



Lakeside competition gym renamed after longtime Coach Ron Miller



Ron Miller - former Coach and current teacher at Lakeside High School in Plummer, Idaho - receives his plaque from Superintendent Judi Sharrett and Principal John Brumley after having the competition gym named after him on January 18, 2013. Photo by Lee Zahir

During the Battle on the Trail, Lakeside High School dedicated the Lakeside Competition Gym to Ron Miller, longtime Lakeside and Plummer High School coach and administrator. Ron has coached in the district since 1986, coaching Football and Girls Basketball for a majority of that time. He coached Plummer High School to the 1990 Girls Basketball state championship and was on the coaching staff of the Lakeside Softball State Championship team in 1996. Ron retired from girls basketball in 2011 and from football in 2013. He was also Lakeside Athletic Director for over 20 years.

place between the JV Boys and Varsity Girls game.

The 3rd Annual Battle on the Trail spirit rivalry game between Lakeside High School and Kootenai High School took place on Saturday, January 18th at 1 pm. The annual event has both teams competing for the Golden Wheel, which Lakeside won in 2012 and Kootenai won last year.

The competition is scored on the spirit of the competition, including scoring based on a cheer-off, lip sync, gym decorations, and fan spirit. This year's theme was Mardi Gras.



The court was officially renamed "Ron Miller Court" and the dedication took

North Idaho College now offering a class taught in the Coeur d'Alene Language



Raymond Brinkman teaching a Coeur d'Alene language class

Courtesy Spokesman Review

At first, Leo Tanner found the long strings of consonants in the Coeur d'Alene language intimidating, and he had difficulty producing sounds from the back of his throat.

The North Idaho College student had studied Spanish and Hindu, but Coeur d'Alene

threw him for a loop. "I thought, 'Gosh, I'll never be able to learn that,'" Tanner recalled.

But with a semester of study behind him, Tanner is gaining confidence in speaking the ancestral language of the Coeur d'Alene Tribe. Earlier this week, he tossed back answers to instructor Raymond Brinkman during the twice-weekly class. And words like

"snqwqw'lups," which means blue jeans, no longer sound or look strange.

"It's artistic when you look at it," said the 24-year-old anthropology major. "It reminds me of Picasso."

College-level instruction in the Coeur d'Alene language began during the 1990s so tribal members could earn credits for studying their native tongue. But others are also welcome in the NIC class, said Brinkman, the tribe's linguist.

Over the years, he's introduced more than 100 college students to Coeur d'Alene.

"Language is one of the human phenomena where the more you give away, the more there is," Brinkman said. "Having more people speaking Coeur d'Alene can only help the tribe's language efforts."

Coeur d'Alene is one of 23 Salish languages spoken by native peoples from Montana to

the Pacific coast, and in parts of British Columbia. It's distinct from a related language spoken by the Spokane, Kalispel and Bitterroot-Salish Tribe of Montana.

Coeur d'Alene is characterized by glottal stops – the explosive sound found in "uh-oh" – and pharyngeals, consonants that originate in the back of the throat. (Think of the "h" sound in Bach, or the guttural "r" of a French speaker, Brinkman said.)

Pharyngeals are often challenging for English speakers, who are accustomed to speaking from the front of the mouth. But Kathy Lewis finds the effort to master the difficult pronunciations rewarding.

"We may not get all the words just right, but we're helping with this bigger goal of keeping the language alive," said Lewis, who is the head of NIC's American Indian studies program and also a student in the class.

Part of Lewis' heritage comes from Central California tribes, where the languages have become extinct. During a century of assimilation efforts, Native Americans were discouraged from speaking their languages in government-run boarding schools.

"Language is important to identity – so important that it

wasn't allowed to be spoken," she said. In addition, "language is vital to understanding how people see the world."

Lewis said she's gained a deeper appreciation for the Coeur d'Alene Tribe's culture by learning that the word for wife translates as "my medicine," and the word for father means "gentle man." The fact that Coeur d'Alene remains a spoken language reflects decades of work by tribal elders, anthropologists, linguists and others.

Scholarly efforts to preserve the Coeur d'Alene language began in 1928, when Gladys Reichard, an anthropology professor from New York's Columbia University, spent a summer on the Coeur d'Alene Reservation.

With the help of the Nicodemus family – Dorothy, an elder; her daughter, Julia; and her grandson, 17-year-old Lawrence – Reichard began documenting the language. Dorothy told stories in Coeur d'Alene; her daughter and grandson translated them into English for Reichard.

Lawrence Nicodemus' grasp of language analysis so impressed Reichard that she later brought him to New York City, where the two spent a year

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~ Tribal Council Business ~ sqwa' qwe' wli'ple' met

19(14) Approved Enrollment department blood degree correction for William Brown current blood degree 27/64 be CORRECTED TO: 29/64 Total Blood Degree; 4 for 0 against 1 abstain.

20(14) Approved Enrollment department blood degree correction Candyce Rose Peone. from current blood degree 9/32 CORRECTED TO: 43/64 Total Blood; 3 for 0 against 2 abstain.

21(14) Approved Executive Operations telephone/electronic voting policy and procedures. 4 for 0 against 0 abstain 2 out.

22(14) Approved Executive Operations Hart West & Assoc. to support Tribal Water Rights

Litigation \$13,912.38. The Tribe requires the services of experts to prepare its water rights claim; and the firm Howard Funke & Associates, P.C. has been handling the Tribe's water rights matters and has negotiated a contract between Hart West and Associates and the Tribe for the period of December 1, 2013 through March 1, 2014, for the purpose of providing consulting and testifying expert services connected with the history of the Coeur d'Alene Reservation and the water use and other dealings of the Coeur d'Alene Tribe; 4 for 0 against 0 abstain 2 out.

22(14) UNAVAILABLE

23(14) Approved Executive Operations J&S Initiatives, LLC

to support Tribal Water Rights Litigation \$54,701.43; 4 for 0 against 0 abstain 2 out.

24(14) Approved Social Services department Idaho Community Foundation funding application in the amount of \$5,000. A funding application may provide funds to purchase and install energy efficient windows and new bed and bath items at the Youth Shelter; 5 for 0 against 1 abstain 0 out.

25(14) Approved IT department Bureau of Homeland Security funding application in the amount of \$300,918.86. A funding application may provide support for the purchase of radios, generators, and security

to enhance the wireless and fiber optic systems of the tribe; 6 for 0 against 0 abstain 0 out.

