



KIUUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians Volume 13 Issue 10

DECEMBER 2003/JANUARY 2004

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You Might Want To Know!

- When the Cow Creek Indian Bingo Center opened, on April 29, 1992, it was the first Oregon Indian Bingo Center.
- Cow Creek were the first to negotiate a compact, on October 12, 1992, with the State of Oregon for Class III Gaming. This allowed the Tribe to add video lottery terminals to the bingo facility.
- Today, the Bingo Center seats 450 people and is just one component of the gaming activities at Seven Feathers Hotel and Casino Resort.

Oregon Supreme Court Refuses to Take Casino Case

The Oregon Supreme Court, on November 26, 2003, dismissed an anti-gaming lawsuit that was filed by a group of citizens from Florence called the "People Against a Casino Town (PACT)." Filed in mid-September, the lawsuit challenged the constitutionality and legitimacy of the gambling compact between the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw and the State of Oregon.

PACT argued that Oregon's constitution specifically bans casino gambling. The Oregon Constitution states, "The legislative assembly has no power to authorize, and shall prohibit, casinos from operation in the State of Oregon."

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw, headquartered in Coos Bay, are the only federally

recognized tribe in Oregon that does not operate a casino.

In October, at the request of Governor Kulongoski, Oregon's Attorney General Hardy Myer sent a memo to the court urging that the suit be dismissed. Myer also indicated that the petition was filed in the wrong court.

The case was unanimously dismissed by the Supreme Court without comment. Many view the dismissal as an indication that the court believes tribal/state compacts are legal. However, the Supreme Court, in not offering an opinion, left the door open to the anti-casino group to re-file in a lower court.

On December 10, 2003, PACT re-filed their lawsuit against Governor Kulongoski in Lane County Circuit Court and also asked the court to invalidate the compact between the State and the Coos

Tribe.

Tribes have continued concern that a negative outcome in the Coos situation could affect other casinos in Oregon. However, Cow Creek Tribal leaders maintain their longstanding position that the compacts have been negotiated in good faith and are in accordance with the Indian Gaming Regulatory Act of 1988, a federal law.

Should the litigation result in a negative outcome for the Oregon Tribes, Cow Creek will vigorously fight, as in the past, to uphold the sovereign rights of Tribes as governments.

FACT—Indian casinos in Oregon include Seven Feathers, Chinook Winds, Kahneetah, Kia-mo-ya, Old Camp, Spirit Mountain, The Mill, and Wild Horse.

General Council Meetings Set for 2004

Tribal General Council Meetings for 2004 have been scheduled as follows:

- February 8, 2004
- May 16, 2004*
- August 8, 2004**
- November 14, 2004

All General Council Meetings will be held at 10:00 am in the Cow Creek Tribal Government Offices located at 2371 NE

Stephens Street, Roseburg, Oregon.

- *Nominations Meeting
- **Annual Election Meeting

The procedures for the nominations for the Tribal Board of Directors Election are as follows: Any registered voter of the Tribe present at the May meeting each year may nominate. Each person may nominate one individual for the elec-

tion. When nominations are closed, no other nominations will be accepted. A nomination will be considered complete when the nominee has accepted the nomination in writing.

Nomination acceptance forms will be furnished to all candidates represented at the meeting.

(see Nominations, p. 5)

HEALTH NEWS

Cow Creek Health & Wellness Center Hours

Monday & Tuesday

9 am—Noon

2pm—5pm

Wednesday

9am-Noon

3pm-5pm

Thursday & Friday

9am-Noon

2pm-5pm

Call 1.800.935.2649 toll
free or 541.672.8533
locally to schedule an
appointment.

Understanding Depression

By Dr. Cheryl Gifford

Depression is an illness, and a common one. Ten to twenty million Americans suffer from depression each year. It affects people from all socioeconomic and ethnic groups.

Major depression is a serious medical illness. It is persistent and debilitating and significantly interferes with thoughts, behavior, mood, activity, and physical health.

One out of every five women and one in every fifteen men will experience at least one episode of serious depression in their lifetime. It isn't clear why women are more likely to suffer from depression. Untreated episodes of depression can last up to one year and can lead to suicide.

Major depression has a number of symptoms. Typically the symptoms represent a significant change from how a person functioned before the illness.

