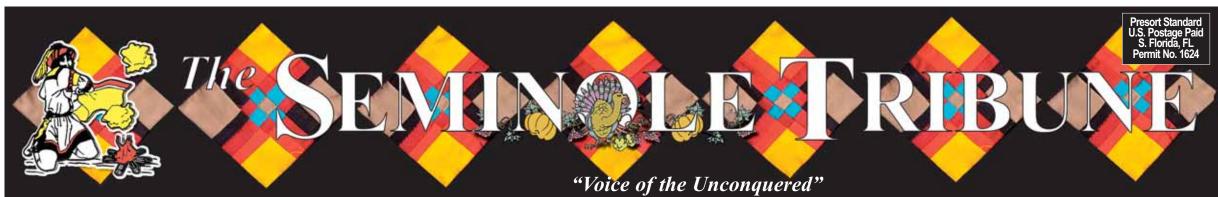
Coming Soon!



www.seminoletribe.com Volume XXIV • Number 16 November 26, 2003

#### Kristen Billie American **Heritage Sports Achiever**

By Alexandra Frank

PLANTATION — On Nov. 7, Kristen Billie participated in a Punt, Pass, & Kick Competition, held during halftime of an American Heritage Academy football game. The competition involved 4th, 5th, and 6th graders, pitting the best students from the entire school.

All boys and girls who participated in the competition received a cer-

tificate and will be posted in the school paper. The award emphasizes the student's accomplishments in Physical Education and its importance.

Kristen feels proud and happy about participating in the competition. She's thinking of presenting the certificate to her grandma. Kristen enjoys sports and is interested in playing basketball for her school. She also enjoys bowling. Good luck Kristen in your future sports endeavors.



Kristen Billie



Trina Bowers and her pet donkey, Donkey.

#### Teen Rodeo Queen Trina Bowers

By Paula Cassels

BRIGHTON — During last year's Tribal Fair, Trina Bowers was crowned Miss Seminole Rodeo Queen. She was recognized as a hardworking cowgirl who is dependable, and shows good sportsmanship when competing in the rodeos.

Trina is thoroughly enjoying her term as Miss Seminole Rodeo Queen 2003 /2004. Trina says she loves being the rodeo queen so much she may run again in Feb. She and her father compete in team-roping events

and is one the Eastern Indian Rodeo Association's best ropers. She hopes to go pro some day.

In her spare time after school, Trina enjoys visiting the Brighton Rodeo Arena, teaching children how to rope, ride and barrel race. She brings her old gentle horse "cracker" so the kids can get hands-on riding experience. Trina is also the president for the Brighton 4-H club.

This year, Trina and her family traveled to Soboba, CA to compete in the Indian National Rodeo Finals. The INRF is one of the largest all Indian rodeos to compete in.

Trina's favorite competition is team roping where she is the healer and her dad is the head catcher. Trina starts practicing two weeks before a rodeo with the Heel-o-Matic (plastic calf), which helps Trina to time her rope throws.

However, the Bowers roping team was unable to catch a break in Soboba, as calf after calf manage to get away, leaving the team riding away way with no qualifying time.

During the last performance, a drawing for the grand prize was held. It came as a big surprise to Trina when they announced her name as the winner of the grand prize - a 3horse trailer with apartment coach. Trina didn't know her mother had put her name on a ticket for the drawing! It just goes to show that some times when you lose, you can still

Trina said, "I would like to thank my parents for supporting me, pushing me 100% and taking me to all the rodeos. I want to give special thanks to Gene Fulford and my roping

coaches; they taught me every thing they know. Trina resides on the Brighton reservation with her family, her dog lucky, six horses and a donkey.

#### Seminole Spirit 'Unconquered'



The nearly 2-story statue was unveiled on Oct. 10, 2003.

By T.W. Trueblood

TALLAHASSEE, FL — Rising nearly two stories in front of one of college football's most notable icons stands a new reminder of the spirit of Florida's Indigenous people. A new statute in Tallahassee pays tribute to the unconquered Seminole Tribe of Florida.

On Oct. 10, the Florida State University (FSU) honored the Seminole Tribe of Florida during the unveiling of a new statute at Doak Campbell stadium in Tallahassee, Florida. Several former and current tribal member alumni attended on behalf of the Tribe.

The new statute, titled 'Unconquered," symbolically portrays the unconquered spirit of the Seminole people in the nineteenth century and the timeless legacy of that spirit continues to burn bright into the future according to sculptor Fritz Wright.

"This is a story of a people who

refuse to accept defeat," said FSU President T.K. Wetherell. "This is the story of a people who resolved not only to survive, but triumph." President Wetherell also thanked the Seminole Tribe of Florida for allowing FSU the honor of carrying the Seminole name.

Standing nearly two stories high, the 5,000-pound metal statute depicts FSU Mascot "Chief Osceola" atop his horse "Renegade." Chief Osceola holds a feathered spear with a gas-powered flame at the end. By the end of the year, FSU will install 64 granite pieces around the base of the statute. On the north face and south face of the granite will be inscribed the word "UNCONQUERED."

With the statute, FSU is creating a new tradition. "On the Friday before each home game," said Charlie Barnes, Executive Director of Seminole Boosters, Inc., "the flame will be lit by a specially

FL. vs. Lisa Brown of Toronto, Ontario.

in an uproar from the start. She delivered

solid shots to Brown's head early on in the

fight. After receiving a blow to the head in

mur throughout the crowd.

the fourth round, Brown fell, causing a mur-

Velez, a local favorite, had her fans

See FSU, page 4

#### Warrior's Fright Night at the Creek

By Alexandra Frank COCONUT CREEK — On

Thursday Oct. 30, Warriors Boxing Promotions, Inc. in association with the Seminole Coconut Creek Casino, Presented Fright Night at The Creek - An evening of

live professional boxing. On hand was pitcher Brad Penny of the World Series Champion Florida

Marlins. The first event was for the Featherweight Division 12 rounds NABA Championship WBA Fedecentro Featherweight Title. The bout featured contenders Whyber

Panama vs. Bernard Harris Detroit, MI. The fight started off slow as Harris seemed to avoid making any attempts at body or head shots; instead he did a lot of holding. Garcia on the

Garcia of Colon,

Whyber Garcia other hand connected by using quick right jabs followed by a devastating left blow. By the 4th round, Garcia moved in

for a quick combination shot that shook up Harris, causing him to lose his mouth guard. This got the crowd excited and chanting for Garcia to continue his assault against Harris. Garcia continued his use of combi-

nation shots to the body and head and using quick right jabs when in a clutch hold. The strategy paid off as Harris went down in the 10th round giving Garcia the win by a

The second fight, a 10-Round Bantamweight WIBA Championship event, featured Ada Velez, the WIBA

Bantamweight Champion from Hollywood,

Brown, backed into the corner, was forced to come out fighting and did an impressive attack of combination shots to the body and head.

Alexandra Frank

to stumble and fall in the 5th round, which really got the crowd riled up. Both women continued their

assault with body blows and quick right jabs to the head. The result of the terrific 10round fight was a Majority Decision, which meant no one won the fight. The following fight was a bit of an

uneven match. The 10-Round Super Middleweight fight offered Tito Mendoza of

See FRIGHT, page 4

Brown's fierce attack caused Velez

#### Seminole Tribe Holds Council Meeting

By Ernie Tiger
HOLLYWOOD — On Nov. 14, the Seminole Tribe Hollywood. Below are tabled items and resolutions that were approved. The next scheduled meeting is Jan. 9, 2004.

Organization, 2. Amendment Of Business Lease No. 1770

Tabled Items Approved: 1. Boys & Girls Club

Jacob Osceola, Big Cypress Reservation, 3. Ordinance of the Seminole Tribe of Florida concerning the taxation of the sale and use of tangible personal property, food, beverage, services, and rental facilities by the Seminole Tribe on its reservation and trust property, 4. Transfer of the operation and management of the Big Cypress Processing Plant from the Seminole Tribe of Florida to the Seminole Tribe of Florida, Inc. Below is a list of Resolutions that passed: 1. Seminole

Tribe of Florida Presents Third Annual Women's Wellness Conference, 2. Seminole Tribe of Florida Presents First Annual Women's Week-End Wellness Conference, 3. Homesite Leases - Brighton Reservation, 4. Recision of Seminole Tribe of Florida Resolution No. C-251-03 - Tampa, Reservation, 5. Grant of Easement for Right of Way to Hillsborough County -

6. Authorization to Negotiate a contract for sale and

See COUNCIL, page 14



Children proudly show off their certificates.

#### First Indian Baptist **Academy Student** Award Čeremony

**BRIGHTON** — On Oct. 27, the First Indian Baptist Academy presented certificates to students who received all A's, or A-B honor roll. The Kiwanis Club presented several students with a certificate for Character.

The ceremony was started off by Mr. Harold Baxley from the Family Services. He explained to the students about the importance of Red Ribbon Week, and how it was founded.

The following students were awarded the Kiwanis Club Character Award: Dalton Bert, Paul Billie, Taylor Johns, Marilee Johns, LewAnn Johnson, Nathaniel Johnson, Megan Jones, Spawn Loudermilk, Randel Osceola, Robert Bo Parker, and Clarissa Randolph. The A-B Honor Roll includes the following: Ashton Baxley, Paul Billie, Trina Bowers, Moses Garcia, Taylor Johns, Canaan Johnson, Elisabeth Johnson, Spawn Loudermilk, Robert Bo Parker, Kaley Riley, and Jennifer Tommie.

The following students received all A's award: Lois Billie, Kalgary Johns, Lewann Johnson, and Marshall Tommie. Congratulations to all students who received an award.

#### Tribal Community Gathers For Keith Osceola Memorial

By Michael Kelly

**HOLLYWOOD** — There were basketball games, a rib cook-off, home-made food, friends, family, and a car show that filled two baseball fields. These were some of the things Osceola happy.

Nicknamed "Gym rat" by many of his friends, the lefthanded shooter enjoyed spending hours in the gym, always looking for a game of hoops with friends. When it

came to food, Keith enjoyed nothing more than grilling ribs for his friends and family. He won cook-offs and was the official tail-gate chef at Miami Dolphin games.

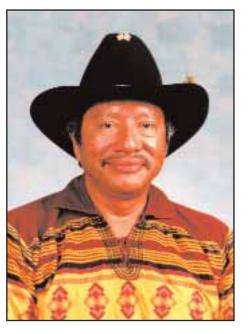
always willing to help people. If someone needed a



Keith Osceola

place to stay, he wouldn't hesitate to ask them to stay at his place. When there were sporting events here on the reservation, Keith would cook hotdogs and hamburgers for the community," said his mother Vivian Delgado. "Sometimes if a kid didn't have money, he would help them out," said Vivian.

See KEITH OSCEOLA, page 15



#### THANKSGIVING MESSAGE from THE CHAIRMAN

It's turkey time again and everyone is preparing Thanksgiving Dinners for our communities. This holiday reminds us to be with our families, appreciate being with our children and just be happy spending time together.

We have a lot of places to go to celebrate the holiday. We can enjoy eating

with our friends at Church, at community dinners, have fun with the Seniors at Hot Meals and most important, be with our families. We are very fortunate to have the opportunity to break bread with everyone. From my home to your home, I wish you a wonderful Thanksgiving. This is

the start of the Holiday Season, so remember, don't drink and drive. Let's look forward to a safe and happy holiday.

Mitchell ligeres



#### Happy Thanksgiving from the President!

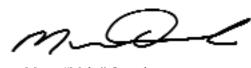
To all Tribal members, employees and friends,

I would like to wish you a safe and Happy Thanksgiving! Thanksgiving is the beginning of the holiday season, a time to be with family and friends. We, as a Tribe, have a lot to be thankful for and as individuals, let us not forget to count our blessings! Always give thanks to God.

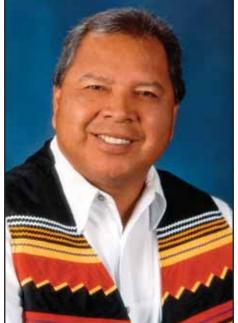
Eat and be merry, but remember the weight loss contest you may be entered in! I am looking forward, as you probably are, to spending time at somebody's home who has cooked a great Thanksgiving dinner! I would invite you to mine, but you may not care for my cooking!

Again, have a great and safe holiday season, and enjoy your family and friends. May God bless you always

Sincerely,



Moses "Moke" Osceola



#### Letters & E-mail

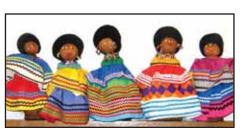
6300 Stirling Rd. Hollywood. FL 33024 • tribune@semtribe.com

Dear Editor;

Back before I was born, my parents went to Florida where my father worked at a race track. My Mother use to tell me a story about the Seminole Indians in the end field of the race track. She would tell me how she would watch the women braid their hair and it was so smooth and looked like a fan. She had an Indian doll with the hair like that.

When Mother passed away, something happened to the doll and we could never find it. I have looked for years for a doll like that. It was only about nine inches tall.

Could you please tell me where I might like one of those dolls? Thank you,



Hello Judy. We currently have dolls in ran type natr styte. I you would like to see a picture of one please, let me know. Otherwise you can order one at our website www.seminoletribe.com/marketplace and I will ship one out right away. Please call me at (800) 683-7800 x 1263 if I can be of further assistance.

Thank you, Melissa Sherman Graphic Designer

Hi, I am coming down to Florida shortly and I am curious about your poker limits. I had heard that all poker was low limit, but then I heard that it had changed.

On your website, you mentioned pot limit games. My question is, do you have conventional limits of 1/5, 3/6, 5/10 and up? Some of our group likes 10/20 and others like 3/6 or 4/8 etc.

Thanks for any info on your

Ron Barclay yalcrabz@ptd.net

Maximum bets are \$2.00 per bet with three raises no pot limit

Hello,

My daughter is doing a report in school on American Indians. We went to the Museum of Natural History here in New York and saw a tribe that was called the Thompson Tribe. We are trying to get more information on this tribe and were wondering if you could help us?

Thank you for your prompt attention to this matter.

Hello, we currently host a website that lists all of the Federally Recognized Tribes in the United States. If they do have a website and are Federally Recognized, you will find it there. Please go to www.indiancircle.com. Good Luck!

> Melissa Sherman Graphic Designer

To whom it may Concern,

My name is Kristin Charboneau and I currently work as a Gaming and Floor Attendant cashier. I mainly work those two areas all of the time and while I love my job, I would love it even more in a more pleasant environment.

I was wondering if maybe I could be given a chance to become a Gaming/Attendant cashier in the Hard Rock Casino in Hollywood. Thank you in

Kristin Charboneau skittlez0132002@yahoo.com

Thank you for your inquiry and interest in employment opportunities with the new Seminole Hard Rock Hotel & Casino in Hollywood, FL. The property is scheduled to open spring of 2004.

Very little hiring has begun at this early stage, but we do plan a large Job Fair, tentatively scheduled in February. There will be well over 1,000 jobs available initially, including part

Watch for advertising and promotion for this event.

Additionally, the website lists pre-opening job opportunities. Begin monitoring the Seminole Tribe of Florida's website, www.semtribe.com, for a link from their homepage to Employment, and then to the Hard Rock Division for this information. Job Fair details will also be posted on this site at a

The Seminole Tribal Council gives preference in all of its employment practices to Indians. If you should be an official Tribal Member of any federally

present employment is with one of the Seminole Tribe's existing casinos. If it is, you must go through your property's Human Resources Department for the transfer request procedure. In order to do this, you must also have a specific position you are requesting to transfer to. As most of our positions will not be available until after the first of the year, it might be better to wait until then. Again, thank you for your interest.

Kathy Donaldson Human Resources Assistant - Gaming SEMINOLE HARD ROCK HOTELS & **CASINOS** Tel: 954-364-4169 Ext. 269 Fax: 954-364-4137

**Dear Tribal Members:** 

kdonaldson@semtribe.com

We have some exciting news! Seminole Hard Rock Hotel &

Casino-Tampa will be opening in March 2004. We are full steam ahead into making this dream... a reality.

The purpose of this letter i ask for your assistance in helping us locate qualified people to staff our new casino such as other Tribal Members or perhaps yourself! Since you represent the foundation and heritage of this organization, we thought there could be no better place to turn for help than our own Tribal Members

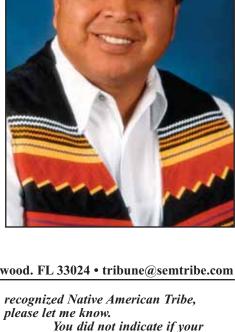
We have full-time and part-time positions available in the casino and hotel. As you know, we have great customers, a pleasant working environment and tremendous opportunity for advancement.

Human Resource Representatives will be interviewing Monday, Dec. 1 at each of the Tribal Reservations. We will be interviewing on Monday from 9:00 a.m. to 5:00 p.m.

If you are interested or know another Tribal Member who may be interested, please come by to discuss your career aspirations.

Thank you for your help. We look forward to seeing you at our Grand

Best regards, Jim Allen **Chief Executive Officer** 





An Osceola turkey at Billie Swamp Safari (Fah - te')

#### 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 follow:

RE proposes to construct or expand and renovate one (1) single family home located in a housing development in the Hollywood Seminole Indian Reservation within the confines of Broward County in the State of Florida, six (6) single family homes located on scattered sites in the Big Cypress Seminole Indian Reservation within the confines of Hendry County in the State of Florida, four (4) single family homes located in a housing development in the Immokalee Seminole Indian Reservation within the confines of Collier County in the State of Florida, and five (5) single family homes in the Brighton Seminole Indian Reservation within the confines of Glades County in the State of Florida.

Funding for construction, expansion or renovation is provided by Indian Housing Block Grant Program (IHBG) for Federal Fiscal Years (FFY), grant number 02IT1228220 in the amount of \$87,911 and 2003, grant number 03IT1228220 in the amount of \$1,632,186, as provided for by the Native American Housing and Self Determination Act (NAHASDA), 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 this 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 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.

