

**INSIDE**

Education..... 6  
 MIT Open House.....11  
 Elders ..... 12  
 Religion..... 14  
 MIT Thanksgiving ..... 16  
 Veteran's Day Dinner..... 18  
 Police Report..... 19  
 Trick or Treat ..... 20  
 Notices..... 21  
 Family ..... 22



**Muckleshoot Monthly**  
 39015 - 172nd Ave. S.E.  
 Auburn, WA 98092

NON-PROFIT ORGANIZATION  
 U.S. POSTAGE  
**PAID**  
 AUBURN, WA  
 PERMIT NO. 86



# Muckleshoot MONTHLY



Vol. XVI No. X

Muckleshoot Indian Reservation, Wash.

December 5, 2015



PHOTO BY EVAN AVILA

## 2015 FISHING SEASON RECAP

By Evan Avila and Mike Mahovich

The 2015 fishing season is pretty much over except for a small, early, winter steelhead fishery that will end just before Christmas. Survival issues made themselves very apparent throughout the year with disappointing numbers coming in across the board in all species, except, for a couple of small bright spots in the chinook returns. Recent and ongoing warm water ocean events, plus other environmental and habitat factors, could indicate that this is only the beginning of a series of undesirable seasons.

The season started with the pink fishery being a total disappointment in both numbers and size of fish. The tribe was expecting to harvest between 70k and 100k with the final catch only being just under 1500 fish. The overall numbers (catch + escapement) are still being finalized, with the preliminary numbers being roughly 80% down from pre-season projections.

The next fishery was on Coho which ended up being worse than the pink fishery. Only 900 Coho were harvested out of the Duwamish/Green River this year, falling significantly short of the 25,000-30,000 recent 5-year average. Again, like the pink fishery, the overall numbers (catch + escapement) are still being finalized, showing that the Coho returns are

*Continued on page 5*

## HAILEY STARR SHINES AT NCAI CONFERENCE

November was Native American Heritage Month, which provides a platform for tribal communities to share their culture and traditions. On Native American reservations in the United States, as elsewhere, it's important to prepare for emergencies, including natural disasters.

FEMA Youth Preparedness Council (YPC) member Hailey Starr is committed to strengthening her community on the Muckleshoot Reservation in the Pacific Northwest. In a recent FEMA (Federal Emergency Management Agency) article Amanda Osborn interviewed Hailey, who said her interest in emergency management and preparedness began when she joined the Muckleshoot Teen Community Emergency Response Team.

"I realized that the reservation isn't prepared," Hailey said. "I wanted to do something to change that."

Hailey recently presented her work at the National Congress of American Indians' annual conference on a panel discussing emergency management. Here is the FEMA article by Amanda Osborne:

When it comes to creating meaningful and impactful change, youth are some of the most important members in a community. During the FEMA Youth Preparedness Council annual summit, I sat down with Hailey Starr, a Council member from the Muckleshoot reservation in the Pacific Northwest. I wanted to learn more about Hailey's work as a member of the Council, and what she was doing to improve the level of preparedness on the reservation where she lives.

Hailey's interest in emergency management and



Hailey Starr

preparedness began when she joined Muckleshoot Teen CERT. If you're not familiar, CERT stands for Community Emergency Response Teams.

"I realized that the reservation isn't prepared," Hailey said. "I wanted to do something to change that."

Her experiences as a Muckleshoot Teen CERT member led to her selection as a member of FEMA's Youth Preparedness Council, where she is required to complete a self-selected project, act as an ambassador for youth preparedness, and liaise to FEMA on the youth perspective.

One of the many projects Hailey is involved in

*Continued on page 2*

## BABE EYLE "You Have to Stay Strong"

As of the day before Thanksgiving, I am a 13 year survivor. I was diagnosed with breast cancer in November of 2002. I remember that day like it was yesterday. Dr. Kneisl was our doctor and I just happened to find a lump that day and I called her up and she had me go in and then she told me, "You have it."

I don't like to say that word. I don't like to say the C word and I don't like to say the D word – don't like to say cancer or die. But, I asked her if it was bad, what I had to do and I told her not to tell my mom, and she said, "Everybody's going to know, because you're going to have to do chemo and you're not going to have any hair."

And so, we told my mom and I said I wanted to have church, so we had church and everybody prayed and I'm thankful for everybody's prayers that gave me a lot of strength. And I'm thankful for all my nurses. My nurses were real good nurses and I kept contact with them for about four or five years, but now I haven't seen them for a while or heard from them. I haven't seen my doctors.

I think I'm pretty much over it, but I don't know, knock on wood. (She knocks on the table) You never know, and it can come back. It's an evil disease, just attacks anybody at any time, doesn't pick and choose who it wants. It just grabs anybody.

But, I learned through time that you just have to stay strong. You can't let yourself weaken. You got to take good care of yourself. You got to get checked regularly. And it's scary and I don't think anybody can deal with it alone. I think you always have to have support of some kind. And if anybody ever has to go through anything like this, I'm more than welcome to be here for anybody, for help or support.

It was a long road. It was a rough road. But, I'm still riding it and I just try to stay happy in life. I try to remember all the funny parts of what I went through. I don't try to think about any of the bad parts.

I try to think about all the funny parts, like one time when I was going through radiation. At the time I had to wear a wig because I didn't have any hair, and when they put me through to do the scan, I didn't know if I could wear my wig or not, because it had clips in it, so I took it off right before I went through the thing and I stuck it underneath the bed.

I went through and when I came out I forgot to put the wig back on. And the radiologist looked at me and he goes, "What happened to your hair?" And I said, "Oh no, do I have any hair?"

And he looked at me for a long time, and then I pulled the wig out and he said, "Don't ever do that to a radiologist!" And he laughed, and we laughed.



Norma 'Babe' Eyle

You've got to be kind of funny with it sometimes.

And then I remember another time when my aunt came up to me and she was feeling bad about me, and I don't like people to feel bad about me, and she said, "So what's it like; what's radiation like?" And I said, "Well, I had to do it for 45 days so when you turn the light out, I glow." And she said, "Really?" And I said no (laughing), I was just joking with her.

And then I remember another time, at the beginning, when I very first started doing chemo. My chemo nurse came in and they're giving me the IV to start my chemo and I got scared and I didn't want to do it. I said, "I don't want to do it; I don't want to do it." And she said, "Okay, Babe, we're going to la-la land." And she gave me some Atavan and I went to la-la land.

So, the next day, I went back and I said, "Okay, ready to go to la-la land," until I started getting used to it and then she'd always tell me, "There's light at the end of the tunnel, Babe; there's light at the end of the tunnel. You got this. You're strong."

And so, I would make myself strong and then I finally saw the light at the end of the tunnel. And all the nurses – it was almost my last day of chemo. This was my first, when I first did it. I remember my last day. I

*Continued on page 10*



**Hello my name is Melissa Starr, the fiancé of Tony Rutherford and the proud mother of four wonderful children, one of whom is diagnosed with autism, Mr. Rashawn Rutherford – my sweet, gorgeous, handsome, little boy. I wrote this to educate some people on autism and pretty much what I go through on a day-to-day basis. So here it goes.**

Having a child who is diagnosed and on the autism spectrum. Sometimes it can be frustrating when they throw a tantrum. It's heartbreaking when your child can't tell you what they need or want.

Most days it's easy to just go for a car ride so they can have a jaunt. Being a mom or dad of a child on the spectrum, you never really know what days will be good or bad.

On most days I thank god that apple invented the iPad. A child who

*Continued on page 21*

FROM THE TRIBAL COUNCIL

# Muckleshoot Charity Fund

Since its establishment in 1995, the Muckleshoot Charity Fund has become an important member of the local non-profit community. Over the years, the Charity Fund has played a key role in the support of many important non-profit organizations, and in doing so has generated a significant amount of good will for the Tribe. As we close out another successful year, the Tribal Council wanted to remind the community of the role of the Charity Fund and how it came into existence.

The Muckleshoot Charity Fund was created as a provision of the Gaming Compact negotiated between the Tribe and Washington State. That compact required that certain funds from Casino Table Games be deposited in the Charity Fund and that the Tribe establish criteria for the type of non-profit organizations eligible to receive contribution for the Fund.

A subsequent modification of the Tribal-State Compact added the requirement that a certain percentage of Tribal Lottery System machine revenue be deposited in the Charity Fund with the requirement that those funds be donated to "non-tribal" bona-fide non-profit and charitable organizations in the State of Washington.

The Tribal Gaming Commission established regulations defining the types of non-profit organizations eligible to receive Charity Fund contributions. That definition included charitable, benevolent, educational, civic, religious and cultural or scientific organizations; organizations providing essential services to children, low income people, elderly, homeless shelter providers, healthcare, food or other welfare and living needs, medical. Legal or other professional assistance and services for those seeking assistance for drug, alcohol, gambling and other addictions.

The Muckleshoot Intergovernmental Affairs Department administers the Charity Fund. That responsibility includes processing of all applications for funding, presenting funding requests to the Muckleshoot Charity Fund Committee and distributing approved grant checks. Periodic Charity Fund lunches held to present checks to grant awardees and similar events designed to highlight the Tribe's support of community organizations are organized by the Intergovernmental Affairs staff.

The Charity Fund contributions has not only allowed the Tribe to give back to the community by supporting a broad range of charitable organizations, it has enabled the tribe to develop important long-term partnerships and relationships.



**PRESIDENTIAL VISIT.** Tribal Councilmember Anita Mitchell, Chairman Virginia Cross and Treasurer Nick Bennett are seen here with President Barack Obama during his recent visit to Seattle in support of the re-election campaign of U.S. Senator Patty Murray.

## HAILEY STARR *continued from page 1*

as part of her work with the Council is a video on active shooter awareness, which she produced and assisted with writing. This alone was enough to impress me, but then she revealed that the video's been so well received that the school board wants to share it with other schools, use it for staff training, and translate it into the Lushootseed dialect. Not only that, but it's also the first video in a series she's planning on producing on emergency preparedness – the next two topics are earthquakes and wildfires.

Here's why Hailey said she decided to produce the active shooter awareness video:

"After [the shooting at Marysville Pilchuck High School], a lot of youth on the reservation were scared and felt unprepared. The video helped relieve kids' stress and helped them feel better, because it let them know what to do in an active shooter situation. It made them feel more prepared.

Anytime you show things happening in places where they might actually happen, it becomes a lot more meaningful. And if it's cheesy, kids won't pay attention to it or take it seriously."

As she told me more about the video, it became clear that she worked hard to make it as realistic as possible. Hailey also wanted to keep the video interesting, as she knows people have short attention spans.

In addition to producing preparedness videos, Hailey is participating in a project to make emergency backpacks for the elders in the community and is collaborat-

ing with her school librarian on an article about what to do in a windstorm. She's also working on coordinating an emergency preparedness fair in the spring, which will offer preparedness information and hands-on exhibits.

Finally, Hailey is engaged in an emergency management exercise that will take place at the end of the school year. While the details have yet to be finalized, it's likely that the scenario will involve an earthquake and require participants to shelter in place. Her eyes lit up with excitement as she told me about her ideas for how to make the scenario as true-to-life as possible.

"There'll be emergency alerts, a police presence, everything," Hailey said. "The community's really supportive, because they understand the importance of being prepared."

It's clear that Hailey is an impressive individual who is making her community better prepared as part of her work with the Youth Preparedness Council. But I'm not the only one that's impressed. The National Congress of American Indians has invited Hailey to present at their annual conference in October, where Indian Country comes together to advance the most important discussions regarding policy and programs.

I hope Hailey's example shows how youth can be a powerful force in creating meaningful and impactful change in their community.

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

**Muckleshoot Tribal Council**  
Virginia Cross, Tribal Chair  
Louie Ungaro, Vice-Chair  
Charlotte Williams, Secretary  
Nick Bennett, Treasurer  
Jeremy James  
Mike Jerry Sr.  
Kerri Marquez  
Anita Mitchell  
Marie Starr

## SAMPLE BALLOT, Muckleshoot Tribal Council Election, January 18, 2016

TRIBAL COUNCIL VOTE FOR UP TO THREE (3)		TRIBAL COUNCIL (CONTINUED) VOTE FOR UP TO THREE (3)	
	BEVERLY MOSES		MIKE EDWARDS
	JAION ELKINS		ANTHONY LOZIER, SR.
	NICK BENNETT		BRANDON EYLE
	ANITA PEDRO		SUSAN STARR
	JOHN DANIELS, JR.		ADA McDANIEL
	FRED LANE, JR.		WILLIAM JAMES
	PHILLIP JONES		DAWN SNEATLUM-MILLER
	CHARLOTTE WILLIAMS		J.C. BYARS
	VIRGIL SPENCER		LANCE BUTLER
	MARK JAMES		CARL MOSES, SR.
	MIKE JERRY, SR.		BEAR JAMES
	JENNIE MARTIN		JESSICA GARCIA
	FAWN HUTCHENS		

**SAMPLE ONLY: Final ballot may vary slightly.**

Muckleshoot Community Christmas Event  
 December 12th, 2015 4:00—8:00 PM  
 At Emerald Downs (2300 Emerald Downs Drive Auburn WA 98001)  
 Bring your family and enjoy the fun

**FESTIVE SWEATER CONTEST—MAKE YOUR OWN HOLIDAY SWEATER**  
**HOLIDAY JAR CONTEST— MAKE YOUR OWN JAR**  
 CREATE YOUR ITEMS AND BRING TO THE PARTY 1ST—3RD PRIZES GIVING AWAY.



Raffle for 18+ years Tribal Member's and Spouses only. Keep in mind that items won, will need an award form filled out.



**Muckleshoot Child and Family Services**  
**Angel Tree**

HAPPY HOLIDAYS!!!

There are plenty of angels waiting to be sponsored as of today. Please let our office know how many of these gift tags you need. Your compassion and generosity are greatly needed, desired and appreciated! ☺

Please have the gifts unwrapped, tagged and delivered to our office no later than December 16<sup>th</sup>. If you have any questions please feel free to call 253-876-3387 (Eva).

Thank you again for your kind generosity in advance for making Christmas and the holiday season a little brighter and merrier for our angels.





**WALKING ON...**

**FAMILY MEMBERS**

Mother, Debra Anderson  
 Father, Esau Penn, Sr.

