



OSTEOPOROSIS: LEARN WHAT YOU CAN DO TO PROTECT YOURSELF

By Brent Grider

Osteoporosis is a condition that affects the strength and mass of bone. It makes bones thinner and weaker and causes an increased risk of fracture (bone break), particularly of the hip, spine and wrist. These fractures often occur during normal activity like bending, lifting and especially from falls. Each year 1.5 million fractures occur as the result of osteoporosis. One of every two women and one in four men over the age of 50 will have an osteoporosis related fracture. A women's risk of hip fracture is equal to the risk of breast, uterine and ovarian cancer combined. Osteoporosis currently affects 10 million Americans, about 8 million of which are women. Another 34 million have low bone mass, which is a condition that often leads to osteoporosis.

Osteoporosis is caused by a combination of factors. While it affects all ages and backgrounds, it strikes women over the age of 50 at a higher rate. One contributing factor is a lack of calcium and vitamin D consumption, particularly during childhood. Many other risk factors exist, including: a positive family history of the condition, having a small frame, anorexia (eating disorder), smoking, heavy alcohol use, certain medications, lack of exercise, kidney or liver disease, lack of estrogen (a hormone) in menopause, and too much soda consumption. Any or all of these factors can contribute to osteoporosis.

Osteoporosis is referred to as the "silent disease" because the symptoms are often not recognized until the disease has progressed. Some sufferers will experience a change in posture (may begin to stoop or hunch), loss of height, or severe back pain. Yet, many will show no obvious signs until they break a bone. The best way to detect the presence of osteoporosis is to have a doctor perform a Bone Mineral Density (BMD) test. This test is important for anyone

having one or more of the above risk factors or anyone over the age of 50, regardless of whether or not obvious symptoms are present.

If osteoporosis is diagnosed, there are steps that can be taken to stop or slow the condition. Several medications exist that can slow bone loss or even repair some of the damage and strengthen the bone. Prevention is the best way to avoid osteoporosis in the first place. Proper nutrition and exercise are the best ways to protect bone health. It is important to eat foods high in calcium and vitamin D. Spinach, collard greens, broccoli, almonds, sardines, salmon with bones, yogurt, cheese, fortified cereal and orange juice all provide calcium. Vitamin D sources include fortified dairy products and supplements, but the best source is the sun. Sunlight is transformed into vitamin D in the body. Exercise, particularly weight bearing exercise (lifting weights, running, biking, hiking, dancing, etc.), strengthens the bones and guards against calcium loss. Avoiding controllable risk factors is important as well. Don't smoke or use too much alcohol or soda. Soda robs the bones of calcium.

Every year, many elderly people die from a fall as the result of a broken hip weakened by osteoporosis. Osteoporosis can be a devastating disease, but it can be managed with proper planning. A bone density test is an important step in the process. See your doctor often, especially if you are over the age of 50 or have one or more risk factors mentioned above. Call your doctor or the Muckleshoot Tribal Health Program at (253) 939-6648 for more information.

*Statistics provided by the National Institutes of Health and www.bonebalance.com

Stroke: What Causes Them and How to Protect Yourself

By Brent Grider

Stroke is the third leading causing of death in the United States. Each year, about 700,000 people suffer a stroke and nearly 275,000 of them die. Fortunately, there are many steps that can be taken to reduce the risk of a stroke. Let's now look at some of the risk factors for stroke.

There are risk factors that we can control and some we can't. Those risk factors for which we can have some influence over include:

- **High Blood Pressure**—High blood pressure (hypertension) causes the heart to have to work harder to pump blood throughout the body and can also weaken blood vessels. A normal blood pressure reading is considered to be 120/80 and below. A reading of 120-39/80-89 is considered pre-hypertension. Blood pressure readings above 140/90 are classified as high. High blood pressure is the most common cause of stroke and approximately one in three Americans have high blood pressure. Lifestyle factors such as smoking, excess alcohol, poor diet and a lack of exercise all have a major impact on blood pressure.
- **Atrial Fibrillation (AF)**—This condition is caused when the two upper chambers of the heart beat rapidly and unpredictably, which leads to an irregular heart beat. AF may cause blood to pool in the heart, which can then lead to a blood clot that can make its way to the brain and cause a stroke. There are medications and procedures available that may be able to treat AF.
- **Poor Diet**—Diets high in animal fats, fried foods, etc. can increase the chance of clogged arteries and heart disease. Heart disease is a major risk factor for stroke.
- **Diabetes**—Two out of three people with diabetes die from either heart disease or stroke. In fact, diabetes doubles your risk of having a stroke. Controlling your diabetes through lifestyle changes and/or medication is important.
- **Tobacco & Alcohol**—Smoking damages blood vessels, increases blood pressure, clogs arteries, and makes the heart work harder. Smoking doubles the risk of stroke. Women smokers are at an even higher risk, particularly if they have a history of

migraine headaches or take oral (mouth) birth control pills. Drinking more than two drinks a day on average also doubles the risk of stroke.

- **Obesity**—Being overweight causes the entire circulatory system to be overworked. Obese people have an increased risk of high blood pressure, high cholesterol, and diabetes, all of which are risk factors for stroke.

The risk factors beyond our control include:

- **Age**—Even though a stroke can happen to anyone, the risk for a stroke increases with age. In fact, after the age of 55 the risk of stroke doubles with each passing decade.
- **Gender**—Men have more strokes than women, but women are more likely to die from a stroke.
- **Race**—African Americans have twice the rate of stroke than the average. Hispanics and Asian/Pacific Islanders also have a higher rate of stroke than Caucasians (whites).
- **Family History**—If someone in your family has had a stroke, you are at a higher risk.
- **Previous History of Stroke**—If you've already had a stroke, you are at a higher risk of having another one than someone who has never had a stroke.

While these risk factors may increase your chance of having a stroke, they do not mean that you will necessarily have one. They just mean that because your risk is higher, you need to pay extra attention to making healthy lifestyle choices like getting plenty of exercise, eating a healthy diet, quitting smoking, and drinking alcohol in moderation (no more than one drink a day for women and two a day for men), if at all. About 80% of strokes are preventable. Talk to your doctor about what you can do to prevent a stroke. Contact your provider or the Muckleshoot Tribal Health Program at (253) 939-6648 for more information.

*Some material provided by the National Stroke Association and www.strokecenter.org

CHILD ABUSE - Shaken Baby Syndrome

What is Shaken Baby Syndrome?

When a baby is vigorously shaken, the head moves back and forth. This sudden whiplash motion can cause bleeding inside the head and increased pressure on the brain, causing the brain to pull apart and resulting in injury to the baby. This is known as Shaken Baby Syndrome, and is one of the leading forms of fatal child abuse. A baby's head and neck are susceptible to head trauma because his or her muscles are not fully developed and the brain tissue is exceptionally fragile. Head trauma is the leading cause of disability among abused infants and children.