Seminole Tribe of Florida, Housing Department, Address: 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, grant numbers 02IT1228220 and 03IT1228220, awarded in FFY 2002 and 2003, to undertake the subject Project. Mitchell Cypress, Chairman of the Tribal Council of 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 he is an authorized official of RE and consents to accept the jurisdiction of the Federal court if action is brought by HUD to enforce RE's responsibilities. HUD's approval of the certification satisfies HUD's responsibilities under NEPA and related laws and authorities and allows the RE to use program funds. 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

the certification was not executed by the Certifying Officer of the RE the RE has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR Part 58

the grant recipient has committed funds or incurred costs not authorized by 24 CFR Part 58 before approval of a release of funds by HUD; or another Federal agency acting pursuant to 40 CFR Part 1054 has submitted a written

finding that the Project is unsatisfactory from the standpoint of environmental qual-Objections must be prepared and submitted in accordance with 24 C.F.R. Part 58 and

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

#### The Seminole Tribune

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

should be addressed to:

Issue: November 26, 2003 Deadline: November 14, 2003

Issue: December 19, 2003 Deadline: December 5, 2003

Issue: January 16, 2004 Deadline: January 2, 2004

Issue: February 6, 2004 Deadline: January 23, 2004

Issue: February 27, 2004

Deadline: February 13, 2004

Please note: Late submissions will be posted in the following issue.

Virginia Mitchell Michael Kelly Designers: Stephen Galla, Melissa Sherman

Paula Cassels, Alexandra Frank Archivist: Ernie Tiger Contributors:

Reporters

Kenny Bayon, Elizabeth Blake, Lucy Evanicki, Emma Johns, Bob Kippenberger, Nery Mejicano, Robin Osceola, Gary Padgett

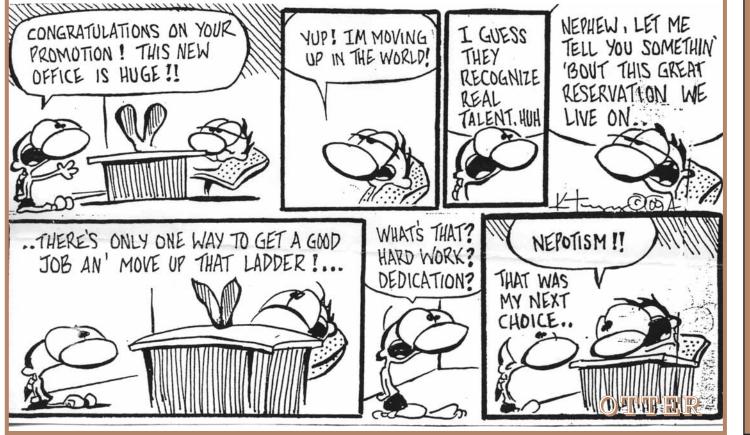
#### The Seminole Tribune

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> > **Postmaster:**

Send Address Changes to The Seminole Tribune, 6300 Stirling Rd., Hollywood, FL 33024.



#### Seniors Bicycle at Highlands Hammock

By Barbara Boling, Brighton Health Educator **BRIGHTON** — On Oct. 22, the seniors from the Brighton Reservation had a day of bicycling

and fun. The group traveled to the scenic Highlands Hammock State Park in Sebring, Florida for the day

The seniors bicycled four miles through a promenade of ancient oaks and sabal palms. Participants included Jack Micco, Bessie Tommie, Jack Smith Jr., Russell Osceola, Madeline Tongkeamha, Weems Buck. Junior Tommie, and Timmy Cypress Billie.

The group was accompanied by Health Educator Barbara Boling, nutritionist Beth Skinner,

and Medical Social Worker Holly Billie. The seniors enjoyed lunch at Barnhill's Buffet in Sebring. Following lunch, an insulin pump demonstration was

Hammock.

given by Brighton nutritionist Beth Skinner The seniors have been bicycling the past year with health educator Barbara Boling and nutritionist Beth Skinner. Bicycling is a fun way to exercise and visit with

> The bicycle flags are becoming a common sight in Brighton and the community members are very careful to slow down and pass with care. Thanks to the generosity of Councilman Roger Smith and former Councilman John Huff, the Brighton Reservation now has eight bicycles available for the senior tribal members. The Seminole Health

Department

Director Connie

other seniors in

the community.

Whidden provided funds for the outing as well as safety helmets, headlight and taillight kits for every bicycle. Keep on biking seniors!



Students learn the importance of being physically fit.

#### First Indian Baptist Academy Healthy Kids

By Barbara Boling, Brighton Health Educator **BRIGHTON** — The students at the First Indian Baptist Academy are striving to improve their health and become more physically fit. Monthly health and fitness lessons from Nutritionist Beth Skinner and Health Educator Barbara Boling are helping the students become aware of their own health.

The students stepped on the scales in

September to measure their body mass index. Interests range from recreational exercising to the desire to understand the disease process and treatment for diabetes.

November 26, 2003

Lessons for the month of October included topics such as healthy eating habits, the skeletal system and the role of exercise in improving bone mass. Students enjoyed the new exercises they learned and will try to bring this information home and use daily.

#### Tampa's 8th Annual SPD Appreciation Day

Bessie Tommie enjoys her biking tour through the Highlands

By Randi M. Simmons

The community of Tampa truly is appreciative and grateful for their Police Department. And even though many Tribal members are moving to areas surrounding the reservation to make way for the

the Tribal citizens and officers, along with some casino golf enthusiasts, headed out early in the morning to Pebble Creek Golf Course.

Tee time was at 7:00 a.m., but thick fog still blanketed the golf course. The difficult course includ-

ed 16 to 18 holes with water hazards and a host of wildlife creatures such as otters and sandhill cranes. The fog lifted as the day progressed, which made the golfers happy. It was a great tournament,

featuring good friends and hearty competition. Hard Rock Casino employee Paul Hasson made a fashion statement by wearing his lucky golf attire.

The final results from the day's players list the 6 top teams: 1st (66): James Tommie, John Bisset, Brett Milan, Mitch Osceola, (69) 2nd - Russ Christianson, Jerry Herren, Jesse Jimmie, Jahna Smith (70) 3rd - Allen Huff, Mike Floyd, Johnny Nuckles, Terrance Glover, (70) 4th -Jason Tommie, Keith Grace, Joe Maughon, Colleen Henry, (71) 5th - Jimmy Osceola, Eric Ross, Chuck Lewis, Sterling

Howard, (72) 6th - Max Tommie, Al Signore, Greg Boatwright, Debbie Henry, (77) Highest Score -Richard Henry, Mike Centanni, Dan Harris, Todd

#### John, Sr. and Louise Billie's Annual Christmas Party

John, Sr. and Louise Billie's Annual Christmas Party is scheduled for Sunday, Dec. 21, in Big Cypress, Breakfast is at 8:00 a.m. Dinner starts at 4:00 p.m. There will be a Gift Giveaway following Dinner.

The Horseshoe Tournament / Sign up

The Immokalee Preschool will be having

begins at 10:00 a.m. and starts at 12:00 p.m. The Clothing Contest will be at 2:00 p.m., along with

Come one, come all, and join in the Holiday Celebration!

#### **Immokalee Preschool Christmas Party**

a Christmas Program on Tues. Dec. 16th at the Immokalee Reservation Gym, starting at 10 a.m. The children will sing holiday songs and Santa will be stopping by with gifts.

Lunch will be served at 11 a.m. If you should have any questions, please contact Michelle Ford at (239) 657-1116 or (239) 657-6567 Ext. 106.

#### Department of Emergency Services Moving!

**BIG CYPRESS** — The Department of Emergency Services is in the process of moving its administrative office trailer located at the Big Cypress Reservation. We are moving to 30560 Josie Billie Highway (north portion of the Billiard Hall's parking lot). At this point, we expect to be without

Our cell phone and pager numbers are listed below for your use until our move is completed and our phone service is restored. I apologize for any inconvenience you may have experienced if you have tried to contact us.

telephone and fax service until early next week.

Cell 954-325-5016 863-310-0012 **Director Harry Tommie** Charlie Fletcher 863-677-1054 863-310-0024 863-634-2551 863-310-0036 Robert Mace Armando Negrin 954-629-0692 863-310-0037

#### Seminole Tribe Police officers. On Oct. 18, many of **International Agriculture Council Symposium** 2003 American Paint Horse Raffle Results

Lieutenant John Bisset, James Tommie, Mitch Osceola III, Brett Milan.

new casino and hotel construction, they continue to

A special day is set aside each year for the

keep a good relationship with each other.

The Winning Ticket was drawn Thursday evening, Oct. 16, 2003 during the Banquet at the Pechanga Resort and Casino. the lucky winner of the beautiful yearling colt. All proceeds from the 2003 American Paint Horse Raffle will benefit the Indian Agriculture Sustainability Program to support future IAC Symposiums. This year the yearling colt was

acquired from Mr. Randall Emm of the EM Farm and Ranch, Schurz, Nevada. The Raffle is sponsored by the Seminole Tribe of Florida, Inc.

To Whom It May Concern. The Intertribal Agriculture Council would like to take this opportunity in thanking everyone that helped

out making this Horse Raffle a

Colleen O Henry

Richard Bowers, Intertribal Agriculture Council President, Mr. William Osceola, Board Liaison, Mrs. Jean Buffalo-Reyes, American Paint Horse Winner and Mitchell Cypress, Seminole Tribal Chairman.

reality.Special Thank You to Mr. Randall Emm of Schurz, NV for providing the colt, the Seminole Tribe of Florida, Inc. for being our generous sponsor, The Soboba Band of Luiseno Indians for boarding the colt and to everyone that supported this

Thank You, Raynell J. Miller, CA/NV IAC Area Director Walker River Paiute Tribe, Schurz, Nevada

years raffle in purchasing tickets.

**Huge Clearance Sale** 50% to 75% off all Summer & Fall Gift/Silks/Accessories



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1700 N State Rd 7 (Corner Taft & 441) Hollywood 954-987-4450

10% Discount

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Miami Dolphins Home Games

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Santiago, Panama vs. Ron Johnson of Fayetteville,

Johnson sported boxing trunks with titles he had fought for in the 1990's. It was soon apparent that Mendoza had an easy fight. Mendoza dropped Johnson to the canvas twice before he finished him (Johnson) off at 2 minutes and 13 seconds into the fight.

The 4th fight was the much anticipated event of the evening. The Main Event: A 12-Round Heavyweight NABA Championship between Lance Whitaker, Van Nuys, CA. vs. Al Cole of Spring Valley, N.Y.

The bout began with the two fighters basically measuring each other out. Al Cole's build was not stocky like Whitaker, but he did have a height and a reach advantage. The fight was a good match between the two well-conditioned athletes.

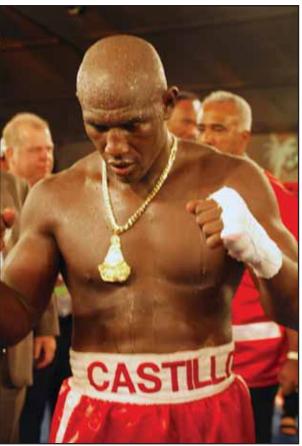
The bout lasted the full 12 rounds, with Cole stumbling in the last 3 rounds. It looked like Cole would be facing a knock out, but he willed himself to finish the fight.

The final decision was Whitaker winning by Unanimous Decision. Cole was a gracious loser as he congratulated Whitaker for his win.

The last fight of the evening was the Co-Main Event, a 12 rounds NABF Heavyweight Championship fight featuring Elieser Castillo from Miami, FL. vs. Corey Sanders of Washington, D.C. The bout was slow-paced and remained

that way throughout. Sanders didn't prove to be much of a fighter; he tried to use his weight more than strength and technique.

The more polished Castillo however fought like a pro. When he was not busy in a clutch hold with Sanders, he got off some quick jabs, rights, and then followed those with a number of solid combinations. He defeated Sanders with a unanimous deci-



Alexandra Franl

Elieser Castillo

sion, raising his record to 25-3-2.

On a special note, Spencer Battiest sang "God Bless America" and received a rousing round of applause. Congratulations to Warrior's Boxing Promotions and Coconut Creek Casino for another fight installment well done.

Emily Osceola Branch (2nd from left) with family and friends.

#### **FSU**

#### Continued from page 1

chosen individual. On the Sunday evening following the home game, the torch will be extinguished.'

Tribal members Emily Osceola-Branch, Kyle Doney, Carla Gopher and Pedro Zepeda received special recognition during the ceremony. Branch, Gopher and Zepeda are FSU alumni. Doney is a current FSU student.

Gopher, who was the first Tribal member to graduate from FSU, assisted the sculptor and other dignitaries in the first lighting of the flaming spear. The lighting officially opened the annual FSU University of Miami football match up weekend fes-

Although Chairman Mitchell Cypress and Hollywood Councilman Max Osceola Jr. were scheduled to attend, recent tragedies within the Tribe prevented them from attending. At the beginning of the dedication, Barnes asked attendees for a special moment of remembrance for those tribal members lost in recent tragedies. "It was a nice presentation," said Richard

Osceola, a tribal member from Hollywood who traveled to Tallahassee to watch the FSU-Miami football game. "They said a lot of nice things about the

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		Dec	ember 2	2003		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 PANTHERS VS OTTAWA	4	5 MATCHBOX 20 SOUND ADVISE HEAT VS PHILADELPHIA	6 BUZZ BAKE SALE SOUND ADVISE PANTHERS VS ATLANTA HEAT VS SAN ANTONIO
7	8	9 HEAT VS PHOENIX	10 PANTHERS VS BOSTON	11	12 PANTHERS VS MONTREAL HEAT VS MEMPHIS	13 CROWN ROYAL COMEDY SOUL FESTIVAL A.A.
14 Y100 JINGLE BALL ODC	15 ESTRELLAS DE NAVIDAD A.A.	16 HILARY DUFF SOUND ADVISE HEAT VS ATLANTA	17 PANTHERS VS WASHINGTON SIMON & GARFUNKEL A.A.	18 SIMON & GARFUNKEL ODC CHARLIE BROWN &FRIENDS A.A.	19 PANTHERS VS DALLAS	ORANGE BOWL CLASSIC A.A.
21 HEAT VS GOLDEN STATE	22	23 HEAT VS WASHINGTON	24	25	26	27 PANTHERS VS ANAHEIM HEAT VS NEW YORK
28 PHISH ROCKS MIAMI A.A.	29 PANTHERS VS TORONTO	30	31			

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#### **Senior Masters IV Pool** Tournament A Battle of Titans

By Nery Mejicano

LAKE PARK, FL — From Nov. 4-8, the Seminole Tribe of Florida sponsored the Mizerak Senior Masters IV at Mizerak's Billiard Center in Lake Park, FL. This event brought together 77 of the world's greatest senior players. Among the list of champions were, Buddy Hall, Nick Varner, John Foster, Jose Parica, Mike Sigel and many more.

Mike 'Captain Hook' Sigel, playing only his second 9-ball event in almost ten years, defeated Buddy Hall with a score of 11 to 9. Sigel, as always, entertained the crowd with his on-going self dialogue as well as talking to anyone who would listen. In the final match, he had his opponent, Buddy Hall laughing, even as Sigel had control of the table in the last few balls of the tournament.

Following Sigel in second place was Buddy Hall. The final standings were: 3rd Place - Nick

eonday - crosed

Steve Wizerak

Mike Sigel, Buddy Hall, Dale Grasshopper, Karen and Steve Mizerak.

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Varner, 4th - John Foster, 5th - Danny Medina, and 6th - Jose Parica. There was standing room only at Steve Mizerak's Billiards Center and the crowd thoroughly enjoyed this wonderful event.



#### Brighton Education Department Says "Good - Bye" To Christie Strickland

BRIGHTON — On Oct. 24, Christie Strickland made her last bus run for the Brighton Education Department. After six dedicated years, Christie has decided to venture into her own business with her husband Earl.

Christie has driven the elementary bus for the last six years and will be greatly missed by her students and fellow bus drivers and monitors.

The Education Department gave her a farewell party with all of her pupils there, sharing in the sadness of her leaving. Although it was a very sad day, the education staff and elementary students wished Christie all the best, and will miss her dearly.



Students Stoney Fish and Randy Shore, Director of Education Louise Gopher and Christie Strickland.

#### NASA Develops Tribal College **Engineering Program**

None of the 34 Native American tribal colleges scattered across 12 states offers a Bachelor of Science degree in Engineering. Lee Snapp of NASA's Johnson Space Center (JSC) in Houston is working hard to change that.

Snapp is beginning the second year of a two-year assignment to the Salish Kootenai College at Pablo, Mont., on the Flathead Indian Reservation. He is working with tribal colleges, government agencies, engineering societies and others toward establishing a common effort and goals to foster technical education, particularly engineering.

"NASA is committed to development of the next generation of space explorers, scientists and engineers by encouraging young people to study technical subjects," said Jefferson D. Howell Jr., Johnson Space Center Director. "NASA is also aggressively pursuing a more diversified workforce."

Early in his two-year assignment, Snapp and colleagues surveyed the 34 tribal colleges, many of them two-year institutions. Initially, six expressed interest in development of engineering or pre-engineering curriculums. Today 11 colleges, including two four-year institutions, are directly involved in the

Goals of the project include establishing at least one degree-granting engineering program at one or more of the colleges, perhaps at Salish Kootenai College, where Snapp serves as dean of engineering. Another goal is to establish common pre-engineering standards to enable students to transfer seamlessly among tribal institutions that will develop engineering programs, and to make it easier for students to transfer to non-tribal universities for graduate studies.

As the effort progresses, information and lessons learned are shared among the partners. "The study," said Snapp, who holds a bachelor's degree in aeronautical engineering from the U.S. Air Force Academy and a master's in astronautics from the Air Force Institute of Technology. He retired from the Air Force to join NASA in 1989

'Tribal colleges are founded in native cultures. They have different priorities and ways of doing business that must be honored," Snapp said. "Native culture is not always consistent with the way we do business at NASA, but we are working very well together. Reaching out to Native Americans by going to them is critical."

While there are challenges, there are advantages that can be used to meet them. One, Snapp said, is the support he has received from Native Americans at JSC. He cited contributions by astronaut John Herrington and Jerry C. Elliott, an engineer in the Shuttle Program Office.

Another is the welcome he has received from the Native American community. "They have met me more than halfway," Snapp explained. That community's elders, people with wisdom, understanding and knowledge, have been especially supportive of these efforts, as have the tribal college presidents, he added.

While many challenges remain, Snapp said he is encouraged by what already has been accomplished. "This is an exciting, ambitious program. JSC, Salish Kootenai College and its partners have taken leadership roles and will make substantial contributions in educating the next generation of engi-

For more information, please call Marta R. Metelko at (202) 358-1642 or John Ira Petty at (281) 483-5111. To learn more about NASA on the Internet, visit www.nasa.gov.



Parents and teachers take a tour of the DSO Library.

