

Indian Country’s Greatest Coach

By Dr. Dean Chavers

When I heard about Coach Kelvin Sampson winning the award for Coach of the Year, the highest honor that can come to a college basketball coach, it was no surprise to me. In fact, I expected it.

You see, I have known for years that Coach Sampson was headed for greatness. He has made steady progress over the past 20 years, from Montana Tech to Washington State to the University of Oklahoma (OU). He has reached the top of his profession, but you can bet that he will win even bigger honors over the next 20 years.

Coach Sampson is still a young man. He stands now to build a dynasty in the manner Coach John Wooden did at UCLA, with Bill Walton, Kareem Abdul-Jabbar (Lou Alcindor), and all the rest of the great stars that have come out of UCLA.

Coach Sampson was born in Pembroke, NC in 1955, two years before I left that country for good. In those days, Robeson Country was a highly segregated place. Whites lived in Lumberton, the county seat, and in Red Springs, Maxton, St. Pauls, Fairmont, Rowland, and Lumber Bridge. Indians lived in Pembroke, the “Lumbee capital,” in Red Banks, Pates, Philadelphus, and in the rural parts of the county. Black people lived all over, but mostly in the rural areas.

Indians were the largest ethnic group, with about 38% of the population. Whites had just over 32%, and Blacks had almost all the rest. There were no Asians, and I only knew one Mexican family in the whole county.

Despite their smaller size, the whites ran the whole country from Lumberton. They had all the legislative seats, the school board seats, the county commissioner seats, the sheriff’s office, the school superintendent positions, the health board, the road department, and the prison administration.

They owned the tobacco markets, the grocery stores, the clothing stores, the farm implement stores, the banks. They owned the utility companies, the appliance stores, the post offices, the fertilizer and feed stores, the feed mills, the cotton gins in fact, just about everything in the county, even in the Indian parts of the county.

It was in this environment that Coach Sampson and the rest of us grew up. My response was to leave to find better opportunities. It did not help that there was stress in my family, either. But Coach Sampson stayed and completed college at Pembroke State. He overcame great obstacles.

Luckily, Coach Sampson comes from a very strong family. His grandfather, Cliff Sampson, was one of the few Indians who had his own business. For decades, he operated a grocery store in back of the movie theater in Pembroke. Many of us remember Mister Cliff with a special fondness.

My Grandpa, Purcell Godwin, and his brother-in-law Lonnie Revels, were regular customers of Mister Cliff. They went to town on Saturday afternoon “to trade,” as they called it. They

might not have any money when they got to town. But they still had to have some salt, some flour, some meal, some seasonings, and the things they could not grow themselves.

They bought very little meat. They raised cattle, chickens, and hogs, and usually had enough to get by. But everybody had to trade for the things they could not raise. Trading usually meant adding another few dollars to the ledgers Mister Cliff kept. They would “settle up” in the fall, as soon as they sold a load or two of tobacco, or a bale or two of cotton.

Grandpa always remembered Mister Cliff with fondness, as he did many of the other head heads around Pembroke. Grandpa left Pembroke in 1947 and never came back except to visit. In a real way, he made it possible for me to leave, both emotionally and physically, since the place I went to when I turned 16 was to his farm in Virginia.

Before I left, though, I spent two years playing VFW ball under Coach Ned Sampson. Mister Ned was Mister Cliff’s son, and Coach Kelvin Sampson’s father. Many people revere Mister Ned; I am just one of many. He taught us not just baseball, but about life.

I was his pitcher for two years, and for years I could not understand why he made me his pitcher. I did not have the best arm on the team. In fact, Tecumseh Brayboy, Jr. had a better arm than I did, and he was the catcher. At that time, I did not understand some things. I now think Mister Ned had more faith in me than I had in myself.

I’m glad he did. His faith certainly helped me later, when I finally put my self-esteem together.

Mister Ned was a great coach. One of the older men from Pembroke and I were at a meeting 20 years ago, talking about Ned. “He could have been a coach for the New York Yankees. He was that good,” the man said.

“Why didn’t he make it to the majors?” I asked the man.

“In those days, you couldn’t get the opportunity if you had dark skin,” he said. “That’s the only thing that held Ned back. He was the best.”

Coach Kelvin Sampson comes from a blue chip family. He and his three sisters were raised by two loving and supportive parents, Mister Ned and Miss Eva. Few people know this, but Kelvin has a twin sister, Karen. Not only that, the other two girls, Ursula and Suzanne are twins.

Mister Ned coached and taught school in Robeson County for over 30 years. He worked in the tobacco fields. His influence was huge. Thousands of young athletes, including Coach Kelvin, benefited from his understanding of baseball. Even more benefited from his understanding of human beings—their motivation, their needs, their desires, and their aspirations.

Coach Kelvin is greatly admired in Indian Country. He was recently elected as “Red Earth Ambassador of the Year” in Oklahoma. This is probably the highest honor one

could earn in Indian Country.

He recently told me in a letter “Being ‘Red Earth Ambassador of the Year’ is as important as National Coach of the Year!” There is only one selected each year.

Previous Ambassadors have been Kevin Costner, Tony Hillerman, Richard West, William Allen, Ted Turner, Wes Studi, Scott Momaday, Billy Mills, and Charles Chibitty.

Coach Sampson was an outstanding athlete himself—catcher, outfielder, and quarterback in high school. He was also the captain of his basketball team at Pembroke High School, where his dad, Mister Ned, was his coach. He was a Dean’s List student in college at Pembroke State, and won the outstanding athlete award in his senior year of college.

This year is not his first time as Coach of the year. In 1995, his first year at OU, he won three awards as Coach of the Year, from the Associated Press, the Basketball Writers Association, and Basketball Weekly.

He was Coach of the Year twice at Washington State and twice at Montana Tech. He has been inducted into the Montana Tech Hall of Fame and into the Pembroke State University Hall of Fame. Coach Sampson and his beautiful wife Karen, who is also from Pembroke, have two teenage children, daughter Lauren and son Kellen.

They live in a beautiful home on the OU campus, which I was privileged to visit three years ago. When a bunch of Lumbees were at the NIEA convention, Kelvin and Karen invited me to have dinner with them at their home. It was a small affair, with about 25 Lumbees and 15 or so OU colleagues of the Coach. The dinner was delicious.

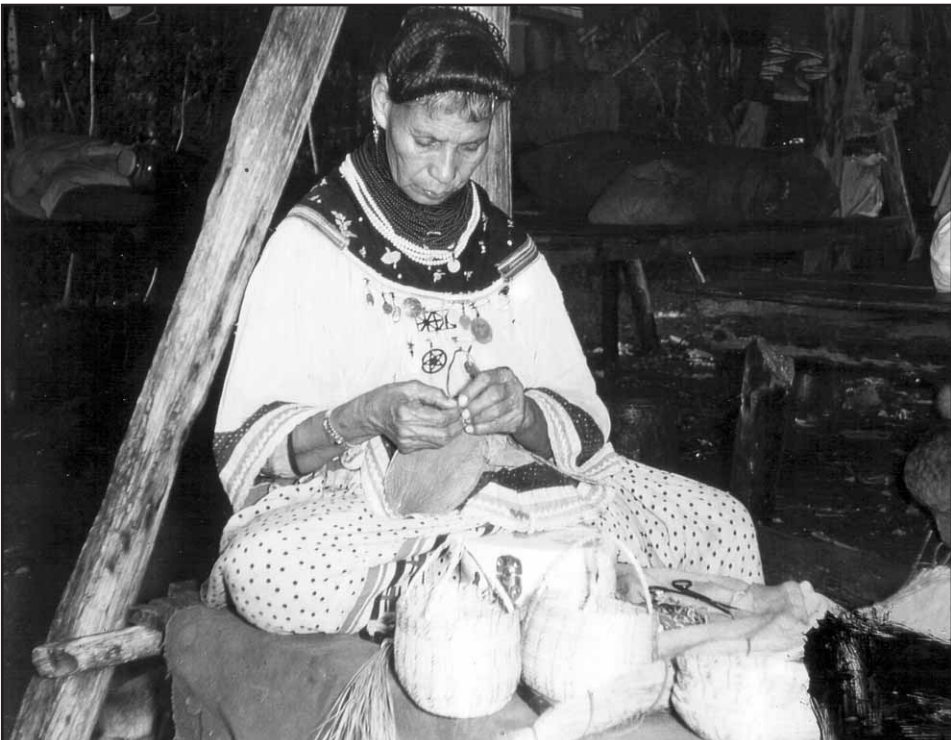
Coach Sampson has been a hard worker all his life, a trait he learned from his parents. He is also a role model, not only to athletes and students at OU, but to Indian students all over the nation. When a reported asked him recently if he received much fan mail, he said “I receive a lot of fan mail. ... It’s very humbling to me.”

He started his adult life as an assistant coach, but got a break fairly early, when he was hired as the Head Coach at Montana Tech. He is still a hard worker. When I called his office a couple of weeks ago, they told me he was running his annual summer basketball camp.

When I called this week, his assistant, Renee Forney, told me he was out recruiting, and would be gone two weeks. When we went to his house for dinner the other year, we first went by the OU gym, where he was having a 7:00 p.m. workout and drill with his team. He had to finish that before he could come home to dinner.

He is a winner, and a role model now for thousands of young Indian students. It has revived my soul to follow his success over the years.

You will be hearing a lot more from this young man. He is destined for greatness—possibly the best basketball coach of all time. He is that good.