26(14) Approved Lake Management department Columbia River Treaty review Regional recommendation to the US Dept. of State; 6 for 0 against 0 abstain 0 out.

27(14) UNAVAILABLE

28(14) Approved Social Services department Inland Northwest Community Foundation funding application \$8,226; 4 for 0 against 0 abstain 2 out.

29(14) Approved Public Works department Planning Division

Indian Health Service 2014 Sanitation deficiency system list; 4 for 0 against 0 abstain 2 out.

30(14) Approved Natural Resource department Land Services agricultural lease on allotment 423-A for a 5 year term for William Mellick beginning January 16, 2014 and ending December 31, 2018, with conditions; 4 for 0 against 0 abstain 2 out.

31(14) Approved Natural Resource department Land Services request for agricultural lease on allotment 181 for a 5 year term for Tyler Farms beginning January 6, 2014 and ending December 31, 2018 with conditions; 3 for 0 against 1 abstain 2 out.

Coeur d'Alene Tribe Council Fires



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Coeur d'Alene Tribal Council

Chairman - Chief J. Allan

term expires May 2015

Vice Chairman - Ernest L. Stensgar

term expires May 2014

Secretary/Treas. - John Abraham

term expires May 2014

Charlotte A. Nilson

term expires May 2016

Alfred M. Nomee

term expires May 2016

Leta Campbell

term expires May 2015

Don Sczenski

term expires May 2015

Lawrence Nicodemus and the Coeur d'Alene Tribe's Language Department provided the paper with the following translation of *sgwelp' t'gwe'l 'ya'(pqi'n'm* which describes a fire made for the purposes of gathering or meeting.

Toni LaDeaux: my story of addiction and how I came out on top

This is the first of many success stories we hope to share with the community about overcoming addiction - it takes a strong and brave person to be willing to share this with the public. We aim to reach those still struggling and prove that there is a way to, as our first feature writer put it: "Beat the Beast."

In the hopes of reaching at least 1 person I am writing this article. My name is Toni LaDeaux, Coeur d'Alene Tribal member, drug free for over 8 years! It was not an easy road. In fact it was quite the struggle.

I had a good job at the Coeur d'Alene Casino, my title was

Executive Assistant. I had a 3 bedroom home and only owed \$29,000 on it. I really don't know what triggered me to start using Meth, but I did and I will be very honest, I really liked the feeling it gave me. I can't describe it, but the word euphoria definitely describes it. Euphoria - a state of intense happiness and self-confidence.

As you may have guessed, the drug took over my life. I started out only using on the weekends. Friday was the start and I would quit come Sunday. Pretty soon that wasn't good enough, I would use more and more during the week, until I had more days being high than

not. I was losing weight fast and was even asked by co-workers what my secret was. Of course I would lie and say watching what I eat. The truth is I very seldom ate anything.

My family on the other hand knew exactly what I was doing and my mom took my daughter from me, she was 4. I had an elderly Aunt living with me whom moved out as well. Then I lost my job, due to the fact that a random drug test came back positive for Meth. My supervisor told me that I needed to seek treatment for my addiction or quit my job. Knowing that I had my 401K to fall back on and I didn't have

my daughter anymore either, I took the road to freedom, or that's what I thought. I quit my job and cashed out my 401K.

I had many bad days from there on. However, I had good days too, which kept me using. When you are in that deep dark place the good times seem so fun, partying, staying up all hours of the night talking, playing dice or cards, and listening to music. But then there are bad nights too. Spent alone, thinking about family, especially my daughter, whom I thought about often. There was definitely a hole

LADEAUX: continued on page 8



I HOLD MY HEAD HIGH KNOWING
WHAT I HAVE ACCOMPLISHED

BEAT THE BEAST
I DID

~Chairman's Corner~

hinchanpa'qhmn

As many of you know, more than twenty years ago, our tribal council entered into a gaming compact with the state of Idaho. Our visionary leaders saw fit to set aside 5% of our net gaming revenues to go toward education – half of which was designated to education off the reservation and half of which would be dedicated to educational efforts on the reservation. Looking back, our leaders were wise to set aside this funding – it has been a lifesaver for many schools and groups and tens of thousands of students have benefitted from the donations over the years.

We made the first donations in 1994 as our bingo hall got up and running. Our donations for that year totaled just \$6,000. Back then, that was

a really big deal. And since then, our casino has grown and thrived and we have continued to support education. Who would've guessed twenty years later our total donations would add up to more than \$21 million dollars and counting?

Over the next few weeks, we will be preparing to distribute our 2014 education donations, including more than \$600,000 to our on-reservation programs. We are proud of the impact our Tribe has made in education. But we are most proud of the progress that we've seen in education efforts on our own reservation. These investments we in our students' success year after year will continue to pay off.

We have seen improvements in the percentage of our tribal students graduating from

high school, which has grown by leaps and bounds since our first donations in 1994. Getting our kids through high school is a big deal. High school dropouts have a much harder time finding a job and when they do, they will earn on average approximately \$10,000 less than a high school graduate each year and \$36,000 less than someone with a bachelor's degree.

Our Education Department, often in conjunction with the staff in other departments or at the Wellness Center, has created a dynamic team that leads a variety of programs aimed at preparing our children for the future. Just take a look at our 2014 tribal calendar and you'll see the many programs in place to encourage and nurture our students' growth

in leadership, science, sports, technology, engineering, math, and more. More and more of our students who come up through the Early Childhood Learning Center, youth sports and our career prep programs are strong, confident and successful young leaders.

Thanks in part to our investment in education and our efforts as a community, many of our students are not only graduating from high school but continuing on to vocational schools, colleges and universities, graduate programs and beyond. We have much to celebrate – high school graduates, vocational certificates, college degrees and many graduate degrees in business, law, medicine, and more. We are proud of all of our students; they will be

well prepared to lead our Tribe when their time comes.

But there is still work to be done. So, to the students out there I say, keep it up! And remember, if you need help, there are a lot of resources you can tap into and our staff and volunteers will do what they can to help you succeed.

To our tribal leaders -both past and present - lim lemtsh for having the wisdom and foresight to recognize the importance of investing in our Tribe's future at a time when our casino was just in its infancy. And lim lemtsh to the staff and the volunteers dedicate their days to ensuring our children succeed.