Shaken Baby Syndrome occurs most frequently in infants younger than six months old, yet can occur up to the age of three. Often there are no obvious outward signs if inside injury, particularly in the head or behind the eyes. In reality, shaking a baby, if only for a few seconds, can injure the baby for life. These injuries can include brain swelling and damage; cerebral palsy; mental retardation; developmental delays; blindness; hearing loss; paralysis and death. When a child is shaken in anger and frustration, the force is multiplied five or 10 times than it would be if the child had simply tripped and fallen.

How does it happen?

Often frustrated parents or other persons responsible for a child's care feel that shaking a baby is a harmless way to make a child stop crying. The number one reason a baby is shaken is because of inconsolable crying. Almost 25 percent of all babies with Shaken Baby Syndrome die. It is estimated that 25-50 percent of parents and caretakers aren't aware of the effects of shaking a baby.

What can you do to prevent a tragedy?

If you or someone else shakes a baby, either accidentally or on purpose, call 911 or take the child to the emergency room immediately. Bleeding in side the brain can be treated. Immediate medical attention will save your baby many future problems . . . and possible the baby's life.

Other Suggestions for Parents

- Never throw or shake a baby
- Always provide support for the baby's head and neck
- Place the baby in a crib, leave the room for a few minutes
- Sit down, close your eyes and count to 20
- Take the baby for a stroller ride
- Play music, or sing to the baby
- Ask a friend to "take over" for a while
- Don't pick the baby up until you feel calm
- Make sure the baby is fed, burped and dry
- Gently rock or walk the baby
- Check for discomfort of diaper rash, teething or fever
- Call the doctor if you think the baby is sick
- Make sure clothing is not too tight
- Give the baby a pacifier
- Offer a noisy toy or rattle
- Hug and cuddle the baby gently

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

Info by The National Exchange Club Foundation.



Birth Record

By Lisa Elkins

March 2007

3/3/07

Baby boy Jayden Johnathan James, 8 lb. 8 oz., 21 inches long. Proud parents: Lanita Lopez and Jeremy James



Jayden Johnathan James

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

3/06/07

Proud Momma Nora Jerry
 Girl-Maykalah Jerry
 Proud Grandparents Lana James, Roger Jerry Sr.
 Great Grandparents- Janice Jeanne Moses, Lawrence Jerry II
 Great Great Grandma Elma Lozier

3/27/07

Henry Miller & Lolita just had their Baby Boy Marshall Miller he is 8pounds 15oz 22.inch long.

3/29/07

Proud parents Marcy LaClair & Eric Mathias
 Girl- Larissa Rosemary Mathias 7 lbs. 6oz. 19in.
 Proud Grandmas-Rosemary Fryberg & Momma Sharon Fryberg
 Proud Grandparents- Suzanne & Edmond Mathias

4/27/07

Baby boy Marshall Miller, 8 lb. 15 oz., 22 inches long. Proud Parents: Henry and Lolita Miller

4/28/07

Baby boy Daniels-Maestas, 6.93 lb., 18 1/2 inches long. Proud Parents: Amalia Maestas and John Daniels Jr.; Grandparents: Roberto Maestas and Estela Ortega, and the late John and Vangie Daniels



Baby boy Daniels-Maestas

Congratulations to our new parents!!!

Medical Social Work Services

Hello, just a note from your friendly Medical Social Worker at the Muckleshoot Health & Wellness Center to remind you of medical social work services available to members of the Health & Wellness Center.

Medical Social Work services include assisting patients with accessing medical equipment, in-home care services, and referrals to programs designed to aid individuals with various health care needs. Examples include but are not limited to referrals to rehabilitation services, nursing home care, in-home caregiver services, accessing durable medical equipment as prescribed by your doctor and other supports available to Elders or disabled individuals.

The Medical Social Worker can work with you and your doctor to complete paperwork related to a medical disability, or to apply for in-home care services, or other home care related medical needs as recommended by your doctor.

Phil Stanet is the Department of Social & Health Services (DSHS) Liaison, who can assist with regular Medicaid (medical coupon) applications, or applications for food benefits, he is located at the MIT Resource Center. The MIT Senior Center providers may be able to assist individuals with resolving financial issues with the Social Security Administration or similar institutions for those who qualify for services at that facility.

If you feel that you or a family member has medical care related needs please discuss these concerns with your doctor who may then request medical social work support services.

Questions: Contact Ronette Bailey, MSW, at Muckleshoot Health and Wellness Center at 253-939-6648, ext 3804.

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. May 29, 07 Moving to stay healthy
2. Jun. 26, 07 Diabetes medications
- 3 Jul. 31, 07 Balancing your blood sugars
4. Aug. 28, 07 Complications
5. Sept. 25, 07 Sick day management
6. 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.



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

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

New Wellness Center Staff

Joylene Simmons joins the HWC Behavioral Health Program:



Joylene Simmons

Hello my name is Joylene Simmons; I am the new Admin Specialist for the exciting Behavioral Health Program. I have only been here for a couple weeks but am really enjoying working with a great bunch of people. I have lived here in Auburn/Muckleshoot almost all my life and have 5 loving children and 2 granddaughters and several other adopted grandchildren! I recently moved over from the Muckleshoot Canoe Family where I was a Culture Coordinator for last years' Tribal Journey 2007 "Paddle to Muckleshoot". It was an adventure of a life time! To be a part of something so grand and so wonderful has been a blessing for me and my family. I was able to watch my girls Patty, Selena, Rachel and two-very small grandchildren dance at Muckleshoot's protocol at 3:00 am. It was so beautiful! My Pride and Joy!!! There is always something exciting going on at Behavioral Health and I am quite impressed with the work they are trying to accomplish in helping our Muckleshoot Community. Always feel free to come by and say hello or just call (253.804.8752) to see what the programs are offering.

Thank you,
 Joylene Simmons
 Muckleshoot Tribal Member

Don Munro, Youth Activity Leader



Don Munro

Hello! My name is Don Munro, I am enrolled member of the Blackfeet Tribe from Browning, Montana. I am the new Youth Activities Leader here at the Muckleshoot Wellness Center. I am very excited to be working with the youth here on the Muckleshoot reservation. If you have any questions, please feel free to come in and ask for me, I will be willing to help with any concerns.

Dillon Puhl, Lifeguard

My name is Dillon Puhl and I've been a Lifeguard for about 3 years now. I love to swim and play Water Polo. I was Captain of the Water Polo team in high school.



Dillon Puhl

Wellness Center Welcomes Pamela Davis



Pamela Davis

Hello my name is Pamela Davis and I am an enrolled member of the Tribe. I am pleased to say that I have recently started working at the wellness center. I am your receptionist for the physical therapy department. Previously, I worked at the Casino as a Table Games dealer. I look forward to seeing you when you come in to visit us at Physical Therapy.

