



NCAI State of the Tribes Address

By Susan Savetwith
Mohican News Reporter

Each year, the President of the National Congress of American Indians presents the State of Indian Nations address to members of Congress, government officials, tribal leaders and citizens, and the American public. Delivered during the week that the President of the United States delivers the State of the Union, the State of Indian Nations is a speech that shares the positive and future-oriented vision of tribal nations. The speech outlines the goals of tribal leaders, the opportunities for success and advancement of Native peoples, and priorities to advance our nation-to-nation relationship with the United States. This year's State of the Nations Address was given by NCAI President, Brian Cladoosby. Here is the transcript of his speech:

Many years ago, our Elders established a relationship with the federal government; a relationship honoring the sovereignty that is our natural birthright and

NCAI continued on page Three:

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Historic Preservation Assistant

By Susan Savetwith
Mohican News Reporter



Bonney Hartley is the new Historic Preservation Assistant. The position mainly assists Tribal Historic Preservation Officer, Sherry White, with efforts related to the Section 106 review process under the National Historic Preservation Act. Hartley says they receive requests from federal highway and other construction projects to review their plans, do research, and then represent the tribal interests when there are sites that may be disturbed in our Mohican area of interest. "It is a training position and later this year the position would move to the Albany, NY area due to the growing amount of projects we are involved in there," Hartley added.

Bonney says she is an enrolled tribal member who grew up in Indianapolis. Her grandparents are the late Thelma and Steven Putnam, and her parents are Judy (Putnam) and Ralph Hartley. She also said, "I am enjoying living on the rez with my Aunt Betty Schiel. I am engaged to Namgyal Tsepak, who is from Tibet and is studying a PhD in cultural anthropology at Cornell University in Ithaca, NY. We are planning a wedding this fall."

Hartley received a BA from Hanover College in southern Indiana, and a Masters of Social Science degree from the University of Cape Town, South Africa. While in South Africa she wrote her thesis on the

Hartley continued on page Six:

Secretarial Election Postponed

By Jeff Vele – Mohican News Editor

In a rapid turn of events the Secretarial Election scheduled for February 25 had an injunction filed; the injunction dismissed; and was postponed within one hour on February 24. When contacted for comment on why the election was postponed, Marion Duffy, who actually works for the Bureau of Indian Affairs (BIA) and serves as the Stockbridge-Munsee Secretarial Election Board Chairman stated there is a notice posted on the door of the Tribal Office.

The notice on the door of the Tribal office reads, "The Stockbridge-Munsee Secretarial Election scheduled for February 25, 2014 has been postponed and will be re-scheduled for a later date. A Notice and Registration packet will be mailed prior to the re-scheduled election. Registration will be

required to vote in the election." Signed by Marion Duffy, Chairman [of the] Stockbridge-Munsee Secretarial Election Board and dated 02/24/2014.

The Stockbridge-Munsee Tribal Court held a hearing on February 24, 2014 at 3:30 p.m. to hear a petition filed by Scott R. Vele to temporarily delay the Secretarial Election scheduled for February 25, 2014. Vele filed his petition after being denied the opportunity to register to vote in the election.

None of the Stockbridge-Munsee Secretarial Election Board members Bob Little, Tammy Pecore, or Chairman Marion Duffy was present at the hearing. Legal advisors for Duffy sent notice that she is immune from subpoena and would not attend.

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State of the Tribes Address

By Susan Savetwith
Mohican News Reporter

The State of the Tribes Address was recently given by Chairwoman of the Menominee Nation, Laura Boivin. She highlighted progress and emphasized areas needing attention for the eleven tribes of Wisconsin. She talked about positive outcomes from the state tribal relations committee, child welfare, the economy of the tribes, social justice, health conditions, social conditions, the environment, and education.

In speaking about the State Tribal Relations Committee Boivin indicated they drafted three pieces of legislation last year; one on the transport of wild game off reservations was passed and signed by the Governor. The other two, one on insuring property under the local government property insurance fund the other on tribal treatment facility participation in the intoxicated driver program are still in the arena and hopefully will be brought into law soon.

Boivin thanked the state for



reinforcing the federal Indian Child Welfare Act through adopting the Wisconsin Indian Child Welfare Act. She advised that more funding is needed from tribal compacts to improve health, welfare and safety of tribal communities. Boivin also spoke appreciatively about Wisconsin's First Lady, Tonette Walker's initiative to Menominee for the Fostering Futures Pilot Program which developed a plan that translates scientific evidence about adverse childhood experiences, trauma-informed

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Secretarial Election Postponed

The Secretarial Election is an election authorized by the Secretary of the Interior and held in accordance to the federal regulations found at 25 CFR Part 81.

It is different from a Tribal Election that is conducted and held under Tribal authority (25 CFR (s)).

The Secretarial election provides eligible tribal members with the opportunity to vote to adopt constitutional amendments; vote to accept or reject proposed or revised constitutions; vote to amend and ratify charters and vote to revoke constitutions (§81.2).

In this instance it is to adopt or reject a proposed amendment(s) to the Tribe's Constitution.

The Election Board is responsible to set the date, time, polling site, and appropriate deadlines for the election; they request from the tribe a list of all members who will be 18 years of age on the date of the election and who are within the eligible class of voters; and they prepare the election notice package.

They are also responsible to receive registration forms and requests for absentee ballots, post the list, decide on challenges to the list and monitor the election

process on Election Day. They will also count the ballots and certify the election results.

Notices will be mailed to all eligible voters not more than 60 days before the election and not less than 30 days before the election. And there is a deadline set for returning your registration and absentee ballot request forms.

It is also important for you to know that the Federal Regulations state that returning your forms late or after the deadline is *not* considered as good grounds for a challenge.

So, why did the Secretarial Election Board decide to postpone this election?

It is true that we had two lists and two mailings. If your mailing address is listed with the Stockbridge-Munsee Community Land & Enrollment office as a PO Box Number – you were not identified in the first mailing list. Your physical home could not be identified as a part of the two townships of the Reservation with PO Box number. So it is *very important* for you to provide them with the physical address of your home.

The Board members were not comfortable in denying any Tribal **Postponed cont on page Four:**

A poem in Memory of our dearest Nikki; We Love and miss you each and every day...

Memories

By Louise Bailey

I feel a warmth around me
like your presence is so near,
And I close my eyes to
visualize
your face when you were here,
I endure the times we spent
together
and they are locked inside my
heart,
For as long as I have those
memories
we will never be apart,
Even though we cannot speak
no more
my voice is always there,
Because every night before I
sleep
I have you in my prayer.

Woman of the Dawn

by Wenona Gardner

I am the heart of my family,
I am the center of my community
I carry the nation on my back
I carry the life of tomorrow in my
soul.

I rise above the violence.
Bones heal. Bruises fade. My
fear I face.
The rage I channel to protect
myself.
To protect my children.
I walk away from the destruction
with my Great Creator by my
side.

I am the one who can change
the tide.
I am the one who will say STOP!
No more forever.

For I am the Woman of the
Dawn.
I rise with the morning sun.
Blazing with light, love, and
hope.
I hold the future within me.

Sincere Thanks:

Our sincere thanks to everyone who were supportive of the family of Occum Brave Isham at the time of his death. We are so grateful to family and friends for the love and support we received. The funeral and burial was done in the way that made us all complete.

Thanks again.
Patricia D. Miller and Family

Express your thoughts and opinions. Let your voice be heard.
We welcome your letters to the Editor and the Community.

Community Voices

Letters of opinion can be dropped of at Mohican News in the Tribal Offices or can be mailed to:

Mohican News

N8480 Moh He Con Nuck Road
PO Box 70
Bowler, WI 54416

e-mail: mohican.news@mohican.com

Please type your letters or print clearly and include your signature, address, and daytime phone number. Letters must be 500 words or less. All letters are subject to editing and may require confirmation. Some may be rejected due to inappropriate content as deemed by our editorial board. The views of our readers are not necessarily the views of the Mohican News, its staff, or the Stockbridge-Munsee Tribe.