Chief Allan

FEBRUARY - 2014

SUNDAY <i>st(eti'wes</i>	MONDAY <i>chdi'k'w</i>	TUESDAY <i>asasq'it</i>	WEDNESDAY <i>cha'lasq'it</i>	THURSDAY <i>mosq'it</i>	FRIDAY <i>tselchsq'it</i>	SATURDAY <i>chli'i'</i>
						1
2 <i>Groundhog Day</i>	3	4	5 Lakeside Schools Early Release CDA Tribal Credit Applications Due	6	7	8 Dance your heart out Zumbathon @ 9am
9 Wellness Center Swim Meet @ 3pm	10 Lakeside School Board Mtg. @ 6pm	11 CDA Tribal Credit Board Meeting Second Harvest	12	13 Family Fun Night @ Wellness Center 5:00 - 7:00pm	14 <i>Valentine's Day</i>	15
16	17 CDA HQ CLOSED <i>President's Day</i>	18	19 Lakeside Schools Early Release CDA Tribal Credit Applications Due	20 COUNCIL FIRES DEADLINE Chili Cook-off Plummer Comm. Ctr	21	22
23	24	25 CDA Tribal Credit Board Meeting Second Harvest	26	27	28 LHS - Student Recognition Assembly @ 1:45 pm	

~ Community Announcements ~

s n w i' m

Concession opportunity for members

Here's an opportunity for you to run the food concession stand at the CDA Casino inside the event center during the Stick Game Tournaments held at the CDA Casino 3time's a year. Our next tournament is on April 4, 5, and 6, 2014.

Here are the guidelines in order to be considered to run the food stand at the CDA Casino during the mentioned events only. We strongly encourage OUR Tribal Membership to submit a letter for this opportunity.

Concessions- Stick game concessions will be available to CDA Tribal Members only.

Individuals wanting to run the stick game concessions will have to submit a letter along with a menu, to the Stick Game Committee at least one month prior of the tournament. We do read each and every letter and look at the need, purpose and past performances if applicable. The next deadline to submit your letter will be no later than March 7, 2014.

At least one person working in the stand must have a food

handler's card. You can contact Mr. James Helmstetter @ 208-686-6412 or by email address jhelmstetter@cdatrbe-nsn.gov to apply for a food card.

The concession stand will be required to be open at a minimum, of the following times and days: Friday- 4pm-3am; Saturday- 9am-3am (varies on opening time due to our feed this day); Sunday- 9am-4pm.

The Stick Game Committee will meet and discuss each submitted letter and make a decision of who is awarded the concession stand. The committee will then notify all who submitted a letter of the decision made by the Committee.

Please submit your letters to the following address:

CDA Casino Stick Game Committee - Attn: Stickgame Committee/Philip Barnaby - P.O. Box 236 - Worley, Idaho. 83876; Email: mpnomee@gmail.com; Office Ph# 208-769-2644 or Cell Ph#509-671-3504.

Safely Having Fun with Your All-Terrain Vehicle (ATV)

In 2008 at least 74 children were killed in ATV accidents and more than 37,000 were injured seriously enough by ATVs to be sent to the hospital emergency room according to the Consumer Product Safety Commission. Most if not all of these injuries and deaths could have been prevented if the riders had followed simple safety precautions.

Listed below are some of those safety precautions.

-ATVs are not toys! They are powerful and potentially dangerous vehicles.

-ATVS can travel at speeds in excess of 60 miles per hour and can weigh in excess of 700 pounds.

-Because of this weight and speed, collisions can be deadly.

-ATVs can easily roll and tip over. Their unpredictable

nature in off-road conditions makes training and proper use essential.

-ATVs must be treated with respect.

-Keep children off of adult ATVS. Use an ATV that is appropriate to his or her age and size.

-Provide your child with a helmet, eye protection, long pants, a long sleeve shirt and non-skid, closed toe shoes.

-Your child should attend an ATV safety course or at the least be instructed by an experienced adult.

-Do not allow your child to ride his or her ATV on public roads, on paved surfaces, or at night.

-Know where your child is riding and who they are riding with.

-Flags, reflectors, and lights should be used to make vehicles more visible.

-Do not allow your child to use a three wheeler. These vehicles are unsafe and are no longer manufactured.

-Most ATVs are designed for one driver. Never let your child carry a passenger on a youth ATV or a single passenger adult ATV.

-Passengers on tandem (two-seater) ATVs should be at least 12 years old.

-Set an example for your child and drive your ATV only when you are not under the influence of alcohol or drugs, or prescription medications that affect your coordination and judgment.

-The most important safety precaution is Adult Supervision.

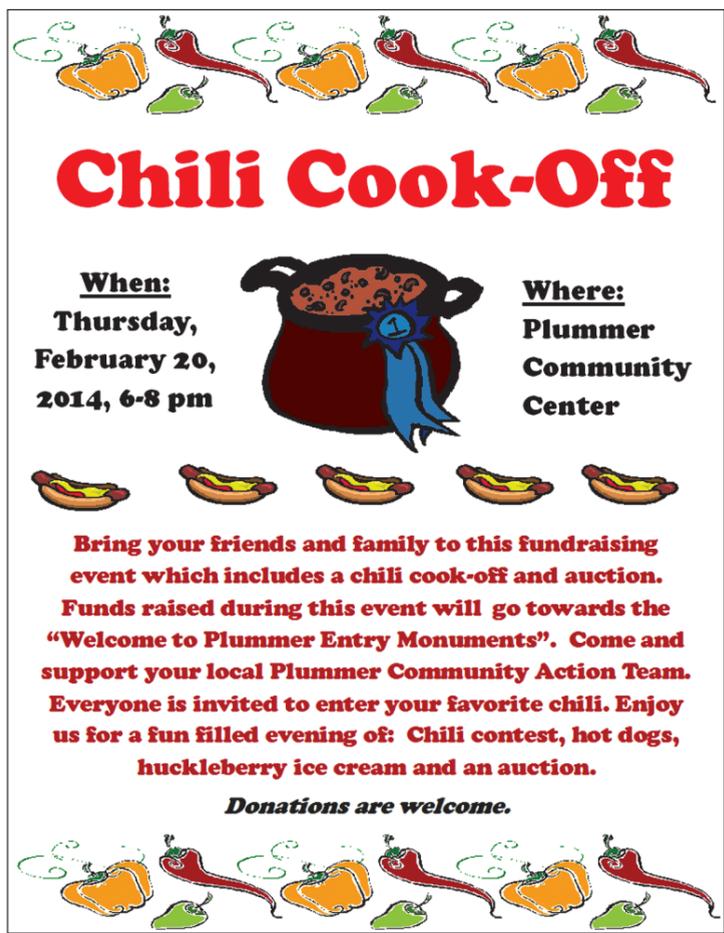
It is important for youths to operate ATVs safely so those days on the trail and back roads can be happy memories.