November 26, 2003

#### **Parent / Teacher Appreciation Dinner**

By Paula Cassels

**HOLLYWOOD** — On Oct.15, teachers from local and private schools, along with parents, immersed themselves in Seminole culture at the Hollywood reservation.

Held at the Hollywood Gym, the Education Department greeted teachers and their families with goody bags that included the Seminole Tribune Newspaper, a Tribal Calendar and a beaded necklace. Also, each received a copy of the "Seminole Tribe of Florida, Thirty-Seven years of Organization." The book explains the Seminole Constitution and By Laws, Tribal officials and representatives of the past, and descriptions of many tribal programs on the reserva-

Before dinner, teachers viewed a video of the snake-clan story, as told by storytelling Herbert Jim. Teachers were treated to handmade Seminole dolls, patchwork pots holders and patchwork bags.

The Seminole community showed teachers their appreciation by preparing traditional Seminole food: Sofkee, fry bread, pumpkin bread, all served with a barbeque dinner.

During the meal, Seminole women and men demonstrated their cultural crafts. Mary Jean Coppedge, from the Big Cypress reservation, sewed

patch work designs. Nancy Billie, also from Big Cypress, made sweet grass baskets. Meanwhile, Victor Billie from Immokalee, demonstrated wood carving, and Lorene Gopher from Hollywood, designed beaded necklaces.



Parents and teachers enjoy dinner at Hollywood Recreation.

After dinner, staff members gave teachers a full tour of the D.S.O. Building, including the library, computer lab, culture room, and education depart-

#### **Attention Hollywood Tribal Community**

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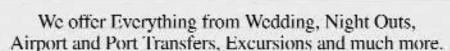
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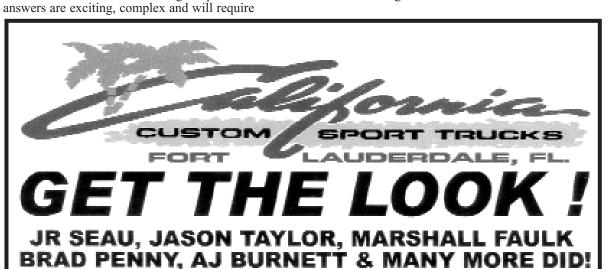




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#### Seminole Police Department Crime Statistics

The Following information is provided by The Seminole Department of Law Inforcement. Drug Dealers beware, we practice zero drug tolerance.

#### **All Reservations**

October 2003

Classification of Offenses	Total Number of	l	Clearances	Total Value		Type of We	apon Used		Total		eniles	Ad	lults			Race	
Offenses	Offenses	Arrest	Exception	Property Stolen	Firearm	Knife/ Cutting Inst.	Other Dangerous	Hands, Fist Feet	Arrests	l	Female	Male	Female	White	Black	American Indian	Oriental
Murder																	
Sex Offense																	
Robbery	1			140													
Aggravated	5								2			1	1			2	
Battery																	
Battery	13								5	1		3	1	1		4	
Burglary	6			4,556					1				1			1	
Larceny	21			54,804	·				1			1		1			
Motor Veh. Theft	3			34,550													

Classification of Offenses	Total Offenses	Total Arrests	Juv	eniles	Adults	dults	Race				
			Male	Female	Male	Female	White	Black	American Indian	Oriental	
Criminal Mischief											
Fraud											
DUI		1				1			1		
Stolen Property											
Weapons Violation											
Liquor Law Violation											
Miscellaneous		9			8	1	5	3	1		
Drugs (Poss./Sale)		6	1	1	4		4		2		

Drug Type	Amount	Value
Marijuana grams	58	\$550
Cocaine		
Crack Cocaine grams		
Alprazolam (Xanax)		
Oxycodone		
Oxycontin		
Amphetamines	1	\$100
Other Narcotics		



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#### PBR Star Wiley Petersen

By Alexandra Frank

**TEMECULA, CA** — The first thing you notice about Wiley Petersen when you first meet him is his down to earth personality. He has an easy smile and shakes your hand with friendly enthusiasm. The Shoshone-Bannock Tribal citizen from

Ft. Hall, Idaho is rated #4 (at the time of this story) in the Pro Bull Rider association. He is currently receiving sponsorship from the Seminole Tribe of Florida Inc., as of Oct. 2003.

During the Intertribal Agriculture Council Symposium at Temecula, CA, I got a chance to speak with Wiley

AF: How old were you when you started riding

Petersen: I got on a steer when I was 10 years old. I tried it and fell in love with it. Yeah, I fell in love with it and wanted to be a professional. When you grow up around it, it's something that's just in you I think. You know about it and you're familiar with it. I think someone from the big city, who has never seen a rodeo, would never say, 'you know I think I

want to ride a bull. Why would you want to do that? My parents have been in rodeos.

I've been around them and then when I tried it the first time I loved it. Some kids their probably around it all the time and they just have no desire for it. We have this mind set that we can't do it or that it's just impossible. This is just a dream to me its just one day at a time I just love to ride bulls that's who I am. Sometimes I get in over my head and I think, 'boy I'm going to get killed here.' The good Lord watches over me and here I am you know, he just opened the door.

AF: Do you know of any other Native American Indians involved in professional rodeo? Petersen: "I haven't heard of any. There

probably are some riders that are part Indian. Where I live on the Fort Hall Reservation, I don't think there's any other competitor that is quite that recognized as a Native American.

AF: Do you view rodeos as a lifestyle? And who was your inspiration?

Peterson: Rodeo is a lifestyle. It's not like a hobby or anything. My parents are totally supportive of me and my grandpa was a big inspiration for me. He rode bulls when he was younger; he was always there with me pulling my rope and telling me what I needed to work on and what I need to do. He really inspired me to be the best that I can be.

AF: What would you say to young Native Americans about being successful in a chosen profes-

Petersen: I know as a professional athlete that people are watching me. I want to do my best to be a good example you know and to encourage people to make good decisions towards their goals.

It's possible that they could do the same.

That they could be successful in what they do. It starts one day at a time, the smallest decisions are the most important because they affect the bigger ones. I know that people are watching. It's a good reminder for me just to keep being me and not live up to their expectations, because I'm human, like anybody else. I love to ride bulls and I've succeeded at it a few



L-R: Mitchell Cypress, Paul Bowers, Wiley Peterson, Richard Bowers, and David Dehass.

times, but I'm still Wiley Petersen. You can't start getting inflated about yourself because that bull will pop your bubble.

AF: What advice can you share with Native youth about pursing a career outside of the reservation?

Petersen: I would say don't look at who you are as a hindrance, rather look at it as a booster because you're a unique person that has talent and skill that nobody else has. God has created you with a special uniqueness and rise up to that and don't put so much emphasis on what you do, but who you are and how you do it.

Even if you have the job nobody really wants to do, do it with everything you've got. Just do your best and that will carry over to other areas of your life. There are no limits except the ones you put on yourself. It is not as important to be on TV or to be like, 'everybody knows my name,' big deal! Five years from now, nobody's going to know your name.

You really have to make a difference in other people's lives, not so that they'll know who you are, but so that they can find out who they are. No sense in getting away with, 'Well they do this and what do I do?' Find your spot and do it to the best of your ability.

I would like to thank Wiley Petersen for his time to conduct this interview. And I would like to give applause to his family for raising such a mature, focused individual.

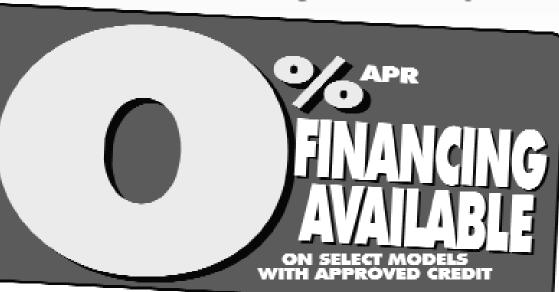
Indian Country needs positive role models such as Wiley Petersen, Astronaut John B. Herrington, and Senator Ben Nighthorse Campbell to help show that Native people can accomplish any dream they have. You CAN become anybody you

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#### **HOLLYWOOD**

Position: Budget Analyst Dept: Accounting Position Opens: 8-4-03 Position Closes: 8-18-03 Salary: Negotiable with exp. with benefits

Position: Reporter/Editorial Ast. Dept: Communications Position Opens: 9-2-03 Position Closes: 9-15-03 Salary: Negotiable with benefits Position: Outreach Worker

Position Opens:9-2-03
Position Closes: 9-15-03
Salary: \$8.00/hr with benefits Position: Maintenance Mechanic

Position: Maintenance Mechanic Dept: Housing Position Opens: 7-14-03 Position still available Salary: negotiable with benefits

Position: P/T Environmental Housekeeper Position Opens: 9-2-03
Position Closes: 9-15-03
Salary: \$18,720.00 annually with benefits

Position: Microcomputer Support Specialist

Position Opens: 7-7-03
Position still available
Salary: \$35,000 - \$42,000 annually with benefits Position: Finish Carpenter (3) Dept: Housing Position Opens:9-2-03 Position Closes: 9-15-03

Salary: negotiable with benefits Position: A/P Manager Dept: Accounting Position Opens: 9-22-03 Position Closes: 10-6-03 Salary: negotiable with benefits.

Position: Treasurer Dept: Council Position Opens: 10-20-03 Position Closes: 11-03-03 Salary: Negotiable. Commensurate with experience

Position: Receptionist Position Opens: 10-20-03 Position Closes: 11-03-03 Salary: \$18,720.00 annually with benefits

Position: Telecommunications Specialist Position Opens: 8-4-03
Position Closes: 8-18-03
Salary: \$34,000.00 annually with benefits

Position: Rough Carpenter Dept: Housing Position Opens: 9-2-03 Position Closes: 9-15-03 Salary: negotiable with benefits

Position: Construction Manager

Dept: Utilities Position Opens: 10-20-03 Position Closes: 11-03-03 Salary: \$56,000.00 annually with benefits

Position: Programmer/Analyst Dept: Information Systems Position Opens: 3-31-03 Position still available Salary: Negotiable with benefits

Position: Receptionist Dept: President's Office Position Opens: 10-20-03 Position Closes: 11-3-03

Salary: negotiable with benefits

Dept: Utilities Position Opens: 10-20-03 Position Closes: 11-03-03 Salary: \$58,000 - \$62,000 annually with benefits

Position: Office Clerk III Dept: Family Services Position Opens: 9-2-03 Position Closes: 9-15-03 Salary: negotiable with benefits

Position: Programmer/Analyst Dept: Information Systems Position Opens: 3-31-03 Salary: Negotiable with benefits

Position: Purchasing Agent (non-Certified) Dept: Seminole Police Dept Position Opens: 8-11-03 Position Closes: 8-25-03 Salary: negotiable w/ben

Position: Safety Officer Dept: Human Resources Position still available. Salary: Negotiable with benefits.

Position: Tribal Clerk Dept: Secretary of Tribal Council Corporate Board Position Opens: 10-13-03 Position Closes: 10-27-03 Salary: Negotiable w/benefits

Position: Counselor II Dept: Family Services, Health Position Opens: 7-7-03 Position Closes 7-21-03 Salary: negotiable with benefits

#### **BIG CYPRESS**

Position: Secretary
Dept: Natural Resources Dept.
Position Opens: 9-22-03
Position Closes 10-6-03 Salary: negotiable with benefits

Position: Tour Guide Dept: Ah-Tah-Thi-Ki Museum Position Opens: 10-13-03 Position Closes:10-27-03 Salary: \$7.50/hr with benefits

Position: Administrative Assistant Dept: Family Services Position Opens: 8-18-03 Position Closes: 9-2-03 Salary: negotiable with benefits

Position: Curator of Education Dept: Ah-Tha-Thi-Ki Museum Position Opens:10-20-03 Position Closes: 11-3-03 Salary: Negotiable with experience and benefits Position: Maintenance Worker

Position. Maintenance worker
Dept: Ah-Tah-Thi-Ki
Position Opens: 8-25-03
Position Closes: 9-8-03
Salary: \$16,640 annually with benefits Position: Dir. Family Services Dept: Family Services Position Opens: 9-15-03 Position Closes: 9-27-03

Salary: negotiable with benefits

Position: Instructional Aide Dept: Ahfachkee School Position Opens: 3-10-03 Position still available Salary: negotiable w/exp. with benefits.

Position: Firefighter/EMT (P/T) Dept: Emergency Services Position Opens: 3-10-03

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Position: Career Firefighter/EMT Dept: Emergency Services
Position Opens: 7-21-03
Position Closes: 8-4-03
Salary: \$31,500 annually with benefits

Position: Elementary Educ Teacher Dept: Ahfachkee Position Opens: 8-25-03 Position Closes: 9-8-03 Salary: negotiable with benefits

Position: Food Prep. & Service Assoc. Dept: Corp. Board, Gas Position Opens: 10-27-03 Position Closes: 11-10-03 Salary: Negotiable with benefits

Position: Store Manager Dept: Corp Board/Gas Position Opens: 10-21-03 Position Closes: 11-3-03 Salary: Negotiable with experience with benefits

Position: Ast. Store Mgr Dept: Corp/Board, Gas Position Opens: 10-21-03 Position Closes: 11-3-03 Salary: Negotiable with experience with benefits

Position: Sales Associate, F/T & P/T Dept: Corp/Board, Gas
Position Opens: 10-21-03
Position Closes: 11-3-03 Salary: Negotiable with experience with benefits

Dept: Utilities Position Opens: 7-28-03 Position Closes: 8-11-03 Salary: \$18,720.00 annually with benefits

Position: Operator Maintenance Trainee

Position: Elem. Music Teacher Dept: Ahfachkee School osition still available. Salary: negotiable with benefits

Position: Maintenance Mechanic Dept: Housing Position Opens: 10-20-03 Position Closes: 11-3-03 Salary: \$23,920 annually with benefits

Position: Community Health Rep. Dept: Health Position Opens: 8-25-03 Position Closes: 9-8-03 Salary: \$20,800 - \$22,880.00 annually with benefits.

BRIGHTON
Position: P/T Firefighter/EMT
Dent: Emergence: S Dept: Emergency Services Position Opens: 3-10-03 Position still available Salary: negotiable w/experience w/ benefits

Position: Operator Maintenance Trainee Dept: Utilities Position Opens: 4-28-03 Position Closes: 5-12-03 Salary: \$18,700 annually with benefits.

Position: Video Programmer, P/T Dept: Broadcasting Position Opens: 4-28-03 Position Closes: 5-12-03 Salary: \$8.00/hr. Position: Residential Coordinator Dept: Housing Position Opens: 9-22-03 Position Closes: 10-6-03

Salary: \$24, 960 annually with benefits Position: Community Health Rep. Dept: Health

Position Opens: 10-13-03 Position Closes: 10-27-/03 Salary: \$20,800 - \$22,880.00 annually with benefits Position: Store Manager Dept: Corp. Board/Gas Position Opens: 10-21-03 Position Closes: 11-3-03

Salary: Negotiable with experience with benefits Position: Ast. Store Mgr. Dept: Corp. Board, Gas Position Opens: 10-21-03 Position Closes: 11-3-03

Salary: Negotiable with experience with benefits Position: Sales Associate, F/T & P/T Dept: Corp. Board, Gas Position Opens: 10-21-03 Position Closes: 11-3-03 Salary: Negotiable with experience with benefits

Position: Medical Assistant Dept: Health Position Opens: 10-13-03 Position Closes: 10-27-03

Salary: \$20,800. - \$22,880 annually with benefits.

Position: Transporter Dept: Health Position Opens: 9-8-03 Position Closes: 9-22-03 Salary: \$18, 720 - \$20,592 annually with benefits

Position: Ast. Director of Recreation Dept: Recreation Position Opens: 9-22-03 Position Closes: 10-6-03 Salary: negotiable with benefits

Position: Counselor II Dept: Family Services Position Opens: 10- 13-03 Position Closes: 10-27-03 Salary: Negotiable with benefits

Position: Electrician Housing

Position: Teacher Aide (3) Dept: Preschool Position Opens: 8-18-03 Position Closes: 9-2-03 Salary: negotiable with benefits & education

Dept: travel to all Res. Position Opens: 6-30-03 Position Closes: 7-14-03 Salary: \$29, 120.00 annually with benefits Position: Water Resources Mgt. Coord.

Dept: Water Resources Dept. Position Opens: 4-28-03 Position Closes Salary: \$ 30, 000 annually w/ benefits.

Position: Career Firefighter/EMT Dept: Emergency Services
Position Opens: 7-21-03
Position Closes: 8-4-03
Salary: \$31,500 annually with benefits Position: Heavy Equipment Mechanic

Dept: Natural Resource Program Position Opens: 10-27-03 Position Closes: 11-10-03 Salary: Negotiable with benefits Position: Tribal Outreach Worker II

Dept: Family Services, Health Position still available. Salary: Negotiable with benefits

**COCONUT CREEK** Position: Surveillance Specialist

Dept: Gaming Position Opens: 10-13-03 Position Closes: 10-27-03 Salary: \$19,760 annually with benefits

FORT PIERCE Position: Sr. Counselor

Dept: Family Services, Health Position still available. Salary: Negotiable with benefits,

IMMOKALEE
Position: Counselor II Family Services
Dept: Health
Position C Position Opens: 6-23-03 Position Closes: 7-7-03 Salary: negotiable with benefits

Position: Cultural/Lang. Instructor Dept: Culture Education Position Opens: 2-24-03 Position still available Salary: negotiable with benefits

Position: Maintenance Worker

Position Opens: 12-19-01 Position Still available Salary: \$ 14,500 with benefits. Position: Operator Maint. Trainee (1)

Dept: Utilities Position still available Salary: \$ 18,700 annually with benefits. Position: Carpenter

Salary: \$29,120 annually with benefits Position: Nutritionist Dept: Health Educator Health Position Opens: 1-6-03 Position still available Salary: \$Negotiable w/benefits

Dept: Housing Position Opens:10-20-03 Position Closes: 11-3-03

Position: Counselor 11 Dept: Family Services, Health Position still available. Salary: negotiable with benefits

#### Tribune Jobs

#### Positions Available at the Seminole Tribune!

Interested in writing articles and covering events for the Seminole Tribe of Florida? The Seminole Tribune currently has positions available -Assistant Editor/Reporter and Freelance Reporter. Each position offers a competitive salary, flexible working hours, and a chance to travel. Assistant Editor: Follow deadlines, write stories, assist with various in-house projects, and proofreading. You will cover events, interview tribal citizens, and assist during production week. A college

degree is preferred, but not essential. 35mm and/or digital camera experience are needed. A good understanding of grammar rules and solid writing skills are important. Strong computer skills needed (Windows/MS Office, Word). A valid driver's license is required. Freelance Reporter: Write stories and cover events. For example, if you live in Brighton,

generally you will cover events there, or ones that are close by. Basic 35mm and/or digital camera experience are needed. A good understanding of grammar rules and solid writing skills are important. A valid driver's license is required. Strong computer skills needed (Windows/MS Office, Word).