**SIBLINGS**  
 Esau Penn, Jr.  
 Andrew Franklin Penn  
 Lindsey Brown, Jr.  
 Rochelle Oliver

**PRECEDED IN DEATH BY**  
 Cecilia B. Anderson  
 Richard B. Anderson  
 Lillian Pullen  
 Christian Penn



Dan Penn

IN LOVING MEMORY OF  
**Daniel Esau Penn**

Born: January 20, 1979 in Port Angeles, Washington  
 Died: November 6, 2015 in Auburn, Washington

**FUNERAL SERVICE**  
 Friday, November 13, 2015 at 10:00 a.m.  
 Muckleshoot Shaker Church  
 Auburn, Washington

**OFFICIANT**  
 Narcissus Foster

**PALL BEARERS**  
 Donald Penn, James Black, Sr., Ben Williams, Bill Anderson, Joseph Ward, Sr., Richard Penn, Sr., Dennis Anderson, Jr., Kirby Roberts

**HONORARY PALL BEARERS**  
 Arvie Ward, Floyd Teo, Leroy Anderson, Albert Moses, Deion Hatch, John Black Starr, Wilson Teo, Joseph Garrick, Jr., Bryson Jansen, Victor Jackson, K-Boy, Barry Anderson, Sr., Mike Jerry, Sr., Dennis Anderson, Sr., Leroy Courville, Sr.

**BURIAL**  
 New White Lake Cemetery  
 Auburn, Washington

**SERVICE DIRECTED BY**  
 Weeks' Funeral Home  
 Buckley, Washington

*Thank You from the Family of Earnest Lee Barr*

The family of Earnest Lee Barr would like to thank all of those people and the Muckleshoot Tribe, Snoqualmie Tribe, and of course the Yakama Tribe, for all the help given with the funeral.

It turned out absolutely beautiful, honoring him. There was so much food! His three sons Earnie, Danny and John (Willy) were pleased.

Thank all of you who helped with the 21-gun salute. It was awesome.

I would like to especially thank the young man who hunted for deer for the funeral. Jacob Ames, thank you and your family so very much for helping us with the traditional menu. May God bless all of you special for helping the family.




Lovingly,  
*Cynthia Lozier for the Barr family*




Gift Wrap, Bows,  
 Gift Tags Donations would be greatly appreciated at Muckleshoot Child and Family Services for our Angels!

Contact Eva Jerry (253)876-3387  
 With any questions or concerns.

**MEMORIAL SERVICE**

**ROBERT JOHN THOMAS JR**  
**“SHRIMPEE”**  
**DECEMBER 13, 2015 2PM**

**CHIEF LESCHI SCHOOL**  
 5625 52D ST. E.  
 PUYALLUP WASH 98371

**GIVE AWAY - DINNER**  
**GATHERING OF MEMORIES**

# Chum Fishery 2015

PHOTOS BY EVAN AVILA



## Muckleshoot Housing Authority

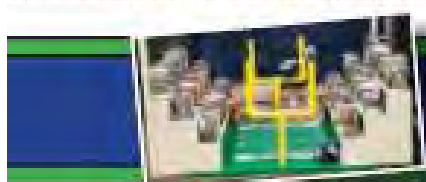
### 2nd Annual Food Drive

*Housing-* Beginning in early November, the Housing staff breaks into four groups, (Maintenance, Unit Turn, Finance and Occupancy) to participate in a friendly competition to create a display, and collect food. This year it went to the Auburn Food Bank, and Muckleshoot Shaker Church.

The Winners: The Maintenance crew beefed up their presentation with a cedar Scarecrow, and tons of food, they beat the Unit Turn "Seahawks" competition by a point.

Just wait until next year!

The real winners are our neighboring community members, who will have food on their tables--and to each and every person who contributed... Thank you!



## 2015 FISHING SEASON

continued from page 1

going to be close to 90% down from pre-season expectations. The fishery started out with about 40 skiffs fishing in the river but fishers lost interest very quickly due to the poor returns.

Chum fishing fell right around season projections. Just over 20,000 chum caught in total. 12,000 chum were caught in the river and just fewer than 9,000 chum were caught in the bay. The bay had up to 10 gillnet boats fishing with an average of 7 boats per day. This was a good and consistent effort with the catches reflecting it.

Chum usually goes for a dollar per pound but this season the going rate turned out to be about 80 – 85 cents per pound. The fish were also smaller in size this year. The 9lb average dropped to 8lbs which also had an effect on profit margins.

Unfortunately this has been one of the worst years for fishing in quite some time with the preliminary outlook for the next few fishing seasons being that it could end up getting worse before it gets better. It's a gloomy reality but the tribe has weathered these types of salmon survival storms in the past with the good news that salmon are cyclic, very resilient, and the tribe will make it out of this storm as the tribe has done many times in the past.



PHOTO BY EVAN AVILA

Sean Daniels and Romajeon Thomas decorate a tree as part of the 3rd Annual Tree Lighting at the Philip Starr Building.



## Billy Frank Jr. awarded Presidential Medal of Freedom

**The late Billy Frank Jr. recently received one of the highest honors of the United States when President Barack Obama posthumously awarded him the Presidential Medal of Freedom. These were the Presidents' remarks:**

Billy Frank Jr. liked to say, "I wasn't a policy guy. I was a getting-arrested guy." And that's true. Billy was arrested more than 50 times in his fight to protect tribal fishing rights and save the salmon that had fed his family for generations. He was spat on, shot at, chased and clubbed and cast as an outlaw. But Billy kept fighting. Because he knew he was right.

And in 1974, a federal judge agreed, honoring the promises made to Northwest tribes more than a century before. Billy went on to become a national voice for Indian Country and a warrior for the natural world.

"I don't believe in magic," Billy once said. "I believe in the sun and the stars, the water, the hawks flying, the rivers running, the wind talking." They tell us how healthy we are, he said, "because we and they are the same."

## Emerging Muckleshoot Storyteller

By Raven E. Heavy Runner

Did you know that the first powwow occurred because the Ant wanted there to be sunlight? She was challenged by Grizzly Bear who wanted there to be only night? Jackie Carey, an enrolled Muckleshoot Tribal member, told this story before an audience in Portland, Oregon this last month.

Jackie's ancestors hail from Muckleshoot, Skokomish and Jamestown S'Klallam. He was born in Nuremberg, Germany as his father was in the U.S. Army. Although being raised primarily in Missouri, Jackie traveled back to Washington off and on throughout his childhood.

His mother Shirley (James) Goodwin raised him on Coast Salish stories from when he was a young child. Although he was a long way from his homeland, the stories kept him connected to his people. Storytelling ran in his family. His Grandfather, Henry Allen (Skokomish) was a noted Coast Salish storyteller.

Jackie did not really think about story telling until a co-worker, Raven Heavy Runner (Blackfeet), told him he did storytelling from his tribe. Raven and Jackie both work for the Muckleshoot Elders Program. It was during their lunch hour when a group of workers walked near the Muckleshoot water tower that the sharing of stories first began. Although Jackie felt comfortable telling stories while walking, he was a little hesitant to do so before an audience.

After some coaxing, Jackie agreed to go the 10th Annual Northwest Indian Storytelling Festival occurred in Portland, Oregon, which took place from October 15 – 17, 2015. The Northwest Indian Storyteller's Association (NISA) is part of the non-profit organization Wisdom of the Elders. NISA provides opportunities throughout the year for established storytellers to mentor new storytellers on the art of telling.

These opportunities include attending NISA's annual festival where "emerging" storytellers are able to learn from a larger group of established storytellers. At these festival there are breakout sessions where participants hear from these storytellers how they came to storytelling, how to bring a story to life, using stories in lessons, putting them onto stage, understanding intellectual property rights and last, but not least of all, ensuring their histories and stories are not forgotten.

The NISA website reads, "For years upon years, storytelling has been an integral part of Indigenous culture to teach lessons, record history, and to entertain. Today



Muckleshoot Storyteller Jackie Carey

the storytelling tradition is alive and well and Wisdom and NISA are honored to create spaces where storytellers can share their amazing gifts with you."

When asked why he got involved with NISA, Jackie said, "Storytelling has helped me learn more about my culture and be connected with my people. Native American oral history has the potential of being lost if we don't tell the stories and want to share my heritage with my children and someday with my grandchildren."

Jackie and Raven have a couple storytelling events lined up over the next couple months in other parts of Washington State, and would welcome opportunities to do more storytelling in Western Washington.

NISA will be having two storytelling events in King County in 2016. NISA will be providing scholarships to tribes for that tribe's identified participants, so those participants can learn the art of telling and create more opportunities for storytelling near their reservations.

If you are an established storyteller or want to become a storyteller, please feel free to register as a member of the Northwest Indian Storytellers Association and watch for the upcoming festivals in King County. You can do so by going to [www.wisdomoftheelders.org](http://www.wisdomoftheelders.org)

## Bill to rename Nisqually National Wildlife Refuge after Billy Frank Jr. passes in US House of Representatives



Two old fish warriors, Gilbert 'Hoagie' King George and Billy Frank, Jr.

**Legislation sponsored by Rep. Denny Heck adds Nisqually tribe leader and civil rights hero's name to the Nisqually National Wildlife Refuge**

WASHINGTON, D.C. – The House of Representatives has passed the Billy Frank Jr. Tell Your Story Act by a vote of 413-2. The bill, H.R. 2270, previously advanced out of the House Natural Resources Committee by a unanimous vote, will now go to the U.S. Senate for consideration.

"Like many Washingtonians, I frequently pass the sign on I-5 indicating the way to the wildlife refuge," Heck said. "I cannot wait to make that drive and see the name of our friend Billy, who mattered so much to the health and welfare of our area. It will remind me of the special place we call home and the people that cared for its wellbeing. I would like to thank everyone, notably Indian Country, the Republican majority, and a unified Washington House delegation who joined together in this effort. This passage is a fitting tribute to Billy and the treaty rights he lent his advocacy to for a lifetime."

Heck spoke on the House floor today during the debate on the bill, mentioning Billy's advice to always "tell your story."

"Billy was instrumental in helping to restore the Nisqually River watershed. Today it is one of the healthiest

in the state. He didn't do it alone – it took the work of many. But most of all it took cooperation of the kind that Billy helped to create everywhere he went. Naming the Nisqually Wildlife Refuge after Billy would be a fitting tribute to the man who loved that watershed so much," Lorraine Loomis, Chair of the Northwest Indian Fisheries Commission, said.

Cosponsors include the entire Washington state Congressional delegation, Congressional Native American Caucus Co-Chairs Tom Cole (R-Okla.) and Betty McCollum (D-Minn.), Chair of Subcommittee on Indian, Insular and Alaska Native Affairs Don Young (R-Alaska), and Ranking Member of the House Natural Resources Committee Raúl Grijalva (D-Ariz.).

Earlier this month, Senator Maria Cantwell (D-Wash.) introduced companion Senate legislation, S. 2326, and President Barack Obama posthumously awarded Billy Frank Jr. the Presidential Medal of Freedom, saying "his magnetic personality and tireless advocacy over more than 50 years made him a revered figure both domestically and abroad."

### Background

Billy Frank Jr. was known as a tireless champion for treaty rights, tribal sovereignty, and salmon recovery. He was on the front lines in the campaign against state-imposed limits on tribal fishing, known as the Fish Wars in the 1960s and 1970s where he organized "fish-ins"—modeled after the sit-ins of the civil rights movement. Those efforts lead to the 1974 Boldt decision, which reaffirmed the Tribes' rights to half of the fish harvest in Washington.

Billy Frank Jr. was awarded the Albert Schweitzer Prize for Humanitarianism and the Martin Luther King Jr. Distinguished Service Award, was nominated for the Nobel Peace Prize in 2010, and posthumously received the Presidential Medal of Freedom in 2015. As chairman of the Northwest Indian Fisheries Commission (NWIFC), Frank worked to bring together tribes, local, state, and federal officials to further strengthen treaty rights and environmental protection laws.

The Nisqually National Wildlife Refuge was established in 1974 to protect the Nisqually River Delta, a biologically rich and diverse area at the southern end of Puget Sound. While most major estuaries in the state have been filled, dredged, or developed, Nisqually River's has been set aside for wildlife. Last year the Nisqually Wildlife Refuge Visitor's Center was named after Congressman Norm Dicks, a friend of Billy Frank Jr. who pushed for federal support to complete the acquisition of the Refuge and protect the Nisqually Delta.

The Treaty of Medicine Creek, signed on December 26, 1854, established reservation land as well as the right to fish "at all usual and accustomed grounds and stations" for Puget Sound area tribes.

CONTACT: Kati Rutherford (202) 226-4013

## Muckleshoot Scholarship Program

Higher Ed Scholarship Deadlines

**Fall 2015**

CLOSED

**Winter 2016**

November 6th-December 11th

**Spring 2016**

January 29th-March 4th

Scholarship Contact Info:

ScholarshipDept@muckleshoot.nsn.us  
253-876-3378

Online Application:

[scholarship.muckleshoot.nsn.us](http://scholarship.muckleshoot.nsn.us)



## GED Short Course to Pass Math



MUCKLESHOOT TRIBAL COLLEGE

**What:** A short course math class focusing on the last bit of essentials needed to pass the exam (mostly Algebra).

**Who:** This course is geared toward students who are very close to passing math. A longer course will be offered shortly thereafter for all students. (Please call if you have questions about which one is best for you.)

**When:** Every Tuesday and Thursday, 3:00-5:00p.m. in room 203 from September 22nd – October 8th. \*Please come in a week before to take a practice test if you haven't already.\*

**Why:** To be "test ready" in six classes!



Laurie Collins  
GED Instructor  
Phone: 253-876-3256  
Email: [Laurie.Collins@muckleshoot.nsn.us](mailto:Laurie.Collins@muckleshoot.nsn.us)

Andrew Mikel  
GED Instructor  
Phone: 253-876-3375  
Email: [Andrew.Mikel@muckleshoot.nsn.us](mailto:Andrew.Mikel@muckleshoot.nsn.us)



Reservation Based Community Determined



Evergreen partners with other colleges to offer an Associate of Arts degree. Students can go on to complete a Bachelor of Arts degree at one of several Tribal reservations.

The Reservation Based Community Determined program is an affordable and convenient educational opportunity.

