Paddle to Squaxin 2012

Olympia Landing July 29 - Protocol Ceremony July 30 - August 5

The Squaxin Island Tribe is honored to be the host of this year’s Intertribal Canoe Journey! For the first time in generations, our Squaxin people will host such a spectacular cultural event.

We hope to have representation from each Squaxin family. We encourage your involvement with hosting between 3,000 to 5,000 tribal people from other nations.

Squaxin wants to represent the Tribe’s hospitality in the best way. We want to show our love and respect for our special guests. They will honor us with their presence, and we should honor them in return the best way we can.

We hope to have as many Squaxin people as possible to be familiar with the songs and dances so we can stand strong when we share our culture.

To assure the safety of Squaxin residents and guests, access to the reservation will be limited to resident vehicles and transit shuttle buses. The Tribe will distribute access permits for those who live on the reservation. Family members and friends who are camping in your yard will be issued permits too.

There will be security check stops at each entrance to the reservation where you will have to show your permit.

General parking will not be allowed on the reservation during the Canoe Journey. Please expect a lot of foot traffic.

In honor of our connection to Squaxin Island, the Tribe will welcome more than 100 canoes on July 28th. The final landing is July 29th in downtown Olympia. Parking will be off site away from the landing area. There will be shuttles to the landing from various parking locations, and maps will be distributed prior to the event.

Potlatch protocol will take place in the event tent in the baseball field. Opening ceremonies will begin July 30th at 10:00 a.m. Our tribal guests will be sharing their traditional songs and dances starting at 10:00 a.m. and go well into the night, from July 30th to August 5th.

If you’re living on the reservation and you plan on having a vendor booth at your house, in your yard, please call Ruth Whitener at 432-3841. Please let her know what you’re selling so she can coordinate a vendor map to hand out. Those selling food are required to have food handler’s permits.

Thank you so very much tribal members and staff for all of the hard work you have been doing in support of this historic event.

A sign commemorating John and Mary Slocum at Church Point

A sign commemorating John and Mary Slocum will be dedicated at Church Point on July 6th at 10:00. Everyone is invited to a BBQ salmon luncheon.
Seven Inlets Spa
Little Creek Casino Resort announces the grand opening of their newest amenity, the Seven Inlets Spa, slated for July 6, 2012. This full-service spa boasts seven state-of-the-art personal care suites, a relaxation and meditation room, eucalyptus steam rooms, saunas, locker rooms, shower facilities as well as complete facial, manicure, pedicure, body treatment and total body waxing capabilities. Massages range from the Salish Express Massage to Deep Tissue and Sports Massages. The Seven Inlets Spa will begin taking appointments on July 6th during their grand opening event.

Beginning June 25th-27th Squaxin Island Tribal Members may call to make appointments for complimentary spa treatments. Limited spaces will be available each day. 360.462.1SPA (360.462.1772)

Hello, my name is Jim Richardson. I am an intern with the Institute for Indian Estate Planning and Probate. The Tribe has partnered with the Institute to offer free estate planning services to all members and their families. I am a Shelton native, and a 2009 graduate of Lewis and Clark Law School. I was an attorney in Oregon for 2 years before returning to Washington, and I recently passed the Washington State Bar exam. I will be preparing wills and other estate planning documents in the Ta-Quo-Ma Business Center until July 31st. I am very excited for the opportunity to provide this free service to tribal members and their families.

Squaxin Fishermen
The fish committee would like your input regarding fish enhancement. Your livelihood depends on it. Meeting July 12th at 1:00 in Council Chambers. Please there!

Free Estate Planning and Will Drafting Service for Squaxin Island Tribe Members and Family

If you die without a will, the American Indian Probate Reform Act (AIPRA) will determine who will receive your trust land, but with a will you have many more options! If you are interested in learning more or having your will written, please contact Jim Richardson.

Seven Inlets Spa

Klah-Che-Min Staff:
Theresa M. Henderson: Ext. #3945
thenderson@squaxin.us
Paddle to Squaxin 2012

Hosting
July 29th - August 5th
Community

Hosting film documentary
filming at Arcadia

Thank you Ray and Marie Griswold
A big thank you goes out to Ray & Marie Griswold; their two daughters, Cindy Arnold and Kim Johnson; and granddaughter Marcy Johnson, for making gifts for the Canoe Journey from excess cedar from the canoe carved by George Krise several years ago. Forty cedar bowls, 140 necklaces, and 200 bentwood boxes!

Smile, you're on camera - or not!
Leslie Johnson - Whenever there is an important event, the media naturally gathers. Paddle to Squaxin 2012 is no exception to the rule. Although the public is invited to witness this resurgence of our culture, the Canoe Journey is really about Canoe Families and their respective Tribes coming together for a time of Potlatching and celebration.

Most members of the press want to do a good job and are interested in getting real facts and great images to share with their audiences. But as we all know, the "paparazzi-types" are out there, too! The press may approach you, but whether or not you wish to be interviewed or photographed is entirely up to you. If it seems like questions are getting too personal or potentially controversial, you'll definitely want to direct them to someone assigned to handle press matters.

All representatives of the press must have credentials to participate as journalists. Their badges will identify them as individuals and the group they represent. If a member of the media approaches you and does not have proper press credentials please let someone know right away. No one is allowed to talk with you without ID. A media tent will be provided and you can feel free to send anyone there to get their questions answered.

If you should be approached about interviews or photo-shoots before the event dates, please have them contact Leslie Johnson at 360-432-3838 or 360-280-2313. Please feel free to stop by the media tent while here at Kamilche.

These beautiful beaded lanyards were made by EmmaJean as a donation for our Paddle to Squaxin gift givings
Community

Mud Bay Shaker Church is open for Sunday Service
1st and 3rd SUNDAY of each month beginning at 10:00 a.m.

