MLRC On New National Geographic Map Guide
Spotlights Central Cascades

In May 2008, Washington State Tourism and Travel Oregon entered a partnership with the National Geographic Society to advance geotourism in the Central Cascades region. This is a pilot sustainable tourism project for both states and highlights geotourism assets within the region that stretches south from Mount Rainier to Crater Lake, west to I-5, and east to Highway 97. The purpose is to support the region in growing a healthy tourism industry that is beneficial to the place, the environment and the people that reside there.

Of the 1,200 businesses and attractions that were nominated to be on the map, only 213 were selected, including the Squaxin Island Reservation and the Squaxin Island Museum Library and Research Center. Leslie Johnson, Director of the Squaxin Island Tourism Department and Co-Chair of NorthWest Tribal Tourism, has partnered with the state Office of Tourism, Michelle Campbell, Marketing Outreach Manager, for three years.

In February Leslie will attend the Go West Summit in Sacramento, California. The Go West Summit is a marketplace that brings together unique tourism suppliers from the Western U.S. with tour operators looking to expand their tours in the American West.

The Go West Summit is a premier meeting place because of its unique focus and effective format. It provides an intimate business setting structured to give tourism suppliers from a thirteen-state, Western U.S. region the opportunity to promote their products and write contracts with tour operators from all the major markets - Asia, Europe, Latin America, Canada, Mexico, Scandinavia and the United States.

Leslie will promote the Squaxin Island Tribe’s tourism program, NorthWest Tribal Tourism, and the Pacific Coast Scenic Byway at the Go West Summit. Any regional tourism promotion benefits the Shelton/Mason County area by bringing travelers to our region.

The Central Cascades Map Guide will be available for sale at the Squaxin Island Museum, Library Research Center (360) 432-3839.
**Important Aquatics Meeting**

Jeff Dickison - There will be a community meeting of the Aquatics Committee to discuss issues for the upcoming geoduck harvest season. All are invited to attend, including committee members and alternates, divers with a current quota, divers without a current quota, interested and prospective divers, and any community member with an interest in the fishery.

The purpose of the meeting will be to develop a consensus recommendation to the Tribal Council for how to structure the fishery going forward. All suggestions and proposals will be considered. It would be helpful, if you have specific ideas, to put them in writing for this meeting.

The meeting will be held on Tuesday, February 9th at 10:00 in the morning. It will be held at the Tribal gymnasium unless response dictates a larger location. Please come prepared to be a part of the solution.

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**Business Development Center**

*New Name and Logo!*

Jennifer Ulrich - **Spring classes will be starting soon.** Please call the number listed below to sign up.

The Center is open for drop-ins during the following hours:

Tuesday, Wednesday & Thursday
From 2 p.m. to 6 p.m.

(Appointments can be arranged outside of these times by emailing jwulrich@ieiinc.org or calling 360.462.0339)

The Center is located across from the new KTP Express in the cream colored building at 21 SE Simmons Rd Shelton, WA 98584.

Stop in to see the facility, make an appointment for business counseling, and use the computer for creating business plans, conducting market research and more!

*Island Enterprises is excited to be able to offer our tribal community of entrepreneurs more assistance. Look for updates of new services, events and classes in every issue of the Klah-Che-Min.*

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**Planning to Run For Tribal Council?**

The Elections Committee would like to encourage tribal members planning to run for Tribal Council in May to declare their candidacy now! During the next few months the committee will be hosting several opportunities for candidates to get their names out and to share their thoughts and ideas with the community. Newsletter photos and articles, Question & Answer mail-outs, and community information sessions are just a few of the ways that people want to hear from you! Submit your name soon to the Klah-Che-Min to be included in the March and/or April newsletter or if you have any questions call the Tribal Center and ask for the Elections Committee.
Can you help us identify any of these people?

Here are the ones we know:

1: Lorine Marshall Whitener
2: Verna Abbott Ellison
3: Angus Ellison
4: David Whitener
5: Don Whitener
6: Christine Marshall Ellison
7: Tony Ellison
8: Annie Krise
9: Pete Kruger
10: Sally James
11: Ron Whitener
12: Donnie Whitener
13: Ray James
14: Wes Whitener?
15: David Whitener
16: Phil Simmons
17: Darrell Barnes
18: Roland Simmons
19: Bob Whitener
20: Charlie ?
21: Myrtle Strickman
22: Alvin Strickman
23: David Lopeman

If you can help us out, please contact Ruth Whitener at 432-3841.
Thank you VERY much!

Kamilche Church, 1947

Kamilche Church, 1947

Walking On . . .

Elmer Strope

Elmer W. Strope died on Tuesday, December 22, at home in Shelton. He was 82 years old and had lived in Shelton for 47 years.

He was born May 26, 1927 in Seattle to William E. and Ethel (Baskett) Strope. He served in the U.S. Army from 1946 to 1947 and was a corporal upon discharge. He married Arlene Botts in Shelton in 1957.

He was employed with the Simpson Timber Company in 1966 and retired in 1989 as a millwright.

He was a member of the 40 et 8 and enjoyed fishing, gambling, boating and playing darts, pool and shuffleboard. He also enjoyed watching old westerns, sci-fi, sports and history on TV.

In his younger days, his passion was racing cars at the Elma Fairgrounds. He raced with many of the infamous and local fellows. Surviving are son Michael Strope of Olympia; daughters Patti Riley of Shelton; daughters Dorothy Todd of Shelton and Bernice Boyes of Mt. Ellinor, California; grandchildren Jennifer, Michelle, Ryan, Christine, Jessica, Jeramy, Dale, Chris, Jake, Dax, Tawny and Robert; and great-grandchildren Riley, Nick, Ashley, Gavin Tristian, Bella, Michael, Brandan, Tiffany and Brittany.

He was preceded in death by parents, wife Arlene, sister Billie, brother Donald, son Calvin and granddaughter Megan.

A graveside service was held at Shelton Memorial Park on Wednesday, December 30.

Memorial donations may be sent to: 40 et 8 Nurses Scholarship, 113 West Cota Street, Shelton, WA 98584 or to Assured Hospice, 2102 Carriage Drive, Olympia, WA 985512.
No Free Tax Preparation Site This Year
Due to lack of volunteer participation, the Squaxin Island Tribe Free Tax Preparation Site will not be open this year.

We apologize for any inconvenience this may cause to our regular site visitors.

If you would like a list of Free Tax Sites in the area, please contact Lisa @ 432-3871.

Squaxin State Park Still on Google Maps!
Leslie Johnson, Tourism Director - Corrections are made faster when there are many requests to fix the problem. Please go to Google Maps: (http://maps.google.com/maps?hl=en&tab=wl).

Type in Squaxin Island, Shelton WA 98584. In very small print at the lower right hand corner, there’s a link to REPORT A PROBLEM. Make sure the RED indicator is ON the Island, hopefully right by “Squaxin Island State Park.” Ask them to correct their map: a) remove the state park and b) put Squaxin Island Reservation on the island.

Conquering Mold & Mildew
Mold and mildew love wet weather, so now is a great time to take a few precautions around the house.

The best way to battle mold is to reduce moisture and increase air flow. Use a ventilating fan in the bathroom while you shower and for 30 minutes afterward. Be sure your clothes dryer vents outside, and avoid air-drying most clothes indoors. Move large objects away from the walls to increase air flow and circulation. Regularly check for mold growth in places where moisture collects, such as bathrooms, windows and window sills, potted plants, or under the sink.

Mold can also grow in areas where water condenses on cold surfaces, such as an unheated rooms or closets. Fumes are another common issue during the cold months. Be sure the stove, furnace, and fireplace or woodstove are properly vented. A carbon monoxide detector is a good safety addition. Choose cleaning products with no solvents and limited or no odor. Although air “fresheners” might smell like mom’s pumpkin pie, resist the urge to use them; sprays and plug-ins continuously release fumes into the air.

