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Town Hall Meeting
February 22, 2016

Location: Cougar Room
Time: 6:00PM - 8:00PM

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

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Muckleshoot
MONTHLY



Vol. XVII No. I

Muckleshoot Indian Reservation, Wash.

February 5, 2016

A GIFT OF WARMTH



PHOTO BY JOHN LOFTUS

Handing out jackets at Tahoma Indian Center

The Muckleshoot Tribal Council carried on one of its most cherished holiday traditions again this year. Under the leadership of Councilmember Kerri Marquez, hundreds of warm fleece jackets were distributed to those in need at three different locations this past December.

The first was Tahoma Indian Center, which, after years of operating out of a storefront near downtown Tacoma, has moved to a new, partly residential-based facility in a neighborhood adjacent to the Emerald Queen Casino.

A crowd of 50 to 100 Natives of many tribes gathered to welcome the Muckleshoot representatives, with the leader giving a tour and the cooks serving a fine Indian taco luncheon before the gifting began.

A lovely spacious gazebo out in the sunny yard was the perfect place to assemble the many boxes of fleece jackets and distribute them to the long line of people that were happy to receive them. A group of women sang and drummed nearby.

Kerri Marquez and daughter Virginia, along with Government Relations staffers Claudia Kauffman and Madrienne Salgado, were assisted by an enthusiastic crew of the NAWMAC (Native Americans Who Make A Change) club from the Muckleshoot Tribal School. Everyone worked hard and the jacket distribution went smoothly.

The next jacket gifting took place at the Selma R. Carson Home in Fife. The facility is a former nursing home that's been remodeled and currently serves as a holding facility for undocumented, primarily Central American, boys aged 12-17 that are under the jurisdiction of the U.S. Dept. of Health & Human Services.

Operated by a kind and thoughtful non-profit, the 50 or so

Continued on page 4

Tax Preparation Service
At Philip Starr Building

H&R Block has again opened an office in the conference room at the top of the stairs in the Philip Starr Building to prepare tribal members and tribal employees in the preparation of their federal income tax returns. Office hours are 9:00 AM. to 5:00 PM.



Dates of operation are as follows:

- 1/19 to 2/12 – Monday through Friday
- 2/16 to 3/31 – Tuesdays, Thursdays and Fridays
- 4/4 to 4/19 – Monday through Friday

Call 253-876-3063 to make an appointment to drop off your tax forms and pick up your completed return later. Just bring in your tax forms (W-2s, 1099s, etc) and have H&R Block file your taxes electronically.

The Tribal Council has approved the following for you:

- The Tribe will pay up to a maximum of \$130 per Return (\$180 if Box 7 on 1099) for tribal member households. Please note that the immediate discount is only available at the Philip Starr Building H&R Block office.
- Reimbursement of up to \$130 (\$180 if Box 7 on 1099) if tribal member has already filed their 2015 tax return at another H&R Block location or tax preparer. Just bring in the receipt to Finance and fill out the request for reimbursement.
- 20% discount for tribal members and a \$20 discount for all tribal employees. Coupons are available at Finance Reception.

TRIBE CHOOSES ITS LEADERS



Mike Jerry Sr.



Jaison Elkins



John Daniels Jr.

MUCKLESHOOT – The 2016 election brings two new faces to the Tribal Council – Jaison Elkins, one of the Tribe’s most promising young men, and John Daniels Jr., who brings vast experience, having been elected previously at a relatively young age and going on to serve for 15 years, 11 of them as Tribal Chair during a time of great progress. In recent years he’s headed up the Tribe’s Governmental Affairs Office.

Mike Jerry Sr. was the top vote-getter, earning a third term with 229 votes. Elkins was second with 216 and Daniels secured the third slot with 207.

Longtime Councilmember and former Chair Charlotte Williams finished 4th with 180, while Tribal Council Treasurer Nick Bennett was 5th with 154.

Rounding out the top ten were Carl Moses Sr. (141), J.C. Byars (111), Virgil Spencer (111), Brandon Eyle (93), and Jessica Garcia (90).

Although young, Jaison Elkins comes prepared, having chaired the Muckleshoot Youth Council as a teen, earning a B.A. in Political Science from the University of Colorado at Boulder, and serving his Tribe as a legal intern, Intergovernmental Affairs apprentice, Youth Development Program Manager, and training specialist at the casino.

Swearing-in ceremonies will take place in April.

Muckleshoot Tribal ELECTION RESULTS

Mike Jerry, Sr.	229
Jaison Elkins	216
John Daniels, Jr.	207
Charlotte Williams	180
Nick Bennett	154
Carl Moses, Sr.	141
J.C. Byars	111
Virgil Spencer	111
Brandon Eyle	93
Jessica Garcia	90
Mark James	80
Anita Pedro	79
Anthony Lozier, Sr.	68
Ada McDaniel	61
Fawn Hutchens	45
Beverly Moses	42
Susan Starr	42
Dawn Sneatium-Miller	32
Phillip Jones	28
Mike Edwards	20
Lance Butler	17
Jennie Martin	17
Fred Lane, Jr.	16
Bear James	14
William James	4

40th Annual American Indian Film Festival

SAN FRANCISCO – It was shown on a quiet Wednesday afternoon – not exactly prime time – but Gilbert “Hoagie” King George’s 29-minute documentary entitled “Smoking Salmon with Gilbert King George” was selected for showing at the 2015 American Indian Film Festival in San Francisco.

Hoagie’s gentle and loving film was a step-by-step tutorial on how to smoke salmon in the traditional way, seasoned with a bit of wit and wisdom. Filmmakers Masa Vestuto and Michael Lopez were the ones that made the project possible, but the ones that really deserve the credit, Hoagie says, are the women who taught him to smoke salmon, “my mom, aunt and mother in law, Eva Mae King George Jerry, Alice Williams, and Lena Wilson Moses.”

“Smoking Salmon with Gilbert King George” was shown on a Wednesday afternoon that featured small but interesting films. It was preceded by a thoughtful film about how the Colville Tribe shapes and maintains the road network on its sprawling reservation and was followed by an excellent and touching film about the ancient art of Oneida Indian lacrosse stick making as seen through the eyes of one of their nation’s last master stickmakers. Hoagie’s film fit right in.

He was unable to attend in person, and actually hadn’t intended for it to be shown at film festivals anyway. It was his sister, Donna Starr, that submitted it for consideration. Donna was part of a Muckleshoot Tribal School delegation that included herself, Adam Miller, Norman Robinson, Francisco Marquez, Sasheen Simmons and Alyssa Jerry, as well as MTS staff members Gene Enos and Jennifer Paterson.

Hoagie’s real reason for making the film, he stresses, was simply to help protect a tradition by providing a training film to serve as a guide to

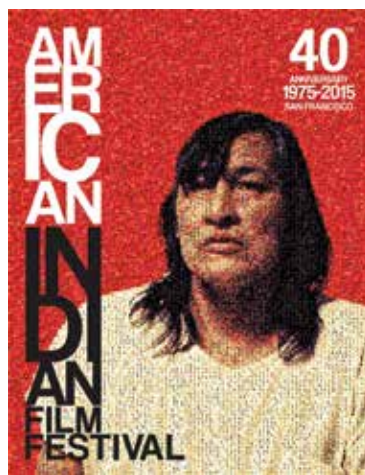


PHOTO BY JOHN LOFTUS

“Smoking Salmon with Gilbert King George” on screen at the AIFF

future generations.

“I wanted to make this film because the smokehouses on our reservation have all but disappeared,” he explained. “That alarms me. So Tallis and I came up with the idea to make a film



to pass down the knowledge of how to smoke salmon, as it was taught to me. I hope people will become interested in smoking salmon, a lifeway that belongs to us.”

The film is dedicated to the memory of the late Billy Frank Jr. a fellow veteran of the Fish Wars, which Hoagie quite accurately calls the Second Treaty War.

“Billy devoted his life to protecting the Salmon People,” he says. “He will be remembered among the legendary chiefs of our two treaty wars.”

Copies of the DVD were donated to the Muckleshoot Tribal School, the Muckleshoot Branch of the King County Library, the Muckleshoot Archives, and the Muckleshoot Tribal College. You can also view the film at anytime on YouTube. It starts off with a scene that is very familiar to all Muckleshoots:

<https://www.youtube.com/watch?v=ILxPOMmLVNs>

Thank you to all who got out and voted!

I would like to thank all you who got out and voted this year – what an awesome turnout, just over 700 voters! I very much appreciate the opportunity to represent our tribe for another term. I will continue to stand up for our tribe and defend it to the fullest!

As I said before, I will represent us the best way I can in honor of our ancestors who left us with the opportunity to be who we are today and carry on their legacy. Our ancestors were proud people who took care of one another and their way of life. We must never forget them because they are the true leaders!

I'm looking forward to seeing what the future has for us. Whatever comes our way, we must join together and take life's test/trials and celebrations. Together we can conquer – alone we cannot! Once again, thank you for all the support, and my office door is always open – feel free to stop by anytime with concerns or just a visit.

Mike Jerry, Sr.



Thank you, thank you, thank you so much!

Thank you to everyone who exercised your right to vote on January 18, 2016 – voter turnout was incredible.

Thank you to my family, friends, and community for supporting me. I love you all – you are all near and dear to my heart.

It is a great honor to be of service to the people, and I will do my very best – I am eternally grateful. I look forward to working as a team with my fellow colleagues.

I am excited and energized because there is hope for a brighter future for all generations of our great nation – in some way or another we all contribute to our future successes!

Jaison Elkins



I am Grateful and Humbled by Your Support

Thank You, Muckleshoot Tribe! Though the hard work of my team is much appreciated, it is still you – the people – who voted to choose your leaders. I consider this election win a great gift but also a great challenge.

I'd like to congratulate all who participated in this past week's election and I'm thankful to the outgoing Tribal Council members who have served and are now leaving.

No time spent trying to make the lives of our people better is lost time: in fact, it may be the most important times of our lives.

In addition to being a good Dad, the job of serving you as a member of the Muckleshoot Tribal Council will be the most important job of my life.

I can't wait to get started and look forward to the work we will be doing together.

John Daniels, Jr.



Muckleshoot Indian Tribe Annual LEGISLATIVE BANQUET



Tribal Chairman Virginia Cross looks on as Marvin Starr Sr. and apprentice Tyson Simmons put finishing touches on the 28-foot river canoe they've been carving for the past four months.