Pooché shun-chen oommen.
Grandmother is making baskets.

Tribal Aviation Policy

Editor’s Note: The following is the new Tribal Aviation Policy, approved by the Tribal Council at the May 14 meeting.

Tribal Aviation Policy
Updated 5-03-02
A. Utilization of all Tribal aircraft shall be subject to the following priorities:
Priority 1. Tribal Governmental Affairs – Pertains to official Tribal government business in which a Tribal Council or Tribal Board representative shall be in attendance and is also a party of the traveling group.
*Trip request is initiated by the attending Tribal Council Representative or Tribal Board Representative

Priority 2. Tribal Council Department and Program business – Pertains to official Tribal Council department and program concerns, including but not limited to, workshops, seminars, and related conferences.
*Submit requests to the Executive Administrative Office for approval and signature of the Executive Administrative Officer

*Trip requests under Tribal Council department and program business shall include an accounting of total cost of trip, including a comparison of the potential utilization of other transportation methods (i.e. Commercial Flights).
Priority 3. All other Uses – Pertains to those activities that do not qualify under Tribal Council department or program business.
*Submit requests to the Executive Administrative Office for approval and signature of the Executive Administrative Officer

*Trip requests under All other uses shall also include an accounting of total cost of trip, including a comparison of the potential utilization of other transportation methods (i.e. Commercial Flights).
*The requesting user may be charged for the use of the aircraft.

B. Only the following Tribal government representatives shall have signatory authority for all trip approvals:
Chairman, Tribal Council, Seminole Tribe of Florida
President, Board of Directors, Seminole Tribe of Florida, Inc.
Big Cypress Representative, Tribal Council, Seminole Tribe of Florida
Brighton Representative, Tribal Council, Seminole Tribe of Florida
Hollywood Representative, Tribal Council, Seminole Tribe of Florida
Executive Administrative Officer, Tribal Council, Seminole Tribe of Florida

C. Trip requests will be approved contingent on:

gent on:
1. Purpose of trip
*Refer to Level of Priorities

2. Sufficient number of passengers
*Mandatory (8) passenger minimum on Gulfstream IV and (3) passenger minimum on Palatus.

Aviation Department reserves the right to cancel any flights, which fail to meet passenger minimum requirements.

3. Availability of aircraft

D. All trip tickets will be submitted to the Aviation Department Director with:

1. Origin/destination information including requested flight times.
2. Completed passenger manifest to include name, Tribal identification and/or vendor identification numbers.
3. Signature of appropriate persons with signatory authority.
4. Name and phone number(s) of contact person.

E. The Aviation Department Director will:

1. Maintain a monthly schedule of approved flights for all aircraft.
2. Receive and date all incoming trip requests.
3. Notify contact person of any changes in flight itinerary and/or aircraft availability.
4. Arrange for rental vehicles for travelers.
5. Maintain a record of all flights including passenger manifest and approving authority.

F. The contact person will:
1. Assume responsibility for notifying passengers of departure times and any changes to it.
2. Contact Aviation Department with any catering/ special requests.
3. Notify Aviation Department within 3 working days prior to departure date of any changes in passenger manifest.

*NOTE: Working days shall be Monday through Friday, 8:00 AM to 5:00 PM, excluding holidays.



Letters & E-mail

6300 Stirling Rd. Hollywood, FL 33024 tribune@seminoletribe.com

Thank You:

I would like to thank the employees of the Purchasing Department for the prompt and efficient job they do.

In the Citrus Program, when equipment maintenance and various other things are required, it is often necessary to obtain purchase orders immediately. I realize this places a great demand on the employees of the Purchasing Department.

I feel that Denise DeCarolis, Jon Harvey, and Penny Fontana go above and beyond what is required in assisting our department to obtain necessary Purchase Orders as soon as possible. Your promptness assists our program in running more smoothly.

It is truly a pleasure to work with you. Your hard work is greatly appreciated.

Timmy Johns
Director, Citrus Groves

To Mr. Billy L. Cypress:

Our 11 year old granddaughter has been visiting from Texas for ten days. We have been doing all the “usual” things one does in South Florida with an out-of-town guest. On Saturday the 6th, in spite of concerns for the weather, we visited the Seminole Reservation for the first time. Our first stop was the Ah-Tah-Thi-Ki Museum and we had no idea what to expect.

First, I’d like to commend you and your staff for running and maintaining such an excellent facility. We watched your introductory movie, and then spent a good deal of time going through the museum itself, viewing the displays and reading the explanations provided.

My wife and I learned a lot, and were fascinated by Indian life as it was in the area 100 years ago. The information about the Indian Wars was also most interesting. Our granddaughter was also intrigued and, believe me, she has a short attention span.

I just wanted to take a moment to thank you and your staff, who, by the way, were most pleasant and helpful, for the fine collection you’ve assembled and the opportunity to learn what we did. The facility is a credit to you all.

And, I’m still trying to figure how you can load up one of those long, cypress dugout canoes, stand on that little platform in back and pole that thing without tipping over!

Thank-you for everything. When we have other guests visiting, we’ll definitely add the Reservation to our list of places to visit.

Sincerely,
Bill Thorn
6990 NW 11th St.
Margate, FL 33063

I live in England my name is Christian, I came across your site by mistake but very pleased I did, is there anyone in your tribe who would like to chat over the Internet? I am 52 years old married with three children and live in Oxford, I know this is a shot in the dark but hope you can help, thanks.

christian.gee
christian.gee@whsmithnet.co.uk

Dear Editor and Friends of the Seminole Tribe,

I just want to say how much I appreciate receiving the Seminole Tribune. Your newspaper is about family, community, awards, accomplishments, etc. I don’t read the other newspapers because they are depressing, full of ads, and I can’t believe what I read anyway. Your newspaper is a delight and inspiring. I wish I could give something back to you since you have given me pleasure and given me the hope that families everywhere will someday soon unite and become stronger and appreciate each other more.

My family moved to Massachusetts because they could make more money and they are all that I have but money is important to them at this stage of their lives. The Seminoles are doing the right thing by staying together and teaching each other, especially the younger children, their heritage, knowledge, and how important family is and will always be. Family is a gift. Family understands where we started from, and love us for who we are. Makes me wish I was part of your family. Someday, I would love to visit your Seminole family and leave with a sense of togetherness no matter what heritage or nationality we are. After all, I believe that we are all related anyway.

I work here at Disney World and would be honored if there are 3 Seminole people who would like to go to the parks on a Saturday and Sunday. I can only get in 3 people on my Main Gate Pass. They

can stay at my house. I have a 2 bedroom, 2 bath townhouse with 2 twin beds in the guest room and a couch that pulls out into a bed. They would only need money for food and souvenirs.

It’s not much, but it would be my pleasure to give something back in a good way to the Seminole Tribe.

Your friend,
Barb Dorr

Domestic Travel Industry Sales & Marketing 220 Celebration Place, C4136 P.O. Box 10,000 Celebration, FL 34747

Dear Seminole Tribune,

I received your paper in the office today and saw two articles which my daughter was interested in.

The one on Mercedes Osceola, as a fellow sports persona, and Amos Billie, as her sister just came back from Bosnia. If their parents give her permission she would like to become pen pals and friends.

We are Seminole but come from Oklahoma, she comes from the Bear Clan and Ceyvha Band.

Sincerely,
Naomi Little
6811 Kenfig Drive
Falls Church, VA 22042

I’m looking for pen pals to educate children on the misconceptions, stereotypes, and myths that surround the Native Peoples. I am a first grade teacher in Cocoa, FL and would like to find Seminole pen pals for my class. Please write if you can be of any help or steer me in the right direction.

V. Davis
Dalenvidge@aol.com

Hello, I lived in Big Cypress with James Hall back in 1999. In case you publish this in the tribune...Hi James! I miss and love ya, Buddy! (I bet you didn’t think I’d really do it, eh? haha)

Reminiscing,
Karen
klewis@ainop.com
Caribou, ME

P.S. Hello Johnny H., Jeremiah H. and kids!

The Seminole Tribune



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Miccosukee Tribe Celebrates 10th Annual Freedom Festival



Roberta Sanders cooks up a batch of delicious fry bread.

TAMIAMI TRAIL — The Miccosukee Tribe held its 10th Annual Freedom Festival on July 5 at the Miccosukee Resort. The events at the Freedom Festival range from traditional exhibits, such as alligator wrestling and the Bird Chopper Indian Dancers, to contemporary events like airboat rides and a free concert performed by the Commodores.

The Miami Dolphins Cheerleaders and Miami Dolphins Football Players Tim Ruddy and Rob Konrad were also on hand to meet and greet the public at the festival.

The festival is a thank you gesture from the Miccosukee Tribe to the city of Miami and Miami/Dade county. Billy Cypress, Chairman of the Miccosukee Tribe, explained that this small gesture is due to the support that the community and city have shown them.

The one-day event also featured a carnival, and booths highlighting the Miccosukee culture such as its food and arts and crafts.

The concert put on by the Commodores raised the roof off of the entertainment dome adjoining the casino. Concert attendees were dancing in the aisles and singing along to hits that garnered the group numerous awards and platinum albums.

By the look of this year's crowd, the people of Miami appreciate the efforts of the Miccosukee Tribe. The relationship between the two communities is crucial, as friendly relations always lead to economic stability.

Seminole Road Patrol Officer David Kurz

By Paula Gannon

HOLLYWOOD — Meet Seminole Police Officer David Kurz, he is 44, soon to be 45, years old. Officer Kurz began police work in Coconut Creek in 1982, as a road patrol officer and also as a crime scene detective.

