



Muckleshoot MONTHLY



Vol. XIV No. II)

Muckleshoot Indian Reservation, Wash.

MARCH 15, 2013

OBAMA SIGNS VIOLENCE AGAINST WOMEN ACT



Tulalip Tribes Vice-Chair Deborah Parker, a long-time VAWA advocate, looks on as President Obama signs the bill into law.

It started at Chief Seattle Days in 1978. In a case that came to be known as *US v. Oliphant*, the Suquamish Tribe tried to prosecute a non-Indian that led its police on a high-speed chase and then tried to duke it out with them. The US Supreme Court ruled against the tribe, halting a march toward greater sovereignty that had reached a huge milestone a few years earlier with the success of the Boldt Case. Since *Oliphant*, prosecuting non-Indians for crimes committed on reservations has been out of bounds nationwide. That is, until now.

On March 7, President Obama signed a renewed and expanded Violence Against Women Act (VAWA) that opens the door at least partway toward exercising the criminal jurisdiction sought 35 years ago in *Oliphant*. Under a new provision, tribes may elect to prosecute non-Indians for crimes involving domestic violence, date violence and violation of protection orders instead of turning them over to local, state or federal offi-

continued on page 2

TRIBAL GRADUATION DATES SET

The following list includes other local graduation events that may be of interest to the Muckleshoot Community. MIT-sponsored events are those with a "mark."

WEDNESDAY, JUNE 5

- MIT Head Start, 10:00 AM, Pentecostal Church

FRIDAY, JUNE 7

- Muckleshoot Tribal School 12th Grade Graduation, 5:00 PM, MTS Gymnasium

SUNDAY, JUNE 9

- Evergreen State College Reservation-Based Community Determined Program, 12:00 PM, TESC Longhouse

MONDAY, JUNE 10

- Enumclaw School District High School Graduation, 7:00 PM, White River Amphitheatre

TUESDAY, JUNE 11

- MTS Kindergarten, 5th & 8th Grades, 10:00 AM, MTS Gymnasium

FRIDAY, JUNE 14

- MIT Birth to Three, 12:00-3:00 PM, Trip to Northwest Trek
- Northwest Indian College, 5:00 PM, Wex Li'em Community Building, Bellingham

SATURDAY, JUNE 15

- Auburn Mountain View HS, 11:00 AM, Auburn Memorial Stadium
- West Auburn HS & Virginia Cross Native Education Center, 1:00 PM, Auburn Performing Arts Center
- Auburn Riverside HS, 4:00 PM, Auburn Memorial Stadium

SUNDAY, JUNE 16

- Auburn High School, 4:00 PM, Auburn Stadium

THURSDAY, JUNE 20

- MIT Higher Education Dinner, 6:00-9:00 PM, Casino Conference Rooms – Old HR Wing

SUNDAY, JUNE 23

- Antioch University, 1:00 PM, Westin Hotel, Downtown Seattle

Bernice White Site on Duwamish is Blessed

Located in historic area that saw much action during Fish Wars

On a chilly February morning about 30 of Bernice White's descendants and spouses traveled northward for the Shaker Blessing of a site on the Duwamish River that the City of Seattle had recently named in her honor. Family members didn't know exactly where it was – only that it was in an industrial area on the west bank of the west waterway, just before the railroad bridge. Balloons would mark the turn-off.

As the appointed time approached, vehicles began to trickle in and people visited among themselves as they waited for the blessing to begin. Louie Ungaro Sr. walked straight across the grassy half-acre to stand at river's edge.

"Gee, this brings back



Bernice White descendents and spouses gathered for an Indian Shaker blessing at the site now bearing her name, which saw much action during the Fish War Era.

a lot of memories," he said as he gazed up and down the river. "This is where the River Shack was – right here."

He went on to explain how he, Manny Oliver, Ronnie Brown and a few others had chipped in to buy a little shack from a riverfront squatter, and how it served as a hub of

activity for Native fishermen that were exercising their treaty rights on the river shortly after the Boldt Case had affirmed their right to take fish at all their "usual and accustomed places."

Louie himself was non-Indian, but fished with his young wife Georgianna – known as

"Peachie" – a daughter of Bernice White. Few of the regulations, both tribal and state, that would be needed to fully implement the sweeping changes brought on by Boldt were in place at that time.

Life on the river was still extremely tense. Tribal fishers were in con-

continued on page 3

PARTICIPATE IN YOUR TRIBAL GOVERNMENT AS A COMMITTEE MEMBER!



It's that time of the year again, when all enrolled Tribal Members are invited to submit letters of interest to serve on the following committees:

- Canoe Club
- Culture
- Education
- Elders
- Elections
- Enrollment
- Family Resource
- Fireworks
- Gaming Commission
- Health Services
- Housing
- Hunting
- ICW (Indian Child Welfare)
- Loan Review
- Personnel
- Planning
- Pow-Wow
- Preservation
- Repatriation
- Sla-Hal
- Smokehouse
- Spiritual/ Ceremonial
- Veterans
- Youth Development
- Special Needs

If you would like to serve a one-year term for any of the listed committees, you must submit a letter of interest for each committee you are interested in. Explain why you would be a good candidate, or list any experience you may have had in the past that pertains to the committee that you are applying for.

Please submit your letter to the Tribal Council support staff by March 26th, 2013 by 5:00 p.m. or your letter will not be accepted. Please note that a separate letter must be submitted for each committee you are interested in. You may also pick up copies of the application from the Tribal Council support staff. If you choose to write a letter without using the form, it must contain the following:

- Name
- Enrollment No.
- Name of Committee
- Why you want to serve
- Address
- Phone No.
- Cell No.
- E-Mail Address
- Signature and date

It is not necessary to have a cell phone or an e-mail address to serve on a committee. Again, the deadline for submitting your letter of interest in **5:00 PM on Tuesday, March 26, 2013.**

Fire District 44 Levy Election Scheduled for April 23

Tribal Council urges 'YES' vote



The District 44 Board of Fire Commissioners has adopted a resolution placing a request for a four-year supplemental property tax levy on the ballot in the election to be held on April 23, 2013. A 'yes' vote will allow FD44 to shore up its sagging finances and maintain appropriate staffing and service levels.

The steep decline in property values that started with the recession of 2008 has taken a heavy toll on the district's finances, since its funding comes entirely from property taxes. Cutbacks have been made, including reduction of five administrative, support and maintenance personnel, and leaving one firefighter position. In spite of these efforts to economize, the District has found it necessary to dip into its reserves in each of the last two years.

Since property values have begun to recover elsewhere in Puget Sound, the hope is that the assessed value of property in the District will gradually return to previous levels; however, the recovery has not yet reached this part of the county. For 2013, the total assessed property value in Fire District 44 dropped by an additional 9.21%.

If the four-year levy is approved, Fire District 44 projects that it will be able to maintain current levels and continue to provide quality fire and rescue service to area citizens. The Muckleshoot Tribal Council encourages community members to cast their vote on April 23, and recommends that they support the efforts of Fire District 44 to keep everyone safe by voting "YES" on the ballot issue. Further information is available at www.kcf44.org.



Telling the Muckleshoot Story

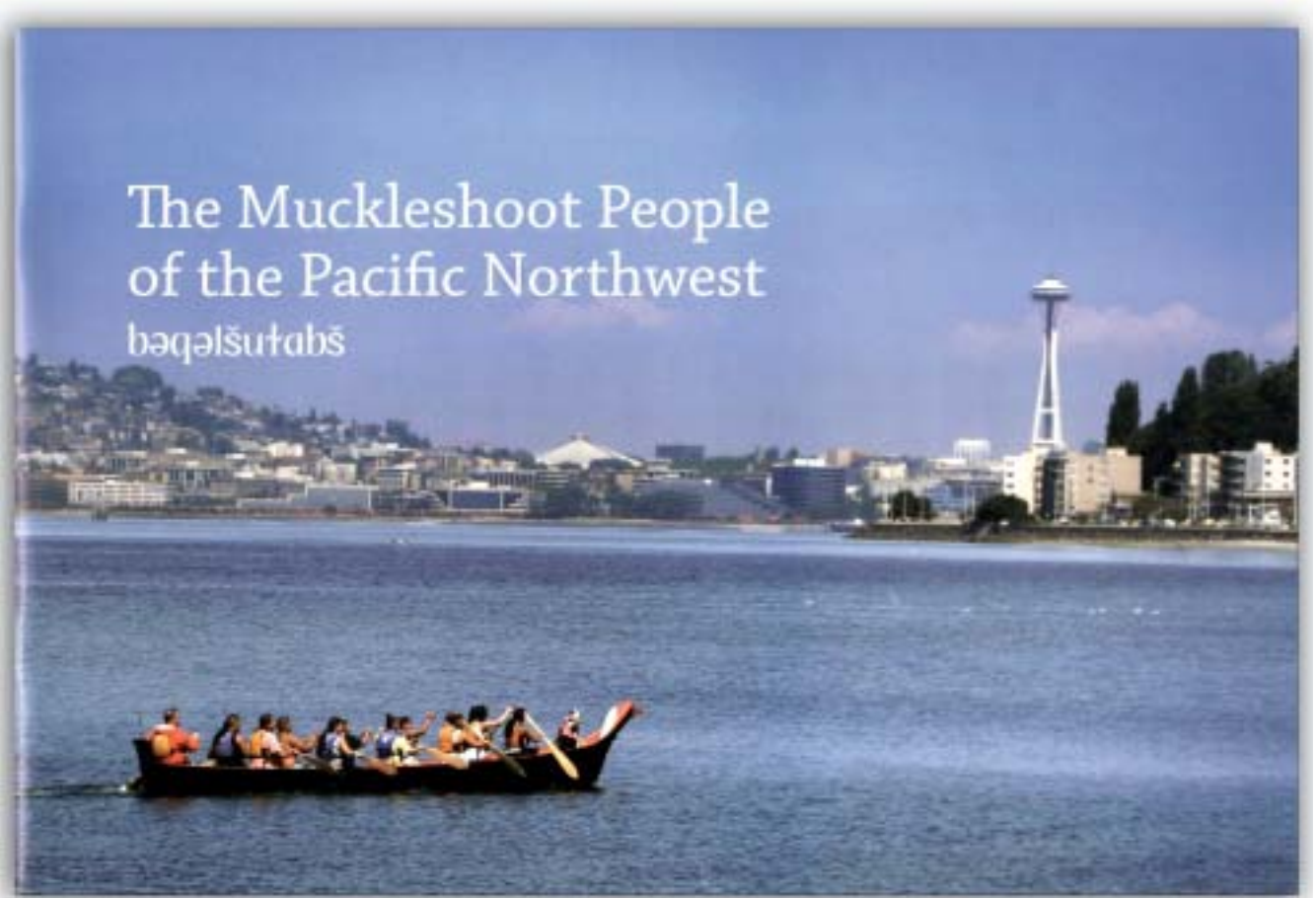
This month's newspaper includes as an insert a copy of the tribe's new brochure titled, The Muckleshoot People of the Pacific Northwest. Commissioned by the Tribal Council in 2012, the brochure details the rich history and culture of the Muckleshoot Tribe from the thousands of years before non-Indian settlement to the economic rebirth made possible by renewed access to fishing resources and introduction of bingo and casino gaming on the Reservation.

The brochure lays out the history of the Treaties of Medicine Creek and Point Elliott, the establishment and subsequent expansion of the Muckleshoot Reservation, the United States policy that sought to break-up tribal communal land, Washington State efforts to restrict off-reservation fishing, hunting and gathering activities, and the Tribe's perseverance in spite of those formidable obstacles.

The Tribe's governmental structure and steps the Muckleshoot community has taken to build a bright and sustainable future through investments in education, health and wellness, human services, community development, fisheries, hunting and wildlife management and heritage resource protections are also explained in the brochure.

The brochure will be widely distributed to various community organizations, local, state and federal government officials, schools and civic institutions. We have also set-up kiosks with the new brochure at the casino exits to help our customers understand how gaming revenue support important tribal government programs.

This new brochure is another important tool we will use in our ongoing efforts to educate the broader community about the history, culture and people of the Muckleshoot Tribe.



This new brochure will be an important tool for educating the broader community about the Tribe's history, culture and people.

VIOLENCE AGAINST WOMEN ACT

continued from page 1

cial, although doing so still remains an option that tribes can choose if they wish.

This is a topic that Jaison Elkins knows something about. A recent graduate of the University of Colorado at Boulder, he researched the topic and wrote a detailed term paper about it. Jaison is currently serving his tribe and gaining community experience as MIT's Youth Services Program Manager, but his future plans include law school. Here's his analysis of the subject, written before the recent passage of the expanded VAWA:

Violence Against American Indian Women

Violence against American Indian women is currently at epidemic rates in the United States, and even when statistics are collected, they may very well be a conservative estimate, according to findings in the Violence Against Women Act. In 2005, Congress finds that 1 out of every 3 Indian (including Alaska Native) women are raped in their lifetimes; American Indian women experience seven sexual assaults per 1,000, compared with four per 1,000 among Black Americans, three per 1,000 among Caucasians, two per 1,000 among Hispanic women, and one per 1,000 among Asian women.

Indian women experience the violent crime of battering at a rate of 23.2 per 1,000, compared to eight per 1,000 among Caucasian women; and, during the period 1979 through 1992, homicide was the third leading cause of death of Indian females aged 15 to 34 and 75 percent were killed by family members or acquaintances.

Studies show crimes against American Indian women go unreported and unprosecuted. That creates an environment that allows sexual predators a green light to prey on American Indian women with impunity. This is not an issue of Indian tribes not prosecuting these crimes; in fact, it's a term that the United Nations coined "Maze of Injustice".

The United States has a distinct legal, treaty, and trust obligations to provide for the public safety of Indian Country. Indian tribes special political status creates criminal jurisdictional complexities that only further make reporting, investigating, and prosecuting violence against American Indian women.

However, The United States is guilty of breaking international law and its federal trust relationship with American Indian tribes because treaty rights are international binding law. In fact, in June 2009 the United Nations Security Council updated its international human rights law to include the phrase "rape and other forms of sexual violence...constitute a war crime, a crime against humanity, or a constitutive act with respect to genocide..."

Thus, the UN Nations finds that rape is not simply an act of violence, but also serves as a weapon of colonial conquest, dehumanization, and genocide. American Indian women issues are a concern of human rights, dignity, and justice. Post-colonial violence against American Indian women has reached epidemic levels with no signs of slowing down, while Indian tribes are ill equipped, lacking proper tools and resources to combat American Indian women issues.

By analyzing a series of two laws that have been passed since 1994 and a newly introduced bill to reduce the amount the incidences and seeks to increase the tools and resources for tribal justice systems. I will first examine the Violence Against Women Act of 1994, then the Tribal Law and Order Act of 2010, and followed by the more specifically tailored legislation aimed to help prosecute offenders and fund survivor health and wellness and address jurisdictional complexities in the Stand Against Violence and Empower Native Women Act.

Finally, I will conclude with critical analysis that shows the federal government is in violation of its federal trust relationship, recommendations, and by looking at the international implications of eliminating the sexual violence of American Indian women.

The Violence Against Women Act of 1994, 2000, and 2005

After a three-year investigation, U.S. Senator Joseph Biden introduced an act that was passed into law called the Violence Against Women Act of 1994, commonly referred to as VAWA. The legislation passed with bipartisan support of 226 sponsors in the House and 68 in the Senate. VAWA concentrates on coordinating community response to domestic violence, sexual assault and stalking crimes, encouraging jurisdictions to bring together multiple players to share experience and information and to use their distinct roles to improve community-defined responses.

One aspect of the law that had direct impact on Tribal

Governments, VAWA allocated monies for The STOP (Services*Training*Officers*Prosecutors) Violence Against Women Formula Grant Program. From 1994 until 2012 VAWA has been signed into law by President Bill Clinton and later reauthorized by George W. Bush and is currently up for reauthorization (2012) under the 112th Congress and President Obama.

The STOP grant programs include, but are not limited to outreach to underserved communities, housing for survival victims, create and implement new policies and training for officers, and justice systems in seeing the threats offenders pose on communities in a effort to end vicious cycles of abuse. Tribes must apply for grants to take advantage of STOP grant funding.

With every reauthorization, VAWA has slowly added more tools and more complex evaluation to enhance programs to aid American Indian women. In an effort to adapt to the information technology era, VAWA of 2000 expands interstate stalking laws to include interstate cyber stalking and added entering or leaving Indian country to the interstate domestic violence and stalking crimes created by VAWA. Attacks on American Indian women come from physical day-to-day activities and from online communications. With an increase of social networking sites and online games, it is critical that there are strong laws to protect American Indian women in the day-to-day interactions and within cyber space.