2016 ELECTION DATA REPORT

Prepared by Jackie Swanson, Elections Administrator
January 22, 2016

ACTIVITY	2016	2015	2014
Eligible Voters	1,727	1,736	1,529
Poll Voting	706	679	581
<i>% of voters</i>	95%	93%	93%
Absentee Voting	37	54	46
<i>% of voters</i>	5%	7%	7%
Total ballots cast	743	733	627
Voter Turnout	43%	42%	41%



State Rep. Sharon Tomiko-Santos (D-Seattle), Chair of the House Education Committee, recently met with the Muckleshoot Education Committee to discuss the Tribe's issues and priorities in the current session of the legislature. L-R: Councilmember Anita Mitchell, Rep. Tomiko-Santos, Chairman Virginia Cross and Councilmember Nick Bennett

PHOTO BY EVAN AVILA



Town Hall Meeting
February 22, 2016
Location:
Cougar Room
Time:
6:00pm– 8:00pm

- Refreshments Provided
- Meeting called to order at 6:00pm
- No Raffle items

2016 Per Capita Deadlines and Schedule

November 30, 2015	- Enrollment Cut Off for March 2016 Per Capita
January 29, 2016	- Deadline for New Direct Deposits to be turned in to Tax Fund
February 5, 2016	- Deadline to stop taking Direct Deposit Changes/Cancellations
February 28, 2016	- Enrollment Cut Off Date for June 2016 Per Capita
March 1, 2016	- Per Capita Distribution Cougar Room
March 2, 2016	- Per Capita Distribution Cougar Room
March 3, 2016	- Per Capita Distribution Finance Building
April 30, 2016	- Deadline for New Direct Deposits to be turned in to Tax Fund
May 6, 2016	- Deadline to stop taking Direct Deposit Changes/Cancellations
May 31, 2016	- Enrollment Cut Off Date for September 2016 Per Capita
June 7, 2016	- Per Capita Distribution Cougar Room
June 8, 2016	- Per Capita Distribution Cougar Room
June 9, 2016	- Per Capita Distribution Finance Building

Some other important things to note:

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

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

Sincerely,
 Heather Evans
 Finance Operations Analyst

Jade Anthony Buck

Jade Anthony Buck, 48, was born June 4, 1969, in Auburn, WA, where he spent his youth until the age of 12 when he relocated to the Priest Rapids Village. He attended school in Mattawa until his sophomore year; then got his GED. During the summer months, he spent time traveling to pow wows and participated in the Ellensburg Labor Day Rodeo and Pendleton Round-Up. During his lifetime he had various jobs including Tulalip Waste Management and Grant County PUD – Living Culture Program. In his spare time he spent it doing his crafts, beading, drawing, making tulle mats and various items with antler and bone. He really was a Jack-of-All-Trades and loved his animals.

Jade is survived by his mother Jan Maurice; aunts: Elaine Maurice, Joan Maurice, and Rachel Buck; uncles: Rex (Angela) Buck, Jr., Melvin Lucei, and Lester Umtuch; siblings: Maureen Fryberg, Anissa Buck, Emilee (Jason) Buck, Velma (Ronnie) Wyena, Destiny Buck, Gy Kindness, Cameron Kindness, Marlon (Shannon) Kindless, Mike (Doris) Squeochs, Tiny Bubbles, Joe Buck, George Lucei, Kenny Mathias; grandmothers: Larena Sohapp, Louise (Kenny) Scabbyrobe, Wilma Buck, Ruth Jim, Charlene Onepenne, Jojo Onepenne, Marceline Onepenne; numerous cousins, nieces, nephews, friends, and his dog, Cowboy!

Jade is preceded in death by his father Willie Buck; paternal grandparents Frank (Margaret Squeochs) Buck; maternal grandparents Alexander Maurice and Anita King George; uncles: Stanley Buck, Douglas Buck, Johnny Buck, Harry Buck, James Maurice, Larry Maurice; aunts: Arlene Buck, Betty Goudy, Carol Maurice, Triva Maurice, and Maxine Starr.

Overnight services were held at Priest Rapids Longhouse on December 28, 2015, with interment at the Priest Rapids Cemetery taking place the following morning.



Kathy Ann Crombie

Kathy Ann Crombie, of Auburn, passed away December 16, 2015, at the age of 64. She was born September 11, 1951, to Marvin and Alfreda Ross in Enumclaw, WA. Kathy graduated from Auburn High School and Antioch Seattle University. She worked for the Muckleshoot Head Start program. Kathy was Skopabsh royalty-kay?? 2010 – 2011.

Kathy enjoyed telling dirty jokes, basket weaving, canoe journey, gambling, traveling and photography. She especially loved spending time with her children, grandchildren, and great grandchildren.

She is preceded in death by her parents, Marvin and Alfreda; husband, Curt Crombie; sister, Diane Ross; brother, Melvin Ross, and granddaughter, Ava Louella Buchanan.

Kathy is survived by her sons, Donald and Pete Buchanan; daughter, Donna Crombie; brothers, Marvin Ross, Sr., Dwayne Ross, Sr., Randy Ross, Sr.; sisters, Sandy Ross, Francine Ross, Laurie Molina, and Sherry Montoya. She is also survived by 10 grandchildren, numerous great grandchildren, great great grandchildren, and many other people she loved as her own.

A visitation was held, Friday, December 18, 2015, at 1:00 to 3:00 p.m. at Weeks' Funeral Home, followed by a Prayer Service at 7:00 p.m. at the Muckleshoot Pentecostal Church in Auburn. A funeral service was held, Saturday, December 19, 2015, at 9:00 a.m. at the Muckleshoot Pentecostal Church with burial at New White Lake Cemetery.

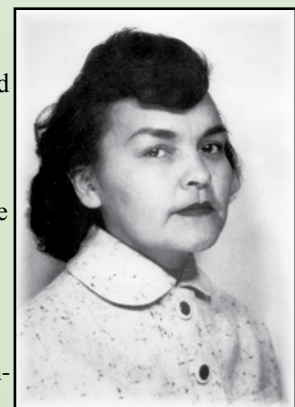


Ellen Elvena "Bena" Williams

Ellen Elvena "Bena" Williams, 92 of Auburn, died January 4, 2016. She was born November 19, 1923, in Preston, WA, to George and Matilda Barr. Bena enjoyed knitting, she was an avid reader and very involved in the Shaker Church. She was a Linguist, who helped to preserve the Whulshootseed Language for Washington State. Bena was a huge Seahawk and Mariners fan. She enjoyed art and crafts, especially cedar weaving and playing Bingo on a regular basis.

She is survived by her daughter, Norma William of Auburn; her son, Norman Williams of Auburn; granddaughters, Diana Rogers of Sumner, Lori Oliver of Sumner, and Elvena Williams of Auburn; grandsons, Rob Rodarte, Jr. of Orting and Norman Williams, Jr. of Auburn. She is also survived by many great grandchildren.

Preceded in death by four brothers and two sisters. A prayer service was held, Wednesday, January 6, 2016, at 7:00 p.m. with the funeral service, Thursday, January 7, 2016, at 9:00 a.m. both at the Muckleshoot Shaker Church. A graveside ceremony was held at the Old White Lake Cemetery.



Kenneth Albert Cross

Kenneth Albert Cross, of Auburn, born January 16, 1943 passed away on December 9, 2015 in Federal Way at the age of 72.

His hobbies included watching the Mariners, Seahawks, old western shows, Clint Eastwood movies, and wrestling (if you tried to visit with him during wrestling, you had to sit and watch with him). He loved to read old western novels. His favorite beverages included Rainier beer and Canadian Club. One of his recent loves was having a stripper (provided by his sister Virginia) for each birthday. He loved to tease everyone and laugh – telling jokes and teasing were his specialty.

He was preceded in death by his mom Elvina Kingeorge; his dad George Cross Sr.; sisters Loretta, Posie, Thelma, Linda, Dorothy, Patricia, Doris, Laverne, Margie, and Georgianna; brothers James, Harold, and Raymond; and his son Stanley Joseph, all of Auburn.

He is survived by his sisters Virginia Cross, Lorraine Cross, Marlene Cross, all of Auburn, and Millie Jones of Tulalip and Auburn; his brother George Cross Jr of Auburn; his daughter Marena Cross of Auburn; his son Rocky Oliver of Federal Way; his six grandchildren Adrienne Fulgencio, Stanley Cross, Harold Moses, Corey Cross, Glorianna Abella, and Rosa Lozier, all of Auburn; and his six great grandchildren Eduardo Moses, Charles Moses, Kainoa Cross, Xandra Cross, Keoni Cross, and Zoie Cross, all of Auburn; and his many nieces, nephews, great nieces, great nephews, cousins, friends, and relatives from many tribal communities.

The viewing was held on Friday, December 11, 2015, from 12pm to 2pm at Weeks Funeral Home. Candle light service followed the viewing at the Shaker Church and at 7pm that evening.

Funeral Services were held at 9am on Saturday, December 12, 2015, at the Muckleshoot Shaker Church. Burial followed the funeral services at the Old White Lake Cemetery where he was placed by his mom and dad, just like he had wanted.



Elson Morgan "Beeb" Moses

Elson Morgan "Beeb" Moses, 60, of Enumclaw, died January 30, 2016, in Tacoma, Washington. He was born December 10, 1955, in Auburn, Washington.

He served in the Marine Corps, was a member of the Muckleshoot Tribe and served as a Fish Commissioner for more than 27 years. He enjoyed softball, basketball, fishing, playing pool and gambling. He helped raise his siblings, many nieces, nephews and grandchildren.

He is survived by his significant other Rebecca Sheldon; son, Jo-Al Moses; daughters Denise Moses and Tara Sheldon; brother, Ray Williams; sister, Rayetta Williams; eight grandchildren, Ronald Penn IV, Konti Penn, Tasheena McCloud, Michael McCloud, Destiny Janson, Alehndra Ornelas, Jaleyah Williams and Alana Williams; and several nieces and nephews.

He was preceded in death by his parents and daughter Michelle McCloud-Ornelas.

Visitation took place Wednesday, February 3, at Weeks Funeral Home in Buckley, with a prayer service held at the Muckleshoot Pentecostal Church that evening. Funeral services were held Thursday, February 4 at the Muckleshoot Pentecostal Church, followed by burial at the Old White Lake Cemetery on the Muckleshoot Reservation.





PHOTO BY REED & ERIN PALMER

Multiple stakes winner Noosito stretches his legs as he begins his 5-year-old season.

TRAINING BEGINS AT EMERALD DOWNS

AUBURN, Wash. — Over 200 horses were on the grounds Monday, February 1, as Thoroughbreds began training for the 2016 live racing season at Emerald Downs.

With sunshine poking through the clouds, Pippa Bou Peep reprised her role as first horse on the track in 2016. With trainer Charles Essex aboard, Pippa Bou Peep stepped onto the racetrack at exactly 8:30 a.m., the second straight year the Harbor the Gold filly was the first horse on the track for the new season.

Stable superintendent Vern Baze reported 211 horses on the grounds—up 23 runners from last year—and expects the total to grow daily over the next nine weeks. Last year, the horse population sailed over the 1,000 mark for the first time in four years.

Noosito, champion 3-year-old of 2014 and twice runner-up to Stryker Phd in 2015, was on the track Monday for trainer Doris Harwood, and newly turned 3-year-old Barkley, winner of last year's Emerald Express Stakes, made an appearance for trainer Howard Belvoir.

Trainer Don Munger, 92 years old, was on hand for his 21st straight stable opener,

hauling in a string of runners from his Enumclaw farm. Other trainers present were Chris Stenslie, Robbie Baze, Terry Gillihan, Frank Lucarelli, Roy Lumm, Vince Gibson, Jose Navarro, Tom Wenzel, Cliff Balcom, H.R. Mullens, Candi Tollett and Robert Sodergren.

Several jockeys were out exercising horses, including Javier Matias, Jennifer Whitaker and Matt Hagerty, while Gallyn Mitchell, the track's all-time leader with 1,419 wins, also was on hand, although the 53-year-old announced his retirement last year.

Training hours are 8:30 a.m. to 1 p.m. daily, and fans can eat breakfast and watch training in the Quarter Chute Café, which is currently open from 8:00AM to 2:00PM.

Emerald Downs' 20th anniversary season begins Saturday, April 9 and runs through Sunday, September 11. The 70-day meeting features 28 stakes beginning with the \$50,000 Seattle Handicap for 3-year-old fillies on Sunday, May 9, and includes the 81st renewal of the \$200,000 Longacres Mile (G3) for 3-year-olds and up on Sunday, August 14.