Kindergarten registration
In order to register a child for kindergarten in Washington State, a birth certificate showing that the child will be five by August 31st and a record of up to date immunizations is required.

Families may pick up registration packets from school offices and return the completed packet, along with the required documentation, any time before school offices close for the summer (Friday, June 29th). Offices at the schools are open until 4:30 p.m. each day. Parents with questions may contact their neighborhood school. The offices at Bordeaux will be open until June 29th and then we will open again in August.

Our summer office hours are:
6/29-8/16: Bordeaux office closed for summer.
8/17-21: 1:00-4:00 p.m.
8/22 – 9/4: 9:00-12:00 & 1:00-3:00
Normal office hours begin 9/5: 8:00-4:30.

The first day of school is 9/5, but students should be registered before 8/22 because we are putting together classes and a lot of information needs to be mailed in August to families. Families can get enrollment packets from the school office. When they turn their packets in they must have up-to-date shots and they must bring the child’s birth certificate for verification of age (5 years of age by 8/31).

Bordeaux Elementary 426-3253
Evergreen Elementary 426-8281
Mt. View Elementary 426-8564

Patti Puhn Wins Award at “In the Spirit” Native American Art Show
BY CRAIG SAILOR, THE NEWS TRIBUNE STAFF WRITER - Native American art isn’t limited to the replication of traditional motifs and practices. Though there are many artists who work within the traditional structures of their culture, there are others who interpret their heritage through the lens of contemporary American life.

Both ends of that spectrum are on display in the annual juried art show, “In the Spirit” at the Washington State History Museum through Aug. 26.

“Each year there’s a different mix,” said Lynette Miller, the show’s curator. This year, more than half of the artists are new to the show, she said, and returning artists are presenting new pieces and, in a few cases, new directions. “I just love to see what people come up with that’s new and different.” Thirty pieces are presented in media ranging from painting and prints to weaving and carving.

This is the seventh year for the show that is open only to native artists. Artists must submit their work to a three-person jury that includes Miller and two other experts on Native American art. The show is organized with the help of the Longhouse Education and Cultural Center at The Evergreen State College in Olympia. About a quarter of the artists are members of Washington state tribes and the bulk of the others are from elsewhere in the Pacific Northwest.

Patti Puhn, a member of the Squaxin Island tribe, created a 40-inch-long cape of cedar bark highlighted with abalone shell buttons and rabbit fur. A cedar bark rose occupies the center of the neckline.

Dominating the gallery is an 8-foot-long charcoal drawing in the style of a Japanese scroll. In “The Wind, The Water and The Sturgeon,” Yakama Nation artist Toma Mark Villa depicts two present-day native fishermen struggling with a net on the Columbia River. Villa himself fishes on the river in the summer and his depiction is rich with detail and drama. The piece was given the Best in Show award.

The “In The Spirit” exhibit also includes an annual market and festival of Native American art, crafts, culture and entertainment on the museum’s plaza Aug. 11. The museum will offer free admission that day. Photo by Joe Puhn

Free Summer Meals and Snacks for Kids
The Shelton School District announces the sponsorship of the Seamless Summer Feeding Program for Children. Meals will be made available at no charge to attending children 18 years of age and younger. All meals are available without regard to race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, and 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call toll free (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer. The Shelton School District and the USDA are an equal opportunity provider and employer.

Meals will be available at the following:
SHELTON HIGH SCHOOL
3737 N Shelton Springs Rd.
Shelton WA 98584
July 9- August 10, 2012 Monday-Friday
Snack 10:00-10:15 / lunch 12:00-12:30

BORDEAUX ELEMENTARY
305 E. University Ave.
Shelton WA 98584
July 23 – August 10, 2012 Monday-Friday
Breakfast 8:30 – 9:00 / Lunch 12:00-12:30

If you have any questions feel free to contact the Shelton School District Food Service Department at 426-2533.
**Shelton School District Indian Education**

The Shelton School District Indian Education Program staff would like to thank the following individuals for the roles they played in making the Annual Indian Education Banquet and Button Robe Ceremony a huge success for our students. The Squaxin Island 1% Committee, Mr. Andy Whitener, Tribal Council Member and the Natural Resources staff for the donation of the fish, Jeremiah George, Greg Lehman and the Squaxin Island Canoe Family for their beautiful drumming and singing, Cooney Johns for cooking the fish and to all the volunteers for cooking the fry bread. A special thank you to Vicki Engel, Pam Hillstrom and the volunteers of the Button Robe Project and to those family members who made their graduating Seniors Button Robes as special as they are.

*Photos by Norman Nault*

Molly Baasch, Special Services Director & Staff  
Melanie Willig, Ruth Bowcutt & Trivian Nault

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**Dakota Lorentz**

Hi, my name is Dakota Lorentz. My mother is Lasea McClung of Colville, and my father is Walter Lorentz of Squaxin. On April 12, 2011, I received my GED. The Healing Lodge of the Seven Nations in Spokane, WA prepped me for the test and also helped me with expenses. I already signed up for the fall quarter at SPSCC.

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**Donald Hartwell**

Donny Hartwell received his GED from Garrett Haynes Education Center on July 6th, 2011. He is currently working as a trainee at the museum and helping to prepare for the Canoe Journey. He hopes to continue his education with a Bachelors degree and become a certified chemical dependency counselor.

Donny enjoys beading, clam digging and spending time with his kids.

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**New at the Museum Library and Research Center**

A new Exhibit features the work of student participants from the 2011 A. Susana Santos’ Journeys in Creativity program at the Oregon College of Art and Craft. The theme of this program was “The Art of the Canoe.” The works will be on display at the Squaxin Museum until August 2012. Stop by the museum and see the new changes! If you have any exhibit questions, please contact Museum Curator, Mandy McCullough at 360.432-3843.
**CONGRATULATIONS GRADUATES**

**GED**

**Mario Rivera**

Mario L. Rivera earned his GED at South Puget Sound Community College.