Kurz started with Seminole Law Enforcement Department in April 2001, he logs in about 50-60 hours a week.

He starts the day by patrolling the Hollywood reservation roads to ensure the community's safety and looks out for citizens in trouble. He handles the calls for service, the daily calls that come in to the police department from citizens with problems.

Officer David Kurz says that what he likes most about his job is helping people in the community. He also helps out the other reservations when there is a shortage of police officers for the rodeos, concerts events, etc.

Officer Kurz has a 20-year old son who will join the Air Force in the fall. His hobbies are bass fishing in the Everglades and working out. If you see him on the road, stop and say hello.



Officer David Kurz

Council

Continued from page 1

"I like the idea of the parents paying back that money," said Osceola.

Councilman David Cypress also asked that the Student Attendance Policy section of the criteria be clarified.

The Tribal Council will meet with the Education Department for further discussion about the criteria agreement.

The Council also:

- *Approved a resolution for a Tribal consolidated loan program which will offer mortgage loans, loans against monthly per capita distributions and other loans.
- *Approved the buyout of the Koons Development Company business lease, Koons Development Company, which owns Koons Ford, had 32 years left on the original 55-year lease, which covers approximately 20 acres on the Hollywood reservation.
- Osceola also announced that the Tribal Council was scheduled to meet with the Bureau of Indian Affairs, and that the constitutional revision issue might be one of the topics for discussion.

Remember When



Seniors



Kristina Osceola made a miniature chickee in math class.

Summer Enrichment Program Celebration

By Paula Gannon

BRIGHTON—On July 19, the Education Department held a celebration to mark the end of the summer enrichment program, Emahakv Vpelofv.

Emahakv Vpelofv (Teaching Hammock) is a two-week summer enrichment program for the elementary children of the Brighton Seminole community. The program focuses on learning about Seminole culture, and using it to create personal reading materials and solve math problems.



Melanie Jones and Dezmon Shore show their culture project.

In the culture class, the children learn numbers and colors, and speaking and writing in the creek language. They also made beaded necklaces with a small traditional doll on them.

In the math class, the children learned to build a miniature Chickee, using numbers to measure the ribs for the roof and legs of the chickee.

In writing class, the children wrote their own stores and drew pictures

The students also expressed themselves by creating a kids' newspaper, EMA-HA-KV V-PE-LO-FV NAKOCE.

In the newspaper, the children tell what they like best about the summer enrichment program. There were also pictures, jokes, word games and stores about hunting hogs and deer.

Some of the promising reporters wrote about their pets, hobbies, what they like about being an Indian, Indian food and playing Indian games.

After a movie, the parents looked over all the class projects. Afterwards, everyone went outside for a picnic lunch. Board Representative Alex Johns thanked the teachers, staff and the people who prepared the food for the celebration for their work.

Johns also thanked the parents for encouraging their children to participate in the programs, and congratulated the children on their work.

Safari And Museum Target New Business At International Pow Wow

BIG CYPRESS — Recently, the Seminole Tribe's Billie Swamp Safari and Ah Tah Thi Ki Museum were on display at the 34th Annual International Pow Wow, the premier international travel marketplace in the USA and largest generator of Visit USA travel.

The Safari and Museum have previously participated in this show. This year, working out of the

more aggressive with positioning and sales is a critical step to recovery from the impact 9/11 made on the tourism and travel industry, the Safari and Museum", said Lucy Evanicki, Marketing Director for Billie Swamp Safari.

"We have over a dozen new tour operators with serious interest in sending tour groups to us as a result of this show" stated Tom Gallagher, Development and Promotions Coordinator for the Ah Tah Thi Ki Museum.

The International Pow Wow remains one of the few travel trade shows solely based on negotiating business and writing contracts. According to Fred Lounsberry, the National Chair of the Travel Industries Association of America, Senior Vice President of Universal Studios and Chairman of Visit Florida, "each year, \$3 billion in business is negotiated here and we have every reason to believe that International Pow Wow 2002 will contribute mightily to a strong return for inbound international travel."

International tourists comprise over 50% of Billie Swamp Safari and the Ah Tah Thi Ki Museum's overall annual attendance. Most of the tourists were from Germany, with United Kingdom coming in a close second.

For further information on the Safari or Museum, please visit our websites www.seminoletribe.com/safari and www.seminoletribe.com/museum. For information and/or reservations, please call (863) 983-9396 for Safari or (863) 902-1113 for Museum.



(L-R) Fred J. Lounsberry, Lucy Evanicki, Mary Tigertail, and William S. Norman.

Seminole Tourism booth, the two venues aggressively sold themselves as one tour on the Big Cypress Seminole Reservation.

"Participating in this trade show and getting

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Health Education ♦

Seminole Muscle

Fear No Weight

By Kenny Bayon C.Pt
A common challenge we all face in life is buckling down and getting started on a tough project — especially if that project is the person you see in the mirror. By reading this article, you have taken the first steps toward implementing a healthy lifestyle and recognizing the importance of a fit body.

This issue we're talking about resistance/strength training, and how to design a personal program that will keep you committed to health and fitness. Although we're offering general guidelines that anyone can follow, there is no single superior method — just the best method for you.

Resistance training can dramatically change your appearance, but the benefits go far beyond just looking good. Mounting evidence indicates resistance training, also called strength or weight training, makes us feel better.

It improves balance, thus reducing the potential for falls; combats osteoporosis by retarding bone loss and increasing bone density; and builds better body composition by preserving and increasing lean muscle tissue — which in turn increases metabolism, firms muscles, strengthens joints, prevents injury and even keeps you warmer.

Resistance training, like aerobic activity, should be an integral component of any fitness program. It offers a multitude of benefits, including enhanced muscular strength and endurance, and increased lean-body tissue and bone density (which prevents the onset of osteoporosis).

Resistance training involves pushing or pulling against force. This force could be gravity, such as when you lift weights at a health club or when you lift your own body weight during a push-up. Your muscles can also work against another force, such as when you use a rowing machine. Over time, with repeated activity, muscle fibers get longer and thicker. Subsequently, you are able to work against a greater force (lift heavier or more reps) for longer periods of time.

In years past, many physicians believed that weight lifting and resistance training increased blood pressure and persons with heart problems were urged to avoid it.

However, in 1990 the American College of Sports Medicine first recognized the importance of resistance training as an important component of a comprehensive fitness program for healthy adults.

Many studies in the last decade have overwhelmingly pointed to the benefits of resistance training in an overall exercise program. (Note: You should consult with your doctor before beginning a strength training program.)

There are many approaches to designing a resistance-training program, but one thing should definitely remain constant: warming up and stretching. This can be as simple as a five-minute walk on the treadmill or jumping rope or even doing jumping jacks, followed by a few simple stretches.

Stretching not only helps the muscles prepare for working out, but also reduces the risk of injury and increases range of motion (ROM).

Remember to stretch before, during and after you workout (please look out for the next article). While pre-workout stretching is good for preventing injury, the best time to hold stretches and gain flexibility is at the end of the workout, when your muscles should be very warm and pliable.

Beyond warming up and stretching, there are several variables to consider when designing a train-

ing program: choice of exercises; exercise order; workout volume (number of sets and reps); workout frequency; training duration; and workout intensity. These components can be manipulated to change your routine to avoid stagnation and boredom.

Frequency (how often you workout) is very important because your body needs adequate rest and recovery time between workouts.

A beginner should aim for 2-3 light, full-body workouts a week. Intermediate and advanced lifters might be better off splitting up certain muscle groups into separate workouts (example: chest & back, legs, shoulders and arms) or even dedicating one whole workout to a certain muscle group.

In general, give a body part at least 48 hours of rest between training sessions. (For example, if you train your chest on Monday, wait until at least Wednesday before working it again.) Abdominal muscles and calves can generally be trained more often than other muscle groups.

Of course, frequency is dramatically affected by intensity. Intensity governs how hard a person works. A beginner should start at a low level (8-10 exercises per workout, 1-2 sets per exercise, 10-15 reps per set) and gradually push harder as his body adapts to the workload.

After about a month or so, that person should be performing intensely enough to stimulate the muscles to grow stronger. Most people can eventually perform at a relatively high intensity level (pushing until they can barely lift the last repetition in each set) without fear of injury, as long as they have progressed gradually. Proper technique, obviously, is crucial for preventing injuries and to ensure efficient movements.

Another key component is the duration of a workout. Generally, the more you put into it, the more you'll get out of it, but there's a fine line between giving maximum effort and over-training (which can lead to muscular breakdown, among other problems)

Another key point is to train major muscle groups (chest, upper back, thighs, buttocks) first in your workouts, then hit the smaller muscles (shoulders, triceps, biceps, forearms, and calves). This will allow you to maximally stimulate the larger muscle groups.

Keep in mind that it is very important to have some one spot you. A spot is when a person, who is knowledgeable in resistance training, is right there to help you along the workout and to make sure your doing everything correct. That person is also there to keep you safe.

For example, not letting the bar hit you on the head when you couldn't do anymore or if you happen to get injured during the workout. This is also important so that you can do extra reps. Remember the more you do, the more you get out of it.

Given the restraints we all have on time nowadays, it may be difficult to get everything done. The most important thing is that you give your best effort to accomplish what you can.

One final note: Don't listen to other people unless they are certified to give fitness advice. Consult with your local fitness trainer to set up an individualized program.

