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Success is Measured by the Pound

By Judy Weeks

IMMOKALEE — The Immokalee Seminole Shape-Up Contest, sponsored by Chairman Mitchell Cypress, has been completed. Designed to promote a healthy lifestyle through exercise, proper nutrition and loss of excess weight, it is making great strides in the community. Weigh-in for the 12 week contest was Jan. 19–20. Immokalee Nutritionist Charlotte Porcaro supervised the contest and met weekly with the participants through the Lifestyle Balance program. Healthy diet, food preparation, exercise, addictions, will power, eating habits and a support group were stressed. Blood pressure and sugar monitoring were suggested and done upon request. Forty-three prospective participants weighed-in at the beginning of the project, being represented by 17 Tribal citizens, six spouses and 20 employees. By the end of the 12 week period, 18 people showed weight loss with the following results: Winning Tribal Members: 1. Sylvia Marrero, 21.2 pounds, 2. Lorraine Posada, 13.6 pounds, 3. Mary Sanchez, 11.2 pounds, 4. Michelle Ford, 8 pounds;


❖ See LIFESTYLE, page 11

Pull-Out Program Holds Culture Day In Brighton

By Emma Brown

BRIGHTON — The Brighton Pull Out program held their second culture day on April 21. Each student arrived that morning in their traditional clothing anticipating the day's events. The culture program had a replica of a traditional camp erected to be able to provide the students with a realistic scenario of what a typical camp would have consisted of before modern homes came along. Beneath the cooking chickee Diane Smith, Stacy Jones, Rita Gopher, Mahala Madrigal, Mary Jo Micco, Martha Jones and Diane Snow taught students the art of making fry bread. Each student had their own bowl in which to place the ingredients, kneed and prepare the dough and drop their finished product into the frying pan over the open fire. Once the fry bread was cooked it

❖ See PULL-OUT, page 15



At Gathering of Nations "The Pit" was painted with an array of beautiful outfits.

Adelsa Williams

Gathering of Nations: Miss Indian World Pageant

Miss Seminole Christine McCall Competes for the Crown

By Adelsa Williams

ALBUQUERQUE, NM — Miss Seminole 2005-2006 Christine McCall along with many other Tribal citizens traveled miles from the state of Florida to the city of Albuquerque to attend the biggest Native American Pow Wow of the year. The 24th annual Gathering of Nations took place from April 27–29, at the usual spot, the University of New Mexico's arena, best known as "The Pit." Thousands of Native Americans from all across the nation congregated for the renowned Native celebration to witness the crowning of a new Miss Indian World. The gathering also showcases different styles of Native dance competitions, Native art displays, staged

Native American musical concerts and much more. Overall, a fun family three day event that's rich in Indigenous culture. For McCall it took early arrival to prepare for the jammed packed schedule of events for the Miss Indian World Pageant. There were rehearsals, meet and greet dinners, personal interviews, talent presentations and finally dance competitions prior to the crowning. On April 29 Violet John, a Plains Cree/Taino from Kehewin, Alberta, Canada won the most desired title, Miss Indian World. During the fierce competition, McCall recalls memorable moments.


❖ See GATHERING, page 32

Chairman Receives Baton from U.S. Army Golden Knights

Has Meet & Greet with Legendary WWII Tuskegee Airmen

By Felix DoBosz

HOLLYWOOD — During Fleet Week, the McDonald's Air & Sea Show festivities took a detour from Ft. Lauderdale beach to the Seminole Hard Rock Casino & Hotel. The Seminole Tribe hosted special members and retired members of our armed forces for special show events. To get things started in the early evening of May 4, The U.S. Army Golden Knights Parachuting team performed brilliantly for the assembled guests. They jumped from a twin turbo-prop C-31A Friendship plane overhead, high above the Hooter's parking lot of the Seminole Paradise. The Golden Knights jumped in unison with their bright yellow canopies and plumes of bright smoke trails from their hot wired jump boots. Simultaneously, the Golden Knights circled gently into their magnificent descent towards the ground zero target. Chairman Mitchell Cypress and President Moses Osceola enjoyed watching



Felix DoBosz

(L-R) Tuskegee Airmen Col. Charles E. McGee USAF, Chairman Mitchell Cypress, Richard B. Rutledge Miami Chapter.


the jump and were some of the VIP guests honored with this event. According to Golden Knights

❖ See AIRMEN, page 4

Seminole Sweep at NAYO

By Kenny Bayon

HOLLYWOOD — The year 2006 will long be remembered as the year of the sweep. For the first time in Native American Youth Organization (NAYO) history, the Seminole Tribe swept the boys and girls basketball titles in the same year. The NAYO sponsors two major tournaments, basketball and softball. There are several tribes participating in these games. Tribes such as Seneca, Choctaw, Cherokee, Poarch Creek, and Seminoles were among the participants. When it came to the girls' 11 basketball teams faced off. As for the boys, 15 teams were involved. It was the first time that the girls had ever won this prestigious tournament and only the third time the boys won. The boys' last win was in the mid 1980s. The tournament was played throughout Hollywood with the championships being held at the Hollywood Seminole Gym. The tournament was played on April 13–15. The girls went undefeated throughout the tournament. The Lady Seminoles' members were: Krystle Young, Meaghan Osceola, Ariah Osceola, Chelsea Mountain, Brianna Harjochee, Whitney Osceola, Audrey Osceola, Lorri Osceola, Kendra Osceola, Katie Tiger along with coach Tony Heard. The boy's team, Hollywood Seminoles, consisted of: Jerome Davis, Kelsey Spencer, Jordan Jones, Troy Billie, Ryan Osceola, Bret Spencer, Robert Osceola, Joseph Osceola, Greg Carter, Deforest Carter, Jasper



Kenny Bayon


The Hollywood Seminoles won the prestigious NAYO title.

❖ See NAYO, page 20

Reservation Celebrates Completion of Town Homes Renovation

By Felix DoBosz


HOLLYWOOD — On May 4, the Housing Department celebrated the completion of the renovation of the Hollywood Reservation Town Homes. The buildings sustained substantial damage when Hurricane Wilma roared through Broward County last fall. It was estimated that about 60 percent of the aluminum sidings blew off, as well as shingles from parts of the roofs. Work was initially contracted to start last fall, but didn't really get underway due too low funding concerns until after the hurricane season was over. Construction crews consisting of roofers and carpenters were busy every day getting a little closer to the completion of the ultimate goal of providing Seminole families with a decent and secure place to live on the Hollywood reservation. These six buildings were originally built more than 25 years ago and house some 40 units. This U.S. Department of Housing and Urban Development project provided re-roofing, exterior re-surfacing and painting, plus innovative folksy front entrances type porches with overhangs. Handicap ramps were built to code specifications including handrails, and new sidewalks added with proper drainage. Additionally, tropical landscaping beautified the surrounding area of the



Felix DoBosz

Renovations included new sidewalks and folksy front entrance porches.

❖ See TOWN HOMES, page 3



Emma Brown

Dylan Chalfant works on his carving.

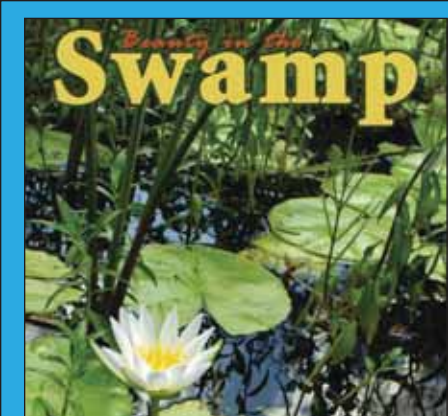


## Photo Quiz



Can you guess who I am?

### Previous Photo Quiz



Tribal citizens may pick up a complimentary copy of the 2006-January 2007 Seminole Tribal calendar at your reservation's field office.

This year's calendar features the Big Cypress reservation's Ah-Tah-Thi-Ki Museum and Billie Swamp Safari.

All others may purchase calendars for \$10 by ordering online at [www.seminoletribe.com/marketplace](http://www.seminoletribe.com/marketplace) or by calling Darline Buster at (954) 966-6300, Ext 1266.



Dolly Johns and Connie Johns Whidden

## The Seminole Tribune

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7800, Ext. 1260. E-mail [vmitchell@semtribe.com](mailto:vmitchell@semtribe.com), fax (954) 967-3482, or mail to: The Seminole Tribune, 6300 Stirling Road, Hollywood, Florida 33024.

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## Survey of the Seminoles of Florida

By Roy Nash

*[Editor's Note: This is a verbatim re-print of a survey of the Seminole Indians by Roy Nash conducted on behalf of the Bureau of Indian Affairs in 1930. This is Part 4 of a series The Seminole Tribune will re-print in its entirety. Please see the June 9 issue of The Tribune for Part 5.]*

### Excerpt 12, Part 1: The Florida Seminole and his Environment

#### CHAPTER I

#### A TYPICAL CAMP OF 1930

#### SECTION 13: THE TREND OF 50 YEARS

How does Guava camp differ from the camps in the same locality described by Clay MacCauley 50 years ago? In the matter of dress, the great Seminole turban formerly worn by the men has been discarded; buckskin leggings are never seen, moccasins rarely. The white man's breeches are an acquisition since MacCauley's time. In 1880 the women habitually wore only a skirt and the chemise; 4 or 5 inches of brown belly showed between the two garments, and he says they are forever "pulling down their vests." A half cape was occasionally worn even 50 years ago, but the full cape now worn by the women is a development in the direction of modesty achieved in the half century.

Styles in coiffures have changed fro both men and women. In 1880 the men cut all their hair close to the head, except a strip about an inch wide, running over the front of the scalp from temple to temple, and another strip about the same width, perpendicularly to the former, crossing the crown of the head to the nape of the neck. At each temple a heavy tuft is allowed to hang to the bottom of the lobe of the ear. The long hair of the strip crossing to the neck is generally gathered and braided into two ornamental queues.

Today men generally follow white fashions, although I did see Charlie Cypress in Fort Myers with his hair trimmed exactly in the old mode, except that the queue was lacking. Seminole women in 1880 wrought their hair into an elongated cone with bangs in front; to-day they pile it high on their heads, comb the front into a pompadour instead of bangs, slick it down with grease, and confine it under a net.

Sewing machines were great rarities in MacCauley's days; to-day ever camp has them. The rifle and double-barreled shotgun have replaced the muzzle-loader. The second hand Ford is a modern curse of which MacCauley never dreamed.

In 1880 the Seminole's cash income came from hides and pelts plus the plumes of the egret, now banned by law. Game was more plentiful; markets not so good and farther away. Wages for guiding hunters and picking beans are new sources of revenue since the Smithsonian survey.

When MacCauley made his survey, the only Seminole he could find who spoke any English was Billy Fewell's brother, Ko-nip-ha-tco, who was staying in Fort Myers with Captain Hendry. To-day practically every male Indian speaks at least a few words of English, many can carry on a hesitant conversation. Eight or ten are in school.

In 1880 Billy Motlo came into Fort Myers and told captain Hendry the Indians were going to kill Ko-nip-ha-tco because he was adopting the white man's ways; in 1930 I met this same Billy Motlo, now an old man, come to Miami to receive treatment from the physician paid by his former arch enemy, the Government.

This last is the significant change. At Guava camp is the same type of house, the same campfire as old; but the Indian who builds it knows at least that he is in Florida to stay.

With these facts about a typical camp in mind, we are in position to consider the distribution of camps, the deviations from type, and the collective life of the Florida Seminoles. Before proceeding with that interesting subject, however, a word about their habitat.

### Excerpt 13, Part 1: The Physical Environment

#### CHAPTER II

#### A TYPICAL CAMP OF 1930

#### SECTION 1: Natural Regions

#### The Everglades

The core of this region is the Everglades, a marsh about the size of Connecticut, 40 miles wide by 140 long, extending in majestic sweep from the head of Lake Okeechobee to the Bay of Florida and the Ten Thousand Islands. The boundaries of this region are not elsewhere defined, but as mapped by the Florida Geological Survey it embraces approximately 3,000,000 acres.

The northern end of this region is a shallow saucer 35 miles across occupied by the second largest lake in the United States, Okeechobee. Five canals now connect Okeechobee with the Atlantic on the east; the Caloosahatchee River connects with the Gulf.

In spite of this tremendous diversion of water which formerly spilled over the brim of the saucer in the wet season, there is an outpouring at the southern end of the Everglades—through streams emptying into the Bay of Florida as well as through the Shark, the Harney, Rodgers, and Lostmans River above Cape Sable—altogether too large to be accounted for by precipitation. The whole region is underlaid by limestone, and much of the water of the Everglades must be attributed to subterranean sources.

There is no configuration to the surface of the Everglades; it is as flat as the surface of the ocean on a calm day. An accent of 18 feet from sea level will bring one to Okeechobee.

In the older, northern, part of this great plain, the Pliocene shell marl and limestone are overlaid by six or eight feet of peaty muck. This depth of muck is the basis for local settlers distinguishing the "Upper Glades" from the "Lower Glades" for the southern portion of the layer of Pleistocene limestone crops out at the surface or is covered by a very shallow deposition of muck.

The most characteristic vegetation of the Everglades is saw grass, a sedge of leaves 6 or 7 feet long, edged with teethe capable of tearing a man and his clothes to tatters. In the Upper Glades, say, for half the distance between Okeechobee and the Bay of Florida, this plant occupies such extensive areas that the Seminoles rarely attempt to cross. The lower Glades are dotted with hammocks capable of cultivation in the dry season and affording sites for a few permanent camps. And the margins of the Everglades are fringed with plant associations as various as pinelands, prairies, and hammocks where cypress, maple, ash and elm can (or could) be found.

The incredible fertility of the deep muck led to schemes for its utilization. It is too early to say clearly what the outcome is to be. Sugar is grown around the south shore of Lake Okeechobee from Canal Point on the east to Moore Haven on the west, and quantities of garden truck. Garden truck and some citrus cultivation has penetrated the eastern margin of the Everglades. Roland M. Harper, of the Florida Geological Survey, says:

Possibly 2 percent of the Everglades are, and other saw-grass marshes, has been cultivated in recent years. But in wet seasons it is difficult to get rid of the water, and in dry seasons the drained peat sometimes catches on fire and the soil

then goes up in smoke.

Dr. John K. Small, of the New York Botanical Garden, who has studied and written about south Florida constantly for the last 26 years, looks upon the drainage advocates as a herd of wild asses in the wilderness. In the Scientific Monthly of January, 1929, he writes:

Various minds have conceived various schemes for the development of the Everglades, or "development" as interpreted by some. Among these ideas "drainage" and "farming" have been prominent excuses for tampering with the Everglades, ravishing directly the "glades" and indirectly the whole of the southern part of the Florida Peninsula.

Since the beginning of this century five water highways, preliminary to the dredging of drainage canals, have been added to the natural outlets for the enormous amount of water of this spring. The sudden upsetting of nature's routine of ages did not better matters, to say the least. Droughts and "freezes" are said to be more frequent then formerly. Large areas of land between the Everglades and the ocean are said on good authority to have been rendered worthless for farming by seriously lowering the water table and eliminating the capillary water supply necessary for the existence of vegetation, particularly cultivating plants. Thousands of acres of humus, deprived of the moisture naturally covering the rocky and sandy foundation of the Everglades, have completely disappeared in smoke, gases and scant ashes, thus turning the Everglades back to a desert just as it was when it was first elevated from the sea.

The Everglades are made for plants and animals to inhabit and delight in; not for man to occupy. This fact should have been evident to a mere tyro.

Aside from any indirect devastation caused by drainage, fire has destroyed the humus on many thousand acres. When once started in the dry humus, fire eats in and down, and burns until it reaches water or sand. Fires aerial and subterranean have eaten away many thousands of acres of pure humus in the Everglades during the past decade and the fires are still burning. The Everglades can safely be termed the "Land of Ten Thousand Smokes." Would it not have been a better plan to have closed this land to "development" and had it appear on the maps of Florida as "Lake Okeechobee-Everglades National Park."

### The Big Cypress Swamp

West of the Everglades in Collier County lies the Big Cypress Swamp. No geographer, as far as I know, has attempted to indicate the precise limits of this region. It is the very essence of dreariness. Along the Tamiami Trail and beside the road which runs north from the town of Everglades is a fringe of truck gardens. Some cattle are grazed in its northern portion. Otherwise the Big Cypress is waste and water. A wilderness where Cypress heads, clumps of slash pine, and occasional high hammocks are the monotony of open prairies. The saw palmetto is abundant; soil is not. Limestone outcrops over much of the region.

Most of the Big Cypress flooded in the wet season as to be impenetrable except to a man on foot or by ox team. The Indians shove their canoes along the eastern margin when the water is high. In the driest part of the dry season the Cypress can be traversed in a Ford.

That is, if one knows his crossings. For Okaloacoochee Slough traverses the Cypress from north and south, and Okaloacoochee is treacherous always. A bog 60 miles long. If the Big Cypress is desolation, Okaloacoochee is the depth of despair. Between Okaloacoochee and the Everglades the bulk of the Seminoles have their homes.

## Letters & E-mail

Please send all letters to 6300 Stirling Road, Hollywood, FL 33024

✦ [tribune@semtribe.com](mailto:tribune@semtribe.com) ✦

Dear Editor,

I'm trying to find the Seminole word for flower. Can you help? Thanks.  
 Kindest regards,  
**David Halliwill**  
[davidhalliwill@gmail.com](mailto:davidhalliwill@gmail.com)

Dear Editor,

I would like to visit your casino. Do you have a non-smoking section?  
 Sincerely,  
**w\_ellen@bellsouth.net**

Dear [w\\_ellen@bellsouth.net](mailto:w_ellen@bellsouth.net),

**The expanded poker area is a non-smoking area.**  
 Sincerely,  
**Edward Jenkins**  
**Gaming Compliance Director**

Dear Editor,

When we were planning the dedication ceremony for the new Florida Disabled American Veterans Headquarters Building in Gainesville we were discussing a Color Guard that would best represent Florida's veterans. Ultimately, the clear choice came down to asking the Seminole Veterans Color Guard to present the colors for that important ceremony.

We contacted Steven Bowers at Tribal Headquarters who agreed to present our request to Chairman Mitchell Cypress. Chairman Cypress graciously approved the Color Guard's trip to Gainesville. Color Guard members Paul Bowers, Charles Billie Hiers and Gary McInturff arrived in Gainesville on the afternoon of April 21, via the Tribe's aircraft. That evening, they were guests of DAV National Commander Paul Jackson and Florida DAV Commander David Stone at a VIP dinner at the Gainesville County Club.

Following dinner, National

Commander Jackson presented the Color Guard a plaque expressing DAV's appreciation for their participation.

On the following morning, the Color Guard presented the flags of the U.S., the Seminole

Tribe of Florida and the state of Florida at the gathering of 150 members of the DAV and DAV Auxiliary. The all-veteran Color Guard members were spectacular dressed in their modern Seminole warrior regalia.

As they marched to the platform with the flags, the crowd came to its feet and were led in the Pledge of Allegiance by DAV State Commander Stone. Before retiring the Colors, the members of the Color Guard were introduced to the crowd and they received a standing ovation.

The Seminole Veterans Color Guard has appeared at the opening session of the Florida Legislature in Tallahassee, at ceremonies of the U.S. Department of Veterans Affairs, and at Pow-Wows throughout the U.S.

The Color Guard shows the world the Seminole Warrior's spirit and commitment to defending America's freedom. On behalf of the 1.3 million members of the DAV, we sincerely appreciate the Color Guard's participation in our dedication ceremony. They are superb ambassadors for the Seminole Tribe of Florida.



Sincerely,  
**Carlos Rainwater**  
 State Inspector  
 Assistant Executive Director  
 Disabled American Veterans

### Corrections

In the April 28 issue of *The Seminole Tribune* the Missouri Volunteers were incorrectly referred to as Mississippi Volunteers in the article titled "Okeechobee Battlefield Saved for Future Generations." Also, Guy LaBree's "Thunder Before the Storm" painting was incorrectly referred to as the "Battle of Okeechobee" in the same story.

In the article titled "Michelle Osceola and Virgil Motlow Exchange Vows" the maid of honor Davina Motlow was misidentified as Nina Motlow.



# ❖ Town Homes

Continued from page 1

buildings and added that charming upscale look for these old renovated town homes.

Anthony Frank from the Human Resources Department said the opening prayer to those gathered under a spacious white tent with a dozen or so round tables filled with invited guests and friends of the Tribe. Guests lined up for a very nice buffet style lunch and a big celebration cake to get everyone in a celebration mood. After the lunch, invited speakers took turns addressing the gathering from the podium.

Housing Director, Troy Clay introduced the speakers, Chairman Mitchell Cypress said briefly he was proud of the good work completed and thanked Hollywood Council Representative Max B. Osceola, Jr. and Hollywood Board Representative Gloria



Felix DoBosz  
Hollywood Board Representative  
Gloria Wilson at the ceremony.

being taken care of.

"I think this is the first step, and we have to have pride in what we have and with this renovation, it's its something that any member of the Tribe can come to and it doesn't stop with housing, it starts with housing and all the other programs working together," Osceola said. "You know sticks and brick's is a house, but people make it a home. So that's what we want to do, have a place we can be proud of, and this is the start right here. I want to thank the Tribal Council, Mitchell and the other council members, for having the vision to expand our lands to purchase new lands to build new houses.

Hollywood Board Representative, Gloria Wilson said: "It's good to be here today, I have a little history with this place, I used to be with Housing, but also Mitchell and Max were on the housing authority board, we were a separate entity and we use to do a lot of things, but they had the vision to establish all of this. I remember when these units were first built...so I was really surprised when I walked in here today because I remember the way they looked. Everybody's contribution was important working towards a common goal of providing sound housing for our tribal members."

Troy Clay said: "It's an honor to be here today., The vision of the Tribe has been made very clear to me by Max and the other council representatives., Housing is a community priority for the Tribe. I started as Housing Director February 3rd, so this is like my three month anniversary., so I

want to mention to the Chairman and Max and Tribal Council that I appreciate the job and so far it's been very interesting and very busy. Hollywood alone, without mentioning the other reservations, is very demanding, very busy we have a lot of things we want to do here. I want to thank all of the housing staff that worked on this, the Utilities Department. and other departments. and as Max and the Chairman have already mentioned, but especially Pete Russ, Keith Samuels and Kathy Taggi who worked very hard to make all this happen."



Keith Samuels



Felix DoBosz

Before and after photos of the townhomes renovation.

Wilson for getting the project off the ground, developed and finally completed.

The Chairman also mentioned that the more revenue generated from the casinos, the more properties the Tribe can expand upon to build more new housing for more of its citizens.

Hollywood Council Representative, Max Osceola Jr. said: "This was a team effort from all the various departments of the Tribe."

He added that this place used to be nicknamed "the ghetto," and said those who used to live here used to feel they were misunderstood and not

## President Receives Flag from National Guard Flag Once Flew Over Camp Phoenix in Afghanistan

(Editor's Note: This is a reprint of a letter sent to the Florida National Guard from President Moses Osceola expressing his gratitude for the American flag presented to him by the Guard.)

Master Sergeant Gene Meisenheimer  
3rd Platoon of 153rd Cav. Unit  
Florida National Guard  
Afghanistan

Dear Gene,

I want to thank you, the officers, NCOs, and the soldiers of the 53rd Infantry Brigade for giving me the flag that was flown over Camp Phoenix in Afghanistan, in honor of the Seminole Tribe.

It is an honor to receive this flag and am displaying it proudly in my office for all to see and to be reminded daily of the personal sacrifices and hardships that all our American men and women experience in order to protect the world from the enemies of freedom and God! Please know that you and your men are in our prayers daily; we thank God for your safety.

Please tell your fellow soldiers that we appreciate all their efforts on behalf of their country, and if there is anything we can do, or send, please do not hesitate to let us know.

Until next time, may God bless you and your men, keep you safe and bring you home!

Sincerely,  
Moses Osceola, President  
Seminole Tribe of Florida, Inc.



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The hiring of an attorney is an important decision that should not be based solely upon advertisement. Richard Castillo worked as a Public Defender in Broward County from 1990-1996 and has been in private practice for nine years. In 1995 he was voted the Trial Attorney of the year. He graduated from Capital University in 1989 and was admitted to the Florida Bar in 1990, Federal Bar in 1992, and the Federal Trial Bar in 1994.



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# Helpful Information When Considering, Buying Generators

**By Hiram J. "HJ" Frank, Founder and Co-owner, Personalized Power Systems, Inc.**  
[Editor's Note: Hiram J. "HJ" Frank is the co-owner and president of Boca Raton-based Personalized Power Systems, Inc. (PPS). The company sells, installs and maintains automatic standby generator systems that power entire homes and small businesses in Miami-Dade, Broward and Palm Beach counties. It is the largest dealer of these systems in the country and has completed more than 1,000 installations in South Florida since its inception in 1998. Additional information on PPS and its automatic standby generators for residences and small businesses is available at [www.generatorogo.com](http://www.generatorogo.com) or by calling (561) 391-8190, or toll-free at 1-866-221-8100.]

With the hurricane season set to start on June 1 and experts predicting another slew of storms as well as more prolonged power outages for South Florida, local home and business owners are now deciding to make the investment in back-up emergency power.

However, with so many options for generators of different sizes, types and capabilities, they are finding it difficult to research and select the best generator for their individual needs and budget.

There are two basic types of generators that represent viable options for most home and business owners: portable gas-powered models and fixed automatic standby systems that run entire homes or businesses. Here's a helpful overview and comparison:

**Portable Generators**

Portables gas-powered units are the most common and widely available generators on the market. These small crank-and-pull or push-button ignition units are found at most home and hardware stores, and they do a fantastic job operating the bare necessities such as a refrigerator and a few lights and fans.

