

NISQUALLI ABSCH News



Nisqually Tribal News

4820 She-Nah-Num Dr. SE Olympia, WA 98513

Phone # 360-456-5221

Volume 14 Issue 6

www.nisqually-nsn.gov

June 2024

Swearing In of Newly Elected Officials



Ken Choke, Chairman



Norine Wells, Treasurer



*Jackie Whittington,
Secretary*



Chris Olin, 5th Council

Congratulations



GET SOCIAL & STAY HEALTHY

Stay connected with the Nisqually Tribal Health & Wellness Center

Follow us on Instagram, Facebook, and LinkedIn for important updates, stay up-to-date on our latest services, health tips, community events, & more!

Follow us today and stay informed.



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- EVENTS
- CONTESTS
- JOB OPPORTUNITIES
- COMMUNITY HEALTH



facebook.com/nisquallyhealth

instagram.com/nisquallyhealth

linkedin.com/company/nisquallyhealth

How to Contact Us

Tribal Center 360-456-5221
Health Clinic 360-459-5312
Law Enforcement 360-459-9603
Youth Center 360-455-5213
Natural Resources 360-438-8687

Nisqually Tribal News

4820 She-Nah-Num Dr. SE
Olympia, WA 98513
360-456-5221

Leslee Youckton
youckton.leslee@nisqually-nsn.gov
ext. 1252

The deadline for the newsletter is the second Monday of every month.

Nisqually Tribal Council

Chair, Ken Choke
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, Norine Wells
5th Council, Chris Olin
6th Council, Guido Levy Jr.
7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

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CERTIFICATION BY HONEST BALLOT

HONEST BALLOT HEREBY certifies three hundred & thirty-one (331) votes were cast in accordance with Title 13 of the Nisqually Tribal Code, for the General Election of Tribal Council, Fish Commission and Enrollment Committee. The Election was held on Saturday, May 5, 2024, at Billy Frank Jr. Gymnasium on The Nisqually Indian Reservation.

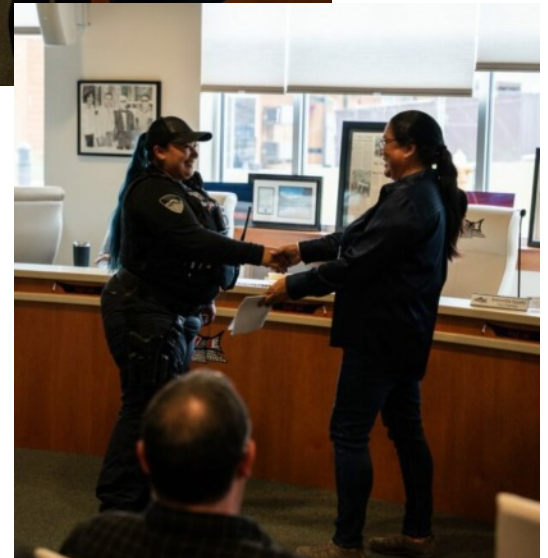
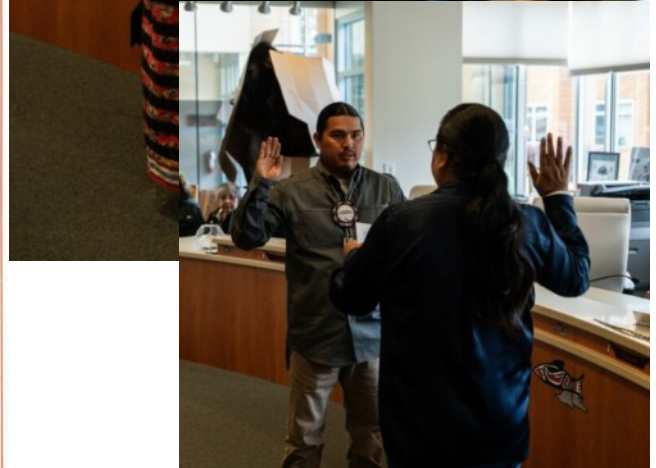
TRIBAL COUNCIL CHARIMAN (1)	
**Ken Choke	207 votes
Willie Frank III	119 votes
TRIBAL COUNCIL INTERIM TREASURER	
**Norine Wells	182 votes
Charles "Bob" Iyall	146 votes
TRIBAL COUNCIL SECRETARY One (1) candidate	
**Jackie Whittington	183 votes
Nicole Wells	147 votes
TRIBAL COUNCIL FIFTH MEMBER One (1) candidate	
**Christopher "Chris" Olin	183 votes
Keoni Kalama	146 votes
SERGEANT-AT-ARMS (1) One (1) candidate	
**Derrick Sanchez	177 votes
Emiliano "Nano" Perez	154 votes
ENROLLMENT COMMITTEE CHAIR One (1) candidate	
**Marjorie Stepetin	172 votes
Andrew Squally Jr	155 votes
ENROLLMENT COMMITTEE SECRETARY One (1) candidate	
**Jade Ikebe	175 votes
Natosha (Rosado) Kautz	152 votes
ENROLLMENT COMMITTEE 5th MEMBER One (1) candidate	
**Kahelelani "Tita" Kalama	190 votes
Krystle Badoldman	137 votes



