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Culture Day Meeting Held

BIG CYPRESS — The Big Cypress Family Investment Center served as the meeting site for a Culture Day Planning Meeting.

Under the guidance of Janice Osceola, Station Manager for WSBC in Big Cypress, individuals interested in participating in the one-day event were called together.

Meeting attendees represented the Education, Family Services, Recreation and Language Departments of the Seminole Tribe.

Janice had invited all interested individuals to the planning meeting to discuss the cultural day and solicit ideas for what type of activities should be involved on the day.

The feedback from the group was very positive, and there were many great ideas by various individuals who also offered a helping hand for the event.

This is what Janice is looking for, people from the community and various tribal programs willing to be involved in a one day event geared towards the youth and seniors.

Her goal is to foster interaction between the older Seminoles and the Seminole youth, so the youth can experience what it was like to survive in the Florida wilderness long before the modern conveniences of today.

Some activities will involve the butchering and cleaning of animals and fish, the preparation of corn for sofkee and how to start a fire without the use of a lighter or matches.

The culture day attendees will be able to experience food cooked over an open fire a task, which is not as easy as some people think. There will also be a chance for the youth to participate in woodcarving and beadwork. Elders will perform demonstrations such as arts and crafts.

Also suggested was to have elders speak at 1-hour increments about certain topics, such as cutting, cleaning and preparing swamp cabbage for eating.

Another event scheduled will be a "stickball practice," it was pointed out by Language Teacher Herbert Jim that if a "game" is started, it has to be played all the way through without interruption and a game can take all day long.

At the meeting, it was decided to hold the culture day event on April 30 from 10:00 a.m. until 3:00 p.m. The event is geared towards Ahfachkee School students but, if anyone else is interested in attending, they are welcome.

Another cultural day meeting will

See **CULTURE DAY**, page 3

Molesky Retires After 14 Years

HOLLYWOOD — On Mar. 27, the Health Department bid farewell to Lucille Molesky, a 14-year employee of Health Administration.

Over a dozen colleagues wished Molesky well during the emotional event,

including President/Acting Chairman Mitchell Cypress, who talked to her over the phone from Big Cypress.

Molesky was lauded for her legendary work habits and outstanding attendance record. Elsie Bowers, who originally hired Molesky, said other Health

employees sometimes complained that "she was always downstairs, always watching us."

"I never said anything to her though," said Bowers, "she is a valuable person and we're going to miss her."

Although she hadn't any knowledge of the Health Department when she was hired, many of the well-wishers marveled at the breadth of knowledge she takes with her. "I don't know who I'm going to call," said Health Director Connie Whidden, "she's going to have to leave us her home number."

See **MOLESKY**, page 5

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Hollywood Senior Easter Egg Hunt

By **Ernie Tiger**

HOLLYWOOD — Seniors gathered at the newly constructed Hot Meals building on the Hollywood reservation to enjoy a variety of festivities provided by Hollywood Representative, and event sponsor, Max Osceola.

Participants in the games started off the morning with an egg-hunting contest. Egg hunters lined up on the Seminole Baseball field to race against each other in the pursuit to grab as many eggs as possible within the time limit.

The hunt was followed by a very interesting Easter egg and bonnet hat contest, where male and female participants designed hats that depicted their own artistic rendition of Easter.

The hats that were constructed for the con-

test ranged from the eye-catching to the elaborate. The winners were decided by who constructed the most elaborate and artistic hat.



Spectators who did not design hats watched the artists with amusement as they modeled their hats to the judges. The seniors also participated in two more prize-awarding contests, before closing the day with a delicious gourmet meal prepared by Hot Meal staff.

To add to the morning's artistic celebration, an egg design contest was also included into the curriculum that morning. The artists once again used their abilities to decorate hard-boiled eggs into interesting icons.

Some of the eggs resembled

small human-like figures, ranging from Elvis Presley

See **EGG HUNT**, page 12



Pequot Citizens Visit Big Cypress

By **Alexandra Frank**

BIG CYPRESS — The Big Cypress community hosted a group of visiting Pequot Tribal Citizens this past March 14. The visiting group of ten seniors and their chaperones had a chance to be tourists for a day.

The group made the rounds of the tourist attractions, such as the Ah-Tah-Thi-Ki Museum and the Billie Swamp Safari, where they were able to enjoy an airboat ride and a swamp buggy tour.

Their final stop (B.C. Senior Center) would not be a tourist attraction, in fact, few non-Seminoles visiting this out of the way reservation know there is a facility for senior citizens to get together.

Seminole Seniors from 5 Reservations had set-up tables with Arts and Crafts items for sale. Basically, it was for the visiting Pequots, but a few Seminoles found a few bargains hard to resist.

Jonah Cypress and his band played gospel hymns and few country songs to keep the group entertained while they awaited the arrival of the Pequot group. On this day, everyone would enjoy a buffet style lunch prepared by the Hot Meals Staff of Big Cypress.

President/Acting Chairman Mitchell Cypress arrived before the Pequot group and had a chance to purchase items from the arts and crafts vendors. He bought a vest with tiny American flags printed all over the material. He also had a chance to talk and visit with seniors and other guests at the event.

The Pequot Seniors finally arrived and where ushered into the dining room area where they received a welcome address given by Sally Tommie, Administrative Assistant to the President.

Tommie's opening remarks gave a brief history of the Seminole Tribe and its humble beginnings, then spoke about its current position for being one of the few influential tribes in the United States.

Cypress gave his welcoming remarks to the visiting Pequots and hoped they enjoyed their experience of the Seminole Tribe's tourist facilities and the Senior Center. He also introduced seniors from the 5 reservations and many of the program directors that were present.

The group of Pequot Seniors extended a gesture of friendship to Cypress by giving him a blanket. There also came a moment when two individuals from the Pequot group were so moved by the music they heard they got up on stage and gave an impromptu performance of songs with a Native Peoples theme.

The event brought the best out of each other and, for a few hours, everyone was able to share in an enjoyable afternoon. The Pequots did not leave empty handed, as they were leaving they visited the arts and crafts vendors and purchased items handmade by Seminole Seniors.

With a final farewell, and few photo opportunities taken with the visiting Pequot Seniors, it seems the Seminole Tribe has found a few more friends in Indian Country.

Council Meeting: Ft. Pierce Residents Will Get Houses

By **Elrod Bowers**

HOLLYWOOD — The Mar. 11 Council meeting got off to a fast start when Secretary-Treasurer Priscilla Sayen read the Tribal Council's response to the petition submitted by suspended chairman James E. Billie.

In the letter, the Council said the petition was "untimely and must be rejected" according to an ordinance passed in August 2001 which states that petitions must be submitted within 21 days of the relevant resolution. The letter stated that Billie's petition had been filed nearly five months after the deadline.

Alex Tommie, of Ft. Pierce, rose to Billie's defense but the discussion quickly shifted from Billie to the issue of housing for Ft. Pierce residents. Tommie said that more had been done before Billie was suspended.

According to Tommie, "It has been seven years and we have not had any homes."

Later in the meeting, Housing Director Joel Frank, Sr. gave a status report on the Ft. Pierce property, also known as Hawk's Landing. According to Frank, "for Ft. Pierce, the problem has always been water and sewer."

Frank said that the project could not move forward because of the water and sewer issue and noted that the Legal Department was moving very quickly to resolve the situation.

Ross Holzman of the Legal Department confirmed that the St. Lucie County officials have agreed to work with the Tribe on the water and sewer issues.

According to Hollywood Councilman Max Osceola, Jr., water and sewer were just the latest setbacks for the long-awaited project.

See **COUNCIL MEETING**, page 3



Seminole Senior Gathering

By **Alexandra Frank**

HOLLYWOOD — On Mar. 12, the Okalee Indian Village served as the meeting site for the Seminole Senior Gathering, an event hosted by the Broadcasting, Education and Language Departments. The event was held to help educate younger Seminoles about their forefathers' lifestyle before moving to the reservations of today.

The seniors were involved because it is traditionally taught that a person seeking knowledge of their heritage must ask an elder for that knowledge, it is not given out freely. This event was also a chance for those who may have had a chance to experience traditional Seminole living when they were younger to recreate some aspects of the lifestyle for the younger generation.

Danny Jumper, Broadcasting Director and Josephine North, Language Coordinator wanted to reintroduce the Hollywood community youth to the traditional lifestyle that has all but been forgotten, due to the modernization of the area.

Max Osceola, Jr. also spoke about the importance of the event and remarked that this event and others of this format are a way to promote the pride and image of the Florida Seminole.

Josephine asked that some of the seniors help with pronunciation of the food that was being cooked and the name of certain structures that make up a traditional Seminole village. North received help from Annie Jumper, Jimmy Hank Osceola, and Betty Osceola.

The food traditional to the Seminole diet of days gone by before fast foods became the norm were either butchered, cleaned, mixed and cooked over an open fire. Workers from the three hosting programs, along with individuals who knew how to do such chores, all shared in the preparation of the events much anticipated meal.

This display of preparing the food before it is cooked and served showed how easy it is today for someone to go out and buy their supper, compared to how things were done only a few decades ago.

These examples give one a new respect on how hard it was for the Seminole forefathers to live day to day

See **SENIOR**, page 7

Just Say No

***Virginia Mitchell**

With all the many concerns about our youth being either manipulated into taking drugs, engulfed by alcohol or whatever is devouring our future, teaching the almighty word, Starts with enforcing must begin at home.

Starts with enforcing must begin at home, NO, and mean it!

No dear, I really don't want you hanging out with them! No son, please don't start such a bad habit! No baby girl, you should finish school before starting a relationship! No, I would appreciate you be home no later than 9:00 p.m.! These are only examples but I'm sure you get the general idea.

Why No? No, so I can live a healthy and fruitful life. No, because I don't want to end up like you! No, because I want more for my family and myself. No, because I know I am valuable enough to have the best. Just out right No, we could've had all that all along! No, for I plan to live a long and happy life!

No will not hurt all the children, whether they are 8 years old or even 21 years old. Sure, they will pout at first but they comprehend what you're doing for them. You must stand your ground with a stern NO, they will appreciate your efforts. The conclusion comes with gratitude they will nourish upon forever.

Just because a child has reached the age of eighteen does not mean they are ready to go out and conquer what is in this crazy world. So No, please take your time and become more knowledgeable before making mistakes that will only hurt and drag you down.

There is always time to grow up, I've heard a few say. Time is precious, it is not a mechanism that can be tampered with.

The majority of us do learn from our mistakes, then those of you who never learn because your moment ended you short. That is the hardest lesson the ones who love you are constantly encouraging you to understand

All the chances given to you and what did you do? You thought you had all the time in the world, then when someone else makes that right choice you laugh and criticize. Who then will have the last laugh?

While you're still standing around wondering and confused, mocking many whom go on to achieve a more productive and happier life. There is always hope and chances, but don't push your luck too far because it is not true luck. All your chances are coming to an end; you've played your last hand in this game.

The many of us that have succeeded still have hope for that still out in the fog. And to the few that head down the right road, remember that road is not short. There are many detours, roadblocks and intersections, so continue with following through the program you are facing.

This meaning, don't think a few years has cured you of your life-long illness. Be gracious to the many that helped you as well, for without their encouragement and sponsorship this could not have been possible.

No, you are not totally cured until your denial has been conquered. No, you must never give up on rehabilitation for a sober lifestyle. No, we will not let you stand-alone; many of us are there to support each and every one of you. Just say No, for then there will be peace.

— Virginia Mitchell is the Editor in Chief of the Seminole Tribune

Business In Indian Country

***Dr. Dean Chavers**

I am not in business, so let me make that disclaimer up front. But Indian business, or the lack of Indian businesses, is one of the things that is constantly on my mind.

I hate to see how business operates around Indian reservations. The business people in the border towns, whether Spokane, Gallup, Gordon, or Rapid City, sell things to Indians and in many cases make a huge profit. At the same time, they give little or nothing back. In fact, often they are as arrogant as hell to Indian people.

For instance, 15 years ago I was helping one tribe to try to raise money in Gallup for a project on the reservation. The largest Ford truck dealer in the world, Gurley Motors, is in Gallup. I advised the chairman of the tribe that he should find out who Pat Gurley's best friend was and to have this best friend make an appointment for the two of them to visit with Pat to ask for his help in raising money.

Instead of finding the best friend, however, the chairman simply showed up at Pat Gurley's office one day with a handful of his assistants, without an appointment. Pat threw them out, and would not even talk to them. They never did get the money they needed from Gallup, despite spending millions a year in the city. Over half the households on that reservation have a Ford truck from Gurley Motors.

My friend Al Paulson, owner of Marketplace Productions, LLC, in St. Paul, wrote in his last newsletter that there are "over 100,000 Indian businesses operating in the marketplace." That is astonishing.

Thirty years ago, when David Lester and some other folk started the United Indian Development Association in Los Angeles, there were just a few dozen Indian businesses in California. To their great credit, David and his successor Steve Stallings helped hundreds of Indian businesses develop in that state.

It was revealed in testimony before Sen. Inouye's Indian committee almost a decade ago that many of the so-called "Indian businesses" were not owned by Indians.

Some non-Indian hustler owns the business, but has an Indian "front man" who represents the business. Either the Indian owns a minority interest, or is just an employee with no ownership. The hearing revealed that these fake Indians were getting hundreds of millions of dollars in contracts for highway construction, building construction, and a wide variety of other things.

Despite these rip-offs, Indian business is healthy and growing. But it needs to grow up more. Al reported that "Indian Country will have a total buying power of \$34.8 billion in 2001, up from \$19.2 billion in 1990." That 81% increase is astonishing and gratifying to me.

