



**Jordan fills in as Representative in Boise Legislature**



Paulette Jordan gets sworn into office in order to fill-in for Representative Ringo during the Idaho Legislative session in Boise, Idaho.

By Lee Zahir

Two years ago one of the Coeur d'Alene Tribes own tribal members, Paulette Jordan, ran for a seat as an Idaho State Representative. With a very narrow defeat she came back home and continued her work here with the tribe in the Enrollment Department. However, she did not leave the political spotlight without being noticed by other players in the state.

Paulette grew up here on the reservation and went to college and the University of Washington. She spent most of her life comfortable with speaking in front of people and comfort in leadership roles. A trait she attributes to a strong mother and strong cultural and traditional teachings.

Recently Jordan was given the opportunity to step back into the political life again. Now the time frame was only a few days but to be asked to fill in says a lot about Jordan's standing

with other representatives in the state.

Shirley Ringo, a Democrat Representative from Moscow became a friend and Mentor to Jordan during her campaign and helped her navigate through the fast pace of political campaign life. Ringo saw something in Jordan to make her feel confident in her abilities enough to ask her to fill in for her during some voting sessions while she was indisposed.

She has been approached many times by local, state, and national supporters alike asking her to run again. Obviously our current representatives feel confident in having her around.

With the election year on us the question stands if Jordan will be in the running again.

"Well I can't say one hundred percent 'yes' or 'no'. I want to make sure I have the support of my community and my tribe before I make the decision."

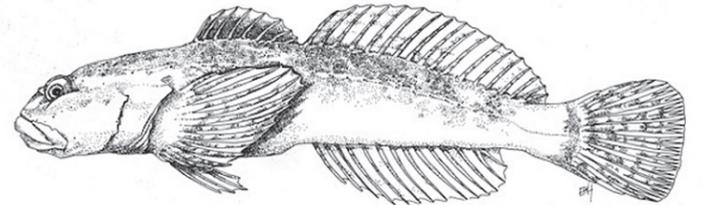
When asked why she would put herself out there so far into

the public view Jordan had this to say.

"I want to be able to help and represent my community, and tribe. But it's not just our tribe but an opportunity to help all tribes in our state. It's a big sacrifice but it's also a great honor to be able to serve the people. Indians deserve to be able to be heard. We have a right to be there at the local and National Level. Coming from a time where Native Americans' friendship wasn't sought out, now we are at a turning point where we are making ourselves heard. We do have a voice, and who better to be able to represent the interests of the land than Native Americans. Anyone can step up. Hopefully our children will be filling some of these positions in the local, state and national levels. Why not have a Native President one day?"

Hopefully the Coeur d'Alene Tribe will see one of their very own representing them and all the tribes in the near future.

**New fish species found, given Schitsu'umsh name**



Genetic testing has confirmed the presence of a new fish species in the Coeur d'Alene and St. Joe rivers.

Cedar sculpins are small, prehistoric-looking and tasty to trout. For decades, fisheries biologists thought the minnow-sized fish were a more common variety known as the shorthead sculpin.

But after scientists detected subtle variations, they sent fish tissue samples to a Missoula lab for testing. The discovery of the new species was a collaborative effort between the University of Montana and the U.S. Forest Service.

"The average person wouldn't be able to tell the difference," said Michael Young, a Forest Service fish biologist. "One of the physical differences is visible only if you dissect the fish. The other involves the placement of pores right before the tail. What tipped us off to this being a new species ... was the genetic work."

Sculpin are found throughout North America's major river systems. They're an important prey fish for trout and salmon, and an indicator of cold, clean water.

In the Inland Northwest, cedar sculpin probably emerged as a distinct species thousands of years ago, Young said. The falls on the Spokane River would have blocked fish passage and cut off access to other sculpin populations.

Mottled brown-and-white

coloring helps camouflage cedar sculpin, making them more difficult for bigger fish to detect. Their ancient look comes from elongated, snaky bodies and feathery fins. They're nocturnal bottom-dwellers and seldom grow longer than 4 inches.

In addition to the Coeur d'Alene and St. Joe rivers and their tributaries, cedar sculpin have been found in Hayden Creek and a small part of the Clark Fork River. They may be in the upper Spokane River, too.

Since cedar sculpin are found in the Coeur d'Alene Tribe's ancestral homelands, Young invited tribal elders to provide the scientific name, which is *Cottus schitsu'umsh* (pronounced s-CHEET-sue-umsh.)

Schitsu'umsh means "those who were found here" in the Coeur d'Alene language, and it's the tribe's name for itself. *Cottus* is part of sculpin's scientific classification.

Cedar sculpin was chosen as the fish's common name because Western red cedar are found in the fish's streamside habitat.

Though cedar sculpin are abundant in local streams, Young said they shouldn't be taken for granted. They're an indicator of water quality and stream health.

"If you're in a trout river with a lot of big fish, they're probably feeding on sculpin," he said.

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Coeur d'Alene Tribe - Council Fires  
P.O. Box 408  
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**Benewah Medical & Wellness Center**  
**Meet & Greet**

Meet our Providers & Dentists  
Everyone is Welcome

Wednesday, March 12th  
5 pm - 7 pm  
Wellness Center

Catered Buffet Dinner  
(Menu to Follow)  
Served in WC Conference Rooms

For questions, please call:  
208-686-5072

## Star Employee Spotlight: Nicky James, payroll clerk



*had the chance to meet several payroll clerks and Nicky is the best one that I've come across. I'm proud to have her on my team - Jeff Oka.*

Nicky James started her working life in numbers but decided the medical field would be a better fit careerwise – so she pursued her education and soon began working as a CMA at Rockwood Medical Center in Spokane with their dialysis and transplant patients. She was a single mother raising her kids in Spokane but craved to be back home on the reservation and get her kids out of the city.

She found herself at a crossroads of where to take her career when she reconnected with a childhood friend Hemene James who himself was at a similar place; living in a big city and wanting to come back to the Coeur d'Alene reservation where he grew up.

Their reconnection ended up in a whirlwind courtship and they were soon walking down the matrimonial isle. She was back home, or close too in Tekoa, WA, but still commuting to her job in Spokane when a position opened in the Coeur d'Alene Tribal Finance Department – she

jumped on it.

Having worked in Finance before, she knew a lot of the longtime employees of the department and knew she could fit right in. She began her position as Payroll Clerk in 2011.

"It was meant to happen," she said. "I got to come home and spend time with my dad before he passed. Hemene was a big part of that."

She enjoys her work, but mostly enjoys the people she works with – citing they were instrumental in making her successful in her position. She credits Merve Bearcub with helping her figure out the particulars of her job, and 3 years later still calls on her for help when she's unsure of how to approach certain situations.

Her supervisors, nominator Jeff Oka and Finance Manager Debbie Groom, keep her on her toes.

"Just when I think I've got all of my job down, they throw something else at me," she says laughing. "It's a good thing, they don't let me get complacent."

"To go from the medical field to what I'm doing now is nice, I feel accomplished, I'm happy and Finance is an awesome place to work."

*I'd like to nominate Nicky James, my payroll clerk. She's been working extremely hard to make sure our payroll checks are always received on time. Due to the weird string of holidays that have fell on our payroll weeks these past six months, this has meant several late nights and time on the weekend or scheduled holiday to make sure everyone got their checks on time. And she does it with a fantastic attitude. In my prior life as an auditor, I*

### 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  
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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 tgwe'l 'ya' (pqi'n'm* which describes a fire made for the purposes of gathering or meeting.

## Star Employee Spotlight: Kathy Jimenez, admin assistant



*come to her for assistance, some of which are not always pleasant or easy to manage. She has an excellent work ethic and does a lot of multi-tasking in her job! Thank you Kathy! – Ganene Jordan*

Kathy Jimenez has always worked with people in need – but she began at a youth level working primarily with special education students during her 20 years in Inchilium. But she wanted something new, someplace new.

A job opened at the Worley Library on the Coeur d'Alene reservation, and although some of her kids thought she was a little crazy to make such a move, she went for it. She was denied, although not because of anything one might think – they took one look at her resume and told her to go to the High School where they needed someone with her experience and expertise in the field;

*I would like to nominate Kathy Jimenez. She has been instrumental in making me feel welcome and working through the growing pains of being a new employee at the Social Services Department.*

*She is prompt in responding to any and all my questions, and believe me, I've got a lot. She rarely misses work and I can always depend on her to know where to turn for answers. She is a team player and she always has a bright disposition when dealing with the many clients who*

*JIMENEZ: cont. on page 11*

## 12,000 year old remains directly linked to modern day Native Americans

About 12,600 years ago, when ice sheets still covered parts of North America, a baby boy lived, died and was buried in a rocky grave in a field in western Montana.

