

Sea ~ Ha Runner

Coquille Indian Housing Authority

Volume 12, Issue 4
April 2009

*A fun and informative Newsletter for
the Residents of the Kilkich Community*



April Calendar

April Fool's Day	1
CIHA Office Open Until 6:00 PM	1-3, 6
 Easter	12
KRA Meeting at 6:00 PM Dinner at 5:30 PM	13
Earth Day 	22
CIHA Board of Commissioners Meeting at 3:30 PM	23
CIHA Office Closed for Staff Training	24
CIHA Office Open Until 6:00 PM	30



Telephone Assistance Programs (Including Cell Phones) for Low Income Households on Tribal Lands

Tribal Lifeline is a government program that offers qualified low income households a discount on their monthly local telephone bill. Each state has its own guidelines to qualify. You will save up to \$13.50 on your basic monthly bill.

Eligibility To qualify, you must reside on tribal land and participate in one of the following programs:

- Bureau of Indian Affairs General Assistance
- Federal Public & Indian Housing Assistance
- Food Stamps
- Head Start (income eligible)
- Low Income Energy Assistance Program (LIEAP)
- Supplemental Security Income (SSI)
- Temporary Assistance for Needy Families (TANF)
- Certain State Medical Programs or Medicaid
- National School Lunch Program's Free Lunch Program

A tribal member may also

be eligible if his or her household income is at or below 135% of the federal poverty guidelines.

Lifeline can only be used for the primary telephone line in the household. You must have telephone services established **PRIOR** to applying for the Lifeline discount. The name on the telephone bill must match the name of the household member participating in the eligible program.

Link Up helps households reduce the cost of initiating telephone service.

Link Up program pays some of the cost of connecting local telephone service to your home, or activating wireless telephone service. Link Up can only be used for the charges associated with activating a primary telephone line or moving existing service to a new address. Link Up does not cover the cost of wiring inside your home.

Link Up will pay 50% of your installation charges

for a maximum discount of \$30.00. An additional discount may apply to residents of federally recognized tribal lands.

Eligibility If you qualify for Lifeline, you also qualify for Link Up.

Being a Lifeline or Link Up customer does not protect you from being disconnected if you fail to pay your telephone bill.

Lifeline and Link Up discounts cannot be applied to an outstanding balance owed to your telephone company.

Lifeline can only be applied to one wireless OR landline telephone per household.

For more information, an application, and a complete overview of the programs available, please log on to:

www.usac.org/li/low-income/eligibility/tribal.aspx

Or contact by telephone:

Verizon 1-800-483-4000
AT & T 1-800-377-9450
U.S. Cellular 1-800-447-1339

Oregon E-Cycles Program

Free Recycling of Computers, Monitors, & Televisions



REDUCE · RECYCLE · REUSE



Local Recycling Sites:

- **West Coast Recycling & Transfer, 1210 S. Broadway, Coos Bay (541) 756-5868 Mon. - Sat. 8am-5pm**
- **Beaver Hill Disposal Site, 55722 Hwy 101, South of Coos Bay (541) 396-5444 Tues. - Sat. 8am-4:30pm**



Oregon E-Cycles, a new program created by Oregon's Electronics Recycling Law, provides free recycling of computers, monitors, and televisions to anyone with seven or fewer items to recycle at a time. Oregon E-Cycles is financed by electronics manufacturers, and began in January 2009.

Oregonians throw away tens of millions of pounds of unwanted electronics each year. That's millions of pounds of valuable materials that if recycled, could be used instead of virgin materials to make new products. Not only does e-cycling conserve natural resources, but it reduces greenhouse gas emissions. The U.S. Environmental Protection Agency estimates that recycling 1 million computers prevents the release of a greenhouse gas equivalent to the annual

emissions of over 17,000 passenger cars.

Electronics also contain toxics such as lead, cadmium and mercury that even in small amounts can harm our health and pollute our environment. E-cycling your computers, monitors, and televisions through Oregon E-Cycle keeps these toxics out of our environment.

E-Cycling helps us all take responsibility for the products we buy and use from the beginning to the end of their useful lives.