If you would like more information, please call the Human Resources Department at (954) 967-3403, or the Seminole Tribune at (954) 967-3416.

#### **Emergency Services**

Seminole Tribe of Florida Department of Emergency Services
Accepting applications for following positions:
Full Time/Part Time Firefighter/E.M.T.
Applicants must possess the following certifications at time of application.
State of Florida Firefighter II per Florida

State of Florida Paramedic or Emergency Medical Technician. Valid Florida Drivers License-Class D with E endorsement.

Emergency Vehicle Operators Course
"E.V.O.C."
High School diploma or G.E.D. equivalent. Birth Certificate.

Candidates will be required to pass a physical agility test and written exam, medical exam, drug screening and comprehensive background investigation.

Starting Salary \$31,800 plus benifits.

Download application, then mail completed application with copies of all required certificates plus copy of Florida driver's license and High School diploma to the following address via certified mail only:

Seminole Tribe of Florida Department Of Emergency Services H.C 61. Box 49. Clewiston, FL 33440

Do not contact Department of Emergency Services, Stations, or Personnel requesting information.

#### Hard Rock Casino

Position: Director, Tribal Career Development Program

**Department:** Corporate Gaming Human Resources **Location:** Hollywood – Corporate Gaming Administration

Reports to: Senior Vice President of Human Resources

**Department:** Security Location: Seminole Hard Rock – Hollywood, FL Reports to: Security Supervisor

Position: Security Officer

**Position:** Computer Operations Engineer (i-series operator)

(NEED FOUR (4) OF THIS POSITION) **Department:** Information Technology **Location:** Seminole Hard Rock – Hollywood, FL Reports to: IT Systems Officer (Hardware)

Position: Help Desk Engineer **Department:** Information Technology Location: Seminole Hard Rock – Hollywood, FL

**Reports to:** Information Technology Operations

Please forward resumes to jfaccadio@semtribe.com or fax (954)364-4137 attn: Jeanne Faccadio.

#### Police Jobs

Position: Police Officer Starting Salary: \$35,992.95 Locations: Big Cypress, Hollywood, Immokalee Police Officer position available. Must already have/his 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.

November 26, 2003

#### From the Desk of the Health Director Connie Whidden, MSW

To All Tribal Members:

From time to time, the Health Department is approached by individuals to consider alternative treatments for patient care that may be experimental in nature. They have not been documented through lengthy scientific study and reviewed by appropriate medically trained and certified individuals even though many of these procedures may appear to be hopeful in treating a particular medical condition.

The Seminole Health Department provides quality safe and up to date health care to all Tribal Members. The safe appropriate use of medications and therapies both prescription and non-prescription is always of major concern for all patients. The Health Department's policy is to prescribe medications and therapies which have undergone appropri-

ate scientific evaluation, thereby maximizing the well being of Tribal Members. The Seminole Tribe of Florida Member Health Plan does exclude (page 20 number 8) care, treatment, services or supplies that are experimental or investigational.

The Health Department Medical Staff would be glad to meet with any Tribal Member to discuss their medical condition or answer any questions they may have regarding a medical treatment that he or she may be considering and also to answer any questions relating to their health plan benefits under the Member Health Plan.

**Hollywood Medical Center Big Cypress Medical Center Brighton Medical Center** 

(954) 962-2009 (863) 983-5151 (863) 763-0271

#### HEARx Visits Hollywood Health Clinic

**HOLLYWOOD** — On Nov. 12, the

Hollywood Health Clinic offered free hearing tests to tribal citizens by HEARx, a Florida based company. HEARx has been involved with the Seminole Health Clinic because of referrals from patients to their facility. Because of their close proximity to the Health Clinic Lisa Allen, Director of

Hollywood Clinic Health Fair. Every age group can receive the hearing test except for infants. There is a specialized office that tests infants, but they must have pediatrician clearance. The bulk of the patients to HEARx are adults

Nursing asked that HEARx be a part of the

HEARx has been around for about 17 years, starting off with a few offices in Florida. They've expanded and now have facilities in major states across the United States and even in Canada. Previously, they were in Florida, New York, and California, but last year, merged with another company called Healix. Together, their new name is Hear USA, but they still operate under the name HEARx.

HEARx is getting ready to attend the Health Fair in Big Cypress, although that date has not yet been given. It would be a good idea for tribal citizens young and old to take advantage of the free hearing

#### **Avoiding the Holiday Blues**

BIG CYPRESS — The holidays, especially Christmas, should be a time of joy, fun and happiness. It is not unusual for some of us to feel down, sad, lonely and depressed.

If this happens to you, do not despair. You are experiencing a condition that has come to be called holiday blues or holiday depression.

Holiday depression may occur during many of the holidays and even during a person's birthday, but it seems to be more prevalent during the month of December and New Year's Day.

The Yale Depression Research Clinic found that the holiday blues are a "universal and normal" experience which is usually short lived and can be minimized by taking some actions.

There are some individuals, who may be a greater risk of experiencing this condition: Those who have recently suffered the loss of a loved one, those with chronic illnesses, and those who are separated from their significant others by distance, time or situations.

At a time when happiness is supposed to be the prevailing emotion, those suffering from a chronic illness, such as

diabetes or cancer, may find themselves experiencing depression instead of joy. Those who have experienced a recent loss may feel lonely and thinking of the past holidays when the loved person was with

In addition, the holiday season is a rather busy time of the year that contributes to stress Holiday blues affect both men and women, young and old. Contributing factors to this are: crowded stores, traffic, deadlines, lack of money to buy gifts, and the media message of total happiness do not help. The demands on our time, energy and resources contribute to some of us getting stressed out and some of us experiencing the holiday blues.

But, do not despair. There are some actions you can take to prevent this. Following are some suggestions:

Avoid too much alcohol and other moodaltering drugs: These will actually magnify the feelings of depression and loneliness. Alcohol is a depressant and attempting to drown your feelings

will actually make you feel worse

Eat right: The holidays are a time of excesses, food being one of those excesses. Your body (and your mind) gets negatively affected by this drastic change in eating habits. Eat in moderation and avoid excessive sugars and fats. Excessive sugar affects your insulin levels and therefore your mood.

Get enough rest and sleep: Not getting enough rest and adequate sleep makes you more susceptible to stress

Exercise: One of the best tools to deal with stress is to exercise. In addition, exercise may help you avoid the consequences of overeating by burning excess calories.

Give yourself a gift: Holidays are a time to remember, give and honor those who we love and

care about, but do not forget that you are also a valuable individual that deserves some recognition, if not by others, by yourself.

Do something positive for yourself: You will feel better and by feeling better, you may be able to give and take care of others. Get yourself some new clothes, a massage, a time out at the beach, go to a movie, a concert or whatever will

make you feel good.

Now leave me alone

until next year

Talk to someone about your feelings: You may find that you are not the only person feeling the blues. Talk to your significant other, a minister, a friend and if you continue to feel down and depressed, a counselor. Talking about your feelings is the best way to deal with them

Remember, the holiday blues will pass: In most cases, the holiday blues are only temporary, lasting a few days or a few weeks. Keeping that in mind is in itself very helpful. Holidays are a time to relax, to be kind to

others, but also to yourself. Be realistic. Plan ahead if sad feelings tend to come and accept them; they are yours and then let them go.

With time, a little practice, and some effort, you will be able to minimize the blues and increase the brightness of the holidays.

With that, I wish you a good Thanksgiving and Christmas holidays



#### Flu Vaccine available for Employees

**HOLLYWOOD** — As

we all know, the flu season is fast approaching and now is the time to get immunized against influenza. I would like an estimated head count of the employees who are interested in getting the flu

The tentative date for distribution of the vaccine is Thurs., Dec. 4th and 11th, from 12 p.m. - 2 p.m. at the Tribal

Please respond as soon as possible with the number of interested employees, so that I can relay this information to the **Broward County Health** Department. Thank you for your cooperation.

Please contact Kareen Blanchard , Case Manager at (954) 962-2009 x165 for more information.

#### **Healthy Tips from Acupuncture Healing Center**

By Sharon Sootin N.NIT. A.P.

Traditional Chinese Medicine (TCM) is a working system of curing ailments that is 3,000

Each organ in the body (lungs, kidneys, spleen, stomach, liver, heart, intestine, etc.) has many specific jobs to do to keep us healthy and full of energy

When we get stomachaches with gas, bloating, burping and acid reflux, it's because specific organs are not doing their jobs, the way they are supposed to. Did you know that when you put food into your mouth, let's say a bite of an apple, your taste buds will immediately send a message to the spleen and stomach to release the correct enzymes and digestive juices to break down the apple, separate the solid from the liquid and then send the nutrients of the apple to the correct body system. Then, it separates the solid from the liquid of the apple and sends them to the appropriate organ for absorption of the good stuff and elimination of fiber, which is then scrubbing and cleaning

the sidewalks of your intestine to keep it clean. When the stomach and spleen are sluggish and not working to their full capacity, the apple

will sit in the stomach for too long and start to ferment. This leads to the gas and bloating. If it is acid foods, it can lead to ulcers, acid reflex, constipation or loose stool.

Meat for example is the hardest food for our stomach to break down so it will end up like rotting meat sitting in your stomach or intestine causing foul smelling gas to come out. This rotting meat is also being absorbed into the body system. This acid then can end up in your blood and your muscles and joints cresting stiffness and pain.

Acupuncture and herbal medicine can restore your organs energy to their full working capacity when the organs are working correctly your body will absorb all the nutrients from your food and leave you with a comfortable feeling in your stomach and will also give you lots of energy.

Acupuncture is basically painless and you will be left with a feeling of wellness and an increased energy level. Call today for a free consultation at (954) 458-4747.

Tip of the day - Foods to boost your energy - Beef, cherries, chicken, coconut, dates, figs, grapes, oats, potatoes, rice, sweet potato, squash, and yams to name a few.

#### Holiday Eating and "Diet" That Follows

Holiday feasting has already begun. It starts with all the candy at Halloween, then the Thanksgiving feast, followed by all the holiday parties, including Christmas and New Year's. But it ends with several unwanted pounds weighing you down and a couple of New Year's Resolutions. Here are some hints to help you to enjoy the holidays, gain as little weight as possible, and stay healthy. Before going to a party, have a light snack, like 1/2 a sandwich or a piece of fruit. You are less likely to overeat if you are not

"starving" when you arrive. At the party, look at the whole buffet before

you start, then you will be able to decide on what it is you really want most, instead of eating everything. Include lots of vegetables; they are nutritious and delicious, usually with fewer calories than the

Don't stand near the food table while you are visiting or you will be more tempted to keep picking and eat more than if you just made a plate and sat down to eat.

If you drink alcohol, remember that it absorbs quickly on an empty stomach. Be sure to eat before you drink, and please drink responsibly.

Remember, this is a time of year to celebrate family ties and community, eat slowly and savor the flavors. Enjoy the whole party, visit with friends, and don't just focus on the food. Also, keep active through the holiday season to help burn off those extra calories. Since our weather is cooler, it is the

perfect time to get outside and walk. (Rez Rally is right around the corner – January 17, 2004)

Once the holiday season is over, it is tempting to buy any new diet on the bookshelf to try to shed the extra pounds. Here are some things to think

Weight = Calories consumed versus calories burned off

Any "diet" will work in the short term, because you are reducing your calories.

any "diet" because you go back to eating more calo-

ety of foods in the right amount, not excluding any

one food group. The key to success is a long term plan, not a "diet". This includes healthy food choices and regu-

lar exercise. If any of these fad diets worked long term,

Anyone can write a "diet book", carefully consider your source of nutrition and exercise information. For the most accurate nutrition and diet

information please contact the nutritionist on your reservation Beth Skinner and Jeanne Hatfield are both nationally Registered Dietitians!

We will help you to sift through the many

#### **Holiday Treats**

By Kenny Bayon C.FT

With the holiday season rolling around, it's time to take the initiative and get ready to stay in shape. As we all know, this is the time of year where we are strapped for time. There's shopping traffic, lines at the cashier, at the return counter, office parties, family get-togethers, and school pageants. Throw in baking, gift wrapping, and dec-The holidays are

already so full of tasks above and beyond your usual responsibilities; it may seem unfathomable to think you can maintain any semblance of fitness in spite of it all. But with a little planning and a miniscule investment of time, it is not only possible, it may just be essential!

I know what you are thinking; the holidays are a time for fun and indulgence. You don't want to think about fitness during that. You want to enjoy yourself. Don't worry! The festivities don't have to be eliminated or avoided. You can have a fabulous time while also maintaining your weight and your fitness regimen.

The secret to achieving a holiday season that is both full of fun and also includes fitness is found in moderation. There are two typical approaches to the seasonal events:

1. Throw all healthy eating habits out the window and indulge in every guilty pleasure. 2. Starve and binge approach (for example, you eat nothing all day long to allow yourself to overindulge in party food). Of course, NEITHER example is going to be a success at maintaining a healthy, fit lifestyle throughout the holiday season.

As mentioned above, the key is found in moderation. With a moderate approach, both to what you eat (or don't eat) and how much exercise you do (or don't do), you can avoid packing on extra weight AND also partake in all the fun of the season. So this season, get a head start on the New Year instead of starting January with extra pounds

The best approach to surviving the holidays fitness-wise is to set your goals to maintain your body at its current weight and fitness level, rather than lose weight or tone up more than you are at this moment. This can be accomplished with the help of some simple, attainable steps:

Begin each meal or snack with a serving of fresh fruit or veggies. This will serve two purposes: It will help you achieve the USDA's "5-aday" recommendation—which means better nutrition to keep your body healthy through holiday stress and it will help stave off your appetite.

\* Similar to the above, try preceding a holiday indulgence with at least a half serving of a

fruit, vegetable, or even a hot cup of tea. Then enjoy a smaller quantity of the treat. You'll feel more satisfied, and the non-fat fruit or vegetable accompaniment will help offset the usually higherfat content of holiday goodies. \* Be picky when it comes time to select-

ing your holiday treats. Make sure you're eating something truly unique during the holidays. Cheese and crackers, or chips and dip, for example, are available all year long, and

therefore can be passed up for that seasonal slice of pumpkin pie. \* It is very important to

continue exercising through the holidays. This is the one step that will surely minimize the impact of your food choices and help you avoid weight gain. If your schedule won't allow you to

participate in a group class, consider fitness or videos, which can be a real life-saver during this \* When you entertain, have a plan for

what happens in the hours following all of your guests' departures. Since you're probably going to be exhausted, and as the host or hostess, possibly a bit hungry, this could be a dangerous time. To ensure you don't nibble a season's worth of calories as you clean up, try this to unwind: 1. In advance of the party, set out a mini-

meal or snack for yourself, one that balances some nutrition with some special treat. For example, an apple with 2-3 cookies, and a small glass of eggnog. Set this up on a small plate or tray, and tuck it into the fridge for access after the guests are 2. When the guests have left, follow these

next steps before you do anything else:

3. Change into something comfortable, find a space where you can sit quietly for 5-10 minutes, and play a favorite soothing CD, which provides gentle verbal cues to help you calm down

4. Make yourself a cup of hot tea or decaf coffee, and have a seat in front of a window to see the nighttime landscape. 5. For the next few minutes, sit quietly

and comfortably, sipping your coffee or tea, and just relax. If you're finding it hard to sit still, concentrate on your breathing; don't change it, just observe it. Let your thoughts slow down. 6. When the time is up, you can emerge

from this quiet time-out and enjoy your mini-meal or snack. Enjoy this at the table, rather than while on the clean-up fly. When you're finished with this treat, you can then start the clean-up. 7. This strategy can also be applied fol-

lowing your own return from a holiday party.

Here are some other holiday survival tips:

\* Exercise an hour a day during the holidays. Exercise to burn calories, relieve stress, and elevate your endorphins and mood such as a brisk

\* Avoid eating no fat. Eating moderate amounts of fat during the holidays will satiate the appetite and prevent overeating of carbs (about 35-65 grams per day will be sufficient for most peo-\* Don't skip meals. Hunger and low

blood sugar lead to overeating. \* Don't pass up favorite foods or deprive yourself completely. Moderate con-

sumption is the key. \* Don't tempt yourself by keeping trigger foods or comfort foods around the house. If you have them, it certainly increases the likelihood that

\* Plan meals by keeping in mind the demands you'll nave ule that day. \* Don't go to a you'll have on your sched-

you leave home, eat something light or drink a protein shake. Also drink a great deal of water the day of the party. \* When you attend

you will overeat.

holiday festivities, don't station yourself near the buffet table. Make a clear-cut decision to distance yourself from all goodies. \* Alcoholic beverages pack on the calories so if you're drinking alcohol, stick to light

beer or a champagne spritzer. \* If you do find yourself feeling depressed, soothe your spirit with a massage, manicure, pedicure, or facial. Men can enjoy this too! \* When you shop, eat before you leave

home so you won't resort to cookie breaks.

To satisfy your sweet tooth, set limits. For example, you might allow yourself two desserts per week at 250 calories each.

Just because it is the holidays doesn't mean you should give yourself the license to eat everything that passes by. Factor in the little extras into your daily intake.

\* Help out by saving fat and calories when it's feasting time. Make or buy wild-rice stuffing, baked sweet potatoes, whole-grain rolls and angel-food cake with fruit.

\* If you are staying with family or friends, ask them if you can have a space in the refrigerator and keep foods on hand to snack on like lean deli meats, cottage cheese, nonfat cheese sticks, etc.

If you tend to overeat during family gatherings, plan and visualize what and how much you will eat before

you go.

\* If you want to really keep yourself honest (the same size) during the holiday season wear your most formfitting blue jeans. Another trick is to tie a string or rib-

bon around your waist (under your shirt) that will not budge with the bulge. \* If you are at the mercy of the dinner host, eat modest amounts of the foods offered and fill up on foods with more fiber and

fewer calories. Make a small plate and skip the \* Eat whatever you want on the main holiday feast. If you over do it just go back to your

regular plan the next day. \* Take a meditative moment at least one time every day to breathe deeply, and clear your mind of all the clutter.

\* Enjoy the season, not just the food!