A new whole genome sequencing of this infant — the oldest genome sequence of an American individual — identifies his community as ancestors of Native Americans who live on the continent today.

"We found the genome of this boy is more closely related to Native Americans today than to any other peoples anywhere else," Eske Willerslev, of the University of Copenhagen, who led an international team on this study published in the Thursday issue of Nature, told reporters during a teleconference.

The new study adds to archaeological evidence that Native Americans are descendants of humans that migrated from Asia through Siberia, and thrived across North America 13,000 years ago.

At the Anzick site, a pole marks location where the burial

was found.

The infant boy was discovered in 1968 by construction crews on private property belonging to the Anzick family. He was named Anzick-1, and identified as a member of the ancient Clovis people — a group that appeared between 13,000 and 12,600 years ago, and crafted strikingly distinctive spear tips made from stone.

The first of those stone tools were discovered in Clovis, New Mexico, but then unearthed all across North America. But these tools seem to be all this that this group left behind.

Because the "Clovis points" are so similar to the flint tools found at the Solutré site in France, dating back to about the same time, some researchers have proposed that the Clovis — and ancestors of Native Americans — were Europeans who migrated across the Atlantic from Europe.

But Anzick-1's genome analysis supports a different theory: His ancestors came from Asia, and travelled into North America

through Siberia. "The boy is part of a larger story," Michael Waters, a geoarchaeologist at the Texas A&M University, and a member of the crew, said during the teleconference.

The researchers compared the Clovis infant's DNA to several other modern and ancient genomes, including a 4,000-year-old sample from Greenland and a 7,000-year-old sample from Spain, a 24,000-year-old sample from another young lad who was buried on the banks of Lake Baikal in Siberia, Russia. Anzick-1's closest relationship was with the Siberian youth — who, researchers showed in February this year, is genetically linked with Native Americans today.

Also, Anzick-1 is most closely genetically related to tribes living in North America, but also to Native Americans in Central and South America. An older lineage split, some time between 13,000 and 24,000 years ago into two, his sequencing data indicates: One that gave rise to the Clovis and Native Americans today, and a second lineage, from which the Central and South American tribes descended.

"The Anzick family is directly ancestral to so many peoples in the Americas. That is astonishing," Willerslev said.

A large biface made of brown chert along with the beveled end of an osseous rod.

"I think it's highly significant piece of work," John Johnson, curator of anthropology at the Santa Barbara Museum of Natural History, told NBC News. Johnson, who was not involved

with the work, added that "There is a need for continued sampling of living Native Americans to get a more complete look at genetic diversity."

Sarah Anzick, who was a young girl when the Clovis boy was discovered on her family property, traveled to Copenhagen and contributed to the research. "This has been a labor of love for me and been done outside of my day job and separate from my professional career," Anzick, who is a molecular biologist at the Rocky Mountain Labs, said during Tuesday's teleconference. Tribes living in Montana have been among the first to know the story told by Anzick-1's DNA.

For the last several months, the Willerslev has traveled through Montana and been sharing the results of his crew's analysis with members of Native American tribes.

"This discovery confirms that tribes never really doubted," Shane Doyle, a professor of Native American History at Montana State University who is a co-author on the study and a member of the Crow tribe, said. He's had conversations with more than 100 members, and the main reaction has been: "We have no reason to doubt that we've been here for this long."

In cooperation with local tribes, the group is planning to return Anzick-1 to his grave, in the late spring of this year.

"This boy has gifted us far more than anyone has ever dreamed off, and it's time to put him to rest again," Doyle said.

### 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.**

# ~Chairman's Corner~

hinchanpa'qhmn



Springtime signifies new beginnings. The holidays are behind us, Superbowl parties have come and gone, the snow is melting, plants and trees are beginning to bud, and it is time to get outside and get moving.

It's important for everyone to be active and healthy but

we have an extra incentive. According to the Office of Minority Health, American Indians and Alaska Natives are more than twice as likely to be diagnosed with diabetes. We have the highest prevalence of diabetes among all US racial and ethnic groups and we are almost twice as likely to die from the disease.

Here on our reservation, diabetes is all too familiar of a problem. Our Benewah Medical Center sees more than 300 tribal members living with diabetes in the area. If someone in your family has diabetes, you have an increased risk of developing it too. Today, our tribal kids are getting diabetes at alarming rates. From 1994-2004, there was a 68% increase in diabetes in American Indian

youth. That's a trend we can and must reverse in our own families.

The good news is that small things like eating healthy and staying active can go a long way towards preventing diabetes and other chronic, life-threatening diseases. If you need help, there are a lot of resources available to you here on our reservation.

Benewah Medical Center's Native Lifestyle Program has a Diabetes Prevention Team dedicated to helping you stay healthy and reduce your risk of developing diabetes. This month, they will be hosting their annual Diabetes Day Camp. On March 21, from 9 a.m. - 4:30 p.m. at the Coeur d'Alene Casino Conference Center, you can learn more

about the healthy changes you can make for you and your family.

It's free to attend and while you're there, you can pick up a healthy lunch along with nutrition tips. If you are looking for more information on the disease, how to prevent it, or even just tips on clean living, I would encourage you to attend. Contact the Native Lifestyle Balance Program at 208-676-1767 if you would like more information on the conference.

You can also talk with our Native Lifestyle Program about nutrition, if need help to quit smoking, or even if you want to check your blood pressure.

This season of transformations can be a good time to reflect

upon our own lives and perhaps make some changes within ourselves and our own homes. March is a great time to set new goals and make changes towards a healthier lifestyle. In addition to reducing your risk for diabetes, being more physical active and eating healthier foods can help you manage your weight and can also reduce your risk for heart disease, heart attacks, high blood pressure, and high cholesterol and other medical conditions.

There's no time like the present. Let's make some changes for the better.

*Chief Allan*

# MARCH - 2013

SUNDAY <i>st(et_i'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	3	4	5 CDA Tribal Credit Applications Due  Tribal School Early Release	6	7	8
9  Daylight Savings Time Begins	10 LHS School Board Community Input Night @ 5pm At Wellness Center	11 CDA Tribal Credit Board Meeting  2nd Harvest Day	12 Lakeside Schools Early Release	13	14	15
16	17 LHS Golf Lewiston Invitational  St. Patrick's Day	18	19 CDA Tribal Credit Applications Due	20  First Day of Spring	21 Diabetes Day Camp @ CDA Casino  2nd Harvest Day	22 Casino's 21st Anniversary Pow Wow
23	24 Spring Break Begins	25 CDA Tribal Credit Board Meeting	26 Lakeside Schools Early Release	27 Lakeside Student Recognition Ceremony @ 8:30 am	28 Tribal School NO SCHOOL  Lakeside NO SCHOOL	29
30	31					

# ~ Community Announcements ~

## s n w i ' m

### What number to call for your needs

Have an emergency or need police assistance? Please note these numbers for the type of situation you have.

ALL calls that qualify as an Emergency-911

Central Dispatch-(208)686-2099

Tribal Police Main Office-(208)686-2050 (nonemergency) If the public calls this line, it is treated as nonemergency and officers will handle emergency call coming thru dispatch over calls coming thru this number.

Please also note that the officers personal numbers will not be distributed to the public.

Thank you – Coeur d'Alene Tribal Police

### Weatherization applications being accepted

CDTHA is now accepting Weatherization applications for members that meet eligibility guidelines. The Weatherization Assistance Program provides Department of Energy approved measures to low-income households in order to increase energy efficiency and decrease energy burden. Please be aware that the grant monies are limited for this great opportunity that is offered at **NO** cost to homeowners and renters. Household eligibility is based on income.

The Income Guidelines for this program are listed by family size – Monthly income limit – 3 month income limit:

Family of 1: \$1,915- \$5,745;  
family of 2: \$2,585 - \$7,755;  
family of 3: \$3,255 - \$9,765;  
family of 4: \$3,925 - \$11,775;  
family of 5: \$4,595 - \$13,785;  
family of 6: \$5,265 - \$15,795;  
family of 7: \$5,935 - \$17,805;  
family of 8: \$6,605 - \$19,815.

Each additional member = \$670 - \$2,010.

