



Dr. Kneisl says farewell

Dear Muckleshoot Tribal and/or Community Members:

With considerable sadness, I am writing to inform you that, after almost seven years, I will be retiring as Medical Director at the Muckleshoot Health and Wellness Center, for personal and family reasons. My last day here will be in mid-August 2007.

It has been an honor to work here, and it is very hard to have to say good-bye, especially to those of you whom I've had the privilege of serving as your physician these past several years.

I will be continuing to see patients on a reduced schedule through the end of July. I understand that you may have concerns about your health needs and how those concerns will be addressed by the remaining staff.

I am currently working with the rest of the staff to ensure that there will be no significant interruptions to your care or the care of other patients in the Muckleshoot community.

Also, we are already in the process of recruiting additional physicians to work at the Wellness Center. If you have concerns you wish to discuss, please feel free to call me or make an appointment to see me, (253) 939-6648, before the end of July.

I will deeply miss being a part of the Health and Wellness Center staff and serving the Muckleshoot community. Again, it has been an honor to work here, and to those of you who have been my patients, I thank you for your willingness to entrust yourself to my care.

I wish the Tribal community, and all of you individually, the best of health and well-being.

Sincerely,

Alison Kneisl

Alison Kneisl, MD



Dr. Alison Kneisl and daughter Jamie

Obesity and Native Americans

- Being overweight or obese increases a **Native American's** risk of heart disease, type 2 diabetes, high blood pressure, stroke, breathing problems, arthritis, gallbladder disease, sleep apnea (breathing problems while sleeping), and some cancers, like renal cell cancer.
- Obesity is measured with a Body Mass Index (BMI). BMI shows the relationship of weight to height. Women with a BMI of 25 to 29.9 are considered overweight, while women with a BMI of 30 or more are considered obese.
- All adults (aged 18 years or older) who have a BMI of 25 or more are considered at risk for chronic health problems such as diabetes and high blood pressure.
- Currently over 1000 Muckleshoot and Tribal members are considered obese with a BMI of 30 and more.
- Not only are health care providers concerned about how much fat a person has, but also where the fat is located on the body. Women with a "pear" shape tend to store fat in their hips and buttocks. Women with an "apple" shape store fat around their waists.
- For most women, carrying extra weight around their waists or middle (with a waist larger than 35 inches) raises health risks (like heart disease, diabetes, or cancer) more than carrying extra weight around their hips or thighs.
- If you are overweight or obese, losing weight can lower your risk for many diseases. And physical activity is an important part of weight loss treatment. Try to be active (30 minutes

most days of the week is best) and eat better to help prevent and treat obesity.

- Overweight and obesity result from an energy imbalance. This involves eating too many calories and not getting enough physical activity.
 - Body weight is the result of genes, metabolism, behavior, environment, culture, and socioeconomic status.
 - Behavior and environment play a large role causing people to be overweight and obese. These are the greatest areas for prevention and treatment actions.
- Here are some suggestions:**
- Address obesity at **every doctor visit**.
 - Exercise, exercise, exercise!!!**
 - Reduce calorie intake.
 - Ask for a referral for nutritional counseling.
 - Attend weight management classes.
 - Utilize the Wellness Center.

We as a Community can fight obesity: Let's all COMMIT to be FIT! The Muckleshoot Health and Wellness Center are committed to helping this community fight obesity.

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



Birth Record


By Lisa Elkins

April 2007

04/26/07
 Proud Parents Suzette Louie & Leon Brown
 Girl Ma'leah Rose Brown 6lb 9oz. 19 1/2 in.
 Proud Grandparents Bonnie & Pete Jerry
 Floyd Brown Jr., Juanita Sam, Thomas Louie
 Great Grandparents; Shirley Taylor, Tom Louie
 Kathy Underwood, Rosemary & Dennis Anderson Sr.

Congratulations to our new parents!!!

National HIV Testing Day, June 27th!!!!



Over 3,000 Native Americans have been diagnosed with AIDS, the disease caused by the HIV virus. Help stop the spread of HIV by getting tested today!!! Call the Health & Wellness Center at (253) 939-6648 for information. Your privacy will be protected.

Triathlon Training Program & 1st Muckleshoot Wellness Center Triathlon

Starting May 21st 2007

- Sign up at the Muckleshoot Wellness Center for a free 12 week triathlon training program that you can do on your own or with us!
- There will be free Personal Training, free swimming lessons, and free group training with all three disciplines of the triathlon (swim, bike, run) offered at the Wellness Center.
- This training will lead up to our very first ever "MUCKLESHOOT WELLNESS CENTER TRIATHLON" on 8/25/07

Please Contact Patrick Ramey, Fitness Manager, with any questions at 253-333-3616



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. Jun. 26, 07 Diabetes medications
2. Jul. 31, 07 Balancing your blood sugars
3. Aug. 28, 07 Complications
4. Sept. 25, 07 Sick day management
5. 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.

Muckleshoot Diabetes Program

By Wendi Batinic R.N., M.S.
Muckleshoot Diabetes Program

The Muckleshoot Diabetes Program offers classes and individual education consultation. You may choose one on one instruction or a class. Classes are taught by educated health professionals and are offered on a weekly and monthly basis.

The Diabetes Program provides patients with the self management skills necessary to live with diabetes. We will review medications, blood glucose monitoring, managing high and low blood sugars, proper nutrition, activity, complications, and coping with a chronic disease. One on one education is available for pregnant women, insulin pump training, or by patient request.

We are excited to announce our Diabetes Day Camp. Children will discover ways to prevent diabetes while participating in activities and crafts. Please watch for the announcement.

Our Diabetes Program serves one hundred patients on a regular basis. Over fifty percent keep their blood glucose in a healthy range (70-100). We are here to assist you on your journey to good health. Please call Emilie Price or Wendi Batinic (253) 939-6648 ext. 3808 for more information.

New Behavioral Health Manager

Aloha Ka Kou! My name is Truth Griffeth and I have the honor of representing the Health and Wellness Program as the new Behavioral Health Manager. I started work here on 05/21/07. My genealogy goes back to the islands of Hawai'i and Kauai and right here with our Coast Salish People. My parents are Janice and Robert Griffeth and Adelina Singsong and Jason Parker. I am husband to Deanna Griffeth and the father of five: Maximo, 18; Marc, 16; Manny, 11; Maile, 3; and our youngest, Malia, at age 2. Yes, they keep me very busy and on my toes!



Truth Griffeth

I am trained as a social worker (MSW) and am licensed in Washington State as a Chemical Dependency Professional (CDP). My undergraduate studies were completed at University of Washington and I received my Master's in Social Work from Washington University in St. Louis. I also hold a national certification as an addictions professional (NCAC I) through the National Association of Addiction Professionals. Yet, of all my educational, I am most proud of my GED which I received in 1995 from United Indians.

My experience in the field of social and human services includes: mental health and chemical dependency treatment, community organizing, social and economic development and education. I have worked with Tulalip, Port Gamble S'Klallam and Suquamish Tribe, as well as numerous non-tribal agencies providing services to diverse individuals, groups and families and coordinating programs designed to meet the needs, culture and the strengths of the communities they serve. I have always believed in the strengths of our cultures, the wisdom of our ancestors and elders and the idea that our path to wellness is rooted in our cultures.

