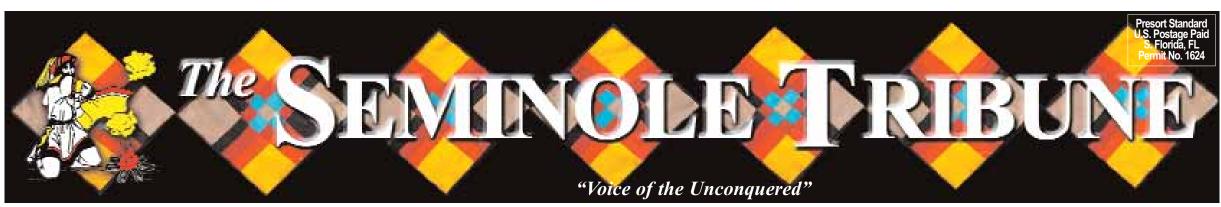


#### Indigenous Games

Complete 2002 Indigenous Games coverage and photos.

page 12



Volume XXIII • Number 11 August 16, 2002 www.seminoletribe.com

## My Trip To New York City

I took eleven Brighton middle school students and chaperones to New York City on July 8 -11. This was a reward to the students that achieved a 2.5 GPA or better, and was sponsored by John Wayne Huff, Alex Johns, and President Mitchell Cypress. There were other students eligible for the trip, but couldn't go due to conflicts. I asked one of the students to submit a story. Read and enjoy!! Louise Gopher, Assistant Education

Mary Huff and Stephanie Smith at the bottom of the Statue of Liberty.

Hi. My name is Mary Huff. Me and a few other kids had the opportunity to go to New York because of our great GPA. We had to have a GPA of a 2.5 or higher.

At first I wasn't going to go. But, I said to myself that it's not everyday that someone gets a chance to go to New York, so off I went. Our flight was at 9:30 a.m., but we had to wake up at 5:30 a.m.

Our flight was out of Orlando International Airport. We rode the airplane for 2 hours and 33 min-

utes. Later, we finally arrived in New York at LaGuardia Airport. The sightseeing

started immediately with our tour guide, Geri Richards, who is a New York City resident. On the TNT Motorcoach, we toured lower Manhattan

Later that night, we went to the Rockefeller Plaza to tour the NBC Studios. While we were there, me and Reba Osceola made a tape of me, her, and Conan O'Brien.

After that, the group went and ate at the Hard Rock Cafe. It was good food, except the food had already been picked for us. After we got back to the hotel (Novetel), my family took a tour by ourselves.

The next day, we woke up around 6:00 a.m. and got ready and took a shower, then went to eat breakfast in the

See NEW YORK, page 2

## Brian Billie, Business Administration Graduate



Patsy Billie and Brian Billie on graduation night.

By Paula Cassels **SUNRISE**—On July 26, the Keiser Career Institute held its Commencement Ceremony in the new Crowne Plaza Hotel at Sawgrass Mills. Tribal member Brian Billie, along with his class, received diplomas in business

The commencement exercise is the culmination of your hard work and intellectual effort," said Dr. Arthur Keiser, President of Keiser Career Institute.

The Keiser College and Everglades College Board of Governors, Administration, Faculty and Staff also congratulated the students on their very special day.

Brian Billie is the son of Patsy Billie in Big Cypress. Billie attended the Keiser Career Institute in Cooper City

during the spring semester.

He was awarded a certificate for a 3.0 G.P.A. in the 2001 academic year. His classes included Introduction to Computers, Accounting I, Accounting II, Business Administration, Economics, Macroeconomics, Business Law and Principles of Management.

Presently, Brian Billie is attending Keiser Career College in Ft. Lauderdale. For the next two years, he will work to achieve his (A.A degree) Associate of Arts degree in Business Administration.

Congratulations Brian, may all your dreams and wishes bring forth a prosperous future.

## Princess Pageant HOLLYWOOD – Everyone is invited

to attend the Seminole Princess Pageant, which will be held at the Tribal Headquarters Auditorium on Saturday, August 17 at 7:00 p.m.

Come and support the contestants as hey compete for the prestigious Miss Seminole and Junior Miss Seminole titles. Currently, the eigning titleholders are Miss Seminole Mercedes Osceola and Junior Miss Seminole June Jumper. All are invited to come and enjoy the

day at the Tribal Headquarters. The Hollywood Incentive Awards will be held at the Auditorium from 1:00 p.m. to 4:00 p.m.

Afterwards, there will be a community dinner from 3:30 p.m. to 6:00 p.m. Then, the rincess Contest will begin in the Auditorium at



Carrying the flags at the opening ceremony: (L-R) Austin Billie, Paula Bowers, Peter Hahn and John Jumper.

### **2002 North American Indigenous Games:** Team Florida Wins 5 Medals

By Alexandra Frank

WINNIPEG, MANITOBA - For nine days, 25 teams participated in the 2002 North American Indigenous Games. The Seminole Tribe was represented by 127 participants in varied sports venues such as basketball, baseball, volleyball, archery, rifle shooting, canoeing, athletics, golf, and

The July 28 Opening Ceremony officially started off the Indigenous Games with an evening event at the CanadInn Stadium. 20,686 well wishers and athletes filled the stadium

See NAIG, page 12

## 9th Annual Seminole Wellness Conference

By Alexandra Frank

MARCO ISLAND-During the week of July 15-18, the Marco Island Hilton Beach Resort served as the site for the 9th Annual Seminole Wellness Conference. The four-day conference encompassed several issues aimed at wellness and recovery for the 200 conference

This was the first time I had attended the conference, and I was under the impression that the conference was set up only for individuals with substance abuse problems.

On the contrary, the conference touched on subjects like health and fitness, divorce, low self-esteem, gambling, and diabetes. The classes on self-empowerment were well delivered and, in some cases, humorous and fun.

Seminoles in "recovery" had a chance to hear testimonials from other Seminoles successful in their recovery efforts. This helped the newly recovering substance abusers see that they are not alone in their efforts to straighten up their lives, and that others know first hand what they are going through.

The testimonials often highlighted how the speaker started using drugs or alcohol and what type of lifestyle they lived at the time. They would then talk about the turning point in their lives; what made them decide to give up alcohol or drugs.

Hearing the personal side of substance abuse gave the testimonials a more human feel, as the speakers described a debilitating disease that wrecks the self,

families, work, and society. The conference also explored



Show me the muscle: (L-R) Lisa Tiger and Mitchell Cypress

many other issues associated with sub-

stance abuse. One issue, gambling, had a four-person panel, all of whom suffered from the habit to various degrees.

The one common thread that linked all four individuals together was the realization that they had some sort of substance abuse problem personally, or suffered the effects of substance abuse

through family. This concept was eyeopening as, one by one, we learned the history of the four former gambling

addicts. As mentioned before, the four recovering gambling addicts suffered in various degrees of gambling. At least

See WELLNESS, page 7

## Big Cypress Incentive Awards

**By Candy Cypress** 

**BIG CYPRESS** — It was time again to recognize and reward the students for completing another successful school year and the 2002 Big Cypress Incentive Awards

ceremony was held at the gymnasium on July 23.

The gym was alive with colorful decorations. The students had sprinkled the gymnasium with multicolored balloons that floated from each chair, and richly-colored tablecloths covered the tables. Colorful pictures from the past school years were hung from the bleach-

As the community members showed up to attend the ceremony, the students, led by high school student Nena Frias, handed out balloons to all who wanted them.

Dinner began at 6:30 p.m., after community member Junior Billie offered

prayer. Our students served dinners of chicken, ribs, potato salad, baked beans, and desserts on colorful dinnerware. After dinner, Joe Osceola Sr. opened the ceremony with a prayer. Councilman David Cypress started off the evening by congratulating the students for

their hard work and effort. He also intro-

and Mary Jene Koenes) for their support.

duced and thanked the PAC committee (Linda Tommie, Jeanette Cypress,

Acting Director of Education Louise Gopher praised the students for staying on top of their schoolwork and not letting other activities distract them. She also commended the

students on having a good year and stated, "...they will be our future leaders."

Board Representative Paul Bowers also complimented the students on their determination and stressed the importance of education. President Mitchell Cypress thanked everyone for coming out and supporting this event. Cypress recognized the efforts of college student Norma Tommie, who is majoring in Elementary Education at Haskell Indian Nations University. Master of Ceremonies Brian

Billie, a recent college graduate,

announced the recipients for the evening. The awards were given to Kindergarten through 12th grade students. In addition to the awards, President

Cypress and Rep. Bowers handed out T-The categories included Kindergarten A's and B's, Majority A's, A average, B average, Absent 3 days or less, Perfect Attendance, Academic Effort, and

Many thanks to everyone involved in organizing this notable event. Congratulations to all the students for their continued effort and devotion. Also, a very special congratulations to Anthony Joe for being the only Pre-K student at Ahfachkee to have perfect attendance!

Graduation.

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# National Museum Of The American Indian Hosts Inaugural Pow Wow WASHINGTON, D.C. — The National Mall will come alive in a colorful expression of song and dance on the weekend of Sept. 14-15 when the Smithsonian's National Museum of the American Indian holds the first-ever nationwide pow wow Tibal nations in full regalia compete in several dance categories including Men and Women's senior (50 and over); Men's fancy dance, grass and traditional (Northern and Southern); Women's imple dress fancy should and traditional (Northern and Southern); Women's imple dress fancy should and traditional (Northern and Southern);

American Indian holds the first-ever nationwide pow wow. Judges will pick winners in traditional competition categories such as "Men's Grass," "Women's Traditional," "Women's Jingle Dress" and "Men's Fancy."

Pow wows are social gatherings of hundreds of Native Americans who follow dances started centuries ago by their ancestors and that continually evolve to include contemporary aspects. Usually held between April and October, these events of feasting, drum music and dance are attended by Natives and non-Natives, all of whom join in the dancing and take advantage of the opportunity to see old friends and teach the traditional ways to a younger generation.

Smithsonian's pow wow, an intertribal and, indeed, free public event, will be held on the Mall next to the site of the National Museum of the American Indian, now under construction on

Independence Avenue at Fourth Street. The museum is scheduled

to open in fall 2004 and this pow wow is one of a number of public events that the museum will host between now and the time it opens.

'The National Museum of the American Indian Inaugural Pow Wow will be a wonderful opportunity for the museum to introduce Washington-area audiences to a traditional Plains-style pow wow,

with all the dancing and

feasting - and coming together of many Indian people - that accompanies such events across Indian Country," says museum Director W. Richard West (Southern Chevenne).

(Choctaw).

The audience will see dancers representing hundreds of

jingle dress, fancy shawl and traditional (Northern and Southern); Teens (13-17); Juniors (6-12) and Tiny Tots (5 and under). More than \$77,000 in prize money will be awarded to the top five finishers in each category.

The drum groups are the heart of all pow wows and provide the pulsating beat that accompanies a dancer's every movement. They are led by two "host drums" that showcase two distinct styles of singing (Northern and Southern) and represent the best examples of each style.

The drum contest will highlight groups of 10 to 12 members each who frequently come from the same family and sing traditional songs that often have been written by family

members and are handed down from one generation to the next. The host drums are Black Lodge (Blackfeet) from Washington state and Cozad (Kiowa) from Oklahoma.

Each pow wow begins with the Grand Entry, which is a procession of all the dancers into the dance arena. This brilliant sea of color is scheduled to be led by the pow wow honorary chairman, Sen. Daniel Inouye (D-Hawaii) and an American Indian military veteran color guard.

Native foods such as Indian tacos, frybread and corn soup will be sold and authentic Native arts and crafts may be purchased directly from noted jewelers and artisans.

For additional

information about the pow wow, the general public may call (202) 357-3164 ext. 159 for a recorded message or visit the museum's Web site at www.americanindian.si.edu.



Front row (L-R): Kimberly Huffman (hodling Brittany), Erin Willie, Josie Snow, Jennifer Chalfant, Kholt Gopher. Back Row (L-R): Brittany Smith, Reba Osceola, Stephanie Smith, Mary Huff, Josh Girtman, Damon Bert.

**New York** 

Continued from page 1

lobby. After breakfast, we toured Upper Manhattan for at least eight hours!

The tour included Ground Zero, the Statute of Liberty, a museum, and Ellis Island. We also went into Chinatown and Little Italy. After all of the sightseeing, we headed for Planet Hollywood to eat supper. Once again, our dinner was planned for us. After dinner, we walked 8-9

blocks to the Broadway showing of the Lion King. It was a great show. Then we walked back to the hotel and everybody's feet were killing them!

The next day was easy. It was a free day, that meant we could do whatever we wanted to do. So me and my family took a cab to the National Museum of American Indian. It was so cool because over there I learned a lot about my cul-

After that, we took a cab to Macy's Department Store. My dad wasn't obligated to go in, but he went anyway.

Later, we walked to WWF New York. It wasn't anything like what the TV says. We ate at the restaurant, and my dad and I had the Hardcore Holly spaghetti while Mom ate the prime rib

Next, we walked back to the

awhile, then met up with the group and ate supper at a place called the Chop House. The last

hotel, rested for

Dancers on the National Mall (L-R): Dorene Red Cloud (Lakota);

Neconie (Kiowa-Pawnee-Otoe-Missouria), Dorothy Lippert

Suzanne Torchiani (Ho-Chunk), Jim Pepper Henry (Kaw), Dawnita

part of the day, my Mom and Dad went back to the hotel and I went with the group to the Empire State Building. It was so high and it was really cold.

After that,
we walked to

McDonald's and got something to drink, then we headed back to the hotel. Some of the group wanted to

permitted.

walk around, so we did. The streets were full of people walking around, flashing bright lights, and street vendors.