Wellness Center Member Spotlight for April:

JOSEPH SIMMONS

In April, we asked Joseph Simmons to share his experience at the Wellness Center with everyone in our community. He credits his wife Bridget and his little man Danny for asking him about our "Biggest Loser" program currently running at the Wellness Center. Upon speaking with Danny about the responsibilities and how the program would help them to eat healthier, Joseph issued Danny a gentleman's challenge. "In my mind it was a win-win situation" Joseph says. His little ladies don't get left out either. Sashene enjoys the free childcare provided for members while they work-out and Janelle gets to spend extra time with Joseph while exercising too.



Joseph Simmons

Joseph adds, "The equipment is great as I work on my cardio, some strength training machines and weights tones up the old flab! The people who work at the HWC are great. I always feel welcome and can only say, "Keep up the good work."

Humor and Diabetes

By Wendi Batinic
 Muckleshoot Diabetes Program

April is national humor month so laugh out loud. Humor is a stress reducer both at home and at work. When you laugh all the tense muscles in your body relax and you momentarily lose muscle tone. Laughter improves breathing, relieves muscular tension, regulates your heartbeat, and increases endorphins (your body's natural pain killer). Having a chronic disease such as diabetes is not a laughing matter. Finding humor, laughter, and fun while living with diabetes can improve your overall health. Don't deny your dream because your diabetes may cause problems or issues. Take that class you have been talking about, start a weight loss program, and do something you enjoy but never have time for.

WORLD NO TOBACCO DAY!

May 31st is
 World No Tobacco Day!!!!



This is a great opportunity to give quitting a try!!!!
 The Health & Wellness Center can help.
 Call us at (253) 939-6648 for more information.

Physical Therapy services coming soon to Wellness Center

Soon we will be adding physical therapy to our broad spectrum of services here at the Wellness Center. We will be adding a part time Physical Therapist and a part time Physical Therapy Assistant to our staff. This service will be offered at the Wellness Center in the Physical Therapy department, along with our current services of massage therapy and acupuncture, which is currently open Monday through Thursday from 8am to 5pm. A referral will be required for all patients seeking physical therapy, acupuncture and massage services. If you have more questions about any of our services, you may call the Physical Therapy department at 333-3620 or Kristen Bell, Wellness Center Director at 333-3616.

Physical Therapy Dept: 253-333-3620

Physical Therapy Hours of Operation:
 Monday through Thursday 8 am to 5 pm

- Massage offered Monday through Thursday
- Acupuncture offered Tuesday and Wednesday



Happy 7th Birthday Arlin Thunder Jr. "Babylin"
 Love you Mom

BEHAVIORAL HEALTH PROGRAM ACTIVITIES CALENDAR

Below are the days and times of services/programs that are offered by the Behavioral Health Program. If you have any questions about any of the services, please give us a call at (253) 804-8752.

Mondays:

Women's Aftercare: 9:00-10:30 am

A weekly group for Level one treatment for adult female clients, focusing on positive lifestyle changes, and review of skills learned in inpatient and Intensive Outpatient, learning to establish goals and follow through with them. Also includes education, clean and sober activities, recovery support, establishing a clean and sober support network (Needs to be enrolled in Behavioral Health services)

Men's Aftercare: 9:00 – 10:30 am

A weekly group for Level one treatment for adult male clients, focusing on positive lifestyle changes, and review of skills learned in inpatient and Intensive Outpatient, learning to establish goals and follow through with them. Also includes education, clean and sober activities, recovery support, establishing a clean and sober support network. (Needs to be enrolled in Behavioral Health services)

Canoe Song and Dance: 4:30 – 7:00 (provided in collaboration with the Canoe Family)

Helps to build strong foundations by providing teachings of the culture for protocol, regalia, song and dance and talking circles. Also to teach self-discipline, structure, and healthy lifestyles. (Open to anyone)

Tuesdays:

Intensive Outpatient: 9:00 am to Noon (runs for 9 week sessions)

A 9 week group for Level II clients providing intensive treatment including, understanding the disease concept based on the Medicine Wheel (physical, mental, emotional and spiritual). Also establishing a relationship with themselves and accepting personal responsibility. To gain insight as to how their addiction(s) has affected themselves, their family and their community. (Needs to be enrolled in Behavioral Health services)

Relapse Prevention: 6:00 – 7:30 pm

A Weekly process group for Level I clients using the Medicine Wheel to identify triggers, behaviors and culturally based traditions in addressing the relapse process. (Needs to be enrolled in Behavioral Health services)

ACOA (Family Group): 6-7:30 pm (runs for 12 week sessions)

A 12 week group providing services for adult children of alcoholics; addressing personal boundaries, domestic violence, parenting and building positive relationships with themselves, letting go of the negative from the past and building a positive future. (Needs to be enrolled in Behavioral Health services).

Girl Scouts: 5:00 – 8:00 PM

An opportunity for girls from ages 5-17 to get together and learn life skills curriculum, which include tobacco and other drug prevention, peer pressure, learning to say "no", social skills and to engage in fun activities. (Open to girls ages 5-17)

Wednesdays:

Intensive Outpatient: 9:00 am to Noon (runs for 9 week sessions)

A 9 week group for Level II clients providing intensive treatment including, understanding the disease concept based on the Medicine Wheel (physical, mental, emotional and spiritual). Also establishing a relationship with themselves and accepting personal responsibility. To gain insight as to how their addiction(s) has affected themselves, their family and their community. (Needs to be enrolled in Behavioral Health services)

Lunch Bunch AA Meeting: Noon – 1:00pm Bring your own lunch.

Positive Indian Parenting: 9 week sessions, time of each 9 week session varies based on community needs.

Open to all Muckleshoot Community members to offer parenting skills and parenting support utilizing traditional behavioral management in conjunction with mainstream behavioral management. (Open to anyone)

Grief and Loss Group: 6:00 to 8:00 pm in Mountain Room

Grief is painful and at times the pain seems unbearable. Grief can take many forms and be expressed in many ways. This group is designed to help individuals and families work through the grief process. (Open to anyone)

Thursdays:

Intensive Outpatient: 9:00 am to Noon (runs for 9 week sessions)

A 9 week group for Level II clients providing intensive treatment including, understanding the disease concept based on the Medicine Wheel (physical, mental, emotional and spiritual). Also establishing a relationship with themselves and accepting personal responsibility. To gain insight as to how their addiction(s) has affected themselves, their family and their community. (Needs to be enrolled in Behavioral Health services)

Sexual Assault Healing Circle: 2nd Thursday from 10:30 to 2:00 and the 3rd Thursday from 5:30 to 8:00

Information about sexual assault and domestic violence, healing stories, lunch or dinner and a traditional Healing Circle. (Open to anyone)

Mixed Aftercare: 6:00 – 7:30 pm

A weekly group for Level one treatment for mixed adult male and female clients, focusing on positive lifestyle changes, review of skills learned in inpatient and Intensive Outpatient, learning to establish goals and follow through with them. Also includes education, clean and sober activities, recovery support, establishing a clean and sober support network (Needs to be enrolled in Behavioral Health services)

Boy's Mentoring Group: 3:00 – 7:00 pm

A weekly support group for boys ages 13-17 that provides basic life skills, prevention and psycho-social education and social support.