STOCKBRIDGE-MUNSEE
COMMUNITY

Band of Mohican Indians

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NCAI continued from page One: acknowledging the power of tribes to govern ourselves. My grandfather stood with his brothers and sisters of that great generation of tribal leaders and together, they sowed the early seeds of a new era of Indian self-determination. He served for many years on the tribal council of the Swinomish, my tribe. It was from him that I came to learn about the power and possibility of our people and began working to realize it myself.

Now, as the 21st president of the National Congress of American Indians, I am proud to carry on his legacy. The aspirations of Native people and tribal governments are not unlike non-Native people and their governments. We all want good schools and sustainable employment; safe communities and new opportunities; drinkable water and breathable air. And like all people, what we want, above all, is a bright future for our children and grandchildren; a future of limitless possibilities. We can achieve these goals; if we work together. So today, I want to share with you how tribes are strengthening their cultures, growing their economies, and contributing to a stronger America – and how, if our federal treaty and trust agreements are respected and honored by the United States of America, tribal efforts can yield even greater returns.

During my years of service to the Swinomish, I've had the chance to visit tribes throughout the country, from the Tanana Chiefs of Alaska to the balmy everglades of Florida. From the deserts of the Southwest to the salmon streams of the Penobscot Nation. In my three months as President of the National Congress of American Indians, I have had the opportunity to visit with the Cherokee Nation, the Fort Mojave Tribe, the Sealaska Native Corporation, and the Pueblo of Sandia.

Each tribe is unique; each has its own traditional territory; each its own rich culture. But everywhere I go, one thing is the same. Native American tribes are dynamic. They pulse with an undeniable energy; an eagerness to seize the opportunities of tomorrow. Many tribes are emerging as catalysts for economic development reviving and expanding local economies, creating new jobs and business opportunities. There are nearly a quarter million Native-owned businesses in the U.S. today, from Chickasaw software companies to Tlingit-run ecotourism in Alaska to a line of Seminole energy drinks. They are proud to create jobs for their people and their neighbors. Indeed, the tide is turning. Tribal nations are no longer seen as a footnote to America's past, but as a

force for America's future. Foreign nations are exploring relationships with tribal nations. As the host governments of the upcoming United Nations' World Conference on Indigenous Peoples, our tribes have the opportunity to expand and deepen connections between the indigenous and non-indigenous nations across the world.

America's first nations are becoming some of the first in the country to implement cutting-edge technologies and business practices. They are demonstrating that when given the opportunity, tribes can, and do, make better decisions for themselves than federal agencies. That's why we are pleased that our relationship with the Administration has never been more promising.

President Obama created the White House Council on Native American Affairs, delivering on a long-awaited priority of tribal leaders. His Administration has also given tribal leaders a seat at the table, especially when it comes to issues that impact our communities. All of this exciting progress builds on years of positive steps by presidents of both parties, from President Nixon onward. Democrats and Republicans on Capitol Hill have also worked together; it can be done! This past year, with strong leadership on both sides of the aisle, Congress reauthorized the Violence Against Women Act, passed the Indian Health Care Improvement Act, amended the Stafford Act to allow tribes to directly request disaster relief funding, and secured many other legislative achievements. President Obama has pledged to visit Indian Country this year, and tribes are eagerly anticipating the opportunity to share their stories and their successes with him. Of course, there is much more work to be done. For too many Native communities, prosperity remains a distant dream. Yet, tribal leaders and advocates have never been more optimistic about the future of Native people. We already have the experience, the talent, and the drive to succeed. Now, to achieve what we know is possible, we must encourage prosperous, vibrant, and healthy communities; expand opportunities for our children and future generations; and protect the very key to achieving these goals; the inherent sovereignty of our Tribal Nations.

In many ways, Indian Country is driving America's economy. In South Dakota, several Sioux tribes are partnering with the Clinton Global Initiative to build the largest wind power production facility in the United States. The Southern Ute Indian Tribe of Colorado has generated hundreds of jobs on and off its reservation through an

oil and gas enterprise, Red Willow Production Company. In Arizona, the Salt River Pima-Maricopa recently built two world-class professional baseball facilities for the Diamondbacks and the Rockies—and they are already hosting players and fans at their beautiful resort hotels. We were delighted last June when the Small Business Administration signed a historic partnership with the Native American Contractors Association, which will catalyze small business development in Indian Country. Tribes have been integral to America's economic recovery. For example, in my home state of Washington, twenty-nine tribes collectively contribute more than \$3.5 billion to the state's overall financial well-being, while employing over 27,000 workers. And Oklahoma's 38 tribes have a \$10.8 billion annual impact and employ five percent of the state's entire workforce. But our ability to contribute to the collective prosperity of the country is threatened by the federal government's failure to keep its promises. You see, long ago, we ceded land to the United States. In exchange, the federal government became our trustee and promised three things: to provide funding for essential services and self-sustaining prosperity, to guard our right to govern ourselves on our remaining lands, and to help manage those lands and resources in our best interests. This is the basis of our government-to-government relationship.

Unfortunately, these trust and treaty obligations are often the first on the federal budget chopping block and tribes are left scrambling to provide essential services. At the same time, federal tax law makes it difficult for tribal governments to raise our own revenue. The sequester, for instance, cut already strapped tribal funds, affecting everything from tribal courts to road maintenance... resulting in 800,000 fewer outpatient visits to Indian Health Service and affecting Head Start services for 44,000 Native children. These cuts came on top of years of reductions, each cut compounding the effects of previous ones. Tribes have made great strides in building their economies, but to maintain progress, we need our federal government leaders to recommit themselves to our partnership. This also means investing in the infrastructure required to support new developments. Maintenance has been deferred on reservation schools, clinics, hospitals, roads, bridges, and irrigation facilities, often to the point where they are no longer safe. Housing in many communities has been substandard for decades. Many Native communities lack broadband in their homes and some even lack

basic phone service. The Tanana Chiefs represent dozens of tribes and villages in Alaska, and I am appalled to tell you that many of their communities don't have running water or modern sewage systems. If all of Indian Country were a state, it would be the fourth largest in the nation, but more than 60 percent of tribal roads are unpaved. We call on Congress to uphold its obligations to tribes, and to reform outdated federal tax policy—to treat tribal governments the same as state and local governments. Just as federal tax laws enable state and local governments to provide services to their citizens and stimulate local economies, federal law must do the same for tribes. Give us that power and we will invest our revenue well: to help educate our children, to care for our elders and the disadvantaged. Our goal is to build strong partnerships with federal and state governments as we work to improve the lives of all Americans.

There is no greater return on investment than when resources are devoted to our children. This is especially true in Indian Country. For as much as we honor our ancestors, we know that our future lies with our Native youth. While our nations may be old, our people are disproportionately young. Nearly 42% of Native people are under the age of 24. Native youth are also disproportionately vulnerable. Many grow up in communities where jobs are scarce or even non-existent... where classrooms lack basic essentials... where parents go sick because they don't have access to decent health care. And yet, whatever hardships they might face, our young people grow up surrounded by family and enriched by our timeless traditions. In this spirit, the Indian Child Welfare Act was passed to keep Native children with our families and communities... guided by our Elders, learning about our culture, and taking pride in who we are and where we come from. We want our young people to live proudly as First Americans... while also embracing, and being embraced by, non-Native America. That's why the mockery of Native celebrations and dress in the name of sportsmanship is not just offensive, but insidious... because it asks us to accept the denigration of our heritage. It erodes our children's sense of self. And that is simply unacceptable. Our children, our Native youth – brilliant, energized, focused – represent our brightest hopes. That's why tribes are committed to investing in their potential. In the past 30 years the number of American Indian and Alaska Native students enrolled in college

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Elder Wisdom

FOUR STEPS TO REDUCING YOUR ROOF RISKS DURING SEVERE WINTER WEATHER

1. EVALUATE YOUR RISK

Melting snow tends to more quickly run off of steep sloped roofs with slopes greater than 3 in. of slope in 12 in. of horizontal distance, particularly the steeper ones that are typically found on houses in northern climates.

- Ice and snow tend to more readily accumulate on low slope and flat roofs over porches, lanais or parts of a home that are next to a taller section of the house, especially during high winds.

