

## Melton Opens Oregon Exotic Wood

by Wanda Melton



John Melton

John Melton has opened a shop one-half mile south of Bandon, Ore. In the photo, he is sitting on one of the benches he made.

If you have ever been to the Mill Casino in North Bend, Ore., and noticed the benches sitting around, he also made them.



## Chrisman Starts Jazzercise Franchise with SBDC Grant

Shannon Chrisman received a \$6,630 small business grant from the Siletz Business Development Center in July.

Shannon began Jazzercise eight years ago and still says it's the best workout she's ever had and helps her maintain a healthy lifestyle. Last year, she realized more and more that this was something she just wanted to do. With no local classes available and only working part-time, she knew it was the right time to do this.



Shannon Chrisman and Lisa Norton

Shannon joined the Jazzercise franchise, where she's a class owner and certified instructor. To accomplish this, she trained for two months, took a three-day workshop on the franchise itself, and passed a physiology exam.

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance fitness program. Each 60-minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics.

At Jazzercise, instructors combine a great cardiovascular workout with resistance training and stretching that increase muscle tone, flexibility, balance, strength, and endurance. A variety of classes are offered, including the popular low-impact Simply•Lite.

Shannon has substituted for the instructor in Lincoln City, Ore., who has

the only other local Jazzercise class. With this grant, she will purchase equipment, a sound system, computer, VCR, music, uniforms, and advertising. She started her own classes in August at the Elks Lodge in Newport, Ore., on Mondays, Tuesdays, and Thursdays at 9 a.m., and plans to start classes at the Siletz Tribal Community Center this fall. To check out Shannon's classes, just stop in at the Elks Lodge or give her a call at 541-574-0707.

"Without this grant, I would be struggling. This is definitely an unbelievable opportunity, and I am honored to be awarded this grant," says Shannon.

If you'd like more information, call 1-800-FIT-ISIT or visit the Jazzercise Web site at [www.jazzercise.com](http://www.jazzercise.com).

## Wilson Receives Grant for Roofing Business

Mike Wilson has started his own roofing company after 13 years in the business. His company, Right Way Roofing, is based in Tigard, but Mike says he'll work anywhere in Oregon.

A \$7,440 grant from the Siletz Business Development Center will help him buy a bond, insurance, and equipment.

Mike says "a good accident" at the employment office in 1989 led him into roofing. He had just moved to Eugene from Brookings. A roofing job was available, so he took it.

He started at \$5/hour and worked his way up to \$23.65/hour. He spent the first few years in residential roofing and the last few in the industrial and commercial arena. Then he decided to go out on his own.

"I got tired of doing stupid things. This wasn't the right way to do it," says Mike. "I was doing things that are dangerous. I wanted to do things the right way, thus Right Way Roofing."

Mike's focus is on residential roofing, although he'll consider commercial jobs. He can be reached at 503-750-1227.



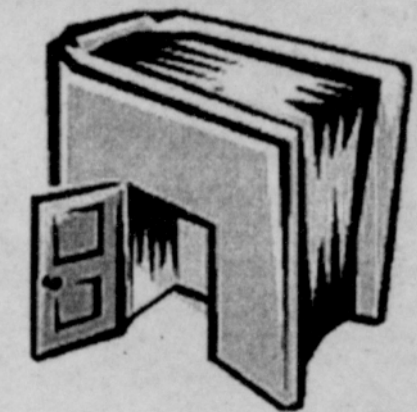
Lisa Norton and Mike Wilson

## UBAH Book Fair a Great Success

The Education Program in the Salem area office, managed by Sonya Moody-Jurado, sponsored a book fair on Aug. 6 (UBAH calls this "Reach For The Stars"). Thanks to all the parents, grandparents, and children who supported this event, Sonya's program earned no less than \$250 in free books!

### Knowledge Is Power

Sonya's program will obtain several copies of books for tribal members to check out. Tribal members of all ages will enjoy reading these books and will gain knowledge without even knowing it! These books will help kids improve their grades and provide enjoyable study time.



Contact Bunni Snook to find out how **your** program can earn free books! Visit [www.ubah.com/e1773](http://www.ubah.com/e1773) today!

## Hatfield Enters Master's Program

Becky Hatfield has been accepted into the Master's Counseling Program in the graduate school at Lewis & Clark College. She is the youngest daughter of Oscar and Kathy Hatfield.

Becky recently finished her second bachelor's degree, in exercise and sports science, at Oregon State University. Her first bachelor's degree also was from OSU, in psychology.

In the future, Becky would like to assist people who have ailments such as diabetes in learning how to better cope with issues, such as being diagnosed and learning to exercise more efficiently.