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**Muckleshoot Monthly**  
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 Auburn, WA 98092

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# Muckleshoot MONTHLY



Vol. XV No. II

Muckleshoot Indian Reservation, Wash.

APRIL 15, 2014



PHOTO BY JOHN LOFTUS

LeeRoy Courville Sr. (right) and his assistant, Tim Lucas, are working hard to make this year's Community Garden the best ever.

## Muckleshoot Community Garden kicks off spring planting season

It's almost gardening season again, and the Muckleshoot Community Garden Program is up and running. Program Manager LeeRoy Courville Sr. says that about a quarter of the garden's 32 plots have already been reserved for the season by members of the Tribal community. There is no charge to Tribal members. The Community Garden is located on 180th Avenue SE.

Returning gardeners will notice the new raised planters for the garden's strawberry crop, and soon-to-be installed gas barbecue grill in the picnic shelter.

To get more information or to reserve a plot in the garden, please contact Debra Reisert, Planning Division receptionist, at (253) 876-3326.

## A LEGISLATIVE VICTORY FOR TRIBES

*This year we celebrate the 40th anniversary of the Boldt Decision, a great and hard-fought victory for Northwest Tribes. It was a battle won through civil disobedience, arrests and court trials. The following article, written by Rick Jensen, one of the Tribe's lobbyists in Olympia, demonstrates quite clearly that the battle for equal rights continues, but now takes place in the statehouse, not the courthouse. House Bill 1287's purpose was to level the playing field for tribes by granting them the same tax treatment that other units of government enjoy. This article will give our readers a bit of insight into the complexity of the political world that today's tribal governments must master.*



Gov. Jay Inslee signs HB1287 into law. Muckleshoot representatives at the ceremony included Intergovernmental Affairs Director John Daniels Jr. and Councilmembers Charlotte Williams, Kerri Marquez, Marcie Elkins and Chairman Virginia Cross.

OLYMPIA – It's not unusual for a legislative

issue to take more than one session to pass, particularly if the issue is complicated or controversial. A bill that was recently passed by the both houses of the legislature and signed into law

by Governor Jay Inslee on April 3rd was both complicated and controversial and had been a work in progress for ten years!  
 Tribal Chair Virginia Cross, along with Council

members Charlotte Williams, Marcie Elkins, and Kerri Marquez, Intergovernmental Affairs Director John Daniels Jr, tribal staff,

*Continued on page 2*

## GRADUATION DATES FOR 2014

### Mark Your Calendars!

- **MIT Head Start** – Wednesday, June 4, 2014 @ 10:00AM, Pentecostal Church
- **Muckleshoot Tribal School 12th Grade Graduation** – Friday, June 6, 2014 @ 5:00 PM, MTS Gymnasium
- **The Evergreen State College-Reservation Based Community Determined Program** – Sunday, June 8, 2014 @ 12:00PM, TESC Longhouse
- **Enumclaw School District High School Graduation** – Monday, June 9, 2014 @ 7:00 PM, White River Amphitheater
- **MTS Kindergarten, 5th & 8th Grade** – Tuesday, June 10, 2014 @ 10:00 AM, MTS Gymnasium
- **Birth to Three** – Friday, June 13, 2014, 12 -3 PM, Trip to Northwest Trek
- **ASD-Auburn Mountain View High School** – Saturday, June 14, 2014 @ 11:00 AM, Auburn Memorial Stadium
- **ASD-West Auburn High School & Virginia Cross Native Education Center** – Saturday, June 14, 2014 @1:30 PM, Auburn Performing Arts Center
- **ASD-Auburn Riverside High School** – Saturday, June 14, 2014 @ 4:00 PM, Auburn Memorial Stadium
- **ASD-Auburn High School** – Sunday, June 15, 2013 @ 4:00 PM, Auburn Memorial Stadium
- **Higher Education Dinner** – Thursday, June 19, 2014, 6-9 PM, Muckleshoot Casino Banquet Hall
- **High School Graduation Dinner** – Friday, June 20, 2014, 6-9PM, Muckleshoot Casino Banquet Hall
- **Northwest Indian College Graduation** – Friday, June 20, 2014 @ 5:00 PM, Wex Li'em Community Building, Bellingham, WA
- **Antioch University** – Monday, June 23, 2014 @ 1:00 PM, Town Hall, Seattle, WA

clip & save

## Why I Started Shockers' Fitness

By Angelica Roberts

Shockers' Fitness is a Muckleshoot Tribal Woman Owned business, that I opened at 1201 Auburn Way South on September 9, 2013. The gym's focus is on boxing, cross fitness, Zumba, and Kickboxing, and Youth Boxing and Cross Fitness classes. The gym also supports AdvoCare as a health product to improve your overall wellness.

Shockers' Fitness also has had the pleasure to work with Muckleshoot Tribal School, Puyallup Youth Community Center, Snoqualmie Tribe and Chehalis Tribe since opening in September. As a Tribal owned business our focus is working with other Natives to have a healthy lifestyle, learn boxing and basic self-defense, and incorporate cross fitness to improve over all fitness level and performance.

As the owner, I have been asked to explain why I ended up opening a gym. Prior to opening Shockers' Fitness, I had a best friend and we had talked about opening a place someday that was safe for families and especially children that promoted youth activities. At first the dream was to be some kind of youth club, with pool tables, basketball, boxing and video games. During the same time we were talking about this idea, I had started to lose weight by doing cross fitness and boxing and begun my journey to a healthier way of life.

Then a tragedy happened in December 2012, as I was leaving the movies with my best friend he collapsed and passed out, or so I thought.

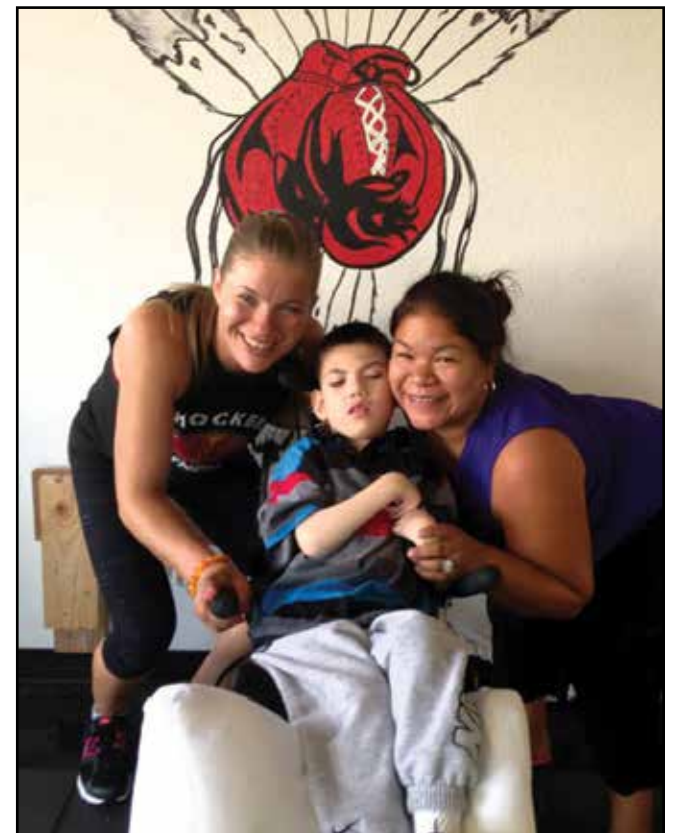
He woke up, but had thought he had a diabetic insulin attack, and had passed out from low blood sugar. I had asked and begged to call 911 or take him to the hospital, but he refused and I listened.

But in a reality the signs were there of a heart attack, if I would have known what to look for. He had pain and discomfort down one side, he was suddenly dizzy and confused. Instead of trusting my heart and calling 911, that night, I listened to all of the reasons as why not to call or take him to the hospital.

This is something I now encourage anyone to do... CALL for HELP! Even if you don't know for sure, it is always better safe than sorry. He ended up having another heart attack and passed away leaving his family and friends behind. This is a moment that has left everyone with a vacant space in their hearts for him.

After this happened, I decided to follow the dream we had talked about endlessly and opened a gym with Boxing, Cross Fitness and Zumba for youth and adults. As part of the gym, we promote Heart Awareness and look to educate others on the signs of a heart attack and a healthier lifestyle. I focused the gym on physical activities and decided to remove the video games and stick to activities that promoted healthy cardiovascular activities.

The best way I figured I could help was to educate others about what I didn't know that night. The Chain of Survival by American Heart Association:



Grand Opening Day at Shockers' Fitness

1. Call 911 Immediately for medical services.
2. Begin CPR immediately, if victim is not breathing.
3. Use a automated external defibrillator if available.
4. Early advanced life support. Sooner the person is treated by a medical professional the better chances of survival.

Take the time to educate yourself. Let us educate you or give you the information to educate yourself. In honor of my friend we will be hosting a Native Youth Boxing fundraiser in August to give all proceeds to the American Heart Association. More information on this event will be coming soon.

Please come try Shockers' Fitness and let us help you get healthy while supporting a Native Owned business. There are funds that help cover the costs of Training by Muckleshoot Tribe, Puyallup Tribe, Snoqualmie Tribe, Chehalis Tribe, Squaxin Tribe and Nisqually Tribe. First work out is FREE. Stop by and see us!

We offer discounts to ALL MUCKLESHOOT ENTERPRISES-CASINO, ADMINISTRATION AND BINGO and ALL TRIBAL MEMBERS GET A DISCOUNT!

Angelica Roberts, Owner.  
 Shockers' Fitness  
 1201 Auburn Way South, Suite A  
 Auburn, WA 98002  
 Angelica\_roberts@ymail.com

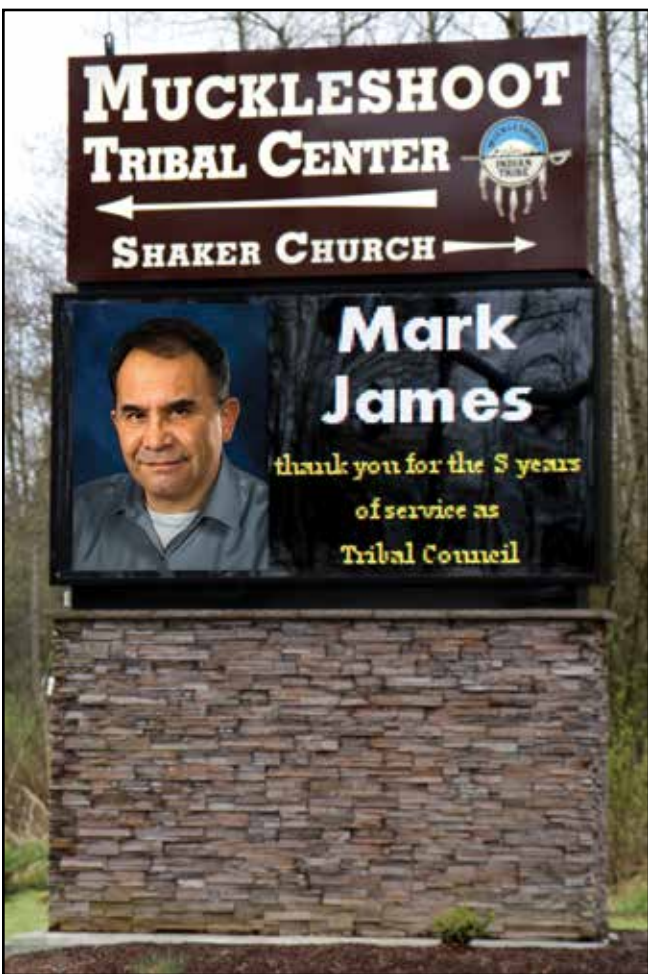
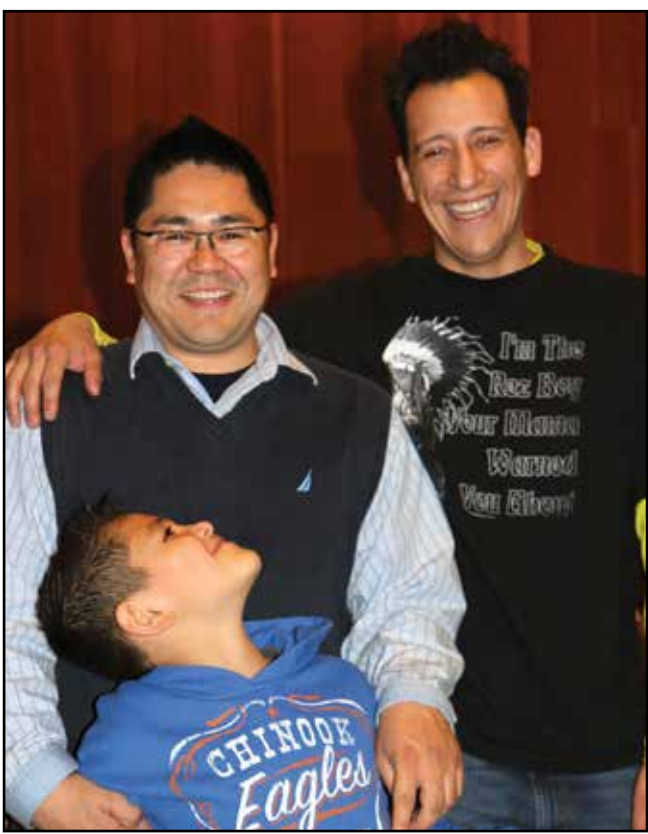


PHOTO BY JOHN LOFTUS

King County Council member Larry Gossett, center, accepted a gift of a cedar basket during a recent visit to the Tribal Council. The purpose of Gossett's visit was to thank the Muckleshoot Tribe for its many years of sponsorship of Seattle's Martin Luther King Day Celebration.



## Tribal Council Members Sworn In

As per the Muckleshoot Tribal Constitution, the three individuals elected in January – Virginia Cross, Jeremy James and Marie Starr – were sworn in on the first Tuesday in April, which this year fell on April 1. The ceremony was held in the Tribal Council Chamber with many family members and friends present to witness it.



Jeremy James, Virginia Cross and Marie Starr



### 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:  
\_\_\_\_\_

## VICTORY FOR TRIBES continued from page 1

family and friends watched Governor Inslee enact the bill that adds "economic development" to the definition of essential government services as it relates to fee lands off the reservation that is owned by a tribal government.

The title of the act is "Subjecting Federally Recognized Indian Tribes to the same conditions as state and local governments for property owned exclusively by the tribe". The bill was sponsored in the House by Representative Sherry Appleton from Kitsap County and King County Senator Steve Litzow sponsored the Senate version.

The bill originated from a measure that the Muckleshoot Tribe initiated and ultimately passed in 2004. That law added tribal governments to the statutes that give all other governments that own fee simple property tax exemptions. ("Fee simple" means land that is not in trust.)

That 2004 bill defined "essential government services" for tribal functions as schools, public works facilities, fire and police structures, health care facilities, and other customary government entities, EXCEPT economic development was excluded.

It didn't take long to conclude that tribes were still being treated differently than other governments in that economic development is an essential government service and particularly for tribes, economic development is the driver of essential government services.

The next step was to correct that inequity and the concept was met with fierce opposition! First, the counties and cities cried foul, stating that this exemption on fee simple

lands off the reservation would give tribes a broader benefit that would cost taxpayers plenty.

That argument raged for years, but finally fell flat as legislators became more and more aware of the fact that all governments at all levels including junior taxing districts, ports, cities, counties, the state and federal government engage in economic development on property tax-free lands.

As the local government argument became weaker, other entities took up the fight in opposition, including the Association of Washington Businesses, who claimed tribes would have an unfair business advantage.

Tribes fought back, debunking their arguments with the fact that tribes are good business partners contributing a high percentage of family wage jobs in the surrounding communities where tribes are also very good neighbors. The Association of Washington Businesses late rally fell short.

And, finally, the Association of Washington Realtors strenuously attacked the measure for reasons no one quite understood.

In the end, however, the majority of open-minded legislators, armed with the facts, understood the issue, not only from an equity and fairness basis, but as an economic benefit to the entire state. The bill passed the legislature with a bi-partisan majority. And there were lots of smiles when Governor Inslee signed the measure into law after ten long years unwavering work. The work is not totally completed, but this is a major step forward!



