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Annual Legislative Reception
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Muckleshoot MONTHLY



Vol. XVI No. I

Muckleshoot Indian Reservation, Wash.

FEBRUARY 5, 2015



THANK YOU MUCKLESHOOT!

Hello, my name is Alex Broady. I am a Muckleshoot Tribal member and would like to share with you about my journey of becoming a Chemical Dependency Professional at Muckleshoot Behavioral Health.

In August of 2005, my son asked me a question I had been asking myself for many years, "Dad, why do you always have to buy beer?" This moment in time changed the trajectory of my life for good.

In September of 2005, I checked into inpatient treatment at Thunderbird. I completed that program in 30 days and then went to the Muckleshoot Behavioral Health Program and enrolled in Jesse Garcia's IOP Program called "Fallen Warriors". That experience was another life changer. He gave me a perspective on my addiction I had never had before.

After IOP I started aftercare group with Rueben Twin. I successfully completed treatment with Muckleshoot Behavioral Health and my G.E.D. at Tribal College in 2006.

In the same year, I met a woman who is now my wife. She was graduating from the University of Washington Law School at the time and encouraged me to go back to school to help others battling with addiction. So that is what I did.

In 2008, I enrolled in Seattle Central Community College to become a Chemical Dependency Counselor. I wanted to give back to others the same as what was given to me in treatment. I also wanted to help the people I cared about the most, the Muckleshoot Tribal Community.

In 2010, I was given the opportunity to complete 375 hours of my internship at Muckleshoot's Behavioral Health Program. After that, I knew for sure I was destined to work there. I graduated from Seattle Central Community College with my AA degree in Social Human Services and a Chemical Dependency Certification.

In December of 2010, I began working at the Adult Recovery Home. At the Adult Recovery Home I was able to support and encourage Tribal Members on a daily basis to maintain their recovery. I worked at the Adult Recovery Home until February 2013 when I began my internship at the Muckleshoot Behavioral Health and eventually completed my 2,500 internship hours.

In November of 2014, I took and passed the national exam to become a Chemical Dependency Professional. In December it became official, the Washington State Department of Health accepted my application and I became a CDP.

I am pleased to say, I am now a full time Chemical Dependency Professional at the Muckleshoot Behavioral Health Program with over nine years clean and sober time. Thank You Muckleshoot!

Most importantly, I would like to give a Huge thanks to my wife, who I have been happily married to for six years. Who would have known the words of my 9 year-old son could have been so powerful.

Thank You, son.

Alex Broady, CDP

TRIBE CHOOSES ITS LEADERS

Anita Mitchell, Louie Ungaro and Kerri Marquez elected to the Tribal Council

MUCKLESHOOT – Another busy campaign season came to an end with this year's General Election on January 19.

Each year the campaigns are carried out with more professionalism and greater vigor, leading up to an election day event that almost reminds one of the Super Bowl, bringing hundreds of supporters to the roadsides to wave signs and cheer on their candidates as voters make their way to the polling place.

It was only a few years ago that campaigns didn't really gear up until the final weeks, with most signs going up after the first of the year, or even the weekend before the election.

Changing the date of the nominating meeting – the Public Caucus – a few years ago added a full month to the campaign season, so the tribal elections now keep the community active and involved for three-and-a-half months out of every year.

Tribal members are to be commended for their keen interest, and the candidates for their willingness to serve their tribe.

In this year's election, voters followed a pattern that's come to be well established in recent years when they chose



Anita Mitchell



Louie Ungaro



Kerri Marquez

to retain two incumbent Tribal Council members and add one new one.

Anita Mitchell, Louie Ungaro and Kerri Marquez topped the list with 222, 179 and 161 votes, respectively.

Veteran council member Marcie Elkins finished fourth with 138 votes, while former council members Virgil Spencer and Donnie Jerry drew 120 and 100 votes, respectively. Rounding out the top ten were J.C. Byars (89), Jessica Garcia-Jones (87), Rhonda Hamden (77), and Madrienne Salgado (72).

Former council member Mark James, who chose not to seek re-election last year, threw his hat in the ring this year, finishing in the middle of the pack with 65 votes.

'Full results can be found on page 2.

Anita Mitchell

Our newest Tribal Council member, Anita Mitchell, was the top vote-getter in her first run for office. A graduate of the University of Washington and Syracuse University Law

School in New York State, Anita is the Muckleshoot Tribe's first lawyer. She is currently working as an attorney in the tribe's legal department and will join the council when she takes the oath of office in April.

At age 26, Anita is the youngest person to be elected to the Tribal Council in many years. Her Aunt Mardee (Moses) Rodrigues, who has been her guide and mentor throughout her life, served on the council for many years after being elected at age 25.

School Board

Sandy Hedrick and Donna Starr were selected for the two positions on the Muckleshoot School Board with vote counts 279 and 251, respectively. Totals for the other candidates were as follows: Linda Starr (203), Denise Bill (200), Susan Starr (153), Rosette Andy (133) and Lori Simonson (95).

Muckleshoot Tribal elections are held each year on the third Monday in January.

BUSY FIRST DAY OF TRAINING AT EMERALD DOWNS

By Vince Bruun

AUBURN, Wash. – Nearly 200 horses were on the grounds Monday, February 2, as Thoroughbreds began training for the 2015 season at Emerald Downs.

Under a light drizzle, 3-year-old filly Pippa Bou Peep was the first horse on the track shortly after 8:30 a.m. Trained by Charles Essex, Pippa Bou Peep captured the 2014 Barbara Shinpoch Stakes and was a finalist for honors as Top 2-Year-old Filly.

The official count of 188 horses is down six horses from a year ago, although Director of Racing Bret Anderson said football might be a factor.

"The Super Bowl probably made an impact, and some people probably decided to wait a couple days," Anderson said. "I think things will pick up throughout the week."

World War II Veteran Don Munger, 91 years old, was on hand for his 20th straight stable opening at Emerald Downs, hauling in a load of horses from his farm in Enumclaw.

Other trainers sighted Monday were Blaine Wright,



Trainer Charles Essex and 3-year-old filly Pippa Bou Peep.

Howard Belvoir, Doris Harwood, Tom Wenzel, Terry Gilihan, David Martinez, Craig Walters, Sharon Ross, Greg Moore and Jose Navarro.

Jeff Metz, winner of the last two training titles, said he would campaign a 30-horse string at Emerald Downs in 2015, with the horses arriving here in mid-March.

And Robert Sodergren, assistant to 10-time Emerald Downs training champion Tim McCanna, said their first horses would arrive from the farm soon.

Training hours are 8:30

a.m. to 1 p.m. daily, and fans can eat breakfast and watch training in the Quarter Chute Café, which is open to the public and very reasonably priced.

The live racing season begins Saturday, April 18 and runs through Sunday, September 27.



Income Verifications Notice

There has been a change in the processing for income verifications, effective immediately.

Resource Center verifications – now completed by Bettina Brown in the Resource Center at (253) 876-3024.

Public Works verifications – now completed by Kristina Laubner in the Finance office at (253) 876-2917

There have been no changes to the forms and requirements. Only the processing personnel and locations have changed.

2015 ELECTION RESULTS

Tribal Council	Totals
√ ANITA MITCHELL	222
√ LOUIE UNGARO	179
√ KERRI MARQUEZ	161
MARCIE ELKINS	138
VIRGIL SPENCER	120
DONNIE JERRY	100
J.C. BYARS	89
JESSICA GARCIA-JONES	87
RHONDA HARNDEN	77
MADRIENNE SALGADO	72
MELISSA CALVERT	70
K.C. WILLIAMS	68
SONJA MOSES	66
FAWN JAMES-HUTCHINS	65
MARK JAMES	65
DONNA STARR	65
LAWRENCE JERRY	63
JANET EMERY	57
JUSTIN JOHNSON	57
BEAR JAMES	45
KENNY CALVERT	28
LOUIE MOSES JR.	27
MARENA CROSS	26
WARREN KINGGEORGE	25
DAWN MILLER	23
STEVEN YANISH	23
ALBERT MOSES	18
HENRY MARTIN	10
JOSEPH MARTIN	10
ROGER JERRY, SR.	9
MIKE EDWARDS	5

* Tie votes are listed alphabetically.

2015 ELECTION RESULTS

School Board	Totals
√ SANDY HEDDRICK	279
√ DONNA STARR	251
LINDA STARR	213
DENISE BILL	200
SUSAN STARR	152
ROSETTE ANDY	133
LORI SIMONSON	95



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
 Anita Mitchell - Councilmember Elect



PHOTO BY JOHN LOFTUS

GAMING COMMISSION WELCOMES NEW MEMBER. The Muckleshoot Gaming Commission recently welcomed its newest member, Lonna Swanson. L-R: Chair Merle Barr Sr.; Mardee Marquard, Huda Swelam, Lonna Swanson, Melvin Daniels.



Congressman Jim McDermott, Vice-President Joe Biden, Tribal Chair Virginia Cross and US Senator Maria Cantwell



WE'RE IN! The Youth Center was definitely filled with the "Sprit of 12" as they cheered on the Seahawks, who fell three feet shy of another Super Bowl victory.

Clip and Save

2015 Per Capita Deadlines and Schedule

- January 30, 2015 - Deadline for New Direct Deposits to be turned in to Tax Fund
- February 6, 2015 - Deadline to stop taking Direct Deposit Changes/Cancellations
- February 28, 2015 - Enrollment Cut Off Date for June 2015 Per Capita

- March 3, 2015 - Per Capita Distribution Cougar Room
- March 4, 2015 - Per Capita Distribution Cougar Room
- March 5, 2015 - Per Capita Distribution Finance Building

- May 1, 2015 - Deadline for New Direct Deposits to be turned in to Tax Fund
- May 8, 2015 - Deadline to stop taking Direct Deposit Changes/Cancellations
- May 31, 2015 - Enrollment Cut Off Date for September 2015 Per Capita

- June 2, 2015 - Per Capita Distribution Cougar Room
- June 3, 2015 - Per Capita Distribution Cougar Room
- June 4, 2015 - Per Capita Distribution Finance Building

- July 31, 2015 - Deadline for New Direct Deposits to be turned in to Tax Fund
- August 7, 2015 - Deadline to stop taking Direct Deposit Changes/Cancellations
- August 31, 2015 - Enrollment Cut Off Date for November 2015 Per Capita

- September 1, 2015 - Per Capita Distribution Cougar Room
- September 2, 2015 - Per Capita Distribution Cougar Room
- September 3, 2015 - Per Capita Distribution Finance Building

- October 9, 2015 - Deadline for New Direct Deposits to be turned in to Tax Fund
- October 16, 2015 - Deadline to stop taking Direct Deposit Changes/Cancellations

- November 23, 2015 - Per Capita Distribution (Location, To Be Determined)
- November 24, 2015 - Per Capita Distribution (Location, To Be Determined)
- November 25, 2015 - Per Capita Distribution – Half Day Distribution Only in Finance
- November 30, 2015 - Enrollment Cut Off Date for March 2016 Per Capita

END OF SEASON SALMON DINNER

FEBRUARY 27, 2015

PENTECOSTAL CHURCH 3 PM



Michelle McCloud Ornelas

Michelle McCloud Ornelas, 44, of Enumclaw died Dec. 14, 2014. She was born Sept. 4, 1970 to Norman and Rebecca (McCloud) Corbray in Olympia, WA. Michelle enjoyed cooking, reading, computers, and makeup. She also liked music, going to concerts and celebrating Halloween.



Michelle is survived by her husband, Joshua Ornelas of Auburn; son Michael McCloud of Yakima; daughters Tasheena McCloud of Auburn, Destiny Jansen of Enumclaw and Alehndra Ornelas of Auburn; mother Rebecca McCloud of Enumclaw; stepfather Morgan Moses; brothers Jo-Al Moses, Jeff Sheldon and wife Sarah, all of Enumclaw; sisters Tara Sheldon and Denise Moses, both of Auburn.

She is also survived by two grandchildren. A funeral service was held on December 19, 2014 at the Muckleshoot Shaker Church, with burial following at Leschi Cemetery in Olympia. Services were handled by Weeks Funeral Home, Buckley.