We got our names done by an Oriental artist on the sidewalk and the most amazing part about that night is that we saw a guy who made pictures of the Twin Towers and the Empire State Building with spray paint and a gum er-offer. Next, we headed back to the

The next morning, we boarded the plane and headed back on the 2 hour and 33 minute ride back to Orlando. We landed, and I thought I was going to get some sleep when we got home, but no, I had to go to softball practice.

New York City is an amazing city, I just wouldn't want to live there.

## Letters & E-mail

Questions about facilities at Big Cypress Campground....

Is there a cabin that sleeps 6? Is one available for Labor Day weekend -Aug. 30, 31 and Sept. 1?

Total charge for that period - 6 adults and

Thanks in advance for the information.

Mary McArdle Ronandmary72@hotmail.com

**Lucy Evanicki writes:** 

Is it air conditioned?

Thank you for the inquiry regarding the Big Cypress Campground. The answers to the questions are as follows:

Yes, there are cabins that sleep

6300 Stirling Rd. Hollywood. FL 33024 six people; they have a kitchen, coffe

tribune@semtribe.com

pot and microwave. Yes, one of these cabins is available Labor Day weekend. rights!!!!!!!! Yes, they are air conditioned.

Cost: \$75 per night and no dogs are Pcordero1@aol.com

Please call Sheila Barry at the **Big Cypress Campground for further** information and reservations (800) 437-4102 and visit our website http://www.seminoletribe.com/campgrwww.seminoletribe.com/campground.

I learned about you guys tonight while watching television. I didn't even know of the existence of such an area in Florida. I've been living here in Jacksonville for a long time. Please give

me direction from Jacksonville to where all this Seminole historical sites are.

Keep fighting for your Dawan Yamni Mainmubia (May God's Blessing shine on you)

Hello. I'm a student in Denver, Colorado and taking a class of Native American study. I have an assignment about the culture and I want to know the history of the powwow. I went to some websites but all I knew was it was about dancing. If you have any information, could you please tell me? Thank you.

Sincerely, Noriko Kojima kono4@hotmail.com

## **Debt Collection: Your Rights**

By Travis Trueblood, LL.M.

Are you in debt—and avoiding ringing phones, ignoring your mail and only hesitatingly opening the door—all to steer clear of the dreaded bill collector? No one likes dealing with these

people. But the good news is that the law forbids repeated harassment by bill collectors—and gives you the right to sue for violations. If you complain loudly enough—and you've got proof backing you up—you have a chance to get the entire debt canceled.

A "debt collector" is someone who regularly tries to collect debts owed to others. They may contact you in person, by mail, telephone, telegram, or fax.

However, a collector may not harass you or your family, this includes contacting you at work when the collector knows your employer disapproves or at unreasonable times.

Within five days after you are first contacted by a debt collector, a notice must be sent telling you the amount of fy the name of the creditor to whom you

money owed. The notice must also speciowe the money, and what action to take if you believe you do not owe. You may stop a collector from

contacting you by writing a letter to the agency telling them to stop. Once the

agency receives your letter, they may not contact you again except to say there will be no further contact, or to notify you if the debt collector or the creditor intends to take some specific action.

If you do not believe you owe the debt, you may write to the collection agency within 30 days after you are first contacted saying you don't owe the money. The agency may not contact you after that unless you are sent proof of the debt, such as a copy of the bill.

A debt collector may not harass or abuse any person. For instance, a collector may not use threats of violence against the person, property or reputation, use obscene or profane language, advertise the debt, or telephone people without identifying themselves.

A debt collector may not use false statements, such as: falsely implying that they are attorneys, that you have committed a crime, or that they operate or work for a credit bureau or misrepresenting the amount of your debt, the involvement of an attorney in collecting a debt, or indicating that papers sent to you are legal forms when they are not.

Debt collectors may not tell you that you will be arrested if you do not pay, that they will seize, garnish, attach, or sell your property or wages, unless the collection agency or creditor intends to do so and has a legal right to do so, or that a lawsuit will be filed against you, when they have no legal right to file or do not intend to file such a suit.

As of January 1, 1994, most consumer collection agencies operating in Florida must be registered with the Florida Department of Banking and

If you have a question about whether the collection agency which has contacted you is properly registered, or if you wish to file a complaint against a collection agency, you may contact the Division of Consumer Services at (850) 488-2221 or (800) 435-7352.

You may also file complaints with the Federal Trade Commission, Correspondence Branch, Washington, D.C. 20580. You may file suit against the collection agency for violating state and/or federal law. If you prevail, you may be awarded your actual damages, attorneys fees and costs.

Travis W. Trueblood, LL.M., is a shareholder in the law firm of Trueblood Kitto, P.C. and licensed to practice in the State of Florida and the District of Columbia. You may reach him by phone at 305-443-9082 or by email at ttrueblood@truebloodkitto.com.



Kowaaye Loochlakne — Brown Horses

#### Thank You Everyone

We would like to say Thank You from the bottom of our hearts to those who stood by us and gave us support in our time of need.

Thank You for all the flowers and for the time and effort put into feeding everyone after the funeral.

In such a very sad time we all appreciate each and every one of your sympathetic hearts. Our loss will take time to heal but with such family members and community members as

you've shown us we can make it through.

Again, we thank each and every one of you that supported us.

Those who traveled from Trail every day to be with us and help us, we appreciate it very much.

Your prayers are greatly appreciated.

Again, thank you, Harry Tommie Earlene Osceola Mona Osceola



#### Search for words in Miccosukee Words that have the "A" sound

ODPEQSFEGRHSITJOKLUMVNWOXHOYJZKHALBMCNDOEKLFPGQHRISOYTFUGOVHWIXJYKZSAKBLCMDNEHHLXMYMNZOAPBQERHCSADCTEUFCNHTAIUJVKWLXLMYENZOHHPAQBHOGVOWHXIYJZKAKBLCMDNAECFOEMLAAYTEECHOMHBACMDNEOFAGPASTFUCGOVHWIXJYKZSSEAKBLCMHAPCEQHFRGSHTIUJLKVLKWMXKNOHAQBKROCSDTEOUFVGWHXEIHYJHODMASHOOMENFNGOHOPKILEMYXK ORSHUIOVBERCHQAHALBEYUHVEENCETIOFGHOWQGJEIKHJREWSCDEOCVAJEKECUMCQEYIBNJKLXZENEMEAKANKOMRAAKHBERMOKHALAQA

ASK ABOUT: AHAKLOM BECOME LARGER: ACHOOBE BECOME LARGER: ACHOOBOM **BOX: AHALBE** CAP: ALOBE CATCH UP: ACHAAKE CAUGHT UP WITH: ACHAAKOM **CLIMB: AHOONOM CLIMB: AHOOSHNOM ENTER: ACHECKE** FABRIC/CLOTHES: ANCHEEKE GAS: AHOHCHE/AHOHKE HE/SHE KISSES SOMEONE: AKANKOM

ASK: AHAKLE

IN PLACE: AFOKSHE IN ITS PLACE: AFOKSHOM KISS: AKANKE LAW: AHAAKE MEDICINE: AYEKCHE MOSS: ASHOOME NONE. LACKING. NAKED: AYTEECHOM PICK/HARVEST: ABASHKE PICKING/HARVESTING: ABASKKOM PUT INTO: AFOOKE PUT INTO: AFOOKOM REMAIN. LEFT: ALAHKE REMAINING/LEFTOVER: ALAHKOM

## The Seminole Tribune

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## Community News \*



Nicole Osceola and Krystle Young with 600-pound Sea Lion.

## **Recreation Kids Head To** Miami Seaquarium

**HOLLYWOOD** — On July 25, Recreation treated the Seminole youth with a trip to the legendary Miami Seaguarium. The recreation van was loaded with children of all ages, driver Kenny Descheene and two chaperones, Jose Herrera and Patrice McCrea, who



Kids show off catch of the day.

made the trip to the Seaquarium a lot of

Kenny said he has worked for Seminole Recreation Gym for many years and part of his job was to drive the kids every year to Miami Seaquarium. A total of 17 children and 15 adults and three vans made the trip down to the Seaquarium.

The sun was shining until the vans pulled up to the Seaquarium, where they were welcomed with a morning

shower, which lasted until the first Dolphin show.

Which didn't hamper the show, because it seemed the dolphins' mission was to see how many people they could get wet before the show was over. Flipper the T.V. star and Loita the Killer Whale were the featured performers, and the children were also amazed and delighted by the exotic Pacific white-sided dolphins as they show off their grace and natural abili-

The kids seemed to love the shows and all of the animals in the tanks. Near the end, the group stopped for lunch at Manatee Bay Café to cool off.

To end the trip, they watched the Top Deck Dolphin Show, which showcased the highflying antics of the bottlenose dolphins as they performed leaps and

As the kids said good-by to the dolphins, Josiah Bowers said that, when he grows up, he wants to work at the Miami Seaguarium and feed the animals.

On June 6, Miami Seaquarium welcomed the birth of a California Sea Lion at the Golden Dome facility. The newborn weighs approximately 20 pounds and is 2 feet long. The

Miami Seaguarium are pleased to say that both baby and mother appear to be doing great. If your looking for fun, try the Miami Seaquarium.



Cool day of summer at Pines Ice Arena.

## **Ice Skating In The Summer**

By Paula Cassels **HOLLYWOOD** — On July 30, Recreation took the Seminole community kids ice skating. As the summer temperatures heated up, 19 kids and adults chilled out at the Pines Ice Arena in Pembroke Pines.

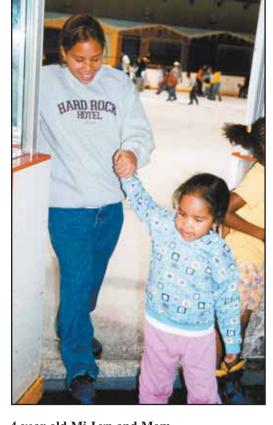
At the Pines Ice Arena, you can learn to Ice Skate in three weeks. They can also teach you to play ice hockey, and you can plan your Birthday Party there as well.

A few of the Hollywood Seminole kids shared what they like about ice skating, Brian Osceola, 11 years old, likes ice skating because its fun and he likes to skate fast.

Duelle Gore, 10 years old, likes to skate on the ice in circles and some times he falls down. He says he likes the floor because it is always cold, with ice pieces that you can pick up and hold in your hand.

J.T. Osceola likes to ice skate backwards, and 4-year old Mi-Lyn Williams likes to skate with her mom holding hands.

Everyone had a good time. If you decide to go ice skating this summer, make sure you bring a coat, since it gets very cold in the ice



4-year-old Mi-Lyn and Mom.

## Police Dispatcher Cindy McFarlane

**HOLLYWOOD** — Meet Cindy McFarlane, the Seminole Department of Law Enforcement's Police Dispatcher. As Dispatcher, McFarlane's job is an important job within the Police Department. The Dispatcher must have talents that are not normally associated with a clerical position. As a Dispatcher,

McFarlane's position is an extremely stressful one, and this position is not for everyone. She has to be extremely accurate, maintain calmness and an even temperament at all times, in all situations. A mistake cannot be

redone, and a mistake could cost the life of or cause harm to, a Tribal Member, an officer or an innocent bystander. Also, as a Dispatcher

she is require to answer telephones and take calls from sometimes irate and /or very emotional persons, as well as handle the Teletype machine, not only for the Hollywood reservation, but for the other reservations as well McFarlane started

Enforcement in June of 1994. While working for the Seminole Police Department, Cindy has also earned a Bachelors Degree in International Business. According to McFarlane, to become a Police

Dispatcher you must be certified by FCIC (Florida Crime

Information Center) within the first six months, then every two years. McFarlane has attended Hostage Negotiation, Domestic Violence and Managing Stress classes while employed with Seminole Police Department. Cindy says the train-

ing experience and opportunity she received from the Seminole Police department has helped her provide the best service possible to the Seminole community. She has also helped out at the other reservations when they were short-handed.

Cindy is married, has three dogs, and her hobbies include reading, cooking and exercising. Glad to have you with us, Cindy!



Seminole Police Dispatcher Cindy McFarlane on the job.

## **Brighton Students Tour Southern California**

Submitted by D. Michele Thomas, Chairman's Office Seminole students Kyle Doney, Andrew Bowers,

James Girtman, Jarrid Smith and Trina Bowers toured southern California on the week of June 25-30.

The students left Orlando on Tuesday, June 25 and landed in Los Angeles in time for dinner at the House of Blues on Sunset Boulevard. The students stayed in Santa Monica from June 25 to Thursday, June 27. On Wednesday, they took a sightseeing tour

through Hollywood, visiting the Warner Brothers Studio and lunching at the Hard Rock Café. Later, they watched the Dodgers play the Colorado Rockies at Dodger Stadium.

On Thursday, they visited Disneyland, Knoxberry Farms and had dinner at the Universal CityWalk.

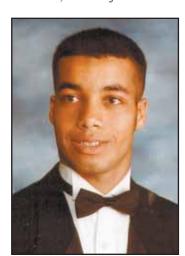
On Friday, the group picked up and headed for San Diego. First stop, the San Diego Zoo. The students then had some free time that night. On Saturday, the group went on a historical tour

of the city, lunching at Buster's Beach House and finished their West Coast visit with a trip to Tijuana. Thanks to John Wayne Huff, Sr., Alex Johns and

Mitchell Cypress. Without them, the trip wouldn't have happened.

We also would like to salute the 2002 high school graduates. Andrew Jordan Bowers- Brighton Resident, Holly Nicole Johns- Brighton Resident, Christopher Chad Huff- Brighton Resident, Kyle Richard Doney- Chinook, Montana, and Sonja Jean Buck- Oklahoma.





Andrew Bowers Jr.