Contact Kenny Bayon C.Pt if you have any questions or comments at Kbay07@aol.com
Note: Some information was taken from Exercise Physiology. Powers and Howley. Brown and Benchmark Publishers, 1997.



Indian Health Service Distributes Ambulances

Delivering on a promise made by Health and Human Services Secretary Tommy G. Thompson to increase access to care for underserved populations, and as part of his initiative to improve access to health care in rural America, the Indian Health Service (IHS) today delivered the first of 8 newly refurbished ambulances to Indian country.

The Red Cliff Volunteer Ambulance Service in Wisconsin today received an ambulance through the collaborative efforts of the IHS and the Department of Defense's TRANSAM Project. The Rosebud Sioux Tribal Ambulance Service in South Dakota is receiving theirs Monday.

"This kind of collaboration is what it takes to effectively expand access to quality health care," said Secretary Thompson. "Transportation needs are a critical component of health care for underserved tribal populations, especially in remote and isolated areas where transporting the sick and injured over great distances is critical to saving lives and preserving quality of life."

As part of a 4-day tour of reservations in Michigan, Wisconsin, and South Dakota in August of last year, Secretary Thompson pledged that the Department and the IHS would do all they could to assist Indian health facilities acquire Emergency Medical Service (EMS) vehicles. In addition to the Red Cliff and Rosebud Sioux tribes, the Choctaw Nation Medical Transportation Service in Oklahoma and the Talihina Ambulance Service in Washington are scheduled to receive an ambulance later this week.

These EMS vehicles are refurbished vehicles that were procured through the TRANSAM Project. Unlike other material provided through Project TRANSAM, these ambulances are not surplus from closed or decommissioned military hospitals.

These ambulances were purchased by TRANSAM from a commercial vendor that refurbishes them to be mechanically sound and reliable to

meet state certification requirements. They also ensure that all medical systems in the vehicle are in working order. A new ambulance would cost approximately \$80,000, compared to the cost of a refurbished vehicle at \$15-28,000.

Following the Secretary's visit to reservations last year, the Indian Health Service conducted an assessment of the 80 EMS Programs operated by the Tribes and the IHS. More than 50 percent of responding programs reported that they did not have any emergency vehicle backup, and over half of those indicated an urgent need for an EMS vehicle.

The IHS was able to purchase an initial eight emergency vehicles this fiscal year, all of which are expected to be refurbished and delivered by the end of September. IHS hopes to purchase emergency vehicles for additional programs in future years.


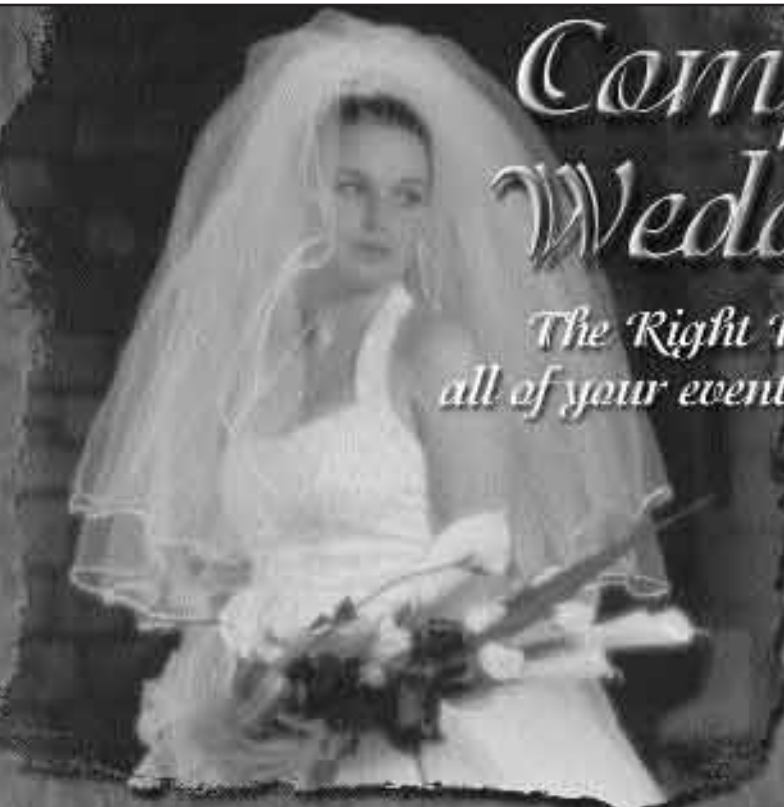
Additional purchases are intended in future years to continue to meet the urgent need of Indian health programs. In the remote and impoverished areas these programs serve, the lack of private and public transportation to medical facilities means that patients often wait until they are severely ill before attempting to get medical care.

Having available ambulances with EMS personnel onboard to provide prompt medical attention and assessment can often mean the difference between life and death for these patients. One of the busiest of all of the 80 EMS programs is the Rosebud Sioux Tribal Ambulance Service with 5500 ambulance runs each year. Their new ambulance will bring their number of ambulances in service to six.



"Usual distances for transporting patients from their homes or the health facility on the Rosebud reservation is 200 miles one-way to Rapid City or 300 miles to Sioux Falls," said Michel E. Lincoln, Acting IHS Director. "The purchase of these ambulances has helped address a critical need for emergency backup vehicles on Indian reservations."

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The Dangers of Long-Term Contracts

By Ken Goosens

[Editor's note. Ken Goosens works for the Tribe in Housing Finance and counsels Tribal members on loans and their credit. His series of articles focusing on how tribal members may better manage their personal finance are his own opinions.]

Many businesses offer consumers a better price in return for signing a long-term contract for their services. For example, an apartment may charge \$900 if you rent by the month, or \$800 per month if you sign a lease for a year.

Providers of services for Internet access, cell phones, and exercise clubs, to name a few, make similar offers based on monthly savings. Are these offers good deals?

Sometimes the long-term contracts are good deals but often not. Long-term contracts can burn you badly, and many people regret having entered into them. Long-term contracts may lock you into paying for a service you no longer want, lock you on to a rate that becomes high, and hit you with large penalty fees for canceling the service.

Here is an example of a questionable contract recently offered. Compuserve offered an instant \$400 rebate on the purchase of a computer in return for a three-year contract for Internet service at \$21.95 per month, with a \$350 penalty for canceling the service before three years.

What if you hate the service with CompuServe? What if you find the dial-up modem connection painfully slow and want to switch to another service than offers a connection that is 10 times faster? What if, a year later, your local telephone service provider offers the same quality connection for \$6.95 a month?

Another type of contract that was highly questionable was the offer by exercise clubs of a "lifetime" membership for a fixed cost, say \$2,400 which you pay in \$200 installments for two years.

After attending regularly for a few months, you stop going and stop paying. You get threatening letters saying you owe them and the account goes into collection. You reply that you are not paying for something you have no intention of using.

The sad truth is that you really do owe them and not paying that debt will seriously undermine

your credit. Even worse, you may actually pay the full amount only to find that the exercise club goes bankrupt and closes. The "lifetime" membership you paid for turned out to be good for only three years.

Lifetime contracts are seldom good buys, because few businesses will last that long and fewer people will continue to want the services for that long.

Even one- or two-year contracts are bad deals when the business is undergoing rapid changes.

For example, in cell phones, there has been both rapid technological change combined with turnover in businesses offering services and significant shifts in cost.

Similarly, a contract to purchase computers at a fixed price for a year would be a bad deal because computer prices continue to fall. When what is a good deal now may easily become a poor deal, do not sign any long-term contract.

Be sure than you know that the answer to all of the following questions is yes, before signing any long-term contract:

Does the company offer top-notch service and products?

Will the company continue to provide services for the duration of the contract?

Have I personally tried the services before signing any contract, or can I have the services for a trial period where I can freely cancel? Will I continue to want the services for the full duration of the contract? Will my circumstances remain the same so that I continue to afford the service and continue to need the service? Is this provider likely to offer the best or less expensive services during the contract?

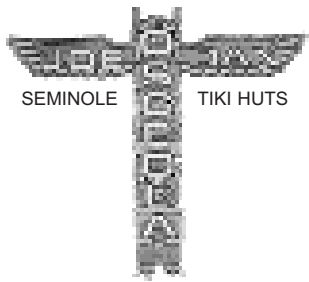
Finally, beware any contract with expensive, punitive clauses for canceling the contract.

Keep in mind the advantages of "no contract" service. You can freely cancel the service any time for any reason. You are free to change to another provider offering a better deal or better service. You are not stuck with obsolete, expensive, or unsatisfactory services. That's a hard deal to beat.

Usually, on a long-term contract, you can see how you are saving money in the short term. Balance any immediate savings against the very real risks of long-term contracts. Don't be penny-wise and pound-foolish by losing money in the long run.



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

The stories are about me and they are about you.

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



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Smithsonian
National Museum of the American Indian

July 4th Celebrations

Independence Day in B.C.

By Candy Cypress
BIG CYPRESS—On July 4, the Big Cypress community celebrated Independence Day at the Junior Cypress rodeo grounds.

The celebration began at noon, with the sun shining and children eager to enjoy the festivities. There was a variety of rides, food, and entertainment for all ages. The bounce houses and giant slide entertained the kids, while the rock climbing wall and the mechanical bull were a hit among the young adults.

For those not interested in carnival rides, there was a horseshoe throwing competition, which began at 2:30 p.m. and lasted until 8:30 p.m. Cash prizes were given to first, second, third, and fourth places in three different divisions.