\*these income levels are effective as of July 1, 2013

If you would like to be considered for the Weatherization Assistance Program please contact Raila Garrick at (208)686-1927. *The applications are available to pick up at the Coeur d'Alene Tribal Housing Office.* Applicants to the Weatherization Assistance Program must provide the following information when submitting an application:

Names/birthdates of all household members; Social security cards for all household members; Tribal ID or birth certificate; Heating Energy Vendor Name/ Account number (utility bill); Verification of residence address (utility bill); Income verification for previous 3 months (check stubs, SS/ SSI award letters, etc.). We DO count per capita and other incomes for household members

### Hospitality degree offered at NIC

In collaboration with The Coeur d'Alene Tribe Casino Resort Hotel, North Idaho College, and the Coeur d'Alene Tribe Department of Education, a new Hospitality Management Associate of Applied Science Degree is being offered through North Idaho College. This program is designed to help meet the workforce needs of casinos, resorts, and restaurants in our region. Many of the courses will take place face-to-face at the Coeur d'Alene Tribe Department of Education as well as online starting fall 2014.

Students who complete the Hospitality Management degree program will possess the following skills:

Understand and apply the skills and knowledge necessary to work in various entry-level positions in the hospitality industry; Utilize computer applications and software; Demonstrate proficiency in excellent guest services and

conflict resolution; Discuss and practice food safety; Plan and organize an event or meeting; Apply the principles of ethics when performing responsibilities of a manager and evaluate their importance to the hospitality industry.

According to North Idaho College, the "Hospitality Management program prepares students for entry-level management in the hospitality industry." Students will have classroom instruction as well as hands-on learning in the areas of management, human resources, accounting, food and beverage operations, and lodging operations. Three college credits for the degree must be earned in hospitality field experience or an internship.

In addition to the two-year degree program, there are 2 one-year Hospitality certificates. Students can choose to earn

**HOSPITALITY: cont. on page 12**

### DOE sets funding deadline for Fall 2014 schooling

The Coeur d'Alene Tribe Department of Education is currently accepting applications for school year 2014/2015. Please be advised due to the current economy we are experiencing we will **only consider funding students with "complete applications" postmarked or received by April 25, 2014.** A complete application includes "everything" on the check list EXCEPT FORM#2 (the budget) the college completes that form and will send it directly to our office. Please remember it is your responsibility to submit FORM #2 to your college financial aid office. After 4/25/14 we will

not allow any additional time to submit the required documents. Preference as always will go with the 2013-2014 continuing students, second we will consider all new high school graduates, finally any new applications as long as there are funds available.

Please continue to be diligent in seeking outside funding to take some of the burden off of the Tribe. As you can tell this year it is even more important to seek **viable outside scholarships and grants.** (there are a few listed on our web page) **NOW** is the time to begin searching. Some colleges have a deadline for funds on their particular

campus which could be as soon as January 31, 2014. PLEASE CHECK with your financial aid office, advisor, student services office, library, and the internet (**NO fast web or the like...**) don't be afraid to ask for help.

Our full application can be printed from the Tribes web page, go into departments, education then Higher Education.

Thank you for taking the time to prepare as early as possible for next year.

For more information please contact Norma J. Peone or Stacey L. Parr - Higher Education Manager's - Coeur d'Alene Tribe Department of Education.

### Tips for safe living during cold winter months

By Environmental Programs Staff

**Staying safe at home this winter:** Winter comes with a few hazards for homeowners, but there are plenty of things you can do to protect your property and your family. Keep these tips in mind.

Request a home heating inspection: The fact that it seems your central heating unit, space heater, or fireplace is working properly does not mean

it is safe. Hire a professional to conduct a safety inspection of your heating units. And it is worth saying again inspect your fireplace's flue and chimney. At least once a year.

Be aware of Carbon Monoxide Poisoning: According to the Center for Disease Control and Prevention (CDC), more than 400 people die annually of carbon monoxide poisoning. Carbon monoxide is a colorless, odorless vapor that is sometimes produced by gas furnaces and

space heaters. Symptoms of carbon monoxide poisoning include nausea, dizziness, severe headache, confusion, and unconsciousness. If you notice these symptoms in yourself or a family member, go to the emergency room right away.

If you have a central gas heater, use gas powered space heaters, or have a fireplace, install carbon monoxide detectors in

**SAFETY: continued on page 12**



**Join us for our  
Community  
Information  
Gathering!**

Presented by Coeur d'Alene Tribe  
Department of Education

*Hospitality Management Program*

- Food Beverage Certificate
- Lodging Certificate

*American Indian Studies  
Fall 2014 Courses  
Professional/Technical Program  
Pre-Employment Program  
(Resume, Cover Letter, Mock Interview)  
Computer Applications (Microsoft Office)*

March 28th at 2p.m.

Department of Education  
(Above the old BMC Building)

For more information, please contact  
Kathy Albin at 208-686-0604



# ~ Health News ~

## snqhesst'ishnet

### BMC: KWIS hour, diabetes day camp

Ah, qhest! We announced last month the arrival of our new urgent care provider, Nichole Vetter, Family Nurse Practitioner and Taylor Wilkens, Dentist to our medical and dental provider teams. Their pictures and biographical information is included in this issue of Council Fires. 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. The medical center will close at 5pm that day so our medical, dental and counseling services providers as well as other BMWC staff will be able to attend. 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!!

As a reminder every Friday between 12-1, one of our medical providers on a rotating basis, will host a radio hour on KWIS that will provide up to date health information and topics of interest including answering any health questions. We have established a new Facebook link at [www.facebook.com/uchqhes](http://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](mailto:uchqhes@gmail.com). We hope you will tune in and enjoy hearing commentary on important health topics.

There are two major events this month. In addition to the

'Meet & Greet,' we are hosting the annual Diabetes Day Camp at the casino, March 21 from 9am -3:30pm. Please refer to the announcement for registration information and description. Don't miss the valuable topics that will be presented by our staff and others. For information contact Community Health at 686-1767 to register and/or answer questions.

March 19 is 'Kick Butts Day,' a national day of activism that empowers youth to stand out, speak up and resist the control of Big Tobacco that targets youth. We have resources to assist with those who desire to quit smoking. In addition to speaking with your primary care provider, please contact Tobacco Cessation Coordinator, Cindy Schatz at 686-1767 who can assist with this effort as well.

Over the years we have had several questions regarding consent to treating minors whom are defined as under the age of 18. This does not apply to emancipated minors. Persons who may give consent to care for others are the following: parent, spouse or legal guardian, competent relative or other adult person designated by the minor's parent or guardian or attending physician or dentist as last resort in a medical/dental emergency. Please contact us if you have any questions about consent for treatment of minors.

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

### Arthritis as a disability: what to look for

How prevalent is arthritis? An estimated 50 million adults in the United States have some form of arthritis, and one in five adults report having a diagnosis of arthritis (Centers for Disease Control and Prevention, 2010). By 2030, an estimated 67 million Americans ages 18 years or older are projected to have arthritis, and 25.9% of women and 18.3% men report a diagnosis of arthritis (Centers for Disease Control and Prevention, 2010).

What is arthritis? Arthritis includes approximately 100 inflammatory and

noninflammatory diseases that affect the body's joints, connective tissue, and other supporting tissues such as tendons, cartilage, blood vessels, and internal organs. There are more than 100 different types of arthritis and the cause of most types is unknown (Arthritis Foundation, 2011a).

What are the symptoms of arthritis? Swelling in one or more joints, early morning stiffness, recurring pain or tenderness in any joint, obvious redness and warmth in a joint,

**ARTHRITIS: cont. on page 11**

### BMC introduces new providers Wilkens, Vetter



**Dr. Taylor Wilkens, DDS:** Dr. Wilkens and his wife currently live in Spokane. His wife is a Marriage and Family Therapist. They met in Walla Walla, WA while they were in their undergraduate programs. His family was raised in Spokane.

He loves the northwest and all it has to offer. He enjoys outdoor activities such as skiing, fishing, camping, hiking, biking, etc. Loma Linda University School of Dentistry is where he attended dental school.

While California was a fun place to go to school and is a great place to visit, he feels very fortunate to be a part of BMWC and that he was able to make his way back to where it all started for him.

#### Nichole Vetter, Family Nurse Practitioner:

Nichole Vetter grew up in South Dakota. She has 6 children and a husband who mean the world to her and have supported her in everything that she has done.