Corey James Keiser Berry

Corey James Keiser Berry, 30, of Tacoma, Washington, passed away Thursday, January 22, 2015 at Auburn Regional Medical, Auburn, Washington. He was born on January 14, 1985 in Tacoma, Washington to Ruben Horace and Regina Berry. He was an enrolled member of the Muckleshoot Indian Tribe.



Corey resided in Tacoma. He attended Lincoln High School. He devoted to his grandparents and their well being. He was a loving son and caring father.

Corey enjoyed watching the Seattle Seahawks, attending pow wow's and community events such as the Tribal Christmas Dinners and spending time with his family.

He is survived by his fiancée, Tiffany Young, and two children, Little Regina and Illieana Berry.

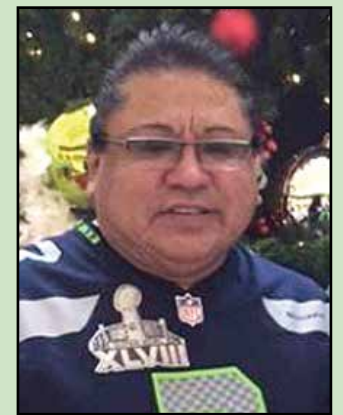
Corey's memory will be honored by his siblings that include Lionel Swift III, Raquara Berry, Markise Berry, Dartanion Horace, Jeremy Howard, Rubinisha Horace, Runiesa Horace, Raymone Horace, Octivius Horace, Riben Horace Jr., Evale Killian

Left with precious memories of Corey are his cousins, Jamar Berry, Tyron Corbray Sr., Shaquira Berry, Shantelle Bush, Moshe Bush, Taeshawn Johnson, Paul Johnson, Lamont Johnson, Jordan West, Teddy Bailey, and Keesha Rice, as well as his Aunts and Uncles Philip Purcell, Anita Berry, LeOta LaDue Berry, Tyrone Johnson, Shante Johnson, Joe Carrasco Jr., Dorothy Carrasco, Denise Swift, Desire Swift, Cynthia Swift, Barbara Swift, Lanny Swift, and Robert Swift along with Step Father Lionel Swift Jr.

Corey was preceded in death by Grandfather Willie K. Horace, Grandmother Sherene E. Berry, Brothers Baby Rubean and De Andre Horace, Auntie Pumpkin, Auntie Samantha and Cousin Precious.

Robert "Shrimp" Thomas

Robert was a proud member of the Puyallup Tribe. Raised in Sumner, he made his way to Tacoma. He worked at the Puyallup Tribe's Bingo Palace, Emerald Queen Casino and for the Puyallup Tribe. He dedicated his life to his tribe, people, family and friends, always willing to help anyone.



He loved watching the canoes come home every year, with the traditional songs and dance, cheering on his friends in their softball tournaments, or planning their weddings, and just having fun and living life to the fullest. He was a true friend to all who had the privilege to know him. He was a beautiful soul who will be dearly missed.

He is survived by his fiancée, Marshal Morrison; sisters Elsie Thomas (Greg Stewart) and Bessie Handy (Jay Sanchez Jr.), numerous nieces and nephews, and many, many friends.

Candlelight services at Muckleshoot Shaker Church on December 17, followed by funeral services and dinner at the Muckleshoot Pentecostal Church on December 18.

Aline Marie Hoptowit
May 23, 1976 ~ December 7, 2014

Aline Marie Hoptowit of Tacoma passed away on December 7, 2014 at age 38. She was born May 23, 1976 to Fred Hoptowit Jr. and Isabell Blancas.



Aline was predeceased in death by her parents, grandparents, Pauline F. Lozier and Fred Hoptowit Sr. and Alice Elkins Blancas and grandfather, Paul.

She is survived by her stepfather, Jim Kirk, sisters Julina Hoptowit, Janelle Terhune and Melissa Terhune, along with a host of nieces, nephews, aunts, uncles and cousins, and her Fiancé, "Smoky."

Services were held at the Muckleshoot Shaker Church on December 9, 2014, followed by burial at the New White Lake Cemetery by her mother, Isabelle.

ENUMCLAW SCHOOL DISTRICT
20TH ANNUAL
POW WOW
NEW DATE: March 20, 2015
GRAND ENTRY 7 PM

Enumclaw High School Gym
226 Semanski Street South, Enumclaw, WA

For Vendor 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

Drug and Alcohol Free

PLEASE NOTE:

The Scholarship Staff:
Marie Marquez, Melissa Searcy
Michele Rodarte And Katie Avila

Are now located at the Muckleshoot Tribal College:

39811 Auburn Enumclaw Road SE, Auburn, WA 98092
253.876.3183

Laurie Starr-Williams / Workshops & Training
Is still located in the same building, next door to the Youth Facility building, in Modular #2.



Christmas Past

Seahawk-Themed Canoe

Workers installing new Seahawk-inspired carved wooden canoe at the Muckleshoot Market & Deli on January 9, 2015.



PHOTOS BY JOHN LOFTUS

Free MIT legal clinic helps dozens in first months of pilot project

After three months of operation, Muckleshoot's new Tribal Court Legal Advice Clinic has already provided free legal advice to dozens of community members on a wide range of matters, including child custody disputes, probate, hunting violations, civil rights and more.

"Most of us need legal help at some point, but not everyone can afford to pay for an attorney," Tribal Court Administrator Bobbie Jo Norton says. "The clinic is a place where people can spend time with an attorney at no cost to them."

Launched as a pilot project in November, the clinic is open to all members of the Muckleshoot community, with no low income requirement. Staffed by Jared Miller, a private attorney from the firm of Baldwin, Crocker & Rudd, the clinic provides legal advice on matters in tribal, state, and federal jurisdictions and helps people complete legal documents, understand their legal rights, and gain access to the Tribal Court system.

"Demand for the clinic has been steady since day one," Norton says. "Interest is increasing as tribal agencies and departments realize their clients and customers can get their legal affairs in order with help from the clinic attorney."

"Legal issues can be a large source of stress," Bella Townsend, Mental Health Supervisor for the Muckleshoot Behavioral Health Program notes. "Getting help through the free legal clinic can be an empowering and valuable resource."

"The legal system and the court system can be very scary for people," Miller agrees, adding that "One of the most important things that I do is let people know what their rights are and help them understand when they should hire an attorney, or whether they can deal with the legal issue themselves."



Jared Miller

As needed, referrals are made to legal programs that represent low-income individuals in legal matters. A comprehensive listing of legal resources is being developed and expanded, Norton says.

"Providing free legal services to members of the Muckleshoot community will improve access to justice and help people deal with legal matters in their lives that they might otherwise not confront," Miller says. "I think it's a very forward-thinking thing for the tribal government to do,"

The free Tribal Court Legal Advice Clinic is held on the 1st & 3rd Mondays of each month. Community members can schedule an appointment or learn more about the clinic by contacting the Muckleshoot Tribal Court at (253) 876-3203.

Rachel's Gift of Life Honored at Pasadena Rose Parade



I wanted to share some photos of the Donate Life Parade in Pasadena CA 01/01/15. There are no words that I can express what a honor it was to be there. Rachel does live on through all the different lives she has touched.

Laura Givens



Rachel's smiling face can be seen in the center of this photo of the Donate Life float in the Pasadena Rose Parade



Go Hawks!



Rachel's mom, Laura, giving thanks for the gift of life her daughter gave to others

AWESOME Seahawks Truck!!!!

Muckleshoot Bingo is giving away this amazing Seahawks-themed truck in celebration of another excellent season by the best team ever! The truck made the rounds, including visits to tribal headquarters and a rally in Auburn.



Kerri Marquez, Virginia Cross, Mardee Marquard, Janice Hannigan and Huda Swelam.



Babe Eyle, Kerri and Virginia



Mike Jerry Sr. and Dwayne Ross Jr.



At the Seahawks Rally in Auburn

Tax Preparation Service At Philip Starr Building



H&R Block has again opened an office in the conference room at the top of the stairs in the Philip Starr Building to prepare tribal members and tribal employees in the preparation of their federal income tax returns.

Office hours are 9:00 AM. to 5:00 PM. Dates of operation are as follows:

- 1/26 to 2/20 – Monday through Friday
- 2/14 to 3/31 – Tuesdays, Thursdays and Fridays
- 4/01 to 4/15 – Monday through Friday

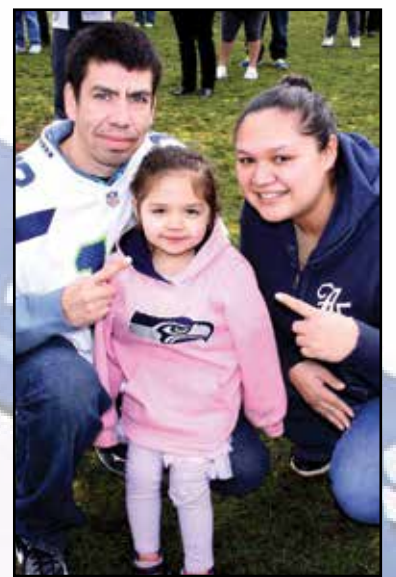
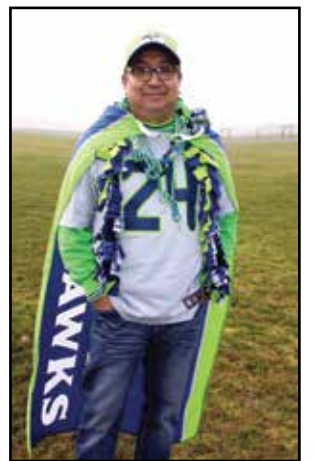
Call 253-876-3064 to make an appointment for tax preparation, or drop off your tax forms, and pick up your completed return later. Just bring in your tax forms (W-2s, 1099s, Scholarship letters, etc.) and have H&R Block file your taxes electronically.

The Tribal Council has approved the following for you:

- The Tribe will pay up to a maximum of \$130 per return for tribal member households. Please note that the immediate discount is only available at the Philip Starr Building H&R Block office.
- Reimbursement of up to \$130 if tribal member has already filed their 2012 tax return at another H&R Block location, or tax preparer. Just bring in the receipt to Finance.
- 20% discount for tribal members and a \$20 discount for all tribal employees. Coupons will be available at the Finance Front Desk.

THANK YOU, SEAHAWKS, FOR ANOTHER GREAT SEASON!

PHOTOS BY JOHN LOFTUS



bəqəlsut

Posters are available for pick up at the Muckleshoot Language Program. To learn how to speak any of these phrases attend the class on Tuesdays at 12:00. Lunch is provided, or you can call 253-876-3306

juʔil t(i) adshəli?
Enjoy your life



ʔəshaydxʷ tsi dkayəʔ bəkʷ stab
My grandmother knows everything



haʔt labdubicid
It's good to see you



ʔibəšəxʷ t(i) adšəgʷt
Walk your path



ḥʷul čəxʷ ʔəstalḥcut kʷ(i) adḥəč
Keep your mind strong



yəcəbtubš gʷat čəxʷ
Tell me who you are



ḥʷul čəxʷ ʔəstalḥcut
Keep your spirits up



ʔitut ʔə kʷi haʔt
Sleep good



ḥaḥcəbut čəxʷ
Like yourself



gʷəčəd day čəxʷ tuʔaydxʷ
Look for it and you will find it





MEET OUR NEW NORTHWEST INDIAN COLLEGE TEAM

MISSION STATEMENT:
 "Through education, Northwest Indian College promotes indigenous self-determination and knowledge."

We would like to formally introduce the new Northwest Indian College team, tell you a little bit about ourselves and talk about the programs we offer here at NWIC.



L-R - Felecia Harris, Melissa Reaves & Kendra Aguilar

Site Manager Kendra Aguilar
 – Kendra has a deep love and respect for the Muckleshoot community, who made her feel welcome years ago as a member of the Canoe Family and as a student at the Tribal College in Evergreen's Reservation Based Program.

Although she is a descendant of the Soboba Band of Luiseno from Southern California, she was born and raised here with Coastal traditions. Her passions are education, culture and service. She was an Engineer in the Army for 10 years before finishing her BA and then going on to receive her Master's in Tribal Governance, with a focus on Tribal Food Sovereignty, from Evergreen in 2012.