Canoe Song and Dance: 5:30 – 7:00 (provided in collaboration with the Canoe Family)

An opportunity for girls from ages 5-17 to get together and learn life skills curriculum, which include tobacco and other drug prevention, peer pressure, learning to say "no", social skills and to engage in fun activities. (Open to anyone)

Fridays:

Coyote Clan: 4:00 – 7:00 pm

Provides ongoing support for families who have participated in the Family Retreat, reinforcing the communication skills learned and addressing those in the group who are trying to stop using drugs and alcohol and for those who want to stay in recovery.

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

**MEALS PROVIDED!!
FREE TEE SHIRTS WHILE SUPPLIES LAST!!**

**Thursday May 10, 2007
10:30am – 2:00pm**

**Thursday May 17, 2007
5:30pm – 8:00pm**

In the Mountain Room of the Health & Wellness Center

Childcare Provided On-site!

***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:
Stephanie at 253.876.3357 or Stephanie.Flesher@muckleshoot.nsn.us

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

BUCKLE UP AMERICA!!!!

By Brent Grider

May 21-28 is "Buckle Up America" week. This is a great time for a reminder about the importance of using seat belts when driving or riding in a vehicle. Seat belts save lives. Seatbelt use is particularly important for teens, which have the highest death rate in motor vehicle accidents. In fact, motor vehicle crashes are the leading cause of death for 15 to 20 year olds. Teens also show the lowest rate of seat belt use. A recent study showed that in 2001, seatbelts saved approximately 12,000 lives. Nearly two-thirds of those killed in accidents during the same period were not wearing safety belts. Seat belt use can cut in half the chance of death or serious injury in an accident. Airbags alone are not enough. Airbags only provide a 12% reduction in death and injury rates when used without a seatbelt.

It is against the law to operate a vehicle without wearing a safety belt. A ticket for not wearing a belt in Washington is \$101. The State of Washington strongly enforces seat belt laws and as a result, Washington has the highest safety belt use in the country. For seat belts to work properly though, they must be worn correctly. Make sure the belt fits low and tight around the hips, not the stomach. The belt should go across the chest, away from the neck. The belt should never be worn under the arm or behind the back. Talk to your local police department or the Muckleshoot Tribal Police Department at (253) 876-3246 for more information.

**Statistics provided by the National Traffic Safety Administration*

Safety Belt Fit Test

Test all children under age 13 to be sure they are big enough to safely wear the adult belt without a booster seat:

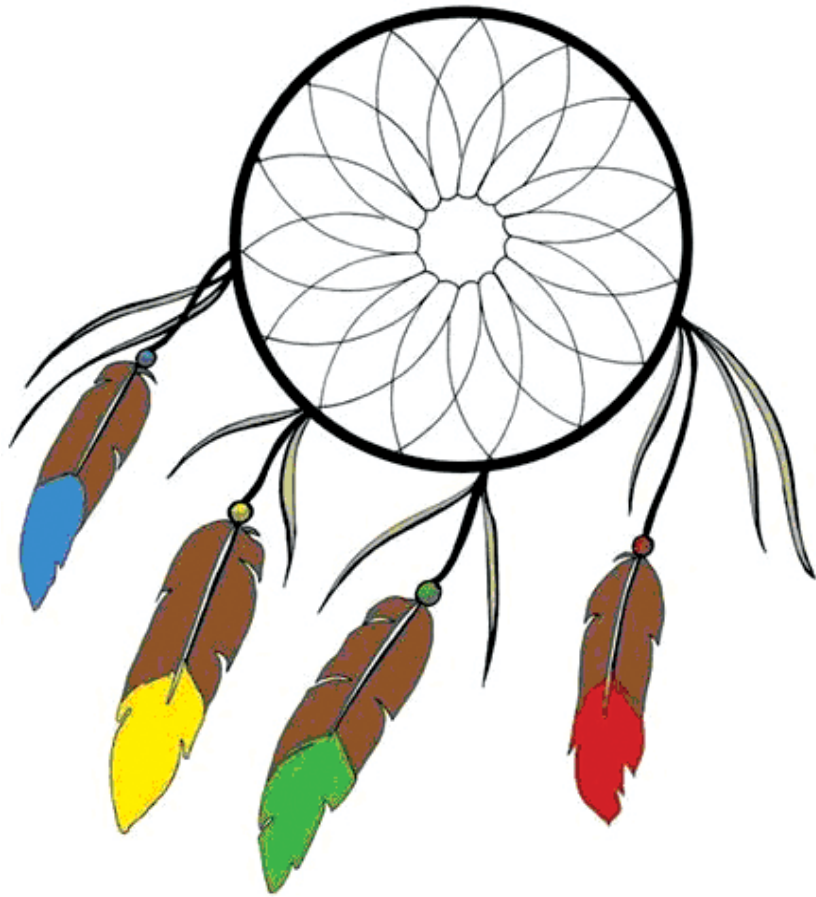
- Have the child sit all the way back on the vehicle seat. Check to see if the knees bend at the seat edge. If they bend naturally, move on to the next step. If they do not, return to the booster seat.
- Buckle the lap and shoulder belts. Be sure the lap belt lies on the upper legs or hips. If it stays on the upper legs or thighs, move on to the next step. If it does not, return to the booster seat.
- Be sure the shoulder belt lies on the shoulder or collarbone. If it lies on the shoulder, move on to the next step. If it is on the face or neck, return to the booster seat. **DO NOT** place the shoulder belt under the arm or behind the child's back!
- Be sure your child can maintain that correct seating position for as long as you are in the car. If your child begins to slouch or shift positions so the safety belt contacts the face, neck or stomach, return your child to the booster seat until all the test steps can be met.

Require your child to use a safety belt in every vehicle, whether or not you are there to remind him or her.



PLORGE SMOF & FE-RRIG

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.**

Sexually Transmitted Diseases: What You Need to Know

By Brent Grider

A sexually transmitted disease (STD) is a general term for a variety of diseases or conditions contracted through sexual contact. These diseases include: genital herpes, gonorrhea ("clap"), syphilis, pubic lice (crabs), "trich", genital warts, candidiasis, bacterial vaginosis, and HIV/AIDS, among others. STDs affect many people. It is estimated that one out of four sexually active teens will get an STD this year. Two teens are infected with HIV every hour of the day. Over 3,000 Native Americans have been diagnosed with AIDS and Native Americans are twice as likely as the rest of the population to test positive for Chlamydia. In fact, Native American youth are at a higher risk of developing an STD than any other group.