Zumba hosting 2nd Annual Dance Your Heart Out

Wellness Center Zumba instructor Tiffany Korver will be hosting the 2nd Annual Dance Your Heart Out Zumbathon on February 8, 2014 at the Wellness Center.

The morning will start off at 9:00 am in the pool for an hour of AquaZumba followed immediately by a 2-hour Zumbathon on the gym floor. The event will host multiple instructors and feature raffle prizes and t-shirts for sale.

This is a charity event to raise funds and awareness of Heart Disease as February is American Heart Month. The cost to attend the event will be \$10 per person.



Chili Cook-Off

When: Thursday, February 20, 2014, 6-8 pm

Where: Plummer Community Center

Bring your friends and family to this fundraising event which includes a chili cook-off and auction. Funds raised during this event will go towards the "Welcome to Plummer Entry Monuments". Come and support your local Plummer Community Action Team. Everyone is invited to enter your favorite chili. Enjoy us for a fun filled evening of: Chili contest, hot dogs, huckleberry ice cream and an auction. Donations are welcome.



10th ANNUAL CO-ED BLOW-OUT

Coeur d'Alene Tribal Youth Council

March 28, 29, 30, 2014

Registration Deadline is March 21, 2014

Registration Fee:
 14 & Under ~ \$300
 18 & Under ~ \$300

To register, go to: www.youthprogramsca.com and fill out the registration. Payment can be made online with a credit or debit card, or you can pay with Cash, Check or Money Order made payable to: "Coeur d'Alene Tribal Youth Council".

Location:
 Tim Wolfe Memorial Gym & Lakeside Competition Gym
 Plummer, ID

Contact Information:
 LoVina Louie
 Phone: 208.686.9355 ext. 506
 FAX: 208.686.2833
 Email: llouie@bmc.portland.ils.gov

Hotel Information:
 Host hotel is the Coeur d'Alene Casino/Resort Hotel.
 Reservations: Standard room, single or double, non-smoking \$74.95 + 7% Tribal tax per night. Rooms will be held at this rate until 2 weeks prior to event. March 14, 2014 is the deadline to reserve your room.
 Reservations can be made by calling 800-523-2464. Refer to "Cd'A Youth Co-Ed Blow Out" to get this room rate.
 Check-in time is at 4:00pm and check-out is at 11:00am.

Monthly deadlines for Council Fires

In order for our publication to be printed in a timely fashion we need to request outside material by certain times in the month so that we meet our print dates.

The deadline for submissions will stand at the 20th of every month or the previous business day

Please have any and all items you wish to see in the next issue to our office by this time.

~ Health News ~

snqhesstlshnet

BMC adds two new providers to dental/med roster

This month we are pleased to announce the arrival of our new urgent care provider, Nichole Vetter, Family Nurse Practitioner. We have been anticipating her joining our medical staff for several months where we expect her to be another outstanding member of our medical provider team. A picture and bio will be included in the next issue of Council Fires. Just as important, we recently added an additional dentist, Dr. Taylor Wilkens to our dental team. Dr. Wilkens has been a fill-in dentist for us for the past several months so we are thrilled he joins us full time providing excellence in dental care. His picture and bio will be in the next issue as well.

With the arrival of our new medical and dental staff, we are sponsoring an informal 'meet and greet' March 12 from 5-7 pm at the Wellness Center. This is open to everyone in the community and dinner will be provided. All of our medical and dental providers with other BMWC staff will be present

so everyone is invited to come for dinner, meet the new staff and maybe connect with others whom you have not had an opportunity to meet. Please come!!

Beginning this month, every Friday between 12-1, one of our providers on a rotating basis, will host a radio hour on KWIS that will provide health information and topics of interest including answering any health questions. We have established a new Facebook link at www.facebook.com/uchqhes. 'Uchqhes' in Coeur d'Alene language translates 'we are well'. The link is located on our website. Submit your questions to this site and they will be answered by our provider during that weeks show. You may also email questions to uchqhes@gmail.com. We hope you will tune in and enjoy hearing commentary on important health topics.

February happens to be patient appreciation month and we certainly appreciate our patients! All month a little gift

will be given to every patient who uses BMWC services as a small token to acknowledge your decision to access care at BMWC. Thank you!

February is also 'American Heart Month' and in celebration there is a 'Dance Your Heart Out Zumbathon' at the Wellness Center, February 8 with aqua Zumba at 9am and regular zumba at 10 am. With the new year, think about trying out a Zumba class or other exercise program one step at a time. We have all kinds of support and classes to fit your schedule and circumstances. Please contact the Wellness Center if you have any questions. February 13 is 'Family Fun Night' at the Wellness Center 5-7 pm; a meal is provided and everyone is invited-all ages.

Lastly, happy Valentine's Day! Thank you for giving us the opportunity to serve. Please contact us if we can answer any questions about our services or programs we provide at BMWC.

Gary Leva, CEO

Andy Kitt reaches 200 pound weight loss goal



thing he hadn't done since he was a young child - a goal of his.

"Being able to run again was a big motivator for me," said Andy.

He since then has been tackling major fitness challenges including a 75 mile bike ride for MS and the Wellness Center's triathlon.

Along with a weight loss goal of getting down to 275 pounds (he's less than 100 pounds from that mark) he also has another goal; participating in the 2015 Ironman Triathlon - a feat that even the most fit of people are hesitant to take on.

Since becoming a new man with a new outlook on life he has joined the Wellness Center as a fitness consultant - helping others reach their goals; he has also found a love for exercise including his favorite swimming.

He still struggles occasionally, but perseveres knowing how much he has already accomplished.

"If you're going to do it - go for it, it pays off in the end!"

Although he hasn't reached his ultimate goal, he has hit a major milestone.

Nearly 3 years into Andy Kitt's weightloss journey he has hit the 200 pound weight loss mark.

It took a blunt statement from his doctor to get him really thinking about his health - and then an intervention from caring individuals from the Wellness Center and Benewah Medical Center to make him change his ways.