She is now part of a U.S. cohort of Tribal students pursuing their Doctorate in Indigenous Development and Advancement from Awanuiarangi, a Maori University in New Zealand. She is so honored to be able to serve and give back to the Muckleshoot people and the community that has given her a cultural and spiritual home.

Instructional Aide Felecia Harris – Felecia works alongside Kendra as the Instructional Aide for Northwest Indian College at MTC. She is from Seattle and is a member of the Comanche Nation of Oklahoma. Felecia is also a student at Northwest Indian College

and enjoys having a student's prospective while helping the program attain success. She is extremely passionate about working with the Muckleshoot community and plans to continue assisting aspiring students achieve their educational goals.

Work Study Melissa Reaves – Melissa has been the work study for the NWIC Muckleshoot Site for about a year and a half and loves the students and community she works for. She is graduating with her Associates of Arts and Sciences degree this quarter and plans to move forward with her educational goals. Melissa is a descendant of the Athabaskan tribe of the Koyukuk village in Fairbanks, Alaska. Her dream is to one day work for the Muckleshoot Tribe and continue to aid in the success of fellow students seeking their educational goals.

The degrees we offer at our extended NWIC Muckleshoot Site are:

- Associates Degrees**
- General Direct Transfer Degree
 - Chemical Dependency Studies

- Bachelor's Degree**
- Bachelor of Arts in Tribal Governance & Business Management

WE NEED YOUR HELP!

Muckleshoot Head Start is turning 50!

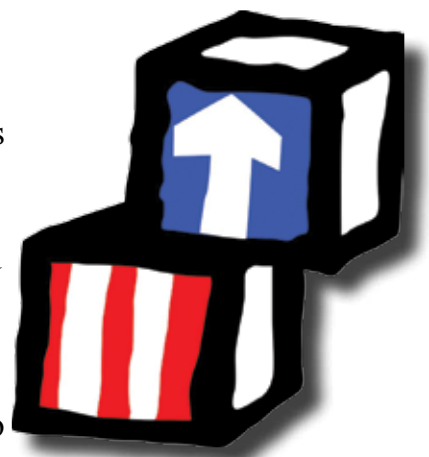
In June 2015, the Muckleshoot Head Start program (now MELA) will be turning the big 5-0! Fifty years ago, Muckleshoot and Navajo were the first two tribes to receive Head Start grants.

MELA staff is coordinating a spectacular event to honor those who founded the program, those who attended and/or graduated, and those who have worked for the program over the last 50 years.

We need your help! School records do not go back far enough to give us all of the names of these individuals, so we need your help to develop these lists.

Names and contact information can be e-mailed to betsy.myers@muckleshoot.nsn.us.

Thank you so much for your help with this project. We look forward to the big celebration day!



MTC & NWIC
ADVISING DAY

Thursday
March 5, 2015

Two Sessions
Morning:
10:30AM-12PM
(Lunch served at 12PM for both sessions)
Afternoon:
12PM-2PM

Including:

- Staff Introductions
- Scholarship Resources
- FAFSA Workshop
- Guest Speakers
- Food & Drinks!

Universities, Community & Technical Colleges will be in attendance!

For more information, please contact::
 Donovan Sather, MTC Advisor/Career Counselor - 253.876.3210
 Felecia Harris, NWIC Instructional Aid - 253.876.3274

Invest in your future
Get your GED

New math classes begin every Monday from 10-11:30!

Muckleshoot Tribal College
For more information, contact the GED Instructors:
Laurie 253 876-3256, Alicia 253 876-3375

GED EXAM TESTING

is held **Most Wednesdays**
8am – 1pm & 1:30 -4:30
 &
Most Thursday Evenings
5pm – 8 pm

Check the schedule on line for times and availability at

MyGED.com



Congratulations to Donna Starr for 30+ Years of service to the tribe!

Scholarship Program offices now located at the Tribal College

Stop by our offices in the Tribal College for all your Scholarship questions or concerns! Just turn right immediately after entering the front door.

MIT SCHOLARSHIP PROGRAM UPDATES



NEW Online Higher Education Application

NEW Workshops & Training and GED Assistance Applications

Get an application in person from the Scholarship Program Offices, online at the Scholarship Program's webpage, or by emailing Scholarship Program staff at ScholarshipsDept@Muckleshoot.nsn.us

Old application forms will not be accepted.

Workshops & Training applications should be turned in 30 to 45 days before the workshop, training, or conference. Questions? Contact **Laurie Starr-Williams** at Laurie.Williams@Muckleshoot.nsn.us or 253-876-3381.

To qualify for GED Assistance, you must be at least 19 years of age or older. For questions about GED Assistance contact **Melissa Scearcy** at ScholarshipsDept@Muckleshoot.nsn.us or

RETURNING STUDENTS

You are a returning student if you have already received an Award Letter from the Muckleshoot Scholarship Program for the 2014-2015 Academic Year.

To renew your scholarship funding and stay eligible, please email PDF copies of the following forms:

1. Official copy of your Class Schedule;
2. Official or Unofficial Transcript showing grades from the previous quarter [This must be ISSUED BY YOUR SCHOOL and clearly display your name and student ID number];
3. An **itemized** Tuition Statement; and
4. Signed FERPA Release of Information form (found on the Scholarship website).

Forms should be emailed to: ScholarshipsDept@muckleshoot.nsn.us

Further details are available on the Online Application Homepage.

NEW STUDENTS

Please apply for Scholarship funding using our NEW Online Application, which can be found on the Scholarship Program's website:

<http://www.muckleshoot.nsn.us/services/department-of-education/financial-aid.aspx>

To complete the Higher Education Scholarship Application, students should complete the following ten (10) required documents before beginning the online application to be able to upload them and complete the online application.

For questions about the Higher Education Scholarship, contact Acting Scholarship Program Manager **Michele Rodarte** at ScholarshipsDept@muckleshoot.nsn.us or 253-876-3291.

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.

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.

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.

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

MOST PROGRAM

Hello Fellow Muckleshoot Tribal Members,

Renee Lozier Rojas, Community Liaison, here to invite you one and all over to the Muckleshoot Tribal College for an Orientation for the MOST Program (Muckleshoot Occupational Skills Training).

We have a few new items on the agenda, and more classes to offer that will benefit the Student in a good way. We now offer The Courage 360 Classes (use to be called WVEE). With one new class that will help the student deal with stress in their lives, so they can come to class and do their work stress free and work toward a better tomorrow, for themselves and their families.

Just recently I gave an Orientation to three of the "MOSES CLAN" and we look forward to working with Kendra, Marvin and Byron through these next few weeks. We can hardly wait to see the progress they make, and to see where they go with their new found skills.....

This is just one of the new classes offered in The Courage 360 part of the MOST Programs. Come on over and check out what we have to offer you in the new year upon us... we look forward to seeing you!



Muckleshoot Tribal College



WE SUPPORT OUR SEATTLE SEAHAWKS!!!



Students of the Month



Darius WhiteEagle

Darius WhiteEagle. Darius has been a wonderful student this past month. He has made the list for the recognition on the Leader for Outstanding Achievement in Reading, he is a leader in our classroom Number Club, and has been excellent on Homework Return. He strives to do his best, on his classwork. He has a ready smile and comes to school every day. I am very happy to appoint Darius as our Student of the Month. Good Work Darius....keep up the excellent work.



David Mondejar

David Mondejar is being chosen as student of the month for Ms. Serroels's class. He has shown great improvements in all academic areas, especially math. He is competitive, but is still kind to his friends and classmates. I am constantly witnessing him show respect and acts of kindness to staff members, including myself. He is always willing to lend a helping and shows thoughtfulness in his actions.



Montoya Lozier

Montoya Lozier is our student of month for always coming to class ready to learn. She comes prepared with all her materials and homework every day. She works hard to complete assignments and stays on task. Montoya is a good friend to others and is always willing to help keep her friends on track. She is a bright girls who shows compassion and respect towards others. Keep up the good work Montoya!



Reagan Courville

Reagan Courville. We chose Reagan, because she comes to class everyday on time and ready to learn. Reagan comes to school every day, ready to learn and be the best she can be. She always has a smile on her face and is ready! Reagan is a wonderful role model for her peers and tries her hardest to be on task at all times. Way to go Reagan!!!!



Rosa Lozier

Rosa Lozier. Rosa is a very hard worker and good friend to her peers. She has really improved with her behavior and academics this month. I am very proud of Rosa and all of her hard work!



Sage Elkins

Sage Elkins is our December Student of the Month! Sage comes to school ready to learn! He is excited to learn his multiplication facts, so he one of our speediest mathematicians! He participates in class and in his culture and in sports. Sage is a careful thinker, thinking before he acts, which helps him make the right choice! Sage is respectful to his peers and teachers, as well as all adults at our school. Thank you Sage!



Samiah Irving

Samiah Irving. Samiah is a wonderful person who has a pleasant personality. She always gives her best effort in each subject. Samiah is kind, thoughtful, and helpful to her classmates. She enjoys working with others in a cooperative manner. Samiah is well-liked by her friends and well-respected by her teachers!



Samina Ishmael

Samina Ishmael. Our student of the month for December is Samina Ishmael. Samina comes to class ready to work! She is always on task, smiling, and a great role model for other kindergarteners. Way to go Samina!!!



Sariah Walden

Sariah Walden is Ms. Azure's January student of the month. Sariah comes to school every day with a positive attitude and her smart brain on. Sariah is also a good friend to all. Way to go Sariah!!!!



Shylo Augkhopinee

Shylo Augkhopinee. Shylo is one of the few students that has 100% attendance from day 1 of school. She is always ready to help her classmates and is a great group leader. Shylo is respectful and kind. Great Job!!!!



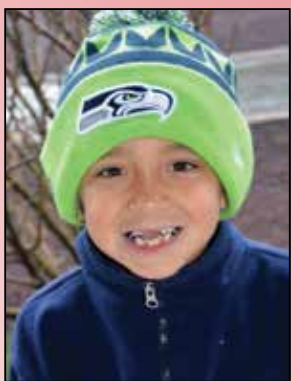
Silas Simmons

Silas Simmons is the Student of the Month for December. He has improved vastly with being a great friend and managing frustration in positive ways. Silas has excellent attendance and strives to turn in his homework each week completed and on time. We appreciate Silas' sense of humor and his willingness to help others. Way to go!



Leah Moses

Leah Moses. Teresa Allen chooses Leah Moses from 4th grade. Leah respects her friends. Follows along in class and always has a smile and ready to start her day.



Austin Baker

Austin Baker. Theresa Jerry has chosen Austin Baker from 2nd grade. He is kind to his friends. Austin also listens and respects his teachers.



Aaron Ramos

Aaron Ramos. Aaron is kind, considerate, helpful, and eager to learn. He comes to school every day with a smile on his face and is ready to try each activity. Thanks for being such an awesome friend, Aaron!

First Annual Lady Kings Wrestling Tournament

Photos and text by Richard Vendiola

The First Annual Lady Kings Wrestling Tournament was held at the Muckleshoot Tribal School gym on December 13, 2014. It involved some 30 schools from near and far, such as Sedro Woolley, Enumclaw, Auburn, and Puyallup. The event was a success, our wrestlers did well, and we'll be looking forward to our 2nd annual tournament next year!



Gahlalo Weir placed 3rd



Lexi James took 1st place in her division



1st Annual Lady Kings Wrestling Tournament



Monique Brace placed 4th as well



Way to go, Lexi!