Muckleshoot has always had a special meaning to me and I truly am honored to be working here; I have the best memories of staying out here and I remember the first Sobriety Powwow. It is exciting to see all the growth and change that has happened in recent years and to be able to work here now. It would seem that things have come full circle for me once again.

Behavioral Health offers crucial services to this community and with the Health and Wellness Program, meeting the mental, physical and emotional needs of individuals and families that are seeking help in their journey is actually possible. As I said before, I am excited about working here at Muckleshoot and I look forward to getting to know the Community, lend my experience and listen, and learn more of the history and culture—Elder's Lunch here I come! Huy!

New Health Division Transporter



Melissa E. Jackson

My name is Melissa E. Jackson. I am 28 years old, enrolled Muckleshoot Tribal Member. I started work here on 05/21/07. I enjoy playing sports like softball, basketball and golfing. So if I'm not at work, you can find me playing on the ball field. My mother is Cynthia Jackson from Port Gamble Skallum and my father was Melvin Ross from Muckleshoot. I am the new Transporter for the Health and Wellness Center. I look forward to meeting everyone and am excited to be here.

A Big Thank You

I want to thank Sara Moses, her significant other Juan, and Sara's children for helping me out when I need it. They have been outstanding neighbors by helping me move things and taking care of my yard. It's not very often a person gets to witness teenagers who are willing to go out of their way to help a senior or elder.

I commend Sara for raising her children with respect for their elders. I don't have very much time to keep up with my yard work and Sara's family has been helping me out with mowing and weeding. Thanks to Sara's family for all their assistance in helping me out. That's what families and neighbors should be all about.

Your cousin,

Sharon La Clair

PROPERTY/SITE CLEANUP

The Muckleshoot Nuisance Ordinance requires property owners to maintain their property free of debris and nuisances that affect the health, safety and well-being of the Reservation Community. The Code Enforcement Officer can assist property owners with clean-up of illegal dumps, house/trailer demolition, removal of abandoned vehicles, and can provide clean-up supplies. For more information, call the Planning Division at 253-876-3324.

New Behavioral Health Program Employee

Hello, my name is Tewana Y. Martin BA CDP, I am the new Youth Chemical Dependency Counselor for the Behavioral Health Program. I started working here on 05/21/07. I received my Bachelors of the Arts from the Evergreen State College, WA in 2002. I have been licensed in the state of Washington as a Chemical Dependency Professional since 2001, however I have worked in the human services field for 15 years. Professionally, I have worked as a rehabilitation and chemical dependency counselor in, inpatient, outpatient, juvenile justice, and education. I have held the position of clinical/lead supervisor in my career as well as supervised probation officers, practicum and intern students in some of the settings. Personally, I am a single mother of 2 young men, ages 18 and 22 and I am a disabled American veteran.



Tewana Y. Martin BA CDP

I am pleased to be here and look forward to working and becoming part of the Muckleshoot Community.

Welcome new Greeter

Hi my name is Savannah Collick and I am from the Muckleshoot Tribe. I just recently started working here at the Muckleshoot Health and Wellness Center as a part-time Greeter on 05/07/07. My previous job was at Muckleshoot Casino as a Blackjack Dealer. I worked at the Casino for almost five years. I am happy to say that I love working for my tribe and I hope to meet more employees that feel the same way.



Savannah Collick

Muckleshoot Wellness Center Member Spotlight: Kyle Rodarte

The wellness Center member spotlight for May is shining brightly on Kyle Rodarte. Kyle has been diligently training with Jackie and Dave most days of the week for several months now, earning him a starting position at Defensive End on his football team. His gym time is focused on becoming more agile with footwork drills, more powerful through strength training and optimizing his cardiovascular endurance by running and cycling. Another great benefit that comes from this training is reducing the risk of injuries. His family should be applauded for being so supportive of his commitment that he has made to himself. Kyle has a passion for football and we look forward to seeing how far his talent and drive can take him.



Kyle Rodarte

Announcing the Arrival of our New Addition!



The Muckleshoot Health and Wellness Center would like to introduce you to our **Community Outreach Unit**. This state-of-the-art vehicle is equipped with an exam room, consult and education room.

Our mobile unit can be seen at Health Events, Pow Wows and even in your Community. Please look for dates and times for future events in the MIT Monthly.

FOR THE FIRST TIME!

EVENING WEIGHT MANAGEMENT CLASSES



Every Wednesday from 5:30 - 6:30 pm starting June 27, 2007

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



MEN, WOMEN & YOUTH PLEASE JOIN US FOR A

HEALING CIRCLE

LUNCH, SHIRTS & CHILDCARE PROVIDED!!!!

THE 2ND THURSDAY (10:30-2:00)
& 3RD THURSDAY (5:30-8:00) OF EACH MONTH.
LOCATED IN THE MOUNTAIN ROOM AT THE
HEALTH & WELLNESS CENTER

**Come be a witness to healing stories about Sexual Assault & 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 and beyond.

Contact Stephanie at 253.876.3357 or Stephanie.Flesher@muckleshoot.nsn.us or Nancy Mellor at 253.804.8752 or nancy.mellor@muckleshoot-health.com for more information.

Hepatitis C

What is hepatitis C?

Hepatitis C is a liver disease caused by the hepatitis C virus. Many persons who have hepatitis C have no symptoms. Symptoms may include fever, lack of energy, nausea, vomiting, abdominal discomfort and jaundice (yellow color to the whites of the eyes or skin and darkening of urine). Most infected persons develop chronic, long-term hepatitis C (carrier) and can spread the infection. Cirrhosis (scarring of the liver) and liver failure are serious risks with this disease, but may take decades to develop.

How common is it?

It is estimated that almost 4 million persons in the U.S. are infected with hepatitis C. It accounts for most of the hepatitis cases that used to be referred to as non-A, non-B hepatitis. Hepatitis C is the leading cause for liver transplantation and accounts for nearly 8,000-10,000 deaths each year in the U.S.

How is it spread?

The virus is spread mainly by direct contact with the blood from an infected person. About 80% of people who have ever injected street drugs and/or shared injection drug equipment are infected with hepatitis C. It can also be spread when health care workers are exposed to an infected person's blood, or through organ transplants or blood transfusions, especially those received prior to the development of a hepatitis C test in the early 1990s. Infected mothers can pass the virus to their babies but this is thought to occur at a low rate and accounts for about 5% of cases in the United States. The risk of sexual transmission also appears to be low, accounting for about 5% of cases in this country. Other persons at risk include kidney dialysis patients.

Hepatitis C is not spread by sneezing, coughing, hugging, sharing eating utensils or drinking glasses, or other casual contact. It is not spread by food or water.

How high is the risk of getting hepatitis C through a blood transfusion?

Thanks to the tests developed for hepatitis C, the risk is now very low. Donated blood has been routinely tested for hepatitis C since the early 1990s.

How soon do symptoms occur?

Many people with hepatitis C have no symptoms. If symptoms occur, they do so an average of six to seven weeks after exposure but may occur two weeks to six months after exposure.

When and for how long is a person able to spread hepatitis C?

Some people carry the virus in their blood for the rest of their lives. Acute hepatitis C infection may be followed by recovery but usually becomes chronic and causes symptoms for years. An infected person with no symptoms can still spread hepatitis C to others.

Is there a vaccine available?

Not yet. While there are vaccines for both hepatitis A and B, they do not provide protection

against hepatitis C. There is no vaccine for hepatitis C because the virus changes easily, making it very difficult to develop an effective vaccine.