To enhance programs for American Indian women, tribal governments need to be able to participate in shaping program objectives and data collection. In 2008, the Violence Against Women in Indian Country Task Force held its first meeting in Washington, DC. Consultation between The Attorney General and Indian tribal governments increases transparency, and responsiveness, further extending the federal government to tribal government relationship. Nation-to-nation interactions creates an ongoing dialogue, holding all involved parties responsible, with the goal to lower violence against American Indian women.

On the contrary, VAWA does not bring justice to American Indian women survivors and those who have lost their lives. Even when crimes are investigated and tribal governments follow the institutional steps of Indian tribes current justice systems, the federal government fails to prosecute – they do so in 65 percent of all reservation cases. Tribes are limited to only prosecution of Indian against Indian crimes (depending on the severity), where the crime took place, the status of the offender and the victim. Tribal justice systems have no criminal jurisdiction over non-Indians who commit crimes within Indian Country. The complexity can be traced to three federal laws that Native Studies scholars look to when examining criminal jurisdiction in Indian Country, the General Crimes Act of 1817, the Major Crimes Act of 1885, and Public Law 280 enacted in 1953.

Tribal justice systems are the most appropriate institutions to administer justice, and maintain law and order within Indian Country, but they lack trained professionals, prison facilities and, resources necessary to deal with the increasing and complex cases. The Tribal Law and Order Act aims to give tribes more tools to combat crime locally.

The Tribal Law and Order Act of 2010

Prior legislation allocated monies for detailed evaluations of criminal activity within Indian Country. Data collected by The Department of Justice (DOJ) from 1992 to 2001 revealed that the crime rates experienced by American Indians are two and a half times higher than those experienced by the general population in the United States.

To make matters worse, the U.S. Attorney's Office (USAO) declined to prosecute 46 percent of assault matters and 67 percent of sexual abuse and related matters USAO's reasoning for high declination rates is due to a lack of documented evidence and data collection by trained professionals. Sometimes, evidence is criticized as not being valid, or strong enough to try alleged offenders in federal courts. Sometimes, victims have to wait hours or even days for first responders. Responsive investigators are critical to collecting evidence to build an accurate case for trial.

Recognizing the lack of law enforcement in Indian Country, "less than 3,000 tribal and Federal law enforcement officers patrol more than 56,000,000 acres of Indian Country, which reflects less than 1/2 of the law enforcement present in comparable rural communities nationwide...", a desperate solution to fill this void is to cross-deputize tribal police officers, so that they can enforce federal laws against all offenders on

continued on page 3

SUBSCRIBE TO THE MONTHLY...

The Muckleshoot Monthly is delivered free of charge to members of the Muckleshoot Tribal Community. You can help us to serve you better by providing us with an up-to-date address. Please fill out the form below and mail it to:

MUCKLESHOOT MONTHLY
39015 - 172nd Ave. SE,
Auburn, WA 98092

clip and return

SUBSCRIPTION REQUEST
/ ADDRESS UPDATE

New subscription Address change

Name _____

Address _____

City & State _____ Zip _____

If this is an address change, list previous address:

Address _____

City & State _____ Zip _____

I am a Muckleshoot tribal member,

I have ties to the Muckleshoot Tribal Community

Please explain:

Muckleshoot Tribal Council

Virginia Cross, *Tribal Chair*
Mike Jerry Sr., *Vice Chair*
Virgil Spencer, *Secretary*
Marcie Elkins, *Treasurer*

Mark James
Kerri Marquez
Marie Starr
Louie Ungaro
Charlotte Williams
Nick Bennett, *Councilmember-Elect*

Muckleshoot Monthly
John Loftus, *Managing Editor*
39015 172nd Avenue SE
Auburn, WA 98092
muckleshoot.monthly@yahoo.com

BERNICE WHITE SITE BLESSED

continued from page 1



Stanley Moses saw someone aiming something at him in the dark. Then the flash went off. It was a news photographer.

stant danger as they openly exercised their treaty rights for the first time, but they shared those dangers, and as any veteran of the Fish Wars will tell you, "We were all in it together back in those days."

Still waiting for the blessing ceremony to begin, Louie shared some stories. Pointing directly across the river channel at a rugged slope of rocky rip-rap, he told of how the state fish and game officers came in one day and tied the fishermen's nets to their pickup and dragged them, one by one, up over the rocks onto the blacktop parking area above.

"We had a right to be there," he recalled, "and we got our nets back eventually, but they'd been all torn up by the rocks and were completely useless."

The *Seattle Times* reported that 17 Muckleshoot gillnets were confiscated that day. Judge Boldt responded by issuing a restraining order, but the costly nets had already been ruined.

"The River Shack wasn't much," Louie said, "but at least it had a toilet and shower." Several other fishermen had shelters of one sort or another along the river, but the River Shack was one of the main stops. And it wasn't all tension and drama. They had a lot of fun, too.

Walter Pacheco, who would go on to a long career in tribal administration, was a fisherman back in those days. He recalls his visits to the River Shack, and how funny those guys were – particularly Manny Oliver – but that you had to be careful where you walked "or you might fall through the floor."

Dennis Anderson Sr., now the Muckleshoot Shaker minister, was another regular, but for him fishing the river wasn't about some legal battle. It was just an extension of what he'd been doing ever since he was a boy: harvesting fish and game wherever and whenever he could, from the very tops of the local watersheds all the way down to the saltwater.

"Heck yeah," Dennis says. "I was just exercising my treaty rights, like I'd been doing for as long as I could remember."

Subsistence hunting and fishing were carried on very dis-

creetly, of course, but this was the Muckleshoot way of life during the long generations when their hunting and fishing rights, although guaranteed by federal treaty, were denied by the state.

For several years leading up to the Boldt Case, a number of men led by Cecil Moses and calling themselves the Muckleshoot Fisheries Commission would circle their pickups near The Chimney up on the reservation and sit on their tailgates to discuss strategy. Their primary goal, as now-retired longtime Fisheries Commission chairman Stanley Moses recalls, was to get a test case into the federal courts to prove that their treaty rights were still valid.

Fish-Ins were held with that goal in mind, but the state officers frustrated them time after time by arresting the fishermen and confiscating their equipment and then later releasing them without pressing charges, thus denying them their day in court.

They persisted, though, and finally got that day in court. Young Stan was one of the defendants in that case, *U.S. v. Washington*, which would result in what history knows as the Boldt Decision.

Other changes were taking place on the reservation, too, as new programs such as Head Start provided jobs for community members and hope for the future. The Tribal Council began to really matter, and the earliest stages of meaningful government-to-government relationships began to take shape. With the assistance of federal VISTA workers and Legal Services attorneys, protests and marches were carried out that grabbed headlines and brought new power to the Tribe.

There were many others that served and deserve recognition, but Bernice White, the Tribal Chairman, has come to symbolize tribal elected leadership in this dynamic era.

"My Grandma looked at fishing as a good way for the young men to make a living," current Tribal Council member Mark James says. "In addition, it was another way to feed the family – a traditional way, not like the surplus commodities the government provided."

He has memories of his Grandma Bernice always getting dressed up to go to a meeting, and of himself as a youngster "packing a sign" as he stood on the steps of a courthouse in Seattle or the Capitol in Olympia.

"Fishing is a strong presence in tribal members," Mark says. "Like me: I didn't think about anything else, just wanted to be on the water. This is who we are. We are the Water People. We are the Salmon People. And this is what my Grandma and the others of her generation worked and fought for."

Tribal Elder Bernice White Place, a historic site to the Muckleshoot people, is still a work in progress. Further ceremonies will be announced upon its completion.



Bernice White



Judge George Boldt



Valerie Bellack, Bernice's youngest daughter, accompanied by son George, lays a bouquet on the shore.



This is the historic "Treaty Trek" photo. Bernice White is on the left, and the old Muckleshoot Community Hall is in the background.



State Game Agent Roger Lloyd with 1 of 17 confiscated Muckleshoot nets, January 10, 1975.

VIOLENCE AGAINST WOMEN ACT

continued from page 2

Indian lands, regardless of their race as Indian or non-Indian. The Tribal Law and Order Act (TLOA) aims increase accountability for federal agencies to investigate and prosecute reservation crimes, and enable tribes to fight crime locally.

In summary, the TLOA aims to increase accountability, empower tribal justice systems, and reauthorization and amending existing federal programs designed to fund and improve tribal police, courts, corrections, prevention, and juvenile justice. Sentencing of criminals under the Indian Civil Rights Act (ICRA) used to limit sentencing to one year in prison and fines up to \$5,000, with the TLOA amendments to ICRA tribe courts can sentence 3 years for each offense and stack up to a 9-year cap.

Even with new legislation, tribes cannot prosecute non-Indian criminals within Indian Country, knowing 85 to 90% of perpetrators are non-Indian. It is widely known that sexual predators are likely to re-offend. To protect victims and communities, increased data collection and sharing through TLOA will keep track of cases that are declined, and also track sexual offenders when they are released from prison. In addition, tribal and federal officers serving Indian Country can be trained in interviewing of sexual assault victims and data collection in order to build stronger cases for victims and survivors of abuse.

Legislation can be a slow and deliberate process, with many moving parts, and minutiae that goes into shaping laws for a specific outcome. Along the way, a bill can lose steam and evaporate into the legislative ether. With energy, care, and leadership Senator Akaka (HI) has introduced the Stand Against Violence and Empower Native Women Act 2011 (SAVE Native Women Act). As shown, VAWA (1994) being a general law to address violence against women with a small vague section for American Indian women; TLOA (2010), moving toward jurisdiction issues, prosecution, and investigation of crimes in Indian Country; and, now with new legislation being worked out in The Senate Committee on Indian Affairs, the Stand Against Violence and Empower Native Women Act or SAVE Native Women Act.

The Stand Against Violence & Empower Native Women Act

The SAVE Native Women Act, if passed, would be a landmark era for restoring Indian tribes' sovereignty. The SAVE Native Women Act would reverse the Supreme Court's 1978 *Oliphant v. Suquamish Indian Tribe* decision by recognizing tribal court jurisdiction over all offenders of domestic violence on Indian lands. For far too long, non-Indians who commit crimes against Indians have been let off the hook because complexities of criminal jurisdiction over non-Indians within Indian Country and lack of will to prosecute at the federal level.

Attacks against American Indian women are staggering, as Cynthia Cooper reports, "Advocates reported 44 rapes in a single weekend on the Pine Ridge Reservation in South Dakota." Indian tribes criminal jurisdiction has been stripped

from them, with no effective ways to administer justice, and when tribes use the current justice system, federal officials have declined to prosecute up to 46 percent of assault matters and 67 percent of sexual abuse and related matters, as previously stated. Tribal justice systems are severely limited, feeding a vicious cycle of violence against women, with impunity. If tribes are equipped with a fully operating justice system, they can and will restore justice to American Indian women and all living within Indian Country.

Furthermore, the SAVE Native Women Act goes further to, Increase awareness of domestic violence and sexual assault against Indian women; enhancing the response to violence against Indian women at the Federal, State, and tribal levels; identifying and providing technical assistance to coalition membership and tribal communities to enhance access to essential services to Indian women victimized by domestic and sexual violence, including sex trafficking; and assisting Indian tribes in developing and promoting legislation and policies that enhance best practices for responding to violent crimes against Indian women, including the crimes of domestic violence, dating violence, sexual assault, sex trafficking, and stalking.

The SAVE Native Women Act recognizes that American Indian women are preyed upon by mostly non-Native perpetrators, who know that if the status quo is to remain, they will commit crimes against American Indian women and American Indian peoples with little to no consequences. If this act is passed and becomes law it will move one step closer to restoring justice to American Indian women, dignity, humanity, and recovery to individuals and American Indian nations.

The SAVE Native Women Act, in addition to VAWA and TLOA, advocates for increased collaboration between tribes, local municipalities, state governments, and federal officials in an effort gain expert analysis, data sharing, and effective policy to help Indian tribes. In addition, the SAVE Native Women Act will help survivors with the support and recovery process, to end intergenerational trauma. And lastly, American Indian women, Aboriginal women, Latina women go missing every day, if the SAVE Native Women Act is effective, it can be groundbreaking blueprint to prevent the heinous crimes against Indigenous women.

American Indian women issues are human rights issues, they are Indigenous issues, they are tribal sovereignty issues, U.S. domestic issues, and overall a reflection of patriarchy imposed upon all women. The current condition of American Indian women is a catastrophe, and the American Indian women who suffered and lost their lives will have died for nothing if justice is not served and recovery is not in the process. If nothing is to be done, the colonial and genocidal attack on American Indian women as dehumanized, hyper-sexualized chattel will continue to be done by non-Natives and Natives alike, and a broken justice system imposed upon by the United States Government will continue failing to bring justice to all. American Indian women cannot wait, they must

let their voices be heard now, and allies must be as culturally sensitive and respectful to American Indian women to see positive change come to fruition.

Where do we go from here?

Laws are toothless and ineffective if they are not funded completely by Congress and signed off by the President. Success of VAWA, TLOA, and The SAVE Native Women Act is contingent on adequate funding, nation-to-nation collaboration, expert analysis and testimony, consultation, training, and most importantly active American Indian women along with allies to share their survival stories, and be the advocates for change.

For the U.S. Government to de-fund VAWA, and TLOA, and not pass the SAVE Native Women Act, equates to human rights violations and not fulfilling their federal trust obligations with Indian nations. The U.S. prides itself as being a nation governed by laws, and in regards to American Indian women, the U.S. must do their part in restoring justice to American Indian women.

The Oglala Sioux Tribe, in October 2010 was awarded a \$40 million grant from the U.S. Department of Interior, under the Indian Self Determination and Education Assistance Act of 1975 to build the Pine Ridge Justice Center Complex. The new complex will house the Oglala Sioux tribal courts, attorney general's office, public defender's office, public safety offices, jail, Department of Public Safety administration offices, and housing for tribal police officers. The Oglala Sioux Tribe is taking steps in the right direction to combat violence against American Indian women. It will take time to evaluate the improvements of the Pine Ridge Justice Center Complex on citizens on the Oglala Sioux Tribe.

Tribes must remain hopeful, and the U.S. federal government must be supportive of tribes that are ready to administer justice within Indian Country. The facts are sobering in regards to violence against American Indian women and they are not part of some Indian plight, but rather, an undeniable failure of the U.S. federal government to faithfully ensure its trust relationship with Indian tribes. Recognizing American Indian women issues are human rights issues, they are Indigenous issues, they are tribal sovereignty issues, U.S. domestic issues American Indian women are at the forefront of inequalities that all women face. Imagine if American Indian women are the catalyst for equality and justice for all women, all around the globe?



Jaison Elkins

Four Native Women to Receive Enduring Spirit Awards



ANACORTES, WA – More than 150 Native women will join together at the Swinomish Lodge to engage in an intergenerational exchange of knowledge that features positive role models and leadership development. This year's theme, "The Power of Indigenous Women – Reaching Hands Across Borders" will honor and recognize the importance of our sisterhood both here in the United States and across borders with our sisters in Canada and beyond.

The 9th Annual Native Women's Leadership Forum place on April 5, 2013 at the Swinomish Lodge in Anacortes, WA and will include the Enduring Spirit Honoring luncheon, a special awards presentation, during which four women will be honored for their lifetime achievements in serving their people and communities. These amazing women have shared their talents, cultural knowledge, and expertise to positively impact: tribal self-determination, economic development, community health and wellness, the educational needs of youth, and the retention and preservation of culture.

Honorees are nominated by their community for outstanding recognition of their lifelong contributions to building, strong, healthy Native communities. The Enduring Spirit Award was created back in 2001 specifically to honor Native women who have devoted their lives to working for and on behalf of their communities creating positive outcomes. To date, over 35 women have been honored. The 2013 Enduring Spirit Honorees include:

Virginia Bill (Upper Skagit) has worked with tireless dedication to improve and promote education and educational opportunities for Native people for the past 40+ years. Her faith, sense of humor, traditional grace, and intelligence have endured and succeeded in realizing her dream, which was, as she transitioned from high school to college; to "change the nation for a better place for all of us." Virginia is currently the GED/ABE coordinator at Swinomish Northwest Indian College (NWIC).