Symptoms can include:

- Profound sadness
- Irritability
- Pronounced changes in sleep, appetite, and energy
- Difficulty thinking, concentrating, and remembering
- Physical slowing or agitation

- Lack of interest in or pleasure from activities that were once enjoyed
- Feelings of guilt, worthlessness, hopelessness, and emptiness
- Recurrent thoughts of death or suicide
- Persistent physical symptoms that do not respond to treatment

Whatever the specific causes of depression, scientific research has firmly established that major depression is a biological brain disorder. Serotonin, nor epinephrine, and dopamine are three neurotransmitters (chemical messengers that transmit electrical signals between brain cells) thought to be involved with major depression. Scientists believe if there is a chemical imbalance in these neurotransmitters, then clinical states of depression result. Antidepressant medications work by increasing the availability of neurotransmitters or by changing the sensitivity of the receptors for these chemical messengers.

Scientists have also found evidence of genetic predisposition to major depression. There is an increased risk for developing depression when there is a family history of the illness. Not everyone with a genetic predisposition develops depression,

but some people probably have a biological make-up that leaves them particularly vulnerable to developing depression. Life events, such as the death of a loved one, a major loss or change, chronic stress, and alcohol and drug abuse, may trigger episodes of depression. Some illnesses and some medications may also trigger depressive episodes. It is important to note that many depressive episodes occur spontaneously and are not triggered.

Although major depression can be a devastating illness, it is highly treatable. Between 80 and 90 percent of those suffering from serious depression can be effectively treated and return to their normal daily activities and feelings. Many types of treatment are available, and the type chosen depends on the individual and the severity and patterns of the illness. There are two primary types of treatment for depression: medications and psychotherapy. They may be used singly or in combination.

- Antidepressant medications — it is important to note these medications are not addictive.
- Psychotherapy — there are several types of (cont. on p. 5)

How to Manage or Prevent Diabetes

Approximately seventeen million people in the United States have diabetes. About 1/3 of that number or approximately six million people are not yet aware they have the disease. Another ten million Americans are at high risk for developing the disease because of the dramatic increase in the rate of obesity in the U.S. Complications from diabetes are now the sixth leading cause of death in the U.S. Diabetes can affect many parts of the

body, including the heart, eyes, kidneys, and feet.

Diabetes is a disease that prevents the body from producing or properly using insulin, a hormone the human body needs to convert sugar, starches, and other food into energy.

The good news is diabetes can usually be prevented through weight loss, regular exercise, eating a well balanced diet with lots of fresh fruits and vegetables, avoiding nicotine, drinking plenty of water, and getting rest.

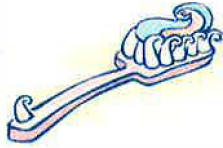
Additionally, medical research has produced many new helpful medications. Single and combination drug therapy with fewer negative side effects now exist. One of these, basal insulin, helps diabetics avoid the wide range of blood sugar swings that can occur between meals.

Should you have questions about diabetes, contact the Cow Creek Health & Wellness Center at 1.800.935.2649.



Over-the-Counter Program Accessible Again as of January 2

As of January 2, 2004, Tribal members were again able to access their Over-the-Counter accounts



for medical prevention needs. Since March of 1998, enrolled Tribal members have been able to access funds to cover the cost, up to \$100, of preventative, non-prescription, health care products. A partial list of products covered by the program includes hearing aid batteries, inhalers, insect repellent, plaque remover, and reading glasses.

Sonicare toothbrushes are also covered through the Over-the-Counter Program and are available at the Cow Creek Health & Wellness Center. The single pack cost of \$50 and the replacement head cost of \$14 are deducted from a Tribal member's \$100 annual allotment.

One-Time Nicotine Cessation Benefit

Tribal members are eligible to a one-time benefit for a three month period, available

in two-week segments, of nicotine cessation products. Fifty dollars is the maximum amount allowed for a two-week supply of nicotine cessation assistance product. This benefit is not deducted from the \$100 Over-the-Counter allotment.

What Isn't Covered

Products such as facial tissues, weight loss products, and tanning oil products are not covered by the Over-the-Counter Program. For a complete list of products covered, contact the Cow Creek Health & Wellness Center.