However, it is critically important for these generators to be operated safely and properly in order to avoid some very severe hazards. Since they emit harmful carbon monoxide, the portable generators should never be used indoors or in partially enclosed spaces.

In addition, all appliances must be connected directly to the generator using heavy-duty extension cords, and the generator should be turned off and allowed to cool prior to refueling. They require frequent refueling and access to gasoline, which has

proven to be difficult during prolonged power outages, and are generally about as loud as a standard lawnmower.

The smallest portable gas generators are under 1,000 watts and cost approximately \$400, and the largest commercial-grade units generate 15,000 watts and cost roughly \$2,500. The most popular models offer about 5,000 watts and cost from \$600-\$800.

**Automatic Standby Generators**

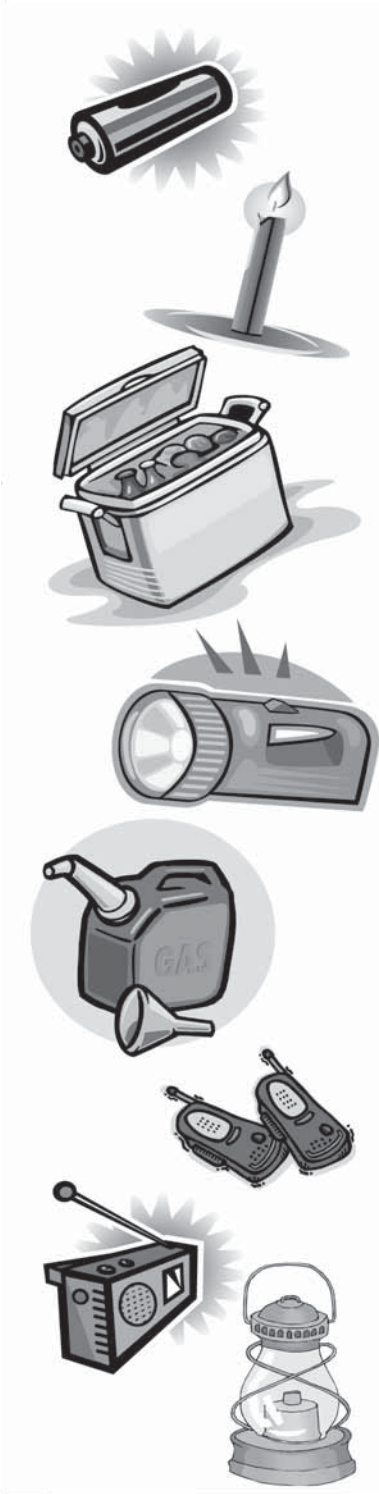
An option that has become very popular in South Florida since the storms of 2004, automatic standby generator systems are fixed, permanently installed units that power an entire home or business continuously through extended outages.

The smallest of these systems produces 16,000 watts, which makes it capable of powering a small home or business with a single central air conditioner of up to five tons along with a standard water heater, refrigerator and up to eight lighting circuits for rooms. Homes or businesses with larger or multiple air conditioners will require either the 25,000 or 45,000 watt models.

Unlike the portables, these systems run on natural gas from a connection to local lines or propane from a 500-gallon tank buried underground, which offers a continuous run-time of approximately four to eight days depending on the model. Compared with the portables, they are rather quiet and sound very similar to an idling car, and because they engage automatically and have very low emissions, they are much safer to operate.

The costs for these systems range from approximately \$16,500 for the 16 kilowatt model to \$30,000 for the 45 kilowatt unit, including all of the necessary installation and permitting. The standby generators must be connected directly to a home's electrical panel and circuits by using an automatic transfer switch, and it is important to work with licensed professionals who are familiar with all of the applicable local building codes.

Both the portable and automatic standby generators are definitely in high demand in South Florida in anticipation of this year's hurricane season. Individuals who are considering a purchase should take the time to closely compare their options and weigh the benefits, as it has become apparent that extended post-hurricane power outages are going to be an inevitable reality in the sunshine state.



## 2006 Sales Tax Holiday for Hurricane Preparedness

**May 21 through June 1, 2006**

For the period beginning 12:01 a.m., May 21, 2006, and ending at midnight, June 1, 2006, the 2006 Florida Legislature enacted and the Governor approved a tax-free period directing that: **No sales tax shall be collected on specific items related to hurricane preparedness. The specific items must be in the price ranges specified on the list below.**

### List of tax-exempt items

The following is a list of the specified items that will be tax free. If the sales price of a qualifying item exceeds the allowable threshold amount, the tax exemption will not apply and the total purchase price is subject to tax.

<b>Qualifying items selling for \$10 or less:</b> <ul style="list-style-type: none"><li>Blue ice or those items sold as artificial ice</li></ul>	<ul style="list-style-type: none"><li>Tarpaulins (tarps)</li><li>Visqueen, plastic sheeting, plastic drop cloths, and other flexible waterproof sheeting</li><li>Ground anchor systems</li><li>Tie-down kits (items that are advertised or normally sold as a tie-down or anchoring kit)</li><li>Bungee cords</li><li>Ratchet straps</li></ul>
<b>Qualifying items selling for \$20 or less:</b> <ul style="list-style-type: none"><li>Any portable self-powered light source</li><li>Battery-powered flashlights</li><li>Battery-powered lanterns</li><li>Gas-powered lanterns (including propane, kerosene, lamp oil, or similar fuel)</li><li>Tiki type torches</li><li>Candles</li></ul>	<b>Qualifying items selling for \$60 or less:</b> <ul style="list-style-type: none"><li>Any cell phone batteries</li></ul>
<b>Qualifying items selling for \$25 or less:</b> <ul style="list-style-type: none"><li>Any gas or diesel fuel container (including LP gas containers and kerosene containers)</li></ul>	<b>Qualifying items selling for \$75 or less:</b> <ul style="list-style-type: none"><li>Any carbon monoxide detectors</li><li>Any package consisting of two or more of the previously listed qualifying hurricane-preparedness items sold for \$75 or less will qualify for the exemption.</li><li>Any package consisting of one or more of the previously listed hurricane-preparedness items and at least one other item that is otherwise tax-exempt and the package is sold for \$75 or less will qualify for the exemption..</li></ul>
<b>Qualifying items selling for \$30 or less:</b> <ul style="list-style-type: none"><li>Batteries, including rechargeable (listed sizes only)<ul style="list-style-type: none"><li>AAA-cell</li><li>AA-cell</li><li>C-cell</li><li>D-cell</li><li>6-volt (excluding automobile and boat batteries)</li><li>9-volt (excluding automobile and boat batteries)</li></ul></li><li>Coolers (food-storage; non-electrical)</li><li>Ice chests (food-storage; non-electrical)</li></ul>	<b>Qualifying items selling for \$200 or less:</b> <ul style="list-style-type: none"><li>Storm shutter devices (defined as materials and products specifically manufactured, rated, and marketed for the purpose of preventing window damage from storms)</li></ul>
<b>Qualifying items selling for \$40 or less:</b> <ul style="list-style-type: none"><li>Any cell phone charger</li></ul>	<b>Qualifying items selling for \$1,000 or less:</b> <ul style="list-style-type: none"><li>Portable generators that will be used to provide light, communications, or to preserve perishable food in the event of a power outage.</li></ul>
<b>Qualifying items selling for \$50 or less:</b> <ul style="list-style-type: none"><li>Radios (self-powered or battery-powered)</li><li>Two-way radios (self-powered or battery-powered)</li><li>Weather band radios (self-powered or battery-powered)</li></ul>	

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## The Seminole Tribe of Florida's Family Services Department welcomes back The Summer Youth Work Experience and Internship Program!

**DATES: Monday June 5 through Friday August 4.**

This two-month program is designed to provide paid Internships and Work Experience for High School and College Seminole (and other Native American) Students to work within the Seminole Tribe of Florida, gaining meaningful employment experience and knowledge of the workings of the Seminole Tribe of Florida.

The program provides for flexible scheduling, competitive wages, and a variety of employment opportunities! Seminars will be held during the Summer Work Program calendar on professionalism, resume building, and successful interviewing.

Applications can be found at the Tribal Headquarters Office in Human Resources, any Education Department office, and the Family Services Department offices. Application deadline is May 22. For any questions on the application, please call (954) 965-1300, Ext. 175.

Sponsored through the Family Services Department's Adult Vocational Programs. Please return all applications to Jasmine Porter, Adult Vocational Administrator, Family Services Department, 3006 Josie Billie Ave., Hollywood, FL 33024. (954) 965-1300, Ext. 175.

## SEMINOLE MARKETPLACE

at the Seminole Okalee Indian Village

**May 13 - 14, 2006**  
**June 10 - 11, 2006**

**Saturday 12:00pm - 6:00pm**  
**Sunday 12:00pm - 6:00pm**

**Seminole Arts & Craft for Sale\***  
**Sample Authentic Seminole Food**

**Village Admission \$8**  
**Vendor Space Available**

Located in the Seminole Paradise at the  
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**5716 Seminole Way, Fort Lauderdale, Florida 33314**  
**For More Information 954.797.5437**  
**\*Other Food and Refreshments on Sale**





# Annual Big Cypress Watermelon Festival & Car Show



Susan Etxebarría  
Ray Bluebird shows his stuff in the watermelon seed spitting competition.



Sonja Buck  
Expedition with Miami Hurricanes logo.



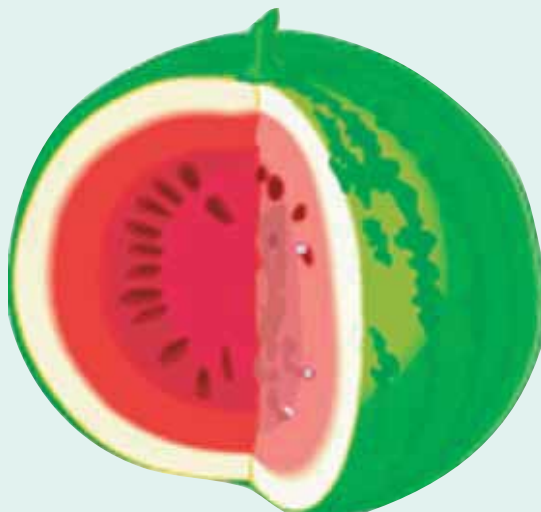
Sonja Buck  
Kyle Baker with show bike.



Sonja Buck  
Jasmine Torres takes aim.



Sonja Buck  
Romeo gets seeds from grandma Mary.



Sonja Buck  
Seminole Pride



Sonja Buck  
Car show entries in various categories lined up and ready to be judged.

By Susan Etxebarría  
**BIG CYPRESS** — By noon, Big Cypress's DARE School Resource Officer was thoroughly soaked as frolicking kids had the opportunity to get the last laugh at the Watermelon Festival and Car Show on May 5.  
Officer Michele Short was the first SPD officer to climb up and sit down on the collapsible seat of the dunk tank sponsored by the police department.  
"I've been dunked 30 times. They love it," said Short with a big grin.

SPD seemed to know it would be a devilish delight for the kids to dunk a police officer. Their humorous booth made a lot of friends. The officers who got dunked probably didn't know how refreshing that dunk in a cool bath of water would feel while others working or competing on the Festival field were sweating under the humid 90 degree sun.

You have to admire Janice Osceola of Seminole Broadcasting. This perky lady dragged her TV cameras all over the place and never complained about the heat. Contests started at noon and went on all day long.

She was laughing along with others over some of the antics of the kids spitting watermelon seeds. She had also set up the Seminole Broadcasting booth—a free raffle for kids—and manned it when she could and got family and others to help out while she filmed. Janice has stamina. You almost have to be an athlete to work a camera.

Family Services had a kid-pleaser booth with a tabletop racetrack with little sporty cars that zoomed down the figure-eight racetrack. Two youngsters could take hold of the controls and race the cars. Winners got the prizes.

It was such a big hit with the kids the Family Services booth almost ran out of prizes. But mid-afternoon their booth was shut down by a power failure - and so they had to fold up and go.

There was a run on snow-cones at the 4-H booth operated by Candi Mancil, Big Cypress 4-H coordinator. It was so hot even people that don't like syrupy snow-cones were asking for refreshing ice chips, with no syrup. Candi did her part to keep everyone refreshed.

Community Care for the Elderly (CCE) offered a cool down for kids at their water dodgeball game booth where, one at a time, kids got to throw a wet spongeball at one of the staff. If they hit their moving target they were awarded a misting water fan.

The Wellness booth offered a learning game that taught kids how to be safe and still have fun in the sun. Their goal was to teach kids how and why they should protect their skin. They gave out sun visors and suntan lotion and other healthy gifts.

There were many wonderful booths. The watermelon theme prevailed. It seems that every department is just getting more creative and ingenious because at every community festival new games get dreamed up. Big Cypress Recreation, the various departments, and the Council's Office, showed their teamwork and their creativity once again.

If you missed it, you missed out. More was going on in that small field than a three-ring circus. It was a true festival with something for everyone.

For car and truck lovers there was a show of many customized truck, motorcycles. These shining glories of steel and metal sat proud in the sun competing for fantastic trophies and prizes. Some were better than others, but all looked good.

Augustine Gonzalez, an entry from Immokalee was putting a deep shine on his black Chrysler 300 at 1 p.m. It was like a mirror.

Horseshoes were played all day under the canopy of a large tent where 10 lanes were set up for the players in both Women's and Men's competition. The bleachers were full of onlookers and so were the tables at each end of the lanes.

Cecilia Solana, the senior center coordinator, loves playing horseshoes. She said it is always one of the more popular games at Big Cypress festivals and she said tent or not tent they would all play in the hot sun if they had to.

The outdoor kitchen was set up like a self-serve restaurant with seating under another canopy. And, all the food... Perfectly grilled chicken, juicy hamburgers with all the trimmings, long fat hot dogs and of course cold watermelon kept everyone in good spirits.

Probably the most popular place in the entire festival for all the kids was the wettest place to be. Celebration Source of Hollywood once again brought to the Tribe their phenomenal children's giant plastic playground. What could have been more fun than getting soaked walking through the car wash or sliding down the grand rapids water slide?

Kids were waiting in line to get into the fort called water tag where they were outfitted with play ammo jackets and big water guns. They entered the fort and would hide behind the "bunkers" to surprise and then shoot water at each other.

In the center of the festival grounds the outrageous, hilarious and messy watermelon contests were started at noon. There was the seed spitting contest, followed by the watermelon eating contest, the watermelon toss and the family melon pass taking place throughout the entire day.

Stan Frischman did an excellent job as the emcee and games director.

The recreation department deserves credit for producing this successful and timely event at the height of the watermelon season for the Big Cypress community. Parked trucks and cars spilled out of the parking area and were lined up and down the reservation road. It was a fantastic day for families and friends.



Susan Etxebarría  
SPD's brave officer Michele Short tries to stay dry atop the dunk tank.



Susan Etxebarría  
The youngsters enjoyed a friendly game of water tag.



Sonja Buck  
All blue expedition is a contender in the car show.

## Watermelon Festival & Car Show Results

### Submitted by BC Recreation

Seed Spitting Contest: Ages 9-12: 1. Tyler Cypress, 2. Crystal Garcia, 3. Adrienne Garcia; Ages 13-17: 1. Greg Carter, 2. Deforest Carter, 3. Antonio Matos; Ages 18-54: 1. Bronson Hill, 2. Charley Cypress, 3. Jadrien Antuna; Ages 55 and Older: 1. Mary Tigertail, 2. Nicholas DeSantiago, 3. Teresa Jumper.

Watermelon Eating Contest: Ages 3-5: 1. Romeo Garcia, 2. Dyra Koenes, 3. Jared McInturff; Ages 6-8: 1. Dalton Koenes, 2. Michaela Cypress, 3. Chaska Onko; Ages 9-12: 1. Eric Rodriguez, 2. Crystal Garcia, 3. Lariah Balentine; Ages 13-17: 2. Iris Leon, 3. Antonio Matos, 4. Gregory Carter; Ages 18-54: 2. Nick Andrews, 3. Danny Castro, 4. Dalia Molina; Ages 55 and Older: 1. Mitchell Cypress, 2. Theresa Jumper, 3. Mary Tigertail.

Horseshoes: Men's Singles: 1. Philip Bluebird, 2. Bronson Hill, 3. James Willis; Women's Singles: 1. Almira Billie, 2. Myra Jumper, 3. Annie Jumper; Senior Women's Singles: 1. Cornelia Osceola, 2. Mary Tigertail, 3. Peggy Bluebird.

Greased Watermelon Toss: Ages 3-18: 1. Deforest Carter and Kory Sanders.

Custom Car: 2. Sonny Billie, 3. Vanessa Aguilar; Indian Car: 1. Sonny Billie; Custom Truck: 1. Ronnie Billie Sr., 2. Almira Billie, 3. Pete Aguilar; Custom SUV: 1. Sherry Jumper, 2. Brian Osceola, 3. Toi and Nick Andrews; 4X4: 2. Connie Williams, 3. Jesse Jimmie; Classic Car and Truck: 1. Ronnie Billie Sr.; Custom Bike: 1. Pete Aguilar Jr., 2. Ronnie Billie Sr., 3. Ronnie Billie Sr.; Custom Bicycle: 1. Kyle Baker, 2. Roger Villereal, 3. Jack Aguilar and Ezekiel Roberts.



Sonja Buck  
The chairman took first place in the watermelon eating contest 55 and older division.



# Hurricane Season 2006

Despite Hurricane Season 2005, most of us have never experienced the total devastation a hurricane can cause. Below are some of the major hurricane hazards that can threaten you.

**Wind**  
Hurricanes are categorized by sustained winds of 74 mph to 200 mph. Hurricane force winds can sever power and communication lines. Winds in excess of 45 mph begin to damage traffic signals and topple trees. Residents living on the upper floors of high-rise condos may experience much higher wind speeds. Roofs are damaged and windows are hit by flying projectiles. Mobile and manufactured homes generally experience greater damage and residents should evacuate.

**Tornados**  
Tornados may form in the rain bands of a hurricane and cause significant damage. These tornados are not as intense as those in the Midwest tornado belt, but they can inflict tremendous damage with little or no warning.

**Storm Surge**  
Storm surge is a dome of water that moves ashore near the hurricane eyewall. It has the potential to be a major killer if evacuation is inadequate. As the storm makes landfall, tide levels of 4 to 25 feet may occur along the coastal areas and major rivers of South Florida. Damage amounts depend on the hurricane's intensity, size and its direction of movement. Storm surge causes salt water flooding which cripples communications, causes sewers and storm water basins to back up and contaminates drinking water supplies.

**Heavy Rain**  
Over the past 30 years, freshwater flooding

has caused more drowning deaths than storm surge flooding. Torrential rains associated with slow moving or stationary tropical weather systems can produce more than 40 inches of rain over a two-day time period. In addition to flooding residences and businesses, heavy rain can have a disastrous effect on agriculture interests by drowning crops and increasing the probability of disease and pest infestations in surviving crops. Insects, dead animals and sewage polluted water can create massive health problems.

**How will I know when a hurricane or tropical storm poses a threat to South Florida?**

Emergency Management personnel closely monitor tropical weather and are in frequent contact with the National Hurricane Center. The media provides frequent updates on the storm, as well as emergency protective actions recommended by the Emergency Operations Center. As a hurricane or tropical storm moves closer to South Florida, Emergency Operations Centers will be activated. The National Weather Service also broadcasts continually over NOAA Weather. Check with your local Emergency Management Office for the frequency that serves your area. Battery back-up, alarm activated NOAA Weather Radios are inexpensive and can be purchased locally. NOAA Weather Broadcasts are invaluable sources of "real-time" information during severe weather conditions.

When a **HURRICANE WATCH** is issued for your part of the coast this indicates the possibility that you could experience hurricane conditions within 36 hours.

When a **HURRICANE WARNING** is issued for your part of the coast this indicates that sustained winds of at least 74 mph are expected within 24 hours.

## When Is Hurricane Season?

June 1 - November 30

## What Is A Hurricane?

A hurricane is a tropical cyclone, which generally forms in the tropics and is accompanied by thunderstorms and a counterclockwise circulation of winds. Tropical cyclones are classified as follows:

### TROPICAL DEPRESSION

An organized system of clouds and thunderstorms with a defined surface circulation and maximum sustained winds of 38 mph or less.

### TROPICAL STORM

An organized system of strong thunderstorms with a defined surface circulation and maximum sustained winds of 39-73 mph.

### HURRICANE

An intense tropical weather system of strong thunderstorms with a well-defined surface circulation and maximum sustained winds of 74 mph or higher.

## Saffir-Simpson Hurricane Scale

The Saffir-Simpson Hurricane Scale is a 1-5 rating based on the hurricane's present intensity. This is used to give an estimate of the potential property damage and flooding expected along the coast from a hurricane landfall. Wind speed is the determining factor in the scale, as storm surge values are highly dependent on the slope of the continental shelf and the shape of the coastline, in the landfall region.

### Category 1 - Winds 74-95 mph

Damage primarily to shrubbery, trees, and unanchored mobile homes. No real damage to other structures. Some damage to poorly-constructed signs.

### Category 2 - Winds 96-110 mph

Considerable damage to shrubbery and tree foliage; some trees blown down. Major damage to exposed mobile homes. Extensive damage to poorly constructed signs; some damage to roofing materials of buildings; and some window and door damage.

### Category 3 - Winds 111-130 mph

Foliage torn from trees; large trees blown down. Practically all poorly-constructed signs blown down; some damage to roofing materials of buildings; some window and door damage; and some structural damage to small buildings. Mobile homes destroyed.

### Category 4 - Winds 131-155 mph

Shrubs and trees blown down; all signs down. Extensive damage to roofing materials, windows and doors; complete failure of roofs on many small residences; complete destruction of mobile homes.

### Category 5 - Winds 155 + mph

Shrubs and trees blown down; considerable damage to roofs of buildings; all signs down; very severe and extensive damage; complete failure of roofs on many residences and industrial buildings; extensive shattering of glass in windows and doors; some complete building failures; small buildings overturned/blown away and complete destruction of mobile homes.

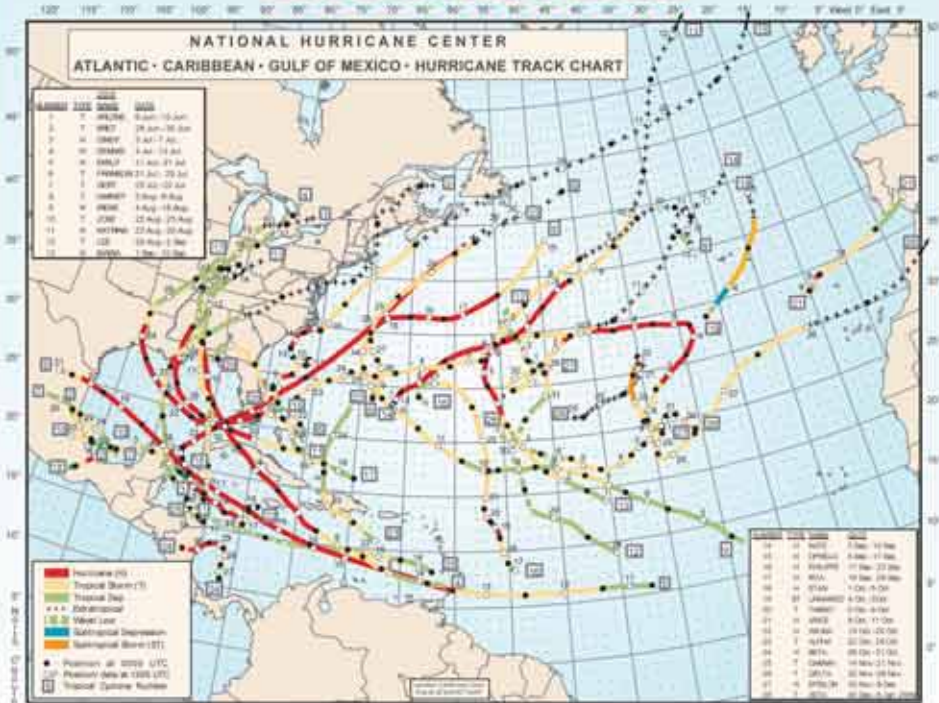
## Disaster Supply Kit

- ☐ Water - at least 1 gallon daily per person for 3 to 7 days
- ☐ Food - at least enough for 3 to 7 days
  - non-perishable packaged or canned food / juices
  - foods for infants or the elderly
  - snack foods
  - non-electric can opener
  - cooking tools / fuel
  - paper plates / plastic utensils
- ☐ Blankets / Pillows, etc.
- ☐ Clothing - seasonal / rain gear/ sturdy shoes
- ☐ First Aid Kit / Medicines / Prescription Drugs
- ☐ Special Items - for babies and the elderly
- ☐ Toiletries / Hygiene items / Moisture wipes
- ☐ Flashlight / Batteries
- ☐ Radio - Battery operated NOAA weather radio
- ☐ Cash - Banks and ATMs may not be open or available for extended periods.
- ☐ Keys
- ☐ Toys, Books and Games
- ☐ Important documents - in a waterproof container
  - insurance, medical records, bank account numbers, Social Security card, etc.
- ☐ Tools - keep a set with you during the storm
- ☐ Vehicle fuel tanks filled
- ☐ Pet care items
  - proper identification / immunization records / medications
  - ample supply of food and water
  - a carrier or cage
  - muzzle and leash

## Family Disaster Plan

- ☐ Discuss the type of hazards that could affect your family. Know your home's vulnerability to storm surge, flooding and wind.
- ☐ Locate a safe room or the safest areas in your home for each hurricane hazard. In certain circumstances the safest areas may not be your home but within your community.
- ☐ Determine escape routes from your home and places to meet. These should be measured in tens of miles rather than hundreds of miles.
- ☐ Have an out-of-state friend as a family contact, so all your family members have a single point of contact.
- ☐ Make a plan now for what to do with your pets if you need to evacuate.
- ☐ Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- ☐ Check your insurance coverage - flood damage is not usually covered by homeowners insurance.
- ☐ Stock non-perishable emergency supplies and a Disaster Supply Kit.
- ☐ Use a NOAA weather radio. Remember to replace its battery every 6 months, as you do with your smoke detectors.
- ☐ Take First Aid, CPR and disaster preparedness classes.