Great information is available in the “Breathe Easier Home Assessment” booklet originally developed by the American Lung Association. For a free copy, call Thurston County Public Health and Social Services at 754-4111 or visit www.co.thurston.wa.us/

Setting Financial Goals Aids Financial Security
Financial security is a dream for most people. To turn a dream into a reality, start on the road to financial security by setting financial goals. Taking more control of spending and where money goes can result in surprising accomplishments toward financial independence.

Money management is about using what you have to get what is wanted-goals. No one can have everything, but good management can help get the things wanted most. Choosing a goal that is personally important helps motivate to work to reach it. Don’t be afraid to set goals that aren’t easy. After all, the purpose of setting goals is to accomplish more with money now than in the past.

People always are more willing to help if they’ve been involved in the decisions. Adults, teens and children all can be involved in discussions about what is most important to the family instead of only the adults making the determination. The possibility of achieving goals increases tremendously when everyone is involved.

Most people have goals important to them now and other goals important for the future. Financial experts put goals into three categories for the amount of time it will take to reach them or when the money will be available: short-term, intermediate and long-term. All three categories of goals aren’t necessary—even some financial experts use only short-term and long-term goals. Don’t get hung-up on categorizing goals, but do what makes the most sense. Just remember to think of more immediate needs and wants as well as those in the future. Big-ticket goals costing more money, such as a comfortable retirement or children’s education, may be possible only by working toward them for many years. Setting benchmarks helps attain those goals, such as having a certain amount saved for retirement in five years, 10 years and in 20 years.

Gathering information about costs and debts can help when setting goals. Knowing the amount of debt, loans and payments owed can help when deciding if debt reduction should be an important financial goal. It also helps to ask questions about savings, like how much is saved and if it is enough. Evaluating goals and writing them down also helps achieve those goals.

Sometimes goals clearly are unrealistic. For example, a family with a monthly income of $3,000 and spending $2,900 a month on basic living expenses would find it unrealistic to save $500 a month for various goals. Unreachable goals may lead to discouragement and giving up. Make sure goals are at least possible even if it’s a stretch to reach then.

If goals seem unrealistic, change them. If someone wants to save $10,000 a year for retirement, but decides it isn’t possible, perhaps he or she can adjust the goal and save $5,000 a year instead. If a student wants to pay off student loans in two years but decides it’s unrealistic, he or she could decide to pay them off in four years. Revise goals by writing them again with specific target dates and dollar amounts.

Writing down a commitment to continue with goals can be useful, but usually people begin down the road to financial security with a desire to increase their savings or reduce their debt. Always ask: How much is saved? How much debt is being paid?

Most people have many goals. It’s important to work hardest on the goals that are most important. For example, with five goals, rank them from one through five. Or divide goals into three groups: highest importance, medium importance and lower priority. Short-term goals are targeted sooner than long-term goals, but it doesn’t mean they are more important. More than one goal can be worked on at a time, but it’s a good idea to be clear about the highest priorities.

Source. Kathleen Prochaska-Cue, Ph.D.

TIPS FOR MANAGING AND REDUCING DEBT
• Look for temporary sources of income if possible
• Look of ways to reduce expenses
• Pay at least the minimum on debt and loans (Don’t want to have extra charges)
• Contact creditors before you miss a payment
• Do not go shopping, just for something to do.
• Learn about community resources.
• Make having an emergency fund a priority.
• Do not use credit for day to day expenses.
• Avoid credit as a way to live beyond your means.
• Make sure you know all of the credit charges and rates of interest.
• Know what it costs to live. Keep records of your expenses.
• Plan for larger expenses by saving each month.
• Challenge the whole family to find ways to save money.
• Look for low cost forms of entertainment.
• Don’t carry cash. It has a tendency to disappear.
• Wait at least 24 hours for any large purchase.

WELCOME!!
The Office of Housing would like to welcome the following tribal member and her family to the community:
- Stephanie Gott

WELCOME!!
Preparing for Water Emergencies
Several people experienced frozen pipes during the cold spell we had in mid-December. Pipes freeze when they are exposed to cold air. There are a few precautions that you can take to prevent your pipes from freezing:

- Limit the cold air that comes into contact with your pipes by temporarily closing off the vents to your crawl space under your house. You could do this by stuffing fiberglass insulation into the vent cavity or taping cardboard over the vents with duct tape.

- Be sure that pipes that could be exposed to cold air are covered or wrapped with pipe insulation. There are several types of pipe insulation, and you could wrap all your pipes for less money than you would pay a plumber to repair a broken pipe.

- During a cold spell, leave the cabinet doors under your sinks in the bathroom and kitchen open so that warm air can reach the wall where your pipes are. Be especially careful if the pipes run in an exterior wall.

- When temperatures dip below 10-15°F we recommend that you let your faucets run at a slow trickle. Both hot and cold water pipes can freeze, so both should run at a slow trickle. We recommend that you open your kitchen faucet and either the bathtub or sink faucet in each bathroom. Running water does two things: Water out of the ground is usually 50°F, well above the 32°F freezing point. Your water won’t freeze if it is above the freezing point.

- Moving water is not likely to freeze because the water is being replenished with “warm” water from the ground. Water that sits still in the pipes for several hours (even hot water) may freeze if the pipes are exposed to extreme cold.

- If you have a tap open and the water freezes anyway, you will have a better chance that your pipes won’t be damaged. Here’s why: As water freezes, its volume expands. A gallon of liquid water put into the freezer will make more than a gallon of ice. When your pipe freezes, the frozen spot creates a plug. As the water continues to freeze, it expands. If your taps or faucets are closed, the expanding ice and water creates an increase in pressure inside your pipes. This increase in pressure or expansion could reach pressures over 1,000 to 2,000 psi. At these pressures, even copper and galvanized pipes will crack. Since a portion of the pipe is frozen, a leak won’t be noticed until the pipes have thawed.

- Many people with frozen pipes didn’t realize they had a break until 3-4 days after the weather warmed up; it took their pipes that long to fully thaw out. So, leaving your taps open with a slow drizzle (not much, say 1 cup per minute) may prevent freezing, and if your pipes do freeze, it may still prevent a pipe rupture.

The Office of Housing Building

Multi-Family Housing Units
This is a reminder for all applicants on the Waiting List that all outstanding debts with the Squaxin Island Tribe and/or entities and any other debts with utility companies must be paid in full before you will be offered a home.

HAVING ALL TRIBAL AND UTILITY DEBT PAID OFF DOES NOT GUARANTEE YOU A HOME.

A final in-depth review of qualifications and eligibility must be conducted prior to actual assignment of a house.

If you have any questions, contact the Office of Housing at 432-3863.

Office of Housing,
Department of Community Development

Attention Housing Applicants
REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Juana Perry, Occupancy Specialist, at (360) 432-3863. If you do not update your application by March 31, 2010, your name will be removed from the housing waiting list.

If do not update your address to receive the update application and/or do not update your application by March 31, 2010, your name will be removed from the housing waiting list.

Tribal Community Alert System

Office of Emergency Management & Safety

John Taylor - The Squaxin Island Tribe Office of Emergency Management & Safety is creating a Community Alert System, which will consist of several communication tools. The primary tool is called “Flash Alert” Newswire. It is an Internet and cell phone message system that can provide critical information to members, such as weather alerts, road and storm conditions, and community service information.

Messages can be provided in two formats, email, text messaging, or both email and text messaging. To become a member of this system will require you to complete the application located on the Squaxin Island Tribal web site under the Emergency Management tab. The information provided on the application is for enrollment in this system only.