His mother is Marcella Cooper and father is Abel Castro. He has one sister, Madeena Rivera, and 3 brothers Joseph Rivera, Eric Castro and Raymond Castro. His grandparents are Rose and Mike Davis.

Mario has lived on the Squaxin Reservation all of his life. Growing up he enjoyed his culture, especially making cedar hats and carving.

Mario is currently employed at Salish Cliffs Golf course as a grounds keeper and plans on attending college this fall at SPSCC.

**Tyler Johns**

Hi my name is Tyler Johns, a recent graduate of Squaxin Island Tribe’s GED program.

My hobbies are fishing, hunting, and driving the racing canoe for the tribe, but my true passion is composing music!

Now that I have an education, I plan to pursue a career in music at the Art Institute of Seattle. Music has always meant a great deal to me from playing instruments, to composing songs, and just being able to be creative with your own sound. I hope not only to surprise myself in the educational field, but to surprise others while I’m there. I look forward to sharpening my skills and getting to know my true talent at the art institute.

**Che-Vonne Obi**

Hello, my name is Chevy Obi. My mother is Elizabeth Obi and my father is Jeremiah George. My gramma is Debbie Obi.

I have received my GED from Grays Harbor College, and in the fall, I will be attending there again for Fitness and Early Child Development.

This summer I will be working with Astrid Poste and Patti Puhn being a mentor and helping get ready for our Journey to SQUAXIN ISLAND 2012.

This year I dedicate to my aunts, Connie and Becky Napoleon.

Thank you, Dad, for everything you have done for me. I love you to the moon and stars! Thank you to Charlene Abrahamson, for all your help!

Thank you. See you all around.

**David Dorland**

I have been at the casino for 6 years in October in the purchasing/receiving department. Its pretty because I never know what I am going to do next. Some hobbies include working on cars, gardening, cooking, helping out the grandparents and family as much as possible. I am hoping to attend SPSCC soon to take some automotive and welding classes so maybe some day I can own my own mechanic shop and be my own boss.

**Chantel Peterson**

**Tribal Council Resolutions**

12-30: Enrolls Beau Michael Henry
12-31: Enrolls Wolf James-Slagle
12-32: Enrolls Jadha James
12-33: Enrolls Alyssa Henry
12-34: Enrolls Heather Perez-
12-35: Authorizes a grant application to the U.S. Department of Homeland Security under the Emergency Management Performance Grant Program to enhance emergency management programs based in identified needs and priorities to strengthen state, local and tribal abilities to support emergency management mission areas while simultaneously addressing issues of national concern
**Congratulations Graduates**

**GED**

**Tammy Peterson**

Hi, my name is Tammy Peterson. My family ties are my Gramma, Hazel Bagley, and my father, Thomas Peterson.

I earned my GED on May 24th, after working on it for two years. I plan to enroll in the College of Western Idaho to study auto mechanics and auto body. My dream is to have my own auto salvage in which I will specialize in motors, collision repairs, restoration, paint, detail, tires, and auto sales.

I’ve been into cars for as long as I can remember. I have my dad to thank for always having different makes, models and sizes of cars and trucks throughout my childhood.

Thanks, Daddy, for everything. I’m finally making my dreams come true . . .

**Fernando Rodriguez**

Hi, my name is Fernando Rodriguez. I just got my GED and I want to thank my wife, Lorane Gamber, and my family for always believing in me and being there. Also, thank you to the Squaxin Island Tribe and the educational staff for the help and support.

**Sgwi’ Gwi**

**Volunteer Work and Hobbies**

Karina’s passion for the medical field and sports has set the path for her volunteer work and hobbies. Although her favorite past time is camping on Squaxin Island, or just spending time on the water fishing and clamming, when it is time to “pitch in” and volunteer Karina has participated in:

- Medical Explorers
- Food Banks
- Special Olympics
- SIT Basketball Tourneys

**High School**

Karina Farr, the granddaughter of Calvin and Ina Peters, and daughter of Robert and Karen Farr, graduated from Bethel High School on June 13.

Karina will attend Emory and Henry College in Emory, VA beginning in August of this year. She will major in Health Sciences and Biology with her sights set on attending the University of Washington’s medical school upon completion of her undergraduate studies. Karina was recruited by the Emory and Henry Wasps coaching staff last summer and intends to continue her basketball career at the college level.

**Awards and scholarships**

- Whitworth College and WSU
- Colorado State University 2011 Cumulative GPA above 3.5 (3.6)
- B.E.S.T Award Bethel High School
- Emory and Henry College
- Emory and Henry College
- WA Indian Gaming Association

**Athletics**

Karina participated in club and high school sports since 2007 on teams the SIT generously supported through donations via the 1% Charity and “auction table” items from the resort. During those years she has participated in several sports including:

- Swimming
- Golf
- Track (Shot Put and Discus)
- Basketball
- 1st Team All League
- Captain and 3 Year Starter
- Coaches Award (Character and Leadership)
- Miss Rebounder and Free Throw Awards
- 3 Time Tourney All Star

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**Squaxin Island Tribe - Klah-Che-Min Newsletter - July 2012 - Page 10**
Jessica Amber Cleveland

Jessica Amber Cleveland graduated with honors from Timberline High School in Lacey on June 9. She has taken AP (honors) classes throughout high school and has maintained a 3.5 or higher GPA. She received a Merit Award Scholarship and Housing Waiver Scholarship from CWU. She also played volleyball through her junior year, participated in the Cultural Awareness Club, the FFA Club, and spent her senior year as an Athletic Trainer. She is the youngest daughter of Barb and Scott Cleveland. She has an older sister, Stephanie, and four pets - two cats and two dogs. She enjoys spending time with her boyfriend, Zak, and hanging out with friends and family.