Muckleshoot Tribal Council  
Virginia Cross, Tribal Chair  
Mike Jerry Sr., Vice-Chair  
Charlotte Williams, Secretary  
Nick Bennett, Treasurer

Marcie Elkins  
Jeremy James  
Kerri Marquez  
Marie Starr  
Louie Ungaro

### Muckleshoot Monthly

John Loftus, Managing Editor  
39015 172nd Avenue SE  
Auburn, WA 98092  
Muckleshoot.Monthly@muckleshoot.nsn.us



**Paddle to Bella Bella 2014**

We will be waking up the canoes soon as we prepare for the Tribal Journey 2014 Paddle to Bella Bella B.C.

For anyone who is interested in joining the crew for pulling this year, we usually practice on Sundays, maybe Saturdays now, too. We meet Wednesday evenings @ 6:00pm at the Canoe Family Building "Old Head Start".

Please contact me if interested and pulling canoe this year or if you know of anyone that would like to pull canoe have them get in touch with me.

Mike Edwards / 253-876-3192 office / 206-255-0115 Cell  
Email: Mike.Edwards@muckleshoot.nsn.us

# MUCKLESHOOT FATHERS MATTER SUPPORT GROUP

PHILLIP STAR BUILDING · COUGAR ROOM  
**Every Wednesday Starting:**  
**April 2, 2014**  
**5:00 PM TO 7:00 PM**

**OPEN TO:**  
 -ENROLLED MUCKLESHOOT / DESCENDANTS / COMMUNITY MEMBERS  
 -FATHERS WITH CHILDREN IN A DEPENDENCY CASE  
 -FATHERS WHO ARE COURT ORDERED TO COMPLETE A PARENTING CLASS  
 -FATHERS WHO WANT TO ENHANCE THEIR OWN PARENTING SKILLS

**IF INTERESTED PLEASE CONTACT THE FACILITATOR TO ENROLL**  
 MUCKLESHOOT CHILD AND FAMILY SERVICES / Muckleshoot Birth to Three / MELA  
 ETENE TAIMALELAGI, "T" or TUI SHELTON  
**253-876-3392 / 253 876-3056**  
 etene.taimalelagi@muckleshoot.nsn.us / tui.shelton@muckleshoot.nsn.us



**2nd Annual International Native American Responsible Fatherhood Day**  
**June 14, 2014**

It is a day to honor and celebrate the importance of fatherhood and the great contribution fathers bring to strengthening families and communities.

Participate by conducting an event in your area!

**Fatherhood is:**

**Sacred**  
**Valuable**  
**Confident**  
**Honorable**  
**Protectors**

**GIVERS**  
**TEACHABLE**

**Responsible**  
**Providers**  
**Important**  
**Example**

**Leaders**  
**Educators**

Call (480)833.5007 for more information



**Marie Grace Paul**

Marie Grace Paul was born in the family home on April 6, 1928 in Nespelem, Washington. She was an enrolled member of the Colville Tribe. She died on March 28, 2014 in Enumclaw, Washington. She was 85 years old.



Marie was a long-time resident of the Muckleshoot Community and also a member of the 1910 Shaker Religion. She and husband Wallace Paul raised eight children together. Although she had various jobs in her life, after marriage, she became a homemaker. Marie enjoyed traveling and taking part in her Native Cultural activities such as Round Drum, Longhouse, and making Regalia. She also liked to embroider, cook and listen to country music.

She is survived by two daughters, Bea Kahana and Cindy Williams, both of Auburn; niece Sammy Kaye Fryberg of Marysville; sons Raymond Paul of Marysville and Chris Paul of Yakama; eldest grandson Curtis Heredia, numerous other grandchildren, great-grandchildren, great-great-grandchildren and nieces and nephews.

Marie was preceded in death by her husband, Wallace Paul; daughters Patsy and Arlette Paul; granddaughter Billie Jean Barr, brother Jim Walsh and sister Harriet (Hattie) Walsh.

Services were held at the Muckleshoot Shaker Church on April 1, 2014, followed by burial at the Old White Lake Cemetery and dinner at the church dining hall. Arrangements were by Weeks Funeral Home, Buckley.

**Dario Daniel Adame "Mono"**

Dario Daniel Adame, born September 4, 1962, in Fresno, California, entered into rest on March 16, 2014 in Everett, Washington. He was 51.



Dario began to earn money at a very early age. At 10 years old he was yard cleaning and shoe shining in West Side Fresno. He worked as a farm laborer and drywall hanger and various other construction jobs.

At a time in his life, Dario had a collection of almost every Motown recording. His favorites were the Temptations and Four Tops. He was also very crafty in making small mementos out of cigarette boxes and chewing gum wrappings.

Although Dario had no children of his own, he was very drawn to kids. He was very much loved by all his nieces and his nephews and their children.

In his 9-year relationship with Audrey Fryberg, whom he loved dearly, along with her children and grandchildren who he loved as his own familia, may God bless you and comfort you always.

We thank God for his grace, mercy and for his love, especially for his love that was shown through our people, Muckleshoot people and Tribal Council.

Thank you to Rhonda and her husband, Tammy, Kerri, Price Helton Funeral Home, grave diggers, pall bearers, each and every cook that blessed us with a delicious meal, and also Mr. John Loftus for his good works, and Father Pat Twohy.

Dario was an awesome brother whom we will miss greatly, especially his great smile.

*Death leave a heartache  
 Nothing can heal;  
 Love leaves memories  
 Nothing can steal.*

Much love and respect from Dario and his familia,

*Glorianne, Linda, Antonia, Cynthia & Sam Adame*

Dario was preceded in death by his father, John Adame; mother, Antonia Leona Daniels; and brothers Edward Lupe Adame and Miguel Andrew Adame.

Funeral services were conducted by Father Pat Twohy on March 21, 2014 at the Muckleshoot Pentecostal Church. Pallbearers were Valdemar Maldonado Jr., Gilbert Adame, Fred Tellez, Curtis Jerry, Robert Fryberg, Roger Jerry Sr. – "Krazy".

Honorary pallbearers were Daniel Maldonado, Robert Mendoza, Victor Mendoza, Ralph Mendoza, Joey Mendoza, Ray Gonzales, Richard Gonzales, Anthony Gonzales, Jesse Flores, Jason Flores, Tony Tellez, Johnny Tellez, Edward Adame, John Adame, Gabriel Adame, Allen Baker, Pascacio Cruz and Ray Williams. Internment was at the Old Muckleshoot Cemetery.












**SHOCKERS' FITNESS**  
1201 Auburn Way S, Ste. A  
Auburn, WA 98002  
shockersfitness.com  
angelica.roberts@gmail.com  
360-509-5329

**MORNING MADNESS-  
CROSS FITNESS AND BOXING  
MIXED CLASS**  
CLASSES AT 6:00 AM, 1:00 AM  
AND 5:00 AM  
(MONDAY-FRIDAY)

**Hours: MON, WED, FRI  
(6am-1pm, 3pm-9pm)  
TUE, THUR (6am-1pm,  
3pm-8pm)  
SAT 9am-1  
CLOSED SUN**

**CROSS FITNESS  
OPEN FORMAT SCHEDULE-NO  
SCHEDULE JUST COME WHEN  
WE ARE OPEN!  
FLEXIBLE SCHEDULE-  
WORKOUT WHEN YOU CAN!!!**

**"NEW" ZUMBA CLASS  
SCHEDULE  
TUES, THURS 6:00-6:45 PM  
ZUMBA TONING  
SAT: 9:30-10:15 AM**

**CARDIO KICK  
BOXING CLASS  
SAT: 10:15-11:00  
AM**

**BOXING CLASS TIMES:**  
MON, WED, FRI  
SENIOR BOXING (AGES 13-17) CLASS TIME:  
4:00-4:45 P.M.  
JUNIOR BOXING (AGES 9-12) CLASS TIME  
5:00-5:45 P.M.  
TUES, THURS (NOTE CHANGES ON TIME)  
PEE-WEE BOXING (AGE 5-8) CLASS TIME:  
6:00-6:45 P.M.  
JUNIOR BOXING (AGES 9-12) CLASS TIME  
6:45-7:30 P.M.  
SATURDAY  
PEE-WEE BOXING (AGE 5-8) CLASS TIME:  
11:30-12:15 A.M.  
JUNIOR BOXING (AGE 9-12) CLASS TIME:  
12:15 P.M.-12:45 P.M.  
ADULT BOXING MON-WED-FRI:  
3:00-4:00 PM AND 7:00-8:00 PM

# MIT Recreation Basketball Update

Were so proud of all the basketball teams! We had teams up in Enumclaw, Intertribal League and a few Tournaments. The 4th & 5th grade girls went undefeated 8 – 0 for the season. Intertribal League also went undefeated. We traveled to Skok, Squaxin, Squamish, Chehalis and Nisqually, and hosted a couple times. K-1 also had an awesome time in Enumclaw League, its so much fun working with these kids! Here are some of the results:

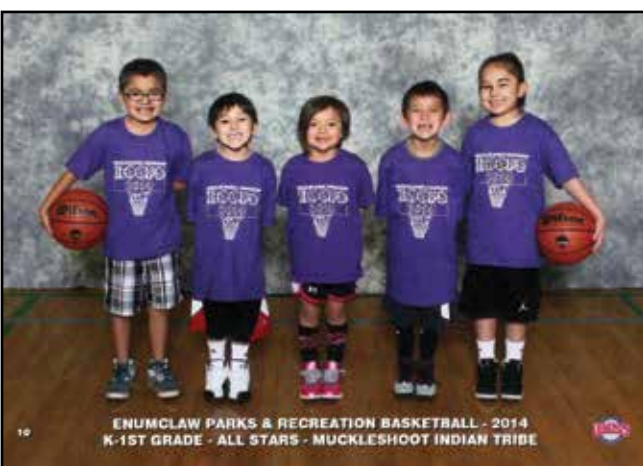
## Enumclaw Youth Recreation Basketball League



**2nd & 3rd Grade Boys** – Coach Roger Brown says “It was a lot of fun coaching these boys and we had many practices before the season started. Their improvement showed at each game and they used a lot of teamwork. After each game a parent or coach came up to me to tell me they are a great team and played very well!” **Roster:** Tristan, Martin, Tyler, Robert, Devin, Aron, Chad, Kuleace and Tyrell



**4th & 5th Grade Girls Team** – Coach Pauline Lezard. **Roster:** Paige, Ericka, Astraiya, Lilliana, Leila, Kalani, Erika, Joe-Z, Ariana, Madreen, Kaylea and Angel.



Kindergarten-1st Grade Team

**K-1st Grade Team** – Coaches Pauline Lezard and Roger Brown. **Roster:** Austin, Ronald, Noel, Westin, Bailey, Riley, Sahara, Payton, Lil Ray, Madison, Lydia and Michael.

## Recreation’s Youth Basketball Tournament Update

We would like to thank all the Parents/Guardians and Family that travel to support our Youth Athletes during these tournaments!! If your child is enrolled in the Youth Development Program or are Enrolled Muckleshoot Members they are eligible to play on Recreation coached teams. Please contact our office to be placed on the list for upcoming tournaments. Please note that team/age groups are chosen by the Coach and due to limited staffing we may not have a team in your child's category.

### TOURNAMENTS:



Who Let The Dogs Out 10 & Under Co-Ed Team

**Who Let the Dawgs Out” Basketball Tournament** in Skokomish February 14-17, 2014

Roger Brown coached a 10 & Under Co-Ed team. They played hard all weekend and came out with 3rd place sweatshirts. Coach Roger, “These kids are full of talent and I am looking forward to seeing them play as they get older”

**Roster:** John Starr, Jeremiah WhiteEagle, Joe Emery, Tyrell Nichols, Jordan Mathias, Astraiya Penn, Paige Courville, Erika James, & Ericka Elkins.

Pauline Lezard coached 13 & Under Co-Ed Team. They took 3rd place.

**Roster:** Erick Elkins, Ryan Thompson, Jeffrey Sheldon, Kash Nichols, Darius Nichols, Kobe Courville, Kalea Lezard, Sheyllynn Lozier, Leila Elkins and Ashley Jerry.

**Kingston Youth Basketball Association** in Little Boston March 7-9, 2014

Pauline Lezard coached a 12 & Under Co-Ed team. They took 1st place.

**Roster:** Ryan Thompson, Lamont Nichols, Darius Nichols, Kalea Lezard, Kat Lozier, Erika James, Joe Emery, Richie Penn, Ryan and Zach John.

**Chief Leschi Memorial Basketball Tournament** in Puyallup March 14-16, 2014

Roger Brown coached 14 & Under Boys Team. Placed 3rd

**Roster:** Kobe Courville, Wyatt Courville, Erick Elkins, Damon Fulgencio, Jeffery Sheldon, Avery Brown, Donald Jerry Jr., Troy Loggins, Deshawn Ross, and Scotty Sam

Pauline Lezard coached 12 & Under Co-Ed team. Placed 3rd

**Roster:** Lamont Nichols, Darius Nichols, Kalea Lezard, Kat Lozier, Erika James, Keevin Williams, Carlos Bennett, Ryan and Zach John



### UPCOMING TOURNAMENTS:

**Alvina Dillon Youth Basketball Tournament** in Puyallup March 25-27, 2014.

Roger will be taking a 16 & Under Boys team while Pauline will be taking 12 & Under CoEd team.

**Native Pride Youth Tournament** in Seattle April 4-6, 2014.

Roger is recruiting a 10&Under CoEd team and Pauline will take 12 & Under CoEd team.



**Reminder!!!**  
These Programs are available

Youth Activities Fund:  
This program helps pay for equipment/fees for the following sports and/or activity. PLEASE NOTE EACH MIT ENROLL YOUTH GETS \$625.00 PER CALENDAR YEAR

- Baseball/Softball
- Basketball
- Volleyball
- Soccer
- Speed Skating
- Football
- Music
- Wrestling
- Dance
- Swimming
- Skateboarding
- Snowboarding/Skiing
- Karate
- Gymnastics
- Self Improvement
- Sports Camps
- Sports Clinics
- Activity Self-esteem related
- Drivers Education
- School ASB dues
- Recreation Club Dues (YMCA, etc.)
- Education Camps (People to People, Space, Etc.)
- Basketball
- Softball/Baseball
- Soccer
- In-line Skating

**Adult Sponsorship:**  
This program helps pay for League, Tournament, Other Fees for the following. Please note each MIT Enrolled Adult gets \$300.00 PER CALENDAR YEAR

**UPCOMING SPRING SPORTS:**

- T-BALL (Pre-K & K)
- CUB CLINIC (1st-2nd grade)
- BASEBALL (3rd-4th grade)
- FASTPITCH (3rd-4th grade)

**DEADLINE:** May 2nd, 2014  
\*For teams not staff coached registration will be covered\*

# Last Fish Dinner 2014

PHOTOS BY JOHN LOFTUS



## Keta Creek Trout Derbies

The fishing derbies at Keta Creek hatchery are family oriented events for Tribal Members and their families. We serve breakfast, lunch, snacks and plenty of fun and games for all. Bait, tackle, ice, and fish bags are provided. Fish cleaning facilities are available.

**June 21, - Kids 12 and Under**  
**August 9—Family Derby**  
**September 27—Fall-Classic**

Fishing prizes, Door Prizes, Contest prizes, Pee Wee's Pond, Etc.

**Hours for all events 8:30—2pm**

Call us with questions:  
Gail Larsen (253) 876-3178 or  
Dennis Moore (253) 876-3286



ENUMCLAW SCHOOL DISTRICT

## 19TH ANNUAL POW WOW

APRIL 25, 2014

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

For Vender Information Contact:  
Cathy Calvert or Sarah Brassard  
(360) 802-7689  
or  
cathy\_calvert@enumclaw.wednet.edu

All Drums and Dancers Welcome  
Competitive Dancing  
Dance Specials

Sponsored by:  
Muckleshoot Indian Tribe  
and  
Enumclaw Native American Parent Association

Drug and Alcohol Free

# MUCKLESHOOT VETERAN'S POWWOW



**JUNE 20-22, 2014**  
MUCKLESHOOT POWWOW GROUNDS  
Auburn, Washington



Go to [www.muckleshoot.nsn.us](http://www.muckleshoot.nsn.us) for more information



EMERALD DOWNS opened its 2014 racing meet on April 12, led by Little Miss Skopabsh Tamicka Elkins. Watch for photos in next month's paper!