Once you have completed the application, it can be returned to the receptionist at the Tribal Center, the Tribal Police Station, or the Emergency Operations Center. Those who have questions, please contact (360) 432-3947.
Tribe Files Second Petition to Protect Johns Creek

The Squaxin Island Tribe has filed a second petition with the state Department of Ecology (DOE) to stop all new water withdrawals, including permit-exempt wells, in the Johns Creek watershed near Shelton. The action was taken to protect several runs of salmon that spawn and rear in the creek.

“There isn’t enough water in Johns Creek to support salmon,” said Andy Whittener, Natural Resources Director for the Tribe. Likely because of withdrawals from hundreds of domestic and municipal wells, the creek does not meet state mandated minimum flows to protect salmon.

The tribe filed the petition under a state law that closes a watershed from future withdrawals if not enough information is available to justify those withdrawals.

This new petition comes almost two years after the state declined an initial call from the Tribe to protect Johns Creek. With the original refusal came the promise that the state would work with Mason County to develop ways to achieve minimum streamflows. "That so-called ‘alternative path forward’ never materialized," Andy said. "Neither the state or Mason County took any action."

Among other things, the state did not fund a request to complete a scientific study of the connection between surface and groundwater. "We know Johns Creek does not meet state minimum flow requirements. What we don’t know is exactly where and how the creek is connected to groundwater," said Jeff Dickison, Squaxin Natural Resources Assistant Director. Groundwater is critical to Johns Creek because it supplies summertime streamflows to support salmon populations.

Over the past 25 years, over 200 exempt wells have been drilled in the Johns Creek watershed. Permit-exempt wells are a way to access water without first determining if water is available. First intended to allow small users easier access to water, their small size was intended to limit their impact. "The common use of exempt wells in Johns Creek has made them a real - and hard to track - problem in determining water availability," Jeff said.

"One or two exempt wells aren’t really anything to be worried about," Andy said. "But, their common use in Johns Creek is causing a death-by-a-thousand-cuts."

Some winter rainfall seeps into the ground and provides both drinking water and summer streamflow for Johns Creek. Because wells draw water from the same supply that discharges into Johns Creek, when wells are pumped, there is less water for the creek. "A groundwater model can help identify if, where and when water can be taken from wells that would have little or no impact on streamflows," said John Konovsky, Environmental Program Manager for the Tribe. "Without that kind of tool, we’re flying blind."

Johns Creek is home to a small and fragile population of summer chum that is being harmed by increasingly low water levels. "If summer flows were just at the minimum required, we would see 20 percent more spawning habitat available for summer chum salmon," John said.

The approximately 10,500 acre watershed northeast of Shelton has been the center of recent economic and residential development efforts. "We know that salmon runs are being hurt by low flows. We simply don’t know how much water is available for people to use near Johns Creek," Andy said. "You can’t just assume there is enough water there for development to happen, you need to find out first."

FOR MORE INFORMATION, CONTACT:
Andy Whitener, Natural Resources Director, (360) 432-3800
Jeff Dickison, Assistant Natural Resources Director, (360) 432-3815
John Konovsky, Environmental Program Manager, (360) 432-3804
Emmett O’Connell, Information Officer, NWIFC, (360) 528-4304

Council Corner

If we don’t do something very soon, Johns Creek salmon runs will become extinct.

In December, the Squaxin Island Tribe asked the state Department of Ecology to call a timeout on new use of water in the Johns Creek watershed just north of Shelton. We filed this petition (for a second time) because no one knows how much groundwater is available, or where exactly it comes from and flows to.

Water is not a limitless resource.

We’re asking the state to stop allowing new wells to be drilled until we can determine just how much water is available for out-of-stream uses.

Currently, there is not enough water in the creek to support salmon. We are certain of this. The state set minimum standards for streamflows to sustain salmon populations, and Johns Creek now runs below those minimum standards.

Our first well moratorium request two years ago was denied, but the state promised to work with Mason County to find a way to achieve minimum flows in the watershed. Unfortunately, that promise was not kept.

Protecting Johns Creek is important to the Squaxin Island Tribe; healthy runs of salmon mean a healthy community. Our culture is intertwined with natural resources, and many of our tribal members depend on fishing for their livelihood.

The problem probably isn’t caused by the few large wells serving entire communities, but rather the hundreds of small, unmonitored private wells. These are known as "exempt wells” and are limited to 5,000 gallons per day.

Over 200 wells have been drilled in the tiny watershed during the past few decades. Because these wells are not monitored, we really don’t have any idea what sort of environmental impact they may be having. We need to find out.

We already know that wild coho salmon, a species that depends heavily on freshwater habitat, have been on a steady decline in South Sound for the past few decades. While reasons for that decline are many, lack of adequate water supply is a primary concern.

We’re not opposed to economic development. On the contrary, we understand how much our neighbors in Mason County, like the tribe, need a healthy economy.

In an attempt to avoid this current situation, we were early advocates of a regional approach to water supply, sewage treatment and reclaimed water.

We applaud the city for building a reclaimed water facility and the PUD for stepping up plans for a water supply line to Johns Prairie. These efforts will likely have tremendous environmental benefit, but even more still needs be done to achieve state-mandated streamflows for Johns Creek.

We can’t move ahead without adequate science. We can’t willfully dry up an important salmon stream in our own backyard just because we don’t want to examine the consequences of our actions.

The state Department of Ecology has the responsibility to protect Johns Creek and make sure it does not dry up. So far, they have not done their job.

- David Lopeman, Tribal Chair
### You're Invited!

#### EDUCATION:
- **Sylvan** (Must be enrolled for these 3 one-hour classes)
  - Monday – Thursday
  - 4:30-7:30
- **After-School Tutor (Homework Central)**
  - Monday - Wednesday
  - 4:00-5:00
- **GED**
  - Monday - Wednesday
  - 5:00-7:00

#### HIGHER EDUCATION:
- Assistance with FAFSA forms, college enrollment, scholarships, Squaxin Higher Education applications
  - Monday – Friday
  - 8:00-5:00

#### RECREATION:
- **Rec. Center, Teen Center, Skill Building, Open Gym**
  - (Fun, Games, and Club)
  - Monday-Friday
  - 3:00-7:00
- **Community Open Swim**
  - Mon., Weds. & Friday
  - 3:00-6:00

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### Squaxin Youth Cultural, Educational and Activities Calendar

**February 2010**

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!

TLC Hours: 8:30am-7:30pm (Office: 8:30-5:00, Activities: 9:30-7:00) Phone: 432-3958

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  Bill Kalapa - 469-6361 or 432-3992
  Or TLC Main Desk 432-3958 | 1 | 2 | 3 | 4 | 5 | 6 |
|     | Lushootseed Art
  3pm Free Swim
  3:30-6pm B-Ball | Lushootseed Games
  4pm Nutrition
  3:30-6pm B-Ball | GSD Early Release
  B-Ball 3:30pm-6pm
  3pm Free Swim
  5pm Youth Council | Lushootseed Reading
  3pm Snack/Wii
  B-Ball 4:30-6pm | 4pm Movie/Wii
  3pm Free Swim | Mid winter break
  No School SSD and GSD
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  B-Ball 3:30pm-6pm
  3pm Free Swim
  5pm Youth Council | Lushootseed Reading
  3pm Snack/Wii
  B-Ball 4:30-6pm | 4pm Movie/Wii
  3pm Free Swim | 5-7 PM Education Forum - GYM |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|     | Lushootseed Art
  3pm Free Swim
  3:30-6pm B-Ball | Lushootseed Games
  4pm Nutrition
  3:30-6pm B-Ball | GSD Early Release
  B-Ball 3:30pm-6pm
  3pm Free Swim
  5pm Youth Council | Lushootseed Reading
  3pm Snack/Wii
  B-Ball 4:30-6pm | SSD 1/2 day
  Wá He Lut No School
  4pm Movie/Wii
  3pm Free Swim |     |
**Learning Center**

**Holiday Youth Basketball Tournament**
The Squaxin Island Tribe hosted 25 five teams from around the Pacific Northwest on December 27, 28 & 29, 2009. This year the Squaxin Island Holiday Youth Basketball Tournament was a huge success with teams coming from as far away as Lapwai, Idaho, Nespelem, Washington and Colville, Washington. These teams were in addition to the usual teams that attend from around South Sound and the coast. Squaxin fielded teams in each of the four age brackets. Our kids played hard and continued to improve their basketball skills!