Leondra Keeline took 3rd place in her division



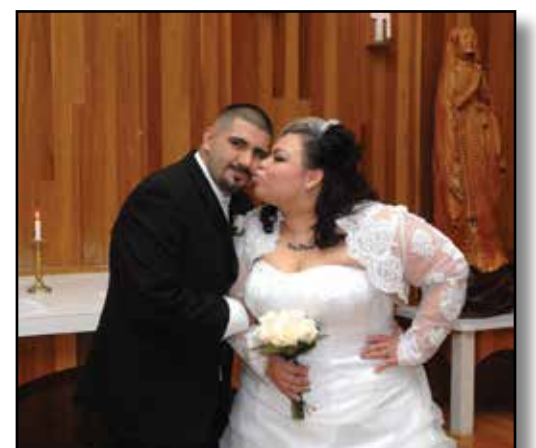
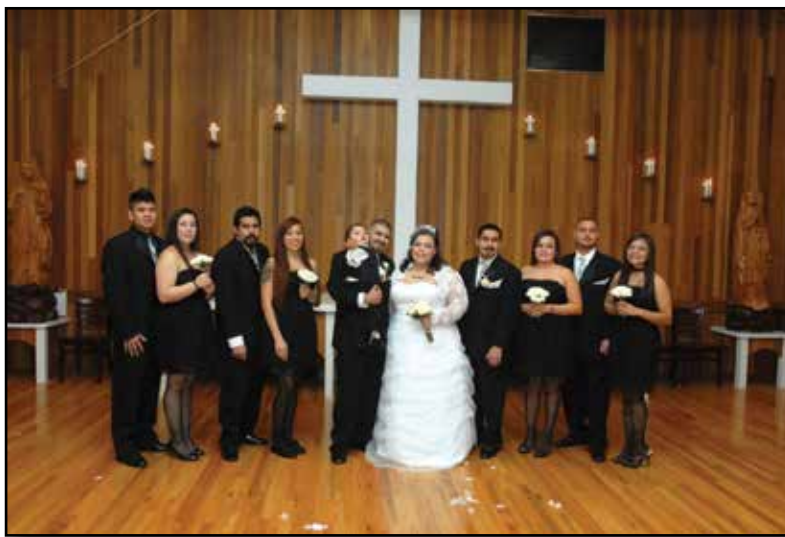
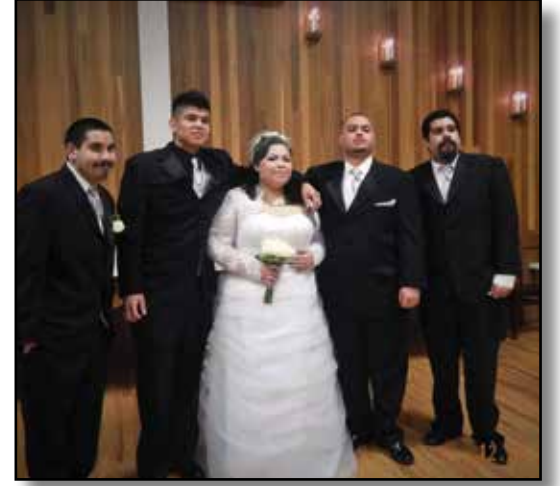
Student groups built model cedar plank houses. Lenora, Chase, Ryan and Devon are making a model cedar plank house that sheds water for our rainy region! (SS and Sc)



Clinton McCloud showing us his diving suit!

Venecia Elkins ~ Pablo Barrera Sr. Wedding

December 20, 2014 ~ Muckleshoot Shaker Church



PENTECOSTAL CHURCH

The church had a busy month. We hosted a God Rocks conference with Fred Williams as the special speaker. His wife prepared communion for each of the three nights. Several people received a physical healing and some gem stones in the church. Suquinna was also a special speaker on one Sunday. The bible class watched the movie. Heaven is for Real.



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

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

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, 425-301-6081

Muckleshoot Pentecostal Church

Kenny Williams, Pastor

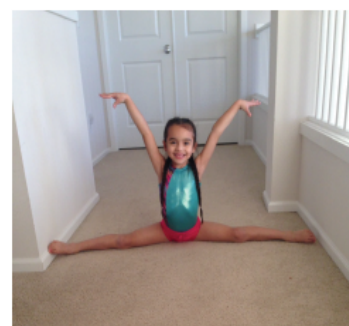
SCHEDULE

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

Fundraiser

For Mia Castaneda

- Friday February 20th
- In the Cougar Room
- 11:00 am to 1:00 pm



Mia is 5 years old and has been involved in gymnastics for two years. This year she was invited to join a competitive team. She will be traveling as far away as Spokane for her competitions. The funds that are raised will help cover fees, travel and other expenses.

50/50 Raffle

Please contact Tammy Byars to purchase 50/50 squares (\$10 per square)
Baked goods will also be for sale

Pulled pork sandwich, potato salad, baked beans and chips with a drink for \$8.00



Meet Our Elders Program Staff

 Wendy Burdette Elders Program Manager	 Wesley LaClair Service Provider
 Noreen Milne Events Coordinator	 Samantha Milne Service Provider
 Loretta Moses Administrative Specialist III	 Andrew Simmons Service Provider
 Tiffany Escalon Administrative Specialist II	 Tievon Tachell Service Provider
 Rosa Maldonado Administrative Specialist II	 Eugene "Geno" West III Transportation Coordinator
 Anthony "Tony" Gonzales Service Provider/Wood Services Coordinator	 Kelvin Barr Transporter
 LaTana Baker Service Provider	 Leo Dantels IV Transporter
 Christianne Brendible Service Provider	 John Broady III Cook
 James "Jimmy" Cross Sr. Service Provider	 Charlotte Porterfield Cook

MEIHSS Caregivers

 Alex Farmin	 Karen Sohapp	 Rebecca Nelson
 Beverly Courville	 Katie Russell	 Samantha Burgh
 Bonnie Jerry	 Kellie Leonard	 Shawna Williams
 Carlene Ambrosia	 Kimm Simon	 Suzanne Saito
 Charlie Saito III	 Marcia Williams	 Uri Isreal
 Danielle Chisum	 Matt Russell	 Wally Cayou
 Donny Dais	 Phyllis Williams	 William Nelson
 Janar Berry	 Ralph Nelson	

Upcoming Events...

The annual Caregiver's Conference is approaching. Participation requires that you must attend both pre-meetings and conference:

- Caregiver's Pre-Conference Meeting 1 Feb 5th, 2015 3:30pm-5:00pm @ MHW
- Caregiver's Pre-Conference Meeting 2 Feb 12th, 2015 3:30pm-5:00pm @ MHW
- Caregiver's Conference Feb 26th-27th, 2015 @ TBD

Human Services Attachment & Trauma Training Series

- Feb 9th, 2015 8:00am-5:00pm @ MHW
- Mar 9th, 2015 8:00am-5:00pm @ MHW
- Mar 23rd, 2015 8:00am-5:00pm @ MHW

Harvesting for Medicine Making Classes every Tuesday
Cedar Weaving Classes held every Wednesday from 1:00pm-5:00pm
Medicine Making Classes held every Thursday 1:00pm-4:00pm
Pendleton Sewing Classes held every Friday

Angelo Baca Visits MIT Senior Center Staff

Angelo Baca, Navajo and Hopi, recently visited the current class of MIT employees working towards their Certified Nursing Assistance Certification. Angelo is a former MIT Tribal School instructor who now teaches at Brown University. Angelo provided a broad look at the cultural aspects of health and the important role those in the MIT Senior Services program play in helping elders.

The class was honored and inspired by his

insights and work. Besides teaching, Angelo is currently involved in repatriation and a program titled Garden Warriors to Good Seeds (gardenwarriorsgoodseeds.com). Angelo, the son of Ida Yellowman, the MIT Elder's Program RN, is also working on his Doctorate. We would like to extend our warmest and sincere 'Thank you' to Angelo for sharing his experience with our team, and we grateful to Ida for inviting him to present at the CNA class.



Angelo Baca, pictured here recently presenting his Power Point to the Elders Complex class for CNA certification

Meet Our Elders In-Home Support Staff


 Karen Cantrell-Kennedy EIHSS Program Manager	Meet Our New Social Worker  Raven E. Heavy Runner, MSW Social Worker (Blackfeet Tribe)
 Harmony Roebuck EIHSS Case Manager	<p>Raven E. Heavy Runner recently joined the Muckleshoot Elder's In-Home Support Services Program as a social worker. Raven was raised both on the Blackfeet Reservation in Montana and in the Seattle Urban Indian community. His life experiences include BIA boarding school attendee, Seattle street kid, U.S. Army veteran, stage actor, Two-Spirit leader, Native activist, and a college graduate. Raven was raised half time by a single mother and the other half by his maternal grandparents. His grandfather was a Blackfeet storyteller and he passed on this passion to Raven. Raven has worked in the Native community since 1993 and specifically as a social worker since 1999. He has worked for the State of Washington as a social worker for Native families for 11 years and for the last couple years he has worked for two Western Washington Tribes. His aspiration has always been to work within the Native community. Please welcome Raven to the Muckleshoot Indian Tribe's Team.</p>
 Ida Yellowman Registered Nurse	Meet Our New Registered Nurse  Robyn Meijer, RN, BSN Registered Nurse
 Shirley Goodwin Licensed Practical Nurse	<p>In 2001, Robyn began her career in health care as a CNA caring for the elderly, she received her ASN in 2008 from NTC in Bemidji, Minnesota and went on to obtain her baccalaureate in nursing from the University of Washington, Tacoma. Robyn's nursing practice is informed by over 13 years of health care experience with diverse populations both locally and on a global scale. Her experience as a licensed Registered Nurse includes home health care management, cardiac/neuro-stroke/trauma/progressive care and medical-surgical nursing. She is certified in basic and advanced cardiac life support, the national institute of health stroke scale, progressive care, and the trauma nursing core course. Robyn is excited to be a part of the Muckleshoot community, to work with the staff and families of the Muckleshoot Elders In-Home Support Services, and to provide an excellent standard of care for the elders.</p>
 Elle Keeline-Tull Angel	
 Diane Dea Community Health Rep.	
 Gloria Evans Service Provider	
 Gail Farmin Service Provider	

Happy Birthday!



February Birthdays	Dennis Anderson Sr. – 2/1	Abbe Lozier – 2/12	Charlene Wilbur – 2/22
John Halliday – 2/1	Melissa Nino – 2/12	Virginia Hennes – 2/23	
Todd LaClair – 2/3	Elaine Ciunci – 2/13	Joan Maurice – 2/23	
Gary Cross – 2/6	Leonard Sneatlum – 2/13	Noreen Milne – 2/23	
Leslie Hoffer – 2/6	Clifford Keeline – 2/14	Charles Gordon – 2/26	
Kelvin Barr – 2/7	Leo LaClair – 2/15	Nancie Jansen – 2/27	
Charlene Eaton – 2/7	Hazel Black – 2/16	Rabbit Starr – 2/27	
Warren Kinggeorge – 2/7	Cindy Butler – 2/17	Babe Eyle – 2/28	
Roseanne Nelson-Martell – 2/7	Cynthia Anderson – 2/20	Paul Patterson – 2/28	
C. Gerri Williams – 2/9	Wayne James – 2/21	Sandra Davis – 2/29	
Caryn Avila – 2/11	Renee Sneatlum – 2/21		
Denise Bill – 2/11	Sharon Elgin – 2/22		
March Birthdays			
Tina Moses – 3/1	Elaine Baker – 3/11	Harriet Ross – 3/23	
Raymond Jerry Jr. – 3/3	William Wilbur – 3/11	Bryan Hennes – 3/24	
Sandra Heddrick – 3/4	Edith Jerry – 3/12	Ann Jacobs – 3/24	
John Daniels Jr. – 3/5	Mark James – 3/13	Kenneth Lewis – 3/24	
Leticia Lozier – 3/5	Sophia Spencer – 3/13	Sandra Poulsen – 3/24	
Moke Starr – 3/5	Cleo Wilbur – 3/16	Gilbert Kingeorge – 3/26	
Margaret Davis – 3/6	Kelly Lozier – 3/17	Leah Moses – 3/27	
Joseph Starr Jr. – 3/6	Sonny Bargala – 3/20	Donna Wallick – 3/29	
Dale Barr Sr. – 3/7	Janice Moses – 3/21	Glorianne Adame – 3/30	
Regina Howell – 3/7	Cheryl Hunt – 3/21	Doreen Thomas – 3/30	
Thomas McJoe – 3/7	David D'Ambrosio – 3/23	Bonnie Moses-Sohappy – 3/31	
Patricia Stewart – 3/7	Esther Moses – 3/23	Clinton Wilson – 3/31	

Applesauce Pancakes



These diabetic-friendly pancakes are low in fat and easy to make. Serve with fresh fruit to make it more filling, or add fruit right into the batter. For a heart-healthy whole wheat option, use whole wheat flour.