I have believed for a long time that the solution to the problems in Indian Country is jobs. It is not handouts, social welfare, education, or rehabilitation. It is jobs, pure and simple. When Indian people can have jobs, and have control of their land and resources, I think most of the so-called "Indian problems" will disappear.

It still bothers me that there is no slaughterhouse on the huge Navajo reservation. People drive 200-300 miles into Flagstaff, Gallup, Grants, Farmington, Durango, Albuquerque, Winslow, Holbrook, and Page to buy much of their food. This is a one-way flow of hard cash from on the reservation to off the reservation.

At the same time, Navajo farmers and ranchers are hauling their sheep, goats, and cattle into town to sell them. Their neighbors who have no herds then drive into town to buy the meat that the herders sell to the bilagaanas in town.

It is none of my business, of course, but I think the Navajo people should have their own slaughterhouse. And I still resent the millions of Lakota dollars spent in the little rat-infested towns of Gordon and Whiteclay, Nebraska.

The possibility of Indians taking over these businesses that so dominate Indian Country is one of the reasons I am so excited about our newest scholarship program. WMS Industries, one of the largest slot manufacturers, has committed to providing scholarship funds for a five year period to start the Tribal Business Management program.

These scholarships will fund students in the fields of management, sales, hotel management, finance, economics, insur-

ance, accounting, public relations, advertising, gaming management, and other related fields. As one of the WMS executives told me on my visit to their plant in Waukegan, IL last fall, "We are committed to helping tribes develop their economics. And the best way we know how to help them get back on their feet is to help them get businesses started."

I certainly agree with him. Indian Country is moving toward its goals of self-determination and self-sufficiency faster now than at any time in my lifetime. In fact, for the first half of my lifetime, I don't think Indian Country was moving that way at all. It was just trying to survive.

But with the new businesses coming into existence, whether they are small convenience stores, large casinos, hotels, transportation companies, manufacturing companies, or food processing companies, Indian Country is starting to get back on its feet again.

The gaming movement has probably had the most to do with this development, in my opinion. From nothing ten years ago, Indian gaming has developed into a \$10 billion a year industry. The only unfortunate thing is that most of Indian Country, including the Navajo Nation which has one-sixth of the Indian population, is getting no benefits at all from Indian gaming.

One thing I wish the gaming tribes, or one of them, would do is start an investment bank directed only at Indian Country. This bank would operate the same as the big New York, Boston, and Chicago investment banking houses. It would make loans and take equity in Indian businesses, and nurture them through to maturity.

The future of such a bank would be tremendous. At this point, companies in Las Vegas, New Jersey, New York, and other places hold much of the equity in tribal casinos. At some point, these companies need to be eased out, and the whole equity needs to be held by the tribal owners. That is happening in more and more cases as tribes buy their co-owners and investors out.

Instead of all those millions of Lakota dollars going into Whiteclay, I would like to see an Indian entrepreneur put a real supermarket in that area to compete with the existing beer stores.

I would like to see Indian-owned automobile dealerships in Chinle and Kayenta, Arizona. I would like to see Indian-owned fish processing plants in Washington, Oregon, Wisconsin, Michigan, Minnesota, and Alaska. I would like to see some Indian-owned agricultural processing plants in Oklahoma, South Dakota, North Dakota, North Carolina, Nevada, all over California, and in many other states. The farm products grown on reservations now leave in the first cycle of spending, the same way cash does.

I would like to see some Indian-owned job shops (carpentry, painting, cabinet making, welding) all over the Southwest, no, all over the place.

Casinos, of course, have the most potential to stimulate the growth of Indian business. To its great credit, the National Indian Gaming Association (NIGA) is developing a policy statement now that will call for casinos to develop some kind of Indian preference system. Ten years ago it was impossible to find an Indian vendor for casinos. Now it is easily possible to find dozens if not hundreds of Indian-owned vendors doing business with casinos.

Returning to Gallup, I learned from a jewelry designer a few years ago that there are 80 Indian jewelry manufacturing businesses in that town of 18,000. "How many of them are owned by Indians?" I asked her.

"You know the answer," she answered, "None. They are all owned by Anglos, Hispanics, and Persians. Indians make all the jewelry, mostly on a piece-rate basis. They could be in reality working for less than the minimum wage, depending on how good and how fast they are."

Maybe it is time for some young Indian whippersnapper to get involved in this business, and gradually take it over. It's a thought. Indian jewelry is going to be sold for a long time.

Let's just hope that more and more Indian businesses keep getting started, and that most of all they provide jobs to Indians.

—Dr. Chavers is Director of Catching the Dream, a national scholarship and education advocacy organization for Native Americans. He can be reached at Nscholarsh@aol.com.



Ahloolet ahshowon honhahchalém?
See the ibis in the cypress tree?

Virginia Mitchell

Letters & E-mail

6300 Stirling Rd. Hollywood. FL 33024 tribune@semtribe.com

Dear Editor:

Please help us identify good candidates for the American Indian Journalism Institute at The University of South Dakota, June 2-21. College students who have completed their freshman year and who will return to college in the fall are eligible. The program is open to native students regardless of where they live or the college they attend.

The program gives students an introduction to journalism in a three-week university approved course. Tuition, room and board, fees and other related expenses are paid. Students who successfully complete the program receive 4 semester hours of credit and a \$500 scholarship/stipend when they return to their school in the fall.

The nomination process is simple. Send a letter to my attention explaining why you think the student would be a good candidate for the institute and the student's address. Selfnominations also are accepted. When we receive the nomination letter, we then will send an application and further instructions. Early nominations will be given preference, although we would like to receive nomination letters by April 15.

If you have any questions, please do not hesitate to contact me in Vermillion.

Thank you for helping to spread the word and for offering encouragement and support to students who are potential journalists. The American Indian Journalism Institute will train the next generation of Indian journalists and give an important voice to tribes. Your help is vital to ensure that deserving students are nominated and that they receive the honor of participating.

Jack Marsh
Director
Freedom Forum
Neuharth Center
at The University of
South Dakota
414 East Clark St.
Vermillion, SD 57069

As President of Gold Coast Cutters, Inc., I would like to take this opportunity to thank the Seminole nation for their hospitality in hosting our cutting horse show on March 9th. We enjoyed the use of your rodeo facility and the concession stand furnished by your people. As always, Benny was a first class host. We look forward to putting on our third annual cutting at your facility next year.

Sincerely,
KC Townsend
Gold Coast Cutters, Inc.
President
TownsendK@brevard.k12.fl.us

Editor:

I used to sing with The Gibbs Family from Titusville, FL. I was reading about the two precious ladies Gladys and Pepper, and waves of wonderful memories came back to me about the couple of times I sang with the group at Chickee Baptist Church. I fell in love with your people (Hi Mr. & Mrs. Battiest and Henry and Dinah and precious kids and hello Rev. Payne!). I'm an ole white lady but I've got to say, I believe that Henry Jr., Rev. Payne and all the people there treated us like royalty (mmmm that fried bread!)

Well, I'm going back and read more of your pages.

God bless you,
Sheila Wright
TubbyRunner@aol.com

P.S. There will be two of us. No pets. I live in Illinois.



Editor:

I have been traveling and vacationing in Florida since the 1940's. I have visited the Seminole villages many times, between Naples and Miami on Route 41. I am visiting Southern Florida and would like to be assured that I have a motor home site.

My motorhome is 21 ft. long, and I will be using Coast to Coast Good Neighbor coupons. I shall leave within a week, and don't know exactly when I will arrive in that area.

Could you please advise me if there will be a rv site available. Thanking you in advance

Helen M. Hobby
hmby@accessus.net

Sherley Weeks, manager of the Brighton Campground, writes:
Helen, thank you for your interest in our campground. The campground is open year-round, reservations are suggested for the winter season and on holidays, for availability call Sherley Weeks at (863) 357-6644.
For further information on our campsites please go to our website, www.seminoletribe.com and click on the Brighton Campground logo.

Editor:

Hello, My name is Sheila Wright. I used to sing with The Gibbs Family from Titusville, FL. I was reading about the two precious ladies Gladys and Pepper, and waves of wonderful memories came back to me about the couple of times I sang with the group at Chickee Baptist Church. I fell in love with your people (Hi Mr. & Mrs. Battiest and Henry and Dinah and precious kids and hello Rev. Payne!). I'm an ole white lady but I've got to say, I believe that Henry Jr., Rev. Payne and all the people there treated us like royalty (mmmm that fried bread!)

Well, I'm going back and read more of your pages.

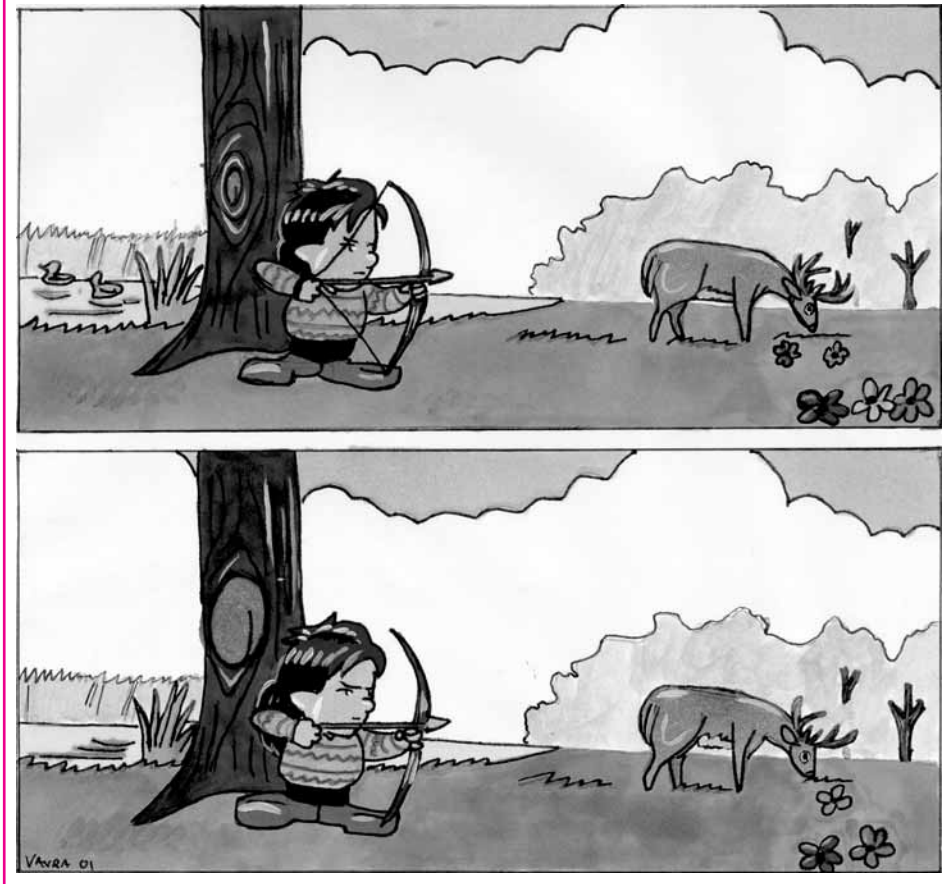
God bless you,
Sheila Wright
TubbyRunner@aol.com



Attention!

On Jan. 1, 2002, the subscription rate for *The Seminole Tribune* increased to \$30 a year. Order or renew your subscription now! Make checks payable to *The Seminole Tribune*, 6300 Stirling Rd., Hollywood, FL, 33024.

Can you spot the differences?



Editor:

I took my two little ones to Billie Swamp Safari on 2/ 18 and totally fell head over heels in love with the wonderful Florida Everglades!!!!!!!!!!!! I first heard of you on my all time favorite show, "Extreme Contact," and I HAD to see it for myself. I wish you lots of joy and happiness and I hope that I can return soon.

Good luck & God Bless all of you. Thank You for a wonderful Time!!!!!!!!!!!!

Lisa Coleman
Beeyetch@aol.com

Editor:

Hello, My name is Kristi Grimmitt. I just wanted to write and say how much me and my family enjoyed our stay at The Big Billie Swamp Safari. My family and I visited in I believe around September.

We stayed a couple nights, and we all had fun on the swamp buggy, we rode the airboats too, but it was sprinkling at the time so it was hitting us in the face. At the snake show, we had a lot of fun John is really funny.

He called me out of the audience, and made me close my eyes and he put an alligator over my head, but I didn't know what he was gonna do, but he thought I would be scared, but I wasn't. The crew was very nice there. John was my favorite, because he made me laugh so much. Thank you for your time.

Kristi Grimmitt
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Community News ❖

Myths About Weight Loss

By Kenny Bayon, Fitness Trainer

Hollywood Recreation is holding its annual springtime, weight-loss contest. The contest is open to all Hollywood Tribal members and employees. The contest weigh-in began Monday, March 11 (it’s still not too late to weigh in at the Hollywood gym) and concludes on Tuesday, April 30 at exactly 12 noon. An awards luncheon will be held immediately following the final weigh-out. Contestants can also weigh-out on Monday, April 29 between 6:00 a.m. and 6:00 p.m.

The weight-loss contest is to promote a healthy lifestyle within the reservation. The most important aspect of eating to lose weight is recognizing one of the human body’s basic equations, to balance “energy out” with “energy in.” The former refers to the amount of calories you ingest, the latter refers to how many calories you expend, due to metabolism and exercise.

When energy in exceeds energy out, you gain weight. When energy out exceeds energy in, you loose weight. So to get the most out of any weight loss program, you need to decrease energy in (calories) and increase energy out (exercise), while maintaining a well-balanced diet.