2. ESTIMATE HOW MUCH WEIGHT YOUR ROOF CAN SUPPORT

- Unless the roof structure is damaged or decayed, most residential roofs regardless of the location of the house should be able to support 20 pounds per square foot of snow before they become stressed.
- In some areas of New England and in mountainous areas throughout the United States, snow loads used in home design may be considerably higher and the roofs may be able to resist a greater depth of snow.
- If you live in an area known for lots of snow, you can probably check with your

building department to find out if higher loads were used at the time your home was built.

3. ESTIMATE HOW MUCH THE SNOW ON YOUR ROOF WEIGHS

Fresh snow: 10-12 inches of new snow is equal to one inch of water, or about 5 pounds per square foot of roof space, so you could have up to 4 feet of new snow before the roof will become stressed.

Packed snow: 3-5 inches of old snow is equal to one inch of water, or about 5 pounds per square foot of roof space, so anything more than 2 feet of old snow could be too much for your roof to handle.

Total accumulated weight: 2 feet of old snow and 2 feet of new snow could weigh as much as 60 pounds per square foot of roof space, which is beyond the typical snow load capacity of most roofs.

Ice: one inch of ice equals one foot of fresh snow.

4. REMOVE SNOW FROM YOUR ROOF

If you are in the "danger zone" according to chart above, or if the loads you estimate based on the thickness of the various types of snow and ice exceed 20-25 per square foot, you should consider removing snow from your roof. For safe removal that won't endanger you or damage your roof, use a snow rake with a long extension arm that will allow you to remove the snow while standing on the ground, or hire a snow removal contractor.

Tribes cont from page One: care and resiliency into practice.

When Boivin talked about the economy of the tribes, she said tribes rely on use of the land and resources which often leads to economic and educational opportunity and ways to pass on tradition and cultural teachings to youth. She said sources for economic activity for tribes is often related to treaty rights, and asked for support in upholding those treaty rights and the recognition of sovereignty.

Boivin said tribes suffer from economic isolation due to rural locations serving as a boundary to opportunity, technology, and food security which is further stifled by instances of widespread poverty. "While Indian gaming has led a few tribes out of poverty, many continue to struggle with varying degrees of poverty," Boivin explained. She indicated the condition of the State and National economy impacts tribal economies. Boivin said tribes are faced with the added challenges of covering losses in State and Federal funding which often results in a decrease in the level of services delivered.

"High rates of unemployment and a lack of job-training programs on Indian reservations directly contribute often increasing negative instances and trends in health factors, justice, and social and socio economic conditions," Boivin explained. She said tribes often have to rely on shared resources from tribal, State, and National funding sources to provide "rationed services."

Boivin indicated poverty brings negative social side effects, health conditions of the poor tribes continue to be a major challenge; drug and alcohol abuse continue to plague Indian people; teen pregnancy and school drop outs are still major problems; high incidence of violence and the influence of gangs continue to ravage our tribal communities.

In speaking on social justice, Boivin said one successful initiative involves the Native American Drug and Gang Initiative (NADGI) which is a collaboration of all our Tribes and the Wisconsin Department of Justice.

Boivin said there are alarmingly high rates of diabetes, obesity,

Postponed cont from page Two:

Member the right to vote if they are indeed eligible to vote in this election. However, the regulations we are bound to follow left us no choice. And therefore, after discussion and meeting a motion was made and passed to postpone the vote and start the process over

heart disease and cancer which attributes to the high premature death rate in Indian Country with regard to health conditions. She said Federal Indian Health Service funding only covers fifty percent of the level of need and tribes are faced with having to fulfill the remaining fifty percent which often forces them to ration services.

Boivin spoke about social conditions saying loss of identity, culture, and language, is an intergenerational trauma. She also talked about the Indian mascot and logo issue saying the recently repealed Act 250 and replacement with 2013 Wisconsin Act 115, which puts in place a new process for dealing with the use of race based mascots logos and nicknames, actually promotes discrimination, pupil harassment and stereotyping of our Native American culture and language. Boivin received a standing ovation for this part of her speech.

She said the goal tribal nations are working toward is preservation with regard to the environment. Boivin said the nations take this responsibility to serve as stewards of Mother Earth very seriously; preservation and a healthy environment is critical to all tribal people.

When Boivin spoke about education she said, "In order to build upon the ideals of self-determination, we have to invest in the education of our people." She indicated tribes would like to see an aggressive approach from the State Department of Public Instruction to include the tribes in advancing the ideals in Act 31 while also including language and culture opportunities specifically for our tribal students in attendance. Boivin said both the College of Menominee Nation and the Lac Courte Oreilles Ojibwa Community College are engaged in stewardship for the future by investing in tribal resources in community development that is gained by continuing education. She said CMN President Verna Fowler and LCO College President, Ray Burns, have been developing an education funding initiative that will be advanced to the State Legislature in the coming months. She said the initiative proposes a way Wisconsin can assist tribal colleges in providing education to non-Indian students through gaming compact dollars.

again. We are now very confident that ALL ELIGIBLE VOTERS are aware that a Secretarial Election is happening in the near future. PLEASE keep your eye on the MOHICAN NEWS as this is and will be our main source for reaching each of you with the updates.

Community writers: You are Needed!

Join us for our next Mohican Writer's Circle gathering!

Even if you have never written or don't consider yourself a writer, please come. It is a "safe space" and is warmly open to all.

Mohican Veterans Lodge
(Behind the Veterans Memorial)
Monday, March 17, 3:00-6:00 p.m.
Stockbridge-Munsee Day

It will start with poetry writing exercises, followed by sharing any written works that participants bring, and close with a

Potluck dinner.

Questions? Contact Jo Ann 715-787-4788

schedler@frontiernet.net or
Misty Cook 715-787-4422
niconishkawah@yahoo.com



Misty's Traditional Medicines



BLACKBERRY ROOT (WILD)



Blackberry Root (Wild)
Photo taken in late August
Native Word-Akwaanilusahkw
meaning Thimbleberry

Usage

The root from a wild blackberry bush is used for this Medicine to help stop **diarrhea**.

Gathering, Preservation and Storage

The root can be dug up any time after the berries are ripe and off the blackberry bush. It is very hard to dig when it is in season because of all of the pickers on the plant. A shovel is needed to dig up the blackberry root. Blackberry roots can be hung to dry for about two months and then cut up into smaller pieces that will fit into a jar to be preserved.

Preparation and Dosage

A two inched size root is boiled for fifteen minutes in two cups of water to make a tea. If the symptoms are moderate, take a cupful of this Medicine a day. If symptoms are more severe, take it up to three times per day until symptoms subside.

BLACK CHERRY TREE BARK



Black Cherry Bark (Wild)
Photo taken in the spring
Native Words, Laaweewii-cheeliisahkw, Muwiimiinzhu

Gathering and Usage

This is the bark from the wild black cherry tree. The rough top and the bottom green bark can be used to make a cough syrup. They are big

trees with black cherries on them. The older trees produce better Medicine. An ax or knife is needed to crack off the bark remembering to always cut in a downward motion so the Medicine will stay down in the stomach when used. Black cherry bark can be gathered all year round. Dave Besaw said, "Ella used this bark at the same time she used # 6 when she had a terrible cough with pneumonia. This bark is good for a **bronchial cough** and for a **dry cough**."

Preparation and Dosages

About two inches of bark is boiled for about fifteen minutes in one cup of water. Then it is strained and sugar, maple syrup, or honey is then added to make this into a cough syrup. Sweeten it to your liking by adding as much or as little of these sweeteners to make the syrup. Boil it down to your preference as well. If you like your syrup thicker, boil it longer. Dave Besaw said, "Ella never bought cough syrup because this Medicine can be made anytime of the year." Take one tablespoon as needed. Black cherry bark cough syrup can be stored in the refrigerator for two months.

Dave Besaw also said, "Any cherry bark is good for **acne** because it will bring the poisons out of the body." Shave off two inches of bark with a knife, boil it in two cups of water into a tea and drink one cup for acne two times per day until the acne clears up. The tea can be stored in the refrigerator for up to two months.

Preservation

Wild black cherry bark can be dried in a basket for two months and then put into a jar to be preserved. This can also be gathered fresh when needed.