He was given a fitness plan

and nutrition guidelines by Physical Therapist Darren Heer. He started slow by walking 2 laps around the gym a day and gradually moved up from there.

His once extremely high caloric intake was reduced to a healthy level and soon the pounds started to melt away. Within 5 months his daily pulls from the emergency inhaler to control his asthma was no longer needed as he was no longer symptomatic.

Soon he was jogging - some-

In a Stew? Try the Lifestyle Balance Program's easy recipes



The Lifestyle Balance had a delicious, nutritious and easy way to feed your family - STEW!

On January 16, 2014 the com-

munity was invited to the BMC community kitchen to learn how to prepare and sample two different stew recipes.

The first was a vegetarian "dump" stew - where ingredients were opened and literally dumped into the pot. Veggies, lentils and beans simmered for hours to develop the flavors and accompanied by homemade cornbread.

The beef stew used the same

concept but instead browned the meat before being added to the pot.

The flavors were enhanced by using a can of V-8 juice as the base as opposed to beef or veggie broth.

"This is a low cost, high nutrition option for family dinners."

Door prizes were given away along with information on correct portion sizes for adults - who tend to overfill their plates.

Feeling blue? It could just be SAD

By Lindsey Boyd

If over the last few months you have not quite been feeling yourself, perhaps it's not 'Just one of those days.' It could be that you are a sufferer of seasonal affective disorder, or SAD as it is commonly termed.

The symptoms of seasonal affective disorder (SAD) regularly start in the late fall and or early months of the winter. These symptoms seem to fade with the onset of sunnier days in the spring and summer. It seems that this year we have had more sun than what is normal for our winters, but SAD is something that should not be neglected if you think you are experiencing any of the symptoms.

The symptoms of seasonal affective disorder, some times referred to as winter depression, come in a wide range and affect everyone differently. Some of the most well known symptoms are loss of energy, anxiety, the need to oversleep, withdrawing from social events or activities you enjoy, and a change of appetite usually causing weight gain. If your symptoms persist, you can not find motivation you once had but specifically if your sleep or appetite changes dramatically, you are turning to alcohol more or are having suicidal thoughts you need to

get in to see your doctor.

With the definite cause of SAD still unknown, there are multiple things you yourself or your doctor can do to alleviate how you are feeling. In the most severe cases antidepressants are often prescribed from your doctor. Some people turn to psychotherapy for a solution. This option helps you to learn to deal with the stress of feeling blue.

A lot of SAD has to do with the decreased amount of light you are exposed to during the long fall and winter months because of the shorter days. This being said, get as much light in your environment as you can. Open the blinds on nice days or get outside and go for a walk. We all need to soak in the sun's rays for some vitamin D. A regular exercise routine will also help to improve how you feel during these months. The Wellness Center has lots of classes and different events to try out to get you active; to get a new healthy habit started come and talk to any of the fitness staff.

If the season has got you down and in a rut, the basic of making it through until spring is to take care of yourself. If you are staying as stress free as possible, staying active and getting out and enjoying the sun when we see it the warm sunny days of summer will be here before you know it.

January WC Swim Meet a success

On Saturday, Jan 18 the most recent swim meet was held at the Wellness Center. Seven people participated and this time there was even a five year old boy competing, which meant there were swimmers representing all age groups. Not only did all the races have at least two swimmers competing head to head, thanks to Chris Dohrman jumping into the 50 free and Cheyenne Scott jumping out of her age group into the older group's 50 distance events, some of the races had three and four swimmers. That made it much

more fun!

The 100 free relay was the last event and this time there were two teams competing head to head. Chris Dohrman and Christine Miller raced against the four member team made up of Alzera, Andrey and Lester Lafleur and Cheyenne Scott. While both teams went out fast, neither beat the 1:21:99 relay time set at the December meet.

The next Wellness Center swim meet will be held on Sunday, February 9 and is open to all swimmers, male or female

MEET: continued on page 8

February swim meet scheduled

Swim Meet: When: Sunday, February 9, 2013. Where: Wellness Center Pool

What: Low key, fun, competitive Swim Meet with a demonstration of diving from the Start Blocks before hand. Then, 25 yard (one length of pool) races in Freestyle, Back and Breast for ages 17 and under and 50 yard (two lengths

of the pool) races in Freestyle, Back, Breast and Butterfly for ages 18 and over. At the end will be a 100 yard relay with a mix of any gender and age who wants to participate.

Time: 2:15 am Start Block demonstration and warm ups. 3:00 Competition starts.

SWIM: continued on page 8

~Casino Corner~ hnghesiple.net

Steven Walk takes over as Executive Chef at Casino

Steven Walk is already making his mark as Executive Chef at the Coeur d'Alene Casino Resort. He brings a strong background, a high level of optimism and his own great expectations for food quality at the busiest food and beverage operation in the region. Walk's beginning here marks the end of a successful tenure for Adam Hegsted, who leaves us to open two restaurants of his own in Spokane.

"Chef Walk is on board and acclimating himself to the property by getting to know all the restaurants and employees in his area," said Food and Beverage Director Kurt Gomer. "He is going to be a huge asset here at the casino and will continue driving success with our food operations."

Walk arrives from Washington State University where he was the Associate Director of Culinary Operations. His professional history spans the continent.

Chef Walk is an alumnus of the Culinary Institute of America in Hyde Park, NY. He has worked in many diverse locations and positions; from Executive Chef to Culinary

Instructor and Program Coordinator at the collegiate level. He has managed food service operations and personnel including university dining operations, culinary arts training programs, National Football League training camp food operations (Pittsburgh Steelers), hotel dining and restaurants.

"We have high expectations for Chef Walk and his future here," said Chief Executive Officer Dave Matheson. "His skills and experience certainly come in high regard. He takes on the challenge of keeping and building upon a strong tradition of quality food service. We welcome him home to the Coeur d'Alene Casino Resort."

Chef Walk has received several certifications and many awards, the most notable of which are his Certified Executive Chef, Certified Culinary Administrator from the American Culinary Federation and Food Management Professional certification from the National Restaurant Association.

He has medaled in several culinary competitions and has won several awards in ice carving competitions. He is an

active member of the American Culinary Federation and the Chaine Des Rotisseurs.

"I am looking forward to building and developing new relationships with the staff and customers at the CDA Casino," Walk said. "I am awaiting the challenge to continue to build on the foundation that Chef Adam has built to make the Food and Beverage Department a true culinary destination in the region, where people not only come for the gaming, but come for our food and service."

