

KIUYUM-ID



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Indian Leaders Ask for Answers from Texas Governor George W. Bush as Presidential Campaign Intensifies

The political intensity generated by both U.S. Presidential candidates, Texas Governor George W. Bush and U.S. Vice President Al Gore, is high as both candidates are now actively seeking the Indian vote. On August 29, Vice President Gore met one-on-one with tribal leaders in New Mexico and Colorado.

At an earlier meeting, on August 19, the All Indian Pueblo Council had announced support for Gore. Hoping to win additional Indian support at the August 29 meeting, the Vice President pledged to continue to address sovereignty, economic development, clean water, law enforcement, health care, and education for Native youth. Gore, grateful for the support he'd received thus far, said he would, "...strive to make it a time when the relationship between the federal government and each pueblo is transformed for the benefit of Indian people . . . This is a challenge I want to take head-on."

Referencing the excitement he observed at the recent Gathering of Nations

PowWow, Gore asked the tribal leaders, "How do we harness this energy, this spirit, in the most constructive way possible? There is a spiritual challenge. . ."

Indian leaders present at the August 19 meeting reminded Governor Bush of his comments in New York in 1999. At that time, Bush said, "My view is that state law reigns supreme when it comes to the Indians, whether it be gambling or any other issue."

As pueblo and Washoe leaders officially endorsed Democrat Al Gore for president on August 19 at La Mesilla, New Mexico, Salt River Pima-Maricopa President Ivan Makil asked Bush to clearly define his position on whether the laws of American Indian tribes supercede those of states. According to Makil, "There is a lack of sensitivity. He [Bush] is out of touch."

Brian Wallace, chairman of the Washoe Tribe of Nevada and California, called Gore "our friend" and supported the Democratic ticket.

"Our culture allows us to see the difference between the truth and a lie, a sincere person and a shallow one. We have always fought to protect our Indian families and our homelands.

The threat is real."

— Washoe Chairman Brian Wallace of his decision to support the Democrats in 2000

Navajo President Kelsey Begaye and Vice President Taylor McKenzie were also present at the August 19 meeting. McKenzie told Bush that advances in Indian Health Service programs and ideologies of self-determination were made during the Republican administrations of Richard Nixon and Ronald Reagan. Bush pledged to establish a Tribal School Capital Improvement Fund to strengthen Native American self-determination. He also said he'd work with American Indians to change the BIA and Indian Health Service.

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New Seven Feathers Truck and Travel Center

Construction Begins on the New Seven Feathers Truck and Travel Center

Construction on the new Seven Feathers Truck and Travel Center (formerly known as Fat Harvey's) in Canyonville, Oregon, has begun. The truck stop, purchased by the Tribe in 1998, has just been placed into trust status by the Bureau of Indian Affairs.

Plans for the new facility, located at Exit 99 off I-5, feature a convenience store, a quality quick service food outlet, and a 240-seat restaurant. Conveniences for truckers such as new showers, a laundry facility, and a trucker's lounge/business service center have been included in the new facility.

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First Parenting Class Graduates

Tribal emphasis upon "Strengthening the Next Generation" was evident again when, on August 23, eight adults from five families graduated from the Cow Creek Health and Wellness Center's first parenting workshop. The focus of the workshop was on parents helping each other with the challenges of raising children. Open to anyone involved in raising children, the workshop consisted entirely of volunteers. Grant monies provided the funding for the parenting workshops available to enrolled Cow Creek Tribal members.

Cow Creek Health and Wellness Center staff members, Dr. Louise Cenatiempo and Rhonda Malone, conducted the 10 two-hour sessions that made up the program. "Making Parenthood a Pleasure" was the curriculum used for the workshop.

The workshop was designed to be a night for family fun and support. Beginning with dinner from 5:30 to 6, class was held each Thursday for 10 weeks, from 6-8.



Graduates of the first parenting class with chairman Sue Shaffer

Workers trained in infant/child CPR provided free childcare.

Skills that are valuable to parents such as stress management, self-nurturing, clear communication, listening skills, discipline tools, coping with problem behaviors, as well as child development were among the topics covered.