## 2005 Storm Tracks



## Taking Action Is As Easy As 1-2-3

### Before Hurricane Season Starts

#### Assemble your Disaster Supply Kit.

These items are often scattered around your home and simply need to be brought together into one location.

#### Write out your Family Disaster Plan.

Discuss the possible hazards with your family. Determine if you are in an evacuation area. Identify an out-of-town family contact.

### When a Hurricane Watch is issued

#### Check your Disaster Supply Kit.

Make sure nothing is missing. Determine if there is anything you need to supplement your kit. Replenish your water.

#### Activate your Family Disaster Plan.

Protective measures should be initiated, especially those actions that require extra time (for example, securing a boat or leaving a barrier island).

### When a Hurricane Warning is issued

#### Ready your Disaster Supply Kit for use.

If you need to evacuate, you should bring your Supply Kit with you.

#### Use your Family Disaster Plan.

Your family should be in the process of completing protective actions and deciding the safest location to be during the storm.

## Important Contact Information

### In case of emergency, please call 911

NON-Emergency  
Seminole Police Department Numbers  
Hollywood - 954-987-8900  
Tampa - 813-626-3628  
Big Cypress - 863-983-2285  
Brighton - 863-763-5731  
Immokalee - 239-657-6956  
Ft. Pierce - 772-468-1990

Department of Emergency Services  
863-983-2150

Division of Emergency Management  
863-983-1996

Emergency Operation Center  
954-962-3230

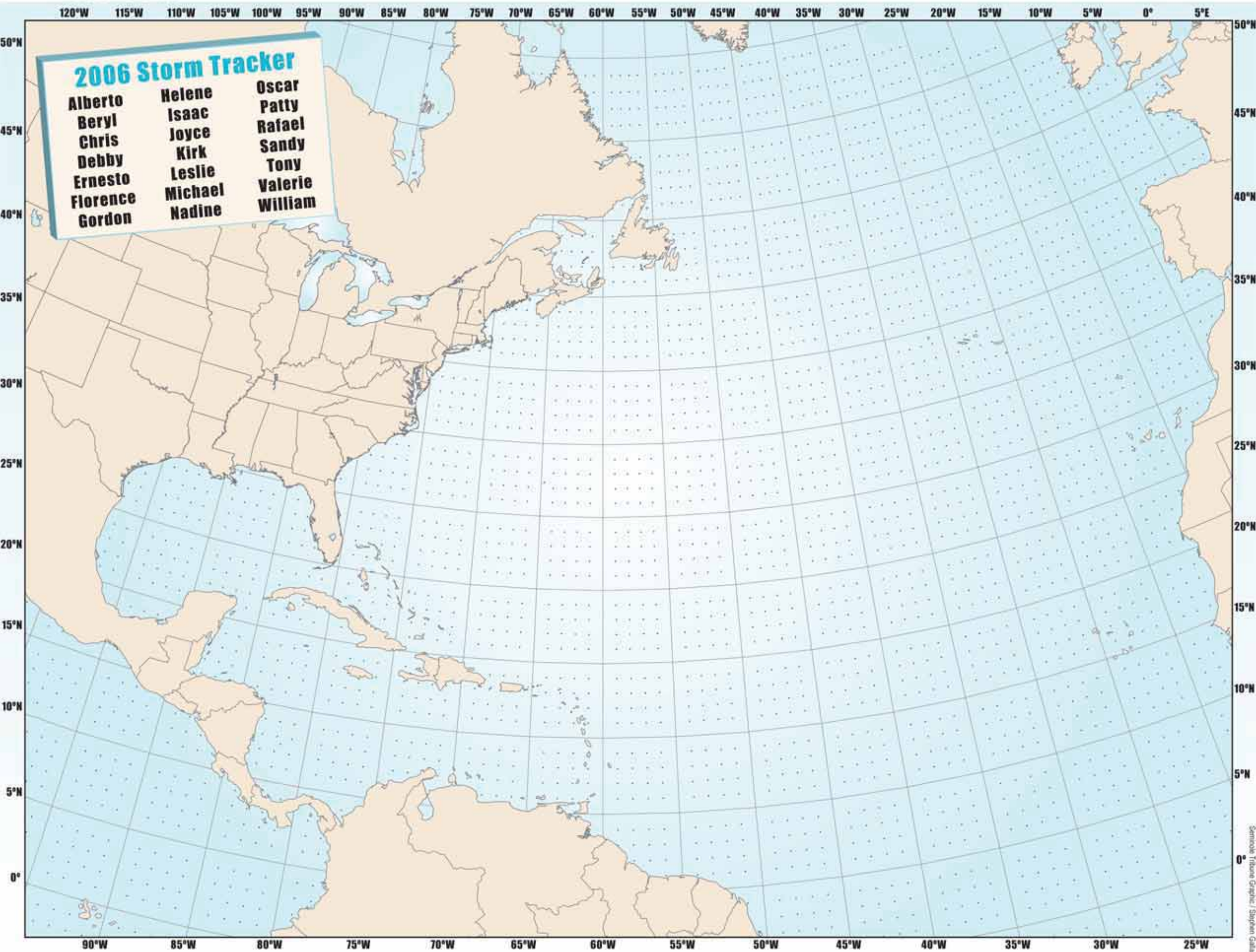
Rumor Control Number  
1-800-617-7514

## 2006 Storm Tracker

Alberto  
Beryl  
Chris  
Debby  
Ernesto  
Florence  
Gordon

Helene  
Isaac  
Joyce  
Kirk  
Leslie  
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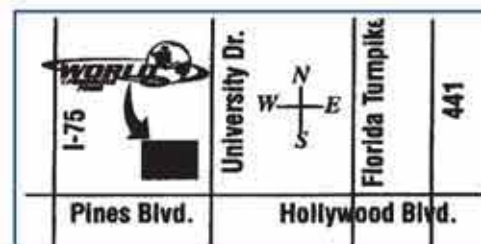
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# Shyanna Escobar Has 65 Roses

## Family Holds Fundraising Event

**By Judy Weeks**  
**IMMOKALEE** — The beautiful little four year old daughter of an Immokalee Tribal citizen has been diagnosed with a disease which children commonly refer to as 65 Roses.

Shyanna Marie Escobar, like so many other young patients suffering from Cystic Fibrosis, has trouble remembering and pronouncing the name of her affliction. To their ears, it sounds like 65 Roses, which is something they can quickly store in their little memory bank for future reference.

Shyanna was diagnosed on Dec. 28, 2003, with this life threatening genetic disease that affects the respiratory and digestive systems of tens of thousands of children and young adults. Since then she has been hospitalized several times each year for periods of two to four weeks each time.

Her parents, Ralph and Noemi Escobar, and grandmother Becky Yzaguirre Martinez, are devoted to Shyanna's care and helping her to live an active life despite her medical requirements. Joining together with family and friends at the Immokalee High School Athletic Track on April 22 they put together "Shy's Team" in an effort to raise funds for the Cystic



**Mom and daughter walk the track.**

fibrosis donation.

The Immokalee Recreation department joined Shy's Team by supplying the fundraiser tent, tables, chairs, a bounce house and personalized t-shirts to commemorate the occasion. Recreation Director Allen McInturff encouraged community participation and was on hand with his entire family walking laps around the track for pledges to help kids with Cystic Fibrosis live longer, healthier lives.

Charlotte Porcaro, nutritionist for the Seminole Tribe in Immokalee, set up a tent to keep track of pledges, distribute pamphlets about CFF and offer nutritional advice to the participants.

Massage Therapist Tracey De La Rosa gave therapy in exchange for a donation to this most worthwhile community project. This very popular booth kept a sign-up list so that the participants could walk laps while waiting their turn in the chair.

Dr. Oscar A. Alea, is a pediatric pulmonologist and Cystic Fibrosis specialist in Fort Myers, Fla., and is currently treating Shyanna and monitoring her progress. At 11 a.m., the walk participants gathered for a cool down at the tent, where Alea gave an informative talk about this very debilitating disease.

Speaking in a simple, easily understood manner, Alea educated the group.

"This life-threatening disease is genetic in nature and is not able to be communicated by contact. Both parents must contain the gene in their biological make-up in order for Cystic Fibrosis to appear in their offspring," he said.

"It's first symptoms appear to be sinus in nature, eventually developing into nasal polyps and then the lungs evidence a disability to evacuate," Alea continued. "It is often misdiagnosed as asthma until the patient suffers a severe attack and hospitalization. The body does not produce enough water in the lungs for the sodium chloride to cleanse the air absorption surfaces. This causes a thick mucus buildup where bacteria can readily thrive, resulting in

chronic, and often fatal, lung infections. Depending upon the severity of the case, patients have difficulty digesting their food because of a lack of the ability to produce digestive enzymes. They are unable to absorb vitamins and other nutritional requirements for a healthy life."



**(L-R) Mom Noemi and Shyanna Escobar and grandma Becky Yzaguirre Martinez representing the team.**

Dr. Alea asked permission to raise Shyanna's T-shirt and expose a port in the middle of her stomach for a feeding tube.

"Shyanna must be fed in this manner at regular intervals in order to receive the necessary enzymes, nutrients, and calories that sustain life. In addition, she takes twelve different medications daily," he said. "As the disease progresses, the patient's pancreas which cannot absorb vitamins and fat, begins to shut down creating a diabetic condition. The liver is eventually destroyed by cirrhosis."

"Transplants are not an option because of organ rejection, chemotherapy, and failing immune systems. Shyanna's immune system is in a state of alert at all times and is continually fortified by antibiotics," he explained. "If there is good news in any of this, it would be the fact that until the last few years, life expectancy for CF patients was from zero to eight years. Thanks to the great strides being made in medical research, this has been increased to a thirty year average. With your help a cure could be in the future."

Community involvement was good with people constantly walking pledged laps around the track and making donations. As the younger set grew tired, they moved to the bounce house and refreshment area, while their parents kept up the pace. The Immokalee Casino had donated boxes of fresh fruit, sport drinks, orange juice and breakfast rolls which were gratefully consumed.

As always, when you give a young child a toy, they have as much fun with the box it came in as

the toy itself. The most popular area for the children was a sand pile near the bounce house and the empty water bottles, where they spent hours creating sand castles, volcanoes and mud pies. Becoming a part of Shyanna's Team turned into a great family day.

At the completion of Saturday's fund raiser, \$2,917.07 had been collected. Big Cypress Council Representative David Cypress had challenged the group by agreeing to match whatever they could collect during Saturday's fund raiser, which brought the total to \$5,834.14.

A previous donation by the Immokalee Seminole Casino and future sales of T-shirts further enhances the success.

Participants can feel good that their donation will be well spent as nearly 90 cents of every dollar raised by the CFF is used to support its vital programs. When someone makes a donation to the CFF, they help ensure afflicted children will live longer and more productive lives than ever before.

When the foundation was created nearly five decades ago, children with CF were not expected see their first day of elementary school. Today, more than 40 percent of the CF population is over the age of 18.

The phrase "65 Roses" has been used by children of all ages to describe their disease. But making it easier to say does not make Cystic Fibrosis any easier to live with.



**(L-R) Grandma Becky and CF specialist Dr. Oscar Alea with Shyanna.**

Fibrosis Foundation (CFF).

Organizations like CFF are helping doctors get closer to finding a cure with the support of fundraisers like "Great Strides." This walk for CFF was sponsored in part by the Immokalee Seminole Casino, who provided refreshments as well as a gener-

## Know The Facts About Methamphetamine



1998



2002

**Submitted by SPD**

Methamphetamine, or meth, is a powerfully addictive stimulant that dramatically affects the central nervous system. The drug is made easily in labs with inexpensive over-the-counter ingredients. These factors combine to make methamphetamine a drug with high potential for widespread abuse.

Meth is a commonly known as "speed," and "chalk." In its smoked form, it is often referred to as "ice," "crystal," "crank" and "glass." It is a white, odorless, bitter-tasting crystalline powder that easily dissolves in water or alcohol. The drug was developed early in this century from its parent drug, amphetamine, and was used originally in nasal decongestant and bronchial inhalers.

Meth's chemical structure is similar to that of amphetamine, but it has more pronounced effects on the central nervous system. Like amphetamine, it causes increased activity, decreased appetite and a general sense of well-being. The effects of meth can last six to eight hours. After the initial rush, there is typically a state of high agitation that in some individuals can lead to violent behavior.

Two-thirds of our country's meth supply is produced in super labs in Mexico and Southern California run by organized crime and street gangs. The remaining third is made in the U.S. in makeshift meth labs found in basements, kitchens, garages, barns, vacant buildings, hotels and motels and trunks of cars.

Meth is made from a fairly simple recipe found on the internet and can be produced in as few as six hours using apparatus that can be quickly dismantled and stored or relocated to avoid detection.

Some of the ingredients commonly used to make are over-the-counter cold medications containing ephedrine or pseudoephedrine, red phosphorous, hydrochloric acid, anhydrous ammonia, drain cleaner, battery acid, lye, lantern fuel and antifreeze. The fumes, vapors, and spillage associated with cooking meth can be toxic and explosive and hazardous to children, adults and the environment.

Immediately after smoking or injection, the user experiences an intense sensation, called a "rush" or "flash" lasting only a few minutes. It is described as extremely pleasurable. Snorting or swallowing meth produces euphoria—a high, but not a rush.

Following the "rush," there is typically a state of high agitation, that in some individuals, can lead to violent behavior. Other possible immediate

effects include increased wakefulness and insomnia, decreased appetite, irritability/aggression, anxiety, nervousness, convulsions and heart attack.

Meth is addictive, and users can develop a tolerance quickly, needing larger amounts to get high. In some cases, users forego food and sleep and take more meth every few hours for days, "binging" until they run out of the drug. Chronic use can cause paranoia, hallucinations, repetitive behavior, such as compulsively cleaning, grooming or disassembling and assembling objects and delusions of parasites or insects crawling under the skin.

Users can obsessively scratch their skin to get rid of these imagined insects. Long-term use, high dosages, or both can bring on full-blown toxic psychosis. This violent, aggressive behavior is usually coupled with extreme paranoia. Meth can also cause strokes and death.

If you think someone you know might be using meth, or you're a parent who suspects your teen might be using, here is a list of warning signs to look for:

**Physical Symptoms:** Weight loss, Abnormal sweating, Shortness of breath, Nasal problems or nosebleeds, Sores that do not heal, Dilated pupils, Burns on lips or fingers and Track marks on arms

**Behavioral Symptoms:** Withdrawal from family and friends, Change in friends, Disinterest in previously enjoyed activities, Increased activity, Long periods of sleeplessness (24–120 hours), Long periods of sleep (24–48 hours), Incessant talking, Irritability, Twitching and shaking, Itching, Decreased appetite, Erratic attention span, Repetitious behavior, such as picking at skin, pulling out hair, compulsively cleaning, grooming or disassembling and assembling objects, Aggression or violent behavior, False sense of confidence and power, Convulsions, Carelessness about appearance and Deceit or secretiveness

**Mental Symptoms:** Paranoia, Anxiousness, Nervousness, Agitation, Extreme moodiness, Severe depression, Hallucinations and Delusions of parasites or insects crawling under the skin

**Paraphernalia:** Rolled up paper money or short straws, Pieces of glass/mirrors, Razor blades, Burned spoons, Surgical tubing and Syringes/needles.

In all cases of meth use, a user may experience a loss of inhibitions and a false sense of control and confidence, which can lead to dangerous behavior.

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Winners of the 12-week Immokalee Seminole Shape-Up contest.

## ❖ Lifestyle

Continued from page 1

Winning Employees and Spouses: 1. Angie Arreguin, 15.8 pounds, 2. Crissie Carter, 15 pounds, 3. Mario Posada, 11.6 pounds, 4. Rosa Garcia, 11 pounds, Mayra Garcia, 11 pounds, Jennifer Ramos, 11 pounds

The total weight Loss was 129.4 pounds. What makes the reward even sweeter is the fact that many of the participants have been involved in the previous weight loss contests and have accumulated a far greater success.

Chairman Mitchell Cypress first sponsored this program in Immokalee in September of 2005. His goal was to help establish a better lifestyle for the tribal members as well as employees. Many people talk about making changes tomorrow, but it never comes.

Using himself as an example, he described the wake up call he received from diabetes, high blood pressure and cholesterol levels. For him, tomorrow had arrived. Seeking professional help, he began a whole new lifestyle which involved gradual healthy changes. As he pointed out, he did not get into trouble over night and if change is for the better, it needs to be permanent and gradual so as not to create new problems and dangers.

Through hard work and determination, he has achieved his goals and now works daily to maintain his new lifestyle. However, he does not really consider it to be work. Now he finds satisfaction and well-being in his daily routine.

"Feeling good is contagious and I want to give you what I have," he said. "The first contest was to get you started, but the following ones have been to help you stay motivated and encourage a healthy, productive lifestyle. I am very proud to have been part of the process and want to congratulate your success. Everything comes full circle when you are on the right path."

Many people have benefited from this program and would like to share their accomplishments. Sylvia Marrero has been dangerously over weight for most of her life. She always wanted to change, but lacked the conviction and will-power to make a differ-

ence. Since entering the first contest in September, she has lost a total of 42 pounds, altered her eating habits, begun to exercise and take control of her diabetes.

"My self-esteem is growing and I am able to smile and laugh at myself," Marrero said. "I have been walking around the office with one hand holding up my pants and talking about borrowing suspenders. It feels great to brag about going shopping for clothes because mine are too big, not too small."

"The greatest thing that's happened is the effect it's having on my daughter, Jade. She also has a weight issue and I now have the strength and determination to help her deal with it. As she sees the changes in me, she is more willing to accept the new guidelines I am setting for her. The other day she even asked for a health bar which she wouldn't even try in the beginning and is eating fruit rather than fried chicken for an after school snack."

Porcaro pointed out, "Sylvia's weight loss has been gradual after the initial changes in her habits. She has been safely reducing by one to two pounds per week and keeping it off. She is open to suggestions and attends all of the Lifestyle Balance meetings. She frequently inquiries about food sources and changes in the ingredients that she uses to prepare the family meals."

Jennifer Ramos and Noemi Escobar have reached their ideal body weight and will be continuing their new routines to maintain the good health they have achieved.

Michelle Ford has shed the pounds and dropped inches from all the important places. Her pant sizes have dropped dramatically and she is only a few pounds from her ideal body weight.

"I started working out at the gym regularly and find that I am losing inches but not as many pounds," she said. "I have tightened everything up and feel fantastic."

"I had been saving clothes that were too small, but now they are too big and I am rewarding myself with a shopping spree. Someone asked if I was going to save my old clothes for later and I replied, 'Definitely not!' I feel too good to backslide."

Immokalee is beginning its next Shape-Up Program, which will last 16 weeks. Immokalee Council Liaison Ralph Sanchez will sponsor. Please join in on the road to a healthy, happy lifestyle.

## Health Inspiration Publication

The Health Department invites any Tribal citizen interested in being included in a health inspiration publication to contact Suzanne Davis at the Health Department. This publication is the first in a series of collections of community interviews, photos and stories.

Suzanne can be reached at (954) 962-2009 ext. 120



# Jimmy Wayne Holdiness

## Seminole Indian Chickee Builder

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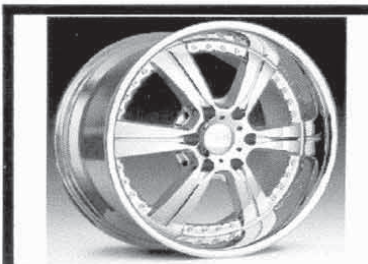
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Health Corner

Addressing Oral Health Issues

**Submitted by the Seminole Dental Program**

Although the majority of health issues affect both men and women, sex may play an important role with certain conditions. In terms of oral health, oral diseases and conditions are certainly not unique to women; they can and do occur in men. But there are specific concerns surrounding certain oral conditions that are unique to women.

Next to the common cold, the most common of all childhood diseases is tooth decay. But what does this have to do with being a woman? If you are mother—everything.

Bacteria living in saliva eats sugar and create acid. That acid causes tooth decay. The greater the numbers of salivary bacteria, the more likely someone will develop tooth decay.

Mothers inoculate, or pass bacteria in their saliva, to their children from acts of mothering. Such acts include kissing, checking temperature, or trading bites of food with her baby using the same utensil.

In order to reduce the chances of passing these bacteria to her baby, women who are pregnant or have recently had a baby should have a dental examination to determine if tooth decay is present. If it is, have it treated prior to the eruption of the baby’s teeth.

Another oral disease of importance to women

is gum disease. Like tooth decay, gum disease is also caused by bacteria. Hormonal changes during menses, menstruation and even menopause make it easier for these bacteria to cause gum infection. Hormonal changes caused by birth control medications can also contribute to gum disease.

Pregnancy is a time for women to pay special attention to the health of their gums. Gum disease in pregnant women has been linked to low birth weight, pre-term birth and even miscarriage. Women should schedule a dental examination as soon as they learn they are pregnant in order to learn how to prevent or treat existing gum disease.

Osteoporosis is the loss of bone density and is often associated with older women. Osteoporosis affects not only the bones of the body, but also the bones of the face and jaws that help support teeth. Although not for everyone, hormone replacement therapy has been shown to reduce the effects of inflammation in the gums that contributes to gum disease.

To learn more about their oral health condition and ways to prevent and treat oral disease that may be affecting their health, the Seminole Dental Program encourages all women to schedule a yearly dental examination.

Ask The Counselor



**Basil Phillips**  
M.S. Mental Health Counseling

Letters of interest from the community

All letters should be sent to  
**ASK THE COUNSELOR**  
Family Services Department  
3006 Josie Billie Avenue  
Hollywood, FL 33024  
basilphillips@semtribe.com

*of relapse. Mismanagement of anger can pose a threat to sobriety and problems in relationship with others.*

*Your problem with anger may occur for several reasons. You must understand that in some instances, much of your difficulty with anger is related to self anger you have through oppression and historical trauma.*

*As a beginner in the recovery process, and your issue with anger, I have a word of advice for you: the size of a man can be measured by the size of the thing that makes him angry.*

*The following may help you recognize and deal with anger in a constructive manner: You must learn to recognize angry feelings. You must be aware of when you are angry. How does your anger show? Look for anger clues.*

*The physical signs of anger may include such things as headaches, tension in your stomach, or rapid speech. The psychological signs may include revenge fantasies, increase thought of using alcohol, or drugs, or feeling depressed. The behavioral signs may include increased argumentativeness with others, or showing aggressive behavior in your interactions with others.*

*“Honesty gets us sober,” Bill Wilson once observed. “But tolerance keeps us sober.”*

*I encourage you to contact and make an appointment with the Family Service department. A counselor will be assigned to you to develop an anger management program. The counseling sessions will help you deal with your sobriety and anger. Anger is a human emotion, how you deal with it defines you as a person.*

*Signed,  
Counselor*

Know Your Diabetes Medications

**Submitted by the Seminole Health Department**

**What You Need to Know About Your Diabetes Medications.**

Part of having diabetes often includes taking diabetes medications in order to better control your blood sugar. The following questions will help



you to better understand the role that medications play in the care of your or your loved ones’ diabetes.

**What is Diabetes?**

With diabetes, the pancreas no longer makes insulin, the chemical produced by the body that regulates blood sugar, or it doesn’t make enough insulin to keep blood sugar within normal range. This is why taking diabetes medications is so important, since the body can’t control its own blood sugar.

**So if I just take my medication, my diabetes will always be under control?**

The medications a doctor will prescribe for diabetes, in combination with a healthy diet and regular exercise will help to keep blood sugar under control.

**How do I know what medications are right for me?**

Your doctor will decide which diabetes medications you will need based on different reasons like; your age, weight, blood sugar level and if you are taking other medications or if you have other health problems.

**What types of diabetes medications are there?**

If you have type 2 diabetes, you will need to take oral medications (pills) or insulin.

Many Type 2 diabetes’ only need to take oral medications, but your doctor will decide what is right for you.

Type 1 diabetes usually take insulin. There are many kinds of insulin to help control

Employees Attend Wachovia 401(k) Seminar

**By Felix DoBosz**

**HOLLYWOOD** — On April 24 at the Seminole Tribal Headquarters employees of the Seminole Tribe of Florida attended a demonstration of Wachovia 401(k) plan. The session consisted of a training specialist pointing out various options of the website by utilizing a projected screen for all to see and highlighting the basic setup of the website features.

Advice Track, is the name of the new tool used to determine allocation and retirement planning through calculated information. Through these helpful tools this financial website will advise and allow the 401(k) enrolled employee to direct or diversify investments in their own individual accounts. You can even obtain a loan or a paid distribution from your plan through the website.

Carlos Lopez, the main speaker of the Wachovia 401(k) session said, “We are doing education meetings with the 401(k) plan, in particular a demonstration of how the website works so that all the participants can really take control of this, and have complete knowledge of what they can do to change in terms of their account and access to their account. “We need to save for retirement, and retirement seems like some far away thing, and if you don’t prepare for it well in advance you’re not going to have enough for retirement. So this is a way to gain awareness or create awareness for the participants of

the 401(k) plan so they can take the proper steps early on, and make sure they have enough money in the future.”



**Carlos Lopez led the seminar, which was open to Tribal employees.**

Look for these Wachovia 401(k) sessions, they will be touring the rest of the Florida Seminole reservations in the coming weeks, first to Tampa, Big Cypress, Brighton, Immokalee and Fort Pierce. For more information please visit: <http://www.wachovia.com/401k>.