How to Access the Program

When a Tribal member is ready to use the benefits of the Over-the-Counter Program, the member should contact the program coordinator with a list of needed products. The list must include a minimum of five items and total at least \$25. The program coordinator

has 24 hours to complete a purchase order and place the order. The Tribal member is notified and goes to the selected store to sign the purchase order and pick up the ordered items. Only the items listed on the purchase order can be picked up. The store then sends the purchase order to the Health & Wellness Center for reimbursement.

If the items picked up exceed the \$100 limit, the Tribal member has the option of returning an item or paying the difference. The excess is carried over to the next calendar year and deducted from that year's \$100 allotment. Monies not spent in any one year are lost. The cut-off date each year for placing orders for the Over-the-Counter Program is November 15.

Questions and concerns should be directed to the program coordinator at the Cow Creek Health & Wellness Center. The Center can be reached toll free at 1.800.935.2649 or locally at 541.672.8533.

The FLU—Tips on Prevention and Care

Influenza or the flu is characterized by fever, headache, tiredness, a dry cough, a sore throat, nasal congestion, and body aches. Anyone can get the flu but the disease is more severe for some people.

People age 65 or older, very young children, and people with chronic medical conditions are more likely to develop complications from contracting influenza. Pneumonia, bronchitis, and sinus and ear infections are just three examples of flu complications.

Millions of people in the United States, anywhere from 10% to 20% of the population, get the flu each year. About 36,000 people in the U.S. die from influenza and 114,000 are admitted to the hospital each year with serious cases of the disease each year.

Flu is transmitted when a person who has the disease coughs, sneezes, or speaks, and the flu virus is sent into the

air and other people are then able to inhale the virus. The virus enters the nose, throat, or lungs and begins to multiply causing influenza. The disease is very contagious.

If you get the flu, drink plenty of liquids, rest, avoid using alcohol or tobacco and treat the symptoms. Since the flu is a virus, antibiotics don't work to cure it. The best way to prevent the flu is to get an influenza vaccine (a flu shot) before the flu season begins each fall.

For more information on flu prevention, flu care, and flu shots, call the Cow Creek Health & Wellness Center.

Dr. Lois R. Niska Joins Cow Creek Clinic Staff

Dr. Lois Niska joined the Cow Creek Health & Wellness Center

staff in the fall of 2003. Prior to coming to the Wellness Center, Dr. Niska served for five years as clinic director at the NiMiiPuu Health, Ambulatory Clinic, in Lapwai, Idaho. From 1994 to 1998, Dr. Niska was employed as the solo physician and medical director at the Polo Family Health Center in Polo, Illinois.

Dr. Niska completed her undergraduate degree in biology at the University of Colorado in Colorado Springs and received her DO degree from the University of Health Sciences College of Osteopathic Medicine in Kansas City, Missouri. Additionally, Dr. Niska has completed 300 credit hours of medical acupuncture for physicians at UCLA's School of Medicine in Los Angeles. Recently, she completed a primary care update on substance abuse in Seattle Washington.

Dr. Niska has been appointed to several social service organizations and is affiliated with the American Osteopathic Association, the American Academy of Osteopathic Family Physicians, American Academy of Osteopa-

Veterans Information to be Published

In an upcoming edition of *KIUYUM-ID*, a collection of information and stories about Tribal Members who are veterans of the U.S. Armed Forces will be published.

Prior to publication, we'd like to hear from additional Tribal Members about their family members who are veterans.. Please mail your information to: *KIUYUM-ID*, Cow Creek Government Office, 2371 N.E.. Stephens, Roseburg, Oregon 97470.

Exciting Entertainment Scheduled at Seven Feathers in 2004

* Now playing in the Cabaret Lounge –

"American Popstars." The show began on December 20th and will run through March 7th. Seven Feathers invites you to come see the "American Popstars" cast of impersonators as well as the hilarious comedian host, Adam Leslie. Must be 21 or older. FREE admission with two-



beverage minimum. Smoke-free Tuesday shows. Make your reservations at the Seven Feathers Box Office. (541) 839-1111 or 1-800-548-8461, ext. 1218.

