

### Mohawk Tribe, continued from Front Page

quotes Assistant EPA Administrator Don. R. Clay as saying the proposed changes will "accelerate the process of cleaning up the sites... (while) lowering the cost..."

Chief White, Tarbell and Jacobs said the recent EPA decision demonstrates the Mohawk people were unwitting victims of the federal government's new plan to lighten the financial burden on corporate America at the expense of the environment and human health.

"The stance taken by EPA is an aberration of the due process of government as it pertains to the health and welfare of our people and our home," the Chiefs added.

The worst consequence, according to Mr. Jock, is that Mohawks' descendants will be forced to live with the same pollution problems. Preliminary results in a study of breastmilk show that milk from some Mohawk mothers who eat fish from reservation waters has significantly higher levels of PCBs than breastmilk from a control group of mothers who do not eat the fish.

It is becoming increasingly evident that the pollution is having a greater impact on the Mohawk people as time goes by, Mr. Jock said, and that dangerous trend will continue with the EPA cleanup plan.

"There are 539,000 cubic yards of material contaminated with up to 43,000 ppm of PCBs in the industrial landfill and 500 ppm in the East Disposal Area. Under EPA's cleanup plan, all of this hazardous waste will remain in a pile on the banks of the St. Lawrence River and on the edge of our reservation forever. These are the largest areas of concern, but EPA is ordering GM to do the least with them," he said.

"This is a 30-year remedy at best," he added, "but the Tribe is looking at least seven generations into the future. Because this is not a permanent remedy, GM and EPA will have to maintain it forever and that will be very costly. If you look long range it will be more cost effective to do a permanent remedy now."

### Easter Hours

Below is a list of vacation dates and business hours for local schools and organizations:

Kanatakon, Snyc, and Cornwall Island schools have no classes on Friday April 17, Monday April 20, and Friday May 1.

The Akwesasne Freedom School will be closed Friday April 17 and Monday April 20.

The St. Regis Mohawk School has vacation from Monday April 13 until Friday April 24. The first day back is Monday April 27.

Salmon River Central, Massena Central, and the Headstart Program will start vacation Friday April 17 until Friday April 24. Classes will resume on Monday April 27.

The St. Regis Mohawk Tribal Council will be closed for half a day on Friday April 17 and all day on Monday April 20.

All offices of the Mohawk Council of Akwesasne will be closed on Friday April 17 and Monday April 20.

The Health Clinic in Hogansburg will be closed for half a day on Friday and all day on Monday.

Please note that the pharmacy will be closed from Friday April 10 until Friday April 24. They will reopen on Monday April 27.

The Health Clinic in St. Regis will be closed Friday April 17 and Monday April 20.

The Akwesasne Library will be closed 12 noon on Friday April 17 and will reopen 8 am on Tuesday April 21.

The North American Indian Travelling College will be closed from Friday April 17 to Monday April 20.

The business offices of CKON will be closed for half a day on Friday April 17 and all day on Monday April 20.

The offices of the Indian Time and Akwesasne Notes will be closed Friday afternoon April 17 and all day Monday April 20.

Have a Happy Easter and a great vacation!



Shown are some of the Customer Service/Marketing students from St. Lawrence College involved in the '93 Ontario Winter Games Logo Contest.

### The Games are Coming!!!

With the warm weather fast approaching and the cold barely behind us, it may seem difficult to look forward to next winter, but put those thoughts of sunshine and beaches aside for a moment, and think again of snowflakes and icicles, because... THE GAMES ARE COMING!!! In less than one year Cornwall will be filled with energy and excitement as it hosts the 1992 Ontario Winter Games.

In order to kick off this event, the Ontario Winter games Committee is asking everybody in S.D. & G to stir up their creative juices and design a logo that will represent our community in the 1992 Ontario Winter Games.

The Grand Prize Winner will receive \$200.00, an Ontario Winter Games Merchandise package, and the satisfaction of having created the design that will represent Cornwall in the games. In addition, nine other prizes will be awarded for the three best logos designed in each school category: Kindergarten - grade 4, grade 5 - grade 8, and high school.

Entry forms and rules will be available April 10, 1992 at Cornwall Square, Brookdale Mall, Eastcourt Mall, Denny's Smokeshop-Le Village, CKON and CIBC. Don't Delay!!! Deadline for entries is April 24, 1992.

