

# The Tenino Independent

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## Kids' Place comes back after spring break

*After-school learning help in Rochester*

By Dan Fisher  
*News Editor*

Kids' Place After School, a program conducted by the Rochester Organization of Families (ROOF) in cooperation with the Rochester School District, welcomed back some 50 students referred to ROOF by the RSD as needing academic help or social skill-building.

Kids' Place is held at the Old Primary School, which now serves as the RSD office, the ROOF office and Food Bank and the Rochester Boys and Girls Club.

"This is our first day back after spring break," said ROOF Executive Director Kellie McNelly Monday. "We serve up to 50 low-income academically at-risk students for an hour after school each day, and for two hours a day during the summer."

McNelly said all K-5 students attending Kids' Place After School were referred by school personnel and are provided with tutoring to help them increase reading and math levels, provide small-group homework assistance and strengthen a variety of social and leadership skills.

"The students are usually performing below grade level and are challenged by a variety of language, learning and behavioral difficulties," McNelly said, adding that Kids' Place provides an hour or more each day of aca-



**Kids' Place After School Program Assistant Brisa Villeenor (center, rear) takes a roll call at the start of the April 13 session at the Rochester Community Center.**

*Photo by Dan Fisher*

demical support, including homework help and tutoring.

Educational activities consist of reading comprehension and fluency, math skills and learning games. The Too Good For Drugs and Violence prevention curriculum helps children gain skills needed to reject drugs and violence.

Weekly small-group activities focus on science, crafts, physical activities, leadership skills, team building and self-esteem.

Each after-school session begins with a nutritious snack

and the kids are given time to socialize before tutoring sessions begin. The students are transported to the program by bus, and participation is free.

McNelly said that, because this program is provided by ROOF, it depends on donations from businesses and individuals. She provided a list of the types of materials which are most needed to keep Kids' Place After School in operation. The list includes:

Snacks for 50 children – grandola and Nutri-grain bars; trail mix and nuts; pub mix type snacks; cereal (large box or indi-

vidual servings), which is eaten dry when no milk is available; snack crackers such as Cheez-its, Ritz, Wheat Thins, Goldfish, etc.; fruit snacks and fruit leather and canned fruit in large #10 cans or individual fruit cups; applesauce in large cans or individual cups; fresh fruit (apples, oranges, grapes, bananas, etc.); refrigerated or frozen snacks such as cheese sticks and slices, chicken nuggets, pizza rolls; bread, peanut butter and jelly and chips and salsa.

Educational supplies, including markers; dry-erase markers;

construction paper and art paper; colored printer paper and white copy paper; pipe cleaners; art kits; glue in bottles and gallon jugs; tempera paint; newsprint or colored bulletin board paper rolls; Bingo daubers; stickers/sticker books; activity/coloring books or paint by number and handheld pencil sharpeners.

Books for ages 5-10; graphic novels for ages 10-12.

New or used board games for kids ages 5-10; 50-100 piece jigsaw puzzles; Legos and carnival games.

Sports equipment such as balls for soccer, basketball and tennis, Nerf-type foam footballs, inflated foursquare balls, jump ropes, hula hoops; water balloon filer kids and large yard games.

In addition, McNelly said the Food Bank needs donations of proteins (peanut butter and canned meats); canned soup; canned beans (chili, pork & beans, refried beans); canned pasta; boxed meals (mac and cheese, Rice-a-Roni); condiments (catsup, mustard, mayo, jelly/jam, taco and hot sauces); spices (salt and pepper, sugar, garlic salt, cinnamon and spice packets) and coffee.

The Food Bank also needs donations of hygiene and cleaning items, including toilet paper; paper towels; trash bags; shampoo and conditioner; laundry and dish soap; baby wipes and feminine hygiene products.

Monday's session of Kids' Place After School was led by Program Assistant Brisa Villeenor, who arrived in time despite having to report earlier Monday for jury duty.

## How to breathe better indoor air

(NAPSI)—You can't see them but they can harm you and the people you care about with every breath you take. No, it's not some new horror movie. It's the particles and pollutants hidden inside your home.

### The Problem

Many homeowners know about cleaning surfaces or vacuuming when they want a healthier home, but some of the biggest factors affecting indoor air quality are in places most people probably never think about at all: inside your heating and cooling system.

### The Reason

Because such systems circulate air throughout the house, particles of dust, pollen, pet dander, and mold spores can move through the home's airflow.

### Why It's Important

Experts at the American Society of Heating, Refrigerating and Air-conditioning Experts (ASHRAE) estimate Americans spend nearly 90 percent of their time indoors, making the quality of indoor environments a major factor in overall exposure to air pollutants. In fact, according to the Asthma and Allergy Foundation of

America (AAFA), eight out of ten people in the United States are exposed to dust mites and six out of ten are exposed to cat or dog dander, two of the most common indoor allergy triggers. What's more, the AAFA reports, over 28 million Americans—about 1 in 12 people—have asthma and these indoor triggers can worsen their symptoms.

### An Answer

ASHRAE members and other experts across public health, building science, and environmental health increasingly emphasize that ventilation, airflow, moisture control, and HVAC system performance all influence the air people breathe indoors. Having regular maintenance—such as changing filters, controlling moisture, and having HVAC systems inspected—as part of your healthy home checklist, they note, can help manage these pollutants and support cleaner indoor air.