If your unwanted electronics are still working, you may want to consider donating your items to a charity or other organizations that may not be able to afford new equipment.

Oregon E-Cycles and its participating collection sites and recyclers

assume no liability for personal or confidential information left on your computer. If your computer is functional, it is recommended that you erase all data before recycling. Simply reformatting your drive or deleting files does NOT provide secure and complete data destruction.

To find out more about Oregon E-Cycles, product stewardship, data destruction, drop-off locations, and how to recycle items not covered by the program, log on to:

www.oregonecycles.org

Or call:

1.888.5.ECYCLE

RECYCLING OF:

- Mice & Keyboards
 - Printers, Copiers, & Scanners
 - Cell Phones
 - All other electronics, including appliances
- IS NOT FREE

Spring Has Sprung, Growing Season Has Begun!

April showers bring May flowers, longer grass, and weeds in abundance. The beginning of the yard work season is blooming. Please remember that yard maintenance is your responsibility.

CIHA has lawn mowers, weed eaters, a



wheel barrow, and shovels available for you to borrow. To make arrangements to borrow any of these items, please call Ken Myers, CIHA Maintenance Technician, at 888-6501 or 297-3022 at the CIHA office during regular business hours.



Is Your TV an Energy Hog?

Different kinds of TV sets use different amounts of energy.

There are four basic types of TVs to date, and the technology type has a big impact on electrical usage.

Traditional cathode-ray tube (CRT) TVs shoot electrons from the back of the tube into the phosphors embedded in the front.

Plasma TVs ionize gas to create colors in a million or more tiny pixel cells. Both CRT and plasma sets require more electricity to create a brighter image.

Liquid crystal display (LCD) and rear-projection (RPTV) sets use a powerful fluorescent backlight, or bulb, that either passes

through an LCD panel with three color filters, or that reflects off of a digital-light-processing chip that has a million or so miniature mirrors and a spinning color wheel. In either case, they consume the same amount of power, whether they are displaying a dark or a light scene. That's because the backlight or bulb is always running at maximum power.

(NOTE: Many flat-screen LCDs have adjustable backlights that you can turn down to consume less power and produce a dimmer image, while some newer LCDs, including ones that use light-emitting diode (LED) backlights, can be set

to dynamically adjust the backlight intensity, and use less power in dim scenes.)

Of course, screen size also plays a big part in how much energy your TV will use. In general terms, the bigger they are, the more energy they use. And be aware that many new TVs have a "retail" and a "home" setting that you select during setup. The "retail" setting uses maximum light output to compete with other sets in a retail store environment.

The Energy Star Program, overseen by the Environmental Protection Agency, has also established new standards for TVs based on screen size



and resolution capacity. So you can see that there are a tremendous number of variables in electrical usage.

Do your homework, read the labels, compare energy usage, and make sure your new TV isn't an energy hog.

Excerpted from February 2009 Coastlines at www.clpud.org

Check out the many energy saving tips and advice at: <http://saveenergy.about.com/>

Oregon Institute of Marine Biology presents the Charleston Oyster Feed, Saturday, April



The Charleston Oyster Feed will be held Saturday, April 25th from noon—4:00 pm in the Oregon Institute of Marine Biology Cafeteria located at 63466 Boast Basin Road in Charleston.

Cost = market price. Oysters will be prepared in a variety of ways, and

served with dipping sauces, beans, coleslaw, and rolls. Alternative entrée available for those who prefer something different.

For more information, please contact David Ford at 541-888-6871.

Oysters are not only delicious, but they're also one of the most nutritionally well balanced of foods, containing protein, carbohydrates and lipids. Oysters are an excellent source of vitamins A, B1 (thiamin), B2 (riboflavin), B3 (niacin), C (ascorbic acid) and D (calciferol). Four or five medium size oysters supply the recommended daily allowance of iron, copper, iodine, magnesium, calcium, zinc, manganese, and phosphorus.

A “phishing” scam involves Internet fraudsters who send spam or pop-up messages to lure personal information (credit card numbers, bank account information, Social Security number, passwords, or other sensitive information) from unsuspecting victims.