In addition to the festivities, Paul Buster provided musical entertainment for those just wanting to relax under a chickee. Snacks such as snow cones, cotton candy, and popcorn were served throughout the day.

Dinner was prepared and served by Mike Cypress and Nancy Billie. Board Representative Paul Bowers, Sr., and the 4-H program also served up steaks to the community members.

As the day progressed it started to rain, but it was anticipated, even welcomed. Although the rain and thunder continued, it did not stop the evening's finale, the fireworks display, which lit up the black

skies of Big Cypress with a multitude of brilliant colors.

The booming sound of the fireworks was heart pounding as it echoed through the cypress trees. The display was a grand ending to a fun-filled day.

Many thanks to Councilman David Cypress and the BC Recreation Department for sponsoring the entertainment and festivities.

Horseshoe competition Women's Division

- | | |
|-------------------|-------|
| 1. Mary Tigertail | \$400 |
| 2. Louise Osceola | \$300 |
| 3. Sarah Kirkland | \$200 |
| 4. Teonna Rock | \$100 |

Men's Division

- | | |
|---------------------|-------|
| 1. Eric Sanders | \$400 |
| 2. Phillip Bluebird | \$300 |
| 3. Steve Dodson | \$200 |
| 4. Jose Solano | \$100 |

Doubles Division

- | | |
|--------------------------------------|-------|
| 1. Dale Grasshopper/Phillip Bluebird | \$600 |
| 2. Esther Gopher/John Billie Jr. | \$400 |
| 3. Renee Tigertail/Eric Sanders | \$200 |

Hollywood July 4th

By Ernie Tiger
HOLLYWOOD—On July 4, the Independence Day celebration on the Hollywood reservation got off to an early start. A number of activities were lined up for the Seminole community members by the Council and Board representatives.

The activities included a golf tournament, which got off to an early start at 6:00 a.m. at the Grand Palms Golf Course in Pembroke Pines. The Seminole golfers played until mid-day before finishing up the exhausting eighteen-hole course for cash prizes for first, second, third, fourth and fifth place.

The two o'clock activities brought together tribal members from the Big Cypress, Brighton, and Immokalee reservations to compete in the sporting tournaments. These included a bowling tournament at Don Carter's Bowling alley on University for cash prizes, awarded to the top six individuals in age categories.

A three on three-basketball tournament was also held that morning at the Seminole Recreation facilities. The athletes competed through three rounds of 45-minute games, the top two playing the fourth game for first place.

A free throw and three point

shoot were held after the basketball tournaments for those who were looking to pick up extra cash prizes before participating in the final tournament of the day, the Horseshoe tourney.

Also included in the day's festivities was a mini-fair, set up for youths on the Hollywood Recreation grounds. The young tribal members flitted back and forth between the bounce house, mini roller coaster and railroad train.

There was also cotton candy and face paintings for the youth who wanted to express their July 4th spirit. Later, a catered dinner was offered for all and a very impressive firework show at dark on the Seminole baseball field that brought not only tribal residents, but crowds of Hollywood residents from the surrounding area as well.

The impressive fireworks show usually requires a section of 64th Ave. to be closed off because of the large crowds that congest much of the road during this one night each year. The fireworks seem to bring larger crowds of spectators each year.

This year, they were stunned with an array of explosions that seemed to echo the approving cheers of the excited audience.



Brighton Fourth of July

By Paula Gannon Cassels
BRIGHTON — The Fourth of July was a blast, the day was clear and bright, and hot enough to fry an egg on the sidewalk. The close-knit community is like one big family, young and old everyone came out for the activities that took place at the Recreation Park.

The celebration started at 6:00 a.m. with a healthy 3.7-mile walk to the golf course and back, just in time for breakfast.

The activities started mid-morning when the young kids participated in the shoe scramble competition. Everyone put their shoes in a pail at one end of the gym, then ran from the other end as fast as they could to put their shoes back on, the first one back was the winner.

There was a whipped cream pie-throwing contest at the same time as the Horse shoe competition, horseshoe participants that came out try their best to throw a ringer. No one was concerned if they were good or bad, everybody just enjoyed themselves and had a good time.

After lunch, the citizens relaxed under the big tent and played Bingo. Uncle Sam (Sandy Billie Jr.) ran the Bingo game, wearing his tall red, white and blue hat. A funny sight, he called out the Bingo numbers, laughing and joking throughout the session.

The most popular competition was the apple pie eating contest. It's not easy eating pie with apple chunks up your

nose, it takes speed and a long breath to eat a whole pie with no hands.

At the Pee Wee play ground area, there were snow cones, cotton candy and pop corn for the kids, a clown painting flowers, stars or bugs on the kids faces and four bounce houses.

The toughest competition was the watermelon-rolling contest. Some of the participants said the melons weren't round enough, which made it hard to roll the melons. Some people rolled their melon so hard that it broke into pieces, others flung their melon to the other end and some did the watermelon crawl.

The last contest was the Tug of War. A simple rope across a mud hole, men against men, woman against woman and kids against kids.

Board Representative Alex Johns and teammates lost by a mudslide, and were pulled into the muddy water. A good clean fun way to spend the holiday.

Everyone who came to the celebration received a free 4th of July T-shirt. On the front was the Statue of Liberty, and on the back was a picture of Gary Stewart, the Country /Western singer featured at the Big Concert that night.

Congratulation to all the winners and a special thanks to Council Representative John Wayne Huff, Sr., Debbie Carter, Teresa Bowers, Mary Jo Micco, Weems Buck, Jody Goodman, Jennifer Carter and the Recreation Staff, Jennifer Jones, JoAnn Osceola, Nicki Osceola and Andrew Bowers for doing a great job.





Conference

Continued from page 1

activities and learned some of the Seminole cultural traditions, such as dollmaking.

Among the many topics were: substance abuse, diabetes, nutrition, pregnancy prevention, banking and finances, criminal justice, anger management as well as a very powerful and emotional presentations by members of the recovering community.

A very special testimony was given by Beth Macelroy, an 8-year old from Immokalee. She was a powerful speaker and brought the house to tears. President/Acting Chairman Mitchell Cypress praised Beth for her courage and determination.

The success of the conference was due to the collaboration of the Big Cypress and Immokalee programs. Maureen Vass was invaluable, coordinating all the rooms and the delicious food at this wonderful resort.

SPD helped work with the kids in the poster contest, and did a great job educating the kids on gun safety and babysitting. The staff of Health Education, Chairman's office, 4-H, Recreation, Family Services, the Culture Department and the local church all con-

tributed to making this a successful and fun conference.

After the presentations and lectures, the children and families had a lot of fun. Some went deep sea fishing (some got seasick), many chose to enjoy the many water activities offered by the resort



such as parasailing, fishing, visiting with the dolphins or speeding in a waverunner.

The participant's spirits weren't dampened by the rain that fell on Duck Key, the kids had a ball and were in the resort pool, even in the heavy rain. The food was great and healthy.

The hotel staff was very helpful and provided a great deal of the activities for the children under six. The resort recreation staff was very creative and all participants enjoyed the games and activities provided.

The planning committee Tribal Officials Mitchell Cypress, David Cypress and Elaine Aguilar for their support and contribution of the success of the conference.

Among the many individuals who assisted, special thanks go to Maureen Vass, Jeanette Cypress, Carmen Arango, Billie Napper, Louise Motlow, Agnes Cypress, Chrissie Carter and the other wonderful babysitters.



Youth

Continued from page 1

of sports and said that years after his 1964 win he still faced negative perceptions about native people.

Mills explained his formula for achieving whatever dreams that the conference attendees may have and want to accomplish. The formula Mills utilizes is a value-based concept of empowerment and how to make dreams come true.

By doing this, an individual is able to unleash the positive passion within himself or herself in order to obtain personal achievement in sports or other areas of life.

Mill's words of wisdom did not go unheard, many of the young people and adults gave Mills their undivided attention as he spoke.

As a special thank you gesture, Council



Gina gives the kids a treat during the youth conference.

Representative Max Osceola, Board Representative David Dehass, and Trail Liaison William Osceola presented Mills with a patchwork jacket and explained that this was the Seminole way to say Sho-Na-Bisha to those who have brought their knowledge to share with the tribe.

This was the first year for Hollywood Youth Conference, and there were 187 participants who did a great job representing the Seminole Tribe. As an extra bonus to the conference, attendees were treated to passes to Universal Studios and the Islands of Adventure Park.

Plans will soon be underway for next year's conference. If you were unable to attend this year's conference, do not fret. Just stay alert for conference announcements and get your applications in early, so you do not miss out on an event that is both educational and fun!



Barbara mans the Health and Recreation booth with a smile.

Kidney

Continued from page 1

Davis said that over 270,000 are on dialysis, and that there will be over 600,000 people on dialysis in 2010. There are also 20 million people with kidney disease, with another 20 million at risk.

"All of the problems start early," said Davis, who advocated "aggressive attention."

Davis said every American should have three tests, urinalysis, blood pressure measurement and a blood test. These tests do not have to be done annually, unless you are at high risk.

"I think we can bring these messages to a lot of people if we work together," said Davis, who noted that the National Kidney Foundation has begun to focus on governmental relations to achieve results.

"Bring us your issues and we can go to Washington with them," said Davis, "the bureaucracy of Washington can still be talked to."

Davis noted the success of the Kidney Early Evaluation Program (KEEP). The program has screened family members of dialysis patients with "staggering results."