Women's Wellness Health Fair 2006

Join the Seminole Health Department and its’ special guests as each reservation celebrates women’s health with our annual Women’s Wellness Health Fair.



For more information:

**Big Cypress**  
**Tuesday, May 23**  
**@ the Big Cypress Gym**  
Contact Linda McCarthy  
863-983-5798

**Brighton**  
**Thursday, May 25**  
**@ the Brighton Clinic**  
Contact Barbara Boling  
863-763-0271

**Hollywood**  
**Wednesday, May 17**  
**@ the Tribal Office Auditorium**  
Contact Tina Mennella  
954-962-2009

**Immokalee**  
**Thursday, May 25**  
**@ the Immokalee Gym**  
Contact Charlotte Porcaro  
239-867-3400

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EOE-Drug Free Workplace





# Eight Tips to Begin a Healthy Lifestyle

**By Kenny Bayon**  
**1. Get On a Program**  
Have and obtain realistic short term goals while always striving for long term dreams of living and long and healthy life. Install an eight week program which includes three to four days of weight training.  
A minimum of eight to 12 exercises involving the major muscle groups should be performed two to three days a week. A minimum of one set of eight to 12 repetitions should be sufficient for most participants. For older or less fit people, 10 to 15 repetitions may be appropriate.  
Add one to two days of a sport activity to keep fit. This will help keep the motivation as well as keeping it fun. Remember without fun, it is very difficult to want to do it.  
**2. Diet**  
A person can train very hard, hit the weights, run up and down mountains and still not lead a healthy lifestyle. Why? Because diet is the key. You need to be aware of what you are putting into your body. You are limiting the benefits of exercise if you eat poorly. Remember, you are what you eat! Try to stay with the basics.  
The U.S. government has established a set of dietary goals to improve national health. The goals include: increasing carbohydrates to 55 to 60 percent of total calories, decreasing fat intake to 30 percent of total calories, with saturated fat being only 10 percent, decrease dietary cholesterol to 300 mg per day, reduce sugar consumption to 15 percent of total calories, and decrease salt consumption to about 3 mg per day.  
This also means that protein should provide 10–15 percent of total calories per day. If one of your goals of beginning a fitness program is to lose weight, including proper nutrition into your program is essential.

When you exercise, you will burn calories, but if you consume more calories than you burn during a day, you will gain weight. The only way to lose weight is to burn more calories than you consume. Dieting alone will not help you with long-term weight loss, keeping the weight off for the rest of your life. The most successful studies in terms of weight loss have been those that combined diet and exercise to optimize caloric deficit.  
The main message is to eat balanced meals and reduce high fat and high cholesterol meals. When you begin exercising, you may find your appetite changes and you may be hungrier during the day. This is normal. Just remember to make smart decisions regarding what you eat.  
Enjoying life is important, but as long as you are going to begin exercising, you should approach health from every angle, not just from an exercising angle.  
**3. Have Fun**  
If there was one that should be on top of the list it would be this one. Half of all people who start an exercise program drop out within the first six months. So what keeps the other 50 percent in the gym? No one magic method can keep you involved in the process.  
As researchers say, strong determinants of continued participation are self-motivation, behavioral

skills, spousal support, available time, access to facilities, perception of good health and high risk for heart disease. Yet one element remains prevalent throughout-enjoying what you do.  
**4. Convenience**  
Let's be realistic, after working an eight hour day, then to try to get to a gym which is miles out of the way does not make sense. A common reason for people not to exercise is the lack of convenient facilities.  
If you try to commute to your gym and it's a journey, then it's more likely that you will make excuses not to go rather to just get there and get the workout done. Just like you must be wary of limited hours or that the fitness center gets to crowded, time and convenience must be addressed.  
**5. Keep a Record**  
Try and keep a record of what you do and what you have accomplished. The log can contain start-up information such as bodyweight, measurements, resting blood pressure, cholesterol level, daily calorie intake and resting heart rate.  
This self monitoring technique helps you stick to your program and gives you visual feedback as well as an accurate record of your progress toward your goals.  
**6. Stay Focused**  
As we all know, life is all about choices and the ones we make can outcome how our lives are lived. Exercise is a choice and a very important one as well. Not only will this affect you but the loved ones that surround you.  
Living a healthy lifestyle, eating well and training are all important choices that have to be made so that you can live a long and happy life. Remember, its not all physical, mental stress can be a downfall as well, that's why it's important to stay positive and keep a clear state of mind.  
**7. Be Realistic**  
If you're a beginner, you can expect your initial experiences to be a bit uncomfortable. Meaning, you're putting your body though activity probably never done before and there will be some awkwardness doing exercises.  
Soreness is to be expected, even if you're just stretching or walking on the treadmill. Never doubt yourself or the reasons for doing it because in the long run it will pay off. Remember, you are only rich if you have your health!  
**8. Stretching**  
In all the talk about resistance training and cardiovascular fitness, the third essential of fitness—flexibility—can get lost. The importance of flexibility prompts disagreement in the exercise field. But the idea of stretching has been recently endorsed by the American College of Sports Medicine, and growing evidence seems to indicate that a proper stretching program can increase flexibility around a joint and reduce frequency and intensity of injuries.  
A good five to 10 minute warm-up and another five to 10 minutes at the end of your exercise session should suffice. If you only have time for one stretch session, do it after cooling down, while your muscles are still warm. Hold each stretch for up to 30 seconds while breathing naturally. Stretch your legs, lower back, calves, arms, shoulders, chest and neck.



BEFORE: Yvonne Courtney in 2002.

## It Can Be Done: A Tale of Success

### Yvonne Courtney's Dramatic Weight Loss

**By Kenny Bayon**

Yvonne Courtney, Seminole Tribal citizen and resident of the Hollywood reservation, has fought many battles but the one she is fighting now may save her life. The fight she is dealing with is the addition to food. Her weight was at an all time high, 281 pounds.

Physically, her knees and ankles were becoming a burden to even walk. So much so, that she had to have surgery on both ankles and on her right knee.

In Nov. 2005, Yvonne was searching for help in her struggles to lose weight. It was so bad that she was having flashbacks of her mother, Charlotte Osceola, lying in bed with both legs amputated at the end of her 50 year battle with diabetes that led to her death.

Yvonne desired a quick fix and went to see a specialist seeking gastric bypass surgery. Gastric bypass, which changes the anatomy of your digestive system, with a limitation of the amount of food you can eat and digest. Generally, gastric bypass surgery is reserved for people who are unable to achieve or maintain a healthy weight through diet and exercise, are severely overweight, and who have health problems as a result.

Gastric bypass may be considered if your body mass index (BMI) is 40 or higher, meaning extreme obesity, or your BMI is 35 to 39.9, labeled obesity, and you have a serious weight-related health problems such as diabetes or high blood pressure or high cholesterol.  
In gastric bypass, the surgeon creates a small pouch at the top of your stomach and adds a bypass around a segment of your small intestine. The surgeon staples your stomach across the top, sealing it off from the rest of your stomach. The resulting pouch is about the size of a walnut and can hold about an ounce of food.

Late January 2006, she spoke to her son, Tony Tommie about it, he knew he had heard bad things about the surgeries and went on the computer to research. He found out that it was more dangerous than promising. Coincidentally, he was wrote a research paper about the subject for school. He attends Le Cordon Bleu, a culinary school in Miami.

He showed these stats from the surgeries to his mom. Some of the stats included a high death rate and other complications that can occur from this.

Tony stated, "Mom, you have beaten alcohol and drugs, you can beat this as well." Tony also stated, "I'm going to be there for you and help you beat this weight gain situation."



Photo submitted by Kenny Bayon

AFTER: Yvonne Courtney today.

The date of Feb. 4 was the beginning of her personal struggle to win her life back. Yvonne was searching for a better way of life because she saw that her body was out of control. Ever since she overcame drugs and alcoholism; it was time for her to take charge over her physical body. She began her first weight loss program, Food Addicts Anonymous.

These programs evolved disciplining herself to weigh and measure food and to make better choices in what she ate. Some of the food she cut out of her daily diet was sugar, flour, wheat and caffeine. The biggest obstacle she had was that she couldn't dine out for 30 days. All meals had to be prepared at home. In 30 days, she lost 30 pounds.

Yvonne was still unsatisfied with way she looked and felt. As fate has it, one night Tony was in Yvonne's backyard using her treadmill without her knowledge. She asked him what he was doing there so late at night. He introduced her to the book Body for Life, by Bill Phillips. He was already on the plan and was getting results. Yvonne and her husband Bryan were curious and decided to join Tony in his workouts.

"I hope she can inspire others to work hard and reach their goals," said Tony. "I'm very proud of her and that she continues the great work she has done."

She even won first place at the Hollywood reservation's weight loss contest.

Yvonne stated, "My spirit is prospering, but my physical body was out of control, then I received a revelation from the Lord and sought knowledge, so that I may better myself to carry the gospel of Jesus Christ, who gives me total freedom, physically and spiritually. I praise and love the Lord with all my heart, spirit and body, because he loved me first, I truly love him today and forever. God will not withhold any desires of my heart as long as I stay obedient to him and will not turn me over to my enemies, which are diabetes, cancer or any diseases, because the Lord is my deliverer, my salvation. I am truly a miracle where God receives all the glory and praise."  
A scripture that has inspired Yvonne is from the Bible (KJV) was *III John 1:2 Beloved*, "I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

Yvonne would like thank her husband Bryan, her son and his wife Tony and Andrea, her grandson Miracle, her friends Dennis and Barbara. She would also like to thank her church, House of Prayer Full Gospel Church, for teaching the whole truth about the Bible and giving her total freedom in life.

## Tribal Weight Loss Contest Results

**Submitted by Kenny Bayon**  
Tribal Women: 1. Francine Osceola, 2. Janine Cypress, 3. Reina Micco; Tribal Men: 1. Happy Jumper, 2. Aaron Billie, 3. Chris Osceola.  
Tribal Senior Women: 1. Yvonne Courtney, 2. Virginia Mitchell, 3. Judy

Jones; Tribal Senior Men: 1. Moses "Bigg Shot" Jumper.  
Tribal Employee Men: 1. Larry Labazio, 2. Jack Vancott, 3. Chris Jenkins; Tribal Employee Women: 1. Rhonda Motlow, 2. Beverly Davis, 3. Rhonda Moffett.

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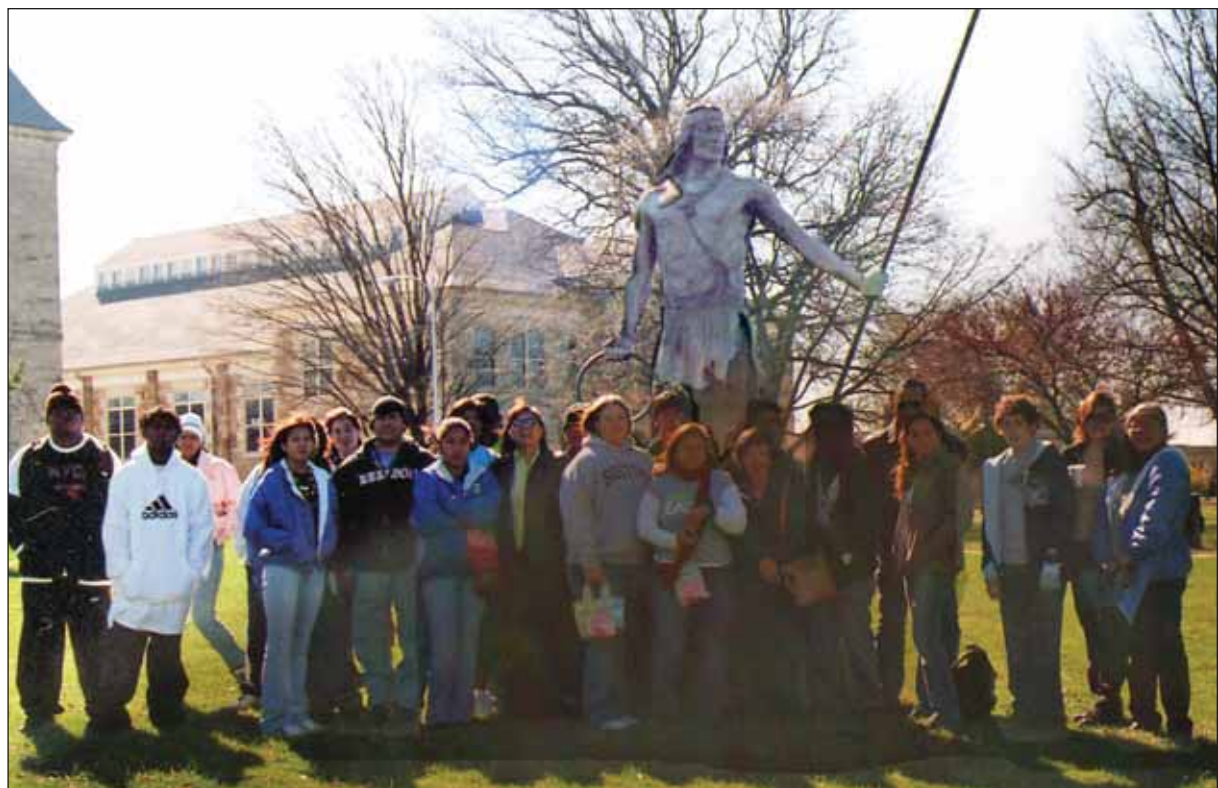
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## Education ♦ Emahaayeeke ♦ Kerretv



Seminole Students visit Haskell Indian Nations University in Lawrence, Kansas.

### Seminole Youth Visit Haskell Indian Nations University

By Linda Iley, Higher Education Advisor

**LAWRENCE, KS** — The Higher Education Program of the Education department brought 14 high school students, together with their respective parent-chaperons, to visit Haskell Indian Nations University in Lawrence, Kansas, on March 31.

The cool and windy weather had everyone in jackets in contrast to students at the university who had summer attires! They were probably wondering what planet we all came from!

The 14 students from three reservations (Hollywood, Brighton, and Ft. Pierce) are: Cody Billie, Summer Billie, Amber Craig, Christian Osceola, Shelli Osceola, Victor Osceola, Ceejae Smith, Stephanie Smith, Ashley Spencer, Kelsey Spencer, Calvin Tiger, Jr., James Tiger, Jr., Marty Tommie, and Marty Tommie, Jr.

They were accompanied by parents, Camella Osceola, Jennifer Osceola, Vinson Osceola, and Marty Tommie, Sr. Leading the group was Louise Gopher, Education director with Linda Iley, higher education advisor and Tony Bullington, Brighton intervention specialist.

The Seminole students were warmly welcomed by the University President, Dr. Karen Swisher, and Patti Grant-Orosco, student recruitment and placement specialist.

Different speakers followed to talk on pertinent information about Haskell. After a lunch treat by the university, our students attended academic sessions

on American Indian studies, business, education, and environmental science. These sessions provided the students with an overview of the programs and the opportunity to meet with some deans and professors.

A tour of the campus followed next and the students got a chance to see the different buildings and rooms in the dormitories. As we walked through the campus with our tour guide, Miss Haskell Tiffany Dawn Stuart, we heard interesting historical accounts and updates on school activities.

It was a good opportunity for the students and parents to check out the school and what it offers educationally and culture-wise. We learned that Haskell Indian Nations University, established in 1884, is the premier national intertribal university, with a student population of almost a thousand. The student body is comprised of American Indian and Alaska Native students from 130 different Tribes. Its culture and diversity makes Haskell so unique compared to other universities in the nation.

The visit ended with a very personal and informative sharing by Lisa Tiger on the problem of AIDS. She was an epitome of strength, honesty, and hope. The Seminole students thoroughly enjoyed the trip. It was also an opportunity to bond with each other as they traded stories and shared some interests. They wished they had another day!

We hope that one of them will go back to Haskell Indian Nations University and pursue his or her higher education goals.

### Congratulations to Parenting Class Graduates

By Susan Etzebarria

**BRIGHTON** — Ever wonder how to discipline your child in a way that gets positive results? Ever wonder how you can make it through the day, with all the chores, cooking and shopping and still have time for the kids? Ever feel guilty when your anger gets the best of you and you feel like screaming? Well, relax, help is on the way.

Parents at Brighton are getting extra guidance and support with the new program under the umbrella of Family Services called Family Preservation. There are many good parents within the Tribal community, said Ted Nelson, director of the Family Preservation.

skills. She described the class discussions as lively and informative with students giving and receiving support from one another.

"These graduates have gained insight into their parenting methods and skills," she said.

The class is compulsory for parents who want to be foster parents.

"The Tribe has a great need for caring individuals and families to foster children of all ages and circumstances," Martin said.

"Our Tribe has always had a natural child protection system," said Nelson, who added that Tribal citizens have always taken Tribal children into their homes when needed. "You've got to be a special person to take care of children whether they are yours or someone else's."

What Family Preservation wants to do is develop standards of care that will be similar to the State of Florida's standards for foster care but with a significant difference. While the general theories of child rearing come from the mainstream fields of psychology and education, the Tribe's Parenting Class includes Tribal culture so that the Seminole way and tradition is respected.

"It is the first time we have tried this," said Nelson. "This class is meant to be a springboard for these types of classes at other reservations."

Nelson spoke to the guests and families at the graduation.

"If you sit through all these classes it will have an effect on you, hopefully a positive one."

He called on Martin for a few words. She thanked all the graduates who attended the classes and offered a few additional comments.

"It takes a lot of courage to admit you don't know all the answers," she said. "What happened was like magic because of all the love and support the parents gave each other."

Then Nelson gave each graduate a certificate. The nine students who are the first to participate and graduate included Holly Billie, Alice Sweat, Mary Alice Smith, Jodi King, Karilee Bowers, Billy Bailey Jr., Claudia Olivarez, Joe Olivarez and Carolee Nelson.

"Raising foster kids is totally different from raising you own kids," said foster parent Mary Alice Smith.

"You're never too old to learn new parenting methods," said Sweat, a grandmother who has the heart to provide a home for foster children while also working full time for the Tribe.

Nelson had a surprise for Alice Sweat. She was selected for a special Appreciation Award. The plaque presented to her had the following inscription: "Our Seminole children must never lose their spirit for building a better world. Thank you for instilling in our youth a strong community spirit and encouraging them to be active participants in their destiny."

It was signed on Jan. 25 by the Seminole Tribe of Florida Family Services department.



Susan Etzebarria

Graduates Nancy Smith, Bill Bailey Jr., Jody King, Holly Billie, Alice Sweat, Instructor Pam Martin and Director Ted Nelson.

"But, many want to be better parents and we are hoping some parents will also want to be foster parents," Nelson said. "We want to keep families together and that's what we are all about. We need to be committed to our children."

To fulfill their mission the Seminole Tribe Parenting Class is being offered. The first class started at Brighton where it is being developed as a model for all other reservations. It is a two hour class one day a week for 10 weeks. As soon as one Parenting Class ends another one starts. The Parenting Class is designed to assist all parents and especially those foster parents who have taken on tremendous responsibilities providing for children in need.

On April 25, a celebration was held at the Brighton Field Office Auditorium honoring the first graduating class with presentation of certificates, refreshments and door prizes.

"This culturally sensitive program on how to understand and help children reach their full potential, and to be more effective parents, has been a great success. These students have gained insight into their parenting methods and skills," said the class instructor and early childhood education specialist, Pam Martin, PhD.

Martin, who moved here from Canada to work for the Tribe, can only be described as a warm and caring person. She was selected because of her experience and background in teaching parenting





Culture staff help prepare lunch.

Emma Brown

## ❖ Pull-Out

Continued from page 1

Vincent Osceola and Victor Osceola gathered the boys under one chickee to teach them proper carving techniques. Finally, under another chickee Joanne Osceola facilitated Creek language acquisition bingo. This class was designed to test the student's knowledge of the Creek language.

It was a full day of culturally fun learning activities and the students did not seem to know that learning their culture could be so much fun without realizing how much work it can be. This day was designed to have a more realistic approach to teaching the Seminole culture to the students and to give the students hands on experience with their tradition which in turn created much more involvement on behalf of the students.

The Pull-Out program's culture

day was a big success and credit is due to all of the language and culture staff that made this successful event possible for the students of the Brighton Pull-Out Program.



Girls learn how to prepare frybread.

Emma Brown

## Pull-Out Holds School Spelling Bee

By Emma Brown

**BRIGHTON** — The Brighton Pull-Out Program held their second school spelling bee on May 5.

The Pull-Out spelling bee is conducted similar to a regular spelling bee except the words given to spell are all Creek words. This makes the spelling bee much more challenging because the students are asked to spell words like esco-neckv (truck), nakhoce (paper), emaliketv (clan), and oponayet (talk).

Traditionally a word is spelled like it sounds, but that is not the case with Creek words. Students were given study sheets and were asked to study the words to prepare for



(L-R) 2nd grade winners- Trista Osceola, Tyra Baker, and Donovan Osceola.

Emma Brown



(L-R) 1st grade winners-Sean Osceola, Elijah Billie, and Bethany Billie.

Emma Brown

the Creek spelling bee. Each class, kindergarten through fifth, participated in the competition and three winners are chosen from each group of students.

A great deal of hard work and studying must be put into the spelling of each one of the words; so each winner has definitely earned the title. Jenny Shore and Joanne Jones, teachers in the reading and writing class, have done an outstanding job holding the spelling bees to test the student's ability to spell the Creek language.

The goal of the Pull-Out program is to teach the students how to speak, spell and understand the Creek language and by listening to the spelling bee competition they are doing a great job.

## Seminole Tribune at Career Day



**NORTH MIAMI** — On April 21, *The Seminole Tribune* editor Janice Billie took part in Career Day at Greynolds Park Elementary School.

At the request of a first grade teacher Ms. Bonnie Greenfield, Billie had the opportunity to visit a class of each grade and share information on her job, the Seminole Tribe's publication and the Tribe itself.

Greynolds Park Elementary educates students from kindergarten to fifth grade. Billie had the opportunity to visit a class of each grade and share information on her job, the Seminole Tribe's publication and the Tribe itself.

## FIYP Meets With Brighton Students

By Emma Brown

**BRIGHTON** — On May 2 Bob Kellam from the Florida Governors Council on Indian Affairs came to meet with Brighton students who are eligible to attend the Florida Indian Youth Program (FIYP) in Tallahassee, Fla.

The FIYP is the only formal course in Tribal government for young people east of the Mississippi River. It is two weeks long and held each summer on the campus of Florida State University. Students also have courses in writing, math, computers, career and job skills, and many other subjects.

These two weeks also give students a chance to network among other Tribal citizens from other reservations, which sometimes gets lost in today's society. This program is open to tribal citizens and descendants from ages 14 and older. There are even positions for students age 19-27 in the FIYP Indian Youth Facilitator Program.

Anyone interested in learning more about FIYP should call their respective Education department representative for more information.



FIYP meets with kids

Emma Brown

## Paid Tribal Summer Internships Available

Submitted by Jasmine Porter, Adult Vocational Administrator

The Seminole Tribe of Florida's Family Services department welcomes back The Summer Youth Work Experience and Internship Program from June 5–Aug. 4.

This two-month program is designed to provide paid internships and work experience for high school and college Seminoles (and other Native American) students. Those selected will work within the Seminole Tribe of Florida, gaining meaningful employment experience and knowledge of the workings of the Tribe.

The program provides for flexible scheduling, competitive wages, and a variety of employment opportunities.

Seminars will be held during the summer work program calendar on professionalism, resume building, and successful interviewing.

Applications can be found at the Tribal Headquarters Office in Human Resources, any Education department office, and the Family Services department offices. Application deadline is May 22. For any questions on the application, please call (954) 965-1300, Ext. 175.

The Summer Youth Work Experience and Internship Program is sponsored by the Family Services department's Adult Vocational Programs. Please return all applications to Jasmine Porter, Adult Vocational Administrator, Family Services Department, 3006 Josie Billie Ave., Hollywood, FL 33024. (954) 965-1300, Ext. 175.