**Age group champions of each bracket:**
- 9 and under: Taholah
- 11 and under: Skokomish
- 14 and under coed: Suquamish
- 18 and under boys: Skokomish

Each bracket was both entertaining and exciting to watch. At certain times during the tournament it was standing room only in the gym!

TLC would like to thank Tribal Council for its continuing support of the Holiday Youth Tournament as well as all the tribal employees and volunteers who made it possible to run such a big a tournament.

If you would like to come watch our youth, the next basketball tournament our youth will participate in will be at Skokomish during mid-winter break!

-TLC Staff

**Christmas Party 2009**
TLC Staff - TLC would like to thank Tribal Council, once again, for sponsoring the Community Christmas Dinner. We would also like to thank all those who helped make the dinner a success, but there are too many to list! You know who you are and we want to say “Thank You!”

Better weather this year brought more folks out for the dinner; we served over 300 plates, and there were long lines for Santa and the gifts. Our little ones received wrapped presents from Santa and our older kids received gift cards to Westfield Mall, thanks to a very generous Tribal Council. *Fun 4 All* came and provided fun and engaging activities for the youth. It is always fun to see sweaty kids with big smiles on their faces! Tribal TANF also set up a table and handed out goodies. *The Native Sisters*, along with the *Native Brothers*, provided us with a holiday skit about animals auditioning to be selected as ornaments to be hung on Santa’s tree.

TLC would like to thank our kids for stepping up and performing for their community. We are all very proud of you and love watching you continue to learn and grow! *TLC Staff would also like to wish everyone a very happy New Year!*
Christmas 2009
Veterans Celebration

Ann Parker and Meghan Brandt - Squaxin Island Chairman Dave Lopeman opened a ceremony to transfer two eagle staffs to the tribe and the veterans. He introduced Dave Pratt and his family, Beverly, Jake, Serena, Wyatt and Naomi, who came down from Saskatchewan, Canada to deliver the staffs. The staffs, once made, are not allowed to be in the air. Thus, the staffs could not be flown from Saskatchewan. It was a matter of pride and tradition that Dave Pratt and his family personally present the eagle staffs to the Squaxin Island Tribe and to the Squaxin Island Veterans.

The staffs were presented Grand Entry style for the first time as they preceded the flags for the posting of colors. Dave carried the tribal staff and Pete Kruger carried the veteran's staff. Following them were the honor guards, Don Brownfield, Kim Kenyon, Josh Mason, and Rick Peters with the US, State, POW/MIA and Squaxin flags. John Krise, color guard leader, gave the commands to post the colors and the staffs before he retired the honor guard.

With everyone seated in a large circle, Mr. Pratt explained the significance of the ceremony and welcomed the visitors. Before Mr. Pratt and his family performed dances and songs, several members of the Squaxin Island Tribe sang a welcome song. We all enjoyed watching Dave, his wife, daughter, oldest son, and his youngest son perform a variety of dances. His wife performed a stationary dance, his daughter performed a jingle dress dance, his sons performed hoop dances (this was the first time his youngest son, age 8, performed the hoop dance and he was proud to say he is up to 5 hoops!), they performed traditional and modern dances, and Dave and his oldest son performed a warrior dance in honor of the veterans. We were all impressed and honored by the graceful and powerful dances. After dancing, Dave and his eldest son performed a few songs on their flutes as well!

Drummers from the Squaxin Tribe returned songs and presented veteran Yum Krise with a framed collage of his family pictures.

Dave presented beaded eagle feathers to the veteran committee members, the honor guard and all other veterans attending with a promise to present feathers to each of the fifty-eight living veterans of Squaxin lineage. The sentiment was best expressed by John Krise when he raised his feather and shouted, “My first feather! I feel like a warrior now!” Once again, we were honored to have our three World War II veterans in attendance.

A brunch was served following the ceremony and the ceremony was concluded by retiring the staffs and flags. Everyone is invited to see the staffs displayed in the museum.
Veterans Celebration

Presentation by Attorney Cestjon McFarland
Tuesday, February 2, 2010
at 10:00 am at the
Squaxin Island Museum
How to Protect Indian Cultural Intellectual Property
Artwork, Logos, Songs, Language, Stories, Indian Names
Intellectual Property Can Also Cover Purely Economic Works Such as E-Commerce

Cestjon has practiced law since 1988. She helped found a large Seattle law firm’s technology and intellectual property practice group, and left in 2006 to practice law on her own. Cestjon received a bachelor’s degree from Stanford University, and her law degree from the University of California, Los Angeles. She has been recognized as one of Washington’s “Super Lawyers” by the legal publication Washington Law & Politics.
What’s Up @ the MLRC

CURATORS CORNER: We would like to acknowledge and thank Daryl “Yum” Krise for donating seven baskets and a beaded purse to the Museum. Also, we extend our gratitude to Dick Cook, a friend of Bob Whitener Jr., who donated a large collection of baskets, spoons, ladles, smoking pipes, and numerous other artifacts and collectibles. Some baskets are already on display, while others are still being catalogued. The donation of these exhibit items has kept our Curator, Mandy, quite busy! Come check it out!

SPECIAL PROJECTS: Did you hear the news at the Winter General Body Meeting? The MLRC has paired up with the University of Washington on a 2-year health research project. This project will develop, document and implement processes to increase tribal participation in research. The project is funded through an IHS grant and is focused on identifying health research priorities and a research regulation process that reflects the priorities and concerns of tribal community members. For more information, please contact Jolene Grover or Aleta Poste @ 432-3897.

VOLUNTEERS: We’d like to extend a warm thank you to our volunteers. You rock! If you are interested in volunteering at the MLRC, please contact Liz @ 432-3840.

LIVING TRADITIONS:
Language: Mon, 6-8 p.m.
Drum Group: Tues, 4-6 p.m.
Basket making: Wed 4-6 p.m.

LIBRARY LECTURE SERIES:
How to Protect Indian Cultural Intellectual Property – Cestjon McFarland
Tues, Feb. 2 @ 10 a.m.

EVENTS:
Sa’Heh’Wa’Mish Days,
Feb. 20 & 21 @ Little Creek
Please see flyer for details

*For Updates and additions see MLRC Website: http://www.squaxinislandmuseum.org or find us on Facebook!

Dice Game and White Elephant
Those who are attending this Valentine’s Day Make Over should bring a small gift of any sort which will be placed in the center of a table. Every other person will get a set of dice, and a timer will be set for 3 or 5 minutes. You will roll the dice. If you get doubles, you get to choose something from the middle of the table, and then pass the dice onto the next person. This keeps going until time is up!” It’s going to be fun!
Melody Starkey

Hello, my name is Melody Starkey, and I am working at Northwest Indian Treatment Center as a DBT (Dialectical Behavioral Therapy) Counselor. We are providing an array of services, including DBT counseling and skill-building with clients, and providing a continuum of care for clients as they transition out of treatment and back into life. My position is funded by the SAMHSA grant, which is part of our Recovery Support Services Enhancement Project. Before coming to NWITC, I worked at Olalla Recovery Center as a Counselor and Case Manager. I am so excited to be a part of this project. I love working at NWITC, and am proud to be a part of this amazing team. I am excited to see what this journey has in store for us.