BLOOD ROOT FLOWER



Blood Root
Photo taken in the early spring
Native Word, Mohkwahkw

Gathering and Usage

This Medicine helps **stop bleeding** from a sore, cut, or wound. Break off a piece of blood root by the stem. When it is broken, place the red stem on the bleeding area and this will help the bleeding stop. Bloodroot is one of the first wildflowers that grow in the area in the spring. Look for it growing in early spring on the edges of woody areas.

Preservation

This Medicine cannot be preserved so it is used fresh throughout the spring and early summer when it is available.

BLUE LOBELIA



Blue Lobelia
Photo taken in August

Usage

This Medicine is one of the respected Medicines that Ella knew about because she never used this one as it is very poisonous. Dave Besaw said, "My mother Ella only used mild Medicines." He also said, "Granny Gardner used this one for **whooping cough**." Whooping cough has symptoms where there is a lot of phlegm stuck in the throat. This Medicine was made into a tea and swallowed to make the person throw up out of the stomach and get out all of the

phlegm. Just a small amount was taken so it was safe to use.

Gathering

It grows by the Red River on the reservation and also in marshy areas on the Red Springs reservation land blooming in August. When gathering Blue Lobelia, Dave Besaw said, "My mom Ella would say you need to get wet to get the blue lobelia."

Preservation

This Medicine was dried and preserved for use throughout the year.

BONESET



Boneset
Photo taken in July

Usage

This is another one of the Medicines that Ella respected the strength of because boneset is a very strong Medicine and should not be used by children. It is good for **fever reduction**, but only a little should be taken. A tea of the flowers and leaves were used to treat **fevers, colds, aching bones** and the **flu**. Dave Besaw recollected that Ella said, "If there is anyone old who wants it, they can go get it and use it for themselves because it is strong enough to cure anything and kill a horse." Granny Gardner and Ella's father liked using boneset, but none of the rest of the family did."

Dosage

The dosage would be to drink less than 1/3 of a cup of this tea.

Gathering, Preservation and Storage

This Medicine is dried by picking the flowers and leaves in August, binding them or drying them in a basket for about two months and then storing them in a glass jar for the year.

Burdock Root next issue:

Election cont from page One:

According to a fax received from Marcia M. Kimball of the United States Department of the Interior, their "...office provides legal advice to agencies within the Department of the Interior, including the Bureau of Indian Affairs. We have been advised that a civil summons requesting a Temporary Restraining Order and Preliminary Injunction has served BIA employee, Marion K. Duffy at the Great Lakes Agency. Ms. Duffy is the election board chairman for the Secretarial election to be conducted on February 25. She serves as the BIA officer in charge for the purpose of carrying out the duties of the Secretarial election board. Please be advised the Department of the interior's policy is not to provide its employees for testimony either by request or subpoena."

In his petition Scott Vele claimed there were two mailings of notice to register for the election on or about January 10th and January 22nd and this created a discrimination against some voters.

Scott Vele called JoAnn Schedler to the stand and she testified that she assisted Eunice Stick on February 9th regarding the Secretarial Election. Schedler stated she could not find the registration packets in the home of Stick. Schedler then filed a petition to the Secretarial Election Board on Stick's behalf prior to February 13 deadline for appealing to be included on the approved voter list. Schedler stated she had not heard of the results of that appeal as of on February 24, 2014.

Petitioner Scott Vele then called Shawn Stevens to be a witness.

NCAI cont from page Three:

has more than doubled. Tribes are working with Tribal Colleges and Universities along with other non-tribal, Native-serving institutions of higher education.

Just as our ancestors never could have imagined the world we live in today, we know we cannot predict the world our young people will inhabit tomorrow. But we are determined to do everything we can to make sure they are prepared for whatever the future has in store.

This is a responsibility tribes have proudly taken on, as sovereign nations. But our success depends on the federal government respecting that sovereignty, and adhering to our trust agreements. And while tribal nations are prepared to fully engage the challenges of a new century, our trustee relationship hasn't evolved to catch up to this reality. The federal government can be an

Stevens stated that he received his packet in a timely fashion. However, on January 28th, he went to hospital on January 30 and even though he was familiar with the deadline he was not able to sign up to vote.

Scott Vele also used the February 1 and February 15 issues of the Mohican News to illustrate that there was no notice of a deadline to submit the registration packet made available to all voters. Scott Vele stated in court that he filed an appeal to the Secretarial Election Board on February 3 to have his name added to the registered voter's list because he stated he was out of town on travel for his work and did not receive his registration packet in a timely fashion. The Secretarial Election Board met on February 13 to hear all appeals regarding the final voting list for the Secretarial Election. Scott Vele stated in Court the Secretarial Election Board answered on February 14 that his request to register was denied.

Chief Judge Marianne Higgins stated that she had reviewed tribal law on injunctions and found that petitions required a five day notice. Chief Judge Higgins said because Scott Vele had given a one-day notice of the petition for a restraining order/injunction his petition was being dismissed.

President Wally Miller stated the Secretarial Election Board had a meeting at the same time the Tribal Court was having a hearing on the matter and they decided to postpone the Secretarial Election. At press time no date had been set for the re-scheduled Secretarial Election.

impediment to progress. Consider, for example, the public safety crisis confronting so many of our Native communities. Indian Country experiences much higher rates of violence per capita than the general population – violence very often perpetuated by non-Natives. And yet our law enforcement is over-worked and underfunded. Last year, the Violence Against Women Act authorized tribal police and tribal courts to prosecute Native and non-Native perpetrators of domestic violence on our reservations – a major victory. But Congress left the 226 Alaska tribes out of the law. This injustice must be corrected.

Like all governments, tribes have an obligation to protect their citizens and, as our trustee, Congress has an obligation to prioritize public safety spending for tribes. It isn't just a budget issue. Tribes are stymied by the courts as well. The Supreme Court's devastating Carciari decision overturned

Hartley cont from page One:

political activism of the indigenous San communities. "I am very grateful to the Stockbridge-Munsee Education Department for the scholarships I received that helped support my studies and I hope I can contribute back in some ways to the community now," Hartley added.

Bonney says prior to this position she worked for eight years in Native community development roles: First she managed a grant making program at the United Nation Secretariat of the Permanent Forum on Indigenous Issues in New York City during the very exciting time when the UN Declaration on the Rights of Indigenous Peoples was being adopted. Then she moved to the San Francisco Bay Area, California and was a program manager at Seva Foundation, re-designing a grant making program for Native American traditional foods projects. Most recently she served as the community services program director for the Native American Health Center, an urban Indian clinic. "I just moved to Wisconsin in January to be closer to family and am now

a longstanding precedent and arbitrarily limited federal authority to acquire land in trust for Indian tribes' authority that has been central to our trust relationship.

The Carciari decision has done more than just threaten tribal autonomy; it has turned away potential investors in economic development projects, and raised questions about when federal and tribal authorities can pursue crimes on tribal lands. It's time for Congress to fix the fallout from this terrible decision. Even as we work to tear down old barriers, new ones continue to emerge. The trust relationship lacks adequate funding. And it is rife with restrictions, regulations, and red tape.

Our tribal lands are rich in timber, water resources, and grass for grazing. They boast almost a quarter of the country's on-shore oil and gas resources, and one-third of the West's low-sulfur coal. Indian Country contains an estimated 10 percent of the country's total energy resources and yet it represents less than five percent of our current national energy production.

Archaic laws and regulations create delays and disruptions and make it harder for us to develop our resources. For instance, a few years back, my own tribe was approached by a large, innovative retailer about signing a commercial lease that would have created jobs for tribal members.

feeling blessed and excited to add to the inspiring work of the Historic Preservation team, Hartley said with enthusiasm.

Hartley's main interest is community service; she is a board of directors member for two organizations in the Bay Area: the Friendship House Association of American Indians, an alcohol and drug recovery center, and Intertribal Friendship House community center. Hartley says she was humbled to be one of the awardees of the 2013 Native American Heritage Month Local Unsung Hero award by the local PBS station shortly before moving here. "I also like cooking, running, yoga, writing, spending time with elders, and learning more about our language and traditions," Hartley said. In addition, she said she looks forward to meeting more new friends and relatives in the community. "When you see a silver VW beetle with CA plates riding around, please give me a wave and invite me to something. I can be reached at bonney.hartley@mohican-nsn.gov or stop by the Historic Preservation Office," Hartley added.