Ingredients:

- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 2 tablespoons toasted wheat germ
- 1 cup nonfat buttermilk
- 1/4 cup unsweetened applesauce
- 2 teaspoons vegetable oil
- 1 large egg, lightly beaten
- Cooking spray
- Sugar-free maple syrup (optional)
- Fresh fruit slices (optional)

Combine first 4 ingredients in a medium bowl; make a well in center of mixture. Combine buttermilk and next 3 ingredients. Add buttermilk mixture to dry ingredients, stirring just until dry ingredients are moistened.

Heat a nonstick griddle or nonstick skillet coated with cooking spray over medium heat. For each pancake, pour 1/4 cup batter onto hot griddle, spreading to a 5-inch circle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn pancakes, and cook other side.

Serve with maple syrup and fresh fruit, if desired.



Rev. John Yaryan, Marlon Brando and Bob Satiacum, Puyallup River, March 2, 1964

Muckleshoot Tribal Christmas Party

December 19, 2014 ~ Pentecostal Church

PHOTOS BY BOB CHARLO



Domestic Violence Resources

Muckleshoot Behavioral Health Program
 17813 S.E. 392nd St. Auburn, WA 98092
 (253) 804-8752



Contact Behavioral Health if you or a loved one are affected by domestic violence, and we will assist you in getting help and support. Please don't wait, get help today.

(253) 804-8752

SHELTERS

- Family Renewal Shelter (Tacoma): 1-888-550-3915 (24 Hr)
- YWCA King County (Seattle): 425-226-1266 (9 - 4PM M - F)
- New Beginnings (Seattle): 206-522-9472 (24 Hr)
- Life Wire (North & East King County): 425-746-1940 (24 Hr)
- YWCA Pierce County (Tacoma): 253-383-2593 (24 Hr)
- Safe Place (Olympia): 360-754-6300 (24 Hr)
- Puyallup Tribe of Indians: 253-680-5499 (24 Hr)
- DAWN Shelter: 425-656-7867 (24 Hr)

OTHER RESOURCES

- Washington Domestic Violence Hotline: 1-800-562-6025 (8 - 5PM & Mon - Sun)
- DAWN Crisis/Advocacy: 425-656-7867 (24 Hr)
- National Domestic Violence Hotline: 1-800-799-7233 (24 Hr)
- King County Sexual Assault Resource Center: 1-888-998-6423 (24 Hr)
- Crisis Clinic: 866-427-4747 (24 Hr)
- Seattle Indian Health Board: 206-324-9360 (8:30 - 6PM & Mon - Fri)

ATTENTION TAX FILERS

WHO MUST FILE?

- ⇒ If you are filing a Federal Income Tax Return;
- ⇒ If you want to claim a coverage exemption for yourself or another member of your tax family you must file form 8965;
- ⇒ Only one form 8965 is needed for your Tax filing household/family;

TYPES OF COVERAGE EXEMPTION

- ⇒ Members of a Federally-Recognized Tribe;
- ⇒ Members eligible for Indian Health Provider care services;
- ⇒ Exemptions may be secured by applying for an exemption through the Marketplace "Orange Form";
- ⇒ Or by completing the IRS Tax Form 8965 when you file your taxes;

IRS Form 8965

It is the Health Coverage Exemption form filed with you tax return.

See example below



If you have any questions, feel free to go to <http://www.irs.gov/instructions/i8965/ch01.html>, or call the Muckleshoot Health & Wellness Center Managed Care Department Ph # 253-939-6648.

NEW Daily Walk-In Hours

Starting Tuesday, February 17th, 2015

We will have walk in clinic daily

from 9 am - 4 pm
(Closed 12 - 1 pm for lunch)

Any questions? Contact the HWC Medical Clinic at 253-939-6648.

VEG OUT Carrots

Carrots are a root vegetable commonly eaten both raw and cooked. They are a favorite in salads or as a side dish. Interestingly, if excessive amounts of carrots are consumed, fair skinned people may turn a slightly orange color. This is due to the "carotenes" found in carrots. The change in skin tone is harmless and will return to normal as the carrot pigment leaves the body. A few health benefits of carrots include:

- ⇒ Fiber helps with digestive health
- ⇒ Vitamin A aids in skin + teeth health and eyesight
- ⇒ Antioxidants protect against cancer

Honey Roasted Carrots (allrecipes.com)

Ingredients:
 8 carrots, peeled
 3 Tbsp. olive oil
 1/4 C. honey
 Salt and pepper to taste

Directions:
 1. Preheat oven to 350*
 2. Place whole carrots into a baking dish, and drizzle with olive oil. Mix until the carrots are completely covered with olive oil. Pour on the honey, then season to taste with salt and pepper; mix until evenly coated.
 3. Bake in the preheated oven until just tender, or cooked to your desired doneness, 40 minutes to 1 hour.

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

Muckleshoot Behavioral Health Program

DO YOU HAVE A GAMBLING PROBLEM?

THERE IS HOPE!

- Has gambling made your home life unhappy?
- Have you ever sold anything to finance gambling?
- Did gambling make you careless of the welfare of yourself or your family?
- Did you ever gamble longer than you had planned?
- Have you ever gambled to escape worry, trouble, boredom, loneliness, grief or loss?

If you answered yes to any of the questions above, or if you think you have a problem with gambling, there is hope. Muckleshoot Behavioral Health has counselors who are trained in gambling addiction, and can provide you with the help you need.

Please call 253-804-8752 to schedule an appointment

Muckleshoot Behavioral Health
 17813 SE 392nd Street
 Auburn, WA 98092

UV AWARENESS

Do you know how ultraviolet rays affect your eyes?

- Increases risk for Pre-Mature Cataracts.
- Damages the Retina and the Macula.
- Can cause Ocular Cancer.

How can I prevent UV damage?

1. Wear a hat or a visor.
2. Find shade.
3. Maintain a healthy diet and exercise.
4. Avoid smoking.
5. Routine vision examinations for early detection.
6. WEAR SUNGLASSES!!!!!!! Or, Transition Lenses.

What should I look for in a pair of sunglasses?

- Blocks 99 to 100% both UVA and UVB radiation.
- Provides adequate wrap around the eyes.

Muckleshoot Optical carries sunglasses for all ages. Stop in today to protect your vision from the harmful rays of UV.
Muckleshoot Optical (253)939-6648

Children Are Sacred Reduce the Risk of Sudden Infant Death Syndrome (SIDS)



SIDS is the leading cause of death in infants between 1 month and 1 year of age. American Indian/Alaska Native babies are nearly three times as likely to die from SIDS as white babies. Health care providers don't know exactly what causes SIDS, but they do know that:

Babies sleep safest on their backs. Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.

Sleep surface matters. Babies who sleep on top of or under soft bedding are more likely to die of SIDS.

Every sleep time counts. Babies who usually sleep on their backs, but who are then placed on their stomachs to sleep, such as for a nap, are at very high risk for SIDS. So it's important that everyone who cares for your baby use the back to sleep position for all sleep times, for naps and at night.

- You and others who care for your baby can also reduce the risk of SIDS in the following ways:
- Keep soft objects, toys, and loose bedding (including bumper pads and quilts) out of baby's sleep area.
 - Keep items away from baby's face, and make sure baby's face stays uncovered during sleep.
 - Don't let your baby get too warm during sleep.
 - Don't allow smoking around the baby, in the house or in the car.
 - Don't drink alcohol while you are pregnant or breastfeeding.

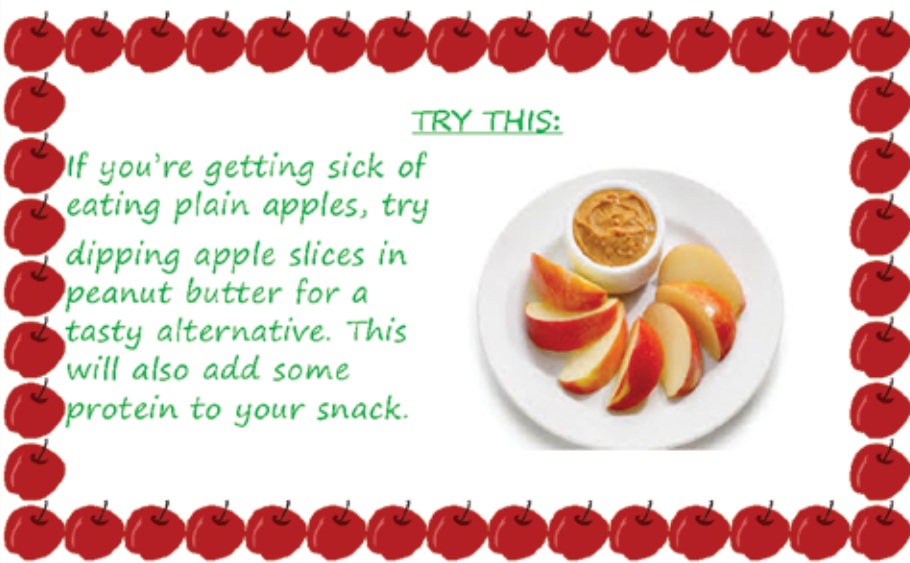
FRUIT: NATURE'S DESSERT

APPLES

"An apple a day keeps the doctor away"

Originating in central Asia, apple trees are easily grown in the Pacific Northwest and are a staple fruit in many U.S. households. Some health benefits of apples include:

- Fiber found primarily in the skin is good for digestive health
- Vitamin C helps the immune system fight off illness
- Natural sugars give the body a burst of energy



TRY THIS:

If you're getting sick of eating plain apples, try dipping apple slices in peanut butter for a tasty alternative. This will also add some protein to your snack.

WHAT ARE THE SIGNS OF HEROIN USE?

Definitive signs of heroin use include:

- Needles or syringes not used for other medical purposes
- Burned silver spoons
- Aluminum foil or gum wrappers with burn marks
- Missing shoelaces (used as a tie off for injection sites)
- Straws with burn marks
- Small plastic bags, with white powdery residue
- Water pipes or other pipe

Behavioral noticeable with heroin addiction include:

- Lying or other deceptive behavior
- Avoiding eye contact, or distant field of vision
- Substantial increases in time spent sleeping
- Increase in slurred, garbled or incoherent speech
- Sudden worsening of performance in school or work, including expulsion or loss of jobs
- Decreasing attention to hygiene and physical appearance
- Loss of motivation and apathy toward future goals
- Withdrawal from friends and family, instead spending time with new friends with no natural tie
- Lack of interest in hobbies and favorite activities
- Repeatedly stealing or borrowing money

- from loved ones, or unexplained absence of valuables
- Hostile behaviors toward loved ones, including blaming them for withdrawal or broken commitments
- Regular comments indicating a decline in self esteem or worsening body image
- Wearing long pants or long sleeves to hide needle marks, even in very warm weather

Users build tolerance to heroin, leading to increases in the frequency and quantity of heroin used. With growing tolerance, more definitive physical symptoms of heroin use and addiction emerge:

- Weight loss-they may wear big clothes to hide their weight loss..
- Runny nose (not explained by other illness or medical condition)
- Needle track marks visible on arms
- Infections or abscesses at injection site
- For women, loss of menstrual cycle (amenorrhea)
- Cuts, bruises or scabs from skin picking

For effective Heroin Treatment Solutions Call Us We Have the Answers
Muckleshoot Behavioral Health
 253-804-8752
 Ask to talk to a counselor

What is Suboxone?

Suboxone is a partial opioid agonist (it can both activate and block opioid receptors), its opioid effects are limited compared with those produced by full opioid agonist, such as oxycodone or heroin. Suboxone also contains naloxone, an opioid antagonist (prevents drugs from binding to opioid receptors).

Who is Prescribed Suboxone?

- Opioid Addicts (pain pills and heroin)
- Chronic Pain/Pain Management Patients

Why is Suboxone Safe?

Suboxone at the appropriate dose may be used to:

- Reduce illicit opioid use.
- Help patients stay in treatment.
- Decreasing and/or removing cravings for opioids.
- Suppressing symptoms of opioid withdrawal.
- Is less sedating.
- Provides the patient with limited, if any euphoria
- Offers less potential for abuse.
- Provides manageable pain relief for chronic pain patients.
- Can be a good relapse prevention tool.

Who Prescribes Suboxone?