**Holly Johns** 



Sonja Jean Buck



**Kyle Doney** 

## Lazy Days Of Summer? Not In B.C.

BIG CYPRESS — "School's Out For Summer, School's Out For Summer!" Remember when Alice Cooper belted out those lyrics, which became an anthem for us Baby-

Boomers? We couldn't wait for those lazy days of summer when school was out and we didn't have to do anything

Well, school may be out in Big Cypress, but there has been nothing lazy about the days for the youth of the community. Since June, the kids' weekdays have been filled with activities, thanks to the staff of the Recreation Department.

Between 30 and 60 youth have joined in the fun each day, whether four-wheeling on bikes or two-wheeling on skates (ice and roller), playing basketball or bowling, splashing in the pool or frolicking at the beach, slicing up the pizza at Chuck-E-Cheese or tossing back some popcorn at the movies.
"The response from the

kids, and the parents, has just been great," said Assistant Recreation Director Jack Gorton. "This is probably the most kids we've had participate in our summer youth program." 'We have had so many kids

on a daily basis that we had to borrow a school bus and driver from Ahfachkee just to make sure no one was left out that wanted to

The big finale of the summer took place Aug. 8 - 11 at

Busch Gardens and Adventure Island in Tampa. "I blocked 60 rooms and they're all full. So far, I have about 260 total going, including parents and siblings," said



Seats fill up quickly on the school bus as the youth leave the gym for an activity.

Gorton added that more rooms would be obtained to house the last minute sign-ups, and bus transportation would also be provided for those who do not wish to drive.

## Deadline For ACT Exam Registration Is August 23

The next ACT Assessment will be administered on September 28, 2002. College-bound high school students must register for the college admissions exam by August 23 - the deadline for having the registration postmarked. There is a late registration post-

mark deadline of September 6, but an extra fee is charged for late registrations. Students can get registration packets from their high school counselors or register online at www.act.org.

ACT scores are accepted by vir-

tually all U.S. colleges and universities, including all Ivy League schools. The ACT is not an aptitude test - it is an academic achievement test that measures students on what they learned in high school. Because it is curriculum-based,

colleges use ACT scores for more than admissions decisions - they use scores to place freshmen into classes that the students are academically prepared to handle.

For admissions decisions, colleges use ACT scores along with a student's high school grade point average,

college prep courses taken, extracurricular activities and other information. The test fee is \$25 (\$28 in Florida). ACT's website (w-vvxv.act.org)

has helpful information, sample tests and the opportunity to order test prep materials such as ACTive Prep, an interactive CD-ROM that contains practice tests with instant scores and study plans to prepare for the real test. A free sample test is available from high school counselors in a brochure called *Preparing for the ACT* Assessment.

The Seminole Tribune

## Birthday Bash Held For Big Cypress **Councilman David Cypress**

By Libby Blake

BIG CYPRESS — On Aug. 6, over 400 people packed the Big Cypress Gym to pay their respects and offer birthday wishes to Councilman David Cypress. Cypress, whose birthday was actually the day before, gratefully accepted birthday wishes from Tribal citizens, employees, and friends.

Guests started arriving at 10:00 a.m., and seats were at a premium soon thereafter. Robin Hernandez and Louise Osceola, along with their usual festivities helpers, had the gym completely decorated in the

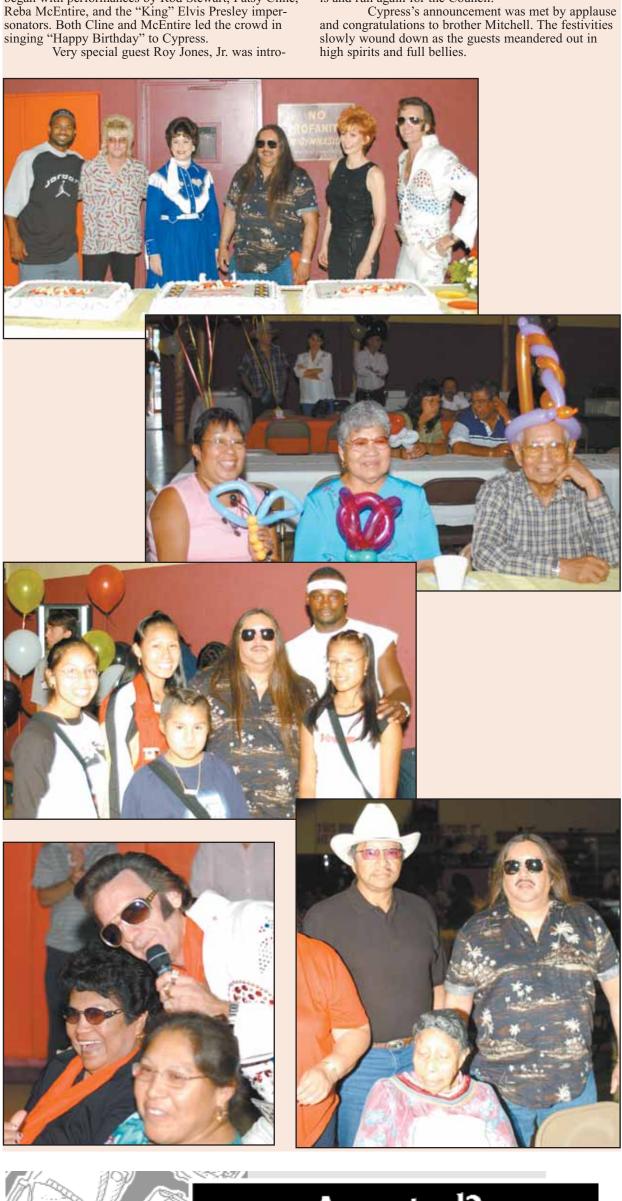
The Paul "Cowbone" Buster Band provided gospel and country music. Cowbone's band, with Chunky Buster on lead guitar, Solomon Cypress on bass, and Ira Buster on drums, recently added Paul "Don Helms" Hulahan on the steel guitar and dobro, giving the group added depth.

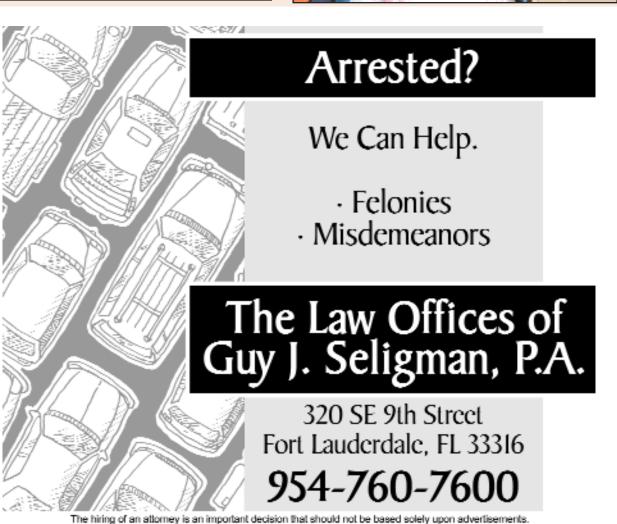
Around 11:00 a.m. the special entertainment began with performances by Rod Stewart, Patsy Cline, duced and graciously posed for pictures with anyone who asked. Jones is the current Light Heavyweight Champion in both the World Boxing Council (WBC) and International Boxing Federation (IBF) rankings.

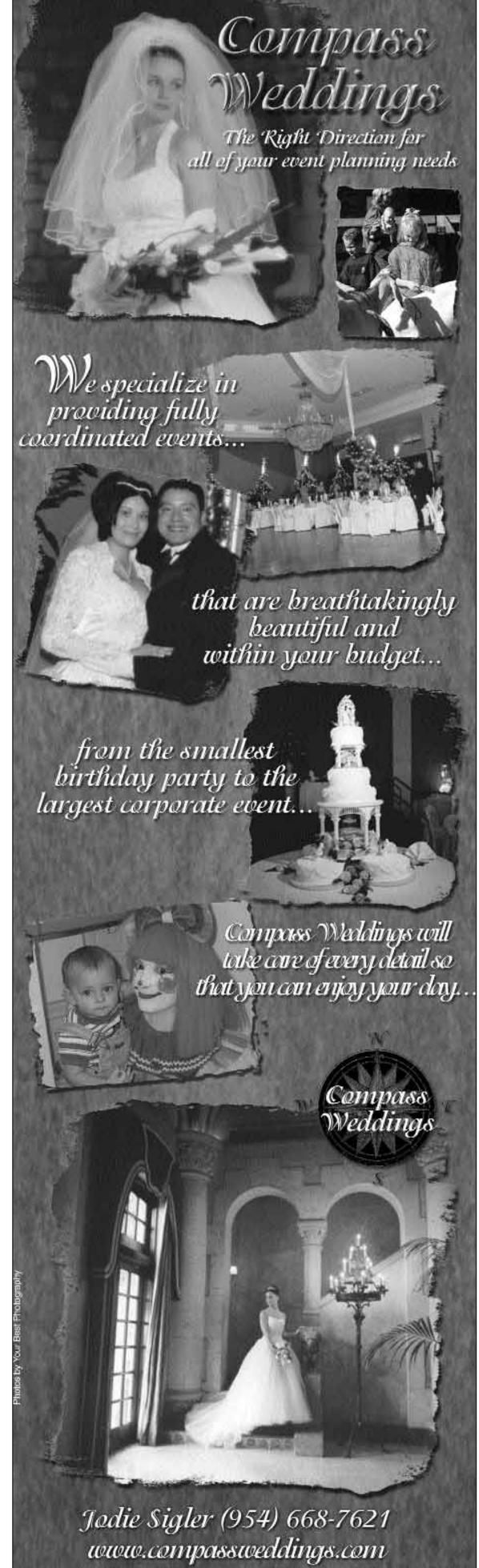
For more information on Roy Jones, Jr. and his many activities, visit his website at www.RoyJonesJr.com. Jones is involved in various fields including music and producing.

After a bountiful luncheon of fried catfish, barbecue ribs, chicken necks, ham hocks and all the fixings, Councilman Cypress opened the numerous gifts from the well-wishers. During this, Cypress took the opportunity to make an important announcement.

"A lot of you have been asking me for some time if I was going to run for Chairman in the next election. I want to let everyone know that my brother Mitchell (Cypress) has decided to run for the Chairman position and I plan to support him in every way, announced Cypress, adding that he will stay where he is and run again for the Council.







August 16, 2002

## **Saving Money Through Refinancing**

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 he expresses are his own.]

Did you realize that you may be able to save significant money on an automobile, home mortgage loan, or other loan, by refinancing it? Interest rates rise and fall, and when they fall significantly below the interest rate you are paying a loan, you may be able to pay off the loan you got earlier with a new one that costs you less.

The basic premise of refinancing is that you

prepay an existing loan using cheaper money from a new loan. Money that used to go into paying debt now goes into your pocket. But there are some catches and pitfalls to avoid. Here's how to take

avoid. Here's how to take advantage of the opportunity to save money through refinancing.

Know the interest rate you pay on any loan, and keep comparing it to current interest rates.

What interest rate are you paying on your

What interest rate are you paying on your car loan, your home mortgage, and your credit cards with balances? If you can't answer that question, you'll never know if you have an opportunity to save

Interest rates in July and August 2002 dipped to unusual lows. The best previous opportunity for refinance occurred in March and late August in 2001. Before that, the great opportunity to refinance occurred in 1998. You have to watch for those opportunities.

Read you loan contract to see whether it discourages or penalizes refinancing.

Most loans may be prepaid anytime. However, some loan contracts may not allow prepayment. Others may have prepayment penalties. Some become penalty-free only after a certain number of years.

The most common prepayment penalty is the interest payment due for a year, which could easily run thousands of dollars. Paying \$5,000 up front in penalties to lower payments \$50 a month, for example, will not make good sense financially. **Factor in the cost of refinancing.** 

Loans generally have "closing costs", which is money you must pay up front for a loan. The most common fee for refinancing is 1% of the new loan amount, but there may be additional charges for such things as a credit check or appraisal.

At some point the cost of refinancing outweighs the savings from the monthly payments. Figure how many years you have before you recoup

the up front costs in savings.

For example, if you have \$3,600 in costs but save \$100 per month, three years will pass before you save enough just to get back the initial costs.

You may be able to include the costs of refinancing

in the loan itself.

There are two ways to include refinancing costs in the loan without having to pay anything up

front out of your pocket.

First, you may be able to borrow the closing costs in the loan. For example, you may be getting a

loan of \$125,000 to pay off a loan of \$120,000. The closing costs are actually included in the loan.

Second, you may pay a higher interest rate. Commonly, a lender will "pay" the closing costs in return for bumping up the interest rate by 1/8%. For example, instead of a 7% interest rate, you pay 7 125%

Whatever you do, ask the lender who offers you a "no cost" refinance loan if the principal will larger than the loan amount or how much higher the interest rate is.

Beware lowering your monthly payment by extending the loan.

You can lower your monthly payments just by taking out a longer term, but this is a false saving.

To pay less per month now, you pay longer on a loan, which greatly increases your interest payments.

Generally, don't extend the loan, but rather pay it off in the same, original

time. For example, if you originally had a 30-year loan and have been paying it for 10 years, you have 20 years more to pay. Don't pay off the 30-year loan with a new 30-year loan. Pay it off with a new 20-year loan

Consider a term of 15 years or less on the refinanced loan.

Generally, loans with shorter terms have lower interest rates, giving you an additional break on the interest rate. On home loans, the break point where the interest rate drops an additional half percent is 15 years.

Even if you end up with the same monthly payment as the original loan had, you are saving money because you are paying much less interest over the life of the loan.

Don't borrow more than your collateral is worth on a loan, do make all your payments on the old loan on time and in full, and keep your credit history clean.

Else you may not be able to take advantage of refinancing. You often hear car dealers say they will pay off your old car loan. What is really happening is that they will loan you the money to pay off the old loan, which is called rolling over the old loan into the new.

Then you are "upside down," meaning that you owe more in your loan than your car is worth. As long as you are upside down, you won't be able to refinance with another car loan.