Her future plans include attending Central Washington University in the fall to receive her degree in Elementary Education, with a minor in Special Education. Congratulations Jessica!

We are so very proud of you and your accomplishments!

Love,
Mom, Dad and Stephanie

Mykolas (Myko) Parker

Mykolas Parker is the son of the late Bryan Parker of Seattle, WA, and Audra Uzpurvis Parker of MA. He resides on Cape Cod with his mother and three siblings, Sabina (16) and twins Romas and Maja (13). He is a graduate of Sturgis Charter Public School which has recently been named by US New and World Report as the top public school in MA and 15th out of 22,000 public high schools in the US. He plans to attend Hartwick College in Oneonta, NY, to study history and political science.

Abreyanna Lezon-Ferreira

Hi my name is Abreyanna Lezon-Ferreira. I am from the Bagley family. My grandparents are Richard and Loretta Case. My parents are Gary and Rebecca Lezon-Ferreira. I graduated on May 23, 2012 from Nampa Senior High School in Nampa, Idaho. I am one in many from my family to graduate from high school. I just moved here on the Rez. I am going to college for education. I’m not sure what type of education I want to go for just yet, but I do know I want to work with preschoolers.

Kassidy Whitener

My name is Kassidy Whitener. My parents are Melissa Whitener and Lenny Hawks (3rd). My grandparents are Bev Hawks, Lenny Hawks (2nd), Nancy Archer and Joe Whitener. I am an enrolled Squaxin Island tribal member and have been raised on the reservation since I was eight years old. I am graduating from Shelton High School this year.

Throughout my high school career, I have been actively involved with athletics. I played for the high school’s soccer team for three years. I was captain for two of those years. I also played Fastpitch for four years and was honored to get the ‘Most Dedicated’ award last year. My eighth grade year and freshman year I played football for OBJH. This year was my first and only year playing Rugby. I was mentioned quite a few times in the Shelton Journal for being a beast...

I have also been successful in academics and received many awards. I was one of the eight students chosen from our high school to participate in the Renaissance Conference. I received both the ‘Nice Bike Award’ and ‘People’s Choice Award.

The past four summers I’ve worked for the Tribe. During 2008 and 2009, I worked for the Stepping Stones Program. These past two summers, I worked for our Summer Recreation Program and have enjoyed myself very much. While working with Summer Rec, I learned I really want to have a career involving children. I want to obtain my Bachelors degree as well as my Masters. I will study Education, Communications and maybe even Business. I want to keep my majors broad so I will have plenty of options once I graduate. I plan on attending University of Washington-Tacoma in the fall. I’ve always wanted to be a ‘Husky’ and will most likely transfer to UW-Seattle after two years at Tacoma. I have always strived to be a successful role model for our Tribe’s youth and plan on being very prosperous in my future.

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Congratulations Graduates

High School

Marisaa Morken
Hi, my name is Marisaa Morken, and I am the daughter of Janette Sigo. I am 17 years old, and proud to be part of the class of 2012. I can’t believe I was able to accomplish this goal, but I definitely couldn’t have done this without my family. Most of all, my sister, Janita Raham, and my mom, Janette, have been the biggest supporters. Without them, I wouldn’t have ended up being the person I am today.

I graduated with a 3.78 GPA, and plan on attending SPSCC, then transferring to a university in two years. I plan on achieving my Ph.D. in psychology and pursuing a career as a psychologist.

Jessica Cruz
My name is Jes Cruz. I’m from the Krise family. My grandparents are Buddy and Evelyn Miller. My mother is Leanora Krise.

I’m proud to say I’m a graduate of the class of 2012. I have always enjoyed being part of my culture. It has helped me a lot to be the person I am today. I would like to go to school and work towards being a Native Studies teacher. I want to be able to carry on our traditions in a good way.

I would like to give big thanks to Jolene Grover, Angel Hall, Trivial Nault and Jamie Jhanson! I’ve had help from others, but these women made my senior year the best and happy because I got to spend time with them.

Haley Peters
My name is Haley Peters, I am the daughter of Jim and Lisa Peters and granddaughter of Emory and Ruth Peters. I graduated from Capital High School on June 8th and was on the Cardinal Honor Roll. In High School I was active in Leadership, Link Crew and lettered four years on the Capital Varsity Soccer team. I have worked at the Squaxin Child Development Center for the past two years. In the fall I plan to attend Pacific Lutheran University and major in Psychology, with my goal to be working with children in some capacity.

I’d like to thank my parents for being so supportive through the years and helping me achieve my goals.

Chevelle Woodard
My name is Chevelle J Woodard. My grandmother is Colleen Woodard; my father is Daniel Woodard; and my mother is Danniyelle Woodard. I graduated from John R Rogers High School with a 3.2 GPA. I wrestled for 11 years, was Captain in 2011 and 2012, went to state 3 years and placed 8th in 2012. I played soccer for 9 years, as goalkeeper, placing second in state for my team. In July I leave for bootcamp for the Marine Corps as a Motor Technician.

Lauren Todd
Lauren Todd, the daughter of Cheryl and Micheal Todd, graduated from Manchester Township High School in New Jersey on June 12th. She maintained straight A’s her senior year with a cumulative GPA of 3.4. She will be attending Ocean County Community College to study family law.
Nathaniel Bisson

Hi, my name is Nate Bisson. I am a member of the Squaxin Island Tribe, a proud grandson of Percy James, and a proud son of Lori Simonson.

I officially graduated from Chief Leschi High School, and plan on attending college next fall.

All my life, my passion has been playing basketball, and I will continue to pursue my dream of becoming a professional basketball player as I take my next step, playing at the college level.

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I give thanks to all who have supported me in the past, and all who will support me as I continue my journey of life.

Love you all!