Tahoma Indian Center Jacket Giveaway 2015



GIFT OF WARMTH *continued from page 1*

boys were a happy group, extremely well-mannered, and grateful to have nice new jackets. They boys are learning English while at the Selma Carson Home, and treated the MIT delegation with a pretty good English rendition of Jingle Bells.

Unfortunately, the MTS youth were unable to participate in the Fife giveaway, but they were on hand for the third and final one, at a residential facility for homeless youth, the Spruce Street Inn's Secure Crisis Residential Center, located near Seattle University in the lower Capitol Hill neighborhood.

These residents, age 13-17, had been living on the streets of Seattle before finding a temporary home at the center. They

wear sweat suits at the facility, so they got a bunch of nice new ones from the Muckleshoot Tribe, for which they were most appreciative.

As staff showed the adults around the facility, the NAWMAC youth quickly made friends and were soon playing foosball and socializing with the kids that stayed there. Facilities such as this can be the first step toward finding a true path in life for young people such as these, who have nowhere else to go.

The Tribal Council will, no doubt, be distributing gifts to the needy again next Christmas. It can be a profound experience for all involved, as they see how great the needs of others are, and how deeply the Tribe's kindness is appreciated.



PHOTO BY JOHN LOFTUS

Tribal School NAWMAC members hold Thank You sign from Spruce Street Home. Claudia Kauffman and Madrienne Salgado are in front.



PHOTO BY JOHN LOFTUS

Selma R. Carlson Home

Annual Employee Ugly Sweater Contest

PHOTOS BY EVAN AVILA

The Annual Employee Ugly Sweater Contest was held in the Phillip Starr Building lobby on December 23, 2015. Participants gathered to show off their best ugly sweaters in hopes of winning the first place prize. Snacks and hot cocoa were provided for anyone who wanted to stop by. The top three finalists were Amy Castaneda, Melissa Satiacum, and Rosette Andy.



MIT COMMUNITY CHRISTMAS PARTY

December 20, 2015 - Emerald Downs

PHOTOS BY EVAN AVILA





NORTHWEST INDIAN COLLEGE
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**NEW 4-YEAR DEGREE IN HUMAN SERVICES!
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Kendra Aguilar, Site Manager - kaguilar@nwic.edu / 253-876-2831
Melissa Reaves, Instructional Aid - mreaves@nwic.edu / 253-876-2831

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At the completion of the program, GED graduates will have:

- ◊ Actively engaged in flexible enrollment options for full and part time studies
- ◊ Built academic mastery from instruction that incorporates cultural and real world curriculum
- ◊ Committed to receiving guided support from instructors, peers, and/or community leaders
- ◊ Offered alumni support through an aftercare leadership program, linking graduates to college, vocational, job training, and other leadership opportunities

The GED Learning Center welcomes second-chance adult learners from *all* communities

Muckleshoot Tribal College
39811 Auburn Enumclaw Road Southeast
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www.muckleshoottribalcollege.org



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Program Philosophy

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- Practical Academics



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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 172nd Ave. SE Auburn, WA)

Language Program
Mary Ross 253.876.3306

Culture Program
James Smiskin 253.876.3013

MUCKLESHOOT TRIBAL COLLEGE

Career and Advisor Counselor




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- ARE YOU LOOKING FOR A CAREER?
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CALL, COME IN OR SCHEDULE AN APPOINTMENT!!



MUCKLESHOOT TRIBAL COLLEGE

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

MUCKLESHOOT TRIBAL COLLEGE
39811 Auburn Enumclaw Road
Auburn, WA 98002

M.O.S.T. Program Students of the Month – December 2015



Shalena Summers – The M.O.S.T. Program is proud to announce Shalena Summers as Student of the Month. Since her enrollment into our program she has been a diligent and a hard-working student. Shalena has just completed the intermediate class. She has demonstrated an advanced knowledge of computer literacy in every aspect of the entire class. In addition to her advanced understanding of the material, Shalena has been a constant delight to have in class. Ms. Summers went above and beyond the scope of the class and personified the image of the ideal student. Thank you for your commitment to the Muckleshoot Occupational Skills Training Program.

Sherri Pendley - The M.O.S.T. Program is proud to announce Sherri Pendley as Student of the Month. Since her enrollment into our program she has exemplified excellence into every aspect of her work. Sherri has just completed the Basic Class and is currently enrolled in Intermediate. She has a solid working knowledge of the material and expresses critical thinking skills that you would find in a college environment. Furthermore, Sherri has been an ideal addition to the M.O.S.T. Program. Working and attending school shows a certain character that has been recognized by the staff. Her humor is one quality that should also be recognized. Thank you for your commitment to the Muckleshoot Occupational Skills Training Program.



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.

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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:
Eileen 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.

THIS IS ABOUT DRUGS!

Let's Take Ownership of Our Rez – Right Now!

– Submitted by Shirley Taylor, Muckleshoot Tribal Member & Elder

The drug houses need to be shut down and boarded up. There's needles, tinfoil and burnt spoons all over the rez. Drug dealers are selling drugs to young people – anybody that will buy them.

People from the outside – the ones with large amounts of drugs – are selling to small dealers on the rez. That's the ones we need to shut down. Turn them in, and when the time comes, people need to follow through and testify in court against them. Part of the reason people get away with it is because nobody wants to testify in court.

Some of them are trying to move into the rez. People turn their heads and act like nothing is going on here. A lot of people know who's who and where to go to get their drugs, and who's doing what.

When it gets dark is when people on drugs come out – when nobody can see them... out of the woodwork. People are robbing anybody and everybody – their family, their friends. It's getting so bad now that you're afraid to let people in your home, or go anywhere, fearing you will be robbed.

Then, to top that off, you find the stuff they stole – your power saws, TVs, iPads, computers, phones, beadwork, guns – and that's just the tip of the iceberg – and have to buy it back from someone that purchased it. PEOPLE: Quit Buying Stolen Goods!

People are dying from drugs here on

our rez. It might be your kid next. Moms have been having drug babies, going on for 20 years now. You need to do Block Watch. Call the cops when you see something that doesn't look right. Give names. Call the King County Police.

Up at Lummi, they banish their tribal members. Let's do our part so that doesn't wind up happening here. It's getting bad here, and it's going to take the whole tribe to help out – not just King County and the Health & Wellness programs.

Tribal Council members made statements to the people, one at a time, starting with Virginia Cross, at the recent annual meeting of the General Council. It's time for all of us to get involved. The Muckleshoot Law and Order Committee meets twice a month, and meetings are open to tribal members, so come and take part, express your concerns, and be part of the solution.

The meetings are held 1st and 3rd Mondays at the Old Key Bank from 1:00 to 3:00 pm. Meetings are sometimes rescheduled, so it's best to contact Carlee Eyle of the Tribal Council staff in advance to confirm times, dates, agenda items and any other necessary attendees. Carlee can be reached at Carlee.Eyle@muckleshoot.nsn.us or 253-876-3168.



NWIC BACHELORS STUDENT REFLECTIONS

In partnership with Northwest Indian College and Denise Bill's CSOV 300 upper division Cultural Sovereignty class, the bachelors' level students were required to submit a reflection about leadership and what mark they would like to make in the world, or their favorite reflection from the Vine Deloria Jr. book "Indians of the Pacific Northwest." they wrote while taking this class.

Deborah Monahan - Tribal Governance and Business Management

Hello Muckleshoot family and friends my name is Deborah A. Monahan, an enrolled Muckleshoot member who is currently enrolled at the Muckleshoot tribal college (working towards earning my bachelor's degree in tribal governance and business management).



Denise Bill encouraged our class to publish our favorite reflection from Indians of the Pacific Northwest by Vine Deloria Jr. Ms. Bill (also a Muckleshoot tribal member) teaches us the tools we need for reclaiming our history, knowing our identity, and using our cultural traditions as our motivation key to higher education. Indians of the Pacific Northwest tells the truth about the events that made history. Vine Deloria doesn't just share a piece of history with us; he shares a piece of our history with us. We learn how the Muckleshoot's, Puyallup's, Nisqually's, and many other tribal families came to be. Vine Deloria Jr. has connected us to a part of our history never told before. It is important to know who you are and where you come from because it is our identity that defines us.

Leona Starr – Human Services: Community Advocate and Responsive Education

The mark that I would like to leave in the world, there is only so much a person can do. Honestly just raising my daughter to be the very best person she can be and encourage her not to be afraid to try new things and help others; which she at such a young age has already started to do. Starting with her Birthday and still willing to give. Always wanting to help others and she is a giver, cause in her own way she does this at her school as well.



Rachel Lugo-Moses - Tribal Governance and Business Management

I would love to be remembered as a loving, caring, nurturing, mother and wife; as well as a sister, friend and auntie. I would also like to be remembered as being as a great beader like my mother Gina Moses. I would like to be shown as someone with strength and determination, someone who rises up to the challenges I have been faced with.



Christopher Horn - Tribal Governance and Business Management

In many ways the Lummi Aquaculture Project represents one of the greatest victories in Indian Country. This should serve as a model for not only natives, but anyone who wants to promote a positive future for our world. As John Trudell said (and repeated in the movie *Thunderheart*), "There is a way to live with the Earth and a way not to live with Earth. I choose the way of Earth." I had that phrase in mind when I heard a First-Nations woman at AIHEC, tearfully defending fracking on the reserve that she came from. Of course the oil companies promised millions of dollars and hundreds of jobs just to get more fossil fuels out of the ground. Ask any Dine' about the worth of promises from oil companies. As Natives, I feel we have a responsibility to pool together resources to jump start the economies of reservations, reserves and pueblos across Turtle Island that other tribes may choose the way of Earth as opposed to "the only path left".



Melissa Reaves - Human Services: Community Advocate and Responsive Education

"What way would you want to make their mark in the world; what would you like to be remembered for?"

My simple answer goal is to make a difference in the world by helping people. Now helping people is an incredibly broad topic, so to narrow it down. I plan to start working in social work and hopefully one day being a domestic violence advocate while working with those who suffer with chemical dependency issues. I understand that these two realms of work can often coincide with one another and having obtained my CDPT (Chemical Dependency Professional Trainee) certification while graduating with my A.A.S. from Northwest Indian College last spring, my next plan of action is to earn a Bachelors' in Human Services so I can share and utilize the skills I gain in my desired field.



I plan to pursue a Masters' in Social Work as well as a Masters' in Education. My passion has always been to teach in the K-12 system; I am not one hundred percent sure where I am going but it is on the path of helping others. I have always had this overwhelming desire to be a voice for the underserved communities and populations of our world and what better way to do that then to work in a tribal setting. I hope to give back to the communities that have helped me grow and succeed as a student as well as a person. I would like to be remembered for my heart and how hard I work. I believe I put passion into nearly everything that I do and I hope that shines through in my everyday life. I am a work in progress and I would like to share my personal success story and how we as individuals define our own success not what is set out for us.

David Miramontez – Tribal Governance and Business Management

In the 1950s-1960s, for the first time in American history, Native peoples could propagate in Washington whenever they deemed necessary without authorization from the central office of the BIA, and then promulgated it through Congress legislation, and then into law. This transformed the temperament of the relationship between the federal government, Indian tribes, and the BIA. Native leaders could now pursue contemporary acknowledgment of traditional and legal rights.