If you are delinquent on your old loan, don't expect to be able to get a new one. You've already shown lenders that they cannot rely on you to pay the debt

Finally, realize that the low interest rates you may read about or see quoted are only for people with excellent credit and make a large down payment. If you have been 30 days or more late making debt payments, have bills that went into collection, or have too much debt, the interest rate you will get may be much higher.

If you can't refinance because your credit history needs to be better, don't despair. Clean up your credit history so that you can get out of that car loan with a 20% interest rate or that home mortgage with a 10.5% interest rate. Don't let the opportunity to save money by refinancing pass by you.



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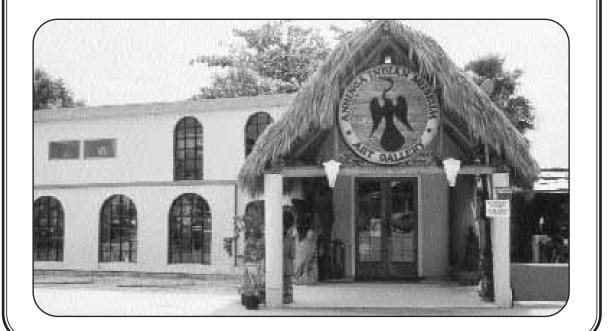
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August 16, 2002

## Education News \*

## Higher Education Students Approved For Fall 2002

The Higher Education Division of the Seminole Tribe of Florida is pleased to announce the names of the students who were approved to receive the Higher Education Award this Fall 2002 Term. Congratulations and best wishes for a successful term!

#### Hollywood

Community College, Miami, FL Billie, Christina, Freshman, Broward Community College Davie, FL Billie, Laura, Sophmore, Broward Community College Davie, FL Buster, Jessica, Freshman, Broward Community College Davie, FL

Billie, Chawndra, Freshman, Miami-Dade

Clay, Brande, Freshman Indian River Community College Ft. Pierce, FL **Deitz, Erica,** Sophomore ITT Technical Institute, Ft. Lauderdale, FL

Emery, Nicole, Sophomore Oakland Community College, Bloomfield Hills, MI Frank, Anthony, Senior Florida Atlantic University, Davie, FL Frank, Brandon, Sophomore Broward Community College, Davie, FL

Frank, Vanessa, Sophomore Florida Atlantic University, Davie, FL Green, Brett, Freshman Broward Community College, Davie, FL

Hawk, Tommie, Sophomore University of Miami, Miami, FL Hiatt, Stephanie, M.A. University of Sioux Falls, Sioux Falls, SD Jim, Amber, Freshman Broward Community College, Davie, FL

Nelson, Michael, Freshman Broward Community College, Davie, FL Nelson Sr., Theodore, Ph.D. Barry University, Miami, FL Osceola III, Max, Sen.

The George Washington University, Washington, D.C. Osceola, Caroline, Freshman Bates Technical College, Tacoma, WA Osceola, Geraldine, Freshman

Broward Community College, Davie, FL Osceola, Jimmy, Junior, Johnson and Wales University, North Miami, FL Osceola, Jo-Lin, Sophomore Johnson and Wales University, North Miami, FL

Osceola, Mercedes, Freshman Stetson University, Deland, FL Osceola, Mitchell, Freshman The Gulf Academy of the South, Casselberry, FL

Broward Community College, Davie, FL Osceola-Branch, Emily, Senior Florida State University, Tallahassee, FL Osceola-Demayo, Melissa, Junior

Osceola, William, Freshman

Nova Southeastern University, Ft. Lauderdale, FL Porter, Billie, Senior University of Florida, Gainesville, FL

Sanders, Arlene, Freshman Broward Community College, Coconut Creek, FL Thomas, Jamenia, Freshman Johnson and Wales University, North Miami, FL Tiger, Eric, Senior

Nova Southeastern University, Ft. Lauderdale, FL Tiger, Kashane, Junior St. Leo University, St. Leo, FL Tiger, Summer, Junior

University of Miami, Miami, FL Zepeda, Pedro, Sophomore Stetson University, Deland, FL

Billie, Bobbie, Freshman

Tommie, Danny, Freshman

Chalfant, Jack, Freshman

Broward Community College, Davie, FL

#### **Big Cypress**

Black Hills State University, Spearfish, SD

Billie, Corey, Freshman Full Sail Center for Real World Ed., Winter Park, FL Bowers, Nadine, Freshman Broward Community College, Davie, FL Bowers, Toahooke, Freshman Broward Community College, Davie, FL Coppedge, Amy, Sophomore Lake Washington Technical College, Kirkland, WA Jumper, Cathy, Sophomore FL College of Natural Health, Pompano Beach, FL King, Lindsey, Freshman Broward Community College, Davie, FL Osceola, Ida, Freshman Miami-Dade Community College, Miami, FL Pacheco, Naomi, Junior, Colorado State University, Pueblo, CO

#### **Brighton**

South Florida Community College, Avon Park, FL Gopher, Carla, MBA University of Tampa, Tampa, FL Holata, Andrea, Freshman Hillsborough Community College, Tampa, FL Holata, Kevin, Junior Lynn University, Boca Raton, FL Johns, Alexander, Freshman Indian River Community College, Ft. Pierce, FL Johns, Emma, Grad. Florida Gulf Coast University, Ft. Myers, FL Josh, Lucinda, Freshman Coconino Community College, Flagstaff, AZ

Stockton, La Shara, Freshman Indian River Community College, Ft. Pierce, FL **Tirell, Timothy**, Freshman

Indian River Community College, Fl. Pierce, FL Tommie, O'Hara, Sophomore Keiser College, Tallahassee, FL

Youngblood, Suraiya, Junior Florida Atlantic University, Boca Raton, FL

#### **Immokalee**

Benson, Dorothy, Freshman Edison Community College, Ft. Myers, FL Pequeno, Cecilia, Freshman Edison Community College, Ft. Myers, FL Pequeno, Diane, Freshman Edison Community College, Ft. Myers, FL Plunkett, Christopher, Senior Palm Beach Atlantic College, West Palm Beach, FL

#### Tampa

Hillsborough Community College, Tampa, FL

Hageman, Chasity, Freshman

2002 Big Cypress Incentive Awards

<u>Bionca Acosta</u> 1st Grade - Ahfachkee School Academic Effort

Ricky Joe Alumbaugh 1st Grade – Ahfachkee Šchool B Average

<u>Malachi Baker</u> 2nd Grade – Ahfachkee School A Average

<u>Malari Baker</u> Kindergarten – Ahfachkee School All A's & B's Anthony Balentine

2nd Grade - Ahfachkee School Academic Effort JR Balentine 6th Grade - Ahfachkee School

Academic Effort

Jessalyn Balentine 8th Grade - Ahfachkee School B Average

Perfect Attendance

Josie Balentine 3rd Grade – Lewis Elementary School (Tampa, Florida) Academic Effort

LT Balentine Freshman – Hidden Lake Academy Academic Effort

<u>Lariah Balentine</u>

1st Grade – Ahfachkee School A Average Maranda Osceola

Tana Bear-Osceola 2nd Grade - Ahfachkee School Academic Effort

5th Grade - Ahfachkee School

Academic Effort

Freshman – Ahfachkee School B Average Isaac Bettelyoun

Cody Bert

2nd Grade - Ahfachkee School Academic Effort Kane Bettelyoun

2nd Grade – Ahfachkee School

B Average Megan Bettelyoun 3rd Grade - Ahfachkee School

Academic Effort

Myra Bettelyoun 3rd Grade - Ahfachkee School Academic Effort

Akol Billie 2nd Grade - Chesterbrook Academy B Average

Alfred Billie 3rd Grade - Ahfachkee School Academic Effort

April Billie 7th Grade - Ahfachkee School Academic Effort

Bonnie Billie 6th Grade – Admiral Farragut Academy (St. Petersburg, Florida) Academic Effort

Brannon Billie 4th Grade – Lewis Elementary School (Tampa, Florida) B Average

Byron Billie 8th Grade – Člewiston Middle School Academic Effort

> Cody Billie 5th Grade – Ahfachkee School B Average Perfect Attendance

Cypress Billie 1st Grade – Ahfachkee School Majority A's

<u>Dannee Billie</u> 3rd Grade – Ahfachkee School Academic Effort

Issiah Billie Junior – Ahfachkee School B Average

Jon Ross Billie 4th Grade – Ahfachkee School B Average

Katherine Billie

8th Grade - Ahfachkee School

Academic Effort

LeAnna Billie 8th Grade – First Indian Baptist Academy

B Average Micco Billie

Moses Billie Senior – Ahfachkee School B Average **High School Graduation** 

5th Grade – Ahfachkee School

B Average

Natalie Billie 5th Grade - Lawrence Public Schools (Kansas) Academic Effort

Nathan Billie 6th Grade – Admiral Farragut Academy (St. Petersburg, Florida) Academic Effort

<u>Nelson Billie</u> 2nd Grade – Lawrence Public Schools B Average

Pauline Billie Sophomore – Bachman Academy Academic Effort

Rayel Billie 1st Grade - Ahfachkee School A Average

<u>Shawna Billie</u> 2nd Grade - Ahfachkee School B Average Sonny Billie

8th Grade – Clewiston Middle School Academic Effort Stevie Billie 2nd Grade - Ahfachkee School

B Average

<u>Summer Billie</u> 7th Grade - Ahfachkee School B Average Perfect Attendance

Tiffany Billie 6th Grade - Ahfachkee School Academic Effort

Travis Billie 6th Grade – Admiral Farragut Academy (St. Petersburg, Florida) Academic Effort

Aiden Bowers

Kindergarten - Ahfachkee School Academic Effort Alanis "Emilee" Bowers

Majority A's Alyssa "Lauren" Bowers 5th Grade - Ahfachkee School

1st Grade - Ahfachkee School

Kayla Bowers 6th Grade – American Heritage (Plantation) Academic Effort

Majority A's

Toahooke Bowers Senior – American Heritage (Plantation) Academic Effort High School Graduation

Wilson Bowers Sophomore - Ahfachkee School B Average High School Graduation

Daniel Bullard

Senior – Ahfachkee School

Freshman – Ahfachkee School

B Average

B Average High School Graduation Meredith Bullard

Jeanie Capricien 1st Grade - Ahfachkee School Majority A's

<u>DeForest Carter</u> 3rd Grade – Eastside Elementary School B Average Absent 3 days or less

**Gregory Carter** 6th Grade – Clewiston Middle School B Average

Nicole Coppedge Junior - Coolidge Public Schools (Arizona) Academic Effort

Aaron Cypress 5th Grade - Ahfachkee School Academic Effort

Aileen Cypress 1st Grade – American Academy B Average

<u>Alex Cypress</u> 6th Grade – Admiral Farragut Academy Academic Effort

**Anthony Cypress** Kindergarten - Ahfachkee School Academic Effort

**Billy Cypress** – Eastside Elementary School 5th Grade Academic Effort

> **Charley Cypress** Senior - Ahfachkee School B Average High School Graduation

**Darwin Cypress** 3rd Grade – American Heritage Academy B Average

> <u>Dawna Cypress</u> 6th Grade – Ahfachkee School A Average Perfect Attendance

3rd Grade - Ahfachkee School B Average

Ian Cypress

<u>Jalen Cypress</u> 2nd Grade - Ahfachkee School Jason Melton Academic Effort 2nd Grade – Eastside Elementary School Karen Cypress 7th Grade – Clewiston Middle School Academic Effort

Kegan Cypress 3rd Grade - Ahfachkee School B Average

Kira Cypress 3rd Grade – Eastside Elementary School Academic Effort

Michael Cypress 3rd Grade – Eastside Elementary School B Average

O'Shaa'Ne Cypress 1st Grade – Indian Trace Elementary SchoolB Average

Robb Cypress Junior - Bachman Academy (Chattanooga, Tennessee) Academic Effort

3rd Grade - Ahfachkee School Improved Grades Terrina Cypress 3rd Grade – Eastside Élementary School

Ryan Cypress

Academic Effort <u>Tyler Cypress</u> 1st Grade - Ahfachkee School

> Absent 3 days or less <u>Ashley Escobar</u> 3rd Grade - Ahfachkee School Improved Grades

Majority A's

<u>Herschel Frank</u> 6th Grade – Ahfachkee School Academic Effort

Gianna Garcia 4th Grade – Jonathan Valley Elementary (Waynesville, North Carolina) Academic Effort

Hali Garcia

4th Grade – Jonathan Valley Elementary (Waynesville, North Carolina) B Average

Ildy Garcia Sophomore – The Gow School (New York) Academic Effort

Clayton Hall

4th Grade - Ahfachkee School A Average <u>Daylynn Hall</u> 3rd Grade - Ahfachkee School

B Average

Santa Fe Hall 7th Grade – Clewiston Middle School Academic Effort

Stephanie Hall 6th Grade - Ahfachkee School B Average

Jonathan Harjo Freshman - Ahfachkee School B Average

Ayze Henry

Junior - Home-Schooled

Academic Effort Nauthkee Henry 2nd Grade - Ahfachkee School

Majority A's Colby Herrera 1st Grade - Ahfachkee School

B Average

Darren Jim 1st Grade - Ahfachkee School B Average

Susie Jim 3rd Grade – Ahfachkee School Academic Effort

Monique Jimmie 2nd Grade - Ahfachkee School B Average

Christopher Joe, Jr. 1st Grade – Ahfachkee School Majority A's Perfect Attendance