What is the treatment for hepatitis C infection?

The Food and Drug Administration has approved drugs for treating some persons with chronic hepatitis C. Unfortunately, treatment

A person with hepatitis C should never drink alcohol because it may cause further damage to the liver. Check with your health care provider about tests, regular monitoring, and vaccination for other forms of hepatitis such as hepatitis A and B. Also, consult with your health care provider about all medications you are taking, including nonprescription and herbal remedies, to make sure they do not affect the liver.

Who should be tested for hepatitis C?

- Persons who ever injected illegal drugs, including those who injected once or a few times many years ago and don't consider themselves drug users.
- Persons who received clotting factor concentrates produced before 1987.
- Persons who were ever on long-term kidney dialysis.
- Persons with persistently abnormal alanine aminotransferase levels (test of liver's function).
- Persons who were notified that they received blood from a donor who later tested positive for hepatitis C.
- Persons who received a transfusion of blood or blood components before July 1992.
- Persons who received an organ transplant before July 1992.
- Healthcare, emergency medical, and public safety workers after needle sticks, or mucosal exposures to blood infected with hepatitis C virus.
- Children born to mothers infected with hepatitis C.

If I have hepatitis C, how can I avoid spreading it to others?

- Do not share any needles or other drug equipment.
- Do not donate blood or organs.
- Do not share razors, toothbrushes, nail care devices, or any other personal items that might have your blood on them.
- Let health care professionals who may be exposed to your blood know that you have hepatitis C.
- Although sexual transmission appears to be low, inform your sexual partner that you have hepatitis C and consider using latex condoms and barriers.
- Cover cuts or open sores on your skin.

Where can I get more information?

For more information call Communicable Disease Epidemiology at (206) 418-5500 or toll-free 877-539-4344 or Infectious Disease and Reproductive Health at 360-236-3440, or the HIV/AIDS Hotline 800-272-2437.

MEN'S HEALTH WEEK, JUNE 11-17

MEN!!!! THIS IS A GREAT OPPORTUNITY TO SET A GOOD EXAMPLE TO OUR YOUTH BY VISITING THE CLINIC FOR A FULL CHECK UP. CALL (253) 939-6648 TO SCHEDULE AN APPOINTMENT!!!!

FREE HAIRCUTS!



Bear James, a licensed cosmetologist and graduate of Clover Park Technical College, will be giving free haircuts at the following locations:

- YOUTH FACILITY, 1st & 3rd Saturdays
- SENIOR CENTER, 1st & 3rd Mondays

Goal of Men's Health Week (June 11th to 17th 2007)

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Here is a summary of steps you can take to improve the quality and length of your life.

- Eat a diet rich in fruits, vegetable, whole grains, and low-fat foods.
- Be especially careful to limit cholesterol intake and avoid saturated fats.
- Exercise 20 minutes three days per week
- Protect yourself from the sun.
- Maintain a healthy weight
- Drink at least eight 8-ounce glasses of water per day.
- Limit alcohol to two drinks per day or do not drink at all.
- See your doctor regularly.
- Know your family history and discuss it with your doctor.

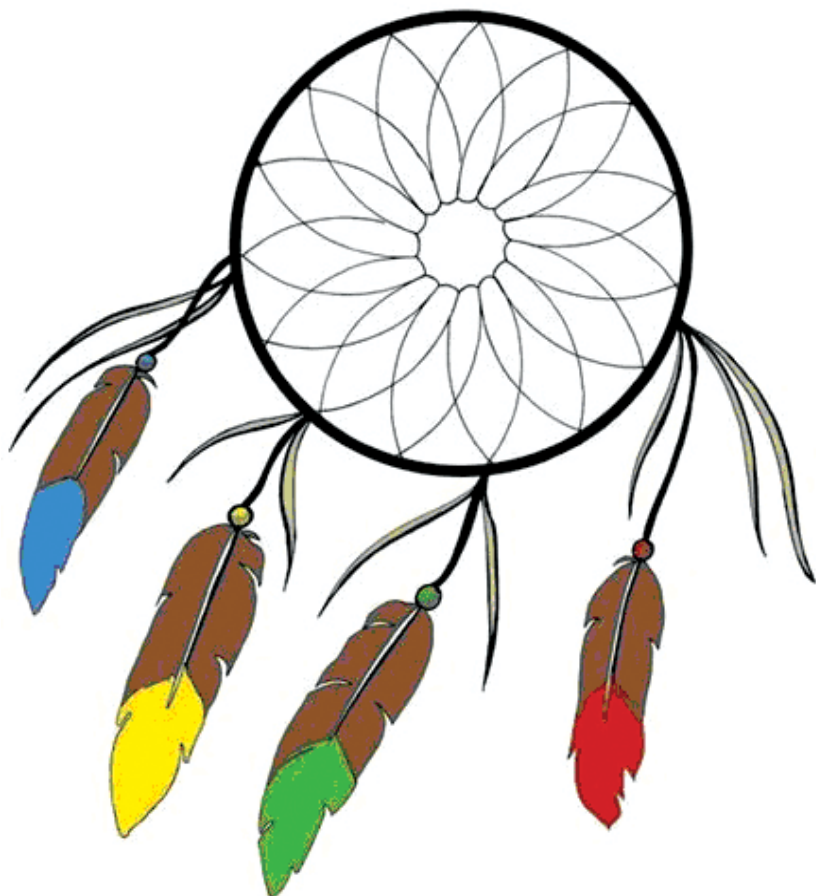
- If you are over 40, get a baseline PSA (prostate specific antigen) test and monitor this periodically with your doctor.
- Practice safe sex.
- Wear a seatbelt whenever you're in the car and a helmet when on a motorcycle or bicycle.
- Manage your stress.
- Get help when you need it.

As important as it is for you to take charge of your own health and wellness, you can't do it all. Getting regular check ups and age appropriate screenings is a proven way to improve health and reduce premature death and disability.

Drop by the MIT clinic and pick up your Men's Health Checklist. Questions? Contact the Muckleshoot Community Health Program at 253-939-6648.

PLORR SMOF & FE-EE

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.**

**CONTRACT HEALTH SERVICE (CHS)
NOTIFICATION REQUIREMENTS**

**CHS OFFICE
(253) 939-6648**

1. Notify CHS office before any non-emergent services are rendered to determine patient eligibility, medical priority and to set aside funds for payment. Pre-authorization is mandatory and failure to comply is reason for denial of payment for claim(s).
2. In true medical emergencies, notify the CHS office within seventy two (72) hours of start of services. Failure to comply is reason for denial of payment of claim(s).
3. Prior notification does not guarantee CHS can pay for services, unless all other CHS requirements are met. There are some services CHS can not cover.

ALTERNATE RESOURCE REQUIREMENTS:

Muckleshoot CHS is a residual resource and not an entitlement program. In addition to CHS, other resources for health care are available from various state, and federal programs, as well as individual and group health insurance policies. By federal law, CHS must ensure that all resources, where and when applicable, are utilized before CHS can assume financial responsibility for your care.

This means that CHS will not be authorized if you are eligible or would be eligible upon making an application for an alternate resource such as: Medicare (over age 65 or disabled at any age), Medicaid (medical coupons), crippled children or have private insurance etc. Failure to comply with a CHS office referral to an alternate resource will terminate your CHS coverage. You are required to use these benefits as your first source of payment of your medical-related costs.