The total number of calories eaten and the types of calories (proteins, carbohydrates and fats) are equally important to a healthy lifestyle. Protein (chicken, fish, beef, eggs, pork) build muscle, carbohydrates (fruit, vegetables, rice, bread, beans, grains, cereal, pasta, potatoes) fuel your workouts, and fats (oil, cheese, nuts) also play a role in energy. There are many percentages for the type of calories you should eat. Consult a nutrition expert to help you construct a diet that will help you reach your goals efficiently.

Although “calories in” versus “calories out” is a fairly simple concept, there are many weight-loss myths that can be detrimental if misunderstood. One myth is that if you eat after 8:00 p.m., those calories will turn into fat while you sleep. Remember that we are individuals and we all have different lifestyles; assuming you’re even somewhat active, arbitrarily choosing a cutoff time for eating can be counterproductive.

National Nutrition Month

By Jeanne Hatfield, Health and Nutrition Educator

Everybody likes to eat! When you are choosing what to eat, you may think only about the way foods taste, not about how they affect your mind, body and spirit.

Nutrition is how your body uses the foods you eat. Good nutrition is needed for good health.

Foods provide all the nutrients your body needs. Nutrients are chemicals needed to do three things:

- Build and maintain body tissue.
 - Regulate the many activities of the heart, blood, liver, kidneys, brain, etc.
 - Supply energy for all the body’s needs.
- Everyone needs the same nutrients, but different amounts. The amounts are determined by each person’s age, sex, activity and state of health.

The six large classes of nutrients are: WATER, CARBOHYDRATE, FAT, PROTIEN, VITAMINS, MINERALS.

WATER
Water is the most important nutrient for life. We can live weeks without food, but only a few days without water. All the changes that make food into bones, tissues and energy require water.

When you are running low on water, a message is sent to the brain and the brain tells you that you are thirsty. Drink at least 6 to 8 glasses of water everyday.

FAT
Body fat comes from eating too much food—any kind, not just fatty foods—and getting little activity. However, fatty foods are very high in kilocalories and can cause unwanted body fat.

Fats are mainly in foods like: shortening, margarine, butter, milk, bacon, vegetable oils.

Fats have many functions in our bodies: They provide energy. We can store this energy as body fat for later use.

Oils in the skin and hair keep them healthy and give us a good complexion and shiny hair.

3. Body fat, in small amounts, pads out internal organs, like kidneys, and protects them from being damaged.

4.Body fat also insulates the body against heat and cold.

5. Fats also give food flavor and “staying” power. We get hungry very soon after meal that contains no fat.

Even though fats are important for health, most of us eat too much. Major health consequences

If you work out at night, for example, your body still needs post-workout nourishment such as an apple and a protein shake. Just try not to eat in the 2-3 hours before you hit the pillow. However, if you’re really inactive, your body won’t require much energy so it’s probably a good idea to reduce your carbohydrate intake (sugar, pasta, potato, rice, just to name a few) at night. The bottom line is to eat according to your daily activities and lifestyle.

Another myth is that the best way to lose fat is to eat as little as possible. On the contrary, as excess hunger builds, physiological factors kick in that make it easier to overeat later in the day. Therefore, as research suggests, you’re better off eating a healthy snack (perhaps a piece of fruit or raw vegetables) between meals.

Still another fallacy is that once you reach your intended weight, you’re home free. Quite often, however, keeping off the weight and fat is even tougher than losing it. To be successful, any diet- and -exercise program must be sustainable for life.

With that in mind, try decreasing your food intake gradually and sensibly, while simultaneously increasing exercise. For example, try reducing the sugar in your coffee from one teaspoon to half a teaspoon. An accumulation of small changes will ultimately result in weight loss that stays off.

The most important factor in a weight-loss regimen is to stay focused and disciplined, and to not get discouraged at slow progress and throw in the towel. Remember that weight loss isn’t about losing fat quickly, but rather adjusting your lifestyle so that the fat stays off.

To that end, try setting some realistic goals such as losing three inches around the waist and one inch around each arm. For motivation, just before starting your program, use a tape measure to record your body measurement. As you proceed with the program, re-measure your body every three weeks. If you stayed committed to your program, you’ll see results.

Instead of getting discouraged by incremental progress, view those small improvements as evidence that you’re making progress en route to your ultimate goal: a healthier body and happier life!

of too much fat in the diet are obesity, diabetes and hypertension.

CARBOHYDRATES

Carbohydrates are sugars and starches.

Another carbohydrate, fiber, does not supply nourishment but has roughage needed for proper removal of solid wastes from the body.

Carbohydrates provide fuel for the work of the body. Energy from carbohydrates (broken down to glucose) that are needed to carry on the body processes such as heart beat, muscle contractions and breathing.

If your body makes more glucose than it can use as energy, the excess is changed into body fat.

You need carbohydrates in your diet every day. About half of your daily energy intake should be from complex carbohydrates and natural sugars. These would include fruits, vegetables, milk and cereal grain products.

PROTEINS

Proteins and water make up the most of your body’s weight. We get proteins from both animal and plant foods.

Proteins have almost endless uses in the body. They are needed for building new tissues. During periods of growth, such as infancy, childhood, teen years, and pregnancy, and adequate supply of proteins is especially important. After growth stops, proteins are still needed to replace and repair body tissues.

Dietary proteins that are not needed to build or repair tissue, make essential body compounds or provide energy are made into body fat.

VITAMINS AND MINERALS

Vitamins are needed for your body to work. Most foods contain many vitamins, but no one food has enough of all of them to meet your body’s needs. A diet made up of a variety of foods will supply your vitamin needs.

Minerals are needed for many body functions and they make up about 5 percent of our bodies. Minerals have 2 main functions. Building tissues and regulating heart beat, blood clotting, and oxygen moving from lungs to tissues.

REMEMBER

No single food contains all the nutrients you need. A good diet includes a variety of foods that together supply all the nutrients needed. The more you know about nutrition and foods, the more likely you are to eat well. Make sure to always check out food labels.



The new Brighton indoor pool facility opened on March 15.

New Indoor Pool Facility In Brighton

By Gilbert King

BRIGHTON—On Mar. 15, members of the community attended the grand opening of the Brighton Indoor Pool Facility. The ceremony featured a catered lunch and there was fun for everyone who attended.

The new facility contains one Junior Olympic-sized pool, a 20 x 20 foot kiddie pool and a

spa that holds 8 to 10 people. There are also two locker rooms and an office.

The pool will be staffed with four lifeguards, with more openings to come. Look for swimming classes for the kids, and water aerobics for the senior citizens.

For more information, call the Head Lifeguard, Deanna Motlow, at (863) 763-3866.

Council Meeting

Continued from page 1

“This was after we had the fight with the [Department of Transportation] about ingress and egress, so it’s not that we haven’t been doing anything,” said Osceola, “We’ve been working on it, dealing with other governmental entities, all that white tape.

“Now, it’s finally coming in to where we can hook up the water and sewer and build the houses.”

The Council also:

*Approved a five year lease on the St.

Thomas Ranch property for the Seminole Tribe of

Florida Board Cattle Company.

*Approved an agreement to purchase Class II bingo player terminals from the Miami Tribe of Oklahoma Business Development Authority. The contract is to buy equipment and pay an annual license fee.

*Approved a Revised Scope of Work and Organizational Plan for the Seminole Tribal Housing Department. All contractors will now be handled by the Gulf Development Corporation. Housing Director Joel Frank, Sr. said that he and Executive Administrative Officer Kenneth Fields were planning to meet with Gulf Development to go over the construction schedule for approved projects.

Culture Day

Continued from page 1

take place on April 9 at 12:00 p.m. at the Family Investment Center in the Second Floor Conference Room. This meeting will confirm what supplies may still be needed and what supplies have been secured.

The meeting will also be a chance for anyone in the community who may have another idea for activities, or want to donate their time to event, a chance to come out and give their support.

The notice Janice posted stated what the pur-

pose of the planning meeting is: “To get our community to socialize with each other, all ages together having fun learning, teaching and remembering our traditions.

“People who work in our community are a part of our community too, it would be ideal if every department would participate in this event, if not in the planning, we will be needing people to help out at the Culture Day.”

Let’s all make plans to attend a fun learning experience we can all share and learn about who we are and where we come from.



License Problems?

We Can Help.

Suspended License
Revoked License
Traffic Tickets

The Law Office of

320 SE 9th Street
Fort Lauderdale, Fla 33316

Casino News ❖



The World's Fastest Bingo!
We told Bingo Bob to create a new bingo game. We told him it had to be fast, easy to understand, and that ten people should be able to play it at one time. Oh, we also told him that all ten of those people had to win a prize!

We are very certain that he had some help doing it, but you are going to get to see his creation on Friday, April 26, at every regular session! Here's how it will work:
First, every time you play bingo from April 1 - April 25, you will get a drawing slip. Bring the slips you won in this time period and place them in the drawing drum that will be set up in front of the Caller's Stand. (Please note that slips deposited for Matinee I will remain in the drum for Matinee II. All other slips will be removed from the drum following the drawings.)

If you are one of the lucky ten players who get chosen in each session, (two sets of ten people each will participate in Evening) you'll come down to the caller's stand. Each person, in the order they were called, will select a number from B-1 to O-75. We will write that number on their World's Fastest Bingo card, then go on to the next person. After all ten have chosen their numbers (no duplicates will be allowed), we'll start playing bingo. The pattern we will be looking for will be a Full Card, which come to think of it is about the only thing you could have one a one-numbered card! We'll keep calling numbers until we have the first winners.

The first "full card" winner will receive \$1,000! The second winner will receive \$250! Third place pays \$200, fourth pays \$150, fifth and sixth will pay \$100. At that point we'll stop calling numbers, but the last four people who still don't have a number will each win \$50.

Participants must be in the Bingo Hall at the time of the drawing, and their drawing slips must have been deposited by the time announced by the callers. Once the drawing drum is closed, no further slips will be accepted. Drawing participants must have valid photo I.D. with them. Only one drawing prize per person per session will be allowed. **No coupons or passes will be accepted for any session on April 26, 2002.** In addition, no immediate family members of Seminole Casino - Tampa employees may participate in the drawings or the playing of the games, nor may any Tour Operators, their agents or employees.

Let's see: fast (can't get much faster than one number); easy to understand (daub the one number and win); and everyone playing wins. Yep, he did

it. Next time let's see what he can do with 29 numbers on a card! (And we still think he had help.)

Win a New Car in April
No matter where in the casino you play, you'll have the chance to win a new 2002 Saturn on Monday, April 29!

Every time you win any Bingo Game, you will receive drawing slip. Win a \$1,200 or more Jackpot (or special win) on a gaming machine, and you'll win a drawing slip. Win any portion of a Special Game in Decision Bingo, and you will win a drawing slip. Come in first, second or third in a Poker Tournament (including mini-tournaments) and you will win a drawing slip. Have any single win of \$50 or more in Pull-Tabs and you will win a drawing slip. After you have played - and won! - in April, be sure to be here on Monday, April 29, 2002 for the drawing. You will be able to deposit your tickets from the end of Matinee II until 9:40 p.m. The drum will close promptly at 9:40 p.m. and after five minutes of spinning, the winner will be selected.

Winner must be present at the time of the drawing and have valid photo I.D. and Social Security card with them. When the ticket is drawn, the name will be announced throughout the Casino and that person will have ten minutes to come forward. If no one comes forward in the ten minutes, the ticket will be considered void, and a new name will be drawn. We will follow this procedure until we have a winner.

No coupons or passes will be accepted in the Evening Session on Monday, April 29. In addition, no immediate family members of Seminole Casino - Tampa employees may participate in the drawings, nor may any Tour Operators, their agents or employees.

The more you play in April, the better your chances to win a new Saturn!

JPC Members, Get Ready for . . . April Showers!
It was the great Al Jolson who sang about April Showers. Now, while only a part of our members remember Mr. Jolson, all of them will receive an umbrella on their Special Day in April! All they have to do is come to any (or all) sessions on their day to get their gift.

When you come in on **your Special Day**, be sure to use your JPC Membership Card when you get your pack. Then take the admission slip to the table that will be set up near the Pull-Tab Booth in the central lobby. Two things will happen then. First, you'll get your umbrella. And you'll get a three-on game card for a game that will be played later in the session.

In each session we will play a two-part game, details of which will be explained at the time the game is played.

In Matinees and Nite Owls, the first part of the game will pay \$500, and the second part will pay \$1,500. In the Evening Session, the first part will pay \$1,000 and the second part will pay \$3,000!

Members must be in the hall at the time the game is played in order to participate, and they must have used their JPC Card at the time of purchase. Immediate family members of the Seminole Casino - Tampa employees may receive the umbrella at the door, but may not take part in the playing of the game.

Members whose last name begin with the

letters A-K (or those who have switched to this group) will have their Special Day on Tuesday, April 9, 2002. Members whose last name begin with the letters L-Z (or those who have switched to this group) will have their Special Day on Tuesday, April 16, 2002. **No coupons or passes will be accepted at any session on either day.**

Play one session on your Special Day, get a free umbrella. Play two or more sessions and you have some nice gifts for people on your list! (And you don't even have to know who Al Jolson was!)



BRIGHTON

Live In Concert: Tracy Byrd and John Berry

Friday, April 26. Doors open at 8:00 p.m., \$25 per ticket. Tickets will be available at the casino and through various ticket outlets. Call (800) 360-9875 for additional information. Concert tickets include a coupon for \$5 in Video Gaming or Poker play and a drawing ticket for entry into Five-\$100 Drawings, valid only on the night of the concert. Must be 18 or older to attend.

