on my Masters in Public Administration and it is a privilege to be able to work here with the Enterprises staff, Board of Directors and our community.

I believe Island Enterprises will be greatly successful in fulfilling the economic growth potential the Tribe needs to strengthen programs. It is a great honor to work with Robert Whitener, Jr. and to have him as a role model as I can apply his experience while completing my degree.

## **Sign Up For Daily Scoop**

(email) call Theresa @ 432-3945 or  
JeNene @ 432-3820

## **Missing Persons**

The following people need to be located for issuance of per capitas:

- Robert L. Cooper
- Eric L. Ellerbe
- Jeremhya S. James
- Crystal K. McCulloch
- Neechie Perez
- Stephanie M. Peters
- Steven M. Peters

Please call Elaine Moore @ 432-3942 or  
Tammy Ford @ 432-3888. Thank you.

## **Free Legal Services**

**Columbia Legal Services 206-464-5933  
and NW Justice Project 206-464-1519  
or 1-888-201-1012**

Due to the holidays, the Klah-Che-Min  
deadline will be the 10th of December.  
Thank you!

## **Language Classes**

*Mondays and Tuesdays*  
Special Classes

*Wednesday*  
11:00 - Noon, Learning Center  
12:30 - 3:30, NWITC  
4:30 - 6:00, Mary Johns Room

*Thursday*  
11:00 - Noon, Planning Department  
3:00 - 5:00, Beginning Class, MLRC

*Friday*  
Morning, Special Sessions  
Noon- 2:00, Drop in Tutoring,  
Mary Johns Room

For more information  
or to set up a special session,  
Call Barbara (cicalali) Whitener  
H-426-0041  
C-490-2720  
email: [cicalali@hotmail.com](mailto:cicalali@hotmail.com)

**Community Gathering**

Saturday - November 15, 2003  
Starting at Noon  
**Daybreak Star Cultural Center**  
Discovery Park - Seattle, WA

Executive Board of the United Indians of All Tribes Foundation would like to invite the community to this gathering to meet and talk about any issues, questions and/or concerns the community wants to address with the Executive Board.

United Indians will be hosting a luncheon for the gathering, we will be providing the main entrée, plates, utensils etc...we are asking the community members to provide a desert dish.

*All are welcomed to attend, see you there*

Please call if you have any questions regarding the  
Community Gathering at Phone: (206) 285-4425





## Save \$2,000 With These Seven Painless Tips

Submitted by Misti Saenz-Garcia - With common sense and forethought, you really can cut back without suffering. Watch as the little things add up -- to two grand a year.

If you're a die-hard, black-belt, frugal-living type, this article is not for you. I can't offer you a new way to knit dryer lint into sweaters or a recipe for house paint made from ingredients found in your own back yard.

Your time would be better spent browsing your well-worn copy of the "Tightwad Gazette." Author Amy Dacyczyn knows how to pinch a penny until it sues for harassment.

This article is designed for those who shun coupons, shudder at shopping discount stores and shiver at the idea that somebody might catch them being thrifty. We hear from these folks on the Your Money message board all the time: those who associate saving money with horrible sacrifice and public disgrace.

Then again, some of you are just lazy, and these tips are for you, as well. I'm offering seven simple ideas that should net you about \$2,000 a year, all with a minimum amount of effort.

Who knows? You may decide, after trying these out, that saving money isn't so bad after all. It might even be something to be proud of.

### Tip 1: Use less

A pea-size bit of toothpaste. A tablespoon of dishwashing powder. A half-cup of laundry detergent. That's all of most cleaning products that you need to use. The rest is typically overkill. Try less and see if it doesn't work just as well.

Instead of spritzing and scrubbing, spritzing and scrubbing, do it the lazy way: Spritz and let soak. Stains on your clothes or gunk on your counter will come off easier, with less effort and using less detergent, if you let the cleaning stuff work for a while on its own.

You also can save money by not falling for the latest fancy cleaning products and gadgets. The old standbys - a broom, a vacuum, a dust cloth and a sponge -- work as well or better.

The typical household spends \$509

on housecleaning products, according to the latest Bureau of Labor Statistics survey. You can probably cut that in half with no one the wiser and save about \$250 a year.

