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**SEPTEMBER  
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# KIUYUM-ID



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## Senator Inouye Delivers Somber Message to Tribal Leaders at August Meeting

On August 26, Tribal leaders gathered to meet with Senator Daniel K. Inouye of Hawaii on the serious dangers facing Tribes as a result of today's political climate. The meeting, sponsored by the Native American Resource Institute, focused primarily on the recent attacks on the basic fundamentals of tribal sovereignty. Much of the discussion concerned outcomes of recent U.S. Supreme Court cases that are detrimental to tribal sovereign rights. Two cases of extreme concern are *Atkinson Trading Company vs. Shirley* and *Nevada vs. Hicks*.

In *Atkinson vs. Shirley*, the Supreme Court ruled the Navajo Nation could not collect a hotel occupancy tax on a non-Indian establishment even though the business was located within the Navajo Nations Reservation boundaries. The court determined the Nation did not have sufficient "interest" to warrant a tribal tax. This ruling occurred despite the fact that the Navajo Nation provides police and fire protection to the hotel.

In *Nevada vs. Hicks*, the Supreme Court determined that a tribal court lacked jurisdiction to hear a case in which a state police officer allegedly conducted an illegal search on a tribal member's home located within the reservation. Again, the Court found the tribe lacked sufficient "interest" in the case. Additionally, Justice Scalia, in writing the opinion, made a sweeping statement that "...ordinarily, it is now clear, an Indian reservation is considered part of the territory of the State." Many of his opinions' statements went far beyond the facts of the case.

John Eckohawk, the Executive Director of the Native American Rights Fund said,

"...the window is rapidly closing on the opportunity to sue the courts to our advantage."

The Tribes have developed a response to the crisis that calls upon Congress, as trustee for Indian Tribes, to address the situation by asserting its primary constitutional authority in Indian affairs and setting forth clear guidelines for jurisdiction in Indian Country. Draft legislation is now being developed to reaffirm tribal rights and sovereignty as guaranteed by the U.S. Constitution. If enacted by Congress, this legislation will send a clear message to the Supreme Court and prevent further erosion of Tribal self-determination.

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## Douglas County Co-op Begins Trust Process

The Douglas County Co-op that was purchased by the Cow Creek tribe this summer has begun going through the trust process. The purchase consists of two parcels, one at 1.46 acres and the other at 1 acre.

## COW CREEK HEALTH & WELLNESS CENTER HOURS

*Hours for the Cow Creek Health & Wellness Center are:*

Monday and Tuesday	9 a.m. - noon 2 p.m. - 5 p.m.
Wednesday	9 a.m. - noon 3 p.m. - 5 p.m.
Thursday and Friday	9 a.m. - noon 2 p.m. - 5 p.m.

Call 1.541.672.8533 or 1.800.935.2649 to schedule an appointment.

## INFORMATION & HAPPENINGS

### OVER-THE-COUNTER PROGRAM

All requests for the Over-the-Counter Program must be received by November 15, 2002. Please note there will not be any exceptions.

Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 2, 2003.

If you have any questions, please contact Tamara Robinson at the Cow Creek Health and Wellness Center at 1.541.672.8533 or 1.800.935.2649.

### HALTING HEARTBURN BEFORE IT HAPPENS\*

When gastric acid from the stomach backs up into the esophagus (food tube) after eating, it's called "reflux", heartburn, indigestion, or GERD (gastroesophageal reflux disease). Here's how to prevent that burning sensation in your chest:

**Avoid** spicy, fatty, fried, and acidic foods. **Eliminate** triggers such as alcohol, chocolate, garlic, onion, and caffeine. **Quit** smoking, since tobacco irritates the digestive tract. **Eat smaller**, more frequent meals, rather than three large ones. **Wait** at least two hours after eating before you lie down or go to bed. **Elevate** the upper portion of your body in bed. Raising the head off the bed on 6-inch blocks may also help. **Control** your weight. Losing even a few pounds may alleviate symptoms.