She completed her undergraduate studies at the University of Sioux Falls with a major in psychology and minor in biology. She became interested in working in the healthcare field through her experience working with autistic children while attending school. She completed her Nursing degree from Augustana College in 2000 and spent a year on a cardiac floor at Mayo Clinic.

She has always had an interest in other cultures and her interest took her to work with the Inupiaq Tribe in Alaska for three years, working in the ER, Specialty Clinic and CHAP program. She then went back to the Midwest to work for the Winnebago Tribe of Nebraska for almost 8 years as a Public Health Nurse.

During this time she became a United States Public Health Officer and has deployed for



hurricane Gustaf, Obama presidential inauguration and a local deployment to a tribe in South Dakota. Her experiences working with Native Americans and tribes have made an impact on the desire to continue to provide holistic care to medically underserved populations. She graduated from Briar Cliff University in May 2013 with a Master of Nursing as a Family Nurse Practitioner.

She is excited to learn about the Coeur d'Alene Tribe and culture and provide care at BMWC. She enjoys time with her family, reading, running and finding time to fish, camp, hike or relax in front of a fire in the evening.

### Hypertension is not a condition to be taken lightly

By Soraya Aragundi, MD

Hypertension is a very common problem. It affects 1 in 3 adults in the United States and the number is expected to increase as the population ages and we live longer.

Hypertension, also known as high blood pressure, is a silent killer because it usually does not produce symptoms until late in the disease and therefore the disease is either easy to ignore or people may not be aware that they have it for a long time. Many individuals become aware for the first time that they have hypertension when they present with symptoms of stroke, heart attack, heart failure, renal failure or suddenly becoming blind due to a blood clot in the artery of the eye; these are some of the risks of untreated hypertension.

We have a lot of control over this disease and it starts with prevention. There are some risk factors for the development of hypertension that we can not control, like our family history, race, or if someone has a problem with

their renal arteries that makes them develop this disease, but most of the risk factors for hypertension are actually 'self induced' and therefore can be prevented or undone. I am referring to physical inactivity and too much salt intake, high fat diet and obesity. By changing our lifestyles to a healthier one by controlling our salt intake, becoming physically active and staying active to help us lose weight or prevent weight gain for those that have healthy weight.

Sodium (salt) is in pretty much everything we eat, even in sweets like pudding and pastry, canned products, processed food like deli meats and many of the drinks that a lot of people enjoy consuming. Therefore, it is important that we become aware of what we buy and eat, get in the habit of reading food labels to avoid these foods high in sodium or at least to help you balance its consumption.

The reason learning about salt intake is important for the prevention and treatment of hypertension and its complications is because as we get in the habit of eating

lots of salt, that sodium in the body makes us retain water as well, eventually leading to so much fluid retention that it stresses the heart to pump larger volume of fluids; the stronger the heart contract, the higher pressure of the blood as it enters the blood vessels. This high pressure leads to damage of the walls of blood vessels which in turn in trying to heal itself become stiff, thus increasing the pressure even more; cholesterol causes cell build up on its walls forming plaques that block the normal blood flow, these plaques can break and get lodged in smaller arteries, causing stroke for example. As the heart gets fatigued from years of increased work load against the high pressure it becomes less efficient and starts to fail causing symptoms of heart failure with the increased risk for heart attack.

To help lower your blood pressure it is important to also exercise. We know that 30 minutes of sustained, moderate aerobic activity like brisk walking, jogging,

**HYPERTENSION: continued on page 12**

# ~Casino Corner~

hnghesiple'net

## Pipe burst creates skycatcher waterfall



As all here will know, it took a massive effort from a dedicated staff to stem the flow of water last week, a burst pipe creating considerable flooding in the Skycatcher and nearby venues.

MOD Chuck Matheson has been intensely searching for those who stepped up and mopped up, taking on the flood challenge and preventing serious damage. Water was spreading from the gift shop to the Red Tail, and rapidly, as so many of our own came to the rescue.

Matheson submitted the list, hoping that all are included. If there's a missing name, we'll want to know. Here they are:

Floor Maintenance: Joe Deras, Jose Duenas, Judy Dale, Jason Kingsley, Charlotte Newman, Jason Cotton, Rich Curry, Susie Jackson, Greg Sitch, Erica Montague

Crystal Lake: Ida Gustin

Bench Techs: Tim Cooke, Monica Gallegos, Joe Vallee, Lori McCoy and Meagan

Walters

F&B: Kurt Gomer, Levi Hanson, Terry Alexander, Gwynne Rafferty, Stephanie Finlay, Dustin Smith, Ray Brown, Willard Suppah, Alexis Seim, David Woodring (Purchasing F&B)

Mark (facilities Maintenance)

Security: Sherry McCoy, Thomas Romine, Rick Greensky, Elise Jamison, Charles Dole, Mike Sifford

VGS/Floor Attendants: Chay South, Tyson Parr, Ashley Allen, Ashley Carlson, Traci McClain, Will Lake, Billy Fletcher.

IT: Chad Norton

Hotel/Laundry/Bell: Crystal Taylor and Kendra Mayfield, Dee Pappel and Johanna Mitchell, Sara Regnier

Facilities/Outside: Jake Mitzner, Joey Rosa and Tom Klump, Mark Dale and Tony Armstrong

Beverage Service: Kassie Lotze, Joanna Curley, Zach DeLorme

Cage: Sunni Jo Mullen

## Party in the Pit? It could happen

By Tim Yovanovich

We are in the planning process to livening up the Coyote Kings table games with a pit party once a week. We are looking to include a DJ, some upbeat music and have a Master of Ceremonies to run the show.

The plan is to perform this on a slow night, possibly on Thursdays. It is our intention to get a few people having fun, spread the word to their friends, and make this a special get-away night.

We are in the early stages of getting prizes together and outlining rules. There is no set date yet, although, I hope we can begin in the next several weeks.

According to plans, customers could play for prizes from two to \$20 and possibly one major prize of a round of golf, a free

meal, a spa package or a hotel stay. The MC would announce something different for each set, such as first person to get three 7's wins. Then the winner would be able to select a balloon filled with confetti. The person would pop the balloon spewing the confetti, which will hold a slip or paper with a prize written on it. The customer will receive that prize and the MC will call out something new.

We will require some extra help from enthusiastic people to make this happen. The first few we will probably start out simply to build up the customer base. Once we do so, we can have themed nights, like pajama night or fifties night or even a zombie night, and if customers comes dressed in that theme they could receive something special for it.

## Golf Shows now, CRGC Season to kick off in April

The Spokane Golf Show made things feel almost like spring...almost. This, the first of three shows over the coming six weeks is a strong harbinger of the 2014 golf season, and Circling Raven's booth was again the most visited.

A crowd of about 10,000 attended over the recent weekend, checking out local and regional courses, new designs in equipment, discounts for clothing, and just re-connecting with local club professionals and fellow golfers.

Circling Raven and the Coeur d'Alene Casino Resort occupied the biggest and busiest booth at the show, drawing thousands of men, women and children, all of whom took a spin on a prize wheel.

Those playing were also eligible to win a Calloway Big Bertha Driver. Evan Peterson of Spokane was the winner.

As the 2014 season draws



Assistant Professional Mark Nelson greets all comers recently as Circling Raven and the Coeur d'Alene Casino Resort are represented at the Spokane Golf Show. Several thousand stopped by to spin the wheel and win discounts at the resort's golf course and other venues.

near, shows are also scheduled in Seattle, a three-day golf and travel extravaganza, and Calgary. Seattle's show begins Feb. 28<sup>th</sup> and covers three days, and we'll also be promoting our hotel and spa. The Calgary show is set for March 22-23.

"The shows put our name out there and we get a

chance to become personally acquainted with golfers, local and regional," said Director of Golf Tom Davidson. "Over the years, the shows have proven to bring business to our resort and also the region."

Circling Raven will likely open for the season by the first weekend in April.

## "Total Blowout" holiday weekend among best ever

By Bob Bostwick

They came, they saw, they stayed, they played.

Nearing or passing record numbers in food sales and machine play, the combination of Valentine's Day and Presidents Day weekend created a rocket ride for business here at the Coeur d'Alene Casino Resort. That includes a 100 percent run on hotel rooms, starting Thursday, Feb. 13<sup>th</sup> with Mixed Martial Arts and continuing over a four-night period.

Coin in numbers and casino win topped even our New Year's Eve/Day success, and by a fairly healthy margin.