**It is Graduation Season!**

*Make sure your graduate is recognized*

**Your community wants to reward your student's accomplishment. Contact the Department of Education with your graduate's information**

**If you will be having a 2014 graduate from:**

- Kindergarten
- Fifth Grade
- Eighth Grade
- High School

**Who does not attend school in the AUBURN, ENUMCLAW or MUCKLESHOOT school districts please contact the Muckleshoot Department of Education.**

*PULLING TOGETHER...*



## April 1 Changes In School-Age Children Incentive Programs

Beginning on April 1, 2014, the following school-age children incentive programs will be administered through the Department of Education.

- School Supplies
- Clothing Vouchers
- Student Incentives

This means that as of that date, families may receive information, pick-up applications, turn-in completed applications and follow-up on applications with Rachel Heaton at (253) 876-3278 and Faline Marsette (253) 876-3075. Their offices are located in the Philip Starr Building in the Operations

Suite. Please see the staff at the Reception desk of the Philip Starr Building for directions to their offices.

The Department of Education and Community Services Division are working closely on this transition to ensure that the service to the community is seamless.

The Department of Education looks forward to serving the community in the recognition of student success and assisting students in having some of the tools needed to be the best student they can be.

For more information about this change please call Rachel Heaton at (253) 876-3278 or Faline Marsette (253) 876-3075. We look forward to assisting you.

**2014 GED**


**New Year, New Test, New Classes**

Tutoring available 9-5 daily - except during math class hours.

**2014 GED Math Class (The One You Will Need to Pass):**

- Summer class starts June 2014
- Monday - Wednesday from 10:00 - 11:30 a.m.
- Ends August 2014

For more information contact:  
Alicia Woods (253) 876-3375 or  
Laurie Collins (253) 876-3256  
Or find us on Facebook: Ged Mtc



**ATTENTION MIT GED ASSISTANCE RECIPIENTS**

**GED tests and testing requirements across the US have undergone significant changes. This has required changes within the Muckleshoot Scholarship Program in regard to payments of GED Assistance.**

**Major changes:**



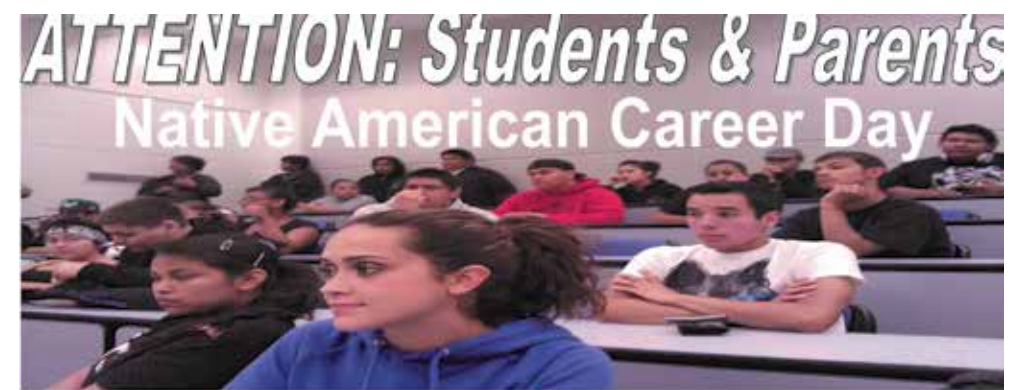
1. All the testing is done via computer, on-line
2. There are now only four (4) tests; there are now 5 payments verses 6 payments.
3. Tribal members that passed a GED test prior to 2014, and did not earn their GED Certificate, will need to retake all tests.
4. Please make note... If you were already paid any section of the GED Assistance, you will NOT receive duplicate payment.

For more information please contact the MIT Scholarship Office.  
Office hours: 8:00 am to 5:00 pm  
Fax No. (253) 876-3040

**Marie Marquez, Financial Aid Director (253) 876-3382**  
[Marie.Marquez@muckleshoot.mn.us](mailto:Marie.Marquez@muckleshoot.mn.us)



**Sanjo Tuilato, Scholarship Program Manager (253) 876-3380**  
[Sanjo.Tuilato@muckleshoot.mn.us](mailto:Sanjo.Tuilato@muckleshoot.mn.us)

**Melissa Searcy, Administrative Specialist II (253) 876-3378**  
[Melissa.Searcy@muckleshoot.mn.us](mailto:Melissa.Searcy@muckleshoot.mn.us)

**ATTENTION: Students & Parents**

**Native American Career Day**

**Sponsored by:**  **In collaboration with** 

**Please Join us**

**April 22nd & 23rd, 2014**

**Tuesday, April 22nd, 2014 - Middle School Students from ASD/ESD & MTS**  
8:30 a.m. - 1:15 p.m.

**Wednesday, April 23rd, 2014 - High School Students from ASD/ESD & MTS**  
8:30 a.m. - 1:30 p.m.

**Continental Breakfast & Buffet Lunch Provided**

Come check out the many opportunities that await you at this year's Native American Career Day at Muckleshoot Indian Casino in the downstairs banquet rooms! Admission is FREE!!

*Hope you can join us! Transportation provided by local School Districts.*

**ATTENTION MIT SCHOLARSHIP RECIPIENTS**

This message is to advise you that new Scholarship policies have been approved and copies are available at the Muckleshoot Scholarship Program.

**Major changes:**



1. No more Academic Warning; unless prior approval by Education Committee (will need to appeal in writing).
2. Must maintain a 2.0 GPA per term/quarter/semester.
3. 0.0 GPA automatic 5 year disqualification and the garnishment of Per Capita for repayment purposes.
4. Only regionally accredited and not-for-profit schools are available for funding for degrees.

For more information please contact the MIT Scholarship Office.  
Office hours: 8:00 am to 5:00 pm  
Fax No. (253) 876-3040

**Marie Marquez, Financial Aid Director (253) 876-3382**  
[Marie.Marquez@muckleshoot.mn.us](mailto:Marie.Marquez@muckleshoot.mn.us)

**Sanjo Tuilato, Scholarship Program Manager (253) 876-3380**  
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**Melissa Searcy, Administrative Specialist II (253) 876-3378**  
[Melissa.Searcy@muckleshoot.mn.us](mailto:Melissa.Searcy@muckleshoot.mn.us)

**EARN A BACHELOR'S DEGREE IN YOUR OWN COMMUNITY** NWIC - Muckleshoot: (253) 876-3183  
39811 Auburn-Enumclaw Hwy

**NORTHWEST INDIAN COLLEGE**

NOW OFFERING A B.A. IN TRIBAL GOVERNANCE & BUSINESS MANAGEMENT AT OUR MUCKLESHOOT CAMPUS

**APPLY TODAY** [www.nwic.edu](http://www.nwic.edu)

**What does a Northwest Indian College education look like?**  
**It looks a lot like you.**

**Eli Nelson**

**MOST Program Outstanding Achievement Award**

Many of us know Eli from his earlier years at Muckleshoot Tribal School. Eli has been diligent in attending Muckleshoot Tribal College to first complete his G.E.D. Eli then enrolled in the Muckleshoot Occupational Skills Training Program (M.O.S.T.). Eli completed the MOST Office Basic & Intermediate Skills. Eli has now moved into the MOST I.T. Program.

**Janet Emery**

Janet Emery is the first person in her family to earn a Bachelor's Degree. Janet earned her degree from Antioch University in June 2013. Janet initially earned her A.A. from Bates Technical College, and, then transferred to Antioch.

Janet has made many positive changes in her life the last ten years. She serves as a Muckleshoot Tribal School Board member, and backs up her words by modeling that education is indeed important. Janet serves on many committees, but, still takes time to be 'real,' with people, and, meet each person where they are at.

Here at Muckleshoot Tribal College, many of you know Janet as the M.O.S.T. Program Assistant. We look forward to watching what she will do next in her educational endeavors! Go Janet!

**bəqəlšutucid**  
(Muckleshoot Language)  
**classes**

We will go over the sounds of the alphabet, counting, and animal names before playing bəqəlšutucid action bingo.

We have comfortable seating for 25 people. Please let the language staff know if you and/or your family would like to attend either class so we may plan accordingly to have enough seating and food for everyone. "These classes are open to the community and all ages"

April 15th  
12:00pm-1:00pm  
And  
6:00pm-7:30pm  
April 29th  
12:00pm-1:00pm  
And  
6:00pm-7:30pm

Morgan Sohappay 253-876-3315  
Mary Ross 252-876-3306  
Eileen Richardson 253-876-3197

\*\*The language program has moved to the  
Old Canoe Clubhouse  
39001 172nd Ave. SE



Left to Right: Cathy Calvert, Joseph Martin, Aryanna Sherman, Olivia Courville, Vanessa Torres, Vivian Asphy, Isaac Rose, Sarah Brassard.

## Martin Luther King Assembly at Enumclaw Middle School

On January 16, 2014 the High School Native American leadership group as well as other high school students worked with the Enumclaw Middle School (EMS) leadership class and Mr. Karkainen, an English and History teacher at EMS to provide an all school Martin Luther King assembly.

The EMS leadership group provided words, skits, and encouragement to their fellow students. The high school students spoke of the use of Native American mascots, racial stereotypes, and encouraged students to be inclusive. Other students shared their Native background and their future plans after high school.

Joseph Martin, the Assistant Tribal Operations Manager of Education for the Muckleshoot Tribe was the keynote speaker. Thanks to all who made this a great and inclusive assembly.

**MEMORIAL**  
AND  
**HEADSTONE BLESSING**  
FOR  
**WILLIAM "SONNY" MILLER JR**  
**Saturday May 17, 2014**

Headstone blessing will be at 9:00 am at  
**THE NEW WHITE LAKE CEMETERY**

The Memorial Dinner and Give Away immediately following at the Muckleshoot Shaker Church

\*\*\*\*\*

For more information please contact  
**Tammy Byars @ 253-876-3139**



*Ruby Nessel*


Ruby Nessel is one of GED's most dedicated and motivated students. She often attends both morning classes and afternoon study sessions to work towards her GED goals. After she obtains her certificate, she would like to attend both the MOST program and NWIC classes.

**NORTHWEST INDIAN COLLEGE**  
*X w l e m i E l h > T a l > N e x w S q u l*

**NWIC STUDENT OF THE MONTH**

**CLAUDIA GRIFFIN**


Claudia is a 3<sup>rd</sup> year student enrolled in the TGBM program with NWIC Muckleshoot Site. Claudia completed her A.A. Degree with the highest honors in spring of 2013. She has remained on the President's List throughout the completion of her degree, and also is an honorary member of Phi Theta Kappa. Claudia has recently been selected to represent NWIC and the Muckleshoot Site at this year's upcoming AIHEC event.



**NWIC: STUDENT OF THE MONTH**

**CHRISTOPHER HORN**

Christopher is approaching his 2<sup>nd</sup> year as a student with NWIC completing an A.A. Degree with a major in Chemical Dependency. Christopher has remained on the Dean's List throughout the entirety of his education. Christopher is an outgoing, helpful, dedicated student, who is always volunteering and assisting fellow students and staff whenever possible. Christopher has recently been selected to represent NWIC and the Muckleshoot Site at this year's upcoming AIHEC event.



**Free Early Childhood Enrichment**

The following programs are available for you & your family:

**Muckleshoot Birth to Three**  
(serves infants/toddlers 0 to 36 months & their families)

**Muckleshoot Head Start**  
(serves 3 to 5 year olds & their families)

Look what we have to offer:

**Birth-3:**

- Developmental Screenings & assessment
- Developmental Monitoring
- Early Intervention Services:
  - \*Speech/Language Therapy
  - \*Occupational Therapy
  - \*Specialized Instruction
- Group or Individual Play in a safe/nurturing environment to promote language, motor, social/emotional, adaptive, & cognitive development
- Transportation
- Meals
- Recreational Activities (fieldtrips).

(253) 876-3056

What you teach from Birth to Three is what will matter most to me.

**Head Start:**

- Qualified Teaching Staff
- Transportation
- Free Meals
- Quality Education in Preparation for Kindergarten
- Parent Involvement with Exciting Projects
- Opportunity for Parents to become "TEACHERS"
- Full-Day or Half-Day Instruction
- Vision & Hearing Screenings
- Field Trips
- Early Childhood Special Education Services:
  - \*Speech/Language Therapy
  - \*Occupational Therapy
  - \*Specialized Instruction

(253) 876-3224

Where preparation meets potential. Educating our future leaders.

Do You Have Concerns About Your Child's Development?

Does your child:

- \* roll, crawl, walk, run, or climb like others his/her age?
- \* hear well?
- \* talk like others his/her age?


\*Can you understand most of what your child says?

\*Is your child's vision okay?

If you have answered "NO" to any of these questions, please contact one of these programs.

*Wes LaClair*

It is a privilege to watch Wesley succeed. Wesley has persevered in earning his G.E.D. here at Muckleshoot Tribal College. Wesley never gave up. This was one of the keys to Wesley's success. Wesley then went on to the MOST Office Basic & Intermediate Program. After that, Wesley started in the MOST I.T. Program. Everyone is very proud of Wesley. Wesley also was recently hired full-time at the Muckleshoot Elders Center. We look forward to watching Wesley continue in his education.



# LADY KINGS WIN FIRST-EVER LEAGUE CHAMPIONSHIP

by Andre' Pleasant – Girls Basketball Head Coach

The start of the season was pretty rough. We started with 13 high school girls and ended up with only eight; but the eight we had were the hardest workers. Every day we started in study table, then worked out in the weight room and finished with practice. We completed all three parts – every day!

Practice is where it all began. The girls pushed each other every day to get better, cheering one another on to over-achieve. "Let's go, ladies!" is what you heard in the gym. Our team leaders would yell out to encourage their teammates not to give up, to finish the drills strong.

When it was game time, Krystal and I knew we had a great chance of winning. Defense was the key to our success. The Lady Kings averaged 25 steals a game.

Championship games are always played on Saturdays, so we set a goal for ourselves – to be participants in all those games – Championship Saturday. That's what we played for.

This year the Lady Kings became League Champions for the first time

in school history. We came in 4th in Districts. And we made it to Regionals, one game away from State. Our record was 20 and 4. This year, the Muckleshoot girls basketball team had four All League All-Stars: Tori Nelson, Olivia Ho, Susan Starr and Sarah Givens. Olivia Ho was also named MVP of the League.

I would like to thank Krystal Adolph for all of her help. She is a very hard worker. Our season wouldn't have been as good without Krystal keeping everything together. I really appreciate her assistance. I would like to thank my middle school and high school colleagues – without their support, my first year coaching wouldn't have been a successful year. I can't forget about the fans – making every game, cheering us on! Thank you all.

Finally, and most importantly – to my 8 gladiators – LaShawna Starr, Belem Esparza, Olivia Ho, Teya Hicks, Sarah Givens, Susan Starr, Tori Nelson, Jenel Hunter – I enjoyed being your coach. I learned a lot about myself. My first year – wow! We had so much fun.



## Lady Kings Fastpitch Schedule 2014

Date/Day	Time	Opponent	Location
4/22 – Tues.	3:30pm	Quilcene	Quilcene
4/23 – Wed.	4:00pm	Chief Leschi	Muckleshoot
4/25 – Fri	4:00pm	Evergreen Lutheran	Muckleshoot
4/28 – Mon.	3:30pm	Quilcene	Muckleshoot
4/30 – Wed.	3:30pm	Chief Leschi	Chief Leschi
5/2 – Fri.	3:30pm	Tacoma Baptist	Muckleshoot
5/9 – Fri	4:00pm	Tacoma Baptist	Cirque Park, Tacoma
5/16 – Fri.	3:30pm	Tacoma Baptist	Muckleshoot
5/22 – Sat.	Tri – District		
State Tournament – TBA			



## MIDDLE SCHOOL GIRLS BASKETBALL

The MTS Middle School Girls Basketball teams just completed the 2014 season. The Junior Varsity team was coached by Flo Starr, and they had an overall record of 6-0!! Team members were: Yonita Barr, Braysia Ermaloff, Katelynn Pan-ganiban, Shai Yallup, Erin Dais, Lauralee Redthunder, Miranda Kitsap-Moses and Leila Elkins.