*\*from TopHealth, March, 2002*

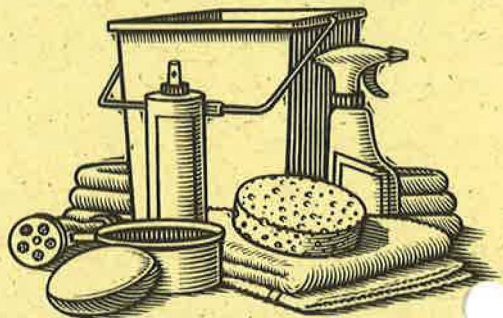
## Avoiding Germ Cross-Contamination

Although germs exist harmlessly in many environments, avoiding the transfer of germs in a household is important. Any household should identify sites and surfaces that are vulnerable for germ contamination and transfer. For example, the toilet is probably the home surface with the highest risk of germ contamination and transfer. Cutting boards in the kitchen are also vulnerable to contamination.

It's well known that hand washing is imperative to the avoidance of germ contamination and transfer. But good hygiene doesn't stop with hand washing. Wet cleaning cloths must be decontaminated every time after contact with any contaminated surface or material. If cleaning cloths or other cleaning utensils in the kitchen or bathroom are left in damp conditions, they can support the growth of microorganisms that can then spread to other surfaces. When possible, disposable cloths should be used. However, for reusable, wet cleaning cloths (includes dishcloths, floor cloths/mops, washing-up brushes,

scouring pads) the following procedures should be utilized diligently.

When a wet cloth has been used to perform a task such as wiping up raw food, wiping up spills, cleaning nappy buckets, the cloth should be decontaminated at least once a day, every day, if they have been exposed to a contaminating source. You can decontaminate by machine-washing in hot water and detergent (at least 60 degrees Centigrade), by boiling or by chemical disinfectant. After decontamination, cloths must be dried as rapidly as possible. Room temperatures allow the residual contamination in damp rags/cloths to multiply rapidly.



## Mandatory Health Coverage Guidelines

The Oregon Health Plan is available to persons who have low to moderate income and are uninsured or underinsured. If you live within the seven county service area, Federal guidelines for the Tribal Contract Health Plan require that "... all alternate resources be exhausted prior to payment by Contract Health." Failure to comply with this regulation could mean the loss of the Tribal Contract Health Program. Therefore, it is necessary that Tribal members who reside within the seven county service area and who are eligible for the Oregon Health Plan apply for coverage.

Should you receive an application for the Oregon Health Plan, either from the Tribal Health office or the Oregon Medical Assistance Program (OMAP) office in Salem, you are required to fill it out and return it within 30 days of the date stamped on the envelope. If you

would like assistance filling out this form, please call the Tribal Health Office at 1.541.672.8533 or 1.800.935.2649 to set up an appointment.

If your application is not received at OMAP within the given time frame, or your application is denied because you failed to respond with the additional information in a timely manner, your Tribal Contract Health benefits will be suspended until you comply. If you think you're ineligible for OMAP because your income is too high and you don't want to have to fill out an application, you may submit your previous three months' pay stubs or proof of income for review. If your income is too high, you won't have to apply. For more information, please contact the Oregon Health Plan facilitator for the Tribe, Roma Jackson, at 1.541.672.8533 or 1.800.935.2649.

# SEVEN FEATHERS HOTEL & CASINO RESORT EXPANSION & RENOVATION PROJECT

In July of 2002, Seven Feathers Hotel & Casino Resort began an expansion and renovation project that will be completed in the summer of 2003. The project, consisting of several phases, is being completed by the Worth Group of Reno, Nevada.

The construction and renovation project will add space to the existing casino floor, create a non-smoking casino area, provide for a larger gift shop, add improved banquet kitchen areas, create additional convention storage, add a sports bar, and provide space for additional administrative offices.

Square footage of 34,335 will be added to Seven Feathers Hotel & Casino Resort when the project is done. The convention storage and administrative offices addition totals 16,724 square feet. The new casino floor square footage will total 12,382. Square footage area for the non-smoking casino area is 3,517. 264 new slot machines will be placed in the new casino (including the non-smoking casino) areas.