Employees here rose to every occasion, serving full tables at every eatery and taking care of players who planted themselves in front of machines at not only super high rates, but at rates that stayed consistently high over the long weekend.

Now that's what I'm talking about- The percentage peaked at 77%, total blowout. The house was dancing with

customers, I have not seen a busy day/night like this for a long time, it is magnificent. The CDA Casino is downright rock' in tonight. Manager on Duty Shelly Sonders in her Friday shift report.

Machine play passed 70 percent each day, peaking at 77 percent Saturday evening. More importantly, machine play averaged just over 30 percent over the entire 72 hour period from midnight Friday morning to midnight Sunday morning.

Even Monday's numbers remained high, with machine play reaching 61 percent in the afternoon.

"I can't say enough about how hard and efficiently everyone handled this," said Chief Executive Officer Dave Matheson. "We are looking at one of our most successful weekends ever, matched by one of the most successful efforts ever by our staff, and equally so from every department involved."

Events began with the MMA on Thursday night, a big one for bar and restaurant

traffic. Machine play with the martial arts crowd was steady, yet comparatively light considering what was in store the following three days.

Hosted players also came in droves, beginning with a highly successful prime rib and crab dinner in the Conference Center Friday night. About 400 guests were invited for that, almost all staying the night or longer.

Food and beverage venues were full for every meal time and most of the time in between. Heavy pressure came on all hotel staff as the sellout created extra demand for everyone from the front desk to housekeeping.

"The combination of a Valentine's Day and Presidents Day weekend really paid off for us," said Host Manager Diana Henry. "Our hosted players enjoyed a beautifully prepared and beautifully presented dinner on Friday, and the attitude of guests just seemed to stay positive and active throughout. Hosted or not, our guests were enjoying themselves."



**2014 Season to open**  
**APRIL 4th**  
**Mark your calendars**  
**and clear your schedule!**

**CIRCLING RAVEN**  
GOLF CLUB



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7 PM Grand entry

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at 1 800-523-2464 x7273 or [ymatt@cdacasino.com](mailto:ymatt@cdacasino.com)



### CELEBRATING 21 YEARS!



## March 14<sup>th</sup> - 21<sup>st</sup> - 28<sup>th</sup> | 7 pm

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# Timber sales to slow as ground thaws; Fuels department hiring for 3 positions

**General:** Forestry is continuing with paperwork associated with next seasons work although we do have several active timber sales still. As a reminder wood cutting permits expired December 31 and new ones aren't issued until June 1<sup>st</sup>.

**Timber Sales:** Loggers on timber sales in the Plummer, Worley, and Casino areas have been busy bees trying to finish work on frozen and snow-covered ground conditions.

As weather moderates and soils become wet and muddy, work will cease until dry summer months allow them to finish the remaining two allotments on the Sq'aq'i'shmalqw Logging Unit. The next allotment sale in the Setters area is planned for sale in late spring.

Future work involves evaluating timber stand conditions in the Hangman Creek area above and below Tensed. An environmental assessment will be prepared to address proposed stand treatments prior to implementation.

The writing of the Isdo Environmental Assessment (EA) is in the final stages and it is expected to be signed off by all parties soon before

going to NR Committee and Council.

The extension and all of it components for the Chsp'a'qhalqwtsh Timber Sale up at Eagle has been proposed to the logger. He is still processing the information to come up with a decision before going to NR Committee and Council for final approval. It is expected that the new deadline will be approved by Council for September 30, 2014.

**Fire Management:** Fire has been busy this past month getting ready for the next fire season by getting our annual agreements updated and working on getting our equipment ready.

Training is a big part of what we do this time of year as we send students to a lot of different class's and participating in meetings/ phone calls to get students nominated for the courses needed for each individual students need.

Spring burning is just around the corner and we are already starting to plan for our operations on the ground and getting all our burn plans put together and ready for when the weather is right.

**Emergency Firefighting (EFF) Crews,** the Fire program also has an interest

in putting together an EFF crew to be sent out on fires regionally and nationally. We want to gauge the interest in this type of work to determine if we could put a crew together. The crew could also be available for prescribed fire projects during the spring and fall months.

So, if you are interested give the Fire staff a call at 686-5306 and we will see if there is enough interest and individuals for a crew to be formed again.

If you have any questions regarding the fire program feel free to give us a call and we will try to answer all questions.

**Fire Education and Response in the workplace:** Proper response to fire in the workplace is a very basic safety concern that should be covered with all employees and reviewed periodically to ensure a safe working environment. It is imperative that some sort of training material whether purchased or made in house is available to employees and that they are allowed access to any and all fire safety information upon request.

As an employee, it is important you not only know all safety procedures outlined, but also follow them. It is

important employees realize that cutting corners with safety may not have consequences the first or second time you cut a corner, but eventually it will have consequences.

**Fuels Program:** The Fuels Program is planning for next year's field season. For prescribed burning, we are planning this spring's burns around the DeSmet area, near the sub-agency, and Little Butte.

We are also planning to do some thinning, pruning, and piling near the sub-agency and the old rest area. Currently, the Fuels Crew has completed over 70 acres on a ponderosa pine plantation in T574 near the cell tower in Worley.

We are still working on updating/revising the Fuels Management Plan, seeking approval from the Natural Resource Committee for the Mowry/Stateline project proposal, and drafting a burn plan to broadcast burn this summer's timbersale activity fuels.

In addition, we would like to announce that we are planning on hiring 2 Fuels Technicians and 1 Equipment Operator. This advertisement should be posted this spring on the Tribal website. If you have any questions, contact Chuck Simpson – Fuels Specialist -

at (208) 686-5030.

**Forest Development:** 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 approximately 70 acres on the 110 acre project, and will continue through February.

All thinning projects will then be resumed in late spring or summer. A contract for tree planting will be advertised in March for approximately 70 acres of restoration in the Lake Creek watershed, another 70 acres in the Chsp'a'a qhalqwhn Logging Unit and 20 acres of interplanting.

**Forest Inventory and Management Planning:** Work continues on the Inventory Analysis Report and updating manageable acres that can contribute to the annual allowable cut (AAC).

The results will provide information on whether the current AAC of 3.6 million board feet from Tribal lands and 3.3 million board feet from allotments needs to be changed. Because Tribal volume per acre has increased since the previous inventory, Tribal Council will have an opportunity to increase the AAC on Tribal lands.

*Coeur d'Alene Tribe Youth Sports*  
PRESENTS

## Sit Sit Kw Shoot Out

**March 1st & 2nd, 2014**

WHO: 3rd through 6th grade boys and girls  
WHERE: Plummer, Idaho  
COST: Free  
NO PRIZES - EACH PLAYER RECEIVES A T-SHIRT

**CONTACT INFORMATION:**  
Cheffrey E. Sailto  
PHONE: 208-686-9355 ext. 509  
E-MAIL: csailto@bmc.portland.ihs.gov  
FAX: 208-686-2833  
LIKE US ON FACEBOOK:  
Coeur d'Alene Tribe Youth Sports Program

## Creosote project moving forward



**Sandra Raskell, Project Engineer Lake Management**

After years of sampling, the St. Maries creosote site is finally moving towards construction.

The St. Maries Creosote site is immediately adjacent to, and south of, the St. Joe River in the city of St. Maries, Idaho. From 1939 through 1964, the site was used for peeling and treating logs to be used for poles.

Historically, as the treated poles were loaded onto rail cars by the stiff arm, creosote dripped onto the soil around the butt vats and rail cars. If several cars were loaded at the same time, poles would drip creosote onto the soil beneath the rail line. In late 1998 and early 1999, the site was noted to have soil staining, creosote odor, and

product sheen, thus began the process of identifying clean-up actions.

For the next decade, the United States Environmental Protection Agency (USEPA), the Coeur d'Alene Tribe (Tribe), and the potential responsible parties (PRP) worked through reports, meetings, consent decrees, court documents, etc. Soon thereafter, Arcadis, the Voluntary Remediation Party (VRP) and its associated subcontractors, began the process of sampling upland soils and river sediments to determine the geotechnical properties, extent of contamination, and treatment possibilities. This data has been used to design an appropriate remediation plan.

Using sampling data,

**CREOSOTE: continued on pg. 11**

## Feds to pay Tribes owed money under IHS agreements

For the first time in decades, the federal government this year will pay Native American Indian tribes what they're owed under the terms of health and social service contracts that have previously been underfunded by millions of dollars annually, according to lawmakers and congressional staff members.