**Program Philosophy**

- Personal Authority
- Indigenous Knowledge
- Practical Academics



[www.evergreen.edu/tribal](http://www.evergreen.edu/tribal) - 360.867.6286

### MUCKLESHOOT TRIBAL COLLEGE

#### Career and Advisor Counselor



WOULD YOU LIKE TO EXPLORE A CAREER OR EDUCATIONAL OPPORTUNITIES?

**I am happy to visit with you and go over:**

- What your interest are?
- What kind of College is the right fit for you?
- What field of work you would like to be in, for the future?
- Important deadlines for FAFSA!
- Cost of College: Tuition, Housing, and other student expenses.

- ARE YOU LOOKING FOR A CAREER?
- ARE YOU A NEW STUDENT?
- ARE YOU A SAVVY COLLEGE STUDENT?
- ARE YOU MAXIMIZING YOUR FULL POTENTIAL?

CALL, COME IN OR SCHEDULE AN APPOINTMENT!!



For any questions contact:  
**Donovan Sather**  
Career/Advisor Counselor  
Main: (253) 876.3183  
Direct: (253) 876.3210  
[donovan.sather@muckleshoot.nsn.us](mailto:donovan.sather@muckleshoot.nsn.us)

**MUCKLESHOOT TRIBAL COLLEGE**  
39811 Auburn Enumclaw Road  
Auburn, WA 98002

## COMMUNITY CLASSES

**COME & JOIN US: Every 2nd & 4th Tuesday of the Month at 5:30 – 7:30PM**

Language instruction with canoe song & dance practice followed by dinner.

Open to all community & tribal employees

Where: Canoe Family building behind the tribal police department (38907 172<sup>nd</sup> Ave. SE Auburn, WA )

Language Program  
Mary Ross 253.876.3306

Culture Program  
James Smiskin 253.876.3013

### Your Future Is Calling! GED at Muckleshoot Tribal College



**We offer:**

- \*Small group classes rotating by subject
- \*Daily tutoring
- \*Highly skilled and friendly teachers
- \*Extensive supplemental learning materials

**Register Today**

The GED classroom is open from 9-5, Monday-Friday  
For more information call:  
Laurie (253) 876-3256 or  
Alicia (253) 876-3375  
[muckleshoottribalcollege.org](http://muckleshoottribalcollege.org)

Come in and take a practice test today!

**THE GED READY® PRACTICE TEST GUARANTEE**

When you complete the GED Ready® test, and if you don't pass, we'll pay for 100% of your next GED test.



Like us on Facebook:  
Ged Mtc

Muckleshoot Tribal College  
39811 Auburn Enumclaw Road SE  
Auburn, Washington 98092



**Northwest Indian College – Muckleshoot Site**

We are off to a great fall quarter here at the Muckleshoot Site of Northwest Indian College. Our enrollment numbers are up and we anticipate more students new and returning for winter quarter. We had a very successful fall quarter orientation with main campus faculty and students.

We have two running start students this quarter that also participated in the Early College Program this past summer, Donovan Sather Jr. and Gabriel Stevens.

We are also very excited to announce that we are hosting a few indigenous service learning projects this quarter one being a partnership with Denise Bill's CSOV 101 "Intro to Cultural Sovereignty" class. NWIC Muckleshoot will be accepting donations in room 208 at the Muckleshoot Tribal College from canned food items to basic necessity items such as: toothbrushes/toothpaste, socks, shampoo/conditioner, ECT... until December 4<sup>th</sup>, 2015.

Also, we would like to congratulate Melissa Reaves on being selected as the Instructional Aid/Technician for NWIC Muckleshoot! Melissa has been a student with NWIC for several years. She was our work study student for over a year before graduation with dual AA degrees in spring and stepping in to the role of interim Instructional Aid. She is continuing her education with NWIC in the C.A.R.E. Human Services 4 year program.

As you can see, we are having a wonderful quarter so far. We encourage you to come in and talk to us, see what we can do to get you enrolled in school.



**Fall 2015 . . . The Perfect Time to Study and Get Your GED!**



**Current Offerings:**

- ♦ Individualized drop-in tutoring from 9:00 – 5:00, Mon. – Fri.
- ♦ One-to-one sessions available by appointment in the afternoons, Mon. – Fri.
- ♦ Small group workshops (Social Studies, Science, Math, and Language Arts)

For more information, contact: [Dan.Naples@muckleshoot.nw.ac](mailto:Dan.Naples@muckleshoot.nw.ac), 253-876-3256, [Andrew.Mikel@muckleshoot.nw.ac](mailto:Andrew.Mikel@muckleshoot.nw.ac), 253-876-3375, or [Laura.Culbreth@muckleshoot.nw.ac](mailto:Laura.Culbreth@muckleshoot.nw.ac)  
 \*Find us on Facebook: *Ged Mtc*

**New & Revised MOST Program**

Holiday Greetings to all Muckleshoot Tribal Members, and all Community Members as well! This is Renee Lozier-Rojas over here at The Muckleshoot Tribal College, and I would like to see anyone interested in learning about the Computer to come on over and check out our **New and Revised MOST Program**. It is now a quarterly event and it will last a full quarter starting on January 4, 2016. You will begin with your Cohort, and finish with your Cohort.

It is an exciting time over here, and would like any of you interested to stop by and see if this is what you want to do to update your computer skills. Hope to see you soon!

Wishing You All The Very Best This Holiday Season Has To Offer...

**FELIZ NAVIDAD!!!**

**From the Tribal Credit Office....**

**Bi-Weekly payments vs. Semi-Monthly payments**

If you have a loan/s in our program, the payments are set up on a bi-weekly basis. This means there will be 26 payments in a year. The Home Loans are set up on a semi-monthly payment schedule, which means 24 payments are made in a year's time. In the month where there are 3 pay periods, our loan payments will continue as scheduled. The Home Loans will not pull a payment on the 3 pay period of the month.

**ḥəqəłšutucid basics 1**

THE LANGUAGE PROGRAM IS OFFERING DAILY COMMUNITY CLASSES  
 Open to all ages and community.

Monday-Friday 3:00pm-4:00pm & 5:15pm-6:15pm  
 Tuesday 12:00pm-1:00pm (lunch provided)

Muckleshoot Language Program Building  
 39001 172nd Ave. Auburn, WA 98092

**For more information**

Please contact:  
 Eilleen Richardson 253-876-3197  
 Or  
 Mary Ross JR 253-876-3306

If you would like your youth to attend any of these classes directly after school, please make proper arrangements with their bus transportation to get off at the Language Program.

Parents are responsible for picking up their children when classes are over.

\*Please notify the Language staff if your child will be attending -



Lamont Nichols donating gifts to Toys for Tots

Here's a picture of Lamont Nichols donating gifts for toys tots in Enumclaw. He generously used his own tribal per capita to donate presents for those in need during holidays. He is the son of Angela Nichols and Roger Gilbert, and nephew of Bud and Trudi Moses. His grandparents are Danny Nichols and Rita Andrews.

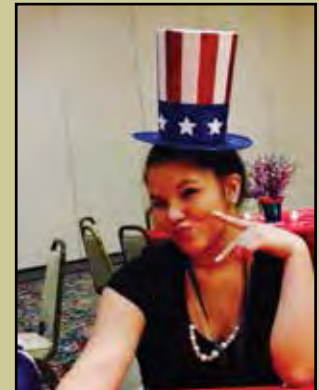
We are very proud of his sacrifice and loving soul!

*Trudi Moses*

**More Haley Starr photos from NCAI**



With NCAI President Brian Cladoosby of Swinomish





## We LOVE our ELDERS!

PHOTOS BY ERIKA GONZALEZ

Muckleshoot Tribal School community service group NAWMAC (Native Americans Who Make A Change) celebrated our elders this week by honoring them with homemade cookies delivered to their doorstep. From shopping to baking to delivering the students put love and joy into every step. Students participating in the elders project were:

- Kiana Aho
- Swee-Tub Cayou
- Jasmine Dorman
- Erika James
- Izrael Judson-Elkins
- Natalie Lessard
- Charlie Lobehan
- MacKenzie Lobehan
- Darina Louie
- Katalina Lozier
- Brian Luangrath
- Lillana Ramirez
- Cecelia Reyes
- Ayana Rodriguea
- Kalani Thompson
- Richie Weed
- Azela Weed
- Jeremiah WhiteEagle
- Kaylee WhiteEagle
- Kristina Williams
- Roselene Williams
- Nevada Young
- Albert Vaiese
- Stanni Vaiese
- Rian Keeline
- Ariana Romo-Rincon



## Cross Country District Meet

High school cross country boys at South Whidbey District meet. 10/31/15. Great Job Ryan and JJ! Ryan Finished 13<sup>th</sup> as a 9th grader! Awesome!! Pictured: Ryan Thompson and JJ Jansen, Thanks Coach Andre!







# Red Ribbon Week

ARTICLE & PHOTOS BY ERIKA GONZALEZ

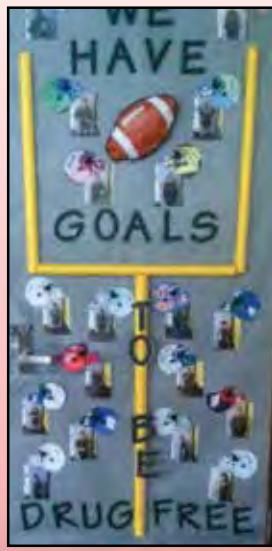
Muckleshoot Tribal School took part in the national Red Ribbon Week celebration October 26th – October 30th.

Red Ribbon Week is an alcohol, tobacco and other drug and violence prevention awareness campaign observed annually in October in the United States. Red Ribbon Week began after the kidnapping, torture and murder of DEA agent Enrique “Kiki” Camarena in 1985. Camarena had been working undercover in Guadalajara, Mexico for over four years.

Red Ribbon Week is kicked off by PAWS – the MTS Mascot with a message of “PAWSing” before making decisions to involve yourself with drugs and alcohol.

MTS celebrated this year with inspirational messages each morning at circle. Speakers from Muckleshoot Family and Youth Services gave classroom presentations for both middle and high school students on the dangers of drugs, alcohol and texting and driving.

Students also took part in an essay contest with Red Ribbon Week themes – over 117 essays were written this year by students in grades 4th thru 12th!



## MTS Boys Football vs Seattle Lutheran, Senior Night



## Our MTS middle school Students of the Month are:

### 6th grade:

Ezra Broady  
MacKenzie Lobehan



Ezra Broady

### 7th grade:

Natalie Lessard  
Tiana Lozier  
Isadore VanBrunnt



Isadore VanBrunnt

### 8th grade:

Resa Starr  
Nolan Sather



Resa Starr



MacKenzie Lobehan with teacher Cara Wilson



Natalie Lessard with mother Jennifer Lessard



Nolan Sather with grandmother Diane Roy

# 1st Annual Sacred Circle Fine Arts Show to be held at Daybreak Star in Seattle on Saturday, December 19



**UNITED INDIANS**  
OF ALL TRIBES FOUNDATION

The United Indians of All Tribes will be hosting its First Annual Sacred Circle Fine Arts Show on Saturday December 19, 2015 at Daybreak Star in Discovery Park, 5011 Bernie Whitebear Way, Seattle, WA 98199.

Fine Art and Master Craftsman will be represented from throughout the Northwest as well as Canada and Alaska. The show is open to the public from 10:00 AM until 5:00 PM. There will be no admission fee.

In addition to offering high quality fine art by top Native artists, the show will also include a "Silent Auction" of various original pieces from different artists and include hand-crafted items – great gift ideas for the holidays. Art is something to enjoy living with all year round!

Participant artists and craftsman will be announced prior to the event and will include several high profile ledger artists, Coastal Artists as well as hand craftsman.

For more information contact:

- **Janae Wiseman – 406-564-2567**
- **John Romero – 206-498-7640**
- **Kim Camara – 206-683-9804**



**FIRST ANNUAL UNITED INDIANS OF ALL TRIBES FOUNDATION**

**SACRED CIRCLE GALLERY**

**FINE • ART • SHOW**  
**DECEMBER 19, 2015 • 9 AM - 5 PM**  
**DAYBREAK STAR INDIAN CULTURAL CENTER**  
5011 BERNIE WHITEBEAR WAY • SEATTLE, WA 98199

FOR MORE INFORMATION CONTACT: JANA WISEMAN 206.285.4425 JWISEMAN@UNITEDINDIANS.ORG • JOHN ROMERO 206.498.7640

**UNITED INDIANS**  
**2015 NATIVE ART MART**  
DECEMBER 12th and 13th, 2015

**Daybreak Star Indian Cultural Center**  
5011 Bernie Whitebear Way, Seattle, WA 98199  
10am to 4pm

- Over 30 authentic Native arts and crafts vendors
- Salmon Lunch
- Indian Tacos
- Native Dance Groups (1pm)

This event is **FREE** and **OPEN** to the **PUBLIC**  
For more information: Judy Anderson 206.228.1410  
\$50 for vendor spaces  
**BUY LOCAL, BUY AUTHENTIC**  
WE SUPPORT THE FEDERAL INDIAN ARTS AND CRAFTS ACT

American Friends Service Committee  
[www.unitedindians.org](http://www.unitedindians.org)

## BABE EYLE *continued from page 1*

thought it was my second-to-the-last day, so I told my mom, I said, I only have two days of chemo left. I'm going to call and ask if I can go in later, or if I can go in early that morning and they said, no, you have to come in in the afternoon, and they never, ever told me no. Every time I'd ask for something, they'd usually let me get my way. I was like, okay, so I told my mom, I have to go in later.

So, we went in and they did my chemo drip and then I didn't even finish the whole bag and then then the doctor came in and I said, oh, no. I thought something bad happened. And he grabbed my hand and said, "Congratulations, this is your last chemo." And I said, "I thought tomorrow was my last day." And he said, "No, today's your last day. You don't have to come in tomorrow. You're done."

Then they gave me a certificate and all the nurses and the doctors signed it. And the nurses all came in and they came in with a cupcake and they had party hats on and

bubbles and they blew bubbles at me and sang "For She's a Jolly Good Fellow." And I cried, because I was so happy that I did it, because it was really hard to do.