The Varsity team was coached by Jodie Wojdyla, and they ended the season with an overall record of 8-2. Team members included: Mykensie Courville, Sheyllynn Lozier, Alexis Starr, Kat Lozier, Azela Weed, Cece Williams, River Korn-dorfer, and Braysia Ermaloff. Great Job! Go Kings!



## BOYS BASKETBALL: A Building Year Coach Bill Hawk wraps up the second half of the 2013-'14 Season

On the day after Christmas, the boys traveled to the Surf 'n' Slam Classic in San Diego for three games against schools ranging from 400-2000 students. Though the basketball didn't go as well, as the Kings lost all three games, the trip itself was quite a treat for the boys, many of whom had never flown, never been to a sunny ocean beach, and never ridden on a famous, decades old roller coaster. The idea of the trip was to bond the team members on and off the court, and though the on-court success was lacking against superior teams, many of the boys are hoping for a return to the San Diego area sometime in the future because of their enjoyment of the area.

Upon returning to league action in January, the Kings' search for wins proved fruitless for the next five games against teams higher in the standings. The one constant was Luis Esparza, who averaged over 25 points a game in that stretch. No one else averaged in double figures. In each game the Kings would win half the quarters, but in the other half, the score would end up lop-sided.

In the sixth game after that stretch, the Muckleshoot boys faced Rainier Christian, a team they had lost to by 30 points the

first time. Showing their slow, season-long improvement, the Kings defeated the Mustangs 63-52. The key was a better defensive effort and more depth in scoring. Josh Hamilton and Fide Ortiz really picked up the scoring pace behind Luis, and Fide continued his season-long dominance on the boards.

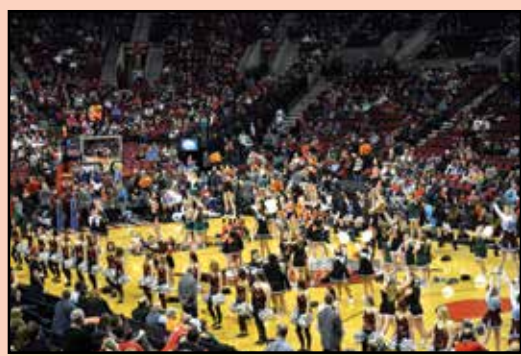
Warren Starr had six 3's in the last four games, and Tristan John and Harvey Starr started playing again after severe injuries. The Kings won their next game as well, defeating Puget Sound Adventist 51-42, and after losing two close games, finished out the league games on senior night defeating Quilcene 47-32. The Kings also won their final season game, having no trouble with Mary M. Knight by the final score of 53-29.

It was the final appearance for graduating seniors Luis, Harvey, Fide, Josh, and Trisdin Lozier, who missed the entire season due to injury. Certainly an unfamiliar place to end the season, given the previous successes of the boys' basketball program, but the inexperience of the boys in starting the season should help them for next year. And that extra basketball work starts NOW.



## MTS Cheerleaders Perform at Portland Trailblazers Game

The High School and Middle School Cheerleaders had the privilege of performing at the Half Time Extravaganza for the NBA Portland Trail Blazer's Basketball Team!!! It was a fun time for all and I am extremely proud of these girls!  
- Coach Gina



**TACOMA DAFFODIL PARADE.** MTS Middle School and High School Cheerleaders marched in the Daffodil Parade on Saturday April 5.



# KINGS SWEEP OPENING DAY DOUBLE HEADER

March 22 marked the Opening day of 2014 baseball season for the Kings. A rain-out earlier in the week with Lummi created a "double header" for the Kings to open up their season on a Sunny Saturday!

The Kings prevailed in Game #1 with Win 5-0. Josh Hamilton and Fide Ortiz combined for a one-hit shutout! Harvey Starr had a RBI double to get the Kings going on offense!

Game #2 was a hard fought 2-0 Win over Lummi. Chuck Starr and Danny Ortiz scored the only two runs of the game, while Josh Hamilton went 2-2 with 2 doubles to pace the offense!

"It was a great way to open up the season with two shut out wins! Our Pitchers (J. Hamilton/F. Ortiz) combined for 22 K's and the defense was solid all day!"

*Coach Sluys*

## 2014 Kings Boys Baseball Roster

Name	Grade	Position	Number
Aaron Arterberry	10	Infield	13
Fide Ortiz	12	C/P/Inf.	23
Daniel Ortiz	10	1 <sup>st</sup> /OF	34
Josh Hamilton	12	P/1 <sup>st</sup> /OF	32
JR Hamilton	11	Inf. /OF	33
Chuck Starr	12	OF/Inf. / C	10
Harvey Starr	12	Inf. /P/C	31
Jose Sanchez	11	Inf. /OF	12
Eric Jametski	9	OF	9
Luis Esparza	12	Infield/P	3
Marlin Brown	11	OF	24
Donovan Sather	9	OF/P	7
Warren Starr	11	OF	44
DeShawn Ross	8	OF	

## Muckleshoot Kings Baseball Schedule 2014

Date/Day	Time	Opponent	Location	Result/Score
3/22 - Sat.	3:00pm	Lummi	Muckleshoot	WIN 2-0
3/22 - Sat.	12:00pm	Lopez	Muckleshoot	WIN 5-0
3/27 - Thur.	3:30pm	Chief Leschi	Chief Leschi	WIN 11-2
4/3 - Thur.	3:30pm	Enumclaw C	Muckleshoot	
4/8 - Tues.	3:30pm	Oakville	Oakville	
4/9 - Wed.	3:30pm	Chief Leschi	Muckleshoot	
<b>SPRING BREAK</b>				
4/22 - Tues.	3:30pm	Evergreen Lutheran	Muckleshoot	
4/23 - Wed.	3:30pm	Evergreen Lutheran	Evergreen	
4/25 - Fri.	3:30pm	Evergreen Lutheran	Muckleshoot	
4/29 - Tues.	3:30pm	Quilcene	Quilcene	
4/30 - Wed.	3:30pm	Quilcene	Muckleshoot	
5/2 - Fri.	3:30pm	Quilcene	Quilcene	
5/5 - Mon.	3:30pm	Rainier Christian	Rainier	
5/6 - Tues.	3:30pm	Cedar Park Christian	Muckleshoot	
5/7 - Wed.	3:30pm	Rainier Christian	Muckleshoot	
5/9 - Fri.	3:30pm	Rainier Christian	Rainier	
5/13 - Tues.	3:30pm	Lummi (JV)	Lummi	
5/13 - 5/24	<i>Tri - District Tournament</i>			
5/30 - 5/31	<i>State Baseball Tournament</i>			

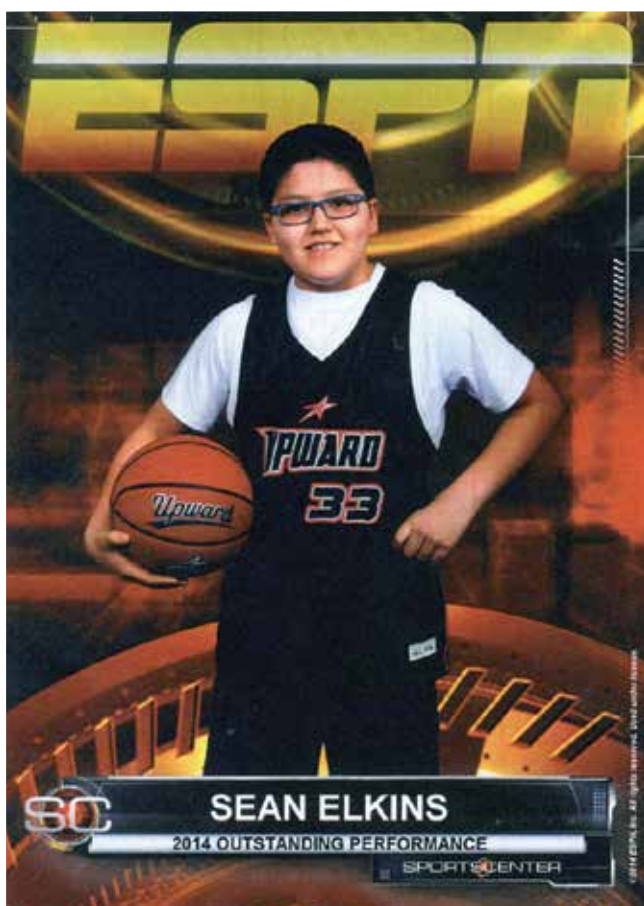
## Muckleshoot Kings MIDDLE SCHOOL Track Schedule 2014

- Meet #1** April 22nd
- Meet #2** April 29th
- Meet #3** May 6th
- Meet #4** May 13th

League Championship May 20  
All meets are @ Chief Leschi Track @ 3:30pm

### Upcoming TRACK MEETS

Date	Location	Time
4/24	@ Franklin Pierce	5:30pm
5/1	@ Muckleshoot	3:30pm
5/8	@ Franklin Pierce (Championships)	5:30pm



# January Students of the Month

Brian Luangrath  
 Cedar Korndorfer  
 Ezra Broady  
 Isaac Williams  
 Jacob Lozier  
 Kristina Williams  
 Malia Everybodytalksabout  
 Martin Reyes  
 Noel Baker  
 Paige Courville  
 Peyton Ridley  
 Shylo Augkhopinee



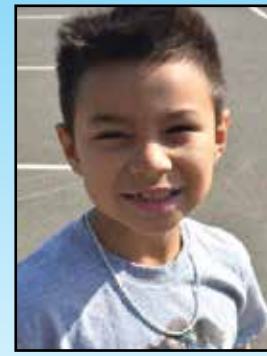
Brian Luangrath



Cedar Korndorfer



Ezra Broady



Isaac Williams



Jacob Lozier



Kristina Williams



Malia Everybodytalksabout



Martin Reyes



Noel Baker



Paige Courville



Peyton Ridley



Shylo Augkhopinee

# February Students of the Month

Chase Enos  
 James Elkins  
 Jayden Williams  
 Jean Elkins  
 Kaylee WhiteEagle  
 Kayli Leonard  
 Kaylia Ward  
 Kirah Marquard  
 Ma'leah Brown  
 Samiah Irving  
 Swee-Tub Cayou  
 Trinity Ulrich



Chase Enos



James Elkins



Jayden Williams



Jean Elkins



Kaylee WhiteEagle



Kayli Leonard



Kaylia Ward



Kirah Marquard



Ma'leah Brown



Samiah Irving



Swee-Tub Cayou



Trinity Ulrich

# READ ACROSS AMERICA

*Celebrating the Birthday of Dr. Seuss*

Read Across America is a reading contest that celebrates the creativity of Dr. Seuss. Many students turned in reading logs – so many, that the entire elementary school earned a pajama party on Friday, February 28th. The top winners were Ma'leah Brown in grades K-2 and Tehya Jackson in grades 3-5. Ma'leah earned a giant Cat in the Hat stuffed animal and Tehya earned a new Kindle Fire. Thank you to all our students who worked hard with their reading. Way to go!



## NEWS FROM THE MUCKLESHOOT ELDERS CENTER

### Happy Birthday too...

- |                             |                        |
|-----------------------------|------------------------|
| Michael Starr Sr. - 4/1     | Brian Moses - 4/8      |
| Elizabeth Louie - 4/2       | Valerie Bellack - 4/17 |
| Dennis Nichols Sr. - 4/2    | Linda Gonzales - 4/17  |
| Greg Lezard - 4/3           | Brett Lobehan - 4/19   |
| Alfred WhiteEagle Sr. - 4/3 | Darrell Stewart - 4/19 |
| Donald Brassard - 4/4       | Barry Johnson - 4/20   |
| Mona Ficarra - 4/7          | Audrey Fryberg - 4/22  |
| Marjorie Williams - 4/7     | Patricia Jones - 4/28  |
| Archie Lobehan - 4/8        | Rita James - 4/29      |

### Valentine's at the Elders Complex with MTS students

Phyllis Bowden's Grandchildren delivered homemade cupcakes to Auntie Maria on Valentine's Day.



### Tim and Uri during training

MIT provided training in CPR, blood borne pathogens, and oxygen usage for elder's staff in February. I also was inspired by our instructor Tim Perciful of King County MT View Fire Dept 44 to:

- Check for current operating fire alarms
- Ask if families had escape plan
- Check homes for tripping hazards like cords, clutter on floors, rugs that slip



### Reminders

#### Food Vouchers & 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: Rosa Maldonado 253-876-3049

#### Wood Services

Wood services such as cutting, stacking, and kindling are provided by the Elders Complex service providers.

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.

**\*Muckleshoot Elders are given 1 large bundle of kindling once a week if needed\***

If you need these services please call Diane 253-876-2868 or 253-876-2888

#### Utility Bills

**The Elders Program does not have any funding for utility bills. If you need assistance with your utility bills please contact the Resource Center.** The Resource Center has a Seniors Energy Assistance Program or LIHEAP (low income home energy assistance) program, where you are able to get some assistance with electric, gas, or water bills.

To apply for these programs you will need to make sure your household is up to date at Centralized Income (in Finance Building), then turn in a copy of your bill and a complete application to the Resource Center. For further information please contact

Senior Energy Program—Jessica Garcia-Jones 253-876-3020

LIHEAP Program—Renae Ward-Anderson 253-876-3126

#### 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 24-48 hours in advance for shopping trips, appointments, paying bills, or banking. **Calling 24-48 hours in advance helps us to ensure we have enough time for your transport.** For appointments in Seattle/Tacoma area please try to schedule a week ahead of time.

To schedule for a transport please call or leave a message: Tony 253-876-2887

#### Lunch Reminder

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 by 10:00am 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.

#### Elders DNA Bank

Location: Elders Complex

Date: Last Thursday of Every Month

Time: 10 A.M. to Noon

The enrollment department has been maintaining an Elders DNA bank. The purpose is to preserve DNA for future generations that may not be able to trace ancestry or prove lineage (if a parent or parents are deceased).

If you have any questions, please contact the Enrollment Department at (253)876-3141

### The Muckleshoot Elder's Complex is in need of your help!

The Elder's Complex is looking for those who can help make gifts for the our Elders Annual Luncheon

April 30th 2014

Items to be made:

- |                      |                         |
|----------------------|-------------------------|
| • Gift bags          | • Cedar medallions      |
| • Native Medicine    | • Carving small paddles |
| • Key Chains         | • Drums                 |
| • Small Native dolls |                         |

Please feel free to give us new ideas

For more information please contact the Muckleshoot Elders Complex

17800 392<sup>nd</sup> Ave S.E Auburn WA 98092  
253-876-2888

The Elders complex are asking for Raffle items and door prizes for elders luncheon

April 30<sup>th</sup> 2014

Items such as ...

- Jewelry
- Beaded items
- Homemade items
- House hold items

(Gently used or new)

Contact Elders complex

253-876-2888



#### Attention MIT Depts. & Staff

The Muckleshoot Elders Complex is holding gift basket donation contest. How it works is your department donates a gift basket to the 2014 Elders Luncheon for the Silent Auction Fundraiser.

The Elders Complex will track the baskets that are donated. The basket that brings in the highest bid will win an Indian Taco lunch for their department. The Elders Complex is known throughout the Tribe for their Indian Tacos so it is the best way we can think of to thank you for your efforts!!! For further information contact:

Front Desk 253-876-2888

Noreen Milne 253-876-3023

Wendy Burdette 253-876-3259

### Elders Jackets

If you haven't already got your Elders Jacket please make sure to stop by and pick it up at the Elders Complex or call 253-876-2888.

## Muckleshoot Managed Care Program (MMCP)

MPC Staff: Mona Millan, Alternate Resource Clerk  
 Muckleshoot Health & Wellness Center | 17500 SE 392nd St. | Auburn WA 98092 |  
 Ph: (253) 939-6648 fax: (253) 887-8737



### Attention MIT CHS Eligibles:

### You may be eligible for Enrollment to a Bronze AIAN Insurance Plan Example

If you are an enrolled American Indian or Alaska Native (AIAN), you may be eligible for this low-cost health plan. Covered services are provided at no charge, and you have access to the same network of providers in your network. This plan is available to those who qualify through Washington Healthplanfinder.