The CHS office is required, as per IHS Federal Rules and Regulations, which requires all CHS denials to patients be sent by certified mail to the address on file.



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

Muckleshoot Diabetes Program

*By Wendi Batinic R.N., M.S.
Muckleshoot Diabetes Program*

The Muckleshoot Diabetes Program offers classes and appointments for diabetes and nutritional counseling. You may choose to meet by appointment or attend a class. Diabetes classes are taught by health professionals and are offered on a weekly and monthly basis.

The Diabetes Program teaches the skills that you will need to manage your diabetes and even prevent diabetes. Some of the topics we discuss are medications, blood glucose monitoring, managing high and low blood sugars, proper nutrition, activity, complications, and coping with a chronic disease. One-on-one education is

available for pregnant women, insulin pump training, or by patient request.

We are excited to announce our Diabetes Day Camp. Children will discover ways to prevent diabetes while participating in activities and crafts. Please watch for the announcement.

Our Diabetes Program serves one hundred patients on a regular basis. Over fifty percent of the diabetics keep their blood glucose in a healthy range (70-100). We are here to assist you on your journey to good health. Please call Emilie Price or Wendi Batinic (253) 939-6648 ext. 3808 for more information.

Health & Wellness Center Program Hours:

Program Name	Phone No.	Hours Open	Closed-Lunch
Behavioral Health	(253) 804-8752	M-F 8:00-5:00	N/A
CHS/Registration Office	(253) 939-6648	M-F 8:00-5:00	12:00-1:00
Community Health/CHRs	(253) 939-6648	M-F 8:00-5:00	12:00-1:00
Dental Clinic	(253) 939-2131	M-F 8:00-4:45	12:00-1:00
Medical Clinic	(253) 939-6648	M-F 8:00-5:00	12:00-1:00
Pharmacy	(253) 939-6648	M-F 8:00-4:30	12:00-1:00
WIC Wed Only	(253) 939.6648	Wed 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 June and July 2007

Day	Date	Times Closed	Reason Closed
Thursday	06/07/07	8-9:30 am	June Monthly All Staff Meeting
Thursday	06/28/07	8-9:30 am	July Monthly All Staff Meeting
Wednesday	07/04/07	All Day	4th of July

Guess who I am???



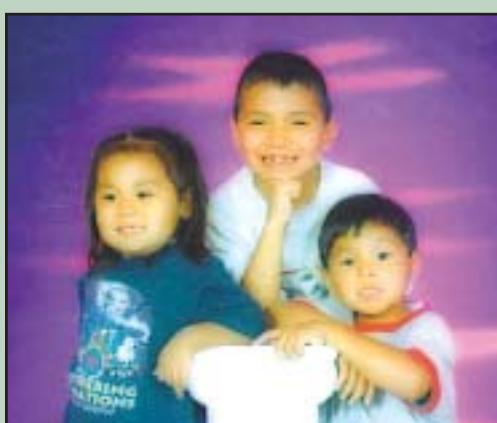
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3.



4.

Answers on page B11

Vitamin D: Good for More than Just Your Bones

By Brent Grider

Research is shedding new light on the importance of vitamin D in maintaining good health. Researchers are discovering new ways in which vitamin D works. Many people think of vitamin D as nothing more than something required for strong bones and teeth, but not much else. While it is true that vitamin D is important for healthy teeth and bones, there are many other important roles for vitamin D. In fact, vitamin D is the only vitamin that is also a hormone. Unfortunately, many Americans do not get enough vitamin D on a regular basis. The farther north of the equator a person lives, the greater the chance of a vitamin D deficiency. Here in our local community, doctors are discovering very high rates of vitamin D deficiency. This is a concern because of all the important things vitamin D does for the body.

Vitamin D's role in building strong bones and teeth has been well known for some time now, but there are many other important functions of this important nutrient. Here are some examples:

- Cancer—Recent research is showing that adequate vitamin D intake may reduce the incidence of several forms of cancer; including: breast, colon, ovarian, and prostate cancer, among others.
- Arthritis—A lack of vitamin D may contribute to the symptoms of arthritis, including the most serious form, Rheumatoid arthritis. Arthritis sufferers given vitamin D supplements have been shown to experience less discomfort than those not using the supplements.
- Multiple Sclerosis—Some studies suggest that vitamin D may help to ease the symptoms and slow the progress of MS. Researchers think this is due to Vitamin D's effect on the immune system. MS is almost non-existent near the equator where the sun shines regularly, but increases as distance from the equator increases.
- Immunity—Vitamin D improves immunity, which is the body's natural defense against disease.
- Autoimmune Diseases—Some research suggests that vitamin D may help to prevent, treat, or lessen the symptoms of autoimmune diseases such as inflammatory bowel disease and lupus.
- Blood Pressure—Vitamin D may help to regulate blood pressure.
- Gums—Vitamin D helps to keep gums and teeth healthy by improving the immune system. Those with adequate vitamin D levels suffer 25% less gum disease.
- Flu—Current research is looking into the theory that flu levels spike in the winter months due to low vitamin D levels, which is a result from less sun exposure in the winter months.
- Other—Vitamin D is an important component in preserving muscle strength and regulating cell and energy metabolism.
- Diabetes—Vitamin D may help to protect against type 1 and 2 diabetes and may be helpful in those already suffering from the condition. This may be due to its affect on insulin regulation.
- Heart Failure & Heart Disease—Studies show that those those vitamin D deficient may be at an increased risk for heart disease and heart failure, even at a young age.

Vitamin D levels affect nearly every organ in the body. Keeping up adequate levels of this important vitamin is a key to good health. What are the best sources of vitamin D? The first and best answer is sunlight. The UVB rays from the sun create vitamin D in exposed skin. While too much time in the sun can do damage, a few minutes a day is necessary to create enough vitamin D to maintain health. People with darker complexions require more time in the sun than a fair skinned person in order to soak up enough UVB rays. This is due to the fact that they have more melanin in their skin. Those with darker skin, particularly those unable to get outside regularly, may need to take vitamin D supplements to reach the desired levels.

Many researchers now believe that the old daily recommendation for vitamin D intake of 200 IUs is not high enough. They are now suggesting approximately 1000 IUs daily for the average person. Children, seniors, and those with special circumstances may need a different amount. As always, check with your doctor before beginning any supplement program. Foods such as fish, egg yolks, some dairy products, and cod liver oil are all good sources of vitamin D. However, getting enough vitamin D from foods alone may be difficult. Sunshine is still the best option (in moderation) and for those unable to get outside, some supplementation may be necessary.

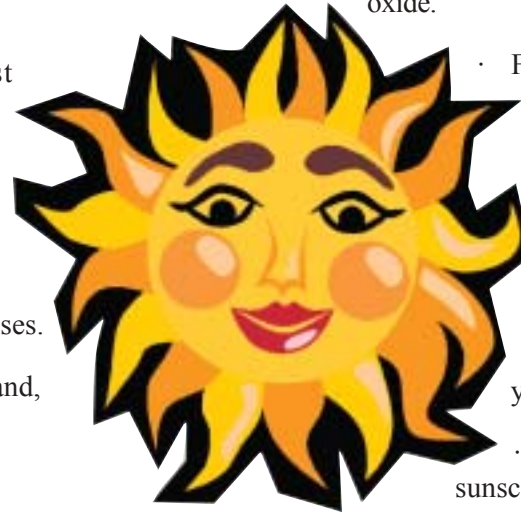
Signs of vitamin D deficiency may include: muscle weakness, muscle aches, or fragile bones. However, many people may not show any obvious sign of a lack of vitamin D. The only way to know for sure is to be tested. Ask your provider or the Muckleshoot Tribal Health Program for more information at (253) 939-6648. Be healthy!!

