



*Sophie Courville's
80th Birthday*
Page 22



Last Fish Dinner
Page 13



Muckleshoot MONTHLY



Vol. VIII No. IV

Muckleshoot Indian Reservation, WA

APRIL 1, 2007

A feather in her cap



Maxie Jansen with her eagle feathers.

It all started when Maxie Kate Jansen's friend, Angel Alvarez, a Lummi, asked the principal at Auburn Mountainview if she could put an eagle feather and beads on her graduation cap. Both girls graduate this spring.

When the answer was no, Maxie's mom made an appointment to see Ass't Supt. Kip Herren. Vee hadn't planned on it, but word got around, and imagine Herren's surprise when he opened his door and a dozen people in cedar hats filed in. The ruling had clearly struck a nerve.

Herren listened as one after another took the floor. Vee's husband, Sonny Miller, told how his grandfather had been sent to boarding school, where they tried to purge him of his culture; Franklin Lozier told of the eagle feather's symbolism, and how it must be earned; Donna Starr told of its spiritual aspects; and Joe Martin pointed out that this battle had been fought at many schools, and urged him to make a progressive decision.

After listening carefully, Herren told them he'd see what he could do to balance the school's own tradition - which is to have a very formal and dignified graduation ceremony - with tribal traditions.

A week later the school issued a new policy on graduation attire stating that, "Students who have religious/cultural imperatives that require accessories to the graduation apparel must appeal to the principal in writing not later than May 18."

Herren said that he'd been moved by what he'd heard, and would allow the eagle feathers. Beadwork on the caps themselves was a "no go." Moccasins - maybe. So stay tuned - it's not May 18th yet!

NEW GAMING COMPACTS APPROVED

OLYMPIA - On March 9, the Washington State Gambling Commission voted 5-3 to approve new compacts with 27 tribes that increase the number of slot-type machines and make other accommodations long sought after by the tribes, such as 24/7 operating schedules.



For their part, the tribes have agreed to place a limit on the number of casinos and to help finance problem gambling and smoking cessation programs in the state.

After the compacts are signed by the tribes, they go to Gov. Chris Gregoire for her signature and then to the U.S. Interior Department for approval. The full process is expected to take about four to six months.

The deal largely reflects the groundwork done in a sweeping new compact with the Spokane Tribe. Other tribes are automatically entitled to the same treatment under a policy known as "most favored nation."

The new compact allows for 3,500 machines immediately, as well as the possibility of 24/7 operation, and up to 2,500 machines in a single casino. In three years, the number will rise to 4,000 machines per compacted tribe. A special provision will also make it possible for Muckleshoot to merge Casino I and Casino II.

In other casino news, the newly expanded poker room is doing well. It has 32 tables, and on recent weekends as many as 27 have been in play. As poker continues to go through its current boom, with televised tournaments adding to the game's popularity, the tribe anticipates that this expansion will prove to be a wise investment.

A young girl finds her voice

Salina Lozier blossoms at the Northwest School for Hearing-Impaired Children

There's a place just north of Seattle where small miracles happen every day. It's called the Northwest School for Hearing-Impaired Children, and one of the small miracles that's happening there is an eight-year-old girl named Salina Lozier.

Everybody at Muckleshoot knows Salina - she's the adorable little deaf girl, Wassina Eyle's daughter - the one that's being raised by her Uncle Brandon.

In the relatively short time Salina has been at the Northwest School, she's begun to achieve things - such as actual, understandable speech - that her family never dreamed possible.

And so, in gratitude for the miraculous results the school has been able to achieve with Salina, her tribe has been able to conjure up a small miracle of its own. Through the Muckleshoot Charity Fund program, the tribe has given a brand-new van to the Northwest School for the Hearing-Impaired.

It took a little lobbying on Brandon's part to get the tribe's Public Affairs Committee to consider this gift. Vans are pretty much the biggest thing the Charity Fund gives away, and most of them have been given to small tribes or to organizations serving people of color.

For example, every non-casino tribe on the Olympic Peninsula has received a van over the past six or seven years - Hoh, Quileute, Makah and Elwha - as have the Tacoma Urban League, the I-Wa-Sil Indian Youth Program, El Centro de la Raza, and the Chief Seattle Club, to name a few.

A Legacy of Giving

Ever since it negotiated its first gaming compact, the Muckleshoot Tribe has led the way in charitable giving. In that first compact, a deal was made with the state: If the tribe could have a few extra gaming tables, the proceeds of those tables would go to help non-profit organizations in the area.

Having more tables than anyone else was what first made the Muckleshoot Casino "the biggest and best in the Northwest," and it still is today. As the tribe's gaming empire has expanded, it has continued to honor its commitment to those in need, as well as its own cultural traditions, and the Muckleshoot Tribe's reputation for



Salina Lozier

generosity has spread far and wide.

Although the kids that attend the non-profit Northwest School for Hearing-Impaired Children are from a multitude of different racial and ethnic groups, the school isn't, by definition, a "minority-based organization," which is a high priority of the tribe's charitable giving program.

continued on page 5

Job Corps takes lead in preventing vandalism

Noticing a recent upswing in vandalism in the area around the Muckleshoot Tribal School, such as railings being kicked out, MTS Division Director Bernard Baptiste thought that the crews who come to repair the damage might just be a big part of the solution to the problem.

"We thought it would be a good idea to have the Job Corps come in and talk to our students about their behaviors and be a kind of a role model for them," Baptiste said, adding that, "Some of them are former students of ours, and some are community members who I'm sure our students know."

The Job Corps agreed, so on a recent school day a crew of them went from classroom to classroom to speak to the students about vandalism and community responsibility.

"The tribe puts a lot of money into this place," Marvin Starr Jr. told them. "So if you

see people breaking it up, tell them that isn't right. It isn't very respectful to all the people that have put time and money into building this school for you so that you don't have to go down to Auburn."

Just 18 years old himself, Job Corps member Liberto Martinez is scheduled to graduate from the Tribal School this spring.

"I'm here to talk to the kids and to tell them that this vandalism is not a good thing," he said, "because I think that the bigger people that they look up to should come in here and serve as role models."

"I was pretty much the same a few years ago," he recalls. "I just thought I was a little bad ass - not really breaking school rules - but just hanging out with friends. There are people around here that these kids could hang out with that'll do drugs and alcohol and



Liberto Martinez and Marvin Starr Jr.

stuff, and I think that what they need is better role models, and friends that don't do those things whatsoever."

"We want to continue this kind of collaboration, where our students can see that there are young people there who have turned their lives around," Baptiste agreed. "They can come back and talk to them about their own experiences and help them set the tone for what is appropriate behavior, and just in general be role models and mentors for our stu-

dents." Noting that it wasn't their intention to scold the good along with the bad, Starr told the students that, "We'd rather come here and tell you what a good job you're doing, and that we're proud of you, and give you a pat on the back for the good things you do. We know you're all good kids."

"So keep up the good work, and no more vandalism," he added. "And stay in school!"

PHOTO BY JOHN LOFTUS

PHOTO BY JOHN LOFTUS



PHOTO BY JOHN LOFTUS

CANOE TRAINING BEGINS. This unidentified canoe was seen on Puget Sound on a recent Sunday afternoon getting ready for Canoe Journey 2007

Kauffman bill to protect tribal children sails through Senate

OLYMPIA – Native American children in Washington would be protected from convicted criminals who apply for jobs in tribal schools under a Senate Bill 5382, recently passed by Sen. Claudia Kauffman, D-Kent.

“All children should be protected from adults convicted of certain crimes,” Kauffman said. “This bill would extend to tribal children the same protection that students in public schools are provided.”

Federal law requires tribal schools that receive federal funding to conduct background investigations into each employee that has regular contact with students. Public schools in Washington must conduct background checks, too, and perform them through the Washington State Patrol and the Federal Bureau of Investigation.

However, there is no uniform process for Indian schools to conduct their background checks. Some schools contract with their local school district, and some request the information from the Office of the Superintendent of Public Instruction (OSPI). This bill would permit Indian schools to conduct background checks through the same process as public schools.

“This just makes sense,” said Kauffman. “It doesn’t matter whether Washington children attend a tribal school, or a state-funded public school. We need to keep all kids safe from predators, and this bill would help accomplish that.”



Sen. Claudia Kauffman

Drunk driver responsible for death of renowned Native linguist gets six year prison sentence

SANTA FE (AP) – The family of Esther Martinez says the sentence handed down to the man responsible for taking the life of the renowned Tewa storyteller in a drunken driving crash last year was not enough.

On March 15 State District Court Judge Stephen Pfeffer sentenced Jaime Martinez Gonzales, 45, to six years in prison for driving the wrong way on September 16 and crashing head-on into the pickup truck in which Martinez was a passenger.

The accident occurred as Martinez, 94, and two of her daughters were returning to their home from Washington, D.C., where the renowned linguist had accepted a National Heritage Fellowship from the National Endowment for the Arts only two days earlier.

For more than 20 years, Esther Martinez was a Tewa instructor at Ohkay Owingeh, formerly known as San Juan Pueblo. She published a Tewa Dictionary, served as a language consultant at other pueblos, and helped translate the New Testament into Tewa.

The Esther Martinez Native Languages Preservation Act, which establishes grants for governments, colleges and other Indian educational organizations working to preserve native cultures and languages, was signed into law by President Bush in December.



Esther Martinez

continued on page 15

Wendy Rosen: a Lifetime of Commitment

Long before she came to Antioch, Wendy Rosen got a glimpse of racial discrimination in her first teaching job in a small, central New York state community. African American migrant workers chose to remain in the area after the growing season, which caused tensions among white farmers and the former migrants.

“All the tensions in the community were played out in the classroom,” she says.

Rosen’s experience was just one impetus for her to pursue a career as an educator with a focus on cross-cultural communication. She received her Ed.M. from Harvard University before she headed to Alaska, where she eventually became responsible for post-secondary education in Alaskan Native communities throughout the interior of Alaska and the Aleutian Islands for the University of Alaska Fairbanks.

“Traveling to the villages, I was learning about all the cultures,” she says. “During that time, I developed an intense and long-abiding commitment to Native education, particularly for women.”

Rosen married and raised her two Koyukon Athabascan daughters (and more recently, one grand daughter and two stepchildren). She also completed a Ph.D. in education policy from Michigan State University.

All of this would lead her to where she is today as chair of the First Peoples’ Education programs, a partnership between Antioch University Seattle and the Muckleshoot Tribal College. Her success at increasing the number of Native American teachers in Washington state is a victory for humanity that won her the 2007 Horace Mann Award.

In her nominating letter, Linda Campbell, executive director of Antioch’s Center for Native Education and creator of the First Peoples’ Education programs, describes how Rosen has dedicated her professional career to enhancing the academic success of Native Americans, the most underserved students in the nation.

“Her efforts to recruit and retain Native teacher education students have resulted in one of the nation’s largest and most successful Indian teacher credentialing programs. To accomplish this feat, she has willingly assumed numerous roles that go beyond that of most post-secondary faculty. She serves as recruiter, coach,

trusted adviser, fund-raiser, and cultural ambassador and diplomat,” Campbell writes.

Will Bill, Jr., program manager for Seattle Public Schools’ Huchoosedah Indian Education, graduated from Antioch with a master’s degree and teaching credential and was a student of Rosen’s. Also a member of Antioch’s Board of Visitors, Bill now is adjunct faculty for the First Peoples’ programs.

“Wendy Rosen provides a professional working environment where the adjunct faculty is an equal and integral part of the program,” Bill says. “Her respect for and commitment to the Native student and faculty is to be heralded. As one of her former students and now a colleague, I have seen Wendy demonstrate a patience and willingness to learn that is uncommon in the average educator. This type of dedication has earned her trust and commitment that is not given easily in our Muckleshoot community.”

She says she is pleased word is getting out among Native Americans about Antioch’s First Peoples’ programs.

“We can assist Native people so they can get a degree at a tribal school with Native faculty and assist them in meeting their own goals. Antioch and the First Peoples’ programs are really about transforming yourself and the world.”

“Students who come here see their work as an opportunity to make changes. We offer the space to find opportunities to make a difference,” she says.

One of the greatest challenges for educators, according to Rosen, is how to overcome prescriptive teaching methods. This narrow focus negatively impacts both students and teachers of color.

“People are being convinced we should teach one particular way,” she says.

There’s a poster in Rosen’s office at the Muckleshoot Tribal College in Auburn that underscores her commitment to educating Native American teachers. It lists baseball teams called the Pittsburgh Negroes, Kansas City Jews, San Diego Caucasians and Cleveland Indians. The banner headline reads: “Maybe Now You Know How Native Americans Feel.”

EVENTS CALENDAR

- March 30 - April 1** **2007 3rd Annual Derek A. Sneatlum Memorial Mens’ All-Indian Basketball Tournament**, Muckleshoot Gymnasium. Contact Lenny Sneatlum at 253-261-4312 or Logan Sneatlum at 253-740-6870 for more information.
- April 7** **Iola W. Lobehan Bill Memorial** (rescheduled from February 17)
- June 9** **Kids Derby** - Kids 12 and under. For more information call Gail Larsen at (253) 876-3178
- June 22-24** **Veterans Pow Wow** - At the new Muckleshoot Pow Wow grounds
- August 11** **Family Derby** - All ages fishing. For more information call Gail Larsen at (253) 876-3178
- October 6** **Fall Classic** - All ages fishing. For more information call Gail Larsen at (253) 876-3178

ONGOING:

- Canoe Family Meetings** Tuesday and Thursday at 5:30 p.m. - 8:30 p.m. at the Clubhouse.
- Song and Dance Sessions** Mondays at 5:30 p.m. - 8:30 p.m. at the Clubhouse

Wendy Rosen receives prestigious Horace Mann Award



Wendy Rosen

Wendy Rosen, who chairs the First Peoples’ Education programs at the Muckleshoot Tribal College in Auburn, will be lauded for her victory for humanity with the prestigious Horace Mann Award from Antioch University Seattle.

Rosen has dedicated her professional career to enhancing the academic success of Native Americans, the most underserved students in the nation. Her efforts to recruit and retain Native teacher education students have resulted in one of the nation’s largest and most successful Native American teacher credentialing programs.

“We can assist Native people so they can get a degree at a tribal school with Native faculty and assist them in meeting their own goals. Antioch and the First Peoples’ programs are really about transforming yourself and the world,” Rosen says.

Rosen received the 2007 Horace Mann Award March 29 in the Crystal Ballroom of the Washington Athletic Club, 1325 Sixth Ave., in downtown Seattle. Other winners this year include Seattle journalist Jack Hamann, author of *On American Soil*, and Susan Warner, an Antioch alumna and director of public programs at the Museum of Glass in Tacoma.

Horace Mann, noted abolitionist and Antioch’s first president, gave a charge to the class of 1859 that is repeated to each Antioch graduating class: “Be ashamed to die until you have won some victory for humanity.”

Ron Reagan was the keynote speaker for the event, a benefit for the Antioch Seattle Scholarship Endowment. Heralded for his speech at the 2004 Democratic National Convention, in which he spoke in favor of increased stem cell research, Reagan, son of the late President Ronald Reagan, is chief political analyst for KIRO Radio. He is also a contributor to MSNBC and an active member of the Creative Coalition, a first amendment rights group.

About Antioch

At Antioch University Seattle, adult learners find innovative, individualized programs with a commitment not only to academic excellence, but also to community service and social justice. Antioch is an accredited university in Seattle’s Belltown neighborhood. You’ll find numerous master’s degrees, a B.A. completion program in liberal studies, a doctorate in clinical psychology plus a variety of certificate programs for teachers and other professionals. Antioch Seattle is one of six campuses of Antioch University, founded in 1852 in Yellow Springs, Ohio.



Grape-bagging specialists Joanne Seng and Arlene Pierini

Volunteer Amazed by Canoe Journey

By Arlene Pierini

Communities In Schools of Auburn has received support from the Muckleshoot Tribe in the past, and when we heard volunteers were needed for Canoe Journey, we wanted to show our support in return.

Four of us signed up for kitchen duty. We arrived at the kitchen area early the same day the Canoes were scheduled to arrive in Magnuson Park. Though we knew Canoe Journey was a very large event with people coming from all over the Pacific, we were amazed to see the number of containers filled with food and semi trucks lined up waiting to deliver more.

The huge nature of this event and the incredible logistics involved in making it a success soon became even clearer. The four of us were asked to help prepare the sack lunches being taken to Magnuson Park, 2,000 of them to be exact.

Our small piece of this gigantic effort was to take individual size servings of grapes, place them in Ziploc bags, seal the bags and then place them in the lunch bags. Part way through the job we were joined by a fifth person to ensure we would be finished by lunch time.

It took us three and a half hours just to prepare the grapes. We did not make sandwiches or anything else. We just worked grapes for three and a half hours. So now we tell people if you ever need to know how long it takes to prepare grapes for 2,000 sack lunches, figure on one person for 13 hours or four and a half people for three and a half hours. Amazing.

For more information about Communities In Schools of Auburn go to our website at www.cisnet.org/cisauburn.

Tragedy at Elwha

LOWER ELWHA – It was Saturday, March 17 – St. Patrick's Day. The day started out well enough. People had traveled from all over the Olympic Peninsula to Lower Elwha to plan for this year's Canoe Journey to Lummi. All who have gone on the journey together are one big, warm, loving family and – as always – they were happy to be reunited.

No one knew that before the sun rose again tragedy would strike. Two of their beautiful young people would be gone. Two of the brightest lights of their respective tribes would be snuffed out in the icy waters of the Elwha River.