<u>June Jumper</u> Senior – Ahfachkee School B Average High School Graduation

Katinna Jumper Kindergarten – Ahfachkee School Academic Effort

K'ahna Jumper 3rd Grade - Ahfachkee School A Average

Kaylee Jumper

3rd Grade - Ahfachkee School

B Average Keith Jumper 3rd Grade - Ahfachkee School

Improved Grades Kelcie Jumper 4th Grade - Ahfachkee School

B Average

Korliss Jumper 1st Grade – Ahfachkee School Majority A's

3rd Grade – Chesterbrook Academy Academic Effort

Robin Landin

Majority A's **Bradley Osceola** 

1st Grade - Ahfachkee School B Average Absent 3 days or less Klaressa Osceola

7th Grade - Ahfachkee School

B Average

Perfect Attendance

Michael Osceola 4th Grade - Ahfachkee School

33 33 33 33 33 33

Academic Effort <u>Obadiah Osceola</u> Senior – Ahfachkee School

Owachige Osceola Sophomore - Clewiston High School Academic Effort

B Average

High School Graduation

Quenton Osceola 1st Grade – Ahfachkee School Academic Effort

Ragan Osceola 2nd Grade - Ahfachkee School Majority A's

6th Grade – Ahfachkee School B Average

Ryan Osceola

<u>Sarah Osceola</u> Kindergarten - Ahfachkee School All A's & B's

Symphony Osceola

Kindergarten - Ahfachkee School All A's & B's Megan Otero Junior - Brenau Academy (Gainesville, Georgia)

<u>Sawena Otero</u> 7th Grade – Preston Public School (Oklahoma) B Average

Thalia Pacheco

A Average

Absent 3 days or less

3rd Grade - Sunset Park Elementary (Pueblo, Colorado) B Average Travis Pacheco 6th Grade, Pitts School

Academic Effort Kaylynn Pewo 7th Grade - Admiral Farragut Academy

(Pueblo, Colorado)

Academic Effort <u>Cooper Rivers</u> 2nd Grade - Ahfachkee School

A Average

<u>Destiny Robbins</u> Kindergarten - Ahfachkee School All A's & B's Jonathan Robbins

3rd Grade - Ahfachkee School

B Average <u>Tucomah Robbins</u> 2nd Grade - Ahfachkee School

B Average

Eric Sanders 4th Grade – Eastside Elementary School Academic Effort

Klayton Sanders 3rd Grade – American Academy (Boca) A Average

B Average Ann Tiger 6th Grade - Ahfachkee School

Dion Sanders

6th Grade - American Heritage (Boca)

Derrick Tiger Kindergarten - Ahfachkee School All A's & B's

Academic Effort

Savannah Tiger Kindergarten - Ahfachkee School All A's & B's Perfect Attendance

Tequesta Tiger 1st Grade - Ahfachkee School B Average Absent 3 days or less

Demetria Tigertail 6th Grade – Silver Palms Elementary School Academic Effort

8th Grade – Clewiston Middle School Academic Effort Tylor Tigertail 2nd Grade - Ahfachkee School

Kellie Tigertail

Catlin Tommie 3rd Grade - Ahfachkee School A Average

A Average

2nd Grade – Ahfachkee School A Average <u>Lorelei Tommie</u>

Danni Jae Tommie

1st Grade - Pine Crest School B Average Trisha Walker

6th Grade - Ahfachkee School Majority A's <u>Karlito Wargolet</u> 2nd Grade – Jonathan Valley Elementary

(Waynesville, North Carolina)

B Average

Reagan Whitecloud

1st Grade - Ahfachkee School B Average

## 50 50 50 50 50 50

## It's All About A Stretch

By Kenny Bayon C.PT

Think about the last time you stretched. Really stretched. If that hands-over-head, mid-afternoon super yawn was your best effort, you're far from alone.

It's a conundrum. We spend hours exercising in order to lower our body fat, increase our muscularity and expand our cardiovascular capacity. Yet when it comes to improving our flexibility through stretching — which is crucial for peak performance and injury prevention, and should be the shortest and easiest part of a workout — we avoid it like a trip to the in-laws. We're talking about making gains in pliabili-

ty, not just going through the motions as part of a warm-up. Whether you're as stiff as a titanium shaft or as supple as grass, and no matter what your activities of choice, increased pliancy is always a good thing. And static (also known as traditional) stretching, which involves gently easing muscles past their normal range of motion, is the simplest ticket to a more limber physique.

Unlike active stretching, which we covered in a recent article, static stretching is not a warm-up in itself. It shouldn't be performed until the body's been in action — walking, jumping rope, jogging, biking — for at least 10 minutes. And for maximum results, wait until you're entirely finished with a workout or activity before digging in; by then, your muscles should be in their warmest and most supple

When executed properly, static stretching, besides increasing pliability, might help alleviate soreness after a strenuous workout; can reduce stress and tension; and is an excellent post-exercise cooldown mechanism (after playing 18 holes, for

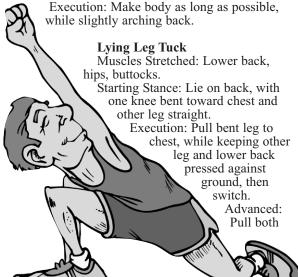
We've detailed 12 static stretches that cover the major muscles used in training: chest, arms, back, legs, hips, shoulders and abdominals. While this isn't a comprehensive flexibility routine, it offers a solid base. And for those who are more supple, we've included some advanced techniques.

All stretches should be performed at least every other day, but preferably daily. Aim for weekly improvements until you reach your goal, then maintain. If running short on time, perform stretches that apply to your problem areas. Do 2-3 sets of each stretch, holding for 20-40 seconds each time until you feel mild tension, but no pain. Stretch under control (no bouncing) and maintain deep breathing, which promotes relaxation.

**Full-Body Stretch** 

Muscles Stretched: Legs, back, abdominals, chest, shoulders.

Starting Stance: Either lying flat on back or standing; legs straight and hands extended above



Muscles Stretched: Lower back, abdominals, butt.

Starting Stance: Lie flat on back with right knee

Execution: Pull right leg across with left hand and look in opposite direction of stretch. Do same stretch with other leg. Advanced: Keep leg straight while pulling it over.

Kneeling Bow

Muscles Stretched: Quadriceps, mid and upper back, shoulders.

Starting Stance: Sit on heels and drop chest to knees.

Execution: Extend arms in front and push down on floor with heels of hands.

Lying Abdominal/Back Stretch

Muscles Stretched: Abdominals, lower back. Starting Stance: Lie on stomach with elbows

Execution: Elevate upper body by pushing off elbows. Advanced (only if free of lower-back problems): Push off hands.

> **Lying Hamstring Stretch** Muscles Stretched: Hamstrings.

Starting Stance: Lie on back. Execution: Keeping legs straight and back

flat, lift one leg at a time and pull toward chest. Alternate to other leg. Advanced: Use towel or rope for extra pull.

Corkscrew

Muscles Stretched: Hips, lower and mid back, abdominals, legs.

Starting Stance: Keeping back straight, sit with left leg straight and cross right foot over left leg. Place right hand on floor behind body, and left arm outside right leg.

Execution: Turn and look toward right hand. Without changing feet position, turn and face other direction. Repeat with opposite leg.

**Elevated Lunge** 

Muscles Stretched: Groin, quadriceps, hip flexors, buttocks. Starting Stance: Place one foot flat on knee-

level (or lower) bench, step or chair; keep back foot planted on toes about two feet behind body.

Execution: Dip body down so chest touches front knee and back knee almost touches ground. Make sure front knee remains behind front toes.

**Standing Quadriceps Stretch** 

Muscles Stretched: Quadriceps and hip flex-

Starting Stance: Stand facing a wall or other solid object (to be used for balance). Execution: Bend leg backward, grasp ankle and pull heel toward butt. Alternate legs. Advanced: Hold ankle with both hands, which also stretches the

chest and shoulders.

Seated Butterfly

Muscles Stretched: Groin, inner thighs. Starting Stance: Sit up straight with back against wall. Put soles of feet together

Execution: Place hands on insides of thighs and push down. Advanced: Pull heels closer to groin, grab feet with hands and use elbows to push down

Muscles Stretched: Chest,

upper back, shoulders, triceps. Starting Stance: Stand few feet away from any solid object (table, desk, counter), feet shoulder-width apart. Extend arms and lean on

object, bending forward at waist. Don't round back or

Execution: Continue bending forward until arms and back are parallel to floor, keeping knees slightly bent. Push chest and head toward ground. Advanced: Squat deeper or place hands on higher surface or wall.

**Doorway Stretch** 

Muscles Stretched: Chest, shoulders, biceps. Starting Stance: Stand between doorway with hands posted palms forward (shoulder level) on either side of frame.

Advanced: Place hands at various heights and walk forward a couple of steps.

safer) to stretch AFTER your workouts than before them. Warm muscles are more flexible than cold one's. So a stretch can be more complete and done more patiently. The words 'hurry' and 'stretch' never belong together. A good, patient warm-up should gradually stretch you enough PRIOR to any

US Cycling Federation Center for Science, Medicine and Technology) states that stretching in the postexercise period also "helps to circulate nutrients to muscle tissues and to carry waste product away from the muscles".

and are an injury waiting to happen. View your stretching as a reward to a workout completed. I'm often asked, "How long should I hold a

particular stretch?" My reply is usually....."Don't time it. Don't count. Don't have any predetermined length of time for which you stretch any muscle."

it's muscles for them to tell YOU when enough is enough. That period of time should vary depending on the muscle you're stretching and the workout that the stretching proceeds. But the key is to treat it as a 'feel-good' practice where you develop a sense of intuition about what your body needs to facilitate

know this one by now so I may be 'preaching to the choir'. Bouncing is termed 'ballistic stretching' and can actually induce a muscular response that causes muscles to contract (shorten) and become even more tight. Sorry to include the 'now-obvious', but no recommendation on stretching is complete without a word on this.

that stretching the back, shoulders, chest and triceps **FEELS** the best after a swim session because I've just <u>used</u> those same muscles. Likewise, stretching the glutes, thighs, hamstrings, and calf muscles **FEELS** best after a run or bike workout.

and routine. Again, how you move from one to another is totally up to you based on what feels best. Just slow down and listen.

letes stretch a muscle right after they've done a lift that fatigued that muscle. For instance, after a bench press lift...... you can stretch your chest, shoulders, and triceps. After a leg-press lift.....you should stretch your glutes and thighs.

· Stretch alone. Recently I read an article (by a very popular coach) who suggested that an athlete should stretch (while assisted by another) to a point of maximal stretch and then contract the muscle pushing back against the "helper".....sequencing this way several times. As a coach, I cringe when I hear of partner-

assisted stretching. The primary purpose of stretching is: to

increase a range of motion for sport-specific movements (like swimming, cycling, and running) that allow the muscles to optimally function within that range.....thereby reducing the likelihood of injury in the process. I've had as many people injured due to

'partner-assisted stretching' as I have because they were inflexible in the first place. Stretching, by nature, has a very high "return" on the 5-6 minutes you 'invest' in it after each workout. Adding a mate to the process means always

having to have a partner available to stretch with (which will lead to inconsistency) and adding an element of risk to our 'return-on-investment' equation. · Use the 5 to 6 minute rule. If a stretching session begins to last longer than six minutes, it's less

likely to be viewed as a 'reward'..... and more likely to be seen as, yet, another workout. Keep it short and to the point. Stretch muscles *groups* (rather than individual muscles) as often

as possible. After a run or ride, you should have about 4 basic stretches that you sequence through. After a swim, you should have a separate 4 stretches. When a sequence goes longer than 5 to 6 minutes.....it's not very likely that you'll repeat it after every workout. And consistency is the key to it Stretch shallow. Once I had an athlete e-

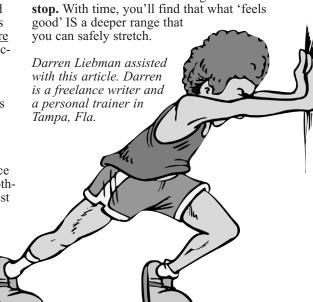
mail me distressed because she couldn't touch her toes.....like her training partners (of course). I asked her, "How often do you touch your toes in a race?' Remember that our goal with stretching is to

increase flexibility WITHIN the range-of-motion for the event we're preparing for. Now a gymnast should be able to touch their toes. But how many gymnastcoaches suggest that their athletes do 10mile runs off the bike? Zero. The run to the pommel-horse just isn't *THAT* long. It's not 'sport specific', right?

Well, neither is the need to be hyper-flexible

Once you can stretch past the point of the range-of-motion that approaches what you'll actually use in an event, the benefits cease while the risk begins to climb.

So how far do you go? Again, use/develop an 'intuition' for what FEELS good......and then stop. With time, you'll find that what 'feels good' IS a deeper range that



Wellness Continued from page 1

three had abused substances before turning to gambling. They likened gambling to the substance they abused. The high they got from gambling was like the high they got from the abused substance.

The fourth panelist explained that he was a late blooming gambler and, while he was not a substance abuser, he did come from a family that abused vari-

ous substances. All four panelists said that their gambling addictions had wrecked their marriages, broken up their families and even put one of them in jail. The similarities between individuals living with a gambling disorder and the substance

abusers were striking. The havoc spawned from gambling addiction, such as stealing, lying, getting arrested for embezzlement and suffering from a wrecked economic environment closely resembles a drug addict's or alcoholic's lifestyle.

In fact, the four panelists agreed that problem gambling is similar in all aspects to substance abuse, it just goes by a different name with the same type of results. They have the same dependency, a quick high with equally devastating

And like some substance abusers fed up with living a life addicted to drugs or alcohol that gives way to depression,

suicide seems to be a choice a gambling addict is willing to take.

The similarities between gambling addiction and substance abuse was eye opening and made one realize how easy it is to go from one bad habit to

another if a person is not careful. Although the conference was geared for helping the adults, the Seminole youth were not ignored. There were classes available for youngsters aged 7-18 years old. The younger Seminole youth were able to attend a "kids camp" offered through the hotel.