"60 percent of the people who go through these screenings find out things they didn't know," said Davis.

"We can't screen everybody, but we can screen enough people to get the ball rolling."

Besides the speakers, there were also breakout sessions scheduled in the afternoons to discuss Diabetes Prevention, Nutrition, Working with Transplant Patients, and Access for Dialysis.

During breaks in the conference schedule, Cypress, along with Big Cypress Councilman David Cypress, Executive Assistant to the President Sally Tommie, Health Director Connie Husten, and Health staff Suzanne Davis, Helene Buster, Martha Jones and Debbie Hamilton, visited a local healthcare center where Native American patients were receiving dialysis treatment, and the Oklahoma City National Memorial Center, the site of the April 19, 1995 bombing.

The National Memorial Center is housed in the former Journal Record Building. The building's south wall, although heavily damaged, withstood the April 19, 1995 bombing of the Alfred P. Murrah Building.

Structural repairs, including a new roof were made to the building, but the south wall is left as it looked after the bombing.

Inside the Center is an interactive museum that shows, in chronological order, the day of the tragedy and the events that followed. These included recordings, pictures, newsclippings, and one room that shows a bombed section of the Journal Record building that had been preserved.

One of the museum areas was a room designed like the Oklahoma Water Resources Board hearing room, which once stood across the street and had to be totally demolished afterwards. An audiotape of a hearing that was in session when the bomb went off recorded the actual bomb blast and ensuing confusion.

The Seminole group also visited Gambro Healthcare, where a number of Oklahoma Indians who were receiving their dialysis treatments. Local news stations recorded the visit and interviewed Cypress as he met Benjamin Powell (Seminole), Lavell Kassanavoid (Comanche), Kay Edwards (Potawatomi/Chickasaw), Gambler Susan Martinez (Ponca), and Betty Hostetler (Chickasaw, Choctaw, Creek).

The reasons each were on dialysis covered the spectrum: discovered through bloodwork, found during hospitalization due to other health problems,



President/Acting Chairman Mitchell Cypress gives keynote speech.

or diagnosed with diabetes long before.

Each one was gracious enough to record a public service announcement for Bobby Frank of Seminole Broadcasting about their experiences. Watch for the video to air on WSBC.

On the last day of the conference, President/Acting Chairman Cypress gave the keynote speech. Cypress told the audience of his hard struggle dealing with the passing of his wife due to kidney disease.

Many in the audience were overcome as Cypress described his emotions and actions during the rough times before and after her passing, including losing his Board Representative position.

Although warned by his nurse that he was courting disaster by continuing to drink, Cypress was still in denial. "I thought that he was trying to inter-



Tribal officials David Cypress and Mitchell Cypress visit dialysis patient Benjamin Powell (Seminole).

fere with my good time," said Cypress

He eventually hit bottom and after a stint in rehab, Cypress again turned to politics. He credits his ability to deal with emotional and physical challenges to his time in rehab.

"Maybe God has set goals for me to reach," said Cypress, "If I back out, then I'm not the man he's looking for."

"If you do what your doctor tells you, set goals and believe in God, you will accomplish your goals."



'And Jesus Wept' statue marks where the St. Joseph Old Cathedral once stood, just west of the OKC National Memorial.

Hollywood Preschool 2002-2003 Fall Enrollment

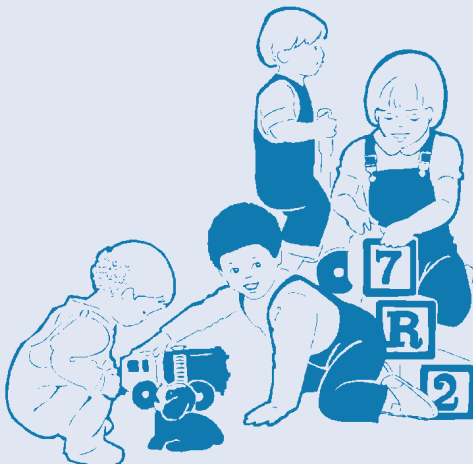
Please come by and pick up an application for the fall enrollment. You can pick up from Alma Johns on the first floor. On the third floor, Leona Tommie-Williams or Darlene Dempsey.

You need to have:

1. Complete Physical
2. Immunization Record

NEW 3. Dental Examination (Ages 1-5)
(All children ages 1 to 5 need to have a Dental Examination before entering Preschool this year.)
If you have any questions, please call (954) 989-6840, Alma- x1134, Leona- x1305, Darlene- x1339.

First come, first served. Deadline: August 2, 2002



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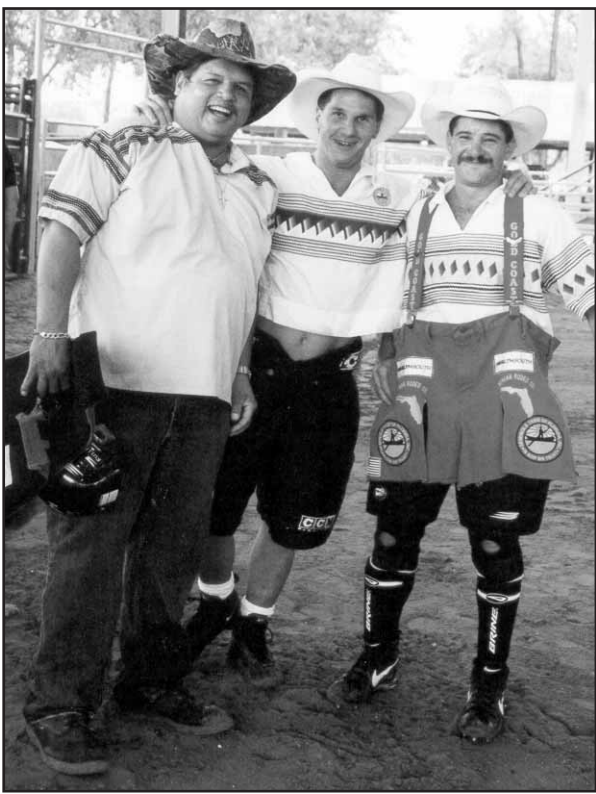
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Office of National Drug Control Policy

Josiah Johns Memorial Rodeo

By Paula Gannon Cassels
BRIGHTON — Neither rain nor thunder could stop the cowboys and cowgirls from participating in the Josiah Johns Memorial Rodeo, held at the Fred Smith Backo Arena on July 6, 2002.
After the 4th of July holiday, it was time to climb back in the saddle. It was a tough night for the participants in the rough stock Bull Riding events, scoring points seemed impossible on that Saturday night.

| | | |
|------------------------|------|----|
| Results | | |
| Mutton Busting | | |
| 1) Nick DeHass | 5.04 | 10 |
| 2) Andre Jumper | 3.18 | 9 |
| 3) Kelton Smedley | 2.27 | 8 |
| Pony Riding | | |
| 1) Isaac Bettelyoun | 53 | 10 |
| 2) Seth Randolph | 50 | 9 |
| 3) William Bearden | 49 | 8 |
| Calf Riding | | |
| 1) Ethan Gopher | 1.25 | 10 |
| 2) J.J. John | 96 | 9 |
| 3) Isaac Bettelyoun | 93 | 8 |
| Steer Riding | | |
| 1) Randel Osceola | 49 | 10 |
| 2) Seth Randolph | 4.3 | 9 |
| 3) Justin Aldridge | 2.4 | 8 |
| Jr. Bull Riding | | |
| 1) J.W. Kaufman | 58 | 10 |
| 2) Jerome Davis | 44 | 9 |



David DeHass and the rodeo clowns.

| | | |
|----------------------------|--------|----|
| Beginner Barrels | | |
| 1) Nauthkie Henry | 18.583 | 10 |
| 2) Taylor Johns | 19.550 | 9 |
| 3) Andre Jumper | 24.114 | 8 |
| Sanctioned Events | | |
| Bareback Riding | | |
| 1) Shawn Best | 69 | 10 |
| 2) Alex Johns | 64 | 9 |
| Steer Wrestling | | |
| 1) Sydney Gore | 7.238 | 10 |
| 2) Josh Jumper | 7.706 | 9 |
| 3) Robert Chalfant | 11.172 | 8 |
| Saddle Bronc Riding | | |
| No Qualified Rides | | |
| Calf Roping | | |
| 1) Naha Jumper | 17.058 | 10 |
| 2) Happy Jumper | 20.723 | 9 |
| 3) Adale Driggers | 38.360 | 8 |
| Breakaway Roping | | |
| 1) Theresa Bowers | 25.068 | 10 |
| 2) Billie Tiger | 25.032 | 9 |



Ride ‘em Kelton Smedley.

| | | |
|---------------------------------------|--------|----|
| 50 & Over Breakaway Roping | | |
| 1) Rudy Osceola | 4.837 | 10 |
| 2) Moses Jumper, Jr. | 7.0111 | 9 |
| 3) Billy Joe Johns | 8.775 | 8 |
| Team Roping | | |
| 1) M. Johns/A. Driggers | 7.854 | 10 |
| 2) S. Gore/J. Tiger | 14.556 | 9 |
| 3) J. Johns/T. Johns | 17.796 | 8 |
| 4) M. Jumper/H. Jumper | 22.939 | 7 |
| 5) R. Youngblood/M. Gopher | 23.676 | 6 |
| Women’s Barrels | | |
| 1) Tess Decheneaux | 16.257 | 10 |
| 2) Emma Johns | 16.907 | 9 |
| 3) Ayze Henry | 17.495 | 8 |
| Novice Barrels | | |
| 1) Reba Osceola | 17.128 | 10 |
| 2) Mackenzie Johns | 17.306 | 9 |
| 3) Kari Kroepflin | 17.694 | 8 |
| Bull Riding | | |
| No Qualified Rides | | |



Justin Gopher giving out riding tips.