The members of the Muckleshoot Canoe Family know of the power of the Elwha River, which has carved its steep pathway to the sea through solid rock from the glacial heights of Mount Olympus. Those who have seen *Pulling Together*, a documentary film about the 2003 Canoe Journey, will remember how the river's strong currents kept pushing the Muckleshoot canoe back to the beach, and how it ultimately had to be towed across the Elwha's gushing mouth to reach the landing site.

A few days later, when it was time to depart, one canoe after another flipped as they attempted to cross the huge standing waves that guard the mouth of the mighty river; but Muckleshoot was lucky, and had a thrilling roller-coaster trip right over the top of the bar with Reggie Ward in the skipper's seat. It was a mixture of fun and fear that they'll never forget.

But they definitely learned to respect that river. The Elwha is not to be taken lightly. People who are familiar with the Lower Elwha Community know how to get to the river: You just head straight past the Community Center and keep going. If you don't stop, you'll drive right into it.

And that's just what happened to a carload of young people in the pre-dawn hours of Sunday, March 18. Following the breakup of a late-night party, Sela Kalama was driving around with six other youth in her mom's 1997 Kia Sephia. She didn't know the roads very well down there, and the last thing she heard before the car plunged into the Elwha was one of her passengers yelling, "Stop! Stop! Stop!"



Sela Anne Kalama

Sela Anne Kalama, a 19-year old Gray's Harbor Community College student, is the kind of daughter anyone would love to have – pretty, smart, athletic, and an all-around good kid. Because her mother, Sandra Wells-Kalama, is a Quinault Tribal Council member she's had the opportunity to see quite a bit of the larger world

that lies beyond her tiny home village of Queets.

A graduate of Lake Quinault High School, where she played sports all four years, Sela has always done her best to live her life in a good way – a way that respects her culture and religion and reflects honor on her family and tribal nation.

A fine dancer, she was Miss Quinault for 2005-2006, and competed for the title of Miss Indian World at the Gathering of Nations in Albuquerque. She has gone on the Canoe Journey five times,

continued on page 5



Frederick F. Lane, Sr.

Fred Lane Sr., a Lummi Indian Business Council member and longtime Lummi leader, died Wednesday in his home after a long battle with cancer.

Lane, 71, had been elected to his current position on the tribe's governing body in 2005, after several earlier stints on the council and service as vice chairman.

Two nights of memorial and prayer services were held at Wex Li Em Community Center, followed by a funeral service on Saturday, March 24, at the same location and burial at Lummi Cemetery.

Willie Jones, vice chairman of the Lummi council, said Lane had a national reputation in tribal affairs.

"Everybody all over the country knew him," Jones said. "He was quite an ambassador for Lummi."

Jones credited Lane with coaxing him back into tribal government after his own medical problems. Once Jones got involved in tribal government again at Lane's urging, Jones said his health improved and he was able to get around without his wheelchair.

Lane also was known for his sense of humor. In a 2005 interview, Lane displayed his self-deprecating style.

"My Dad was Lummi and my Mom was Muckleshoot," Lane told a reporter. "They took one look at me and divorced." (Fred's parents were Oscar and Elizabeth [Garrison] Lane. His grandmother was long-time Muckleshoot tribal leader Annie Garrison.)

"He was a natural at that," Jones said. "He had everybody laughing all the time. He was always the peacemaker, no matter how hard the problem was."

Another council member and longtime tribal leader, Bernie Thomas, agreed.

"Fred's humor was the glue that put us all together," Thomas said.

Thomas recalled going out for pizza with Lane while the two were on a tribal business trip. The server asked Lane if he wanted the pizza cut in eight pieces or 12, and Lane replied, "You better cut it into eight pieces. I don't think I could eat 12."

But Lane was serious about veterans' services and tribal business opportunities. He visited China on several occasions with a delegation of tribal leaders in search of trade opportunities.

"Fred really saw a vision of bringing the world together through economic trade," Thomas said.

Lane, a U.S. Navy veteran, was employed in the tribal veterans' office at the time of his death. Thomas said he worked hard to help other Lummi vets get their benefits.

"He was very passionate about that," Thomas said. "He just never gave up."

Darrell Hillaire, a former tribal chairman, said Lummi Nation will miss his years of experience.

"He worked with three generations of leadership at Lummi and provided so much strength to the work of the Lummi people," Hillaire said. "Fred's greatest gift was that he was easy to make friends with. ... He knew everybody."

Reprinted courtesy of the Bellingham Herald



Frederick F. Lane, Sr.

Kristofer Jay Irving

Kristofer Jay Irving of Auburn passed away March 8, 2007, following an automobile accident on State Route 164 on the Muckleshoot Reservation. He was 22.

Kris was born on June 16, 1984 in Seattle, WA. A member of the Makah Tribe, he had lived in Auburn for 20 years. He was a 2003 graduate of Auburn High School, where he actively participated in First Nations activities. He was a major star in the 2003 Gen X show, and a student in both Native American study skills and summer school. Popular with both students and staff, his bright smile will be missed.

Following his graduation from high school, Kris resided in Lawrence, Kansas for two years, where he attended Haskell

Indian Nations University. Returning to Auburn, he was employed by Crow Roofing as a roofer and was a member of Local #54. Kris enjoyed snowboarding, pow wows, football, baseball and Classic Cars.

He is survived by his two daughters, Malia Irving of Auburn and Samiah Irving of Federal Way; his parents, Elwood Irving & Sharon Marchand of Auburn; his sister, Angela Springer of Alaska; his brother Loren Marchand of Auburn; and grandmother Dorothy Marchand of Omak, WA. He was preceded in death by grandparents John Marchand and Connie Irving.

Funeral services were held on Tuesday, March 13, 2007, at the Muckleshoot gym, with burial the following day in Neah Bay Cemetery. Price Helton Funeral Home was in charge of arrangements.

Mary T. McQuillen

PORT TOWNSEND – Stories about respected Makah tribal elder Mary T. Greene McQuillen of Port Townsend are being told from one end of the North Olympic Peninsula to the other.

Mrs. McQuillen died at the age of 75 at about 7 p.m. Wednesday, March 21, at Harrison Hospital in Bremerton. She had been hospitalized with pneumonia for about a week prior to her death.

Makah Tribal Vice Chairwoman Debbie Wachendorf said the tribe lost a great deal with Mrs. McQuillen's death.

"She was one of our highly respected elders," Wachendorf said. "Losing an elder, it's a huge loss. They take the memories and the history with them."

Mrs. McQuillen was born Mary T. Greene on March 9, 1932, to Florence Tucker and Walter Greene in Neah Bay. She lived most of her life in Port Townsend and was a poignant, gentle voice in the community.

"It's just very sad news for the community," said Port Townsend Mayor Mark Welch. "She'll be deeply missed."

Welch remembered Mrs. McQuillen campaigning for City Council in 2005. She did no advertising and lost in the primaries by only six votes.

"She had a level of wisdom that she brought to the table," Welch said.

Jefferson County Commissioner Phil Johnson, a longtime Port Townsend resident, said: "She had a way about her speaking that was very calming."

Singing to canoes

Mrs. McQuillen played an integral part in including Port Townsend as a stop in the Inter-Tribal Canoe Journey that takes place every summer. She said greeting the canoes with song is an important aspect of the canoe journey that helps those paddling know where to go.

Mrs. McQuillen believed children were of paramount concern and advocated the canoe journeys as a way to keep children off drugs and alcohol and impart Native American traditions to them. She spent much of her time talking to children and singing and dancing to pass along the traditions.

She rescued one land-locked canoe.

Last summer, Bob Sokol, a Port of Port Townsend commissioner, presented a letter to Mrs. McQuillen offering her the wooden Makah tribal canoe that had been on display at Hudson Point since 1962.

Inspired by the Inter-Tribal Canoe Journey's July arrival at Port Townsend, the three port commissioners voted to give the canoe to Mrs. McQuillen, who had been campaigning to be entrusted with it for decades.

The canoe had been found on Protection Island in 1952. Mrs. McQuillen often sang to the canoe at Hudson Point, apologizing to it for having been allowed to deteriorate to the point that it was no longer seaworthy.

She believed the spirit of the tree was still in the canoe. It is now being restored to a seaworthy state and is expected to be included in a future Inter-Tribal Canoe Journey, Mrs. McQuillen

said before she died.

"I'm just really happy that we did that in time," Sokol said.

"She was a very gentle and very strong woman," said his wife, Edell Sokol, a Jefferson



The McQuillens of Port Townsend

County planning commissioner. "She had love for the human race."

She said she will remember the image of Mrs. McQuillen standing on the shore awaiting the canoes and singing to them.

She married Ellis John McQuillen in 1954 and moved to Port Townsend soon after. Not long after arriving in Port Townsend, the couple relocated to California and lived on several Navy bases. In 1963, they settled permanently in Port Townsend in the same house that Mrs. McQuillen lived in until her death. Ellis McQuillen died in 1985.

She leaves behind five children: Terri McCullough and her husband, Kim, of Port Townsend; Wendy Jo Sinclair and her husband, Russ, of Spokane; Walter McQuillen and his wife, Sarah, of Port Townsend; and Trudi Anne McQuillen and Jeffrey Sean McQuillen.

She is also survived by two brothers, Robert Greene and Dat Greene, both of Neah Bay. In addition, she is survived by 13 grandchildren and six great-grandchildren. Mrs. McQuillen was preceded in death by a son, Scott.

Mrs. McQuillen earned a Bachelor of Arts degree from The Evergreen State College in Olympia. She was a member of the First Presbyterian Church in Port Townsend as well as International Toastmistress.

A candlelight vigil was held in the gymnasium of Neah Bay High School on Monday, March 26, followed by a funeral service and reception the next day.

An additional service will take place at 1 p.m. on Saturday, March 31 at the First Presbyterian Church, 1111 Franklin St., Port Townsend. Following the service, a reception will take place at Ann Starrett Mansion Victorian Bed and Breakfast, 744 Clay St., Port Townsend where stories about Mrs. McQuillen will be told.

(NOTE: Mary McQuillen last visited Muckleshoot to attend the Canoe Dinner at the fairgrounds in Enumclaw. She brought a song. She was also in the big tent at the hosting, as was Chief Klia of Hoh River, who also passed away recently. The story above is reprinted from the Peninsula Daily News.)

2007 Keta Creek Fishing Derbies

The Keta Creek Fishing Derbies are summer time family oriented events for Tribal Members and their families. These Tribally funded trout fishing opportunities include breakfast, lunch, and snacks, and fun and games for all ages. Bait, fishing tackle, ice, and fish sacks provided. Games and events are subject to change as necessary. A flyer will be sent to Tribal Members in April. Please direct questions or comments to Gail Larsen at (253) 876-3178

Date/Time	Event	Other information
June 9, 2007 8:30 – 2PM	Kids Derby—This is a 12 and under fishing derby. Fishing prizes for Kids and door prizes for adults	Pee Wee's Pond for all kids/Popcorn Cart
August 11, 2007 8:30– 2 PM	Family Derby—All ages fishing. Family oriented prizes/picture prizes for adults	Pinata Games/ Ice Cream Cart/ Popcorn Cart/ Fish Printing for Kids
October 6, 2007 8:30–2 PM	Fall Classic—All ages fishing— Family oriented prizes/ door prizes for adults	Casting Contest/Popcorn Cart/ Free Rain Ponchos provided

.....✂.....✂.....CLIP and SAVE.....✂.....✂.....

CLAM DIGGING TIDES - VASHON ISLAND

April – June 2007

Day	Date	Time to Dig	Low Tide level & time
Tuesday	April 17th	10:30 am – 1:00 pm	-1.3 ft @ 11:37 am
Wednesday	April 18th	11:00 am – 2:00 pm	-2.3 ft @ 12:19 pm
Thursday	April 19th	11:30 am – 3:00 pm	-2.8 ft @ 1:03 pm
Friday	April 20th	12:00 pm – 3:30 pm	-2.8 ft @ 1:51 pm
Saturday	April 21st	1:00 pm – 4:30 pm	-2.2 ft @ 2:41 pm
Sunday	April 22nd	2:00 pm – 5:00 pm	-1.3 ft @ 3:36 pm
Thursday	May 3rd	11:00 am – 2:00 pm	-1.0 ft @ 12:23 pm
Friday	May 4th	11:30 am – 2:30 pm	-1.3 ft @ 12:57 pm
Saturday	May 5th	12:00 pm – 3:00 pm	-1.4 ft @ 1:34 pm
Sunday	May 6th	1:30 pm – 3:30 pm	-1.3 ft @ 2:15 pm
Monday	May 7th	1:30 pm – 4:30 pm	-1.0 ft @ 3:00 pm
Tuesday	May 15th	8:30 am – 12:30 pm	-2.0 ft @ 10:30 am
Wednesday	May 16th	9:30 am – 1:00 pm	-3.1 ft @ 11:13 am
Thursday	May 17th	10:00 am – 2:00 pm	-3.6 ft @ 11:57 am
Friday	May 18th	10:30 am – 3:00 pm	-3.7 ft @ 12:43 pm
Saturday	May 19th	11:00 am – 3:30 pm	-3.2 ft @ 1:30 pm
Sunday	May 20th	12:30 pm – 4:00 pm	-2.4 ft @ 2:18 pm
Monday	May 21st	2:00 pm – 4:30 pm	-1.2 ft @ 3:09 pm
Wednesday	May 30th	9:30 am – 12:30 pm	-1.0 ft @ 10:53 am
Thursday	May 31st	10:00 am – 1:00 pm	-1.5 ft @ 11:25 am
Friday	June 1st	10:30 am – 1:30 pm	-1.9 ft @ 11:59 am
Saturday	June 2nd	11:00 am – 2:30 pm	-2.1 ft @ 12:35 pm
Sunday	June 3rd	11:30 am – 3:00 pm	-2.2 ft @ 1:13 pm
Monday	June 4th	12:30 pm – 4:00 pm	-1.9 ft @ 1:53 pm
Tuesday	June 5th	1:00 pm – 4:00 pm	-1.4 ft @ 2:35 pm
Tuesday	June 12th	8:00 am – 11:00 am	-1.9 ft @ 9:23 am
Wednesday	June 13th	8:30 am – 12:00 pm	-3.0 ft @ 10:10 am
Thursday	June 14th	9:00 am – 1:30 pm	-3.6 ft @ 10:56 am
Friday	June 15th	9:30 am – 2:00 pm	-3.8 ft @ 11:42 am
Saturday	June 16th	10:30 am – 2:30 pm	-3.5 ft @ 12:27 pm
Sunday	June 17th	11:30 am – 3:00 pm	-2.9 ft @ 1:12 pm
Monday	June 18th	12:30 pm – 4:00 pm	-1.9 ft @ 1:56 pm

Fauntleroy (West Seattle) / Vashon

Crossing Time: Approximately 20 minutes (45 minutes via Southworth)

Monday through Friday				Saturday and Sunday			
Leave Fauntleroy				Leave Fauntleroy			
5:20	10:40	4:00	8:45	5:20	11:45	4:00	7:40
5:50	11:40	4:40	9:20	6:05	12:20	4:20	8:00
6:10	11:55	5:00	10:15	6:55	12:50 ▲	4:40	8:30 ■
6:45	12:20	5:40	11:40	7:35	1:20	5:10 ■	9:20
7:05	12:55	6:00	12:55	8:35	1:40 ▲	5:40	10:15
8:25	1:20	6:25	2:10	9:15	2:00	6:00 ■	11:40
9:05	1:40	7:05		10:10	2:20	6:20	12:55
9:25	2:45	7:35		10:45	3:00	6:40	2:10
10:20	3:05	7:55		11:10 ▲	3:20	7:00 ■	
Leave Vashon				Leave Vashon			
4:05	8:15	12:50	7:30	4:50	10:40 ▲	2:45	6:30 ■
4:50	8:40	1:50	8:20	5:35	11:15	3:30	7:10
5:20	9:00	2:20	8:50	6:25	11:50	3:50	7:30
5:45	9:40	3:25	9:50	7:10	12:20 ▲	4:10	8:05 ■
6:20 ▲	10:10	4:30	10:40 ●	8:00	12:50	4:45 ■	8:50
6:40	10:30	5:10	12:05 ●	8:40	1:15 ▲	5:10	9:50
7:00	11:30	5:30	1:20 ●	9:20 ▲	1:30	5:35 ■	10:40 ●
7:15	11:55	6:30		9:40	1:50	5:50	12:05 ●
7:55	12:25	6:55		10:20	2:30	6:10	1:20 ●

● Via Southworth.
▲ Loads foot passengers only.

● Via Southworth.
▲ Saturday only.
■ Sunday only.

Note: Vehicle load limits may be in effect on multiple destination sailings.

Oysters at Tribe's Vashon Tidelands: Permit Required

The Muckleshoot Fisheries Division is pleased to announce that Pacific Oysters cultured at the Tribe's Vashon Island tidelands are ready for harvest. The oysters are part of the ongoing Vashon Shellfish Enhancement Project, which also has geoduck, mussels, and manila clams growing for future harvest opportunities at the tidelands.

Tribal members – 18 years or older – interested in harvesting these oysters must first obtain an Oyster Harvest Permit from the Fisheries Office in the Philip Starr Building. Each permit allows the subsistence harvest of 40 oysters on three separate occasions – no commercial harvest is allowed.