The lease required some flexibility from the Bureau of Indian Affairs; but after a year of delays, the market had changed and the developer pulled out. Far too many tribes have similar stories of lost economic opportunity due to irrational regulations and burdensome bureaucracy. At the same time, we must have the authority to protect and preserve our natural resources, which are integral to the health and security of American Indian and Alaska Native peoples, communities, cultures, and economies.

Native people have a special relationship with our environment; indeed, for thousands of years, we've learned how to care for it. Many of our people keep the traditions of our ancestors living off the land, respecting the life around them, sustained by what the Creator provides. With full self-determination for our own land, our own communities, our own nations, we can secure a self-sustaining future.

As I embark on my first year as president of the National Congress of American Indians, strengthened by your support and fortified by my faith, I share the optimism of my fellow tribal leaders about what is to come. Yes, we still have a long journey ahead of us. But despite the challenges we will continue to face, I am confident that we can build on the progress we've already made and realize the potential of our nations. In this **NCAI continued on page Ten:**

Honor our Ancestors

Protect our People

Take the Test!



Native American AIDS/HIV Awareness Walk March 20, 2014

Noon- 2pm at the Mohican Family Center

First 25 participants to register will receive a Free T-shirt

please contact Lenore Shepard at 715-793-4085

Light Lunch and door prizes



3 STEPS To HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1 1/2 inches.

To print out *My Native Plate* placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on *Printable Materials, Nutrition*, then *My Native Plate*.



Produced by IHS Division of Diabetes Treatment and Prevention,
www.diabetes.ihs.gov

MOHICAN FAMILY CENTER RECREATION

March 2014

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 6-2 Weight Room Archery Tournament Hortonville
2	3 12-1 Noon-Ball 3:30-4 After School Activity 5 Sweaty Sisters	4 12-1 Noon-Ball 3:30-4 After School Activity 5 Family Fun Night Mardi Gras 7-8 Sports Training 8-9 Basketball 7 th and Up	5 12-1 Noon-Ball 3:30-4 After School Activity 4:15 Archery Practice 4 th -12 th grade 5 Sweaty Sisters	6 12-1 Noon-Ball 3:30-4 After School Activity 6-8 Youth Night 3 rd -5 th Grade 7-8 Sports Training 8-9 Basketball 7 th and Up	7 12-1 Noon-Ball 3:30-4 After School Activity 5-8 Roundhouse Bowler School	8 6-2 Weight Room
9	10 12-1 Noon-Ball 3:30-4 After School Activity 5 Sweaty Sisters	11 12-1 Noon-Ball 3:30-4 After School Activity 7-8 Sports Training 8-9 Basketball 7 th and Up	12 12-1 Noon-Ball 3:30-4 After School Activity 4:15 Archery Practice 4 th -12 th grade 5 Sweaty Sisters 5:30 Board Meeting	13 12-1 Noon-Ball 3:30-4 After School Activity 6-8 Tween/Teen Night 6 th -12 th Grade 7-8 Sports Training 8-9 Basketball 7 th and Up	14 12-1 Noon-Ball 3:30-4 After School Activity 6-8 Movie Night	15 6-2 Weight Room 2:30-9 Youth Night 3 rd -5 th Grade Movie Trip
16	17 Holiday Closed	18 12-1 Noon-Ball 3:30-4 After School Activity 7-8 Sports Training 8-9 Basketball 7 th and Up	19 12-1 Noon-Ball 3:30-4 After School Activity 4:15 Archery Practice 4 th -12 th grade	20 11:30-2 ASP Gym/ Lobby 3:30-4 After School Activity 5:30 Families 4 Education 7-8 Sports Training	21 12-1 Noon-Ball 3:30-4 After School Activity 6-8 Movie Night	22 6-2 Weight Room 1-5 Family Services Community Assessment
23 8-10 Late Night B-ball 9 th and Up	24 12-1 Noon-Ball 3:30-4 After School Activity 5 Sweaty Sisters	25 12-1 Noon-Ball 3:30-4 After School Activity 7-8 Sports Training 8-9 Basketball 7 th and Up	26 12-1 Noon-Ball 3:30-4 After School Activity 4:15 Archery Practice 4 th -12 th grade 5 Sweaty Sisters	27 12-1 Noon-Ball 3:30-4 After School Activity 7-8 Sports Training 8-9 Basketball 7 th and Up	28 12-1 Noon-Ball 3:30-4 After School Activity 6-8 Movie Night	29 6-2 Weight Room
SUBJECT TO CHANGE						

Memories of Warmer Days



Tristan Miller, Beau Hartwig & Walker Miller at the Diabetes Walk in September.



Koreans honored with Blanket



Bob Miller & Muncie Jacobs at Pow Wow



Dave Besaw Memorial Walk ~ August



Stockbridge-Munsee Boxing Tent at Indian Summerfest



Memorial Day



Glen Jacobs, Chlorissa Vele, & Molly Miller at Language Camp



Mike Penass tossing ice's 4th of July



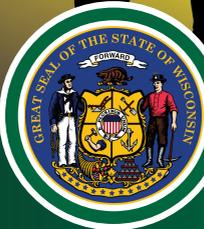
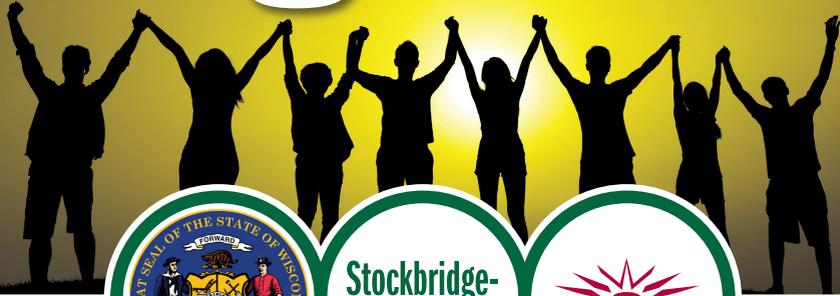
Kenna Davids at Pow Wow



Veterans in 4th of July Parade

homeenergy+

We're in this together



Stockbridge-Munsee Tribe



For more than 35 years, the Wisconsin Weatherization Assistance Program has helped residents like you save on their home energy bills through no-cost weatherization and energy-efficiency home upgrades.

The State of Wisconsin, Stockbridge-Munsee Tribe and NEWCAP, Inc.—working together to help you save on home energy.

www.homeenergyplus.wi.gov

2014 INDIAN WILLS CARAVAN

Presented by Wisconsin Judicare



Above: Lilian and Pat Bailey and law student volunteer

In 2012, the Indian Wills Caravan drafted sixty (60) Wills on behalf of Stockbridge-Munsee Community residents.

March 18th, 2014

By appointment:

Please call 715-842-1681

Please call 715-842-1681 to schedule your appointment today.

Judicare staff and students from Columbia Law School are coming to the Stockbridge-Munsee Community to assist any person regardless of tribal affiliation in the drafting and updating of wills, powers of attorney and other basic estate planning documents.

What you'll Experience:

- One on one session for a customized Will and/or Power of Attorney to fit your individual needs.

What you'll leave with:

- A sense of satisfaction that decisions are made about who inherits your property, who will care for your minor children, what will happen if you become incapacitated, who administers your will and what gets donated to charity.
- All participants will leave with totally finished legal documents at **NO COST** to you!

A generous donation by the Stockbridge-Munsee Community has helped make this service possible to all.

Hosted at the Mohican North Star Casino



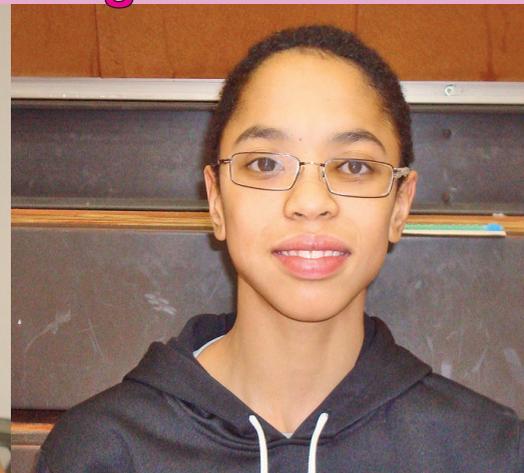
MFC Archery

Stockbridge-Munsee Mohican Family Center recently took a group of four youth to attend the 2014 Badger State Games Archery Tournament in Wausau.