Beverly Peters (Swinomish) serves as the Caregiver Program coordinator where she has worked to recruit, support and promote the training of tribal members as caregivers for our STC elders. Bev acts as the Youth Compliance Officer for the STC Tribal Court. In this capacity, she collaborates closely with the tribal court and tribal law enforcement. She provides one on one consultation to young STC community members, providing supervision as an alternative to incarceration. Throughout this process, Bev is there to help and guide them on positive path.

Patsy Whitefoot (Yakama) has devoted her life to improving education for Native students. At the urging of her grandmother, Patsy obtained a B.A. with a Teaching Certificate in Education from Central Washington University in Ellensburg, WA and a M.A. from Ft. Wright College in Spokane, WA. For almost 40 years, she has been teaching, facilitating and managing Indian Education and community mobilization programs from preschool to higher education at the local, tribal, state and national level. In her role as an educator, she advocates her ancestors' vision of holistic health, environmental and spiritual well-being with origins in the Native languages, values, cultures and histories of the aboriginal landscapes of the Americas.

Teri Gobin (Tulalip) is dedicated to assisting Tribal Members and others to improve the quality of their lives through education and training to enhance their skill level for new career and business opportunities. Teri has been instrumental in developing new Tribal Code Laws that protect the workforce and provide preference in employment, contracting and economic opportunities for her people. She inspires others as she stands firmly planted and shares her beliefs and walks her talk in giving her community and people all her love and dedication to build a stronger and better healthier living for all in the community.

For more information visit the website at: www.enduringspirit.org

Oglala Billy Mills receives Presidential Citizens Medal

Billy Mills was awarded the 2012 Presidential Citizens Medal on February 15th by President Barack Obama. Mills is a co-founder and the National Spokesperson of Running Strong for American Indian Youth, an organization that strives to build the capacity of communities, grassroots Indian organizations, families, and individuals to leverage their strengths and solve problems.



"I am humbled and honored to be recognized by the President in this extraordinary way," said Billy. "The most powerful thing you can give to a child is a dream. I hope every child in Indian Country knows what is possible if you follow your dream."

Mills, who is a member of the Oglala Sioux Tribe, won an Olympic Gold Medal in the 10,000 meters in 1964. His win is considered one of the greatest upsets in Olympic history, and he remains the only American to ever win this event.

Running Strong and NARF are two of seven national Native non-profits that have formed the Native Ways Federation, a workplace giving and charity accountability organization serving tribes and Native peoples around the country, leveraging national strength for local impact.

Mills was one of 18 people who received the Presidential Citizens Medal, the second-highest civilian award in the United States, second only to the Presidential Medal of Freedom. Each year some 6,000 applications are received by the White House for consideration to receive the Medal.

PER CAPITA REMINDERS

1. When you turn 13 or 18 during a Per Cap Distribution and you have Direct Deposit you will need to turn in a **New Direct Deposit form** for your new Age group otherwise we will cancel your Direct Deposit until we receive a new one. Teen Direct Deposit Form (orange) Adult Direct Deposit Form (brown) or Seniors (green)
2. If you want someone else to pick up your Per capita Check you need to fill out an **Authorization Form** and have it notarized and turn it into Tax fund. We will not accept forms that are not notarized.
3. If you have closed your Bank Account please notify Tax Fund As Soon As Possible so that we can cancel your Direct Deposit. If you wait and we have already send in your Deposit to the Bank you will have to wait until the Bank sends a letter to Tax Fund stating that the deposit did not go through (this can take 1-5 days), then we have to print you a check. This will delay you getting your money in a timely manner.
4. If you or a family member are incarcerated and want to notify Tax Fund of what you would like us to do with your Per Cap (mail, put in someone else's name, hold it or just want someone to pick it up) **We require a letter to be mailed to Tax fund directly from the jail so it is unopened when we receive it.** This is the only way Tax Fund will follow the request being made from an incarcerated Tribal Member
5. Things to double check before Per Cap Distribution to make sure Tax Fund and Enrollment has your correct information
 - Address Change has been updated
 - Your name has changed and you have a Social Security Card showing your new name. Enrollment will need a copy of this before Tax Fund can change in their system.

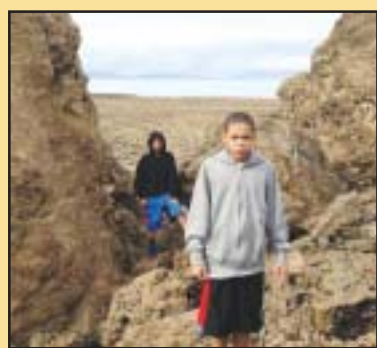


ATTENTION MUCKLESHOOT SENIORS (Heads of Households Only)

If you would like to receive an emergency Grab 'N' Go Kit for your household and you are a Muckleshoot Tribal Member ages 50-59 or 60+ and have not yet received a kit, contact Ada McDaniel at 253-876-3247. One per household.

Pyramid Lake Youth Tourney

Submitted by Donnie Jerry



Donald Jerry in the back and Freddy Brown III up front



Having fun downtown



Leetah Jerry at Pyramid Lake



CHAMPS! Here are the champs of the Pyramid Lake Youth Tourney in Nixon, Nevada 7th an-8th grade division. Back row Donald Jerry Jr, Freddy Brown III, Wyatt Courville, Cameron Shawl, Trazil Lane, Yahola, coach; front row is Gina McCaully, Trisha Priest, Marquee Wilson.



Here are the champs with their hardware!!!



Wyatt Courville

Last Fish Dinner 2013

PHOTOS BY JOHN LOFTUS





MTS Student Representatives



Sierra Pacheco
President



Juanita Hernandez
Representative



Marvin Moses
Vice-President



Gloria Simmons
Representative



Jenel Hunter
Secretary



Myckenzi Courville
Middle School Representative



Lucy Moses
Representative



Leilani Pavel
Middle School Representative

MTS February Students of the Month

- **Kaitlin Lessard** – Kaitlin is a great student to have in class. She is a strong leader and hard worker, I can always count on her to get her work done on time.
- **Ryan Ramos** – Ryan is always on task, a great friend, a great helper in the classroom and a hard worker.
- **Montoya Lozier** – is a hard worker. She has made great strides in her reading. She gets along with everyone and tries to help out as much as she can. Montoya consistently turns in her homework. She always has a smile on her face and is eager to learn.
- **Astraiya Penn** – Astraiya is an excellent teachers assistant and is always looking for ways to help out! She completes her work in class, and has a good attitude. She is a natural leader and participates in all of our cultural activities here at MTS. Astraiya also enjoys sports and is very athletic. I am very proud to be Astraiya's teacher!
- **Larissa Mathias** – Larissa is a kind and responsible friend. She always does the right thing and works hard to complete all assignments.
- **Leila Sam** – Leila is a smart, caring person. She is a leader in Circle and for her people. She sings and drums beautifully. She is respectful and works hard in math and reading.
- **Izreal Judson Elkins** – Izzy is wonderful at following instructions in class. He does a great job of interacting with his classmates and loves to make people smile with his humor and jokes. Izzy has great insights in our discussions and works hard to understand the lessons in class. He's always quick to fix things and is very motivated to do anything to help in class. We enjoy having Izzy around and he is a pleasure to have in class.
- **Leslie Starr** – Leslie has excellent attendance all year so far. She participates in class, for every subject. She is a natural leader, has a good sense of humor, and has a strong sense of what is right and what is wrong. If she makes a mistake, she is honest enough to admit it and make it right. She has integrity, is a pow-wow dancer, good singer and drummer. We enjoy having her in our class!
- **Robbie** – is a great leader in the 5th grade. He takes pride in the appearance of our campus and helps pick up litter to ensure it stays beautiful. He has showed such great improvement in turning in his homework that he truly deserves to be student of the month.
- **Natalie Lessard** – Natalie is a great student leader. She is always ready for class and tries her best at everything. She is a great friend, kind to others and respectful. She never argues or puts anyone down. Everyone likes being around Natalie!
- **Elijah Lobehan** – is very motivated to learn. He answers questions in class and participates in all areas.
- **Annalisa Ulima** – has great learning skills and is one smart cookie! She always listens carefully to her teachers and to her friends. She is kind and helpful in class and at recess. We are so happy to have Annalisa in our class.

Congratulations to each and every one of you! Keep up the good work!

2013 MTS Kings Baseball Schedule

Date	Opponent	Time	Location
March			
12	*MRLH	3:30pm	Muckleshoot
15	*Quilcene	3:30pm	Muckleshoot
18	Lummi Nation school	3:30pm	Muckleshoot
19	*Rainier Christian	3:30pm	Muckleshoot
26	*Evergreen Lutheran	3:30pm	Muckleshoot
27	@MRLH	3:30pm	MRLH
April			
2	Bush School	3:30pm	Muckleshoot
15	MRLH	3:30pm	Muckleshoot
17	Evergreen Lutheran	3:30pm	Muckleshoot
19	*MRLH	3:30pm (2)	MRLH
23	*Quilcene	3:30pm (2)	Quilcene
26	*Rainier Christian	3:30pm (2)	Rainier Christian
29	Mary M. Knight	4:00pm	Mary M. Knight
30	*Evergreen Lutheran	3:30pm (2)	Muckleshoot
May			
2	Cedar Park Christian-MLT	3:30pm	Shoreline (Hamlin Park)
7	Lummi Nation school	3:30pm	Lummi
11	Districts	TBA	Stanwood, WA
18	Regional Playoffs (1 st Round)	TBA	TBA
24-25	State Tournament	TBA	Ellensburg, WA

* Denotes League game

Kings 2013 Girls Fastpitch schedule

Date	Opponent	Time	Location
March 16 th	Wishkah Valley	1:00pm	Wishkah Valley
March 20 th	Enumclaw	TBA	Enumclaw
March 22 nd	Tahola	4:00pm	Tahola
March 27 th	Enumclaw	TBA	TBA
April 5th - 14th Spring Break			
April 17 th	Tahola	3:30pm	Muckleshoot
April 19 th	Quilcene (2)	2:30pm	Muckleshoot (7 inn/5 inn)
April 23 rd	Quilcene (2)	2:30pm	Quilcene (7 inn/5 inn)
May 2 nd	Wishkah Valley	3:30pm	Muckleshoot
May 7 th	Cascade Christian	3:30pm	Muckleshoot
May 11 th	District	TBA	

7 Steps for Developing Your Children's Self-Esteem

Parents/Guardians,
Here is some ways to help our kids be successful.

C. Michael Aaron, Superintendent of the Muckleshoot Tribal School

Step 1: Use "Praise Words", try to use them often with your children. Praise helps to build self-confidence.

Step 2: Give compliments every chance you get. We take a lot of things our children do for granted. When they clear the table, do their homework, or feed the dog, say, "Thanks!" Otherwise, you are missing a great chance to reinforce the behavior you want.

Step 3: Acknowledge special efforts. Notice when your children do something special, such as display their best manners at a restaurant, dress nicely for school, or say "please" and "thank you" without your coaxing. All of these deserve your praise.

Step 4: Recognize each good decision. When your children make the wisest choice in any situation, point it out with a smile and a hug. We are often tempted to compliment from the negative perspective, such as, "It's about time you did it right." This reaction is actually a put-down.

Step 5: Avoid put-downs, even as jokes. Children take them seriously. They may not admit it, may even laugh with you, but on some level they believe the put-down is deserved and this contributes to poor self-esteem.

Step 6: Praise academic achievements. An "A" is a wonderful grade, but it is not the only grade deserving of praise. Encourage progress by praising all achievements, big and small.

Step 7: Don't compare your children. "Your older brother was able to do this faster" only discourages a child and causes resentment. Remember that each child is different and special.



Kings Basketball Team Caps Off Second Place Season

By Coach Bill Hawk

As the Tri-District tournament continued, the Muckleshoot squad found themselves in the win or go home bracket, a place from which they had resurrected themselves in the previous two seasons to continue on the state playoffs.

Their first opponent in this bracket was their old nemesis Lummi Blackhawks, a team the Kings have never beaten – until now. After falling behind at halftime 22-17. The Kings switched defenses on the Lummi five and gradually crept back into the game, though still behind after the third quarter 33-27. That’s when the top two scorers all year for the Kings – Joshua Cline and Luis Esparza – took over, scoring all 18 of their team’s points while the rest of the Kings sharpened up their defensive and rebounding skills to hold Lummi to 6 points.

Final score: Muckleshoot 45 Lummi 39. In addition to their scoring, Cline pulled down 12 rebounds and Esparza had 8 steals. Not to be overlooked were the 9 rebounds of



Fide Ortiz, and the 4th quarter defense of Buddy Brendible and Tristan John. The Lummi players were very gracious to the Kings after the game in what has become more of a friendly rivalry.

In the final district game to see who would advance to the regional state playoffs, the Kings faced league champion Christian Faith for the 4th time this season. Unfortunately, the results were the same as the other three in the 55-41 defeat. The strategy was to take the ball at the Eagles big center and make him have perfect defense or foul out trying.

Well, he fouled out with only 8 points, but the Eagles had other weapons as well, and those weapons prevailed every



Graduating Muckleshoot Kings and their families were honored at center court

time the Kings made a rally. After initially falling behind in the first quarter, the Kings put in a great effort to trail by only five at halftime. However a 16-6 deficit in the third quarter proved too much to overcome. Fide Ortiz had his best game with numerous rebounds and 7 points, and Josh Cline led the scorers with 14 followed by Trisdin Lozier with 10. All the Kings could do was wish the Eagles well and get ready for next year.

And for next year, the Kings lose three seniors: Sampson Sam, Josh Cline, and Buddy Brendible. They all played hard when given the opportunity, and that legacy will hopefully be shared by the nine returning players as well as upcoming 8th graders and any new students to the school.

The league this year was a veteran league with most everybody’s players returning from a year ago except Mt. Rainier Lutheran and the Kings. So finishing second in the league and playing in the league championship game was a tribute to the players coming together so quickly and over-achieving in pursuit of their goals. One huge element that helped was the continual support of the school and community that followed both the boys and girls this season. All combined for once again a successful Muckleshoot Kings basketball season.

Lady Kings finish season 14-8, best in school history

By Coach Jodie Wojdyla



2013 MTS Lady Kings

The MTS Lady Kings wrapped up the 2012-‘13 basketball season as the second place team in the Seatac 1B Conference, and earned their first-ever appearance in post-season play. As reported earlier, the Lady Kings defeated Crescent High School in the first round of play, but fell to Neah Bay in the second round. On February 14, the girls faced Evergreen Lutheran High School, and with the 41-point effort from Olivia Ho, the girls posted a 51-36 victory.

On February 18, the final day of Tri-District play, the girls traveled to Mount Vernon to face Mount Rainier Lutheran High School. With a state regional berth on the line, the girls played hard, but lost a close contest by a score of 36-30. Olivia Ho lead the team with 17 points.

The Lady Kings recorded the best season in school history, winning 14 games and losing 8. They will lose four seniors to graduation – Kacey Heffington, Keilani Moses, Becky Ocampo and Sylvia Agaton – but will return a number of underclassmen. Thank you to all that have supported the team this season!!

Kings Wrestling Team Gains Valuable Experience

By Coach Todd Moser

The Muckleshoot Kings Wrestling team opened up their season at Friday Harbor with 3 wrestlers taking to the mat last Friday night. Returning letterman Chezeray Starr led the squad for the Kings, with 2 matches in the tough 145 weight class. J.R. Hamilton had 2 matches at 152 and Melissa Ho made history when she took the mat as the first female wrestler to compete, as she had 2 matches against young ladies from LaConner. The young Kings squad (two Freshmen and one first-year female wrestler) didn’t come up with any wins on the night, but gained valuable mat time and wrestled hard.

With 13 wrestlers involved so far, the program is growing in its 2nd year of existence. Last year, we had 5 letter-winners (Kevin Higgins, Ben Lazzar, Chezeray Starr, Charles Starr and Raymond Eyle-Owens), with Chezeray Starr and Kevin Higgins competing at the regional competition and 6 wrestlers compete in matches throughout the season. We will already have 6 wrestlers eligible for competition this Friday at 6pm at Tacoma Baptist High School (Chezeray Starr, Charles Starr, Raymond Eyle-Owens, J.R. Hamilton, Raven Nelson and Melissa Ho).

We also have a growing coaching staff, with Luke Barzie (189 medal winner at the 4A level) and Georgina Badoni (Girls’ Coach) joining Head Coach Todd Moser (2nd year at MTS, 5 yr. assistant at Kent-Meridian). Luke Barzie is the “takedown specialist” for the Kings staff, with Todd Moser specializing in the “ground game” and Georgina Badoni specializing in the instruction of our young ladies.