Spring Fling Wrap Up!
The SPRING FLING PROMOTION wraps up in April and if you have been collecting drawing tickets you could be the winner of **\$500 cash in the weekly drawings on April 3, 10 and 17 or \$5,000 cash in the final drawing on Saturday, April 27.** There is still plenty of time to win drawing tickets to qualify for the weekly and Grand Prize Finale drawings.

Play and win any bingo game, win an accumulated win of \$500 or more on a gaming machine, come in first, second or third in a main or mini-tournament, win a bingo jackpot or win a single win of \$100 or more on paper pull-tabs and you will receive a two part drawing ticket. Tickets are two parts with the exception of those issued April 17 through the 26. One portion of the ticket is for the weekly cash drawings and the other portion is for the Grand Prize Finale drawing.

After you have played and won, be sure to be here for each of the weekly drawings totaling **\$2,500 each week.** You will be able to deposit the corresponding portion of your drawing ticket on the appropriate date starting at 4:30 p.m. until 9:45 p.m. **A \$500 drawing will be held at 6:00 p.m., 7:00 p.m., 8:00 p.m., 9:00 p.m., and 10:00 p.m. on Wednesday, April 3, 10 and 17. The Grand Prize drawing for \$5,000 will be held at 10:00 p.m. on Saturday,**

April 27. Once the drawing drum has been closed no further entries will be accepted.

Winners must be present at the time of the drawing and have a valid photo I.D. and Social Security Card with them. When the tickets are drawn the winner will have ten (10) minutes to come forward and present proper I.D. If someone does not respond during the ten (10) minutes, the ticket will be void and a new name will be drawn, following the same procedure until a winner has been confirmed.

Daylight Savings Time - April 7

Daylight Savings Time begins and so do your savings! **On Sunday, April 7 all packs will be \$5.00 off!** Hurry in and save on your Bingo Pack purchase! A regular \$15 pack will only cost you \$10 and a regular \$25 pack will cost only \$20 and the best part is the payouts will remain **\$150 and \$250** per game!



COCONUT CREEK

The Five Boroughs Coming Soon

Coconut Creek Casino presents Classic Recording Artists, The Five Boroughs performing April 21. Show times at 2:00 p.m., 3:00 p.m. and 4:00 p.m., featuring songs from their new CD release, *"Hearts Desire"*

The Five Boroughs" are a 50's Show Band, located right here in South Florida. Originally, most all of the 13 member musical group hailed from one of the "Five Boroughs" of New York, thus the name was created.

The group consists of six musicians (The Five Boroughs Band), fronted by seven vocalists. Each member of the vocal group originally sang and recorded hits in the late 50's and early 60's as members of various New York "Doo-Wop" groups.

In 1983, several of these transplanted New Yorkers bumped into each other and decided to again form a group like the "old days". It didn't take long before the "Five Boroughs" were up and running and headlining many oldies shows and events in the state.

To date, they have appeared with, and backed up numerous major recording artists from the era, and have traveled from coast to coast. They have released several CD's and singles.

At 5:00 p.m., a Lucky Winner will have a chance to WIN a 3 Night/ 4 Day Trip for 2 to the Motor City and Legendary Motown Museum.

The Seminole Tribe of Florida Presents

Memorial Day Weekend 2002

ALL PARTICIPANTS INVITED TO THE OPENING RECEPTION

**THURSDAY
MAY 23
HOLLYWOOD
DOG TRACK
3RD FLOOR
7-9 P.M.**

**EVERYONE WELCOME TO ATTEND
DINNER AND BEVERAGE SERVED**

3RD ANNUAL BOWLING TOURNAMENT

**MAY 24 - 27
HOLIDAY BOWLING
CENTER**

**Mail entries no later than
May 15, 2002.**

Early entries will be given first, second, or third choice of squad times. All hand carried entries received one hour prior to squad times will be accepted, provided space is available.

No entry will be accepted unless accompanied by total fee. Entries must have complete addresses and telephone numbers. Make cashiers check or money order payable to: Seminole

**Tribe of Florida
Bowling Tournament**

No personal checks accepted. For more information, contact: Jack Gorton at Big Cypress Recreation (863) 983- 9659.

**RODEO
HOLLYWOOD
TRIBAL FAIR-
GROUNDS
SUNDAY MAY 26
FREE**

**GOLF TOURNAMENT
MONDAY MAY 27
ORANGEBROOK GOLF AND
COUNTRY CLUB**

**REGISTER BEFORE 8 A.M.
SHOOT: 8:15 A.M.
\$20.00 ENTRY FEE**

**BUFFET SERVED DURING
AWARDS CEREMONY**

**POOL
8- BALL SINGLES
HOLLYWOOD DOG TRACK
FRIDAY MAY 24
REGISTRATION: 10 - 11:30 A.M.
SHOOT: 12:00 P.M.
\$10.00 ENTRY FEE
MEN'S AND WOMEN'S DIVISION**

**8-BALL TEAMS-4 PERSONS
HOLLYWOOD DOG TRACK
SATURDAY MAY 25
REGISTRATION: 10 - 11:30 A.M.
SHOOT: 12:00 P.M.
\$40.00 ENTRY FEE**

**SUNDAY MAY 26
9-BALL SINGLES
REGISTRATION: 12 - 1 P.M.
SHOOT: 1:30 P.M.
\$10.00 ENTRY FEE
MEN'S AND WOMEN'S DIVISION**



Molesky

Continued from page 1

Terry Sweat, Administrative Director, said he was going to miss Molesky's decision-making ability, as well as her "banana bread once a month."

Sally Tommie, Executive Assistant to the President, said, "All of your efforts were for yourself, they were for the betterment of our people and so we thank you."

A few of the speakers remarked on Molesky's toughness and determination to stick with procedures, including one gentleman, who said, "I promise I will never put premium gas in my car again."

At the end Molesky thanked the attendees and said, "I'm going to miss you, I'm sorry to say, but I will be back to visit."

*For fourteen years she's been around
And she's made sure none of you ran aground
A ship she steered called Health
And she watched it with great stealth
Connie and Terry said "Ask Lucille"
And sure enough it's a deal
So goodbye dear lady may God be with you
And may every wish you wish come true
— By Maureen Vass*



Lucille Molesky and Health Director Connie Whidden.

How To Save On Telephone Service

By Ken Goosens
[Editor's note. Ken Goosens works for the Tribe in Housing Finance and counsels Tribal members on loans and their credit. The opinions in this article are his own.]

Telephone service can be bewilderingly complex, wildly different in cost, difficult to estimate, and even dangerous to your credit. Managing this expense takes some initial preparation and work, but the routine savings could easily be \$300-\$500 per year, and avoiding the worst mistakes could save a person over \$400 in any given month.

The worst case of telephone bills I have seen was a woman who moved to Florida from New York who thought it was great that she could keep her same cell phone number. What the telephone company didn't tell her was that calling from Florida made her subject to long distance and roaming charges, which enormously inflated her bill. Her first month's bill was for \$3,600. Other bad bills were for \$1,500 for calls made a relative staying in the house, and a \$500 bill for a cell phone on a \$40 a month plan.



Telephone expenses are difficult to manage because 1) telephone service has complex and confusing components with different costs, 2) controlling who uses a telephone is difficult and 3) no one plan is best for everybody. What's best for people vary with their pattern of telephone usage.

Let's deal with the easier cases of how to save money first.

One of the best general ways to limit and control telephone expense is **to use a pre-paid calling card for long distance**. You call an 800 number first, give a special ID, and then the number you are calling. Good places to buy them include Sam's, Wal-Mart, BJ's, and Costco. If you buy enough minutes, you can get the cost down to about 3.5 cents per minute. A prepaid call is absolutely the best way to call in many special situations, but nothing beats it for handling your basic long distance as well.

Long distance calls on pay phones may be extremely expensive, and generally should be made using prepaid calling cards. Pay phones are not just those in public that take coins or credit and calling cards, but also phones in motels and airplanes. Avoid long distance calls on credit cards, cash calls, and especially calls from the phones you see in the back of an airplane seat, which cost dollars to connect and dollars per minute.

Be wary of calls from motels and hotels, where surcharges on even local calls may be large (some have free local calls).

Also, be wary of calling cards that are not pre-paid but are billed to you later, especially unsolicited cards sent to you by your long distance telephone company. Cash calls on pay phones, however, are generally a good buy for local calls at 35 cents for unlimited time.

Seldom accept collect calls, which are needlessly expensive. To pay for calls made to you, simply tell the person calling you how to use a pre-paid calling card you have purchased. You do not have to physically give a person the card, which is just a convenient reminder how to use the account. Realize they may make calls to anyone, but your financial exposure is just the cost of the calling card.

Give unlimited access to a telephone account in your name only to someone who lives in your immediate household. Otherwise, you risk having bills for thousands of dollars that you will be responsible for paying, no matter who called. Giving others access to our telephone is the second worst financial regret people have about telephones. Beware loaning your wireless telephone, letting even a relative stay in your home while you are away, and even giving your traveling children a telephone calling card billed to you. The only safe way to give someone else access to telephone service that you are responsible for paying is with a prepaid telephone card.

Be cautious about wireless telephone service, which may be expensive and is the primary source of financial problems with telephone service. Do not think that wireless telephone service is just like wired telephone service, with the added convenience of taking the telephone with you.

Wireless telephone service can run up enormous monthly bills of even thousands of dollars. The main problems are 1) not signing up for a pre-paid plan, 2) exceeding the maximum number of minutes on a pre-paid plan, 3) lost or stolen telephones, 4) use by friends, children, relatives, and other people, and 5) a bewildering battery of expensive surcharges,

including charges for roaming, going out of network, going out of calling area, and double-time for some services.

You are responsible for paying for calls made on your lost or stolen wireless phone. Always know where your wireless telephone is, who is using it, and how much time is being billed. Quickly cancel or switch an account for a missing wireless telephone.

Find out all per minute charges that may apply, and purchase a higher limit if you exceed the current one. Realize that most wireless plans bill from the time you initiate a call (not from when you connect), charge you for a full minute if you use any second of it, may dock you for all connect time rather than just for calls you originate and charge you time and roaming even for 800 numbers. Beware plans that lock you into service for a year and have large cancellation fees.

Carefully shop for a long-distance carrier. Your "carrier" is who sends you bills when you directly dial a long-distance number. You are generally better off making your default long distance carrier your best choice so that your savings are automatic, rather than having to depend on doing something extraordinary, like calling a special number. Never accept the "default" long-distance service of your carrier – always sign up for a special plan.

Here are the main components of a good long-distance plan, for comparing companies and plans.

1. A low minimum monthly payment on your service - \$5.95 is the most common, \$3.95 is sometimes offered, and no monthly minimum is best. The charge on some plans is a fee adding to any other phone bills, but others charge only the balance when your per minute charges are below the minimum.

For example, suppose the minimum is \$5.95 and you had \$10 in calls. As an additional fee, you would owe \$15.95, but would owe \$10 if the minimum applies only when your charge for calls is less than \$5.95.

2. Low per minute charges for calls. Generally, a good rate is below 8 cents per minute. Generally a plan that charges the same fixed rate for 7 days and 24 hour is better than one charging different rates for weekends or off-peak evenings and nights.

That way, savings are automatic without forcing you to plan your calls ahead or watch the days and times. Check what the per minute charge is for in-state and out-of-state calls. If you make international calls, check the rates to the countries you call.

3. No fixed charges per call, including no "connection" charge per call and no minimum length charge. You should not be charged a 1-minute, 3-minute, or 10-minute minimum for example.

4. No "rounding up" where you are charged for a full unit of time if you use any fraction. The worst plans charge you for a full minute if you use one second. Tolerable plans charge you in 6-second intervals.

5. No charges for ring-no-answer. You should be charged only for calls after they are actually answered, as opposed to being charged for just dialing a call or letting the phone ring five times.

For comparison, BJ's offers a long distance plan to its members that has no monthly minimum, costs 7.6 cents per minute inside Florida and 6.6 cents per minute outside Florida, costs the same for all days and times, charges in 6-second increments, and requires no contract.

Shop for a local telephone service carrier. Local service has fewer alternatives, but some carriers are less expensive than BellSouth that use the same telephone lines. Local phone service should generally provide unlimited calls within a prescribed area near where you live, for a fixed price per month.

Supra Telecom offers the same "complete choice" plan as BellSouth, for over 50% less. In addition, Supra Telecom offers free voice mail versus \$6.95 per month for BellSouth, and free local long distance calls (for Broward County, local long distance includes Dade, Palm Beach, and other counties) versus 25 cents per call with BellSouth.

Consider not paying for "inside wire maintenance," which costs around \$3-\$5 per month. You basically are buying insurance for repairs to telephone lines inside your house. For 30 years, I have never had a line inside the house that needed to be repaired. All problems were outside the house, which are repaired free anyway. Before calling for a repair, however, test your line with another phone that you know is working just to make sure the problem is not the phone.

Universal Studios Adds Mardi Gras Parade

ORLANDO — Universal Studios theme park expands its Mardi Gras offerings when it adds a second colorful parade to its Mardi Gras celebration, beginning March 23, until the event closes on April 6. Universal Studios Mardi Gras 2002, which opened February 8, will feature a parade at 2:00 p.m. as well as one at 10:00 p.m., both of which are a red, white and blue tribute to American ideals and identity.