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**5. Ingram Billie** - Brother of Josie, also a Powerful Medicine Man - *Vanilla & Hazelnut*

**6. Laura Mae Osceola** - Instrumental in getting Federal Recognition of the Seminole Tribe - *Dark Chocolate & Banana*

**7. Joe Dan Osceola** - Youngest elected President & First Ambassador - *Almond & Dark Chocolate*

**8. Fred Smith** - Longest serving Tribal President - *Dark Chocolate & Mint*

**9. Jim Shore** - Longtime General Legal Counsel of the Seminole Tribe - *Dark Chocolate & Raspberry*

**10. Betty Mae Jumper** - First Chairwoman of the Seminoles - *Apple & Cinnamon*

**11. James Billie** - Longest Serving Elected Chairman of the Tribe - *Vanilla & Caramel*

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**12. Priscilla Sayen** - Long time Respected Tribal Secretary - *Irish Cream & Hazelnut*

**13. Howard Tiger** - First Military person Elected President, Organized sports programs for the Seminole Youth - *Dark Chocolate*

**14. Mitchell & David Cypress** - Brothers and Leaders from the Big Cypress Reservation - *White Chocolate & Caramel*

**15. David DeHass** - Hollywood Representative - Board - *Dark Chocolate & Coconut*

**16. Moses Osceola** - President of the Seminole Tribe - *Irish Cream & Dark Chocolate*

**17. Roger Smith** - Brighton Representative - Council - *Dark Chocolate & Vanilla*

**18. Paul Bowers** - Big Cypress Representative - Board - *Caramel & Hazelnut*

**19. Johnny Jones** - Brighton Representative - Board - *Dark Chocolate & Preline*

**20. Howard Tommie** - 2 Term Elected Chairman, Introduced Seminole Bingo - *Dark Chocolate & Honey*

**21. Mike Tiger** - Former Director of Indian Health Sys & current Treasurer - *Half and Half, Sugar and whipped cream*

**22. Winifred Tiger** - Helped Seminole Youth stay in School, graduate and go to college. - *English Toffee & Vanilla*



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2006  
Seminole Tribe  
Sports Festival

Thursday, May 25, 2006  
Banquet

Bonaventure Resort  
Global Ballroom A  
6:30 pm

Friday, May 26, 2006  
Pool

Bonaventure Resort  
Global Ballroom C & D  
Men's/ Women's 8-Ball  
\$10 Entry Fee  
Register 10:00 – 11:00 am  
Shoot @ 12:00 pm

♦

Bowling

Pembroke Pines AMF  
Bowling Lanes  
Teams – 12 – 9:00 p.m.  
\$64.00 per 4 Person Team

♦

Co-Ed Slow Pitch Softball

Hollywood Recreation Softball Complex  
To Register a Team Call (954) 989-9457.  
Registration Fee \$250.00 per team

Saturday, May 27, 2006  
Pool

Bonaventure Resort  
Global Ballroom C & D  
Men's/ Women's Team 8-Ball  
\$10 Entry Fee Per Person  
Register 10:00 – 11:00 am  
Shoot @ 12:00 pm

♦

Bowling

Pembroke Pines AMF  
Bowling Lanes  
Singles – 12 – 9:00 p.m.  
\$16.00 per Person

♦

Co-Ed Slow Pitch Softball

Hollywood Recreation Softball Complex  
To Register a Team Call (954) 989-9457.  
Registration Fee \$250.00 per team

Sunday, May 28, 2006  
Pool

Bonaventure Resort  
Global Ballroom C & D  
Men's/ Women's 9-Ball  
\$10 Entry Fee  
Register 1:00 – 2:00 pm  
Shoot @ 2:15 pm

♦

Bowling

Pembroke Pines AMF  
Bowling Lanes  
Men & Women's Doubles  
Mixed Doubles  
12 – 9:00 p.m.  
\$32.00 per Team

♦

Golf

Bonaventure Country Club  
4 Man Blind Draw  
Register 8:00 a.m.  
9:00 a.m. - 18 Hole Shot Gun Start  
\$20 Entry Fee Per Person

Monday, May 29, 2006  
Golf

Bonaventure Country Club  
3 Person Teams  
Bring Your Own Team!  
\$20 Entry Fee Per Person  
Register 8:00 a.m.  
9:00 a.m. - 18 Hole Shot Gun Start  
See Map For Directions  
Have a Safe Trip Home!

Ethan Cypress Plays In All-Star Football Game

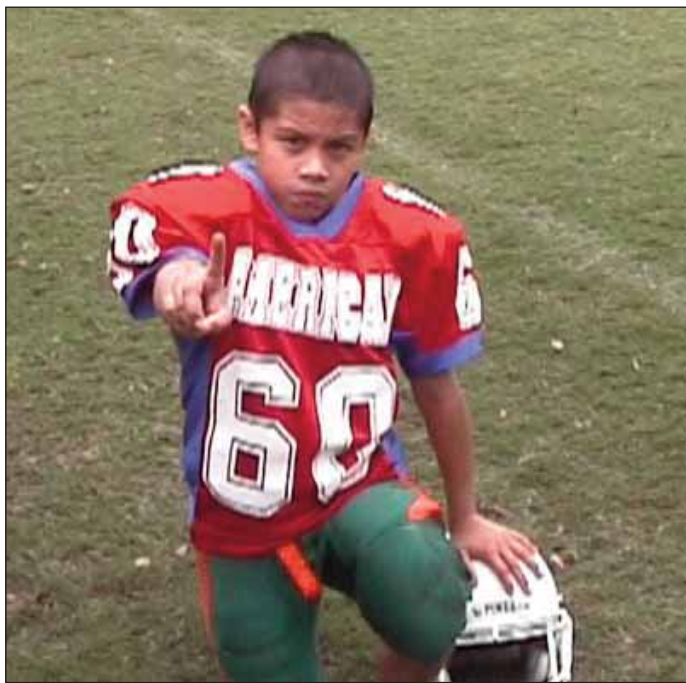
By Kenny Bayon  
PLANTATION, FL — Seminole Tribal citizen and Hollywood resident Ethan Cypress was chosen to play in the Broward County allstar football game, which was held in early December. The nine year old played nose guard on defense in the game at American Heritage.

He played the season at Pembroke Pines Optimist. Ethan has only played two years of football.

"It was a reward for me. I thought I had a pretty good year," said Ethan. "I was a little nervous when the game began but once I started playing I wasn't anymore. It felt great."

His parents, Katie and Jason Cypress are his biggest fans. They said they make it to every one of his games.

"Ethan's best attribute is his desire," said mom Katie.



Ethan Cypress

Kenny Bayon

"He will go outside and just shoot the basketball before school and even on the weekends on his own. I have to go outside and get him personally because he will just stay there all night if we let him."

Ethan is a second grade student at Hollywood Christian. His favorite subjects in school are math and language. Other sports he participates in include baseball and basketball.

He plays on a 10 and under baseball team for the Hollywood Seminoles. As for basketball, he plays a 10 and under at Big Cypress reservation. He enjoys watching sports and cartoons on the television.

He loves to eat spaghetti and pizza. He listens to country music such as George Strait and Alan Jackson. His favorite movies are the comical "Scary Movie" series.

Men's Basketball League Play Wraps Up

By Kenny Bayon  
HOLLYWOOD — The Hollywood men's league wrapped up there league play on April 20. The night began with the number one ranked horseman team playing the fourth ranked Cavs team.

The Horseman took a 39-27 half time lead with the scoring outside scoring of Quinn James who hit four three pointers and inside power game of Marvin Augustine who scored nine which included some power dunks. The Cavs were led by Jarron Jones, who had 13 first half points.

The second half was more of the same as the Cavs attempted to make it a close game with the help of Jones nine second half points but it was the top ranked Horseman who showed their muscle with Sharod Hernandez's 15 second half points leading the surge and pulled away with a 70-55 victory and secured their spot in the finals.

The second game was to play their way into the finals against the top-ranked North team. It pitted the third ranked Hollywood Sem Rec team against the second ranked ECC. ECC came out on fire and took a quick 14-2 lead with only a

few minutes into the game.

This is when Sem Rec woke up from their sleep and rampaged ECC with a 19 point turn around to take a nine point halftime lead 47-38.

Led by long range sharpshooter Tony Heard's 19 and both Jerome Davis and Marl Osceola chipped in with nine first half points. ECC was led by James Winford 17 first half points.

The second half began with Sean Doherty hitting back to back threes while Tony Heard kept up his long range attack with 11 but it was Jerome Davis that led the charge with 21 second half points. James Winford finished with 32 points.

The second half was just a close battle that turned into a blow out as Sem Rec dominated the second ranked ECC 93-73 and make their way to the championship game.

The championship game was set as the top ranked Horseman and third ranked Sem Rec face off for the title. Sem Rec came out on fire as Tony Heard led the team with 11 and Jerome hit for 10 first half points but it was the balanced offense of the Horseman that gave them the 38-35

halftime lead. They were led by Cherry Robbins 11 and Maurice Troupe eight first half points.

The second half was a whole different story as Big Moe began the half by scoring nine out of the first 12 points. After that it was the Sem Rec's three point barrage that put them out in front as Carlos, Tony, Sean and Big Moe hit a string of 6 straight threes.

The Horseman made a furious comeback as Maurice Troupe found his long distance strike and hit four three pointers but then Tony hit six out of the next eight points.

The Horseman came back to cut the lead to one point. Sem Rec had to go to the foul line and make free throws to ice the deal. They made 11 straight to come away with an 84-79 victory.

Tony finished with 26 points followed by Big Moe with 16 but it was the swarming defense by the rest of the team which included Jerome Davis, Marl Osceola, Pete Osceola, Carlos Admonson and Sean Doherty to come away with the championship.

Tribal Citizen Competes in Tae Kwon Do

On Feb. 20 Everett Youngblood, son of Kelly and Kimberly Youngblood of the Brighton Seminole reservation, enrolled in the Luis Maisonet Tae Kwon Do in Moore Haven, Fla.

At first Everett seemed to be a little shy, but soon overcame that shyness as Mr. Maisonet a third degree black belt and also owner and chief instructor worked during the training cycle. Using basic exercises and proper techniques, Everett sure caught on pretty fast and learned his form and one step in no time.

On March 18, the Tae Kwon Do America held its National Tournament in Orlando, Fla. with students from all across the country

coming to compete. In the Jr. Division for white belts Everett received a gold medal in sparring and a copper medal, (for fourth place) in forms.

Everett did an outstanding job considering this is his first tournament and he only had 3 weeks of training.

On April 7 Everett passed the belt rank testing and received his yellow belt. He also received the outstanding athlete award, given to him by Mr. Maisonet for his outstanding performance and dedication for this training cycle.

Keep up the good work Everett!!!

Love,  
Mom, Dad and Daylon



Photo by Quincy Maree Sampson

Mr. Maisonet and Everett Youngblood stand proudly, as he shows certificate.

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# N.I.A.A. Basketball Tournament

**By Tony Heard**  
**HOLLYWOOD** — April 21 was the day all the action would begin this year for the Indian National Basketball tournament. Hosted this year by the Tribal Council and Recreation department, everyone was looking forward to great games all weekend. The brackets this year consisted of a few new teams, but many of the teams that participate every year.

The N.I.A.A basketball tournament



Lila Osceola

Seminole Rec plays defense on a red hot Itausha team in the championship game.

ment is a one that brings many different types of natives all over United States, together to have fun and play this wonderful sport. Many teams play in other tournaments and leagues all year long to prepare for this tournament.

Others simply get a few guys together, make travel arrangements, and go play some ball. Either way, the weekend of this tournament always brings a lot of excitement and intensity

The brackets this year on the women's side consisted of eight teams; Team Arizona, Lady Swoosh, F.R.O.G, Sundown, Quickfire, A&M, Seminole Rec, and the Panthers. All the ladies came to represent their respective tribe, state and

game had reached the eight minute mark the Sundown ladies couldn't get down the floor anymore. F.R.O.G were scoring lay-ups, whether on the fast break or from penetration in the half court.

The Sundown ladies were fatigued and winded, they could not take care of the ball or keep the other team from scoring. This resulted in F.R.O.G getting the win and advancing on to face Team Arizona in the next round.

The final first round game on the women's side of the bracket was Seminole Rec versus Panthers.

The Panthers made their first three shots, unfortunately the Seminole Rec team was already up by twelve before that hap-

schedule was Trail Kings versus MBCI in a game that was sure to be intense and up tempo. The MBCI team came out and went on a 14-2 run to begin the game and held onto that lead the entire game. Around the nine minute mark in the second half Trail Kings looked as though they wanted to chop away at the lead and make a game of it.

Then two Trail King turnovers and two MBCI three-pointers pushed the lead to a distance that Trail Kings could not recover from. The win sets up a match-up between MBCI and Razorsharp in the next round.

On the other side of the bracket Seminole Rec met up with the Southside Shockers, a team comprised of local natives and a few guys from out of town also. The Seminole Rec team was pretty consistent with the players they had on the roster, with the addition of two players.

The game started off fast-paced and wild, the Seminole Rec team came out playing tenacious defense and caused the Shockers to commit turnovers. The Shockers made a valiant effort by going on a few runs but could never string together defensive stops. Seminole Rec withstood the runs by the Shockers to claim their first victory.

The game following that was the Brighton team and Itausha men taking the court. Itausha had all the size and the Brighton team possessed majority of the speed. It was interesting to see how the two teams were going to try and use their strengths to their advantage to claim this win.

Brighton wanted to push the ball down the court and try to score baskets before the Itausha defense got set up. This worked for the first 12 minutes of the game then Itausha began to hustle back on defense, stopping the easy buckets, and throwing the ball inside.

The second half belonged to Itausha, they stayed with their game plan of throwing the ball inside and crashing the offensive boards. This formula proved to be the one that would sent Brighton to the loser's bracket. Itausha advanced and had to face Seminole Rec the next round of play.

On the road to the championship Team Arizona and team F.R.O.G were ready to battle it out to see who would move on to the semi-finals. Both of these

put the ball in the hole from anywhere. This game was going to be determined by which team played better defense and

were more patient and careful with the ball.

Fatigue may have had something



Kenny Bayon

Seminole Rec had a good run, but fell short and placed Runner-up.

which team took care of the ball better.

Throughout the game each team had its respective scoring runs, but in the end it was the MBCI team that put together a few stops and made a couple more key shots. This enabled them to pull out the win and move onto the semi-final round where they would face the Seminole Rec squad.

The Seminole Rec team made it to the semi-finals by way of defeating Itausha in a close hard-fought game. Seminole Rec simply moved the ball better and made shots. Itausha played well but missed a lot of shots in the second half that surely had an effect on the outcome of the game. Great sportsmanship was displayed and both teams played with tremendous energy.

The women's side of things was

to do with that, but neither team was running as much this time around. The game was still full of great plays and huge shots from both teams. Seminole Rec fought hard but the combination of speed, defense, and rebounding is what won the game for Quickfire.

Relentless on the boards Quickfire was getting at least two or three shots each possession. That was only if they were not throwing the ball long for a fast break. In the end Seminole Rec didn't have enough bodies to compete with the running style of Quickfire. Granted Seminole Rec played them tight and made Quickfire work for the win. Quickfire was the better team this time around and played like it in the championship game.

The men's championship was a



Kenny Bayon

Seminole Rec sponsored team brought home 2nd place after getting 3rd place the year before.

team. All of the first round match-ups were good games.

Team Arizona got a convincing win over Lady Swoosh and advanced to the next round. Team Arizona came out and seemed more focused and ready to play by rotating and getting defensive stops, and moving the ball crisp and efficient on the offensive end. Lady Swoosh made them work for the win but Team Arizona was up to the challenge.

Quickfire got off to a quick start and captured a victory over A&M on the other side of the bracket. Quickfire thought they had an easy win but A&M fought back to make it interesting until about three minutes to go. The game was back and forth, it seemed as though neither team could play defense. Granted both teams were playing good on offense, moving the ball well and making shots.

Quickfire went on a surge that sealed the win for them and moved them on to the next round. Sundown and

pened. Panthers played until the end, but the Seminole Rec team controlled the game from the tip until the final whistle. By earning this win the Seminole Rec team moved on to face Quickfire in the next round.

On the men's side of the bracket Big Cypress and Razorsharp got the pleasure of matching up against each other. The game was not full of many surprises, just good basketball. Both teams were moving the ball on offense, driving to the hole and finishing the play or passing it out to a teammate for a shot.

Razorsharp had a few more shooters than B.C. and got a few defensive stops and went on a barrage of runs that gave them a commanding lead with five minutes left to play in the game.

B.C. played hard but was simply outmatched this time around. Razorsharp got the victory and now waited to see who their opponent would be.

The next guys' game on the

winner's bracket.

On the other side of the bracket Seminole Rec and Quickfire were two teams that are familiar with each other always play each other tough. This game followed the pattern of the last game, a very high intensity level and a lot of action. Quickfire tried to press some in the first half but the Seminole Rec team was not letting it effect them. Two or three passes and Seminole Rec was shooting an easy shot. This was the main reason the game stayed so close—because Seminole Rec was not stepping up to the task on the defensive end.

The second half was much different. The Quickfire team brought the defensive pressure back to halfcourt to keep Seminole from getting more easy baskets. Seminole Rec could not take care of the ball and began to miss shots that they were making in the first half. Quickfire had control and then Seminole Rec came roaring back, only down one with less than 30 seconds to go.

Moving the ball and looking for an opportunity to score, a turnover is what happened. Quickfire trapped the ball, got the steal, and got fouled going in for the score. The player stepped up made the freethrows and then Quickfire went down to the defensive end and got a huge defensive stop to steal the win for them.

On the other side of the spectrum the men were ready to play and compete to keep moving forward and get closer to claiming the championship. Razorsharp and MBCI faced off and had a heated match-up. Both teams had size and speed, and both teams had players that could

getting wild, F.R.O.G and Quickfire were ready to face off in the semis and this was a match-up many spectators were looking forward to. F.R.O.G jumped out to a big lead by shooting the ball unbelievable from the three point arch. Quickfire was not going to let the game get out of hand so they decided to begin sinking shots from long range too. Back and forth they went each team waiting for the one chance to pull away.

The way these two teams were shooting the ball from long range, no lead was safe. Quickfire went on a surge late to get a slight cushion; F.R.O.G tried to comeback but didn't get the shots to drop late in the game. Quickfire held on for the win and moved on to play in the championship game.

The men's semi-finals was a match-up that is always heated and intense, Seminole Rec was playing MBCI to see who advances to play in the championship. The game was like a track meet, both teams were trying to get the ball up and down the court like there was a fire drill going on. Sporadic at times, both teams turned the ball over a bit more than usual and missed shot they usually make.

It must have been nerves because in the second have both teams got more focused and began looking calmer. MBCI wanted to exploit the size difference and force the ball inside against the undersized Seminole Rec team. That planned worked until Seminole Rec began doubling the big men and the guards for MBCI started missing shots on the pass out.

This led to fast break points for the Seminole Rec team. A few quick baskets gave them an edge with the game closing in on the two minute mark. Freethrows and taking care of the ball ended up being the deciding factor in the game. MBCI tried to pull off the come-from-behind win, but Seminole Rec held them off with team defense and great free throw shooting. Seminole Rec collected the win and was moving onto the championship game and the MBCI team had to take the back door but could still meet Seminole Rec again in the finals.

The championship game between Quickfire and Seminole Rec was a rematch of an earlier game in the tournament. Seminole Rec was looking for revenge and Quickfire was looking to stay undefeated. The game was not like before; both teams

battle with Seminole Rec and Itausha taking the court. These two teams had also faced each other in the tournament, so they knew each other a little better now. This fact played no role in the way the game went. Both team were giving it their all, it was obvious neither team wanted to come up on the short end of the stick.

Throughout the game each team made mistakes and each team made excellent basketball plays also. Watch a game like this one, one thinks, I sure do hate someone has to lose this game. I mean it was just a good game to witness, and be a part of as a native. As exciting plays kept



Tony Heard

Dionne Jacobs protects the ball, while the swarming defense of Quickfire traps her in the corner.

taking place the game was almost over and Itausha had pulled away some.

Seminole Rec stayed determined and were within three points with two minutes to go. But the size and shooting of a talented Itausha team seemed to be the downfall for the Seminole Rec team. They could not get over the hump and ended up losing to a much deserving Itausha team.

Awards that were presented included: Sportsmanship: Men's: Trail Kings, Women's A&M; Hustle: Men's: Brandon Stevens (Itausha), Women's: Amanda Carlo (F.R.O.G); MVP: Men's: Gary Parker Jr. (Itausha), Women's: Laura Hamilton (Quickfire).



Kenny Bayon

Itausha, California team stole the championship from hometown team, after coming out of loser's bracket.



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## NAYO

Continued from page 1

Tommie along with coaches Carlos Adamson, Eddie Redd and Tim Thomas.

**Game 1 vs. Carthridge Boys**

The Hollywood Seminole boys were off to a hot start. Greg Carter began the game with seven first period points as well as baskets by Jerome Davis and Deforest Cater to take a 17-7 first period lead. The second period was dominated by the Seminole defense. Every player from the Hollywood Seminole's made it difficult for opposing teams to score points.

Jerome Davis led the second period surge as he made his presence felt by driving the ball to the basket. He scored on lay-ups and slam-dunks that seemed to take the steam out of the opponent. One of the dunks was so fierce that it had the entire gym on their feet. The dunk was off of an offensive rebound over a Carthridge player. Jerome made a no look pass to Troy Billie to end the half with a 30-17 lead.

Robert Osceola started the third quarter with a three pointer, which was followed by a Kelsey lay-up and two Jerome lay-ups. This extended the lead to 18 to end the third. Greg began the forth with a three but it was the hustle by Joseph Osceola that highlighted the period.

Joseph missed a lay-up but did not give up on the play and stole the ball from the opposite team. He then quickly passed the ball to Greg outside the three point line and fired a pass to Jasper Tommie for a lay-up. The Seminole's finished with a convincing 50-34 victory.

**Game 2 vs. Lights out**

The game started with Hollywood Seminole's Greg Carter hitting a three

pointer. Then, Kelsey Spencer made a lay-up followed by Jerome's back to back lay-ups. The defense was up to standard with as many steals were converted to points. Jerome Davis led the way with a steal that led to a thunderous dunk, followed by a Jordan steal and lay-up. Deforest Carter's twisting reverse lay-up helped the Seminole's go out to a 21-14 first quarter lead.

The second quarter was a team effort as Jerome started the scoring with a powerful lay-up and foul shot. Greg then hits a driving lay-up followed by two Kelsey free throws, but its was a full court pass by Jerome to Deforest for a lay-up with three seconds left to take a 33-20 half-time lead.

Kelsey made a spinning reverse lay-up and foul shot followed by three Jerome lay-ups to take a commanding 48-27 third quarter lead. Robert's lay-up and a reverse lay-up by Troy Billie plus a put back by Jasper Tommie highlighted the fourth quarter and the win by the Hollywood Seminole's. The final score was 54-37.

**Game 3 vs. Nighthawks**

The Nighthawks took the early lead but, a three pointer by Greg and a lay-up by Robert helped tie the game at five to end the first. In the second quarter, Jordan made a lay-up and a foul shot followed by a driving lay-up and two free throws by Deforest helped the Seminole's take a 14-13 half-time lead.

Jordan started the third quarter with a five foot jumper off the glass. Greg Carter then hit two jump hook shots in the lane. Another jumper by Jordan helped extend the lead but it was the steal and slam dunk by Jerome that put the crowd on its feet. The defense was tough as the

Nighthawks were held scoreless in the quarter.

The Nighthawks made the first five points in the forth to cut the deficit 24-20 but the rally was halted by Jordan who stole the ball for a lay-up and then nailed a three pointer from the corner. Kelsey then made a driving lay-up, Deforest hits a three pointer, and Joseph Osceola made a long jumper to seal the 40-23 victory. Thus giving the Hollywood Seminole's a place in the semifinals.

**Game 4 vs. Whatever**

Jordan hit a 10 foot jumper to end the first quarter dead locked at 11-11. Jerome started the scoring in the second as he hit two free throws; Kelsey buried a three pointer and two free throws to take the lead. Four points by Jerome gave the Seminole's a 23-19 half time lead.

The Hollywood Seminole's took control of the game in the third highlighted by a Greg put back basket, Joseph three pointer, Deforest lay-up and a Jerome three pointer. They went into the forth quarter with a 40-31 lead. Whatever mounted a comeback in the forth as they scored the first five points.

Jerome then hit two free throws followed by a spectacular pass by Greg between two defenders for a two handed lay-up. Then he followed up with a baseline jumper. Although the Hollywood Seminole's had the lead, the pesky team from North Carolina was not ready to go down without a fight as they got within four points.

The Seminole's sealed the deal with a lay-up by Deforest and two Jerome free throws to seal the victory. The Final score was Hollywood Seminole's 51 and Whatever 47.

The final was a rematch against

Whatever, which won their way back from the losers bracket—their only loss was to the Seminole boys earlier in the tournament. However, since the tournament was a true double elimination tournament and the Seminole went into the game undefeated, they would have to lose twice not to win the championship.

The game started with a hustle rebound by Kelsey who in turn passed it to Jerome then passed it back to Kelsey for the three point bucket. Kelsey hit another three to go take the early lead. A Greg three pointer gave the Seminole the 10-9 first quarter lead. The second quarter had a few highlights. Such as a Deforest lay-up, defensive block shot by Greg, which led to a lay-up by Kelsey and a three pointer by Deforest with 10 seconds left till halftime. Hollywood Seminole's took a 27-19 lead at halftime against team Whatever.

The second half was a different story as Whatever played tough defense and with the help of players Josh Crowe and Kyle Lossiah. They lead a furious comeback in the second half cutting the deficit to 8 going into the forth quarter. A lay-up by Deforest put the Seminole's up five with three minutes left in the game.

With one minute left, Whatever closed the gap and eventually tied the game with thirty seconds left. Kelsey made a free throw to go up one and giving them the lead. With eight seconds left in the game, Whatever's Josh Crowe drove the length of the floor and made a finger-roll lay-up for the game winner. The final score was 46-45 which set up a rubber match and a true Championship game.

**NAYO Championship Game**

The hype was on and there was an electric feeling surrounding the Hollywood Gymnasium not seen in years. In front of a

standing room only crowd, the last game of the evening was for all of the glory. Robert Osceola began the game with a rainbow floater followed by a Kelsey Spencer lay-up.

A magnificent behind the basket, high off the glass scoop shot by Deforest Carter and a bank shot by Robert helped the Seminole's take a 9-4 first quarter lead.

The second quarter saw Jerome Davis scored consecutive baskets, one being a drifting lay-up followed by a 10 foot jumper. Jasper Tommie then hit a five foot jumper off the glass to score; followed by Troy Billie's strong drive to the basket to give the Hollywood Seminole's a 17-11 halftime lead.

The second half began with Kelsey being fouled during a three point shot. He hit all three free throws. That was followed by a foot jumper by Jordan Jones. Kelsey scored again with a lay-up followed by a put back basket by Jerome.

Greg Carter drove hard to the basket for a lay-up and the Seminole's took a commanding 31-20 lead to end the third. Jordan started the forth with back to back buckets and then Robert followed a missed shot for a score. Jerome drove the lane and in mid air changed his shot and made a spectacular left handed floater. He then followed with an offensive rebound witch resulted in a one handed put back.

Jerome Davis, who not only finished with a game high 17 points but led the young Seminole's in rebounding, sealed the victory with two free throws at the end of the game for a 45-35 championship win.