The young Muckleshoot Kings wrestling squad continues to gain valuable mat time, as they continued their season with an away meet at Tacoma Baptist High School on the night of December 16th. Three wrestlers (Charles Starr, Chezeray Starr and J.R. Hamilton) each had 2 matches against opponents from Darrington and Concrete.

The young team fought hard as they continue to learn the sport and work diligently to build their physical strength. Our next event will be a tournament at Elma High School on January 7th. There are 7 wrestlers who are planning to represent Muckleshoot Tribal School at the tournament (Charles Starr, Chezeray Starr, J.R. Hamilton, Melissa Ho, Ben Lazzar, Raymond Eyle-Owens and Raven Nelson). Raymond (injury) and Nelson (illness) will be looking to get their first matches of the season.

Go Kings!

The Muckleshoot Kings Wrestling Team wrestled hard last Saturday in Yelm, with 5 wrestlers competing in 14 total matches. The young men (and a young lady) competed and prepared with pride and determination, with several of the wrestlers completing their final pre-competition conditioning with a 7:15 run (45 minutes before weigh-in) as the sun was beginning to rise in the rural town of Elma.

The determination, hard work and experience invested by our wrestlers was rewarded by bringing home 4 pins on the day: Ben Lazzar pinned Sam Normandin of Franklin Pierce in 47 seconds, Charles Starr pinned Justin Maggi of Capital in 24 seconds and J.R. Hamilton pinned Andrew Holstrom of Montesano in 1:59 and Nicholas Reeson of Capital in 2:15. Chezeray Starr and Melissa Ho also wrestled hard and represented the team as true sportsmen.

Go Kings!

The Muckleshoot Kings had their inaugural home wrestling meet Wednesday night (January 25th), hosting Chief Leschi and Tacoma Baptist. Wrestling for the Kings were:



MTS Wrestling Team at Darrington after league tournament. They finished as follows: Chezeray Starr, 3rd place at league; Raymond Eyle-Owens, 3rd place; Ben Lazzar, 3rd place; Danny White, 4th place; Charles Starr, 4th place; *Go Kings!!!*

Chezeray Starr (9th grade), Charles Starr (10), J.R. Hamilton (9), Ben Lazzar (10) and Raymond Eyle-Owens (10). Melissa Ho was honored as the only Sr. on the squad; and, the 1st ever female wrestler for the Kings.

Charles Starr pinned Dairion Earl-Lovejoy of Chief Leschi in a 152 pound match, and J.R. Hamilton also had a closely contested victory over Earl-Lovejoy.

The young Kings’ squad continues to improve and earn tough wins as they prepare to wrap up the regular season with a Dual meet in Concrete, Saturday January 28th. The Kings will wrestle Feb 4th in Darrington to begin their post-season wrestling.

– Thank you to the overwhelmingly positive show of support that we received from our fans during our 1st meet, including a “guest appearance” by our Boys Basketball team during their halftime break!

Go Kings!!

The Muckleshoot Kings concluded their wrestling season Saturday when the young Muckleshoot wrestlers competed in the Regional Wrestling Tournament at Chief Leschi High School. Charles Starr (sophomore) competed at 145 pounds, while Ben Lazzar (sophomore) wrestled at 285. Melissa Ho (senior) also wrestled, at Bellingham High School, in the Girls’ Regional Tournament.

The Muckleshoot Wrestlers have their sights set high for next season, with Lazzar, Charles Starr and Chezeray Starr (who wrestled in the Regional Tournament last season but was sidelined with a broken clavicle this season) work toward their goal of moving past the Regional Tournament to the State Tournament. While he narrowly missed a berth to the regional tournament, J.R. Hamilton was an inspiration to the team during the week leading to the Regional Tournament, as he elected to come to practice and train hard to help his teammates get ready for “Regionals”. Hamilton (freshman) competed at 152 pounds and led the squad in wins during the regular season.

Go Kings!
~ Coach Todd

100% Test/Quizzes Mrs. Guest’s Math Class Way to Go!!!

100% Properties -7th grade

- Erika
- Nathan
- Hiya
- Kash
- Sheylynn
- Matt
- Shania
- Darina



Students Who Receive an A Properites - 7th Grade

- Cece
- Angel

100% Multiplying and Dividing Integers - 8th Grade

- Dontae
- Alexis
- Jordan
- Leilani
- Anthony
- Kelsi
- Eric
- Norman

Students Who Received an ‘A’ Multiplying and Dividing Integers - 8th Grade

- Alby
- Sheyrena
- Myckenzi

Properties 100% 8th Grade

- Jose

Translating words in to algebraic expressions 100% 8th grade

- Leondra

Muckleshoot Tribal School Sports

New season started on February 22, 2013

- Boys Baseball
- Girls Softball
- High & Middle School Track Co-Ed

REQUEST FOR PROPOSALS

The Pow-Wow Dance Class at the Tribal School is seeking proposals to make 30 jingle or fancy shawl dresses. If you are interested please submit proposal which includes costs per dress, date of when dresses could be completed and copy of your business license to Michael Aaron by April 1st. For information call 253-931-6709.



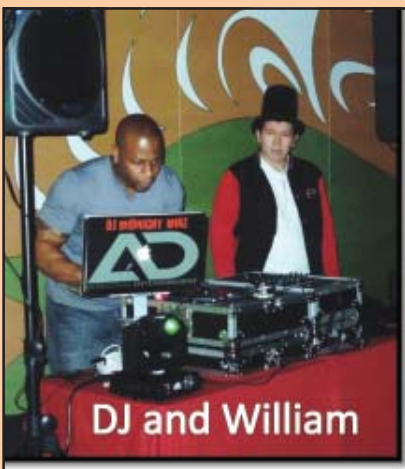
6th Grade Science Class Learns About Weather and Climate

Ms. Trinidad's 6th grade science class finished up their Weather and Climate unit in science with PowerPoint Presentations. Students were required to research an experiment relating to the topic. They needed to create a PowerPoint that had pictures and slides that included all the steps needed. They were then asked to bring in the materials and lead the class by showing their experiments. This will be the first of many, where the students will teach the class! It was hit!



HOMework HELP ONLINE

- <http://www.timeforkids.com/homework-helper>
- <http://kids.yahoo.com/learn>
- <http://www.scholastic.com/kids/homework/>
- <http://kids.usa.gov/>
- <http://www.infoplease.com/homework/>
- http://kidshealth.org/kid/feeling/school/homework_help.html



DJ and William



M.T.S Winter Dance 2013

Dance-off Contest
Sheyrena Penn 1st place
Leilani Pavel 2nd place



Youth Development Program

Valentine's Day Dance

SUBMITTED BY GINGER STARR



Albert, Darina, and Nathan



Celeste Edwards



Monique, Ike, Maria, and Shelly karaoke



Alfonso, River, and Tony



Crystal and Hector



Damon Fulgencio



Maria



Isaac Elkins



YPD Coordinator Chris Marquard



Monique and Adriel



DO YOU RECOGNIZE THESE HEAD START CHILDREN? There will be a different one each month for three months!

Please Join Us at the
COMMUNITY WRITING CENTER
 OUR WRITING SPECIALISTS ARE AVAILABLE TO SUPPORT YOUR INTEREST IN WRITING FOR SCHOOL, PERSONAL CREATIVITY, AND/OR BUSINESS

ALICIA WOODS
 Alicia.Woods@muckleshoottribalcollege.edu

PHOENIX RAINE
 Phoenix.Raine@muckleshoottribalcollege.edu

Email to schedule an appointment or visit the website for more information:
www.muckleshoottribalcollege.org

GED Exam Schedule for Muckleshoot Tribal College

You need to finish all 5 tests before 2014 or start all of your tests over.

Remember: Dates are Subject to Change. Please Call College to Confirm Dates

March 20 / April 3, 17, 24

Arrive 10 minutes early! You may choose only one test per time frame

- 9:00 Reading, or Social Studies, or Science
- 10:30 Reading, or Social Studies, or Science
- 12:30 Math OR Language Essay
- 2:45 Reading, or Social Studies, or Science

- If you are planning on taking four tests in one day, then do your **Essay** at 12:30 and do your **Math** the next testing session.
- A passing score is 410; however you need an average of 450 to earn the 2,250 points needed for your GED.
- Prior to taking your first test you must Pre-Register, please ask our GED staff to give you our GED Orientation & Pre-Register before testing day; do not wait until testing day. You must have all of your paperwork completed before entering the testing room. See what you need to bring below.
- On testing day you must bring/provide: 1) picture ID; 2) proof of passing a pre-test @ 450+; 3) proof of pay-

ment, \$30 each; 4) under the age of 19 must provide "waiver" form; 5) first time testers must have a completed and signed "General Education Development testing" form AND the "State of WA Verification of Eligibility to take GED test" form, completely filled out before testing day.

- Please be waiting outside the GED examination door Rm. #207 at least 10 minutes before testing latecomers will not be allowed in the testing room, you will have to come back another time.
- Test Scores are available the next day after testing at 1:00 pm, not before. Pick them up in person.
- If you have any other questions or concerns please call at 253-876-3183, or Mitzi Judge @ 253-876-3395
- For GED tutoring & pre-testing here at MTC contact GED Instructor Alicia Woods at 253-876-3375
- For Muckleshoot Tribal Member Scholarship call Marie Marquez 253-876-3382
- You may look on line for more information at: www.muckleshoottribalcollege.com
- We are located at 39811 Auburn Enumclaw Road SE, Auburn WA 98092

You may also take your GED test at Green River Community College: Monday, 9AM – 7PM, phone 253-833-9111 x 2652, 12401 SE 320th Auburn, WA 98002, www.greenriver.edu

The GED test is changing!!!!
 2013 is the last year to complete the GED paper test.
 Come to the GED center at MTC for:

- "Tutoring"
- "Online GED Resources"
- Books and study materials

For more information visit:
www.muckleshoottribalcollege.org
 253-876-3375
 Or email:
alicia.woods@muckleshoottribalcollege.edu

The Muckleshoot Tribal College GED program presents...

BE 100% READY TO PASS THE GED BY ATTENDING OUR SMALL GROUP WORKSHOPS:

Winter Stories: Sit with a small group and talk about Native stories we read... you will learn and practice the reading skills you are building that will help you pass the GED.

Math Magic: Unlock the secrets to solving the math problems you will encounter on the GED.

GED Mystery Timeline: Each week you will be presented with a new, exciting tool that will help you master the GED.

Movie Madness: "Annapurna" what you know about learning by watching the best, most interesting movie from a Native perspective.

Promoting indigenous self-determination and knowledge

Rooted in Cultural Knowledge
 Bachelor and Associate Degrees
 7 Pacific Northwest Campuses

NORTHWEST INDIAN COLLEGE
 Eastern Puyallup, Washington

www.NWIC.edu
 253.876.2831
 19011 Auburn Enumclaw Rd SE
 Auburn, WA 98002

NORTHWEST INDIAN COLLEGE
Xwlemi Elh > Tal > Nexw Sgul

**Associate of Technical Arts
 Chemical Dependency Studies**

Program Description
 The Associate of Technical Arts in Chemical Dependency Studies provides core chemical dependency studies courses in the context of a Native American Studies curriculum for students interested in pursuing a career in chemical dependency counseling.

Location:
 Muckleshoot Tribal College
 39811 Auburn Enumclaw Rd SE
 Auburn, WA 98002

More Information:
 Harmony Blancher
 Site Manager, NWIC
 253.876.3274

Jeramie Smith
 Program Assistant, NWIC
 253.876.2831

Starting Fall 2013



NUTRITION SERVICES


The dietitian is in and now seeing patients for individual nutrition counseling for:

- WEIGHT LOSS
- DIABETES MANAGEMENT
- OVERALL HEALTH

Appointments available now Monday through Friday by contacting the Muckleshoot Health and Wellness Center at 253-939-6648.

Dentures Slipping????

IT MAY BE TIME FOR A DENTURE CHECKUP!



Give us a call...
HWC Dental Clinic
253-939-6648.

We are here to help!

BEAT THE FLU

Recognizing and treating influenza



Symptoms of the flu

- 100° or higher fever or feeling feverish
- Cough and/or sore throat
- Runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue (feeling tired)
- Nausea, vomiting, and/or diarrhea

What to do if you have or think you might have the flu

- Make an appointment to see your healthcare provider (if able, within 2 days of symptoms). Antibiotics work better if given within the first week.
- Get plenty of rest
- Drink plenty of clear fluids such as water, broth, and sports drinks to stay hydrated.
- Place a cool, damp wash cloth on your forehead, legs, and arms to help reduce discomfort of fever
- Put a humidifier in your room to make breathing easier
- Gargle salt water to soothe a sore throat (2:1 ratio of warm water to salt)
- Cover up with a warm blanket to calm chills

How to care for someone who has the flu

- Ensure the sick person takes all medications as directed by their healthcare provider
- Wash your hands frequently
- Try to avoid being face-to-face with the sick person as much as possible
- Remind the sick person to wash their hands frequently and to cover their cough

NEED A "MEETING" TO HELP YOU !! ?

Alcoholics Anonymous – AA & Narcotics Anonymous NA Meetings on the Rez

Tuesday 12:00-1:00pm A.A.
M.I.T. Recovery House
39225 180th Ave S.E.
Auburn, WA

Notice to All CHS Eligible Patients

If you received a PO from the CHS office and now you are receiving a medical bill or statement, please bring them to the CHS office for review.

This will ensure timely payment to your provider. As always, you must obtain a PO # prior to your medical appointment and call us if you cancel or reschedule your appointment.

CHS Office Hours:
Monday – Friday, 8am – 5pm
Closed for Lunch 12pm – 1pm
Phone: 253-939-6648

What are the signs of depression?

Physical

- Sleep disturbances—insomnia, oversleeping, waking much earlier than usual
- Changes in appetite or eating: much more or much less
- Decreased energy, fatigue
- Headaches, stomach aches, digestive problems, or other physical symptoms that are not explained by other physical conditions or do not respond to treatment

Behavioral/Attitude

- Loss of interest or pleasure in activities that were once enjoyed, such as going out with friends, hobbies, sports, etc.
- Difficulty concentrating, remembering, or making decisions
- Neglecting responsibilities or personal appearance

Emotional

- Persistent sad or "empty" mood, lasting two or more weeks
- Crying "for no reason"
- Feeling hopeless, helpless, guilty, or worthless
- Feeling irritable, agitated, or anxious
- Thoughts of death or suicide



What can you do to help a depressed friend?

ACT: Acknowledge, Care, Tell

- Acknowledge that you are seeing signs of depression in a friend and that it is serious
- Care: Let your friend know that you care about him or her and that you are concerned
- Tell someone you trust and call for help

Who can you call to get professional help?

If someone you care about is in an emotional crisis or acknowledges suicidal thoughts:

- Call 911
- Call the Crisis Line at (206) 461-3222 or toll-free: 1-800-427-4747
- Contact the Muckleshoot Behavioral Health Program at (253) 804-8752
- Call the National Suicide Prevention Lifeline to get help at 1-800-273-8255

KNOW THE SIGNS OF DIABETES

Signs that you might have diabetes include:

- Frequent urination (peeing)
- Excessive thirst
- Excessive hunger
- Weakness and fatigue or feeling tired all the time
- Frequent skin, gum, or bladder infections that don't go away easily
- Blurred vision
- Tingling and numbness in your hands and feet
- Dramatic weight loss



What to do if you experience signs of diabetes:

Make an appointment with your provider at the Muckleshoot Health Clinic to find out if you have diabetes. Call today at 253-939-6648.

TREATMENT WORKS!!!


The benefits of getting treated if you have diabetes:

- You will feel better
- Your risk for having a heart attack, stroke, or other medical problems will go down

Is Heroin Running Your Life? There is help.

Call 253-804-8752

Help in Quitting Smoking!



The Muckleshoot Health & Wellness Center uses and endorses the Washington State Quitline to assist in stopping smoking.

Call 1-800-QUITNOW for free and effective help in quitting smoking.