STD's can be serious and easily spread to others. AIDS, for example, has no cure and can be deadly. There is medicine available to help slow the progression of the disease, but these medicines are not a cure. Some STD's can be cured with the use of antibiotics, while others can only be treated with medicine to ease the symptoms. The ONLY way to know for sure if you have an STD is to be tested. If an STD is discovered, your doctor can work with you to determine the best treatment option.

Preventing an STD before it develops is important. Condoms and dental dams (for oral sex) reduce the risk of catching or spreading a disease and should be used during sexual activity. However, even using a condom does not guarantee 100% protection. The only sure way to prevent the spread of an STD is abstinence (not having sex). Other forms of birth control (the pill, IUD, etc.) do not prevent the spread of STDs. If you do have sex, it is best to remain faithful to your partner, because multiple partners increase the odds of developing an STD.

Symptoms of an STD may vary depending on the type of disease. Some STD's have no obvious symptoms. In fact, many people do not know they have an STD. If you think you may have contracted an STD, get tested as soon as possible. The sooner you are tested, the better the chance that the condition can be treated properly and the smaller the odds of spreading it to someone else. If you need more information or would like to schedule an appointment, call your doctor or the Muckleshoot Health & Wellness facility at (253) 939-6648.

*Some information provided by Project Red Talon & the Washington State Department of Health

What Are the Major Types of Child Abuse and Neglect?

Most states recognize four major types of maltreatment: neglect, physical abuse, sexual abuse, and emotional abuse.

Neglect is failure to provide for a child's basic needs. Neglect may be:

Physical (e.g., failure to provide necessary food or shelter, or lack of appropriate supervision)

Medical (e.g., failure to provide necessary medical or mental health treatment)²

Educational (e.g., failure to educate a child or attend to special education needs)

Emotional (e.g., inattention to a child's emotional needs, failure to provide psychological care, or permitting the child to use alcohol or other drugs)

These situations do not always mean a child is neglected. Sometimes cultural values, the standards of care in the community, and poverty may be contributing factors, indicating the family is in need of information or assistance. When a family fails to use information and resources, and the child's health or safety is at risk, then child welfare intervention may be required.

Physical abuse is physical injury (ranging from minor bruises to severe fractures or death) as a result of punching, beating, kicking, biting, shaking, throwing, stabbing, choking, hitting (with a hand, stick, strap, or other object), burning, or otherwise harming a child. Such injury is considered abuse regardless of whether the caretaker intended to hurt the child.

Sexual abuse includes activities by a parent or caretaker such as fondling a child's genitals, penetration, incest, rape, sodomy, indecent exposure, and exploitation through prostitution or the production of pornographic materials.

Emotional abuse is a pattern of behavior that impairs a child's emotional development or sense of self-worth. This may include constant criticism, threats, or rejection, as well as withholding love, support, or guidance. Emotional abuse is often difficult to prove and, therefore, CPS may not be able to intervene without evidence of harm to the child. Emotional abuse is almost always present when other forms are identified.

Win while you lose at the Wellness Center!

The Biggest Loser contest has begun and we have some serious weight being lost! There are 15 contestants who have lost a total of 40 pounds. The most weight lost by our current leader is 5.8 pounds or 3.47% of their original body weight. The winner of the Biggest Loser contest will enjoy a \$100 gift card for the Super Mall. The top male contest will receive a \$75 gift card and the top female contestant will also receive a \$75 gift card. Keep up the hard work everyone. It's still anybody's game, maybe you can be the next winner of our Biggest Loser contest!

Interested in doing a triathlon? How about an easy triathlon? The Wellness Center is going to host an all-wellness triathlon this summer for some great prizes. Swimming will be in the pool, cycling will happen on our spinning cycles, and

the running portion will take place on the path around the building and the fields. Our staff will take you through training in each event to help you prepare. Training begins in May. The aquatics staff will help you sharpen your swimming skills, and the fitness staff will get you moving on the bikes and paved trail. Please watch for flyers at the Wellness Center for further information.

Summer is arriving quickly, and that means lots of sun and fun at the Wellness Center. We are currently preparing more programs like our Kids Camps and Outdoor Exercise and Sports for the upcoming summer season. Be sure to stop by and check out what's happening.

If you have any questions about our programs or services, call us at 253-333-3616.

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 May 2007

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



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

Wellness Center Café



Looking for reasonable prices?

Come make a healthy choice and check us out at the Wellness Center Café!

SANDWICHES


Turkey	\$2.00
Peanut Butter & Jam	\$1.00
Bagel	\$1.00
Wednesday's Special	\$2.00

SOUPS

Clam Chowder	\$1.00
Chicken Noodle	\$1.00
Chicken w/Rice	\$1.00
Beef Vegetable	\$1.00
Chili	\$1.00

SNACKS

Granola Bar	\$0.50
Fruit & Nut Bar	\$0.50
Pretzels	\$0.50
100 Calorie Chips	\$0.50
Quakes	\$0.50

	ESPRESSO (ANY TYPE)	
	12 oz. cup	\$1.50
	16 oz. cup	\$2.00



FRESH STUFF:

Apples	\$0.50
Oranges	\$0.50
Salad	\$1.00
Veggie Bag	\$0.50

PRE-PAID CARDS

Available in \$5, \$10, \$15 and \$20 amounts

BEVERAGES

Apple Juice	\$0.50
Tomato Juice	\$0.50
Diet Coke	\$0.50
Diet Dr. Pepper	\$0.50
Diet Pepsi	\$0.50
Diet 7-Up	\$0.50
Bottled Water	\$0.50
Propel	\$1.00



CAFÉ HOURS

Monday-Thursday 8:00 AM - 7:30 PM
Friday 8:00 AM - 6:30 PM
Saturday 12:00 PM - 3:30 PM

Got Arthritis, then get Movin

10 facts about Arthritis

- In 2005, 66 million (nearly 1 in 3) adults in the United States have arthritis or chronic joint symptoms. It is the nation's leading cause of disability among Americans over 15 years of age. Generally, arthritis strikes women more often than men.
- Arthritis literally means "joint inflammation". Arthritis refers to a group of more than 100 rheumatic diseases and other conditions that can cause pain, stiffness, and swelling in the joints.
- The most common form of arthritis is osteoarthritis, sometimes referred to as wear-and-tear arthritis or degenerative joint disease and it affects more than 20 million people in the United States.
- Rheumatoid arthritis is another common form of arthritis that affects 2.1 million adults in the United States. In rheumatoid arthritis, a person's own immune system attacks cells within its own joint capsule. Chronic inflammation associated with rheumatoid arthritis destroys cartilage, bone, and ligaments leading to possible deformity and disability.
- Unfortunately there is no cure for arthritis. There are various **treatment options** which help with managing pain and reducing deformity and disability. **Early diagnosis and an aggressive treatment plan** are recognized as two very important factors in getting arthritis under control.
- Fatigue is a primary symptom of most forms of inflammatory arthritis. It can be caused by the disease itself and becomes a greater problem during periods of flare in disease activity. Fatigue is a result of the body's reaction to substances released in the bloodstream by activated immune cells arthritis.
- Poor quality of sleep is also a problem for many people suffering with arthritis. The insomnia associated with arthritis may be due to chronic pain, arthritis related stress, or one of the many medications required for disease control. In addition, many