The creation and development of a strong foundation allowed tribal sovereignty and self-determination to take place. The federal government's trust obligations and the duty to protect Indian land and return possession was now law by treaty. Water, hunting, fishing rights, religious freedom accomplished in Congress and in courts of law, and all other efforts of the legal structure in Indian Country was only the beginning.

However, Indian Nations today know from past experiences with the United States Supreme Court, these statutes, legislative initiatives, and acts of Congress are just a paper trail that most often lead nowhere. The federal government's plenary power is their ace in the hole in Indian poker!

Austin Andy - Tribal Governance and Business Management

Q) What would you like to be remembered by?

A) A respectful friend and family member.

Q) What mark would you like to set in the world?

A) After I attain my BA/Degree, I would like to begin a career in the Business Field whether it's Finance or accounting department for either my own Tribe of the Yakama Nation, or any other tribe within a Tribal Office or Tribal Casino, as the option to relocate is open for the best interest. This way I would be giving back to a tribal community in upholding responsible accounts for funds to be placed where it belongs.





MTS POTLATCH 2015

November 24, 2015 - MTS Gymnasium

PHOTO BY EVAN AVILA



Elementary Students of the Month: October



Leslie Starr

Leslie is responsible, by coming to school, she shows respect to her elders, respects her peers, most of all she respects herself. She works hard in culture; she is helpful to other students. Leslie also is involved with her culture outside of school by following the Powwow trail. Leslie is an awesome young lady, way to go! Chosen by Ms. Verna!



Karley James

Karley is the Culture Student of the Month – She is always on task and is willing to help others! Good Job Karley!!!



Tyrell Nichols

Tyrell has been showing his leadership skills this year. He is making great choices and setting his learning goals high. Great job Tyrell!



Ariana Jerry

Ariana is being chosen for student of the month in Ms. Leeschelle (LeeLee) Rojas Serroels's class. Ariana always tries her best in everything that she does—from academics to performing arts. She is a true leader that shows kindness and respect to everyone. She is a good friend and is a pleasure to have in class.



Tania Washines

Tania comes to school ready to listen and learn. She asks questions when she does not understand something. Tania gets along well with her classmates and is a respectful student to teach.



Flora Emery

Flora is the October student of the month. She is always so positive! She always has a smile on her face! She helps anyone and everyone who needs it; whether it is a hand up, or a hug Flora is helpful!



Tristan James

Tristan is a respectful and responsible student who has earned recognition for his positive choices! He participates in after school activities including sports and homework club. He is responsible with his assignments and homework. He is a caring person and a nice friend to everyone. Thanks for being a great role model Tristan!



Malikai Allen

October's Student of the Month is Malikai. He has really put forth effort towards staying on task and following the CHAMPS rules throughout the day! This has been demonstrated not only by the quality of work that he has been producing, but the knowledge he has been contributing to classroom whole group discussions! Way to go Malikai and keep up the great work!



Ebony Aho

Ebony is a hard worker and is always doing the right thing. I can always count on her to be a kind friend to her peers. Thank you Ebony for being so awesome!



Beatrice Nelson

In Ms. Struck's classroom, the Student of the Month is Beatrice Nelson. She has 100% attendance and has turned in all of her homework. Beatrice is thoughtful towards others and is helpful. I especially appreciate how hard she works in reading – way to go!



Natalia Rikon

Natalia is our student of the month. She has been attending school every day. As a friend, she is always showing her fellow friends how to treat each other with respect. She works diligently on her assignments and tries to make sure her work is done in a timely manner. Natalia is a great role model for her fellow friends! Way to SHINE, Natalia!!!!



Evan Thompson

Evan is very respectful to his classmates and teachers. He is always eager to help around the classroom. He is a great role-model for his peers. Evan shines bright in his classroom and is always there to help a friend. He is also amazing at coloring and drawing awesome pictures!



LeeLee is the student of the month for working hard in class, being kind to others, and following school rules. LeeLee always tries her best and takes pride of her work. She is a bright girl who is always ready to learn and is eager to learn new things. LeeLee gets along with everyone and cares about how other people are treated. She makes the class such a happy place with her positive attitude and willingness to help. Keep up the good work LeeLee!



Brooklyn is Ms. Azure's October student of the month. Brooklyn is an AMAZING kindergartener; she always comes to school ready and excited to learn. Brooklyn is also very responsible; she brings her behavior report to school almost every day and constantly cleans up after herself. GREAT JOB BROOKLYN!



Elementary Students of the Month: December



Christopher Wayne

Christopher is Ms. Azure's student of the month. He has amazing attendance, always wears his listening ears and is a good friend to everyone! Congratulations Christopher!



Rock Starr

Our Student of the Month is Rock Starr. Rock has been working really hard this year. He is always very happy and excited to see his friends. We love having Rock in our classroom!!!



Kaylie Elkins

Kaylie is our student of the month because she has great attendance and a great attitude. She always remains positive and puts her hardest effort forward. Kaylie works diligently to complete all of her assignments on time and finds other ways to occupy herself while she is waiting for her classmates to finish! Kaylie is always positive and treats all of her friends with a lot of respect and kindness. Kaylie tries hard to do her best each and every day! Way to GO KAYLIE!!!



Kaliya Elkins

Kaliya is a hard-worker and creative. She is a role-model to her class and enjoys sharing her ideas. Kaliya makes an effort to show good choices and make a positive difference in our class.



Larissa Mathias

Larissa is a very responsible and respectful student. She works hard in class for every subject and always does her best on each assignment. She is a member of the performing arts group; she participates in flute, powwow dancing, after school sports, and always remembers her folder and homework. She is nice to everyone and very helpful and caring. She follows instructions the first time and deserves special recognition for being a great role model and leader in and out of class.



T'Ann Daniels

T'Ann is Student of the Month for December. She had perfect attendance for December and has improved with turning in her homework. T'Ann is a good listener and follows directions. She is always ready to learn!



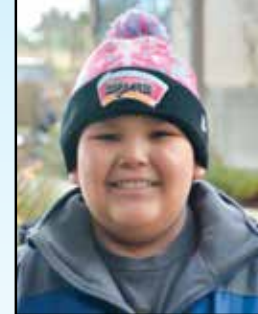
Jayden Williams

Jayden is a hard worker and always does the right thing. I can always count on him to be a caring friend. Thank you Jayden for being a positive role model in our classroom!



Dace Pleasant

Dace has worked hard to become a leader that others look up to. He has made hard sacrifices and been honest with himself and others. I am happy to choose Dace as Student of the Month. He has earned it for putting in hard work.



Cameron Williams

Cameron is being selected as student of the month. Cameron is a pleasure to have in class. He constantly has a smile on his face which is contagious to anyone he talks to. He has a strong passion for learning and always does his best work. He is a good friend to his peers. He is a very respectful individual and will go out of his way to help others.



Anthony Magee

Anthony is attentive and works hard in all subjects. He has been a positive and pleasant student to work with. He has also been a positive role model to the other students at circle time. Anthony is a great 4th Grader!



Sage Elkins

I am proud to have Sage as my December Student of the Month. Sage is hard working and he shows care for his teacher and all his classmates. Sage has developed into a leader and has been a positive example for his classmates. I am proud of all the improvement Sage has made and look forward to his continued growth during the school year.



Wyndin Weeks

Wyndin is our Student of the Month! He has really shown growth in his leadership skills within the classroom, being a great example of following the CHAMPS rules throughout the day! Wyndin is also a great friend to others, always willing to lend a helping hand! Way to go Wyndin and keep up the good work!!!

Students of the Month for NOVEMBER - MTS Middle School

Spice Bay Buffet Lunch December 17th, 2016:



- | | | |
|----------------------|--------------------|---------------------|
| Ezra Broady | Darus Nichols | X'Zavier White |
| Autumn Dillon | Lamont Nichols | Jeremiah WhiteEagle |
| Jett Dillon | Lillanna Ramirez | Shaleen WhiteEagle |
| Jasmine Dorman | Ayana Rodriguez | Kristina Williams |
| Tehya Jackson | Ariana Romo-Rincon | Rachel Pavel |
| Izreal Judson Elkins | Talon Sather | David Mondejar |
| Elijah Lobehan | Kalani Thomopson | |
| MacKenzie Lobehan | Stannsi Vaiese | |
| Riley Margullis | Isadore VanBrunt | |
| Brandon Moran | Nathon Ward-Hahn | |

October High School Students of the Month at MTS

The theme for October was School Spirit:



- 9th grade - Erick Elkins and Carla Thompson
 - 10th grade - Michael Shawn Coombes and Cedar McCloud
 - 11th grade - Jeffrey LaVerdure and Alyssa Jerry
 - 12th grade - Robert Moses and Karrena Heredia Medina
- (Not pictured are Erick, Robert or Karrena)

MTS Middle School Students of the Month for January



Ayana Rodriguez



Elijah Lobehan



Jett Dillon



MacKenzie Lobehan



Tehya Jackson



X'Zavier White



PHOTO BY EVAN AVILA

Stafford Family Donates Warm Coats for the Holiday Season

Aaron Stafford and family, of Stafford Excavating, made a generous donation of 60 brand-new coats and ten Seahawks beanies to the Muckleshoot Indian Tribe. The donations will be given out through the Resource Center to those in need.

VETERANS CORNER

By Tony Gonzales, Muckleshoot Veterans Committee

Well, the New Year has come and it's 2016!

I just wanted to, first of all, thank all the Veterans and wish them a Happy New Year. The reason I wanted to start off the new year writing this Veterans Corner article is because I am reaching out to the Veterans, and their families, to let us know your stories about your Veterans in the Muckleshoot community, and to bring those stories forward to the Veterans building. We are trying to put an entry in the newspaper every month from this point forward, but we need your help also.

There are new policies and procedures that the Veterans committee is working on as you read this article. Would like to either put a story, or an entry, that will come from the committee, on what the progress is within the Veterans Center.

To the community: When you see a Veteran thank them for their service because without these brave men our freedoms would not be. Thanks again to my fellow Veterans and their loved ones.



Muckleshoot Youth Hunters Take 1st Place at Sportsman's Show

Russell Brown Jr. and Donald Jerry Jr. took 1st place at the 2016 Sportsman's Show for elk. Russell's was a Cascade Roosevelt's Elk, while Donald's trophy elk was of the Rocky Mountain variety.



Russell Brown Jr.



MIT'S ANNUAL LEGISLATIVE DINNER

December 9, 2015 - Muckleshoot Casino, Chinook Room

PHOTO BY EVAN AVILA



Dealing with Bed Bugs

1. Make sure you really have bed bugs, not fleas, ticks or other insects.

Please refer to picture above

2. Don't panic!

It can be difficult to eliminate bed bugs, but it's not impossible. Don't throw out all of your things because most of them can be treated and saved. Throwing stuff out is expensive, may spread the bed bugs to other people's homes and could cause more stress.

3. Think through your treatment options -- Don't immediately reach for the spray can.

Be comprehensive in your approach. Try other things first. Integrated pest management (IPM) techniques may reduce the number of bed bugs and limit your contact with pesticides. If pesticides are needed, always follow label directions or hire a professional.

4. Reduce the number of hiding places -- Clean up the clutter.

A cluttered home provides more places for bed bugs to hide and makes locating and treating them harder. If bed bugs are in your mattress, using special bed bug covers (encasements) on your mattress and box springs makes it harder for bed bugs to get to you while you sleep. Leave the encasements on for a year. Be sure to buy a product that has been tested for bed bugs and is strong enough to last for the full year without tearing.