According to Stockbridge-Munsee Mohican Family Center Recreation Coordinator, Tony Granquist, there were two male participants for 4th grade, Corbin Welch and Wylee Dodge and two female participants for 5th grade, Tynea Johnson and Lilly Wisnefske. Youth were coached by Granquist and Family Center Manager, John Miller.

Granquist indicated the Mohican Family Center is looking to gain more participation in the Archery Program. He advised participants in grades four through 12 are welcome to join. He said youth must go through a training class at one of the practices to be eligible for the Archery Program. "If you are interested in Archery call 715-793-4080 or email tony.granquist@mohican-nsn.gov or john.miller@mohican-nsn.gov.

After School Program Kids



Niidushiinzi Louise Mohawk. My age is 11 and niiniijiyayii Stockbridge. I am 13 years old and from Bowler, WI. My parents are Milford and Shawnee. My mom is Heather Pero and Rick Pero. My grandparents are Bosie and Joe is my grandpa's name. I like the color blue. Track and Field is what I really like to do at school. What I like about my family. My favorite color is blue and I like the After School Program is that the teachers are nice and caring. I like to play games.



Niidushiinzi Joesie Wayka. I am 7 years old. I am from Bowler. My parents are Sara and Ed LaMieux. My grandparents are Rose and Joe Putnam. My favorite color is orange. I like to run and go ice skating. In the After School room I like to play dolls, or "my mom at work".

Niidushiinzi Ashwuut Mohawk. I am 9 years old. I am from Bowler. My parents are Sara and Ed LaMieux. My grandparents are Rose and Joe Putnam. My favorite color is orange. I like to run and go ice skating. In the After School room I like to play dolls, or "my mom at work".



Community

Mohican Beadwork Calendar Sale! Available at Headquarters General Store

The 2014 Restraining Tradition Poster Calendar (11x17", one pg.) \$5.00 Each (this is the cost to print a custom calendar) features a photograph of a Mohican beadwork design that was reproduced using antique beads to match the color and bead alignment of the original Mohican beaded bag collected by the Smithsonian Institute. Calendar has museum and object citation at the bottom of calendar in case anyone wants to see the original bag while visiting Washington, D.C. High quality photograph makes each individual



bead visible-making it a great resource for beaders. Photography and beadwork by M. Tyndall (enrolled S/M) Note: Those who live outside of the area can get a calendar by emailing: whiteelkcreates@gmail.com

Senior Banquet

The annual Senior Banquet is a community celebration of the accomplishments of our high school graduates. To be included in this celebration the following must apply:

1. Student must be an enrolled member of the Stockbridge-Munsee Band of Mohican Indians or;
2. Community Member who has a parent or grandparent on the rolls of the Stockbridge-Munsee Band of Mohican Indians living within the townships of Bartleme or Red Springs, attending Bowler, Gresham, or

- Shawano Schools..
3. Students who wish to participate must submit a biographical form to the S/M Education Department by **April 1st**. (Biographical forms are available online at www.mohican-nsn.gov under Education, S/M Education Department, and at Bowler and Gresham Schools)
 4. If the student is in an alternative learning program that student must receive a diploma on/or before their classes scheduled graduation date.
 5. The Education Department will NOT be responsible for any travel expenses accrued by the student and/or their families to attend the banquet.

Stockbridge-Munsee Education Department
W13447 Camp 14 Road
PO Box 70
Bowler, WI 54416

2014 Senior Graduation Banquet Biographical Form

Please provide the following information, signatures, and dates:

Student's Name: _____

Date of Birth: _____ Gender: Male/Female

Parent/Guardian's Name: _____

Mailing Address: _____

Home Phone Number: _____

Parent/Guardian's Work Phone Number: _____

Student's Enrollment Number: _____
(If Applicable)

Parent's Enrollment Number: _____

Student's Signature: _____

Date: _____

Parent/Guardian's Signature: _____

Date: _____

NCAI cont from page Six:
nation-to-nation relationship, tribes are doing our part and we expect the federal government to do theirs. The federal government must be an ally that promotes sovereignty instead of subordination; an ally that fulfills its contracts instead of neglecting them; an ally that honors our trust instead of breaking it; an ally that encourages growth. Because when tribes succeed, our neighbors, and our nation, succeed, too.
My fellow tribal leaders, we've

learned that together, united, we are greater than the sum of our parts; my fellow government officials, we've learned that together, working beyond the boundaries of party and state, we can improve countless lives and generate shared prosperity. Together, we can build a strong partnership between all of our nations, one that will secure a brighter future for all our people. God bless our Indian Nations; God bless the United States of America.

Self-Employed? Don't Forget These Tax-Filing Tips

By Jason Alderman

Calculating income taxes is a royal pain, even when your situation is uncomplicated enough that you can file a 1040EZ Form. And if you're self-employed, be prepared for extra layers of complexity. Not only must you file an annual return with numerous additional forms and schedules, you're also responsible for paying quarterly estimated taxes, which can mean having to write a pretty hefty check while waiting for your clients to pay their overdue bills.

Add in that you're also responsible for funding your own health insurance and retirement and you may start to miss having an employer manage a portion of your financial affairs. (Although many people go into business for themselves precisely to call their own shots.)

Here are a few things to remember when calculating your 2013 taxes: First, some potentially good news for taxpayers who claim a home office deduction: You now may choose between the traditional method of calculating the business use of your home (which involves numerous calculations, filling out the onerous IRS Form 8829 and maintaining back-up records for years) and a new simplified option. Under the new, so-called "safe harbor" method, you can simply claim a standard deduction of \$5 per square foot for the portion of your home used regularly and exclusively for business, up to a maximum of 300 square feet – a \$1,500 limit.

Contrast that with the traditional method where you must calculate actual expenses of your home office expressed as a percentage of the square footage your home office consumes. For example, if your office takes up 12 percent of your house, you can deduct 12 percent of your electricity bill.

A few additional details:

- You can choose either method from year to year; however, once you've elected a method for a given tax year it's irrevocable.
- Under the safe-harbor method you cannot depreciate the portion of your home used for business in that particular year.

- With the new method you can still claim allowable mortgage interest, real estate taxes and insurance losses as itemized deductions on Schedule A. These deductions don't have to be allocated between personal and business use, as under the traditional method.

You'll need to weigh whether the recordkeeping hours you save justify the potentially smaller deduction – especially if you have a large home office or considerable deductions. Suggestion: Look at last year's deduction and compare what it would have been using the \$5 per square foot calculation, factoring in time spent doing the math.

A few other self-employment tax-filing considerations:

- In addition to the home office deduction, you generally can deduct many other business-related expenses, including: legal and accounting fees; professional dues and subscriptions; business insurance and licenses; professional training and education; professional equipment and software; maintenance/repairs; and business-related mileage, travel and entertainment.
- You can also deduct the full cost of medical, dental, vision and long-term care insurance premiums for you, your spouse and dependents, even if you don't itemize deductions.
- For more details on business expenses and deductions, see IRS Publication 535 (www.irs.gov). Also visit the IRS' Self-Employed Individuals Tax Center.

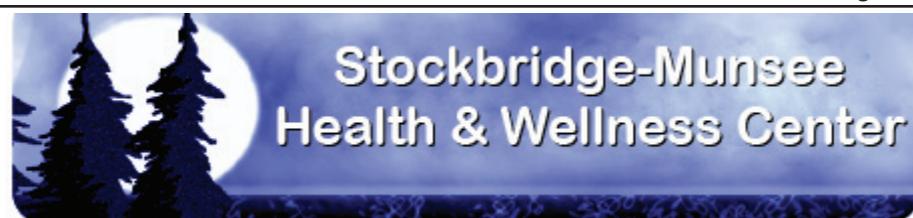
Bottom line: Income taxes are often more complicated for self-employed people and good recordkeeping is essential. Unless you're an accounting whiz, consider hiring a tax professional or financial planner who specializes in self-employment issues. The penalties and fees they can help you avoid – and hidden deductions they can uncover – will probably more than pay for their fees.