# Lady Seminole's Bring Home the Championship at NAYO

**By Tony Heard**

**HOLLYWOOD** — On April 13–15 the annual Native American Youth Organization (NAYO) basketball tournament was hosted by the Seminole Tribe of Florida. The tournament this year did not capture the usual amount of team participation as in the past years, but still showcased many skilled native youth athletes.

The boys' side of the bracket collected 15 teams from various locations to come and compete and show their skills. The girls' side of the bracket ended up netting 16 teams to come and compete for the championship. Teams traveled from places such as New York, Alabama, North Carolina, and Mississippi. Many different Tribes were represented during this tournament.

The Seneca, Cherokee, Creek, and Choctaw tribes were all in attendance by their youth. The Seminole Tribe was well represented by their youth this year with ball players from Hollywood, Brighton, and Big Cypress.

This event brought friends and family together to watch good basketball.

The tournament committee was able to get Hollywood Christian School and Sheridan Hills Christian School to let us borrow their facility for the weekend. Although the number of teams in the tournament this year was at a small decline, the level of talent and sportsmanship were still apparent. The first day of competition was intense and highly anticipated.

There were two games played on Thursday to kick off the action, one boy's game and one girl's game. Neither one of these games was a disappointment but everyone was looking forward

to the next two days of hardwood action.

On April 14 the games began at 9 a.m. at all three locations. Everything was running in a timely fashion and there were not any reports of altercations during any games or with spectators. The Brighton girl's team played at Hollywood Christian against the Lady Blue Devils at nine

o'clock in the morning. The game was a little sloppy, but understandable considering the time. Regardless, the Brighton girls regained their composure and claimed the win to stay on the winners' side of the bracket.

The next local team to take the court would be the Lady Seminole's matching up against Blue Haze. Both teams came ready to play, but the Lady

Seminole's team defensive intensity was a bit much for the Blue Haze girls to handle. Turnovers by Blue Haze and fastbreak points by the Lady Seminole's were majority of the action that took place during this game. Lady Seminole's collected the win and advanced.

There were good games taking place at every gym, unfortunately some teams had already played twice and lost twice. By the conclusion of Friday's games eight of the girl's teams had already been eliminated.

The Lady Seminole's also advanced to the championship game by winning their next three games in Stunners is a team that gave the Lady Seminole's some trouble the past couple of years. Every time these two teams match-up the intensity goes through the roof.

When the two teams played on Friday night the tension was in the air and not because of the game. With spectators causing trouble for the team and some of the players not feeling well, the odds seemed stacked against the local team. The girls stayed focused pulled together through all the madness that was taking place, and executed in the last three minutes to capture the much sought after victory.

With the win, the next morning surrounded by more drama when

the assistant coach overslept, thankfully the boy's coach, Carlos Adamson, stepped in did a great job, the ladies found themselves in the semis. The hard work in practice, all the extra sprints, push ups, sit ups and the mental tests in practice, all paid off when times got rough.

The ladies have been playing together and maturing together on and off the court for almost four years. This was a major advantage when chemistry became an issue. Having a dedicated coach, who expects nothing but the best from the girls was an advantage. Despite losing two players and a coach, the girls took their instructions from the assistant coach and captured another win.

With emotions and tension running at an all-time high, the championship game was rolling around. NAYO is a true double elimination tournament, being the Lady Seminole's were undefeated, if they were to lose the other team would have to beat them again. The fact that many of the girls were tired, sore, and worried about other things two games would not be in their favor. The assistant coach explained the situation to the girls and the words got through to the team.

They took the court and demonstrated why they are so special. Teamwork, hustle, defense, rebounding, sharing the ball, and having fun have been the focus and foundation of the Lady Seminole's for a long time. This was evident during the championship game; the Lady Seminole's played their game and took the opponents out of theirs. Long range threes, diving on loose balls, taking charges, and making that extra pass are just a few of things that were on display by this group of girls.

The Lady Seminole's left it all on the court every game and captured the championship. This was the first time in history the girls had captured the NAYO first place trophy. The celebration was massive and the girls very much deserved it, considering all the obstacles they had to overcome throughout the course of the

tournament.

The E.B.C.I girls, from North Carolina, respectively went home with the runner-up trophy, and the Stunners finished third place. This year was definitely one to remember because not only did the girls claim championship honors but the boy's team also won. With players and coaches



Lady Seminole's 2006 NAYO champions.

Kenny Bayon



Undefeated Lady Seminole's huddle before game.

Kenny Bayon



Meaghan Osceola shoots lights out during tournament.

Carlos Adamson

from Brighton, Big Cypress, and Hollywood it was a combined effort from everyone to defeat a very talented Wutever team from North Carolina. Although they had to play an extra game, the coaching staff got the boys prepared and focused on the goal.

Congratulations to all the teams that placed this year. But a very special Congratulations to the two championship teams that represented Seminole Tribe of Florida during this tournament. Thank you to the coaches from all the different tribes who traveled down and competed this year. Great job and a special thank you to the coaches who led their teams to the championship, and hopefully there will be more boys and girls championship trophies to come.

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# Seminoles Contribute to Fest-A-Bull Celebration

**By Susan Etxebarria**  
**BRIGHTON** — Most of the meanest and angriest bulls bucking cowboys from Brighton, Okeechobee, and Naples off their muscular backs Saturday night at the Fest-A-Bull April 15 came from two Seminole ranches.

Top cowboys in the South East Bull Riders Association (SEBA) from all over the state of Florida competed at the Fred Smith Rodeo Grounds but behind the scenes Seminole Tribe citizens, Marty



Paul Bowers helps cowboy mount his bull.

Susan Etxebarria

Johns and Paul Bowers Jr., had a lot to do with making the event this year a spectacular night of rodeo.

Both are stock contractors who raise specialized breeds of bulls that make this American sport one of the most dangerous and popular of them all. The rodeo industry depends on just the right kind of bulls, and other rodeo stock, to give the rodeo rider a tough challenge.

“Marty brings bulls to rodeos that will throw off these cocky, hotshot cowboys,” said a famous rodeo clown known as “Hollywood Harris.” He has known the Johns family for years going back to when his father was a rancher buying cattle from Johns’ dad, Josiah.

Harris and his 12-year-old son, Boogerhead, were the clown act of the night. They have been featured in television network documentaries and twice chosen to perform at the Professional Bull Riders (PBR) finals.

Harris explained the stock contractor’s job is to provide bulls that buck a lot, the more they buck the better.

“When the cowboy gets thrown it shows how tough Marty’s bulls are,” he said.

Awarding points to a bull rider is partially based on how hard and how furious an angry bull is bucking. If helping cowboys earn high scores is the

job of the stock contractor, then Johns and Bowers Jr., did a good job of it at the Fest-A-Bull.

The announcer Saturday night told the crowd that: “Marty Johns is fast becoming one of the best stock contractors in the business.” With the up and coming Bowers Jr. learning the trade as he works alongside Johns, the Seminole Tribe is being well represented.

Johns is one of only three full service rodeo stock contractors in the State of Florida. He raises not only bucking bulls but wild horses as well. He also provides calves for roping.

Johns stuck his neck out about six years ago and made a personal investment of time and money in starting his business as a rodeo stock contractor, not the kind of work just anyone can do. It takes someone who knows rodeo and Johns, long before managing the Brighton Casino, was riding bulls just like his father had done before him. Rodeo is in his blood.

His business, the Marki Rodeo Company, also produces rodeos. In addition to producing the Fest-A-Bull he produces the Josiah Johns Memorial Rodeo, one of the richest payouts in the Professional Cowboy Association (PCA) circuit.

Johns’ stock is managed and tended at his Brighton ranch. Bowers Jr. keeps his bulls at Big Cypress near the residence of his father, Paul Bowers, Sr. He started Bowers Bucking Bulls Rodeo about three years ago.

Raising bulls for rodeo is much different than raising cattle for the beef market. No pastures for these cattle. These prize bulls are fed daily hay and grains and contained in a large corral at the Johns’ ranch where they are watched over better than most household pets.

“They eat breakfast before we do,” said Johns. They are regularly examined for disease or injuries and are run for exercise to keep them muscular. “It’s an everyday process,” said Johns.

A stock contractor invests heavily in buying the best breeds that will get a good reputation in the rodeo world.

According to the Breeder’s Connection Bull Sales a superior bull can cost more than \$25,000, depending on its breed and genetics.

A stock contractor invests heavily in buying the best breeds that will get a good reputation in the rodeo world. Marki Rodeo Company has a good reputation for its bucking bulls. His goal is to develop his own breed that other stock contractors will want to buy.

“I purchased top of the line bulls this year; one with the Page bloodline and some with the Plummer bloodline,” said Johns.

Getting started takes time and experience and that is why he is glad to help the young Bowers learn the business. Johns said he is grateful to the Seminole Tribe for giving him the support he needed to establish



Susan Etxebarria

Marty Johns, clown Hollywood Harris and his son Boogerhead.

his business.

“I wanted to be a stock contractor; the opportunity existed and we took the chance. It is a very expensive investment to build a herd,” he said.

When the bulls are big and bad enough they can be picked for the Finals where the stock contractors win awards as well. Johns and Bowers are members of the PBR and the PCA.

Providing stock for rodeos almost every weekend during the rodeo season is a lot of work. For the Fest-A-Bull Johns hired a crew of approximately six men who work with him throughout the entire day and night. These men round up the bulls and horses and get them into the cow and horse pens, part out the ones headed for the rodeo, load the stock on Johns’ gooseneck trailers and truck them to the stock pens at the Brighton rodeo grounds. There the livestock are watched over, fed and watered until the show starts. After the rodeo, the stock is reloaded and returned to their corrals.

The best bulls and horses are used over again and again in rodeos, especially when they become recognized as good buckers. A bull that likes to buck is good for rodeo. For the bull it is just five minutes of fun. Some bulls earn a reputation among the cowboys. Tough cowboys want to draw a tough bull so they can make a higher score if they finish their ride.

Bowers Jr. said he likes working rodeos, calling it “a fun and exciting career.” He said he gets to travel throughout the state and meet good people, make friends that remember him the next time he comes to rodeo.

He said his goal is to create “a herd big enough to haul 10 bulls to any event that are good enough to buck off the cowboy—or make him win.”



Susan Etxebarria

Marty Johns and Paul Bowers Jr

## Seminole Indian 4-H Entering New Phase

**By Susan Etxebarria**  
**BRIGHTON** — Something new has been proposed for Seminole Indian 4-H. Urban youth will now have increased opportunities to participate in a program that up to now has been mostly tailored just for the country youth.

A progressive proposal to fund the Seminole Tribe of Florida’s Extension Indian Reservation Program (EIRP) until the year 2010 was praised in April as “outstanding” and cited as one of the top two of 27 proposals from EIRPs throughout the U.S. “This outstanding proposal could be used as a model for others,” was one of the commendable features cited by the USDA review panel.

Through the collaboration of the Seminole Tribe’s 4-H Coordinator Polly Osceola Hayes, the EIRP agent Michael Bond and the regional Extension Program Manager Mitch Flinchum, a dynamic proposal was written and submitted to secure an allocation to support the program for the next four years.

The funds are received by the University of Florida to offer extension services to the Seminole Tribe of Florida.

“It gives the Tribe a formal connection to the University and it allows the Tribe to host the 4-H program which is authorized through the University’s Institute of Food and Agricultural Services (UF/IFAS),” said Flinchum who is based in the Belle Glade, Fla. Extension offices.

The proposal includes developing new 4-H programs at urban reservations as well as continuing support for the traditional agricultural programs.

“4-H isn’t just plows and cows,” said Bond.

Youths on all six reservations will be offered alternative opportunities for personal growth and character development. All reservations will receive the same opportunities for participating in a wider scope of 4-H programs. Even though Tampa and Hollywood Reservations are cosmopolitan and the newest Ft. Pierce Reservation is urban, some youth in these locations will have the opportunity to raise animals off-site.

A 4-H community garden project will be established on all reservations although some locations might require different types of crops being grown. The popular Cape Kennedy NASA education program will offer youth the opportunity to work on exciting space projects. Community gardens will include plants grown in space.

The Tropicana Public Speaking School Enrichment Project will also be offered on all reservations. Public speaking is an advantageous career skill that can benefit youth in the long term. Art and music projects will be offered as well and are expected to reach many youth that are currently not 4-H members. There are many youth who want the opportunity to develop their talents.

Each curriculum is accompanied by a project record book that encourages the youth to learn technological knowledge, money and time management, responsibility, showmanship and leadership.

These needs have been identified by Tribal elders who are concerned that youth need to be taught to manage time and money and to develop their

human abilities and capabilities. In addition, some Elders fear that the Tribe’s economic prosperity will contribute to a loss of respect by the youth for their land, a resource that with care and stewardship will continue to foster the sustainability of the Tribe regardless of economic levels.

Support for these programs is pledged from the Seminole Police Department, Family Services, Education, and Seminole 4-H departments

In the mid 1800s the federal government gave land to public universities and colleges on the condition they would offer agricultural studies and mechanic arts. The University of Florida is a Land Grant university.

By the turn of the century university and college extension agents began to go to the fields and the ranges of the farmers and ranchers of America to provide knowledge of modern technologies for successful agricultural practices. From this evolved the Cooperative Extension Service which also provided assistance to rural communities to help improve the lives of the rural homemaker and its citizenry with the teaching of home economics.

Land grant universities have a funding partnership with the USDA to hire professors with the necessary educational background and professional accomplishments to work in rural communities. Thus the role of an extension agent is to serve individuals and society by producing educational services of value to them.

In recent years the USDA created a specific program to meet the goals and needs of Native American tribes. Different Tribes have different requirements and this proposal was developed with a great deal of input from many elders, departments and leaders within the Seminole Tribe.

The primary goal of cooperative extension nationally is to enhance the economic opportunities for agricultural producers and the extension agent will continue to offer these services to the Tribe’s growers, ranchers and cattle producers. But in a changing world the scope of extension has broadened its services to educate and nurture youth at risk.

In the early 1900s 4-H was founded on the principle that if youth were taught the proper ways to grow corn for increased productivity, they would then influence their own families to use the proper methods of planting crops for higher yields. 4-H programs since then have expanded from traditional agriculture projects to include programs suited for urban environments.

Brighton youth once had to join the Glades County 4-H to be a 4-H member; the Big Cypress youth had to join Hendry County 4-H, and so on with each reservation. This separated the Indian youth rather than unified them. Polly Osceola led the fight in the early 1990s to get the Seminole Tribe of Florida recognized by USDA and University of Florida as its own “county” and as a result Seminole Indian 4-H was born.

As the 4-H Coordinator, Osceola has been the guiding hand over the growing program.

“Today we are a unique 4-H program and we have really progressed. The Seminole Tribe is fortunate to have Mitch’s help over the past 19 years as the regional Extension Program Manager and Michael is a super extension agent and very dedicated,” she said. “Both have been pursuing grants to provide the Seminole 4-H with new ideas and new projects.”



Susan Etxebarria

Polly Hayes, Michael Bond, Mitch Flinchum.



Susan Etxebarria

Cattle ranchers watch the video sale.

## Annual 2006 Cattle Sale

**By Susan Etxebarria**  
**BRIGHTON** — The annual 2006 Cattle Sale on May 5 was well attended by the Tribe’s cattle owners who gathered at the Cattle & Land Operations Headquarters in Brighton.

Sales this year are down by 10 to 20 cents a pound from record highs in 2005. However, Big Cypress Board Representative Paul Bowers said the price overall is much higher than it was just a few years ago, when cattle sold for less than a dollar a pound.

This year’s cattle sale ranged from a low of \$1 a pound to a high of \$1.27 and \$1.31, with an average sale of \$1.19 a pound or more.

“The sale was not as good as we had hoped but we did the best we could do raising some really good beef cattle and we have no control over the buyers and what they are wanting to pay,” said Bowers.

Bowers said he didn’t know why the market is down this year but he said it is still pretty good but whether the price goes up or down the Tribe’s ranchers are still going to raise cattle.

“Cattle ranching is a way of life for many Seminole families,” he said.

Cattleman Amos Tiger, who works for the State of Florida Department of Agriculture & Consumer Services in the Division of Animal Industry, said rising fuel prices could be one of the factors in the lower cattle prices. Fuel costs have an impact on the crop industry. Feed and grains may go up in price as a result.

“The buyers aren’t buying at today’s calve prices which are pretty good. They are buying for the futures market. They are hedging on the market,” he said. “Over the years we have come out good in the market,” he said.

This year’s sale prices are still positive. He said a man could live on these profits raising a \$500 calf through out the course of the year.

“Cattle ranching is a little more livable and enjoyable now but I just wonder how long it is going to last,” Tiger said.

Tiger said concerns about mad cow disease and Japan’s recent ban on import of U.S. cattle are also affecting sales even though the Tribe’s herd has Electronic Identification (EID). There are still many ranchers in Florida, and nationally, that still have to take the first step registering for Premises Identification before they can get their herds tagged with EID.

Tiger said it is going to take time before a uniform national EID program will be in effect because what works for one ranch in one state won’t necessarily work for another.

The cattle sale is an annual event where cattle owners enjoy drawings and prizes along with a steak dinner at noon. Wonderful prizes of cash, gift certificates from Brighton Trading Post, Eli’s Western Wear, Wal-Mart and Walpole Feed, as well as saddles, feed, saddle blankets, tools, Indian art, and more, were contributed by President Moses Osceola, and Board Representatives Gloria Wilson, Paul Bowers and Johnny Jones. Brighton Council Representative Andy Bowers also contributed cash gifts.

The video cattle auction announcer, Jim Odle, paid special tribute to the Seminole Tribe on the nationally televised superior livestock auction broadcast via RFD-TV.

“The Seminole Tribe is doing a great job in this industry,” he said. “They have a great health program with EIDs. They were the very first Native Americans to do video sales.”



Susan Etxebarria

President Moses Osceola and Kevin Osceola at Cattle Sale.



# Bon Jovi’s ‘Have a Nice Day’ Tour Stops at Hard Rock

Only non-stadium venue date on tour in U.S.

Submitted by Alina M Viera, Bitner Goodman PR

**HOLLYWOOD** — New Jersey-based rock icon Bon Jovi makes a stop in Hard Rock Live at the Seminole Hard Rock Hotel & Casino on July 10 at 8 p.m. Tickets for the show go on sale April 22 at noon.

During the past two decades, Bon Jovi has earned the respect of the music industry and the loyalty of legions of fans around the globe. They have sold over 100 million albums worldwide and, since forming in 1984, Bon Jovi has performed more than 2,500 concerts in 50 countries before more than 32-million people.

Bon Jovi’s latest studio release, “Have A Nice Day,” was released in Sept. of 2005. The album features hit songs “Have A Nice Day” and “Who Says You Can’t Go Home” and has sold more than three million copies worldwide so far.

Bon Jovi’s world tour began in November 2005 and played sold out arenas in North America through March. The band just completed a sold-out tour of baseball stadiums in Japan. The Have A Nice Day tour will be continuing through stadiums in Europe this May and June before returning to the U.S. this summer.

Tickets cost \$400, \$300, \$200 and \$100; all seats are reserved and available at the Hard Rock Live Box Office, open daily from noon until 7 p.m. Tickets purchased in-person at the box office will not incur a service charge.

Tickets also are available at all Ticketmaster outlets



Bon Jovi performs on July 10 at Hard Rock Live.

online at [www.ticketmaster.com](http://www.ticketmaster.com) or charge by phone: Miami-Dade (305) 358-5885, Broward (954) 523-3309, and Palm Beach (561) 966-3309.

Doors open one-hour prior to show start time.

# Country Music Star Gretchen Wilson at Hard Rock Live

Submitted by Alina M Viera, Bitner Goodman PR

**HOLLYWOOD** — Country singer Gretchen Wilson, who’s “Redneck Woman” became a hit in 2004, is performing in Hard Rock Live at the Seminole Hard Rock Hotel & Casino on June 29 at 7:30 p.m.

Also appearing on stage will be Shannon Lawson Trio and local country sensation, Jimmy Barret. Tickets for the show go on sale Friday, May 5 at noon.

Gretchen Wilson’s 2004 debut single “Redneck Woman” became the first by a solo female singer to top the Billboard country singles chart in over two years; it also reached number one faster than any single in the previous decade. At the same time, her debut album, “Here for the Party,” entered the country album chart at number one and the pop album chart at number two with sales of 227,000 copies, the biggest opening week for a new country artist



Wilson brings the party to Hard Rock Live on June 29.

on record.

With Wilson’s overtly-country style of music, at a time when much country had been leaning toward pop, she was immediately hailed as the latest in a long line of country artists leading the music back to its roots.

Tickets cost \$100, \$75 and \$50; all seats are reserved and available at the Hard Rock Live Box Office, open daily from noon until 7 p.m. Tickets purchased in-person at the box office will not incur a service charge.

Tickets also are available at all Ticketmaster outlets online at [www.ticketmaster.com](http://www.ticketmaster.com) or charge by phone: Miami-Dade (305) 358-5885, Broward (954) 523-3309, and Palm Beach (561) 966-3309.

Doors open one hour prior to show start time.



Felix DoBosz

On May 4th the legendary Blues Brothers performed a special show during the Fleet Week festivities in conjunction with the McDonald’s Air & Sea Show. Jim Belushi (Zee Blues), brother of John Belushi (Jake Blues), sings and dances while Dan Aykroyd (Elwood Blues) plays the harmonica on “Sweet Home Chicago”.

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**MEMORIAL BASKETBALL TOURNAMENT**

OLD TIMERS

Thursday, May 18th, 2006

Deadline: Wednesday, May 17, 2006

ALL INDIAN

Men & Womens Ages 40 & Up

Entry Fee \$200

8-Man Roster

1st Place

2nd Place

3rd Place

\$2000

\$1500

\$1000

Adults

May 19-20, 2006

Deadline: Wednesday, May 17, 2006

ALL INDIAN

Men & Womens Ages 18 & Up

Entry Fee \$200

8-Man Roster

1st Place

2nd Place

3rd Place

\$2000

\$1500

\$1000

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**The Who**  
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**Aerosmith**  
**Alan Jackson**  
**Buzz Bake Sale**  
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### Event Schedule

**Wednesday, June 28, 2006, 8 p.m. - 10 p.m.**

Celebrity Charity Media Pro-Am Tournament  
Stars from the WPBA, NFL and South Florida Media  
\$10 donation benefits Vivian's Kidz

**For additional information contact:**

**Tera Jenkins 954-966-6300 ext. 1295\***

**Thursday, June 29**

General Admission: \$8  
VIP: \$20

**AM Session:**

**11 a.m. - 4:30 p.m.**

**PM Session:**

**6 p.m. - 11:30 p.m.**

**Saturday, July 1**

General Admission: \$8  
VIP: \$20

**AM Session:**

**Noon - 4 p.m.**

**PM Session:**

**5:30 p.m. - 11:30 p.m.**

**Friday, June 30**

General Admission: \$8  
VIP: \$20

**AM Session:**

**11 a.m. - 4:30 p.m.**

**PM Session:**

**6 p.m. - 11:30 p.m.**

**Sunday, July 2**

General Admission: \$20  
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\*Vendor booth space available. Contact Tera Jenkins.

## Announcements

### Happy Birthday



We would like to wish our children,  
**Christopher Olivarez**, born April 18, and **Caitlya Olivarez**, born April 10, a double **happy belated birthday**. Christopher is 12 and Caitlya is 3.

We love you both.

Love,

**Mom (Claudia) and Dad (Joe)**

We would like to wish our mom **Claudia**  
and dad **Joe** a **happy birthday**. We wish you both the  
best birthday ever. We love you mom and dad.

Love always,

**Chris and Catie**

I would like to wish my wife **Claudia J. Olivarez** a **happy birthday** on May 16. I love you very much hope you have a good one

Love you always,

**Your Husband, Joe**

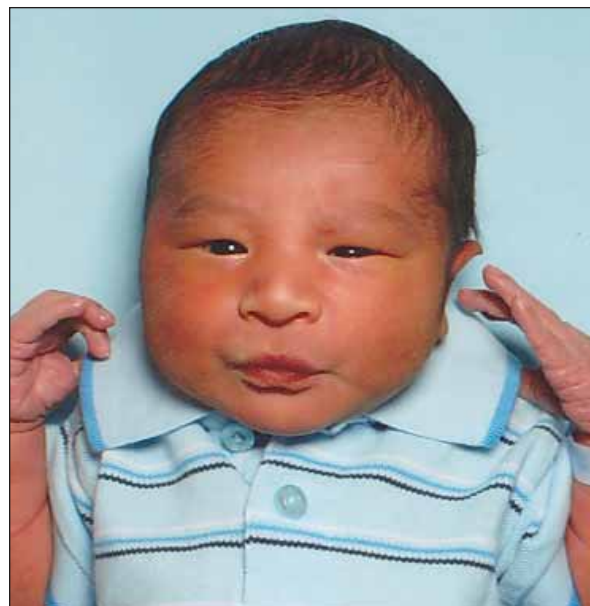


I would like to wish my husband **Joe Olivarez** a **happy birthday** on May 14. I hope you enjoy your day.

Love you always,

**Your Wife, Claudia O**

### New Kids



**The New Man in Our Lives!**

WynterDawn Billie and Dakotah Cypress would like to welcome their new baby boy, **Darius Morton Junior Cypress**, Panther clan.

He was born on April 13 at 5:39 a.m. He weighed 7 pounds, 10 ounces and measured 21.5 inches. He is also welcomed by his big sister, Alyss.

Maternal grandparents: Debbie S. Osceola and Ronnie B. Billie, Wind clan. Paternal grandparents: Faye and Neal Waggerby and Kenny Tommie.