After using the Oyster Permit for three days of harvest, the permit holder must return it to the Fisheries office for another permit to be issued. This will allow MIT Fisheries to monitor and keep inventory of the oyster resource at the tidelands.

For individuals not able to get to the Vashon tidelands – there is a 1/4-mile trail to walk down to the beach - special requests for oysters from the Fisheries Division will be accepted from Tribal Elders and disabled Tribal members.

The natural populations of butter clams, little-neck steamers, cockles, and horse clams at the tidelands are in good condition, see the accompanying harvest information or contact Andy Dalton (253-876-3131) or Gilbert King George (253-876-3010) about harvesting opportunities.

Things You Should Know About Clam Digging

- Beware:** You can get sick from clams harvested at Adelaide Beach, Alki Beach, Redondo, Lincoln Park, Salt Water State Park and all other beaches between Seattle and Tacoma. They are all potentially polluted and are closed by the Department of Health.
- Tribal members can dig clams at the Tribe's property on Vashon Island. There are lots of butter clams and some steamers, horse clams and cockles at the beach. Directions are provided at the end of this list.
- Fisheries staff will be routinely testing the clams at the Vashon beach for "red tide" to insure the clams are safe to eat. Always check on the Fish Hotline (1-800-FISH-NOW) for results to see if the Vashon tidelands are open.
- The Vashon tidelands are rocky and digging clams is more difficult than at sandy beaches. A clam shovel works well and some folks use a garden fork, but small clam rakes do not work very well.
- If you want to go to the property by personal boat, the Fisheries Division will provide you with a chart to locate the tidelands and a good place to anchor or beach your boat.
- The driveway at the property has a locked gate so call the Fisheries Division: 253-876-3131 to get the combination to the locked gate and updated red tide results.
- Check the ferry schedule that is printed here with the tide charts. There is a fee for the ferry from West Seattle (Fauntleroy) to Vashon.
- Fisheries staff will also be organizing clam-digging trips to Vashon Island for tribal members who would like to visit the property for a half-day outing, call Andy at the Fisheries Division, if you may be interested.
- There are various shellfish enhancement projects going on at the Tribe's tidelands. Do not harvest any of the shellfish in areas marked with RED stakes
- Oysters can be harvested from the GREEN staked area only with an Oyster Harvest Permit, which are available from the Fisheries office.

.....✂.....✂.....CLIP and SAVE.....✂.....✂.....

Directions to get to the Tribe's Clam Beach on Vashon Island

- Take I-5 north to the West Seattle Bridge exit. (One exit north of the Swift/Albro exit)
- Go west on the bridge to West Seattle – at the top of the hill you will be on Fauntleroy Ave. After the Buick agency stay on Fauntleroy – it takes an easy left. Follow the signs straight to the Fauntleroy/Vashon ferry.
- Make sure to take the Vashon ferry, not the Southworth ferry.
- On Vashon Island, follow the main road (Vashon Highway) up the hill (south) about 1.8 miles from the ferry dock.
- The Tribe's property driveway is on the LEFT side of the road and is marked with a "Muckleshoot Indian Tribe" sign. The driveway is a dirt road and there is a locked gate about 100 yards down the driveway. The combination is _ _ _ _ . (Get combination at Fisheries Office before leaving).
- After the gate, follow the driveway all the way down to the small parking lot next to a small shed – just past the portable toilet. The trail to the beach is marked with a sign: "Beach Trail".
- Once down on the beach, to find a good place to dig clams, walk to the right (south) for a few minutes and try digging half-way to the water.
- It is easier to dig clams with a small shovel (not a rake) and remember to protect the young clams by back filling all holes.

.....✂.....✂.....CLIP and SAVE.....✂.....✂.....



A YOUNG GIRL FINDS HER VOICE *continued from front page*

But when Brandon, who works as Special Projects Coordinator at the casino, described the wonderful work the school has done for little Salina – a tribal member with such great needs – the PAC Committee members were convinced and voted to donate the much-needed van.

When Virginia Cross handed the keys to the school's co-director, Karen Appelman, on March 13 in front of the Muckleshoot Casino, she was nearly overcome with emotion.

"This is a *gorgeous* van," Appelman said. "We are going to love it, and it's really going to help us. I just want to express our deep, deep gratitude for what you've done for us."

"As a Muckleshoot tribal member, I'm thrilled," Eyle added. "I'm thrilled that the Tribal Council sees the appropriateness in providing a program such as Northwest School for Hearing-Impaired Children with a van."

The school, which serves 20 school districts in six counties, will use the van to transport students to other area schools where they regularly sit in and participate in classwork with hearing children – a process they call "mainstreaming." – and will also be used for field trips and library days, Appelman says.

"We love Salina," she added. "She's such a sweet, sweet girl and is doing really well in school. She works really hard."

A Long Road

Salina Lozier was born totally deaf. She had no hearing at all. When Brandon took over her care, and that of her sister, he committed himself to doing everything he could to see that all of their needs are met and that both girls have every opportunity to live a good life. For Salina, of course, that has been much more complicated, but Brandon seems to have enjoyed the challenge.

Under a referral arrangement with the Auburn School District, Salina attended her first two years of school in a Puyallup program where she was taught American Sign Language (ASL). At that time they held virtually no hope that she would ever speak, and so they reasoned that ASL would enable her to communicate – at least with hearing-impaired people and the few others that know it.

Brandon was a young man on a mission, and everyone knows that the Eyles all pull together, so they all taught themselves to communicate in the ASL that Salina was learning. It was a big commitment. Brandon even saw to it that ASL classes were offered in the community.

But then something else happened, and things began to turn in another direction. After about a year-and-a-half at the Puyallup school, Salina got a "cochlear implant" – often called a "bionic ear."

Now here's where it gets a little complicated, so listen up: The part of our ear that enables us to hear is called the cochlea. It looks like a snail shell, and inside it are tiny hairs that are "tickled" by sound waves as they come through. These tiny hairs in the cochlea send signals that our brain can translate into words and sounds.

The main cause of deafness is a faulty cochlea, but within the past 20 years or so, scientists have developed ways to implant electrodes in the cochlea that send signals to the brain – not a fraction as many as a normal cochlea, but enough to convert a deaf person to a hard-of-hearing person.

A normal person's ear has about 16,000 of these delicate hair cells inside the cochlea, while the best implants – such as Salina's – have just 24 electrodes to do the job. A tiny microphone, often located behind the ear, "hears" sounds and then transmits them to a tiny microprocessor which then translates them and relays them to the electrodes, which then stimulate the different locations within the cochlea and sent signals that the brain can then interpret.

Until the 1990's, cochlear implants were rare and impractical,

but with the revolution in computer chips they became more and more miniaturized, and now even babies get them. In the United States they are still very expensive and aren't always fully covered by insurance, but in Europe and parts of Canada the vast majority of deaf children receive cochlear implants at government expense.

Salina's cochlear implant surgery was a success, and she began to be able to hear – not well, but well enough to possibly gain some speech with proper training. Hopes were running high when Brandon began taking her to Dr. Sheila Winkler, a Federal Way speech therapist.

Dr. Winkler told him about the successful results being achieved up in Shoreline at the Northwest School for Hearing-Impaired Children and asked that he consider sending Salina there. But there was one catch: They don't use ASL at that school. They use another system called Signed Exact English. Brandon didn't want to hear about it.

"I'd just learned ASL sign, and so had my family," he recalls. "Learning that all over and teaching it all over again just seemed like too big a challenge."

But Dr. Winkler was persistent.

"You know, I just want you to go to this school, Brandon," she said. "Even if you don't want to change your mind, I want you to go and see what a finished product of the proper oral speech and



language therapy can look like. Just go and take a look, and you'll see where Salina can go."

Before getting her cochlear implant, Salina had no language at all, but now she had sound processing capabilities, so – as daunting as such a huge change may have seemed at the time – Brandon decided to at least take a look. After all, it was for Salina, and he could do no less for her.

"I went and toured the school and saw what other children were doing – their higher success rate with speech and language development and academics – and I was amazed," Brandon says.

"I couldn't believe what a cochlear implant was capable of doing for a deaf child. After leaving there, I was kind of like, 'This is exactly where she needs to be, and this is exactly the progress and the success that we want her to have.'"

So the decision was made. Uncle Brandon didn't let anything stand in their way, and Salina was transferred to the Northwest School for Hearing-Impaired Children.

A Totally Different Method

The Northwest School was founded on a shoestring 25 years ago by two gifted educators, Karen Appelman and Judy Callahan. While lecturing on the topic at the University of Washington they collaborated on a textbook called *Teaching the Hearing Impaired through Total Communication*, and they have since proven beyond a shadow of a doubt that their method works.

Students at their school do not use ASL, but instead use Signed Exact English, where every sign equals an English word. Both students and teachers sign and speak in full English sentences

throughout the school day as they go about the process of learning, or just doing everyday things.

"Where are you going, Salina?" Judy Callahan asked at a recent visit to the school, signing as she spoke.

"I'm going to the bathroom," Salina responded, in English that was still a bit rough, but could be readily understood.

"Very good, Salina," Judy replied. "You remembered to use the word 'the'."

Salina had spoken in a complete English sentence, and this is the key to interacting in the everyday world that most people live in.

ASL is a beautiful language that is loved by many members of the deaf community," Karen Appelman says, but explains that although it is very expressive and enjoyable for those who use it, ASL is not English. Its users do not learn English, and this makes them far less literate in the larger world. And that's why their method uses Signed Exact English.

"Normally in this country," Appelman says, "deaf and hard-of-hearing children graduate high school at about a third grade academic level. We decided to start this school so that we could actually demonstrate to people that, if taught properly, deaf kids could stay on grade level."

And they were right – it *can* be done. Even though it seems like a miracle, they've proven it *can* be done.

"They stay with us through eighth grade and graduate on an eighth-grade level," Appelman says, "and then they go on to high school with hearing kids and stay on grade level."

A tour of the school reveals kids working on science projects and all manner of other learning activities at least as challenging as what would be seen in a regular school. The student-teacher ratio is six-to-one and the verbal and signing interaction in the classroom is constant, with all students enthusiastically taking part.

What's most amazing, though, is not just the fact that they speak – it's how *very well* they speak. Some readers may have seen Academy Award-winning deaf actress Marlee Matlin on television. She typically signs and occasionally speaks aloud, but in a way that isn't real close to the way hearing people talk.

At the Northwest School, all of the students speak throughout the day, and all can be understood. But the best students – and not just a few – can speak so well that you would never guess they were hearing-impaired at all. Their speech is flat-out perfect. Perfect.

Salina isn't quite at that level yet. The kids that shine the most are those who started at the school when they were very young. But she's getting there, day by day. And like all the other kids at Northwest School, her radiant smile speaks even more than her words.

"I've seen so much progress over the past two years that it's just amazing," Brandon says. "It's something you have to see to understand. She's a child coming from a totally no-word vocabulary to making pronunciations. Even if they're not 100 percent clear, you at least can hear it, and you can hear it getting more and more clear as she progresses."

"I measure success on an overall rate for Salina," he concludes, "and I think that all the needs she has as a child are being met – academically, socially, emotionally, physically, family – and I'm pretty excited about it."

"And I want to say how impressed I've been with Brandon," Appelman chimes in. "He gets it. He really understands the ins and outs of deaf education. All of us here have been very impressed with his knowledge and his decisions, and just who he is. And I think Salina's really lucky to have him as an uncle."

Both uncle and niece couldn't be happier now that Muckleshoot's sweet little deaf girl has found her voice.

ELWHA TRAGEDY *continued from page 3*

where she proudly sings her family's song.

She is a proud auntie to her two young nephews and hopes to have children of her own some day. She dreams of being a teacher, or maybe operating her own day care center...

The Queets River pours into the vast Pacific Ocean at one of the most remote spots on its coast. The tiny Native community of Queets consists of a small row of houses nestled deep in a valley below a big highway bridge that leads to the outside world.

"I like to sit at the Queets bridge and wait for a vision," Sela wrote on her *MySpace* page. "I even swim with the whales."

In the chilly waters of the Elwha River, Sela Kalama's happy dreams were replaced by her worst nightmare, as she swam for her life. She got out of the car she had driven into the river and, along with four others, managed to make her way to shore. She believed she was the last one out, but she was wrong.

According to court documents, she later told FBI agents that she had consumed between 14 and 16 beers that night. A passenger told authorities that she'd been text-messaging on her cell phone while driving before the accident occurred.

The following Wednesday, with a large throng of friends and loved ones at her side, Sela Anne Kalama sat in a packed federal courtroom in Tacoma and listened as a U.S. Magistrate told her that she would be released to her family until a hearing could be held to decide if she will be charged with unintentional manslaughter.



Vanna K. Francis

Elizabeth Dawson chose wildflowers to honor her niece at her funeral.

"She was sweet and refreshing, like a wildflower," she said.

Although she was still a few days shy of her 18th birthday when the river took her life that dark night, Vanna Francis was already one of the national treasures of the Elwha

people. She was the flower of that new generation that has been steeped in the language and culture from an early age and is now bringing it back for young and old.

She was the beautiful young woman – still just a girl in many ways – who stood up and spoke the words in The Language for her tribe on important ceremonial occasions. Chairwoman Frances Charles had handed her the mike many times so that she could welcome visiting canoes to Klallam territory in the language of their ancestors.

Like everyone else in this tight-knit community, she'd been molded by the experience of the unearthing of Tse-Whit-Zen Village, a tragic yet highly poignant chapter in her tribe's history. It was a time that broke their hearts, yet made the Elwha – known as "The Strong People" – stronger yet, and galvanized their connection to their proud and ancient past.

On the day that the final Tse-Whit-Zen settlement was signed between the state, city and tribe, it was Vanna who took the stage to speak for the ancestors in the tongue that was so familiar to them:

"We stand as one," she said. "We will definitely be very strong. We will bury again our dead ancestors where they were, not to be disturbed again. Let their souls rest. My heart is very happy. Our ancestors will be very happy."

And now Vanna has joined them.



Ronnie Scroggins

It's never been a secret that Ronnie Scroggins' mother, Marla Tolliver of Neah Bay, adopted him when he was three days old.

"Our love for each other was even stronger because we were open with each other," she told KOMO news shortly after learning that he'd drowned in the Elwha River.

Ronnie had always known his birth mother, Carmen DiVincenzo of Port Angeles. He was close to his brothers there, too, and was supposed to be spending the night with them at another friend's house on that fateful night.

After Marla heard about the accident on TV, she called to assure herself that Ronnie was safe, but her heart sank when she learned that the boys had snuck out the night before. Her worst fears would later be realized when she found out that her son was, indeed, the victim whose name was being withheld pending notification of relatives.

Ronnie Scroggins was a popular honor student, 15 years old and a tall, lanky freshman at Neah Bay high school. He'd been the Makah Days Warrior, and he loved to play sports.

She remembered putting him on the bus for Port Angeles that Friday morning, and how, after she'd given him her list of rules – to be in by 8:30 and not to get in the car with anybody – she'd turned to walk away and Ronnie had said, "What, don't I get a hug?" And, of course, he got his hug. It would be the last time she would hold him in her arms.

Later, as she spoke with a KOMO reporter in her living room, Marla held a blanket in her arms. She explained that she'd crched it for Ronnie when he was just three years old, and told how clearly she could picture him curled up on the couch with it as he grew from child to young manhood. Now her son was gone, and she was left with only the blanket to hug.

While the details of the tragic accident were still unclear, she acknowledged that no one person was fully to blame.

"My son had to play a part in it," she told the reporter. "He was in the car. He chose to get in the car."

**DON'T DRINK
AND DRIVE!!!**



NEXT GED Testing Dates:

"Monday's"
April 9, 16 & 23
May 7, 14 & 21
June 4, 11 & 18

Dates Subject to Change,
Please Call to Confirm

Exam Testing Times - Arrive Early
 8:15 Reading, Social Studies, Science
 9:45 Reading, Social Studies, Science
 11:30 Language Essay or Math Only (pick one)
 2:00 Reading, Social Studies, Science
 3:30 Math Only !!! (To take 5 tests in 1 day do
 11:30 Essay 3:30 Math)

To sign up for testing times
 Call Louie Gong @ 253-876-3210
 sign up at the receptionist desk on
 the day of testing. Bring picture ID,
 payment & waiver if under 19.
SORRY NOT EXCEPTIONS

2007 3rd Annual Derek A. Sneatum MEMORIAL

MENS' *ALL-INDIAN BASKETBALL TOURNAMENT

* ID required- no exceptions!

6 FT & UNDER PLUS 1

**March 30 – April 1, 2006
Muckleshoot Gymnasium**

**12 teams - 10 players per teams
(includes coach)**

Double elimination - \$250 entry fee

- ½ down to insure place in tourney by March 15, 2007

**1st pl. Pendleton jackets;
2nd place; 3rd place; 4th place;
MVP, Sharpshooter, Mr. Hustle,
Sportsmanship**

Contact Info: Lenny Sneatum 253-261-4312
 Logan Sneatum 253-740-6870
 Liz Sneatum: 360-876-4011
 Write to: 5189 SW PARADISE LANE
 PORT ORCHARD, WA 98367

Not responsible for any loss, injuries, on premises.
 Players and fans assume all responsibility
 of securing their property, as well as health
 and safety concerns

LIFE SCIENCES PROGRAM AT NORTHWEST INDIAN COLLEGE-MUCKLESHOOT BEGINS!

Northwest Indian College Muckleshoot Site at Muckleshoot Tribal College now has six students enrolled in the Life Sciences Associates Degree Program. Four of the six are Muckleshoot Tribal members.