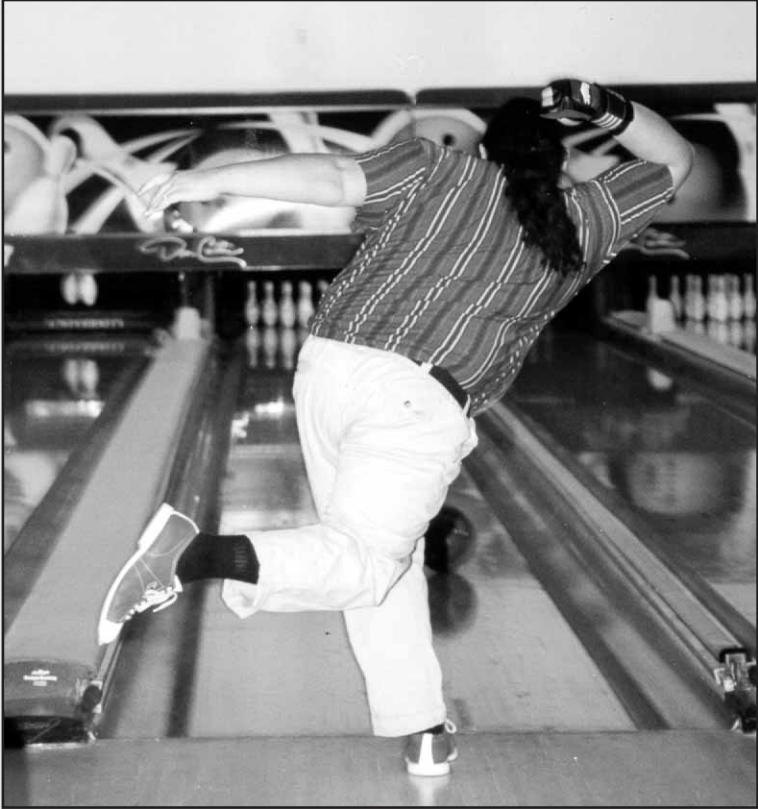
Brighton Recreation News

BRIGHTON—On June 10, Brighton Recreation welcomed its new Recreation Director, Stan Frischman of Fort Myers. Frischman has 14 years of varied experience in the recreation field.
Frischman has spent seven summers as camp director for Lee County Parks and Recreation. He and wife, Sindy, also served as house parents for one summer at the Taunton Family Children’s Home in North Florida.
Stan has had experience in coordinating senior programs, youth and teen programs, pre-school programs, after school programs, and youth and adult sports leagues and tournaments.
“I’m thrilled to be here and have an opportunity to put my many years of experience to work here in your community,” said Frischman, “Working together with my great staff. I’m sure we can provide a large variety of programs to meet the needs of everyone in the community.”
Local artist Vinson P. Osceola has recently completed the Seminole Tribe logo on the front of the Brighton Gymnasium. The detail is amazing, considering the difficulty of painting on the rough stucco surface.
Osceola is also working on a patchwork design for the gym’s lobby as well as another Tribal logo overlooking the basketball court.
We are pleased to announce the renewal of a community wide “weight loss program.”
In conjunction with the Seminole Health Department, we will be offering a wide variety of weight loss classes, such as: nutrition, aerobics, weight training, walking clubs, and swimming.
You’ll want to keep Monday nights open to come out to the gym and shoot some hoops with your friends. All adult men and women are welcome to play.
We will begin the first Monday in August with pick-up games played from 6-9:00 p.m. Winner plays again, loser sits out. If there is a demand, teams can be chosen for a Monday night league, starting in September.
If you have any questions or suggestions,

call at (863) 763-3866.
Grab your spouse and friends and join us every Wednesday for an evening of (pick-up) volleyball. If it catches on, we’ll be glad to form a league beginning in September.
Bring your rubber pool cue for a fun evening of co-ed billiards on our newly re-covered pool tables in the gymnasium billiards room every Thursday from 6-9:00 p.m.
We would be glad to coordinate a league format in this same time slot, starting in September.
If you are 55 years of age or older, we can develop a plan to you look good and feel great!
Every Monday, Tuesday and Thursday evening at 5:00 p.m., certified personal trainer Jody Goodman will be here to design an exercise program tailored to your individual needs.
If you’ve never worked out before or it’s been a while since you’ve worked out, then this is the perfect opportunity to start or get back on track. Jody will be glad to design a program that will allow you to progress at your own pace.
Did you know we have a professional weight trainer on staff? If your answer is no, then come by the gym and meet our weight trainer, Larry Cohen.
Larry is normally on duty Monday, Wednesday and Thursday evenings at 7-9:00 p.m. and Fridays at 5-8:00 p.m.
Boy Scouts and Girl Scouts are coming soon! “Friday Night at the Movies” returning soon! Teen Dances are coming back too! Watch for details.
Sundays: Gym Closed
Mondays: Adult Community Basketball, 6-9:00 p.m.
Tuesdays: Senior/Adult Weight Training with Jody, 5:30 p.m.
Senior/Adult Aerobics, 6:00 p.m.
Youth and Teen Basketball, 6-9:00 p.m.
Wednesdays: Co-ed Volleyball, 6-9:00 p.m.
Thursdays: Adult Pool Night, 6-9:00 p.m.
Fridays: Friday Night at the Movies, 6-9:00 p.m.
Saturdays: Open Gym, 9:00 a.m.-5:00 p.m.

July 4th Bowling And Golf Results

Bowling
50+ Men_1) Wayne Billie 612 2) David Jumper 579 3) Moses Osceola 570 4) Sam Nelson 477 5) Don Osceola 476 6) Ronnie Doctor 409
Women 50+ 1) Mary Bowers 579 2) Mabel Osceola 565 3) Cornelia Osceola 556 4) Ruby Osceola 522
Women 60+_1) Mary G. Osceola 481 2) Alma Johns 478 3) Lawanna Osceola 468 4) Betty Osceola 4555th Maydell Osceola 413 6) Louise Billie 393 7) Annie Jumper 383 8) Dorothy Tucker 334
Women 18-49 1) Monica Cypress 595 2) Patricia Wilcox 591 3) Jeanette Cypress 585 4) Denise Morin 575 5) Mahala Madrigal 570 6) Mary Cantu 556 7) Margaret Wilcox 555 8) Reina Micco 547 9) Gail Cypress 543
Men 18-49 1) John Madrigal 755 2) Marcy Osceola 746 3) Blake Osceola 714 4) Elton Shore 692 5) Gordon Warcham 680 6) Hyde Gopher 652



Gordon “Ollie” Wareham




Jeremy Harrison

7) Danny Tommie 646 8) Phil Bowers 611 9) Delwin McGowan 599
Four-man Scramble
1) Marl Osceola , Jeremy Harrison, Terry Tartsah, Harry Kennedy (73) 2) Scarlett Young, Charlie Cypress, Roy Butera, Joe Billie (78) 3) Mitch Osceola, Bob Green, Bree Sila Jumper, Tony Sanchez (80) 4) Max Osceola, Charlie Frye, Greg Thomas, Harry Kennedy Sr. (80) 5) Melissa DeMayo, Josh Harrison, Mary Osceola, Marcella Green (81)
Basketball Results
Men
1) Charlie Frye, Marl Osceola, Harry Kennedy 2) Travis Osceola, Kenny Bayon, Bruce Lue 3) Jason Don Billie, Max Osceola, Roger Bean
Free Throw Champion
Harry Kennedy
Three Point Champion
Travis Osceola
Women
1st Virginia Osceola, Tasha Osceola, Mercedes Osceola, Maryland Waggerby 2nd Janine Cypress, Trisha Osceola, Reina Micco, Mary Jane Tiger. 3rd Cassandra Jones, Brandi Williams, Janelle Billie, Latonya Jumper.

Brighton 4th Of July Walk

Age Group 10-17
Female 1) Brittany Smith 2) Stephanie Osceola
Male 1) Jordan Jones 2) Bryan Arledge
Age Group 18-29
Female 1) Boogie Jumper 2) Toni Smith
Male 1) Andrew Bowers
Age Group 30-39
Female 1) Loretta Peterson 2) Lesley Beer 3) Michele Thomas
Age Group 40-49
Female 1) Terry Hahn 2) Diane Smith 3) Rose Jones

Male 1) Angel Delgado
Age Group 50-54
Female 1) Patty Waldron 2) Jenny Johns 3) Mollie Jolly
Male 1) Andrew Bowers, Sr. 2) Billie Micco
Age Group 60-+
Female 1) Mable Haught 2) Addie Osceola
Male 1) Howard Micco 2) Dan Bowers 3) Jack Micco



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Presents

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1st Rodeo: Sun., June 9, 2002 Big Cypress Arena 2pm
Call In Tue. & Wed. June 4th & 5th - 9am-5pm
2nd Rodeo: Sat., July 13, 2002 Brighton Arena 10am
Call In Tue. & Wed. July 9th & 10th - 9am-5pm
3rd & Final: Sat., Aug. 17, 2002 Immokalee Arena 4pm
Call In Tue. & Wed. Aug. 13th & 14th - 9am-5pm

CALL IN ENTRIES ONLY
Call In Number & For More Info: 863-763-5520

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Jobs

Happy Birthday

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

Position: Administrative Assistant
Department: Gaming Department
Position Opens: 5-23-02
Position Closes: 6-6-02
Salary: \$26,000 – \$31,000 annually with benefits.