* Seven Feathers also invites you to spend **SUPER BOWL SUNDAY –XXXIII** in the Umpqua Grand Ballroom. The party will be on February 1 at 3 p.m. **FOUR 50" MITSUBISHI TV's & \$750 in CASH** will be given away throughout the game. Tickets are \$10 each and available at the Box Office. Pre-game at 2:30 p.m.



Doors open at 2 p.m.

* On Saturday, February 14, at 8 p.m.

will try

Tracy In the



Seven Feathers host country music sensation Tracy Lawrence Umpqua Grand Ballroom for a Valentines Day Concert. Tickets are \$29 and \$19 and are available at the Seven Feathers Box Office, Safeway Tickets West Outlets, or by calling 1.800.992.TIXX. The concert is open to ages 12 or older.

Student Financial Aid Planning Calendar for 2004-2005

For Cow Creek Tribal members and current higher education students interested in attending college next year, the Financial Aid Planner included in this newsletter is a month-by-month guide that explains the process of filing for financial aid as well as providing hints on how to follow up with the financial aid offices at the college/university you choose to attend.

Please save this information as it could help you handle financial aid paper work effectively as well as assisting with the confusion that typically accompanies the financial aid process. Check local libraries and bookstores for publications on free financial aid and scholarship opportunities and check out the websites listed below:

www.fafsa.ed.gov

www.fastweb.com

www.finaid.org

www.collegeboard.com

Questions and concerns should be directed to Kelly Strickler-LaChance, Cow Creek Education Director, who can be reached at 1,800,929.822 toll free or 541.672.9405 locally.

January, 2004—Complete your financial aid application by using the FAFSA form on the web (www.fafsa.ed.gov) or using the renewal FAFSA form you've received in the mail. If a renewal form has not arrived by mid-January, don't wait for it. If you have not filed your tax return, tell FAFSA that and proceed with your estimated figures so you can meet FAFSA filing deadlines. Don't forget about scholarships. Some scholarship deadlines might be as early as

this month.

February, 2004— If you haven't completed the FAFSA, do so and don't delay.

March, 2004—The FAFSA form asks which colleges or universities should receive your financial information and those listed will receive your information. It is possible that an institution will ask you for additional information in order to process your application. It is important to submit this information promptly. The Office of Financial Aid and Scholarships begins to send out award letters to "early FAFSA filers" this month. Sign the necessary forms and return them immediately.

April, 2004—Application processing for financial aid within the Oregon colleges and universities starts this month. Stay in touch with the financial aid office at the college or your university in which you're interested. Don't forget to notify the Office of Financial Aid of any changes of address or enrollment plans.

May, 2004—Visit, call, or e-mail the Office of Financial Aid and Scholarships if you have questions or special circumstances. Notify the financial aid office at your selected college of any scholarships you've been awarded. This information is important to finalize your financial aid eligibility.

June, 2004—Read the information you've received from the school you'll be attending so you'll be aware of the many details you'll have to handle when school begins. If you have already received your award letter from FAFSA, sign it, and return it to the Office of Financial Aid and Scholarships.

July, 2004—If you have accepted a student loan or an unsubsidized or subsidized Stafford Loan, you'll need to complete the promissory note to receive the loan. This can be done on-line at dlenote.ed.gov. If you are a first-time borrower, you must attend a pre-loan counseling session in person or on-line at the Federal Direct Loan website located at the following address:

www.ed.gov/offices/osap/directloan/students.html

August, 2004—Find out when payment of school charges, such as tuition and fees, will be due. Be sure you understand how and when financial aid will be disbursed and whether you can defer payment on your school charges until the funds are available.

September, 2004—School begins. Congratulations

Well Nations Magazine

Tribal households have been receiving the magazine Well Nations for the past two years. At this time, it has become necessary to have the magazine shipped directly from the publisher to Tribal households. If your family wants to continue receiving Well Nations, call Lenora at 1.800.929.8229 and she will send you a form. This form, which must be signed and mailed back to the Government Office by March 1, will enable a household to continue receiving the magazine.

J of O Now Accepting Sapsik'wala Program Scholarship Applications

The University of Oregon is accepting applications, due by February 15, 2004, for the Sapsik'wala (teacher) Education Program. This program prepares American Indian



teachers to incorporate their knowledge, skills, and cultural sensitivity into ele-

mentary, middle, and high school experiences with American Indian youth. Program participants have tuition and fees covered, receive a monthly stipend and book allowance, and are provided with admissions and advisement support.