### Tip 2: Use more

Americans waste about 10% of their food dollars, the U.S. Department of Agriculture reports, by buying groceries they never use. Produce rots, bread molds and canned goods gather dust instead of getting eaten.

There's a simple fix. Cruise through your refrigerator every few days and incorporate the stuff that's aging into that night's dinner. Rubbery carrots can get chopped up into stews or spaghetti sauce, for example, and that stale loaf can make a killer bread pudding. Make a monthly inspection of your pantry and use whatever cans have been shoved to the back.

If you're not accustomed to the use-it-up style of cooking, have a chat with your grandma or check out some of the frugal living Web sites.

If you spend \$4,404 annually on groceries (the average for a family of four in 2001), you can easily save more than \$400.

### Tip 3: Cook once, eat twice

This one is simplicity itself. Whenever you cook a meal, make twice as much and freeze or refrigerate the excess for a future dinner. (In your grandma's time, they called this "leftovers." Imagine that.)

Deborah Taylor-Hough, author of "Frozen Assets," used a variation of this technique to cut her family's food bills from over \$700 a month to just \$400. But her approach requires a daylong cooking bash to store up a month's worth of meals.

We less-motivated types can achieve some of the savings with much less concentrated work. If the frozen meals mean you eat out just 10% less, you can trim \$300 a year from your family's overall food bill.

A caveat: If you have teen-age boys in the family or adult males who forget they are no longer teen-age boys, you may need to freeze the second night's meal before you serve the first night's. Otherwise,

your hordes may consume everything in their path, leaving them as overstuffed as a Victorian couch and you without a respite meal. So says the voice of experience.

### Tip 4: Don't shop

Tracey McBride, author of "Frugal Luxuries," discovered that, when her husband was laid off, she was fine living on a tight budget -- until a catalog arrived in the mail. No matter how content she was before she opened the glossy pages, she would be miserable with attacks of the "I wannas" before she was through.

She found peace by tossing catalogs as soon as they arrive. Those who shop for recreation and entertainment may find they need to stay away from malls or shopping Web sites. If you spend just \$10 a week on recreational shopping, you'll save over \$500 in a year.

### Tip 5: Drive less

Gas and oil set the average household back \$1,279 a year, according the latest Bureau of Labor Statistics survey. Drive one less day a week and you could save about \$180 in a year -- and maybe more, if less wear and tear results in lower repair and maintenance expenses.

You can accomplish this in lots of ways. You could hitch a ride into work with a friend, telecommute, take public transportation or simply leave your car in the garage one weekend day.

### Tip 6: Go generic

If you're old enough, you may remember the days when supermarkets stocked white-labeled canned goods with no brand or logos on them, other than what was inside: Peaches. Tomato Juice. Olives. Those cans left a generation of people who will forever associate "generic" with weird flavors, off colors and strange textures.

There's one area where you typically don't have to sacrifice quality for price, however: generic drugs, both prescription and over-the-counter. Just check the ingredient label on the back of that generic aspirin or cold remedy: It will match that of the name-brand version next to it, typically for one-third less cost.



## The KTP Renovations are Looking Good!

The average person under 65 spends about \$485 on prescription drugs and about \$200 on over-the-counter medicines annual, government statistics show, so you may save about \$200 a year by going generic when possible. (Folks over 65 spend more than \$1,100 on prescription drugs, which means the potential savings could be even greater.)