"The response to our evening Mardi Gras parade this year has been so strong that we decided to extend the celebration into the daytime," explained Bob Gault, president and chief operating officer of Universal Orlando. "For the final two weeks of the event, the parade will run twice a day, every day, to provide another opportunity for our guests to celebrate Mardi Gras, ride in the parade on a float and catch more beads."

The parades feature 14 original floats designed by Blaine Kern, "Mr. Mardi Gras," whose

world renowned New Orleans-based company has built Mardi Gras floats since 1932. Accompanying these extravagant floats are 200 street performers and more than 150 wildly costumed characters tossing more than one million beads and doubloons to partygoers along the parade route.

For more information on all events at the Universal Orlando resort, call 407-363-8000.

The Universal Orlando resort destination (www.universalorlando.com) includes two dramatically distinct adjacent theme parks, the Universal Studios motion picture and television theme park and Islands of Adventure, Orlando's next generation of theme park. Universal Orlando also includes CityWalk, a 30-acre dining, shopping, club and live-entertainment venue, as well as premier on-site Loews hotels and world-class film and television production facilities.

Farm Service Agency Offers Loans

The Farm Service Agency (FSA) can make and guarantee loans to socially disadvantaged applicants to buy and operate family-size farms and ranches. Funds specifically for these loans are reserved each year.

A socially disadvantaged farmer or rancher is one of a group whose members have been subjected to racial, ethnic, or gender prejudice because of their identity as members of the group without regard to their individual qualities. For purposes of this program, socially disadvantaged groups are women, African Americans, American Indians and Alaskan Natives, Hispanics, and Asians and Pacific Islanders.

Farm ownership loan funds may be used to purchase or enlarge a farm or ranch, purchase easements or rights of way needed in the farm's operation, erect or improve buildings such as a dwelling or

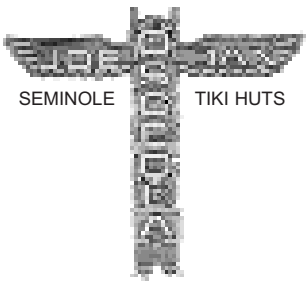
barn, promote soil and water conservation and development, and pay closing costs.

Farm operating loan funds may be used to purchase livestock, poultry, farm and home equipment, feed, seed, fuel, fertilizer, chemicals, hail and other crop insurance, food, clothing, medical care, and hired labor. Funds also may be used to install or improve water systems for home use, livestock or irrigation, and other improvements.

Additional information concerning this and other FSA programs is available at the local FSA office or at the FSA website <http://www.fsa.usda.gov/pas/default.asp>. FSA personnel are available to assist with direct and guaranteed loan requests. Interested parties can contact FSA in Okeechobee at: (863) 763-3345.



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Open Season For Medicare

By Ginny Jordan, Public Affairs Specialist

When you apply for social security benefits at age 65 you also apply for Medicare benefits at the same time. Medicare has Part A and Part B. Part A is the hospital insurance helps pay for your hospital expenses. Part B is the medical insurance helps pay for doctor your doctor's bills. You also get Medicare automatically after you have received 24 disability checks.

If you did not sign up for Medicare when it was first offered to you, you can sign up during the Open enrollment Period. The Open enrollment for Medicare medical insurance started January 1 and lasts through March. If you sign up between January 1 and March 31, your coverage begins on July 1.

Medicare medical insurance helps to pay for doctors' services, home health care and a number of

other services that aren't covered by Medicare hospital insurance. Remember, you must sign up before the end of March. Your monthly premium increases 10 percent for every 12-month period that you were eligible but didn't enroll.

If you are 65 or older and still working, and have medical insurance from your employer, you don't have to sign up for Medicare Part B until you stop working. You can save the monthly premiums of \$54.00. You still need to sign up for Part A, which is free. When you stop working, you have a Special Enrollment Period of eight months to sign up for Medicare Part B.

To sign up for Medicare, call Social Security at 1-800-772-1213 between 7:00 a.m. to 7:00 p.m.

Penn State Offering Principalship Fellowships

UNIVERSITY PARK, PA — Penn State is offering graduate fellowships to American Indian and Alaska Native students interested in becoming school principals. Participants will earn a master degree in educational administration with principalship certification.

The fellowships are affiliated with Penn State's recognized American Indian Leadership Program (AILP). The program is supported by a grant from the U.S. Department of Education. Dr. John Tippeconic, director of the AILP and professor of education at Penn State, says, "The principalship preparation program represents an opportunity for committed individuals to assume leadership positions as principals and truly make a difference in the education of young native people and their families."

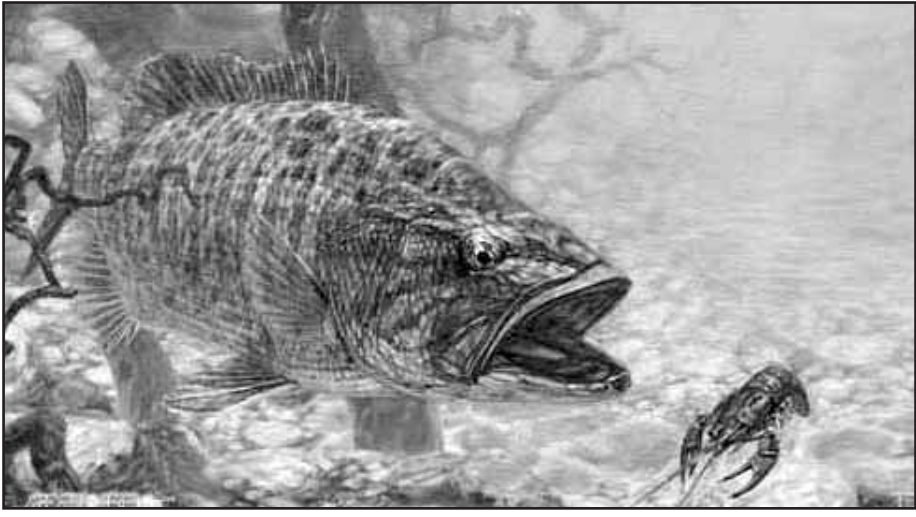
The primary purpose of this project is to prepare American Indian and Alaska Natives, over a three-year period, to be effective school principals in schools that serve significant numbers of Indian students. Students will be recruited nationally and take principalship jobs throughout the country. The three-year project will include two years on the campus of

Penn State completing the requirements for a master's degree in education administration with principalship certification followed by a year of induction services in the field.

Students will attend seminars, take courses and participate in internships that prepare them to be school principals. Emphasis will be on being an effective principal in schools that serve large numbers of American Indian and Alaska Native students. Leadership development will be a constant focus. Induction activities during the third year will help endure a successful and effective transition from the Penn State academic program to being a principal in a school

Applications are now being accepted for the 2002 Summer Session. The Fellowships include a monthly stipend of \$1000 per month, dependency support, tuition, textbooks and relocation allowances.

For more information, contact Dr. John Tippeconic, American Indian Leadership Program, Suite 300 Rackley Building, University Park, PA 16802, phone (814) 863-1626, or jwt@psu.edu by email.



www.donraystudio.com - Donray Studio

Size Does Matter

Because winter never found an anchoring spot in Florida for very long this past year, fishing during the weak winter months only slightly changed the habits of the Largemouth Bass. Breeding habits, which only changed slightly, enabled the more skilled, patient anglers to locate the lunker fish on bed easier.

Key factors, usually over looked by some anglers, could possibly change a day of fishing considerably. Natural looking baits such as grass shrimp, salamanders, non-native eels, frogs, snakes, crayfish and shad all play a role in the rate of development in the Largemouth Bass's juvenile and adult lives.

Crayfish, for instance, are natural enemies of bass and feed on their eggs during breeding time. Their presence will trigger the bass to attack, even if they're not feeding. Although grass shrimp are very small, they are one of the crustaceans eaten by these fish during their early development. This is because of their location, grass shrimp inhabit the same water where aquatic vegetation can be found by the young bass for protection from larger fish.

Not all baits manufactured today have a lifelike appearance. The way the bait swims, jumps, crawls or rattles focuses on the Bass's natural senses, which it uses to home in on the bait. The Bass's body is made up of many organs, which enable them to acquire information around them for feeding. Smell, taste, sight, touch, feel are in the bass's bag of tricks for evading your hook.

So what baits do you buy and what kind of conditions are suitable for each? Wind, water clarity, oxygen, depth, and location in the water all play a major role on what baits to use and when to use them.

How do you determine what area of location are you going to target for fishing and when? Maps, which are offered at local map stores and some bait shops, show the water depth and area where vegetation and structure are located. The largemouth bass's first picks for breeding or holding areas are usually where the bait is the most plentiful.

Structure, which goes hand in hand when fishing for largemouth, is usually my first interest when looking at a map. I will usually try to find an area of structure that has sharp drop-offs near it. The bass will utilize these ledges or structural covers to escape to whenever the temperatures are not suitable to their liking.

Cover, on the other hand, provides bass with food where smaller bait-fish will congregate and also where, in the colder winter months, these fish will

join because of the heat that lily pads, and other emerged aquatic vegetation close to the water's surface, will usually hold from early that day.

When I speak of "structure" it doesn't necessarily mean a dead tree in the water or lily pads. Structure could be a simple hump on the canal or lake bottom. If you find an area where there's a ledge or hump and nearby shallow water, or other interesting characteristics were bass might feed, this could be a potential hot spot at other times of the year whenever the aquatic vegetation has died off in most of the waters.

So when and what baits do you use at different times of the year? All of the species of fish, crustacean, and amphibians named earlier have peaks of breeding times during the year. Some occur at the same time that the bass lay their eggs for feeding.

For instance, most of Florida's native salamander's breeding times are during the wintering months, making this amphibian an abundant food source in certain habitats. A majority of Florida's frogs breed during the summer or at the peak of the rainy season, with their colors ranging from brown to bright green and also solid dark colors.

In addition, one of the two species of Florida's native crayfish, or "crawdad," breeds continuously throughout the year, while the others' reproduction times depend directly on the hydropatterns of the Everglades.

The bass's sense of sight, smell and vibration are usually what I focus on when selecting a bait. Most strikes on top of the water are instinctive and aggressive. The fish will use its sight and vibration senses with its lateral line to home in on the prey.

Artificial worm baits, which will be worked off the bottom, focus primarily on the bass's sense of smell and taste. This is not to say that a spray or two of crayfish oil to your bait will lessen your chances of the bass sensing that the bait is artificial.

There are many factors that can dramatically change your day of fishing when using artificial baits. Although many anglers still use live bait for catching bass, more area can be covered while using artificial baits.

This is not to say you couldn't catch a bass on live bait. After locating the fish first with artificial bait, moving to live bait to catch bass is usually the way to go. The sense of knowing that you landed the fish with your own skills is a great feeling, no matter the size of the fish.

There is no guaranteed way to catch fish. Only experience, patience and learning the habits of the particular species can increase your chances out on the water.

only a couple more weeks to go before having opportunities at landing a sail-fish.

Everglades

Lately, Everglades fishing has been pretty productive, with the warmer temperatures moving in. The bass seem to be moving into their usual morning spring time feeding. Top-water stick-baits, flipping shads and, of course, texas rigged worms are also showing promises for those motivated enough to skip the springtime fun for a morning of fishing in the Everglades.

All teams are allowed to weigh fish in early. (Once fish are weighed in, it counts as one of the five fish) **No dead fish!!!!!!** All weigh-ins will be on video and final.

Starting time will be **safe-light** (determined by official) until 3:00 p.m. All decisions made by officials will be final.

All boats must be checked in by appointed time or a **one pound per minute late penalty** will be subtracted from total weight. **Ten minutes late is total disqualification.**

Tournament is open to all Native Americans, Community Members, Spouses, Employees and Immediate Family.

Destinations for the one day tournament will be the newly constructed "Big rest stop on Alligator Alley" southwest boat ramp located near the building. **For more information call the Hollywood Gymnasium at (954) 989-9457**

Hollywood Recreation Offers New Golf Program

By Ernie Tiger

HOLLYWOOD — In addition to its proud list of recreational programs, Hollywood Recreation officials have formed a new golf program for Tribal members young and old alike. The new golf program will be offered seven days a week, providing amateurs and avid golf players the chance to either experience this great sport or to sharpen their golfing skills.

The program features personal lessons by Jeremy Harrison, who was captain of the 2001 University of California -Irvine (UCI) Golf Team, which won the Big West Conference Men's Team Championship. In addition to majoring in sociology, Harrison also has another impressive accomplishment on his resume: in the New Mexico State Amateur Shot Golf Tournament he scored two under par for fifty-four in three rounds.

After playing golf only a few months, many of my attempts at the driving range were in vain. However, I was shown with one lesson what might have taken a full year to learn on my own. Harrison's advice improved my golfing skills to where I have considered taking the next step: playing on a course, instead of driving two or three buckets at the driving range by myself.

I've never played a sport in which the individual was so reliant on the teacher to improve their skills. Football, basketball, boxing, track, all require a lot of self-motivation, mainly to prepare the body for the physical endurance from day to day.

Golf on the other hand is different, it is more of a student-mentor sport than paternal motivation. However, the drawback is that individual lessons from outside golf courses or ranges can be very costly. Hollywood Recreation has made this service free to all Tribal members and employees who are interested in furthering their abilities.

"I just enjoy playing golf and like being a part in an individual's progress in golf," proclaims Mr. Harrison, after being asked why he chose to become a golf instructor.

"I hope to forward my career into golf in the future and would like the Seminole Tribe's people to be a part of my journey on my way there. I would like to someday be able to look back and know I helped someone in pursuing their goals as a



New golf instructor Jeremy Harrison was captain of the 2001 UC-Irvine Golf Team.

golfer or just for self-motivation alone."