Hegsted was among those recommending Walk for the job.

"Chef Walk will maintain the successes we've had and create some of his own," Hegsted said. "He has the background, skills and knowledge to be a great addition to our professional staff here."

Walk will be responsible for operations that serve close to a million guests per year. Dining venues include the Chinook Steak and Pasta, the High Mountain Buffet, the Sweetgrass Café, the Red Tail Bar and Grill, the Twisted Earth Grill at Circling Raven Golf Club and the Deli.

New games arriving to floor soon

By Tim Yovanovich
Gaming Special Projects
Manager

Tuesday we visited with our Aristocrat Gaming Sales Rep and we are looking at upgrading a few of their leased games. The changes that we are looking at are to remove the two Outback Jacks and the two Feature Frenzy games on each side of them.

Aristocrat will replace them with four-all-new Buffalo Stampedes that are bigger and better than ever. The Stampedes come with new features where the game can award up to 20 free games; Random Reel Increase that can increase the reels up to two positions; additional symbols where more buffalos can appear on the top of one or more reels. Buffalo Stampede will also have a two-level major and minor progressive-jackpot.

Throw in an eye-catching dynamic overhead sign and they are certain to draw in the players while maintaining the fundamentals of the original groundbreaking hit game

We presently have three Aristocrat Buffalo games. Two Xtreme Mystery Buffalos are our #1 and #3 top performing leased games. We also have a Cash Express Gold Class

Buffalo sitting at #5 on that list. We have high expectations that the new Buffalo's will stampede to the top of the list as well.

Two of the Tarzan games will leave us along with the overhead sign. Two other Aristocrat games, The Walking Dead, based on AMC's Emmy Award-winning hit TV show will take their place. The Walking Dead is the most-watched drama in cable TV history.

Everyone loves spinning wheels and that includes those playing Zombies. The games introduce a Monster Wheel with exploding segments along with a Wild Walker Mode, Six-Reel Expanded Reel Power, Splatter Wilds and Guaranteed Horde Wins. The Walking Dead and Tarzans will gain new eye-catching toppers over each game.

The Walking Dead are wide-area progressives with a base level starting at half-a-million dollars. Now that everyone is excited to play these games, it is my misfortune to state that they will have black-labels and that means employees cannot play them. However, employees are welcome to play the Buffalo Stampedes just be careful where you step.

I am uncertain when we will take delivery of these. However, we anticipate their arrival soon.

2X POINTS
EVERY SUNDAY
8 AM - MIDNIGHT

3X POINTS
EVERY WEDNESDAY
8 AM - MIDNIGHT

Escape to PARADISE
\$30,000 GIVEAWAY

FEBRUARY 28TH
5x POINTS • 8 am - noon
\$250 EPC DRAWINGS • 1 - 5 pm
\$30,000 DRAWING • 7 pm
3x POINTS • 8 pm - midnight

Starting February 1st receive one drawing ticket for every 500 points earned on machine play.

KING OF THE GAGE
FEBRUARY 13TH • 7 PM
G \$20 • R \$35 • GR \$50
Purchase tickets at the casino or any TicketsWest outlet.

Forestry preparing to host Intertribal Timber Council Symposium; timber sales going strong

General: Forestry is in the middle of our paperwork season although we do have several active timber sales still. We hope to complete much of our paperwork to allow us to hit the ground running come spring time. We are also busy planning for this year's Intertribal Timber Council Symposium as the Coeur d'Alene Tribe will be hosting during the last week of June 2014. The symposium will be held at the Tribal Casino/Resort and will include representatives from tribes throughout the country. The symposium typically brings together 350 or so forestry and other tribal representatives for a week of information sharing and keeping up to speed on issues affecting tribal forestry. As a reminder wood cutting permits expire December 31 or each year and new ones aren't issued until June 1st.

Timber Sales: The writing of the Isdo Environmental Assessment (EA) has continued. On Monday, December 10, 2013 the Natural Resource Committee was briefed using a power point presentation. This is part of the Scoping process

of the EA. It is expected that the EA will be finished over the winter months. The next step is to finalize feedback from ID team staff and ensure ID team concerns are addressed. It will then be routed for signatures before going to NR Committee and Council.

The logger up at Eagle for the Chsp'a'aqhalqwtsn Timber Sale has requested an extension to the December 31, 2013 cutting deadline. Forestry staff and the NR Committee met to work out the specifics of the contract extension. The NR Committee recommendation will be brought to Tribal Council for approval.

Work continues on our three allotment sales around Plummer, Worley, and the Casino. Logging crews are trying to get as much done as possible during frozen ground conditions when they can work before the ground gets too soft. Be on the lookout for logging trucks entering the highway from side roads. A future sale near Setters should be ready for sale by next summer. Forestry staff will be examining timber conditions on allotments along

Hangman Creek and preparing an environmental assessment leading to future timber sales in this area, which stretches from Liberty Butte upstream along the Old Sanders Road.

Fuels Program: The Fuels Crew pile burned over 433 acres of activity fuels from harvesting and hand/machine piling this Fall/Winter within the reservation boundaries. Currently, the Fuels Crew has completed over 40 acres on a ponderosa pine plantation on T574 near the cell tower in Worley. There is an estimated 110 acres total to be treated with a combination of prune/thin and lop and scatter and a thin and pile to be pile burned next fall. This winter, the Fuels Management Plan is being updated/revised for the reservation's fuels related activities. In addition, we are seeking Interdisciplinary Team approval for over 1800 acres on Mowry/Stateline Trust Lands for reducing the fuel using mechanical and/or prescribed burning. If you have any questions, contact Chuck Simpson - Fuels Specialist - at (208) 686-5030.

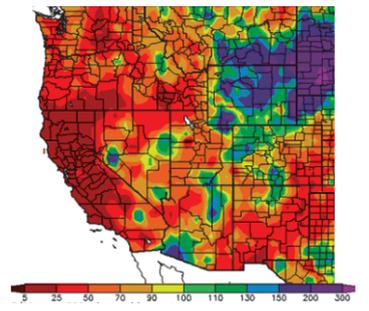
Forest Development: Members of the Fire and Forestry staff completed approximately 7 acres of the Agency Road precommercial thinning, before seasonal furloughs suspended progress. The remaining 10 acres will be thinned next summer. The Eagle TSI project was suspended for winter after pruning 124 acres and thinning will start after tree planting season. The Fuels Crew is still pruning on T574 to protect young trees with grass understories from fires that may spread from adjacent field burning. They have completed more than 40 acres on the 110 acre project, and will continue while the weather allows good progress.