- Dr. Jake Bergstrom, Medical Director Muckleshoot Medical Clinic
- Dr. Sandra Ritland, Lead Physician Muckleshoot Medical Clinic

Treatment

Treatment is a big part of the physician plan with each patient. The behavioral issues and lifestyle changes that are necessary for a stable recovery program are very important and also need to be addressed. Thus, Suboxone maintenance is ideally provided along with outpatient chemical dependency treatment.

Muckleshoot Behavioral Health Programs has a very successful treatment program for those who are prescribed Suboxone. It is very structured educational/counseling programs who have seen many successes in the program.

Goals in Treatment

- Education
- Relapse Prevention
- Build a Support System
- Help with emotional Issues
- Determine how Long a patient will continue to take suboxone

Contact information regarding Suboxone Treatment

Dan Cable, Chemical Dependency Manager
 Muckleshoot Behavioral Health Program
 17813 SE 392nd Street
 Auburn, WA 98092
 Phone: (253) 804-8752

Health & Wellness Center Program Hours

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

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

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	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 Jan-April 2015

Day	Date	Times Closed	Reason for Closure
Thurs.	02/05/15	8-9 am	Monthly All Staff Meeting
Mon.	02/16/15	All Day	Holiday-President's Day
Thurs.	03/05/15	8-9 am	Monthly All Staff Meeting
Fri.	04/03/15	All Day	Holiday-Muckleshoot Sovereignty Day

Muckleshoot BHP Health Warning

Heroin/Pill Overdose

Several heroin-related overdoses have been reported in the Community.

Symptoms of overdose

- No breathing
- Shallow breathing
- Slow and difficult breathing
- Dry mouth
- Pinpoint pupils
- Tongue discoloration
- Low blood pressure
- Weak pulse
- Bluish-colored nails and lips
- Constipation
- Coma
- Drowsiness
- Muscle spasticity

Reduce your risk for overdose:

- Don't use alone. When you fix alone or behind a locked door, no one can help you if you overdose.
- Test for strength & quality. When you use a new supply or dealer, do a tester shot first. Inject slowly.
- Tolerance. If you have not used in a while, your body can't handle the same amount it did before. Start with a smaller amount. Do a tester shot.
- Mixing drugs. Mixing heroin or other opiates with downers like benzos or alcohol can be deadly. Uppers and downers DO NOT cancel each other out!
- NARCAN: A medicine used to reverse overdose! You can get NARCAN from Muckleshoot Behavioral Health

SAVE A LIFE!

If you are with someone who overdoses:

- Call 911.
- Give RESCUE BREATHING if the person is not breathing on their own.
- Give NARCAN: Get NARCAN at BHP!

If you have questions or you are concerned about Heroin use/overdose please feel free to call Muckleshoot Behavioral Health and ask for Megan or Dan at 253-804-8752



NEW EMPLOYEES

Hi, my name is Tonya Nelson. I am the new Managed Care Assistant at the Muckleshoot HWC. I am a Muckleshoot tribal member so I am very happy to be servicing and helping out the Muckleshoot community. I grew up in Buckley, WA, my fiancé and I have two beautiful children who are also Muckleshoot tribal members. I have been working with healthcare for roughly 7 years. I earned two degrees both involved in healthcare. I have Medical Administrative Assistant degree I received in 2011 and Medical Billing and Coding degree I received in 2014.



Tonya Nelson

I plan to be at service by assisting anyone who is in need of help that comes to the Muckleshoot HWC, like assisting client's needs with medical insurance related issues or applications. I am interested in being even more active in the community, participating in the cultural aspects of the tribe and give support to all clients and staff of the Muckleshoot HWC. I am so thankful and blessed for the opportunity to help serve my tribe. I hope to see you soon!

Hello! I'm Terry Zimmerman, the new Medical Social Worker at the Muckleshoot Health and Wellness Center. I will be working closely with the Managed Care Department as well as the physicians and staff at the medical clinic. Originally from Phoenix, Arizona, I have lived and worked in South King County since 1988. I have sixteen years of medical social work experience, at two local hospitals and in a community clinic system.



Terry Zimmerman

I will assist you to obtain medical insurance if you are without. If you are hospitalized, I will work closely with your hospital team to set up a safe discharge plan and follow up care services. I will order medical equipment that is prescribed by the clinic's physicians. I will be following up with pregnant and parenting women to help coordinate care for themselves and their children. If assistance is needed with applications for Medicare, Medicaid, or disability, I am available to sit down with you. I'll be coordinating with the Dental Clinic and the Elder's Program to be sure that your family members have the care they need to feel and be their best.

Individuals and families sometimes have complex situations that require a listening ear and some creative problem-solving. I look forward to meeting you, planning with you, and connecting you with resources that will aid your health and well-being.

MUCKLESHOOT EMERGENCY PREPAREDNESS

The following are important points to remember when driving in flood conditions:



Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.

A foot of water will float many vehicles

Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.

Do not attempt to drive through a flooded road. The depth of water is not always obvious. The road bed may be washed out under the water, and you could be stranded or trapped.

Do not drive around a barricade. Barricades are there for your protection. Turn around and go the other way.

Do not try to take short cuts. They may be blocked. Stick to designated evacuation routes.

Be especially cautious driving at night when it is harder to recognize flood dangers.

Stay Safe, Stay Prepared!



Something new at the Health and Wellness Center!



Muckleshoot Behavioral Health Presents

Men's Recovery Healing Dinner

February 19, 2015 at 6:00p.m.

**Muckleshoot Health & Wellness Center
(Cedar/Mountain Room)**

**17500 SE 392nd Street
Auburn, WA 98092**

**It would be our pleasure if you could join us
for a night honoring Native Men in Recovery.**

— Men of all Ages Welcome —

Please contact Alex Broady or Dave McLeod
253-804-8752 if you have any questions.

Alex.Broady@muckleshoot-health.com
Dave.Mcleod@muckleshoot-health.com



NARCAN Kits are available for Heroin/Pill Overdose

What is Narcan?

Effective and safe way to save someone's life who is experiencing an overdose. Narcan is a drug that can reverse an opioid overdose. It blocks opioids from attaching to opioid receptors in the brain. Narcan comes in the form of a nasal spray. It can be assembled in seconds. Absorbed immediately. Narcan is available to anyone who wants it. It is free to Muckleshoot Tribal and Community members and legal to carry.

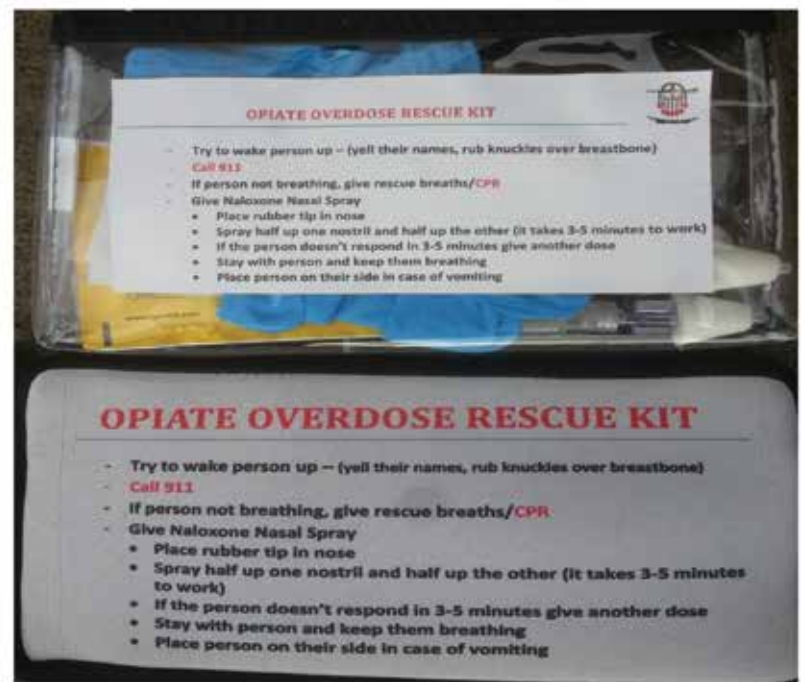
What is an Overdose?

An overdose happens when the body has more drugs in its system than it can handle. Opioid overdoses happen when there are so many opioids or a mixture of opioids and other depressants (downers) in the body that the brain shuts down breathing. If someone cannot breathe or is not breathing enough, then oxygen cannot get to the brain. After a very short time, the heart stops. This can lead to unconsciousness, coma, and even death.

Opioid overdoses do not happen in an instant. They often happen as a process – someone slowly stops breathing. Many times, overdoses can happen 1 to 3 hours after the drug was first used. It is rare that someone is "found dead with a needle in his arm."

Most overdoses happen when other people are there. This means there is a chance to prevent harm or death by using rescue breathing and/or Narcan when someone overdoses.

NARCAN Kits are available at Muckleshoot Behavioral Health and the Pharmacy



January 01, through March 31, 2015

DO YOU NEED TO BE ENROLLED IN MEDICARE PART B?

There is a Special Enrollment Period

You may be eligible to enroll in Medicare Part B, during the *Special Enrollment Period*. It allows you to enroll outside your Initial Enrollment Period and General Enrollment Periods.

ARE YOU ELIGIBLE?

IF YOU ANSWER YES TO ALL THE QUESTIONS,
YOU MAY QUALIFY.

1. ARE YOU 65 OR OLDER OR HAVE A DISABILITY?
2. WHEN YOU FIRST ARE ELIGIBLE FOR MEDICARE, DID YOU HAVE MEDICARE PART B OR INSURANCE THROUGH YOUR JOB OR THROUGH A SPOUSE/FAMILY MEMBER'S JOB?
3. SINCE THE TIME YOU BECAME ELIGIBLE FOR MEDICARE PART B, HAVE YOU BEEN CONTINUOUSLY COVERED BY MEDICARE PART B OR INSURED BY YOUR CURRENT JOB? IF NOT, HAS THE LAPSE BEEN LESS THAN 8 MONTHS?

IF YOU ANSWERED YES TO ALL 3 QUESTIONS,
COME IN AND SEE US!
YOU MAY BE ELIGIBLE FOR REIMBURSEMENT OF YOU
PART B PREMIUM \$\$\$

**MUCKLESHOOT HEALTH AND WELLNESS CENTER
Managed Care Department at PH # 253-939-6648**

If you do not sign up you may have to pay a 10% Part B premium penalty for each 12-month period that you could have had Part B but didn't take it, except in special cases. You'll have to pay this extra amount as long as you have Part B.

“Muckleshoot Money Skills for Life” class

The Muckleshoot Housing Authority is offering “Muckleshoot Money Skills for Life” class. Please call Michelle Leverenz (253-876-3386) or email Michelle.Leverenz@Muckleshoot.nsn.us to sign up for the next class.

The “Muckleshoot Money Skills for Life” course consists of two half-day sessions, from 8:30am to 1:30pm.

Some key points participants will cover are:

- How to budget monthly spending;
- How to improve your credit score;
- The wise approach to “big ticket items” of your financial life – cars and housing;
- Why it’s important to begin planning for your future EARLY;
- Investments and 401K;
- Why the wisest way to invest turns out to be one of the easiest; and
- What the REAL benefit of making sound financial decisions is. (Hint: it’s not about the money!).

If you wish to attend the two (2) half day sessions please contact Michelle.



Child Support Issues?

The Division of Child Support is here to help!

Help is available on the 1st and 3rd Wednesdays of every month at the Muckleshoot Resource Center, 8:30 am—5:00 pm. No appointment necessary!

- * Paperwork assistance
- * Payment arrangements
- * Questions answered
- * Assistance with release of licenses
- * Application assistance
- * Paternity interviews

Contact information: Tribal Liaison/Support Enforcement Officer Dept of Social & Health Services, Division of Child Support:
 Todd Minott (206)341-7175 todd.minott@dshs.wa.gov

ADVANCED DIRECTIVES

From the desk of Terry Zimmerman Medical Social Worker

What is an Advanced Directive?

This is a way for you to tell your family, friend 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 Advanced Directive generally includes the following:

A Living Will (also known as 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 permanent unconscious medical state.

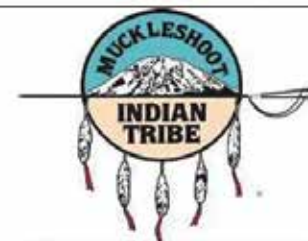
A Durable Power of Attorney:

This documentation allows you to choose someone to make **MEDICAL DECISIONS** for you if you are not able to do so for yourself. You may 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.