You will regain weight when you go off of The key to proper nutrition is eating a vari-

there would not be a new book out each week.

nutrition messages floating around. I hope these tips help you to enjoy the holidays and avoid unwanted

#### Sports Ham-pa-leesh-ke v Vkkopvnkv

#### Meet Seminole Slugger Jacob Santiago

By Randi Simmons
TAMPA — If you want to get a great big smile from one 8-year old Tribal member in Tampa, just say the word "sports!" He's Jacob Santiago, son of Tracie and Randy Santiago.

Both parents are proud of their son's interest outside of his schooling and church. Tracie relays how Jacob was always excited about rooting for his older brother Joseph, who played baseball in the evenings after school. He wished he could be just like him.

And now that Jacob has been playing ball for four years, he's showing exceptional talent. He quickly made the jump from playing T-ball to facing real pitching. He plays on a regular basis with a team at the local park. Although this particular park wouldn't sponsor the team, Jacob took it all very seriously for his age and played like he was an All-star. Jacob, who enjoys playing both the infield and outfield, told his mom and dad that someday he is going to play in the World Series.



**Jacob Santiago** 

His father, Randy, tells how it's a regular routine for him to come home and have Jacob eagerly waiting to practice and pitch the ball with him after work, three to five nights a week.

Jacob's enthusiasm and dedication to play-

ing baseball got noticed when a scout that was recruiting a team together, and had been traveling to different parks to watch games, happened to notice

Jacob. The next thing they knew, Jacob and his supportive family was on a trip to play in Thomson, GA in a World Series Program League (USSSA). His team, the Lakeland Bulldogs, was the state runner-up for 2003.

If this young man is not playing baseball or doing his school work, his mom tells us that he can be found in his room, which is filled with favorite sports memorabilia, watching baseball on his favorite channel on TV, ESPN.

Jacob's love of sports doesn't end on the diamond though. He now spends his nights playing football for a team called the Lakeland Eagles, but baseball is his first love.

Who knows, perhaps one day we'll tune in and see Jacob



1st Place winners Urban Legends.

November 26, 2003

22 22 22 23 23 23 23

#### 1st Annual Cindy Osceola **Memorial Basketball Tournament**

**HOLLYWOOD** — On Nov. 6-8 the 1st Annual Cindy Osceola Basketball Tournament was held at the Hollywood Seminole gym. The event featured a three-day tournament, of the Legends Tournament, Adult Men &

Women Tournament, 3pt.shoot-out and a free throw shootout for all

Opening ceremony President Moses Osceola gave blessing to all participants and thanked everyone for attending the basketball tournament.

The Osceola family and friends cooked tirelessly for three days, preparing Seminole food for Cindy's Memorial Basketball Tournament. "We love our sister,' said Donna Turtle, "Cindy was a mother, sister, daughter, wife and a friend. She was loved by all." Cindy was a talented ath-

lete, who loved to participate in all sports events, this year Cindy was honored by the Seminole Hall of Fame as an all around athlete. In honor of Cindy

Osceola, a dinner was presented on Friday night. During dinner, Maydell Osceola, Donna Turtle and family presented special guest (Big Shot) Moses Jumper Jr. with a plague of appreciation for sponorsing the 1st Annual Cindy Osceola

Memorial Basketball tournament. Thursday night, Legends (35 & over) kicked off the Cindy Osceola Memorial Basketball tourna-

The Seminole men & women legends of the surrounding reservations hustling for 2 & 3 pointers,

In the Legends championship game the

The Trail Legends weren't giving up easily.

3pt.shots. The game remained tied and at times Trail

The game went into over time 28-28, Richard Osceola the "Urban Legends" 3-pt. superstar with only seconds before the buzzer takes a shot from



Adult Women MVP's.

the 3pt.line breaking the tie for the win. Later, winners received cash prizes and jackets, referees chose one MVP from each winning team, awarding them wood plaques and jackets. One of the best tournaments ever!

#### **Basketball Tournament Results**

Legend Men

1st Urban Legends- MVP Caving Osceola 2nd Trail Legends 3rd B.C. Men

**Legend Women** 

1st Virginia's Team (Lady Seminole)-MVP Virginia Osceola 2nd Marlene's Team (Trail) 3rd Forfeit

**Adult Men's Division** 1st Hurricanes- MVP Tony Heard 2nd F.B.I. 3rd B.C. Men

**Adult Women's Division** 1st Native Honey (Cherokee)-MVP Ruth 2nd Lady Seminole

**Free Throw Competition** Men's Legends- Tracey Smith Adult Men- Tony Heard

Women's Legends- Virginia Osceola Adult Women- Francine Osceola

3rd Trail

**3Pt. Point Competition** Men's Legends- Clifton Huggins Adult Men- Tony Heard

Paula Cassels

Women's Legends- Alberta Adult Women-Allison Baker

Members of the 2003 Rodeo Team representing the Eastern Indian Rodeo Association.

#### Welcome Back INFR Qualifiers

By Emma Brown

**SAN JACINTO, CA** — This year's rodeo team, representing the Eastern Indian Rodeo Association at the Indian National Finals Rodeo in San Jacinto, California, returned after a very long and sweltering trip. This year's finals were sponsored by the Soboba Indian Tribe.

Robert Selgoto, chairman of the Soboba tribe gave a very warm and appreciated welcome to all the cowboys and cowgirls competing in this year's INFR. We even got word that Selgoto cooked the meat at the welcome dinner.

When I asked some of the contestants about California, they replied with one word, "HOT!" Unfortunately for the riders, California was going through a heat wave while our contestants were out there putting forth all their efforts to bring home a

Unfortunately, no world championships were won by the EIRA contestants this year, but a few came extremely close. Naha and Josh Jumper placed 2nd in two go-arounds and 3rd place in the 4th goaround. Robbie Chalfant split 3rd and 4th place in the forth go-around.

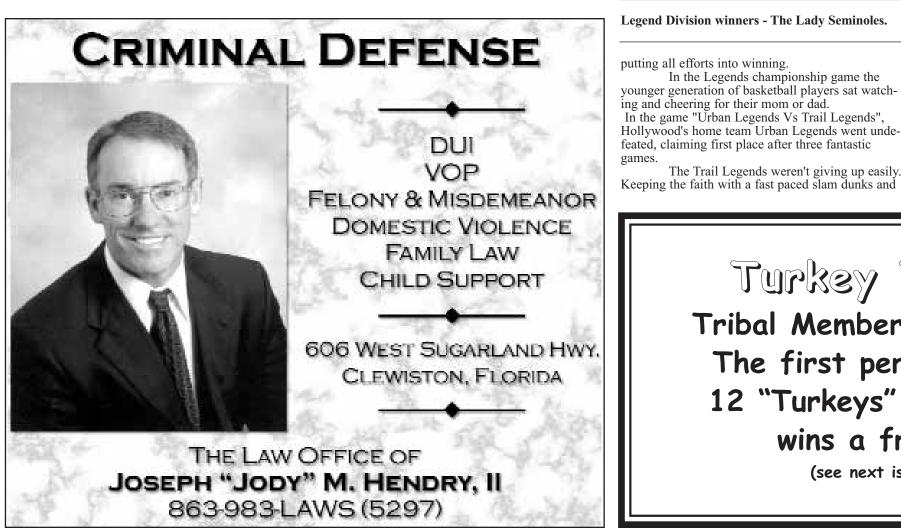
Shelby Osceola finished 3rd in the overall average in women's breakaway roping by roping all four of her calves. Good job Shelby! We are sorry to report that our rough stock riders had a "rough" time at the finals this year.

Our two bareback contestants, Alex Johns and Adam Turtle, were knocked out of competition due to injuries early in the week. Bull rider Happy Jumper sustained a broken arm, which took him out of the competition as well.

Rough stock is a very dangerous job, and we're very thankful to have them all back home and recovering!

Last but not least, our rodeo queen Trina Bowers definitely did not leave California empty handed. She purchased a \$20 ticket for a chance to win a brand new living quarter's horse trailer. And guess who won? Let's just say Trina doesn't need to buy a living quarter's horse trailer anytime soon.

Congratulations to all of the contestants that qualified for the finals at the 2003 Indian National Finals Rodeo. All of your hard work and effort definitely showed, and remember, there's always next



#### Turkey Time Funl Tribal Members and Employees!

The first person to find the 12 "Turkeys" in the Tribune, wins a free Turkey!

(see next issue for results)

#### 20 20 20 20 20 20

New Kid



Introducing Raiden Wolf Billie-Hiers, born on July 8, 2003, 5.1 lbs, 15 ounces. The proud parents are Mary Ella and Charles Billie Hiers Jr. Grandparents are Charles Billie Hiers Sr., Julia Foreman, Ella DeHass and Charles Gercak. Great grandparent is Mabel Frank. Aunt Stephanie and Uncle Raymond Philpott.

#### Happy Birthday



Happy Birthday to Greg Jumper!

God has blessed me with a wonderful son like you that is a loving, kind, and an awesome young man. I'm so glad you are growing up. Be careful and always take care of yourself.

I love you and miss you.



We would like to wish our son, Anthony, a Happy Birthday on Nov. 19. Love you always, **Mommy** and **Daddy** 

I would like to wish my **BIG Bro** a Happy Birthday. You mean everything to me. I love you very much. Love, your little sis, **Melinda** 

We would like to wish our Daddy a Happy Birthday on Nov. 25. We love you very much and hope you enjoy your special day. Love always, Melinda and Anthony

Grandma Nadine, we would like to wish you a Happy Birthday on

Love always, **Melinda** and **Anthony** 

R

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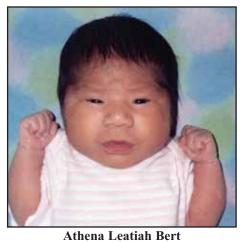
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7 lbs. and 20 inches long Born: Sept. 27, 2003 Parents: Jody Bert and Pearl Friday From: B.C. Reservation



Now 9 months old.



**Amos Moses Billie III Born:** Oct. 14, 2003 201/2 inches. 7lbs. 12ozs. Parents: Adriana Huggins and Amos Moses Billie II Trail Reservation

#### In Memoriam

#### ANTHONY SCOTT THOMAS

November 1, 2003

The Health Department was very saddened by the unexpected passing of Anthony Scott Thomas on Nov. 1, 2003. Anthony had served as the Health Department's Environmental Health Program Manager since 1994. Anthony was originally from Dayton, Ohio where his Mother, Mary and Father, Herbert resides, along with his extended family. Anthony was the fourth of seven children. Anthony's family referred to him as

Brandi Osceola

**Born:** April 11, 2003

Parents: Rylee and Carol Osceola

Anthony came to South Florida

following Hurricane Andrew and worked with the Health Department in Miami. His family stated that it was his love for the ocean that brought him to South Florida and to eventually live in Miami Reach

When we first learned of Anthony's passing we were all shocked with disbelief, especially at his young age of 41. In the days to

follow, the positive impact and significance that Anthony had on people became very apparent by the countless phone calls and messages received in Health Administration from colleagues, Tribal Members, Tribal Council Representatives, and the Chairman's Office in addition to individuals that Anthony had worked with on spe-

cial projects for the Seminole Tribe. Anthony's family described him as fun-loving, sensitive, caring and giving, which was often, demonstrated in his relationships with his family, his friends, others within the community, including the less fortunate. He was an avid tennis and basketball enthusiast. His family stated that Anthony loved working for the Seminole Tribe and that it gave them

much comfort to know that he had a family away from his family.

The Health Director along with several staff members traveled to Dayton, Ohio on Nov. 8, to attend his funeral. Anthony's family was overwhelmed by the kindness and generosity that the Seminole Tribe has extended to them during this very difficult time.

On Mon., Nov. 10, Health Director Connie Whidden held a memorial at the Hollywood Health Center in celebration of Anthony's life and his time

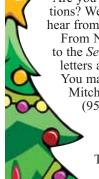


with Seminole Tribe. The memorial was well attended by Health Department staff and other Tribal Employees as well as several of those who had worked with Anthony in the past who stopped by to share a few words about what Anthony meant to them.

We at the Health Department will miss Anthony very much. We will miss his smile, his love and dedication to his professions, his ability to rise to the occasion and meet the challenge at hand, and always having a kind word to say.

We will never forget Anthony and the many contributions that he made to the Seminole Tribe of Florida. We ask that your thoughts and prayers stay with his family.

#### Holiday Greetings



Do you have a Christmas Wish List this year? Are you ready to make those New Year's resolutions? We at the Seminole Tribune would like to hear from our readers this holiday season.

From Nov. 26 to Dec. 5, you may submit a letter to the Seminole Tribune. We will include as many letters as possible in the upcoming Dec. 19 issue. You may send your letters via email to Virginia Mitchell at vmitchell@semtribe.com, fax at

(954) 967-3482, or drop them off at the Communications Department on the 2nd floor (Room 235) at the Main Tribal Building between 8:00 a.m. - 5:00 p.m.



From the Tribune Staff

#### Poems

#### Tears of time

Chain gang tears and shattered dreams, razor wire and fences to help you remember the years. Four walls of pain and a bed with no

hope. I see my eyes of hate in a place that takes away the faith.

Smiling faces fade because we seem to forget, good love gone bad as time laughs in your face.

The telephone whispers, but it doesn't call you name. The mailman walks by and he sees your pain.

Laughter echoes in the distance from life's little jokes. One man is caged up like an animal searching for his soul. Tear-stained cheeks as he sits

and tries to comprehend a world with so many promises and not enough friends. The daytime tears at his spirit and tries to weaken his soul. Night time leaves him helpless as he grows cold and old.

Each day is a battle as I fight to remain free. My inner demons take their time as they try to make me believe. Time is nothing to play with because it can't be replaced. Each day leaves a scar and memories you hope one day to escape.

This pain is nothing new and I will never forget how one man overcame life's wicked little tricks... Lyle V. Billie, 2003

Wanting to hold her 'til the end

Manipulated minds are set to

of time, but he always find his arms empty

Empty bottles of wishes and shattered

dreams, souls intoxicated by the devil's

rest, too many lies of promises he refuse

v v v v v v v v v v

with no one around.

#### Sentence of Regret

As our souls reach through the bars of our cells, a helpless life fights the

The demons of our past welcome us home to pain and misery and unwanted fame.

Bodies fall in the night by an unseen hand. Spirits cry out in the darkness as it waits on a friend.

Tears fall down a face that has lost its faith, unwanted memories that he tries to escape.

Too many shameless nights at the hands of sin, a young man looking for love in an illusion of lust.

Someone so beautiful that he can't let go,

someone so special that her love over-

to accept.

One life wasted as it floats on by. Too many tears fall from pain stricken eyes. A face without a name and only

a number to repeat. What good is your life as the white man's sheep? *Lyle V. Billie 2003* 

v v v v v v v v v

#### How Things Have Changed

By Ike T. Harjo

How things have changed since your days of power. Though I'm sure you're still living large on money that's ours. How does it feel to be looked down upon? Look at you now, hoping for another chance like the rest of us. Just as you have done to us, I

sincerely hope the people do to you. The Great Spirit doesn't like ugly; now The people trusted you, but I did-

n't because I knew you were a fake. What

you have done only strengthened my hate. You should right your wrong by not attempting to run, ride off into the sunset and acknowledge your career is

The people don't deserve someone like you that's possessed by greed. They deserve a 100% native son, not some half breed.

How things have changed for the best. We will always remain Unconquered and without you blessed.

v v v v v v v v v

#### Loved by Few, Hated by Many, Respected by All

Loved by few, Hated by many, Respected by all, because we are warriors, and the most notorious you saw.

Yeah Homie, many people are happy that you and I are no longer around. I laugh at those people because they use to hide when we were in town.

Like I said, fools just don't know they took the life of a panther and very close friend. It's on and poppin Homie, I got your back till the very end.

The fool live in fantasy, he said he seen me and checked me about you. Imagine that Homie, we all know fantasies ain't true.

Homie, you and I are alike in so many ways. One, we don't talk, our actions are displayed.

I already damn neared one fool about you, Homie, if that fool builds up the

Your baby sister and I are the best of friends. She has been there for me and there is no doubt till the end. She will always have my respect

and all the love in my heart. Homie, in my life she will always be a part. Yeah, Homie your baby sister

and I are the best of friends. We can't help it; we've been blessed with all around game that's tremendous. You and I are the best that did it

Homie; no one else can compete, because we have heart to get paid and the smooth abilities to copp any lady we meet. Homie, sometimes I sit in this

cell on C.M. lockdown and laugh, two unconquered Seminoles on a warpath. True enough, we may be gone

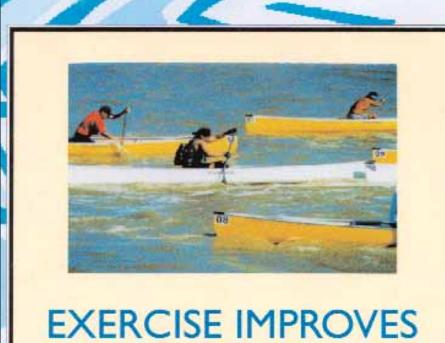
but we are not forgotten Homie. Things just ain't the same out there without you The sad thing Homie, no one

picked up the reins. Those outsiders should be getting taxed but they ain't, and that's a shame. That's understandable though

because you and I are a rare breed. Homie, our presence alone makes those Loved by few, hated by many,

respected by all. Much love. I miss you Wild Bill. Your Homie, Ike will always stand tall.

BY Ike T. Harjo Panther Clan



ENDURANCE, **ENERGY, AND** WELL-BEING.

Practicing a healthy lifestyle will not only improve your health, but will also contribute to meeting life's challenges and attaining desired goals.







#### Seminole Hard Rock Hotel & Casino in Tampa to Open in March 2004

By Michael Kelly
Photos by Colleen O. Henry
TAMPA — The new
Seminole Hard Rock Hotel &
Casino Tampa is slated to open in
March 2004. Without question, it
will be a major entertainment destination that will blend the excitement of Hard Rock with a firstclass boutique hotel and Las
Vegas-style casino. Below is a
sample of what the new Seminole
Hard Rock Hotel & Casino will
offer guests:

Accommodations: 250 luxury guestrooms and suites meet 4-star, 4-diamond standards. All Seminole Hard Rock guestrooms feature unique extras like Tivoli stereo and CD systems, and ultra-luxury beds.

Theme: In keeping with the Hard Rock theme, the hotel and casino showcase signed, one-of-a-kind pieces of music memorabilia, plus a massive "Tower of Power" casino bar that includes a multi-media entertainment extravaganza. A giant signature Hard Rock guitar welcomes guests at the hotel entrance.