According to the Federal Trade Commission (FTC), the nation’s consumer protection agency, phishers send an email or pop-up message that claims to be from a business or organization that you may deal with — for example, an Internet service provider (ISP), bank, online payment service, or even a government agency. The message may ask you to “update,” “validate,” or “confirm” your account information. Some phishing emails threaten a dire consequence if you don’t respond. The messages direct you to a website that looks just like a legitimate organization’s site. But it isn’t. It’s a bogus site whose sole purpose is to trick you into divulging your personal information so the operators can steal your identity and run up bills or commit crimes in your name.

The FTC suggests these tips to help you avoid getting hooked by a phishing scam:

If you get an email or pop-up message that asks for personal or financial information, do not reply. And don’t click on the link in the message, either. Legitimate companies don’t ask for this information via email. If you are concerned about your account, contact the organization mentioned in the email using a telephone number you know to be genuine, or open a new Internet browser session and type in the company’s correct Web address yourself. In any case, don’t cut and paste the link from the message into your Internet browser — phishers can make links look like they go to one place, but that actually send you to a different site.

Area codes can mislead. Some scammers send an email that appears to be from a legitimate business and ask you to call a phone number to update your account or access a “refund.” Because they use Voice Over Internet Protocol technology, the area code you call does not reflect where the scammers really are. If you need to reach an organization you do business with, call the number on your financial statements or on the back of your credit card. In any case, delete random emails that ask you to confirm or divulge your financial information.

Use anti-virus and anti-spyware software, as well as a firewall, and update them all regularly. Some phishing emails contain software that can harm your computer or track your activities on the Internet without your knowledge.

Don’t email personal or financial information. *Email is not a secure method of transmitting personal information.* If you initiate a transaction and want to provide your personal or financial information through an organization’s website, look for indicators that the site is secure, like a lock icon on the browser’s status bar or a URL for a website that begins “https:” (the “s” stands for “secure”). Unfortunately, no indicator is foolproof; some phishers have forged security icons.

Review credit card and bank account statements as soon as you receive them to check for unauthorized charges. If your statement is late by more than a couple of days, call your credit card company or bank to confirm your billing address and account balances.

Be cautious about opening any attachment or downloading any files from emails you receive, regardless of who sent them. These files can contain viruses or other software that can weaken your computer’s security.

Forward spam that is phishing for information to spam@uce.gov and to the company, bank, or organization impersonated in the phishing email. Most organizations have information on their websites about where to report problems.

If you believe you’ve been scammed, file your [complaint at ftc.gov](http://www.ftc.gov), and then visit the FTC’s Identity Theft website at www.consumer.gov/idtheft. Victims of phishing can become victims of identity theft. While you can’t entirely control whether you will become a victim of identity theft, you can take some steps to minimize your risk. If an identity thief is opening credit accounts in your name, these new accounts are likely to show up on your credit report. You may catch an incident early if you order a free copy of your credit report periodically from any of the three major credit bureaus. See www.annualcreditreport.com for details on ordering a free annual credit report.

Article Excerpted from <http://www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt127.shtm>

18th Annual Home Show at the Boys and Girls

The 18th Annual Home Show will be held Friday, Saturday, and Sunday, April 17-19 at the Boys and Girls Club located at 333 Walnut in Coos Bay. The theme for the Show this year is "Reach for the Stars". There will be demonstrations, activities, prizes, and lots of fun with over 140 vendors at the show. The sponsor for the Home Show this year is Emergency Air Lift.

Admission is \$2.00. Kids 12 & under are

FREE.

Home Show hours are:

- ◆ Friday 4:00-8:00 PM
- ◆ Saturday 10:00-6:00PM
- ◆ Sunday 10:00-4:00PM

Please come out and enjoy the show!

For more information, contact Kim Lehmann at 541-297-3319.