The Seminole youth ages 7-18 were able to attend culture classes involving arts and crafts, as well as issues resulting from living with a family member with a substance abuse problem. Many of the youth classes were

smaller versions of the adult classes. This format helped to cover everyone in the family structure. There was one speaker in particular who seemed to reach everyone. Lisa

Tiger, a Shawnee/Cherokee/Seminole from Muskogee, OK held a forum on HIV/AIDS. Lisa has been on the conference circuit for many years. Lisa told everyone how she

became infected with HIV. Her now deceased ex-boyfriend was not particular to a certain sex.

In fact, one of Lisa's male friends confessed to having sex with her boyfriend. This prompted Lisa to seek testing for HIV.

> began to realize how unfaithful her soon to be ex-boyfriend was. This was also at the hardest point in time for Lisa, who had, for the past two years, suffered the tragedy of losing her younger brother. Lisa's

brother had been murdered during an argument with another young native male outside a bar. This was probably the saddest day in

Lisa's life, and the most trying time for

When Lisa went for the HIV testing, she resolved to deal with the outcome the best that she could. Lisa said she was more concerned with the outcome of the trial of the man who had killed her broth-

Lisa must have found the strength of a thousand people to cope with the test results that would undoubtedly cause anyone else to go into shock, or worse, over the edge with grief.

Perhaps it was focusing on the outcome of the trial that helped Lisa to remain strong when she learned about her test. It was only after the disappointing sentencing of manslaughter charges against the murder and his time to serve (28 years) that the reality of Lisa's predicament hit her.

Lisa, who did not use alcohol, thought of doing so only to make the loss of her brother less painful. Due to an incident involving alcohol in her early twenties, Lisa had stopped using the substance.

She resolved not to go that route. Instead, with steely reserve, Lisa chose a path not always easily taken by most people. Lisa chose to stay sober and worked at staying healthy by exercising, eating right and living alcohol and drug-free.

Lisa discovered that the best way to cope with the disease was to help educate other people about the disease. Lisa began to attend conferences and workshops catering to Indian communities across the United States. Lisa promotes living a healthy

lifestyle and staying away from alcohol or drugs, which can cause poor judgement. Lisa warned that, when one abuses substances, their judgement about sex is clouded and they may practice unhealthy sex practices, like having unprotected sex. An individual may also enter into

an unhealthy relationship that involves abuse or pick up other habits involving other types of substance abuse. There were plenty of questions

for Lisa after she spoke about the story of how she contracted HIV. She also spoke about how she has continued to live the disease for the past 10 years. Her message did not fall upon

deaf ears and it was great to see so many people interacting with Lisa, learning more about a disease many people still do not fully understand.

The Wellness Conference is

about gaining information that is critical to help make one's road to recovery a little more easier. When the disease of alcohol and drugs are in your life everyday, it is hard to comprehend the dangers that can result from substance dependen-

Some of these dangers are ignoring health problems. whether they are

mental or physical. When a person enters into a questionable relationship, they can find themselves being abused or turned on to more hardcore drugs, thus making it harder to get help when they need it.

I was glad to have attended the Wellness Conference. I learned that there are many factors affected by substance abuse, such as health, self, and peace of mind. These are all under duress when a person lives a life abusing alcohol or

brought everyone together on the last night of the conference. Thursday was "Mexican Night", they had food, decorations and music with a Mexican theme. Individuals were asked to dress in their best Mexican outfit so that the spirit of the evening could be

citizens participating in the many activi-

ties offered. One activity in particular

It was great to see so many tribal

enjoyed by all. I know a lot of parents were probably grateful for this night, many young Seminoles danced to music provided by a DJ long into the night. I can imagine that there were many sleepy heads at the hotel on this night! Also there were three birthdays

during the conference week. Robin Osceola, Rowdy Osceola, and Dillion Osceola all received recognition for their birthdays

Another form of recognition took place during the certificate awards ceremony. Suzanne Davis, Allied Health Program Manager, was given the



Suzanne Davis, Allied Health Program Manager was given the "Employee Of The Year" Award.

> Director Connie Whidden, along with President Mitchell Cypress and Helene Buster, all spoke kindly of Suzanne, who is a hard worker and friend to the Seminole communities. The award could not have gone to a more dedicated individual than

Suzanne; she is the perfect candidate for

such a momentous award. Congratulations

Suzanne, on earning such a well-deserved

"Employee of the Year" award. Health

token of appreciation, you have earned it! This year's conference was a success. Helene Buster, committee member, announced that next year would be the 10th anniversary of the Wellness Conference. The last evening will feature a prom theme dance to mark the 10th

anniversary of the conference. The prom theme will give some of the conference attendees who missed their high school prom a chance to relive the event. Since some people may have missed their high school prom due to various reasons, the committee thought the dance would be a great way for them to go through the high school prom experi-

If you ever thought of attending the Wellness Conference, next year may be the prefect time to go. Who knows, you may learn something new and, in the process, get reacquainted with people you kind of know and get a chance to hang out with those you do know. So make plans to attend, because the applications are done on a first come, first serve basis. See you there!

## Alexandra Frank Willie Johns celebrates during "Mexican Night."

**Lying Trunk Twist** 

bent over the left, keeping left leg straight.

Execution: Lean forward and stick out chest.

Here are some more tips about training: · It's actually far more beneficial (&

Furthermore, Dr. Ed Burke (formerly of the

· Stretching should feel good. If you're stretching 'til you feel the burn'.....you're on thin ice

Instead, practice *listening* to the body and

• Never bounce. I realize that most of us

· Stretch the muscles you've used. I find

You can develop your own stretch sequence One of the best times to stretch is in the midst of a weight-training session. We'll have ath-

**Bending Chest Stretch** 

## Sports \* Ham-pa-leesh-ke \* Vkkopvnkv

### Hollywood Recreation Hosts E.I.R.A. Rodeo



Lil' Mutton Buster hangs on for dear life, and a prize buckle.

1) Andre Jumper 60 points 2) Kelton Smedley 23.03 3) Nick Dehass 4.63

1) Randall Osceola.....66

2) Dayne Johns ......3.78

1) Nauthkee Henry......18.876

2) Andre Jumper ......22.420

1) Reba Osceola......17.791

2) Taylor Johns......18.718

1) Mackenzie Johns ......16.759

2) Jade Braswell......17.004

1) Alex Johns ......70

2) Shawn Best......69

**Mutton Busting** 

Pony Riding

Barrels, 4-8 years old

Barrels, 9-12 years old

Barrels, 13-18 years old

**Sanctioned Events** 

Bareback

By Paula Cassels

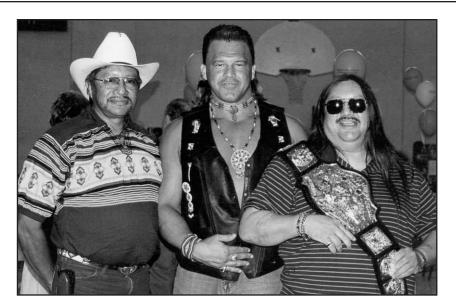
Hollywood-On July 27, Hollywood Recreation hosted the E.I.R.A. Rodeo at the Bill Osceola It was the perfect day for a rodeo. Cowboys and cowgirls com-

peted for first and second place prizes and a saddle. The cash prizes were sponsored by Hollywood Recreation. Board Representative David

DeHass sponsored the prize buckles and added \$100.00 dollars cash to the kid events. Council Representative Max Osceola added \$1000.00 dollars cash to the adult events.

Congratulation to the cowboys and cowgirls.

Steer Wrestling 1) Robbie Chalfant
Saddle Bronc 1) Shawn Best
Calf Roping         1) Naha Jumper       22.752         2) Adale Driggers       28.329         3) Rodney Osceola       29.687
Women's Breakaway Roping 1) Theresa Bowers
Team Roping 1) Josh/Naha Jumper
Women's Barrels         1) Tess Ducheneaux       16.179         2) Trina Bowers       16.354         3) Sheyanna Osceola       16.792
Bull Riding



No Qualified Rides

Tribal officials Mitchell and David Cypress with Native American Wrestling Federation Champion Thunderheart Joe Gomez.

#### Florida Championship Wrestling Anniversary Show

**BIG CYPRESS** —The Seminole Tribe of Florida and Florida Championship Wrestling will celebrate its third year of working together with a big Anniversary show on August 31 at the Big Cypress

FCW shows have continued to grow into great nights of entertainment, with fans coming in from all over the state.

Florida Championship Wrestling would like to thank the following people for working tirelessly to promote these shows: Mitchell and David Cypress, Jack Gorton, the Broadcasting staff, Virginia Mitchell and the Seminole Tribune, and the staff at the Big Cypress reservation.

Some of the stars already signed for the upcoming event are: Kevin Sullivan; FCW Heavyweight Champion The Warlord, accompanied by Pretty Boy Greg Farley; Mayor of Davie Hardcore Harry Venis, with his political strategist Vicious Vinnie Scarpo; Mr. Technical Barry Horowitz and

Native American Wrestling Federation Champion Thunderheart Joe Gomez; and Japanese sensation Kahagas and manager TNT Kenny G. Other names will be announced shortly.

Please, come out and support live entertainment on the reservation and enjoy a great night of professional wrestling.

**Notice** The Randolph Clay Pool **Tournament** will be postponed until a later date in September





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NAYO Girls 13-17 year old Brighton Seminoles: Front row (L-R): Ehricka Osceola, Clarissa Randolph, Audrey Snow, Stephanie Smith, JoJo Osceola. Back row (L-R): Juanita Jo-Jo Osceola, Sherrie Jones, Kelly Tommie, Phalyn Osceola, Dixie Tommie, Dallas Osceola, Missy Huff and Coach Chris Goodwin.

## **Brighton Girls Compete At NAYO**

CHEROKEE, NC—The Brighton

Seminoles' 9-12 year old and 13-17 year old softball teams competed at the July 19-20 North American Youth Organization (NAYO) fast-pitch softball tour-

The 9-12 year old girls team finished in third place with a 4-2 record. They played the Lil' Travelers of Mississippi in the first game, crushing

Megan Jones led the offense, hitting 2 for 3 with a home run. Melanie Jones, Brianna Harjochee, Chelsea Mountain, Jewel Buck and Jeanne Osceola all hit singles.

The girls lost their second game to Bok Chitto, 4-1. The team gave up three unearned runs in the third inning, which put the game out of reach.

Jewel Buck hit a triple, Chelsea had an RBI, driving in Ravenne Osceola. Brianna pitched a great game, striking out 11 batters.

In the loser's bracket, Brighton eliminated the S & B Choctaws with a sound 17-3 whipping. Megan Jones led all the batters with her second home run of the tournament.

Brighton then played another Choctaw team. They squeaked by with a last inning, two-out RBI single by Melanie Jones to score Ashley Spencer for a 3-2 win.

Brianna and Megan each hit singles, while Chelsea and Shyla Jones hit RBIs. Brianna pitched another tough game, striking out nine batters.

In the next game, Brighton eliminated the Poarch Creek of Alabama team, 12-7. Brianna pitched a terrific game, striking out 14 batters. Megan and Chelsea each hit singles.

Brighton's final game was a rematch against Bok Chitto in the Semi-final Championship game.

Again, they had a bad third inning, giving up seven

Brighton staged a last inning rally, but fell short 8-6, leaving two runners on base at the end. Megan once again led the offense, hitting her third home run of the tournament. Brianna struck out eight batters, bringing her tournament total to 50

strikeouts, setting a tournament record. Coaches Chris Goodwin and Parker Jones were pleased with Brighton's third place finish.

Meanwhile, the 13-17 year old team was looking to make amends for last year's tournament,

in which they did not score a run. This year, they scored 12 runs. Brighton played Cherokee in their first

game. Brighton led the

whole game until the

final inning, when they lost the lead, and the game, 10-9. JoJo Osceola led the team, hitting 2 for 3 with a double and two

RBIs. Osceola also struck out five batters. Sherrie Jones had three RBIs, Phalyn Osceola scored a double and Audrey Snow and

Onnie Cypress each had singles. Clarissa Randolph scored two runs, but suffered a tournament ending injury while sliding into home. The injury wasn't serious and

Brighton lost its second game to Poarch Creek of Alabama. Trying to stage a rally, Brighton scored all of its runs in the last inning. JoJo and

Phalyn had back to back doubles, Audrey Snow and Sherrie each scored singles. Coach Chris Goodwin was extremely proud

of the team's effort.

Randolph was fine.

'They always hustled, never gave up and worked as a team," said Goodwin, "I would like to thank all of the parents for their help and support."



3rd Place Winners, 9-12 year old.

NAYO Girls 9-12 year old: Front Row (L-R): Ashley Spencer, Christine Billie, Melanie Jones, Shyla Jones, Ke-ya-le Osceola, Ravenne Osceola. Back row (L-R): Coach Parker Jones, Chelsea Mountain, Megan Jones, Emily Cortez, Nikki Urbina, Jewel Buck, Brianna Harjochee, Jeannie Osceola and Coach Chris Goodwin.

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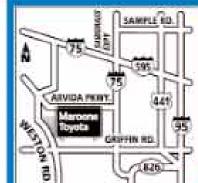
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#### Hollywood

Position: Admin. Asst.
Department: Corporate Board Acctg.
Position Opens:3-21-02
Position Closes: 4-4-02
Salary: \$Negotiable with benefits.

Position: Alligator Wrestler Department: Okalee Village Position Opens: 9-10-01 Position Closes: 9-24-01

Position: Education Counselor Department: Education Position Opens: 6-27-02 Position Closes: 7-11-02 Salary: \$ Negotiable with benefits.

Position: Foster Care Worker Department: Health Position Opens: 6-27-02 Position Closes: 7-11-02 Salary: \$ Negotiable with benefits.