*Steel and joist erection completed in early September as part of the expansion project at Seven Feathers Hotel & Casino Resort.*



*Workers construct rebar footing for the gift shop expansion (an addition of 1,712 square feet) at Seven Feathers Hotel & Casino Resort.*



*Current loading dock area for Seven Feathers Hotel and Casino Resort. This area will be expanded and become two stories high (an addition of 16,724 square feet), providing space for additional storage as well as office space.*



*Completed stem walls for the non-smoking casino floor (an addition of 3,517 square feet) at Seven Feathers Hotel & Casino Resort.*

# Cow Creek Elders' Picnic



The Elders' Picnic was held at the K-Bar Ranch on the shores of the South Umpqua in June. Elders attending, from the left, are: Jan and Walter Perdue, Jimmy Estabrook, Loretta Corbett, Clem Rice, Corinne Hill, Louis Lachance (seated on lawn in background), Chuck Jackson, May Rondeau, Delbert Rainville, and several members of the Confederated Tribes of the Coos, Lower Umpqua, and Siuslaw Indians.

## Culture Camp Held July 6 & 7



*Tribal member Chris VanNorman displays her finished basket while her daughter, Marisa Steward, works on her beading project at the beading table. Tribal member Joell Rondeau looks on.*



*Jennifer O'Dell masters a basket weaving technique during the basket weaving classes at Culture Camp.*



*Salmon is baked, in the traditional way, at the Salmon baking pit for the Culture Camp's closing dinner on July 7.*

The Cow Creek Culture Camp was expanded to two days in 2002. On July 6 and 7, attendees gathered at the K-Bar Ranches' Bare Park. Concurrent classes in basket weaving, flintknapping, and beading were offered. The successful Culture Camp concluded with a traditional salmon bake dinner.

# Five Generations of Cow Creek

The Oldest and Youngest Cow Creek Tribal Members are  
Part of the Same Family!

Emily Rose Krantz, born March 11, 1915 is the Cow Creek Tribe's oldest living member. Emily Rose is Patty Adams' mother. Patty is Cecilia Forbis' mother. Cecilia is the mother of Mike McClure. Mike is the father of the Cow Creek Tribe's youngest member, Aleena Larée McClure, born July 31, 2002. Emily Rose is Aleena's great, great grandmother. All five members of this family were born in Oregon.



From left to right: Cecilia Forbis, Mike McClure, Patty Adams  
Sitting in chair at center: Emily Krantz holds Aleena McClure

## Creekside Restaurant Recipes Included in New Cookbook

Rutledge Hill Press of Nashville, Tennessee has just published The All-American Truck Stop Cookbook, a compilation of over 200 recipes from America's truck stops. Three recipes from Seven Feathers Truck & Travel Center's Creekside Restaurant are included in the cookbook: Creekside Spanish Rice,

Canyonville Sirloin Beef Tips, and Marvelous Meat Loaf. Editors Ken Beck, Jim Clark, and Les Kerr included the best truck stop recipes they could find as well as interesting trucking lore in this softbound 256-page book. The All-American Truck Stop Cookbook is for sale for \$15 at Seven Feathers Truck & Travel Center.

## Turning On Your Oil Burner for the Fall & Winter Season



1. Are your furnace's electrical switches turned on?



2. Are fuse or circuit breakers in the correct position?



3. Do you have fuel in the oil tank?

4. Is the fuel valve on the tank open?  
This valve may be near the furnace.



5. Set thermostat above room temperature.  
Wait one minute for the burner to come on.



6. If the burner doesn't come on, push the red  
**RESET** button on burner motor **ONE TIME ONLY**.  
Do not keep pushing the reset button.

## EDUCATION NEWS

The following Tribal Members  
have received high school diplomas  
or advanced degrees in 2002.

### COW CREEK TRIBAL HIGH SCHOOL GRADUATING SENIORS

**Crystal Champney**

South Umpqua High School

**Tyler Haggard**

Ashland High School

**Jessica LaChance**

Beaverton Arts & Communication  
High School

**Melissa Ledford**

Glide High School

**Weston Lerwill**

Redmond High School

**Jesse Nichols**

South Umpqua High School

**Chris Rondeau**

Glide High School

**Nicole Rondeau**

South Umpqua High School

**Brian Rooney**

Colorado Christian School

**Brenda Ulm**

Lebanon High School

### COW CREEK GRADUATING ADVANCED DEGREE STUDENTS

**Jessica Bochart**

Bachelor of Science in  
Anthropology  
Oregon State University

**Jennifer Leonard**

Certificate in Cosmetology &  
Hair Design  
The Academy of Hair Design  
Las Vegas, Nevada

**Dan Nichols**

AA in Automotive Technology  
Umpqua Community College

**Wendy Rudolf**

Bachelor of Arts in History  
Willamette University

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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.

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