Muckleshoot Health & Wellness Center
Medical Clinic (253) 939-6648

The big four to prevent the big four

The idea of improving your health and reducing your risk for disease may seem overwhelming. Luckily, tackling just four risk factors can have a dramatic impact. In fact, if you practice all four of these healthy habits, you lower your overall risk for four major diseases by a staggering **78%**

Here are the magic four:

1. Stay at a healthy weight.
2. Exercise.
3. Eat a healthy diet.
4. Do not smoke. If you do smoke, quit.

For most generally healthy people, following all four of the steps produces these results:

Risk for	Reduced by
Diabetes	93%
Heart Attack	81%
Stroke	50%
Cancer	36%

Your individual disease risk depends on many things. Working with a physician is the best way to understand your personal health and create a plan for disease prevention.

"Your Suggestions Count"

The Muckleshoot Health & Wellness Center offers "suggestion boxes" where guests can fill out forms to share thoughts, comments or suggestions. The purpose of these forms is to help us improve the quality of services offered to the community. These forms are not "incident reports", but rather confidential and private opportunities to share your thoughts on what we are doing well or on ways we might improve.

The suggestion boxes are located in each reception area and the main lobby of the building. The feedback forms are located next to the boxes. The boxes are checked at least twice a month by the Facilities Secretary and then delivered directly and confidentially to the appropriate department manager. Suggestions are then discussed privately at Quality Improvement committee meetings.

If possible, please provide contact information on the suggestion form so the appropriate manager can contact you to address your particular suggestion or area of concern. Again, this would be a confidential and private conversation.



We want to hear from you. Please take a moment to stop by the Health & Wellness Center and fill out a suggestion form today. Your thoughts matter!

Thank you

Did you know the earliest signs of diabetes can be found in your mouth?

Did you know that a vital part of both preventing and managing type 2 diabetes, is seeing your dentist and hygienist regularly?

- Today we know that diabetes and periodontal disease (disease of the gums) are closely linked.
- 90% of Americans with diabetes have periodontal disease.
- Periodontal disease makes it more difficult for diabetics to control their blood sugar, which can lead to other diseases.

Signs that you may be at risk for diabetes:

- Do your gums bleed when you brush or floss?
- Do your teeth look longer than they used to?
- Are you missing any teeth?
- Are your gums frequently sore?

This is how it happens for diabetics:


- Periodontal (gum) disease allows bacteria to create an infection in the gums.
- This infection is released into the body.
- The bacteria prevent the body from controlling glucose levels in the body.
- This results in higher levels of blood sugar which makes controlling diabetes much more difficult.

Now can having regular dental checkups improve my health?

- Regular checkups allow your dentist to diagnose pre-diabetes and early symptoms of type 2 diabetes.
- If spotted and treated early, type 2 diabetes can often be controlled or even prevented through diet and medication.
- In addition, regular checkups allow your dentist to keep up with changes to your health that may affect your teeth and gums.

If you would like to find out more or arrange for an exam, come see us at Muckleshoot Health & Wellness Center Dental Clinic.
Muckleshoot Health & Wellness Center Dental Clinic Hours:
Monday, Tuesday, Thursday, Friday: 8:00am-5:00pm, Wednesday 9:30am-5:00pm
Phone Number: (253) 939-2131

FAQ's ON PROBLEM GAMBLING



What is problem gambling?

Problem gambling includes all gambling behavior patterns that compromise, disrupt, or damage personal, family, or vocational pursuits. The essential features are increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, "chasing" losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide.

What kind of people become problem gamblers?

Anyone who gambles can develop problems if they are not aware of the risks and do not gamble responsibly. When gambling behavior interferes with finances, relationships, and the workplace, a serious problem already exists.

Do casinos, lotteries, and other types of gambling "cause" problem gambling?

The cause of a gambling problem is the individual's inability to control the gambling. This may be in part because of a person's genetic tendency to develop addiction, his or her ability to cope with normal life stress, and even his or her social upbringing and moral attitudes about gambling. The casino or lottery provides the opportunity for the person to gamble. It does not, in and of itself, create the problem any more than a liquor store would create an alcoholic.

What is the responsibility of the gaming industry?



Everyone who provides gambling opportunities has a responsibility to develop policies and programs to address underage and problem gambling issues.

How much money do you have to lose before gambling becomes a problem?

The amount of money lost or won does not determine when gambling becomes a problem. Gambling becomes a problem when it causes a negative impact on any area of the individual's life.

WALK AWAY FROM GAMBLING

Sponsored by:

Health & Wellness Center Program Hours

		Pharmacy	Wellness Center	*Shuttle Service
Monday	8-5 pm	8-6 pm	10 am-8 pm	9-9 pm
Tuesday	8-5 pm	8-6 pm	10am- 8 pm	9-9 pm
Wednesday	9-5 pm	9-6 pm	10 am-8 pm	9-9 pm
Thursday	8-5 pm	8-6 pm	10 am-8 pm	9-9 pm
Friday	8-5 pm	8-6 pm	10 am-8 pm	9-9 pm
Saturday			10 am-2 pm	10-2 pm
Sunday	All Programs Closed			

*There is no Shuttle/Bus service from 11-12 pm M-F.

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	12:00-1:00
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Optical Clinic	(253) 939-6648	12:00-1:00
Pharmacy	(253) 333-3618	Open
Recovery House	(253) 333-3629	Open
Shuttle/Bus Service	(253) 939-6648	11:00-12:00
Wellness Center	(253) 333-3616	Open
WIC Thurs Only 8-4:30	(253) 939-6648	12:00-1:00

Health & Wellness Center Program Closures for April-June 2013

Day	Date	Times Closed	Reason for Closure
Thursday	04/04/13	8-9 am	Monthly All Staff Meeting
Friday	04/05/13	All Day	Tribal Holiday-Sovereignty Day
Thursday	05/02/13	8-9 am	Monthly All Staff Meeting
Monday	05/27/13	All Day	Memorial Day
Thursday	06/06/13	8-9 am	Monthly All Staff Meeting

Having a problem with pain pills?
Does your life revolve around pills?
If pills control you instead of you controlling the pills.....

Suboxone (Sub-ox-own) referrals and treatment now available @ HWC!

Help for prescription pain medication dependence is now being offered through the Health and Wellness Center. Suboxone is also used in the treatment of other opiate-based or synthetic opiate drug dependence. These drugs include: Oxycodone/Oxycontin, Hydrocodone, Vicodin, Heroin, and Morphine.

SUBOXONE is the first opioid medication approved under Drug Addiction Treatment Act (DATA) 2000 for the treatment of opioid dependence in an office-based setting. The primary active ingredient in SUBOXONE is buprenorphine.

SUBOXONE at the appropriate dose can:
Reduce illicit opioid use
Help patients stay in treatment
Suppress symptoms of withdrawal
Decrease cravings for opioids

The Health and Wellness Center has a medical provider licensed to prescribe suboxone.

For more information please contact Behavioral Health at (253) 804-8752

Behavior health Program announcement:

The Behavioral Health reception window is now open throughout the lunch hour (12:00 to 1:00 pm) so that we will be better able to serve our clients and the community. Please feel free to stop by to schedule appointments and to drop off/pick up paperwork. If you have any questions, please call us at: (253) 804-8752

Muckleshoot Optical

NOW OFFERING SUNGLASSES



Stop in to the Optical Department today to see the collection we have to offer! Sunglasses are not a covered option by Contract Health Services.

Featuring: **Gucci, Juicy Couture, Nike, Bebe, Caviar & Koali**

(253)939-6648



The Optical Department at the HWC!



The eyeglass benefits are the same as they've always been. One comprehensive eye exam once every 12 months. New lenses once every 12 months. Adults eyeglass frames once every 2 years/children 2 per year.

If you are not eligible for the frame allowance, you will be allowed to purchase the frames at a very reasonable price. (Believe me there is a significant mark up when you buy frames in town/private practice!). No eyeglass benefits will be approved outside of the MHWC optical department. We are also offering contact lenses and necessary supplies for contacts.

The Optical Department is a Tribally-owned business. Patients must meet CHSeligibility requirements to get optical services. CHS eligible patients will need to obtain a PO from the CHS office before getting optical services.

For more information, please contact the CHS Office – (253) 939-6648. Optical Department open regular HWC business hours.

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE (253) 939-6648

1. Notify CHS office before any non-emergent services are rendered to determine patient eligibility, medical priority and to set aside funds for payment. Pre-authorization is mandatory and failure to comply is reason for denial of payment for claim(s).
2. In true medical emergencies, notify the CHS office within seventy two (72) hours of start of services. Failure to comply is reason for denial of payment of claim(s).
3. Prior notification does not guarantee CHS pay for services, unless all other CHS requirements are met. There are some services CHS can not cover.

ALTERNATE RESOURCE REQUIREMENTS:

Muckleshoot CHS is a residual resource and not an entitlement program. In addition to CHS, other resources for health care are available from various state, and federal programs, as well as individual and group health insurance policies. By federal law, CHS must ensure that all resources, where and when applicable, are utilized before CHS can assume financial responsibility for your care.

This means that CHS will not be authorized if you are eligible or would be eligible upon making an application for an alternate resource such as: Medicare (over age 65 or disabled at any age), Medicaid (medical coupons), crippled children or have private insurance etc. Failure to comply with a CHS office referral to an alternate resource will terminate your CHS coverage. You are required to use these benefits as your first source of payment of your medical-related costs.

The CHS office is required, as per IHS Federal Rules and Regulations, which requires all CHS denials to patients be sent by certified mail to the address on file.



Dental Clinic Location & Hours (253) 939-2131

We are located on the 2nd floor of the Health & Wellness Center.

Appointment Times	Emergency Walk In Times
Monday 8:00am-5:00pm	8:00-8:30 am.
Tuesday 8:00am-5:00pm	8:00-8:30 am
Wednesday 9:00am-5:00pm	1:00-1:30 pm
Thursday 8:00am-5:00pm	8:00-8:30 am
Friday 8:00am-5:00pm	8:00-8:30 am
Closed Daily 12:00-1:00pm	

Facts About The Flu

Q: What are the symptoms?

A: Flu comes suddenly, accompanied by fever and chills, coughing, sore throat, muscle aches, fatigue and headaches. Nausea and diarrhea are more common in children.

Q: Why is it so bad this year?

A: Flu is unpredictable, and how quickly it spreads each year depends on the strain of the virus, how well vaccinations match the bug, how many people get vaccinated, and chance. This year's vaccine is actually a good match to the strain that is dominant now.

Q: Who is most at risk?

A: Most cases of flu are mild and resolve within two weeks. The elderly are the most likely to die from flu cases that cause severe complications, such as pneumonia. Flu can also trigger severe asthma attacks and worsen chronic heart disease. Even healthy teenagers and young adults can die from complications of the flu, although young children and people with compromised immune systems face much higher risk.

Q: Is it too late to get a shot?

A: Not at all. Come get a shot. Make sure to get your child vaccinated if he or she has not already been. For the first vaccination, children younger than 2 need two shots, spaced four weeks apart, but even one shot helps.

Q: What about prevention?

A: Get the flu vaccine. Wash your hands often, or use an alcohol-based hand cleanser, and keep them away from your face. Do not go back to work until 24 hours after your fever breaks to prevent infecting other people.

Q: Can I get the flu even after I get the shot?

A: Yes. The Centers for Disease Control estimates the flu vaccine is about 60% effective. Even though this isn't a perfect number, it is a lot better than taking your chances and getting sick.



NEWS FROM THE MUCKLESHOOT ELDERS CENTER

Happy Birthday to:

Sandra Heddrick - 3/4	Sonny Bargala - 3/20
Clorene Michel - 3/4	Janice "Jeanne" Moses - 3/21
John Daniels Jr. - 3/5	Harriet Ross - 3/23
Louis Starr III - 3/5	Esther Moses - 3/23
Beatrice Kahama - 3/6	Ken Lewis - 3/24
Margaret Davis - 3/6	Sandra Poulsen - 3/24
Regina Howell - 3/7	Bryan Hennes - 3/24
Patricia Stewart - 3/7	Ann Jacobs - 3/24
Thomas McJoe - 3/7	Gilbert "Hoagie" Kinggeorge - 3/26
Dale Barr Sr. - 3/7	Leah Moses - 3/27
William Wilbur - 3/11	Donna Wallick - 3/29
Elaine Baker - 3/11	Glorianne Adame - 3/30
Sophia Spencer - 3/13	Doreen Thomas - 3/30
Mark James - 3/13	Bonnie Moses Sohapp - 3/30
Cleo "Levi" Wilbur - 3/16	Ramona Rae - 3/31
Kelly Lozier - 3/17	



March Activities

Here are some of the activities we have planned for March:

- Second hand shopping— we want our elders to be able to get out of the house for a day and help us pick out gifts and baskets for our Easter fundraiser .
- Going to the mountains and get fresh water— save your milk jugs or containers to get your fresh mountain water and come get some fresh air.
- Cedar weaving with Theresa Parker— On March 8th from 9am-4pm Theresa Parker will be at the Elders Complex teaching cedar weaving
- Eagle Watching— we will be taking local trips to look for eagles in our area and hopefully we can head to Lummi for a day trip to have lunch, check out the beaches, and watch for eagles.
- Fitness Classes— We are working with the Wellness Center staff to start work out sessions for here at the Elders Complex and at the Wellness Center. For those of you NOT enrolled with the Wellness Center, you can still participate with our Elders from the Elders Complex. Be sure to sign up and we can put our elders in as a group work out session from Monday to Thursday 10am-4pm



Our First Pool Tournament

On February 15th we had our first pool tournament. The pool tournament was double elimination with 8 players. We had this trial tournament to see how long it would take to run and how many people would be interested. Since this was a trial tourney we gave each player received a jar of canned elk and homemade jam for participating .Our winners were 1st place Danna Matta, 2nd place Mike Starr, 3rd place Elwood Irving, and 4th place Randy Ross. We'd like to thank Butch Ross, Dana Matta, Mike Starr Sr., Alfred Starr, Elwood Irving, Randy Ross, Art Lopez, and Sandra Davis for playing. We will be having another pool tournament Friday March 22nd and we hope to have more elders involved. If you would like to sign up please do so on the bulletin board in the Elders Complex hallway or call Geno at 253-876-2869.

FUNDRAISING UPDATES

Valentine's Day Fundraiser

Thank you to those who came in to make in for our boutonniere sale and raffle for Valentine's Day such a great success! We'd like to thank Norma Dominick for selling the boutonnieres and raffle tickets, Lorraine Cross, Doris Allen, Leah Moses, Katherine Arquette, Berlinda Adair, Kathy Crombie, and Aggie Moses for their cedar roses and participation in making the boutonnieres. With all the sales the elders raised \$621.50!

Fundraiser for Mary Ross Sr.

On Feb. 22nd we had an Indian taco fundraiser for Mary Ross Sr. We'd like to thank all those that helped make the fundraiser possible by donating items or their time and those who supported by purchasing tacos or raffle tickets. With all the support of the community we were able to raise \$1331.00; all proceeds were given to the family to help with the memorial expenses. We'd like to give special thanks to Berlinda Adair, Grant Adair, Roland Black, Lorraine Cross, Marlene Cross, Norma Dominick, Art Lopez, and Elaine Sandoval for donating ingredients or raffle items. We'd also like to thank Bonnie Graft for decorating the cake. We appreciate all the help and effort that went into this event and are very thankful for the community support.

Easter Basket Fundraiser

Don't forget to be a part of our Easter Basket Fundraiser on March 29th. We'd appreciate any volunteers or donations to make this another successful fundraiser for the elders. The sign-up sheet will be on the board in the hall way at the Elders Complex if you would like to volunteer or donate items.

Adjusting to Daylight Saving Time

Here are 7 steps to make it easier to learn how to adjust to DST in the spring.



1. Limit caffeine immediately before and in the first few days of the time change
2. Set all watches and clocks to daylight savings time before going to bed Saturday night before the time change.
3. Rising or going to bed 15 minutes earlier for a few days is one of the best ways to avoid problems with sleep disturbance
4. Wake up at your usual weekday time or even 15 to 30 minutes earlier on the Saturday immediately preceding daylight time
5. Limit your use of electronic devices before bed. Try to take a warm bath, reading,, or drinking tea to wind down
6. Think about the new time, rather than thinking about what time it would be before the time change
7. Take advantage of sunny days. The sun can help adjust your circadian rhythm. These daily rhythms regulate the physical, mental, and emotional functions of living things

Natural Home Cleaners

There are many inexpensive, easy to use natural alternatives which can safely be used in place of commercial household products. Here is a list of come, environmentally safe products which can be used alone or in combination for a wealth of household applications.