Position: Health Educator

Department: Health Position Opens: 6-6-02 Position Closes: 6-20-02 Salary: \$ 30,000 annually with benefits.

Department: Utilities Position Opens: 7-15-02 Position Closes: 7-29-02 Salary: \$18,720 annually with benefits.

Position: Operator Maintenance Trainee

Position: Parent Involvement Coord Department: Preschool Position Opens: 4-8-02 Position Closes: 4-22-02 Salary: \$Negotiable with benefits.

Position: Journeyman Electrician
Department: Housing
Position Opens: 6-6-02
Position Closes: 6-20-02
Salary: \$ Negotiable & commensurate w/ experience

with benefits.

Position: Maintenance Mechanic (3)

Position Closes: 6-20-02 Salary: \$ 20,800 – 29,120 annually with benefits. Position: Master Electrician Department: Housing

Department: Housing

Position Opens: 6-6-02

Position Opens: 6-6-02 Position Closes: 6-20-02 Salary: \$ Negotiable & Commensurate with experience with benefits.

Position: Real Estate Services. Mgr. Department: Residential Services Position Opens: 6-27-02 Position Closes: 7-11-02 Salary: \$ Negotiable with benefits

Position: Receptionist/Records Clerk Department: Residential Management Position Opens: 4-18-02 Position Closes: 5-2-02 Salary: Negotiable with benefits.

Position: Senior Accountant Department: Accounting Position Opens: 5-1-02 Position Closes: 5-31-02 Salary: \$ Negotiable with benefits.

Position: Chief Operating Officer Department: Tribal Headquarters Position Opens: 8-5-02 Position Closes: 8-19-02 Salary: \$ Negotiable w/experience, w/Benefits

Position: Skilled Carpenter (3)
Department: Housing
Position Opens: 6-6-02
Position Closes: 6-20-02
Salary: \$ 29,120 - 33,280 annually with benefits.

Position: Skilled Laborer (2)
Department: Housing
Position Opens: 6-6-02
Position Closes: 6-20-02
Salary: \$ 20,800 - 29,120 annually with benefits.

Position: Snake Handler Department: Okalee Village Position Opens: 9-10-01 Position Closes: 9-24-01 Salary: \$20, 800 with benefits

Position: Working Superintendent (2)
Department: Housing
Position Opens: 6-6-02
Position Closes: 6-20-02
Salary: \$35,360 - 37,440 annually with benefits.

#### **Brighton**

Position: Cultural Language Inst. Department: Cultural Language Position Opens: 2-7-02 Position Closes: 2-21-02 Salary: \$ 24,960 annually with benefits.

Position: General Manager Department: Seminole Campground Position Opens: 7-15-02 Position Closes: 7-29-02 Salary: \$Negotiable with benefits.

Position: Medical Assistant Department: Health Position Opens: 3-14-02 Position Closes: 3-28-02 Salary: \$ 20,800 annually with benefits.

Position: Education Coordinator Department: Education Position Opens: 8-5-02 Position Closes: 8-19-02 Salary: \$Negotiable w/exp.w benefits

#### Big Cypress

Position: Assistant Cook Mgr.
Department: Preschool
Position Opens: 3-14-02
Position Closes: 3-28-02
Salary: \$ 18,00 annually with benefits.

Department: Big Cypress Position Opens: 7-29.02 Position Closes: 8-12-02 Salary: Negotiable with experience with benefits.

Position: Varying Exceptionalities Teacher

Position: Counselor Department: Health Position Opens: 6-27-02

Position Closes: 7-11-02 Salary: \$Negotiable with benefits. Position: Exhibition Specialist Department: Ah-Tah-Thi-Ki

Position Opens: 7-15-02

Position Closes:7-29-02 Salary: \$20,800 annually with benefits.

Position: Finance Manager Department: Ah-Tah-Thi-Ki Museum Position Opens:7-15-02 Position Closes: 7-29-02 Salary: \$ 26,000 annually with benefits.

Position: Physical Ed. /Health Teacher Department: Ahfachkee School Position Opens: 7-22-02 Position Closes: 8-5-02 Salary: \$Negotiable with Benefits

Position: Receptionist Department: Broadcasting Position Opens: 6-6-02 Position Closes: 6-20-02 Salary: \$15,600 annually with benefits.

Position: Utility Clerk Department: Utilities Position Openxs:3-21-02 Position Closes::4-40-02

Salary: \$18,700 annually with benefits.

#### **Immokalee**

Position: Maintenance Worker Department: Recreation Position Opens: 12-19-01 Position Closes: 1-2-02 Salary: \$ 14,500 with benefits.

Position: Operator Maint. Trainee Department: Utilities Position Opens: 6-6-02 Position Closes: 6-20-02 Salary: \$ 18,700 annually with benefits.

Position: Teacher Aide 1 & 3 yrs. Department: Preschool Position Opens: 1-16-02 Position Closes:1-30-02 Salary: \$18, 150 annually with benefits

Position: Receptionist Department: Field Office Position Opens: 5-2-02 Position Closes: 5-16-02 Salary: \$ 13,500 annually with benefits

Position: Video Programmer Department: Broadcasting

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Police Dispatcher
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Location: Big Cypress/Hollywood
Police Dispatcher position available, Big
Cypress/Hollywood. Needs to be a US Citizen or
have alien resident card, 18 years or older, with a
high school diploma or GED. On the job training,
shift work, and excellent benefits. If you are interested please call (954) 967-8900.
Police Officer

**Starting Salary:** \$35,992.95

Police Officer position available. Must already have his/her certification. Needs to be a citizen or have alien resident card, 19 years or older, with a high school diploma or GED. Shift work. Excellent benefits. If you are interested please call (954) 967-8900.

#### Poem

I thank God from beginning to end, Came along way, but still got along way to go, ya never know, things might stop, then again things might flow. I'm talking bout our heritage, our culture and language, if we don't listen to our elders, it just might extinguish.
I'm trying out just keep movin forward, And don't look back, its not where you come from its where your at. I think and hope time will just make it better, but how when I take the time to write letters to the ones I love in correctional and just regular treatment centers. I think about all the time we wasted dying by our own hands, and not take the time who created all of this land. Why can't we just understand?

Sometimes I think and easedrop into the light, about how many fights or OD's that might happen to our people tonight. I say our people cause its mines and yours, lets not get it one sided or just kick it to the curb, I know I had a few disagreements now and again, but I'm sayin I'll always love my people from now until the end.

And now I thank God from beginning to the end, for creating a unique and special tribe called, The Seminole Indians.

**By Tony A. Tommie** 7-23-02

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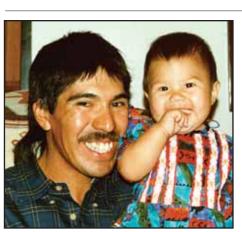
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#### Happy Birthday



Happy First Birthday to Aleah Ray Turtle. From your mom, dad, your two brothers Seth, Ryan, and the rest of your relatives. Love you Baby Girl.



To R.L. Osceola, Happy Birthday on Aug 20 to our Egoosh wa tehke – We love you, have a great day. One Love, The Otter Gang in Hollywood, Doris, Cheyanna and Kids.

Happy Birthday Uncle Nick from the Otter Gang! Have a goot one! One love, Doris and Kids.

Happy Birthday Aug 16 to Ellen Marie Grant Eads. Have a good one with mom. One Love, Aunt Doris and kids.

Happy 14th Birthday Aug. 29 to our son, brother, uncle and grandson Michael Ronnie Doctor, with much love always, Mom, Chuck, Dad, MaryAnn, Pammy, Maleah, Teajo, Jason, Minnie, JoAnn and from Heaven above, Tiffany and Paigeo.'



our "Ole" friend, Rosie Lucy Billie Grant "Otto." We've enjoyed being with you the first century (ha, ha), hope to see you the next! One Love. Doris and Gang.



Happy Birthday to Franklin Amos, born July 9, 2000. To my little wild one, lots of love from your Momma, Carla Lena Cypress. Once my baby boy, now I can hardly keep up with you!

Happy Birthday Michael L. Onco Jr., Aug. 5. We love you, Jamie, Chaska, Baby Leo.

Happy Birthday **Tana Wind Bear Osceola**, Aug. 27. We love you, Leo, Jamie, Chaska, Baby Leo.



Foster, July 21. Be good and have fun. Love you, Grandma and Egoosh.

Happy Birthday to my son **Dayne Gary Billie** on Aug. 14, 2002. I thank God for you and for giving us another year. You are becoming a young man now and I know you've been working hard and I am so proud of you and may all your hopes, dreams, and plans

become real for you one day.

You and Allyson fill my life and you make me so proud, just know that wherever you are, you can call on me and "I'll be there" right behind you.

We love you **Dayne!** Rebecca Billie

#### **Notice**

#### **Attention Tribal Members**

Beginning June 2001 the Tribal Clerk's Office began issuing and renewing the Seminole Indian License plates by the applicant's birthday. Any issuance, renewal or transfer of these plates are to be done by their office. The Department of Tallahassee

(DMV) has been sending out renewal notices to Tribal Members in error. All renewals are to be done through the **Tribal Offices.** They will be happy to assist you in getting your renewal. Make sure you have your insurance card with you and if you've received a renewal card bring that with you also.

If you have any questions please call Suzanne Palm, Tribal Clerk's Office, at (954) 966-6300 x1162.

Brett Morgan Huff Michael Ronnie Doctor

#### New Kids



Jaya Lee Osceola Born June 15, 2002 at 1:38 p.m., 7 lbs., 9 oz, 21 inches. Parents are Jamie and Jeffery Osceola. Grandparents are Linda Jim, Hank Osceola and Arika Buck.



Gordon Anthony Jumper born June 5, 2002. He is the 4th baby boy born to Carla Lena Cypress and dad Blue Jay Jumper. He was born at 4:03 a.m. and was 10 lbs and 8 oz at birth. Love you baby boy!

Krishawn Drayton Henry 7 lbs., 7 oz, 19 ½ inches, June 10, 2002. I'm truly blessed to have you in my life. Love you lots, Mom.

#### Great Job!



Congratulations Eden Donovan on graduation for Big Cypress Pre-School on June 11, 2002. We had fun with you on your day. With kisses and hugs, your Momma, Carla Lena Cypress.

#### **Notice**

**Economic/Community Development** 

and 4-H Program Extension Agent I or II #?????- Grant Fund Seminole Tribe, **Glades County(South Central District)** Brighton Reservation, FL The Agent will organize and implement a comprehensive extension

education program for the Seminole Tribe of Florida, Inc. The economic/community development portion (about 50%) will consist of identifying resources, providing technical assistance in writing grant proposals and securing assistance for tribal staff to improve and/or expand their agricultural economic development programs. The Agent will coordinate with

tribal staff to provide technical assistance to tribal members regarding agriculturally related concerns such as management, marketing and financial management. Fifty percent of the position is devoted to 4-H Youth Development, emphasizing 4-H programming in Entrepreneurship for

In addition to conducting Youth Entrepreneurship programs, the Agent will teach and provide leadership, management and coordination in the planning, implementation, evaluation and reporting the entire 4-H Youth Development program for the Seminole

The Agent is required to provide leadership in writing grant proposals that support the programming as well as maintaining the current USDA-EIRP grant. The Agent will report to the Director of the South Central Extension District and to the Tribe's Director of Natural Resources. She or he will also work in very close cooperation with the Tribe's 4-H Coordinator.

A Bachelor's degree with emphasis in agricultural economics, community development, marketing, finance, business, agricultural education, human resource development or closely related field is required. Master's degree and experience in community/economic development preferred. The Seminole Tribe of Florida, Inc. will provide agent a vehicle for work to include travel to and from home

The Seminole Tribe has a population of approximately 3,000 including about 560 youth, ages 5-18. There are 12 active 4-H clubs and a total 4-H membership of 141 youth representing the 5 Seminole Indian Reservations. The Seminole Tribe Extension program operates on reservations in 5 different counties: Glades, Hendry, Collier, Hillsborough and Broward.

Brighton and Big Cypress are rural reservations with 34,000 and 94,000 acres, respectively. They are composed of large agricultural areas with cattle, citrus, and sugar cane operations as well as large tracts of native pasture and forest Immokalee is a small town reservation while Tampa and Hollywood are urban reservations. The Seminole Tribe Extension Office is based on the Brighton Reservation in Glades County, 28 miles southwest of the town of Okeechobee.