Rickie Ramage

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Kris Peters

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Congratulations Graduates

Bachelors

Christine Semanko

Hey there, many of you know me, I’m Christine Semanko. I am the mother Shila BlueBack and Sierra Semanko. I just want to say to those who are where I have been, that it is never too late to get straight and get educated. I dropped out of school in the 5th grade to pursue a career in chaos and addiction. When I finally made it out of active addiction, I went back to school. I was placed in the lowest math class they had...adding and subtracting. At first I felt like the dumbest person in the world, but when I went to my first day of class surprise, surprise, I wasn’t the only one in there lol. Anyway, it took me a year of math before I was ready to take the GED. In 2007 I passed my GED and was then able to begin actual college level classes. I started out at Olympic College, then transferred to and graduated from Tacoma Community College in 2009 with an AA degree in Human Services. I then went on to Evergreen for my Bachelors in business...well as close as you can get to a business degree from there.

I’d like to thank Sis in education and her staff for continuing to support me throughout my journey to get smart. I’d also like to thank Geene Felix for giving that push; maybe it was a kick, lol, to keep trudging the road to a better life and also for having faith in me when I wasn’t able to. Most of all I want to thank my family; my husband Scott, for supporting me both emotionally and financially and my children for being my cheerleaders and helping me with my math. Thanks!

Josh Smith

Josh Smith graduated from Divers Institute of Technology in Seattle on May 30, 2012. He studied many aspects of the commercial diving industry, including welding and cutting, pipe line installation and inspection, hazardous materials, salvage operations, dive medicine and physics.

He has aspirations to work in underwater construction or salvage. Josh commuted to Seattle from Shelton every day for the training.

Josh and his wife, Amanda, have a beautiful year & 1/2 old daughter, Tessa.

No photo available.

Daniel Woodard

Daniel Woodard, the son of Colleen Woodard, graduated from Clover Park Community College in Lakewood on June 16th with a certificate in Plumbing Engineering. He was on the Dean’s List with straight As all through and was head of the Engineering Club. He enjoys fishing and hunting, and spending time with his daughter Chevelle, pictured with him, and his son Crue.

Voch/Tech Certificate in Commercial Diving

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No photo available.

Jessica Lyn Parker

Jessica is the great-granddaughter of Frank Woodburn (born on Squaxin Island) and Isabelle Parker, the granddaughter of Glen Woodburn and Ann Parker, the daughter of Craig Woodburn and Coco Parker and sister of Joshua Woodburn Parker.

Jessica graduated from the University of Washington with a BA in Psychology. Her immediate plans are to move to Atlanta, GA where she has applied for a job in a ministry that works with survivors of human trafficking.

After taking one or two years off, she plans on going back to graduate school. While at the UW, she enrolled in a program called Students Across America, and as a result, schools such as Harvard, Stanford, and Duke have asked her to apply to their graduate programs.

No photo available.

Michael Peters

After four years of school and playing football at Southern Oregon University, I will be graduating with honors this June with a Bachelor of Arts in Criminal Justice. I hope to soon be able to return to the Squaxin Island Tribe to live and work.
Congratulations Graduates

Masters

Shiloh Henderson
Hello, my name is Shiloh Henderson and I am excited to say that I am finally done with school! This June I am graduating with my Master's in Teaching from the University of Washington. Along with this degree, I will also have earned an elementary teaching certificate. For the last year I have been working extremely hard to become a caring, practiced, and well-educated teacher that makes a difference in the lives of children. I have had an awesome experience student-teaching in a kindergarten classroom in Seattle Public Schools. After graduation I plan on staying in the Seattle area and teaching primary (K-2) students. Thanks to my friends and family for all the support these last 5 years; it was a difficult and wonderful journey!

Holly Harris
Holly Harris, the daughter of Theresa and Will Henderson, graduated from Gonzaga University with her Master's in Communication and Leadership Studies in December, 2011. This was an online program, so she was able to work full-time while going to school.

Holly is currently working for the Washington State Senate as a Legislative Assistant to Senator Randi Becker, but will be starting a new job with the Secretary of State's Office on July 2nd. Holly has her Bachelor of Arts in Public Relations and a minor in Business Administration from Central Washington University.

Willow Henry
For those of you who don’t know me, my name is Willow Henry. I went to a therapeutic adventure program called Aspiro in Utah. Let’s see, Aspiro was not easy nor fun at times. It could be, but sometimes it was harder than some things I have faced in life. There were times when I ended up with 5 or 6 inches of snow on my sleeping bag in the morning. There were also times when I had almost passed out and had to dump a bottle of water on my head. I was at Aspiro for 3 months. I met my best friend who I went through everything with. We were going through the same things, and we both made a positive impact on each other’s lives! We would hike 40 miles in 4 days. We lived outdoors with no bathrooms and no tents. We had to cook our own meals. Our backpacks weighed 70 pounds, and we had to carry them all day long. I climbed 9,500 feet in elevation in one day. I rock climbed 90 feet on a 5.10 scale of difficulty. I lost 50 pounds. Its the hardest thing I’ve ever done in my life, but its changed my life forever.

Therapedic adventure program
Thank you!

We would like to send a sincere thank you to the more than 350 community members that joined us Friday, June 15th, for the 15th Annual Sgwi' Gwi “Pride in Education” Celebration.

“Pride in Education” was an appropriate title for the event as pride filled the room for each group of kids and graduates that gathered on the stage. From the preschoolers headed off to Kindergarten, to the proud Masters degree recipients, each had their moment to shine as they were congratulated by members of the Tribal Council and the Squaxin Island Education Commission when they crossed the stage.

This year we celebrated 12 high school graduates, 9 GED recipients, 2 vocational/technical certificates, 3 Associates degrees, 3 Bachelors degrees and 2 Masters degrees.