And then I did my radiation and then four days after my after chemo chemo, when I was all finished or I thought I was finished, four days after that then my mom got diagnosed. And so, she quit her job to take care of me, so I quit my job to take care of her. And to this day, we take care of each other. We lift each other up every day and I'm thankful for that.

And I had a lot of ups and downs that affected different parts of my body and my eyes, my taste buds, my bones. It affected me in different parts of the way, but I kind of don't think about any of that. Oh, and my teeth, really affected my teeth.

But I try not to let any of that get me down, because I know there's worse things that people go through and

I can't feel sorry for myself, because I know a lot of other people are struggling with worse things in their lives. And so, I look to my grandkids and my mom for strength to not think about things like that, and friends, I have the most wonderful friends anybody could ask for that support me.

I'm planning on doing the three-day walk next year and I'm going to start training for that next week. I see my heart doctor on Friday morning and soon as he gives me the clearance, I get to start. And I'm very anxious and waiting to do that. I wanted to do that for a long time and I'm not going to let my arthritis or anything get in my way. I'm just going to do it, regardless, not only for myself and more for my mom and all the other survivors and the ones that didn't survive.

But, I'm proud to be a survivor. It's like one of the toughest fights I ever fought in my life. I have so many people to thank for it; it would take us the whole newspaper to fill up.



# MIT OPEN HOUSE

PHOTOS BY EVAN AVILA



## Elders Thanksgiving PHOTOS



### ELDERS COMPLEX LUNCH POLICY TO BE STRICTLY ADHERED TO BEGINNING 01/02/2016

The meals will be compensated and distributed as described beginning January 2, 2016. Although this has been the policy the means for tracking will be in effect therefore will be enforced.

The Policy is as follows:

- Muckleshoot Community and Tribal Members 50+ eat free and will be provided 2 free meals per day. Can choose 1 dine-in & 1 to go, or 1 dine-in & 1 guest, or 2 to go.
- MIT Employees 50+ eat free
- All others, non-elders and guests, will be charged 5.00 per meal
- Elders are served between 12:00 and 12:30, all others and to go's served after 12:30
- P.O.S. (Point of Sale) register will be in use. Must show tribal ID to be considered elder, if needed.

## Falling for a Fall Garden

By Uri Israel

Irene Kai smiles as she sweeps up near her new fall garden. Irene and Uri Israel, from the Muckleshoot Indian Tribe Senior Services, built the garden in less than three hours recently. Here are tips to build your own mini fall garden:

- Use what you already have (Irene already had the little cherub, the oyster shells

and of course, the wood.)

- Dig up a patch with weeds now in the fall, when rain has helped make the soil loose.
- Plant a combination of bulbs for the spring and colorful fall items (like the bright ornamental cabbages pictured here.)



Irene in garden



Pictured is Irene's garden at 1:30 pm



Pictured here is the same garden less than two and half hours later at 3:50 pm

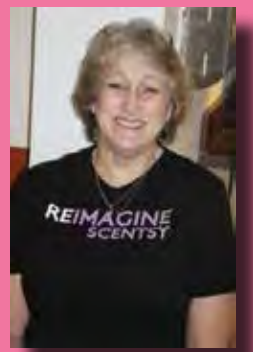
### December Birthdays

Charles Calvert	12/1/15	Jacqueline Edwards	12/16/15
Gerald Cross	12/2/15	Donna Marie Leuschen	12/17/15
Renee Lozier-Rojas	12/2/15	Sarah Novak	12/19/15
Marie Berg	12/3/15	Yvonne PettyJohn	12/20/15
James Arms	12/4/15	Kenneth Williams	12/21/15
Leo Daniels III	12/4/15	Robert Simmons, Sr.	12/22/15
Robin Hunt	12/5/15	Joseph Simmons	12/22/15
Sheryl Allen	12/8/15	Eugene Brown	12/23/15
Elson Moses	12/10/15	Darlene Simmons	12/23/15
Leeroy Courville, Sr.	12/11/15	Robert Elkins, Sr.	12/26/15
Tamara Huberty	12/11/15	Loretta Moses	12/26/15
Raymond Jerry, Sr.	12/11/15	Marcellina Delatorre	12/26/15
Regina Morrison	12/11/15	James Jim	12/27/15
Janice Starr	12/12/15	Earnestine Starr	12/27/15
Theresa Foster	12/13/15	Bud WhiteEagle	12/27/15
Robert Allen, Jr.	12/14/15	Helene Williams	12/29/15
Thelma Moses	12/14/15	Dwayne Ross, Sr.	12/31/15



# 2015 Elders Bazaar

PHOTOS BY JOHN LOFTUS



## More Elders Thanksgiving PHOTOS



## Arise, Shine Native Men's and Women's Conference November 6th-8th, Muckleshoot Pentecostal Church

By Evan Avila

The event was well attended. Almost every seat in the church was filled, both Saturday evening and Sunday afternoon.

Unfortunately, scheduled speaker Hattie Kauffman had to cancel her speech due to an ankle injury. To make up for the absence, Lynda Prince gave a sermon regarding her faith, how it lead her to her current position as Tribal Grand Chief, and her experiences spreading her

faith across the world.

Brian Cladoosby gave a sermon about how faith in God helped him overcome substance abuse and the applications that faith can have in a native person's everyday life. The Trinity Broadcast Network (TBN) recorded Brian's sermon for future use.

Hattie Kauffman is a member of the Nez Perce Tribe and is known for her work with NBC, ABC, Good Morning

America, and 48 hours. Lynda Prince is a tribal member of the Carrier Sekani Nations and is currently the first woman to be elected Tribal Grand Chief. Brian Cladoosby is the Swinomish Tribal Chair and National Congress of American Indians President.

There was lots of singing, dancing and drumming throughout the conference.



**Congratulations on your wedding Chandra and John III**  
 Chandra and John III got married at the Muckleshoot Indian Shaker Church on October 31, 2015



*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

**RELIGIOUS CONTACTS**

*Please feel free to suggest additions*

**Muckleshoot Indian Shaker Church**

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

**Muckleshoot Pentecostal Church**

Rev. Kenny Williams, Pastor

**Sweat Lodge**

Doug Moses, 425-301-60811

**St. Leo The Great**

**Catholic Mass**

Tacoma Kateri Circle of St. Leo Church  
 710 South 13th Street – Tacoma 98405  
 Catholic (Native) Mass with Father Patrick J. Twohy

1:30 pm every Sunday  
 Circle meetings 2nd and 4th Sunday  
 Potluck every 3rd Sunday  
 www.katericircle.com

Facebook: Tacoma Kateri Circle

Please come join us for  
**MASS & Catechism**  
 At the Muckleshoot Catholic church



Catechism starts at 3:00pm

Mass starts at 5:00pm

As always, enjoy a nice dinner with us and Father Pat Twohy after Mass

For more info. Please contact me at  
[Tara.Vasquez@muckleshoot.nsn.us](mailto:Tara.Vasquez@muckleshoot.nsn.us)

Or by phone at (253)347-6937



**Shakers Celebrate 12th Anniversary of New Church**

I just want to thank each person that sent, donated, or supported our church for the 12th Anniversary gathering during this Thanksgiving holiday.

We had brothers and sisters from as far as California, Canada, Oregon, and Washington State. Your generosity helped to feed and lodge families that traveled to be join us. There were many blessings in the form of healing, strength and happiness because of what you have sacrificed in your donation and support.

I pray and have been asking that you will all be blessed and that you can feel the good of what has resulted in the church this weekend. God Bless all of your family, home and life!

~ Laurie Starr-Williams



Dear Muckleshoot Community,

We would like to thank the entire Muckleshoot Community for all the love, prayers and generosity that you offered during our time of need.

A special thank you goes out to the MCDC for organizing a fund raiser and for all those who came out to support it.

To be a part of such a loving community is such a blessing and we definitely feel the love.

We are happy to say that Miss Paislee is on the road to recovery and is doing very well!

Sincerely yours,  
 Miss Paislee and Family

THE CHURCH  
 OF  
 JESUS CHRIST  
 OF LATTER DAY SAINTS

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

# MIT Thanksgiving Dinner at Emerald Downs

PHOTOS BY EVAN AVILA





# Local Athlete Susan Starr invited to compete in Australia



Susan 'Raye' Starr

Susan Starr, daughter of Jack and Susan Starr, represented Enumclaw High School last year in WIAA 3A level for Javelin and won 10th in the State of Washington, which opened the door for her to compete at the higher level.

Susan has been invited to compete in Track and Field representing Washington and the Muckleshoot Tribe at the 2016 Down Under Sports Tournaments hosted in Australia in July 2016. This is the international games where champions meet, and only 300 representatives were invited to compete.

Susan was awarded First Team All-State honors to the 2016 Washington State Track and Field Team and is excited to attend for all of us. She works hard daily by making sure her grades are up and that she leads off the field as well as on the field. She has received recruitment letters from 12 colleges – 10 universities

and 2 private schools.

She is earning her way to the Down Under Sports Tournament in Australia along with her parents. Donations can be made at these weblinks:

<http://DownUnderSports.com/payment?160102>  
<http://DownUnderSports.com/payment?160563>

Your generosity in helping Susan to compete in Australia will be greatly appreciated! Thank you!

# Pulling Through the Pain

She is walking in heaven as the footprints I leave are here on earth. All thoughts going through my head are so surreal; the only memories I can think of lately are the plans she and I made together regarding our senior year and college life.

It's heartbreak all over again. Gosh, I remember it as if it were just recently! I only fell asleep for a few hours but when I woke up she was dead. Which killed me beyond ration. Her heartbeat stopped, and mine did not.

**November 5, 2012.** It was possibly the ghastliest day of my life. At the time, I was a little 14 year-old girl who had just lost her best friend to leukemia. Boy, I was completely agonized. Two weeks before, I was watching *SpongeBob Square Pants* with her. I realized that as we were lying on her bed, and I looked at her, she wasn't watching anymore. Even though she fell asleep I valued every moment in that contemporary occasion.

I continued to let her rest, glanced at my beautiful best friend thinking of our conversations and remembrances. Knowing I didn't have much time left with her destroyed my heart, so it felt! Smiling in her view but crying in bed at night, asking please Lord, not my best friend! It was obvious how much life was left in her. I was crushed. Though, I am still here standing robust. I pulled through the pain!

Some days, no matter how hard I tried, it seemed like I couldn't find purpose to manifestation, cooperating, complying, and interaction at all. That was my life for about five months. Help continuously chased me, but I acted totally oblivious. No one understood, only the non-entity knew.

Then one day, *I decided life wouldn't beat me.* A thing I began to understand in my existence was how many blessings I still have. Yes, my best friend was a huge one, but overall I still have many others. God blessed me with six loving sisters, a brother, married parents, nieces, nephews and a caring tribe. They are what gave me perseverance through this all.

I never forget the comfort my family and tribal members showed during my loss. Long hugs, an ear to talk to, shoulder to cry on, were many ways my family and tribe supported me. Exactly what I needed. I believe they powered me with ambition, and continue to until this day. The support they show in my potential and self-being is astounding, and for that I feel I have reason to push forward. For my family, tribe, God, and myself. Without their support and guidance, I would most likely be lost in the world today.

Experiencing such a tragedy was appallingly painful. If I were to express the outcome, I would compare it to a wound that heals over as a scar. It was an emotional injury for myself to endure. However I made it through it. Marking my heart with damage of loss, imprinting the best times made with such a beautiful soul.

Defeating such a disaster, my heart beats today. Taking nothing more than joyful memories and moral knowledge with me from such catastrophe. It has changed my life in a way, where I outlook things differently. I never want to go back to being so depressed, and I promise myself not to. Instead of thinking "why me?" I have a mindset of "try me!"

I kept it pushing, through times I seen no reason. So with a little motivation, imagine what I can be able to conquer. Perseverance and commitment are values of mine, I would love to be able to represent at your school. With that being said, I'm concluding with a quote written by a very known American writer and lecturer.

*"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."* ~ Dale Carnegie

**www.DownUnderSports.com**

**INTERNATIONAL SPORTS SPECIALISTS, INC.**  
**DOWN UNDER SPORTS**  
Australia • New Zealand • Hawaii

*"... use the common language of sports to bridge the continents..."*  
-George O'Scanlon, President of Down Under Sports

**about down under sports**

Down Under Sports was founded in February 1989 based upon the dream of a New Zealander by the name of George O'Scanlon. George fell in love with athletics, especially American football (gridiron) as a young man growing up in his native country of New Zealand. His desire over the years has been to promote gridiron, not only to the people of New Zealand, but also to Australia where he lived for many years. That is why George started the Down Under Bowl which eventually led to the establishment of the Down Under Hoops Classic and the Down Under International Games. The Down Under Sports programs use the common language of sports to bridge the continents and provide a forum for athletes from around the globe to compete head-to-head in the sport they love. During the past twenty-seven years, Down Under Sports has had the opportunity to share the land down under with tens of thousands of individuals from across the United States. Some prior standouts of the Down Under Bowl include Jake "The Snake" Plummer (Denver Broncos), Ahman Green (Green Bay Packers), Rob Morris (Indianapolis Colts), Dave Dixon (Minnesota Vikings) and Jesse Williams (Seattle Seahawks).

The 2016 Down Under Sports program will include competition in wrestling, football, cross country, golf, track and field, basketball and volleyball. Down Under Sports' goal is to continue to provide athletes who excel in their sport the opportunity to experience the culture, beauty and grandeur of the land down under all within the framework of spirited and intense competition.