The two biggest challenges for the program, which begins Spring Quarter 2007, have been finding laboratory space for the series of chemistry and biology courses the students will have to take, and finding the instructor who will teach. Robin Pratt of Chinook Elementary and the 874 group were the key to the sequence of success. Robin and the 874 participants linked Esther John, NWIC Site Manager at Muckleshoot, with Deputy Superintendent Kip Herren, various school principals and assistant principals. During the final week of February 2007 Monte Eckelman, the vice principal of Auburn Mountainview High School, got back to Esther saying he would ask his building principal and science staff. By Wednesday, February 28, Master's-level chemistry teacher Ian Paden got back to Esther to let her know that he and his building's chemistry lab are at our disposal!

A smaller challenge presented itself: the chemicals used in labs need to be replenished every quarter, to the tune of \$200 each quarter. Northwest Indian College has agreed to find the funds to

cover this expense. Also, researchers at the University of Washington heard of the Muckleshoot Program's plight and have pledged to do what they can to restock the chemicals.

The Program will begin April 2, 2007, with the beginning of the Spring Quarter of Northwest Indian College. Students will be required to take Inorganic Chemistry in Spring 07; then Organic Chemistry either Summer or Fall 2007; followed by Biochemistry, Cell Biology, Botany and Zoology. Students will also take Statistics, Calculus and Biostatistics and any additional course work in Environmental Sciences and other sciences chosen in consultation with the student's faculty advisor and target school advisors.

Along with those courses students will take 33 credits of general studies courses that include pre- and post-contact Muckleshoot history, Survey of Native American Literature, History of Federal Indian Policy and Introduction to Native American Studies.

Anyone interested in starting the NWIC-Muckleshoot Life Sciences Program has until April 5, 2007 to get on board. For more information, contact Esther John, Northwest Indian College Site Manager, Muckleshoot Tribal College, at 253-876-3274 or ejohn@nwic.edu.

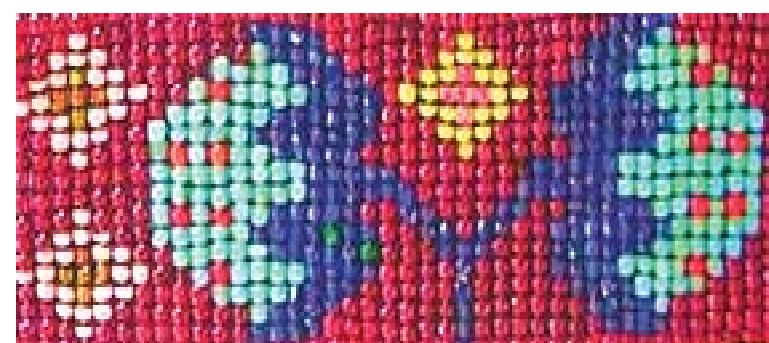
Pending Crisis at Muckleshoot Tribal School

The attendance rate for the Secondary School students at Tribal School is seriously low. At this rate, funding for next school year will be drastically cut and this will have a negative affect on the ability of the school to serve the needs of our students. Please do all that you can to encourage any of your children or relatives enrolled at Tribal School to attend school on a regular basis. Working together is the only way that we will be able to have a world-class school and meet the needs of our students.

ANNOUNCEMENT!!

Tribal members if you do not have a smoke alarm in your house could you please contact the Planning Department at (253) 876-3321 and we will provide you with one immediately.

Scholarship Program is now accepting Clothing Voucher application and the last day to turn them in will be March 30, 2007 or post mark on March 31, 2007.



Muckleshoot Tribe School Age Incentive Program

For Muckleshoot Tribal Members 18 years of age and under

Contact: Juanita Sam Phone: 253-876-3379 E-Mail: Juanita.Sam@muckleshoot.nsn.us

Application Pick Up: 39015 – 172nd Ave SE
 Scholarship Bldg. #2
 Auburn, Washington 98092

Note USE New Application with front and back side:

Front side filled out by parent or guardian

- Student Information, Name, Address, Phone Number
- Signature of Parent or Guardian
- Choice of One (1) Store only

Back side filled out by School Official and Enrollment Officer

- School Information signed by a School Official (*will not except report cards or attendance report*)
- Tribal Certification signed by Muckleshoot Enrollment Officer

Reminders:

- Incomplete Applications will be mailed back to address noted on application
- Parent or Guardian must show picture I.D. upon pick-up.....
(NOT released to any other person)
- Certificates will be certified mailed two weeks from last issue date to address noted on application

Note:

All applications submitted from July 1st – September 30th, are eligible for the full benefit as long as they meet the enrollment criteria for that school year

For the January 1st – March 31st, disbursement only is based on your attendance

- (10) Unexcused is automatic ½ (upon committee approval)
- (10+) of excused absences will be reviewed by committee

***No Exceptions to the Deadline Dates

Head Start Fun

PHOTOS BY JOHN LOFTUS



Ernie Williamson hired as new MIT Facilities Director

This is what I hope to be the first of many things that you will read about your Facilities Departments.

I am the new Director of Facilities and truly look forward to working with all of you or seeing you around the Reservation. My name is Ernest Williamson, however Ernie works much better.

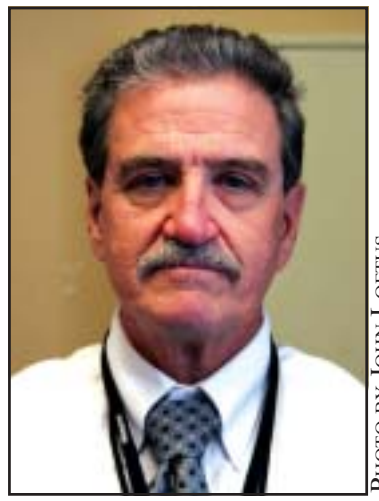
I have worked in the facilities area from a Maintenance Person to the Director. My background is hands-on to education, all of which I have enjoyed doing. There are still so many things to learn as things change all of the time, and one must keep up with the changes.

I moved to this area because my wife is from Washington and wanted to return, and my thoughts were, "What a wonderful idea!" I was lucky enough to be hired by the Tribe for what I hope is a long and fruitful relationship for both.

Before coming to the Tribe I worked for Broward County, FL as a Building Manager II, I managed 111 buildings on 62 properties over an area that was about 15 miles wide and 18 miles long. For the County I managed properties that ranged from High Rise Buildings to Park offices built for 1. I have managed hospitals, apartments, office buildings, police and fire stations, courthouses, libraries, and just about any other type of building you can think of that people would live or work in.

I enjoy my work very much, love teaching others about it, and solving the problems that come with the new and old buildings. So much in fact I have a designation as a Real Property Administrator or RPA. Being an RPA means that I have attended and passed classes on how to manage public buildings, what kinds of things are in public buildings, and how they work.

In the following months we will be letting you know more about the department and what we do. I hope that everyone in this department will appear in the paper as a writer or feature for the month since there are some really great people working in this department that everyone should be proud of as members this work community and/or Tribe.

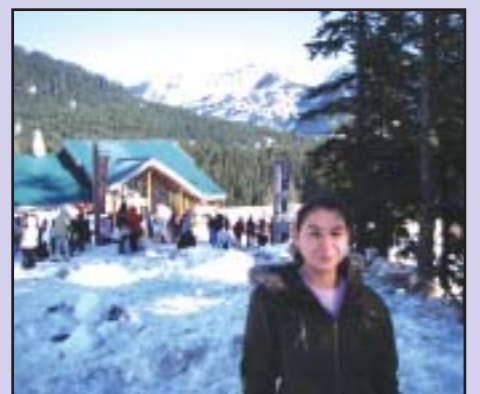
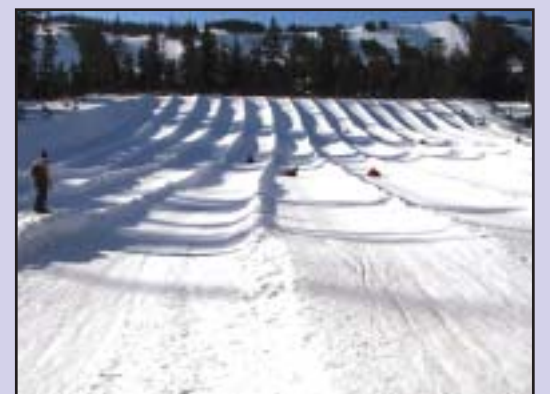
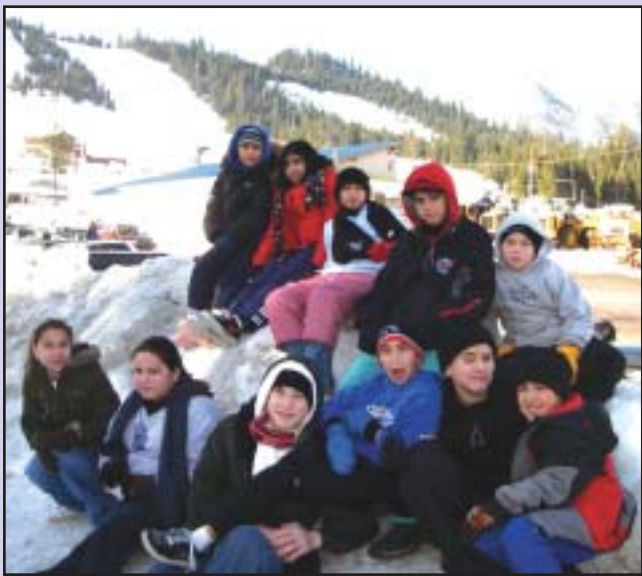


Ernie Williamson

PHOTO BY JOHN LOFTUS

Youth Facility Sledding Trip

PHOTOS BY LEO V. LACLAIR



You Can Quit Smoking!!!!

By Brent Grider

Smoking is bad! We all know the importance of quitting smoking. What is difficult is the actual act of quitting smoking! Just as there are many reasons to quit, there are also many ways to quit. One key ingredient to the stop smoking process is whether or not you are ready and motivated to quit. If you are, then there are several options available. It may be helpful to discuss the process with a professional who can help you decide what method might be best for you and to assist you in developing a specific quit plan. Everyone is different. What works for one, may not work for another. While many people do not quit on their first try, successful quitters hang in there and keep trying until they find success. Each attempt may get you closer to your goal. The nicotine in cigarettes is very addictive and the withdrawal symptoms (irritability, tiredness, hunger, anxiety, etc.) can be tough for a period of time. Don't be discouraged. The withdrawal symptoms will gradually weaken. You can be smoke-free!

Let's look more closely at a few of the smoking cessation options available. *Nicotine replacement therapy* is one of the more widely used approaches to quitting smoking. Nicotine is one of the main chemicals in the cigarette that causes the addiction and craving. The idea behind nicotine replacement therapy is to deliver controlled amounts of nicotine to the body in place of smoking a cigarette. The body is then gradually weaned off of the nicotine replacement option until the cravings are gone. Nicotine replacement comes in a variety of forms. The first is referred to as the "patch". This patch is placed directly on the skin and releases nicotine into the body gradually. Nicotine gum or lozenges are other popular choices. They are chewed whenever a craving for a cigarette occurs. There is also a nicotine nasal (nose) spray that can be used whenever there is an urge to smoke. A nicotine inhaler works on the same basic principle and is inhaled through the mouth.

In addition to nicotine replacement therapy, there are other ways to quit. There are prescription drugs available to help reduce the withdrawal symptoms and the urge to smoke. Programs like *Smokers Anonymous* or *Nicotine Anonymous* (12-step program) are available to assist with smoking cessation. Some people find the support of others in a group helpful on their journey to being smoke-free, while others prefer to quit "cold turkey" (suddenly, all at once without any outside assistance). There are also support phone numbers or websites available to offer advice and support. Examples include 1-(800) QUIT NOW, the Smoking Quitline at 1-(877) 44U-QUIT, or www.quitnet.org. Acupuncture is another effective cessation method and is available at the Wellness Center. The nicotine replacement therapy options and medication are available at the Muckleshoot Health & Wellness Center Pharmacy with a prescription from your doctor. Contact the Health & Wellness Center at (253) 939-6648 to schedule an appointment.

Whatever way you choose to stop smoking, there are a number of things you can do to help improve your chances of success. The overwhelming urge to smoke usually only lasts a few minutes at a time, so if any of the following can help to reduce those urges, then the odds of quitting improve. One or more of these ideas and tips might be helpful.

- **Deep Breathing**—This has proven to be a helpful addition to any cessation program. Whenever you feel an urge to smoke, take a deep breath, then exhale slowly through pursed lips (like you are exhaling smoke), and do this while lowering your chin toward your chest. Repeat three times each time you are craving a cigarette. You may be surprised how effective this technique can be.
- **Avoid Triggers**--Avoid things that trigger the urge to smoke, such as coffee, alcohol, and sugar, at least until the cravings have eased. Also, avoid high fat and high calorie foods. Your

metabolism may slow slightly from the nicotine withdrawal, which may make some weight gain possible. This should only be temporary. The body will adjust after all the nicotine is out of your system.

- **Fluids**--Drink plenty of extra water. The water will help to flush the nicotine from the body and will fill you up so that you have less of a desire to replace the cigarettes with food.
- **Healthy snacks**—To avoid weight gain during the period of withdrawal, nibble on healthy snacks like carrots, apples, celery, or nuts. These also serve as cigarette replacements. Gum and cinnamon sticks work as well. The cinnamon sticks resemble and feel like a cigarette, which helps to make them effective.
- **Exercise**—Exercise can serve as a distraction from smoking and a good sweat will help flush the toxins from the body. Any exercise program will do, as long as you work up a good sweat. Pick something fun or find a group activity which can provide added motivation and support.
- **Garbage**—As soon as you quit, get rid of all ashtrays and cigarettes. Out of sight, hopefully out of mind!
- **Support**—The support of friends, family, and co-workers will be necessary and helpful during the withdrawal period and as you begin the challenge of remaining smoke-free.
- **Communicate**—Write down your feelings and frustrations regarding quitting smoking or talk to someone about your feelings. Quitting smoking may feel like losing a good friend at first, treat it that way. You would grieve with others at the loss of a friend, you should do the same with your tobacco related emotions and feelings.
- **Reality**—Smoking was fun and enjoyable; don't pretend it wasn't. Be realistic. Don't expect quitting to be easy. It will be a challenge and frustrating, *but it is possible!* Tell yourself several times a day that you are a non-smoker and that you have control of what you do. If you slip up and have a cigarette, you can begin your quit program again that very moment. Don't be discouraged. You can do it!

The following support contacts may be helpful on your path to living smoke-free. *You can quit smoking!!!!!!*

Muckleshoot Tribal Health Program: (253) 939-6648

Nicotine Anonymous Locations: Call (800) 642-0666

American Lung Association (WA): (206) 411-5100

American Cancer Society: (800) 227-2345

Free Counseling Support: (800) QUIT NOW

National Cancer Institute Free Quit Line: 1-(877) 44U-QUIT

Free Local Quit Line: (877) 270-7867 or www.quitline.com

Northwest Portland Area Indian Health Board: (503) 228-4185

Seattle Indian Health Board: (206) 344-9360

Good luck on your journey to a smoke-free lifestyle!!!!

*Some information provided by www.anti-smoking.org; The National Cancer Institute; and the American Cancer Society.



Birth Record

By Lisa Elkins

February 2007

3/5/07

Proud parents Albert Moses & Ramona Reeves
Baby Girl – Dahawnee Mae Moses
8 lbs. 14 oz. 19 in. long
Proud Kiya's: Theresa Jerry and Lynn Moses
Proud Grampas: Floyd Moses and Roman Reeves

Congratulations to our new parents!!!

BIRTH ANNOUNCEMENT

Michael Anthony John Jr.
7 lbs. 7 oz. 20 inches long
Born January 19, 2007, 12:39 p.m.
Proud Parents: Sarah Cain and Mikey John Sr.



Bernice White with Great-Grandson, Mikey Jr.



Michael Anthony John Jr.



Sarah, Mikey and Baby Mikey

Congratulations!

Congratulations to Katie Moses and Saipele Ulima on the birth of their baby girl, Annalisa Ulima, born February 21, 2007; Annalisa weighed 8 pounds 2 ounces...Katie and the baby are both doing fine.

Happy Birthday!



Happy Birthday to,
Shaughnessi Hicks-10 yrs. old (April 2nd)
Chanteya Hicks-11 yrs. old (April 4th)
Jaden Iverson-3 yrs. old (April 18th)
Damon Fulgencio Jr.-8 yrs. old (April 29th)

We love you all so very, very much and wish you ONLY the BEST!!!

Mom/Auntie Lisa Marie

Healthy Heart Fair

PHOTOS BY JOHN LOFTUS



**THE MUCKLESHOOT
DIABETES PROGRAM
IS PRESENTING DIABETES
EDUCATION CLASSES**



Our primary focus will be making healthy changes and staying healthy with diabetes.

Monthly Topics Include:

1. Feb. 27, 07 What is diabetes?
2. Mar. 27, 07 Diabetes and feelings
3. Apr. 24, 07 Healthy eating
4. May 29, 07 Moving to stay healthy
5. Jun. 26, 07 Diabetes medications
6. Jul. 31, 07 Balancing your blood sugars
7. Aug. 28, 07 Complications
8. Sept. 25, 07 Sick day management
9. Oct. 30, 07 Taking care of your feet

ALL CLASSES HELD AT 2:00 PM.