Golf Lessons can be scheduled through the Hollywood Recreation Department at (954) 989-9457.

Howard Tiger Memorial Basketball Tourney

By Alexandra Frank

HOLLYWOOD — The long awaited Howard Tiger Memorial Basketball Tournament, which entered into its 35th year, took place at the Hollywood Gymnasium for two days, there were 7 men's teams and 4 women's teams.

The teams represented both Seminole citizens and Miccosukee citizens. Hollywood, Brighton, Big Cypress, Immokalee and Trail residents converged onto the basketball court to play each other for the title of tournament champions.

The tournament is dedicated to the memory of Howard Tiger, who once served as Chairman to the Seminole Tribe. Tiger opened the doors to sporting events such as basketball, baseball, and football by introducing his own Tribal citizens to these sports.

His passion for sports motivated many young Seminoles to participate in sports at the high school level and even the college level. The passion to play in sports still continues almost three decades after Tiger's passing, sports has become almost second nature to many Tribal citizens.

On this March weekend, individuals would pit skill, talent and just plain

wanting, wanting to win that is. In order to walk away with the coveted title tournament jacket and trophy.

The tournament pitted team against team to weed out the best, which would ultimately lead to the playoffs. In the Women's division, the Miccosukee Women faced off against the Lady Seminoles.

The two teams had a mix of seasoned players and newer players on both sides. It would be tough going for the Miccosukee Women. They had to play the Lady Seminoles, who were undefeated in the Women's category.

The Miccosukee Women gave it their all, they trailed behind the Lady Seminoles in the first half, but their determination was unwavering. They managed to bring their score a little close to the Lady Seminoles, but they just could not overtake the lead made against them.

The winners in the Women's division for this tournament were the undefeated Lady Seminoles, who beat the Miccosukee Women 71 to 44. Obviously, remaining undefeated was an accomplishment the Lady Seminoles worked hard at maintaining.

The next division to be battled was the Men's title. The game, which pitted the Trail Clash, featuring a slew of

younger players and may have proven to be an advantage to their longevity in the tournament, against the Canes.

The Canes, another undefeated team, recently made a major upset in Indian Country by winning the NASA Tournament. This team, like the two women's teams who played earlier, had a mix of new and seasoned players.

Both teams played it to the hilt, they were fierce on the court, especially when it came to taking control of the ball. The game was very close, with each outscoring the other by one or two points.

As with any sport, there was ultimately a winner, a champion. Even though the Trail Clash were a force to be reckoned with, the Canes once again claimed victory and remain the undefeated men's team in their category. The Canes defeated the Trail Clash 57 to 55, a close, close game.

Congratulations to the two champions of the Howard Tiger Memorial Basketball Tournament and good luck to all the other teams in the many upcoming events that are scheduled for this year. Who knows? With more practice, sweat and pain we may see a newer team walk away with titles long sought after.

Hollywood Recreation Spring Schedule

April

5 Recreation Youth Fishing Tournament (in Hollywood)

6 22nd Annual Hollywood Recreation Fishing Tournament (on the Alley)

7 Team Florida Baseball Tryouts 2:00-5:00 p.m.

16 Team Florida Meeting (B.C.) 10:00 a.m.

20 Pet Fair – tentative

26 Open Co-ed Softball Tournament

27 Open Co-ed Softball Tournament

Co-ed Volleyball League on Thursdays – starting again soon

14 on down Youth Basketball League on Saturdays – starts April 6

For more information – call Hollywood Recreation (954) 989-9457.

May

4 Open

11 Open

17 Candy Osceola Memorial Pool Tournament

18 Candy Osceola Memorial Pool Tournament

24 NASA Fast Pitch – Mississippi

25 NASA Fast Pitch – Mississippi

26 Memorial Day Golf Tournament (see Jack Gorton, B.C. Recreation)

Also:

Men's Basketball League on Mondays

Women's Basketball League on Tuesdays – starts soon



13th Annual Herman Osceola Basketball Tournament

Friday, April 12, 2002 - Saturday, April 13, 2002

Entry Fee- \$200.00

Eight Person Roster

All-Indian

1st Place - Jackets

2nd Place - Sweatshirts

3rd Place - Shirts

Deadline for Entry

Wednesday, April 10, 6:00 p.m.

Call B.C. Recreation at (863) 983-9659



Need Golf Lessons?

Lessons will take place each day on the Seminole Baseball Field in Hollywood. Men and Women of all ages and experience level welcome.

Don't Have Any Clubs?

Golf clubs will be provided for those in need. All aspects of the game will be taught: full swing, short game, and on-course management (by appointment).

For more information, fees, and to set up appointments contact Jeremy Harrison at 989-9457.

Jeremy Harrison, golf instructor, is a member of the University of California-Irvine Men's Varsity golf team, which was the 2001 Big West Men's Team Champions. Harrison was also a 2000 Academic All-American.

Team Florida Track and Field

By Gilbert King

BRIGHTON—On Mar. 16, Team Florida Track & Field held the second of three tryouts at the Moore Haven High School.

Only a few people showed up for the hot, but productive day of training. The time trials are set up for participants who would like to utilize the time left until the North American Indigenous Games, which will be held in July.

The next, and last, time trial will be held on April 13 at the Moore Haven High School. The team selection will be made after this last time trial.

For more information, call Bo Young of Hollywood Recreation at (954) 989-9457 or Gilbert King of Brighton at (863) 634-8036.



There were a variety of traditional dishes offered at the Seminole Senior Gathering.

Senior

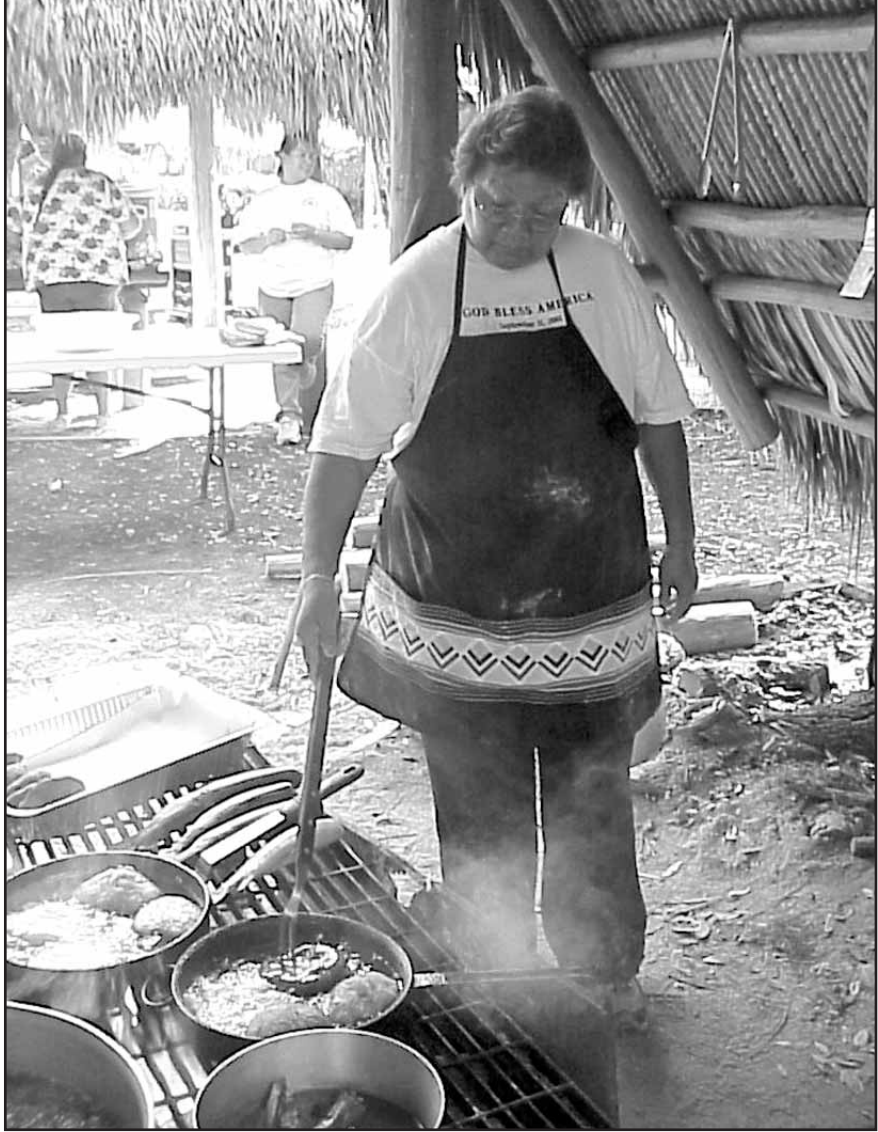
Continued from page 1

in the swamps, which were deemed unforgiving by non-Seminoles. It shed a new light on how strong those forefathers had to be in order to thrive in the unforgiving climate and surroundings of the Everglades.

The provisions for the event—deer meat, garfish, catfish, rice, flour, and ah-pussh-kee— were provided by William Osceola, Trail Liaison, and Max Osceola, Jr., Hollywood Council Representative.

This event was, to say the least, an eye-opening experience many younger Seminoles who may never have the chance to live this way or may have had earlier experiences in their lives that they vaguely remember.

Personally, I had the good fortune to be raised by my family to respect that the food on the table should not be easily taken for granted. Hunting, fishing, and food gathering from the fields were a part



Cornelia Osceola tends the frybread.


of my past during the summer vacations from school. We had to live in Chickees in the back-woods, where there was no running water and no electricity.

If you wanted to play, you had to use your imagination and the natural elements around you to create toys to play with. We bathed in the canal and hauled water from the canal for our parents to use. It helped me to have a greater appreciation for where my parents and grandparents came from.

This event, which is a great learning tool for the generations who may have never experienced this type of living is a great tribute to those who had to live this way everyday.

There are more events with this type of format in the planning stages for the future, and some will not only take place in Hollywood, but on other reservations as well.

If you are interested in participating in this type of event watch your local WSBC station, or look for posted flyers announcing upcoming events. Being able to experience a part of your culture, which is vastly different from all those that surround us everyday, is a treat I hope many of you will want to share in.



Lak hach hoomaache

Here to help in
the New Year!

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Revoked
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33316

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My Indian Name is "Thunder Bear," my story is alive.

Robert Tree Cody (Thunder Bear), age 50, **Musician, Composer**. Pima/Maricopa, knows the importance of keeping the story alive. He is one of the many people the Smithsonian's National Museum of the American Indian can call friend and supporter. He knows that he is helping to preserve the rich culture of his people, **Preservation for generations**. He knows that someday his great-granddaughter will thank him.

The stories are about me and they are about you.

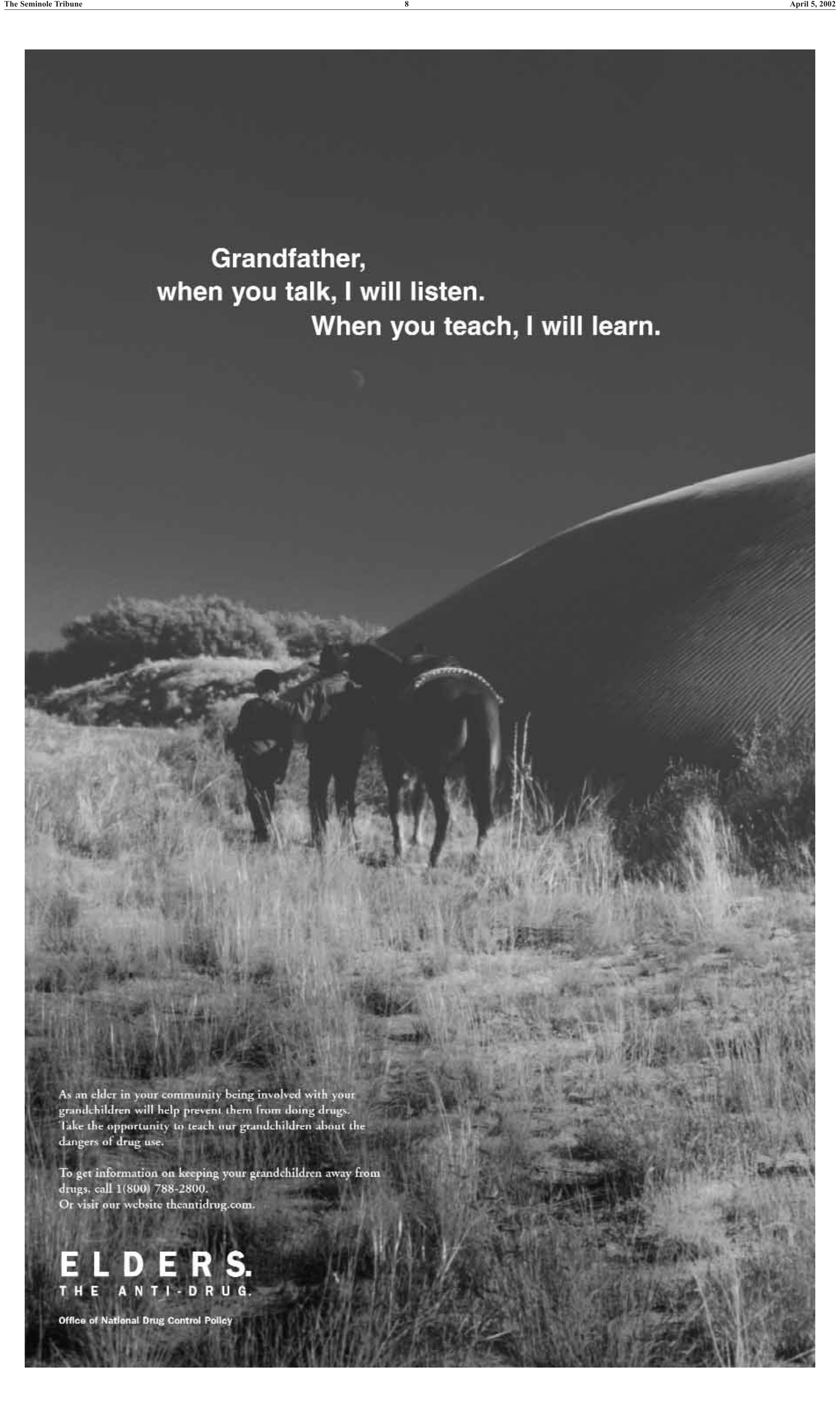
The NMAI is working to make sure that the tradition is continued. The museum in collaboration with Native peoples is dedicated to the preservation, study, and exhibition of the life, languages, history, and arts of the Americas. Currently the NMAI is building a museum in Washington, D.C., next to the U.S. Capitol, where these powerful stories will be kept alive.