Effective Jan. 1, 2014. Contact our MMCP staff

COVERAGE	
Annual deductible	No deductible
Member coinsurance	None
Out-of-pocket limit	(Not applicable)
BENEFITS	
Office visits	Primary & Specialty: No charge
Preventive care services	No charge
Maternity care Routine outpatient prenatal and postpartum visits	No charge
Manipulative therapy 10 visits PCY	No charge
Acupuncture 12 visits PCY	No charge
Lab/radiology services	No charge
Devices, equipment, and supplies (including prosthetics)	No charge
Outpatient surgery	No charge
Emergency care	No charge
Ambulance	No charge
Hospital stays—inpatient	No charge
Skilled nursing 60 days PCY	No charge
Pediatric vision 1 routine exam PCY; Hardware—1 pair of lenses and frames or contacts PCY	No charge

**Primary care:** Acupuncture • Audiology • Chemical Dependency/Substance Abuse • Chiropractic • Emergency Medicine (where ER copay doesn't apply) • Enterostomal Therapy • Family Planning • Family Medicine • Health Education • Internal Medicine • Massage Therapy • Mental Health • Midwifery • Naturopathy • Nutrition • Obstetrics/Gynecology • Occupational Medicine • Occupational Therapy • Optometry • Osteopathy • Pediatrics • Physical Therapy • Respiratory Therapy • Speech Therapy

**Specialty care:** Allergy and Immunology • Anesthesiology • Cardiology (pediatric and cardiovascular disease) • Critical Care Medicine • Dentistry • Dermatology • Endocrinology • Gastroenterology • Genetics • Hematology • Hepatology • Infectious Disease • Neonatal-Perinatal Medicine • Nephrology • Neurology • Oncology • Ophthalmology • Orthopedics • Otolaryngology (ear, nose, and throat) • Pathology • Psychiatry (Physical Medicine) • Podiatry • Pulmonary Medicine/Disease • Radiology (nuclear medicine, radiation therapy) • Rheumatology • Sports Medicine • General Surgery (all surgical specialties) • Urology

This is a summary of benefits. The contents are not to be accepted or construed as a substitute for the provisions of the medical coverage agreement. Other terms and conditions may apply. A list of excluded services and other limitations can be found in each plan's Summary of Benefits and Coverage document.



This Plan is Only available to American Indians and Alaska Natives who qualify. For more information, including premium rates, come in to MIT Health & Wellness or call our MMPC Staff.

### MTS Student Art on Display at Library



by students from the Muckleshoot Tribal School. Art instructor Betty Butler-Parker had her students work on this project during the month of March.

The students were given the assignment of looking up different endangered birds from around the world and to find

one that they would like to draw. After researching the birds and learning why they are endangered, they then sketched out their drawing and began to work on the coloring of the birds and their surroundings.

The completed projects are now on display at the library. Please stop by and take a look at the wonderful pieces that were created by the students. The art will be on display until the end of April.

With new display panels that were donated to the library, the library is looking for local artists who would be interested in displaying their work. If interested, please contact Julie at 253-931-6779.



**Muckleshoot Managed Care Program (MMCP)**

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Attention MIT Elders  
**IF YOU HAVE MEDICARE, THERE IS NOTHING YOU NEED TO DO.**

Most people over 65 years old have Medicare. If you have Medicare Part A, you meet the insurance requirements under the Affordable Care Act (ACA). You will not have a tax penalty. There's nothing you need to do.

**IF YOU HAVE OTHER HEALTH INSURANCE, THERE IS NOTHING YOU NEED TO DO.**

If you do not have Medicare Part A, you can still meet the insurance requirements under ACA if you have Medicaid, employer-sponsored insurance, and most types of Veteran's Administration (VA) insurance. You will not have a tax penalty. There's nothing you need to do.

**IF YOUR INCOME IS TOO LOW TO PAY TAXES, THERE IS NOTHING YOU NEED TO DO.**

Some Elders have income so low that they do not have to pay federal income tax. If you do not need to pay federal income tax, you will not have a tax penalty for not having insurance. There is nothing you need to do.

**IF YOU HAVE ONLY INDIAN HEALTH CARE AND NO OTHER INSURANCE, YOU NEED TO APPLY FOR AN EXEMPTION FROM THE TAX PENALTY.**

If your income is high enough to pay taxes and you do not have insurance, you need to get an exemption from the tax penalty for not having insurance. There are two types of exemptions from the tax penalty for American Indians and Alaska Natives:

**1. Indian Exemption**

The Indian Exemption is for people who are enrolled members of federally-recognized Tribes or shareholders in an Alaska Native Regional or Village Corporation. You can claim the Indian exemption when you file your federal income tax at the end of the year, or you can get a certificate of exemption from your state Marketplace. Contact our MMCP staff at MIT Health & Wellness.

**2. Hardship Exemption for IHS Beneficiaries**

This hardship exemption is for people who use, or are eligible to use, the Indian Health Service, a tribally-operated clinic, or an urban Indian clinic (called I/T/U). You must apply through the WA healthplanfinder for a certificate of exemption. Contact our MMCP staff at MIT Health & Wellness.

**CONFUSED BY THE MAIL YOU ARE GETTING ABOUT HEALTH INSURANCE?**

Both Medicare and the Marketplaces have open enrollment periods that start on October 1. Open enrollment periods occur near the end of the year when people pick their health insurance plans for the following year. Many insurance companies advertise their Medicare Advantage plans (Medicare Part C) during this time. This is not the same as the Marketplaces created by the Affordable Care Act.

**SOME PEOPLE DO NOT QUALIFY FOR MEDICARE.**

Some American Indian and Alaska Native Elders do not qualify for Medicare because they have not worked in jobs that paid into Medicare. Some Tribes consider people to be Elders who are younger than 65 years old and Medicare coverage starts after 65 years old.

If you do not qualify for Medicare and you want health insurance, you may have some options. The single application on the Marketplace will let you know if you qualify for Medicaid. The traditional Medicaid program covers low income elders. Contact our MMCP staff at MIT Health & Wellness. (Medicaid Expansion, the new program under ACA for adults, does not cover people over 65 years old.)


Elders who do not qualify for either Medicare or Medicaid may purchase insurance in the Marketplace and they will be eligible for the tax credits that help pay the premiums. Also, you will be eligible for zero cost sharing plans or limited cost sharing plans if you are a member of a federally-recognized Tribe or a shareholder in an Alaska Native regional or village corporation.

**SHOULD I DROP MEDICARE AND ENROLL IN AN INSURANCE PLAN ON THE MARKETPLACE?**

No. People who drop Medicare cannot get the tax credits or cost sharing reductions available to others in the Marketplace. It would cost you more to get insurance in the Marketplace if you are already enrolled in Medicare. Medicare is the way the federal government subsidizes health care for Elders. Marketplaces are the way the federal government makes health care affordable for other people who do not have insurance.

**CONTINUE TO SEE YOUR INDIAN HEALTH PROVIDER.**

Your Indian health clinic will always be there for you. You do not need to purchase insurance. If you do have insurance, let your clinic know. They can bill Medicare, Medicaid and Marketplace plans for the services they provide. This will mean more health care dollars to fund services for your entire community. Contact our MMCP staff at MIT Health & Wellness.



**MEDICARE**

Medicare is a federal health insurance program for people over 65 years old. There are four parts of the Medicare program:

- Part A -** Hospital services
- Part B -** Doctors and other services provided outside hospitals
- Part C -** Medicare Advantage, a managed care plan that includes Parts B and D.
- Part D -** Prescription drug benefits

Medicare Part A does not have any premium. Parts B, C and D have premiums. All of the Medicare parts have some form of cost sharing, such as deductibles, co-pays or co-insurance. Medicaid programs for low income Elders can help pay the premiums and cost sharing in Medicare.



**AUBURN JUNIOR FOOTBALL & CHEER 2014 SEASON**

**SHOW YOUR TRUE COLORS!**

AJFCA is a proud supporter of all high school football and cheer programs in Auburn

**EACH PLAYER/CHEERLEADER GETS THEIR OWN PERSONALIZED JERSEY IN THE COLOR OF THEIR HOME HIGH SCHOOL!**

**2014 JR. FOOTBALL & CHEER**

Auburn Junior Football & Cheer (AJFCA) is a youth football association for youth between 1st and 8th grades. Season begins August 1st and goes through October.

Practice is held Monday-Thursday at Brannan Park in Auburn. Once school begins, practices are Tuesday-Thursday.

Games held on Saturdays or Sundays.

**REGISTRATION OPEN NOW!**  
 Visit [www.auburnpanthers.org](http://www.auburnpanthers.org) to register online, or visit one of our in-person registration dates!

ALL PRICES INCLUDE PERSONALIZED JERSEY

1st-2nd GRADE TEAM	\$225
3rd-4th GRADE TEAM	\$225
5th-6th GRADE TEAM	\$225
7th-8th GRADE TEAM	\$225
CHEER	\$100 w/split pack/uniform

This event/activity is NOT being sponsored by the school district and the district assumes no responsibility for the conduct or safety of the event/activity. In consideration for the privilege to distribute these materials, the school district shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorneys fees, and judgments or awards.

**If You Only Knew... Feelings, Love and Memories**

By Lola Elkins

I am writing this to help me, what I'm going through. Well, I'm having a very hard time; I'm trying to be "Harley" tough. My heart, I miss my son Landon Shane Simmons very very much. There is not a day I don't miss my son. I would wake up and think my son Landon will be walking in the kitchen looking for something to cook.

I just don't know how to express or explain my feelings. I know I had four children one daughter, Vanessa Simmons, and three sons, Max Simmons, Landon Simmons and Tyson Simmons. I love my children more than I can express. Since my son Landon is not here with us, I sometimes sit and cry and say "Great Spirit help me make it through this, give me strength!" I always say only the strong survive!

I have five grandkids Wishy Simmons, Silas Simmons, Loren Simmons, Talonah Simmons and Skyla Simmons. I know I need to take good care of myself so

I can enjoy and love my kids and grandkids, family and friends! I just know they all give me my feelings to realize I am here for them. I know I'm happy to be drug and alcohol free, to be going through this loss of my son! I am still missing my dad and little sister Bridget. OI know they are all together! I need to accept all of the hurt I have for my Family, "The 3!"

I am happy I have my crafts to keep me busy. I'm collecting and making things for my son's memorial. Sometimes I just sit home alone and cry for an hour and say, "Man, I need to make it." I go to counseling, I feel good to go there. I plan on going to the Elders Complex to visit. I mostly like being alone. I know that I'm not alone. We all have feelings, believes, respect and love. Thank you for all your prayers and support through this hard time in my life.  
 Love you Guys!

**Muckleshoot Wellness Center**

**Spring 2014**

**Group Exercise Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:30 AM</b>	<b>Aqua Aerobics</b> Location: Therapy Pool Instructor: Celeste		<b>Aqua Aerobics</b> Location: Therapy Pool Instructor: Celeste		
<b>12:10 PM</b>	<b>Total Body Circuit</b> Location: Group Ex. Rm. Instructor: Dave	<b>Indoor Cycling</b> Location: Group Ex. Rm. Instructor: Rachelle	<b>Core Fit</b> Location: Group Ex. Rm. Instructor: Rachelle	<b>Group Strength</b> Location: Downstairs Wt. Room Instructor: Dave	<b>Indoor Cycling</b> Location: Group Ex. Rm. Instructor: Rachelle/Debby
<b>12:10 PM</b>		<b>Aqua Circuit</b> Location: Therapy Pool Instructor: Al		<b>Aqua Circuit</b> Location: Therapy Pool Instructor: Al	
<b>5:15 PM</b>		<b>Aqua Circuit</b> Location: Therapy Pool Instructor: Al		<b>Aqua Aerobics</b> Location: Main Pool Instructor: Debby	<b>Starter Fitness</b> Location: Group Ex. Rm. Instructor: Debby
<b>5:30 PM</b>	<b>Booty Barre</b> Location: Group Ex. Rm Instructor: Carie	<b>Indoor Cycling</b> Location: Group Ex. Rm. Instructor: Debby	<b>Kick Boxing</b> Location: Group Ex. Rm. Instructor: Carie	<b>HIIT (90 min)</b> Location: Group Ex. Rm Instructor: Dave	

- Spring Schedule begins **March 17, 2014**
- Classes are complimentary to all Wellness Center members
- You must be at least 15 years of age
- Class may be cancelled if 2 or less participants



Avoid catching and spreading the flu

Help keep yourself and your family from catching the flu by getting your flu vaccine today. The flu vaccine is available for anyone 6 months and older.

Effective September 16<sup>th</sup>, feel free to walk into the HWC Medical Clinic during normal business hours to get your vaccine. The flu vaccine will also be available during walk-in clinic hours as well.

Our business hours are as follows:

**Mon/Tue/Thu/Fri from 8 - 5 pm**  
**Wed from 9 - 5 pm**  
 We are closed from 12 - 1 pm for lunch daily.




**TEAM BUILDING EVENT.** Some of the HWC staff after their Team Building Event in January 2014 that had a Mexican theme. Those are the Managers with the Big Sombrero hats on... and some of the HD Seahawks staff!



Do you recognize this

# BAD HOMBRE?

(answer at bottom of page)

**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

**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.

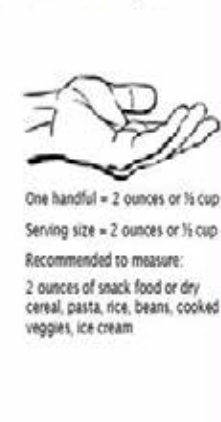
**CHS Office Hours:**  
 Monday – Friday, 8am – 5pm  
 Closed for Lunch 12pm – 1pm  
 Phone: 253-939-6648

**Control your portions, control your diabetes**

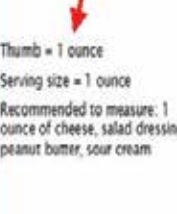
Thumb Tip = 1 teaspoon  
 Serving size = 1 teaspoon  
 Recommended to measure: butter, mayonnaise, oil




One handful = 2 ounces or 1/2 cup  
 Serving size = 2 ounces or 1/2 cup  
 Recommended to measure: 2 ounces of snack food or dry cereal, pasta, rice, beans, cooked veggies, ice cream




Your fist = 1 cup  
 Serving size = 1 cup  
 Recommended to measure: beverages, cereals, casseroles, soup, salads, fresh fruit



Thumb = 1 ounce  
 Serving size = 1 ounce  
 Recommended to measure: 1 ounce of cheese, salad dressing, peanut butter, sour cream



Your palm = 3 ounces  
 Serving size = 3 ounces  
 Recommended to measure: beef, pork, chicken, fish




**Is Heroin Running Your Life? There is help.**

**Call 253-804-8752**



**Each MIT Department is responsible for keeping the community informed about its activities and offerings by submitting items to the newspaper. If you like what you see, thank them.**



**We're Back!**

If you thought you noticed a longer-than-usual gap between newspapers, you were right! The March edition was skipped to free up time to work on some special publishing projects that will feature hundreds of wonderful photos from both past and present. These new publications will be available later in the year. ~ Muckleshoot Monthly

**EXTENDED WALK IN CLINIC HOURS**


**Starting on Monday July 8th**

**Mondays: 1-4 pm**  
**Tuesdays 1-2:30 pm**  
**Wednesdays 1-2:30 pm**  
**Thursdays 1-2:30 pm**  
**Fridays 1-4 pm**


**Glaucoma Awareness**

*It is very important to understand what glaucoma is and how it can impact your vision!*

- Glaucoma is an eye disease that damages the optic nerve which connects the eye to your brain.
- Side vision loss can occur and even tunnel vision.
- Glaucoma is a slow progressing condition, early detection is critical.