For more information please feel free to contact the Muckleshoot Diabetes Program at 253-939-6648. Look for additional information in the MIT Monthly Newspaper each month.

WORLD KIDNEY DAY OBSERVED

World Kidney Day was observed on March 8, 2007. Some 20 million Americans – or 1 in 9 adults- suffer from chronic kidney disease (CKD), and another 20 million are susceptible due to risk factors such as diabetes, high blood pressure, cardiovascular disease, family history of kidney disease and racial or ethnic heritage. African-Americans and Native-Americans have a significantly higher risk of developing CKD; rates are also elevated among Hispanics, Asians and Pacific Islanders.

Symptoms of CKD

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night.

Kidney Health Tips:

Your kidneys work hard for you all day, every day. They clean your blood, regulate blood pressure and excrete waste from your body by producing urine.

To keep your kidneys healthy:

- Check your blood pressure regularly, and control high blood pressure.
- Avoid the overuse of prescription and over-the-counter drugs.
- Seek treatment for urinary tract and kidney infections quickly.
- Avoid cigarette smoking.
- Avoid a high-sodium diet.
- Drink water instead of soda pop and coffee.

Questions? Call the Muckleshoot Community Health Department at 253-939-6648.

Diabetes and Feelings

Presented by the Muckleshoot Diabetes Program

The individual/family will understand the emotional impact of diabetes on their personal lives.

Come out and share:

- Express feelings about having diabetes.
- One or more ways that diabetes has affected his/her life and/or the lives of their family members and significant others.
- How to identify your support person.
- Share past experiences in dealing with health or other kinds of problems.
- Explain the body's response to stress.
- Discuss ways to handle stress.
- Learn how to handle a stressful situation.

When: Tuesday, Mar. 27th, 2007
At 2:00 pm

Where: Muckleshoot Health and Wellness Center
River Room



ALL YOU NEED TO KNOW ABOUT COLORECTAL CANCER

WHAT IS COLORECTAL CANCER?

Colorectal cancer is cancer of the colon and rectum. The colon and rectum are parts of your body's digestive system. The digestive system uses the food you eat to help your body work well. What your body doesn't use is called waste. This becomes a bowel movement.

Cancer of the colon and rectum happens to men and women. It is very easy to prevent. If you get this type of cancer, it can often be treated and cured.

CAN YOU PREVENT COLORECTAL CANCER?

You can help prevent colorectal cancer. Exercise and eat healthy foods like fruits and vegetables.

There are medical tests that can prevent colorectal cancer. These tests can also help find the cancer early when it may be cured.

The medical tests are called screening tests. They can show if you have growths in your colon or rectum called polyps. Polyps are about the size of grapes. If they are found, they can be removed. Then you will not get colorectal cancer.

TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT COLORECTAL CANCER

Tell your health care professional if you have any of these problems:

- Bleeding from your rectum when you wipe yourself after you go to the bathroom
- Blood in or on the bowel movements
- Bowel movements that are different than normal for you
- Bowel movements that are skinnier than normal for you
- Feeling bloated or full in the stomach and having stomach pain
- Going to the bathroom more often or less often
- Having gas pains Losing weight when you are not trying to
- Feeling tired all the time
- Vomiting

Talk to your family. Ask your grandparents, parents, sisters or brothers if they know if they have ever had a polyp, colorectal cancer, a bowel disease or some other type of cancer. Tell your health care professional if you or anyone in your family has had these problems. He or she may tell you to have the screening tests before age 50. If you are African American you may need to begin screening at age 45. Colorectal cancer is often diagnosed at a younger age in African Americans.

If neither you, nor anyone in your family, have had these problems, then you should have a screening test when you turn 50 years old.

WHAT KINDS OF TESTS CAN HELP PREVENT OR FIND COLORECTAL CANCER?

- There are several types of tests including:
- FOBT — a test of your stool for blood
 - Sigmoidoscopy — a test that looks at the right side of your colon
 - Colonoscopy — a test that uses a camera to look at the whole colon
 - Barium enema — a test that uses an X-ray machine to look at the whole colon.



What: Annual Muckleshoot Health Fair

When: 9-3 Friday, May 18th, 2007

Where: The Health & Wellness Center

Why: To improve the health of the community

Who: You, your friends and family

What to Expect:

- Free t-shirts
- Healthy and tasty snacks
- Health related booths with exciting activities
- Fire safety trailer
- Bike safety rodeo
- Fun fitness activities
- Face painting, games, and more!!!!

Call Brent or Cheryl at the Muckleshoot Health & Wellness Center for more information at (253) 939-6648

**KICK BUTTS DAY!
March 28TH IS KICK
BUTTS DAY!**

THIS IS ANOTHER GREAT OPPORTUNITY TO QUIT SMOKING! IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN LIVING SMOKE-FREE, CONTACT THE MUCKLESHOOT HEALTH & WELLNESS CENTER AT (253) 939-6648 FOR MORE

INFORMATION! WE CAN HELP!!



PHOTO BY JOHN LOFTUS

**NOT TO LATE
TO JOIN**



**WEIGHT
MANAGEMENT
CLASSES**

**Every Wednesday
from 12-1 PM**

Presented by the Muckleshoot Diabetes Program at the HWC. Call MHWC for more details 253-939-6648

Coffee: Our Favorite Complicated Habit

By Brent Grider

Coffee is a part of the daily routine for millions of Americans. It is estimated that over half of all American adults begin their day with a cup of coffee. There are an estimated 170 million coffee drinkers in this country. In fact, the United States consumes more coffee than any other country, importing about 2.5 million pounds per year. The average citizen consumes at least two cups a day, which equals approximately 22 gallons annually. Coffee accounts for about three fourths of daily caffeine consumption. Currently, the U.S. consumption rates are the highest they have been in 30 years. This is due in part to variety of coffee drinks available now. Today, there are flavored coffees, mochas, cappuccinos, lattes, and espressos, to be found on virtually every street corner. In the Northwest, one can't walk a block without seeing a coffee stand. The question then is what is all this coffee drinking doing to us? Coffee has been touted in the news of late for possessing some health benefits, and yes, there does appear to be some benefits to a cup of coffee, but there are also a number of potentially negative consequences to our national addiction. Let's look more closely at coffee, both the positive and the negative.

Based on recent studies, the potential positive effects include: **Protection against Parkinson's disease**—Scientists are not completely sure why coffee lowers the risk of Parkinson's disease, but the evidence appears to be strong at this point.

Protection from Diabetes— This protective effect only works in those who do not already have diabetes. Again, at this point scientists are not exactly sure why coffee drinking lowers the risk, but there is a clear difference in disease rates between coffee and non-coffee drinkers. One theory is thought this connection has less to do with the coffee itself and more to do with the fact that moderate to heavy coffee drinkers tend to drink fewer sugary sodas, which are known diabetes risk factor. More research is needed into this connection.

Sharpens the Mind— Caffeine offers a short-term energy boost and may sharpen the mind temporarily, particularly if a person is tired. However, these benefits are short lived and if too much caffeine is ingested, the drop off after it wears off may leave a person more tired than before.

The negative effects of coffee unfortunately outweigh the good. Let's look at some of the potential negative effects of coffee consumption.

Potential for Miscarriages & Birth Defects: While more study is needed and underway, some studies have suggested a link between coffee and low-birth weight in babies. The link is stronger the more caffeine is consumed. Low birth rate is linked to an increased chance of death in early infancy. Some studies have also shown a potential link between caffeine intake and miscarriage. Most studies showing a link between caffeine consumption and miscarriages and low-birth weight are based on 2-3 cups of coffee a day or more. The National Institute of Child Health and Human Development recommends expectant mothers limit their coffee intake to no more than one or two cups a day if they must drink coffee, but they suggest that quitting coffee altogether during pregnancy is best.

Osteoporosis: Caffeine extracts calcium from the bones. The more coffee a person drinks, the more calcium is removed from the bones. If you do drink coffee, make sure to replace

the calcium loss through eating calcium rich foods and/or supplements and to protect the calcium levels you have by performing weight-bearing exercise regularly.

Heart Health: Several studies have shown that coffee increases homocysteine levels, which is a known risk factor for heart disease. Coffee may also increase cholesterol levels. While these increases may be small or in moderate coffee drinkers, people with pre-existing heart conditions or are heavy (4 or more cups a day) coffee drinkers should be very careful in their use of coffee. Coffee also elevates heart rate, which means the heart has to work harder (an extra three beats per minute on average).

Blood Pressure: Caffeine elevates blood pressure by an average of four points. While this increase may not mean much to some, to others this increase could be significant. Elevated blood pressure is a large contributor to heart disease and stroke. If you already have high blood pressure, eliminating or reducing coffee consumption may be necessary. Caffeine may also damage blood vessels, making them less elastic, which means an increase in blood pressure.

Stress: Caffeine causes an increase in the stress hormone epinephrine. Caffeine stays in the body a long time. Twelve hours after consuming a cup of caffeinated coffee, 1/8th of the original amount of caffeine remains in the body. Other stresses or anxieties will be affected by the presence of caffeine.

Sleep: Caffeine is a stimulant, meaning it will keep you awake. Studies have shown that caffeine can disrupt the amount and quality of sleep at night. As mentioned above, caffeine stays in the body for several hours, so any caffeine ingested, particularly in the afternoon, will still be in the body to some degree in the evening or at night.

Glucose Control: Duke researchers, among others, have been conducting tests that appear to show the caffeine extends the time glucose levels are raised after a meal. While the research is on-going, diabetics may want to avoid caffeine until more information is known.

We all know coffee is a major part of many of our lives and like many things, it has a good and a bad side. Most people can drink coffee in moderation (1-2 cups a day) and maintain a healthy lifestyle. Some people opt for decaffeinated coffee in place of the regular caffeinated kind. However, there is growing evidence that decaffeinated coffee raises the risk of developing rheumatoid arthritis (RA). The risk appears to go up the more cups of decaffeinated coffee is consumed. It was reported at the annual meeting of the American College of Rheumatology that drinking more than one cup of decaf a day raises the risk of RA four fold.

The bottom line is that the use of coffee, decaf or regular, should be evaluated on an individual basis. For some, coffee can be an enjoyable and safe beverage if consumed moderately, but for others, coffee, both regular and decaf, may pose unwanted risks. Talk to your provider regarding your own situation.

*Information provided by the American College of Rheumatology, www.mercola.com, The Center for Science in the Public Interest, American Journal of Clinical Nutrition, The National Institute of Child Health and Human Development, Psychosomatic Medicine.



PHOTO BY JOHN LOFTUS

LET BEAR DO YOUR HAIR!

Tribal member Bear James announces that he is now a licensed Cosmetologist and is open for business. He recently graduated from Clover Park Technical College and also studied at Gene Juarez. He will provide a full line of services, including razor cuts, perms, color and foil wraps. Bear hopes to set up a salon, but for the time being he travel to your home to do your hair. He can be reached at 253-334-9173.

An evening with the Pentecostal Church

On Friday night, March 2nd, the youth Worship Band from the Summit Church in Enumclaw joined with the Pentecostal Church for an evening of lively worship music. Other members of the Summit youth group participated from the audience, much to the delight of the younger members of the Pentecostal Church. The group announced a second concert for March 30th. They will once again, for the third time, join the Pentecostal Church on their annual missions trip to Wapala, South Dakota on the Standing Rock reservation this coming July. Pastor Eugene King from the Wapala Sioux Assembly of God church was at the Pentecostal Church for the March 2nd concert, and was able to personally thank the Summit group for their involvement with his church in South Dakota.

PHOTOS BY MARGARET BURNETT



National Save Your Vision Month

aims to increase awareness of the importance of regular eye exams to maintain eye health.

Vision is something we often times take for granted--that is, until it starts to fade or sustains injury. From pinkeye to macular degeneration, eye injuries can be frightening. The best way to protect yourself is through education--know safety measures, warning signs and symptoms of a potential problem.



Free Vision and Hearing Screenings

on
Friday, March 30th 2007
10:00am to 3:00pm
Muckleshoot Senior Center



Contact the Muckleshoot Community Health Program at 253-939-6648 for more information

Eating Better Together

A Family Guide for a Healthier Lifestyle

Mealtime Is Important Family Time

The most important part of family mealtime is simple—it's the family. Eating meals as a family can actually improve children's food habits. Kids tend to eat more fruits, vegetables and dairy foods at meals shared with their parents. Children learn by modeling themselves after their parents. Eating together lets parents show their children by example how to choose nutritious foods, know when they are full, and how to try new tastes.

Follow the Dietary Guidelines The suggestions below will help you follow the Dietary Guidelines for Americans, a set of recommendations from the U.S. Departments of Agriculture and Health and Human Services, designed to help Americans choose the foods they need to support good health.

Choose a variety of foods from among the basic food groups while staying within calorie needs. It takes a wide variety of foods to provide all the nutrients we need to stay strong and healthy. The tricky part is getting variety without overeating. That means choosing foods packed with vitamins and minerals at each and every meal. When eating out, balance your meal by choosing from the main food groups: meat, dairy, fruits, vegetables and grains.

Control calorie intake to manage body weight. Don't eat more calories than you burn because excess calories are stored as body fat. Choose portion sizes that are right for you, and balance out your food intake with physical activity throughout the day.

Be physically active every day. Regular physical activity helps reduce your risk of chronic disease and can help you control your weight. Children need at least 60 minutes of moderate-to-vigorous physical activity on most days to maintain good health and fitness. To increase physical activity, plan activities the whole family can enjoy, like nature walks, bicycling or practicing soccer drills.

Eat more fruits and vegetables. Fruits and vegetables are packed with essential vitamins, minerals, fiber and other compounds that contribute to good health. Get more fruit into your child's diet by ordering a side of fruit such as mandarin oranges. Look for salads with dark, leafy greens as their base. These colorful greens are an excellent source of B vitamins and fiber.

Eat more whole grains and choose more nonfat or low-fat milk or milk products—preferably three servings of each per day. A whole grain is the entire edible part of any grain such as wheat, oats, barley, rice and corn. Whole grains contain fiber and other beneficial nutrients.

Dairy foods are an excellent source of calcium, protein and other vitamins and minerals important for children's growth and development. Calcium is important at all ages but, especially, for growing bones! Adults and kids need three servings of calcium-rich foods every day.

Choose fats wisely. Fat is a nutrient, too, but some fats are better than others. Choose lean meat, chicken and fish and nonfat or low-fat dairy foods. Try to eat more of the good fats like those found in fish and olive oil.

Choose carbohydrates wisely. Carbohydrate foods like grains, beans, fruits and some vegetables provide the fuel we need to power us throughout the day. But be smart about your choices. Make sure most of the carbohydrates you eat have plenty of fiber, vitamins and minerals.

Choose and prepare foods with little salt. Although it's difficult to control the amount of salt used to prepare foods you eat outside your home, you can minimize your salt intake by not adding more at the table.

For more information, contact the Muckleshoot Community Health Program at 253-939-6648, ext 3801.

New Pharmacy Refill Request Line at Health & Wellness Center:

Do you have medication refills to call in, but they just slip your mind? Now you can call in your prescription refill requests at your convenience, **24 hours a day**. The Pharmacy has recently begun accepting prescription refill requests through a direct line which allows you to request your medication at any time. Here's how it works:

1. Dial (253) 333-3624.
2. The recording will prompt you to leave the prescription number, name of medication, your name, and a contact phone number at the tone.
3. Please be specific in your medication request – avoid asking for “all my meds” or “whatever is in the computer”. Requesting specific medications prevents us from filling meds you don't take anymore or don't need, and allows us to get you exactly the medications which are right for you. If you're not specific about the medications you need, we may not be able to refill your prescription.
4. When you've finished requesting your medications, hang up. We will check the recording first thing in the morning and then throughout the day.
5. Please give us 1-2 business days to fill your medications. This guarantees that even if we have to call the doctor for refill authorizations, or if we have to special order an item, we will still have enough time to do that and have your medication filled and waiting for you.

We hope the refill request line will make it easier for you to request prescription refills. One of the most effective ways to stay healthy is to avoid running out of your prescription medication. And of course, if you prefer to speak to a live person, we encourage you to call us during business hours and we will be happy to answer your questions and comments.



Now Hiring!!

Come work for one of the largest South King County employers. Muckleshoot Indian Bingo is the *Northwest's destination for fun*. We are now hiring energetic, outgoing individuals to fill a variety of exciting positions. We offer great benefits which include: competitive wages, excellent working conditions and paid holidays/vacations/sick leave, medical/dental/vision insurance, and a 401(A) or 401 (K) investment plan. The Muckleshoot Indian Bingo is an Equal Opportunity Employer, but exercises Native American hiring preference.

You are more than an employee at Muckleshoot Bingo, you are family. To apply contact our Human Resources Department Monday through Friday between 9:00 am – 5:00 pm or download an application at www.muckleshootbingo.com.

Muckleshoot Indian Bingo
2602 Auburn Way South • Auburn, WA 98002
253.735.2404

Current openings include:

- Admissions Clerk
- Bartenders
- Beverage Servers
- Building Maintenance Engineers
- Bussers
- Caller Floor Clerk
- Concessions Cashier
- Facilities Clerk
- Food and Beverage Supervisor
- Food Servers
- Gaming Director
- Heavy Duty Cleaner
- Inventory Clerks
- IT Techs
- Lead Line Cook
- Line Cooks
- Maintenance Supervisor
- Maintenance Worker
- Prep Cooks
- Receiving Clerks
- Senior IT Technician
- Soft Count Lead
- Systems Administrator
- VGD Attendant

Please Join us the 2nd and 3rd Thursday of Each Month for a

Healing Circle

LUNCH PROVIDED!!
FREE TEE SHIRTS WHILE SUPPLIES LAST!!