Sonja Ibabao

Hi, my name is Sonja Ibabao. I have worked at NWITC for 6 years. I started out working as a Treatment Attendant and in the kitchen as a cook/housekeeping. I have also worked at the Squaxin outpatient facility. I am currently the new Domestic Violence (DV) Resource Coordinator and am very excited to work under this grant. The DV grant enables the treatment center to help victims of domestic violence by finding safe housing, transportation if needed, as well as other resources that are available to the clients upon and/or prior to their discharge. At the same time, I am currently enrolled at the Northwest Indian College, working towards becoming a certified Chemical Dependency Counselor (CDP). I’m excited to have been given the opportunity to be a part of these grants. I’m looking forward to seeing the success and growth process of these grants and for them to expand into something great and beneficial to the community. Building our resources as well as relationships is only the beginning.

Ofi Tovia

Hi, I’m Ofi Tovia, and I’ve been working for NWITC for 6½ years, starting off as a Treatment Attendant. I am now the Resource Assistant for the Domestic Violence (DV) and Substance Abuse and Mental Health Services Administration (SAMSHA) Grants at NWITC. I am currently enrolled at the Northwest Indian College, working towards becoming a certified Chemical Dependency Counselor (CDP). I work with an awesome team and look forward to serving the community.

Kasia Krise

Hi, My name is Kasia Krise, the daughter of Alan and Rose Krise. I just started as the new Learning Center Assistant. I live here on the reservation with my family, my boyfriend of 7 years, Tyrone, and our two little guys T.J. and John, who I love so much!! I also would like to mention my siblings Kristy Krise (I’m so proud of you for going to college), Kenna Bolanos Acosta, my niece, Larissa, and nephew, Camilo Krise, and A.J Krise . . . Love you guys!! I’m excited to join the TLC team, and can’t wait to see what is in store for me next…
Community

New Employees

Raven Thomas

TLC Receptionist
Hello, my name is Raven Thomas. I am an enrolled Squaxin Island Tribal member, and have grown up on the Reservation my whole life. I am the daughter of Donna Penn and Norbert (Rick) Thomas III (deceased), the granddaughter of Ramona Mosier and Myrtle Richards and the great-granddaughter of the late James Edward Krise. I am the proud mother of two wonderful children, Seth Thomas, who is 10 years old, and Dominique McFarlane, who is 6 years old. I am currently working at Tu Ha’ Buts Learning Center as the Office Assistant I for the ANA SEDS project. I hope to see all of our young adults 18-24. With their input, we will design services to assist the youth in our community. So stop by and see how this project is coming along. If you have any questions give me a call..... Hoyt

Jolene Grover and Aleta Poste

Research Assistants, Research Coordinator (Jolene) and Regulatory Coordinator (Aleta)
We would like to say “Hello” to our community. Most of you know who we are, but in case you don’t, we are Aleta Poste (parents - Charlene Krise and Bart Poste) and Jolene Grover (parents - Margaret & Vince Henry and Tom Grover). We will be working closely with Ronnie Whitener (Principle Investigator) and Helene Starks (Co-Investigator) from the University of Washington. Our project is to engage Tribal participation in research through identifying health research and priorities. We are Research Assistants from the community and look forward to seeing you! We are stationed at the Museum, if you have any questions or comments.
Thanks! huy? hulabdubicid čod

Beau Henry

TLC Assistant
Hi! My name is Beau Henry. I work up here at the gym with the little kids that come up here and enjoy themselves after school. I work from 5-7 p.m.

Kimberley Benally-Hood and Julie Martinez

Integrated Youth Development Program
Hi! We are Kim and Julie, new employees at The Learning Center, working with the Squaxin Island Integrated Youth Development Program.

We are excited to partner with the young adults and youth of the Squaxin Island community and can’t wait to see what our young people can create to benefit the next generation of Tribal leaders.

Expect to see our smiling faces, as we are anxious to introduce ourselves around the community. Please feel free to contact us at The Learning Center with any questions or ideas.
Water Aerobics  
Exercising in the water is easier on the body than exercising on land. 80% of your body weight is supported by the water. This means less strain on the joints, back and torso, and lessens the likelihood for the muscles, bones, and joints to get injured.

Exercising in the water instead of on land creates more of a resistance. This increases muscular endurance and tones the entire body. People tend to get quicker results exercising in the water. The low effect of gravity in water improves flexibility in the body. The joints can be easily moved through a wider range of motion which makes water aerobics more beneficial as we age since there’s no joint pain.

Water Aerobics exercises can be extremely beneficial in terms of cardiovascular condition. When doing water aerobics the heart rate is maintained at a lower rate then when doing cycling or running (The heart seems to work better when indulge in water aerobics). Water aerobics can be extremely useful if you want to shed those extra pounds. Exercising is the best way to get rid of bulging fat and ever-increasing waistline. Doing water aerobics can lead to burning 450-700 calories per hour.

Emergency Room Guidelines  
Because Contract Health Services has limited funding, it is required that you use the Squaxin Island Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m.; Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

An emergency may be defined as “a threat to the loss of life and/or limb.”  See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level I and Priority II procedures.

Below are some situations in which you might need to go to a Clinic or Emergency Room.  Please note that this is not a complete list, and is only meant to provide you with a few examples.

<table>
<thead>
<tr>
<th>GO TO A CLINIC</th>
<th>EMERGENCY ROOM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earache</td>
<td>Heart Attack</td>
</tr>
<tr>
<td>Cough</td>
<td>Stroke</td>
</tr>
<tr>
<td>Ingrown Toenail/fingernail</td>
<td>Profuse Bleeding</td>
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<tr>
<td>Bronchitis</td>
<td>Coughing &amp; Vomiting Blood</td>
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<tr>
<td>Minor Cuts &amp; Burns</td>
<td>Sexual Assault</td>
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<tr>
<td>Headache</td>
<td>Acute Asthma Attack</td>
</tr>
<tr>
<td>Colds</td>
<td>Amputation</td>
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</tbody>
</table>

If you find yourself in an emergency situation, please use Mason General Hospital or St Peter Hospital as the Tribe has a discount with these facilities. Please visit the Hospital’s Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization. Hospital Charity Care is available (up to 200% of the federal poverty level) – but only if you apply at the hospital.

Welcome to Our World  
Halia Marie Cooper-Lewis  
Born to Missy Cooper-Lewis  
(Halia is Hawaiian for "In Rememberance of")  
Marie in Honor of Her Grandmother,  
Kathy Marie Lewis  
Born at Mason General Hospital  
January 4, 2010 at 6:16 p.m.  
8 pounds, 4 ounces / 20 inches
Diabetes Testing
Thank you for completing your diabetes medical tests &
appointments!
Congratulations!
As a reward for completing all tests in 2009, these
five tribal members earned a pair of socks made from al-
paca wool. The socks are very soft and wick moisture away
from the feet. A total of nine tribal members completed all
their tests in 2009.

If you have diabetes, the new year brings a reminder
that it is time to get started on checking off your list.  IHS
has created a list of tests & exams for people with Type 2
diabetes. The list is long, but worthwhile to uncover and
treat any problems that may be starting.  You can live a
long, healthy life with diabetes!
Contact Patty Suskin, Diabetes Coordinator with
your questions.
(360)432-3929, psuskin@squaxin.nsn.us or stop by
Health Promotions.