Help Keep the Stories Alive:
For as little as \$20 join the Smithsonian
National Museum of the American Indian
P.O. Box 23473
Washington, D.C. 20026
Call today: (202) 357-3164 or
800-242-6624
www.nmai.si.edu



Smithsonian
National Museum of the American Indian



**Grandfather,
when you talk, I will listen.
When you teach, I will learn.**

As an elder in your community being involved with your grandchildren will help prevent them from doing drugs. Take the opportunity to teach our grandchildren about the dangers of drug use.

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Office of National Drug Control Policy

Announcements ❖ Ahnahhegeh ❖ Nakorkerkecety

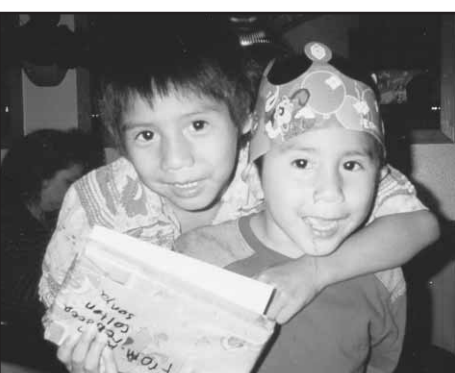
Happy Birthday



Welcome **Ko’Oshee Waylon Henry**, born on Feb. 18, 2002 to Joey and Brenda Henry. Baby Henry is Bird Clan and has two sisters, Ayze Jo Henry and Nauthkee Rayen Henry. They reside on the Big Cypress reservation.

Henry’s paternal grandparents are MacArthur and Henrietta Henry of McAllister, Oklahoma. Maternal grandparents are Sally A. Tommie of Big Cypress and Fred J. Osceola (deceased).

We would like to thank family and friends for their prayers and help for this pregnancy. Joey W. Henry, Brenda Henry, Ayze Henry, Nauthkee Henry.



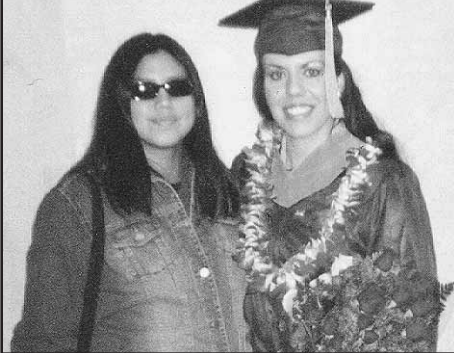
To **Edén Donavan Jumper**: Happy Birthday on Feb. 6, I’m glad you had lots of fun on your birthday. I love you and wish you a lot more to come! From your momma **Carla Cypress**. He is four now!

Happy Birthday Doreen Billie, from your friends at the *Seminole Tribune*.

Congratulations



Congratulations from his family to **Kamani Smith** on winning on March 16 at the Clewiston Fair. Kamani won Cutest Smile, Prettiest Eyes, Most Photogenic and was the over-all winner. Kamani will be competing in the state competition at the end of May in Orlando. Good luck Kamani.



To my best friend **Amy J. Ashley**, Congratulations on receiving your masters in Public Administration from Arizona State. All the hard work over the years has come to an end, for now. I am so happy and proud of your successes over the years we have known one another. So I am happy that I could celebrate with you and your family in Tempe this past December. Lots of luck and love on your new beginnings after graduating from college.

Love always your friend,
Carla Cypress

Notices

We offer tutoring for all Seminole children after school. Monday-Thursday 3:00-5:00 p.m., second floor room 220, D.S.O. Building.

Community Members – Be advised that an animal control ordinance has been enacted for the Hollywood reservation. The new ordinance went into effect on January 1, 1999.

To be in compliance, you must first obtain a Broward County license, a Broward County rabies vaccination certificate, and a Broward County license tag for each cat or dog’s collar. You can obtain these at any Broward County veterinarian’s office.

Then, you must show proof of the Broward County license to the Seminole Health Department and obtain a Seminole Tribe of Florida license. You can do this at the Hollywood Medical center.

If you have any questions about the new Animal Control Ordinance, please call Environmental Health Services at (954) 962-2009.

Aerobic Classes

Currently Held On:
Mondays at 5:15 p.m.
Tuesdays at 6:15 p.m.
Thursdays at 5:15 p.m.
In the Big Cypress Gym

Get in shape for the reservations rally!!

If you have any questions, please contact Vicky at (954) 804-4035.

Tribune Deadlines

The following deadlines apply to all submissions for inclusion into the *Tribune*:

Issue: April 26, 2002
Deadline: April 12, 2002

•

Issue: May 17, 2002
Deadline: May 3, 2002

•

Issue: June 7, 2002
Deadline: May 24, 2002

•

Issue: June 28, 2002
Deadline: June 14, 2002

Poems

“How Can I”

*Do I believe in love at first sight?
Yes.
But I also think you can fall in love
with a heart that isn’t ripe.*

*My heart was broken by a Queen,
Who stole my kindness,
And shattered my every dream
Took what I had to offer,
Then left me without a thing.*

*Without a back up plan,
Destroyed a mind,
Of a confused young man.*

*Now alone I cry,
So disgusted and damned.*

*Lord I’m in a jam.
Should I escape my heartache and
Drift the lonely sky*

*Or sit,
Starring at the four walls of my own
Prison and cry.*

*Am I wrong?
Tell me please,
For wanting to hide in the darkness,
Until I die.*

*How can I,
Ever again love,
They say Angel’s are Heaven sent,*

*Well if this is so,
Why am I hell bent?*

*Stuck in a state of loneliness,
Without forgiveness,
Yet, so full of shame,*

*Every word I speak,
Almost sounds like your name.*

*I’m alone,
Without a love of my own,*

*I guess I’ve lost the game,
Baby you win again.*

By: Markell Alan Billie

“Heaven on Earth”

*The air carries the essence of a familiar
sent.
I am hypnotized, and drown to it.
As I stroll towards the figure in the dark-
ness of night
Moonlight shines upon a face,
I can barley see.*

*From what I gather,
Her facial features are beautiful.*

*Who are you?
What is your name?*

*Creature of seduction,
You baffle me.*

*I am on edge, contemplating my first
words.
Come into the light,
Show yourself for you have nothing to
fear.*

*Upon my asking, your figure becomes
near.
Your beauty shows clear.*

*The gates have opened up.
Lord, you’ve truly outdone yourself this
time.*

*I am looking at love,
I am staring at beauty,
I am watching an Angel,
I have witnessed Heaven on Earth.*

By: Markell Alan Billie

“I will dream no more”

*I have had my dream –like others-
And it has come to nothing, so that
I remain now carelessly
With feet now planted on the ground
And look up at the sky-
Feeling my clothes about me,
The weight of my body in your shoes
The rim of my hat tilted,
The air passing in and out at my nose,
And I decided to dream no more.*

By: Markell Billie

Don’t Forget To
File Income Tax
on April 15th!



Computer Announcement

For Tribal members on the Immokalee, Big Cypress and Brighton reservations, Corrina Frank can assist you in setting up your computer and peripherals. Call Mon.-Fri, at (941) 657-6785 to schedule an appointment.

In Memoriam

To our Cousins
Tiffany and Paige
You will live in our Hearts Forever.
We dedicate this Song
“A Space Between” by Dave Matthews
Love, Gary and Kevin

2002 Calendar Still Available

HOLLYWOOD — The 2002 calendar, titled “Remembering our Tribal Treasures,” focuses on the elders who founded the Seminole Tribe. Each month features a new Tribal citizen.

The calendar has large format pages that show significant historical dates, as well as national holidays and moon phases.

Tribal members, check with the following individuals to get your copy:

- Brighton- Michelle Thomas at the Brighton Field Office, (863) 763-4128.
- Immokalee- Elaine Aguilar can be reached at the Immokalee Field Office at (941) 657-6567.
- Tampa- Richard Henry can be reached at (813) 621-2811.
- Fort Pierce- Sally Tommie can

be reached at (954) 966-6300, ext. 1320.

Tamiami Trail- Contact William Osceola.

Big Cypress- President Mitchell Cypress’s Office will distribute according-

ly from the Family Investment Center, (863) 902-3200.

Naples/Fort Myers- Contact O.B. Osceola.

Hollywood- Tribal citizens can pick up their copy at the

Communications Office, room 235, at the

Hollywood Tribal Headquarters, (954) 967-

3416.

To order a calendar, visit the Tribe’s web site at seminoletribe.com. Or simply send a \$10 check, made out to the Seminole Tribune, 6300 Stirling Road, Hollywood, FL 33024. For more information, call (954) 967-3416.



Chickee Baptist Church

64th Ave. and Josie Billie
Hollywood Seminole Reservation

Sunday Morning Worship 10 a.m.
Sunday Evening Worship 6 p.m.
Wednesday Prayer Meeting 7 p.m.

Rev. Arlen Payne: Pastor
(954) 894-5651

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Jobs ♦ Tahgathkegé Ahhuglahpehgé

Hollywood

Position:	Accounts Payable Sec.II	Salary:	Negotiable w/ benefits.
Department:	Health		
Position Opens:	2-28-02	Position:	Head Teacher
Salary:	\$26,000 w benefits	Department:	Preschool
		Position Opens:	1-16-02
Position:	Administrative Asst.	Salary:	Negotiable with experience w/benefits
Department:	Exec. Admin. Office (Council)		
Position Opens:	3-14-02	Position:	Cultural Lang. Specialist
Salary:	\$26,000 –31 w/benefits.	Department:	Cultural Education
		Position Opens:	2-7-02
Position:	Admin. Asst.	Salary:	Negotiable w/benefits
Department:	Corporate Board Acctg.		
Position Opens:	3-21-02	Position:	Payroll Assistant
Salary:	Negotiable w/benefits	Department:	Payroll
		Position Opens:	3-14-02
Position:	Administrative Asst.	Salary:	\$22,000 annually w/benefits.
Department:	Building Official		
Position Opens:	2-28-02	Position:	Permit Coordinator
Salary:	Negotiable w/ benefits.	Department:	Water Resources
		Position Opens:	1-17-02
Position:	Alligator Wrestler	Salary:	\$22,000 annually w/benefits
Department:	Okalee Village		
Position Opens:	9-10-01	Position:	Reporter
		Department:	Communications
Position:	Building Official	Position Opens:	1-31-02
Department:	Office of the Building Official	Salary:	\$19,760 w/benefits.
Position Opens:	2-28-02		
Salary:	Negotiable with benefits	Position:	Snake Handler
		Department:	Okalee Village
Position:	Check Distribution Clerk	Position Opens:	9-10-01
Department:	Accounting	Salary:	\$20,800 with benefits
Position Opens:	2-28-02		
Salary:	\$18,740 w/benefits.	Position:	Staff Environmental Scientist
		Department:	Water Resources
Position:	Claims Assistant	Position Opens:	3-21-02
Department:	Seminole Tribe Employee Benefit Program	Salary:	\$35,000 w/ benefits.
Position Opens:	3-21-02		
Salary:	Negotiable w/ benefits.	Position:	Surveillance Operator
		Department:	Gaming
Position:	Commission Officer		
Department:	Gaming		
Position Opens:	10-31-00		
Salary:	\$28,000 w/ benefits		

Big Cypress

Position:	Community Outreach Coordinator	Position:	Assistant Cook Mgr.
Department:	Health	Department:	Preschool
Position Opens:	10-24-01	Position Opens:	3-14-02
Salary:	\$29,100 – 35,600 w/ benefits.	Salary:	\$18,000 w/benefits.
		Position:	Counselor
Position:	Credit & Finance Ofcr	Department:	Family Services
Department:	Executive	Position Opens:	11-29-01
Administrator’s Office (Board)		Salary:	Negotiable w/benefits.
Position Opens:	3-14-02		
Salary:	Negotiable w/benefits.	Position:	Secretary
		Department:	Family Services
Position:	Director of Education	Salary:	\$20,800 w/benefits
Department:	Education	Position Opens:	10-17-01
Position Opens:	Position Opens: 1-16-02	Position:	Commission Officer
Salary:	Negotiable w/benefits.	Department:	Gaming
		Position opens:	10-31-00
Position:	P/T Environmental	Salary:	\$28,000 w/benefits.
Housekeeper		*Position not filled*	
Department:	Health	Position:	Utility Clerk
Position Opens:	Position Opens: 1-31-02	Department:	Utilities
Salary:	\$9.00 per hr no benefits.	Position Opens:	3-21-02
		Salary:	\$18,700 w/benefits.
Position:	Foster Care Worker (1)		
Department:	Health		
Positions Opens:	10-3-01		

Brighton

Position:	ARNP	Position:	Assistant Project Dir.
Department:	Health	Department:	Elderly Community Care
Position Opens:	3-21-02	Position Opens:	2-28-02
Salary:	Negotiable w/ experience.	Salary:	Negotiable w/ benefits.
		Position:	Community Health
Position:	Health	Rep.(2)	
Department:	2-28-02	Department:	Health
Position Opens:	\$21,800 w/benefits.	Position Opens:	2-28-02
Salary:		Salary:	\$21,800 w/benefits.
		Position:	Counselor
Position:	Family Services	Department:	Family Services
Position Opens:	2-28-02	Position Opens:	2-28-02
Salary:	Negotiable w/benefits.	Salary:	Negotiable w/benefits.
		Position:	Cultural Language Inst.
Position:	Cultural Language	Department:	Cultural Language
Position Opens:	2-7-02	Position Opens:	2-7-02
Salary:	\$24,960 with benefits.	Salary:	\$24,960 with benefits.
		Position:	Director of Recreation
Position:	Recreation	Department:	Recreation
Position Opens:	2-28-02	Position Opens:	2-28-02
		Position:	Homemaker
Position:	Elderly Community Care	Department:	Elderly Community
Position Opens:	2-28-02	Position Opens:	2-28-02
Salary:	\$15,600 w/ benefits.	Salary:	\$15,600 w/ benefits.
		Position:	Medical Assistant
Position:	Health	Department:	Health
Position Opens:	3-14-02	Position Opens:	3-14-02
Salary:	\$20,800 w/benefits.	Salary:	\$20,800 w/benefits.
		Position:	Nutritionist
Position:	Health	Department:	Health
Position Opens:	8-9-01	Position Opens:	8-9-01
Salary:	\$35,000 w/benefits.	Salary:	\$35,000 w/benefits.