Honest Ballot, LLC

By: *Linda Gibbs*
Linda Gibbs
President

Dated: May 5, 2024
Floral Park, New York





5th Annual MMIW/MMIP Honor Walk

The Nisqually Tribal Health Clinic held its 5th Annual MMIW/MMIP Walk on Thursday May 16. The walk started at 11:30 a.m. from the health clinic and walked down Billy Frank Jr. BLVD to the new rez mart and back. May has become an important month of recognition for our lost and stolen sisters and relatives.





Nisqually Tribal Emergency Preparedness

Steps to take immediately during emergency that can help recover funding back to your programs.

During Disaster

During disasters whether it be natural or manmade every department that is affected by the disaster will spend money from their budget.

Reasons to Document

Every department can be reimbursed a majority of their money back if it is documented properly.

How will I know the funding will be returned to my budget

Reimbursement will come with a number which indicates the "project number." This comes in form of a check and time frame depends on the response of each department director that is eligible.

Do I have to do anything?

Yes! Began documenting at the beginning of the disaster.

All response activity must be documented when responding to a disaster.

"We learn from every natural disaster. Whether it's a fire or a flood, we learn something from it so we can respond to the next one better".
-Malcum Turnbull

- Name, date & location, hours worked, department. Detail of duties performed.
- Photograph damages, jobs

- Equipment used, ID # Dept, value, etc.
- Gasoline, receipts, what was it used for? Damage to facilities, vehicles, **etc.**

"By failing to prepare you are preparing to fail"
-Benjamin Franklin

Questions

If you have any question regarding the process we are here to answer any questions at the Emergency Management Department.

- Ken Choke, Director
- Jeff Choke, Program Manager
- Mary Leitka, Project Coordinator
- Krystle Wells Badoldman – Administrative Assistant
- Robert Thomas Jr. – Communications
- Jonette De La Cruz – Homeland Security Project Coordinator
- Marcus Stolte – Maintenance/Emergency Responder
- Steven Vantierm – Emergency Responder
- Cheyenne Sanchez – Emergency Responder

Contact Us:

Nisqually Emergency Management
4820 She Nah Num Dr. S.E.
Olympia, WA 98520
360-456-5221

Ken Choke chok.ken@nisqually-nsn.gov
Jeff Choke choke.jeff@nisqually-nsn.gov

Looking for a rewarding career opportunity? Join Our Team at the Nisqually Indian Tribe!

Apply online, on your smart phone, or onsite at the Nisqually Indian Tribe's HR Application Station!

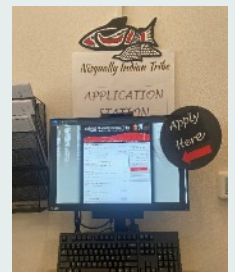
- Discover Exciting Career Opportunities
- Convenient Onsite Application Process
- Positions Updated Weekly
- Location: Human Resources Building D (Old Clinic)
4820 She- Nah- Num Drive Se Olympia, WA 98513
- Hours: Drop in to apply at the HR Application Station
Monday-Friday 9a-3p or reach out to schedule a time!

Visit us today to start your journey with the Nisqually Indian Tribe!

Questions? Contact the HR front desk at (360) 486-9558.

Website URL: <https://nisquallyhr.applicantpro.com/jobs/>

On your smart phone camera, use the QR Code below then click the link to see NIT's latest career opportunities!





Nisqually Public Works Announcement

Statewide Drought Declared

Washington Drought Declaration



It's important that everyone aids in conserving water for the community.