Dr. Hahn recommends:
1. Doctors and nurses should accept that patients are
the final arbiter of determining that something
is painful, believe them and work with them on their
concerns.
2. Patients should cooperate with their health care
providers on pain relief plans that may include a
range of options, including prescription drugs but
also alternative approaches such as chiropractic care,
exercise, acupuncture, meditation, implantable
devices, massage, or physical and occupational
therapy.
3. Even within the umbrella of medications, there are
a huge range of opioids, over-the counter pain
relievers, antidepressants and other medications to
carefully consider for specific problems.
4. Consumers must acknowledge the seriousness of
the prescription drug abuse issue.
5. All involved parties should understand that
psychological addiction or physical dependence on
drugs is rarely a major concern in a properly
managed and prescribed pain management
program.
6. Individuals should try to work and communicate
patiently with their health care providers, not switch
doctors arbitrarily, educate themselves if necessary,
but be persistent in having their pain concerns
taken seriously.
7. Physicians must stay up to date on the latest
approaches and full spectrum of pain management
options, and recognize that pain control and
management is a key part of overall health care.

Source: Oregon State University web site,
accessed January 13, 2010

Sad News
The Elders’ Wii Games were stolen.
There will not be any Wii games
on Tuesdays until further notice.

Lea Cruz
L to R:  Herb Johns, Harry Fletcher, Bob Whitener
& Glen Parker
Need Food? Check These Out . . .
WIC (WOMEN, INFANTS, & CHILDREN) AT SPIPA
Provides healthy foods & nutrition information for you and your child up to age 5
Please bring: your child, medical coupons or paystub, & identification
**Monday, February 1, 9 a.m. to 4 p.m.**
Contact Debbie Gardipee-Reyes at 462-3227
*Dates subject to change*

COMMODITIES AT SPIPA
**Monday, February 1, 10 a.m. to noon**
Contact Shirley or Bonita at 438-4216 or 438-4235
*Dates subject to change*

SQUAXIN ISLAND TRIBE FOOD BANK
At Health Promotions Building
If you need access to the food bank at any time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for when we receive fresh produce or bread, let me know.
Contact Melissa Grant (360)432-3926

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**Are You Native American?**

**Want to get Healthier?**

**Need a Health Coach?**

Changing your lifestyle is not easy, but it is definitely worth the effort to live a longer, healthier, life. Patty Suskin is here to support you in your lifestyle changes with some new ideas.

**Major Focus is on:** Setting one small goal, listening to how you want to start, and supporting your needs.

To help you reach your goals, we will begin with weekly follow-up & work with your schedule. Bring your questions and ideas.

You may choose to invite family members to join in & work together.

For more information or an appointment, contact Patty Suskin at (360)432-3929 or psuskin@squaxin.nsn.us or stop by the Health Promotions Building.

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**Meal Menu**

**Mon., Feb 1:** Chicken Fajitas
**Tues., Feb 2:** Soup & Sandwich
**Wed., Feb 3:** Meatloaf
**Thurs., Feb 4:** Chalupa

**Mon., Feb 8:** Stuffed Peppers
**Tues., Feb 9:** Soup & Sandwich
**Wed., Feb 10:** Crab Cakes
**Thurs., Feb 11:** Hot Turkey Sandwich

**Mon., Feb 15:** Fish Tacos
**Tues., Feb 16:** Soup & Sandwich
**Wed., Feb 17:** Beef Stew
**Thurs., Feb 18:** Baked Potato Bar with Toppings

**Mon., Feb 22:** Lasagne
**Tues., Feb 23:** Soup & Sandwich
**Wed., Feb 24:** Tuna Casserole
**Thurs., Feb 25:** Build Your Own Sandwich & Soup

*Menu Subject to Change*

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**Dangerous Medications Are Not Always Prescription Drugs**

Dave Caulfield, ARNP - Often, when we use medications that are not prescription, we assume they are safe. These medications, called “OTC” (over the counter), were at one time available only by prescription. Over time we have seen many of these medications go from prescription to nonprescription. The dose is sometimes reduced to make it mildly weaker. Ibuprofen was developed in 1969. It has been available as an OTC medication for several years. It reduces inflammation, and is very effective for many kinds of acute pain as well as fever. It is broken down in the kidneys. This process is called metabolizing.

Ibuprofen can cause bleeding in the stomach, especially if not taken with food. Many people are hospitalized annually by taking medications such as ibuprofen because of bleeding in the digestive tract.

These medications can also aggravate your blood pressure by causing edema, or swelling of the lower legs, and fluid retention.

The other concern is the kidneys. Professional athletes, once notorious for popping ibuprofen and other pain killers like candy, nowadays are wary since two of their own, Sean Elliot of the San Antonio Spurs and Alonzo Mourning of the Miami Heat, underwent kidney transplants. Mourning is convinced that his kidneys were damaged by years of taking non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen. Another athlete, former Seattle Seahawk football player Kenny Easley, thinks he lost a kidney because he once took up to 32 ibuprofen tablets a day for several months.

Although we should all be cautious, people with diabetes must protect their kidneys. This is a part of the body often damaged with diabetes. We do lab tests to assess the function of the kidneys. When we see the beginnings of damage, we remind these patients NOT to take medications like Ibuprofen, Motrin, Aleve, and Naproxen, among others.

Make sure you tell us about any medications or supplements you take. Even if they are “just” over the counter. Supplements from the health food store should also be listed. If you have any doubts, bring in all of your medications and supplements and let us review them.

When in doubt, check with us. Pain can be a signal that something is wrong. When you have pain, consider checking with us to see if a test needs to be done. We may even be able to offer medications that are safer or more effective.
Managing that Pesky Teenager
Brenda Dorsey - When we stare into that adorable face of an infant we never imagine how different it will become once they reach adolescence. This is definitely the hardest part of parenting and we wonder if we will ever survive the trauma of it. Relax, you are not alone, your teenager probably isn’t mentally ill, and you can find ways of making it easier on everyone.

What must first be acknowledged is that the main task of adolescence is to become psychologically emancipated from parents and other authority figures. This makes it necessary to cast aside the dependent relationship of childhood. In other words, adults need to learn that defiance is a healthy stage of maturation. You will need to remind yourself of this over and over again.

Before a teenager is able to develop an adult relationship with her parents, the adolescent must first distance herself from the way she related to them in the past. This process is characterized by a certain amount of intermittent normal rebellion, defiance, discontent, turmoil, restlessness, and ambivalence. Emotions run unusually high. Mood swings are common. Under the best of circumstance, this adolescent rebellion continues for approximately two years or even 4 to 6 years. Sound familiar?

Unfortunately, many parents base their authority upon fear and intimidation designed to maintain the status quo, which is to keep the teenager in her place or out of the way so they won’t be challenged. Phrases such as “Because I said so” and “Because I’m you’re mother/father and I said so” convey disrespect to your teen because they dismiss her as a person. Such phrases send the message that a teen has no right to know the reasoning behind a decision that affects her life. Like trying to break a horse, parents think if they can just institute the right punishment or consequence that they will fall into line. This is sure to worsen the situation and create more rebellion.

I am not suggesting that teenagers should be without rules and consequences but try and identify the issues that are really important (not coming home, not going to school, etc.) and letting the trivial ones go (some back talking for instance). If you can pull this off (I know from my own experience that this isn’t easy), you will find the tension easing and allow the developmental process of becoming an adult to proceed. Try not to challenge their clothing, hairstyle, makeup, music, dance steps, friends, recreational interests, religion, room decorations, use of free time, use of money, speech posture or the way they perceive things. Most of this comes from their need to conform with the current tastes of their peer group. Peer-group immersion is one of the essential stages of adolescent development. Dressing, talking, and acting differently than adults helps your child feel independent from you. This is a good thing!