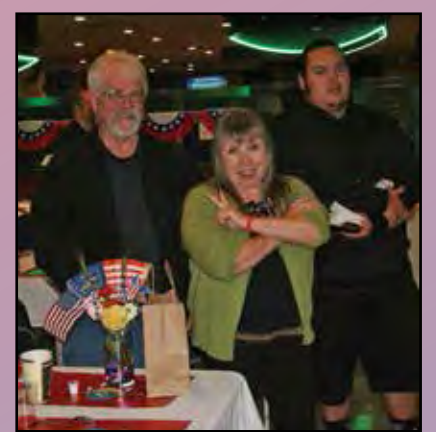
2015 STATE TRACK & FIELD RESULTS				
Girls Javelin				
3A	Pos #	Name	Year	School
<b>Flight 1 of 2 Finals</b>				
1	460	Kelly Keene	10	Lakeside
2	459	Abby Euyang	10	Lakeside
3	54	Mari Metter	11	Bellevue
4	74	Sheila Williams	11	Bishop Blanchet
5	321	Maya McFadden	10	Glacier Peak
6	542	Alisha Clingan	12	Mountlake Terrace
7	565	Emily Stiles	11	Mt Spokane
8	573	Megan Arnold	12	North Central
<b>Flight 2 of 2 Finals</b>				
1	10	Jessica Ludwig	12	Arlington
2	390	Natayah Bauer	10	Juanita
3	255	Susan Starr	11	Enumclaw
4	454	Natalie Vetto	10	Lake Washington
5	826	Alexandra Espinda	12	Sumner
6	825	Rhaven Dean	10	Sumner
7	415	Kirstin Mury	10	Kelso
8	413	Mariah Horton	12	Kelso



# VETERANS DAY DINNER

November 11, 2015 ~ Emerald Downs

PHOTOS BY FRANK JERRY JR. & THEA NELSON-JERRY





# MUCKLESHOOT POLICE



## 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.**

**10/16/15 1:49 AM C15291321 38900 block 164 AV SE Warrant Arrest**  
Kyle Peterson (28) was arrested on a Department of Corrections (DOC) felony warrant for “Escape from Community Custody” which was a no bail warrant. Peterson was booked into the SCORE Jail.

**10/16/15 12:19 PM C15291171 Brown’s Corner Gas Station Trespass**  
Cody Jansen-Benavidez (23) was trespassed from the Brown’s Corner gas station at the request of employees due to him shoplifting, pulling a knife out and being under the influence of drugs inside the store.

**10/17/15 10:15 AM C15291350 39100 block 164 AV SE Suicide Attempt**  
An adult male that was wanted on several warrants was holed up in a camper with deputies attempting to talk him out. The male pulled out a pair of scissors and cut his arm several times, one very deeply and causing a lot of bleeding. The male was treated at the scene by deputies and fire department aid personnel. The male was sent to the hospital via an ambulance for medical attention and a mental health evaluation.

**10/17/15 9:09 PM C15291431 38900 block 164 AV SE Warrant Arrest**  
William Lomakema (34) was arrested on an Auburn misdemeanor warrant for “Criminal Trespass in the First Degree” which held a \$2,600 bail. Lomakema was booked into the SCORE Jail.

**10/17/15 11:08 PM C15291450 Auburn-Enumclaw RD SE/176 WY SE Drug Violation**  
A citizen told deputies that there was a female walking in the roadway on the Auburn-Enumclaw RD SE. Deputies located the female and identified her as D’za Foulkes (19.) Deputies had to stop Foulkes from walking back onto the roadway several times, she became combative with deputies, she appeared under the influence of drugs or alcohol. An ambulance was called to transport Foulkes to the hospital as she was unable to care for herself. Deputies followed the ambulance to the hospital due to Foulkes combativeness. At the hospital staff found a drug tucked to Foulkes’ bra. The drug tested positive for Methamphetamine. Foulkes was cited into the Muckleshoot Tribal Court for “Possession of a Controlled Substance (Drugs.)”

**10/18/15 9:40 PM C15291583 16300 block SE 392 PL Warrant Arrest**  
Paul Baker (37) was arrested on an Auburn misdemeanor warrant for “Theft” which held a \$2,600 bail. Baker was booked into the SCORE Jail.

**10/19/15 1:03 PM C15291657 39900 block 175 LN SE Theft**  
An adult female had personal blank checks stolen from a garage. The next day two of the checks were cashed for \$500 each.

**10/20/15 1:09 AM C15291769 38900 block 164 AV SE Warrants Arrests**  
David Jansen (30) was arrested on a Federal Way misdemeanor warrant for “Driving While License Suspended.” Michael Valles (40) was arrested on a King County misdemeanor warrant for “DUI” which held a \$5,000 bail. Jansen was booked into the SCORE Jail. Valles was booked into the King County Jail.

**10/22/15 9:48 AM C15292195 SE 389 ST/172 AV SE Warrants Arrest**  
Gerri Elkins (42) was arrested on two King County misdemeanor warrants after she tried to run from deputies. The first warrant was for “Criminal Solicitation” which held a \$2,500 bail. The second warrant was for “Domestic Violence (DV) Assault in the Fourth Degree” and held a 10,000 bail. Elkins was booked into the Regional Justice Center Jail.

**10/22/15 12:36 PM C15292245 17600 block SE 400 ST Theft**  
An adult male reported the theft of four stock 20” chrome Dodge wheels from under his carport.

**10/22/15 2:09 PM C15292263 38900 block Auburn-Enumclaw RD SE Civil Process**  
The travel trailers, fifth wheel, camper, and cargo containers were posted with notices of an abatement hearing on allotment 500 near the old baseball fields. Six persons on the property were also served with the abatement hearing notices.

**10/22/15 2:14 PM C15292401 Muckleshoot Tribal School Child Abuse**  
The school’s deputy received a referral from Child Protective Services of possible child abuse of two juvenile students and domestic violence in the house. The deputy investigated and did not find any evidence of child abuse or domestic violence in the house.

**10/22/15 3:43 PM C15292276 Elder’s Center Suspicious Circumstance**  
A female wanted to report her purse stolen from the Elder’s Center. When security video was reviewed the female was seen entering the center but she did not have a purse with her. The female’s story was inconsistent. A report was taken to document the incident.

**10/22/15 4:30 PM C15292288 Elder’s Center Trespass**  
Corinna Scouller (50) was trespassed from the Muckleshoot Elder’s Center for her behavior inside the center and making staff uncomfortable. Scouller is not a Muckleshoot tribal member or a member of any other tribe.

**10/23/15 12:30 PM C15292926 Tribal School Juvenile Disturbance**  
A juvenile student became out of control and had to be restrained by staff from running into the road. The student kicked, punched and attempted to bite staff members that were trying to help them. The juvenile was so worked up that an aid unit had to be called for their medical wellbeing. The student was released to a family member when they arrived.

**10/23/15 2:41 PM C15292449 17600 block SE 408 ST Warrant Arrest**  
Denise Winnier (52) was arrested on a Snohomish County misdemeanor warrant for “DUI.” Winnier was booked into the Regional Justice Center Jail.

**10/24/15 11:40 AM C15292595 14500 block SE 368 PL Warrant Arrest**  
Darrell Lozier (24) was arrested on a Department of Corrections felony warrant for “Escape” after he had to be taken to the ground after attempting to walk away from deputies and then physically resisting arrest. Lozier was booked into the King County Jail.

### Auburn/Muckleshoot Police Recap

**10/16/15 1:00 PM 15-13374 2700 19th PL SE Recovered Stolen Veh**  
A stolen vehicle reported out of King County was located in the parking lot of Greentree Condos.

**10/16/15 9:00 PM 15-13389 Auburn Skate Connection Trespass**  
Two juvenile males were trespassed from the location.

**10/17/15 10:00 AM 15-13412 14400 block 368TH PL Burglary**  
A bike and numerous power tools were stolen from a vacant house. A previously reported stolen vehicle was also located on the property.

**10/20/15 4:30 PM Muckleshoot Bingo Warrant Arrest**  
Natalie Starr (22) was arrested on an Auburn misdemeanor warrant after police were called regarding her stealing her ex-boyfriends cell phone.

**10/18/15 7:00 AM 15-13441 800 block 6TH ST SE DUI**  
Wassena George (34) was arrested for DUI after a Hit and Run occurred. She was not booked into jail as she was admitted to the hospital.

**10/20/15 6:00 PM 2800 Academy DR SE Fire**  
A large fire was discovered at a business. At this time, the cause is still unknown.

**10/26/15 2:45 AM 15-13481 Muckleshoot Bingo Recovered Stolen Veh**  
A stolen vehicle which had been reported out of Auburn on 10-19-15 was located in the parking lot of the location.

**10/26/15 9:45 AM 15-13806 700 block 7TH ST SE APS Referral**  
An APS referral on an elder was investigated.

**10/26/15 10:00 PM 15-13829 700 block 7TH ST SE Vandalism**  
An adult female broke a window at a residence because she was upset with the occupants of the home.

**10/28/15 6:00 AM 15-13904 2341 Auburn Way S Attempted Burglary**  
A suspect cut a chain link fence and pried open the side of a trailer however was unable to gain access. Nothing was stolen from the location.

**10/28/15 2:45 PM 15-13903 3600 block Juniper LN SE Juvenile Runaway**  
A mother called to report her juvenile daughter as a runaway as she had not returned home since the previous day. The mother called back an hour later to report that she had found her daughter.

**10/28/15 11:00 PM Muckleshoot Deli Welfare Check**  
Security staff called 911 to request a welfare check on a female who seemed

**10/24/15 7:48 PM C15292667 17600 block SE 408 ST Warrant Arrest**  
Monte Speedis (33) was arrested on a Seattle misdemeanor warrant for “Theft” which held a \$5,000 bail. Speedis was booked into the King County Jail.

**10/25/15 9:11 PM C15292813 17600 block SE 408 ST Warrant Arrest**  
Marvin Starr (43) was arrested on a King County misdemeanor warrant for “Domestic Violence Assault in the Fourth Degree” which held a \$5,000 bail. Starr was booked into the King County Jail.

**10/27/15 11:30 PM C15293242 39000 block 164 AV SE Warrant Arrest**  
Gerald Moses Sr (54) was detained on a Black Diamond misdemeanor warrant for “Driving While License Suspended” which held a \$5,000 bail. Black Diamond declined to take custody of Moses, he was released at the scene.

**10/29/15 3:50 AM C15293427 17200 block SE 400 ST Warrant Arrest**  
Shannon Sagatu (39) was arrested on a Muckleshoot Tribal Court misdemeanor warrant for “Making a False Statement to a Law Enforcement Officer” which held a \$250 bail. Sagatu was booked into the SCORE Jail.

**10/30/15 4:00 PM C15293742 40900 block 176 WY SE Burglary**  
An adult male reported that his Play Station 4 was stolen from his bedroom. The suspect(s) gained entry through his bedroom window.

**10/30/15 6:44 PM C15293760 17000 block SE 389 WY Theft**  
An elder female had two extension cords and an electrical cord with a light on it stolen from her home.

**10/30/15 6:49 PM C15293777 38700 Auburn-Enumclaw RD SE Drunkenness**  
An adult female called 911 to report an assault. The female was extremely intoxicated, kept changing her story and could not follow a conversation. The male she said assaulted her was very intoxicated as while as another male at the location. A third male had just gotten home from work and was sober, he did not report seeing an assault. A report was written for documentation purposes.

**10/31/15 12:00 PM C15293870 17300 block SE 400 ST Threats**  
Two juveniles were exchanging Facebook messages about fighting each other. One of the juveniles escalated the messages by making threats. The mother of the juvenile receiving the threats believes it is only teenage intimidation and no threats would be carried out. A case report was written for documentation purposes.

**11/01/15 10:54 PM C15294100 39300 block 164 AV SE Stolen Vehicle Recovery**  
A blue 1995 Nissan Stanza 4 door that had been stolen in Kent on 10/30/15 was found abandoned by deputies.

**11/02/15 5:04 PM C15294158 Cedar Village Disturbance**  
An adult female called 911 saying she had been assaulted by an adult male. The female had no visible injuries. Several people were interviewed who the female said say the assault, everyone told deputies that they did not see an assault. No charges. A case report was written for documentation purposes.

**11/03/15 7:30 PM C15294437 200 block of D ST Warrants Arrest**  
Russell Ward (34) was arrested on one felony and three misdemeanor warrants. The felony warrant was from the Department of Corrections for “Escape” and was a no bail warrant. All three misdemeanor warrants were from King County. The first warrant was for Domestic Violence (DV) Assault in the Fourth Degree” and had a \$5,000 bail. The second warrant was for “Obstruction” and had a \$5,000 bail. The third warrant was for “DV Assault in the Fourth Degree” and also held a \$5,000 bail. Ward was booked into the King County Jail.

**11/04/15 11:34 AM C15294579 Housing Authority Office Trespass**  
Roberta James (35) was arrested for criminal trespassing when she went to the Housing Authority office intoxicated. James had been previously trespassed from all Housing Authority properties. James also had three Muckleshoot Tribal Court misdemeanor warrants for Criminal Trespass each holding a \$500 cash only bail. James was booked into the SCORE Jail.

**11/04/15 2:40 PM C15294582 Muckleshoot Police Station Trespass**  
Nathen Baker (35) was trespassed from most Muckleshoot government buildings for a period of one year.

**11/04/15 5:00 PM C15294577 38900 block Auburn-Enumclaw RD SE Violation of a Court Order**  
Gerri Elkins (42) was charged with “Violation of a Domestic Violence Court Order” when she mailed a letter to an elder female who had the order against her. Elkins was rebooked into Regional Justice Center Jail on the new violation, where she was already incarcerated.

**11/04/15 10:16 PM C15294637 39000 block 164 AV SE Theft**  
An elder female had her Chihuahua and Wiener dog mix puppy stolen. The dog is white and tan with a black nose.

**11/05/15 2:27 PM C15294738 38900 block Auburn-Enumclaw RD SE Overdose**  
An adult male overdosed on heroin, meth and PCP. Deputies and fire department aid personnel were called to the location. The male was transported to the hospital for medical treatment.

**11/05/15 2:44 PM C15294736 Cedar Village Warrant Arrest**  
Madeline Bargala (34) was arrested on a King County misdemeanor warrant for “Possession of Stolen Property in the Third Degree” which held a \$4,000 bail. Bargala was booked into the Regional Justice Center Jail.

**11/05/15 2:44 PM C15294888 Cedar Village Trespass**  
Madeline Bargala (34) was cited for Criminal Trespass into the Muckleshoot Tribal Court when she was found in Cedar Village. Bargala had previously been trespassed from all Muckleshoot Housing Authority property.

**11/07/15 11:24 AM C15295061 4000 block Auburn Way S Stolen Vehicle Recovery**  
A stolen blue Acura Integra 2 door fled from a deputy. The car was later found abandoned. Two males have been identified as the occupants of the vehicle.

confused. When officers arrived, the female refused to identify herself and left the area.