- Baking soda— cleans, deodorizes, softens water, and scours
- Lemon—one of the strongest food-acids, effective against most household bacteria
- Borax (sodium borate)- cleans, deodorizes, disinfects, softens water, cleans wallpaper, painted walls, and floors
- White Vinegar—cuts grease, removes mildew, odors, some stains, and wax build-up
- Corn Starch— can be used to clean windows, polish furniture, shampoo carpets and rugs
- Ketchup— can remove tarnish from copper and brass
- Club Soda— used to shine up stainless steel
- Rubbing alcohol— use it to erase permanent marker stains from finished wood floors or solid— surface countertops
- Rice— can be used to clean the inside of a vase or a thin-necked bottle by filling 3/4 with water and adding a tablespoon of uncooked rice. Cup your hand over the opening, shake vigorously, and rise.

Food Voucher & Receipts

At this time we would like to reiterate the rules for Food Vouchers for our new elders. Elders please remember that:

- The Food Voucher program is to encourage our elders to eat healthy and provide essential household items
- Food Vouchers turned in for the next month can't be processed until the beginning of the month
- Food Vouchers usually take 24-48 hours to process
- If you have a caregiver or spouse that will be doing the shopping for you please write their name on your form
- Both (yellow and grocery) receipts must be turned in immediately *do not staple or tape them*

For further information please contact: Loretta Moses 253-876-3255OR email: loretta.moses@muckleshoot.nsn.us

Outdoor Services

Wood services such as cutting, stacking, and kindling bundles are provided by the Elders service providers. Please let us know if you need wood stacked closer to your home, wood brought inside, or need wood chopped into smaller pieces.*Muckleshoot Elders are given 2 bundles of kindling once a week if needed*The Elders Complex staff does collaborate with Adult Work Training Program for outdoor and moving/hauling services. This allows us to help fill more elders' needs. The service providers will also be available to check on your propane tanks, removing spider webs, checking lock boxes, and clearing leaves/snow from walkways to make sure you're safe and sound during the winter months. If you need these services please call the Muckleshoot Elders Complex at 253-876-2888 or Diane Dea 253-876-2868

Wood Burning Safety

Some items can affect your health or damage your fireplace/wood stove. We'd like to inform households about that items that should not be burned in a fireplace or wood stove. The following should not be burned:

- Household garbage such as cardboard, plastics, foam, the colored ink on magazines, boxes, or wrappers. These products produce harmful chemicals when burned. They may also damage your wood-burning appliance.
- Driftwood, plywood, particle board, or any wood with glue on or in it, wet, rotted, diseased, moldy wood, wood that is coated, painted or pressure-treated . They all release toxic chemicals when burned.
- To reduce the chances of carbon monoxide poisoning open chimney flues when using your wood stove or fireplace, have professionals inspect, clean, and tune up heating systems annually, and install carbon monoxide detectors in your home.

Reminders

Transports

Elders please remember we can only provide transportation to Muckleshoot Tribal Members or long-term members of Muckleshoot Community. In order for you to receive transportation please call at least 24 hours in advance for shopping trips, appointments, paying bills, or banking. Calling 24 hours in advance helps us to ensure we have enough time for your transport. Our regular transporters are Tony, Vicki, Geno, and Jimmy. Transports are assigned by who's available at the time. To schedule for a transport please call: Tony 253-876-2887

Lunch

Elders please remember that you are allowed two (2) free meals that are provided daily at the Elders Complex for yourself or you are allowed to have one of your meals for a guest. Extra meals may be purchased for \$7 each regardless of age. If you have your lunch delivered please call into the Elders Complex if you won't be home during delivery. If you have three (3) consecutive missed lunches without a phone call you will be removed from the lunch delivery program.

Important Days for the Elders Complex

- * March 8th — 9:00am—4:00pm Cedar weaving with Theresa Parker
- * March 10th — Daylight Savings Time set clocks ahead 1 hour
- * March 12th — 1:00pm—2:00pm Making healing salves with Harmony Blancher
- * March 23rd — 9:00am—11:00am Elders Breakfast with guest speaker Wilson Wewa
- * March 26th — 1:00pm—2:00pm Making bath salts with Harmony Blancher
- * March 28th — 1:00pm—4:30pm Prepping Easter Baskets
- * March 29th — 9:00am—4:00pm Easter Basket Fundraiser
- * March 29th — 12:00pm—1:30pm March Birthday Cake
- * March 30th — 9:00am Elders Breakfast & Swap Meet



Casino Team Members of the Year Event

PHOTOS BY JOHN LOFTUS

The Muckleshoot Casino's Team Members of the Year Banquet is always a gala event, and this year was no exception. "Mission Impossible" was the theme and it began with commandos Warren Oliver, Tyrone Simmons and Rocky Oliver descending from the ceiling on ropes in the midst of a smoky haze. As always, the identity of the night's honorees was eventually revealed: Jonathan Holt from Security was Team Member of the Year and Amanda Eyle of the Beverage Department was Supervisor of the Year. Confabulations to both winners, and also to the very creative staff members that stage this annual extravaganza!



What is heroin?

Heroin is an illegal, highly addictive drug. It is both the most abused and the most rapidly acting of the opiates. Heroin is a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants. It is typically sold as a white or brownish powder or as the black sticky substance known on the streets as "black tar heroin." Although purer heroin is becoming more common, most street heroin is "cut" with other drugs or with substances such as sugar, starch, powdered milk, or quinine. Street heroin also can be cut with strychnine or other poisons. Because heroin abusers do not know the actual strength of the drug or its true contents, they are at risk of overdose or death. Heroin also poses special problems because of the transmission of HIV and other diseases that can occur from sharing needles or other injection equipment.

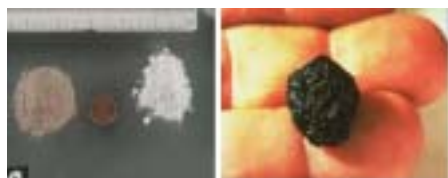


How to tell if someone is using

- Nodding out when talking to someone
- Throwing up
- Nausea
- Itching and scratching
- Weight loss
- Runny Nose
- Droopy look to a person
- Slowed speech

Evidence of Heroin Use

- Burnt gum wrappers, foil
- Burnt or missing spoons
- Pipes, rolling papers, etc
- Mood swings
- Irritability
- Diminished self-esteem
- Depression
- Change in interests



How do you find help?

Muckleshoot Behavioral Health Department
 Phone (253) 804-8752
Walk-in assessment times:
 Tuesday 10am, 1pm, and 3pm
 Wednesday 10am, and 1pm

MOST I.T. Class & Schedule Changes



WINTER QUARTER 2013	CLASS OFFERED
MORNING Class 10AM-Noon Monday, Tuesday, Wednesday	WINDOWS 7 – Jan. 7 – March 27, 2013
AFTERNOON Class 1 PM – 3 PM Monday, Tuesday, Wednesday	NET + – Jan. 7 – March 27, 2013
EVENING Class 6 PM - 9PM Monday and Wednesday	A+ (I) – Jan. 7 – June 26, 2013

**** TO ENROLL IN IT CLASSES:** student must have successfully completed a MOST Office Assistant Training Program **OR** pass the entry level exam with an 80% or higher.
ENTRY EXAMS ARE GIVEN ON TESTING/TUTORING TIMES NOTED ON THE MOST MONTHLY CALENDAR AND CLASSES ARE FILLED ON A FIRST COME, FIRST SERVED BASIS.



ENROLLMENT IS FREE – OPEN TO ANYONE 16YRS. OLD OR OLDER W/A HIGH SCHOOL DIPLOMA OR G.E.D.
 CLASSES BEGIN MONDAY, JANUARY 7TH, 2013

REGISTRATION NOW OPEN FOR WINTER

For more information contact:

JANET EMERY, DENISE HILL, RONCO LOZIER-BOJAS, OR GAIL MOYER

MOST PROGRAM STAFF BY PHONE @ 253.876.3183

• Scholarship is available for **ELIGIBLE** enrolled tribal members.

WEAVERS
TEACHING
WEAVERS

WEAVERS TEACHING WEAVERS
APRIL 11 & 12
 AT NORTHWEST INDIAN COLLEGE
2122 Avenue B, Bellingham, WA
 \$125 per person or \$150 at the door

STAY FOR THE ART MARKET
APRIL 13 AT WHATCOM MUSEUM
121 Prospect St., Bellingham, WA
 \$3 or free for museum members

NORTHWEST INDIAN COLLEGE FOR MORE INFO, CALL RUTH SOLOMON AT (360) 392-4239 OR EMAIL RSOLOMON@NWC.EDU



The Latest From The Social Services Department

Low Income Energy Assistance Now Available for Muckleshoot Tribal and/or Community Members

By Social Services Specialist, Linda A. Starr
Muckleshoot Resource Center, 253-876-3338

Applications are now being accepted for the Low Income Home Energy Assistance Program (LIHEAP) at the Muckleshoot Resource Center. Checklist for Energy Assistance includes:

- Application
- Social Security Number for every member of your household
- Income verification for every member of your household age 18 and older (No income declaration required for non-working household Members) *Please note that the income verification for this program is not handled by Centralized Income and you must submit your supporting income documentation with your application so that your income can be verified through the Accounting Department.
- Your most current utility statement

** Please note that households that receive DSHS, TANF, Foster Care, Veterans Benefits, SSI/SSA or Food Stamps automatically qualify for assistance but are still required to go through the income verification process to determine household income. It is the client responsibility to bring proof that you receive these services such as the award letters or documentation from the State of Washington. Documentation can be obtained from the DSHS Outstation here at the Resource Center on Wednesday of every week from 8:30 am – 4:00 pm

INCOME GUIDELINES

Number in Family	Maximum Income Allowed
1	\$25,485
2	\$33,327
3	\$41,169
4	\$49,010
5	\$56,852
6	\$64,694
7	\$66,164
8	\$67,634

If you need help with your light bill or gas bill and feel that you meet the above criteria, please complete an application and submit the application with your most current statement and income information. Please allow seven to ten days for processing application.

Please be advised that the Muckleshoot Resource Center has funding to assist **Muckleshoot Tribal Elders** with energy assistance as well, and tribal elders should utilize the Senior Energy Assistance Program prior to using the LIHEAP Program. The Tribal Seniors Energy Assistance Program is also an income eligible program and you must be updated at Centralized Income to determine if you are eligible to receive assistance from the Senior Energy Assistance Program. Applications are available at the Resource Center in the front lobby for both energy assistance programs. Please allow seven to ten days for processing applications.

Muckleshoot Tribal Elders are eligible for up to \$300.00 worth of energy assistance per quarter.

Sandra Louie is currently handling the Senior Energy Assistance Program and you can contact Sandra at 253-876-3020.

**Washington Telephone Assistance Program
Information available at the Resource Center**

Eligibility Requirements:

If you are an adult receiving any of the following DSHS programs, you may be eligible for WTAP\

- Temporary Assistance to Needy Families (TANF)
- Refugee Assistance
- General Assistance (GA-U), (GA-X)
- Food Stamps
- Specific Medical Programs
- SSI/Medicaid
- DSHS Chore Services/COPEs; and former clients of community voice mail.

* An adult payee of benefits only for a child is not eligible for WTAP

Benefits:

- 50% discount on telephone connection fee, when you move residences
- Discount on your monthly local telephone service
- Waiver of Local deposit
- WTAP is limited to the first telephone line in your home. WTAP does not apply to business phones. WTAP does not pay for telephone equipment, custom calling features or long distance.

If you are interested in either of these programs and meet the above listed criteria, brochures with additional information are available at the Resource Center.

General Assistance Program. Please note that the General Assistance Program is not available at this time but it is anticipated that this program will be available later in the year following some policy changes.

MIT Community Garden



Healthy Food for Strong Bodies!

Attention: All Muckleshoot Tribal Members

HURRY IN TODAY and sign up for your very own Garden Plot!
Just stop by the Planning Department located in the Philip Starr Building to reserve your plot or for more information call

Roger Blaylock at 253-876-3124.
Email: roger.blaylock@muckleshoot.nsn.us



NUTRITION SERVICES



The dietitian is in and now seeing patients for individual nutrition counseling for:

- WEIGHT LOSS
- DIABETES MANAGEMENT
- OVERALL HEALTH

Appointments available now Monday through Friday by contacting the Muckleshoot Health and Wellness Center at 253-939-6648.



The Muckleshoot Casual Labor Employment Program

NEEDS PARTICIPANTS!

This program offers approved Casual Labor participants opportunities to learn skills in a variety of temporary jobs and departments throughout the Tribal Government.

When incidental positions need to be filled, we also use the Casual Labor list to help fill these incidental positions:

- Fisheries
- Administration
- Head Start
- MCDC

- Finance
- Tribal School
- Planning
- Public Works

- Facilities
- Maintenance
- Security

You begin by coming into the HR dept. and completing the Casual Labor application!

Veterans Corner

THE LATEST NEWS

Veterans Affairs Program

The Veterans Affairs Program has been relocated to the Old Senior Center building since the end of November 2012. The February brunch was held at the new location, and the brunch went off without a hitch. I sent pictures of the brunch to be published because a picture says a thousand words.

Cynthia Lozier, Army veteran and her friend Sandra McFarland (also known as Sam, and a long-time community member) volunteered to cook and to serve the brunch. They provided a varied menu of omelets, potatoes, pancakes, breakfast meats and eggs cooked to order and fruits. We had a really good turn out even though word went out late. Our March brunch will be held at the Muckleshoot Casing banquet room.

The Veterans Committee has its regular meeting on the first Wednesday of each month. Enrolled Muckleshoot veterans have an open invitation to attend and to participate in the meeting. The committee provides lunch as the meetings occur at noon.

As many of you became aware, I was diagnosed with terminal cancer in July 2012. Initially I was told that I had six to eight months left to live. However the diagnosis changed in my favor and I received chemo therapy and another unpleasant treatment and at this time I am tumor free. I am required to have an MRI (whatever that is) every ninety days, and will continue to work with the liver specialist in Renton toward a liver transplant.

Bottom line is that the cancer condition is treatable, and fortunately I have medical insurance to pay for it. I was released from FML (whatever that is) and cleared to return to work about a month ago. There's an old saying, "No rest for the wicked, and the righteous need none!"

I thank everyone for your kind thoughts and prayers for my family. These were trying times.



Vietnam veterans get their 'Day' with House committee approval

After what some felt was moving testimony about the realities experienced by military veterans was delivered by Vietnam Veteran Gill Calac recently, the House Government Operations and Elections Committee approved a bill that recognizes March 30 as Welcome Home Vietnam Veterans Day.

After a motion from Rep. David Taylor (R-15th District, Moxee) to suspend the committee's normal procedural rules to move into executive session, members unanimously approved House Bill 1319 with a "do pass" recommendation to the Legislature.

Sponsor of the bill, Rep. Norm Johnson, (R-14th District, Yakima) was approached by the Yakama Warriors Association to introduce the legislation that would require the National League of Families' POW/MIA flag be flown by public entities every year on March 30.

In addition to Johnson, 37 House members signed on to co-sponsor the bill, which included members of both political parties. Though soldiers in the Vietnam War received heated criticism from anti-war advocates during the war itself, Johnson believes that it is time for Washington to pay its respect to those who risked their lives for a national cause.

"They were portrayed as baby-killers, war-mongers and other things," he said. "It [coming home] was, perhaps, the cruelest aspect of that war. There's no way to go back in time to change that mistreatment. However, we have the opportunity to give these soldiers the recognition

and the honor they deserve."

Calac, a member of the Yakama Warriors Association, testified in support of the bill, thanking Johnson for bringing it forward.

"Closure is important," he said. "Closure helps us put away the guilt, the shame, grief, and the huge betrayal issues brought up by the anti-protestors. These scars will never be forgiven."

To potential critics of the legislation, Calac said, "We are not glorifying wars. Let's just say to our Vietnam veterans, 'welcome home.'"

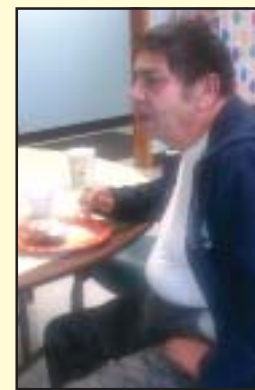
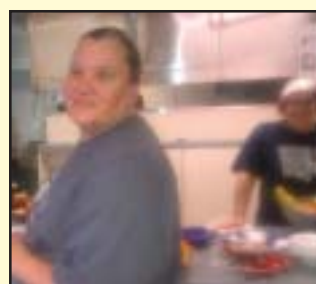
Of the more than 58,000 Vietnam soldiers who died in Vietnam, 1,123 of those were from Washington State.