*Some information provided by the *American Journal of Clinical Nutrition*, the *American Institute for Cancer Research*, www.sciencenews.org, & www.mercola.com

Sun Safety Tips

It's natural to enjoy all kinds of outdoor activities, especially when there are sunny days in Auburn. The Sun Safety Alliance (SSA) encourages you to be safe by following these sun-safety tips year-round to help prevent serious skin damage—and possibly **skin cancer**—later!

- Keep in mind the sun is strongest between 10 am and 2 pm.
- Always wear protective clothing when outside.
- Wear clothing that's dark and tightly woven.
- Wear a wide-brimmed hat and sunglasses.
- Remember that UV rays bounce off sand, snow, concrete, and water.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use



products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.

- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- And remember to stay in the shade whenever possible!

Information taken from Sun Safety Alliance.org. Questions? Please contact the Muckleshoot Community Health program at 253-939-6648.

Happy Birthday Adam Lee Miller-Pierce

June 27, 2007



Love,
Mommie
Daddy
and
Harvey

Leonard Wayne III sentenced to time served in alcohol overdose death

A Muckleshoot man accused of buying whiskey for a 13-year-old boy and doing little to stop him from gulping a deadly amount was a free man Friday, after a judge gave him a one-year sentence that he had mostly already served.

Leonard "Layback" Wayne III, 41, had been charged with second-degree manslaughter in the death of Kenneth Elkins, a fellow Muckleshoot Indian Tribe member, who died last year after drinking with Wayne and other adults.

The case was unusual because local prosecutors have rarely, if ever, held someone criminally responsible for such an alcohol-related death. Kenneth died with a blood-alcohol level of 0.37 percent, nearly five times the adult legal limit to drive a car.

Wayne's manslaughter charge carried a sentencing range of 46 to 61 months. But prosecutors recommended a one-year term after he pleaded guilty, in part because of evidentiary problems and because the boy's family thought the sentence was sufficient for the unintentional death.

The family felt that more time in prison would "not bring their son back," King County Deputy Prosecutor Brad Bales told the court Friday.

Because Wayne had already served most of his sentence in jail and had credit for good behavior, he walked out of court a free man with his fiancée, sister and niece.

But Superior Court Judge James Cayce ordered Wayne to begin alcohol treatment, enter community supervision and speak to Muckleshoot youths about the dangers of underage drinking.

"I feel bad. I feel really bad," Wayne said after the hearing. "It's very tragic that it had to happen. I love kids. I would never, ever hurt them. This is probably going to change my life. That kid kind of looked up to me."

He said that he had known Kenneth's family his entire life, and

that Kenneth's sister is the mother of one of his grandkids.

But he said he wasn't the only one responsible for the boy's death. There were other adults drinking with Kenneth that night, he said, and other people who could have done more to save him.

"There seems like more people should be taking responsibility," Wayne said.

According to charging documents, Kenneth, Wayne, and three other adults – two of them Wayne's grown children – were hanging out in April 2006 when they decided to drink. Investigators say they went to a tribal liquor store, where everyone chipped in money. Wayne bought a bottle of Crown Royal, a bottle of Jägermeister liqueur and cigarettes.

The group went to a nearby abandoned baseball field to drink. Two of the adults later told investigators that Kenneth was drinking the Crown Royal in large gulps and chasing it with soda. Wayne's daughter said Wayne saw Kenneth drinking too much, too fast, and told him to "slow down," but made no effort to stop him, according to court papers.

The group then drove to Kenneth's aunt's house, while Kenneth passed out in the car. After someone carried him to a couch, his father and sister checked on him over the next few hours, removing some clothes and carrying him to bed.

No one knew he was dying.

Around midnight, his sister noticed that Kenneth's lips were blue. Five hours after he started drinking, Kenneth was pronounced dead.

Robert Elkins, Kenneth's father, did not attend Friday's hearing. But last year, he told the Seattle P-I: "I kind of blame myself, too, you know. I wasn't there."

(Reprinted courtesy of the Seattle Post-Intelligencer)

Do You Need A Will?

The Realty Department has staff who can help you draft your will, plan your estate, and answer questions about probate.

- **Wills**
- **Probate**
- **Estate Planning**

Contact:
Sarah Lawson
Realty-Trust Services
sarah.lawson@muckleshoot.nsn.us
253-876-3160

Monday-Friday,
8am-5pm

Philip Starr Building
39015 172nd Ave SE
Auburn, WA 98092



John Daniels Jr., son John III and daughter Adriana

10 SUPERFOODS FOR HEALTH



Oranges
(Rich in vitamin C & Folic Acid-helps the immune system & fights cancer)



Broccoli
(Full of vitamin C & Folic Acid-fights cancer & good for heart health)



Melons
(Full of vitamins C & A- helps keep skin healthy & fights cancer)



Spinach or Kale
(Loaded with Calcium, Fiber & Vitamin C - keeps bones healthy & fights cancer)



Sweet Potatoes
(Great source of Potassium, Fiber & Vitamin C - low-fat & good for cell health)



Berries
(Good for vitamin C & cell health)



Fish
(Rich in omega-3 fats-great for brain & heart)



Whole Grains
(Good source of Vitamin B & fiber. Good for heart)



Beans
(Rich in Protein & Fiber-great low-fat food)



Nuts
(Full of Vitamin E - healthy heart & brain food)

CASINO JOB FAIR

Where: Muckleshoot Tribal College

When: Every 3rd Tuesday
10am - 2pm

Food & Beverages will be provided

Applications will be completed on site

www.muckleshootcasino.com/employment

Muckleshoot Indian Casino
Human Resources

Office Hours:
Monday-Thursday
9am to 6pm

Friday 9am to 5pm

Contact Recruiting:
(800) 804-4944
(253) 929-5128



Floyd Brown and his niece Izzie

**HAPPY 21ST BIRTHDAY
KATIE BROWN
JUNE 13TH...WE LUV YOU
FROM TAM & MACY**

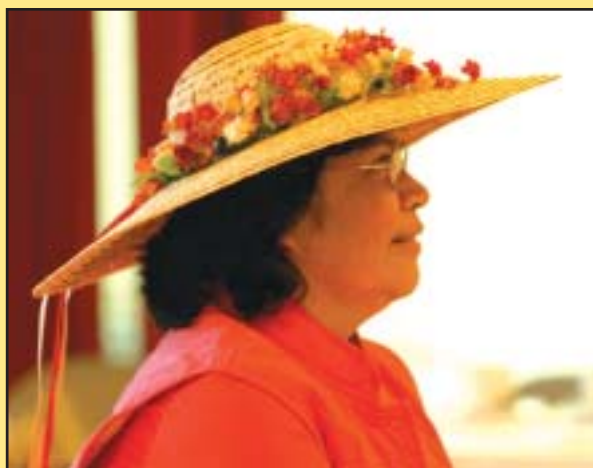


Pentecostal Church News

PENTECOSTAL CHURCH HOSTS MOTHER-DAUGHTER TEA

Story and photos by Margaret Burnett

On Friday afternoon, May 4th the Pentecostal Church hosted a mother-daughter tea, complete with fancy teapots and teacups, and several women in Spring hats. It was a time to share good food and socialize, a time to share each other's needs, and a time to pray for each other.