**11/02/15 6:15 AM 15-14111 5500 block Auburn Way S DV Assault/Warrant**  
A male called 911 to report that two family members were physically fighting. When officers arrived, they observed injuries to both parties however both denied being in a physical altercation. Kenneth M. Shouting (26) was found to have an Auburn misdemeanor warrant and was booked into SCORE Jail.

**11/02/15 4:45 PM 15-14137 1700 block 17TH ST SE Theft**  
A female elder reported numerous items and money stolen from her residence. At this time, the suspect(s) have not been identified.

**11/03/15 11:00 AM 15-14173 Muckleshoot Smoke Shop Theft**  
A female reported that she had left her wallet inside the smoke shop and when she returned, it was no longer there. Officers viewed video surveillance and a female was identified as the suspect who stole the wallet. Officers went to the suspect’s residence and the suspect returned the wallet to the officer who was able to get it back to the victim. Charges for theft were forwarded to the prosecutor’s office.

**11/04/15 7:30 PM 15-14253 17TH ST SE/Dogwood ST SE Verbal Domestic**  
911 was called regarding a male hitting a female on the side of the road. Officers located the couple based on the witness’s descriptions. The male and female both admitted to being in a verbal argument but stated that nothing physical had occurred.

**11/05/15 10:45 PM 15-14305 1539 21ST ST SE Warrant/Drug Arrest**  
Three people were contacted while sitting in an empty parking lot in a vehicle. Robert Elkins (24) was arrested on a King County Misdemeanor warrant and was booked into the SCORE Jail. Robert Elkins (51) and Rachael Johnson (32) were both arrested for Possession of Drug Paraphernalia and were released at the scene.

**11/07/15 3:45 PM 15-14390 Browns Corner Shoplift**  
An employee called 911 to report that a native male with a knife in his waistband and a black male stole snacks from the location. Officers arrived however were unable to locate the suspects.

**11/08/15 1:00 PM 15-14420 2790 Auburn Way S Assault**  
Donevan Emanuel (41) was arrested for Assault 4th Degree after he threw a rock at and punched another male in the face. The victim was armed with pepper spray which he used during the assault.

**11/08/15 3:00 PM 2400 block 17TH ST SE Lewd**  
A male who was described as possibly native, 20 years old, 5’11 with a medium build, stopped a van in the middle of the street and got out to urinate in front of children who were outside playing. The van was last seen driving Southbound on Dogwood ST SE and officers were unable to locate it.

**11/07/15 8:25 PM C15295128 38900 block 164 AV SE Warrant Arrest**  
Max Simmons (37) was arrested on a Muckleshoot misdemeanor warrant for VUCSA (drugs) which held a \$500 cash only bail. Simmons was booked into the SCORE Jail.

**11/07/15 9:11 PM C15295138 Sla Hal Shed Theft**  
An adult female reported a handgun and holster stolen from her car. Someone called the victim the next day and told her that they found the gun and returned it to her.

**11/07/15 10:52 PM C15295150 38900 block Auburn-Enumclaw RD SE Theft**  
Natalie Starr (22) was cited for Theft into the Muckleshoot Tribal Court when she stole a black Michael Kors purse and \$510 in cash that was in the purse.

**11/07/15 11:24 PM C15295169 39900 block Auburn-Enumclaw RD SE Warrant Arrest**  
Kinyata Sagatu (20) was arrested on a misdemeanor Enumclaw warrant for Theft with a \$20,000 bail. Sagatu was booked into the Enumclaw Jail.

**11/08/15 12:09 AM C15295165 41400 block Auburn-Enumclaw RD SE Warrant Arrest**  
Rosario Dominick (22) was arrested on a King County felony warrant for VUCSA (Drugs.) Dominick was booked into the King County Jail.

**11/08/15 3:45 PM C15295239 16200 block SE 391 ST Drunkenness**  
An adult male was extremely intoxicated, he was causing a disturbance and yelling at people. The male did not have a place to stay and no one was willing to care for him. The male was taken to the hospital for detox.

**11/08/15 6:38 PM C15295259 SE 389 PL/162 CT SE Warrant Arrest**  
Dondi Courville (20) was arrested on two Auburn misdemeanor warrants. The first warrant was for Assault and held a \$2,600 bail. The second warrant was for Trespassing and also held a \$2,600 bail. Courville was booked into the SCORE Jail.

**11/09/15 9:26 PM C15295485 17600 block SE 408 ST Warrant Arrest**  
James Starr (24) was arrested on a Department of Corrections no bail felony warrant for Escape. Starr had run from a deputy but was found after a K9 track. Starr was booked into the SCORE Jail.

**11/10/15 8:00 AM C15295515 41100 block 180 AV SE Auto Theft**  
A blue 1989 Chevy K3 pickup truck and a 2013 BGTX utility trailer were stolen. The truck belonged to a landscaper. The truck and trailer we left in Auburn. Mowers, weed whackers, chain saws, hedgers, blowers, bagger and a tiller were all stolen from the truck and trailer.

**11/10/15 6:00 PM C15295631 Skopabsh Village Warrant Arrest**  
Sunshine Bargala (39) was arrested on three King County misdemeanor warrants. All three warrants were for Domestic Violence Court Order violations and each warrant held a \$5,000 bail. Bargala was also trespassed from all Muckleshoot Housing Authority properties for one year.

**11/15/15 11:29 AM C15296374 Auburn Way S/Riverwalk DR SE Recovered Stolen Vehicle**  
A 1988 beige Honda Accord 3 door that had been reported stolen earlier in the day in Kent was recovered with two males in it.

**11/15/15 5:30 PM 15-203109 SE 400 ST/Auburn-Enumclaw RD SE Drug Charges**  
An adult female was charged with Possession of Methamphetamine for drugs found with her on a July warrant arrest after the drugs tested positive for meth during a lab test.

**11/15/15 9:34 PM C15296448 SE 408 ST/Auburn-Enumclaw RD SE Drug Arrest**  
An adult male was arrested for possession of 2.4 grams of methamphetamine. The ATV the male was on was impounded as likely stolen, the VIN plate had been removed. The male was booked into the King County Jail for VUCSA (drug possession.)

**11/16/15 9:15 PM C15296647 38500 block 172 AV SE Suspicious Circumstance**  
The adult male resident answered the phone, the male caller asked for his adult female daughter. The resident thinks the male caller was calling in violation of a court order his daughter has against an ex-boyfriend but he hung up on the caller before he knew who the caller was for sure.

**11/18/15 1:45 PM C15296939 41600 block Auburn-Enumclaw RD SE Burglary Suspect Arrested**  
Muckleshoot deputies arrested an adult male burglary suspect from a burglary that had occurred in unincorporated King County near the reservation earlier in the morning. Some items stolen during the burglary were recovered. The male was booked into the King County Jail for investigation of Residential Burglary.

**11/19/15 8:13 AM C15297089 Muckleshoot Tribal School Assault**  
A juvenile student assaulted an adult female teacher by punching her and threatening the teacher with further bodily harm. The juvenile was arrested and booked into the King County Juvenile Detention Center for Assault and Harassment.

**11/21/15 2:00 PM C15297521 Brown’s Corner Theft**  
Teya Hall (21) shoplifted a cup of coffee from the gas station mini mart. Hall provided a false name to the deputy then resisted arrest when the deputy was taking her into custody. Hall was booked into the King County Jail for Theft in the Third Degree and Resisting Arrest.

**11/21/15 5:45 PM C15297562 Skopabsh Village Child Neglect**  
An adult female called about two juveniles being left home alone. When the deputy investigated he found the younger juvenile was with the mother. No evidence of neglect but a case report was written to document the investigation.

**11/22/15 9:37 AM C15297641 17600 block SE 408 ST Recovered Stolen Vehicle**  
A white 2002 GMC 2 door pickup truck that was stolen in Federal Way on 10/15/15 was recovered at a house. There was no one in the truck when it was recovered.

**11/08/15 7:20 PM 15-14430 2700 block 18TH ST SE Verbal Domestic**  
Female family members who reside together were in a verbal argument. Officers arrived on scene and one of the roommates agreed to leave the residence and began packing her belongings.

**11/09/15 9:00 AM 15-14449 Muckleshoot Casino Theft**  
A male called to report that a known male had stolen his wallet and shoes. The victim chased the suspect but lost sight of him in an apartment complex. Dustin Wyena (36) was found hiding in the apartment complex wearing the victim’s shoes. He was found to have an Auburn Misdemeanor Warrant for DWLS 3rd Degree and was booked into the SCORE Jail.

**11/10/15 10:30 AM 15-14449 5400 block 37TH CT SE Trespass**  
A neighbor called to report that a male and a female were trespassing at a residence which is supposed to be vacant. When police arrived, they located the male sitting on the front porch and he was informed that he was trespassing and was told to leave. The female was not located.

**11/10/15 7:30 AM 15-14498 2800 block Academy DR SE Recovered Stolen Veh**  
A pickup and trailer which had been stolen out of King County were recovered at the location.

**11/10/15 1:45 PM 2600 block 25TH ST SE Trespass**  
An officer assisted Muckleshoot Housing with changing the locks to an empty residence. A male was located inside the residence and said that he had been living in the vacant house for two weeks. The male was told that he was trespassing and given a warning to leave the residence.

**11/10/15 10:30 PM 15-14539 2700 block 18TH ST SE DV Assault**  
A female reported that her adult son threatened her with a knife during a verbal argument. An officer located the male nearby however he ran from officers and was not located.

**11/12/15 10:45 AM 15-14620 2500 block 18TH ST SE Vandalism**  
The community mailboxes at the location were damaged and one appeared to be pried open. It is unknown at this time what, if anything was stolen from the mailboxes.

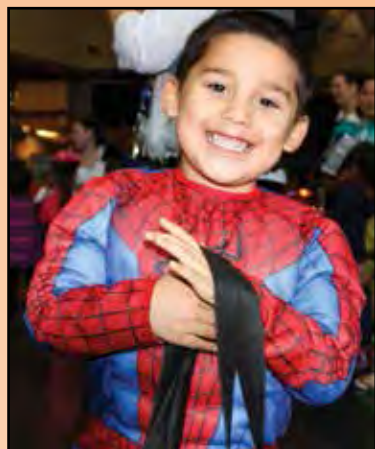
**11/12/15 7:00 PM 15-14625 2200 block Hemlock ST SE CPS**  
A CPS referral was investigation and closed.

**11/13/15 9:30 PM 15-14691 3400 block Auburn Way S Vehicle Theft**  
A white 1983 Toyota Pickup was stolen from the location

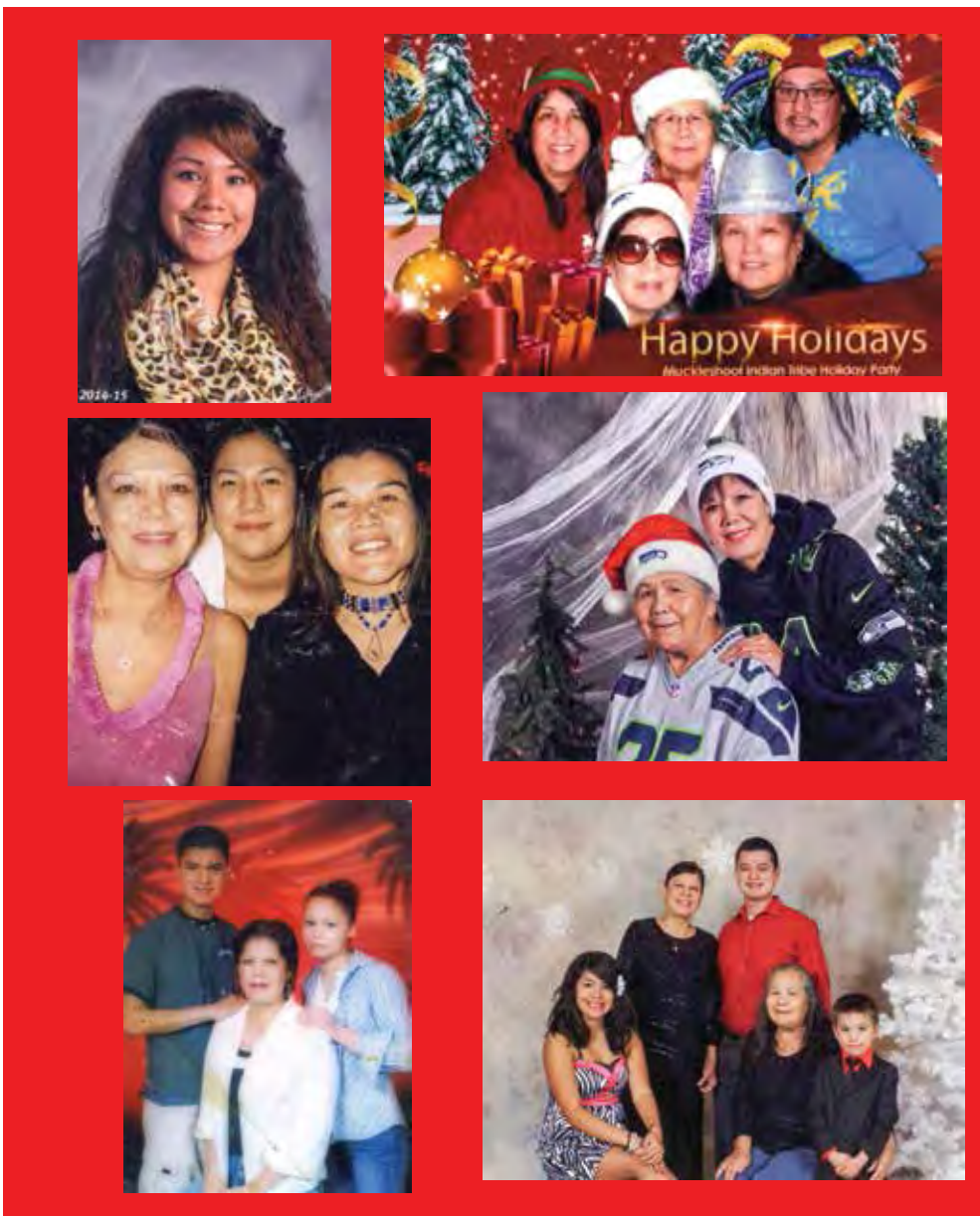
**11/17/15 2:30 AM 15-14811 Muckleshoot Bingo Trespass**  
Darrell Lozier (24) was arrested for trespassing at Bingo. He was provided with a court date and released at the scene.