### Tip 7: Be fee-free

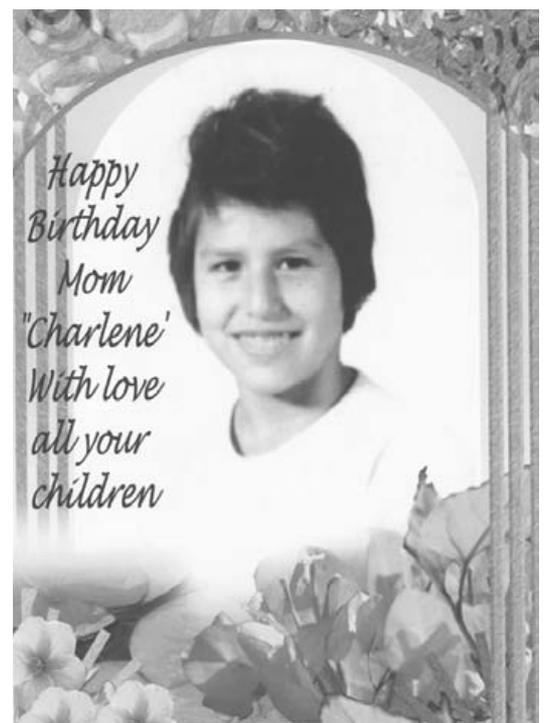
The average person who didn't maintain a minimum account balance paid \$217 annually for a checking account, according to the latest U.S. Public Interest Research Group survey. Add to that the ever-higher fees for bouncing checks and using an ATM, and you could easily be paying a bank more than \$300 a year for the privilege of accessing your money.

Knock it off. It's not that tough to keep track of your balance or to find your own bank's ATMs. The information is almost certainly on your bank's Web site, or a simple phone call away. There's minimum effort involved and you can save a few hundred bucks a year.

See, that wasn't so hard, was it? A couple thousand bucks saved, and nary a coupon was clipped.



*A drive-through has been added for convenience of cigarette sales*





# COMMUNITY



Happy 13th Birthday Kendra  
Love,  
Mom, Krystal and Hailey

Happy 11th Birthday Kestle  
Love,  
Aunt Rose

Happy 10th Birthday Sierra  
Love,  
Aunt Rose

Happy 17th Birthday Nicholas  
Love,  
Rose



Happy Birthday Cecilia  
Love,  
Aunt Rose

Happy Birthday Jason Koenig  
From,  
Sis-In-Law Rose

Happy 17th Birthday Mom  
(Charlene Cooper)  
Love,  
Your Kids & Grandkids

Happy Birthday Neil  
Love,  
Big Sis, Kendra, Krystal & Hailey

Happy 17th Birthday Nicholas  
Love,  
Mom

“Happy Birthday to My Wonderful  
Husband Mike Hill,  
I Love You Bunches.”  
Mrs. Hill

## YOUTH CULTURAL ACTIVITIES CALENDAR

	1	2	3	4	5	6
	Closed	Closed	Beginning Language Class 4:30 - 6:00 Drum Group 6 - 7	Youth Council 4:00 - 4:30 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00	Drum Group Noon - 1:00
7 Language Games Noon - 2:00	8 Closed	9 Closed	10 Beginning Language Class 4:30 - 6:00 Drum Group 6 - 7	11 Youth Council 4:00 - 4:30 Language Games 4:30 - 6:00	12 Arts & Crafts 4:00 - 6:00	13 Drum Group Noon - 1:00
14 Language Games Noon - 2:00	15 Closed	16 Closed	17 Beginning Language Class 4:30 - 6:00 Drum Group 6 - 7	18 Youth Council 4:00 - 4:30 Language Games 4:30 - 6:00	19 Closed for Christmas Party	20 Drum Group Noon - 1:00
21 Language Games Noon - 2:00	22 Closed	23 Closed	24 Closed for Christmas	25 Merry Christmas!	26 Closed	27 Closed for Youth Holiday Basketball
28 Closed for Basketball Tourney	29 Closed	30 Closed	31 Closed Happy 2004!	All language sessions are in the Mary Johns Room. Anyone interested in attending potlatches and other cultural events, please contact 432-3872 and leave your contact information. As soon as we are notified of any such events, we will contact you to inform you.		