Great-grandparents: Frances J. Osceola and "Wild" Bill M. Osceola, Eshter Buster and the late Junior Cypress, Alice Billie (B.C.) and Irene Tommie.

### Congratulations

**Congratulations** on your engagement and marriage **Rachel and Brown Tiger**. I wish you the best of luck and many happy years.

Love,

**Jason Dodd**

### Happy Mother's Day



Happy Mother's Day to my grandma Dale Grasshopper.

### Poems

**For My Beloved Wife, Jeannie Cypress Hinojosa**

To my wife with all of my love,  
I wish you were here to give me a hug...  
A kiss on the lips, your gentle touch,  
And by my side I miss you so much...  
A walk on the beach or through the park,  
These are my thoughts when I lie in the dark  
I can still feel the warmth of your beautiful presence,  
That tells me that you are now in heaven.

Baby, I was sure by now that you would  
Have reached down and wiped my tears away.  
Maybe stepped in and saved the day, I remember  
When I stumbled against the wind, you heard my cry.  
Raised me up when all my strength was gone...  
Baby how could I ever carry on, because you were  
The only one I could ever depend on...

Love Always,

**—Able Hinojosa**



## Meet New Employee Brenna Mello

**By Lila Osceola**

**HOLLYWOOD** — Brenna Mello, 21, is the newest addition to the Seminole Sports Management team. She graduated from Cooper City High School in 2002; currently she is attending Florida International University and will graduate May 2007 with a bachelor's degree in journalism.

As the administrative assistant/foundation coordinator, Brenna will have her hands full with day to day office duties and other fun and new things such as, raise money for charities, finding auction items and research sponsorships.

Seminole Sports Management is very fortunate to have this young, energetic, enthusiastic addition to their team.

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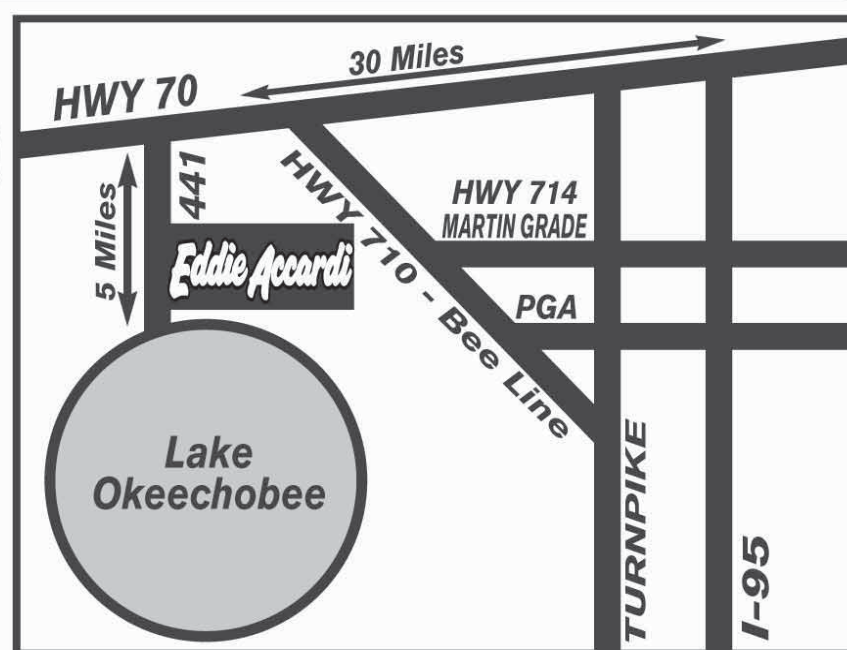
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**"WHATEVER IT TAKES!"**





# Annual Cinco De Mayo Celebration on the Reservation

## Festivities Includes EIRA Rodeo, Concert

**By Judy Weeks**  
**IMMOKALEE** — Cinco de Mayo is a Mexican national holiday commemorating the day that Mexican natives from small towns, villages, farms and ranches banded together with a few old guns, machetes, knives, axes and their bare hands to protect their homeland from invasion.

Fighting against well-trained, battle-seasoned French troops they held their ground and were victorious on the battle field. Recognition of such an accomplishment is a symbol of mankind's right to freedom throughout the world and the extremes to which brave people are willing to sacrifice themselves for their future generations.

South Florida is the home of many people of Mexican descent, immigrants, and seasonal workers who proudly remember this glorious day in their history. Immokalee has a particularly large Spanish population and the Seminole Tribe of Florida joined hands with their neighbors from across the border in celebration of this very popular holiday.

May 5 and 6 marked the fifth annual Cinco de Mayo presentation sponsored by the Seminole Tribe of Florida. Immokalee Seminole Youth and Livestock Ranch (ISY&LR) hosted the two day event, which featured two rodeos, Mexican bull riding, live music, vendors, wagon rides, children's competitions and a kiddie carnival.

Opening ceremonies got underway on the May 5 afternoon when Mariachi Estrellas de Mexico-The Difference took center stage and provided an out-

standing performance of traditional Mexican music. The five male members of the group played guitars, trumpets and violins while being accompanied by both male and female vocalists.

Dressed in magnificent white suits decorated in accents of silver studs and braid, highlighted with gold ties, they made a very impressive appearance. Gold and white sombreros completed their attire. For an outdoor stage they had an extraordinary sound system that projected their music at least a half mile in each direction.

Alejandro Mendoza, 18, wowed the audience as she performed several traditional songs in a voice with a wide range of pitch and clarity. Mendoza wore a beautiful red and gold embroidered dress while on stage and later appeared in the arena in a black and silver pant suit that accentuated her figure and presentation before a very appreciative audience.

A free kiddie carnival of bounce houses, a rock climbing tower, superslides and booths were a big hit with the younger set.

Dennis DeVeaugh's famous Nocona, the long-horned steer, was on hand for photographic opportunities with both children and adults. Having appeared in movies, television and advertising, he is quite a celebrity and draws a large crowd waiting to sit

in the saddle on his back or pose beside his massive set of horns.

Horsedrawn wagons were available both days and nights transporting people around the beautiful landscape of the youth ranch. Children from the audi-

ence were invited to participate in relay races, a calf scramble and mutton bustin prior to the rodeos.

A variety of food vendors provided fresh fruit sticks, grilled beef tortillas, roasted corn on the cob, barbecue rib dinners, and frozen dessert cups. Immokalee Seminole 4-H parents under the direction of Moleana Mora operated the concession trailer serving Indian Tacos and homemade desserts in addition to the usual fast food menu and beverages.

The Mexican bull riders got their opportunity to compete in the arena at 7 p.m. on Friday evening. Each one took his turn on the beast that he had drawn vying for the championship position. For a while it appeared that the bulls were winning, but when the dust cleared, first place went to Bobby Rosario.

At 8 p.m. on the May 5 evening and at 2 p.m. on May 6 the International Pro Rodeo Association competition took place in the John Jimmie Memorial Arena.

Ten young ladies who make up the Bits and Spurs Drill Team of Okeechobee performed the opening ceremonies with precision riding while carrying the American flags. They concluded their 15 minute routine with "God Bless America."

D.R. Daniels was stock contractor and producer of the IPRA event. Beginning with the bareback and saddle bronc competition, a young man named Bass from Okeechobee took first

place after nearly being rammed into the fence by a very hard bucking piece of rough stock.

Calf ropers got a real run for their money with four contestants running over time, three misses and two calves who struggled free before the time limit. Former New York Jets' football player, Ron Jurdy won the event with a time of 18.77 seconds.

During the steer wrestling or bull dogging as it is often called, one young man caught his steer and was attempting to throw it to the ground, when the animal took off

pulling him on his heels down the arena for more than 50 feet. To the delight of the crowd, he appeared to be skiing.

Team roping drew several entries and after a very close competition during the two day rodeo, the Brighton team of Marvin Hines and Hilliard Gopher took first place with an 8.24 second run.

**Eastern Indian Rodeo Association**  
The Eastern Indian Rodeo Association did an excellent job of entertaining the Cinco de Mayo crowd in Immokalee on May 6. Marki Rodeo Company provided excellent rough stock for the occasion and the evening performance was filled with excitement.

The junior rodeo started at 5 p.m. with the mutton bustin event. In addition to the scheduled riders,

some newcomers took their turns in the chutes. The ISY&LR youngsters have been practicing and a few of these brave little cowboys and cowgirls made their debut.

There were a few tense moments during the steer riding, when William Beardon, 12, got bucked off and the steer spun around and stepped on his leg. The clowns were on hand to do their job and kept him from further harm. Following his ride, Beardon was seen limping from the bull pens, dragging his bag full of gear. His face was streaked with sweat and spattered with clay.

When asked if this would end his career, he quietly replied, "Nope, I'm just gettin' started."

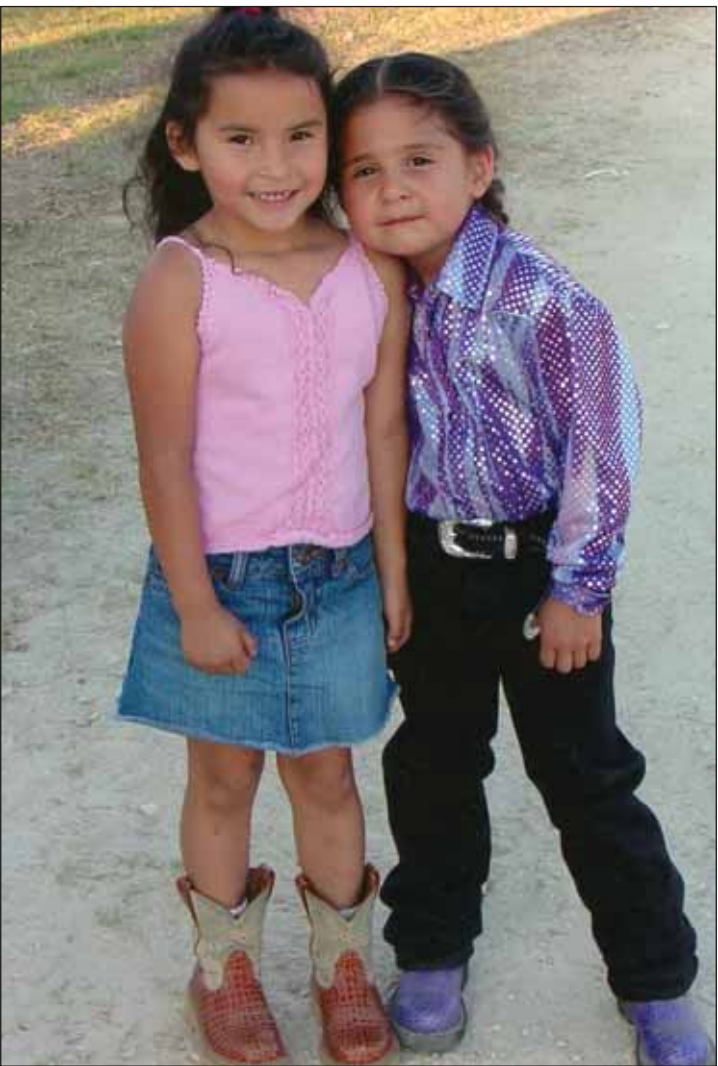
Gates swung open, steers bucked, dirt blew up in clouds, riders hit the clay and the crowd cheered as the steer riding continued. Picking up his hat, Cody Motlow waved it in the air after completing his winning ride.

Taking their turn next, the junior bull riders did a terrific job. Dane Johns hung on for 5.44 seconds before being thrown straight up in the air. Seth Randolph's mount took several spins before he became unseated. There were a few tense moments when it appeared his hand might be caught in the rigging, but he cleared the bull uninjured.

Ethan Gopher's bull gave him several hard licks and bucked way down the arena before he baled off at the fence, completing the winning ride.

Kalgary Johns took first place in the four to eight year old Barrel Races. Jobe Johns and Cyrus Smedley had tough breaks when they knocked over a barrel but nevertheless completed their runs. Four-year-olds, Savannah Fish and Madison Osceola were all smiles as their mothers lead them through the barrel pattern running as fast as they could go on two legs.

A 20 second run put Acelyn Youngblood



Barrel Racing 4 year olds, Madison Osceola (pink) and Savannah Fish (purple) are best buddies.



5 year old Sunny Beardon heads down the home stretch in the EIRA barrel races.

in first place in the nine to 12 year old barrels. Malanie Perez beat Corvette Billie out of second place by three-hundredths of a second. In the 13 to 18 year olds, Jenae Braswell in her bright sequined shirt flew through the pattern in a 20.043 winning run. Taylor Jones was hot on her heels at 21.636 seconds.

Junior Breakaway got off to a rough start with the first three riders running out of time. The luck changed when Andre Jumper caught with his first loop but the cow jumped right through it. His second loop did the job but he was beaten by the clock.

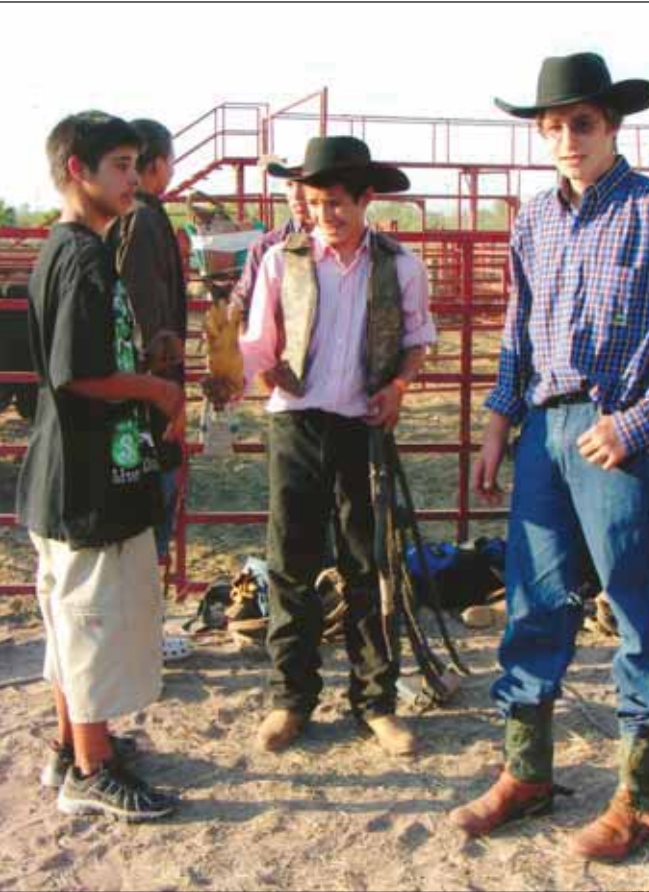
Blevins Jumper snagged his calf right out of the box for a first place and Kelton Smedley was second with a 17.05 catch. There were two re-runs and a couple more multiple loop catches, but the high scores left them out of the running.

The sanctioned rodeo events started immediately after the Junior Rodeo with the Bareback and Saddle Bronc competition. The crowd held their breath while they waited to see Adam Turtle move after taking a terrible spill from his bronc.

He hit on his shoulder and back, temporarily knocking the wind out of his lungs. Paramedics rushed to the scene and stabilized a dislocated shoulder. We all know the answer to the question must frequently asked. Yes, he will ride again! Byron Bruisedhead drew a hard bucking fool, but rode him out for a 70 point win.

The Steer Wrestlers had a bad night with several no times and lost catches. Jeff Johns was one of the fortunate few who had everything working for him. The Tie Down Calf Roping didn't go much better. There were broken barriers, missed calves, and a few that kicked loose from their ties. Naha Jumper had a winning 11.1 score and young Hilliard Gopher took second when he completed a clean 15.3.

Cowgirl's breakaway drew 10 entries. At first it appeared that Billie Tiger's 5.6 catch would take the winning position. She would also take home the women's all-around buckle. Shelby Osceola's 3.9 right out of the box slipped her into second place, behind Billie Tiger. Leanna Billie and Mindy Fish lost their shot at third when their horses broke the barrier, moving Pauletta Bowers into the money.



Ethan Gopher (pink shirt) & Dane Johns (plaid shirt) discuss their junior bull riding with admirers behind the scenes.



Children from the audience participated in relay races.

standing performance of traditional Mexican music. The five male members of the group played guitars, trumpets and violins while being accompanied by both male and female vocalists.

Dressed in magnificent white suits decorated in accents of silver studs and braid, highlighted with gold ties, they made a very impressive appearance. Gold and white sombreros completed their attire. For an outdoor stage they had an extraordinary sound system that projected their music at least a half mile in each direction.

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Rebecca Osceola flies through the barrel pattern at the EIRA competition.



# Board Opens Hollywood Trading Post



Board of Directors Signing PNR Contract.

Submitted by President Office



Building Progress

Submitted by President Office



Structural footing

Submitted by President Office

**By Moses Osceola, President/Vice Chairman**

As you may have noticed lately while traveling along south State Road 7, or 441, on the former Koons Ford property, is the latest project of the Board of Directors. The construction going on is for a new convenience store to be known as the Hollywood Trading Post.

The store should be opening for business in August 2006. Back in March, I signed the contract after the Board approved the project at its Board meeting.

Availability of gas, food, and other home needs is very necessary for our communities, especially during times of hurricanes as we experienced with Hurricane Wilma last year. The hurricane knocked out power, devastated our communities, and made life miserable for a few weeks; many convenience stores, or c-stores, and gas stations were forced to close without electricity, and the few that were open had long waits and lines of people.

Myself, Hollywood Board Representative Gloria Wilson and Hollywood Tribal Council Representative Max B. Osceola Jr. worked together to make this project a reality. We wanted to make sure that Hollywood Tribal citizens would not have to experience fuel outages by guaranteeing that a source of food and fuel will be available to them at all times.

This will be accomplished by requiring this and all future stores to be built with backup generator systems. The Brighton and Big Cypress stores are being equipped with backup generators at this time; many thanks to Tribal Chairman Mitchell Cypress for contributing the generators for the Big Cypress and Brighton stores.

Grand opening announcements will be forthcoming inviting all Tribal cit-

izens and staff to come and celebrate the opening of the Board's new store, so keep your eyes and ears open for it!

I would like to thank our Big Cypress staff, Deloris Alvarez, President's assistant, and Manager Don Waiksnis, for working tirelessly and keeping the store operational during the hurricane last year. Also, the Brighton store, its staff, Manager Kevin Osceola, and President's assistant, Sandra Osceola.

Additionally, many thanks goes to Cheryl Bolton, the Board's Director of c-store operations for working closely with our fuel supplier to keep the gas flowing, and also providing gas for our Hollywood Reservation.

The Board is planning to approve new stores for the Immokalee and Ft. Pierce reservations at its next meeting in June. See the President's May report for news and updates on new economic development projects.



Current Picture of Hollywood Trading Post.

Lila Osceola



The new convenience store begins to take shape.

Submitted by President Office



Underground fuel storage containers

Submitted by President Office



Concrete forms mark where the underground containers will be placed.

Submitted by President Office



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# Indian Singer Jana Performs at First Lady’s Luncheon

**Submitted by the Oneida Nation**  
**ONEIDA NATION HOME-**  
**LANDS** — Jana, a three-time Native American Music Awards (NAMMY) recipient, has been invited to perform at the Congressional Club’s First Lady’s Luncheon on April 27 at the Washington Hilton in the Capital Building.

The Tuscarora/Lumbee singer also has been nominated by this year’s NAMMY committee for Artist of Year and Record of the Year. The album “Flash of a Firefly” earned Jana this year’s nominations. Her “American Indian Christmas” album also is up for the best producer award and was recorded under the Oneida Indian Nation’s Standing Stone Records label.

Previously christened Female Artist of the Year by the NAMMY’s, Jana was also named the association’s Best Pop Performer in 2001 for her dance single “More Than Life,” which was remixed by MTV DJ Skribble and Anthony Acid.

The following year, her remake of Led Zeppelin’s “Stairway to Heaven” climbed to number six on the Billboard charts and was named Song of the Year at the 2002 NAMMY Awards.



# SWAIA Honors Influential Native American Artists

## New Povika Award Honors Patrons

**By Staci Golar**  
**SANTA FE, NM** — The Southwestern Association for Indian Arts (SWAIA), the organization that produces the annual Santa Fe Indian Market, is pleased to announce the recipients of its 2006 Lifetime Achievement and 2006 Povika awards.

The SWAIA Lifetime Achievement award was created in 1995 to recognize Native American artists who have made significant contributions to their field. The 2006 Lifetime Achievement award recipients are:

**RC Gorman (Navajo)** – RC Gorman was born July 26, 1931, to a famous painter and WWII code talker father, Carl Gorman, and mother Adele Katherine Brown. He passed away Nov. 3, 2005, leaving behind a lifetime of work that left an unforgettable mark on New Mexico and beyond.

Best known for his paintings and prints, the *New York Times* once referred to Gorman as the “Indian Picasso,” likely a reference to the abstract, figurative nature of his work. He was the first Native person to own a gallery in Taos, N.M. in 1968, and helped to pave new pathways for Native artists in the 60s, breaking stereotypes about “Indian painting” styles.

He studied art at Northern Arizona University and San Francisco State University, and later received a grant to study art at Mexico City College.

**Lee Marmon (Laguna Pueblo)** – Lee Marmon was born in 1925 at Laguna Pueblo, N.M. At the age of 10, he took his first photograph after his father urged him to photograph an accident on Route 66, near the family trading post—ironically enough he later sold it to the insurance company that was investigating the accident.

Marmon has been taking photos ever since, becoming one of the most notable Native American photographers of our time. His photos have been published in national magazines and newspapers including *Newsweek*, *Southwest Art*, *Time*, the *New York Times Magazine*, and the *Saturday Evening Post*.

Marmon’s work has been exhibited at the Living Desert Museum in Palm Desert, CA, the Indian Pueblo Cultural Center and the Smithsonian’s National Museum of the American Indian.

His still photography contribution to the documentary *Surviving Columbus* garnered an ADDY award in 1993. In 1996, his photo was featured on the Santa Fe Indian Market poster.

His work was recently published in a book titled *The Pueblo Imagination, Landscape and Memory in the Photography of Lee Marmon*. Mr. Marmon is exclusively represented by Photogenesis Gallery (www.photogenesisgallery.com) in Santa Fe, N.M. and will have a one man show, also titled *The Pueblo Imagination* opening Aug. 18 and continuing through Oct. 1.

**Grace Medicine Flower (Santa Clara/Pojoaque Pueblos)** – Grace Medicine Flower was born in 1938 to a family with a rich pottery lineage on both sides; her father was Camilio Tafoya and her mother was Agapita Silva. She is renowned for mastering red and black sgraffito pottery and taking it to a whole new level. (Sgraffito is a technique where a top layer of color is scratched to reveal a color beneath).

Her work has been exhibited at venues such as the Maxwell Museum at the University of New Mexico, the Albuquerque Museum, the Indian Tree in Chicago, Ill., and King Galleries of Scottsdale, Ariz.

She has made enormous contributions to the medium of pottery with her meticulous technical skills and knowledge of materials, as well as continuing to expand the meanings of tradition by using Santa Clara materials and techniques, but pushing them in new directions.

**Joyce Growing Thunder Fogarty (Assiniboine Sioux)** – Born in 1950, Joyce Growing Thunder Fogarty has mastered the art of bead work and quill work, and is considered one of the preeminent bead workers alive today. Remarkably, she has been awarded the prestigious Best of Show prize at the Santa Fe Indian Market three times in 1985, 1988 and 1992.

She has been commissioned for several works throughout her career, including a trio of beaded dolls in traditional dress for the permanent collection at the Smithsonian’s National Museum of the American Indian and a full-length buckskin Sioux beaded dress for a 2007 Smithsonian Museum exhibit. Her work was featured in a show at the Montclair Art Museum in N.J., titled *Connecting Generations: Contemporary American Indian Dolls*.

She credits her grandmothers with teaching her to bead, and is continuing the family tradition of passing on beading knowledge. Her sons Roger, Darryl, Jack, and George, as well as daughter Juanita and granddaughter Jessica, all bead, as well.

New in 2006 is the Povika award. This award recognizes service, leadership and support of the annual Santa Fe Indian Market and Native artists and their communities. This award may go to either Native or non-Native individuals.

The Povika award was named after Maria Martinez, famed San Ildefonso potter and one of the first lifetime achievement recipients in SWAIA’s history. The 2006 Povika award recipients are:

**Sam and Ethel Ballen of Santa Fe, NM** – Sam Ballen was born in 1922 to a Jewish immigrant family in Harlem, NY. He met wife Ethel while a part of the leftist movement at City College, and they both ended up in Santa Fe, later buying and operating the La Fonda Hotel.

Sam published a book of memoirs *Without Reservations: From Harlem to the End of the Santa Fe Trail*, that details his life beginning in Harlem, his tour as a combat soldier in World War II, his jobs as a Wall Street analyst, Texas oilman and current life as owner/operator of the La Fonda.

In 2000, Sam and Ethel Ballen were declared Santa Fe Living Treasures lauded for their lifetime of contributions to Santa Fe. Besides being long time financial and volunteer supporters of the Santa Fe Indian Market, Sam also served as a board member, and chair.

Perhaps their most famous donation was the TR6 automobile that was accessorized by famous Native American artists and later auctioned off to benefit both SWAIA and the Institute of American Indian Arts. It was with sadness that the family announced Ethel’s passing earlier in 2006.

**Rex Arrowsmith of Oro Valley, AZ** – Rex Arrowsmith has been involved with the Santa Fe Indian Market since 1959, remembering a time when volunteers constructed the booths for the artists and even had to clean the plaza after Market was finished for another year.

Arrowsmith has been helping ever since, most recently by acting as the master of ceremonies for the clothing competition held annually during the Sunday of Indian Market. He used to oversee the Indian dances that were held at the Indian Market, organizing the groups of dancers from many different Pueblos.