Pentecostals join Crimson Bridge for Prayer Walk

Story and photos by Margaret Burnett

On Saturday, April 28 the Muckleshoot Pentecostal Church joined Crimson Bridge, an outreach group from Northwest Family Church, for a prayer walk. A prayer walk is simply intercessory prayer (prayer that focuses on the concerns and needs of others) that takes place on location, and involves walking around the chosen location while praying.

Charlotte Williams selected the White River Amphitheatre and the Senior Center for the group to focus on. The Pentecostal Church has close ties with Crimson Bridge because a group from the church participated in Crimson Bridge, and took their first missions trip to Wakpala, South Dakota as part of Crimson Bridge six years ago.



Don't Forget!

Muckleshoot Keta Creek Kids 12 and Under Fishing Derby

- Pancake breakfast starting at 8:30am
- Fishing from 10am till noon for Kids 12 and under
- Lunch for all ages starting at 11:30am
- Popcorn, Pee-Wee's Pond, prizes and more!
- Worms, hooks, ice, fish bags provided



**34900 212th Ave SE
Auburn, WA 98092
Contact: Gail Larsen
253-876-3178
with any questions**



SOFTBALL TOURNAMENT

Entry Fee \$275.00

!!OPEN TOURNAMENT!!

LIMIT 12 PLAYERS PER TEAM.

1st Place- Jackets

2nd Place- Hooded Sweatshirts

3rd Place- Crew Sweatshirts

4th Place- T-Shirts

2 All Stars per team- 1 male/1 female MVP

**July 13, 2007- July 15, 2007
At The Muckleshoot Ball Fields**

Contact Information

Tammy James (253)394-3489

Missy Brown (253)632-4093

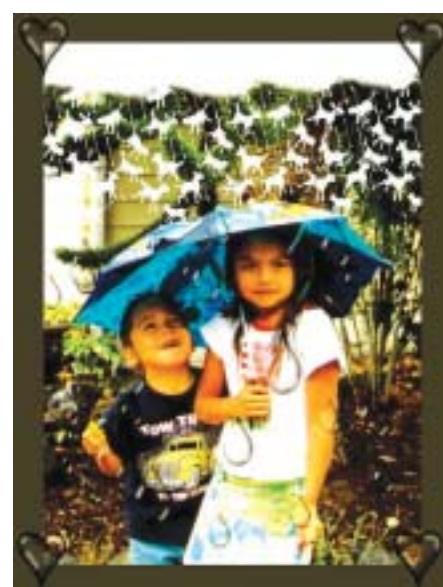
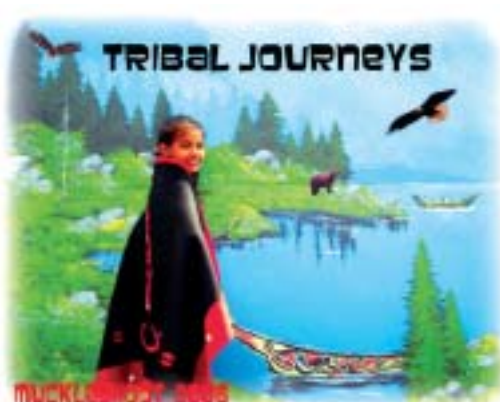
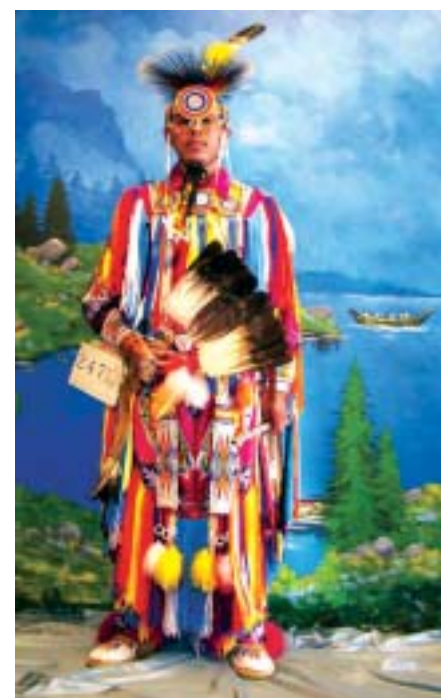
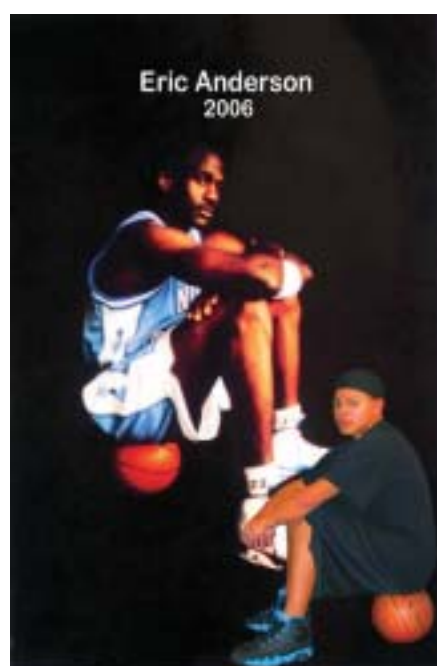
Saturday June 9th

This event is for Muckleshoot Tribal Members and their families only.

Rez-Shotz Free-Style Photographer...

Roseanna Nelson-Martell, Photographer

Roseanna Nelson-Martell, who last year operated as photo studio in the Tully's strip mall, wishes to announce that she is still in the photography business and is available for all your photo needs, whether it be weddings, graduations, or any other occasion. She can be reached at 253-217-0958



Native Pride



Photos from Senior Center staff trip to Baltimore and Washington, DC

PHOTOS BY NOREEN MILNE

Staff members from the Muckleshoot Senior Center recently attended a Title VI meeting in Baltimore. While there, they were able to see a few sights as well, including a visit to Baltimore's historic seaport and a trip to nearby Washington, DC, where they toured the National Museum of the American Indian. As can be seen in a couple of the photos, they also had the adventure of trying out Washington's subway system, the DC Metro. Taking the trip were Noreen Milne, Vikki Watson, Robin (Amilia) Rivera, Joey Jansen, Valerie Segrest and Sharon Hamilton-Curley.



Champion racehorse Flamethrowintexan gives Kent couple the ride of a lifetime

EMERALD DOWNS – The anticipation starts to build for Paul and Lori Heist when they focus on the starting gate at Emerald Downs. When the gate opens, and their horse breaks free, the thrill begins.

“We’re hooked,” Paul Heist said. “Once you’re in the game, there’s nothing like it. When your horse leaves the starting gate, the rush is so huge!”

That rush has become even more intense these past few years when the Kent couple watches Flamethrowintexan race. The 6-year-old Thoroughbred gives them the thrill of victory as well.

Flamethrowintexan (pronounced Flame – throwin’ – Texan, after his namesake, fireballer Nolan Ryan), one of four race horses owned by the Heists, has made winning a habit and has earned hundreds of thousands of dollars for the couple, who moved to Kent from Boise, Idaho in 1985. Tex, as he is called, was the leading money winner last year at Emerald Downs with \$211,750.