**Normal Vision -**



**Vision With Glaucoma -**

**What can I do to make sure I don't have Glaucoma?**

- Schedule a routine eye examination every year.
- If your results are abnormal, your Doctor will let you know to schedule glaucoma tests. It is very important to follow up with the glaucoma testing.
- Follow through with referrals to Glaucoma Specialists.

Contact Muckleshoot Optical today to schedule a routine eye exam. (253)939-6648

**"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

**Answer:** Randon Aea, HWC Family & Youth Program Manager, at the HWC Team Building Event.

**Prostate Cancer**

Prostate cancer is a cancer that starts in the prostate gland. The prostate is a small, walnut-sized structure that makes up part of a man's reproductive system. It wraps around the urethra, the tube that carries urine out of the body.

Prostate cancer is rarely found in men younger than age 40 and is the most common death from cancer in men over age 75. Men are at high risk if they are over the age of 60 and if they have a father or brother with prostate cancer. Symptoms of prostate cancer can include slowed start of urinary stream, dribbling or leakage of urine, straining to urinate, blood in the urine or semen, and bone pain or tenderness (only if the cancer has spread).


It is important to understand that another common condition in men as they get older is an enlarged prostate and this is called BPH. It is not prostate cancer and does not raise your risk of prostate cancer, however, it can cause similar symptoms.

Two screening tests are used to detect prostate cancer. The most common is a PSA blood test, which finds most prostate cancers before they cause symptoms, and a rectal examination in the clinic showing a large prostate or a hard, uneven surface.

If prostate cancer is found, treatment depends on the type of cancer it is and whether or not it has spread.

In regards to prevention, taking fish oil may be helpful. Also, if you smoke and then quit, the risk for prostate cancer is cut in half.

**We encourage men of any age to visit the clinic to discuss and be evaluated for any male health issues that may be occurring. Please call to set up an appointment at (253) 939-6648.**



**HWC Welcomes New Dentist**



PHOTO BY JOHN LOFTUS

Dr. Ann Mayeda

We welcome Dr. Ann Mayeda, the new dentist at the Muckleshoot Health and Wellness Center. Dr. Mayeda received her degree from the University of Washington and has practiced dentistry on Vashon Island for over 20 years. She looks forward to meeting you and being a part of your dental care team.

**Here are some of the benefits of quitting.....**

- Within 20 minutes of the last cigarette:
- Blood pressure drops to normal
  - Pulse rate drops to normal rate
  - Body temperature of hands and feet increase to normal
- Within 8 hours
- Carbon monoxide level in blood drops to normal
  - Oxygen level in blood increases to normal
- Within 24 hours
- Chance of heart attack decreases
- Within 48 hours
- Nicotine leaves the body
- Within 72 hours
- Bronchial tubes relax, making breathing easier
  - Lung capacity increases
- Within 2 weeks to 3 months
- Circulation improves
  - Walking becomes easier
  - Lung function increases up to 30%
- Within 1 to 9 months
- Coughing, sinus congestion, fatigue, shortness of breath decrease
  - Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs and reduce infection
  - Body's overall energy level increases


**Surgeon General's Report Regarding Smoking**

There is astonishing new evidence in the latest Surgeon General's Report on the health effects of smoking and just how much harm tobacco is causing.

Besides the known cancers and lung disease that smoking causes, even more diseases than we already knew about are associated with smoking including rheumatoid arthritis, diabetes, and colon cancer. Smoking causes 1 in 5 deaths in the United States or about one-half million deaths a year, according to the Center For Disease Control and Prevention. "Tobacco is in a league of its own in terms of the sheer numbers and varieties of the way it kills and maims people", said Dr. Thomas Frieden, CDC Director.

The good news is that smoking went down in the last 50 years and 8 million premature deaths have been prevented.

If you are thinking about quitting or ready to quit, help is available through the Health & Wellness Center. We offer 1:1 counseling, a variety of medications, and hypnosis. Please call to set up an appointment at (253) 939-6648.



**SIGNS OF A STROKE**

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S** \* Ask the individual to SMILE.
- T** \* Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)
- R** \* Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

- Within 5 years
- Lung cancer death rate for average smoke (person that smoke a pack a day) decreases by almost half!

- Within 10 years
- Any pre-cancerous cells are replaced (in other words, cells that could have turned into cancer, go away).
  - Other cancers such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas decrease.
  - Lung cancer rate drops to "as if you never smoked!"

Did you know..... there are over 30 cancer causing ingredients in a cigarette?

Ask yourself this: Do cigarettes control you or do you control cigarettes? If you answered yes, now ask yourself this: should cigarettes control me and my family's life? How much time to you spend worrying about how to buy smokes? How much time in a week do you spend driving/ finding a way to get to the store to buy smokes? Your kids/ grandkids/nieces, nephews look up to you, if you smoke there is a very good chance they will too..do you want that?

**ALL OF THESE BENEFITS ARE LOST WHEN YOU SMOKE JUST ONE CIGARETTE A DAY!!!**

**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.

**Health & Wellness Center Program Hours**

	Pharmacy	Wellness Center	*Shuttle Service
Monday	8-5 pm	8-6 pm	10 am-8 pm
Tuesday	8-5 pm	8-6 pm	10 am-8 pm
Wednesday	9-5 pm	9-6 pm	10 am-8 pm
Thursday	8-5 pm	8-6 pm	10 am-8 pm
Friday	8-5 pm	8-6 pm	10 am-8 pm
Saturday			10 am-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	Open
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-July 2014**

Day	Date	Times Closed	Reason for Closure
Thursday	May 1st	8-9 am	Mo. All Staff Meeting
Monday	May 31st	All Day	Memorial Day Holiday
Thursday	June 5th	8-9 am	Mo. All Staff Meeting

### MUCKLESHOOT PENTECOSTAL CHURCH

Recent events at the Pentecostal Church have included the Garcia revival, which took place March 9-16, and a visit from guest preacher, Father Pat Twohy.



### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

SERVICES AT 3:00 P.M.  
EVERY SUNDAY  
IN THE COUGAR ROOM  
ALL INVITED

### Muckleshoot Catholic Church Mass

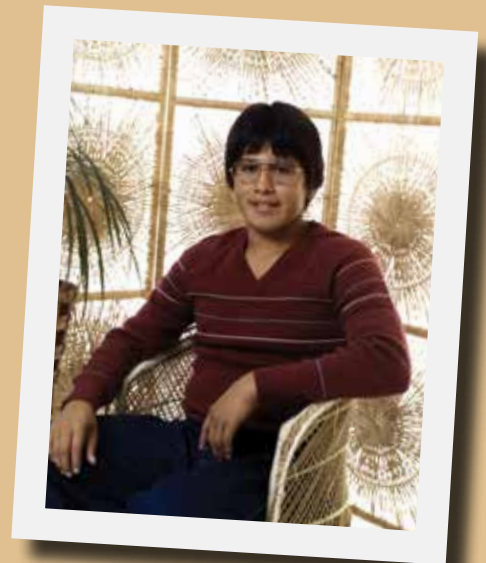


1st Saturday of every month at 5pm

## 50 Years Seems Like Only Yesterday...



*Last few months, I've been struck at how quickly time is passing. I looked at pictures of my oldest son Ray. It seems like yesterday that he was just a little boy. And since that time I've watched him grow... graduate from high school and also get his degree from the University of Washington, which were two of the many proud moments of my life.*



*And now he turned 50 years old on March 3, 2014. I am proud of all his accomplishments. He always did set a goal for himself. He had many jobs since he was 14 years old. Son, I wish you another 50 years of good health and happiness. It was good to be reminded that each of us has a dream. Continue to follow yours. The Great Spirit gave each of us a song. Continue to follow yours. It's beautiful.*

*Love, Mom*





# Youth Development Program Activities

Drop-In had a Spring Fling Dance on Saturday March 22, and Youth Facility went to Trampoline Nation that same day. It was a busy month, with lots of activities and lots of fun.



## Muckleshoot Youth Development Program

The Youth Development Program (former Drop In Center and Youth Services Programs) is now open to all Muckleshoot enrolled youth, as well as biological descendants between the ages of 7-18. All youth interested in joining our program are encouraged to stop by today and pick up an enrollment form. Our program offers an array of fun activities, workshops, and field trips with a focus on leadership skills, life skills, and career skill development. This is a drug and alcohol free program. Both transportation to and from the program, as well as meals/snacks are provided to eligible youth participants.

**Ages 7-18**

### Some specific services provided by the Youth Development Program

- Cultural, recreational, and educational on site activities
- Life skills
- Educational workshops
- Dances
- Fun Educational Field trips
- Youth Work Training Program/Job skill development
- Daily activities!

All participants must have a completed enrollment form to participate in activities and trips. Please stop by the program to pick one up to start having fun with us!

### Muckleshoot Youth Development Program

17608 400th St.  
Auburn, WA 98092  
Phone: 253-876-2853

Contact Trudi Moses  
Manager for questions:  
253-876-2821



# Jr. Miss Skopabsh Leslie Starr

Leslie Starr is doing a wonderful job representing the Muckleshoot Tribe as Jr. Miss Skopabsh 2013 - '14. Here are some photos from Leslie's trip to the recent Denver March Pow Wow.



With Miss Indian World



Leslie, center, with Florida Seminole Princesses



With Miss Cottonwood



Jr. Miss Skopabsh Leslie Starr



With Denver March Pow Wow Princess



# Per Capita Information

Hi Tribal Members,

I would like to take this opportunity to let you know of the deadlines for this year's Per Capita distribution.

## 2014 Per Capita Deadlines and Schedule

April 25, 2014	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
May 9, 2014	- Deadline to stop taking Direct Deposit Changes/Cancellations
May 31, 2014	- Enrollment Cut Off Date for <u>September 2014</u> Per Capita
June 3, 2014	- Per Capita Distribution Cougar Room
June 4, 2014	- Per Capita Distribution Cougar Room
June 5, 2014	- Per Capita Distribution Finance Building
July 25, 2014	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
August 8, 2014	- Deadline to stop taking Direct Deposit Changes/Cancellations
August 31, 2014	- Enrollment Cut Off Date for <u>November 2014</u> Per Capita
September 2, 2014	- Per Capita Distribution Cougar Room
September 3, 2014	- Per Capita Distribution Cougar Room
September 4, 2014	- Per Capita Distribution Finance Building
October 10, 2014	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
October 24, 2014	- Deadline to stop taking Direct Deposit Changes/Cancellations
November 24, 2014	- Per Capita Distribution To Be Determined (TBD)
November 25, 2014	- Per Capita Distribution TBD
November 26, 2014	- Per Capita Distribution – <b>Half Day Distribution Only in Finance</b>
November 30, 2014	- Enrollment Cut Off Date for <u>March 2015</u> Per Capita
December 31, 2014	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund

Some other important things to note:

- **If you have direct deposit and your account is closed**, you need to let me know. If we submit your payment to your account and it is rejected, we have to wait until the funds are returned to us before we can reissue you a check. This process can sometimes take up to 5 days. In order to get your money in a timely manner, come to Finance and fill out a Direct Deposit Cancellation form.
- **If you turn 13 or 18 during the current quarter, your direct deposit will be cancelled.** You will need to fill out a new form for your corresponding age group.
- **If you are unable to pick up your Per Capita check** and would like someone else to do it for you, you **MUST** put the request in writing and it has to be notarized. We have forms available in Finance.
- **Please keep your address updated with Finance.** When checks are not picked up during normal distribution, they get mailed the next day to the last address we had on file for you. Payment can be delayed if it goes to the wrong address.
- **If you or a family member is incarcerated during a Per Capita distribution**, please let us know. We will hold your check until we receive something directly from you at the jail to Finance, letting us know what you would like done with your check.

If you have any questions about your Per Capita, please feel free to contact me at 253-876-3189 or via email [heather.evans@muckleshoot.nsn.us](mailto:heather.evans@muckleshoot.nsn.us).

Sincerely,  
Heather Evans  
Finance Specialist, Tax Fund

## Muckleshoot Library Events & Programs

### Magic of Poe: Playing with Words Saturday, April 19th - 2pm

This tongue-in-cheek magic show skewers some of our preconceived notions about poetry with a performance that blends magic with the marvelous, macabre writings of Edgar Allen Poe. **Ages 8 and older**

### Bollywood Film Festival Saturday, April 26th - 1pm

Are you new to Indian Cinema or are you a seasoned fan of Bollywood films? Screen some of India's more notable cinematic productions. **For Adults**

### Super Saturday Family Story time Saturday, April 12th & May 10th - 11am

Enjoy children stories, songs and more!  
**All ages with and adult**

### Bricks & More Fun! Fridays - 4/25, 5/2 & 5/16

Play and build with Legos and have fun at the library  
**Ages 4+**

39917 Auburn Enumclaw RD SE  
Auburn, WA 98092  
253-931-6779



Caroline Yellow Robe of Ft. Belknap, MT sent this beautiful Northern Lights photo

IN THE MUCKLESHOOT COURT OF JUSTICE  
FOR THE MUCKLESHOOT INDIAN RESERVATION  
AUBURN, WASHINGTON

Case No. MUC-CIV-2/12-083

In Re the Protection of:  
G.S., DOB: 07/19/1940, an elder/vulnerable adult

vs.

Christine Elkins, DOB: 08/29/1989, Respondent

NOTICE OF PROTECTION ORDER EXTENSION AND HEARING  
TO: Christine Elkins, DOB: 08/29/1989

IT IS HEREBY ORDERED THAT the previously entered protection order remains in full force and effect. In particular:

1. The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the vulnerable adult and from molesting, harassing, or stalking the elder/vulnerable adult.
2. Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the elder/vulnerable adult.
3. The respondent is Excluded from the elder/vulnerable adult's residence.
4. The respondent is Restrained from coming near and from having any contact with the elder/vulnerable adult, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents.
5. Respondent is Prohibited from knowingly coming within, or knowingly remaining within 500 feet (distance) of the elder/vulnerable adult and his or her residence.
6. A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/or state law.
7. The protection order expires March 7, 2015, but may be renewed prior to its expiration.
8. Next hearing: September 5, 2014 at 10:00 a.m.
9. Parties are responsible for updating the court as to any change of service address.

SO ORDERED this 7<sup>th</sup> day of March, 2014.  
/s/ RANDY DOUCET, CHIEF JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

Muckleshoot Tribal Court  
39015 172nd Avenue SE, Auburn, WA 98092  
Phone: (253) 876-3203 / Fax: (253) 876-2903

IN THE MUCKLESHOOT COURT OF JUSTICE  
FOR THE MUCKLESHOOT INDIAN RESERVATION  
AUBURN, WASHINGTON

Case No. MUC-PO-12/13-125

In Re the Protection of:  
J.M., DOB: 02/23/1941, an elder/vulnerable adult

vs.

Joshua M. Moses, DOB: 12/01/1993, Respondent

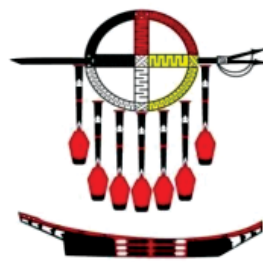
PERMANENT ORDER FOR PROTECTION  
TO: Joshua M. Moses, DOB: 12/01/1993

IT IS HEREBY ORDERED THAT the previously entered protection order remains in full force and effect. In particular:

1. The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the vulnerable adult and from molesting, harassing, or stalking the elder/vulnerable adult.
2. Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the elder/vulnerable adult.
3. The respondent is Excluded from the elder/vulnerable adult's residence.
4. The respondent is Restrained from coming near and from having any contact with the elder/vulnerable adult, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents.
5. Respondent is Prohibited from knowingly coming within, or knowingly remaining within 500 feet (distance) of the elder/vulnerable adult and his or her residence.
6. A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/or state law.
7. The protection order expires February 25, 2015, but may be renewed prior to its expiration.
8. Next hearing: August 1, 2014 at 10:00 a.m.
9. Parties are responsible for updating the court as to any change of service address.