Calac urged lawmakers to not pass the bill for political advancement. "Don't make this a political issue," he said. "Don't support this for the votes. Support this bill and make our state proud. We earned it, we believe in it. Give us that respect."

The Yakama Warriors Association attempted to have Congress pass the same bill last year, but Calac said politics as usual got in the way.

According to the 2010 U.S. Census Bureau statistics, there are about 7 million Vietnam veterans in the U.S. More than 220,000 are estimated to live in Washington State.

The bill now goes to the House Rules Committee, which could advance it for full House consideration.



Trading At The River

A Place to gather, exchange, grow.

11th Annual Trade Show and Conference
April 17-19 2013
The Mill Casino, North Bend, Oregon

Register now:
www.onaben.org

ENUMCLAW SCHOOL DISTRICT

18TH ANNUAL POW-WOW

MAY 3, 2013

ENUMCLAW HIGH SCHOOL GYM
 226 SEMANSKI STREET SOUTH, ENUMCLAW, WA
GRAND ENTRY 7 PM
 Emcee: Arnold Littlehead

For Vendor Information Contact:
 Carly Culbert or Sarah Brunson
 (360) 902-7889
 or
cafe_culbert@enumclaw.wednet.edu

All Dancers and Dancers Welcome
 Competitive Dancing
 Dancer Specials

Sponsored by:
 Muckleshoot Indian Tribe

Muckleshoot Youth 17 and under Christmas Gift Cards

For the past two year we have had a number of children 17 and under who had not received their gift cards during the Christmas season. Although we distribute gift cards for the children during per capita distribution in November, the parents or youth old enough to pick up their own checks and who can also pick up their cards, do not always do so. This can make for added efforts to try and get these cards out and results in the child getting them much later than they should. This is also a problem for the parents who have direct deposit for themselves and their children. We do not see them during per capita distribution and they likely will not pick up their child's gift card.

I would like to request that parents who do not pick up their checks and have direct deposit for their children come to the per capita distribution in November. If you cannot make it then let us know as soon as possible in November, so that we may send a form to you. Once we receive the form back completely filled out of course, we will send gift cards to you in the mail.

If you have not picked up your child's gift card for this last Christmas please contact me. I have a list of children who have not received their cards and I have their cards ready to give to them once you have completed the forms we need to give them to you.

If you have any questions please contact me at 253-876-3153 or email at walter.pacheco@muckleshoot.nsn.us.



Kate Moses ~ Saipele Ulima Jr. Wedding October 27, 2012





MUCKLESHOOT POLICE



January 16 - February 28, Recap, Recap Continued

and Criminal Trespass in the Second Degree with a \$10,000 bail. The second warrant was for a Probation Violation also with a \$10,000 bail. Cochran was booked into the SCORE Jail.

02/11/13 9:59 AM 13-031884 White River Amphitheater Vandalism

Over the weekend a chain was cut on a walk-in gate to the embankment of the amphitheater. A quad(s) were driven on the grassy embankment causing grass and possibly irrigation/sprinkler damage.

02/11/13 1:49 PM 13-032031 SE 400 ST/Auburn-Enumclaw RD SE Failure to Transfer Title

Ramon Rincon Martinez (42) was cited for Failure to Transfer Title within 45 Days of Purchase on his 1995 Chevrolet.

02/11/13 4:16 PM 13-032161 Davis Property Trespass

Austina Kahama-Luke (19) was cited/arrested via citation for trespassing on the Davis Property after previously being trespassed from all Housing Authority properties.

02/11/13 10:53 PM 13-032436 39700 block Auburn-Enumclaw RD SE Violation of a Court Order

Richard Penn (40) was arrested for felony Domestic Violence (DV) Violation of a No Contact Order after he was with and punched the protected adult female in the order. Penn was booked into the King County Jail.

02/12/13 2:16 PM 13-032823 38900 block Auburn-Enumclaw RD SE Warrant Arrest

Brian Sicade (22) was arrested on an outstanding felony warrant with King County for Vehicle Theft. The warrant held a \$25,000 bail. Sicade was booked into the Regional Justice Center Jail.

02/12/13 4:01 PM 13-032999 40800 block 180 AV SE Operator License Violation

Yvonna Moses (18) was cited for No Vehicle Operator's license without ID after being contacted for expired registration on a vehicle.

02/13/13 12:30 PM 13-033762 41400 block 180 AV SE Road Rage

An adult male reported a case on road rage after he tried to pass a slow moving vehicle and the vehicle speed up and swerved at him. The aggressive driver was contacted however the victim did not wish to assist in prosecution.

02/15/13 8:40 PM 13-035921 Juniper LN SE/Juniper CT SE Warrant Arrest

Leonard Wayne 4th (26) was arrested on a felony no bail warrant from the Department of Corrections (DOC) for Assault in the Third Degree and a misdemeanor warrant from King County for Driving While License Revoked with a \$2,500 bail. Wayne was booked into the Enumclaw Jail on the warrants.

02/17/13 11:19 AM 13-037010 SE 392 ST/172 AV SE Driving While License Suspended

Roger Miller (49) was stopped for a traffic violation. Miller was cited for "Driving While License Suspended in the Third Degree."

02/18/13 2:16 AM 13-037509 16800 block SE 384 ST Accident

A one vehicle accident occurred with the car running off the roadway and down an embankment. The vehicle caught fire and was burnt. Two males were seriously injured and transported to the hospital.

02/18/13 3:38 PM 13-037841 39100 block Auburn-Enumclaw Rd Driving while license suspended

Maxie Jansen (23) was arrested via citation for "Driving while license suspended in the third degree after the Deputy recognized her and had knowledge her license was suspended.

02/19/13 9:08 AM 13-038560 Muckleshoot Indian Reservation Child Molestation

A CPS/Law Enforcement referral was faxed to the Police Dept. from Oregon DHS, to report a child molestation that occurred within the last two years. Due to the nature of the case, details are being kept confidential as it's being investigated.

02/19/13 12:54 PM 13-038483 37000 block Auburn Enumclaw Rd Driving while license suspended

Delaney Mclellan (39) was arrested via citation for Driving while license suspended-second degree, after a check with DOL on his registration, showed he had a suspended license.

02/19/13 4:01 PM 13-038643 37200 block Auburn Enumclaw RD No valid driver's license-without ID

Joseph D. Moses III (21) was arrested via citation for driving without a valid driver's license and not having identification after a DOL check of his registration showed he did not have a driver's license.

02/20/13 12:30 AM 13-039032 41400 block Auburn Enumclaw RD Burglary-Forced Entry/Warrants

Felecia Emery (21) and Russell Ward (31) were arrested on their felony warrants after being contacted during the investigation of a Burglary-forced entry and commercial fishing equipment was stolen. Emery's and Ward's warrants were both no-bail DOC warrants and were booked into Enumclaw jail.

02/19/13 12:40 AM 13-039032 41400 block Auburn-Enumclaw RD SE Burglary

An adult male reported the theft of a fishing net (commercial gill net) and a Davit/Honda pot puller from a trailer. There is suspect information in the case.

02/19/13 12:40 AM 13-039032 41400 block Auburn-Enumclaw RD SE Warrant Arrests

Felicia Emery (21) and Russell Ward (31) were arrested on warrants after being contacted during the investigation of the above listed burglary. Emery had a felony no bail warrant from the Department of Corrections (DOC.) Ward also had a felony no bail warrant from DOC. Both subjects were booked into the Enumclaw Jail on their warrants.

02/20/13 12:42 PM 13-039381 38900 block Auburn-Enumclaw RD SE Fight Disturbance

Deputies responded to the report of a fight between an adult male and a juvenile. The fight was over when deputies arrived. The adult male was contacted at the scene, the juvenile was located at another location. Both subjects gave the same information that they both agreed to fight before the fight started. A report was written for informational purposes only as it was a mutual fight.

02/21/13 8:13 AM 13-040083 41400 block Auburn-Enumclaw RD SE Suspicious Circumstance

A deputy contacted a suspicious vehicle occupied by an adult female. A male came out of the house and told the deputy that the female took shoes that did not belong to her. The female returned the shoes. A report written for documentation purposes.

02/23/13 3:09 PM 13-041997 14400 block SE 368 PL Warrant Arrest

Howard Arrington (45) was arrested on a Federal Way misdemeanor warrant for "Displaying Dangerous Weapon" with a \$2,600 bail. Howard was booked into the SCORE Jail.

02/23/13 5:10 PM 13-042105 41400 block Auburn-Enumclaw RD Ignition Interlock Violation

Joseph Emery (39) was stopped for a vehicle license violation. Emery was cite/arrested via citation for "Driving While License Suspended in the Second Degree" and "Ignition Interlock Violation."

02/23/13 6:00 PM 13-042119 Job Corps Burglary

A storage container at Job Corps had the eye ring around the locks cut. Unknown lose at the time of the report.

02/24/13 3:25 PM 13-042704 16300 block SE 388 ST Driving While License Suspended

Harriet Barr (22) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

02/24/13 3:41 PM 13-042717 38800 block Auburn-Enumclaw RD SE Driving While License Suspended

Christina Gregerson (27) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

02/24/13 4:31 PM 13-042747 38600 block Auburn-Enumclaw RD SE Ignition Interlock Violation

Jennifer Black (43) was cited/arrested via citation for "Driving While License Suspended in the Third Degree" and a "Ignition Interlock Violation."

02/24/13 6:08 PM 13-042841 Muckleshoot Smoke Shop Trip Permit Violation

Rosanna Stewart (28) was cited/arrested via citation for "Driving While License Suspended in the First Degree" and a "Trip Permit Violation."

02/24/13 8:54 PM 13-042915 Davis Property Trespass

Michelle Ornelas (42) was cited/arrested via citation for "Criminal Trespass" after she was found on the Davis Property and had been trespassed from all of the Davis Property on 02/07/13.

02/25/13 10:15 AM 13-043225 38600 block Auburn-Enumclaw RD SE Driving While License Suspended

Robert Redthunder (42) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

02/25/13 3:34 PM 13-043474 38900 block Auburn-Enumclaw RD SE Warrant Arrests

Gerri Elkins (39) and Lawrence Jerry (27) were arrested on warrants. Elkins was arrested on a felony DOC warrant, she was turned over to a DOC officer for booking. Jerry was arrested on a misdemeanor King County warrant for "Assault in the Fourth Degree Domestic Violence (DV)" with a \$5,000 bail. Jerry was booked into the Regional Justice Center (RJC) Jail on his warrant.

02/25/13 3:34 PM 13-043525 38900 block Auburn-Enumclaw RD SE Drug Violation

While an adult female was being searched incident to an arrest on a warrant an Oxycodone pill on found in her pocket. The female is being charged with felony possession of the drug.

02/25/13 6:50 PM 13-042654 Wellness Center Mental Complaint

A staff member called police about an out of control juvenile. The juvenile was assaulting their parent and destroying property at the wellness center. The juvenile was sent to the hospital via a private ambulance for a mental health evaluation.

02/26/13 12:45 PM 13-044154 4900 block Auburn-Enumclaw RD SE Warrant Arrest

Heather Robertson (20) was arrested on a felony DOC warrant. Robertson was booked into the Enumclaw Jail. A set of shaved keys used to steal cars were found at the location. The keys were confiscated and placed into evidence.

02/26/13 1:14 PM 13-044188 4600 block Auburn Way S Driving While License Suspended

Jana Bellack (35) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

02/26/13 1:32 PM 13-044208 SE 413 PL/177 DR SE Recovered Stolen Car

On 02/24/13 a Beige 1991 Honda Accord 4 door was left at the location by a young white male. The car had been stolen in Auburn on 02/24/13 from the 400 block of 37 ST. The vehicle was reported to a deputy and recovered on 02/26/13.

02/26/13 1:45 PM 13-044228 41400 block Auburn-Enumclaw RD SE Warrant Arrests

Lonnie Moses (36) and Heidi Beach (38) were arrested on misdemeanor warrants. Moses had a misdemeanor warrant from DOC for "Escape." Beach had a misdemeanor warrant from Milton for "Driving While License Suspended." Moses was booked into the SCORE Jail and Beach was turned over to a Milton officer for booking.

02/27/13 12:14 AM 13-044683 39200 block Auburn-Enumclaw RD SE Failure to Transfer Title

Nicholas Wayne (20) was cited/arrested via citation for "Failure to Transfer Title within 45 Days of Purchase" and "Driving While License Suspended in the Third Degree."

02/27/13 3:00 PM 13-045277 Unincorporated King County Narcotics Activity Report

A Muckleshoot deputy took a report of drug activity just off the reservation but close enough to have an impact on the tribal community. Details are being kept confidential due to the nature of the case.

02/28/13 12:05 PM 13-045879 Skopabsh Village Trespass

Gerald Elkins (77) was permanently trespassed from all Muckleshoot Housing Authority property at the request of a Housing Authority staff member.

02/28/13 12:18 PM 13-045888 Location Not Being Disclosed Elderly/Dependent Abuse

Adult Protective Services (APS) reported an elder/vulnerable adult possibly being taken financial advantage of. Report sent to the Auburn Police as the elder lives off the reservation in the city of Auburn.

02/28/13 1:55 PM 13-045957 2200 block R ST SE Warrant Arrest

Russell Ward (31) was arrested on an Auburn misdemeanor warrant for "Failure to Stop" and "Driving While License Suspended in the Second Degree." Auburn officers took custody of Ward and booked him into the SCORE Jail.

02/28/13 2:00 PM 13-046007 Location Not Being Disclosed Dependent Adult Abuse

Report of medication being stolen from a dependent adult. Details are being kept confidential due to the nature of the case.

02/28/13 3:39 PM 13-046169 Finance Building Theft

Latausha Penn (24) was cited/arrested via citation for "Theft in the Third Degree" for stealing a purse from behind the counter at the Finance building



Security Cameras in Skopabsh Village

In a continuing effort to reduce and deter crime, the Muckleshoot Housing Authority installed security cameras in Skopabsh Village. These cameras will record 24/7 and provide law enforcement the tools necessary for a successful prosecution should a crime take place. The purpose is not to "snoop" on people. The cameras do not have the capability to zoom into windows or otherwise violate your rights of reasonable expectation of privacy. Anything occurring in public will be recorded and subject to review by law enforcement. If you become the victim of a crime in Skopabsh Village, call 911 and the responding deputy will take appropriate action including reviewing the coverage of the incident. If you have any questions or concerns please contact Deputy Riehs at the Muckleshoot Housing Authority 253-876-3027 or ronald.riehs@muckleshoot.nsn.us



Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

Sunday	11:00 AM Church Service
Tuesday	12:00 Noon Prayer Meeting
Wednesday	6:30 PM Bible Study
Thursday	12:00 Noon Support Group Meeting
Thursday	7:00 PM Spanish (language) Church
Friday	7:00 PM Prayer Meeting
3rd Saturday	10:00 AM Prayer Meeting

Cobell Questions?

Landowners/ IIM Account Holders

If you have questions regarding the Cobell Lawsuit or know someone who may have questions/concerns, talk to a well-informed person with the "Garden City Group" (GCG) by calling their toll free number: 1-800-691-6109, or e-mail them at: info@IndianTrust.com

CULTURAL WELLNESS GATHERINGS

AA Meeting
The Foundation Muckleshoot Recovery House
39225 180th Ave SE
Auburn Wa. 98092
Every Tuesday 12-1PM
Lunch Served

Feather Healing Circle
39015 172nd Avenue SE
Auburn, WA
Tuesdays 5:00 pm

Grief and Loss Support Group
Behavioral Health, Bear Lodge
Wednesday's 6:00pm - 8:00pm

Women's Group
Muckleshoot Tribal College
Thursdays 5:00 pm

Boys Mentoring Group
Muckleshoot Behavioral Health
Thursday's 4:30 pm to 9:00 pm

AI-Anon Meetings
Auburn First United Methodist Church
E. Main & N St. S.E.
Auburn, WA 98002
Monday 10:30 a.m.

Federal Way Sunrise
United Methodist Church
150 S. 356th St.
Federal Way, WA 98003
Monday 6:30 pm

ATTENTION ALL MUCKLESHOOT COMMERCIAL FISHERS

saFetYaLer t!