Educational programs at the elementary level that qualify include: early intervention, integrated teaching, and early childhood/elementary special educator programs. Middle and high school programs eligible are middle/secondary-general educator and middle/secondary

- special educator. All applicants must hold a bachelor's degree and have an undergraduate GPA of 3.0 or provide evidence of graduate potential.

Applicants must meet the federal stipulations defining Indian, i.e., an individual is: a member of a federally recognized Indian Tribe or band and meets criteria above; or is considered by the Secretary of the Interior to be an Indian for any purpose; or is an Eskimo, Aleut, or is considered by the Secretary of the Interior to be an Indian for any purpose; or is an Eskimo,

Aleut, or other Alaskan Native; or a member of an organized Indian group that received a grant under the Indian Education Act of 1988 as it was in effect October 19, 1994.

Persons interested in receiving an application should call Kelly Strickler-LaChance, Education Director, at 541.672.9405 or 1.800.929.8229.

DEPRESSION (cont. from p. 2)

psychotherapy that have been shown to be effective for depression including cognitive-behavioral therapy (CBT). Research has shown that mild to moderate depression can often be treated successfully with therapy alone. Severe depression appears more likely to respond to a combination of psychotherapy and medication.

In general, the earlier a person receives treatment during a depressive episode, the more easily they can return to their earlier level of functioning.

Friends and family can help by encouraging depressed people to seek an expert evaluation, and by offering understanding, compassion, patience, and respect.

If you or someone you care about seems to be suffering from depression, call the Cow Creek Health & Wellness Center at 541.672.8533 and request that the on staff psychologist schedule an appointment for a confidential consultation.

REMINDER—FAFSA Due

The Free Application for Federal Student Aid (FAFSA) is now available.

Students need to have their FAFSA form completed and mailed in by February 1, 2004, to be given priority status for funding. Funding applied for now is for the 2004-2005 academic year.

FAFSA forms that are received after Feb. 1 don't receive priority status.

If you have questions about the FAFSA, please call Kelly Strickler-LaChance, Cow Creek Education Director, at the Tribal Government Office at 1.800.929.8229 toll free or 541.672.9405 locally.

Nominations Meeting - (cont. from p. 1)

For those nominees not present, forms will be mailed to them no later than (3) days following the Nominations Meeting and must be received in the Tribal Government Office no later than June 10 of each year. Candidate acceptance forms will be placed on the ballot in the order the nominations are made. Ballot packets including instructions, will be

mailed out to registered voters of the Tribe from the Siletz Agency no later than July 16, 2004. Tribal members are encouraged to maintain an updated registration card including an updated signature.

If you are a registered voter and do not receive a ballot, you must contact the Government Office at 541.672.9405 or 1.800.929.8229.

Elders Trip Planned

On Thursday, February 12, a trip to watch the Portland Blazers play the Denver Nuggets in Portland has been scheduled for Tribal Elders. A flyer with additional information will be sent soon to all Cow Creek elders. Space for this opportunity is limited so early registration is important.



*Cow Creek Band of Umpqua
Tribe of Indians*

2371 NE STEPHENS STREET
ROSEBURG, OREGON 97470

Phone: 541-672-9405
800-929-8229
Fax: 541-673-0432

IMPORTANT NOTICES

TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1-800-929-8229. You will be sent an application which you should fill out and sign. Enclose a photo and mail the material back to the Tribal Government Offices for processing.

Properly filled out applications will be processed with the Tribal Chairman's signature and mailed back to you.

TRIBAL JOBS LINE

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

recorded listing of openings. The Tribal Jobs line is updated on a weekly basis and provides instructions as to where and how to apply.

ADDRESS UPDATES

Tribal members are encouraged to maintain a current address at the Cow Creek Tribal Government Offices. Those who have minor children who are not living in their

Tribal Government Office, please recommend that they call the toll free number (1-800-929-8229) or write to the Cow Creek Tribal Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, Oregon 97470.

households also should make sure their children's updated addresses are on file with the Tribal Government Offices.

If you know of any Tribal members who have not been receiving correspondence from the



**Check out the Cow
Creek website at
cowcreek.com**