The payments for 2014 are reflected in revised spending plans for the Bureau of Indian Affairs (BIA) and the Indian Health Service (IHS) that are to be delivered to the House and Senate appropriations committees within a week.

"This ought to put this issue to rest now," said Rep. Tom Cole (R-Okla.), one of two Native Americans in Congress. He added that the failure to fully pay tribes "should have never happened in the first place."

The Obama administration's decision is a dramatic reversal from its proposed 2014 budget, which called for placing spending caps on individual contracts.

Under the caps, tribes would again have been paid millions of dollars less than what they say they are owed and millions less than the agencies' estimates of the payments due. The spending caps also would have been a step toward limiting payments in the future.

The revised budgets follow a Washington Post story in December that detailed the administration's plans to impose the caps despite two U.S. Supreme Court rulings ordering the government to fully compensate the tribes.

Although the new plan fully funds contracts for 2014, it does not address the billions of dollars that the tribes say they are owed for past claims.

Congressional budget negotiators rejected the spending cap proposal last month, along with language that would have eliminated the tribes' right to seek legal remedies in pursuit of contract claims.

The negotiators also told the two agencies that their original 2014 budget plans ran counter to Supreme Court rulings about the government's agreements with the tribes, called "self-determination contracts."

Unpaid claims under the contracts grew to an estimated \$3 billion by late 2013, according to agency records, while hundreds of tribes severely cut education, health and public safety services.

"This issue has affected real people's lives," said Sen. Maria Cantwell (D-Wash.), former chairwoman of the Senate Committee on Indian Affairs.

Spokeswomen for the IHS and the BIA declined to comment about the revised spending plans.

The disputed contracts have their origins in the 1975 Indian Self-Determination Act, which gives tribes the option of receiving federal funding to run their own education, public safety and health-care programs.

Those services — which were promised in perpetuity in tribal treaties — historically were delivered by the BIA and the IHS.

The unpaid claims are for "contract support costs," which include travel expenses, legal and accounting fees, insurance costs and workers' compensation fees.

Such costs typically account for 20 percent of the value of a contract, said Lloyd Miller, an attorney for the tribes in a 2012

Supreme Court case.

Federal contractors worried that a precedent was being set, and the U.S. Chamber of Commerce supported the tribes in their legal battles with the administration.

"The Chamber is pleased that Congress has addressed full payment for Contract Support Costs, as we have long called for an equitable solution to this issue," Dan Mahoney, director of the chamber's Native American Enterprise Initiative, said in a statement Thursday.

"We remain committed to ensuring that, going forward, any solution for future CSC funding is made in consultation with Indian Country."

Attorneys for the tribes and tribal leaders said the administration's decision sets a new standard for handling contracts in the future.

"Now these agencies get it," Miller said. "These are contracts, and you have to pay your contract obligations."

Cole was more cautious in his assessment. He said he believes that the revised budget plan represents a "potential turning point" but that members of Congress must remain "vigilant in this area."

As of mid-December, fewer than 1 percent of unpaid claims had been resolved. But Miller and others involved in the settlement negotiations said momentum is building on this front.

Officials with the Yukon Kuskokwim Health Corp., a consortium of 56 tribes, recently disclosed a \$40 million settlement with the IHS.

And settlement conferences have been scheduled for the next two months in U.S. District Court to resolve dozens of other claims.

## Chili Cookoff raises funds for PCAT



A chili cookoff was held at the Plummer Community Center on February 20, 2014. The event was hosted by the Plummer Community Action Team an auction was also held - all proceeds from the event went towards the "Welcome to Plummer Entry Monuments. Pictured above is 1st place winner - Ben Sergent with Dan Jolibois; prizes also went to 2nd Place winner - Maranda Kolar and 3rd Place winner - Jack Bowlin. A special thanks goes out to everyone in the community who helped make this a successful fundraising event!

## Lakeside announces 7th-12th honor roll

**7<sup>th</sup> Grade:** Lillian Gopher, Brandon Jimenez, Olivia Palmer, Nacomi Raff, Joseph Rodriguez, Thomas Sanford, Rory Scott, Rachel Wienclaw, Trey Wienclaw

**8<sup>th</sup> Grade:** Summer Beebe, Sativa Bohlman, Logan Choisser, Sarah Jimenez, Zariah La Fleur, Honor Olson, Bryar Sanchez, Cheyenne Scott, Justice Wilburn

**9<sup>th</sup> Grade:** Takoda Abrahamson, Rachael Arthur, Sarah Daman, Brandon Hall, Tea' Lambert, Cameron Lawton, Aaron Newman, Lillian Rhea, Robert Sperber

**10<sup>th</sup> grade:** Talia Hendrickx, Paul Kratsch, Gage McDonnell, Jubal Mitchell, David Moyle

**11<sup>th</sup> Grade:** Brook Chick, Damien Eikes, Elaine Fanning, Ryan Fritsche, Jordan Harmon, Hunter Kolar, Joseph Mitchell, Jordan Nilison

**12<sup>th</sup> Grade:** Dalton Atwood, Jonathan Daman, Sheyenne Shamburg

## ECLC perfect attendance records

Here are the 30 children who had perfect attendance in January! Kudos to the families who are making great efforts getting their children school-ready!

Mark Faber, Saydee Peone, Magnus Ford, Kenneth Pluff, Alex Campbell, Malikai Pluff, Lakiyah Gum, Constance Havier, Loudon Hendrickx, Sadie Leo, Alayla Matheson, Jamias Stearns, Jax Brown, Joshua Brown, Harmony Brown-Samuels, James Charlie, Isabelle Clark, Carlee Colman, Christopher Enick, Jayna Parr, Jaydin Pluff, Isaac SiJohn-Peone, Willard Spotted Blanket, Deondre Thomas, Khaila Denmon, Angel Morrison, Truce Morrison, Jaida Pluff, Ematie Samuels-Brown and Cash Wolfe

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# Louie-McGee signs to Idaho State football program



Tucker Louie-McGee signs his letter of intent to ISU with family members by his side. Front: Wade McGee, Tucker Louie-McGee, Deb Louie-McGee; Jeannie Louie. Back: Jackson Louie, LoVina Louie and Jerry Louie McGee

Tucker Louie-McGee began his football career on the wide open field of Lakeside High School in Plummer, Idaho. Learning the ropes of

the 8-man game and quickly becoming a shining star as the team's Quarterback.

After he and his brother, Jerry, had expressed an inter-

est in playing college football to their dad Wade McGee, Wade began looking into other schooling options that would help his sons achieve that goal.

He had developed a friendship with Lake City Coach Van Troxel through a mutual love of weightlifting, so he brought his boys up to the school to check out the program.

Tucker was about to finish his freshman year while Jerry was embarking on his first year in high school. Both boys felt that Lake City was a good fit for them and transferred to the school in Coeur d'Alene the following academic year.

Tucker began his sophomore year on JV as a wide receiver and quarterback on his new 11-man team. The next season he was promoted to Varsity as safety and back-up QB.

He stood out on the field and began attracting attention from regional college coaches.

On Thursday, February 13th Tucker signed his letter of intent to play for Idaho State University in Pocatello.

He and his family are excited for this next step in his life and hopes it brings him many more opportunities in life.

# February swim meet: a family affair



On Sunday, February 9, a swim meet was held at the Wellness Center. Eight people participated in it including three from the LaFleur family, three from the Scott family, Anson Meagher and Coach Joel Kopf.

One of the events, the 50 Breaststroke, was an all family affair with Dad, son and daughter going head-to-head. Dad won but it won't be long before his kids will be giving him good competition.

The 100 Freestyle medley was also a family affair with the Scott/Meagher combination competing against the LaFleur family.

In this event Coach Joel also jumped in to see if he was fast enough to beat the teams, which he did. But if the kids

keep showing up to his swim workouts it shouldn't be long before they are beating him too. The team 100 Freestyle medley record to beat is still 1:21:99.

The next meet at the Wellness Center will be held on Sunday, March 9 at 2:15 pm. For more information call the pool staff at 686-9355 ext 508 or email Coach Joel at jkopf@bmc.portland.ihs.gov.

There are seven swim workouts regularly held at the Wellness Center and they are good times for people of all ages to sharpen their lap swim skills to prepare for the next swim meet or an upcoming triathlon. The schedule for these can be found at the Wellness Center front desk or by contacting Coach Joel.

## ~ Editorials ~ sne'kunmn

### Jordan: I am so proud of my daughter Paulette

Today I received a wonderful gift, my daughter Paulette Jordan was officially sworn-in at the Idaho State Capital as an Acting Idaho State Representative on February 5, 2014.