### What You Can Do

**Change the air filters.** Dirty filters can restrict airflow and allow particles to recirculate throughout the house.

**Manage moisture and humidity in the house.** Excess

humidity can contribute to mold growth and other indoor air concerns.

**Maintain proper bathroom and kitchen ventilation.** Exhaust fans help remove moisture, cooking particles, and pollutants from indoor air.

**Keep vents and air pathways clear.** Blocked vents can interfere with airflow and reduce ventilation effectiveness.

**Watch for excess dust and debris.** Visible buildup near vents or registers may signal the need for system maintenance.

**Have regular professional inspections of your HVAC system** to help ensure components are functioning properly and airflow remains unobstructed.

### Who Can Help

Qualified HVAC professionals, such as the members of the National Air Duct Cleaners Association (NADCA), can evaluate and improve your home's system performance.

### Learn More

For further facts and to find a qualified HVAC company near you, visit [www.BreathingClean.com](http://www.BreathingClean.com).

## April 28 ballots sent, drop boxes are open

OLYMPIA – The Thurston County Auditor's Elections Division mailed more than 10,000 ballots to voters in the Rochester School District in Thurston and Lewis counties for the April 28 Special Election. The county auditors agreed to allow Thurston County to conduct the election in the small portion of the Rochester School District in Lewis County.

Any registered voter who thinks they should have received a ballot, but hasn't by Wednesday, April 15 should contact the Elections Division at 360.786.5408 or [elections@co.thurston.wa.us](mailto:elections@co.thurston.wa.us). Ballots for military and overseas voters registered in Thurston County were mailed on Friday, March 27.

The Elections Division opened 4 secure bal-

lot drop boxes. A list of ballot drop box locations and addresses is included in the mailed ballot materials and online at [ThurstonWA-Votes.gov](http://ThurstonWA-Votes.gov).

Ballots must be postmarked by April 28. No stamp is needed to mail your ballot. Beginning a week before Election Day, use a ballot drop box to ensure your ballot is on time. Drop boxes are open until 8:00 p.m. on Tuesday, April 28 (Election Day).

The Thurston County Auditor's Elections Division is a designated voting center during business hours beginning April 8. Voters may register to vote, update their current registration, obtain a ballot, or use a voting assistance device at the Voting Center.

## DNR to Conduct Mock Fire Exercises

OLYMPIA – In preparation for wildfire season, the Washington State Department of Natural Resources (DNR) will be conducting aviation mock fire exercises across the Capitol State Forest on Wednesday, April 15 with a backup date of April 16, from 1 p.m. to 5 p.m.

DNR firefighters will be using firefighting aircraft along with other firefighting equipment. Additionally, there will be DNR crews on the ground coordinating the exercise area.

Using smoke cloud devices, colored smoke will come from non-flammable containers in open areas without overhead vegetation. Depending on wind conditions, the public may witness visible smoke at times ranging from small smoke plumes to drift smoke and light haze.

Hosted by the aviation team within DNR's Wildland Fire Management Division, this training will enhance air crews' ability to fight wildland fire more effectively and safely in aeri-

al firefighting activities. It's an opportunity for the ground crews to simulate fire to train the air crews with required tasks.

Four helicopters will be on scene to drop water as needed for these exercises, along with a Kodiak 100 airplane.

## Wildfire Prepared Home designations now available

OLYMPIA — The Insurance Institute for Business and Home Safety (IBHS) has expanded its Wildfire Prepared Home designation program to include Washington and nine other states, the organization announced on

Tuesday. The Wildfire Prepared program is a set of research-based mitigation actions that help homeowners and builders in high-risk areas better protect their homes and neighborhoods from wildfire.

"This is an important step in building physical and financial resiliency to the increasing threat of wildfire," Washington state Insurance Commissioner Patty Kuderer said. "We're happy to welcome IBHS to the state."

### Prep Sports Calendar

<b>Thursday, April 16</b> <b>Boys Soccer</b> Elma at Rochester, 7 pm Chief Leschi at Tenino, 7 pm	Tenino at Kalama Twilight Invite, 4:30 pm	<b>Fastpitch</b> Hoquiam at Rochester, 4 pm
<b>Friday, April 17</b> <b>Baseball</b> Rochester at Elma, 3 pm Montesano at Tenino, 4 pm	<b>Monday, April 20</b> <b>Boys Soccer</b> Montesano at Tenino, 7 pm Rochester at Chief Leschi, 7 pm	<b>Track</b> Tenino at Montesano, 3:30 pm
<b>Fastpitch</b> North Thurston at Rochester, 4 pm	<b>Tuesday, April 21</b> <b>Baseball</b> Elma at Tenino (2), 3 pm Rochester at King's, 5 pm	<b>Wednesday, April 22</b> <b>Boys Soccer</b> Tenino at Forks, 6 pm. Rochester at Ilwaco, 6 pm

### Correction

In an obituary for Donald Bryan Martin that appeared in the April 1 edition of *The Independent* and *Sun News*, a number of typographical errors went uncorrected.

On two occasions, Mr. Martin's first name was spelled without a 'd' at the end, and in the list of survivors, his daughter's name is Sharon, mistakenly spelled with two 'o's'

*The Independent* and *Sun News* apologizes for these errors.