# Trick or Treat!

PHOTOS BY EVAN AVILA







"Great big birthday wishes to my grandson Kuleace Eyle. Have a nice 11<sup>th</sup>, Grandma Babe loves you!"



"Happy Birthday Sallie Eyle, Wishing you nothing but the very best. You have come a long way in life. Stay strong. Love you - Mom"



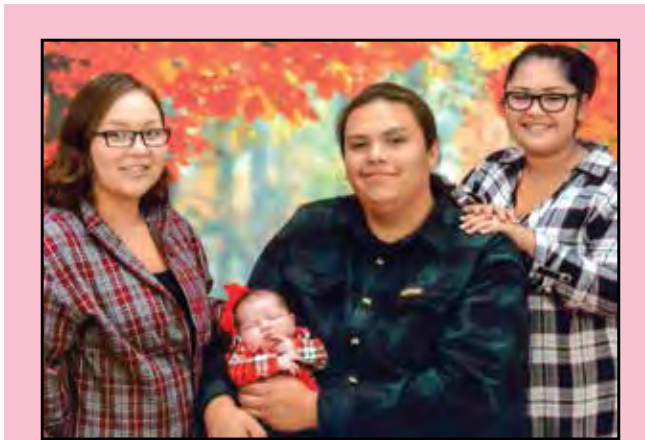
"Happy Birthday Kaleb Chajalla, Auntie Babe loves you! 10 years old!"

WESOME • GREAT! • WONDERFUL • FANTASTIC • AMAZING • DID IT • GOOD JOB! • RIGHT ON • HOORAY! • WAY TO GO! • SUPER • COOL • KEEP IT UP! • YOU DID IT!

Northwest Indian College - Muckleshoot Site  
STUDENT OF THE MONTH: LAVONNA WHITEEAGLE

Lavonna is a Muckleshoot Tribal Member and has worked very hard to do well in her classes here at Northwest Indian College. She often comes in on her own time to study and complete her course work. We have seen Lavonna grow as a student as well as a person. Lavonna was recognized by her English instructor Cary Hutchinson as having made huge improvements and overcoming personal obstacles. Lavonna's writing skills speak to her growth as a person as well as a student. We are so proud of Lavonna and cannot wait to see her continue to succeed!

**Congratulations Lavonna!!!**  
Northwest Indian College  
Student of the Month!  
Great job!!! Love you!!!  
~ Dad



**Best wishes for Happy Birthdays to our family's December/January babies:**

- Joshua Molina 12/5
- Virginia Allen 12/16
- Lauryn Courville 12/22
- Jessica Garcia-Jones 12/28, and baby is due in January
- Madrienne Courville 12/28
- Kaleb Wayne 12/28
- Matt Jones 12/31
- Malikai Allen 1/10

"May blessings come your way on your special days and throughout your years. We love you to the moon and back!" - Madrienne Salgado and family

**"Happy Birthday Kuleace Eyle" - From, Rhoeda Garcia**



**Mariyah Rayne Miller**

8 Lbs. 7.2 oz., 18 inches  
Born: September 28th 2015  
Proud Parents: Veronica Milne and Dewey Miller Jr.  
Grand Parents: Noreen and Tim Milne Sr. Lorena "Sugar" Harnden and Dewey Miller Sr.



Jaison Elkins with 2pt Buck



Tyson Simmons with First Buck 2015



**BIGHORN SHEEP**

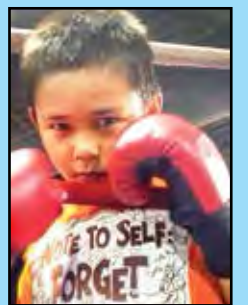
I just wanted to share these pics I took of some of our bighorn sheep hunters, and also I wanted thank Russell Brown and Brysen Jansen for helping me get my bighorn, especially when it was time to bring it down the mountain! Thanks guys, for showing my son Michael how to stick around and help other hunters out. It's something he will always remember! But yes, I just wanted to share my experience I had hunting bighorn. It was a blast! "AND YES FOLKS, BRYSEN STILL GOTTA SHAVE THE SEAHAWKS EMBLEM ON HIS HEAD! I WILL KEEP YOU ALL POSTED WHEN IT DOES HAPPEN! J, SORRY BRO, HAD TO PUT THIS IN THERE..."

- Mike Jerry Sr.



**Happy Birthday David "El Ocho"**

Happy Birthday to you.  
Happy Birthday to you.  
Happy Birthday dear David.  
Happy Birthday to you.



Happy Birthday son, we know that your special day will be bright and joyful because you will celebrate it with the ones who LOVE you.

We are all proud of you and the young man you are becoming.

We love to watch you grow each and every day, and all the training that you do will pay off.

Remember that we will always be your biggest fans around.

Love always and forever,  
Mom & Dad





# Health & Wellness

## Muckleshoot Tribal Clinic of Auburn Achieves AAAHC Accreditation

Muckleshoot Indian Tribe, Health and Wellness Center has achieved accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC). Accreditation distinguishes this ambulatory healthcare center from many other outpatient facilities by providing the highest quality of care to its patients as determined by an independent, external process of evaluation.

Status as an accredited organization means the Muckleshoot Health and Wellness Center has met nationally recognized standards for the provision of quality health care set by AAAHC.

More than 5,000 ambulatory health care organizations across the United States are accredited by AAAHC. Not all ambulatory health care organizations seek accreditation; not all that undergo the rigorous on-site survey process are granted accreditation.

“We believe our patients deserve the best,” stated Lisa James, Health Division Director of Muckleshoot Health and Wellness Center. “When you see our certificate of accreditation, you will know that AAAHC, an independent, not-for-profit organization, has closely examined our facility and procedures. It means we as an organization care enough about our patients to strive for the highest level of care possible.”

Ambulatory health care organizations seeking accreditation by AAAHC undergo an extensive self-assessment and on-site survey by AAAHC expert surveyors – physicians, nurses, and administrators who are actively involved in ambulatory health care. The survey is consultative and educational, presenting best practices to help an organization improve its care and services.

“Going through the process challenged us to find better ways to serve our patients, and it is a constant reminder that our responsibility is to strive to continuously improve the quality of care we provide,” said Lisa James.

The Muckleshoot Health and Wellness Center has achieved accreditation for the past 7 years. The staff and providers are experienced and dedicated to the Muckleshoot community. Ambulatory services include, medical, dental, optical, pharmacy, behavioral health, and fitness center.

The Accreditation Association for Ambulatory Health Care, founded in 1979, is the leader in ambulatory health care accreditation with more than 5,000 organizations accredited nationwide. AAAHC accredits a variety of organizations including, ambulatory surgery centers, office-based surgery centers, endoscopy centers, student health centers, military health care clinics, and large medical and dental practices. AAAHC serves as an advocate for the provision of high-quality health care through the development of nationally recognized standards and through its survey and accreditation programs.

AAAHC accreditation is recognized as a symbol of quality by third-party payers, medical organizations, liability insurance companies, state and federal agencies and the public.

This is our third AAAHC survey for accreditation. I would like to mention that the June 2015 Survey was the best one we’ve had. We almost got 100%, this is great and doesn’t happen often.

As part of our accreditation, we need to put Patient Feedback and Suggestion Box forms in all public areas for our patients to give feedback they want us to know about. The Patient Feedback forms are in all waiting room areas, they have a self addressed envelope and it is sent directly to me...I follow up on them as soon as possible..

Give us your feedback, negative and positive. Tell us how we’re doing. If I don’t know there is a problem to fix, or if you grumble around to the wrong people, I can’t help you...

Thank you.  
Lisa James, Health Director

### American Indian & Alaska Native Trust Income and MAGI: How it is used to figure if you Qualify for WA Apple Health (aka: Medicaid) and other Low Cost Health Insurance

#### Q: What is MAGI: (Modified Adjusted Gross Income)?

A: MAGI is your adjusted gross income as determined for Federal Income Tax purposes with certain income subtracted out.

#### News you can use!

Q: Ever wonder why we ask about your income?

#### Q: What is the purpose of MAGI?

A: MAGI is used to determine eligibility for Medicaid and other Health Insurance Plans offered through the Health Plan Finder/Marketplace.

#### Q: Are there special rules for calculating MAGI for American Indians and Alaska Natives (AI/ANs)?

A: Yes. MAGI is based on taxable, adjusted gross income that is reported to the Internal Revenue Service (IRS). Because some income received by AI/AN is non-taxable it is excluded in figuring the MAGI.

#### Q: What types of AI/AN income are usually exempt from MAGI?

- Distributions from Alaska Native Claims Settlement Act (ANCSA);
- Distributions from trust/reservation property;
- Income from related to hunting, fishing, and natural resources;
- Student financial aid from the BIA and/or Tribes;;
- Government income based on need such as SSI (Supplemental Security Income);

#### Q: Is my Tribal (gaming) Per Capita or Senior Income excluded from MAGI?

• No, Gaming Per Capita & Senior Income payments are taxable and must be included in your MAGI.

**For more information stop by the Managed Care Department  
At the Muckleshoot Health & Wellness Center  
17500 SE 392nd Street  
Auburn, WA 98092**

## Domestic Violence Services & Resources

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

#### OTHER RESOURCES

National Domestic Violence Hotline

1-800-799-7233 (24 Hr)

Washington Domestic Violence Hotline

1-800-562-6025

DAWN Crisis/Advocacy:

425-656-7867 (24 Hr)

King County Sexual Assault Center

1-888-998-6423 (24 Hr)

Crisis Clinic

1-866-427-4747 (24 Hr)

Seattle Indian Health Board

206-324-9360

#### SERVICES WE PROVIDE

**Safety Planning  
Individual & Family Therapy  
Weekly Support Group  
Emergency Housing  
Assistance Obtaining Protection Orders  
Court Advocacy & Transportation  
Legal Referrals  
Individualized Resources  
Emergency Supplies  
Help Navigating Legal & Social Systems**

*These services are available to all victims of domestic violence or sexual assault, men and women, any age*

**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!**

### SICK AND DON'T WANT TO WAIT LONG HOURS IN A HOSPITAL E.R.?

There are local Urgent Care Medical Centers that can help you.

Sore Throat, Ear Ache, Ankle Injury, Upper Respiratory Infections:  
These are just a few of the conditions they can help you with.  
They can also do lab work and x-rays, if needed.

If you decide to go after 5:00pm or on the weekend,  
CHS does consider this as an emergency room visit.

**You must call CHS office for  
PO numbers within 72 hours/3 days of being seen.**

**CHS OFFICE – 253-939-6648**

If you are too sick to call, a family member or friend can call for you.

\*\*\*SOME URGENT CARE CENTERS YOU CAN CALL TO CHECK THE WAIT TIME\*\*\*

#### MULTICARE URGENT CARE – AUBURN

202 Cross Street SE | Phone: 253-876-8111  
Hours: Monday – Friday, 8:00am – 7:30pm  
Saturday & Sunday, 8:00am – 3:30pm

#### MULTICARE URGENT CARE – KENT

222 State Ave N | Phone: 253-372-7788  
Hours: Monday – Friday, 9:00am – 8:30pm  
Saturday & Sunday, 9:00am – 4:30pm

#### MULTICARE URGENT CARE – COVINGTON

17700 SE 272nd St @ Wax Road | Phone: 253-372-7020  
Hours: Monday – Friday, 8:00am – 7:30pm  
Saturday & Sunday, 8:00am – 5:30pm

#### VALLEY MEDICAL CENTER – COVINGTON

27500 168th Place SE | Phone: 253-395-2006  
Hours: Monday – Friday, 8:00am – 8:00pm  
Saturday & Sunday, 8:00am – 4:00pm

09/01/15 MI URGENT CARE NOTICE

## ADVANCED DIRECTIVES

Come see the medical staff at the HWC!

#### 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**

Medical Staff  
17600 SE 392nd St SE  
Auburn WA 98092

Phone: 253-939-6648  
EXT. 3303



## IT'S TAX TIME AGAIN....

The ACA or "AFFORDABILITY CARE ACT" Signed into law in March 2010, the Affordable Care Act (also known as Obamacare) reformed the way health care is handled in the United States.

Originally signed under the title of The Patient Protection and Affordable Care Act, the ACA now prohibits insurers from denying coverage for preexisting health conditions and also set up health care exchanges where every American could register. This health care act was established to help Americans who previously could not afford the rising price of health care. To help ensure that all Americans apply for health care coverage, the ACA will fine those who "opt-out" of getting health care.

- if you are a Tax Filer that you must apply for an Exemption to avoid a PENALTY at Tax Time
- Enrolled Native Americans can sign up for coverage at any time during the year
- Youth 19 years and older can apply for Medical coverage on their own

**ORANGE FORM**

**Native Americans can sign up for coverage at any time!**  
Did you complete this form?  
Did you receive an exemption # yet?

**FORM 8965**

Please feel free to visit the Muckleshoot Health & Wellness Center's Managed Care Department for assistance with getting health care coverage or completing tax exemption form!

## ---OPTICAL DEPARTMENT HAS NEW PHONE NUMBER ---

**You can call the Optical office directly  
(253) 735-2020**

**Hours:  
Monday - Friday  
8-5  
Closed 12-1 for Lunch  
Wednesday 9-5 pm**



## 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

- 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

### 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

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**

## Health & Wellness Center Program Hours

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

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

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	Open
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Optical Clinic	(253) 735-2020	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 through Dec. 2015 - Jan. 2016

Day	Date	Times Closed	Reason for Closure
Thurs	Dec 4th	8-9 am	Monthly All Staff Meeting
Mon	Dec 14th	11-5 pm	MIT Tribal Ops Holiday Event Wellness Open Regular Hours
Thurs	Dec 24th	1-8 pm	Christmas Eve Holiday Wellness Closed
Fri	Dec 25th	All Day	Christmas
Thurs	Dec 31st	1-5 pm	New Year's Eve Holiday Wellness Open 5-8
Fri	Jan 1st	All Day	New Year's Day
Mon.	Jan. 18th	All Day	Martin Luther King Jr. Holiday



### SEEKING CCDF PROVIDERS

**Do you have a genuine love of children and enjoy seeing them thrive in a safe and comfortable environment.**

**Could you provide nurturing and fun learning experiences for a neighbor, friend, or family member's child/ren.**

**We are seeking individuals that can offer – flexible or set days & hours for children between the ages of 0 through 12 years of age.**

**Give the Muckleshoot Indian Tribe's CCDF Program a call and see how you could get paid for providing childcare services.**

**Call: Linda Eyle @ 253-876-3016, come by the MECE Building or, send me an Email: [linda.eyle@muckleshoot.nsn.us](mailto:linda.eyle@muckleshoot.nsn.us).**

**Our children are our most precious resource. Parents shouldn't have to struggle to provide quality, affordable care when working, attending schooling, or training opportunities. Please partner with me in protecting this resource!**

15599 SE 376TH St Auburn, WA 98092





## Community Service Hours

Tribal and community members needing to complete community service hours obligations for the courts can come see me at the Phillip Starr Building. If you have community service hour obligations and need to start working on them, I can set you up for a place to work them off so you can complete them. Please contact me at 253-876-3153 or email me at [walter.pacheco@muckleshoot.nsn.us](mailto:walter.pacheco@muckleshoot.nsn.us).