Recreation &

Amenities: Open 24 hours every day, the 90,000 square foot casino offers poker, bingo and more than

1,500 of your favorite gaming machines, including Double Diamond, Red White & Blue, Double Wild Cherry and Five Times Pay. Guests also enjoy the tropical pool and cascading fountains, plus a full-service fitness center.

November 26, 2003

tains, plus a full-service fitness center.

Meeting Space: The hotel includes a 10,000 square foot ballroom divisible into eight

Food & Beverage: The entertainment excitement continues at Floyd's, Tampa Bay's hottest new restaurant and night-club. Lunch and dinner are served daily, with live bands every Friday and Saturday night. Sports fans enjoy Big Joe's Sports Bar, where more than a dozen giant TV monitors telecast world-wide sporting events. There is also a Food Marketplace and 24-hour restaurant.

Location & Access: The Seminole Hard Rock Hotel & Casino Tampa is located 20 minutes east of Tampa International Airport, 10 minutes east of downtown Tampa, and five minutes east of historic Ybor City on I-4 at the North Orient Road exit. It is located about one hour west of Orlando-area attractions, via I-4.



#### Seminole Hard Rock Hard Hat Preview Tours Slated for Dec. 4th

HOLLYWOOD, FL — Invited guests will get a first-hand look at construction on the Seminole Hard Rock Hotel & Casino Hollywood on Thursday, Dec. 4, when members of the Seminole Tribe of Florida, along with media representatives and a few community leaders, will participate in Hard Hat preview tours.

Hundreds of guests will attend the event, which will begin with a barbecue lunch at 11:30 a.m. and continue through brief remarks and hard hat preview tours at 1:30 p.m.

The event will also mark the official completion of the 4-story Seminole Hard Rock parking garage, where participants will be asked to park. Guests will be asked to wear pants and shoes suitable for a construction site. Hard hats will be provided.

Soon to become South Florida's newest and grandest resort hotel and casino, the Seminole Hard Rock will be a major entertainment destination when it opens in April or May of 2004 on nearly 100 acres of the Tribe's Hollywood Reservation. The hotel will include 500 luxury guestrooms and suites designed to meet 4-star, 4-diamond standards on 12 floors that encircle the pool area. All Seminole Hard Rock Hotel guestrooms will include unique extras like Tivoli stereo and CD systems, and ultra-luxury beds.

The 130,000 square foot casino will offer more than 2,000 gaming machines, including Double Diamond, Red White & Blue, Double Wild Cherry and Five Times Pay, plus an area devoted to poker. In

Service Upgrades

Fuse To Circuit Breaker

Remodeling • Additions

A/C Wiring • Jacuzzi / Pool

keeping with the Hard Rock theme, the hotel and casino will showcase signed, one-of-a-kind pieces of music memorabilia, plus a massive "Tower of Power" casino bar that will include a multi-media entertainment extravaganza.

Guests will enjoy the hotel's tropical landscaping and 50-foot tall signature Hard Rock guitar and fountains at the entrance of the hotel and casino, and the 4-acre lagoon-style pool complex with waterfalls, slides, hot tubs and a swim-up bar. The Seminole Hard Rock Hotel & Casino also will include a European-style health spa on site.

Multiple restaurants and lounges within the hotel and casino will provide dining and entertainment options, including a Hard Rock Cafe. A 300,000 square foot outdoor entertainment center will adjoin the hotel and will include restaurants, nightclubs and retail shops, all wrapped around a lake with a fountain showpiece and a novel wall of water that will become a massive nighttime projection screen. The complex will also include a Seminole Tribe cultural center and museum, plus a Seminole Tribe gift shop.

More than 100,000 square feet of meeting and exhibit space will be available, including a 16,000 square foot grand ballroom divisible into eight sections and several smaller rooms for breakouts or board meetings. The complex also will include a multi-purpose space suitable for exhibitions, concerts and sporting events.

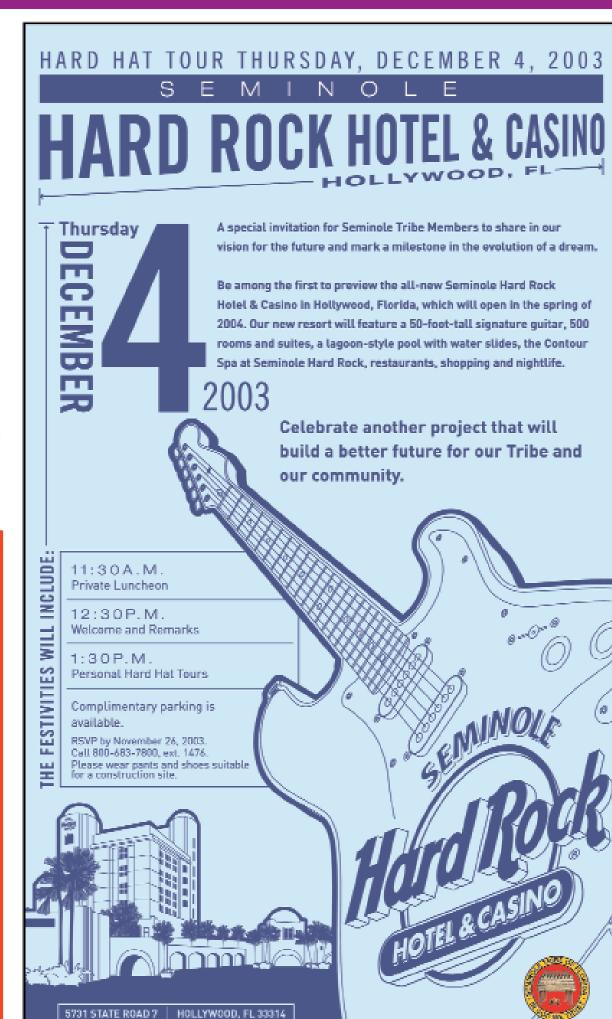
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#### Tampa Has A Great Pumpkin Day!



Adult Pumpkin Winners (L-R): Alana Henry, Tommy Henry, Jr., Andrea Holata, Joanie Henry.



Halloween Queen Contest (L-R): Arnie Garcia, Jahna Smith, Danny Santiago, Randy Santiago.



Teen Contest (L-R): Matthew Henry, Kyle Henry, Kevin Frank, Nick Frank.

By Randi M. Simmons

Halloween 2003 was a festive time for the Seminole community in Tampa. Young and old alike eagerly participated in the spooky events that the field office had scheduled for them.

Tribal homeowners competed in the

Halloween House Decorating contest, judged by staff from.S.P.D. and Tampa's Liaison Richard Henry. Some of the homes were covered with huge spiders, scary pumpkins, special sound effects, dry ice fog, creatures in trees and special lighting. This year's Halloween Home winners were: 1st -Joanie Henry, 2nd - James Henry, 3rd -Brian Osceola, 4th - Jackie Smith, 5th -Jessie Jimmie, 6th - Debbie Henry. The Seminole Police Department officers enjoyed judging the houses

Out on the ranch (Crazy J's), a huge trailer was filled to the brim with bright orange pumpkins, just waiting for the chance to be transformed into individual masterpieces for the pumpkin carving and painting contest. Others played horseshoes or participated in "bobbing for apples."

There were so many hands working on their orange heads that it looked like a jack-o-lantern factory. No one seemed to mind digging and scrapping out the pumpkin guts. Later,

everyone dined on honey baked ham, turkey, potato salad and lot of other tasty treats. The youngsters played a fun game of "pin

the tail on the pumpkin.". There were two divisions. Boys and girls.



Girls Contest (L-R): Yetta, Danelle Thomas, Ryanna Thomas,

Winners were as follows: Girls: 1st - Yettea (Tribal guest, 2nd - Chani - (Tribal guest, 3rd - Sierra

and Christina Clark.

Simmons and 4th - Delaney Henry. Boys: 1st -Matthew Henry, 2nd - Ricky Dillon Jr., 3rd - Devan Doctor and 4th-Joel Foret.

The children also delighted in throwing darts at a corkboard loaded with helium balloons for gift certificates. One more event that got everyone rolling with laughter was the special-ordered Dunk Tank. You should have seen the line to throw softballs at a target and drop Tampa's Liaison (Richard



Stacey Smith dunking for apples.

ment and the winners were:

Henry) into the very cold water. Richard was a great

sport and got dunked several times. The youngsters had their horseshoe tourna-

For junior and teens- Girls -1st - Mirand Motlow, 2nd - Tiffany Foret, 3rd - Chani (Tribal guest), 4th - Phaydra Clark. Boys: 1st -

Joshua Smith, 2nd - Ed (Tribal guest, 3rd - Kyle Henry and 4th - Devan Doctor. Because everyone filled up on all the great food, the pumpkin-eating contest ended up being cancelled.

Then it was time to pick out the great The judges made their decisions for several age groups and it sure could not

have been easy because there truly were some great pumpkins. Phaydra Clark was shocked that her carving took first place for her age

group. She had spent so much time working with the little carving tool to get it just right. The contest for the Halloween cos-

tumes turned out spectacular. There was such an assortment of characters ranging from scary creatures to cartoon favorites. Even little Dionah Osceola-Bert was transformed into the cutest little gangster you've seen in your life. She is just a little over a year old. All the costumes were paraded for

the community and judges. There were different age groups competitions. Even the seniors took part in the fun and dressed up. The kids loved it and laughed with good humor.

Happy Halloween to the Tampa reservation!



**Baby Costume Contest: Desmond Miller and** Melody Osceola with Dionah Osceola-Bert.



Colleen Henry

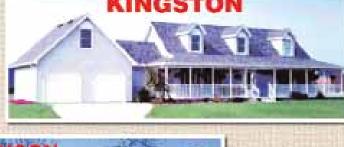
Mayra Simmons and Mya Smith.



Mason Foret decorating his pumpkin.

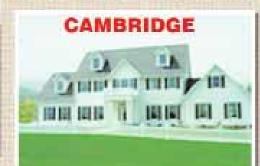
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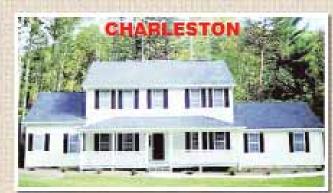


















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Personal Trainer Vicky Aguado assists Daniel Tommie (seated) and Mitchell Cypress.

#### **Fitness and Recovery**

Daniel Tommie has always worked on being in shape. "I played football in school and the guys were always bigger, so I had to work on being as strong and as quick as I could." It wasn't until the last two to three years that he began to hit the gym intensely, 3-5 times per week.

For Danny, his early morning workouts set the tone of his day. He admits that it takes discipline to get to the gym first thing in the morning, but he has come to realize how important fitness is to managing his stress level.

Danny discussed his feelings surrounding the death of his brother due to a car accident in December, 1997.

"I felt responsible, like maybe there was some way that I might have been able to prevent it. I've thought a lot about that. For a long time, I drowned the pain of my brother passing away with alcohol and drugs, but I knew in order to survive, I would have to deal with my feelings and face the loss of my brother," Tommie said.

"I got more into working out and found that exercise seemed to help me deal with things. It was like the endorphins (feel good hormones produced by exercise) helped me to release the tension from my body and the anxiety and guilt poured out of me with the sweat. I also felt like I was spiritually closer to my brother when I was working out – almost like I was working out with him. Steady exercise gave me the outlet to release tension and be able to work out my feelings and emotions at my own pace – it helped put me on the road to recovery," said Tommie.

Danny's workout routine includes running

for cardiovascular fitness as well as weight training 3-4 days per week - about 1½ hours per session.

Chairman Mitchell Cypress also feels that working out has assisted in his recovery efforts. "Being physically fit helps to keep you mentally strong. I don't like getting up to workout either, but I like the effects and how I feel afterwards. "Those first 10 minutes are rough, but after that, I usually want to keep going," said Cypress.

Chairman Cypress attributes much of his fit-

Chairman Cypress attributes much of his fitness success to Seminole Tribe's Fitness Director, Vicky Aguado. He added, "I always have an excuse not to go to the gym, but Vicky's right there reinforcing the reasons why I need to exercise. It's good to have someone there to motivate you."

Vicky Aguado, AFAA trained and nationally certified in aerobics and personal training, feels her biggest contribution beyond encouragement has to do with safety. "It is very important to stay within your own abilities and not overdo it," she warns. "Injuries can happen easily as a result of improper technique, overuse or failure to complete a proper warm-up or cool-down," Aguado said.

As far as goals are concerned, Danny would like to continue the pursuit of his Liberal Arts degree and to keep up the intensity of his fitness regime. He hopes to have a house with his own personal gym one day.

Chairman Cypress looks to keep his lab results within the appropriate range to avoid organ damage from diabetes. "I wouldn't mind dropping a few pounds too, but I know it's really hard during the holidays; I better make sure I keep working out."

#### Making Strides Against Breast Cancer in 2003

By Edna McDuffie

FT. MYERS, FL — On Oct. 18, men and women from the Big Cypress, Brighton and Immokalee Reservations got together to participate in the "2003 Making Strides Against Breast Cancer" walk held at the Centennial Park, Fort Myers, FL.

The walk is held every year to raise money to fight breast cancer. This was the Seminole Tribe's third year of participation. Sponsored by the Seminole Tribe of Florida, the team wore purple Team Seminole T-Shirts. Mitchell Cypress, David Cypress and Roger Smith were greatly appreciated their continued support.

The following individuals participated: Bobbie Billie, Marylou Alvarado, Jennie Johns, Edna McDuffie, Nancy Motlow,

Donelda Mercer, Rodni Mercer, Noella O'Donnell, Lesley Beer, Martha Jones, Molly Jolly, Barbara and Mike Boling, Beth Skinner and Chris Morlang, Clea Billie, Cooper Rivers, Candy Cypress, Cherelee Hall, Vera Herrera, Rebecca Billie, Theodore Cypress and



This marks the third straight year the Seminoles have participated.

nurse, Jose Herrera, Marley Herrera, Harley Roberts, Billy Roberts, Deloris Alvarez, Leona Roberts. Everyone had a great time walking the 5K across Edison Bridge and back.

#### 10 Fast Food Lunches Under 500 Calories

If you've given up eating lunch at fast food restaurants because you're trying to lose weight, there is hope, but not if you order a shake, medium fries and large burger with the works for a whopping 1,200 calories, of course.

However, it is possible to order a satisfying, yet diet-safe lunch at most fast food places, but you have to know what you're ordering.

Included below are lunch options from five different fast food restaurants, so you can pick and choose your way through the week. All of these meals weigh in at less than 500 calories.

McDonald's

**Meal 1**: Hamburger, Garden Salad Shaker and small one-percent milk. Total: 470 calories, 17 grams fat, 52 grams carbohydrate and 28 grams protein. Keep in mind: If you want to add salad dressing, choose fat-free herb vinaigrette for only 35 additional calories.

Meal 2: Chicken McGrill and Garden Salad Shaker Total: 440 calories, 13 grams fat, 49 grams carbohydrate and 33 grams protein. Keep in mind: Remember to order grilled instead of fried chicken; you'll save 200 calories!

Kentucky Fried Chicken

Meal 1: 3-piece Crispy Strips and Baked Beans. Total: 490 calories, 19 grams fat, 51 grams carbohydrate, 7 grams fiber and 32 grams protein. Keep in mind: The baked beans are a real winner — high in fiber and low in fat.

Meal 2: Roost Chicken Breast and Corn on the Cob - Total: 500 calories, 11 grams fat, 37 grams carbohydrate, 2 grams fiber and 42 grams protein. Keep in mind: Whenever possible, order those veggies!

Taco Bell

Meal 1: Chicken Gordita Supreme and Mexican Rice. Total: 490 calories, 22 grams fat, 51 grams carbohydrate, 4 grams fiber and 21 grams protein. Keep in mind: Hot sauce adds zest, but not fat — use freely!

Meal 2: Grilled Chicken Soft Taco and Pintos 'N Cheese Total: 380 calories, 15 grams fat, 38 grams carbohydrate, 12 grams fiber and 23 grams protein. Keep in mind: The pinto beans add enough fiber for this meal to provide half your daily fiber needs!

#### Pizza Hut

Meal 1: Two slices of The Edge "The Works" pizza and a tossed salad. Total: 380 calories, 12 grams fat, 47 grams carbohydrate, 4 grams fiber and 14 grams protein. Keep in mind: Take advantage of the fresh veggies on the salad bar whenever possible, just remember that the dressing adds up - bring your own fat-free dressing with you.

Meal 2: One slice Supreme, Thin 'N Crispy pizza and a tossed salad. Total: 410 calories, 12 grams fat, 58 grams carbohydrate, 5 grams fiber and 16 grams protein. Keep in mind: Avoid the stuffed-crust option and you' II save 150 calories and 10 grams of fat per slice.

Subway

Meal 1: 6" ham sandwich (no mayo) on a deli roll plus one oatmeal raisin cookie. Total: 423 calories, 11 grams fat, 66 grams carbohydrate, 2 grams fiber and 15 grams protein. Keep in mind: Dessert is possible if you choose wisely!

Meal 2: 6" Super Turkey Breast sandwich - Total: 333 calories, 4 grams fat, 47 grams carbohydrate, 3 grams fiber and 26 grams protein. Keep in mind: If you choose a sub with mustard instead of oil, and opt for veggies instead of cheese you will save 72 calories and 7 grams of fat!

Before you drive thru, you can always order more fresh veggies on your sandwich or slice of pizza to boost the nutritional value of the meal as

well as increase the fiber and your sense of fullness.

Finally, remember that bringing lunch from home typically packs a healthier nutritional punch and is easier on your wallet. Bon Appetite!