Nisqually Public Works is committed to helping maintain a sustainable future. <https://ecology.wa.gov/about-us/who-we-are/news/2024-news-stories/april-16-drought-declaration>

— J. Tony Berkson

Low Snowpack and Dry Forecast

What Can Nisqually Tribal Members Do To Help?

Nisqually Tribe residents and enterprises can help by limiting water used in many ways.

For example:

- Limit any irrigation to 30 minutes every OTHER day according to your address. Even number address waters on only even-numbered days and odd addresses on odd-numbered days.
- Refrain from filling pools this year, that saves thousands of gallons a week.
- Limit car washing or use the commercial car washes which use less water than home washes
- Wash only full loads of clothes or use the lower water settings for small loads
- Consider installing low flow shower heads, faucet fittings and toilets

New Juvenile Truancy and Probation Officer-Thaddeus Aalona

Hello everyone. My name is Thaddeus Aalona. I've had the privilege of working at the Nisqually Jail for over seven years, where I gained valuable experience in law enforcement and the legal system. In addition to my professional career, I have dedicated over a decade to coaching youth basketball and football, fostering the growth and development of young athletes. Currently, I serve as the assistant head basketball coach at Yelm High where I continue to inspire and mentor students on and off the court.

In my new role as a juvenile truancy and probation officer, I am passionate about working with

children and guiding them toward a positive path in life. My role allows me to make a meaningful impact on the lives of young individuals who may be facing challenges. I find fulfillment in helping them navigate difficult situations and supporting them in making better choices for their future.

Outside of work I'm happily married to Gwen Aalona, who also contributes her talents to the Nisqually Tribe in the finance department. Together we are blessed with a large loving family that includes eight children and six grandchildren. Family is at the core of everything I do, and I am grateful for their support.

I am deeply committed to serving the Nisqually community. My goal is to contribute to the well-being and advancement of our community members, especially our youth, by being an advocate for their success.

I am excited about the opportunity to work alongside all of you and collaborate towards making a difference in the lives of those we serve in the Nisqually community.

Thank you,

Thaddeus Aalona
Nisqually Indian Tribe
Juvenile Probation/Truancy



New Home Construction

By Jessie Fox, Executive Assistant to the Building Department Director

If you have been in the Protocol Housing Neighborhood lately, you may have noticed, well, a lot of dirt. The area has been cleared and is currently being graded, paving the way (no pun intended) for Phase III Housing. Building new homes on the reservation is something the Building Department takes a lot of pride in. We love working with and for the community! You are why we are here.

And nothing is more evident of this than the hard work being performed by the Building Department's Heavy Equipment Operator, Carpentry, Painting, Plumbing, and Electrical crews. On Squalli-Absch Rd. a new house is being built entirely from the ground up. Since its inception in 2018, the Building Department staff has grown exponentially. Last year we were able to round out the team with the addition of in-house plumbers.

This house is the first house to have the majority of the work completed by the Building Department. We now have the staff and capabilities to be able to complete most of the work ourselves. From excavating, framing, roofing windows, doors, tile, flooring, wiring, plumbing, and painting, the crew is hard at work. Excavation, and framing have been completed, and the roof is expected to be completed soon.

The home will be completed by the end of the year when it will be turned over to the Housing Department. From there, the home will be rented out.

We here at the Building Department are grateful we can contribute to the growth of the community. Look for more homes, upgrades, and beautification projects in the future. In the meantime, If you have any questions, please reach out to the Building Department at 360.456.5221. Ext 1322. We are dedicated to providing professional and quality service in everything we do.



Continued on page 8-BUILDINGS



Continued from page 7-BUILDINGS



Summer Internship Opportunity with MCEC



Medicine Creek Enterprise Corporation has 4 spots available for summer student internships!

MCEC is offering a summer internship program and we are excited to have students join our team this summer! To qualify for the student internship program, you must be:

1. Currently enrolled in a college, university or trade school.
- AND
2. Be an enrolled tribal member (Nisqually preference will be given).

Students will be paired with a corporate office staff member, who will mentor them during the summer. The course will run from June 10, 2024- August 9, 2024. After successful completion of the summer internship program, the student will receive a stipend.

If you are interested in participating in the summer internship program, please send a letter of interest to Megan Peterson at mpeterson@mc-ec.org. If you have any questions please contact the MCEC office at 360-464-2893.