A delicious meal was served; a huge thank you goes to Natural Resources for cooking the seafood to perfection. We would like to thank all of those that spent time and effort to ensure a successful event again this year. You are too many to mention, but you are all very much appreciated.

We are very proud of our students and all they are accomplishing. Their futures hold great promise. It is wonderful to see the community come out to celebrate them!

- Tu Ha’ Buts Learning Center

Photos by Julie Martinez and Wayne Krisberg
Community

Congratulations
Douglas McFarlane!!!
Douglas won an athletic award from Shelton High School for Special Olympics basketball.

Council Weaving Cedar Paddles for 2012 Canoe Journey Giveaway

Walking On

Merline Lewis
Merline Lewis, a longtime resident of the Squaxin Island community, passed away at her home on June 6th.

She was born on September 25th, 1943, and married the love of her life, David “Toby” Lewis on April 2nd, 1966.

Merline owned and operated Lewis’s Lunches, a soup and sandwich restaurant in downtown Shelton in the late 1980s and early 1990s. She also worked at Little Creek Casino Resort as a purchasing agent.

She enjoyed traveling with the Elders, bedazzling clothes, shopping, cooking and, most of all, visiting with family and friends.

Merline is remembered for her great sense of humor and the special love she had for her family and grandchildren.

She is survived by her husband, David “Toby” Lewis; sons, Bear and David Lewis; grandchildren, David Michael Bear and Payton John Lewis, Brendan James Bellon and Candan Bear Adams Lewis.

She was preceded in death by her daughter, Larrinea Lee Lewis.

A celebration of her life was held on Thursday, June 14th at the Squaxin Island Tribal Center. Out of respect for the family, tribal offices closed at 1:00 p.m.

Memorial Day
Emergency Room Guidelines

Because Contract Health Services has limited funding, it is required that you use the Squaxin Island Tribe 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. to 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.

In addition to the urgent care clinics, you can call Group Health’s Consulting Nurse 24 hours a day at 1-800-297-6877 to determine whether or not you should seek immediate attention.

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 1 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.

GO TO A CLINIC:
- Earache
- Cough
- Ingrown Toenail/Fingernail
- Bronchitis
- Minor Cuts & Bruises
- Headache
- Colds

EMERGENCY ROOM:
- Heart Attack
- Stroke
- Profuse Bleeding
- Coughing & Vomiting Blood
- Sexual Assault
- Acute Asthma Attack
- Amputation

If you find yourself in an emergency situation, please use Mason General Hospital, St. Peters Hospital, or Capital Medical Center, 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.

Burfoot Park

Canoe Journey’s “Soft Landing” Location

Find hiking, beaches at Burfoot Park in Olympia

Submitted by Patty Suskin, originally from The Olympian

WHERE
Six miles from downtown Olympia on Boston Harbor Road

TO DO
Burfoot Park has something for just about every outdoors person. Hikers can shake off the winter rust on the trail network, which also includes plenty of uphill — in the form of wooden steps. Birders can find a rich variety of gulls, woodpeckers — particularly piliated woodpeckers — ducks and shorebirds. Beach lovers can poke around the driftwood at the high-tide level, sift through shells and pebbles or spot harbor seals and sea lions just offshore. Photographers can get shots of forest and Puget Sound beach. There are picnic spots in the park and play areas for kids.

HIKING DETAILS
Burfoot Park is a nice spot for a quick lunchtime or after-work hike. The trails are in good shape and go up and down enough to give a little workout. Watch your step on the stairs, as they can be slick. This trail is not for people who use wheelchairs or walkers.

BEACH DETAILS
It’s a good idea to time your visit for low tide, as a very high tide will cover much of the 1,100-foot beach. Low tide is an excellent time to spot seagulls digging clams out of the gravel and then lifting into the air with a few strong wing beats. The gulls then drop the clams on the beach and immediately land to enjoy a meal of very fresh seafood. Several gulls are often working clams at the same time, and the thump of clams hitting rocks is almost constant.

SAFETY
Watch for slick spots on the trail. Don’t go off of the trail because poison oak is everywhere.

EQUIPMENT
Food, water, rain gear, hiking shoes, cameras, binoculars and wildlife guides.

DIRECTIONS
From I-5 North, take Exit #105 (Port of Olympia), go right on the roundabout to Plum Street. Turn left (north) onto Plum Street at the light, which becomes East Bay Road and then Boston Harbor Road. Pass Priest Point Park. Turn left into Burfoot Park about six miles from downtown.

PARKING
Plenty of spaces are waiting for you.

HOURS
The park opens at 9 a.m. and closes at dusk.

COMFORTS
There are restrooms, picnic areas, fresh water and a nice play area for kids. The grassy lawns are good for Frisbee, catch and other games.

RULES
No camping, alcohol, firearms or fireworks.

MORE INFORMATION
Call Thurston County Parks and Recreation at 360-786-5595 or go to: www.co.thurston.wa.us/parks.
**Health Clinic**

### 10 Reasons To Get In Shape

**By Dr. George Blevins DC**

1. You’ll smile more. Serotonin, the “happy chemical,” naturally floods your body when you work out. Your mood and mental clarity will improve with regular workouts.

2. You’ll be able to reach that itchy spot in the middle of your back. Flexibility is a big part of fitness. You will be amazed what you can reach within one week of adding a new stretch to your workout.

3. You can wear whatever you want. Toning up and eating right can eliminate the bloated feeling that seems to make your clothes fit funny.

4. You can shake hands with anyone. Eating the right nutrition and daily exercise can make our bodies disease fighting machines. Even in the middle of flu season, you’ll have no reason to fear a handshake.

5. No matter what is getting away, you’ll catch it. Ever chased after a small child or runaway dog? If you were left panting, you’ll be happy to know that even a small amount of regular cardio can keep you in better shape than most things on the run. More endurance, improved lung capacity, and increased strength are just a few perks.