Thursday April 12, 2007
10:30am - 2:00pm

Thursday April 19, 2007
5:30pm - 8:00pm

In the Mountain Room of the Health & Wellness Center
** Childcare Provided On-site! **

Come be a witness to healing stories about Sexual Assault and Domestic Violence.

Although this is a difficult topic, many in the Muckleshoot Community believe it is very important to begin speaking about it.

Tribal & Outside Resources Provided
*Counselors on-site for support this day & beyond *

FOR MORE INFORMATION CONTACT:
Bobbi at 253.804.4444 or Bobbi.Keeline-Young@muckleshootcasino.com
Or Stephanie at 253.876.3357 or Stephanie.Flesher@muckleshoot.nsn.us

-Hosted by the Muckleshoot Sexual Assault Task Force (SATF)

Wellness Center Member Spotlight: March 2007

KATHERINE ARQUETTE



Katherine Arquette

Our spotlight is shining on Katherine this month because of her dedication to her own health and wellness, in addition to the ideas and talents she brings to the Wellness Center and to the Tribe as a whole. You will often find Katherine here at the Wellness Center doing Yoga, Kickboxing, or running on the track outside. She also enjoys using the Sauna and Jacuzzi. In addition to focusing on her own health, Katherine is an Art Therapist at the Tribal School. She has used her artistic talents to encourage the youth and other members of the Tribal Community to get active and incorporate some cultural tradition into their everyday lives. Please join us in honoring Katherine and all she does to promote wellness in the community!

Health & Wellness Center Program Hours:

Program Name	Phone No.	Hours Open	Closed-Lunch
Behavioral Health	(253) 804-8752	8:00-5:00	N/A
CHS/Registration Office	(253) 939-6648	8:00-5:00	12:00-1:00
Community Health/CHRs	(253) 939-6648	8:00-5:00	12:00-1:00
Dental Clinic	(253) 939-2131	8:00-4:45	12:00-1:00
Medical Clinic	(253) 939-6648	8:00-5:00	12:00-1:00
Pharmacy	(253) 939-6648	8:00-4:30	12:00-1:00
WIC Wed Only	(253) 939-6648	1:00-5:00	N/A

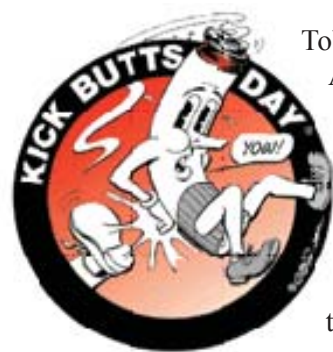
Wellness Center Hours: Front Desk Phone (253) 333-3616

M-Thurs 8:00-8:00 pm
Fridays 8:00-7:00 pm
Sat 12:00-4:00 pm
Sun Closed

Health Program Closure dates for April & May 2007

Day	Date	Times Closed	Reason Closed
Thursday	04/05/07	8-9:30am	Monthly All Staff Meeting
Friday	04/20/07	8-8 pm	National Indian Day
Thursday	05/03/07	8-9:30 am	Monthly All Staff Meeting
Monday	05/28/07	8-8 pm	Memorial Day

March 28, 2007



Tobacco use kills more than 400,000 Americans each year — more than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined.

· Among racial and ethnic groups, the prevalence of current smoking among American Indians/Alaska Natives (33.4%), intermediate among non-Hispanic whites (22.2%) and non-Hispanic blacks (20.2%) and lowest among Asians/Pacific Islanders (11.3%)

· Smoking rates and consumption among American Indians and Alaska Natives vary greatly by region and state. Smoking rates are highest among Alaskan Natives (45.1%) and the Northern Plains tribes (44.2%) and lowest among southwest tribes (17.0%). The prevalence of heavy smoking (25+ cigarettes per day) is also highest in the Northern Plains (13.5%).²

· American Indian and Alaska Native lands are sovereign nations and are not subject to taxes or state laws prohibiting the sale and promotion of tobacco products to minors. As a result, American Indian and Alaska Native youth have access to cheap tobacco products at a young age. Tobacco is also considered a sacred gift and it is used during religious ceremonies and as traditional medicine.³

· 23 percent of high school students are current smokers. Among Native Americans and Alaskan Native high school students, 27.9 percent are current smokers. Among Hispanic high school students, 22 percent are current smokers. Among African-American high school students, 12.9 percent are current smokers. Among Asian-American high school students, 11.3 percent are current smokers.

· Adult male smokers lose an average of 13 years of life. Adult female smokers lose an average of 15 years of life.

· The chemical nicotine - found in cigarettes and other tobacco products - is an addictive drug, which is why it is so hard for people to quit using tobacco once they start.

· Every puff of a cigarette has more than 4,000 different chemicals, including ammonia (a poisonous gas and a powerful toilet cleaner), arsenic (a potent rat poison), cyanide (a deadly ingredient in rat poison), acetone (a poisonous solvent and paint stripper), formaldehyde (used to preserve dead frogs), toluene (a poisonous industrial solvent), polonium-210 (a highly radioactive element) and carbon monoxide (a poisonous gas). Disgusting, but true.

· Lung cancer, throat cancer, heart disease, stroke and emphysema are just some of the painful, life-threatening diseases linked with smoking. Smoking also is associated with cancers of the mouth, larynx, esophagus, pancreas, cervix, kidney, stomach and bladder.

· Smoking limits the amount of oxygen in the blood, reducing your stamina for sports and other physical activities.

· Smoking turns your teeth and fingernails yellow, makes your hair, clothes and breath smell gross and causes premature wrinkling of your skin.

Questions? Call the Muckleshoot Community Health Program at 253-939-6648, ext. 3801.

Chlamydia.(pronounced clam-id-iah) the silent sexually transmitted disease (STD)...

What is Chlamydia?

Chlamydia is a sexually transmitted disease or STD cause by the bacterial Chlamydia trachomatis. This bacteria can cause damage to a womans reproductive organs, which can result in serious, permanent (cant ever be fixed) damage. It can also cause penile discharge in men.

How Do I Get It?

You CAN get chlamydia from:

- Vaginal, anal or oral sex
- Being born to an infected mother

You CANNOT get Chlamydia from:

- Toilet seats, doorknobs etc.
- Swimming pools or hot tubs
- Shared clothing

REMEMBER – You can get chlamydia again (be re-infected) even if you had it before and were successfully treated.

Re-infection is particularly dangerous in women because multiple infections increases the risk of reproductive health complications, including infertility (not being able to become pregnant).

QUICK FACT:

In the USA, chlamydia rates are over two times higher among American Indians than other ethnicities. Chlamydia is the most common bacterial STD in the USA.

Signs and Symptoms – Why it is called the silent STD:

Most infections do not produce any noticeable symptoms. If symptoms do occur, they usually appear 1-3 weeks after you've been infected.

Even if there are no symptoms, the infections can cause serious health problems, including infertility and death if untreated.

Possible Symptoms:

Women:

- 75% of infections produce no signs (you don't even know you're infected)
- Abnormal vaginal discharge
- Burning sensation when urinating
- Lower abdominal or back pain
- Nausea or fever
- Pain during intercourse
- Bleeding

Men:

- 50% of infections produce no signs (you don't know you're infected)

- Discharge from the penis
- Burning sensation when urinating
- Burning or itching around the opening of the penis
- Rectal infection (from anal sex)
- Throat infection (from oral sex)

QUICK FACT:

People infected with chlamydia are 2-5 times more likely to become infected with HIV, if exposed.

Testing:

Lab tests are available to detect the bacterial using a urine test or swab.

Treatment:

Chlamydia can be easily cured with antibiotics (prescribed medicine). Because you can become re-infected with chlamydia, it is important that all sex partners of an infected person be tested and treated.

People with chlamydia should not have sexual contact until they – and their sex partner(s) have completed treatment (the medication prescribed).

Reduce your Risk - What Works:

- Abstinence (not having sex)
- Annual screening – all sexually active women/girls under age 25 should be screened at least once a year.
- Sticking to one mutually – monogamous, only has one person/partner, who has been tested and is uninfected.
- Good communication between partners about sexual history.
- Latex condoms – this only works if they are used consistently and correctly.
- Avoid putting yourself in a risk situation, such as under the influence of alcohol or drugs, which would compromise your judgment and decision-making ability.

What DOESN'T work:

- “Pulling out” (removing the penis from the vagina before ejaculation occurs).
- Birth control (pill, injections, patches etc.).
- Washing genitals, urinating or douching after sex.

Pelvic Inflammatory Disease (PID):

40% of women with untreated chlamydia develop PID. PID can cause permanent damage to the fallopian tubes, uterus and surrounding tissues. PID can lead to chronic pelvic pain, infertility, and ectopic pregnancy, which can be fatal (you could die).

Reprinted from Project Red Talon patient information brochure.

Wellness Center Highlights:

Here's a re-cap of some of our events at the Wellness Center over the last few months:

In February, we had a Valentine's Day pool party in collaboration with the Tribal School Open House. Participants were able to bring in any safe inflatable toys. It was lots of fun! In March, we started "Hip Hop Hoops" on Monday and Wednesday evenings. Hoopsters listened to music while getting in the spirit of March Madness. We began after-school programs with Tribal School and continued our PE and activity programs with Tribal School and MCDC. We also started our "Biggest Loser" challenge in March, with over 35 people entering the contest. Stay tuned to find out who the Biggest Loser will be! If you want any information about everything we have to offer at the Wellness Center, stop by or give us a call at 333-3616.



Valentine's Day pool party



Aquatic Staff keeping us all safe



Hip Hop Hoopsters



The music helps the ball go in...



MCDC friends having fun at the pool

April is Sexual Assault Awareness Month

Join us for a special day of workshops and Healing Circle

*Booths, lunch and special workshop topics
The day will end with our Traditional Healing Circle*

Thursday, April 12, 2007

9:30am - 3pm

*The evening dinner and Healing Circle
will be held as usual.*

Thursday, April 19, 2007

5:30pm - 8pm

In the Mountain Room of the Health & Wellness Center

** Childcare Provided On-site! **

**Counselors on-site for support this day & beyond **

FOR MORE INFORMATION CONTACT:

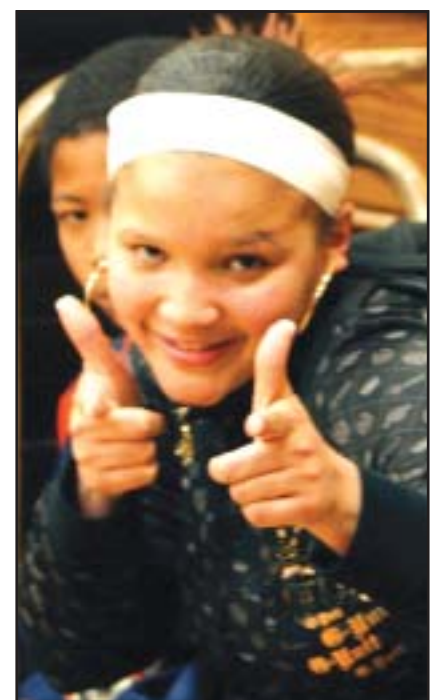
Stephanie at 253.876.3357 or stephanie.flesher@muckleshoot.nsn.us

Nancy at 253.804.8752 or nancy.mellor@muckleshoot-health.com

-Hosted by the Muckleshoot Sexual Assault Task Force (SATF)

End of Season Fish Dinner

PHOTOS BY JOHN LOFTUS



POW WOW!

March 10 at Muckleshoot Tribal School Gym

PHOTOS BY TIFFANY ESCALON



Information overload?

It's hard to know what to believe. A pandemic or other public health emergency is a real possibility. It's important to plan and prepare.

- Practice good health habits. Wash your hands, cough and sneeze into your sleeve, and stay home when you're sick.
- Stock up on food and supplies. Have enough for a week or more.
- Have an emergency plan for your family.

For more information go to www.doh.wa.gov



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

A Big Congratulations for our Journey to Wellness Winners!

Jenny Berkeley
1st



Berlinda Adair
2nd



Miriam Levaldo
3rd



Our winners each traveled 8,186.73 miles around the nation between the Wellness Centers of various Tribes. Each of our contestants received two miles of distance for every minute they worked out at the Wellness Center. All three winners worked out at least 68 hours total during the span of about three months, and that is awesome! Thank you to everyone that participated and we look forward to seeing you all at the Wellness Center.



We Dream of the Cedar

We dream of the Cedar,
Where the eagle welcomes us,
And the Raven weaves his magic,
In tall and broad trees;
Where elk and deer browse,
Bear and cougar hunt;
Where the owl –
Great Horned, Screech and Spotted –
Hunt and hoot
In restless nights;

Where the good and hard rain
Falls, trickles, and flows
In rivulets, creeks,
And then at last the Cedar,
Nurturing forest duff,
A river's life,
And our people.

Our dream, our people,
Our traditions and our responsibilities
Need our partnership –
City and Tribe –
Wrought in shared trust
And common work
Across generations.

This is our commitment.

– Verse by Martin Baker

[NOTE: The poem above was written to commemorate the signing of the historic Cedar River Agreement between the Muckleshoot Tribe and the City of Seattle.]



Foaling Season: One sure sign of spring is all the baby horses on the plateau's many horse farms



HAPPY 1st BIRTHDAY!

Anabela Mercedes Damas-Loftus



The Growing Problem of Obesity

By Brent Grider

Americans are getting bigger, much bigger. Nearly two out of three adults are considered overweight and one in three is considered obese. Native Americans have a higher rate of obesity than the general population. The problem is not just affecting adults, as many as 30% of children in this country are overweight. Childhood obesity has more than doubled within the past 25 years and with this rise has come a 10-fold increase in childhood diabetes. The high cost of obesity is also demonstrated in the fact that this generation of youth is the first in decades that has a lower life expectancy than their parents. Some researchers estimate that today's youth may live as much as five years less than their parents. In fact, severely obese individual's lifespan may be reduced as much as 10 years. This is a result of all the medical complications caused by obesity and the underlying factors that lead to obesity.

The dangers of obesity are many and varied and the list is growing. Let's look at a few now.

- **Type 2 diabetes:** This condition is blamed mainly on obesity. Type 2 Diabetes used to be called adult onset diabetes, but due to the growing problem of obesity in children, type 2 diabetes is now being found in young people. Diabetes is a co-factor in many other conditions. It raises the risk of heart disease, blindness and stroke to name a few.
- **Heart Disease:** The odds of having a heart attack are increased if a person is overweight.
- **Cancer:** Obesity raises the risk of colon, breast, endometrial and pancreatic cancer.
- **Hypertension:** Being overweight contributes to high blood pressure, which is a leading risk factor for stroke.
- **Sleep Apnea:** This potentially serious condition is far more prevalent in those that are overweight.
- **Gout, Gallbladder Disease, & Osteoarthritis:** The frequency of these conditions increases as weight rises.
- **Congestive Heart Failure:** The heart has to work harder to pump blood throughout the body in an obese person. It is also believed that obesity can lead to a thickening in the areas of the heart called ventricles, which may lead to heart failure.

What causes obesity?

Lifestyle—The majority of the cases of obesity are caused by lifestyle, meaning people are eating too much and exercising too little. Simply put, if you take in more calories than you burn, you will gain weight. This creates what is called an energy imbalance. More calories are being eaten than are being burned off through exercise and the daily activities of life. Society as a whole is consuming more calories than 20 years ago. Portion sizes have increased dramatically. Large portions at low prices are now considered a great value. Fast food and pre-packaged foods are easy to get and save time, but they are also high in fat, sugar, and calories and are considered low-density foods. Even some of the foods labeled low or non-fat have a lot of calories. It is important to read labels and to be aware of how many calories are in each food item. Replacing the low-density snack foods with high-density, fiber rich foods like fruits, vegetables, grains, and nuts may help to reduce the number of calories consumed and the efficiency of the body. The increased consumption of soda is another major reason behind the increase in obesity. Studies show that Americans now get a

quarter of their daily calories from beverages and most of these come from soda. More than one-third of all added sugars consumed in this country comes from soft drinks. The problem is not just the lack of nutrients and all the sugar (1 can of Coke contains 10 teaspoons of sugar), but the fact that people are not eating less because of the liquid calories. Liquid calories do not provide the same feeling of fullness, so instead of acting as replacement calories, they end up just being extra because people are still eating the same amount of solid food. The average American drinks 54 gallons of soft drinks a year, which equals more than a gallon each week! Over the course of a year, even one extra can of soda a day may add up to 15 lbs of extra weight. One way to combat some of these effects is through exercise (30-60 minutes 3-4 times pre week). Unfortunately, over a quarter of Americans report no leisure time physical activity and many more do not get enough exercise to counteract all the calories they are eating and drinking. This is becoming an increasing problem for children as well. More and more kids are spending time indoors at the computer or watching TV (often while eating or drinking) than they do outside playing, riding their bikes or playing sports. They are paying the price. It is estimated that one out of every three children born in the year 2000 will develop Diabetes in their lifetime!

Lack of Sleep—Those who sleep less than seven hours a night have higher ratios of body fat (Body Mass Index or BMI) than those who sleep more. This is thought to occur because the hormone that controls hunger is depleted when one is sleep deprived. Lack of sleep is also thought to negatively affect metabolism.