5. Regularly wash and heat-dry your bed sheets, blankets, bedspreads and any clothing that touches the floor.

This reduces the number of bed bugs. Bed bugs and their eggs can hide in laundry containers/hampers. Remember to clean them when you do the laundry.

6. Do-it-yourself freezing may not be a reliable method for bed bug control.

While freezing can kill bed bugs, temperatures must remain very low for a long time. Home freezers may not be cold enough to kill bed bugs; always use a thermometer to accurately check the temperature. Putting things outside in freezing temperatures could kill bed bugs, but there are many factors that can affect the success of this method.

7. Kill bed bugs with heat, but be very careful.

Raising the indoor temperature with the thermostat or space heaters won't do the job. Special equipment and very high temperatures are necessary for successful heat treatment. Black plastic bags in the sun might work to kill bed bugs in luggage or small items, if the contents become hot enough. Bed bugs die when their body temperatures reach 45°C (113°F). To kill bed bugs with heat, the room or container must be even hotter to ensure sustained heat reaches the bugs no matter where they are hiding



8. Don't pass your bed bugs on to others.

Bed bugs are good hitchhikers. If you throw out a mattress or furniture that has bed bugs in it, you should slash or in some way destroy it so that no one else takes it and gets bed bugs.

9. Reduce the number of bed bugs to reduce bites.

Thorough vacuuming can get rid of some of your bed bugs. Carefully vacuum rugs, floors, upholstered furniture, bed frames, under beds, around bed legs, and all cracks and crevices around the room. Change the bag after each use so the bed bugs can't escape. Place the used bag in a tightly sealed plastic bag and in an outside garbage bin.

10. Turn to the professionals, if needed.

Hiring an experienced, responsible pest control professional can increase your chance of success in getting rid of bed bugs. If you hire an expert, be sure it's a company with a good reputation and request that it use an IPM approach. Contact your state pesticide agency for guidance about hiring professional pest control companies. Also, EPA's Citizen's Guide to Pest Control and Pesticide Safety provides information about IPM approaches, how to choose a pest control company, safe handling of pesticides, and emergency information.



*Jonathan William Sampson
Receives Name Giving Ceremony*

“On December 5th 2015, our son Jonathan William Sampson, is now named ‘O HA’ MI’. He was named at the Agency Longhouse in Warmsprings, Oregon, by his Grandmother Colleen Debra Johnson. We’re very proud of O HA’ MI is his name. “Yellow Hand” he spoke to his family clearly and thanked them for the name giving ceremony.”

-Della L. Morrison

Child Find Screening

What is a Child Find Screening?

Screening is a free check of your child's development—including:

- Large muscle development
- Eye-hand coordination (fine motor skills)
- Communication
- Concepts
- Personal-social skills, self help skills
- academic skills

What is the purpose of a Child Find Screening?

The purpose of the screen is to identify any factors that may interfere with your child's learning, growth, and development. The screening is also provided to help parents identify their child's strengths and weaknesses and provide home suggestions.

What happens during a Child Find Screening?

During the screening, your young child may stack small blocks, cut with a scissors, draw, count, name colors, jump, and have fun! For older children and teens it may include academic, social and emotional, communication screening. Following the screening, a trained professional will talk with you about the results of the screening. You will have the opportunity to ask any questions about your child's development. You may be given home suggestions, referred on for further testing, or be scheduled to have skills rechecked at a later date. The screening process usually takes about 45 minutes.

Who is eligible to be screened?

Any child, from birth through 21, whose family or care givers would like more information about their child's development. All school districts within Washington State have Child Find screenings available. If your family is living in a temporary situation, you may contact the district where you are staying to attend a screening.

Where can I go for screening?

For more information and to schedule a screening, please contact:

Muckleshoot Tribal School Helen Feiger Student Support Services Coordinator 15209 SE 376 th St Auburn WA 98092 253-931-6709 Ext 3700	Marty Laronal Support Services Manager Muckleshoot Early Childhood Education Center 15599 SE 376 th St Auburn, WA 98092 253-876-3056 Ext 3922
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The late Eva Jerry, beloved “Kaya” to so many children, is seen providing cultural and language instruction to Mitzi Judge and ?. Does anyone recognize the other little girl?

Elder's Center Holiday Party



February Birthdays

Dennis Anderson SR.	2/1/16	Clifford Keeline	2/14/16
John Halliday	2/1/16	Charles Schultz	2/15/16
Todd LaClair	2/3/16	Leo LaClair	2/15/16
David Hamilton	2/4/16	Hazel Black	2/16/16
Danny Ames	2/6/16	Cindy Butler	2/17/16
Leslie Hoffer	2/6/16	Cynthia Anderson	2/20/16
Gary Cross	2/6/16	Wayne James	2/20/16
Warren KingGeorge	2/7/16	Renee Sneatlum	2/21/16
Kelvin Barr	2/7/16	Sharon Elgin	2/22/16
Charlene Ellis	2/7/16	Charlene Wilbur	2/22/16
Roseanne Nelson-Martell	2/7/16	Rhonda Harden	2/22/16
Clarice Williams	2/9/16	Virginia Hennes	2/23/16
Caryn Avila	2/11/16	Noreen Milne	2/23/16
Mykle Ann Mora	2/11/16	Joan Maurice	2/23/16
Denise Bill	2/11/16	Charles Gordon	2/26/16
Abbe Lozier	2/12/16	Nancie Jansen	2/27/16
Melissa Nino	2/12/16	George Starr	2/27/16
Elaine Ciunci	2/13/16	Norma Eyle	2/28/16
Leonard Sneatlum	2/13/16	Paul Patterson	2/28/16
Juanita Whitcomb	2/13/16		

POINTERS ON POINSETTIAS

By Uri Isreal

Did you get a poinsettia for the holidays? Did you give one? Have you always wondered how to save them for the next year? Yes, that is right: you can get a poinsettia to re-bloom the next year at Christmas. My mother saved hers and had a row of them that bloomed every Christmas in her warm living room. Here are the tips you can use to help your poinsettia bloom long, take a rest and then bloom again next year.

To keep the poinsettia blooming:

- When surface soil is dry to the touch, water thoroughly. Discard excess water in a saucer.
- To prolong color, keep a temperature range of 60 degrees for night and 72 degrees for day. High humidity is preferable.
- Place plant away from hot or cold drafts, and protect from cold winds.

To re-bloom for the next season:

- During winter, continue to follow holiday up-keep tips.
- March 17 (St. Patrick's Day): When leaves/flower or bracts/leaves fade, cut stems back to eight inches above soil line.
- Continue to water regularly.
- Lightly fertilize with a good, balanced, all-purpose fertilizer every three to four weeks.
- When temperatures are warm, place plant outdoors; first in indirect, then direct sunlight. Avoid temperatures below 50 degrees throughout the summer.
- July 4 (Independence Day): Cut back new growth stems. Re-pot if needed.
- Early September (Labor Day): Move plant inside. Provide six or more hours of direct light.



Irene Barr and her caregiver Lorraine Wagner seated by Irene's poinsettia

October 1, through mid-December: Confine plant to complete darkness for 14 hours, giving it 10 hours of natural light daily. This will set the buds and cause bracts or leaves to color.

This information found at: <http://www.about-flowers.com/flower-holidays-occasions-a-parties/christmas/poinsettia-care-tips.html>

Thank you Veterans

Hello to all of you out there. Pray you have a "Very Blessed Year".

Make plans to love more, share more, laugh a lot and speak words of life and blessing on others and especially yourself. Smile more and don't take yourself so serious. I want to share with each of you about my heartfelt thoughts and a "BIG THANK YOU" to our veterans. My prayer is that the Father above will bring you peace, health, and healing; to prosper each of you individually in all areas of your life. I give thanks to the Father above for your sacrificial service to our community and for our nation's people. You put your life on the line, gladly, for that purpose. Some of you were wounded bodily, some mentally and some of you spiritually. Many died so that others may live free, but on how big the cost for that freedom. Father, bless our veterans and let the cost they paid be respected, honored, and never forgotten. Amen.

I am a daughter of a WWI Veteran. My dad was Benjamin C. Keeline, born 1895 and died in 1973. He was Army. I have family who fought in the following wars. These are my brothers, all still living;

- Keith Keeline Bradshaw WWII and Korean War, Navy. Age (94)
 - Robert Keeline Korean War, Navy. Age (84)
 - Clifford J. Keeline Vietnam, Marines. Age (69)
- My other serving relatives;
 My Husband Thomas A. Tull Vietnam War, Army
 My nephew Clifford Brown Iraq, Marine
 My grandson Israel Joseph Afghanistan, Marine
 My cousin Tony Gonzales Iraq, Marine

Without you and others like you, would we have our freedom? No! From my heart Veterans, may the Father bless you and keep you strong and secure in his loving healing hands. As well, thanks to your families for their sacrifice and love. To our Veterans, their families, and to all, blessing upon you and yours, and health, healing, joy & peace.

As always,
Effie Keeline-Tull



The Wedding of George Barr and Annette Williams

January 15, 2016 - Muckleshoot Elders Center

PHOTOS BY EVAN AVILA



PENTECOSTAL



Taekwondo Class - Sunday nights at 6:00 PM in the children church classroom, open enrollment. Two youth, Josh and Kendra have earned their black belt by Master Young. Students learn self-discipline and Christian living principles.



Choir and personal or music lessons - Wednesday night 7:30 PM or by appointment.



Children, Youth and Adult Class - Wednesday 6:30 PM, teacher Jim Ray. Classes focus on character development as students learn about Jesus and Father God.



Adult bible and practical living classes - Sunday 2:00 PM and Wednesday 6:30 PM. Study the book of James and other guest speakers.



Jeremy Stands Overbull and a team from the Supernatural School of Healing, Bethel Church, Redding, CA will train, equip and pray for all who are interested in learning and receive healing prayers.



THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

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

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

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
Or by phone at (253)347-6937

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

MIT Employee Holiday Gathering

December 14, 2015 - Emerald Downs

PHOTO BY EVAN AVILA



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.



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

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.



WHAT ARE THE SIGNS OF HEROIN USE?

Definitive signs of heroin use include:

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

Behavioral noticeable with heroin addiction include:

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

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

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

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

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



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.

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



NOTICE:

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

High Blood Pressure Dangers: Hypertension's Effects on Your Body

As you will see, high blood pressure can lead to many other bad health issues for you. Get your blood pressure checked regularly, if it's high, you really need to take your medicine, watch your diet and exercise. Because our kids are growing faster and being heavier than they should, they are at risk of getting high blood pressure too. They may have the mind of a child but the body of an adult and as a result, will get adult diseases. Many of these things are 100 preventable if you do what you need to. Don't live with regrets or "if I would have....." some things you can never undo...ever.

It is best to have the first number under 120 and the bottom number under 80... so 120/80.. if both of these numbers get higher ... that means you have a blood pressure problem.. I remember this by adding both of them together 200 (120/80) because I always use to get mixed up.... I don't want the total of both to be over 200!! There are different numbers for children

This disease is called the "silent killer" because you don't usually feel sick or nothing "hurts" ... so you think you are okay...and don't think you need to take your medicine because you feel "okay." BUT it is slowly and steadily damaging most of your body and you think everything is fine... What's bad is that you know you have high blood pressure and do nothing about it... and if you have diabetes... you are at very high risk of having a stroke. A stroke is when a blood vessel breaks open in your head. You can become partially paralyzed, not be able to talk very good and your face will be droopy looking.