6. You can effortlessly make friends. While being fit does not guarantee us social graces, studies suggest people who exercise tend to have more friends. This may be because people you meet at the gym (or jogging through the park, or in a dance class) have similar goals and therefore have something to talk about. Even if you’re not in the same place fitness-wise, everyone had to start somewhere and most people can relate to your journey.

7. You’ll get places faster. The endorphins your body gets from exercise can bring you extra energy throughout the day. This means you’ll have no trouble picking up the pace, or getting where you need to be in record time.

8. Everything will feel more comfortable. Extra weight can make everything hurt: knees, backs, shoulders, and feet are among the infamous places. Watch this pain dissolve over the weeks as you work through your fitness plan. Not only will you feel great about losing weight, your body will thank you for taking a load off.

9. You’ll walk tall. Exercise and good nutrition lowers your chances for osteoporosis while improving your posture. If you’ve caught yourself slouching, many core exercises can help you correct this and keep you in good shape.

10. You can feel less guilty. Knowing how to eat better by making good choices – not by depriving yourself – is a big part of fitness. You can enjoy lean hamburgers, smoothies, and desserts if you learn to make them right. Best of all, you can ditch the guilt associated with eating, and learn to love good, nutritious food.

---

**Want to do something outdoors with family & friends or solo?**

*Check out nearly 40 Outdoor Activity ideas now on line:*

**Go to www.squaxinisland.org**

Click on “Government”
Then “Departments”
Then “Health Clinic”
Then “Outdoor Activities”

---

**Upcoming events**

**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 Juana Perry @ 432-3863
to get on the waiting list to have a garden placed in your yard – for FREE

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

**Health Promotions Programs**
We have exercise videos in the building across from clinic
Work out alone, with us or schedule a time for a group

**Our Nationally Recognized Lifestyle Balance Program**
If you are ready to lose weight, we can provide support.
If you are Native American and over 18, see if you qualify to participate.

**Mammogram Clinic**
July 10th from 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia at 432-3930
Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929
Health Clinic

July Menu
Mon. 2: Tater Tot Casserole
Tues. 3: Soup & Sandwich
Wed. 4: Closed
Thurs. 5: French Dip
Mon. 9: Hot Wings
Tues. 10: Soup & Sandwich
Wed. 11: Pork Chops
Thurs. 12: Meatloaf
Mon. 16: Crab Cakes
Tues. 17: Soup & Sandwich
Wed. 18: Corned Beef & Cabbage
Thurs. 19: Baked Ham
Mon. 23: Spaghetti
Tues. 14: Soup & Sandwich
Wed. 25: Fish & Chips
Thurs. 26: Swedish Meatballs
Mon. 30: Beef Pot Pie
Tues. 31: Soup & Sandwich

More Socks awarded
Submitted by Patty Suskin, Diabetes Coordinator
Great work & congratulations to the following people for taking care of their Diabetes: Del Johns Sr., Pete Kruger, Richard Johns and Paula Henry. These people completed all the 2011 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes & were unavailable during Spring into Health when others were recognized. Congratulations!

Del Johns

Pete Kruger

L-R: Patty Suskin, Diabetes Coordinator and Paula Henry

FREE BLOOD PRESSURE SCREENING 2012
The First Thursday of each month
Blood Pressure checked by your friendly neighborhood firefighters
Where: Elder’s building
When: 11:45am - 12:45 pm.
Everyone is welcome!
Ready to start a fitness program? How fit are you?
Measure your fitness level with a simple four-part test. Then use the results to set fitness goals and track your progress.
By Mayo Clinic staff, submitted by Patty Suskin

You probably have some idea of how fit you are. But knowing the specifics can help you set realistic fitness goals, monitor your progress and maintain your motivation. Once you know where you’re starting from, you can plan where you want to go. Get started with the first part of a simple four-step assessment below — based on guidelines designed by the President’s Council on Fitness, Sports and Nutrition.

Gather your tools
Generally, fitness is assessed in four areas — aerobic fitness, muscular fitness, flexibility and body composition. Each month, we will cover a different test. For this month’s assessment, you’ll need: A cloth measuring tape. You’ll also need a pencil or pen and paper to record your scores as you complete each part of the assessment. You can record your scores in a notebook or journal, or save them in a spreadsheet or another electronic format.

Estimate your body composition: Waist circumference and body mass index
With a cloth measuring tape, measure your waist circumference just above the hipbones. Record your waist circumference in inches or centimeters in your notebook or journal.

Determine your body mass index (BMI)
An indicator of your percentage of body fat — through a BMI table or online calculator.
http://www.mayoclinic.com/health/bmi-calculator/NU00597

The clinic staff can also calculate your BMI for you. If you’d rather do the math yourself, divide your weight in pounds by your height in inches squared and multiply by 703. Or divide your weight in kilograms by your height in meters squared. (To determine your height in meters, divide your height in centimeters by 100).

Maintaining a healthy weight is important because when you are obese, you may be at higher risk for diseases such as heart disease, type 2 diabetes and hypertension. Consider your family history and whether you have health complications, and remember that a healthy lifestyle, including a balanced diet and physical activity, can play a significant role in your wellbeing. Record your BMI with the rest of your scores in your notebook or journal.

Monitor your progress
Take the same measurement six weeks after you begin your exercise program and periodically afterward. Each time you repeat your assessment, celebrate your progress — and adjust your fitness goals accordingly. Share your results with your doctor for additional guidance.

Continued next month with another fitness test. For the entire fitness test, go to:
http://www.mayoclinic.com/health/fitness/SM00086

Artesian Well in Olympia
Did you know there is free water in Downtown Olympia? The artesian well, located between 4th Avenue E, and Jefferson Street (former Diamond Parking Lot), is at 415 4th Avenue E. It is reported the well was constructed between 1895 and 1915 on the former railroad station site, now Olympic Outfitters.