Forest Inventory and Management Planning: Work continues on the Inventory Analysis Report, but estimated completion has changed from January 31 to February 28, 2014.

Fire Management: Fire Management is pretty quiet around this time of year and busy getting all our ducks in a row preparing for the next fire season to roll around. We

need to update all of our annual agreements, get new ones done if needed, and prepare or repair our equipment.

It's also been a slow start for our winter as far as moisture/precipitation goes. Predictive services has put out their first predictions for the upcoming fire season and as of right now we are not looking good. Our annual precipitation, we are at less than 50% of normal and we can only hope that we get a late storm or two to help with our current conditions. So if you are using fire for burning debris or slash be careful as we dry out more the potential for wildfire grows. If you have any questions feel free to call our office at 686-1199 or 686-5306. Climate summary - Precipitation observed since October 1st 2013



In Passing - Virginia Michael Matt



Sam, Lavinia, Virginia, John, Mitch Jr., Geraldine, Arnold--all grew up at the "Big House" east of Worley. The family all grew up together there a long with many others who often came and stayed. One who spent years with them was Baz Peone who got Mitch leading hymns and prayers for which he and Mary were so well known for years.

When Virginia was 18 years old she left home and got together with Clarence Matt from the Flathead, who had just gotten out of the service. They lived south of Tensed near Irene Lowley's place and together they raised Fleet Matt there.

Later, jobs opened up in the mines in Kellogg and Virginia and Clarence moved there to work. Also, other families working there were Chris and Margaret Coffey, George and Edith Mahoney, Lavinia and Howard Alexander, and Frank Andrews. After a few years the families filtered back to the reservation, Virginia and Clarence moved into a house in Worley. Later they lived in Walla Walla where Glenda -was born in 1959. later Sis and Clarence with fleet and Glenda lived for a while in Worley and finally the family moved to Spokane in 1962. There Clarence worked at Edgecliff Hospital.

While in Spokane Virginia took care of her mother's sister Stella Antelope for years. Those were busy days in Spokane--The new Indian Center opened and it was then that Virginia "sis" became a member of the ladies auxiliary. She and her sister Lovnia "Beans" was known to have baked 45 pies for an event at the new Indian Center. The two of them teamed up and began cooking

lunch at the Indian Center for local businesses and charged two dollars a plate! Virginia played stickgame at the late Sally Moses house on weekends, had all night long pinocle parties, went to bingo at St. Als, enjoyed doing beadwork, and driving Fleet and Glenda to school.

After, Clarence died in 1976, Virginia, Fleet and Glenda moved back to Worley into new Tribal housing for some 20 years. during these years Virginia started having more and more pain from her hip problems. She had been born without hip sockets--didn't start walking until she was 5 or so. The doctors were amazed that she was even able to walk. She suffered a lot in her later years from her hips.

In Worley, Virginia took care of her mother till she died there in 1983. When she died, her brother John lived with her until he died in 1985. Then Mitch Jr. moved in with "Sis" and Fleet and Glenda had already moved out on her own.

So Virginia suffered through a lot of pain over the years but was still able to take good care of a lot of her family who needed help themselves.

Virginia liked to Gamble, she danced in her younger days--she liked Fats Domino, Benny Goodman; Tommy Dorsey; she enjoyed second hand shopping, home decorating, sewing, she loved plants and liked hair styling.

She had four grandchildren from Glenda, three grandchildren from Fleet, a total of 15 great grandchildren and two great-grandchildren from her grandson Mark. She was a god mother to many!

~ Legal Matters ~

DIVORCE NOTICE

In The Tribal Court of the Coeur d'Alene Tribe of the Coeur d'Alene Reservation, Plummer, Idaho

In re: Lisa N. Garcia – Petitioner and Vincent J. Adolph

To the Respondent: The petitioner has started an action in the above court requesting: That your marriage be dissolved. The petitioner also requests that the court grant the following relief: Dispose of property and liabilities.

You must respond to this summons and petition by filing a written response with the Coeur d'Alene Tribal Clerk of the Court and by serving a copy of your response on the person signing this summons.

If you do not serve your written response within 60 days after the date of the first publication of this summons (60 days after the day of 2014), the court may enter an order of default against you, and the court may, without further notice to you, enter a decree and approve or provide for other relief requested in this summons.

The original copy of your Answer is to be mailed or delivered to: Clerk of the Court - Coeur d'Alene Tribal Justice Center - P.O. Box 408 - Plummer, ID 83851

NOTICE TO CREDITORS

Cheryle Lane, has been appointed Personal Representative for the Estate of Elbert Kenneth Owen by the Coeur d'Alene Tribal Court of the Coeur d'Alene Indian Reservation, Plummer, Idaho.

All creditors having claims against the deceased, Elbert Kenneth Owen are to serve such claims upon the Personal Representative and to file them with the Clerk of the Tribal Court within two (2) months from the date of the first publication of this notice which is January 31, 2014.

The Personal Representative may be served by mailing copies of the claims to him/her at: Cheryle Lane P.O. Box 393 Worley, Idaho 83876.

PUBLIC NOTICE

Carol Ann SiJohn is petitioning the Coeur d'Alene Tribal Court for a name change from Carol Ann SiJohn to Carole Ann SiJohn

Lakeside comes out on top in 3rd Annual Battle on the Trail against Kootenai High School



Lakeside students perform during the Battle on the Trail lip syncing competition. Photo by Lee Zahir

By Dalton Atwood

The 3rd annual Battle on the Trail took place in Lakeside's gym Saturday the 18th breaking the tie that had been placed from the two previous battles.

Once a year between the rumbling walls of a noisy gym the proud voices of athletes, parents, students and fans can be heard pervading the exhilarating competition known as the Battle on the Trail; a competition where Lakeside and Kootenai high school fight for "ownership" of the Trail of the Coeur d'Alenes.

There are four basketball games throughout this event—3 of which Lakeside's teams prevailed— but the winners, those who are rightfully deemed this year's "Owners of the Trail," are determined by factors irrelevant to the basketball team's success.