Genetics (inherited from parents or family)—While genetics do not mean you will be obese, some people may be more susceptible to obesity because of their genes. Certain genetic conditions can also cause obesity. However, generally speaking genetics do not determine that someone will be obese. Lifestyle factors will play the largest role in determining whether or not a person actually become overweight.

Drugs—There are a number of drugs, including some anti-depressants, steroids, high blood pressure medications, and Diabetes medicines, that can lead to weight gain. Talk to your doctor or pharmacist if you think your medications may be causing you to gain weight.

Other—Some other potential causes of obesity are pre-natal effects and pollution to name a couple. Children of obese mothers are more likely to be obese. Also, certain chemicals like pesticides, dyes, and resins, and solvents have been linked to weight gain. Stress can also be a contributing factor. When people feel stressed they often turn to food for comfort, eating when they are not hungry and do not need to eat. This leads to extra calories consumed and weight gain. Finding alternative ways to deal with stress, like exercise for example, can eliminate this problem.

**Some information provided by www.mercola.com, Centers for Disease Control, New England Journal of Medicine, Western Journal of Medicine (abstract), Nutra Ingredients USA, International Journal of Obesity.*

ESTHER MARTINEZ *continued from page 2*

Martinez family members and friends said that Gonzales's six-year sentence was too light considering the storyteller's status as a cultural treasure. Matthew Martinez, Esther Martinez's grandson, who had accompanied his grandmother to Washington when she received her award, called the sentence "a slap on the hand." But he admitted "no amount of prison time is enough."

Last month, Josephine Binford, one of Esther Martinez's daughters, asked for a face-to-face meeting with the man responsible for her mother's death.

"What I wanted was to let him know who mother was," she said. "As he goes on his life's journey, I wanted him to know her wisdom, her witty personality, her humbleness."

Binford described the unusual meeting with Gonzales as "very powerful" and said it helped relieve the intense grief she felt over the death of her mother. Prosecutor Shari Weinstein said that after the meeting with Gonzales, Martinez's family members felt he was

truly remorseful.

Audrey Martinez, Esther Martinez's granddaughter, said she has made peace with Gonzales by taking her grandmother's advice about learning to love everyone.

"She would say to the drunk driver (who killed her), 'Let us forgive him. He meant no harm,'" said Tessie Naranjo, a niece.

Mercedes Beckerhoff, another daughter, said Esther Martinez always had a story to tell.

"She loved the outdoors, to feel the breeze on her face, to cook outdoors and to see the stars at night," Beckerhoff said. "She always made me feel special."

"My mother was a kind, generous, loving person," Binford said. "She was very compassionate and a true role model for youth and a mentor for the community. Without her, my life has been empty. I have a hole in my heart."



Spirit of Washington Dinner Train



SUBMITTED PHOTO

ELDERS VISIT FRED LANE. A group of elders recently had a nice visit with Fred Lane at Lummi while they were up that way on their eagle watching trip. They reported seeing 39 eagles.

Senior Center News

From Noreen Milne, Activities Coordinator

The Elder calendar will be available the first of each month. If you are not on our mailing list or do not come in for lunch, please call us here at 253-876-3255 and we can put you on the mailing list.

We do not have the calendar ready on time to hit the paper each month. I would love to hear from our elders on events coming up so I can put them on the calendar and make plans for you all to attend

Mariners games are just around the corner – let me know if you are interested in attending.

The Elders had a great time on the dinner train March 10th. Hopefully we can do it again for those who were not able to attend. Thanks for all those who came along for the trip.

Our Elder dinner is scheduled for April 24th at the Emerald Downs so please mark this on your calendar and plan to attend – lots of food, entertainment and door prizes.

We will be starting crafts for door prizes this month. Watch the calendar for craft days and come on up to help.

Easter is Sunday April 8th and the Senior Center tradition we will have baskets for sale, so come in and support the program and purchase a basket or two.

Elder breakfast is every other month at the Muckleshoot Casino at 10:00 a.m

- May 26
- July 28
- September 29
- November 24

Water aerobics every Tuesday and Thursday at 10:00 a.m – please plan to attend. If you need a ride, please feel free to call us.

A few of us still head down to the Super mall for walking on Monday morning. Do a lap or two to start off the week. We would love to pick up those planning to attend.

Lunches are delivered to those on our uptown–downtown list. If you know you will be gone on a Monday through Thursday, please call us and let us know before 11:00 a.m

Food vouchers are important to us here and we are following strict guideline on things purchased. Please purchase only what is on the list provided.

Drum making classes will be here at the Senior Center. If you have not made one yet, or wanting to paint on your completed drum, make sure and let me know so we can get all the elders with their own drums.

A Big "Thank You"

I would also like to say a big "Thank You" to Annie Moses and James and their youth group, the Job Corps, for a job well done. My yard looks great, and thanks for stacking the wood and putting wood on my back porch. You two are doing a great job with these youngsters.

Thanks also for letting one of the Youth Gals that helped at our Indian Taco Fund Raiser. She did a great job and was such a big help. So, keep up the good work!

*Always,
Norma Dominick*



JOE SIMMONS: A Time of Gathering

MUCKLESHOOT INDIAN TRIBE FIRE SAFETY PROGRAM



The Tribal Council has requested installation of smoke detectors and carbon monoxide monitors into every Tribal Members' home.



STAGE 1 - THE TEMPORARY SOLUTION

is to provide IMMEDIATE portable fire alarm detectors to each home. These are battery operated and they are installed by mounting screws. Staff are available for installation. Installation should NOT take more than 30 to 45 minutes.



STAGE 2 - THE PERMANENT SOLUTION

is to provide PERMANENT internally hard wired fire alarm detectors to each home. These are powered by low voltage electricity and they have battery back up systems if the power goes out. These are installed by an electrician and will take from 2 to 4 hours of installation to complete.

TIMES MUST BE SCHEDULED through the Planning Department with Kelvin Frank at (253) 876-3321 or Roger Blaylock at (253) 876-3124 .

REMEMBER: SMOKE ALARMS AND CARBON MONOXIDE MONITORS ONLY GIVE YOU WARNING TO GET OUT OF THE HOUSE. YOU STILL NEED TO CALL 911 FOR EMERGENCIES.

Cameron Hawley-Johnston Grass Dance Memorial Special June 23, 2007

at the Muckleshoot Veterans POW WOW June 22, 23, 24th on the new Muckleshoot POW WOW grounds There will be 2 specials.

MEN'S 18 & OVER GRASS DANCE SPECIAL
 1st - \$2000 + trophy & jacket
 * also grass dance outfit donated by Jon Olney
 2nd - \$1500 + trophy & jacket
 3rd - \$1000 + trophy & jacket
 4th-7th - places consolation

BOYS 10 & UNDER GRASS DANCE SPECIAL
 3 places with trophies
 Manny Hawley - Head Boy's Judge

Dance competition questions contact:
 Mario & Raphael Hawley: 206-510-6918

all other questions can be directed to
 Cameron's mom:
 brookebroussard@comcast.net

Went to a party Mom...

I went to a party,
And remembered what you said.
You told me not to drink, Mom,
so I had a Sprite instead.

I felt proud of myself,
The way you said I would,
that I didn't drink and drive,
though some friends said I should.

I made a healthy choice,
And your advice to me was right.
The party finally ended,
and the kids drove out of sight.

I got into my car,
Sure to get home in one piece.
I never knew what was coming, Mom,
something I expected least.

Now I'm lying on the pavement,
And I hear the policeman say,
the kid that caused this wreck was drunk,
Mom, his voice seems far away.

My own blood's all around me,
As I try hard not to cry.
I can hear the paramedic say,
this girl is going to die.

I'm sure the guy had no idea,
While he was flying high.
Because he chose to drink and drive,
now I would have to die.

So why do people do it, Mom
Knowing that it ruins lives?
And now the pain is cutting me,
like a hundred stabbing knives.

Tell sister not to be afraid, Mom
Tell daddy to be brave.
And when I go to heaven,
put "Mommy's Girl" on my grave.

Someone should have taught him,
That it's wrong to drink and drive.
Maybe if his parents had,
I'd still be alive.

My breath is getting shorter,
Mom I'm getting really scared
These are my final moments,
and I'm so unprepared.

I wish that you could hold me Mom,
As I lie here and die.
I wish that I could say, "I love you, Mom!"
So I love you and good-bye.

UPPER SNAKE RIVER TRIBES ANNOUNCE COALITION AGREEMENT

BOISE, ID – Three Columbia River Basin tribes have announced the formation of a coalition agreement for better advocacy regarding fish and wildlife resources impacted by hydroelectric systems on the Upper Snake River. The coalition will be called the Upper Snake River Tribes (USRT), and their compact includes:

- Burns Paiute Tribe
- Shoshone-Bannock Tribes of Fort Hall
- Shoshone-Paiute Tribes of Duck Valley

The agreement was formalized by charter at a ceremony in Boise, Idaho, in conjunction with a Northwest Power and Conservation Council meeting that took place at the Hilton Garden Inn.

"This agreement was a long time in the making, and I am pleased to see the USRT come to fruition today," said Alonzo Coby, Chairman of the Shoshone-Bannock Tribes of Fort Hall. "Together we are stronger, and we can make better decisions on management with the type of coordination that the USRT will provide."

The sovereign governments from each of the three tribes have pledged their support by passing resolutions for the creation of the USRT Compact, approval of the charter, and with the selection of representatives to serve as Commissioners for USRT.

"The primary goal of the USRT is to join together for the protection of invaluable natural resources on the Upper Snake River," said Wanda Johnson, Chair of the Burns Paiute Tribe. "The three tribes have similar interests, and this coalition helps us advocate for our rights."

Some of the guiding principles for the USRT include:

- Use the best information over a broad scope and coordinate actions in order to provide definitive and proactive policies, planning, and principles for management.
- Sustain a stronger, unified Tribal voice for clear policy and technical direction.
- Assert management authorities of the Tribes through the Compact, to pursue agreements with tribal, federal, and state resource co-managers, and private land owners.
- Share and coordinate management resources, through the Compact of the Upper Snake River Tribes, to increase the permanency and scope of tribal actions.

"The USRT will work to ensure and protect our rights that are reserved by treaties, executive orders, and also through past agreements and any inherent and aboriginal rights," said Kyle Prior, Chairman of the Shoshone-Paiute Tribes of Duck Valley. "With a unified voice we are stronger in our ability to protect our cultural and natural resources."



Julie James and Jon Hamilton

SMOKE ALARM TESTING

Does your smoke alarm work properly?
Would you like to have it tested to be sure?
Do they need new batteries?
Tribal Housing will test your smoke alarms and replace batteries for free.
Just call to set up an appointment:
(253) 833-7616

Muckleshoot Pentecostal Church
Kenny Williams, Pastor

SCHEDULE

Sun.	10:00 AM	Prayer
	10:45 AM	Church
	6:00 PM	Church
Mon.	7:00 PM	Strong Heart Support Group Philip Starr Building
Tues.	5-8:00 PM	Cultural Night
	5-7:00 PM	Girl Scouts
Wed.	7:00 PM	Bible Study
Thurs.	Noon	Brave Heart Support Group Lunch Meeting
Fri.	7:00 PM	Prayer Service
1st Saturday:		Men's Prayer Breakfast
2nd Saturday:		Missions Fundraiser
3rd Saturday:		Women's Prayer Breakfast

STOLEN

PHILIPS 50 INCH BIG SCREEN TV
STOLEN FROM AUBURN GLEN APARTMENTS



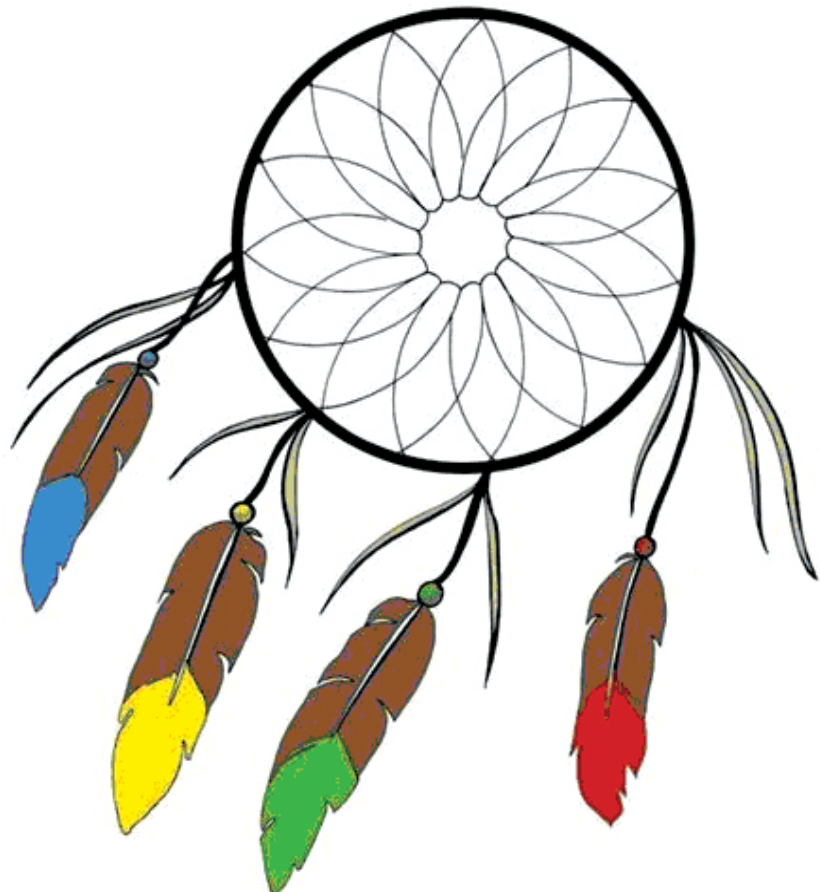
CRT projection TV - 50P8341

If you have any information contact
Tammy James
253-876-3267

WE HAVE AN IDEA OF WHO STOLE
IT SO IF YOU HAVE ANY
INFORMATION PLEASE CONTACT ME!

FLORIAN & SONS

Grief is painful and at times the pain seems unbearable. Now is the time to seek support.



With Dr. Sarlak in the Mountain Room of the Health and Wellness Center

Every Wednesday from 6:00 to 8:00 pm

If you have questions or need to register for the group, please call Behavioral Health at (253) 804-8752.



The Red Cedar restaurant is opening soon in the new Muckleshoot Bingo Facility. We are looking for historic Muckleshoot photos to display throughout the restaurant. If you have photos, you would like to see in the Red Cedar restaurant please submit them to Marketing @ Muckleshoot Bingo, 2602 Auburn Way South, Auburn WA 98002 or call 253.735.2404 ext. 133. Thank you.



Muckleshoot Indian Bingo is the *Northwest's destination for fun*. We are now hiring energetic, outgoing individuals to fill a variety of exciting positions. We offer great benefits which include: competitive wages, excellent working conditions and paid holidays/vacations/sick leave, medical/dental/vision insurance, and a 401(A) investment plan. The Muckleshoot Indian Bingo is an Equal Opportunity Employer, and exercises Native American hiring preference. You are more than an employee at Muckleshoot Bingo, you are family. To apply: contact the Human Resources Department Monday through Friday between 9:00 am – 5:00 pm at 253.735.2404 ext. 132 or download an application at www.muckleshootbingo.com.

Spring at Tulalip



Diabetes Prevention and Treatment Through Traditional Foods and Plants

April 4, 2007

Tulalip Tribes
Kenny Moses Community Center

- 8:45 am Tea and Healthy Snacks
- 9:00 am Welcome and Introductions
- 9:30 am Program Review
Where have we been, Where are we going
- 10:00 am – 12:00 pm Diabetes and Community Health
- 12:00 pm – 1:00 pm Lunch
- 1:00 pm – 5:00 pm Traditional Foods & Medicines
Hands-on Workshop

Directions: From I-5, Exit 199. Turn east on Marine Drive toward Tulalip Reservation. Drive about 5 miles. Turn left on 64th Street at Espresso Stand. Drive less than 1 mile to T in road. Turn right onto Totem Beach Road. Turn left into the parking area. If you are lost, call (360) 651-4261.

Accommodations: Try Best Western Tulalip Inn (360) 659-4488.

For information, call Inez Bill, Tulalip Tribes Cultural Resources, (360) 651-3302.



NOW HIRING

APPLICATIONS ARE BEING ACCEPTED FOR THE FOLLOWING FULL-TIME SEASONAL POSITIONS:

RECEPTIONIST
40 HOURS PER WEEK

MAINTENANCE STAFF
40 HOURS PER WEEK,
REQUIRED TO WORK CONCERTS

OPERATIONS ASSISTANT
40 HOURS PER WEEK,
REQUIRED TO WORK CONCERTS

START DATE: APRIL 1, 2007
END DATE: OCTOBER 15, 2007

IF INTERESTED IN LEARNING MORE ABOUT THESE POSITIONS AND OBTAINING AN APPLICATION, PLEASE COME TO THE WHITE RIVER AMPHITHEATRE ADMINISTRATIVE OFFICE BETWEEN 9:30AM AND 5:30PM, MONDAY-FRIDAY.

PARENTS NEEDED!