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

Position: Commission Officer
Department: Gaming
Position Opens: 10-31-00
Position Closes: 11-14-00
Salary: \$28,000 annually with benefits.

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.

Position: Human Resources Assistant
Department: Human Resources
Position Opens: 6-27-02
Position Closes: 7-11-02
Salary: Negotiable with benefits.

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

Position: Payroll Assistant F/T & P/T
Department: Payroll
Position Opens: 7-15-02
Position Closes: 7-29-02
Salary: \$22,000 annually with benefits.

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

Position: Master Electrician
Department: Housing
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: Secretary/Receptionist
Department: Gaming
Position Opens: 4-18-02
Position Close: 5-2-02
Salary: \$26,000 annually with benefits.

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

BIG CYPRESS
Position: Assistant Cook Mgr.
Department: Preschool

Position Opens: 3-14-02
Position Closes: 3-28-02
Salary: \$18,000 annually with benefits.

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

Position: Education Counselor (2)
Department: Education
Position Opens: 6-27-02
Position Closes: 7-11-01
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 Opens: 3-21-02
Position Closes: 4-4-02
Salary: \$18,700 annually with benefits.

IMMOKALEE
Position: Commission Officer
Department: Gaming
Position opens: 10-31-00
Position closes: 11-14-00
Salary: \$28,000 annually with benefits.

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: Surveillance Operator
Department: Gaming
Position Opens: 3-7-01
Position Closes: 3-21-01
Salary: \$17,680 annually with benefits.

Position: Video Programmer
Department: Broadcasting

TAMPA
Position: Commission Officer
Department: Gaming
Position opens: 10-31-00
Position closes: 11-14-00
Salary: \$28,000 annually with benefits.

2002 Princess Pageant

Applications for Miss Seminole - and Jr Miss Seminole can be picked up at the following location. Immokalee - Elaine Augilar, Big Cypress - Jeanette Cypress, Brighton - Leoma Simmons, Tampa - Richard Henry, Ft. Pierce - Sally Tommie, Hollywood - Wanda Bowers.

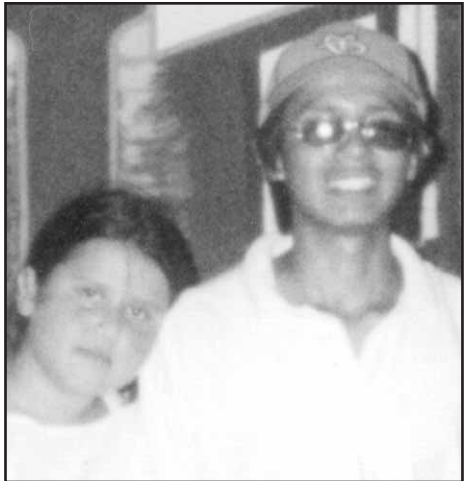
Legal Notice

NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

This publication covers two separate procedural requirements for activities to be undertaken by the Seminole Tribe of Florida, responsible entity (the “RE”) as follows:

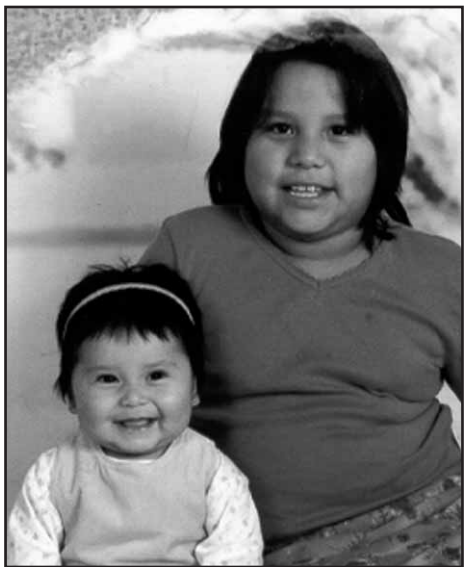
RE proposes to construct six (6) single family homes on scattered homesites in the Brighton Seminole Indian Reservation within the confines of Glades County in the State of Florida, seven (7) single family homes on scattered homesites in the portion of the Big Cypress Seminole Indian Reservation located within the confines of Hendry County in the State of Florida, and six (6) single family homes on scattered homesites in the Hollywood Seminole Indian Reservation located within the confines of Broward County in the State of Florida, (the “Project”). Funding for construction is provided by an Indian Housing Block Grant (IHBG) as provided for by the Native American Housing and Self Determination Act (NAHASDA), as amended, which is administered by the United States Department of Housing and Urban Development (HUD).

RE has assumed responsibility for environmental review, including but not limited to an Environmental Assessment, as required by HUD regulations 24 C.F.R. Part 58. RE has determined that the Project will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Accordingly, as required by 24 C.F.R. Part 58, RE hereby provides the Notice of Finding of No Significant Impact (FONSI). Project information including the Environmental Review Record is available for examination and review at the RE address below. The public or a public agency should address any written comments or objections to this determination within fifteen (15) days from the date of this Notice to RE



Happy Birthday!
To my son **Dayne Gary Billie** on August 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



Happy Birthday **Cooper and Marley** from Momma, Joe, Cheyenne.

Computer Announcement

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

Notices

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

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

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

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

address. All such comments will be considered by the RE prior to completion of its environmental certification and submission of its Request for Release of Funds.

Address:
Seminole Tribe of Florida,
Housing Department, 6300
Stirling Road, Hollywood, FL
33024
Telephone
(954) 966-6300 Extension 1725

RE hereby provides Notice of Intent to Request Release of Funds (NOI/RROF); address comments to RE, same comment period as hereinabove. On or about the first day after the expiration of the comment period provided hereinabove, the RE will submit a Request for Release of Funds (RROF) to HUD for the release of IHBG funds under NAHASDA, as amended, to undertake the subject Project. RE will certify to HUD that it has fulfilled its responsibilities relevant to environmental review as provided by 24 C.F.R. Part 58, and that an authorized official of RE consents to accept the jurisdiction of the Federal court if action is brought by HUD to enforce RE’s responsibilities. HUD will accept objections to the release of funds and the RE’s certification for a period of fifteen (15) days following the anticipated submission date or its actual receipt of the Request for Release of Funds, whichever is later, but only if the objections are relevant to any one of four bases. Objections must be prepared and submitted in accordance with 24 C.F.R. Part 58 and should be addressed to: Office of Native American Programs, U.S. Department of Housing and Urban Development, 77 West Jackson Boulevard, Chicago, IL 60604-3507 Attention: Grants Management Specialist and Elton Jones

Commenter must specify which notice the comments relate to, i.e. FONSI, or NOI/RROF.



On July 25 we would like to wish a Happy 1st Birthday to our baby girl, **Krysta Jalene**. We love you, **Krysta**. Love, Mommy, Daddy, and big brothers Kyle and Shayne.

I would like to wish a very special little girl a very happy 1st Birthday. Happy Birthday, **Krysta** on July 25. Love, Grandma Josephine.

We would like to wish **Krysta Burton** a very happy 1st Birthday on July 25. We love you, Aunt Wiggles, Cousin Brydget, Tiff, Kamani and Darin.

Personals

Single German woman 40 with no children wishes to correspond with a single Native American male age 45-52. If I should meet that special someone this way my mind and heart will be open. No prisoners please. Write to: Sylvia Wathe, Post Fach 100445, 28004, Bremen Germany.



Happy 1st Birthday to my little angel boy **Robbi Sherman** on July 3. You have brought us more happiness this year than many people have seen in a lifetime. I hope you grow and learn in the years to come and be blessed by God. Thank you, love always and forever, **Momma and Dadda (Melissa and Mike)**. OXOXOXOX

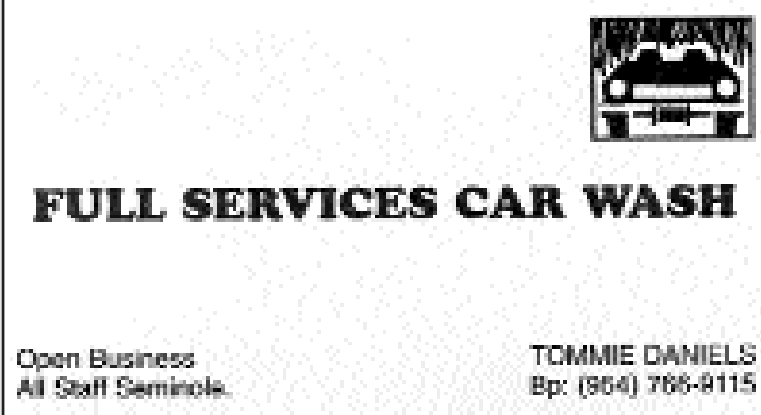
Births



Baby Shower
John J. Sisto and Michelle Doctor were happy to celebrate **Italia Eternity Sisto**. The Beginning of a beautiful thing. We are so lucky to have you in our lives. We love you very much, Mommy and Daddy. Born on 4/30/02, weighing 6 lbs, 4 oz., measuring 19 inches, at 9:10 a.m.



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64th Ave. and Josie Billie
Hollywood Seminole Reservation

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Sunday Evening Worship 6 p.m.
Wednesday Prayer Meeting 7 p.m.

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



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