Dead-end discussions about good and bad behavior lead nowhere. Limits should be set based on safety. Do not try and reason with them! And more importantly, make sure they are given lots of space and privacy to work it out on their own. Teach them to walk away from an argument by walking away yourself when things have become unmanageable. Try to avoid criticizing their mood or attitude. A negative or lazy attitude can only be changed through good example and praise. The more you dwell on “strange” behaviors, the longer they will last.

Just remember that in a few short years they will be on their own. They cannot go straight from being a child to an adult. Try and remember what it was like for you and how important privacy and independence was. If you worry that they will become like you were when you were a teenager try not to make the same mistakes your parents made, but realize that they are not you and that they have every right to grow up just like you did. If you weather this storm you will find a lovely friend waiting on the other side of maturity for you to enjoy for years to come.

Parents Be Aware:
Signs and Symptoms of Type 1 Diabetes
Patty Suskin, Diabetes Coordinator; Source: Mayo Clinic - Type 1 Diabetes is more commonly diagnosed when people are younger – youth or young adults. It cannot be prevented, and occurs in about 10% of all people who have diabetes. Type 1 diabetes may come on gradually or suddenly.

If your child has these symptoms, please have their blood sugar checked by their health care provider or come to the clinic:

URINATES FREQUENTLY. The kidneys respond to high levels of glucose (sugar) in the bloodstream by flushing out the extra glucose in urine. A child with diabetes out of control needs to urinate more frequently and in larger volumes.

IS ABNORMALLY THIRSTY. Because the child is losing so much fluid from peeing so much, he or she becomes very thirsty to help avoid becoming dehydrated. A child who has developed diabetes drinks a lot in an attempt to keep the level of body water normal.

LOSES WEIGHT (or fails to gain weight as he or she grows) in spite of a good appetite. Kids and teens who develop type 1 diabetes may have an increased appetite, but often lose weight. This is because the body breaks down muscle and stored fat in an attempt to provide fuel to the hungry cells.

OFTEN FEELS TIRED because the body can’t use glucose for energy properly.

But in some cases, other symptoms may be the signal that something is wrong. Sometimes the first sign of diabetes is bedwetting in a child who has been dry at night. The possibility of diabetes should also be suspected if a vaginal yeast infection (also called a Candida infection) occurs in a girl who hasn’t started puberty yet.

If these early symptoms of diabetes aren’t recognized and treatment isn’t started, chemicals called ketones can build up in the child’s blood and cause stomach pain, nausea, vomiting, fruity-smelling breath, breathing problems, and even loss of consciousness. Sometimes these symptoms are mistaken for the flu or appendicitis. This serious condition is diabetic ketoacidosis, or DKA.

In addition to short-term problems like those listed above, diabetes can also cause long-term complications in some people, including heart disease, stroke, vision impairment, and kidney damage. Diabetes can also cause other problems throughout the body in the blood vessels, nerves, and gums. These problems don’t usually show up in kids or teens with type 1 diabetes who have had the disease for only a few years. However, these health problems can occur in adulthood in some people with diabetes if they haven’t managed or controlled their diabetes properly.

There’s good news, though — proper treatment can stop or control these diabetes symptoms and reduce the risk of long-term problems. If you think your child has symptoms of diabetes, talk to their health provider. A simple blood test can answer the question of whether your child (or you) have diabetes.
Upcoming Health Events

Mammograms and Women's Health Exams
Thursday, February 4th at the clinic
Contact Lea Cruz @432-3930

Brief Community Walk
Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Free Diabetes Screening
at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?
Are you low income?
Contact Patty Suskin
to get on the waiting list to have a garden placed in your yard – for FREE.

Free Pilates classes
Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops
Contact Patty to schedule a family & friends session

Diabetes Support Group
Thursday, February 9th
Right after Elder's Lunch at Elder's Building
12:30 to 2 pm with 1:30 optional walk
Everyone is invited with diabetes or not
Come for a few minutes or the whole time.

Come Visit our Health Promotions Programs
We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds & more) in building across from clinic
Work out alone, with us or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?
If you are ready to lose weight and be healthier, we can provide the support
If you are Native American and over 18, see if you qualify to participate.

Community Health Walk
Thursday, February 25th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ
If you cannot make it to our walk, report your 20 minutes of fitness to Melissa to be in the drawing for a gas card!
First place: $25 gas card & small gift;
2nd place: $25 gas card
3rd place: small Nike item
All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!
The tribe with the most walkers each month wins the walking stick.
We won it in October … can we get it back in February?

Foot Exam Morning for People with Diabetes
Friday, March 12th at the Clinic
Contact Patty for an appointment

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

Mount Rainier Ranger Guided Snowshoe Walks
Join a Park Ranger to learn the art of snowshoeing and discover how the plants and animals of Mount Rainier adapt to the world record snowfalls.

WHEN:
Snowshoe walks run through March on weekends.
Walks start at 12:30 p.m. and 2:30 p.m.

DISTANCE & TIME:
Snowshoe walks cover approximately 1.2 miles in 2 hours.

GROUP SIZE:
Snowshoe walks are limited to 25 people, eight years old or older, on a first-come, first-served basis. A sign-up sheet is available at the Jackson Visitor Center information desk one hour before each walk.

ORGANIZED GROUPS:
Snowshoe walks are available to organized groups of up to 25 people by reservation only. Group snowshoe walks begin at 10:30 a.m. on Saturdays and Sundays. For more information call (360) 569-2211, ext. 3314 or visit the Longmire Museum or Jackson Visitor Center.

EQUIPMENT:
For an enjoyable snowshoe walk, you will need:
1. Snowshoes: Snowshoes can be borrowed from the park for a $4.00 per pair donation (donations defray the cost of snowshoe maintenance and replacement) or you may use your own snowshoes.
2. Hat
3. Mittens
4. Suitable boots (you will sink into the snow even wearing snowshoes)
5. Sunscreen
6. Sunglasses

SNOQUALMIE PASS
Snoqualmie Pass, beginning in early January, has guided Mount Baker-Snoqualmie National Forest Service snowshoe walks that offer a chance to experience winter’s beauty while learning about snowshoeing and winter ecology. The pass is on Interstate-90 east of Seattle.

This moderately paced walk meanders through extraordinary old-growth forest that opens to occasional views of surrounding snow-capped peaks. The walks will begin after the holidays (Jan. 2, 2009) and run through March, every Saturday and Sunday at 10 a.m., 11:30 a.m. and 1 p.m. The walks generally last 90 minutes. Group size is limited to 20 people and reservations are required. Participants are asked to donate $10.

Kids have special events Jan. 24, Feb. 20 and March 20 at 1 p.m.
Snowshoes are provided for all walks. In order to offset the costs of the program, a $10 donation per person is suggested. Please dress for winter weather; hats, gloves, sturdy, waterproof boots, and insulating layered clothing are recommended.

Make reservations by calling Snoqualmie Pass Visitor Information Center at 425-434-6111, Friday through Monday from 9 a.m. to 3 p.m. Also, the Cle Elum Ranger Station, 509-852-1062.
Shelton School District News

School Delays and Closures
Parents: The District’s Automated Notification System was launched to quickly notify parents of school delays or closures. However, as the system is being fine-tuned, please continue to check on the status of a school cancellation or late start by listening to KMAS (1030 on the AM radio dial) throughout the morning, or call any school office for an automated recording. The message will also be posted on the District’s website at www.sheltonschools.org. Please do NOT call KMAS for the information as their telephone lines get flooded with calls. They will announce the status frequently and regularly. Because the decision to start school late could be changed to a complete cancellation later in the morning, it is important to continue to listen to the radio and/or check the website or message services at the schools.