Nisqually Youth Services

Register/Apply

**JUNE
3-24**

2024 Summer Youth Employment Program

Youth will gain valuable workforce experience while having a safe, productive way to spend their time. Youth will participate in job readiness training and be selected to work at a department within the Nisqually Tribe.



GENERAL INFORMATION

- Must be 14-18 years of age & enrolled in school.
- SYEP will run 6 weeks:
7/15-8/23
- Incomplete applications or late submissions will not be accepted.

Priority given to enrolled Nisqually Tribal Youth, direct descendants, and community members residing the rez.

For more information please email:
youthservices@nisqually-nsn.gov

Registration Packets/Applications will be available at the Nisqually Tribe Human Resources Mon-Fri 8AM-5PM.



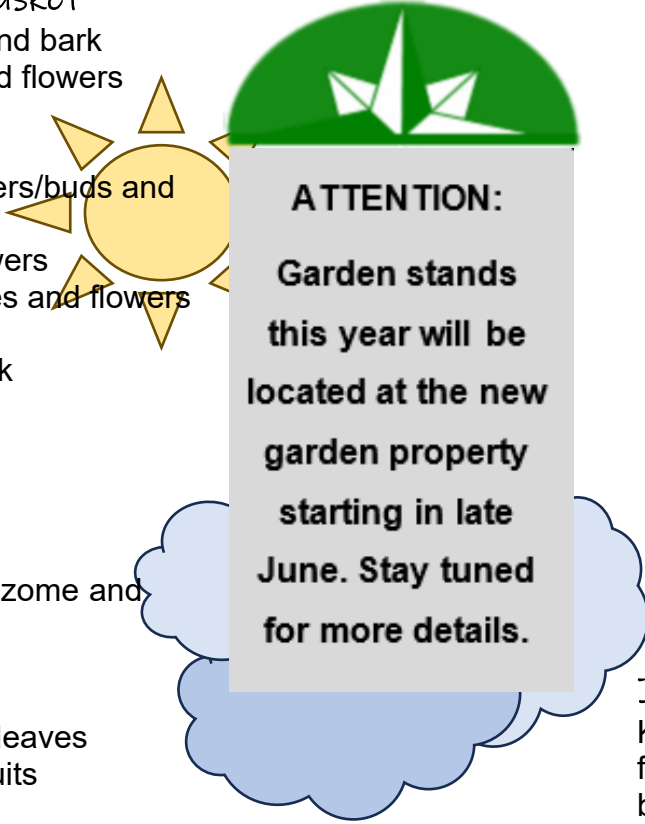
Community Garden

THE DIRT

June 2024

Natures Wellness Basket

- Cedar leaves and bark
- Cattail roots and flowers
- Camas bulbs
- Cleavers
- Dandelion flowers/buds and roots
- Elderberry Flowers
- Hawthorn leaves and flowers
- Usnea
- Devils Club bark
- Princess Pine
- Rose petals
- Chickweed
- Nettle
- Horse tail
- Licorice fern rhizome and young stems
- Yarrow
- Plantain
- Lambs quarter leaves
- Serviceberry fruits
- Salmonberry
- St. johns wort flowers
- Thimbleberry
- Strawberries
- Violet leaves and flowers



ATTENTION:
Garden stands
this year will be
located at the new
garden property
starting in late
June. Stay tuned
for more details.

Produce Availability:

- Beets
- Bok Choi
- Carrots
- Cilantro
- Garlic scapes
- Kale, Collards, Chard
- Kohlrabi
- Lettuce
- Parsley
- Peas
- Radishes
- Rhubarb
- Strawberries
- Turnips

Indoor Seeding:

Kohlrabi, lettuce, cabbage, fennel, bok choi, broccoli, and brussels sprouts.

**This section will be used to inform you of what seeds you should be starting indoors. Whether that be a green house or a warm very sunny window.*

Direct Seeding:

Beets, beans, carrots, arugula, spinach, dill, turnips, radishes, and cilantro.

**This section will be used to tell you what seeds you should be directly seeding into your garden beds, pots, or planters.*

If you have any questions or want to know more about anything in this month's article, please contact Chantay at anderson.chantay@nisqually-nsn.gov

Written by: Chantay Anderson, Garden Program Manager



Monthly Garden Tips:

Time to get irrigation dialed in! Keep weeding, looking for pests, and apply fertilizer as needed. Get bean trellis's up and for cucumbers too if you want to save space. Harvest vegetables in the early morning if possible before the summer heat but peas and corn will taste sweeter if harvested later in the day.