The Muckleshoot Child Development Center (MCDC) is looking for parent input and volunteers. The MCDC is having quarterly parent meetings. Meetings will alternate between lunch and dinner meetings. We are hoping this will get more participants by accommodating the parents with two different time slots to attend meetings. The quarterly parent meetings will be as followed;

- May 8, 2007 5:00– 6:00 p.m. Dinner will be served
- August 7, 2007 11:30 a.m. -12:30 p.m. Lunch will be served
- November 6, 2007 5:00– 6:00 p.m. Dinner will be served

For the dinner meetings we hope to keep the meeting time contained so that the parents can leave in a timely manner unless they choose to continue with the discussion beyond the time scheduled. Lunch meetings will try to stay within the hour time limit to respect the parents that are using lunch hour to attend our meeting. We know that parents have other obligations related to their families, children, and work.

MCDC had their first parent meeting on February 27th 2007 at 11:30 a.m., lunch was served. At this meeting we were hoping to find volunteers for the MCDC Easter Event to take place this spring. Attendance was low and we were not able to get volunteers. If you are interested in assisting the staff with this wonderful event for the MCDC families, please contact Teri Starr at MCDC (253) 288-2044. If you want to participate but have difficulties in attending the meeting, please let me know, we will try to keep you informed of what has happened in the meeting and give you the opportunity to be involved. We look forward to your participation.

Facilities and Public Works Divisions Solid Waste Collection Station

Muckleshoot Tribal Members and Authorized Persons Only!

Hours

Monday-Saturday 7:00am - 400pm
Sundays & Holidays Closed

Refuse to be placed in containers provided
Help keep the area neat and clean

**No Illegal Dumping
No Hazardous Waste**

Per Federal Law, Violators will be Prosecuted

This area actively patrolled by MIT Security
and actions may be recorded by security cameras

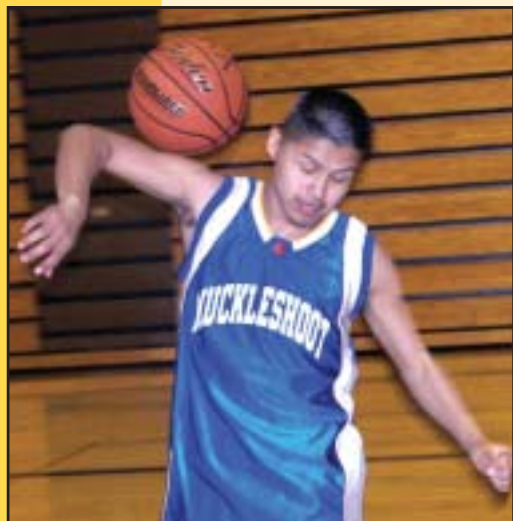
Muckleshoot Indian Tribe



ROUND ROBIN BASKETBALL

Y.W.T.P Services, in collaboration with surrounding tribes, is playing Round Robin basketball for fun every Sunday. Will be traveling to different tribes each week. Sam Obravac, Roger Brown, Chris Marquard, Cecil Rodarte, Paul Rodarte, Ronald Penn, Alfred Penn, and Denise Moses were playing. Coaches are Henry Miller and Denise Haynes. We played against Muckleshoot Tribal School and Puyallup tribal members. We'll be traveling next week to Tulalip. Tiffany Escalon: Photographer

PHOTOS BY TIFFANY ESCALON



Collette Young and her 12-week-old Siberian Husky pup, DJ

PHOTO BY JOHN LOFTUS

“911 WHAT ARE YOU REPORTING”

When you dial 911 on the reservation who answers the call and which Police Department shows up?

King County Communications Center will answer when you dial 911 from a house phone and you are south of the Hamilton firework stand (SE 368th). They will dispatch a Muckleshoot Police/King County deputy.

Valley Communications Center will answer when you dial 911 from a house phone and you are north of the Hamilton firework stand (SE 368th). They will dispatch an Auburn Police Officer.

Calling from a cell Phone?

Cell phones will automatically pick the tower with the strongest signal.

That signal then sends your call to the closest dispatch center. It's important to tell them your location and type of emergency so that your call is routed to the appropriate agency.

Non-Emergency

If you call the Muckleshoot Police Department and a recording answers.

If you have an **EMERGENCY** hang up dial **911**
If you need to speak with a Muckleshoot Police deputy use our **non-emergency line 206-296-3311** The dispatcher can have the deputy call or contact you.

Muckleshoot Reservation Police Phone numbers

EMERGENCY
911
NON EMERGENCY
Muckleshoot Police/King County
Auburn Police
206-296-3311 253-852-2121



April 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 CLOSED	3 Planting Seeds & Spring Coloring	4 Dodge Ball & Tag and Board Games	5 Red Rover, Red Rover, Scooter Boards & Computer Lab	6 Coloring Easter Eggs & Skating	7 Valentines Pig Show & Easter Egg Hunt
8 CLOSED	9 CLOSED	10 Mud Mt. Dam & Picnic	11 Woodland Park Zoo & Sack Lunches	12 Laser Tag & Pizza Hut	13 Build the Bear & Book To Go Along	14 Field Trip Movie Build B.L.T.
15 CLOSED	16 CLOSED	17 Basketball & Back room Activities	18 Culture Night @ Youth Facility 5:30-7:30 pm	19 Hula Hoops Jump Ropes & Spring Collage	20 Board & Puzzle Games Skating	21 Field Trip Spring Fair @ Puyallup Fair Grounds
22 CLOSED	23 CLOSED	24 Painting Flower Pots & In House Movies	25 Making Flower Pens & Manipulative Games	26 Finish Flower Pots & Pens Backroom Activities	27 Story Time Roasting Hot Dogs & Marshmallows	28 Soccer & Kick Ball Make Pizza
29 CLOSED	30 CLOSED	Hours Mondays Closed Tues-Thurs. 12:30-9:00pm Fridays 3:30-12:00am Saturday 10:30-7:00pm		Calendar Is Subject To Change	Contacts Michele (253) 261-0864 Jennifer (253) 261-4560 Y.F. Reception (253) 876-3383 Receptionist (253) 876-3293	

NEED HELP?



If you need help with a **community event**, please contact **Franklin Lozier**, MIT Events Coordinator.
PHONE: 253-876-3373
CELL: 253-261-4016



Auburn School District Indian Education 874 Meeting Schedule Phillip Starr Building

Please join us in celebrating the success of all Native American high school students in Auburn School District.

Community members, administrators, staff, parents and teachers come together in 874 Meetings to ensure the success of all Native American students. We evaluate and solve problems, praise student's successes, and offer support to the Native American program.

We arranged to use the Cougar Room in the Phillip Starr Building for our 874 meeting dates. Most dates fall on the first Tuesday of the month. All meetings take place from 10:00 am – 12:00 noon. For directions to the Muckleshoot Indian Tribe's Phillip Starr building please call this office.

April 3, 2007 June 5, 2007
May 1, 2007

Chinook Elementary

Please join us in celebrating the success of the Native American elementary students in Auburn School District.

Community members, administrators, staff, parents and teachers come together in 874 Meetings to ensure the success of all Native American students. We evaluate and solve problems, praise student's successes, and offer support to the Native American program.

We arranged to use Robin Pratt's room in Chinook Elementary School. Most meeting dates fall on the second Thursday of the month with just one exception (highlighted). All meetings take place from 8:00 am – 9:00 am.

April 19, 2007 June 14, 2007
May 10, 2007

Sincerely,
Denise Bill

874 Committee (Impact Aid)

Denise Bill
Assistant Director of
Native American Education
Auburn School District #408
(253) 931-4999
Fax: (253) 931-4922
dbill.auburn.wednet.edu

COMING SOON!! Muckleshoot Karate



**Discipline * Respect
Better Grades
Get in Shape * Self Defense**

Starting: April 2007

Children's Class 7pm - 8pm Ages 5-12 (younger on evaluation)	Adult's Class 8pm - 9pm Ages 13 - Adult
--	--

**Location:
Boxing Barn
Muckleshoot Reservation
Auburn, WA**

**Pre-Enrollment going on NOW!!!
*****Space is Limited*******

**To enroll, contact: Mike Starr
(253) 261-1764**



Dance Class!

The Community is welcome! All powwow Dance styles taught by Jolene Lozier & Irene Jimmy.

We meet every Mondays and Wednesdays from 4:00-5:00pm at the tribal gym starting
Come Join the Fun!

LEARN TO POWWOW DANCE!

Hello, greetings! This is Irene Jimmy and Jolene Lozier. We would like to invite you to join our dance club. We will be teaching various powwow dance styles, both the men's and woman's styles. This is open to all of the community of any age; anyone who would like to learn may come. We meet every Mondays and Wednesdays from 4:00 pm to 5:00 at the tribal gym. We are looking forward to teaching and introducing more Muckleshoots to the joy of dancing. Come join the fun!

MUCKLESHOOT INDIAN CASINO

HUMAN RESOURCES
TRAINING & DEVELOPMENT

EMPLOYMENT
OPPORTUNITY



ATTENTION: Muckleshoot Tribal Members

Training and Development currently has two openings within their area. As they steadily grow and eventually will have a Training Center servicing over 2100 employees they are in High-Demand for hiring much needed staff. If you are interested or know of anyone who might want to apply or find out more information please contact; Huda Swelam, **Direct#:** 253-929-5128 **Cellular#:** 206-423-3065 or stop by the office located next door to QFC & TGA in Casino Human Resources.

CASINO JOB FAIR

Where: Muckleshoot Tribal College
When: April 17, 10am - 2pm
Food & Beverage will be provided
Applications will be completed on site

The Muckleshoot Indian Casino has many employment opportunities available and practices Native Preference Hiring. The MIC is a drug free work environment.

Muckleshoot Indian Casino Employment Opportunities

**APPLY
TODAY!**

Muckleshoot Indian Casino
Human Resources Department
2402 Auburn Way South
Auburn, WA 98002
Phone: 253-929-5128
Fax: 253-804-8496
recruiting@muckleshootcasino.com





Washington State
Crime Prevention Association

1631 West Rose Street, Suite 615 * Walla Walla, Washington 99362
Phone: 509-525-3342 Fax: 509-522-9937 E-Mail: info@wspaonline.org

Crime Prevention
Just some of the many services we provide:

- Operation I.D. worksheets & stickers
- Engravers available for check-out
- Neighborhood Watch programs
- Residential Surveys
- "Do It Yourself Handbooks"
- Actively recruiting Block Captains

Call us or stop in to take advantage of these services!

Deputy Ron Riehs
King County Sheriff's Office
253-876-3246

Cindy Butler
Muckleshoot Housing Authority
253-833-7616

JOBS! JOBS! JOBS!

Attention ALL Enrolled Tribal Members!

If you are energetic, willing to learn, and able to work flexible shift schedules, including weekends and holidays, then we want to talk to you! If you would like to work at the **MUCKLESHOOT INDIAN CASINO** please stop by our Human Resource office, Monday to Friday, 9am to 6pm to complete an application. Job openings are posted on our Job Opportunities Board outside our Human Resource office. Or for a list of open jobs call the Jobline at 800-804-4944 ext. 4990 or look us up on the Internet at <http://www.muckleshootcasino.com>.

We exercise Tribal Preference hiring for all tribal members. Pre-employment drug test required.

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

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



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

MUCKLESHOOT TRIBAL ENROLLMENT

Any interested/eligible Muckleshoot parties seeking tribal enrollment please be advised that the following documentation is always needed for Muckleshoot tribal enrollment:

1. Enrollment application, filled out completely, front & back.
2. Original certified birth certificate (NO EXCEPTIONS.)
(Signatures of both parents, if both are on certified birth certificate and under age 18.)
3. Original Social Security card.
4. Relinquishment must be completed, if enrolled in another tribe.
5. Name must match on all documents.

No copies are accepted. Until all documents are on file, no review process will begin.

Have you ever considered a career in **gaming regulation?**

THE MUCKLESHOOT GAMING COMMISSION regularly posts openings at the Casino, Tribal Headquarters, and the Commission office. Because resumes and/or applications are accepted for open positions only, check often or call 253.735.2050 for current openings.



NOTICE

Agenda items for Tribal Council meetings must be received by 3:00 PM on Thursdays.

CASUAL LABOR APPLICANTS WANTED!!!

Pick up an application in Human Resources

- Casual Labor is based on FIRST COME FIRST SERVED BASIS;
- Make sure that it is completely filled out to the best of your ability; **incomplete applications will not be processed.**
- Applications must be continuously updated in order for Human Resources to contact you for a Casual Labor position **and** for you to remain on the Casual Labor list. If we don't have a number to reach you at you will be removed from the list.
- We are in need of people with Food Handler's Permits (w/experience as a cook), Driver's Licenses, CDL's; and are willing to work odd hours and on weekends if necessary.

**For more information, please contact Lisa Marie Moses at (253) 876-3201 or lisa.moses@muckleshoot.nsn.us

WORKSHOP FUNDS NOTICE

All Tribal members interested in attending a workshop or conference through Workshop Funds must submit application 30 days prior to the day of the conference or workshop. No Exceptions! Only Complete applications will be submitted for approval to the Education Committee. All applications can be turned in to the Scholarship Building.

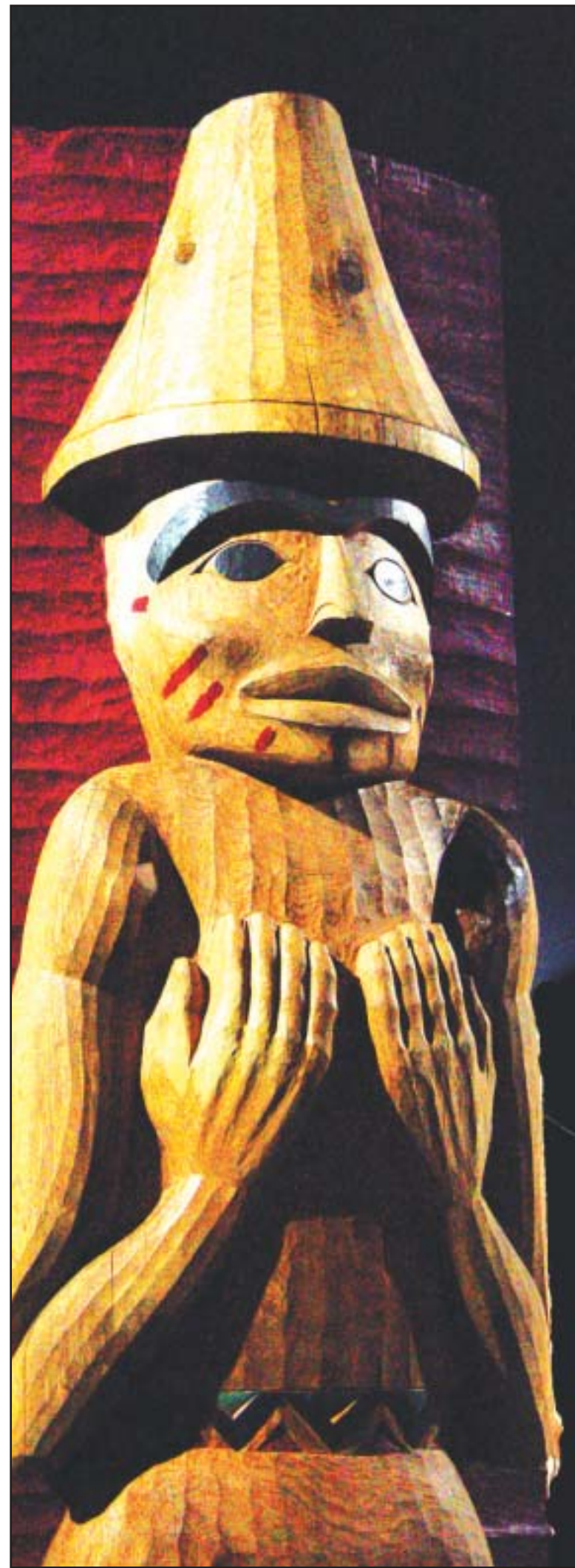
NATIVE OWNED CONTRACTOR

looking for framers and carpenters

Good pay for right person.
Please contact: Matt Bennett
Water's Edge Custom Finish, Inc.

(360) 490-5963

Leave message with contact information



NATIVE BIDDERS WANTED!

The Muckleshoot Housing Authority is currently soliciting a list of Native American owned Businesses interested in bidding on construction projects and supplying materials. Native American businesses must be owned and registered. To be listed please call 253-833-7616 or mail information to:

Muckleshoot Housing Authority
38037-158th Ave SE
Auburn, WA 98092



SUBSCRIBE TO THE MONTHLY...
If you're not on our mailing list you may be missing out!

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

MUCKLESHOOT MONTHLY
39015 - 172nd Ave. SE,
Auburn, WA 98092
(253) 261-1537 • news@nwnative.net

clip and return

SUBSCRIPTION REQUEST / ADDRESS UPDATE

[] New subscription [] Address change

Name _____

Address _____

City & State _____ Zip _____

If this is an address change, list previous address:

Address _____

City & State _____ Zip _____

[] I am a Muckleshoot tribal member, enrollment no. ____

[] I am a member of the Muckleshoot Tribal Community.

Please explain: _____



CONSTRUCTION JOBS

Mortenson has been selected as General Contractor for the Tulalip Tribes to build the new Tulalip Tribes Hotel and Conference Center in Tulalip, WA. This exciting project which opens mid-2008 consists of a casino expansion, hotel tower, conference center, pool, spa, restaurant and retail spaces.

Please contact Nadine Williams or Pat Alden at 360-654-2262 to inquire about construction employment related opportunities or to learn about our bidding schedule for upcoming subcontracted work.

Sophie Courville Celebrates Her 80th Birthday

PHOTOS BY JOHN LOFTUS