Thank you...

Lisa James, Health Director

High blood pressure is a risk factor for more than heart disease. Discover what complications high blood pressure can cause.

High blood pressure (hypertension) can quietly damage your body for years before symptoms develop. Left uncontrolled, you may wind up with a disability, a poor quality of life or even a fatal heart attack. Fortunately, with treatment and lifestyle changes, you can control your high blood pressure to reduce your risk of life-threatening complications.

Here's a look at the complications high blood pressure can cause when it's not effectively controlled.

Damage to your arteries

Healthy arteries are flexible, strong and elastic. Their inner lining is smooth so that blood flows freely, supplying vital organs and tissues with adequate nutrients and oxygen. If you have high blood pressure, the increased pressure of blood flowing through your arteries gradually can cause a variety of problems, including:

- **Artery damage and narrowing.** High blood pressure can damage the cells of your arteries' inner lining. That launches a cascade of events that make artery walls thick and stiff, a disease called arteriosclerosis (ahr-teer-e-o-skluh-ROE-sis), or hardening of the arteries. Fats from your diet enter your bloodstream, pass through the damaged cells and collect to start atherosclerosis (ath-ur-o-skluh-ROE-sis). These changes can affect arteries throughout your body, blocking blood flow to your heart, kidneys, brain, arms and legs. The damage can cause many problems, including chest pain (angina), heart attack, heart failure, kidney failure, stroke, blocked arteries in your legs or arms (peripheral artery disease), eye damage, and aneurysms.

- **Aneurysm.** Over time, the constant pressure of blood moving through a weakened artery can cause a section of its wall to enlarge and form a bulge (aneurysm). An aneurysm (AN-yoo-riz-um) can potentially rupture and cause life-threatening internal bleeding. Aneurysms can form in any artery throughout your body, but they're most common in the aorta, your body's largest artery.

Damage to your heart

Your heart pumps blood to your entire body. Uncontrolled high blood pressure can damage your heart in a number of ways, such as:

- **Coronary artery disease.** Coronary artery disease affects the arteries that supply blood to your heart muscle. Arteries narrowed by coronary artery disease don't allow blood to flow freely through your arteries. When blood can't flow freely to your heart, you can experience chest pain, a heart attack or irregular heart rhythms (arrhythmias).

- **Enlarged left heart.** High blood pressure forces your heart to work harder than necessary in order to pump blood to the rest of your body. This causes the left ventricle to thicken or stiffen (left ventricular hypertrophy). These changes limit the ventricle's ability to pump blood to your body. This condition increases your risk of heart attack, heart failure and sudden cardiac death.

- **Heart failure.** Over time, the strain on your heart caused by high blood pressure can cause your heart muscle to weaken and work less efficiently. Eventually, your overwhelmed heart simply begins to wear out and fail. Damage from heart attacks adds to this problem.

Damage to your brain

Just like your heart, your brain depends on a nourishing blood supply to work properly and survive. But high blood pressure can cause several problems, including:

- **Transient ischemic attack (TIA).** Sometimes called a ministroke, a transient ischemic (is-KEE-mik) attack is a brief, temporary disruption of blood supply to your brain. It's often caused by atherosclerosis or a blood clot — both of which can arise from high blood pressure. A transient ischemic attack is often a warning that you're at risk of a full-blown stroke.

- **Stroke.** A stroke occurs when part of your brain is deprived of oxygen and nutrients, causing brain cells to die. Uncontrolled high blood pressure can lead to stroke by damaging and weakening your brain's blood vessels, causing them to narrow, rupture or leak. High blood pressure can also cause blood clots to form in the arteries leading to your brain, blocking blood flow and potentially causing a stroke.

- **Dementia.** Dementia is a brain disease resulting in problems with thinking, speaking, reasoning, memory, vision and movement. There are a number of causes of dementia. One cause, vascular dementia, can result from narrowing and blockage of the arteries that supply blood to the brain. It can also result from strokes caused by an interruption of blood flow to the brain. In either case, high blood pressure may be the culprit.

- **Mild cognitive impairment.** Mild cognitive impairment is a transition stage between the changes in understanding and memory that come with aging and the more-serious problems caused by Alzheimer's disease. Like dementia, it can result from blocked blood flow to the brain when high blood pressure damages arteries.

Damage to your kidneys

Your kidneys filter excess fluid and waste from your blood — a process that depends on healthy blood vessels. High blood pressure can injure both the blood vessels in and leading to your kidneys, causing several types of kidney disease (nephropathy). Having diabetes in addition to high blood pressure can worsen the damage.



- **Kidney failure.** High blood pressure is one of the most common causes of kidney failure. That's because it can damage both the large arteries leading to your kidneys and the tiny blood vessels (glomeruli) within the kidneys. Damage to either makes it so your kidneys can't effectively filter waste from your blood. As a result, dangerous levels of fluid and waste can accumulate. You might ultimately require dialysis or kidney transplantation.

- **Kidney scarring (glomerulosclerosis).** Glomerulosclerosis (gloe-mer-u-loe-skluh-ROE-sis) is a type of kidney damage caused by scarring of the glomeruli (gloe-MER-u-li). The glomeruli are tiny clusters of blood vessels within your kidneys that filter fluid and waste from your blood. Glomerulosclerosis can leave your kidneys unable to filter waste effectively, leading to kidney failure.

- **Kidney artery aneurysm.** An aneurysm is a bulge in the wall of a blood vessel. When it occurs in an artery leading to the kidney, it's known as a kidney (renal) artery aneurysm. One potential cause is atherosclerosis, which weakens and damages the artery wall. Over time, high blood pressure in a weakened artery can cause a section to enlarge and form a bulge — the aneurysm. Aneurysms can rupture and cause life-threatening internal bleeding.

Damage to your eyes

Tiny, delicate blood vessels supply blood to your eyes. Like other vessels, they, too, can be damaged by high blood pressure:

- **Eye blood vessel damage (retinopathy).** High blood pressure can damage the vessels supplying blood to your retina, causing retinopathy. This condition can lead to bleeding in the eye, blurred vision and complete loss of vision. If you also have both diabetes and high blood pressure, you're at an even greater risk.

- **Fluid buildup under the retina (choroidopathy).** In this condition, fluid builds up under your retina because of a leaky blood vessel in a layer of blood vessels located under the retina. Choroidopathy (kor-oid-OP-uh-thee) can result in distorted vision or in some cases scarring that impairs vision.

- **Nerve damage (optic neuropathy).** This is a condition in which blocked blood flow damages the optic nerve. It can kill nerve cells in your eyes, which may cause bleeding within your eye or vision loss.

Sexual dysfunction

Although the inability to have and maintain an erection (erectile dysfunction) becomes increasingly common in men as they reach age 50, it's even more likely to occur if they have high blood pressure, too. Over time, high blood pressure damages the lining of your blood vessels and causes your arteries to harden and narrow (atherosclerosis), limiting blood flow. This means less blood is able to flow to your penis. For some men, the decreased blood flow makes it difficult to achieve and maintain erections — often referred to as erectile dysfunction. The problem is fairly common, especially among men who are not treating their high blood pressure.

Women may have sexual dysfunction as a side effect of high blood pressure, as well. High blood pressure can reduce blood flow to your vagina. For some women, this leads to a decrease in sexual desire or arousal, vaginal dryness, or difficulty achieving orgasm. Improving arousal and lubrication can help. Like men, women can experience anxiety and relationship issues due to sexual dysfunction.

Other possible dangers of high blood pressure

High blood pressure can also affect other areas of the body, leading to such problems as:

- **Bone loss.** High blood pressure can increase the amount of calcium that's in your urine. That excessive elimination of calcium may lead to loss of bone density (osteoporosis), which in turn can lead to broken bones. The risk is especially increased in older women.

- **Trouble sleeping.** Obstructive sleep apnea — a condition in which your throat muscles relax causing you to snore loudly — occurs in more than half of those with high blood pressure. It's now thought that high blood pressure itself may help trigger sleep apnea. Also, sleep deprivation resulting from sleep apnea can raise your blood pressure.

High blood pressure emergencies

High blood pressure is typically a chronic condition that gradually causes damage over the years. In some cases, though, blood pressure rises so quickly and severely that it becomes a medical emergency requiring immediate treatment, often with hospitalization.

In these situations, high blood pressure can cause:

- **Problems with your brain,** marked by memory loss, personality changes, trouble concentrating, irritability or progressive loss of consciousness (encephalopathy)

- **Stroke**

- **Severe damage to your body's main artery (aortic dissection)**

- **Seizures in pregnant women (preeclampsia or eclampsia)**

- **Unstable chest pain (angina)**

- **Heart attack**

- **Sudden impaired pumping of the heart, leading to fluid backup in the lungs resulting in shortness of breath (pulmonary edema)**

- **Sudden loss of kidney function (acute renal failure)**

In most cases, these emergencies arise because high blood pressure hasn't been adequately controlled



Knowledge is Power

By Jacqueline Starr

My name is Jacqueline Starr and I am a member of the Muckleshoot Indian Tribe. I am the mother of three beautiful gifts from God. I was raised next door to my Grandma in a little town called Fife, which is located on Puyallup Reservation Land. I moved there when I was about nine years and in the third grade. My parents moved us out there to go take care of Grandma. My three cousins grew up with us as our brothers.

My parents are athletes so we grew up traveling the Native American tourney circuit. We traveled to lots of other reservations to play basketball and softball tournaments. Because of having parents who were such talented athletes, I grew up and became a natural athlete. My sport of choice was basketball. I grew up loving the game of basketball so much that it became my life. It was all I did. I slept with my basketball, woke up to play basketball before school and worked out, then practiced, and then had open gym with dad after school basketball practice. I just couldn't get enough of it. It was my heart. I loved playing ball with a passion. I took pride in my game. Practice makes perfect.

My goal growing up was to play basketball for a high school team. So when I made Varsity my freshman year of high school, I was stoked. I was so happy that I called my Mom first thing from school at lunch. Because I was so good at it, I became starting point guard. I then started winning games for the school.

It got to the point where I lived in gym so much playing ball I never found time to do my homework. I started to fail in school. The Coach came to me and said, "You are failing two of your classes and you cannot play in the next game." I was so bummed. But the day of the game she had my grades changed to Cs instead of Fs and I was starting the next game, anyway. This became a habit. I never did homework and never had to, either.

Then one day my Mom got mad and said "if the school is not going to make you, I will." She called the school and the coach and told them not to let me play until my homework was done and my grades were up. I deserve the same education as the other players, she would say. She started making me miss practice to go home and do homework and chores. She signed me up for the Sylvan Learning Center and made a schedule with my coach for the school team. I remember arguing with my Mom and just hating her for this at the time. At this point in my teenage life I didn't understand what she was doing or why. I just knew she was taking my basketball away. I remember my Mom and coach getting into a heated argument. My Mom didn't like my coach having my grades changed for me to be able to play ball for them and she made sure my coach knew it, too. She told my coach to quit using her child as his guinea pig. She continued on about I deserved the same education as other kids.

The next thing you know, I sat on the bench practically my whole junior year. But by then I had good grades all year and didn't understand why they were sitting me. I was mad at my Mom. I blamed her for yelling at the coach and for calling the school. I asked her, "Why couldn't you just let it be?" I was yelling at her. I decided to go to talk to my coach and ask why she sat me for my junior year when I been starting for her since freshman year. She took out a stack of mail. They were all from different universities that wanted me to play ball for them. They had scholarship letters for me. She said they were sent to the school but she never told me because I wouldn't be able to make it at a university and besides, she had to get the second string out

to give them a chance, too. I walked out of her office with watery eyes, and was about to cry. I mean, I wondered, was she right?