Immokalee

Position:	Commission Officer	Position:	Maintenance Worker
Department:	Gaming	Department:	Recreation
Position Opens:	10-31-00	Position Opens:	12-19-01
Salary:	\$28,000 w/ benefits.	Salary:	\$14,500 with benefits.
Position not filled			
		Position:	Teacher Aide 1 & 3 yrs.
Position:	Commission Officer	Department:	Preschool
Department:	Gaming	Position Opens:	1-16-02
Position Opens:	10-31-00	Salary:	\$18,150 with benefits
Salary:	\$28,000 w/ benefits.		
		Position:	Surveillance Operator
Position:	Surveillance Operator	Department:	Gaming
Department:	Gaming	Position Opens:	3-7-01
Position Opens:	3-7-01	Salary:	\$17,680 with benefits.
Salary:	\$17,680 with benefits.		
		Position:	Video Programmer
Position:	Video Programmer	Department:	Broadcasting
Department:	Broadcasting		

Seminole Casino - Coconut Creek

Cash Operations	
Cashier P/T\$8.00
Cashier F/T\$8.00
Floor Operations	
Poker Dealer\$5.15
Lightning Bingo Clerks P/T	...\$6.15
Food & Beverage	
Server F/T\$2.15
Guest Services
Guest Services Rep P/T	...\$8.00
Security	
Security Guard Armed\$8.00
Security Guard F/T\$9.00

Seminole Casino - Immokalee

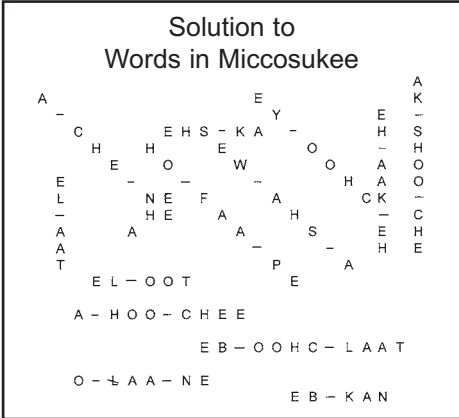
Positions Available As Of February 25, 2002	
Food & Beverage	
Servers (Pt-1). \$5.50
Supervisor	
Bingo	
Floor Clerks (Pt-3) \$6.00
Paymaster/Admissions	.. \$8.00
Bingo (Cash Ops)	
Bingo Money Room(Ft-1)	\$9.25
Cash Ops	
Cashier (Ft-2) \$9.25
Player Services	
Greeter (Pt-1). \$8.00
Clerical	
Revenue Acct. . . . Up To \$13.00	
Inventory Clerk (Pt-1) . . .	\$9.25
Printing Clerk	\$6.50-\$7.00
Machine Tech	\$8.50
Maint.	
Maint. Repair (Ft-1)	\$9.00
Mon-Fri 7am-3:30pm	
Housekeeping (Pt-2)	\$9.00
11-7am	
Applicant Needs:	
Picture ID, Social Security Card,	
Authorization To Work If Applicable, 3	
Personal References With Name, Address	
And Phone Number.	

Tampa

Position:	Commission Officer
Department:	Gaming
Position opens:	10-31-00
Salary:	\$28,000 w/ benefits.
Position:	Surveillance Operator
Department:	Gaming
Position Opens:	3-7-01
Salary:	\$17,680 w/ benefits.

Environmental Protection Agency

Position Title: Summer Intern
Projected Number: 2
Time frame: May 2002 - Sept.2002
Location: Washington, DC
Contact: Milton Brown
Phone: 202-564-5189
Fax: 202-564-0164
E-mail: brown.milton@epa.gov
The Incumbent will perform a variety of specialized accounting duties within the Office of the Chief Financial Officer(OCFO). The Intern will be fully involved in daily accounting operations process. The Intern reviews and examines a variety of accounting and financial data and reports for completeness, accuracy and conformance with generally accepted accounting procedures. Prepares analyses of financial condition and trends which represents reasonable and meaningful financial data for use by management. Performs special assignments as requested.



Brighton Jr. Miss Jenna McDuffie, enjoying a break from her busy schedule.

It’s That Time Again To Have Your Income Tax Returns Prepared..

The Seminole Tribe of Florida has arranged for **RSM McGladrey, Inc.**, to assist Tribal Members in the preparation of their 2001 Individual Income Tax Returns.

Please come to see us at your convenience at the following locations or mail in your information with a phone number where we can contact you....

Brighton
February 1, 4, 5 & 19
March 5 & 19
April 2

Hollywood
February 1 thru April 15
Monday thru Friday

Tampa
By Appointment

Ft Pierce
By Appointment

Blg Cypress
February 4 & March 5

Immokalee
February 5 & March 6

Meet us there to get your income tax returns prepared.

New This Year !!
*** Electronic Filing ***

Food Words in Micosukee

SHA-LA-LEE (bean)
AAH-CHOO-BE (big potato)
LA-PAA-LE (bread)
SHA-WAA-KE (coconut)
ASH-PE (corn)
HES-TE (corn meal)
ASH-PAA-PE (corn stalk)
O-NAA-SHE (egg)
BAL-BE (grape)

AA-HOO-CHE (little potatoes)
AK-NE (meat)
CHO-K'OO-CHE (muscadine grape)
A-LOO-SHE (rice)
ASH-POO-CHE (small corn)
AA-PE (sugar cane)
TOMAA-TE (tomato)
AA-HE (potatoes)
CHOK-SHE (pumpkin)

The Chain of Survival Saves Lives

- Recognize the warning signs and call 9-1-1 immediately.
- Give CPR.
- Provide early defibrillation with an automated external defibrillator (AED).
- Get early advanced emergency care.

About 225,000 Americans die of sudden cardiac arrest each year.

Heart Briefs

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES. IT KILLS MORE THAN 350,000 PEOPLE EACH YEAR.

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OVER 20 YEARS EXPERIENCE

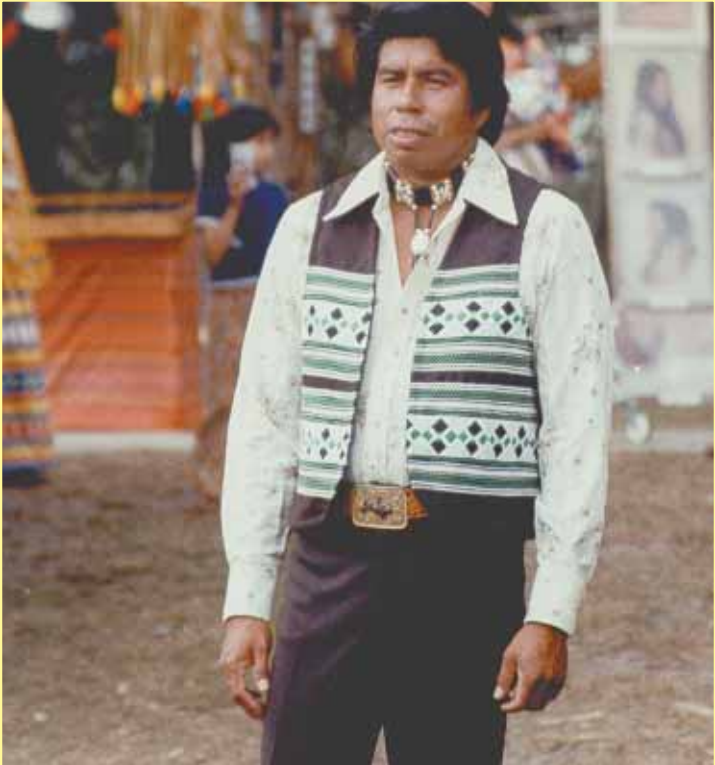
- CRIMINAL, SUSPENDED DRIVER'S LICENSES, DRUG CASES, TRAFFIC, DUI, DOMESTIC, BATTERY, THEFT CASES, TICKETS, JUVENILE CHARGES
- CUSTODY, CHILD SUPPORT, RESTRAINING ORDERS, VISITATION, DIVORCE, SUPPORT MODIFICATIONS AND CONTEMPT
- INJURY CASES, CAR ACCIDENTS, MEDICAL MISTAKES, SLIPS & FALLS

REASONABLE FEES • PAYMENT SCHEDULES • TRIBE MEMBER REFERENCES

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Remember When?



1978 Tribal Fair



The seniors’ “Winner’s Circle”gather with Councilman Max Osceola for a group photo.



Mildred Bowers sporting her spring look.

Egg Hunt

Continued from page 1

to a Las Vegas Dancer. Attendees who did not participate in the morning’s contests were not left out. They were entered into the morning’s fun with a drawing where everyone got a chance to collect door prizes that were donated by local Anhinga Indian Trading Post owner Virginia Osceola and Max Osceola, Jr., which included traditional skirts, shirts and blankets. A special thanks goes to Vivian Delgado for coordinating the event.

Senior Egg Decorating
Men 1) Dan Osceola 2) Johnny Tucker 3) David
Women 1) Leoda Osceola 2) Mary Gay Osceola 3) Pat Gopher 4) Mary P. Bowers 4) Carol Cypress

Easter Hat
Men 1) Dan Osceola 2) Jimmy Smith **Women** 1) Mary Tiger 2) Leoda Osceola 3) Betty Mae Jumper 4) Maydell Osceola

Egg Hunt
Men 1) Dan Osceola (38) 2) Jimmy Smith (34) 3) Joe (27)
Women 1) Mary Bowers (75) 2) Maydell Osceola (52) 3) Mary Tiger (51) 4) Maggie Osceola (40) 5) Betty Mae Jumper & Pat Gopher (39) TIE.



Leoda Osceola and Dan Osceola had lady luck on their side.



Leoda Osceola was all shook up with her “King at Caesars Palace.”



Mary Moore in her Mary Tyler Moore hat.



Big Cypress Easter Egg Hunt

By Janice Billie
BIG CYPRESS — The Annual Easter Egg Hunt for the Big Cypress seniors was held on the softball field on Mar. 19 at 10:30 a.m. The hunt ended in less time than it took to get started. The group had to rein themselves in a couple of times because more and more participants arrived with baskets in hand

after every false start. There seemed to be a preference for the blue Wal-mart bag over any Easter basket. After waiting out some moments in the warm sun, the word was finally given to begin and the senior citizens of Big Cypress were off and running. There were not any definitive signs of aging in this young-at-heart group.



Mitchell Cypress counting eggs for his mom, Mary Frances Cypress.

The competition for “most eggs” was on their minds as the plastic eggs, many containing a cash prize, were gathered up and the field was cleared. When the dust settled, the Big Cypress seniors, eggs in tow, headed back to the Senior Center for the rest of the celebration. Music was provided by Jonah Cypress, Joe Billie and Tony Osceola while everyone enjoyed a meal of baked ham, scalloped potatoes, baked chicken and salad. Real Easter eggs, the boiled kind were also passed out with the meal. Door prizes were won by Tony Osceola, Virginia Tommie, Henry Jumper and Elizabeth Ola. The eggs were counted by the staff and volunteers, and the winners were determined. In the winners circle were: 1st Place- Louise Motlow,



Alice Billie counting eggs in her Walmart bag.

2nd Place- Alice Billie, 3rd Place- Nancy Motlow, and 4th Place- Patsy Billie
President/Acting Chairman Mitchell Cypress, Big Cypress Councilman David Cypress and Board of Directors Representative Paul Bowers, Sr. were on hand to celebrate with the seniors. They each gave remarks and wished everyone a Happy Easter. B.C. Senior Center site manager, Ms. Cecelia Solano, her staff and volunteers from Family Services, Learning Resource, the Clinic, and Buildings and Grounds provided their time and services to make an already special day even more special for the group.