DRUG SCREENING PROCEDURES WILL BE IMPLEMENTED FOR THE 2013-2014 COMMERCIAL FISHING SEASON COMPLIANCE WILL BE REQUIRED IN ORDER TO OBTAIN STICKER AND TO MAINTAIN ELIGIBILITY. THE FISH COMMISSION CURRENT POSITION IS TO REQUIRE A HAIR FOLLICLE TEST.

– THE FISH COMMISSION –

RELIGIOUS CONTACTS

Please feel free to suggest additions

Muckleshoot Indian Shaker Church
Dennis Anderson Sr., Minister
Sandy Heddrick, Assistant Minister
Carl "Bud" Moses, 1st Elder
Lee Stafford, 2nd Elder
Gerald Moses Sr., 3rd Elder
Teri Starr, Secretary/Treasurer
Ben Sweet, Traveling Missionary

Muckleshoot Pentecostal Church
Rev. Kenny Williams, Pastor

MUCKLESHOOT TRIBAL COURT
YOUTH COURT DIVISION
FOR THE MUCKLESHOOT INDIAN RESERVATION
AUBURN, WASHINGTON

IN RE THE CUSTODY OF: M.J.-V.
DOB: March 14, 2011
AN INDIAN CHILD

Case No.: MUC-CIJ-05/11-109 NOTICE OF HEARING ON FATHER'S MOTION TO REVISE PARENTING PLAN (Terminate Mother's Parental Rights) AND TAKE CHILD TO MEXICO ON VACATION
TO: (MOTHER): SUNSHINE BARGALA
(FATHER): JUAN JAIMES-VERGARA

YOU AND EACH OF YOU are hereby notified that a Motion to Revise Parenting Plan (Terminate Mother's Parental Rights) and Take Child to Mexico for Vacation has been filed in the Muckleshoot Court Youth Division and a HEARING will be held on the **12th day of APRIL, 2013 at 10:00 AM** in the above-titled court, located at the Muckleshoot Legal Building, 39015 172nd Avenue SE, Auburn, Washington 98092, to determine whether Father's requests are in the best interest of the child.

A legal action has been started against you in the above-entitled court. The petitioner's claims are stated in the written motion, affidavit and proposed parenting plan on file with the Clerk of the Court. Please contact the Clerk of the Court to get a copy of those documents.

In order to defend against this legal action, you must respond by stating your defense in writing, and serve a copy upon the petitioner and by filing the original with the Court within twenty (10) days of this hearing date. Failure to answer or respond may result in a default judgment being entered against you without notice. A default judgment is one where the petitioner is entitled to what he/she asked for in the Motion. If you or your spokesperson files a Notice of Appearance with the court, you are entitled to notice before a default judgment may be entered. If you wish to seek the advice of an attorney or spokesperson in this matter, you should do so promptly so that your written response, if any, may be served on time.

If you have any questions regarding the nature of this hearing or the location of the Court, please contact either the Court Clerk at (253) 876-3203.

Dated this 13 March 2013.

s/Bobbie Jo Norton
COURT CLERK / ADMINISTRATOR

St. Leo The Great

Catholic Mass

Every Sunday at 1:30 p.m. please join the Tacoma Kateri Circle and Father Pat Twoby, S.J. in celebrating the Catholic Mass. Native American Catholics are encouraged to celebrate the sacraments whether you are a regular parishioner or have not been to mass in months or years. Every third Sunday at 12:45 p.m. we have our Kateri Circle meeting, we are seeking new members. After the mass we will have a delicious potluck. St. Leo's is located at 710 South 13th Tacoma, WA 98409. Our website is www.katericircle.com

MUCKLESHOOT INDIAN CASINO

You can now apply for jobs ON-LINE

Visit www.muckleshootcasino.com and click on "Career Opportunities" to view current job openings then complete your employment application. This on-line application can be completed 24 hours a day from the convenience of your home computer and/or at the Muckleshoot Indian Casino's Human Resources Office.

All you need is an e-mail address to set up your on-line application. If you do not have an e-mail address call

Human Resources Hours:
Monday – Wednesday 9am to 6pm
Thursday 9am to 9pm
Friday 9am to 5pm
HR Phone Number 253-929-5128

Catholic Mass

with Father Pat Twoby

St. Claire's Mission Chapel Muckleshoot Reservation 3rd Saturdays at 5:00 PM

Come work for Your Tribe and make a difference!!!

The Muckleshoot Tribal Administration is looking to hire Tribal members to fill its new openings. Please visit us in the Tribal Administration Human Resources Department to see if we have any openings that you might be interested in.

Also see our opening on-line at www.muckleshoot.nsn.us

EVENTS CALENDAR

March 28 **4th Annual Underwater Egg Hunt**
5:30 at the Wellness Center Pool.
Contact Al Frank at 253-333-3616 for more info

March 30 **Elders Breakfast & Swap Meet**
9 am. - Guest speaker Wilson Wewa at Muckleshoot Elders Complex.

April 8 - 11 **Muckleshoot Adventures Spring Camp**
Ages 7-17. Call Stephanie Flesher at 253-876-3357 for more info.

April 11 - 12 **Weavers Teaching Weavers**
Northwest Indian College.
Call Ruth Solomon at 360-392-4239

April 17-19 **Trading at the River - 11th Annual Trade Show & Conference**
The Mill Casino, North Bend, OR

May 3 **Enumclaw School District 18th Annual Pow Wow**, Enumclaw High School Gym, 226 Semanski St. So., Enumclaw, WA; Grand Entry 7 PM; info: Cathy Calvert or Sarah Brassard, 360-802-7689 or cathy_calvert@enumclaw.wednet.edu

June 14-16 **Muckleshoot Veterans Pow Wow**

August 23-25 **Muckleshoot Skopabsh Pow Wow**

SUBMIT YOUR ITEMS FOR THE EVENTS CALENDAR!!
Muckleshoot.Monthly@muckleshoot.nsn.us

SAVE THE DATES!

Muckleshoot Veteran's Pow-Wow

June 14th-16th, 2013

&

Muckleshoot Skopabsh Pow-Wow

August 23rd-25th, 2013

More information coming soon at:
www.muckleshoot.nsn.us

For questions call:
Wendy Lloyd 253-333-3605 or
Grant Timentwa 253-876-3327

Vendors: Charles Williams 253-334-1182

2013 Hunting Season

Everyone will need to sign and pick up their own tags, as well as sign the notice that you received a copy of the regulations.

If you get a DH you will need to come in and sign your tags, and then you will have to leave them here for the DH to sign and pick up.

No more letters or phone calls or relative "pick ups" will be allowed. NO EXCEPTIONS.

*Thank You!
Wildlife Staff*

Life is not always going to be easy...

My name is Veronica Milne. I am 17 years old. I was born on March 1, 1995, in Ketchikan, Alaska. I have two brothers and two sisters; Tim Jr. (26) and Nolan (11), Valerie Daniels (31) and Samantha (20). I have two beautiful nieces and one nephew; Kady Charles (12- Val), Cameron Charles (9- Val), and Dahlia Ulrich (7 months- Sam). Therefore, I am second youngest of the five.

My dad, Tim Milne Sr. and my mom, Noreen Milne have been married 25 years and all raised us older ones on a little island called Metlakatla. We moved here to Auburn, Washington in 1999, and have lived here since. Growing up, I always remembered living in a full house; but just family, whether it was just my parents and their kids, or aunts, uncles, and cousins visiting. I guess I could say my family is a little out of the ordinary, but whose isn't?

My family has been through a lot, both good and bad. I think the hardest was losing our grandparents; Dorothy Milne (my dad's side) in 2003, Herb Siddle (my mom's side) in 2001, and Edith Elliot-Price (also my mom's side) in 2006. I never knew my grandpa on my mom's or dad's side; my grandpa Norman, my dad's dad, was lost at sea in Alaska when my dad was 11 or 12, and my grandpa Harold, on my mom's side, was hit by a train. All together my grandma Dorothy had 15 kids, and many grandkids. Only 6 of my aunts and 6 of my uncles are alive today. My grandma Edie (Edith) had 3 daughters, 1 son, and many grandkids. Only my mom and two aunts are alive today.

The next hardest things are ones that I wouldn't ever wish on any parents. 3 of 5 of my siblings, including me, at one point, attempted suicide... me being the worst, with 4 attempts. I was finally admitted to the Seattle Children's Hospital for psychiatric help in 2008, two years after my depression worsened. I was assigned a counselor, whom I still see from time to time, and was put on various medications; antidepressant, antianxiety, and insomnia.

The last time I ever took any psychiatric medications was March/April of last year (2012). I grew so tired of waking up every morning to take my medication that when my mom left town for a workshop, I skipped school, gathered my change, and drank until I couldn't drink any more. I then flushed all my medication and haven't touched any type

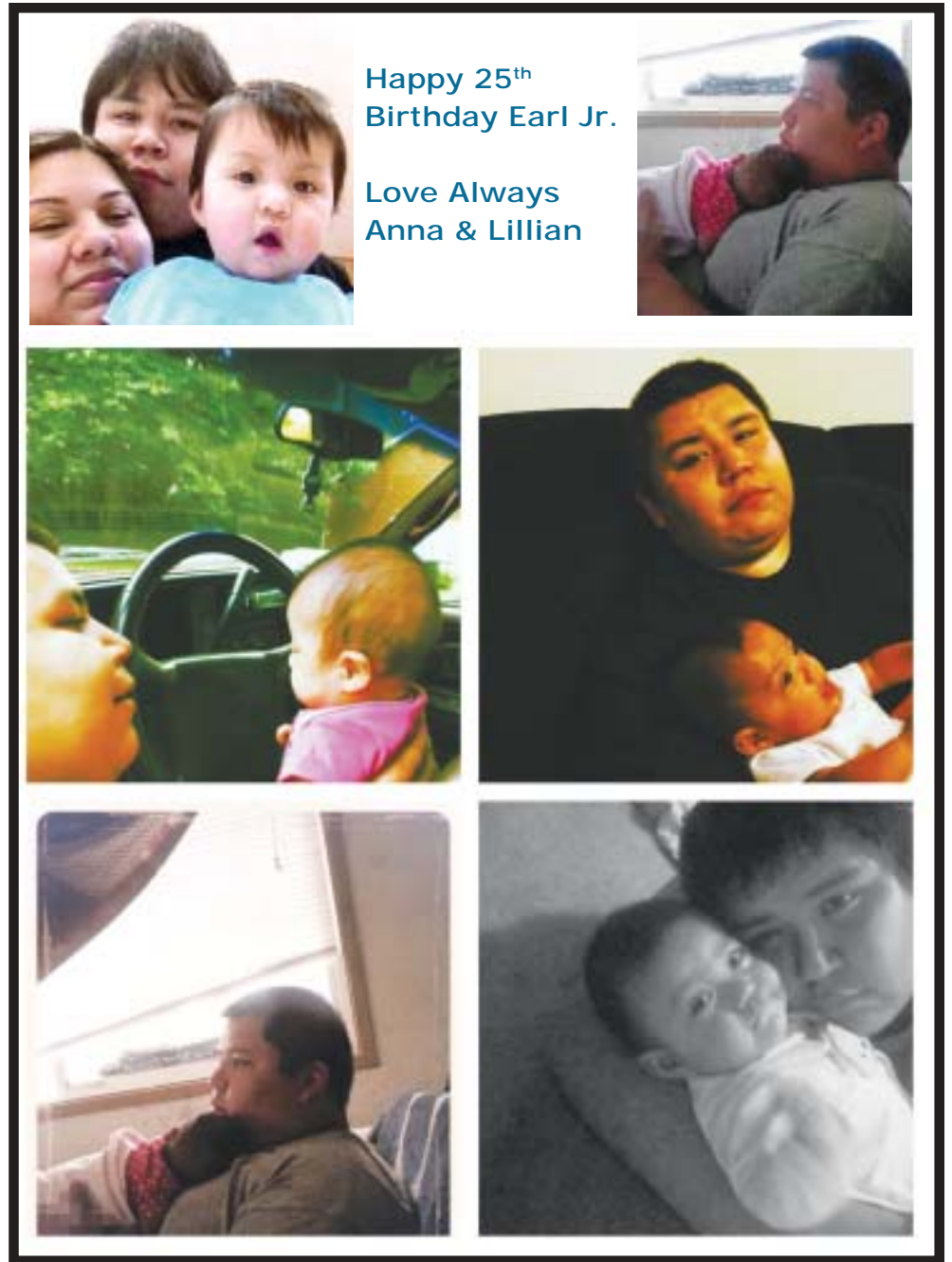
of 'anti' medication since.

It's been almost 5 years since my last attempt, and the ones who were there for me when I needed them are still here for me today - my brother, Tim Jr., my sisters; Samantha, and Val, and my mom, Noreen. They've all taught me so much, and gave me the mental and emotional support that I needed. Above all, my brother Tim Jr. is the one I look up to the most, and to this day, I still do. The psych. Ward, my counselor, and my family are the reason I am still here today.

Another person who has made an impact on my life is my best friend, Elizabeth Russell-Milne. She's my cousin. We both have had some pretty rough things going on and as soon as we started talking and venting on each other we felt a lot better. We would always act silly together, stay up all night playing games, talking, and just being crazy. There aren't very many times that she hasn't put a smile on my face, or cheered me up when I needed it. She always has a smile on her face and a good attitude to go with it. After she graduated we started drifting a little. She got a job and was busy most of the time, so we barely see each other, even though she just lives across the street from me.

In summer of 2011 my mom enrolled me in the Early College Program, where I got in touch with Dewey Miller Jr. again. We've known each other since we were in Head Start, but after that we never talked again until that summer. As time went on we grew closer, after the program was over we would still hang out. Even when school started again he would come to pick me up and give me a ride home. We would hang out and talk for hours on end. We were best friends, and up until a week before he graduated (June 2012) we finally got together and have been pretty much inseparable ever since.

So as you can see, my family has been through a lot over the past ten years or so. In the end we all manage to stay sane enough to make it through the day. We may not all get along all the time, but we love each other. Life is not always going to be easy. There's always someone out there that will stand by you and support you. Everything takes time, and with that time, you can overcome anything that life gives; it just takes one day at a time.



Happy 25th Birthday Earl Jr.

Love Always Anna & Lillian



I would love to wish my Grandson Ronnie Atimalala a Happy Birthday for March 4th!

Grandma Norma



Photos from Dutchie

Here are a few photos brought in by Georgianna "Dutchie" Elkins. Many will recognize her father, George Starr, at right in the framed photo. The others are from a trip the elders took to Alaska with Lyle and Gerri Davis a few years back. Dutchie remembers how they came across wild raspberries growing high up on a steep hill near the road. "I could just smell them," she recalls. The always-valiant Randy Ross made like a mountain goat and brought some down for all to enjoy. The late Dossie Wynne was along on this trip, and you can see that she was enjoying herself.



Welcome
Lilyanah Murina Marie Searcy
 Born 02-14-2013 @ 3:43 pm 7lbs 11 oz
 18 ¾ inches Long

Proud Parents:
 Robert "Baba Loose" Searcy &
 Beatrice "Peaches" Jansen
 Big Brother RJ Searcy

Proud Grandparents:
 Suzanne M (Jansen) Giancoli
 Melissa (Searcy) & Julio Marquez

Proud Great Grandparents
 Lillian "Lily" Jansen
 Murina" Betty" Obi-Davis

Darrell Jansen
 Joseph Figueroa

Happy Birthday

- Cassidy Brown- March 05th
- Ellionna Moses- March 10th
- Jennelle Marsette- March 12th
- Uncle Mark James- March 13th
- Leandra "Pooch" Rojas- March 17th
- Andrea Gonzales- March 18th
- Andre Flores-James- March 19th
- Bailey Brown- March 26th

Love Missy and Josiah

I met this woman 6 years back and she's grown since then. We both grew together since last March, and I would like to thank her for being a TRUE Best Friend! She has been there for me since day one. THANK YOU, Angie!! You had faith in me and stood by me. You pushed me and held out a helping hand when no one else would or though I could make it. I'm blessed to have you as a friend. A Best Friend. Thank you and Happy Birthday! And to my sister Lia, Thank You also for being here for me and not giving up. I love you all.

Love, Your Sister, Best Friend & Cousin,
Brenda Kay Ward

Greetings from the Land of Enchantment!

I enjoy reading the monthly Muckleshoot news. I'm always happy to see my Grandson Mike Jerry in the paper.



Congratulations to the Tribal Council. I wish you all well. Keep up the good work.

Happy Springtime to everyone and your families. Celebrate the wonder all around you...

With Loving Prayers,
Rachel Blackwater
Acoma Pueblo