# HAPPY BIRTHDAY



Douglas Bloomfield	12/1	Karen Farr	12/13	Elroy Ellerbe	12/22
Allen Mosier	12/2	Lucy Troxler	12/13	Jaimie Cruz	12/23
Jess Brownfield	12/3	Cecilia Blueback	12/14	Alacyn Wilbur	12/23
Deborah Obi	12/3	Judith Arola	12/15	Holly Henry	12/24
Cathlene Edwards	12/3	Lisa Peters	12/15	William Penn	12/24
Peggy Peters	12/4	Frankie Metcalf	12/15	Tahnee Kruger	12/24
Daniel Sigo	12/4	Amber Snyder	12/15	Jesus	12/25
Lilly Henry	12/5	Rodney Krise	12/16	Richard Johns, Sr.	12/25
Michael Foster	12/6	Anthony LaFlame	12/16	Astrid Poste	12/25
Jason Koenig	12/7	Donovan Henry	12/17	Nicholas Cooper	12/26
Rhonda Whitener	12/8	Vernon Sanchez	12/17	Karina Farr	12/26
Clinton Coley	12/9	Suzanne Snipper	12/17	Edward Cooper	12/27
Misti Saenz-Garcia	12/9	Daniel Brown	12/19	Andrea Neilsen	12/27
Dustin Kruger	12/9	Shashoney Fenton	12/19	Jessica Melton	12/28
Garrett Todd	12/9	Theresa A. Henderson	12/19	Kathy Block	12/28
Davina Braese	12/10	Patrick Stapleton	12/19	Patti Puhn	12/29
Kendra Blueback	12/11	Tyson Kruger	12/19	Penni Giles	12/29
Kestle Coley	12/11	Charlene Cooper	12/21	Richard Gouin	12/30
Tonya Henry	12/11	Larrinea Nichols	12/22	Koreena Perez	12/30

## WHAT'S HAPPENING

	1	2	3	4	5	6
		Community Walk Around the Rez 10:00 from clinic	Dealing with Depression Seminar at the clinic	Per Capita Distribution 9:00 - 5:00 in the Gym	Housing Commission 9:00 in the Annex  AA Meeting 7:30	
7	8	Court  Church 7:30	Drum practice 6:00 p.m. in the Gym	Tribal Council  Scrapbooking @ 1:00	AA Meeting 7:30	13  Bone Marrow Drive For Luke Moses 10:00 - 4:00 Old Armory in Shelton
14	15	Church 7:30	Drum practice 6:00 p.m. in the Gym	Scrapbooking @ 1:00	19 Christmas Party 5:00 - 8:00 @ Gym  Housing Commission 9:00 in the Annex  AA Meeting 7:30	20
21	22	Mammogram Day  Court  Church 7:30	Drum practice 6:00 p.m. in the Gym	25  Merry Christmas!	26  AA Meeting 7:30	27
28	29	Church 7:30	30  Sobriety Powwow in the Gym	31		29

# DECEMBER YOUTH ACTIVITIES CALENDAR

	1 Homework Help 3:30 - 5:00 Basketball Practice 4:30 - 6:00	2 Homework Help 3:30 - 5:00 Basketball Practice 4:30 - 6:00	3 Homework Help 3:30 - 5:00 Basketball Practice 4:30 - 6:00	4 Homework Help 3:30 - 5:00 Baton 4:30 - 6:00	5 Baton 3:30 - 7:00	6 Closed
7 Closed	8 Homework Help 3:30 - 5:00 Basketball Practice 4:30 - 6:00	9 Homework Help 3:00 - 6:00 Basketball All Ages 4:30 - 6:00	10 Homework Help 3:30 - 5:00 Basketball Practice 4:30 - 6:00	11 Homework Help 3:30 - 5:00 Baton 4:30 - 6:00	12 Baton 3:30 - 7:00	13 Closed
14 Closed	15 Homework Help 3:30 - 5:00 Basketball Practice 4:30 - 6:00	16 Homework Help 3:00 - 6:00 Basketball All Ages 4:30 - 6:00	17 Homework Help 3:30 - 5:00 Basketball Practice 4:30 - 6:00	18 Homework Help 3:30 - 5:00 Baton 4:30 - 6:00	19 Christmas Party 5-8 Santa & Party Outfitters	20 Closed
21 Closed	22 Basketball Practice 1:00 - 4:00	23 Basketball Practice 1:00 - 4:00	24 Closed for Christmas	25 Merry Christmas!	26 Closed	27 Youth Holiday Basketball Tournament
28 Youth Holiday Basketball Tournament	29 Youth Holiday Basketball Tournament	30 Youth Holiday Basketball Tournament	31 Closed Happy 2004!			

## SQUAXIN ISLAND TRIBE

SQUAXIN ISLAND TRIBE  
70 S.E. SQUAXIN LANE  
SHELTON, WA 98584

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