## NOTICE:

The Feathered Healing Circle will begin meeting on Thursdays at 5:00 PM –  
Cynthia Lozier



**Muckleshoot Behavioral Health Program**

**DO YOU HAVE A GAMBLING PROBLEM?**

**THERE IS HOPE!**

GET HELP TODAY

- 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




**ORANGE FORMS**

**WHAT: 2015 Health Care Reform**

**WHO: American Indians/Alaskan Natives**

**WHY: Tax Penalty Exemption**

See Tonya Montgomery or Ronette Bailey  
Muckleshoot Health & Wellness Center  
Managed Care Department

*Nikki's Diabetes Corner*



Nikki Grimwood RN, Diabetes Nurse at HWC

**HOLIDAY EATING WITH DIABETES**

Eating during the holidays can be a challenge for just about anybody, but can be harder if you are diabetic. I wanted to share a few holiday eating tips and suggestions in helping keep blood sugars controlled during the holiday season. Holidays can be all about the food that many look forward to all year long, but it can also be about focusing your time on family and friends.

1. Eating 70% of vegetables and 30% of other foods on your plate or plan to eat your vegetables first than go back for small portions of richer food choices.
2. If your family plans to eat mid or late afternoon plan accordingly to eat breakfast or choose a healthy snack to keep you satisfied until the big meal. Plan your plate ahead of time if you are familiar with foods being served.
3. Don't beat yourself up if you over indulge with more carbohydrates than planned. Stop eating and begin to focus your attention on the family filled night.
  - a. Common Carbohydrates during holidays: Breads, rolls, stuffing, potatoes, sweet potatoes, corn, peas, milk, fruit, candy, desserts, soda, sweet teas, and juices. Choose you carbs wisely and be mindful of portions. Get back on track with usual eating habits the next day.
4. Check your blood sugar before and after meals for high blood sugars. Attempt to keep blood sugar readings below 200.
5. Plan a physical activity with family such as dancing or walking after dinner to keep blood sugars controlled.
6. Watch the salt and fats; choose frozen vegetables with no sauce and try to avoid butters, gravy's, sour cream, and mayonnaise filled food dishes.
7. Take medication on time for blood sugar control; if it continues to stay elevated contact your doctor's office.
8. Most importantly, ENJOY YOURSELF!!!

**Pregnant Women Need the Tdap Vaccine**

Whooping cough is serious. This disease is highly contagious and those most at risk for severe complications are infants too young to receive the whooping cough vaccine.

We know that the vaccine against this disease is the best protection we have. Pregnant women need the Tdap vaccine in their 3<sup>rd</sup> trimester, every pregnancy, to protect themselves and their babies.

Muckleshoot Health & Wellness Center is proud to partner with the Washington State Department of Health to encourage pregnant women to get the Tdap vaccine. Pregnant women are key to protecting vulnerable infants.

Talk with your doctor or nurse about the whooping cough vaccine today, or visit [doh.wa.gov/whooping\\_cough](http://doh.wa.gov/whooping_cough) to get the facts.

**DON'T SPREAD WHOOPING COUGH TO YOUR BABY**

Get a Tdap vaccine in your 3<sup>rd</sup> trimester



Health [www.doh.wa.gov/whooping\\_cough](http://www.doh.wa.gov/whooping_cough)

If you have any questions contact Muckleshoot Health & Wellness Center Medical Clinic at 253-939-6648.

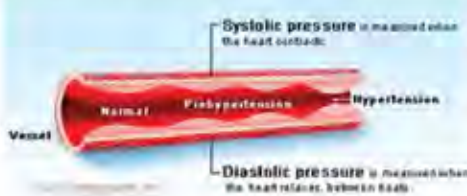


**High Blood Pressure and Diabetes**

Having high blood pressure (hypertension) and diabetes combined can cause damage to the eyes, kidneys and heart.

Your blood vessels can be permanently affected due to uncontrolled diabetes damaging arteries. Blood pressure left untreated can damage arteries as well and increase the risk for heart attack, heart failure, stroke, and kidney damage.

Blood pressure should not be more than 140/80. Most of the time there are no symptoms of high blood pressure (you don't feel anything).



**Lifestyle changes for a healthy heart:**

- Choose foods that are lower in salt (sodium); for people with hypertension and over age 50 years old limit daily intake to 1,500 mg. On average, our population consumes 4,000-6,000 mg/day. Read food labels.
- Remember to take your blood pressure medicine.
- Engage in physical activity for 30 minutes at least 4-5 days a week.
- Stop smoking!
- Limit alcohol consumption
- Keep your blood sugars in normal range.

**Know your numbers!**

Muckleshoot Health & Wellness Center-253-939-6648



IT'S NOTHING SERIOUS - JUST YOUR FUNNY BONE.



**YOU DON'T HAVE TO WAIT UNTIL 1:00 PM ANYMORE**

**MEDICAL WALK-INS ARE NOW FROM 9:00 am TO 4:00 pm MONDAY THRU FRIDAY**

**BEAT the Flu BUG**



**Get your Shot!**

All eligible Tribal and Community member age 6 months or older may receive a flu shot.

Present to the HWC Medical clinic M-F between 9-4:30 pm (Closed 12-1 pm).

**No appointment necessary.**

For more information contact us at 253-939-6648.





## Diabetes Prevention

*Take Control of Your Health Today*

- ◆ Drink at least **8 cups water** per day (4 bottles)
- ◆ **Eliminate** sugar-sweetened beverages, such as **pop, Kool-Aid, energy drinks, and fruit drinks**
- ◆ **Eat fruits and vegetables** every day
- ◆ Engage in daily **physical activity**
- ◆ Stress less—find ways to **manage stress**
- ◆ Show up to **medical appointments**
- ◆ **Get screened** for diabetes to prevent complications



**Muckleshoot Health and Wellness Center**  
 Diabetes Program  
 Nikki Grimwood, DM nurse  
 Emmie Price, DM CHR  
**253-939-6648**

# Risks and Benefits of E-cigarette Use

By Cathy McDonald, MD, MPH

Electronic cigarettes, or e-cigarettes, are devices that allow users to inhale a vapor containing nicotine, and sales of their many different brands were forecast to exceed \$1 billion in the U.S. during 2013. The e-cigarette usually comes in three parts: the battery, the atomizer, and the cartridge. The battery corresponds to the part of the traditional cigarette that contains the tobacco. The atomizer lies between the battery and the cartridge, which is made to look like the filter of a cigarette and contains absorbent material called polyfill fibers soaked in e-juice, a nicotine solution. When a smoker draws an inhalation on the cartridge, the e-juice reacts with the heat produced in the atomizer powered by the battery, and produces steam. This enters the “smoker’s” mouth as a vapor that is usually exhaled appearing as “smoke.” Those who use e-cigarettes often call this “vaping” rather than “smoking.” The technology of e-cigarettes is adapting and changing. Reusable e-cigarettes come with a charger similar to a cell phone charge. Many of the newer e-cigarettes have “cartomizers” that combine cartridge and atomizer and some have cartridge tanks that can be refilled with nicotine solutions of various strengths and flavors. In addition to the reusable e-cigarettes, there are also those made for single use.



Adkinson found 85% of users reporting that they were using e-cigarettes to help them quit but only 11% had actually quit at follow-up.

Frequently when people use e-cigarettes to quit smoking they end up as dual users continuing to use both conventional cigarettes along with e-cigarettes. Because e-cigarette users engage in the same hand-to-mouth motion and produce exhalation of “vapor”, smoking behaviors are reinforced; unlike breaking these behaviors when using one of the seven FDA approved tobacco treatment medications to quit. The continuation of smoking low or intermediate numbers of conventional cigarettes has been shown to be associated with many medical problems, cardiovascular disease, lung, gastric and esophageal cancer. Continued low rates of smoking also position the user for relapse.

Existing public health service guidelines recommend evidence-based tobacco dependence treatment medications, in addition to counseling. These medications were known to be safe and effective prior to mass distribution, and over time have shown that when combined with counseling results in quit rates of 20-45% at 6 months. e-cigarettes on the other hand, have not proven to be a safe and effective method of quitting, but may demonstrate a role in tobacco harm reduction.

## Safety and Regulation

Similar to the combustion of hundreds of compounds in conventional cigarettes, there are a number of chemicals vaporized in an e-cigarette that have unknown risks to the user. Currently, there is no adequate scientific evidence establishing the safety of e-cigarettes. As of Spring 2014, e-cigarette use is limited in Australia, Canada, New Jersey, and North Dakota. It is illegal to sell them to minors in California and their use is currently banned on all UC campuses as part of the recently enacted tobacco-free policies. Their use is restricted where smoking is not allowed in certain counties and cities in California as well as in New York City, Los Angeles, and Chicago.

The main safety concerns stem from lack of quality control of the various branded e-cigarette devices and uncertainties about short and long term effects. There is significant variability in nicotine levels found in refill cartridges and solutions, which poses a risk of overdose and exposure to potentially toxic components and impurities that might be present in e-cigarettes. Refilling from a bottle of e-juice often necessitates handling 30 cc of flavored 24 mg nicotine solution. This equals 720 mg of nicotine in a small bottle without a childproof cap, when the lethal dose of nicotine is 30-60 mg for adults and 10 mg for children. There is also a lack of consistent and effective nicotine vaporization among different e-cigarette brands. A concern published in a March 2013 Public Library of Science article, is that metal and silicon particles have been found in the cartomizer fluid and aerosol from e-cigarettes with cartomizers.

As e-cigarettes have penetrated the market of smokers, the tobacco industry has joined on. Lorillard, makers of Newport, purchased a popular e-cigarette, Blu, in April 2012 and is using the latest marketing strategies to promote this brand. Blu e-cigarettes are sold on the internet with a simple request for you to select if you are over or under 18 years of age. If you select over, you can proceed with the order. If you select under, you exit the site. Then as you select from a series of flavors such as Peach Schnapps and Pina Colada, you are offered the chance to “like” them on Facebook spreading work through social networks. Your pack is set up so that it will vibrate if you are either within 50 feet of a Blu user – so you can connect – and/or of a supplier where you can stock up on cartridges.

## E-Cigarette Use Among Youth

Findings reported in the September 5, 2013 Chemical Dependency Counselor’s Morbidity and Mortality Weekly Report (MMWR) from the National Youth Tobacco Survey reveal that use of e-cigarettes by middle and high school youths dramatically increased from 4.7% used in 2010 to 10% in 2011. Seventy-six percent of the students who used e-cigarettes in the last 30 days also smoked conventional cigarettes, and 20% of middle school students who had ever tried an e-cigarette had never used conventional cigarettes prior. These findings not only mirror the growth of e-cigarette use in the general population, which is spreading dramatically with unknown long-term health effects, but also suggest rapid spread among teens and the possibility of developing nicotine addiction from e-cigarettes, with e-cigarettes becoming a potential gateway for later conventional cigarette smoking. This new avenue for becoming addicted to nicotine is concerning because adolescents are more sensitive to nicotine than adults and experience unique consequences due to the fact that the prefrontal cortex has not fully developed. Early exposure to nicotine in adolescence may interfere with brain maturation and have long-term effects on cognition, mental health, and personality. Current, the hundreds of varied forms of e-cigarettes marketed are completely unregulated, inadequately tested for safety, impacting smoking initiation by youth and challenging the social normal morphology of no smoking in public places. The current e-cigarette advertising blitz and the impact of normalization of smoking are very concerning from the standpoint of primary prevention not only amongst youth, but the population at large.

## Smoking Cessation vs. Smoking Substitutes or Dual Use

The courts have ruled that the e-cigarette is a tobacco product and not a smoking cessation device and therefore the FDA cannot regulate e-cigarettes as such. Instead, the FDA can regulate e-cigarettes as a tobacco product yet no regulations have been issued to date.

In a study of 40 individuals using e-cigarettes, Polosa showed that 22.5% had sustained conventional cigarette abstinence at 6 months; however, two-thirds of these were still smoking e-cigarettes.

**Please contact Muckleshoot Health & Wellness Center with any questions about smoking cessation at (253) 939-6648**




## HWC LATE NIGHT OPEN GYM:

The Wellness Center Gym will be “Open Gym” and open late on the following days:

FRIDAY, NOV 27TH	9pm-12:30 am
FRIDAY, DEC 4TH	9pm-12:30 am
FRIDAY, DEC 11TH	9pm-12:30 am
FRIDAY, DEC 18TH	9pm-12:30 am
SAT, DEC 26TH	9pm-12:30 am
FRIDAY, JAN 1ST	Not Sure Yet ?
FRIDAY, JAN 8TH	9pm-12:30 am

The Wellness Center gym will be open during these times. If no one comes to the gym, it will close. If there is any vandalism or damage to the building, it may stop being open.



**It's not too late ...  
 Get your FLU shot today!  
 M-F @ HWC**

**NO APPOINTMENT NEEDED**



## MIT HWC Stop & Shop New Service !!!

**New Stop & Shop service :**

To & from Enumclaw Safeway & Auburn Walmart  
 Every Tues & Thurs round trips to each of these stores  
 Starts at noon until 9:00 p.m.  
 The last pick up run is at approx. 5:10 pm.  
 Pick up is at the usual bus stops.