- arthritis are fatigued at bedtime but not physically tired. This is due to reduced physical activity because of joint immobility.
- Depending on your individual symptoms and examination, your doctor may decide to treat you aggressively and not conservatively. Treating conservatively involves prescribing only aspirin, tylenol, or one of the older traditional NSAIDS (non-steroidal anti-inflammatory drugs). If they wish to treat more aggressively they may add methotrexate or Arava to your regimen. Methotrexate and Arava are among a class of drugs known as DMARDS (disease-modifying anti-rheumatic drugs) Beyond that, there is a newer class of drugs known as TNF blockers or biologics: Enbrel, Remicade, and Humira
- If you suspect you have arthritis or if arthritic symptoms persist for more than 2 weeks, you should see a doctor. An examination will be performed in the doctor's office and your medical history will be taken. After your consultation, the doctor will order appropriate laboratory tests and x-rays to confirm the diagnosis of arthritis. The tests determine if you have abnormal signs of inflammation (from labs) or joint damage or erosions (from x-ray).
- Exercise is essential for people with arthritis. Moving the joints daily helps to keep them fully mobile. Added joint support is achieved by strengthening the surrounding muscles. Also, joint movement transports nutrients and waste products to and from the cartilage, the material which protects the ends of the bones. People with arthritis should always discuss their exercise plans with a doctor.

Info taken from the About: Arthritis website. Questions? Contact the Community Health Program at 253-939-6648.

General Foot Health

The human foot is a biological masterpiece. Its strong, flexible, and useful design enables it to do its job well and without complaint—if you take care of it and don't take it for granted.

The foot can be compared to a finely tuned race car, or a space shuttle, vehicles whose function dictates their design and structure. And like them, the human foot is complex, containing within its relatively small size 26 bones (the two feet contain a quarter of all the bones in the body), 33 joints, and a network of more than 100 tendons, muscles, and ligaments, to say nothing of blood vessels and nerves.



- 1 Calcaneus
- 2 Talus
- 3 Navicular
- 4 Medial cuneiform
- 5 Intermediate cuneiform
- 6 Lateral cuneiform
- 7 Cuboid
- 8 First metatarsal
- 9 Second metatarsal
- 10 Third metatarsal
- 11 Fourth metatarsal
- 12 Fifth metatarsal
- 13 Proximal phalanx of great toe
- 14 Distal phalanx of great toe
- 15 Proximal phalanx of second toe
- 16 Middle phalanx of second toe
- 17 Distal phalanx of second toe

Top Ten Foot Health Tips

- Don't ignore foot pain—it's not normal. If the pain persists, see your provider.
- Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.
- Wash your feet regularly, especially between the toes, and be sure to dry them completely.
- Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation, or heart problems should not treat their own feet because they are more prone to infection.
- Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
- Select and wear the right shoe for the activity that you are engaged in (i.e., running shoes for running).
- Alternate shoes—don't wear the same pair of shoes every day.
- Avoid walking barefooted—your feet will be more prone to injury and infection. At the beach or when wearing sandals, always use sunblock on your feet just as on the rest of your body.
- Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.
- If you are a person with diabetes, it is vital that you see a podiatric physician at least once a year for a check-up.

Info by the American Podiatric Medical Association. Contact the Muckleshoot Community Health Program for more information. (253)-939-6648, ext. 3801.



Annalisa Noelami Ulima

Annalisa Noelami Ulima is the infant daughter of Kate Lynn Moses and Saipele Ulima Jr. Proud grandparents are Sut and Annie Moses.

SAVE the DATE

What: Domestic Violence Awareness Training

Who: Muckleshoot Community Members

When: May 7, 2007, Monday

Time: 1:00 PM to 5:00 PM

Where: Cougar Room at the Philip Starr Building

This training is designed to inform individuals on how to respond to domestic violence victims. Participants will learn the resources that are available, the do's and don'ts in dealing with victims, as well as how to identify characteristics of perpetrators.

What: Domestic Violence Awareness Training for the Workplace

Who: Muckleshoot Tribal Employees

When: May 14, 2007, Monday

Time: 1:00 PM to 5:00 PM

Where: Cougar Room at the Philip Starr Building

This training is designed to help employees assist co-workers who may be in a domestic violence situation. Participants will learn to identify characteristics of domestic violence relationships, as well as help develop ways to keep co-workers safe from abusers.

What: Domestic Violence Awareness Training for Supervisors

Who: Muckleshoot Tribal Employee Supervisors

When: May 21, 2007, Monday

Time: 1:00 PM to 5:00 PM

Where: Cougar Room at the Philip Starr Building

This training is designed to help supervisors identify and work with employees who are in domestic violence relationships. Supervisors will learn about the resources available to their employees, as well as ways to help protect the victim and other employees.

Learn Quick Facts About Viral Hepatitis

Viral Hepatitis

Viral hepatitis is an inflammation of the liver caused by a virus. There are five known hepatitis viruses: A, B, C, D and E. Scientists have named each type of hepatitis by the name of the virus. Hepatitis A virus (HAV) causes hepatitis A; hepatitis B virus (HBV) causes hepatitis B; hepatitis C virus (HCV) causes hepatitis C; hepatitis Delta virus (HDV) causes hepatitis D; and, hepatitis E virus (HEV) causes hepatitis E. Hepatitis A, B and C are the most common types of viral hepatitis found in the United States.

The routes of transmission for hepatitis viruses differ: HAV is spread by the fecal-oral route; HBV and HCV are spread by contact with infected blood or body fluids. There are safe and effective vaccines to prevent hepatitis A and B; however, there is no vaccine for hepatitis C. Viral hepatitis can be either acute (newly acquired) or chronic (life-long). HAV causes only acute infection, while HBV and HCV can result in chronic infections.

Hepatitis A

Hepatitis A is a disease of the liver caused by Hepatitis A virus (HAV). HAV is spread from person-to-person by putting something in the mouth that has been contaminated with the stool (even though it might look clean) of a person infected with HAV. Most infections result from contact with a household member or sex partner who has hepatitis A. Infection can also occur by eating contaminated food or drinking contaminated water by HAV.