I was a junior in freshman math and 10th grade English. I was behind in school due to never doing homework. I never felt so dumb in my life walking out of her office. That was the day she broke my spirit. I didn't want to play for her anymore. But I was not a quitter. My parents didn't raise me to quit. There's was only couple more weeks of season. Anyways, I was thinking, I'll just finish it out.

But then, one day after practice was over and we found out we made districts, out of nowhere she says, "Jackie, you're starting." I was thinking to myself, why? When I haven't started since half the season and sat on the bench for the last five games in a row and didn't even get to sub in the games. Then I realized she needed me then. She needed me to help them win. At that moment, I was pissed off. I was heated. How could she? I went home that night and talked to my Mom. I woke up next morning and asked my Mom to drive myself to practice.

As I arrived at school gym for practice I walked up to my coach and dropped my bag with all uniforms washed and folded and said you win!! I quit!! And I started to walk back out. She started cussing and kicking my bag and saying if you are not going to play for me you, then you are not going to play for nobody. This is day I realized I deserve an education, too.

I realized that day that I was not just a dumb jock or a dumb Indian as they was treating me. I was much more than that. I changed schools during my senior year and graduated from Lincoln High School. My Mom was on me still about going to college, so I signed up with her to go to NWIC through our Tribal College in Muckleshoot. This is day my life changed; I went to school with my Mom. We took same classes and graduated with our AA degrees together with honors. So today, I can say that because of my Mom I have a college degree today, and I wish to further my education in life. She signed me up for college just to say see, I can, so you can, too. She inspired me to go, too. I went to the tribal college and learned about myself. I learned about being Native and how we have to live in two worlds. I learned how I grew up privileged and was lucky to have both parents in my life. I got to go school with other natives so I was comfortable but it taught me how important education is on the reservation. I started to learn about our people and at same time, I was learning about myself. I got so interested I wanted to learn more.

My Mom always told me knowledge is power. Now I understand what she means. Today I look back and remember how scared I was to go to college at first. I kept hearing the words of my high school coach, telling me I will never make it and have a college degree, or how I'm not smart enough and Indians rarely graduate high school. It was like it was installed in me to fail. Now, I'm proud of what I accomplished in my life. I graduated with two AA Degrees with my Mom and now have my own educational goals to graduate with a bachelor's degree. I want to go on to pursue a master's degree. Someday, I wish to become a nurse. I want to be an ARNP. But I also would like to have degree in public administration to someday bring my education back to my tribe so I can work in a tribal health clinic.

I wish to inspire other Native American to pursue an education. I want to share with them to not be scared and to believe in yourself and that we, too, deserve to be educated. Knowledge is power. The more knowledge and education we

get, the smarter and stronger we get. We are not just "dumb Indians." We are much more than that. We are strong Native People and we deserve an education, too!

I think getting an education helps us also learn about ourselves. Until I went to school and became educated in Native American history I didn't know much about myself. I mean I am a Native American and proud to be. Like I was saying above, I was raised in the mainstream world and western style ways of life. It wasn't until I grew up and decided to attend the Muckleshoot Tribal College. Through the Tribal College Site I received two Associates of Arts Degrees through Northwest Indian College, One direct transfer degree and one in Life Sciences Pre-Med. My Mom inspired and encouraged me to go to college. She was attending the Tribal College, when I graduated from high school. I didn't start until year after I graduated high school, I figured my mom goes to college then I can do it too! Plus, she kept nagging me to come with her. She would say, "Come on! Come to school with me, its fun because we go to school with people like us, other natives it makes environment easier and more comfortable". I was like okay I am going to college with my mom.

Little did I know when I went about native history I mean they didn't teach much about natives in my public school. But at tribal college we earn our degrees and get to take classes to learn about our Native people. In doing these classes I got to learn more about myself, more about who I was, and I was Native. I didn't realize why I was so lost until I went to school and learned who I was as native American, because being raised off reservation and in mainstream world way of living I didn't know who I was as Native American. Until I went to college and learned about our people about who we are and what we went through as native people and still go through today to live in two worlds did I get balance in my life. Today, I understand Who I am, and I am a strong Native American Woman and part of Muckleshoot Indian Tribe and today am proud of who I am who I am becoming as I continue my education.

Today while continuing my education for my Bachelor's degree in a reservation based program at Evergreen State College I am taking classes and learning about Indian law and sovereignty. Learning about Indian tribes as Governments. Right now we are reading the books *Blood Struggle Rise of Modern Indian Nations* by Charles Wilkinson and *Indian Tribes as Sovereign Governments: A Sourcebook on Federal-Tribal History, Law, and Policy* also Written by Charles Wilkinson and The American Indian Resources Institute. I like these books so much and learning more about tribes and policy and how things work politically in tribes.

The more I learn in this class the more interested I get. In matter fact, I have been liking it so much I been thinking about changing my area of study I am going in. Thinking more on Political Science or Law degree now instead of nursing as I mentioned above.

So in closing I would like to continue to say; "Knowledge is Power!!" in with that being said I hope that my story above helps inspire some of our native people to go to school and get education. Learn about your people and who we are as Native American people and be Proud to be Native. Be proud to be who you are. Maybe someday we as native people can get some balance back in our lives and back on our reservations.

HOUSING/SHELTER RESOURCES

Catholic Community Services – Home & Arise

Men's Shelters

Phone contact: (253) 854-0077 Ext: 2

Locations: St. Anthony's Church, 314 S 4th St., Renton, WA, 98057 OR Kent Family Center, 1229 W Smith St, Kent, WA, 98032

Coordinates two case-managed shelter programs for men, ages 18 and older. Shelters hosted by congregations in Kent and Renton; average stays of 6-12 months. No fees. Please call ahead.

Renton In-take (walk-in only): Tu & Th, 1-3pm.

Kent In-take (walk-in only): M & W, 1-3pm & 5-7pm; Tues & Th, 3-5pm.

Union Gospel Mission – Hope Place

Shelter for Single Women, Women with children

Phone contact: (206) 628-2008

Location: 3802 S Othello St, Seattle 98118

Provides shelter for women, with or without children. Includes mandatory spiritual activities. No fees. CALL for screening, M-F 8:30-9am.

Catholic Community Services

Single Men & Women's Shelter

Phone contact: (253) 572-0131

Location: 1142 Court E Tacoma Ave S, Tacoma, WA, 98402

Provides a safe place where men and women experiencing homelessness can get a good night's sleep, respect, and begin a process of generating income and becoming housed. Open 5pm-7am.

Multi-Service Center

Family Shelter (Moms, Dads, & Kids)

Phone contact: (253) 854-3437 Ext: 104

Location: 515 W Harrison St, Kent, WA, 98032

Emergency shelter for homeless families with children, ages 17 and younger; priority for families of 4+. All families may apply. LEAVE A MSG. AT LEAST TWICE PER WEEK until call is returned.

Auburn Youth Resources

Youth Shelter

Phone contact: (253) 833-5666

Location: 816 F Street Southeast, Auburn, WA 98002

Provides shelter for homeless youth, ages 10 through 17, in south King County. Written parental consent required for 72-hour stay. Sliding scale fees, may be free. Call for screening: 24 hours daily.

YWCA – South King County

Family Shelter (Moms, Dads, & Kids)

Phone contact: (425) 255-1201

Location: Families housed in independent apartment units in Kent, Renton and Auburn areas.

Call for availability. Leave a message DAILY, until call is returned. 24-hour voicemail

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





MIT Recreation Sports Seasons & Programs



Sports Seasons

MIT Rec Program participates in local City Rec Leagues for Baseball/Fast pitch, Soccer and Basketball.

These leagues often target teams for grades Kindergarten-5th Grade since they focus on learning the sports fundamentals and skills.

Pee Wee Sports will be offered for youth ages 4-5 years old to gain interest in sports and learn basic fundamentals.

Seasons/Registrations:

Basketball Registrations: Mid-November
Basketball Starts: January

Baseball Registration: Mid-May
Baseball Starts: Late June-Early July

Soccer Registration: Mid-August
Soccer Starts: Early September

Inter Tribal Basketball

Sessions are offered September– March for Middle and High School students. The League consists of South Sound Tribes: Nisqually, Puyallup, Skokomish, Wah-he-lut, Squaxin Island, and Muckleshoot. Each tribe takes turn hosting games which are held on Wednesday Nights (6p&7P).



Recreation Activities

Recreation program has started to offer other activities like dance, bowling, slow-pitch softball, and running/walking club between sports season to encourage youth to be active and learn new sports. In future, we will be offering Native Games and working with local competitive sports leagues to collaborate on dates for our youth to participate with their coaches.

Recreation distributes tickets for Native American Nights for Seattle Mariners and Seattle Storm. They obtain discount codes for Members & Employees to activities like Wild Waves, KUBE 93.3 Haunted Morgue, and shows held at Tacoma Dome and ShoWare Center.

Adult Athletic Sponsorship

Muckleshoot Enrolled Adults athletes may be eligible up to \$ 900.00 per year to assist with entry and registration fees to participate in tournaments or city sports leagues.

Youth Activities Fund

Muckleshoot Enrolled Youth ages Birth-17 years old may be eligible for funding assistance up to \$700.00 annually to encourage participation in activities or sports. Approved activities/gear are outlined in the application. Youth participating in “competitive leagues” may be eligible for an additional \$300 per year to assist with registration fees.

Youth Activities Fund-Excellence Grant

Muckleshoot Enrolled Youth athletes are competing in State or National Championship that meet the attendance and grade criteria may be eligible to receive travel assistance up to \$1,200 per year.

Youth Team Sponsorship

Muckleshoot Coaches that are interested in coaching Muckleshoot Youth teams in tribal tournaments may be eligible for funding to assist with Team Entry Fees and limited reimbursement for food/drinks.

Applications may be obtained from Recreation Office in Philip Starr Bldg. for: Adult Athletic Sponsorship, Youth Activities Fund, Excellence Grant & Youth Team Sponsorship
Applications may take up to ten (10) business days to process– **Submit 2 Weeks Before Event. Sports Registrations may be obtained from Recreation Office.

Recreation Staff Members

Tabitha Baker—Admin. Spec/Coach
253-876-2923

She has been with Recreation for 8 years. Provides administrative support for the Recreation Program and Coaches Youth teams.

Processes Recreation Registrations & Applications for Youth Activities Fund, Excellence Grant, Youth Team Sponsorship and Adult Sponsorship.

Kristina Jones, Coordinator/Coach

She started with Recreation Dept. this Summer. She will work with Intertribal Basketball and Pee Wee Sports.

Richard HeavyRunner, Coordinator/Coach

He started with Recreation Dept this Fall. He will coach City Rec League youth teams as well as offering Native Games during our off-seasons.

Ronnie Jerry Jr., Coordinator/Coach

He started with Recreation Dept. this Fall. He will coach City Rec League youth teams and work with Running/Walking Club.

Parent Participation & Volunteers are encouraged– some restrictions may apply, contact Staff for information.



Recreation Coordinators/Coaches
Left to Right: Tabitha Baker, Richard HeavyRunner, Ronnie Jerry Jr., Sarah Givens (Seasonal Coach), and Kristina Jones.