#### August Birthdays

Mary Bowers Shula Snow Jones Lottie Johns Baxley
Mary Billie
Minnie Tommie Howard
Mary B. Bille Dorothy Osceola Tommie Coleman Jerome Josh Annie Mae Tiger Henry Jim Gopher Augustina Gopher Gore Edna Lane Frank Martha Mae Jones Joe Junior Billie Elsie Johns Smith Nancy Jane Willie Carol Frank Cypress Elaine Aguilar Ginnie Bowers rances Jumpei Linda Joyce Billie Alice Johns Sweat Max Bill Osceola, Jr. David Roger Cypress Lois Smith Wanda Faye Bowers Ralph Conley Billie Charles Billie Hiers, Sr. Rosie Lucy Grant Nancy Billie Robert Paul DeHass David Lester Snow Theodore Billie Hannah Billie Hannah Billie
Victor Morgan Frank
Jim John Osceola
Roger J Billie
Mary Lucy Tommie
Scott Lee Baxley
Deborah Carter
Stanley Cypress, Jr.
Martha Ann Doctor
Anita Marie Osceola
Rosetta Ann Jumper Rosetta Ann Jumper Loretta Jean Micco Donna Sue Turtle Don Billie Catherine Madrigal Huff Anthony Frank Marilyn Sandra Billie Ramsey Harjo Anita Lou Yates Ruth Marie Stewart Vincent Billie Tate Charles Osceola Monica Sue Johns Cynthia Ann Willie Naomi Pacheco Beverly Kay Alumbaugh Martin Royce Johns Julie Balentine Tucker John Harjo Donnie Wayne Gore Danny Billie Diane Yzaguirre Pequeno Norman Lee Tommie Helena Jimmie David Bruce Osceola Helen Osceola Guy Robert Osceola II
Lisa Jay Dodd
Robert Donald Cypress, Sr.
Tina Devito Lacey
Bryan Kelly Youngblood Alexandra Georgetta Frank Raymond John Garza, Sr. Evelyn Bowers Jimmy Wayne Holdiness Nadine Bowers Rita Michelle Youngman Mitchell Buck Osceola

Connie Margaret Haught

Melissa Victoria Gopher

Kelley Rene Smith

Sheila Kay Aguilar

Emma Jane Urbina

John Billie, Jr. Craig Darrin Gopher Veldenia Osceola Janelle K. Robinson Mayra Enid Osceola Susan Renea Davis Eldean Jo Billie Bryan Scott Bratcher Ellen Marie Eads Mary Ella Gercak David Billie, Jr Iris Tiger Holly Leigh Tiger Madelyn Caldwell Brande Elicia Clay Michael Leo Onco, Jr. Joey Wade Micco Trisha Ann Osceola Isabell Garza Carradine Billie Melissa Ann Metcalf Luke Baxley Prima Sue Primeaux Cassandra Jones Shaun Cody Osceola Ronald James Drake Leatrice Beth Cypress Elliot Chon Alvarado Brandi Katrina Jones Dusti-Jo Ann Bert Derrick Smith Billie Roberts Garcia Rachel Ann Billie Jaime Renee Osceola Michael Ian Alvarado John Hall, Jr. Alana Nicole Henry Leon Sam Tommie Casey Daniel DeHass Dayne Gary Billie Erica Jane Frank Stephen Chad Billie Marvin Jason Billie, Jr. David Joe Doctor Loraine Billie Doneshia Jane Doctor Mornin Ann Osceola Austina Alexis Motlow Michelle Nina Ford Juanita Carlene Osceola Alicia Annette Josh Lazara Lanae' Marrero James JR Balentine

Angela Susan Tiger Juliet Alice Jim Davina Marie Motlow William Lee Jumper, Jr. Daniel Nunez, Sr. Joel Matthew Frank II Shannon Beth Gopher Christopher Lee Billie Sampson Julian Gopher Pittman Jason Sampson Myra C. Jumper Marlon Lorenzo Tommie Stephanie Lorraine Osceola Carradine Billie
Blossom Rosanna Billie
Ericka T. Cypress
Sara Mea Jumper
Jaime Lyn Yzaguirre
Eugenia Gayle Cypress
Jason Richard Grasshopper
Clarissa Monique Jones
Leslie John Gopher
Tremaine N. Timothy
Karilee Bowers
Melissa Ann Metcalf Kassim Artemus Stockton Henry Samuel Nelson III Juanita Pequeno Annie Pocahontas Jumper Theodore Scott Nelson Jr. Christopher Allen Jimmie Danette Pearl Bowers Miranda Emogene Cypress
June Ashley Jumper
Mia Da'Wana Sapp
Clinton Wade Holt Danielle Kristina Smith Courtney Renne Perez Bobby Charles Osceola

Clayton Scott Simmons

Casey Dean McCall

Dorianne Jan'E Garza

Christine Billie

Michael Ronnie Doctor
Jennifer Diane Chalfant
Jorge Victor Michael Frank
Summer Jade Billie
Randy Wayne Gore
Gustavus Adolphus Baker, V,
Sawena Mae Otero
Briana Lynn Harjochee Briana Lynn Harjochee Antonio Hernandez Randy Lee Osceola Rebecca Kelly Osceola Devin Justin Doctor Justin Colt Aldridge Alexander Blaine Cypress Jerry Cyrus Micco, III, Shyla Cassie Jones Quentin Dwayne Tommie Kyle Richard Henry vena Hanna Gore Cuauhtemo Al Hernandez Jasmine Rae Holdiness Miles Patrick Osceola Nikki Jo Davis Aaron Cypress Ravenne Osceola Ryan Edward Snow Lorri Delaine Osceola Darwin Roy Cypress Katheryn Elizabeth Macelroy Tana Wind Bear- Osceola Iana Wind Bear- Osceola
Ian Myles Cypress
Meagan Rose Eads
Lariah Lee Jasmine Balentine
Nauthkee Rayen Henry
Minnie Star Osceola
Malachi Brandon Baker Tommie Lee Jackson, Jr. Garret Quinn Huston Aaron Lee Osceola Robert Lee Yzaguirre Jonathon Charles Frank Justin Willie Frank Tiffany Ann Baker Fletcher Lee Sanders, Jr. Aileen Martha Cypress Colby Dione Herrera Shanda Lanae Cypress Teanna Michelle Garcia Nathaniel Blake Jim Delaney Rayanne Osceola Donte Osceola- Tiger Aiden Ulysses Bowers Neko Miulu Osceola Raina Kay Robinson Vanessa Mariah Billie Baylee Mykah Micco Hannah Laray Billie Kaitlin Marie Osceola Deliah Ann Carrillo Kathlyn Jo Kippenberger Tai Niure Cypress Cleofas Trystan Yzaguirre Jobe Billie Johns Victoria Celine Tucker Jeremiah Osceola Santiago Morgan Drew Bert
Mason Caleb Foret
Alexus Autum Osceola- James Ross Magnus Zepeda River Snow Osceola Ashley Taylor Osceola Richard Joseph Primeaux Elijah Klayton Billie Julian Damon Yescas Cealie Lane Whitaker Stanley Cypress IV Jared Allen McInturff Michael George Harvey, Jr. Maia Alexandra Shore Chloe Liberty Osceola-Brady Abiaka Machiavelli Bowers Abraham Jonah Tigertail Donavin Lane Spiva Carlos Elias Romero Jr. Kasera Whitney Cypress Bradley Osceola-Latchford Cady Lashaun Osceola

## **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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## Indigenous Games \*

## Seminole Teams Fall Short At NAIG Volleyball

By Travis Trueblood WINNIPEG, CANADA — Representing one of 24 teams, Team Florida traveled more than 2,300 miles to compete in the Senior and Midget Women's volleyball competition at the 2002 North American Indigenous Games (NAIG), held on July 25 through August

The NAIG volleyball competition consisted of male and female teams in the bantam, midget, juvenile, junior and senior age classifications. A team won a set (game) by scoring 25 points via rally scoring and with a minimum lead of two points. Teams won matches by winning three sets.

Team Florida Senior Women's volleyball squad, led by Coach Beverly May, played 24 sets over a stretch of two days. Kasey Baker, Danette Bowers, Jessica Buster, Carla Gopher, Rita Gopher, Oneva Jones, Dana Osceola,

Stephanie Osceola, Loretta Peterson, Diane Smith, Michele Thomas and Laverne Thomas took the floor for Team

Team Florida started shaky, losing matches against Team New York, Bronze medalist Alberta, British Columbia and Gold medalist Manitoba on the first day. The Senior Women found their rhythm during the second day of competition with a guaranteed shot in the semi-finals within grasp.

After dropping the day opener to Team Ontario, the Senior Women tied a set with Maine, but lost the match. Hopes at a semi-finals rally slipped away when the Senior Women lost remaining matches to Quebec and Silver medalist Saskatchewan, allowing Maine to edge Team Florida for the remaining playoff berth by one game.

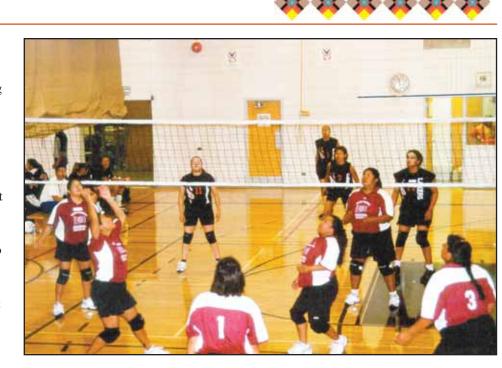
Coach May also led Team Florida's Midget Women volleyball in their 12 sets over four days. After posting a no-show and forfeiting the first match, the Midget Women had two days to prepare for their debut.

The Midget Women dropped their opener against Team Alberta and the following day against Manitoba. On the final day of competition, the Midget Women came alive with hopes of a shot at bringing back the bronze, but lost their closest match against North Dakota.

Team New York took the Gold, Saskatchewan stole the Silver and Ontario walked away with the Bronze medal in the Midget Women's division.

Although neither Team Florida's Senior Women or Midget Women brought back precious metals, both will cherish memories from the tournament.

"It was a good experience," said Team member Michele Thomas. "Everyone had fun competing and representing Florida at the Games



#### **NAIG**

Continued from page 1

for the welcoming remarks from the Prime Ministers of local provinces and prayers from the elders of local tribes.

Opening Ceremony attendees were treated to some of Canada's best performers in singing and dancing. The event was festive and gave the games an air of excitement over the next seven

The seniors baseball and volleyball competitions marked the beginning of the Indigenous Games and were the main focal point for three days. Team Florida had a Women's Volleyball team that consisted mostly of Brighton residents.

The volleyball team had to play for two days that lead up to the third day which were the games that lead to the finals. Unfortunately, the women's volleyball team did make the cut to go to the finals. They did, however, put in the effort to play their best, which is commendable.

This can be said for the Midget Girls volleyball, the Juvenile Girls Volleyball, the Boys Junior Basketball and the Midget Girls Basketball.

In Athletics (track and field), two individuals made it to the finals. Velma Osceola and J.D. Bowers fared well in the Seniors division 100 meter run.

The two made great time in order to make the finals. However, they were no match for the second 100 meter heat. They did well, the two finished 4th and 5th place, respectively.

The Midget Girls Basketball team had to overcome some last minute setbacks. First, they had only five girls to play during the games, which was the minimum. Also, during one of the games they had an injured player who stayed on the court despite her injury. They finished the game 20 points ahead of their opponent. Good job!

Although they did well, the Midget Girls Basketball team did not make to the finals. However, a pat on the back goes out to these young women, and to the Midget Girls and Juvenile Girls Volleyball teams as well, for their effort

Games. The Juvenile Boys Basketball Team faced the same odds as the Midget Girls Basketball Team. They too had only 5 players. When you do not have any sub-



be tiring and stressful.

These young men put all they had into the games they played, and should receive recognition for their efforts and perseverance during the games.

Other athletes who deserve recognition for the effort they put into playing other sports are: Charles Hiers -Canoe & Kayak; Kyle Doney, Terri Hahn, Charlie Cypress, Jim Osceola, Scarlett Young, Leroy King, Jonathan Rodriguez, and Joe Junior – golf; Justin Campos, Paula Bowers, John Jumper, Larnce Ballentine, Curtis Osceola Jr., Thelma Sanchez, and Tony Sanchez, Josie Snow, Patty Waldron, and Travis Trueblood athletics; and Reese Bert, Amy Ashley -

separate sports: wrestling, baseball, archery, and rifle shooting.

Wrestling featured Austin Billie -Hollywood, Tyrel Osceola - Trail, Mitchell Simmons - Tampa, and Peter Hahn - Live Oak. The wrestling event lasted three days, enough time for all four

tough, many had competed in high school and college. During the event, the winner was decided by the number of points earned or by pinning an opponent to the

Mitchell Simmons won the only Gold Medal for Team Florida. Way to go, guys! We hope to see you at the 2005 games winning at least two gold medals!

three Seminole men: Joel Frank Sr., Chris Osceola, and Clinton Holt, all from the Hollywood reservation. The three men faced a course that featured both a wooded exercise area and an open field setting.

They had to hit life-like targets such as deer, cougar, bear, moose, etc.

went through the course over two days and it was not an easy course.

Clinton Holt won the Bronze Medal. Holt will add this accomplishment to his list of rodeo wins earned over the past three years.

Gregory Osceola, 15, from Hollywood, is the son of Marcellus Sr. and Eteau Osceola. Gregory won a Bronze Medal in the Rifle Shooting competition. Way to go Gregory, it is great to see a young person win such a prestigious award, keep it up!
The Midget Boys Baseball Team

was a mix of tribal citizens from the Hollywood and Brighton reservations. They played well on the first two days of the baseball event to get to finals, where they faced Team Manitoba for the Gold

Team Florida had a chance to win, but some questionable calls and missed fouls and outs, they had to settle to play for the bronze medal.

In order to win the bronze, the boys had to play Team Alberta. They were ready to go but a strange thing happened. Team Alberta was a no show!

You would think that a team that had played so hard to make the finals would want to play to win the bronze.

Thus, Team Florida won the bronze. However, they had wanted to play for the bronze. However, they did stick around the ball field to watch Team Wisconsin defeat Team Manitoba.

Team Wisconsin were the Gold Medal winners for the Midget Boys Baseball at the 2002 North American Indigenous Games.

The five medals won by Team Florida were well deserved. We could not have asked for a better group of individuals to represent the Seminole Tribe with honor and respect.

Congratulations to the winners. Hopefully, you'll be able to compete again in three years, when the games take place in California. Congratulations to Team Florida, you have proven yourselves worthy once again.



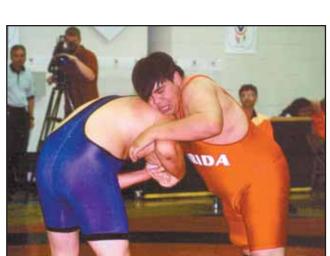






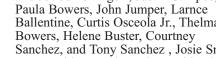












Rifle Shooting.

The five medals that Team Florida brought home were won in four

to prove themselves on the mat. The competitors they faced were

Out of the four wrestlers who participated, two won medals, Tyrel Osceola won a Bronze Medal and

In the Archery competition were

The men were in teams of four; the event tested stamina, vision, and patience. All