Hepatitis A can affect anyone. Hepatitis A vaccine is the best way to prevent HAV infection. Hepatitis A vaccine is licensed in the United States for use in persons twelve months of age and older. Two doses, six to eighteen months apart, are required for long-term protection. Hepatitis A vaccines are safe and effective. Also, CDC recommends that all children should receive hepatitis A vaccine at 1 year of age (i.e. 12-23 months).

Hepatitis B

Hepatitis B is a disease of the liver caused by hepatitis B virus (HBV). HBV is spread when blood or body fluids from an infected person enters the body of a person who has never been infected with HBV. For example, HBV is spread most often through having sex with an infected person without using a latex condom. HBV is also spread by sharing drugs, needles, or "works" when "shooting" drugs, through needlesticks or sharp exposures on the job, or from an infected mother to her baby during birth.

Not all people who are infected with HBV look or feel sick, so a person might be infected and unknowingly spread the virus. Only a blood test can tell for sure if you have been infected with HBV. The good news is that a vaccine is available to prevent hepatitis B, and it is safe and effective. All children aged 0-18 years should receive the hepatitis B vaccine series.

Signs and Symptoms:	
· jaundice	· nausea
· fatigue	· diarrhea
· abdominal pain	· fever
	· loss of appetite

Hepatitis C

Hepatitis C is a disease of the liver caused by hepatitis C virus (HCV). HCV is spread when blood or body fluids from an infected person enters the body of a person who is not infected. This could happen through sharing needles or "works" when "shooting" drugs, through needlesticks or sharps exposures on the job, or from an infected mother to her baby during birth. There is also evidence that HCV can be transmitted sexually, but the virus is not spread efficiently in this manner. There is no vaccine to prevent HCV infection.

80% of persons have no signs or symptoms.	
· jaundice	· abdominal pain
· fatigue	· loss of appetite
· dark urine	· nausea

This information is taken from the Hepatitis Awareness Month Website. Question? Contact the Muckleshoot Community Health Program at 253-939-6648.

About 30% of persons have no signs or symptoms. Signs and symptoms are less common in children than adults.	
· jaundice	· loss of appetite
· fatigue	· nausea, vomiting
· abdominal pain	· joint pain

MUCKLESHOOT VETERAN AFFAIRS DEPARTMENT

Report for April 2007

On April 16, 2007, the Veteran Affairs staff members participated with the Inter-Tribal Warrior Society Honor Guard in the State of Washington Recognition Ceremony of LTC Bruce Crandall (retired) as the most recent recipient of the Congressional Medal of Honor in Olympia. The ceremony was open to the public. Crandall was awarded the medal for his heroic action in November 1965 in the battle at Landing Zone X-ray in the Ia Drang valley. He was also portrayed in the movie WE WERE SOLDIERS.

CWO4 Warren Gohl, Chaplain of the Inter-Tribal Warrior Society did the invocation for the ceremony. Chaplain Gohl earned his Combat Infantryman Badge serving with the 25 Infantry Division in Vietnam. Like Crandall, Gohl participated in several actions in the Ia Drang valley which was one of the hot combat zones in Vietnam.

Pictured in the Honor Guard rifle squad are (from left to right) Nisqually Mark Sison, Muckleshoot Jesse McDaniel III, Lakota Paul Larsen, Lummi Nation Roland LaClair, Umatilla Sidney Williams, Sr., Lummi Nation Steve Plaster, and Lakota Ed Turner. Also at the ceremony were Chippewa Bill Warren, Nisqually Bob Sison, and Bugler Peggy Caudill. Muckleshoot Sonny Bargala was the Honor Guard Commander.

It was an honor for the Society to serve as the official Honor Guard for this occasion. I was particularly looking forward to meeting LTC Crandall because I also served with the 229th Assault Helicopter Battalion, 1st Cavalry Division (Airmobile) in Vietnam.

A copy of LTC Crandall's Medal of Honor Citation is reprinted here.

CRANDALL, BRUCE P.

Rank and Organization: Major, U.S. Army, Company A, 229th Assault Helicopter Battalion, 1st Cavalry Division (Airmobile). Place and dates: Ia Drang Valley, Republic of Vietnam, 14 November 1965. Place and date of birth: Olympia, Washington, 1933. Citation: For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty: Major Bruce P. Crandall distinguished himself by extraordinary heroism as a Flight Commander in the Republic of Vietnam, while serving with Company A, 229th Assault Helicopter Battalion, 1st Cavalry Division (Airmobile). On 14 November 1965, his flight of sixteen helicopters was lifting troops for a search and destroy mission from Plei Me, Vietnam, to Landing Zone X-Ray in the Ia Drang Valley. On the fourth troop lift, the airlift began to take enemy fire, and by the time the aircraft had refueled and returned for the next troop lift, the enemy had Landing Zone X-Ray targeted. As Major Crandall and the first eight helicopters landed to discharge troops on his fifth troop lift, his unarmed helicopter came under such intense enemy fire that the ground commander ordered the second flight of eight aircraft to abort their mission. As Major Crandall flew back to Plei Me, his base of operations, he determined that the ground commander of the besieged infantry battalion desperately needed more ammunition. Major Crandall then decided to adjust his base of operations to Artillery Firebase Falcon in order to shorten the flight distance to deliver ammunition and evacuate wounded soldiers. While medical evacuation was not his mission, he immediately sought volunteers and with complete disregard for his own personal safety, led the two aircraft to Landing Zone X-Ray. Despite the fact that the landing zone was still under relentless enemy fire, Major Crandall landed and proceeded to supervise the loading of seriously wounded soldiers aboard his aircraft. Major Crandall's voluntary decision to land under the most extreme fire instilled in the other pilots the will and spirit to continue to land their own aircraft, and in the ground forces the realization that they would be resupplied and that friendly wounded would be promptly evacuated. This greatly enhanced morale and the will to fight at a critical time. After his first medical evacuation, Major Crandall continued to fly into and out of the landing zone throughout the day and into the evening. That day he completed a total of 22 flights, most under intense enemy fire, retiring from the battlefield only after all possible service had been rendered to the Infantry battalion. His actions provided critical resupply of ammunition and evacuation of the wounded. Major Crandall's daring acts of bravery and courage in the face of an overwhelming and determined enemy are in keeping with the highest traditions of the military service and reflect great credit upon himself, his unit, and the United States Army.

Our next brunch will be Saturday, May 19 in the Chinook Room at the Muckleshoot Casino. I will send you an invitation reminder the week of the brunch.

Also, please remember to keep in mind that the Veteran Affairs program provides transportation to veterans and their dependents. To request transportation service, contact Jesse McDaniel III at (253) 876-3297 (office) or (253) 261-4358 (cell). Advance notice is appreciated. If you are unable to contact Jesse, you can leave a message with Rabbit at (253) 876-9536, or contact me at (253) 876-3295, or (253) 261-3926 (cell).