#### HAVE YOU BEEN INJURED?

Automobile Accidents
Medical Negligence
Nursing Home Abuse/
Neglect
Slip & Falls
Traffic Violations
Criminal Infractions



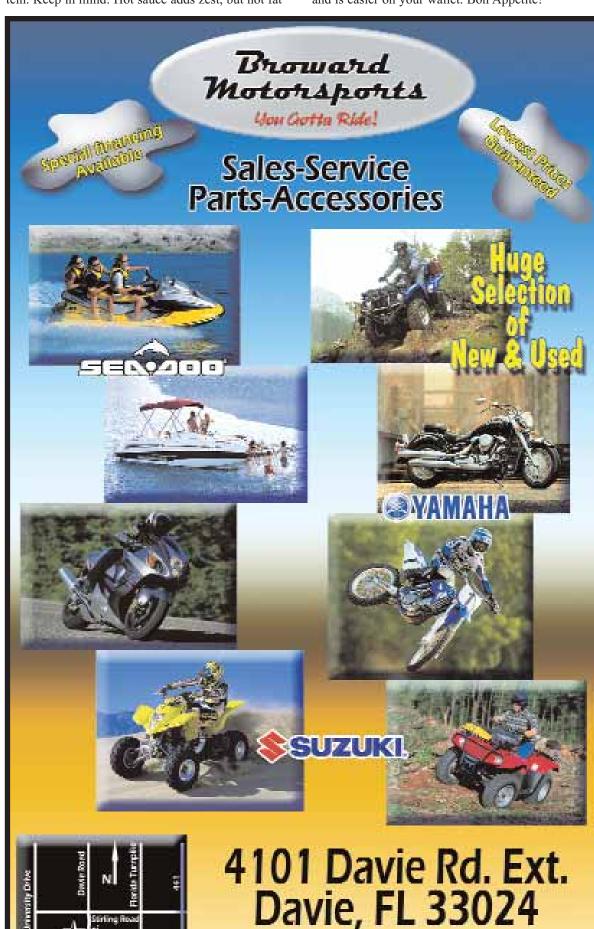
Anthony "Tony" Scalese Tribal Member Pueblo of Isleta

As a Native American, I respect your special needs and concerns. If you or a family member have been injured, please call for a free, confidential consultation. No fee unless money recovered. We will work to protect your legal rights.

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The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.



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#### **Red Ribbon Community Parade**

By Marilyn Tiger
BIG CYPRESS — The 1st Annual Red Ribbon Community parade was held on the Big Cypress reservation, kicking off a week-long series of events in observance of Red Ribbon Week. Staff and community members came togeth-



Decorated door mat.

er in bringing drug awareness to the community. In addition to the parade, the Seminole Police Department and the West Palm Sheriff's Department K-9 Unit were on hand to give a demonstration to the community youths the importance and training of a

The community center, along with the wellness center, provided a program signifying the importance of staying drug free and letting the youths know that today is the day they make choices for

A door decorating contest for drug awareness was also held for both residents and community members. Resident winners included: 1st - Joe Osceola, 2nd - Lucille Jumper, 3rd - Beverly Alumbaugh. Departmental Winners Included: 1st President's Office, 2nd - Pre-School, 3rd - Loan A poster contest for the youth was also held.

The Winners Include: Grades 1-3: 1st - Rodni Mercer, 2nd - Gloria Brooks, 3rd Issac Bettelyoun. Grades 4-8: 1st - Dawna Cypress, 2nd - Lauren Bowers, 3rd - Tana Osceola. High school: 1st -Victoria Hernandez, 2nd - Daniel Cavazaf, 3rd - T.J. The purpose of the Red Ribbon Awareness Campaign is to present a unified and visible commit-

ment toward the creation of a drug-free America. The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered Kiki Camarena, a DEA Agent, in 1985. This began the continuing tradition of wearing and displaying red ribbons as a symbol of intolerance towards the use of drugs The Big Cypress community elders and the

Clewiston High School band and colorguard were instrumental in making Big Cypress's First Annual



Dawna Cypress, 8th Grade, Alyssa Lauren Bowers, 7th Grade, and Tana Wind Bear-Osceola, 4th Grade.

#### WANTED: Unpaid Medical Bills

Seminole Tribal Members, we want your unpaid medical bills. It is your responsibility to make sure that your medical bills get paid. If your medical bills remain unpaid, they will often be referred to collection agencies and this can damage your credit rating.

To prevent this from happening, when you see your doctor, always show them your Seminole Tribe of Florida Health Plan identification card. This will indicate to your doctor that you have medical insurance and your doctor will bill the Health Plan directly rather than you, for the services provid-

So, if you receive an invoice in the mail for an unpaid medical bill, this is what you need to do: Please bring the bill to the Patient Services Coordinator at one of the following Health Centers. The Patient Services Coordinator will in turn forward the bill to your Health Plan for review. Covered bills will be processed per health plan benefits and limitations. **Hollywood Health Center** 

Karen Robinson (954) 962-2009 **Brighton Health Center** Gail McClenithan (863) 763-0271 **Big Cypress Health Center** Saint Clair Pilgrim (863) 983-5151 **Immokalee** Ana Puente (239) 657-6567 Sue Harjo

(813) 246-3100

Send the bill directly to your Health Plan Office so that your bill can be processed. Following is the address of your Health Plan and the telephone number should you want to contact the staff directly: Seminole Tribe of Florida Health Plan 5385 B Stirling Road

Davie, Florida 33314

Telephone: Toll free 1-866-505-6789 or (954) 584-

Note: The telephone number and address of the Health Plan is also noted on the back of your Health Plan ID Card. If you receive a collection notice in the mail

or a telephone call from a collection agency, don't wait! Please contact Debi Dehass directly at (954) 965-1300 ext. 123 for assistance. Debi will need a copy of the collection

notice, or if you received a call you will need to obtain the following information from the caller: Name of the person calling Telephone number

Name of the medical provider or collection agency

Your account number Date the medical service was rendered

Amount of the bill

In addition, please inform the caller that Debi Dehass may be calling them for information

Please remember, the staff at the Health Centers as well as the staff at the Health Plan is there to assist you. Working together, we can assure that you obtain all of the health care benefits due to you.

#### \* Council

Continued from page 1

purchase of the McDaniel Ranch Consisting of 21, 599 +/- Acres located in Hendry County, Florida, 7. Funding of the purchase of a 15.09-Acre Parcel by First Seminole Indian Baptist Church Inc. from the Florida Baptist Convention, Inc.; Lease of certain property from First Seminole Indian Baptist Church, Inc., 8. Ford Motor Credit Company Indian Tribal Government Lease-Purchase Agreement No. 49990 as amended by Schedule 4999028, 9. Ford Motor Credit Company Indian Tribal Government Lease-Purchase Agreement No. 49990 as amended by Schedule 4999029, 10. Investment Policy Ordinance.

11. Arbitron, Inc. Master License Agreement for Arbitron Information Services for Seminole Indian Casino - Tampa, 12. PDS Gaming Corporation Financing of Guest Room Mini-Bars (FF&E) for Seminole Hard Rock Hotel and Casino Tampa and Seminole Hard Rock Hotel and Casino Hollywood, 13. PDS Gaming Corporation Financing of Guest Room Safes and Guest Room Automation System for Seminole Hard Rock Hotel and Casino -Tampa and Seminole Hard Rock Hotel and Casino -Hollywood, 14. PDS Gaming Corporation Financing of Soft Count Currency Equipment (High Speed Counting Currency) for Seminole Hard Rock Hotel and Casino -Tampa and Seminole Hard Rock Hotel and Casino-Hollywood, 15. PDS Gaming Corporation Financing of Uniform Conveyor System (FF&E) for Seminole Hard Rock Hotel and Casino -Tampa and Seminole Hard Rock Hotel and Casino -Hollywood.

16. Lease Commitment submitted by PDS Gaming Corporation for Roof Chillers; Waiver of Sovereign Immunity. 17. Agreement to use certain Paul Reed Smith Guitars Properties, 18. Agreement between the Seminole Tribe of Florida and Seminole Exchange, LLC, 19. Lease agreement by and between the Seminole Tribe of Florida and Contour Spa at the Hard Rock, Inc.; Waiver of Sovereign Immunity, 20. Approving submission of a letter to the Bureau of Indian Affairs regarding the refurbishment of the Gaming Facility and development of a "Destination Resort" on the Big Cypress

21. Ordinance of the Seminole Tribe of Florida relating to the criteria for distribution of Minors' Dividends relevant to Foster Care, Guardianship, Adoption, Custodial Parent, and any other matter of likeness and distribution of dividends of incapacitated adult Seminoles, 22. Amendment to the Seminole Tribe of Florida and Seminole Tribe of Florida, Inc. Employee Health Plan, 23. Pope McMillan Kutteh & Simon & Privette, P.A. Civil Fee Contract of Representation, 24. Ruden McClosky representation letter regarding Federal Grand Jury Investigation, 25. Declaration of Official Intent with respect to reimbursements from proceeds of notes of temporary advances made for Capital Expenditures related to the construction of Retail Improvements.

26. Declaration of Official Intent with respect to reimbursements from proceeds of notes of temporary advances made for Capital Expenditures related to the State Road 7 Improvements, 27. Seminole Properties III, Inc., 28. Policy for submitting items for Tribal Council Meeting Agenda.

## GRAND OPENING he Ric Rac Shack

Great color selections, Lowest prices in Town!

Florida Lace is pleased to announce our retail outlet location in Hollywood.

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Doors open on December 10, 2003.

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#### The Ric Rac Shack

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Good through December 31, 2003

roots and herbs," said Richard.

most using charcoal or wood. Richard Osceola even brought his own special sauce. "I call it Native

Voodoo. It has lots of top secret ingredients including

grillers when it came to technique. All preferred

There was a common philosophy among the

using pork ribs, not the

believed it was impor-

tant to never mask the

dousing it with bar-

swore by a product

called Everglades

Seasonings

true flavor of the ribs by

beque sauce. Almost all

Imahaggi Tiger

preferred using wood to

other types of wood too.

oak gives the pork a dis-

Bobby Frank

offered two types of ribs

for the contest; one had

the other had tangy bar-

lone woman in the con-

ancient Indian secret. I

pour ginger ale on the

I've used it on brisket

ribs and then brush it on.

test, said, "I use an

Regina Thinn, the

beque sauce.

a tropical citrus flavor,

charcoal or gas. "I use

oak, but you can use

The natural smoke of

tinctive flavor," said

smaller baby backs, and

#### **Keith Osceola**

Continued from page 1

Held on Nov. 1, the Keith Osceola Memorial seemed to bring out the whole Seminole community.

When word got out about the open invitation for the car show, the two baseball fields were soon blanketed with vehicles, ranging from SUV's, trucks, motorcycles, classic cars. and more. Moses Jumper Jr. even brought his 1925 Ford Model T. Individuals were proud to display their vehicles, some including booming sound systems and televisions.

Ronnie Billie displayed his 1967 red Mustang GTA with a 390 engine. "I just purchased the car a few days ago from Ft. Myers. The car is all original with matching numbers; I love it. I think my dream car would be a 1962 Impala, but they're getting hard to find," said

Billie, who is from Big Cypress, knows a little something about great classic cars. He, along with Vincent Micco, hosts an annual car show in Big Cypress every year

and is planning the next one for early spring. One of the tastier events was the Rib Cookoff. Eight competitors rolled up their sleeves, polished their grills, and began grilling pork ribs. Among the grill chefs were: Tate Osceola, his son Huston, Richard Osceola, Bobby Frank, Kenneth Descheene, Imahaggi Tiger, Dan Osceola, Jr., and Regina Thinn. All contestants supplied their own grills;



Michael Kelly

1st place winner Regina Thinn with her barbeque ribs under wrap.

many times before, but this is the first time I've tried it on ribs. The ginger ale gives the meat a sweet flavor. I never want to drown out the natural flavor of the ribs," said Regina.

Kenneth Descheene offered a different technique when preparing ribs. "I like to add water so the meat doesn't dry out, which can happen on the grill. It really tenders up the meat," said Kenneth.

A surprise entry in the contest was 9-year old Huston Osceola. Not only

was young Huston competing against some serious competition, but also his father. "My father got me into grilling. I always enjoy it when he grills ribs, which are my favorite. I usually add just a little barbeque sauce when the ribs are about done to add some flavor," said Huston.

Judging the contest was professional chef Jimmy "Jimbo" Osceola, Jerome Williams, Joshua Harrison, and Michael Kelly. It was a tough (actually tender) job, but someone had to do it.

And the winner is . . Regina Thinn. Second place went to Tate Osceola, and third place went to Huston Osceola. Both father and son enjoyed the competition and plan on entering next year. Regina plans on placing the trophy in her kitchen, of course.



Ronnie Billie and his 1967 red Mustang GTA.

November 26, 2003

Basketball players of all ages from the different reservations competed throughout the day for trophies and the prestige of being the best. Dwayne Hughes, who also prepared the terrific barbeque dinner at the memorial, coached the Hollywood Natives (Girls 17 and under) to victory over the team from Big Cypress. Hughes also coaches basketball and T-ball for the Seminole children.

There were bounce houses, a merry-go-round, and face painting for the younger children and it seemed like everyone under 10years old was holding either a snow cone or cotton candy.

The Hollywood Culture department displayed patchwork, beads, and other items made by staff members and children. A man on stilts paraded around, holding up a basketball net and backboard. Children shot 3-pointers and made monster dunks.

The Keith Osceola Memorial had something for everyone. Young children and teens laughed out loud, parents joked around with friends, and seniors enjoyed playing with their grand-

Although Keith Osceola passed away two years ago, his compassion and love for the Seminole community will never be forgotten. And judging from the way the community enjoyed themselves, so will the Keith Osceola Memorial.



The family that grills together, stays together: Tate Osceole and son Huston win 2nd and 3rd place in the Barbeque Cookoff.

Hollywood Natives winners of 17 and under girl's basketball.

# The SUNRISE Pub "Where The NASCAR Fans Gather" 1209 Sunset Strip 1 Block off Sunrise Blvd. on Sunset Strip (Sunrise Divd., 2nd Light West of Turnpike, 1 Block North on Sunset Strip) 954-581-8629 Happy Hour 4 · 7 p.m. · 7 Days A Week FREE POOL Tables Open: Monday - Wednesday 3 - 8 p.m. Saturday 7 · 10 p.m. Pool Tournament 7 p.m. \$10 Entry Full Liquor Bar Daily Specials Beer Buckets 1 Drafts All Day & Night 7 Days A Week 5 for \$8 Domestic 5 for \$12 Import \$225 Well Drinks BUCKET SPECIALS During NASCAR Races

Michael Kelly

#### **Seminole Food Court Opens**

#### By Paula Cassels **HOLLYWOOD** — On

Nov. 14, owner Judy Baker officially

reopened the Seminole Food Court on the Hollywood reservation. Patrons can now purchase and eat traditional Seminole cooking Monday through Friday, from 12 noon to 5:00 p.m., Friday until 7:00

Food Court cook Ashley Harjo Cosby and her husband Jay serve up delicious Seminole lunch specials, offering generous portions of pork chops with chili on rice, corn, green beans and your choice of lapalee or fry bread. Other foods on the menue include Indian tacos, burgers, hotdogs, and much more.

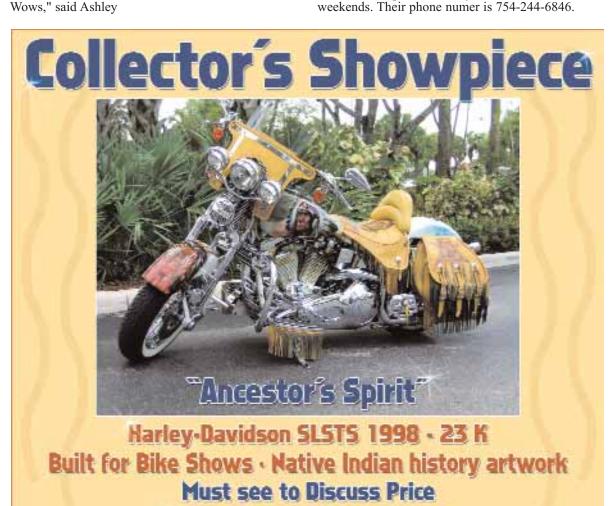
Customer and tribal employee Wayne Phillips said he has eaten everything on the menu and said, "The Seminole Food Court has the best traditional food around!'

Need something cool to drink? You can order a fresh lemonade or Seminole Smoothie. According to Ashley, "My grandfather Pete Baker invented Seminole smoothies. He started making Seminole smoothies for the family, and later made smoothies at the tribal fairs and at out of town Pow



Irene Jimmie places an order to Jay Cosby.

Whether you're looking for a smoothie or some good home cooked traditional food, check out the Seminole Food Court. They're located at 2700 N.64th Ave on the Hollywood reservation and are open from 12:00 noon to 5:00 p.m. daily and are open 12:00 to 7:00 p.m. on Friday's, but closed on the



Call Paul at (954) 965-4558



## The Seminole Tribe of Florida



and

## Boyz II Men

December 12, 2003

Broward County Convention Center

Doors Open 6:30 P.M.

Come and Dance to : Country Western - Top 40 - Rock - R&B - Hip-Hop

Minner, Entertainment & Boor Prizes

AT THE PARTY OF TH

#### November is National Diabetes Month

#### Submitted by the Health Department

FT. LAUDERDALE, FL — On Sat. Nov. 1, the Seminole Tribe of Florida ushered in November (National Diabetes Month) with an enthusiastic showing at the American Diabetes Association's "Walk for Diabetes," held at the Office Depot Center in Ft. Lauderdale, FL.

The event was led by the Health Department's outreach coordinator, Edna McDuffie and Fitness coordinator Vicky Barogiannis. The purpose was to emphasize the importance of physical activity in the prevention of Diabetes.

Activities such as walking and strength training in moderation have been found to lower insulin resistance and blood sugar levels in those looking to improve overall health and well being. This premise applies for both those living with Diabetes and those working on preventing the diagnosis of Diabetes – the underlying message says

Council Representatives David Cypress of Big Cypress, Roger Smith of Brighton and Max Osceola Jr. of Hollywood, as well as Chairman Mitchell Cypress for their continued support and sponsorship of this event.

Please contact Edga McDuffic at the Big.

Please contact Edna McDuffie at the Big Cypress Wellness Trailer, your local health educator, or fitness coordinator Vicky Barogiannis for information regarding upcoming walking events. The phone number is (863) 983-5798.

The following individuals participated in the 2003 "America Walk for Diabetes"

HOLLYWOOD - Francine Osceola and daughter, Marl Osceola, Tammy Osceola, Suraiya Youngblood and son, Stephanie Billie, Amy Latchford, Comelia Osceola, Mabel Osceola, Annie Jumper, Rosetta Jumper, Barbara Billie, Garret Billie, Shannon McKeown, Suzanna Davis, Virginia Osceola.

BIG CYPRESS - Candy Cypress, Symphony



с ъ.

Mr. Food and the "Walk for Diabetes" team.

Health Director Connie Whidden, "Let's Get out and Walk!"