Get to know the SMHWC Dietitian During National Nutrition Month

Do you know what the number one reason is for choosing food? It's taste. March is National Nutrition Month, and the theme this year is "Enjoy the Taste of Eating Right". All too often, we think that we have to choose between healthy food and food that tastes good. That's not true. What foods can you think of that are both nutritious and taste fantastic? Perhaps it's a juicy home-grown tomato right off the vine, or maybe a venison tenderloin grilled to perfection.

The Stockbridge-Munsee Health & Wellness Center is offering you a couple of ways to celebrate National Nutrition Month®. One

way is to set up a personal visit with the clinic's Dietitian. Call Margie Pieper, RD at (715) 793-5006 to set up your appointment. You can talk about any food or nutrition topic you're interested in learning more about. Every person who sees Margie in March will come away from the visit with a little more knowledge and a small incentive prize that can help you achieve your health goals. Also, on Wednesday, March 26th the Community Health Department will be hosting an "Enjoy the Taste of Eating Right" event where you can explore new foods and flavors. More details to come.



Phacts from the Pharmacy - So you think you have a sinus infection...

Cough...congestion...sore throat...tiredness...it's that time of year when colds and other infections are common. When we start to feel sick, naturally we want something that will help make us feel better, and the first thing we think of is antibiotics. But did you know that many of those infections are caused by viruses and not bacteria, and therefore won't be cured by antibiotics?

Taking antibiotics when you don't have a bacterial infection does have consequences. First, you will feel the side effects of the medicine, such as nausea or diarrhea, and the medicine is not doing anything to help you feel better. Second, overusing antibiotics makes the bacteria that can cause infection harder to kill. If the bacteria are harder to kill, it makes it harder to treat a bacterial infection in the future, so you may need to take higher doses of antibiotics or different antibiotics, which can cause more side effects.

The most common cause of sinus congestion and swelling is a viral infection associated with the common cold. Viruses don't respond to antibiotics and your body will fight the infection off on its own, usually in 7-10 days. Only 2 out of every 100 cases of viral infection are complicated by a bacterial infection.

Even a viral sinus infection can make you feel miserable, but there are some things you can do at home or ask the doctor to prescribe to help make you feel better. Medicines like acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®) can help with aches and pains or a sore throat when you are sick. A decongestant pill, like pseudoephedrine (Sudafed®), or decongestant spray, like oxymetazoline (Afrin®), can help with a stuffy nose. If you use the oxymetazoline nasal spray, it is important to limit use to 3 days in a row. If you use it for longer than 3 days, it can actually make congestion worse. Cough syrups with dextromethorphan and guaifenesin (Robitussin DM®) can help you cough less and have a more productive cough.

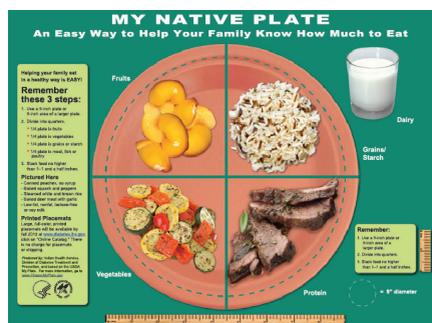
How do you know if you have a bacterial infection? A lot of times you start out with a viral infection that gets a little better in about 5-7 days, but then suddenly your symptoms start getting worse again. If you've had symptoms for more than 10 days and your symptoms got better before they got worse again, you may have a bacterial sinus infection that might need to be treated with antibiotics. Also, if you have severe symptoms, such as a temperature of more than 102°F with green or yellow, thick nasal secretions or pain in your sinuses for more than three days, you should see the doctor.

In summary, often times sinus infections are viral and will not be healed by antibiotics. If you have symptoms for more than 10 days or severe symptoms (fever 102°F with green or yellow, thick nasal secretions or pain in your sinuses) for more than 3 days, you may have a bacterial sinus infection and could need antibiotics. Medicines like acetaminophen (Tylenol®), ibuprofen (Motrin®, Advil®), pseudoephedrine (Sudafed®), and oxymetazoline (Afrin®) can help make you feel better while your body fights off the infection.

You might be thinking, "But I got antibiotics right away last time and I started feeling better a few days after." The normal length of a viral infection is 7-10 days, and oftentimes patients aren't seen by a physician until the third or fourth day of symptoms. Antibiotics might be started, and you might feel better in 2 or 3 days, but this is likely because your body is fighting off the viral infection on its own, not because you have a bacterial infection.

3 Steps to Help Your Family Eat Healthier Meals

My Native Plate Placemats Show You How



You can help your family members eat healthier meals. A free placemat called *My Native Plate* shows 3 steps to help your family members know how much to eat:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

My Native Plate also has tips to help your family members choose healthier foods:

- Eat a variety of vegetables. For breakfast, have some tomato salsa with scrambled eggs. For lunch, have lettuce and tomato on a sandwich. For dinner, have baked squash as your vegetable.
- Eat a variety of fruits. For breakfast, have half an orange. For lunch, have a small apple. For dinner, have canned peaches without syrup.

- Switch to whole grains. For breakfast, have one corn tortilla. For lunch, have a small, whole-wheat bun. For dinner, have brown rice instead of white rice.
- Choose lower-fat dairy. Drink low-fat, lactose-free or soy milk. Eat low-fat yogurt and low-fat cheese.

On the front page of *My Native Plate* there is a photograph of a 9-inch plate with baked squash, canned peaches, brown/white rice, baked deer meat, and low-fat milk. On the back, there are photographs showing sample breakfast, lunch, dinner, and youth plates.

You can find *My Native Plate* on the IHS Division of Diabetes Treatment and Prevention website:

www.diabetes.ihs.gov



March WIC Days are as follows:
Certification/Recertification Day is: Tuesday, March 4, 2014
WIC Check Pick up Day is: Wednesday, March 5, 2014

WISCONSIN 
WIC
HERE FOR YOU
WIC Emergency Backup day is: Thursday, March 13, 2014



Education

CMN Senior Paula Fernandez Scores High on Education Exam



Area educator Paula Fernandez is cited for high exam results.
CMN Photo by D.Kakkak

“Head of the Class” has a special meaning now for Paula M. Fernandez, a Keshena resident and senior in the College of Menominee Nation’s teacher education program. Fernandez was notified earlier this month that she scored in the top 15th percentile nationally on a segment of The Praxis Series exams measuring elementary education content knowledge.

Praxis tests are required in many states, including Wisconsin, as part of the certification process for

individuals entering the teaching profession. The Recognition of Excellence citation given to Fernandez reads, in part, “Your exceptional performance earned a score that ranks within the top 15% of all test takers who took this assessment in previous years” and “indicates a high level of proficiency in an area vital for professional educators.”

Alpha Crepeau, chairperson of the CMN program in Education, calls the citation “something to celebrate and a level of achievement we’ve come to expect among our students.” CMN has awarded baccalaureate degrees in Education since 2012, and in each year since then, one or more students has earned the citation for excellence. Fernandez joins Shannon Neuman and Denise Ludvigsen, 2012 graduates, and Andrew Manthey, Class of 2013, on the Praxis exam honor roll. Fernandez is scheduled to graduate from CMN in May with a Bachelor of Science Degree in Early Childhood/Middle Childhood Education. She is the daughter of Frank (Man Man) and Leila (Chips) Rabideaux. Fernandez and her husband, Wade, are the parents of five children. A Menominee Indian High School graduate, she currently works as Cultural Resource Specialist for the Menominee Indian School District.

Gresham Community School Junior/Senior High School First Semester Honor Roll 2013-14

Seniors

High Honors: *Lindsay Anderson, Scott Cerveny, Tana Jensen, and Austin Olsen.

Honors: Brittney Andrews, Tylene Bohl, Ally Miller, Kyle Miller, Kimberly Petrich, Andrew Pleshek, and Haley Schulz.