Watering thoroughly once or twice a week will encourage plants to develop deeper root systems, thus helping them become more drought tolerant. If watering regularly is a problem, investigate organic mulches to help trap moisture and reduce weed growth.

Overwatering your strawberries will give you big juicy berries with no sweet flavor.

Late this month garlic should be ready for harvest. Peel back the first couple layers to reveal a clean bulb, braid or bundle several bulbs together ensuring good airflow and hang to cure in a space out of the sun but warm with plenty of airflow. Curing can take 2 weeks - 2 months, depending on the weather. Garlic is fully cured when skin is papery dry and the stem is shriveled, leaves brown and dry, roots are dry and stiff. At this point you can cut off the roots and stems then store them in a cool dark space.

Plant or vegetable of the month:

Salmonberry

You can normally find these berries growing in riparian zones. They have orange to red colored berries similar to raspberries. Young shoots can be eaten raw or cooked like asparagus. The berries are high in vitamins A & C and extremely high in antioxidants.

Try this recipe!

WILD BERRY CRISP

Topping:

- ½ cup all purpose flour
- 1 ½ cups rolled oats
- ½ cup chopped walnuts
- ½ cup chopped hazelnuts
- 2 tablespoons butter
- ½ cup honey, maple or rice syrup
- ⅛ teaspoon sea salt

Filling:

- 6-8 cups wild berries
- ½ cup honey, maple or rice syrup
- 2 T. corn starch or ¼ cup all-purpose flour
- 1 teaspoon lemon zest or 2 teaspoons lemon juice
- *optional: 1 tsp. cinnamon, 1 tsp. vanilla extract



Preparation

Preheat oven to 375 degrees. Mix the filling ingredients and spread evenly in a 9 x 12" baking pan. Roast flour, oats and chopped nuts by stirring them in a dry skillet over medium heat until they are heated through and are just beginning to brown. Remove from heat and place in a bowl. Heat butter and honey, then pour over the dry mix. Add salt and cinnamon. Mix well and drop evenly over the berries. Bake for 30-40 minutes or until the berries bubble and the topping is crisp.

Prep time: 1 hour. Serves 6-8.

From: *Feeding 7 Generations A Salish Cookbook* by Elise Krohn and Valerie Segrest



Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter what the weather.

Why? Exposing your skin to the sun year-round means you are exposing it to ultraviolet radiation, which can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common form of cancer in the U.S.

Skin cancer is on the rise in the U.S. The [National Cancer Institute](#) estimates there were 100,640 new cases of skin melanomas and 8,290 related deaths in 2024. In 2021, there were an estimated 1.4 million people living with melanoma of the skin in the U.S. About 6.1 million people are treated for basal cell carcinoma and squamous cell carcinoma, the two most common types of skin cancer.

Lower Your Risk for Sunburn, Skin Cancer, and Early Skin Aging

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some, but often not enough, protection against sunburn.

Spending time in the sun unprotected increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if they are intended to be used for medical purposes.)
- Using broad-spectrum sunscreens with an SPF value of 15 or higher regularly and as directed. (Broad-spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)

Consult a health care professional before applying sunscreen to infants younger than 6 months.

In general, the FDA recommends using broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days. In addition:

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips.
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof. Check the instructions on your sunscreen for information about its water resistance and reapplication instructions if you are sweating or going in the water.

Protect Your Eyes With Sunglasses

Sunlight reflecting off sand, water, or even snow further increases exposure to UV radiation and raises your risk of developing eye problems. Certain sunglasses can help protect your eyes.

When choosing sunglasses:

- Choose sunglasses with a UV400 rating or "100% UV protection" on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays.
- Do not mistake dark-tinted sunglasses as having UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays. Many sunglasses with light-colored tints – such as green, amber, red, and gray – can offer the same UV protection as very dark lenses.
- Check to see if your tinted glasses have UV protection. If you are unsure, your eye care professional may be able to check for you. When you wear tinted glasses, your pupils dilate and can increase exposure of your

Continued on page 13-SUN



Elders Having Fun

By Lisa McCloud

Tony (Tiny) Sanchez at the Siletz Elders Lunch. Tony won a few of the Elder raffle prizes! The dinner was held at the Chinook Winds Casino in Lincoln City, Oregon.