According to workshop facilitator, Dr. Louise Cenatiempo, "The first parenting workshop was very well received by parents and kids alike. Many of the

parents reported using the skills they learned here in the workplace as well as in the home. The parents in the workshop were very supportive of each other."

Graduation night was a celebration. A picnic potluck dinner capped off the 10 weeks of learning. Dr. James Daskalos of the Health and Wellness Center barbequed. Chairman Sue Shaffer awarded diplomas to all graduates.

The second parenting workshop began on September 7.

Hints for Bringing Relief to Lower Back Pain

If you suffer from back pain, you belong to a group that includes millions. But there is some basic information that will bring relief to those of you who suffer.

In the 1960s, President John Kennedy renewed the popularity of the rocking chair as a remedy for his back pain. That rocking motion causes pressure to shift from the back to the legs. And once you're done using your rocker to relieve your lower back pain, try some stretching and strengthening exercises.

When you're enduring back pain, alternating hot pads and ice packs can prove helpful. Taking a pain reliever containing ibuprofen, naproxen, keto-

profen, aspirin, or acetaminophen (read the label to see if the ingredients are contained in your medication) can also bring relief.

Resist that urge to take to your bed when you're suffering from back pain. Some rest can help, but lengthy stays in bed can weaken the muscles that support the spine. Remember to sleep on your side with your legs bent. And sleep on a firm mattress.

Of course, if your back pain continues for more than two to three days, see your physician.

**Adopted from Top Health, September, 2000, Birmingham, Alabama.*

Information on Our Over-The-Counter Program

All requests for over-the-counter products must be received by November 15, 2000. There can't be any exceptions. The November 15 date allows stores to compute and submit their billings by December 31, 2000.

Enrolled Tribal members will be able to access the over-the-counter program for 2001 on January 2, 2001.

If you have questions, please contact Tamara Robinson at the Cow Creek Health and Wellness Center at 1-800-935-2649.

CPR Classes at the Wellness Center

The Cow Creek Health and Wellness Center is holding instruction in CPR. For more information, call 1-541-672-8533.

There's Housing Help "Out There" - For Repairs and Purchases

There are ways for Tribal members to receive assistance on the maintenance of a home as well as a program that can provide help with down payments.

BIA Housing Improvement Program

The BIA's Housing Improvement Program (HIP) is accepting applications for housing assistance. HIP is a Bureau of Indian Affairs (BIA) federally funded program contracted and administered by the Tribe. The program can assist eligible Tribal members living within the seven county service area with housing needs such as repairs, rehabilitation (roof repairs,

weatherization, window installations, door installations, structural repairs, electrical needs, plumbing repairs, etc.) or replacement housing. Priority is given to families with the greatest need as determined by income, family size, age, and other factors.

Tribal Housing Program

The Tribal Housing Program can assist tribal members with down payment assistance or home repair assistance. This program is not restricted to the seven county service area. However, applicants for the Tribal Housing Program must be ineligible for the BIA HIP Program

Indian Health Service Sanitation Assistance

The Indian Health Service Sanitation Program can assist tribal members living within the seven county service area with sanitation needs such as installation of septic systems, installations of wells, pressure systems, and/or hook-ups to community services.

For more information on any of the programs described above, contact: Carol Ferguson, Housing Director at the Tribal Government Offices. She can be reached at 1-800-929-8829.

Driver's License Can Be Denied to Teens Out of School

School officials have long been frustrated over the 10,000 teens who leave Oregon high schools each year.

A new Oregon law may help some of those potential dropouts stay in school. The new law stipulates that anyone 17 years of age and under who is not in school may not have a driver's license.

The law, passed by the 1999 legislature, went into effect on September 1, 2000. It gives the Department of Motor Vehicles (DMV) the authority to deny or revoke a license if a school district reports to them that a teen is no longer attending classes.

Five other states; Idaho, Arkansas, Kentucky, Virginia, and Wisconsin have passed similar laws.

Stipulations of the law indicate that school districts in Oregon have the choice of reporting absent teens.

According to the Oregon School Boards Association, few districts have adopted policies because the law is so new.