Muckleshoot
Recreation

Philip Starr Bldg
2nd Floor by Enrollment
39015 172nd Ave SE
Auburn, WA 98092

Phone: 253-876-2923
Fax: 253-876-3187



MIT REC



Sports Seasons:
Basketball K-5: Jan-March

Baseball/Fast pitch: July-August

Soccer: Sept-Nov

Intertribal Basketball (MS/HS): Sept-March

The Recreation program strives to provide Muckleshoot youth ages 5-17 who are enrolled in school opportunities to help learn fundamental sports skills and strategies, and experience an array of recreational activities in a fun, safe, and drug, tobacco and alcohol free environment



John Loftus

Community Classes

The Cultural Program
2016 Class Schedule

Culture Song, Dance & Dinner
When: Every 2nd Tuesday of the month: Canoe Family song & dance.
5:30 to 7:30 PM
Food & drinks will be provided.

Get Your Weave On!
When: Tuesdays (except 2nd Tuesday's)
12:00 PM to 8:00 PM
Wednesdays & Thursdays
9:00 AM to 5:00 PM

Where: Canoe Family Clubhouse @ 38907 172nd Ave SE.
(In-between the Community Resources and Muckleshoot Police buildings)

Classes are open to all community members and tribal employees.

For questions regarding the Weaving class Please contact: Gail White Eagle 253-876-3052

For questions regarding Culture Night Please contact: James Smithin 253-876-3013

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.

Muckleshoot Library
Free Events & Programs

Family Game Night
Now on Thursdays 4:00 - 8:30
Bring your friends and family to the library for a variety of board games, cards, and puzzles to play.

Brain Dance: Movement Matters:
Saturday, March 5th 11:00am
Terry Goetz of the Creative Dance Center will introduce BrainDance, a flexible movement tool that improves focus and attention, circulation, core support, and range of motion. Wear comfortable clothing and come prepared to have fun!
Registration is required.

Muckleshoot Book Club
Throughout the month come to the library and submit your comments and questions about the book of the month, or reply to other comments left by others. Copies of the book will be available at the library.

253-931-6779

Muckleshoot Tribal Court of Justice
In and for the Muckleshoot Indian Reservation
Auburn, Washington

IN RE THE GUARDIANSHIP OF:)
A. M-W.) Case No.: MUC-G-08/15-144, 145
DOB: 02/15/2013)
J. M-W.) NOTICE OF GUARDIANSHIP HEARING
DOB: 01/22/2012)

To: MADALENA WILLIAMS, Mother
NUKONA MCCRAIGIE, Father
JACQUELINE HERNANDEZ, MCFS Pal
ANNIE HARLAN, PRESENTING OFFICER

YOU AND EACH OF YOU will please take note that a guardianship petition has been filed in the Muckleshoot Tribal Court and the final guardianship hearing has been scheduled for the **23rd Day of February, 2016 at 11:00 AM**, in the Muckleshoot Tribal Court of Justice located at 39015 172nd Avenue SE, Auburn, WA 98092.

The purpose of this hearing is to hear testimony to establish a legal basis for the petition and to present evidence as to what is in the best interest of the youth regarding the petitioner's request for guardianship.

Muckleshoot Child and Family Services is required to submit a Guardianship Report with the petitioner's qualifications and MCFS recommendations included, at least two business days prior to the hearing date. Parties may pick up this report from the clerk during this time.

The Court may schedule two hearings: The first hearing to determine whether or not a legal basis exists and the second hearing to review the Guardianship Report recommendations and/or other findings.

The Court will be making a determination at the hearing which may affect the party's rights and responsibilities in regard to the above-named child.

The parents, guardian and custodian of the youth are each entitled to have someone represent them at this hearing at your own expense - meaning that they will be solely responsible for any fees charged by the person.

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

If you have any questions regarding the nature of this hearing or the location of the Court, please call Muckleshoot Tribal Court of Justice, Court Clerk at 253-939-3311.

FAILURE TO RESPOND OR TO APPEAR Failure to answer or respond may result in a default judgment being entered against you without notice. A default judgment is one where the petitioner is entitled to what he/she asked for in the petition. If you or your spokesperson files a Notice of Appearance with the court, you are entitled to notice before a default judgment may be entered.

If you wish to seek the advice of an attorney or spokesperson in this matter, you should do so promptly so that your written response, if any, may be served on time.

DATED this 11th day of January, 2016.

/s/ JULIA R. BROWN
MIT-CLERK OF THE COURT

NOTICE OF PETITION FOR NAME CHANGE
Case No. MUC-NC-01/16-014
PETITIONER: Tanya Rojero on behalf of herself DOB: 07/30/1978
Any person who may have an objection to this name change may file a notice of objection with the Muckleshoot Tribal Court 39015 172nd Ave SE, Auburn, Washington on or before the hearing scheduled for April 5, 2016 at 10:00 AM.

NOTICE OF PETITION FOR NAME CHANGE
Case No. MUC-NC-01/16-015
PETITIONER: Tanya Rojero on behalf of minor child D.R., DOB: 10/20/2004
Any person who may have an objection to this name change may file a notice of objection with the Muckleshoot Tribal Court 39015 172nd Ave SE, Auburn, Washington on or before the hearing scheduled for April 5, 2016 at 10:00 AM.

NOTICE OF PETITION FOR NAME CHANGE
Case No. MUC-NC-01/16-016
PETITIONER: Tanya Rojero on behalf of minor child L.R., DOB: 08/30/2006
Any person who may have an objection to this name change may file a notice of objection with the Muckleshoot Tribal Court 39015 172nd Ave SE, Auburn, Washington on or before the hearing scheduled for April 5, 2016 at 10:00 AM.

MUCKLESHOOT TRIBAL MEMBER HUNTERS
END OF THE SEASON MEETING
FEBRUARY 23RD, 2016
6PM SHARP
AT THE PSB COUGAR ROOM
PLEASE PUT THE REMINDER DATE IN YOUR CALENDAR!

Muckleshoot Realty is now on

facebook 

This is an easy way to stay up to date.

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

Check us out

EVENTS CALENDAR

February 22 **Town Hall Meeting - Cougar Room 6-8pm**

February 23 **Tribal Member Hunters End of Season Meeting - 6pm at the PSB Cougar Room**

February 26 **End of Season Salmon Dinner - 3pm at Pentecostal Church**

March 1 Per Capita Distribution Cougar Room

March 2 Per Capita Distribution Cougar Room

March 3 Per Capita Distribution Finance Building

June 7 Per Capita Distribution Cougar Room

June 8 Per Capita Distribution Cougar Room

June 9 Per Capita Distribution Finance Building

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

Muckleshoot MONTHLY

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

Tomanamus Forest Permits
Get them at the Wildlife Department at the Phillip Starr Building. Bring in a copy of your vehicle insurance and a license plate number
Tribal Members Only.
The permits are FREE.
Office Hours are 8am to 5pm
Monday thru Friday.

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.

Cultural Events
The Cultural Program Instruction Schedule:

Culture Song, Dance & Dinner
When: Every 2nd Tuesday of the month: Canoe Family song & dance - 5:30 to 7:30 PM

Get Your Weave On! Weaving with Gail WhiteEagle
When: Tuesdays (except 2nd Tuesday's) - 12:00 PM to 8:00 PM
Wednesdays & Thursdays - 9:00 AM to 5:00 PM
Both are at the Canoe Family Clubhouse

Sewing Projects with Pauline Lezard & Sandy Heddrick
When: Workshop times are every Tuesday thru Thursday. They include beading and sewing instruction.
Sewing Projects are located at the Lemmon Tree Lane office located next to the Virginia Cross Education Center.

Classes are open to all community members and tribal employees.

2016 Per Capita Deadlines and Schedule

November 30, 2015	- Enrollment Cut Off for March 2016 Per Capita
January 29, 2016	- Deadline for New Direct Deposits to be turned in to Tax Fund
February 5, 2016	- Deadline to stop taking Direct Deposit Changes/Cancellations
February 28, 2016	- Enrollment Cut Off Date for June 2016 Per Capita
March 1, 2016	- Per Capita Distribution Cougar Room
March 2, 2016	- Per Capita Distribution Cougar Room
March 3, 2016	- Per Capita Distribution Finance Building
April 30, 2016	- Deadline for New Direct Deposits to be turned in to Tax Fund
May 6, 2016	- Deadline to stop taking Direct Deposit Changes/Cancellations
May 31, 2016	- Enrollment Cut Off Date for September 2016 Per Capita
June 7, 2016	- Per Capita Distribution Cougar Room
June 8, 2016	- Per Capita Distribution Cougar Room
June 9, 2016	- Per Capita Distribution Finance Building



Muckleshoot Tribal Businesses

Interested in the bidding for **Janitorial & Landscaping Contracts** for the year of 2016

Contact: Kate Brown @ 253-876-3354 or kate.brown@muckleshoot.nsn.us
Alynn Kading @ 253-876-3340 or alynn.kading@muckleshoot.nsn.us

Janitorial Info by Mid April 2016
Landscaping Info by Mid February 2016



CONGRATULATIONS JEFF THOMAS!

~ Submitted by Jackie Swanson

Jeff Thomas, tribal member, earned his Master's Degree from the University of Washington, School of Marine & Environmental Affairs, finishing Fall Quarter 2015. He is very remarkable because he skipped his senior year of high school and went straight to the UW at the age of 16. He earned a degree in Zoology and completed a year of INMED at the University of North Dakota. Past work experience includes working as a lab technician and bartender; he's spent the past couple decades working for Puyallup tribal fisheries.

Jeff is a true inspiration! He has 8 children -- Jason, Curtiss, Romajeane, Sealth Teeias, Rhea, Lydia, Amenda and Joseph and 10 grandchildren. Other accomplishments include being a championship war dancer since age 4. He dedicated his thesis to his wife Lauren Butler-Thomas, his mom Jeannie Thomas, his grandmother June Courville and brother Loren Teeias Halliday, each of whom has walked to the other side.

Jeff is living proof of never giving up. He returned to the UW at the age of 54 and finished 3 years later. He is another success story of the MIT Scholarship Program.



Emma Grace Rodarte

She did so well and dazzled the judges with her beautiful smile. She won High Point Queen in her age division 0-3, Reigning Beauty and Prettiest Smile. We are so proud of our little beauty queen.

Love - Dad, Mom, Sister and Bros

"Happy Birthday Moon Martin JR. (January 19) Love you" - Alexis & Alex, Dad & Mom, Brothers and Sisters!

"Happy Birthday Joseph Anthony Martin (February 21)" - Love Alesha, Mom & Dad; family!

TO LILY LOZIER-JANSEN: Thank you, Lily, for bringing me down to Oregon to pick up my grandson Jordan. I know the weather was awful, and you didn't have to bring me down there but you did and I really appreciate that gesture. Jordan is also very thankful too, as he was able to attend his uncle's funeral. This meant a lot to us.

-Marlene Cross



Happy Birthday to you <3

Jan 20th- Grandma Katt (Katherine Underwood)
 Jan 21st- Dad (Tommy Louie)
 Jan 22nd- Cinderelly (Jonell Goodluck)
 Jan 26th- Tom Tom (Thomas Sandlin)
 Jan 31st- The Twins (Leela & Laquia Elkins)

We love you guys and hope all your wishes come true!!
 Love always always;
 Suzette Anne & Marleah Rose



"Happy 1st Birthday Kyson and Braden Lamere"
 - Mommy, Daddy, sister Karley and La'myah, brother Tristan, and Grandma Elaine