In all, the regal-looking chestnut with the white blaze down his forehead has won four stakes races at his home track, where he is the all-time money leader with \$358,728. Strong performances elsewhere, including stakes victories in British Columbia and California, have brought his overall earnings to just under \$800,000.

What was perhaps the highlight of his career, though, came last August when he won the holy grail of Northwest racing, the Longacres Mile – a triumph that, coincidentally, took place on Paul Heist’s 45th birthday.

“That was an amazing birthday,” Paul recalls with a smile. “It was a perfect Sunday.”

As is customary, the red and white colors of the Heist family silks were immediately painted on the jockey statue that presides

over the Emerald Downs paddock. Paul and Lori Heist hope to keep them there by repeating the feat in this year’s Longacres Mile, and the barn of Hall of Fame trainer Jim Penney is conditioning the “big horse” toward achieving that goal.

There’s plenty of love between Tex and the couple, not only on race days but on training days, too. Paul visits Tex at least four times a week in his stable at Emerald Downs in Auburn. He’s in the fresh produce business, so his beloved equine pal has enjoyed munching a virtually endless supply of his favorite organic carrots. There are indeed few happier horses at the track.

The Heists bought the Florida-bred Flamethrowintexan in 2004 after a nationwide search that led Paul Heist and Bryson and Kay Cooper to Hollywood Park in California, where they claimed him for \$62,500.

The horse’s bloodlines were not particularly impressive – although his great-great-grand sire is the legendary Triple Crown winner Secretariat, to whom he bears a resemblance – but they didn’t let Tex’s otherwise modest lineage stop them. They believed this horse could run. And they were right.

“I went with my gut feeling and Kay’s advice,” Paul Heist said. “We’ve enjoyed the ride ever since.”

The couple bought their first race horse 22 years ago as a gift to each other. They had saddle horses and were persuaded by an acquaintance at the same boarding stable in Kent, who had worked as a groom at the old Longacres track in Renton, to purchase a racehorse. They bought a horse for \$1,100 and it turned into a stakes winner.

“Then we were hooked,” Lori Heist said. The couple owns three specialty markets in Tacoma (H and L

Produce and Tacoma Boys) that carry fruits, vegetables, meats, wine and other items. They moved to Kent from Boise because of the less extreme weather. Selling fruit and vegetables out of tents on hot days in Boise became too much of a challenge.

They are the parents of two boys, one a student at the University of Montana and the other a Kentwood High junior. They plan to build a home in the Green Valley in Auburn.

At Emerald Downs, however, Paul and Lori Heist are known as the owners of Flamethrowintexan, and both horse and owners are liked and respected by all at the track. Everyone feels like they own a little piece of Tex, who is a huge hometown favorite.

But to the Heists and the Penney/Cooper clans, he is family. Bryson and Kay Cooper’s four-year-old granddaughter Kaylee can’t even remember what things were like “B.T.” – Before Tex. Kind and gentle off the track, and honest and speedy on it, Tex has become a potent symbol in this little girl’s life. When her mom, Alison, asks her to do something, like go brush her teeth, Kaylee replies, “I will mommy – I’ll do it fast like Tex!”

As it turned out on Memorial Day, Tex finished only eighth in the FSN Handicap, his first race of the season. It was a bit of a disappointing finish for a horse that had won 16 of 26 previous starts. Paul Heist loves his horse, and it hurts to see him lose; but, as people in horse racing invariably do, he took Tex’s loss philosophically:

“You have to savor and enjoy a victory, because it’s not a gimme,” he said. “It is hard to win races.”

(Adapted from a story that originally appeared in the Kent Report – many thanks!)



Paul Heist feeds a carrot to his famous horse. All of Tex’s connections wear cowboy hats on days that he is racing.



The Emerald Downs jockey statue gets a new coat of paint, Longacres Mile day, 2006.



Flamethrowintexan, at right, winning the 2006 Longacres Mile



Kaylee Cooper - “Fast Like Tex”



WHITE RIVER AMPHITHEATRE
MUCKLESHOOT RESERVATION

verizon wireless CONCERT SERIES
whiteriverconcerts.com

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: JUNE 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.

NEED HELP WITH PREPARING A RESUME? CURIOUS AS TO WHAT IS THE RIGHT JOB FOR YOUR PERSONALITY?

The Muckleshoot Tribal College in collaboration with the WVEE Program offer a series of classes;

Behavior in the workplace, Resume 101, What does it take to keep your job?, Applications, Cover letters and thank you letters, What's the right job for your personality?, Self management skills, 60 second sell, Self esteem and Self worth.

All classes take place at the Muckleshoot Tribal College, are open for community members, Tribal Employees, Bingo Hall Employees as well as Casino Employees to attend and are

!!FREE!!

No need to pre-enroll. Just show up for the class and you will be served. Upcoming classes for the month of **June 2007** are as follows:

Tuesday, June 5th	Behavior in the Workplace	1:30 - 3:30 pm
Wednesday, June 6th	Resume 101	10:00 - Noon
Tuesday, June 12th	What does it take to keep your job? Or Applications and References, Cover letters and Thank you letters	5:00 - 7:00 pm
Tuesday, June 19th	What's the right job for your personality?	1:30 - 3:30 pm
Wednesday, June 20th	Self Management Skills/ 60 Second Sell	10:00 - Noon
Tuesday, June 26th	Self Esteem/Self Worth or Interview 101	5:00 - 7:00 pm

Mark your calendars for the month. We look forward to seeing more of you in class.

Facilities and Public Works Divisions

Solid Waste Collection Station

Muckleshoot Tribal Members and Authorized Persons Only!

Hours

Monday-Friday 8:00am - 3:30pm
Saturday-Sunday 1:00pm - 5:00pm
Holidays Closed

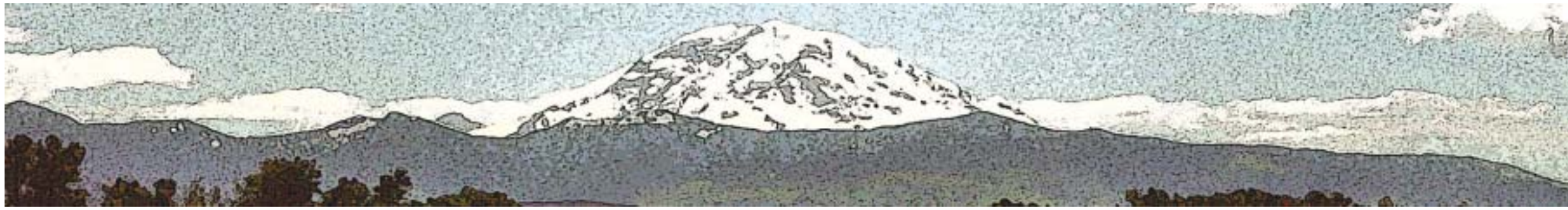
Refuse to be placed in containers provided
Help keep the area neat and clean

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



MIT SOLID WASTE COLLECTION PROGRAM

Hours of Operation:

The Public Works operate a Solid Waste Collection Station located at 40320 Auburn / Enumclaw Rd., (Entrance from So. 400th Street)

Monday- Friday: 8:00 AM - 3:30 PM
 Saturday-Sunday: 1:00 PM - 5:00 PM
 Holidays Closed

Policy:

- The facilities are free and restricted to all MIT Tribal members use only. (No exceptions.)
- No commercial vendor or contractor shall use this facility for commercial waste.
- All waste shall be put in the specific designated locations or bins. Repeat violators may be barred from further use of the facility.
- All members shall keep the ground clean at all times. Report any spills to the office immediately.