I am so proud and love my daughter infinitely. I love who she is and what she stands for. It is amazing to see all of her

teachings come to life that were taught to her by the elders.

I watch her work hard and I pray her dedication will open doors and give her opportunities to help the Coeur d'Alene Tribe, the State of Idaho and the People throughout the U.S. to bring everyone together, and to build a future for our children and

grandchildren.

I am thankful for many of you who pray for Paulette and give her encouraging words to help her move forward on her journey...she stands for ALL of Us.

**Thank You Creator!!!!  
Lucinda Jordan  
Proud Mom**

### Native Business: Tribes drive growth and prosperity

Depending on industry, a business may be greater or less susceptible to economic contractions (recession). An economic contraction is when demand and sales decline. The opposite of an economic contraction is expansion, an increase in the level of economic activity including goods and services available.

Industries more likely to be negatively affected by recession are construction, new-car dealerships, furniture, timber companies, and appliance sales. Businesses less likely to be affected by recession are accounting services, insurance, convenience stores, seafood companies, gaming, and medical facilities.

It is possible for some

companies to prosper during economic contraction. It helps if they are strong financially going into an economic downturn because they may be able to self-fund or obtain financing to purchase equipment that adds efficiency, lowering their short and long term cost of operation for the purpose of making more money with equal or less sales. Additionally, companies with a superior cost of operation or other competitive advantage may be able to gain market share further increasing profits and contributing to an organization's health. Market share is when own organization takes business away from a competitor.

Tribes may have a competitive advantage in business because

in addition to enterprise operations, a Tribe's resources can be made available to drive growth and prosperity. The critical element required to maximize success is planning to coordinate the allocation of a Tribe's resources; the goal usually is to balance the service needs of a community with economic expansion -both utilize dollars.

Jim Stanley freely shares his knowledge in an effort to foster economic success in Indian Country. He is a tribal member of the Quinault Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board. To contact Jim for comments, go to JimStanley.biz.

### Swim meet scheduled for March 16

When: Sunday, March 16, 2014; 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.

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.

### ARTHRITIS: cont. from page 5

unexplained weight loss, fever, or weakness combined with joint pain that last more than two weeks are typical symptoms of arthritis. Skin, joint, kidney, lung, heart, nervous system, and blood cell infections may accompany fatigue and difficulty in sleeping.

Evaluating arthritis requires an assessment of past history, current symptoms, blood tests, biopsies, and x-rays (Arthritis Foundation, 2011b).

Arthritis and the Americans with Disabilities Act

Is arthritis a disability under the ADA? The ADA does not contain a list of medical conditions that constitute

disabilities. Instead, the ADA has a general definition of disability that each person must meet (EEOC Regulations 2011). Therefore, some people with arthritis will have a disability under the ADA and some will not.

A person has a disability if he/she has a physical or mental impairment that substantially limits one or more major life activities, a record of such an impairment, or is regarded as having an impairment

Major life activities include : Walking, Bending, Reading, Communicating, Concentrating, Eating, Sleeping, Working, completing manual tasks, interacting with others.

# ~ In P a s s i n g ~ gu'lo lkhwalqw

**Jose C.N. Reyes, III**  
**Born 05/25/2004**  
**Spokane, WA**

**Eleana R. Maravilla**  
**Born 04/09/2008**  
**Spokane, WA**

**Departed Together**  
**02/2/2014 Plummer,**  
**Idaho**



Jose Concepcion Nunez Reyes, III was born May 25<sup>th</sup>, 2004 in Spokane, Washington. His parents were Jose Reyes, Jr. and Mellisa Paison, but he was delivered to the arms of his Grandma Rose Gonzales, who became his guardian and raised him.

Four years later, Grandma and Jose welcomed Eleana Rose Maravilla. Eleana's father was

Jacob Maravilla. She was born in Spokane, on April 9, 2008.

Jose (9) and Eleana (5) died on February 2, 2014 when they fell through the ice of a small pond on Agency Road, near Plummer.

Both children attended Lakeside Elementary School in Plummer. Jose is survived by his grandmother Rose Gonzales of Plummer, his "Papa" Mark

Hines, his parents Jose Reyes Jr. and Mellisa Paison, his adopted grandparents Reverend Parker and Jan McNeill of St. Maries and godparents Karen and Joe Montana.

Eleana is also survived by her grandmother Rose Gonzales, "Papa" Mark Hines, her parents Jacob Maravilla and Melissa Paison, her adopted grandparents Ron and Roxanne

Swinkle of Spokane, WA, godmother Wanda Matt and godfather Dean Pakootas.

Services were held at the Rose Creek Longhouse in Worley, Idaho. The wake and rosary were held on Wednesday, February 5, 2014. Father Robert Erickson SJ, of the Sacred Heart Mission, officiated the mass on Thursday, February 6<sup>th</sup>. The burial took place at the Sacred Heart Mission Cemetery in DeSmet, ID.

Pallbearers were Butch Nomee, Joseph Nomee, Jonathan Nomee and Mike Sifford. Family and friends gathered back at the Rose Creek

Longhouse after the services.

The family extends special thanks to the emergency response officers and volunteers, the Coeur d'Alene Tribe, the Coeur d'Alene Casino, the students and faculty of the Lakeside School District, the Warriors football team, Jeanine Seyler, Bonnie Felsman and their girls and all of the other cooks and helpers. Assistance with funeral arrangements was provided by Hodge Funeral Home, St. Maries, ID. Online memorial and guest book can be viewed at [www.hodgefuneralhome.com](http://www.hodgefuneralhome.com)

**JIMENEZ: continued from pg. 2**

basically they found her to be overqualified for a Library position.

She took their cue and went to Lakeside High School in 2005 where she was a part of the Title I and Special Education programs; similar to what she'd been doing for the past 2 decades. On a fateful day when she took some of the students to a Career Fair at the Casino later in the year, she met Hil Olstrom who was working in Social Services for the Tribe – they only chatted for a few minutes when he asked her to apply for a position in his department – soon after she transferred to the department where she's been ever since.

She has worn multiple hats while at Social Services; she has served in the Domestic Violence program, Child Advocates and Child Welfare. She has finally settled down, along with the department which has seen multiple changes over her time there, as the departments Administrative Assistant; a position she loves.

"I love customer service, absolutely love it. I like to help people with problem solving and helping them get back on track," said Kathy.

One of her favorite aspects of the job is the connections she makes with the clients

who walk through the door.

"Everyone has a story," she says. "I like to take the time to talk to them and get that story. Everyone needs dignity and respect – sometimes it's hard for people to come in and ask for help."

She also likes to make sure people who frequent the services available through their programs are trying to make more of their situation. She's not above giving people a hard time if she sees they are not putting in the effort to better themselves; something she feels people need from time to time – and it appears to be working, she is seeing less and less "repeat customers" walk through the door.

She is also noticing a trend in how grateful people are for the help they are receiving through the department.

"It's been nice – we're getting more thankfulness from the people."

Although she absolutely loves her job – she feels her greatest accomplishment is producing 6 "productive members of society" in her children. She boasts about how they have all gone on to make good educational and career choices for themselves and the 23 grandchildren and 2 great grandchildren they've given her.

"It really is my biggest accomplishment."

**CREOSOTE: cont. from page 8**

Arcadis has submitted design plans and reports for EPA and the Tribe to review. The remediation clean-up plan includes the removal of the contaminated soils and sediments, thermal treatment of these soils and sediments, in-situ treatment of the deeper contaminated soils, and river bank restoration. In order to complete the construction, many steps are needed. Construction work will include dredging of the St. Joe River, excavation of soils in the upland area (0 to 10 feet deep), as well as solidification of the deeper contaminated soils (10~60 feet deep).

In order to protect the river

during dredging activities, a silt curtain will be placed downstream of the work area. Where highly contaminated sediments are found, a sheet pile wall will enclose the dredging activities. This will help contain any free creosote product that may be released. Once remediation is complete, the river will be backfilled with clean material and the site will be restored with gravel, vegetation and woody debris.

Construction activities are scheduled to begin May 2014 and continue through December 2014. There are many variables that can impact the schedule, such as weather, river elevation, plan approval, early winter weather, etc. TERO employees will have

an opportunity to work on this project. Jim Nilson is currently working with Arcadis and the contractor to determine the amount of workers needed to complete the project.