He has also served as a board member of SWAIA, including the office of chairman. Born in 1925, he started out as a mining engineer, publishing book titled *Mines of the Old Southwest and Turquoise*, but moved to Santa Fe and was bitten by the Indian art bug. Arrowsmith owned his own trading post next door to the Pink Adobe restaurant in Santa Fe for several years in the 1960s and 1970s.

A member of the Screen Actors Guild, Arrowsmith hosted 16 half hour shows on American Indian culture and art on NBC.

While living in Santa Fe, he also served on the boards of the Wheelwright Museum, Rancho de las Golondrinas, and the Millicent Rogers Museum in Taos, NM. Now living in Oro Valley, AZ, he serves on the boards of the Arizona State Museum, Friends of Western Art, the University of Arizona Press, and continues to buy and sell Native art.

**Al Packard, formerly of Santa Fe and Albuquerque, NM** – Al Packard was born in 1929, owning Packard’s Indian Trading Company on the Santa Fe Plaza until 1979. Packard passed away last year in September, leaving behind a legacy rich in the support and knowledge of Native American arts.

He and friend and fellow Indian trader, Tom Woodard, were responsible for helping to get laws passed which helped to protect consumers of southwestern Indian arts and crafts. He was a member and the Chairman of the New Mexico Association on Indians Affairs during the period when it evolved into the Southwestern Association on Indian Affairs—currently the Southwestern Association for Indian Arts). He judged Indian art shows around the country including the Santa Fe Indian Market, the Gallup Intertribal Ceremonial, and many more.

His final act of generosity toward SWAIA was a request by his family for memorial contributions to be made to SWAIA in his honor, resulting in several thousand dollars to help sustain the organization.

**SWAIA’s Honoring Reception** to formally recognize these awardees will be held June 15th, 6pm at the Inn and Spa at Loretto in downtown Santa Fe. Tickets are \$50 and will include hors d’oeuvres and wine. Proceeds will benefit SWAIA, a non-profit organization.

David Cloutier, SWAIA executive director, says, “Our hope is that many will join SWAIA in honoring these extraordinary artists and supporters on June 15th. It really is a once in a lifetime opportunity to be able to meet and talk with these award recipients who have meant so much to Native American arts.”

To order tickets to attend the event, please call (505) 983-5220 before June 8. For more information about SWAIA or the Santa Fe Indian Market, please visit [www.swaia.org](http://www.swaia.org).

# New Exhibition Reveals Energy Industry’s Environmental Degradation of Reservation Lands

**Submitted by Institute of American Indian Arts**  
**SANTA FE, NM** — From the landscapes depicted in Australian Aboriginal dot paintings to the patterns and regal colors of Mayan weavings, Indigenous artists across the globe have always been aware and understanding of the environment.

**What: National touring exhibition featuring work by 44 artists**

**What: “Impacted Nations”, organized by Honor the Earth**

**When: May 12 to June 25 (no opening reception)**

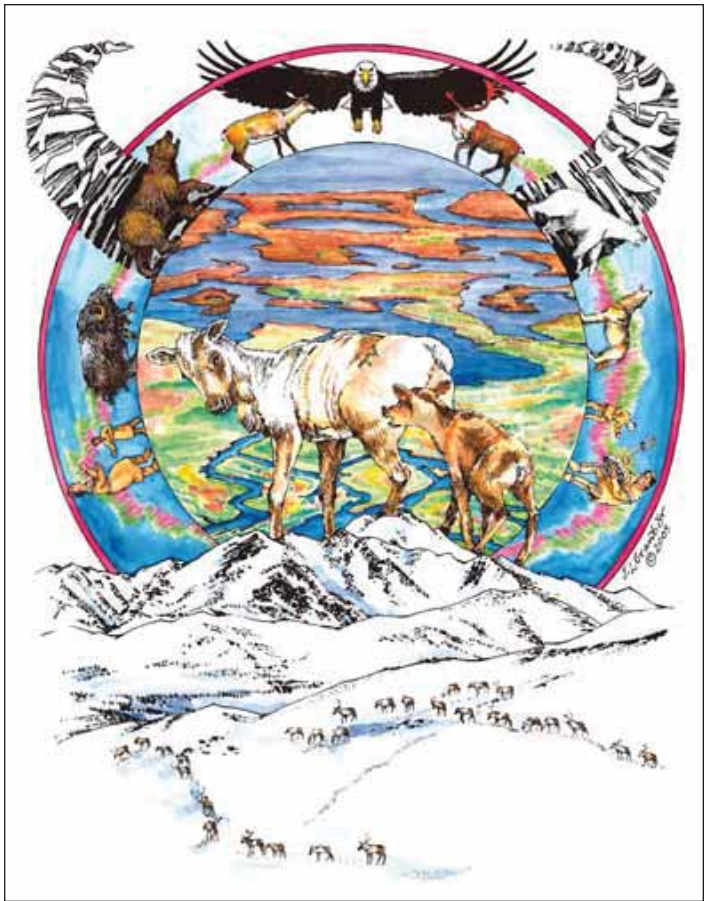
**Where: IAIA Museum**

**Cost: Regular admission**

Today’s highly informed, well traveled, and politically attuned Indigenous artists live modern lives, but they do so understanding the powerful role environmental integrity plays in preserving Tribal lands and cultures.

A politically insightful and socially powerful exhibition opening at the IAIA Museum in Santa Fe on May 12 examines industry’s role in adversely effecting Reservation environmental quality across the continent.

“Impacted Nations” looks at the results of hydroelectric, oil, natural gas, wind and nuclear power development. It originated from Honor the Earth, a Native rights advocacy organization headed by Winona LaDuke.



**A Sacred Place Where Life Begins**  
**James Grant, Sr., Koyukon/Athabaskan**  
**18” x 13”, 2005**  
**Giclee print from pen and watercolor drawing**  
**Collection of Gwich'in Steering Committee on behalf of the Gwich'in Nation.**

# NNAVA Takes on Project Moccasins

**Submitted by Sherry A. Girty, National Native American Veterans Association**  
**LAWRENCE, KS** — It is a Native tradition that when a warrior went into battle he would wear new moccasins. The new moccasins were to bring him home safely from battle or to ease his transition into the next life.

With the number of Native American troops currently stationed in harm’s way in Iraq and Afghanistan, the National Native American Veterans Association (NNAVA) has undertaken to send a new pair of moccasins to each of our native troops deployed.

Each pair of moccasins is hand made in the traditional way, wrapped in red flannel, and then

shipped to the addresses of our deployed troops. The cost to make and ship each pair of moccasin is only \$21, due to the number of volunteers who are donating their time and money to this project.

Help us recognize the valor, sacrifice, and courage of our Native American troops by donating to Project Moccasin.

Please mail you contributions to the Project Moccasin Fund, C/O National Native American Veterans Association, P.O. Box 891973, Oklahoma City, Okla. 73189-1973. For more information call Sherry A. Girty, National Native American Veterans Association, Secretary of the Counseling Services Center at (785) 749-8445.

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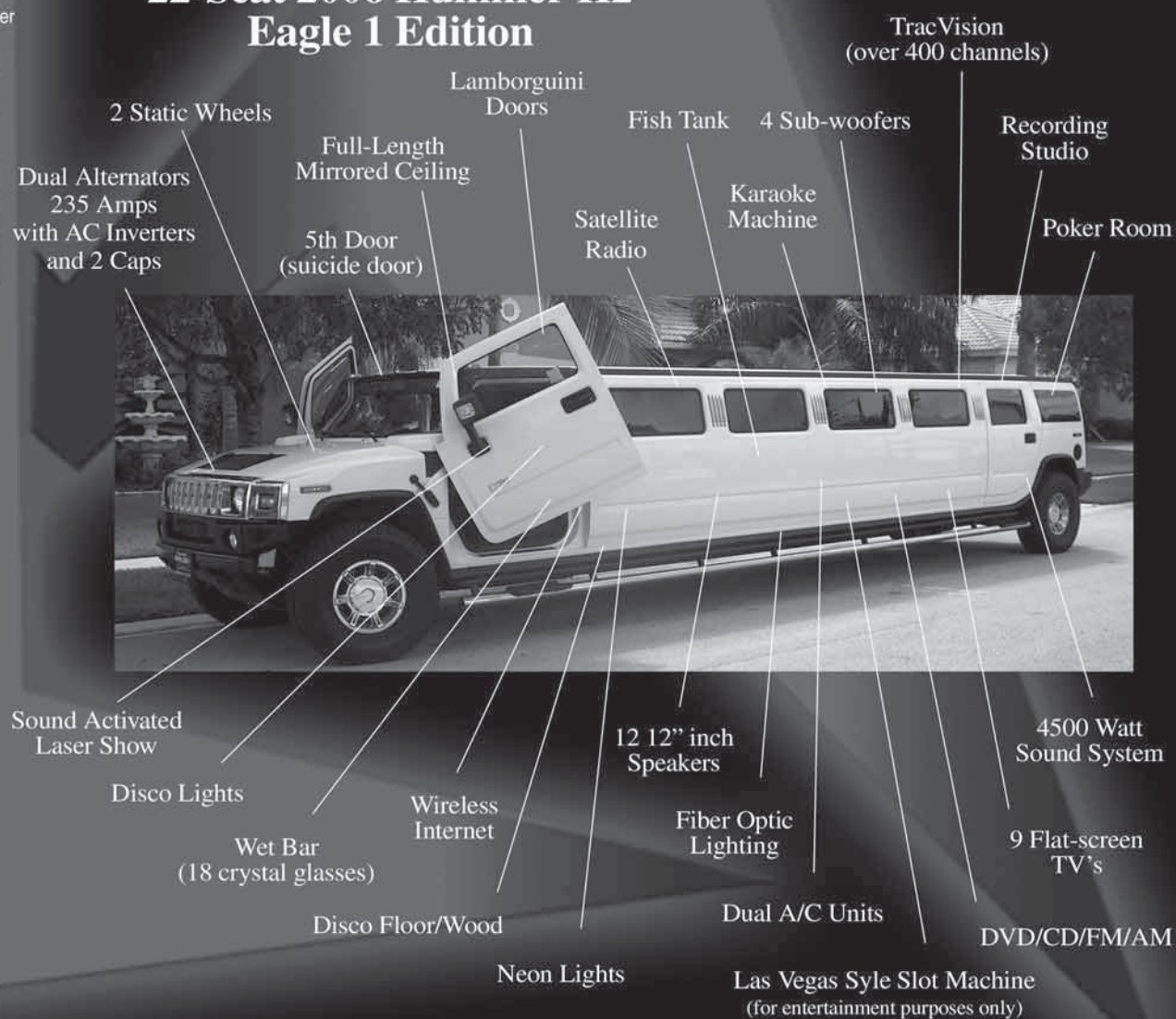
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Tribal citizen and homeowner Jacob Osceola with daughter and friend at F.Y.I. workshop. Chris Jenkins

# Homeowners Workshop Series Offered

By Chris Jenkins

**HOLLYWOOD** — Money saved is money earned as the old expression goes. On May 4, the Hard Rock Hotel & Casino hosted a new groundbreaking workshop series entitled F.Y.I. Homeowners Part 1, offering an introduction and education to health issues and maintenance in the home.

The workshop was held in coordination with the Seminole Tribe Housing Authority for tribal members, employees and families. The major topics discussed were mold management and radon detection in homes.

Tous J. Young, Tribal citizen and owner of Chief Spect, LLC, was emcee. Key speakers included Shannon Cory, president of the American Society of Home Inspections and Kaplan University instructor and Dr. Andy George, director of analytical operations for Radon Training Center Associates.

Prevention is one of the main keys to limiting costs and expense and according to Young "the little things add up."

"The biggest misconception is that they don't have to actually keep up with their homes, when they actually do have to keep up with their homes," Young said. "They have to change their filters, regularly do an inspection on the air ducts, and check their windows making sure their airtight."

Cory explained that unnecessary panic and a lack of education are all key factors in the effects of mold in the home.

"We don't want something growing on the



Tous Young was emcee at the seminar. Chris Jenkins

inside that's not growing on the outside, and we want to make sure that the levels we have on the inside are not greater than the outside," Cory said. "What we've got to take a look at is short term water damage, for example, versus hidden damage long term roof."

In the long term, unless the substance found in the home is identified as a pathogen or toxin, the problem can be solved with the use of common dish-washing liquid, Cory revealed.

The effects of radon in the home can also create problems, if ignored or unattended. This substance is odorless and colorless and moves up through the ground to the air above and into the home through cracks and other holes in the foundation.

Any home can have radon and oftentimes trap it inside. It is the second leading cause of lung cancer in the U.S. Elevated levels have also been found in many homes in Florida. Dr. George advises homeowners or renters to purchase a radon testing kit or contact their Florida radon office at [www.epa.gov/iaq/wheretheyoulive.html](http://www.epa.gov/iaq/wheretheyoulive.html) or call (800) 543-8279.

Protecting and securing the home are the major factors in winning the health and maintenance battles. Young believes a parent-child relationship is the best approach to take, saying, "You've got to treat them as a child, you've got to change the Pampers®, you've got to feed them, you have to do that with your home, you have to take care of it."

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# Lifestyle Balance... Small Steps, Big Rewards

**Submitted by the Seminole Health Department**  
**BRIGHTON** — The Brighton community is slimming down and trimming the fat; literally. The Brighton community is reducing waistlines by modifying the dietary fat intake. How can one community make these changes? The answer is easy, join the Lifestyle Balance program.

Lifestyle Balance is part of the National Institute of Health's Diabetes Prevention Program. The program was designed to test the effectiveness of lifestyle changes in preventing Type 2 Diabetes. It began as a three year study in 1995.

Participants were challenged to do two things: move more and eat less fat. The activity goal is 30 minutes of moderate

do not wish to join a team? Individuals were also encouraged to join the program. They worked toward the same seven percent weight loss goal.

Fourteen teams signed up for the program. A total of 85 people signed up for the challenge. Team members came up with catchy and intimidating names. Some teams were comprised of family members, while others were a group of coworkers. The spirit of Brighton was well represented.

5. Rita McCabe, 6. Salina Dorgan

The Brighton community lost a total of 400 pounds during the Lifestyle Balance Program, a direct result of positive behavioral changes. This was not chance—this was change.

These positive changes will trickle over into the homes of Tribal citizens as well as employees working on the Brighton reservation. Healthier people live longer and more productive lives. Feeling



Submitted by Seminole Health Department  
**Dana Osceola**

exercise, like walking, at least 5 times per week. To be successful, participants also needed to lose seven percent of their body weight. With these two changes the study demonstrated a 58 percent reduction in diabetes.

The Lifestyle Balance program offers the benefit of well documented success. Still, in Brighton the program needed something special that would entice the commu-

increase your dietary fiber and help reduce fat intake.

Participants were asked to keep a food journal and high-light fruits and vegetables daily. The plan is simple. Counting your fruits and vegetables every day helps to create a new and healthy habit. It is a positive way to make a change.

Lunch was prepared onsite for the classes. Each week, Beth Morlang and Barbara Boling created a menu of the community's favorite foods. The recipes were then altered to produce a low fat, low calorie meal. Recipes for the meal were distributed each week.



Submitted by Seminole Health Department  
**Recreation staff "Four Men and A Baby"**

nity members to be a part of the action. That is when the team weight loss approach was created. With input from the community, as well as Health Educator Barbara Boling and Dietitian Beth Morlang, the program was launched as the Lifestyle Balance—Biggest Loser contest.

The concept is simple. Participants join the program with four other people. This is the weight loss team. The team weighs in each week at the Lifestyle Balance class. The team with the highest percent of weight loss wins Brighton's Biggest Loser traveling trophy.

Team members help support each other in all weight loss efforts. What about the people who

exhibited with the meal.

"The Warriorettes," "The Lean Mean Kaccvs," "The Oreos," "The Under Dawgs" and "Four Men and A Baby" shared the weekly Brighton Biggest Loser trophy. The trophy was a large mounted cup that contained a one pound fat model. Winners proudly displayed the fat trophy for the week of their win. All of the teams did a great job and should be recognized for their efforts.

The program had several participants reach their seven percent weight loss goal. They are listed in the order in which they hit their goal weight. 1. Dana Osceola, 2. Melanie Mello, 3. Jodi King, 4. Jose Garcia,

or Barbara Boling, (863) 763-0271, Hollywood, Doris Mir or Tina Mennella, (954) 962-2009, Immokalee, Charlotte Porcaro, (239) 867-3408.



Submitted by Seminole Health Department  
**The Lean Mean Kaccvs**



Submitted by Seminole Health Department  
**Rita McCabe**

good creates a better community and work environment. Healthier people also reduce healthcare costs.

Many thanks to Health Director, Connie Whidden, who supports ongoing efforts for positive lifestyle change.

The 14 week program has concluded for the year, but will continue with a monthly weight loss support group. Participants are also invited to continue their efforts and weigh in weekly with the Brighton dietitian, Beth Morlang.

If you have questions or concerns regarding the Lifestyle Balance program, you can contact the Allied Health staff on your reservation: Big Cypress, Megan McClory or Linda McCarthy, (863) 983-5798, Brighton, Beth Morlang



Submitted by Seminole Health Department  
**Salina Dorgan**



Submitted by Seminole Health Department  
**Ricky Joe Alumbaugh takes off in the 20 yard dash.**

## Healthy Snacks and Healthy Kids at Big Cypress Community Center

**Submitted by the Seminole Health Department**  
**BIG CYPRESS** — Have you noticed anything new at the Big Cypress community center? No sugary drinks allowed!

In September 2005, BC Community Center Director Jack Gorton, Assistant Director Yolanda Valdez and BC Nutritionist Megan McClory took the first step in the Seminole Tribe to help combat childhood obesity. Afternoon snacks of potato chips and sodas were replaced with healthy snacks and bottled water.

This reinforced by the recent commitment of soft drink companies to discontinue selling sugary drinks to schools nationwide. The Big Cypress Community Center is the first Seminole Tribal facility to make this commitment to the youth and youth programs.

Along with this change came the creation of the Healthy Kids Club, emphasizing healthy eating and physical activity for all BC community youth. Healthy Kids Club met each Tuesday, from Jan. 10–April 25 for children participated in physically active games and nutrition lessons.

McClory showed the youth with how to make easy, healthy snacks.

Valdez commented: "the transition has been a good one and the youth come in now and ask what the health snack is for the day."

Members of Healthy Kids Club trained all year for their final competition of Field Day, which was held on April 28. In addition to the activities provided, there was a tug-of-war between the boys and girls and all Healthy Kid Club members were given a tour of the Seminole fire truck.

They goggled over the gadgets, hoses, and ladders and also were able to view and sit inside the truck. The event ended inside the community center with the announcement of the first, second and third place winners for each event, followed by the winners for most attendance, leadership, most athletic, best attitude, best effort and best sportsmanship.

Field Day was a success due to the dedicated efforts of community center staff at, Dominique Troadec from Family Services, Community Diabetes Advocate, Barbara Billie, and Stan Frischman and his staff from Recreation, as well as the Seminole Fire and Rescue team.

Yolanda remained a source of support for all with her comment of "the children look forward to Tuesdays and being a part of the Healthy Kids Club."



Submitted by Seminole Health Department  
**Kids are taught how to make easy healthy snacks**



Submitted by Seminole Health Department  
**The children enjoy water and healthy snacks in between events.**

As Jack Gorton stated in his closing words at the end of the day, "it is a great program and I hope to see it continue for a long time."

The kids really enjoyed coming every Tuesday and truly gave their best efforts on Field Day. Congratulations everyone on a job well done! Healthy Kids Club begins again in the Fall of 2006. Join the youth, make your best effort to drink water, not soft drinks.

Everyone received a certificate of completion recognizing their efforts. Winners are as follows: Awards: Leadership: Katie Bert and Haden Littlebear, Most Athletic: Stanley Cypress, Best Attitude: Roderick Bert, Best Effort: Eyanna Billie, Best Sportsmanship: Ricky Joe Alumbaugh; Most Attendance: Haden Cypress, Stanley Cypress, Katie Bert, Roderick Bert, Annabelle Whiteshield, Justin Roff, Eyanna Billie, Mazzy Robbins, Ricky Joe Alumbaugh, Corbin Billie, Jathaniel Brooks.



## The Healthy Senior

**By Fred Cicetti**  
[Editor's Note: Fred Cicetti is a syndicated columnist who writes about issues concerning senior citizens' health. The opinions he expressed are his own. If you would like to ask a question, please write fred-cicetti@gmail.com. All Rights Reserved © 2006 by Fred Cicetti]

### Q: Do older people need more sleep?

Seniors need about the same amount of sleep as younger adults—seven to nine hours a night. Unfortunately, many older adults don't get the sleep they need, because they often have more trouble falling asleep. A study of adults older than 65, found that 13 percent of men and 36 percent of women take more than 30 minutes to fall asleep.

Also, older people often sleep less deeply and wake up more often throughout the night, which may be why they may nap more often during the daytime. Nighttime sleep schedules may change with age too. Many older adults tend to get sleepier earlier in the evening and awaken earlier in the morning.

Many people believe that poor sleep is a normal part of aging, but it is not. Sleep patterns change as we age, but disturbed sleep and waking up tired every day are not part of normal aging. If you are having trouble sleeping, see your doctor or a sleep specialist.

Here are some pointers to help you get better sleep:

Go to sleep and wake up at the same time, even on weekends. Sticking to a regular bedtime and wake time schedule helps keep you in sync with your body's circadian clock, a 24-hour internal rhythm affected by sunlight.

Try not to nap too much during the day because you might be less sleepy at night.

Try to exercise at regular times each day. Exercising regularly improves the quality of your nighttime sleep and helps you sleep more soundly.

Try to finish your workout at least three hours before bedtime.

Try to get some natural light in the afternoon each day.

Be careful about what you eat. Don't drink beverages with caffeine late in the day. Caffeine is a stimulant and can keep you awake. Also, if you like a snack before bed, a warm beverage and a few crackers may help.

Don't drink alcohol or smoke cigarettes to help you sleep. Even small amounts of alcohol can make it harder to stay asleep. Smoking is dangerous for many reasons, including the hazard of falling asleep with a lit cigarette. Also, the nicotine in cigarettes is a stimulant.

Create a safe and comfortable place to sleep. Make sure there are locks on all doors and smoke alarms on each floor. A lamp that's easy to turn on and a phone by your bed may be helpful. The room should be dark, well ventilated, and as quiet as possible.

Develop a bedtime routine. Do the same things each night to tell your body that it's time to wind down. Some people watch the evening news, read a book, or soak in a warm bath.

Use your bedroom only for sleeping. After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.

Try not to worry about your sleep. Some people find that playing mental games is helpful. For example, tell yourself its five minutes before you have to get up and you're just trying to get a few extra winks.

If you are so tired during the day that you cannot function normally and if this lasts for more than two to three weeks, you should see your family doctor or a sleep disorders specialist.

If you have a question, please write to fred-cicetti@gmail.com.



Submitted by Seminole Health Department  
**Jodi King**



Submitted by Seminole Health Department  
**The Under Dawgs**



# GATHERING OF NATIONS POW WOW

## ❖ Gathering

Continued from page 1

She describes her experience as a once in a lifetime joy that she will forever cherish. "The first grand entry was exciting because everyone was ready to dance," said McCall. "It was nerve-wracking because it was so packed."

"I got to meet new people that I still keep in touch with," she added.

This year marked the second consecutive year that McCall has had the opportunity to compete in the pageant. The prior year, McCall explained the dynamics on making Seminole clothing during the talent competition. However, this year she enlightened the rest of the Native population with the presentation of Seminole chickees. Chickee is a loose translation for the word "house." It is a traditional structure constructed with cypress poles and palmetto fronds.

From the cooking, eating, sleeping and storage chickees, McCall proudly explained the purposes of each and how they were and still are utilized in the Seminole communities.

"I wanted Southwest people to know the difference between Seminole chickees," she said.



"We don't live in teepees or pueblos."

Talented and ambitious McCall is currently attending Florida State University where she is entering her sophomore year. She claims to have a full schedule of studies that include theater, one of her favorite classes. During her freshman year she recalls enjoying attending live plays after she finished reading the related book.

As persuasive as McCall seems to be, her efforts during the pageant earned her a Disney Cruise out of Orlando, Florida which she will take this summer along with the new Miss Indian World and the Miss Indian World Committee. She won the prize for selling the most raffle tickets. She sold tickets up until the day before she left Florida. She sold more than 4,000 tickets in the Seminole community. McCall was excited to say that a few Seminoles won prizes that were donated by the vendors. The raffle winners were announced at a banquet held at the Aquarium Restaurant in Albuquerque.

She thanks everyone for their support, including the Seminole princess pageant committee for helping with the sale of tickets as well as everyone who supported the sale, specifically Hollywood Council Representative Max B. Osceola Jr. and Trail Liaison William Osceola who was a winner along with Steven Bowers, Alice Billie of Big Cypress and Suraiya Smith of Brighton. McCall also extends her gratitude for overall support to the Seminole Tribal Council.

"Without the Tribal Council my participation in the pageant would not be possible," said McCall.

While the Miss Indian World pageant took place other Tribal citizens were spotted enjoying the festivities. Tribal citizens Cornelia Osceola from the Hollywood reservation and her two sisters strolled around the outdoors of



Photos by  
Adelsa Williams



the arena sampling the many varieties of Native made foods while shopping from the many vendors selling popular tradition items.

Also, Tribal citizen Mary Billie and her family toured nearby and were spotted at the famous Old Town along with the out-of-the-norm crowd that visited Albuquerque during the city's 300th birthday celebration.

While all the mentioned activities happened simultaneously, Tribal citizen Wanda Bowers, mother of McCall and Seminole Princess Pageant chairwoman, kept herself busy when appointed a Pow Wow dance judge by the Miss Indian World pageant committee.