Housing Tenants:

All Housing tenants must request dumpster service through MIT Housing Department. Please call 253-833-7616.

How to Request a Dumpster:

Members who are either home owners / renters can request dumpsters to be delivered to their site for a special cleaning project. Members are required to come in to the Public Works office during the business hours to fill out a Work Request form after obtaining approval from the Housing Department. Dumpster size ranges from 3, 5 and 8 cubic yards. Larger size is available upon special request.

No mixed waste shall be allowed in each dumpster. Yard waste, garbage, appliances and electronic items shall not be put in the same dumpster. Members with mixed waste are requested to bring their items to the Public Works Collection Station.

Property / Site Clean up:

Code Enforcement may require the land owner to clean up their property. Dumpster can be requested to be delivered to facilitate the project. Please call the PW office to request a dumpster for the project. For salvage vehicles removal, please call Planning Dept. Lenny Sneatum at 253-876-3324.

Demolition Projects:

Should a home or any structure / trailer needs to be demolished, please first obtain a demolition permit from the Planning Department and then bring the permit to the Public Works Department to arrange the work to be performed.

What can you bring to the Collection Station?

- Yard Waste
- General Household garbage
- Tires, small engine, batteries
- TV, computer and other electronic items
- Major appliances
- Waste oils and paints

All items above shall be put in separate designated area and dumpsters. DO NOT mix the above listed waste. Any questions regarding the use of the facilities or services, please call the Public Works Office at 253-876-3281 between 7 AM to 4 PM. (M-F).

Notes:

- A new recycle area is designated to collect recyclable waste such as newspaper, card boxes, bottles and cans.
- The Collection Station is monitored by surveillance cameras. Any violators may be cited for penalties as allowed by the MIT Codes.

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:

- | | |
|---|--------------|
| <input type="checkbox"/> Wood Stacked | Notes: _____ |
| <input type="checkbox"/> Chopping Wood | _____ |
| <input type="checkbox"/> Yard Work | _____ |
| <input type="checkbox"/> Cleaning Gutters | _____ |
| <input type="checkbox"/> Auto Detailing | _____ |

AVAILABLE AT THE

Muckleshoot Market & Deli

A lot of life happens in your car. So when the world's top automakers say a gasoline is good for your car, you listen.

The gasoline you use can have a big impact on your car's performance. That's why leading automakers recently raised the bar for gasolines by creating a new voluntary standard called TOP TIER. To meet this standard, a gasoline must contain higher levels of detergent additives that prevent deposits and help ensure peak engine performance. We're proud to say Quality PROclean™ Gasolines meet the new TOP TIER requirements. In fact, they're among the very few gasolines available that can make that claim. They help clean your engine while you drive, to reduce hesitation and keep your car - and your life - running as smoothly as possible.



Quality PROclean™ Gasolines

PROclean, Phillips 66, the Phillips 66 logo, 76 and the 76 logo are trademarks of the ConocoPhillips Company or one of its subsidiaries.

CORRECTION

The winners of this year's Derek Sneatum Basketball Tournament were as follows:

- 1st Place Champions - Swan Town**
- 2nd Place - Muckleshoot Natives**
- 3rd Place - Red Bulls**
- 4th Place - Kanim**

“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

Guess who I am???

Answers: 1. Robba & Becky Elkins 2. Deidra Edwards
 3. Petru Pedro (Sefa) 4. Shawna & Charles "Barkley" Starr & Isaac "lil buck" Elkins



Auburn School District Indian Education 874 Meeting Schedule Philip 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 Philip 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 Philip Starr building please call this office.

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.

June 14, 2007

Sincerely,

874 Committee (Impact Aid)

Native American Education
Auburn School District #408
(253) 931-4999
Fax: (253) 931-4922



Leetah, Izzie and Donald at 8th Birthday Party

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



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

- Casual Labor is a program designed for on-call/temporary employment.
- Make sure the application is completely filled out to the best of your ability; *incomplete applications will not be processed.*
- Applicant information must be continuously updated in order for Human Resources to contact you for a Casual Labor position **and** for you to remain on the ACTIVE Casual Labor list. **If we don't have a number to reach you at, you may be removed from the ACTIVE list and placed at the bottom of the WAITING LIST.*
- We are in need of people with Driver's Licenses, Food Handler's Permits (*w/ experience as a cook/assistant cook*), CDL, Barista experience, Certified Teachers.
- Must be willing to work odd hours and on weekends when 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.

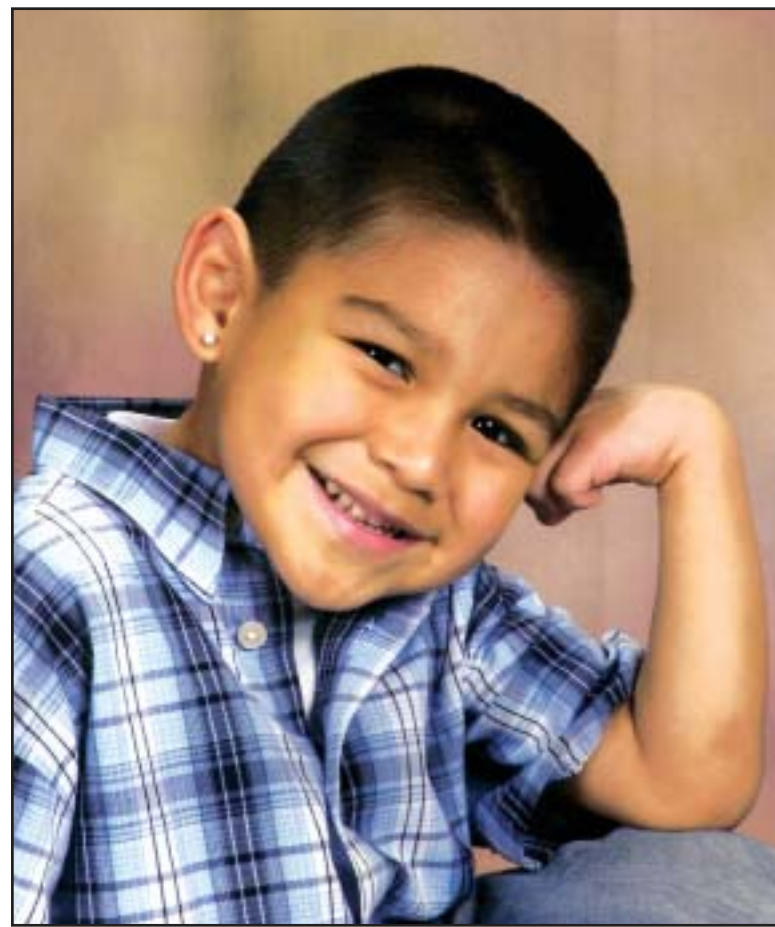
NATIVE OWNED CONTRACTOR

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



Andre Flores, Katie Brown's son

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 PER CAPITA. 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



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.

Tribal School Photographers Document Field Trips & Everyday Life at the MTS