### Nutrition News

Your Partner In Weight Management

From your living room chair you envision the sweltering heat or the drifts of snow that stand in the way of you being physically fit. If only the weather would cooperate! If that sounds like you -- an excuse for every reason not to exercise -- read on.

#### Exercise Benefits

Exercise for the overweight burns calories, converts fat cells to muscle (which also burns more calories), and increases their metabolism for as much as 24 hours after exercise. Exercise can lead to a sense of well-being and be helpful in decreasing depression. Exercise benefits the heart and entire cardiovascular system, too. This is helpful in preventing heart attacks, strokes, and may lower blood pressure. Lab tests of cholesterol and other blood fats are usually reduced with exercise. Weight-bearing exercise (putting stress or pressure on the bones) may reduce osteoporosis which affects one out of four women over sixty. Exercise can help diabetics increase their sensitivity to insulin and may even reduce the amount of insulin required in an insulin-dependent diabetic.

#### How To Stay Motivated

You need to schedule exercise in your daily planner to show that you value it. Don't allow your schedule to get so busy that you keep deleting this important time for yourself. It may help to exercise with a friend, join a club you like, or you may do best on your own. Remember the rule of three. If you find that you cancel three planned exercise sessions in a row, the chances are that you will quit. You need to feel that exercise will improve your health and enjoy it to continue. You are worth this extra effort!

#### How To Start

Have a physical if you have not exercised in a while, especially if you are over 40, have health problems, or are obese. Begin

exercise slowly and increase over time. Pain is no gain! Plan to warm up and cool down (or slow your activity) to get the body limber and ready to start and finish exercise. Poor preparation can increase injuries. Get involved in lifetime exercise that is aerobic (oxygen producing). Exercise for 30-60 minutes three to five times per week. Keep exercise at a comfortable level. You should sweat a little but be able to talk to a friend. Make a commitment to yourself to continue exercise even when the weather is not ideal. Don't forget that moving your body more all day will help, too. Using the stairs, walking from the back of the parking lot, and using less labor saving devices will also benefit your body.

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# To Help You Fill Out Your Income Tax Return

## Extended Hours

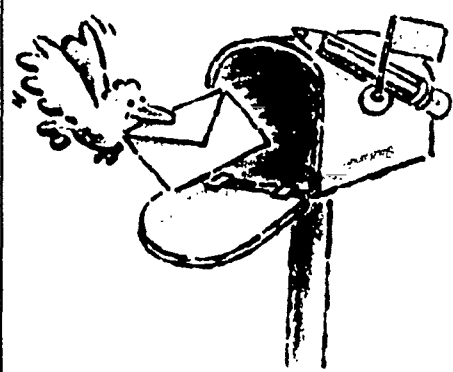
From February 24 to April 30, we offer an "after hours" phone service from 5 p.m. to 9 p.m., Monday through Thursday. You can also call T.I.P.S. Info-Tax, our automated phone service, 24 hours a day, 7 days a week, for recorded information on selected topics.

## No-calculation Returns

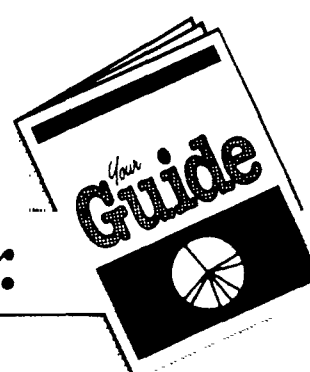
To make things easier, we've designed two simpler tax returns that don't have any calculations. These optional returns are great for people with straightforward tax situations. If you're under 65, you can use the "Short." If you're 65 or over, the "65 Plus" is for you. Whatever return you use, you should fill out only one.

## Make Sure Your Return is Not Delayed

Lots of people fill out their tax return with great care, only to miss details that can make all the difference. For example, if your address is incomplete or incorrect, your refund could be delayed or sent to the wrong place. If you will be moving, write the new address on your return, or if you don't know it yet, please call us to let us know as soon as you can so we can update your file. Another important detail is attaching all the slips and receipts that support your claims for credits and deductions. If any are missing, your return may get held up while we contact you for the information.



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Taxation

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