Our recreation room is open weekdays from 9 AM to 9 PM, Monday through Friday, except the first Friday and third Thursday when it is open from 1 PM to 9 PM. Feel free to come in and watch some tube or shoot a game of pool.

That's it for this month. Hope to see you soon at our drop-in recreation center or other events.

Inter-Tribal Warrior Society serves as Honor Guard for Medal of Honor ceremony

These pictures are from the Honor Guard Detail performed by the Inter-Tribal Warrior Society in Olympia for the recognition ceremony for Medal of Honor recipient LTC Bruce Crandall (Ret).

SUBMITTED PHOTOS



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**





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.

9th Annual Natives on a Wellness Path Muckleshoot Sobriety Pow Wow July 27, 28, & 29, 2007

HEAD STAFF:
Host Drum: High Noon – Canada
Master of Ceremonies: Wayne ThunderChild – Canada
Master of Ceremonies: Evan White
Arena Director: Sonny Mosqueda
Whipman: Reuben Twin

GRAND ENTRY:
Friday – 7:00 p.m.
Saturday – 1:00 p.m. & 7:00 p.m.
Sunday – 1:00 p.m.

CONTEST DANCING FOR ALL CATEGORIES
Golden Age (50+), Adults, Round Bustle, Teens, Boys/Girls
Tiny Tots 6 & under will have an exhibition dance
(Subject to Change)

Public Welcome – All Dancers & Drummers Welcome
Free camping available

Arts & Crafts Booths and Food Booths are available for the weekend
10x10 \$ 125.
10x20 \$ 200.

Information booths are free.

VENDOR & GENERAL INFORMATION:
CeeCee Freeman: 253-804-8752
Mike Starr: 253-261-1764

Not responsible for theft, injuries, accidents, stranded travelers or damage to personal property.
No drugs or alcohol permitted. Anyone under the influence will not be allowed on the premises.
No pets, bikes or scooters.

Muckleshoot Pow Wow grounds, 39015 172nd Ave SE, Auburn, WA 98092

Sponsored by: Muckleshoot Health Committee & Muckleshoot Behavioral Health Program



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: MAY 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 4, 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



YOUTH WORKERS AVAILABLE!

The Youth Work Training Program is preparing for summer work. We will be detailing cars and doing landscaping for elders within the community. Please contact Jennifer Gaking for more information (253)876-3370.

SUBMITTED PHOTOS

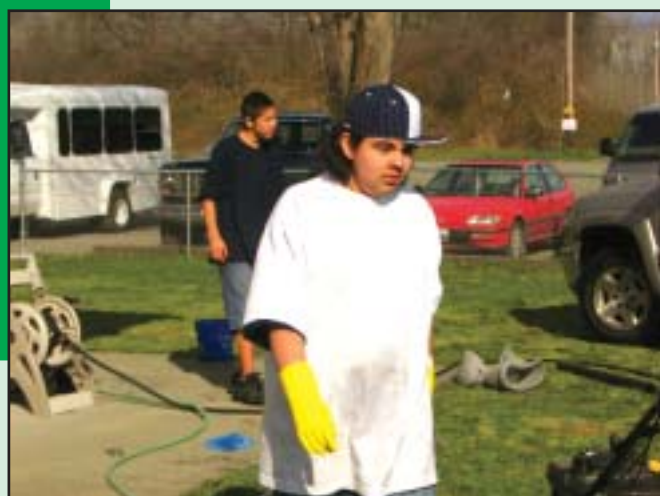


PHOTO BY JOHN LOFTUS

CASINO JOB FAIR. Kristina Andy took advantage of the opportunity to submit an application during a Job Fair the Muckleshoot Casino recently held at the Muckleshoot Tribal College. Kristina is quite young, so her previous experience was limited to things like working in a fireworks stand and a pow-wow espresso stand, but even jobs like that provide references that can be checked and demonstrate a willingness to work.

If I only knew

If I only knew back then
What I know now.
I would know that if a person does not respect you,
they never will.
I would know that when a person starts to hit you,
things only get worse.
I would know that when a person cheats on you,
they don't stop.
I would know that waiting for things to get better,
they don't.
I would know that things
happen for a reason.
I would know that when they walk out that door
it is over.
I would know to accept their decision
and let go and move on in life.
I would know that it is okay
to be alone.
Oh, if I only knew what I know now.
The good thing I can say is
at least I'm not in that anymore.

~ Anonymous

“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



MUCKLESHOOT YOUTH WORK TRAINING PROGRAM
38624 172ND AVE SE AUBURN, WA 98092
(253) 876-3347



WORK ORDER FORM

Name of person requesting work: _____

Name of Home Owner: _____

Address of Work Site: _____

Telephone Number: _____ Start Date: _____

Please select the appropriate boxes:

- Wood Stacked
- Chopping Wood
- Yard Work
- Cleaning Gutters
- Auto Detailing

Notes: _____



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.

May 1, 2007

June 5, 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.

May 10, 2007

June 14, 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

Understanding Credit class

When: Wednesday, May 9th
Time: 10am-2pm
Where: Philip Starr Bldg., Cougar Room

When: Wednesday, May 23rd
Time: 5:30pm - 9pm
Where: Philip Starr Bldg., Cougar Room

Please call and confirm your spot at Extension 3218. The class is open for anyone to attend.

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 Phillip 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



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

TRIBAL HUNTERS:

ALL FINES FROM 2006 NEED TO BE PAID BEFORE YOU CAN GET ANY 2007 TAGS.

ALL FINES NEED TO BE PAID TO THE WILDLIFE OFFICE. YOU MAY ALSO COME IN AND FILL OUT THE FORM TO HAVE YOUR FINE TAKEN OUT OF YOUR PERCAPITA. PLEASE CONTACT TAMMY JAMES FOR MORE INFORMATION 253-939-3311.

BEAR AND COUGAR TAGS ARE BEING ISSUED RIGHT NOW.

NEW 2007 CEREMONIAL MEAT GUIDELINES: MEAT WILL ONLY BE DISTRIBUTED FOR FUNERALS AND MEMORIALS. THERE IS A FORM THAT NEEDS TO BE FILLED OUT, YOU CAN PICK THEM UP FROM THE WILDLIFE OFFICE.

REMINDER: YOU HAVE TEN DAYS FROM THE DATE OF THE KILL TO RETURN TAGS TO THE OFFICE. THERE IS A DROP BOX LOCATED ON THE OUTSIDE OF THE PHILIP STARR BUILDING BY THE VEHICLE COMPOUND GATE ENTRANCE. THERE IS ALSO A DROP BOX LOCATED IN THE WAITING AREA OF THE WILDLIFE OFFICES.

DON'T DRINK AND DRIVE!!!

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

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.