Muckleshoot Health & Wellness Center

Terry Zimmerman
 Medical Social Worker
 17500 SE 392nd St SE
 Auburn WA 98092
 Phone: 253-939-6648
 EXT. 3433



Muckleshoot 4H Club Meeting Come Join!

EVERY 3RD WEDNESDAYS
 JOIN ANYTIME
 5:30 to 7:30

The Blue Horse Barn
 Across from the Grange Hall
 39105 180th Ave SE

The 4 H's:
 Head
 Heart
 Hands
 Health



4H pledge:
 I pledge my head to clearer thinking
 My heart to greater loyalty
 My hands to greater service
 And my health to better living
 For my club, community, country and world

The goal of 4H is to develop citizenship, leadership, responsibility and life skills for youth through experiential learning programs and a positive youth development approach.

Hosted by: Family and Youth Services/Behavior Health Program

Questions? Call: Joan Green Ferguson at Family and Youth Services: 253.333.3605

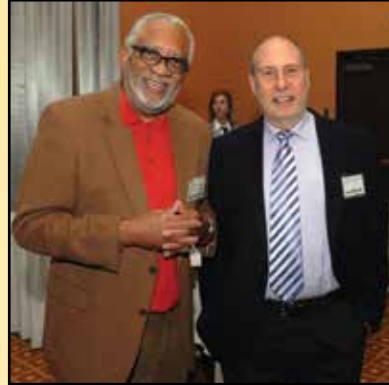


Can you guess who this little girl is? (Hint: She was re-elected to the Tribal Council on January 19.)

MIT'S ANNUAL LEGISLATIVE RECEPTION



Noted author and New York Times columnist Tim Egan was the guest speaker.





MUCKLESHOOT POLICE



Muckleshoot Police Report

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.

01/01/15 2:07 PM 15-000413 Bingo Hall Recovered Stolen Vehicle

An adult male was arrested driving a stolen gray 1995 Honda Civic 4 door in the parking lot of the Bingo Hall. The vehicle was stolen in Auburn on 12/29/14. .9 grams of methamphetamine was found in the suspect's pants pocket. The male was booked into the King County Jail (KCJ) for investigation of the felony the charges of "Possession of a Stolen Vehicle" and "Possession of a Controlled Substance (Drugs)."

01/03/15 12:50 PM 15-002177 SE 376 ST/156 AV SE Recovered Stolen Vehicle

A deputy found an unoccupied black 2000 Mazda Protégé 4 door crashed in a ditch. The vehicle was a stolen vehicle from Kent. The vehicle was recovered and left at the scene for the owner to pickup.

01/03/15 5:56 PM 15-002454 41400 block Auburn-Enumclaw RD SE Drug Violation

An adult male was contacted on the roadway. Deputies found 1.7 grams of suspected Black Tar Heroin, a glass drug pipe and a small scale. The backpack the male was carrying contained suspected stolen camera equipment, two purses and an iPad. The male was released after the investigation. Charges are pending for drug possession and possibly possession of stolen property if the property can be proven stolen.

01/03/15 11:03 PM 15-002646 Davis Property Assault

Liberto Martinez (26) was extremely intoxicated when he pushed his adult female girlfriend who was very intoxicated to the cement floor causing her to hit her head. The victim's juvenile child called 911. Martinez was arrested walking away from the house. Martinez was booked into the King County Jail (KCJ) for "Domestic Violence (DV) Assault in the Fourth Degree."

01/04/15 11:41 AM 15-002976 Bingo Hall Warrant Arrest

Stanley Hite (54) was arrested in the parking lot of the Bingo Hall on a felony Department of Corrections (DOC) warrant for "Escape from Community Custody." 1 gram of suspected Methamphetamine was found on Hite, it was disposed of without charges. Hite was booked into the Enumclaw Jail on the warrant.

01/05/15 3:47 PM 15-004056 41400 block Auburn-Enumclaw RD SE Stolen Vehicle Recoveries

A deputy discovered a stolen blue 2000 Toyota Avalon 4 door behind a house. The Toyota had been stolen from Redmond during a burglary. The deputy also discovered a stolen red 1991 Ford Crown Victoria 4 door at the same location. The Ford was stolen from Des Moines during a burglary. Both vehicles were recovered.

01/05/15 7:29 AM 15-004216 17600 block SE 408 ST Warrants Arrests/Obstructing an Officer

Nathan LaClair (32) was known by deputies to have warrants for his arrest. When a deputy stopped the vehicle LaClair was driving LaClair ran from the vehicle and ran into the woods. The deputy chased LaClair and caught him but was injured in the process. Suspected Heroin weighing .6 grams was found in LaClair's vehicle. LaClair was booked into the King County Jail (KCJ) on a King County felony warrant for "VUCSA (Drugs)" with a \$25,000 bail and a King County misdemeanor warrant for "Reckless Driving" with a \$5,000 bail. LaClair was cited into the Muckleshoot Court for "Failure to Obey Officer," "Obstructing a Law Enforcement Officer" and "Possession of a Controlled Substance (Drugs)."

01/05/15 9:07 PM 15-004331 41200 block 177 DR SE Warrant Arrest

Regina Morrison (56) was arrested on an Auburn misdemeanor warrant for "Domestic Violence (DV) Assault in the Fourth Degree" which held a \$5,000 cash only bail. Morrison was turned over to an Auburn officer for booking.

01/06/15 3:24 AM 15-004486 17700 block SE 408 ST Warrant Arrest

Matthew Henneford (24) was arrested on a Sumner misdemeanor warrant for "Driving While License Suspended in the Third Degree" with a \$2,500 bail. Henneford was transported and handed over to a Sumner officer for booking.

01/06/14 11:52 AM 15-004789 Swan Flats Warrant Arrest-George

Cross IV (20) was arrested on a misdemeanor Department of Corrections (DOC) warrant for "Escape from Community Custody." Cross ran from deputies but was caught hiding behind a house. Cross was booked into the Enumclaw Jail.

01/06/15 4:30 PM 15-005061 39700 block Auburn-Enumclaw RD SE Assault

An adult male victim came forward from the "Fight Disturbance" on 12-31-14. The male said he had been hit in the back of the head with a 2X4. The victim went to the hospital the next day and was diagnosed with a concussion.

01/07/15 2:00 PM 15-005938 Muckleshoot Indian Reservation Child Molestation

The school's deputy became aware of a juvenile possibly being molested. Details are being kept confidential due to the nature of the case and an open investigation.

01/07/15 2:30 PM 15-005892 17600 block SE 408 ST Trespass

An adult male was trespassed from a house at the request of the majority of land owners of a houses that is on trust land.

01/07/15 6:45 PM 15-006290 15700 block SE 376 ST Juvenile Runaway

A juvenile ran away from foster care after they failed to U/A was going to be sent to detox.

01/08/15 12:17 PM 15-006945 Elder's Complex Violation of a Court Order

An elder female has a court order against an elder male. When the female entered the dining hall the male was inside. The male and female looked at each other and the male left the building.

No charges recommended as the male left the location when he saw the female had arrived. The report was sent to the King County prosecutor's office for review and to see if they what to charge for the violation.

01/08/15 2:45 PM 15-007024 38900 block 172 AV SE Missing Narcotics

An elder male had a prescription bottle of Oxycodone with about 49 pills in it in his coat pocket. The elder discovered the bottle missing. It is not known is the pills were stolen or accidentally fell out of his coat pocket.

01/09/15 3:28 PM 15-006290 15700 block SE 376 ST Returned Runaway

A juvenile that was reported as a runaway on 01/07/15 returned and was taken to a detox center.

01/10/15 2:53 PM 15-009128 Auburn Way S/Dogwood ST SE Pursuit

A deputy got into a pursuit was a beige 1999 Honda Accord 4 door after it came out of an area in the 4000 block of Auburn Way S know for drug and other criminal activity. The pursuit was called off and the vehicle was later located in the area of the 3100 block of S 272 ST. A male was driving and there was a female passenger. Suspect information has been developed and a case is ongoing.

01/11/15 3:19 PM 15-009931 SE 368 ST/Auburn-Enumclaw RD SE Warrants Arrest

Michael Locke (53) was contacted during a traffic stop. Locke had several misdemeanor Domestic Violence (DV) assault warrants for his arrest from Auburn. Locke was arrested on the warrants and booked into the SCORE Jail.

01/12/15 2:21 PM 15-010766 2900 block 22 ST SE Warrants Arrests

Dennis Anderson III (24) was arrested on a felony Department of Corrections (DOC) warrant for "Escape from Community Custody" and a King County misdemeanor warrant for "Domestic Violence (DV) Assault." Ricky Apodaca (23) was arrested on a felony DOC warrant for "Escape from Community Custody." A drug pipe was found in one of Apodaca's hands and another in his clothing. Anderson and Apodaca were booked into the SCORE Jail on their warrants.

01/14/15 4:37 PM 15-012951 Muckleshoot Library Theft

An adult female had her pink and black pleather wallet containing \$70 in cash, her driver's license, ATM/debit card and EBT card stolen from her vehicle.

01/14/15 7:39 PM 15-013192 36800 block 148 AV SE Warrants Arrest/Obstructing an Officer

Louie Moses (45) was arrested on an Enumclaw Police misdemeanor warrant for "VUCSA (Drugs)" with a \$50,000 bail, a Kent Police misdemeanor warrant for "Theft" with a \$5,000 bail and on a SeaTac Police warrant for "Theft" with a \$5,000 bail. Moses fled from deputies when his vehicle was stopped, going into sticker bushes, hiding in a shed and attempting to get over a fence before being peppered sprayed and taken into custody. Moses was cited/arrested via citation into the Muckleshoot Tribal Court for "Obstructing a Law Enforcement Officer" and "Resisting Arrest." Moses was booked into the Enumclaw Jail on his Enumclaw warrant.

01/15/15 1:00pm 15-014803 Controlled Substance Violation Muckleshoot Tribal School

Juvenile student (12yrs old) found to be in possession of Marijuana on school property. No charges pending. The Tribal School is handling this event internally.

01/17/15 11:09 AM 15-015787 Vehicle Recovery, Outside Stolen 4000 block Auburn Way S

Rodney Jansen (25) A deputy was parked on Auburn Way S when a vehicle left the Lozier Ranch entrance. A computer check of the vehicle license showed it to be stolen out of Auburn. When the Deputy attempted a stop the vehicle pulled across the street and the drive ran from the scene. The deputy caught and arrested the subject after a short foot chase. A female passenger was gone from the vehicle when the deputy returned with his suspect.

01/17/15 2:00 PM 15-015907 Assault Fourth Degree (DV) Cedar Village

Tyler Cormier (21) was arrested for a Domestic Violence assault and booked into the King County Jail.

01/18/15 11:40 AM 15-016794 Family Disturbance 17100 block SE 392 ST

Family disturbance at the location became a heated argument about possible infidelity. Subjects were separated and this incident documented.

01/18/15 9:47 PM 15-017208 Call for Medical Assistance 41300 block 178 DR SE

Request for AED. Male subject at the location found not breath but with a heartbeat. Subject appeared to have been choking on his own vomit. The deputy turned the subject on his side as the airway cleared the subject began breathing on his own. Aid/Fire arrived and provided medical assistance and eventually transported Enumclaw Hospital for treatment.

01/19/15 11:00 AM 15-017558 Controlled Substance Violation 4000 block Auburn Way S

Max Simmons (36) was detained during a traffic stop as leaving the Lozier ranch. A search incident to arrest found that he was in possession of a controlled substance (suspected Heroin.) The warrants were found to be non-extraditable. Case will be forwarded to Muckleshoot Tribal Court.

01/19/15 2:30pm 15-017677 Vehicle Recovery, Outside Stolen 4000 block Auburn Way S

Deputies received information that a male subject may be driving a possible stolen black Cadillac Escalade that was last seen at the Lozier Ranch. Deputies set-up down the street from the location

to see if a vehicle matching that description would leave the area. When the vehicle emerged the suspect recognized the police vehicle and accelerated passing traffic at a high rate of speed. Deputies lost sight of the vehicle momentarily as it turned up a gravel driveway. When they re-established contact the vehicle was stopped and the driver had fled on foot. The vehicle had switched plates on it but a check of the VIN showed it stolen out of Tukwila PD. Latent prints were located and submitted for identification.