A public meeting has been scheduled for March 19<sup>th</sup> to inform the public of the impacts to the area. The meeting will be held from 6:00 pm to 8:00 pm at the St. Maries High School located at 424 Hells Gulch Road, St. Maries, ID. We hope to see you there!

If you have any questions, please contact the Project Lead, Sandra Raskell, P.E., Lake Management Department Project Engineer by phone at (208) 667-5772 or by email at [sraskell@cdatribe-nsn.gov](mailto:sraskell@cdatribe-nsn.gov).

Please join us to celebrate and encourage a sober lifestyle with intertribal dancing and friendship!

## 1<sup>ST</sup> ANNUAL SOBRIETY & WELLNESS ONE DAY POW WOW SATURDAY, MARCH 1<sup>ST</sup> 2014

**Saturday**  
**Grand Entry– 7:00**  
**p.m.**  
**Dinner at 5:00 p.m.**

**TRADITIONAL POW-WOW**  
**All Vendors, Drums, Dancers**  
**and Public Welcome**  
**Giveaway and Honoring of**  
**Community Members**

**ROSE CREEK LONG HOUSE  
WORLEY, IDAHO  
Coeur d' Alene Reservation**

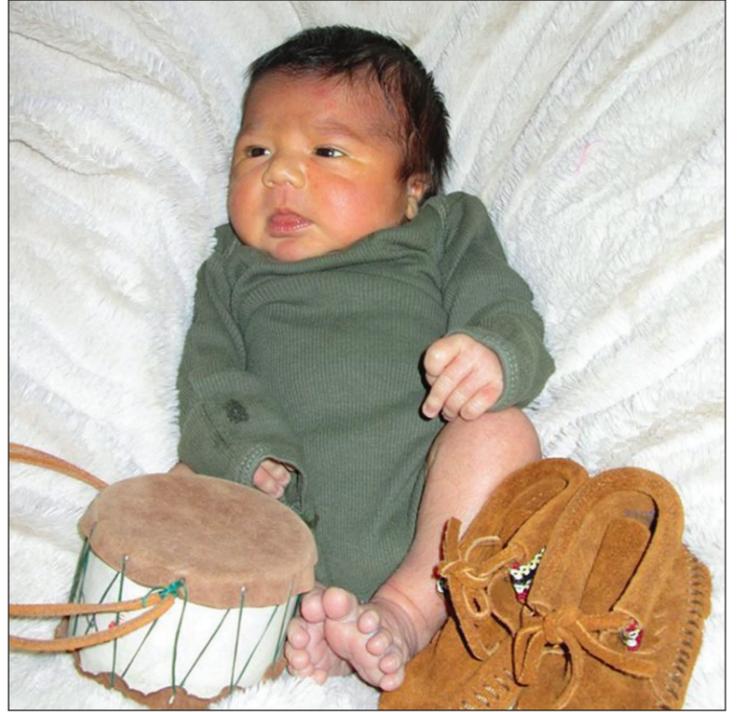
Any questions contact Emcee Quanah Matheson at 208-699-3570

# ~Cradleboard News~

khwa gugwaqht'lt



**S**olice Quincy was born on January 14, 2014 at Sacred Heart Hospital in Spokane, Washington, weighing 6 pounds and 1 ounce and was 19.3/4 inches in length. Parents; Sabrina Garcia and Josh Quincy, paternal grandparent Gary Quincy of Spokane, Washington, great grandparents; Steve and Jean Weaver of Tensed, Idaho, siblings; Makya and Kayden Quincy and Auntie-grandma Linda. The family resides in Post Falls, Idaho.



**B**enjamin Vernie Linqvist-Kee was born on January 20, 2014 at Providence St. Michael's in Portland, Oregon. At birth he was 8 pounds 6 ounces and 19.5 inches long. His maternal grandparents are Kennard Linqvist II and Shelly Jo Buck Traum of Portland; His maternal great grandparents are Kennard Lee Linqvist and Janet Adams Linqvist of Portland. His paternal family includes grandmother Beth Johnson of Plummer and Lloyd Kee of Portland; his paternal great grandparents are Vernie and Margie Johnson of Tensed and the late Ramona Culps Kee and Lloyd Kee Sr. He joins older sister Serena (7) at their home in Portland, Oregon.

Happy 5th Birthday to brothers Makya and Kayden!



**HYPER: continued from pg. 5**

bicycling, swimming, dancing or resistance weight training on most days of the week, can control hypertension. The key factor here is consistency as the benefit of exercise on blood pressure control will reverse if you stop exercising.

There are many other good side effects of exercise beyond blood pressure control, it improves our stamina, it help us lose weight or prevent weight gain, improves sleep, improves appetite, improves our sense of wellbeing and self esteem. We look good and we feel good.

For some people diet and exercise is not enough to control hypertension and they need to take medication, maybe a single drug or maybe a combination of medications. There are several classes of medications to treat hypertension and it may take sometime before your provider

finds the right medication at the right dose to control your blood pressure with the minimal risk for side effects.

The most important thing that you can do if you need to take medication for hypertension is to take it as prescribed and if you are having side effects, call you doctor's office to let them know what kind of symptoms you are having and to get advice on what the next step would be. Do not stop medications on you own as some medications need to be tapered before discontinuation to avoid possible significant rebound side effects. Also, if you are having financial

difficulties and can not afford your medications, it is important to communicate this to your provider; there may be cheaper medications that can work well for you or you may qualify for our patient assistance program and get the medications at a reduced cost or at no cost to you.

So, if you do not know what you blood pressure is, if you have a family history of high blood pressure or heart disease or stroke, do yourself a favor, go see your provider and have your blood pressure checked. Treating hypertension is not difficult and it can save your life.



**Happy 6<sup>th</sup>  
Birthday Michael  
George "Misko"  
Love you!  
Mom and Dad**



**SAFETY: cont. from page 4**

your home. These inexpensive devices, which are available from many local retailers, provide a warning if you have elevated carbon monoxide levels in your home. Even if you already have detectors, make sure they are in proper working order and change the batteries twice a year so you are certain they are fresh.

**Protect Your Plumbing:** When temperatures dip below freezing, it's important to take steps to prevent ruptured plumbing. To prevent burst pipes, leave water dripping slightly so the water is constantly running through them to reduce the chances of freezing. Additionally, open cabinet doors in which indoor pipes

are housed so they are exposed to the warmest temperatures in your home. Outdoor pipes should be wrapped with sufficient insulation too reduce exposure to the elements. Never leave a hose attached to an outside faucet during the winter months.

**Clear Snow and Remove Ice:** According to the CDC falls are the number one cause of injuries to adults. Many of these falls happen when sidewalks, driveways, and walkways are covered in snow and ice. Make sure these surfaces around your home are shoveled regularly and free of debris. Your regular routine for keeping access to your home clear should include adding sand or rock salt to slippery spots. Special attention should be given to stairs,

since they can be extremely hazardous and icy in colder months.

**Prepare for Winter Storms:** Plan for winter storms early in the season. But it is never too late to stock up on the following items: A Battery operated radio, flashlights, batteries, candles and lanterns, matches, drinking water, non-perishable food that doesn't require cooking, non-electric can opener, baby food and formula, if needed, pet food, prescription medications, and a well-stocked First Aid kit.

Now you can get your favorite blanket, get in that easy chair, put your feet up, and watch your favorite show. And if the power goes out you have candles and lanterns so you can read your favorite book and listen to the radio.

## LEGAL NOTICE: CHANGE OF NAME

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

In the matter of the Petitioner to change name of Vickie Ambro Petitioner for order to change name Comes now, Vickie L. Ambro, Petitioner herein for an Order from the Court for a name change.

Petitioner resides at 1445 8<sup>th</sup> St 406 Plummer, Idaho, Petitioner was born in Spokane Washington, Petitioner's present name is Vickie L. Ambro, Petitioner desires to change present name to: Vickie L. Bohn for the following reason(s): mother's maiden name.

Dated this 3<sup>rd</sup> day of February, 2014

**HOSPITALITY: cont. from pg. 4**

a certificate in Hospitality Lodging or Hospitality Food and Beverage.

If you are interested in learning more about the program and the application process,

please contact Karen Krier at [kkrier@cdatribe-nsn.gov](mailto:kkrier@cdatribe-nsn.gov) or 208.686.8502 at the Coeur d'Alene Tribe Department of Education, 5115 B Street, Plummer, ID 83851. Space and funding is limited, so contact Ms. Krier as soon as possible.