Periodically between the basketball games both Lakeside and Kootenai compete in a lip sync and a cheer or dance, and the winners of these, along with the winners of the four other categories such as sportsmanship, crowd participation, and amount of money raised by charity, are all brought into consideration by

the judges when determining the winner of the Battle on the Trail.

"It's exciting. From parents, to students, to players, it truly brings everyone together. It's also nice to see the gym decorated," Kenny McAlister, lakeside's current math teacher and principal assistant, stated.

This year's Battle on the Trail was the first time I have ever attended, and therefore, the first time I have ever participated. I took the role, along with one other, as a spirit leader—the ones dressed in flamboyant attire in front of Lakeside's crowd attempting to get numerous chants started.

Regardless of the apparel, the voice I was deprived of from yelling, and the hours spent cleaning the gym afterwards, I really valued the time I spent. The Battle on the Trail holds a social connection far more unique than just an ordinary basketball game; when you sit on the bleachers during the Battle on the Trail you are no longer a spectator, you are player.

Needless to say, my first time attending the Battle on the Trail Lakeside came out wielding a metal-wheel trophy—the prize and indicator of victory.



Lakeside High Schools girls and boys basketball team pose with the coveted golden wheel - a symbol that represents a win for the school during the Annual Battle on the Trail against Kootenai. The Battle consists of basketball games, lip syncing and dance competitions. The winner of the Battle is not determined by the scores of the basketball games but rather by a variety of categories that include the performances along with sportsmanship, school spirit and money raised for charity. Photo by Lee Zahir

LANGUAGE: cont. from page 1

developing a Coeur d'Alene grammar, dictionary and texts. But it was in the 1970s that efforts to revive the Coeur d'Alene language really took off. Aware that the number of fluent Coeur d'Alene speakers was dwindling, Lawrence Nicodemus – by then a retired judge and former tribal council member – developed additional instructional materials.

With his skills, he could have been a language scholar, Brinkman said. Instead, Nicodemus devoted the years until his death at 94 to reconnecting tribal members to their language.

Other tribal elders shared Nicodemus' passion, said Kim Matheson, manager of the

Coeur d'Alene Tribe's language program. Together, they taught classes and worked with the language department to record more than 2,000 hours of audio and video. A new generation of speakers began to emerge.

Today, the Coeur d'Alene language is taught in tribal schools and through classes on the reservation. The tribe's radio station includes broadcasts in Coeur d'Alene. And all tribal employees, native or not, are encouraged to gain some proficiency in Coeur d'Alene.

Only two tribal members – both in their 90s – remain who grew up speaking Coeur d'Alene as their primary language. But in many ways, the outlook for the language's survival is better than it was 40

years ago, Brinkman said.

"It's actually more widely used now," he said. "People of all ages are speaking it. We don't have that large number of elder speakers, but we have an army of people who could do positive things to keep it going."

Matheson, the language program manager, thinks Nicodemus would approve.

"He would be excited about how things have progressed," Matheson said.

Keven Mack, 19, is part of the NIC class. He hopes to someday work as an archeologist for an Indian tribe. In the meantime, he's been sharing some of the Coeur d'Alene language with friends by adopting a Coeur d'Alene greeting.

"Ah, qh'est," he tells them.

Tribal employees aka the 12th man



Decked out in their best gear - most of these Tribal employees are supporting the Seattle Seahawks as they make their 2nd appearance at the Super Bowl on February 2, 2014 in New Jersey.

SWIM: continued from page 5

under 18 who can swim one length of the pool, and male or female 18 and over who can swim two lengths of the pool. At the end will be the 100 Freestyle Relay which can be combined of up to four people of any age or gender. The time to beat in this event is still 1:21:99. Diving block instruction and warm ups will start at 2:15 pm and the swim meet will start at 3:00 For more information call the pool staff at 686-9355 ext 508 or email Coach Joel at jkopf@bmc.portland.ihs.gov.

MEET: continued from page 5

Who: Everyone of any age who can swim the distance and wants to see how fast they can do it in.

Cost: WC membership or day pass.

Prizes: First through third place ribbons.

Want more information? Contact Joel Kopf at: jkopf@bmc.portland.ihs.gov or the Wellness Center pool staff at 208-686-9355 ext 508. Please sign up before hand for the meet at the Wellness Center Front Desk.

LADEAUX: cont. from page 2

in my heart and the pain was unimaginable.

From time to time my dad would bring my daughter to visit. He would leave her with me. The times we spent together for that short visiting time was so wonderful. Then one time she told me, papa said I can't tell grandma when I come to visit, because I'm not supposed to see you. As you can imagine, that hurt me, knowing that she was over at my house in secret.

Now this is to the drug users still out there, in that in deep dark place. I quit at least 20 times! If you quit once and fall off, pick yourself up and do it again, no matter how many times it takes. Eventually you will beat that beast and become the person you used to be and more. When I was asked to do this article I thought long and hard on what finally did it for me. Simply put, I was sick and tired of being sick and tired! Yes, it seems like the sickness

never goes away, 1 week, 2 weeks, 3 weeks or even 4 weeks and you're still feeling sick. Eventually you will get out of that bed and your house and rejoin society!

Being clean can get lonely and will be. Soon you realize the people you've called your friends aren't really your friends at all. They are acquaintances in which you do your drugs with. When you quit, they don't want to be around you because now you are no fun. And if you quit and are honest with how much you want it, you don't want to be around them either. Stay close to your family and the people whom want to support you in recovery. Eventually and when you are ready, you will have new friends.

I ended up going back to school and now have my A.S. in Social Work. I had \$10,000 in bad credit and cleaned it up. Got a copy of my credit report, called each creditor and paid them off. I then got a loan for \$1,500 and made payments

for 6 months in order to help bring up my credit score. I started out with a score of 520 and ended up at 720. After obtaining a good score and having money saved in the bank, I was able to finance a loan through Wells Fargo and now have a 5 bedroom house! I have a job I love, working for Coeur d'Alene Tribal Child Support. I am also on the Coeur d'Alene Tribal Housing Board of Commissioners and have recently become a basketball coach for 3rd and 4th grade girls. I can proudly now say that I am an upstanding member of the community and hold my head high knowing what I have accomplished and how I became who I am today.

I would like to thank my mom Cindy LaDeaux, my dad Mike LaDeaux, my sister Nicole Higgins and brother-in-law Darren Higgins. At that time they were my best supporters. I also want to thank my 2 beautiful children Lily and Sophia whom keep me on a positive path every day.