The well is 1.8-inch in diameter and flows approximately 10 gallons per minute.

This artesian well was drilled through impermeable material (e.g. clay) where the water is under enough pressure to force it to the surface without pumping. The water is free flowing and not treated.

The City of Olympia, Public Works Department closely monitors the water quality of the Artesian Well and reports to the Department of Health.
### Happy Birthday

- **Tully Kruger** 01
- **De Johns** 01
- **Malynn Foster** 01
- **Mark Jones** 01
- **Isaac Johns** 01
- **Fay Monahan** 02
- **Janessa Kruger** 02
- **Phinatue Hodgson** 03
- **Annie-Beth Henry** 04
- **Jeremie Walls** 04
- **Jon Whitener** 05
- **Gary Brown** 05
- **Elijah Garcia** 05
- **Sadie Lorentz** 06
- **Martin Sequak Jr.** 06
- **Celeste Forcier** 06
- **Dale Brownfield** 06
- **Todd Hagmann** 07
- **Steve Witcraft** 08
- **Kui Tahkeal Sr.** 08
- **Virginia Berumen** 08
- **Diana Van Hoy** 08
- **Clayton Edgley** 09
- **Keenon Vigil-Snook** 09
- **Nyla King** 10
- **Mary Monahan** 10
- **Tiffany Henderson** 17
- **Victoria Allen** 18
- **Alexander Van Horn** 18
- **Violet Garcia** 18
- **Charles Mickelson, Jr.** 18
- **Clara Capoeman** 19
- **Elena Capoeman** 19
- **Dana Vancleave** 19
- **Jearid Williams** 19
- **Allie Johns** 20
- **Bailie Henry** 20
- **Wilson Johns Jr.** 20
- **Corri Coleman** 21
- **Leila Whitener** 21
- **Tyler Morlock** 22
- **Cara Price** 22
- **Bette Peters** 23
- **Austin Solano** 23
- **Richard Piersol** 23
- **Chicki Rivera** 23
- **Misty Kruger** 24
- **Eileen George** 25
- **Walter Lorentz, Jr.** 25
- **Thomas Blueback, III** 25
- **Hailey Blueback** 25
- **Malia Henry** 26
- **James Brownfield** 26
- **Brenda Day** 26
- **Loretta Case** 26
- **Chas Addison** 27
- **Jackson Napoleon** 27
- **Marvin Henry** 27
- **Dorian Williams** 27
- **Felicia Berg** 28
- **Kira Caley** 28
- **Nathan Armas** 29
- **Markiemo Johns** 29
- **Marissa Morken** 29
- **Judah Thale** 29
- **Robert Whitener** 30
- **Billie Lopeman-Johns** 30
- **Rose Arzate** 30
- **Tasheena Sanchez** 30
- **Marcus Johns** 30
- **Stanton Sicade Jr.** 31
- **Jordon Lopeman-Johns** 31
- **Nyah Sicade** 31
- **Michael West** 31
- **Jaelin Campbell** 31

### What's Happening

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Drum Group 6:00 p.m.</td>
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<tr>
<td>2</td>
<td>AA Meeting 7:30</td>
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<td>3</td>
<td>Church Point Sign Dedication</td>
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<td>4</td>
<td>Family Court</td>
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<td>5</td>
<td>TANF Craft Class 3-5, C Kitchen</td>
<td>AA Meeting 7:30</td>
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<td>6</td>
<td>TANF Craft Class 3-5, C Kitchen</td>
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<td>7</td>
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<tr>
<td>8</td>
<td>Drum Group 6:00 p.m.</td>
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<tr>
<td>9</td>
<td>Criminal/Civil Court</td>
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<td>10</td>
<td>AA Meeting 7:30</td>
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<td>11</td>
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<td>12</td>
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<td>AA Meeting 7:30</td>
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<td>13</td>
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<td>AA Meeting 7:30</td>
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<td>14</td>
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<tr>
<td>15</td>
<td>Drum Group 6:00 p.m.</td>
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<td>16</td>
<td>Canoe Journey Landing Squaxin Island</td>
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<tr>
<td>17</td>
<td>Canoe Journey Olympia Landing</td>
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<tr>
<td>18</td>
<td>Canoe Journey Potlatch Protocol</td>
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<tr>
<td>19</td>
<td>Canoe Journey Potlatch Protocol</td>
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</tbody>
</table>

### Happy Belated Birthday

**Beau Michael**

*Love, Mom & Dad*
Happy 8th Birthday
Dorian,
my first born
Love
Mom

Happy Belated Birthday
From Your Mom & Stan

Happy Birthday
Elena and Clara
Love,
Mom,
Sisters and Brother

Happy Belated Birthday
Terence
Love,
Mom and Dad

Jake Finkbonner, an 11 year-old Lummi boy, was healed of a deadly infection through the intercession of Blessed Kateri. In October, she will be the first Native American proclaimed a saint by the Vatican.

Please come and participate in this magnificent story.

Everyone is welcome!

SPECIAL NOTE:
This mass is taking place while Canoe Journey protocol is occurring, but is not an official part of that event.

St. Edwards church is located in Shelton.

You are invited
to an outdoor mass
to honor
Blessed Kateri Tekakwitha

Tuesday
July 31st
12:00 Noon
St Edwards Catholic Church
601 West C St.

Check your calendars for:
Sisterhood Meeting
Tuesday, July 10th
6:00 PM
Reservations needed.

Community
KTP was damaged when struck by elderly driver
Photos and information by Olena Cooper - Friday, June 8th around 11:30-ish a.m., a gentleman mistakenly hit his gas pedal, rather than his brakes and ran into the front window of the liquor section. Everyone was OK, but the liquor section and building had some damage. The store is fully operating. Repairs were done by Island Enterprises Construction.