SO ORDERED this 25<sup>th</sup> day of February, 2014.  
/s/ RANDY DOUCET, CHIEF JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

Muckleshoot Tribal Court  
39015 172nd Avenue SE, Auburn, WA 98092  
Phone: (253) 876-3203 / Fax: (253) 876-2903



## Advance Directives

From the desk of Ronette Bailey  
Medical Social Worker  
Muckleshoot Wellness Center

### What is an Advance Directive?

This is a way for You to tell your family, friends, and Health Care Providers what kind of medical treatments you DO or DO NOT want if you become unable to speak for yourself in the event of a medical emergency. The Advance Directives generally include the following:

#### A Living Will (aka: Health Care Directive):

This is a written or printed document that clarifies whether you wish to withhold or withdraw "life sustaining procedures" if you are in a terminal or permanently unconscious medical state.

#### A Durable Power of Attorney:

This documentation allows you to choose someone to make medical decisions for you if you are not able to do so for yourself. It also allows you to specify what types of decisions your designated contact can make for you.

This type of advanced decision making and documentation can be an important resource in the event of a medical emergency and it can reduce the stress that is often felt by friends and family members at these critical times.

### Are you interested in making an Advanced Directive?



Contact: Ronette Bailey  
Medical Social Worker  
Health & Wellness Center  
PH #253-939-6648



Fundraiser for  
William "Billy" Brendible Sr  
One year Memorial

Carving Tools

Set of 2  
Straight knives  
\$190  
OR ALL 3 SETS \$1000  
CASH OR MONEY ORDER ONLY

Made by  
Eli  
Freddy  
Milton

contact Marcia Brendible  
@253-740-2017  
call or text

Johnson-Bethely	<b>PURCELL</b>	Matz
Segrest		Peterson
Chambers		Berry
		West
		Moses
Sampson		Tucker
		Williams
		Loggins
Bush		Veliz
		Kahama
Mike		Swift
		Evangelista
Courville	Johnson	
	Arvizu	
3 <sup>rd</sup>	<b>FAMILY GATHERING</b>	
Ungaro	Friday April 18, 2014 5:00 p.m.	
Purcell	Muckleshoot Pentecostal Church 39731 Auburn Enumclaw Road SE, Auburn, WA 98092	
Burdette		
LaDue		
Corbray		

**Drum making class**

Tuesday April 22, 2014  
5:00-8:00pm

Language Building

*Due to the amount of room it takes to make a drum, we will have a sign up for 15 participants. Please RSVP by contacting one of the following people.*

*Morgan Sohapp 253-876-3315*  
*Mary Ross 253-876-3306*  
*Eileen Richardson 253-876-3197*

Dinner will be provided

\*\*The language program has moved to the Old Canoe Clubhouse  
39001 172nd Ave. SE  
Auburn, WA 98092\*\*

**MIT Wildlife to Teach Hunter Education Course on May 17**

REQUIRED FOR TEENS 16-18 WHO WANT TAGS

The Muckleshoot Wildlife Department will be teaching a Washington State Hunter's Education Course on, May 17th. If you are a tribal member and are interested in hunting outside of your treaty areas this course is required to obtain a Washington hunting license. Or, if you are interested in hunting outside of Washington State, most states require you to have completed a hunter's education course before issuing you a license.

A new change in the Muckleshoot Hunting Ordinance requires teens from 16 through 18 to have completed this course before being issued hunting tags.

This hunter education course requires you to do a portion of it online, at: <http://www.hunter-ed.com/washington/index.html>.

Before coming to this class you would need to complete the online portion and bring the required documents showing you completed the online course.

This class will run from 9:30 AM to around 2 PM and will be held in the cougar room at the Philip Starr Building.

At the end of the course there is a multiple choice test that you must pass before being certified. There is also a skill evaluation portion of the course where you will be evaluated on what you learned and firearms safety. Subject matter that will be taught during the hunter's education course includes but is not limited to:

- Firearm safety
- Washington State hunting rules and regulations
- Survival
- Basic First Aid
- Wildlife Conservation
- Sportsmanship

This course is open to anyone interested in getting involved in hunting. Children under the age of 12 are required to have a parent present with them. The hunter education course is an easy learning environment; however it may be too advanced for children under 12. The class will be held to 10 students on a first-come basis.

The only thing students will need to bring with them to class is paper to take notes and a pen or pencil. All other supplies to include firearms will be provided to the students.

If you have any questions regarding the Washington State Hunter's Education Course please stop by the Muckleshoot Wildlife Department or call 253-876-3268. Please sign up for the class by calling the listed number or stop by the Muckleshoot Wildlife Department.

**Muckleshoot Realty**  
is now on

This is an easy way to stay up to date.

- Meeting notices.
- Allotment updates.
- Whereabouts unknown list.

**Check us out**

**April is Autism Awareness Month**

**Memorial for Bernadine Lewis**

May 10th at the Pentecostal Church

Visit gravesite at 11AM,  
Evergreen Cemetery-Enumclaw

Lunch & give-away to follow at  
MIT Pentecostal church



## MUCKLESHOOT POLICE



# Muckleshoot Police March Recap

*Those subjects listed as "arrested" or "arrested via citation" means there is enough evidence for the police to prefer charges but have not been convicted.*

### 03/01/14 3:12 AM 14-052938 17600 block SE 408 ST DUI

Yauna Starr (30) was arrested for DUI. Custody of Starr was turned over to State Patrol troopers for the DUI investigation and processing.

### 03/02/14 12:04 PM 14-053841 Riverwalk DR SE/Auburn Way S Warrant Arrest

Nathen Baker was arrested on a . Baker was booked into the King County Jail on the warrant.

### 03/06/14 2:25 PM 14-057397 4023 Auburn Way S Warrant Arrest

Myron Lozier (33) was arrested on a Department of Corrections (DOC) felony warrant. Lozier was booked into the Enumclaw Jail.

### 03/06/14 2:40 PM 14-057397 3605 Juniper CT SE Warrant Arrest

Claude Williams (39) was arrested on a DOC felony warrant. Williams was booked into the Regional Justice Center (RJC) Jail.

### 03/07/14 1:36 PM 14-058404 Muckleshoot Child & Family Services Juvenile Runaway

A Muckleshoot Child & Family Services staff member reported a juvenile as a runaway when they left house they were placed in. On 03/10/14 the juvenile walked into the Child & Family Services office and has been placed back into the home where they had been.

### 03/07/14 1:43 PM 14-058400 Muckleshoot Health & Wellness Center Obstructing Law Enforcement Officer/Warrant Arrest

Ricky Apodaca (22) ran from deputies when they were investigating he and other males intimidating staff. Apodaca was arrested after a foot pursuit. Apodaca had a felony no bail DOC warrant for "Escape from Community Custody" on an original charge of "Assault in the Third Degree." Apodaca was booked into the RJC Jail for "Obstructing Law Enforcement Officer" and on the warrant.

### 03/08/14 11:30 AM 14-059240 Brown's Corner Death Investigation

A new born baby died shortly after a home birth. Details are being kept confidential do to an ongoing investigation.

### 03/10/14 2:22 AM 14-060480 41400 block Auburn-Enumclaw RD SE Driving While License Suspended/Failure to Obey Officer

Robert Elkins JR (22) was arrested for "Driving While License Suspended in the Third Degree" and "Failure to Obey Officer." Elkins ran from a deputy on foot during a traffic stop and had to be chased down to be taken into custody. Elkins was booked into the King County Jail.

### 03/10/14 2:22 PM 14-060495 41400 block Auburn-Enumclaw RD SE Warrant Arrest

Ramon Silva (25) was arrested on a felony DOC no bail warrant for "Escape from Community Custody." Silva was booked into the Enumclaw Jail.

### 03/10/14 3:00 PM 14-060827 38100 block 158 AV SE Assault

An adult male arrived at his wife's house bleeding from the head, he had been hit in the head by a Hispanic male, possibly with a baseball bat. The victim had been smoking crystal meth with the suspect prior to the assault. The victim was transported to the hospital by an ambulance for treatment. The suspect was not located.

### 03/10/14 3:11 PM 14-058530 37200 block Auburn-Enumclaw RD SE Theft/Warrant Arrest

Jamie Baker (24) was arrested for "Theft in the Third Degree" and on a King County misdemeanor warrant for "Driving While License Suspended in the Third Degree" with a \$1,000 bail. Baker had stolen three checks from her elder grandmother and cashed two of them for a total of \$460. Baker was booked into the RJC Jail.

### 03/11/14 12:35 PM 14-061649 Dogwood ST/Auburn Way S Drunkenness

A deputy observed an extremely intoxicated adult male stumbling on the sidewalk. The male was so intoxicated that he was unable to care for himself, had no one to care for him and had nowhere to go. The deputy sent the male to the hospital by a private ambulance to detoxify.

### 03/11/14 7:01 PM 14-062038 41400 block Auburn-Enumclaw RD SE Driving While License Suspended

Robert Wayne (20) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

### 03/11/14 7:01 AM 14-062057 41400 block Auburn-Enumclaw RD SE Warrant Arrest

Leonard Wayne IV (27) was arrested on a no bail felony DOC warrant for "Escape from Community Custody." Wayne was booked into the Enumclaw Jail.

### 03/12/14 11:37 AM 14-062545 Regional Justice Center Jail Protection Order Service

An adult male inmate was served with a "Protection Order" from the Muckleshoot Tribal Court that protects his adult female girlfriend and her children.

### 03/13/14 8:00 AM Muckleshoot Indian Reservation Sexual Offender Registration

An adult male Level 1 convicted sex offender registered a new address with the King County Sheriff's Office.

### 03/13/14 11:27 AM 14-063497 17900 block SE 416 ST Identity Theft

An elder male recently became aware that a credit card was open in his name without his knowledge. The elder is being assisted with closing the account and monitoring his credit with several different agencies.

### 03/14/14 10:57 AM 14-064394 Little Bill Property Trespass

After receiving information that there were homeless camps on the Little Bill property a duty and a tribal code enforcement officer checked the property. Three camps were found with a total of four people in the camps. All subjects were given one week to be off the property or be arrested for trespassing.

### 03/15/14 9:19 PM 14-065769 Cedar Village Family Disturbance

Deputies responded to a residence for an adult male and an adult female in a verbal disturbance over a purchase the female made. There was no crime, the male was leaving to stay with family to let things cool down.

### 03/17/14 10:57 AM 14-066806 40800 block 174 AV SE Fraud

An elder female that is a full time student was contacted by phone that she was awarded a grant for school but needed to send in money to secure the grant. The elder sent in a total of \$880 on three different occasions before she realized it was a scam.

### 03/18/14 3:10 AM 14-067456 41400 block Auburn-Enumclaw RD SE Warrant Arrest

Licia Gonzalez (18) was arrested on an Auburn misdemeanor warrant for "Driving While License Suspended" with a \$2,600 bail. Gonzalez was booked into the SCORE Jail.

### 03/18/14 10:37 PM 14-068330 41400 block Auburn-Enumclaw RD SE Threats

An adult was arrested for felony "Harassment" (Threats) and "Malicious Mischief (Vandalism), Domestic Violence" after he threaten to kill his elder father, had a homemade explosive device and broke a window on his elder parent's house. The male was booked into the King County Jail.

### 03/19/14 1:35 PM 14-068808 2700 block 17 ST SE Protection Oder Service

An adult female was served a temporary tribal court protection order that protects an elder female.

### 03/19/14 4:42 PM 14-069002 Skopabsh Village Trespass

Louis Starr III (54) was trespassed at the direction of a tribal administrator for one month from the Phillip Starr building, Finance building and the Market & Deli.

### 03/19/14 7:25 PM 14-069207 37500 block Auburn-Enumclaw RD SE Driving While License Suspended

Augustin Rojero Navarro (36) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

### 03/19/14 8:14 PM 14-069245 Skopabsh Village Warrant Arrest

Morales Flores (32) was arrested on a King County misdemeanor warrant for "Hit and Run" that held a \$5,000 bail. Flores was booked into the King County Jail.

### 03/20/14 12:00 PM 14-069762 38900 block Auburn-Enumclaw RD SE Trespass

Christine Elkins-Moses (44) was trespassed at the direction of a tribal administrator for one month from the Muckleshoot Tribal Smokehouse.

### 03/21/14 11:05 AM 14-064394 Little Bill Property Trespass

A deputy and a tribal code enforcement officer checked for persons in the homeless camps that had been trespassed from the property the week before. Three of the four trespassers were not found on the property. The fourth trespasser fled on foot after being contacted. The code enforcement officer is coordinating cleanup of the sites.

### 03/21/14 10:19 AM 14-070649 Davis Site Fraud

A deputy is investigating fraudulent on-line purchases made on an elder female's bank account.

### 03/21/14 2:01 PM 14-070835 40600 block 180 AV SE Burglary

An elder male reported a burglary to his house. The back door was forced open. A washer and dryer set , a Sears

lawn mower, a Sears weed trimmer, a queen sized mattress and bed frame were just some of the items stolen.

### 03/26/14 3:00 PM 14-075327 40900 block 176 Way SE Nuisance Phone Calls

An adult female reported that an adult male that took out a court order against her, has called her several time. The female has not has not answered the phone which would violate the order and subject her to arrest. The female just wanted to make law enforcement aware of the calls.

### 03/26/14 4:00 PM 14-075443 Skopabsh Village Theft

An adult female reported the theft of a wolf medallion necklace from her house by a known adult female.

### 03/26/14 10:15 PM 14-075722 Bingo Hall Warrant Arrests

Rev Barr (22) was arrested on three King County misdemeanor warrants; two for "Trespass in the First Degree" and one for "Trespass in the Second Degree," each warrant held a \$5,000 bail. Carlos Perez (23) was arrested on a King County misdemeanor warrant for "Trespass in the Second Degree" with \$2,500 bail. Barr and Perez were booked into the King County Jail.

### 03/27/14 1:38 PM 14-076292 Regional Justice Center (RJC) Protection Order Service

Two adult males who were inmates at the RJC were served with "Temporary Protection Orders" that protect and elder man and wife.

### 03/27/14 3:03 PM 14-076394 SE 388 ST/Auburn-Enumclaw RD SE Auto Theft

An adult male saw a juvenile drive his Ford Explorer off of his property with another juvenile in the vehicle. The Ford was then crashed into an embankment at SE 388 ST and the Auburn-Enumclaw RD SE. Both juveniles fled the scene on foot when the owner showed up. The owner did not wish to pursue prosecution for the auto theft. The Explored was towed away as it was un-drivable and was blocking the roadway.

### 03/27/14 9:25 PM 14-076772 17800 block SE 408 ST Civil Problem

An adult female reported that some items at a rental house she was moving out of were taken by the landlord before she had a chance to remove them. The deputy contacted the landlord. The landlord said she would get the items returned or work out other arrangements with the tenant.

### 03/28/14 3:00 PM 14-077315 38500 block Auburn-Enumclaw RD SE Fraud

A deputy is investigating a referral from Adult Protective Services (APS) that a service is taking money from an elder female but the elder's bills are not being paid.

### 03/28/14 6:05 PM 14-077465 40000 block Auburn-Enumclaw RD SE Driving While License Suspended

Kevin Carrier (39) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

### 03/28/14 7:22 PM 14-077519 39800 block Auburn-Enumclaw RD SE Driving While License Suspended/Failure to Transfer Title

Pamela Jerry (43) was cited/arrested via citation for "Driving While License Suspended in the Third Degree" and "Failure to Transfer Title within 45 Days."

### 03/30/14 5:48 AM 14-078583 Skopabsh Village Assault/Vandalism

Jon Spencer (53) was arrested for assaulting his adult female girlfriend and another adult female at his house. Spencer broke a cell phone when one of the females was talking to 911 with it. Spencer was booked into the King County Jail for two counts of "Assault in the Fourth Degree (one count is a Domestic Violence (DV) charge)" and for "Malicious Mischief in the Third Degree (Vandalism.)"

### 03/30/14 1:37 PM 14-078780 Davis Site Mental Complaint

An adult female was involuntarily sent to the hospital for medical treatment and a mental health evaluation after she cut both wrists, took pills and told a deputy she did not want to live any more.

### 03/31/14 1:21 AM 14-079223 36800 block 148 AV SE Assault

Deputies responded to a 911 hang-up call. The caller reported that her son's adult female girlfriend assaulted her adult male son. Both the girlfriend and the son had fled the scene before deputies arrived. A report was written form documentation purposes.