Juniors:
• The SAT and ACT - If you are planning to attend college, it is important that you sign up for the SAT or ACT. The ACT will be held at SHS on April 10th. Registration deadline is March 5th. The SAT will be held at SHS on June 5th and the registration deadline is April 29th. You can register by mail or online at www.collegeboard.com or www.act.org.

• The ASVAB will be offered March 17th this year. The ASVAB is a multi-aptitude test that helps students identify strong abilities in career exploration. Let this test show you careers you may be strong in! You will only test one day, but it will be divided by CSI teacher. See Mr. Colby for more details. Students are strongly encouraged to take this test, but it is not required.

Important Dates
ACT Test SHS
February 6
Scholarship Notebooks/Portfolio Due
February 11, 3:00 p.m.
Mid-Winter Break
February 12-15
Running Start Info Night
February 17 @ 6-8 pm
Early Release/Staff Training
Feb. 26

WASL/State Testing
Almost all parents of sophomores know that their students must pass a state test to earn a high school diploma. The new test is called the High School Proficiency Exam (HSPE). The purpose of the HSPE is to ensure that your student can demonstrate the skills and knowledge necessary to be successful after graduation. The testing time is considerably shorter than for the WASL. The testing days for this school year are: March 16 - Reading; March 17-18 - Writing; April 13 - Mathematics; and April 15 - Science. The testing will start at our usual school start time of 7:45.

Students will not be allowed to make up tests for the days they are absent. At this time we have not been informed regarding when in the summer students would have the opportunity to make up the testing. Consequently, we are strongly encouraging families to be very cautious when making physician’s appointments, dental, etc. Also, families will want to be careful not to schedule any family trips, etc., that would occur during these testing days. No pre-excused absences will be granted for a student needing to test during HSPE.

If a student is sick, it would be unavoidable to miss a testing day; but please make every attempt to avoid having your student miss school during the testing days. Since this is the first year the HSPE will be given in Washington schools, we do not yet have all of the information, but for the WASL students were not allowed to attempt any alternate to the test until they had taken the test at least once.

Re-takes: Juniors and Seniors who did not pass any portion of the WASL must re-take those portions during the March and April testing window. Juniors and Seniors who did not pass the Math portion of the WASL must take the WASL or HSPE at least once and earn 2 credits of math after the Sophomore year to meet graduation requirements. If you have questions regarding this, please contact your student’s counselor. (See counselors’ page for names and numbers.)

We know that students do their best when they have eaten breakfast. We encourage you to be sure your student eats breakfast each day (especially while testing). Last year we had several families and civic organizations graciously assist in providing nutritious snacks for students while they were taking the WASL. We would again appreciate contributions from our public. If you would be willing to assist in this endeavor, please contact Ida Dightman, testing coordinator, at 360-432-2125 or email her at idightman@sheltonschools.org. Your donations are most welcome.

Homeless Education Assistance Act
You and your preschool and school-aged children have certain rights or protections under the McKinney-Vento Homeless Education Assistance Act. You or your children have the right to:
• Go to school, no matter where you live or how long you have lived there. They must be given access to the same public education, including preschool education, provided to other children.
• Continue in the school they attended before you became homeless or the school they last attended, if that is your choice and it is feasible. If a school sends your child to a school other than the one you request, the school must provide you with a written explanation and offer you the right to appeal the decision.

• Receive transportation to the school they attended before your family became homeless or the school they last attended, if you or a guardian request such transportation.
• Attend a school and participate in school programs with children who are not homeless. Children cannot be separated from the regular school program because they are homeless.
• Enroll in school without giving a permanent address. Schools cannot require proof of residency that might prevent or delay school enrollment.
• Enroll and attend classes while the school arranges for the transfer of school and immunization records or any other documents required for enrollment.
• Enroll and attend classes in the school of your choice even while the school and you seek to resolve a dispute over enrolling your children.
• Receive the same special programs and services, if needed, as provided to all other children served in these programs.
• Receive transportation to school and to school programs.

If you think you may qualify under the McKinney-Vento Homeless Education Assistance Act, then please contact me to learn about and/or access services.

Miles Nowlin, Family Support Liaison
Shelton School District
Office Phone (360) 462-2237
MNowlin@sheltonschools.org

Congratulations
Latoya
On The Birth
Of Your Baby Girl,
Lolyta Jean Johns
Born January 11th, 2010
9 pounds, 10.5 ounces
& 21 inches
Community

Happy Birthday

<table>
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<tr>
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<td>Harry Johns Jr.</td>
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<td>Camden Adams-Lewis</td>
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<td>Winter Perez</td>
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What's Happening

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<td>Criminal/Civil Court</td>
<td>Council Mtg.</td>
<td>AA Meeting 7:30</td>
<td>Rez Girls Vs Cops</td>
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Auntie Em’s Pet Grooming
66 SE Lynch Rd
Shelton Wa
360-701-5932

PET GROOMING & SELF-WASH
Auntie Em’s is a full service pet salon. We provide certified pet groomers. Our groomers frequently attend seminars to keep up on all new hair cuts and trends. Our self-wash facility is equipped with shampoo, towels, dryer, and brushes; toe nail trim included.

GROOMING/BATHING
There is a difference between a groom and a bath. A groom is where your pet gets a hair cut. A bath is when your pet gets just a shampoo, blow dry and brush out. Both include ear cleaning and nail trims. We use all natural shampoos and conditioners. All our cages and tubs are disinfected after each use.

GROOM
Bath
Blow Dry
Hair Cut
Pads Shaved
Ears Plucked and or cleaned
Nails Trimmed
Sanitary (potty area)
Glands Expressed

BATH
Shampoo
Blow Dry
Ears cleaned
Nails Trimmed . . . Brushed out

SELF-WASH
Come enjoy our self-wash station. Where the tub is raised, shampoos, brushes, and towels are provided as well as a dryer. Walk in with a messy dog leave that mess in our tub and walk out with a clean dog.

Squaxin Bible Study
Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
Pastors Ron and Kathy Dailey
Happy Birthday Winter Raven
Love Dad (Roy)

Happy Birthday Michael James
Love Dad (Roy)

Happy Valentines Day
Corri, Mat, JC, Dodie, Jamie
And All The Grand kids
I Love You Very Much!
- Mom (Paula)

A Very Happy Birthday Ramona!!!
Loads of Love from Your Little Sister Barb
Happy 72nd Birthday
Hope Your Kids
Buy You Boston Cream Pie!

Happy Valentine’s Day
JC
From Mom (Paula) - I Love You!

Happy Belated Birthday Mom!

Barb With Her Brothers & Sister:
Marvin Stanley Henry, Sr., Barbara Anne Henry, Susan Faye Henry, & Raymond Wayne Henry
(Pic taken in November 2009)

Love, Jolene, Malia and Kiana

Dillon Decicio with his Grandma Barbara Henry @ the Basket Weavers Conference in October 2009 at the Great Wolf Lodge. Dillon Completed His Cedar Hat in One Day.

Barbara Anne Henry & Sally Ann Johns
(Pic taken November 2009)
Salish Sea Plunge

Joe Peters - At 1:00 p.m. on January 1, 2010 at Arcadia Boat Ramp in Shelton, we had 18 swimmers take part in the 2nd Annual Squaxin Community Salish Sea Plunge. The water temperature of Pickering Passage at the ramp was a cool 38 degrees, with the air temperature measuring 48 degrees. Participants’ ages ranged from 2 to 61. Non-perishable food items were collected for the Squaxin Island Food Bank. Thanks to all the participated and donated food items!

The Crazy Ones!!!