An Oregon teen may get an exemption from the law if he/she has a "compelling" reason why they shouldn't be enrolled in school. Reasons might include: enrollment in a drug rehab program, providing sole support for a family, or staying out of school for religious reasons. Teens who earn a GED before they turn 17 are also exempt.

Tribal Members Can Receive Resort Discounts

Discounts for enrolled members of the Cow Creek Band of Umpqua Tribe of Indians are available at various outlets at the Seven Feathers Hotel and Casino Resort.

Tribal members must present their Cow Creek Tribal I.D. card to receive a 25 percent discount in Scoops, the Cow Creek Restaurant, or the Gift Gallery. Discounts in the Gift Gallery do not

apply to consignment items. The 25 percent Tribal member discount at Scoops and the Cow Creek Restaurant apply to their Tribal family members but not to guests of Tribal members. The discount does not apply to alcoholic beverages.

Tribal members may receive a 10 percent discount on Convention Center charges for Tribal family events that have received pre-approval from the Tribal Board of Directors. Again, this discount does not apply to alcoholic beverages.

The Tribal discount does not apply to ticketed events, such as conferences or concerts, at the resort.

Upon presentation of a valid Cow Creek Tribal I.D. card, Tribal members will be eligible for a \$40 per night rate for rooms they occupy at the Seven Feathers Hotel. When making your reservation for a room, please notify the reservationist that you will be presenting a Cow Creek Tribal I.D. card. The card must be presented upon check-in to receive the \$40 room rate.

Huckleberry Patch Gathering a Success Despite Snow and Rain

Tribal members braved the elements to attend the traditional Tribal gathering at the Huckleberry Patch on the Rogue/Umpqua Divide. Nearly 50 people attended the gathering on Saturday, September 2. Event organizers came prepared with tarps and canopies for shelter from the wet and cold weather.

Before lunch, the grounds were blessed and Tribal families gathered for prayer. Tooter Ansures presented a talking stick, giving everyone the opportunity to share stories and express what the Huckleberry Patch and surrounding area meant to them. Some Tribal elders spoke of childhood memories, parents and grandparents that have passed on, and the good times shared by so many members of the Tribe at the Huckleberry Patch. Others spoke of the need to continue the fight to protect the area from mining interests.

Huckleberries were scarce this year. Only the dedicated pickers took the time to search out the elusive berries.

Tom Rondeau asked everyone to plan on coming next year, encouraging all Tribal members to attend.

Tribal Jobs Line

Tribal members interested in employment opportunities at any of the following Tribal businesses can call the Tribal Jobs Line at 1-800-676-0854 to hear a pre-recorded listing of openings.

- **Seven Feathers Hotel & Casino Resort**
- **Seven Feathers Truck & Travel Center**
- **Umpqua Indian Foods**
- **Valley View Motel**
- **Riverside Lodge**
- **Canyon Cubbyholes**
- **K-Bar Ranch**
- **Cow Creek Gaming Commission**
- **Cow Creek Tribal Government Offices**
- **Cow Creek Health and Wellness**
- **Nesika Health Group**

The Tribal Jobs Line is updated on a weekly basis and provides instructions as to where and how to apply.

Mark Your Calendar

Saturday, September 23
Tribal Picnic at the Bare Ranch

Tribal Identification Cards

Tribal Identification Cards are available to any tribal member upon request. To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1-800-929-8829. You will be sent an application with an I.D. card. Fill out the application; sign the ID card, enclose an appropriately sized photo and mail the material back to the Tribal Government Offices for processing.

**PLEASE DON'T FILL IN ANYTHING
ON THE I.D. CARD EXCEPT YOUR
SIGNATURE.**

Properly filled out applications and signed I.D. cards will be processed with the Tribal Chairman's signature, laminated, and mailed back to you.

Truck & Travel Center from Page 1

The facility's plans specify that truck parking will be increased by approximately 35 percent to 100 spaces. Parking for automobiles has also been increased. In the interest of maximizing safety, planners gave particular care to the separation of automobile and truck traffic.

Weather permitting, the construction of the new facility will be completed by spring 2001.

Cow Creek Tribal Government Offices

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