### 03/31/14 2:00 PM 14-079534 17300 block SE 387 PL Suspicious Circumstance

An adult female called the Muckleshoot Police to report a court order violation by her ex-husband. The accidental contacted on Facebook did not rise to the level of a violation. The incident was documented in a case report.

*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



READ THE MUCKLESHOOT MONTHLY ON-LINE AT:  
<http://www.muckleshoot.nsn.us/community/muckleshoot-monthly.aspx>

**MUCKLESHOOT INDIAN CASINO**  
 You can now apply for jobs ON-LINE

Visit [www.muckleshootcasino.com](http://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



**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](http://www.muckleshoot.nsn.us)



**EVENTS CALENDAR**

- May 10 Bernadine Lewis Memorial- 11am at Pentecostal Church
- May 17 William "Sonny" Miller Jr. Memorial, 9am New White Lake Cemetery
- April 18 Easter Basket Sale. 9am until gone. At Muckleshoot Elders Complex. Call 253-876-2888 for more info.
- April 18 Purcel Family Gathering. 5 pm Pentecostal Church
- April 22-23 Drum Making Class - 5-8 pm in Language Building
- April 22-23 Native American Career Day. Tribal College 8:30- 1:15 on the 22nd. and 8:30 - 1:30 on the 23rd
- April 25 19th Annual Pow Wow. Enumclaw at 7pm - Enumclaw High School Gym.
- April 30 Elders Luncheon at Emerald Downs. 10 doors open - 12 lunch. Call 253-876-2888 for more info.
- June 14 International Native American Responsible Fatherhood Day. Call 425-833-5007 for more info.
- June 20-22 Muckleshoot Veteran's POW WOV
- June 21 Keta Creek Trout Derby - Kids 12 & Under at Keta Creek Hatchery. 8:30 am - 2pm. Gail Larsen (253) 876-3178 or Dennis Moore ( 253) 876-3286
- August 9 Keta Creek Family Derby at Keta Creek Hatchery. 8:30 am - 2pm. Gail Larsen (253) 876-3178 or Dennis Moore ( 253) 876-3286
- September 27 Keta Creek Fall Classic at Keta Creek Hatchery. 8:30 am - 2pm. Gail Larsen (253) 876-3178 or Dennis Moore ( 253) 876-3286

SUBMIT YOUR ITEMS FOR THE EVENTS CALENDAR!!  
[Muckleshoot.Monthly@muckleshoot.nsn.us](mailto:Muckleshoot.Monthly@muckleshoot.nsn.us)

**IMPORTANT HUNTING DATES**

485 and Cedar River Drawings

**JULY 29TH 2014**  
 SIGN IN BY 6PM

@ THE PSB COUGAR ROOM

GOAT/SHEEP DRAWINGS

**JULY 31ST 2014**  
 SIGN IN BY 6PM

@ PSB COUGAR ROOM

IN THE MUCKLESHOOT COURT OF JUSTICE FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON

Case No. MUC-PO-11/13-123

In Re the Protection of: D.T., DOB: 03/30/1959, an elder/vulnerable adult

vs.

Robert Weed, DOB: 12/29/1975, Respondent

NOTICE OF CONTINUED PROTECTION ORDER HEARING TO: Robert Weed, DOB: 12/29/1975

IT IS HEREBY ORDERED THAT the previously entered protection order remains in full force and effect. In particular:

- The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the vulnerable adult and from molesting, harassing, or stalking the elder/vulnerable adult.
- Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the elder/vulnerable adult.
- The respondent is Excluded from the elder/vulnerable adult's residence.
- The respondent is Restrained from coming near and from having any contact with the elder/vulnerable adult, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents.
- Respondent is Prohibited from knowingly coming within, or knowingly remaining within 500 feet (distance) of the elder/vulnerable adult and his or her residence.
- A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/or state law.
- The protection order expires May 2, 2014, but may be renewed prior to its expiration.
- Next hearing: May 2, 2014 at 10:00 am.
- Parties are responsible for updating the court as to any change of service address.

SO ORDERED this 7<sup>th</sup> day of February, 2014, /s/ RANDY DOUCET, CHIEF JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

Muckleshoot Tribal Court  
 39015 172nd Avenue SE, Auburn, WA 98092  
 Phone: (253) 876-3203 / Fax: (253) 876-2903

IN THE MUCKLESHOOT COURT OF JUSTICE FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON

Case No. MUC-PO-08/13-077

In Re the Protection of: M.C., DOB: 09/20/1949, an elder/vulnerable adult

vs.

Russell Ward, DOB: 07/22/1981, Respondent

NOTICE OF REVIEW HEARING ON PROTECTION ORDER TO: Russell Ward, DOB: 07/22/1981

IT IS HEREBY ORDERED THAT the previously entered protection order remains in full force and effect. In particular:

- The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the vulnerable adult and from molesting, harassing, or stalking the elder/vulnerable adult.
- Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the elder/vulnerable adult.
- The respondent is Excluded from the elder/vulnerable adult's residence.
- The respondent is Restrained from coming near and from having any contact with the elder/vulnerable adult, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents.
- Respondent is Prohibited from knowingly coming within, or knowingly remaining within 500 feet (distance) of the elder/vulnerable adult and his or her residence.
- A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/or state law.
- The protection order expires March 20, 2014, but may be renewed prior to its expiration.
- Next hearing: September 23<sup>rd</sup> 2014 at 10:00 AM
- Parties are responsible for updating the court as to any change of service address.

SO ORDERED this 21<sup>st</sup> day of March, 2014, /s/ RANDY DOUCET, CHIEF JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

Muckleshoot Tribal Court  
 39015 172nd Avenue SE, Auburn, WA 98092  
 Phone: (253) 876-3203 / Fax: (253) 876-2903

**CULTURAL WELLNESS GATHERINGS**

- AA Meeting  
 The Foundation Every Tuesday 12-1PM  
 Muckleshoot Recovery House Lunch Served  
 39225 180th Ave SE  
 Auburn Wa. 98092
- Feather Healing Circle  
 39015 172nd Avenue SE Tuesdays 5:00 pm  
 Auburn, WA
- Grief and Loss  
 Grief and Loss Support Group Wednesday's 6:00pm -8:00pm  
 Behavioral Health, Bear Lodge
- Women's Group  
 Muckleshoot Tribal College Thursdays 5:00 pm
- Boys Mentoring Group  
 Muckleshoot Behavioral Health Thursdays 4:30 pm to 9:00 pm
- Al-Anon Meetings  
 Auburn First United Methodist Church Monday 10:30 a.m.  
 E. Main & N St. S.E.  
 Auburn, WA 98002
- Federal Way Sunrise  
 United Methodist Church Monday 6:30 pm  
 150 S. 356th St.  
 Federal Way, WA 98003

**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
- Sweat Lodge**  
 Doug Moses, 425-301-60811

IN THE MUCKLESHOOT COURT OF JUSTICE FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON

Case No. MUC-PO-11/13-122

In Re the Protection of: A.M.B., DOB: 11/16/1953, an elder/vulnerable adult

vs.

Robert Weed, DOB: 12/29/1975, Respondent

PERMANENT ORDER FOR PROTECTION AND NOTICE OF REVIEW HEARING TO: Robert Weed, DOB: 12/29/1975

IT IS HEREBY ORDERED THAT the previously entered protection order remains in full force and effect. In particular:

- The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the vulnerable adult and from molesting, harassing, or stalking the elder/vulnerable adult.
- Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the elder/vulnerable adult.
- The respondent is Excluded from the elder/vulnerable adult's residence.
- The respondent is Restrained from coming near and from having any contact with the elder/vulnerable adult, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents.
- Respondent is Prohibited from knowingly coming within, or knowingly remaining within 500 feet (distance) of the elder/vulnerable adult and his or her residence.
- A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/or state law.
- The protection order expires August 7, 2014, but may be renewed prior to its expiration.
- Next hearing: August 1, 2014 at 10:00 am.
- Parties are responsible for updating the court as to any change of service address.

SO ORDERED this 7<sup>th</sup> day of February, 2014, /s/ RANDY DOUCET, CHIEF JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

Muckleshoot Tribal Court  
 39015 172nd Avenue SE, Auburn, WA 98092  
 Phone: (253) 876-3203 / Fax: (253) 876-2903

IN THE MUCKLESHOOT COURT OF JUSTICE FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON

Case No. MUC-PO-01/14-010

In Re the Protection of: M.W., DOB: 02/20/1975, Petitioner

vs.

Mikey Ekanger, DOB: 08/13/1975, Respondent

NOTICE OF REVIEW HEARING ON PROTECTION ORDER TO: Mikey Ekanger, DOB: 08/13/1975

IT IS HEREBY REQUESTED BY THE PETITIONER:

- The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the petitioner and from molesting, harassing, or stalking the petitioner.
- Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the petitioner.
- The respondent is Excluded from the petitioner's residence.
- The respondent is Restrained from coming near and from having any contact with the petitioner, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents.
- Respondent is Prohibited from knowingly coming within, or knowingly remaining within 500 feet (distance) of the petitioner and his or her residence.
- A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/or state law.
- Next hearing: May 2, 2014 at 10:00 AM.
- Parties are responsible for updating the court as to any change of service address.

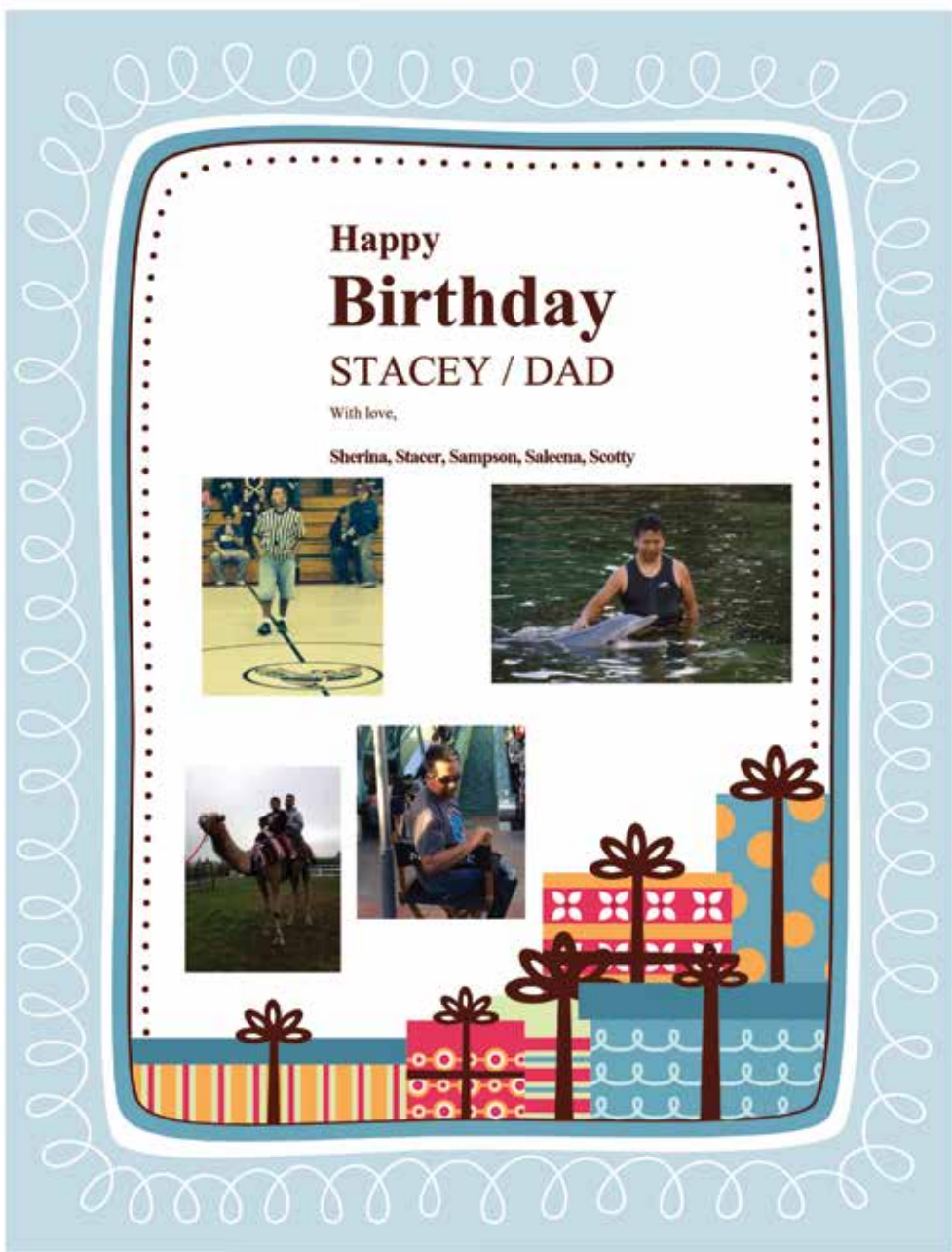
SO ORDERED this 7<sup>th</sup> day of February, 2014, /s/ RANDY DOUCET, CHIEF JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

Muckleshoot Tribal Court  
 39015 172nd Avenue SE, Auburn, WA 98092  
 Phone: (253) 876-3203 / Fax: (253) 876-2903

**St. Leo The Great Catholic Mass**

Every Sunday at 1:30 p.m. please join the Tacoma Kateri Circle and Father Pat Twohy, 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 first 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](http://www.katericircle.com)



April 8th - Happy Birthday, John Elkins Jr.!



March 14th - happy birthday dad! John Elkins Sr.

**Happy Birthday**  
**Moon Martin SR.**  
**03/27**

With love all you family, Jennie, Marilyn, Lucy, Joe (Alesha) and Henry, Moon Jr (Alexis-Alex) have great day and many more to come!

**BIRTHDAY WISHES & HUGS**

to my granddaughters – Coconut and Pineapple .....

**Grandma loves you both VERY MUCH :)**

## Taking on the Whitewater

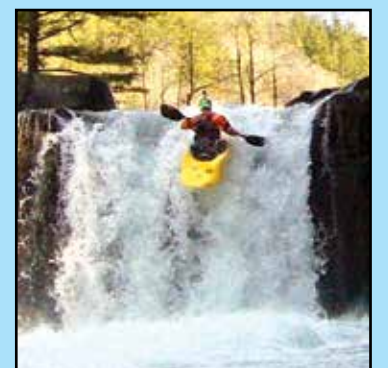
Roy Murphy (in green helmet) tests his whitewater skills at Sunset Park on the East Fork of the Lewis River. PHOTOS COURTESY: CLAY ROSS

**Roy Andrew James-Murphy**... my big Nephew Roy has been walking the mountains for about 6 years now.. he went on a field trip with Behavioral Health to the Outdoor Adventure Camp in Index Wa and he went back every year since then and now he works there.. he is certified in white water rafting. He absolutely loves being outside and hiking, white water rafting, mountain biking, kayaking, swimming... just everything outside. And because he took a trip with a Tribal Program a long time ago, it's changed his life. It's helped him to walk the "good road" in life. I am proud of him for accomplishing this, it's not an easy thing to do nowadays. Keep Trucking my Nephew!

*I luff you... xoxoxoxoxox.. Auntie..*



Sliding over the brink of the falls..



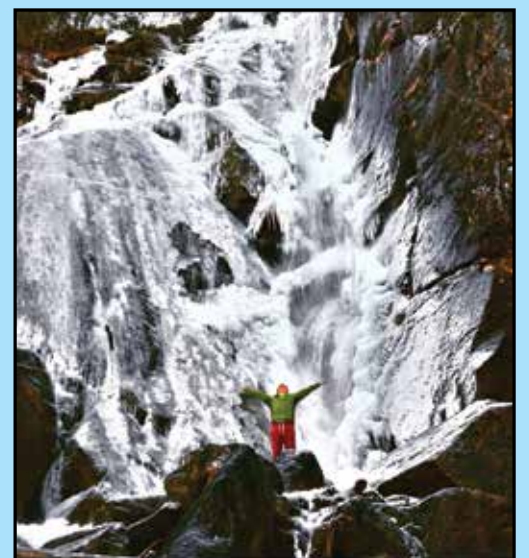
Roy Murphy kayaking the falls



Portaging



Entering a steep gorge



Roy at the base of a frozen waterfall