Research a Physician, Profile Your Doctor

Want to know whether a physician has a particular accreditation or a warm bedside manner? Until recently, you had little to go on besides your insurer's directory and maybe the advice of a friend. Now you can get a second opinion at

www.vitals.com

Data on nearly every licensed practicing doctor nationwide is available. You can search by location, specialty, or even ailment. Each profile describes the physician's expertise, number of years in practice, how often he or she has performed a certain procedure in the past year, and any incident of malpractice.

For now, the site only profiles MDs and doctors of osteopathy. Many profiles contain patient ratings of the doctor's promptness, bedside manner, diagnostic accuracy, and other factors. You can request an email alert about any significant changes in your doctor's information.

Excerpted from Money Magazine April 2009 Issue



KRA Meeting, Monday, April 13th at 6:00 PM

The monthly Kilkich Residents Association Meeting will be held Monday, April 13th at 6:00 PM. Dinner will be served before the meeting, beginning at 5:30 PM. All Kilkich Residents are encouraged to attend. The one hour meeting focuses on ways to improve and beautify the community, as well as safety and concerns. Please attend and be an active member of YOUR community!



Betty Crocker Mix Easy Chocolate Chip Cookies

1 box Betty Crocker® SuperMoist yellow cake mix

1/2 cup butter or margarine, softened

1 teaspoon vanilla

2 eggs

1/2 cup chopped nuts

1 bag (6 ounces) semisweet chocolate chips (1 cup)



1. Heat oven to 350° F. In large bowl, beat half of the cake mix (dry), the butter, vanilla, and eggs with electric mixer on medium speed until smooth, or mix with spoon. Stir in remaining cake mix, chopped nuts, and chocolate chips.
2. Drop dough by slightly less than tablespoonfuls, about 2 inches apart, onto an ungreased cookie sheet.
3. Bake cookies 10 to 12 minutes, or until edges are set (centers will be soft). Cool 1 minute; remove from the cookie sheet to a wire cooling rack.

Nutritional Information

1 Serving (1 Cookie): Calories 110 (Calories from Fat 55); Total Fat 6g (Saturated Fat 3g); Cholesterol 15mg; Sodium 90mg; TotalCarbohydrate 13g (Dietary Fiber 0g); Protein 1g

Need Money? \$300 Million Unclaimed In Oregon

Story Published March 17, 2009 by KVAL.com Staff

SALEM, Ore. -- The state of Oregon has over \$300 million in unclaimed money from inactive bank accounts, unclaimed tax re-funds, old payroll checks and more.

"Over \$300 million is available for claim by the owner or their heirs," said the program's manager, Patrick Tate. "With over one million owners reported, there is a one in four chance an online inquiry will find property due to you or a relative. While a few large amounts are reported, most are between \$50 and \$500."

Businesses and organizations are required by law to send all unclaimed assets to the Department of State Lands (DSL) after a specific period of time – generally three years – and af-

ter trying to find the owners. Once reported, there is no time limit for the owner to file their claim.

In 2008, DSL returned \$12.8 million to owners.


Unclaimed property is held for claim by owners in the Common School Fund, a trust fund established at statehood to benefit Oregon's public schools, and administered by DSL. Earnings from the fund are distributed twice a year by the Oregon Department of Education; in 2008, \$55.4 million was sent to Oregon's 197 school districts.



You can check the state's Unclaimed Property Program database to see if the state is holding on to money or property you didn't even know you had. Just log on to:

http://mscfprod2.iservices.state.or.us/dsl/unclaimed_property/

Southwestern Oregon Community College Job Fair


- ♦ Are you currently looking for a job, thinking about changing jobs, or just curious about what is going on in the current job market? Stop by the Southwestern campus and check out the employment opportunities. You might just meet your future employer!
- ♦ Thursday, April 16th 
- ♦ 9:30 AM—2:00 PM
- ♦ Student Recreation Center

Experience is the teacher of all things.

~Julius Caesar



Rent Check Pickup

If you are an elder, a person with a disability, or it is difficult for you to get to the Housing Office to drop off your rent payment, please call our office at 888-6501 to schedule a rent pick-up. We will be happy to stop by and pick up your payment for you! 

COQUILLE INDIAN HOUSING AUTHORITY

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