01/19/15 6pm 15-017884 Drunkenness SE 400 ST/Auburn-Enumclaw RD SE

Richard Garcia (45) was found by a deputy on the side of the Auburn-Enumclaw RD near SE 400 ST slumped over and unable to stand under his own power. Subject smelled heavily of intoxicants and had a 20oz can of beer sitting next to him. Subject was sent involuntarily to Auburn Hospital for detox as he was unable to care for himself in this condition.

01/22/15 1:30 PM 15-020647 Elder's Complex Trespass

Nathen Baker (34) was cited/arrested via citation for going to the Elder's Complex. Baker had been trespassed from all tribally owned properties for a period of one year, 07/22/14 to 07/22/15. Baker was cited into the Tribal Court for "Criminal Trespass."

01/24/15 7:15 PM 15-022974 Youth Recovery House Missing Juvenile

A juvenile was reported as an "Escapee of Involuntary Treatment" after they left the Recovery House with a friend. The juvenile has been court ordered to undergo drug and alcohol recovery treatment.

01/25/15 9:58 PM 15-024028 17100 block SE 392 ST Assault

An adult male and an adult female are in a dating relationship, have a child in common and live together. Deputies were called to the house on an assault call. The male had minor injuries. Deputies could not determine who was the primary aggressor, a report was written for documentation purposes, no charges were recommended.

01/26/15 11:02 AM 15-024495 36800 block 148 AV SE Drug Violation

An adult female bought \$20 worth of heroin from a house in the 36800 block of 148 AV SE. The vehicle the female left in was stopped and the heroin was confiscated.

01/26/15 2:00 PM 15-024664 38900 block Auburn-Enumclaw RD SE Burglary

An adult female had a beaded coin purse, beaded earrings in Seahawk colors and a beaded red and black angie babe beret stolen from her locked bedroom while she was away from the house.

01/26/15 6:06 PM 15-024970 Davis Property Assault

Donny Dais (42) was arrested for assaulting an adult relative/co resident by spiting in his face, pushing him in the face and punching him in the face. Dais was booked into the King County Jail for "Assault in the Fourth Degree Domestic Violence."

01/26/15 12:55 PM 15-024587 Lozier Ranch Warrant Arrest

Roger Miller (51) was arrested leaving the Lozier Ranch on a felony warrant for a drug charge. Miller told deputies that he had gone to the Lozier Ranch to buy heroin but nobody was there to buy from. Miller was booked into the Regional Justice Center Jail (RJC) on the warrant.

01/27/15 1:30 PM 15-025677 41200 block 177 DR SE Fraud

An adult female reported that there were two negative outstanding balances on her credit report that were not hers.

01/27/15 4:26 PM 15-025908 14400 block SE 368 PL Mail Theft

An adult male reported that mail was stolen from his mailbox twice. A credit card was stolen and was attempted to be used on several different occasions.

01/27/15 4:30 PM 15-025918 3500 block Auburn Way S Warrants Arrests

James Starr (23) was arrested on a felony Department of Corrections (DOC) warrant. Peter Satiacum (29) was also arrested on a felony DOC warrant. Morningstar Frank (21) was also arrested on a warrant. Starr and Satiacum were booked into the Enumclaw Jail on their warrants. Frank was booked into the King County Jail on her warrant.

01/28/15 1:40 PM 15-026757 40500 block Auburn-Enumclaw RD SE Warrant Arrest

Justin Jones (28) was arrested on an Auburn misdemeanor warrant for "Criminal Trespass." Jones was turned over to an Auburn officer for booking on the warrant.

01/28/15 5:47 PM 15-027083 Muckleshoot Indian Reservation Child Abuse

A report of possible child abuse on the reservation. Muckleshoot Police and the King County Special Assault unit detectives are investigating. Details are being kept confidential due to the nature of the case and an ongoing investigation.

01/29/15 3:02 PM 15-027952 39300 164 AV SE Warrants Arrest

Yvonna Moses (20) was arrested on a Muckleshoot Tribal Court misdemeanor warrant for "Criminal Trespass" and "Resisting Arrest" which held a \$1,000 cash bail. Moses was also arrested on an Auburn misdemeanor warrant for "Theft in the Third Degree" and "Resisting Arrest" which held a \$2,600 bail. Moses was booked into the SCORE Jail on her warrants.

01/29/15 3:08 PM 15-027993 39300 block 164 AV SE Trespass

Yvonna Moses (20) and William Leonard (18) were trespassed from all Muckleshoot Housing Authority properties for two years at the request of a Housing Authority staff member.

MUCKLESHOOT TRIBAL GOVERNMENT *Staff Holiday Party*

Emerald Downs ~ December 12, 2014

PHOTOS BY JOHN LOFTUS





Native American traffic fatality rate higher than general population

Washington's Tribal Traffic Safety Advisory Board working on problem

Olympia, WA — The traffic fatality rate of Native Americans in Washington State is higher than that of everyone else. Washington has been fortunate to have the active participation of American Indian Tribes in traffic safety efforts, including participation in updating Target Zero®, Washington's Strategic Highway Safety Plan. Nevertheless, the gap is widening.*

Year	Native American Fatality Rates Greater than General Population by Factor of:
2000	2.4
2010	3.3
2013	3.9

Looking at Washington FARS** data from 2003 - 2012, we see that the traffic fatality rates of Native Americans are higher than the general population in several areas.

Type of Crash	Fatality Rate Disproportionately Higher for Native Americans by:
Unbelted	7.2
Pedestrian	5.3
Impaired Driver Involved	5.0
Speeding	4.5
Vehicle Occupants	3.8

To complicate this situation, researchers and traffic safety experts agree that Tribal roadway crash data is under reported, making the death rates outlined above even worse.

The Tribal Traffic Safety Advisory Board is working to change this situation and reduce traffic deaths and serious injuries of Native Americans. The Board is co-chaired by Celine Cloquet, Executive Committee, Cowlitz Tribe, and Darrin Grondel, the Director of the Washington Traffic Safety Commission. Members represent professional areas that can impact behavioral change to save lives in Indian Country. These areas comprise:

- Tribal Leadership from Tribal/Business Councils
- Tribal Police Departments
- Transportation Planning and Engineering
- Tribal Health and Injury Prevention
- Tribal Educators
- Tribal Emergency Medical Services

Information on the Washington Traffic Safety Commission can be found on the website, www.wtsc.wa.gov. For information on Target Zero®, Washington's Strategic Highway Safety Plan, visit www.targetzero.com.

*Three-year rolling average of final FARS data for Target Zero editions
 **FARS | Fatality Analysis Reporting System



EVENTS CALENDAR

- February 14 **Winter PowWow Grand Entry** at 7pm in Tribal School Gym
- February 27 **End of Season Salmon Dinner** Pentecostal Church 3pm
- March 5 **MTC & NWIC Advising Day** - Contact Donovan Sather, MTC at 253-876-3210 or Felecia Harris, NWIC at 253-876-3274
- March 14 **Winter PowWow Grand Entry** at 7pm in Tribal School Gym
- March 20 **20th Annual Enumclaw School District Pow Wow**, Enumclaw High School Gym, 226 Semanski Rd., Enumclaw, WA. Grand Entry 7 PM.
- June 19 - 21 **Veterans Pow Wow**, Muckleshoot Pow Wow Grounds
- August 21-23 **Skopabsh Pow Wow**, Muckleshoot Pow Wow Grounds

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

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

IN RE THE GUARDIANSHIP OF:) Case No.: MUC-G-12/14-131, 132

CLP))
 DOB: 02/29/2008))
 JGP))
 DOB: 03/20/2007))

AN INDIAN YOUTH))

)) NOTICE OF GUARDIANSHIP TRIAL
)) April 24, 2015 at 10:00 am

TO: Cole Peters, Sr. - Father
 Angelica Cordell-Maurice - Mother

YOU AND EACH OF YOU will please take notice that a Petition for Guardianship has been filed for the above named children and a Guardianship Trial will take place on **Friday, the 24th day of April, 2015 beginning at 10:00 AM**, in the Muckleshoot Tribal Court, located on the Muckleshoot Indian Reservation, Auburn, Washington.

The purpose of this hearing is to determine whether the Petition for Guardianship is should be granted. Muckleshoot Child and Family Services is required to submit a Guardianship Report with the Petitioner's qualifications and MCF's recommendations included, at least ten (10) days prior to the final Guardianship hearing and/or Trial date.

The court will be making a determination that may affect your rights and responsibilities with regard to the above named children. Should you fail to appear at the hearing a default judgment could be entered against you and you could lose your rights in regard to these children.

A facilitated Family Group Meeting will be made available if requested by any party.

All parties are entitled to have legal representation at this hearing at their own expense, meaning you are solely responsible for any legal fees charged by your attorney or spokesperson.

If you have any questions regarding the nature of this hearing or the location of the Court, please contact either the Court Clerk at (253) 939-3311, or the Tribal Prosecutor at (253) 876-2981.

Dated this 2 February 2015

/s/Bobbie Jo Norton
 COURT CLERK / ADMINISTRATOR
 PHONE:(253) 939-3311
 FAX:(253) 876-2903

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

Are you feeling Lucky in Love?

Enter for a chance to win a *Salish Lodge Romantic Package for 2*
 At Muckleshoot Elders Complex
 Raffle Tickets are \$1 each or 6 for \$5



Drawings will be held
 Thursday Feb. 12th @ 2pm
 For further information call
 253-876-2888

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



SUBSCRIBE TO THE MONTHLY...

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



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

clip and return
 SUBSCRIPTION REQUEST
 / ADDRESS UPDATE

[] New subscription [] Address change
 Name _____
 Address _____
 City & State _____ Zip _____
 If this is an address change, list previous address:
 Address _____
 City & State _____ Zip _____
 [] I am a Muckleshoot tribal member,
 [] I have ties to the Muckleshoot Tribal
 Community Please explain:

MUCKLESHOOT INDIAN CASINO

You can now apply for jobs ON-LINE

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

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

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



Muckleshoot MONTHLY

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

Muckleshoot Library Free Events & Programs

Introduction to Yoga
 Tuesday, February 24th 7pm
 Never taken a yoga class before? No problem. Daniela Cawthorn will show you the basics in this introductory session. **Teens and Adults**

Stories of the Salish Sea
 Saturday, March 14th 2pm
 Travel to the ancient forests, meadows and waters of the Salish Sea as you enjoy traditional stories and Native American flute music from an award winning musician Paul "Che Oke Ten" Wagner. **Families**

Movie Monday
 Monday, March 23rd 4pm
 Watch a movie, or work on an activity. **Ages 10+**

Salish Bounty: Traditional Native American Foods of Puget Sound
 Comprised of historic photos, maps and informative text, *Salish Bounty* reminds us that food isn't solitary; cooking and eating are things we do with other people, and express our cultural history and values. Exhibit on display February - Mid April

253-931-6779

Community Culture and Language

Language, songs, and dance

Food and drinks are provided

Open to all community and tribal employees

• Language Lunch
Every Tuesday
Language building (next to H.R.)
 12pm-1pm

• Language and Culture Dinner
Every Other Tuesday (opposite of MTS Culture Night)
 Canoe Club House
 5:30-7:00pm

For questions regarding the Language Program
 Please contact:
 Mary Ross 253-876-3306

For questions regarding the Culture Program
 Please contact:
 James Swidin 253-876-3013

Happy Birthday!



Happy Birthday to my Mom,

Renee Sneatlum,

February 21st

Love,

Kristina

Happy Birthday to my grandson,
Wilson Teo Jr.,
January 19!

Happy Birthday to my sister,
Eva Cayou,
January 28!

...and to my nephews,
Steven & Andy,
January 19.

~ Henrietta Kinggeorge



Happy 12TH Birthday, Scotty!!

Love Mom, Dad, Stacer, Sammy, Saleena



Happy 16th Wedding Anniversary Byron!
And many more years to come...

*Love,
Wendy*

Amos Courville at Point Defiance Zoo Lights with Muckleshoot Youth Development Program, Teen Center, December 27, 2014

Crow Cross