Shannon McKeown, Hollywood Health Educator, led the participants in a light stretch to help ease into the early Saturday morning workout. The "Walk for Diabetes" course was approximately two miles in length and began by winding through the cool air conditioning of the Office Depot Center and then transitioning into the outdoor early morning sunshine

Though not billed as a competitive event, there where those who were eager to do well. Of the Seminole participants, Martha Jones of Brighton Reservation took 1st place for the senior division and Marl, Francine and daughter, Ariah, age 10, took 1st

Osceola, Edna McDuffie, Donelda Mercer, Harley Roberts, Deloris J. Alarez, Melissa R. Tiger, Angela Tiger, Marilyn Tiger, Phillip Jumper, Cherelee Hall, Clorine C. Cypress, Louise Billie, Ruby Osceola, Bobbie Billie, Clea Billie, Vera Herrera, Wendy Powers, Christopher Scanlon, Jane Allison.

BRIGHTON - Dan Bowers, Agnes Bowers, Martha Jones.

Here is a list of some of the Health Department Diabetes Activities from November, National Diabetes Month.

**Big Cypress/Immokalee Reservations:**Nov. 1 - America's Walk for Diabetes, Nov. 2 Diabetes Screening at Veteran's Day Celebration,
Nov. 13 - Diabetes Presentation at Ahfachkee School,



Suzanne Davis

1st Place finishers Marl Osceola, Martha Jones, Francine Osceola, Ariah Osceola, and Clea Billie.

place for male, female, junior and family categories respectively. It always brings a smile to watch everybody have to run in an attempt to keep up with the breakneck pace of Martha Jones race walking!

It was a pleasant morning for all and good to see Big Cypress Reservation Rally captains Cherelee Hall, Candy Cypress, Cathy Cypress, Vera Herrera and Clea Billie out in full force. The group also had a chance to visit with friends from the Miccosukee Tribe, who had an enthusiastic team in attendance. "Mr. Food" Art Ginsburg was on site to deliver tips on healthy diabetic cooking. "Walking is an easy activity for people and makes a big difference in their health," offered Edna McDuffie.

The Health Department would like to thank

Nov. 19 - Diabetes Presentation at Hot Meals and Preschool, Nov. 20 - Diabetic Day at the Health

Brighton Reservation: Nov. 1 - America's Walk for Diabetes, Nov. 5 - Diabetic Day at Health Center Nov. 13 - Hot Meals: Dispelling Diabetes Myths, Nov. 14 - Preschool: Preventing Diabetes, Nov. 20 - Light the Night Walk for Diabetes, Nov. 21 - First Indian Baptist School: Preventing Diabetes

Hollywood Reservation: Nov. 1 America's Walk for Diabetes, Nov. 12 - Diabetic Day at Health Center, Nov. 18 - Preschool: "What is Diabetes?" Nov. 19 - Senior Center Diabetes Presentation, Nov. 26 - DSO After School Program: Diabetes Prevention.



Suzanne Davis



**Shannon McKeown leads Team Seminole in morning stretch.** 

Suzanne Davis



Suzanne Davis
Barbara Billie and son, Garett, stretch out.



Suzanne Davis

It was a perfect day for walking!

#### Racecar Driver Cory Witherill Talks about Diabetes

Since Cory Witherill was fourteen-years-old, the full-blooded Navajo race car driver has been successfully competing in a variety of classes of auto racing. Cory got his start racing in ATV events as a

teenager, and he soon developed into a successful competitor in off-road modified buggies, where he is still considered to be "the man to beat in off road racing."

holds two U.S. championships for off-road stadium racing, and in 2000, became the first person to be a four-time champion at the Motocross Valvoline de Montreal. In 2001, Cory made his exciting debut in the Indy Racing League, and, even more exciting, his

successful entry and finish in the famed Indy 500.

Cory became the first full-blooded Native American to run in the Indy 500, which is the largest one-day sporting event in the world. As a rookie in one of the most competitive Indy 500's in recent history, Witherill astonished fans with a stunning toptwenty finish in the 33-car field Cory also ran three full seasons in the Dayton Indy Lights Championship.

Cory competes full-time in the Indy Infiniti Pro Series (IPS). He finished fourth in points in 2002 and accomplished one victory at Nashville Superspeedway as well as three podium finishes in the short seven race season. Currently, Cory has his sights set on winning the 2003 IPS championship in his second full season

the short seven race season. Currently, Cory has his sights set on winning the 2003 IPS championship in his second full season.

Off the track, Witherill is a respected member of the Native American community, and is committed to serving as a positive role model for Native

American youth. "I love to race," he says, "but I

don't just race for myself. I want to serve as a role

model for Native American kids." Cory has devel-

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Cory Witherill

oped a popular "Team Diabetes Prevention" program designed to discuss living a healthy lifestyle to avoid developing Type 2 diabetes. He uses the program as an opportunity to speak to Native American and non-

Native youth about the importance of maintaining a healthy diet and exercising as well as developing self-confidence to succeed in life.

"The children today do not recognize that too much fast food is bad for them and that being physically active is an essential part of maintaining a healthy body. Additionally, I know how it feels to be overweight and how good it feels to lose it. I have become a very healthy person over the past few

years and I want to explain to children, especially Native Americans how they can maintain a healthy weight with a few lifestyle changes."

Two special events will be held, featuring Native American race car driver Cory

**Dec. 2 -** Light the Night for Diabetes Walk and Presentation Featuring Native American race car driver Cory Witherill at the Hollywood Reservation gym.

**Dec. 4** - Health and Education Fair at Immokalee Gym. Special Diabetes Presentation by Native American race car driver Cory Witherill.

Please contact your local Health Educator or Nutritionist for further information

regarding the above events.

Miccosukee Tribe participants.

e Seminole Tribune

18

November 26, 2003





### HONORING OUR VETERANS

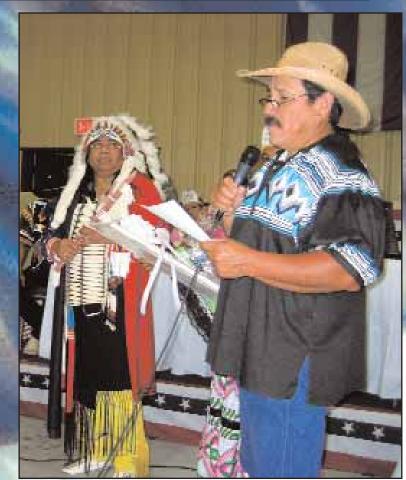


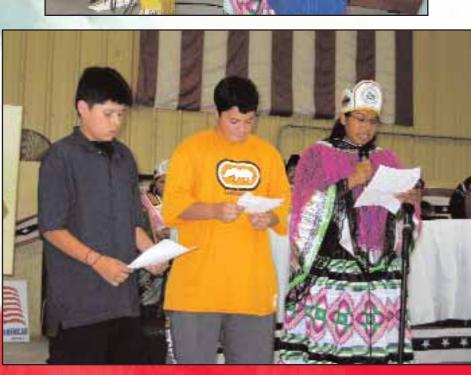
As a veteran myself,
I have the deepest respect for
all my fellow veterans.
But as a Native American,
it's important that we
educate non-Indians
of the important
sacrifices we have
made for the
United States



Mitchell Cypress, Chairman













#### Seminole Tribe Pays Tribute to Veterans, Family of Lori Piestewa

By Michael Kelly BIG CYPRESS — The 16th Annual Veteran's Day Celebration in Big Cypress was filled with pride, remembrance, and tears, as the Seminole community honored those, past and present, who served in the United States armed forces. It was also a time to honor soldier Lori Piestewa, the Hopi Indian who died in the Iraq War.

In attendance were special guests Terry and Percy Piestewa, father and mother of the fallen soldier and Piestewa's young children, 5-year old Brandon and 3-year old Carla. Lori Piestewa, only 23, was killed in March when the 507th Maintenance Company was ambushed near Nasiriyah. Jessica Lynch, her best friend, was captured, but was later rescued.

The Ahfachkee School students recited the Pledge of Allegiance and talented singer Henry Battiest, Jr. inspired the audience with his rendition of "God Bless the USA." Moses Jumper, Jr. read a poem about the veterans and later dedicated a poem to the family of Lori Piestewa.

Mitchell Cypress, Chairman of the Seminole Tribe of Florida, said, "I remember when we started this celebration for our veterans 16 years ago; it was just a few of us. People would stop by and join in. We never realized this celebration would become so big, but we're glad it has.

As a veteran myself, I have the deepest respect for all my fellow veterans. But as a Native American, it's important that we educate non-Indians of the important sacrifices we have made for the United States," said Cypress

Big Cypress Board Representative Paul Bowers, Sr., served in the United States Marine Corps during Vietnam, receiving two Purple Hearts and was inducted into the Red Feather Society, which is the highest award given in Indian Country.

Bowers spoke about the importance of Native Americans celebrating Veteran's Day and added, "I'm glad you all could come out here on such a special day. I am proud to be an American and proud to be a Seminole Indian. I would like to see our Seminole tradition of celebrating Veteran's Day carried on for many years to come. I am a proud man who enlisted in the Armed Forces to protect and defend my country," said Bowers.

President Moses Osceola said, "We are here

to give thanks to all the veterans and greatly appreciate each and every one of you for making the ultimate sacrifice for our country and our Tribe.'

David Cypress, Council Representative for Big Cypress, said, I'm very honored to have all of the veterans here today here in Big Cypress. It really is a privilege for me to welcome you all with open

Junior Miss Seminole Stephanie LeeAnn Hall and Miss Seminole Cherelee Kristen J. Hall each addressed the crown, thanking the veterans for everything they have done for their country. Other special guests attending the celebration included Master of Ceremonies Dale Oldhorn, the Comanche Little Pony Warrior Society, and professional boxers from Warrior's Boxing in Hollywood.

A three-foot sculpture was unveiled, featuring the likeness of three kneeling soldiers. The first likeness is of Billy Cypress, represent-

ing the traditional soldier, the second is of Stephen Bowers, representing the Color Guard, and the third features Mitchell Cypress, representing the Vietnam era soldier. On the statue reads: This Wall Stands for All Seminole Veterans Past - Present- Future. Also engraved on the stone wall is a list of all Seminole soldiers who have served.

Hollywood Council Representative Max Osceola Jr. stated, "We are here today to honor our warriors, not just the Native Americans, but anyone who fought for their country. Some of those warriors are not here today in body, but be assured they are here in spirit.'

Artists Bradley Cooley, Sr. and his son, Bradley Cooley, Jr. were approached by Chairman Cypress about creating a sculpture that would honor

Seminoles who have served in the military, and those who sacrificed their lives for their country.

"We would like to let the Seminole Tribe and all veterans know it was a true honor to create this sculpture," said both Cooley Sr. and Jr. "We've done work for the Tribe for over 20 years, but this was something extremely special," said Cooley, Jr.



Always a highlight of the Veteran's Day Celebration is the opportunity to personally thank the veterans for serving the United States of America.

As each veteran's name was announced, they proceeded to the front of the stage, forming one long line. Attendees then got a chance to shake each veteran's hand, thanking them for all they've done.

A dance was performed by the Comanche Little Pony Warrior Society, with both the Piestewa family and Tribal citizens joining in. The family was also presented with a large quilted flag and a hand-carved flute. In Seminole culture, the flute symbolizes healing. Flautist

Sonny Nevaquaya performed "Native American Taps" while John Branzer played the "Military Taps."

After each and every veteran was thanked, the ceremony concluded, and a rewarding lunch was

The Piestewa's and their grandchildren joined Elrod Bowers and Holly Tiger for a quiet lunch at the Swamp Café, located at the Billie Swamp Safari. Both Elrod and Holly were gracious hosts, giving the Piestewa's a tour of the different

During lunch, they both commented on what a wonderful time they had with the Seminole Tribe. "Their hospitality and kindness have made u feel good. It's been difficult these last few months, but being here has helped," said Terry Piestewa,

After such an emotional day for the Piestewa's, experiencing the calming natural beauty of the Everglades in Big Cypress seemed to be a welcomed relief.

The family enjoyed seeing the large alligators (from a safe distance) and even took a ride on an airboat. The children particularly enjoyed the snake show and even had a chance to hold one. Three-year old Carla had no problem handling a baby alligator. "Carla is a fearless little girl, just like her mother," said Percy Piestewa. "She didn't even hesitate to touch them." Five-year old Brandon had no problem either. He thought the rattlesnake was

For the Piestawa's, it would be one more day in South Florida before returning home to Tuba City, Arizona. It was a trip full of emotions, but a trip that made them realize there are thousands of people, Native and non-Native, who care for them deeply.

As for all the Native American veterans who have served, and continue to serve in the military, and even though the policies of the United States have been way less than perfect towards the Seminole Tribe, and in fact, all Native Americans, their passion, love, and support for their country will always run deep.



Some of those warriors are not here today in body, but be assured they are here in spirit.

Max Osceola, Jr., Hollywood Council Representative



This table is our way of symbolizing the members of their profession of arms who are missing from their midst.

#### To the family of Lori Piestewa

To the family of Lori Piestewa, I dedicate this poem to you, the family that remains on this earth to honor and remember the mother, the daughter and the warrior who has since went on into the spirit world. We celebrate and pay our respects this Veterans Day, may her legacy live on.

#### A tribute to a mother, daughter and warrior.

How may one write into words a feeling that may ease the pain One so young, so courageous, so many things in this

I can only convey into words what my spirit and heart have to say. We are proud and we are honored to remember the sacrifice a warrior gave that we might be here today.

Among our native people a warriors name is respected and the family walks with head held high....

They have given their lives, so that others may not have to die.

In the field of battle, death has no gender as to whom he may call. Today we honor a woman, a soldier, a mother,

among the great warriors, she will stand tall.

Perhaps to many on the outside world a soldier maybe forgotten and the name has faded away. This native warrior will be honored and forever remembered as we pay our respects today.

The people here in the glades have many stories of ancestors from

whom our legends grow. Her tribute here will be remembered to the younger generation, these

native heroes they must know.

Sad, but true that we honor our veterans only one day out of the year. To this woman, who gave all and the many others to our hearts we hold you near.

To all veterans and the family of Lori Piestewa, I pray to the Breathgiver each day on bended knee, I say sho-nab-bash, Matv, thank you father for the men and women

who gave so much for us to be free Moses Jumper, Jr.

#### **Four Hats to Remember**

s you arrived here today at this field of remembrance, you might have noticed the small table placed here in honor. Let me explain:

senting the four branches of service: Army, Navy,

This table set before you is set for four, reprecall them brothers. Marines and Air Force. The military is filled with sym-



bolism. This table is our way of symbolizing the members of their profession of arms who are missing from their midst. They are commonly called POW/MIA's: they

This table set for four is small, symbolizing the frailty of the prisoners against their oppressors.

Remember the tablecloth is white, symbolizing the purity of their intentions to respond to their country's call to arms.

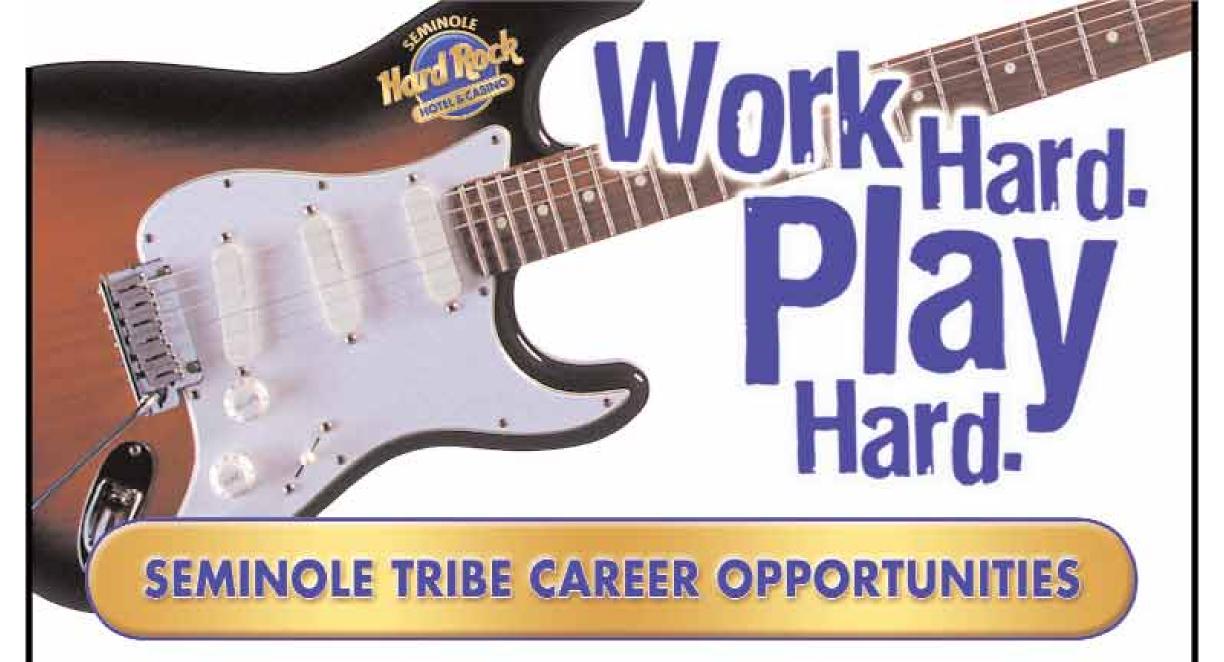
Remember the single rose displayed in the vase is symbolic of the families and loved ones who keep the faith waiting for their return.

Remember the red ribbon tied so prominently on the vase is reminiscent of the red ribbon worn on the lapel and breast of thousands who bear witness to their unyielding determination to demand a proper accounting

of our missing. Remember the slice of lemon is on the bread plate to remind us of their bitter fate. Remember there is salt on the bread plate, symbolic of the families' tears as

Remember the glasses are inverted: they can-

not toast with us this season. Remember all of you who served with them and called them comrades, who depend upon their might and aid and relied upon them for surely they have not



## Tribal Member Job Fair For Positions Available At Seminole Hard Rock Hotel & Casino - Tampa Monday, December 1st • 9 a.m. - 5 p.m.

You are cordially invited to attend our exclusive Tribal Member Job Fair. For your convenience, we will be holding the Tribal Member Job Fair at each Tribal Reservation.

We will have Human Resource Representatives available to meet with you on an individual basis to discuss your career interests.

Please contact any of the representatives below for further information.

Don't miss this exciting opportunity to "rock" with us!



For more information, call Jeanne Faccadio, (954) 364-4168, Art Druba, (813) 627-7878, or Luann Arrigo (813) 627-7874.