HEALTH FITNESS NUTRITION

UP COMING

**ROCK CLIMBING, 5K
COLOR RUN & HIKING**

MAY - AUGUST 2024

NHFN BLDG.
1937 Lashi St. SE
Olympia WA. 98513f

- ~~May 25th rock climbing~~
- June 1st hiking
- June 15th 5k color run
- July 13th & 27th hiking
- August 10th & 31st hiking

Contact us @ 360-456-5221
Alisha Gannie ext. 1079
Kareem Gannie ext. 1275
Misti Vigil ext. 1383
All events are for all fitness levels.

Continued from page 12-SUN

retinas to UV light. Without UV protection, you are putting yourself at risk to harmful effects associated with solar radiation.

- Be aware that children should wear sunglasses that indicate the UV protection level. Toy sunglasses may not have UV protection.
- Consider large, wraparound-style frames, which may provide more UV protection because they cover the entire eye socket.
- Pricier sunglasses don't ensure greater UV protection.
- Even if you wear UV absorbing contact lenses, wear quality sunglasses that offer UV protection.

- Even when you wear sunglasses, wearing a wide-brim hat and sunscreen can help further protect you from sun exposure.

Beware: Spray Sunscreens Can Be Flammable

Many spray sunscreen products contain flammable ingredients, like alcohol. Be careful when using these flammable products. Read and follow the warning label, and don't use these sprays near an open flame, especially around children.

In addition, some spray sunscreens have been recalled because of benzene contamination and shouldn't be used.



PARENT TIP SHEET



Kids in the Kitchen

Together we can prevent diabetes!

Cooking together as a family helps children learn basic kitchen skills. Kitchen time is also a great time to learn about your child's day and is a good way to spend more time with your child at home. Kids are more likely to try new fruits and veggies if they help make them. Below are some ideas for what your child can do to help in the kitchen.

Remember:

- Wash hands before touching food.
- Watch children when they are using sharp kitchen items: knives, box graters, blenders or hand mixers.
- Watch children when they use the stove top or oven.

Ways Your Child Can Help in the Kitchen

2 Years	3 Years	4 to 6 Years	7 Years
<ul style="list-style-type: none"> • Wash fruits and veggies • Tear lettuce • Snap green beans • Make "faces" out of fruits and veggies 	<ul style="list-style-type: none"> • Add ingredients to bowls • Knead dough • Spread peanut butter • Stir • Shake closed containers 	<ul style="list-style-type: none"> • Peel fruits and veggies • Cut soft fruits • Mash beans and veggies • Measure dry ingredients • Clean up counters 	<ul style="list-style-type: none"> • Pre-heat oven • Measure wet ingredients • Microwave • Crack eggs

Information adapted from www.ChooseMyplate.gov



This institution is an equal opportunity provider. Washington WIC doesn't discriminate.



Material funded by USDA SNAP. This institution is an equal opportunity provider. For more information, visit www.GetFreshCooking.com/EagleAdventure.



South Puget Intertribal Planning Agency

USDA Foods Program June Dates



PT. GAMBLE S'KLALLAM	6/4/24
SQUAXIN ISLAND	6/7/24
SKOKOMISH	6/13/24
CHEHALIS	6/21/24
NISQUALLY	6/26/24

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call SPIPA at 360.426.3990. This institution is an equal opportunity provider.



Next WIC:
Wed., June 12, 2024

We will offer both phone appointments and in person appointments.

SPIPA's Nisqually WIC (Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5. **Please have available:** Your & your child's height and weight, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment:
Patty at 360.462.3224, wicnutrition@spipa.org

Debbie Gardipee-Reyes 360.462.3227 gardipee@spipa.org

Main SPIPA number: 360.426.3990



This institution is an equal opportunity provider. Washington WIC doesn't discriminate.



Announcements



June 13, Happy Birthday Nevaeh, Love Papa, Grandma, Mom, Auntie Jasmine, Auntie Samira and Brother

June 19, Happy Birthday Lovella, Love the McDonald Family



Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions
- Probate

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.



FREE Rides
Monday through Friday

Transit available
6:00 a.m. to 6 :00 p.m.
Open to all tribal, community
and tribal employees. We offer
rides from 6:15 a.m. to last off
rez ride at 5:15 p.m.

Contact Adrian Scott,
Motor Pool Coordinator/Dispatch

At 360-456-5236

Nisqually Indian Tribe
4820 She-Nah-Num Dr. SE
Olympia, WA 98513