Juniors

High Honors: Nande Carroll, Nicole Creapeau, Christian Haffner, Kevin Ile, *Tyli Lau, and Brianna Stehberber.

Honors: Shyann Moreno and Ashlee Ventura.

Sophomores

High Honors: *Tatelyn Ferguson, Beau Hoffman, Taylor Hoffman, Emma Lau, *Levi Ludvigsen, and *River Otradovec.

Honors: Erika Johnson

Freshmen

High Honors: Makena Arndt, Neal Cerveny, *Sydney Jensen, Diego Moreno, *Kali Posselt, *Alyssa Roe, *Eric Schmidt, Calynn Schroeder, and Zachary Simonsen.

Honors: Nathaniel Bowman, Raymond Creapeau, and Austin Welk.

Grade Eight

High Honors: Kamille Davids, Kiersten Fischer, Drew Haffner,

Hailey Hoffman, *Mackenzie Hoffman, Dani Huntington, Kalisa Jones, Elizabeth Ketchum, Madisyn Ludvigsen, Emily Munoz, *Todd Otradovec, Thomas Seidler, Leslie Verstoppen, and Kaci Wendorff.

Honors: Anton Miller and Ryan Schroeder.

Grade Seven

High Honors: *Melissa Anderson, *Aurora Arce, Tiana Ferguson, Megan Gebert, Kennedy Hoffman, Nathaniel Juga, Gabrielle Moede, *Savana Olsen, Benjamin Page, Justice Paiser, *Meckenzie Roe, Anna Marie Smith, and Tristan Wilber.

Honors: Kristen Bowman, Anthony Creapeau, Aaron Ewen, Sarah Hohn, Johnathon Kerry, April Sanapaw, Shirley Thome, Kayla Vetter, and Katherine Wetzel.

Grade Six

High Honors: Chase Bugler, Kieana Fischer, Brooklyn Hoffman, Joshua Hoffman, *Jayden Jensen, Rayna Kupsy, Levi Schick, Georgia Schultz, Isabella Swank, and Alexandria Vele.

Honors: Zachary Burr, Autumn Grulkowski, Jada James, Aiyannah King, Keonna Lindner, Emiliana Seidler, Ryan Tomas, Mason Tourtillott, and Ja’Ni’Ya’Ki’Ha Webster.

News From Bowler School

Bowler school has been awarded an endowment in the amount of \$2,100 from the JJ Watt Foundation for the purchase of a new volleyball court system.

JJ Watt is a Wisconsin native and played football for the Badgers and now for the Houston Texans of the NFL.

The mission of his foundation is to provide after-school opportunities for children to become involved in athletics, so that they may learn the basic character traits of accountability, teamwork, leadership, work ethic, and perseverance while in a safe and supervised environment with their peers.

This new equipment will allow our kids the opportunity to continue to play and develop their skills on some much need state-of-the-art equipment.

GOT TIME ON YOUR HANDS?

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TAKE THESE COLLEGE CREDIT CLASSES

(Full scholarship covers all costs)

12 week courses: Feb 24 -May 17, 2014

Registration Deadline: Friday Feb 21, 2014

**EDU100-Student Success Strategies – 2 credits together with
EDU102-Career Exploration – 1 credit**

Meet every Tuesday & Thursday. Select afternoon or evening sections (12-2:50 pm or 5-7:50 pm.)
Instructor-Mary Windmiller

Develop success in college and in life by using time-proven strategies. Build the skills needed to build your confidence and improve your academic and personal success. Complete an interest inventory, develop a resume, and write and present reports. Your business etiquette and social skills will improve so you can handle any business situation with the skill and confidence of a true professional! These two classes must be taken together.

OFT105-01 Math with Business Applications - 3 credits

Monday & Wednesday 12:00 pm-3:50 pm Instructor-Steve Zais

Don't let technical terms or seemingly complicated formulas scare you away from the math that will help you in your business endeavors. Our instructor will teach you how to conquer your fears. Put common sense and technology at your disposal to make the most of your resources. This is the math you really will use in everyday life. The credits can be transferred to our trades programs or become the groundwork for more challenging college math courses. (can substitute for RES110- Applied Math 1-Trades)

Classes start Monday, Feb. 24 for Math – OFT105-01

And

Tuesday, Feb. 25 for Student Success Strategies and Career Exploration

Call 715-799-6226 –ext. 3281 (Mary) or –ext. 3159 (Sadie)

Space is limited. Register by Friday, February 21, 2014.



On Tuesday, February 11, 2014, the Stockbridge-Munsee Tribal Council held a Special Tribal Council Meeting and at that time the following actions were taken on the motions:

APPROVAL OF AGENDA-
Add: CST Grant Application
Motion by Joe Miller to approve the amended agenda for Tuesday, February 11, 2014, Special Tribal

Council Meeting. Seconded by Gregory L. Miller. Motion carried.

REVISED RFP: Casino Event Center-Dave Brawner, Owner's Representative

Motion by Terrie K. Terrio to authorize the distribution out by Dave for Request for Proposal on the Sound and Theatrical Lighting System design and installation

Directives cont on pg Thirteen:

Directives cont from pg Twelve:
for the event center Phase IV.
Seconded by Joe Miller. Motion
carried.

**LOW VOLTAGE WIRING
BIDS-Dave Brawner, Owner's
Representative**

Motion by Greg Miller to go with
Low Voltage VanErt low bidder.
Seconded by William A. Miller.
Motion carried.

**SURVEILLANCE BIDS-
Dave Brawner, Owner's
Representative**

No action taken at this time, the
item will be brought back at the
first meeting in March.

Motion by Joe Miller to approve
RFI014, the recommendation of
Trinity. Seconded by William A.
Miller. Motion carried.

**ECONOMIC PROJECT RFP-
Rob Hendricks, Business
Development**

Motion by Terrie K. Terrio to
authorize access monies that
are set aside for Business
Development part to be used for
architectural fees. Seconded by
William A. Miller. Motion carried.

Motion by Terrie K. Terrio to
approve the RFP for Architectural
Design for the Little Star Project.
Seconded by Jeremy Mohawk.

Motion maker amends motion
to include: as amended to show
that the bids come back to the
Tribal Council Secretary and the
date changed to the 28th. Second
concurr. Motion carried.

**CST GRANT-Jill Tieg, Grant
Writer, Steven Davids, Director
of Economic Support, Tanya
Rosenow, CTG Worker and Eva
Suquet, Behavioral Health**

Motion by Gregory L. Miller to
authorize the submission of the
CST Grant Application. Seconded
by Joe Miller.

Motion maker amends motion to
include: naming Steven Davids as
the Project Coordinator. Second
concurr. Motion carried.

ADJOURNMENT-

Motion by Terrie K. Terrio to
adjourn. Seconded by Gregory L.
Miller. Motion carried at 2:10 PM.

**On Tuesday, February 18, 2014,
the Stockbridge-Munsee Tribal
Council held a Regular Tribal
Council Meeting and at that
time the following actions were
taken on the motions:**

APPROVAL OF AGENDA-

Add: Tribal Financials for
December 2013

Motion by Terrie K. Terrio to
approve the agenda as revised.
Seconded by William A. Miller.
Motion carried.

**CHILD SUPPORT BID
RECOMMENDATION-Stacey
Schreiber, Asset Manager**

Motion by Gregory L. Miller to
award the bid to Northern Heating
and Air Conditioning Electric for
the Child Support Project Building.
Seconded by Jeremy Mohawk.
Motion carried.

**ENVIRONMENTAL BID
RECOMMENDATION- Stacey
Schreiber, Asset Mngr**

Motion by Gregory L. Miller to
award the bid for the Environmental
Building to Montour Engel.
Seconded by William A. Miller.
Motion carried.

**POLICY REVISION: Blood
Bourne Pathogens-Delwar
Mian, Health Director**

Motion by Terrie K. Terrio to
approve the revised policy as
presented for Blood Bourne
Pathogen Exposure Control Plan.
Seconded by Jeremy Mohawk.
Motion carried.

**REQUEST TO PUBLISH
ARTICLE- Delwar Mian/Rachel
Branson, Intern**

Motion by Terrie K. Terrio to approve
the request by our Pharmacy
Resident Rachel Branson, to
publish an article regarding the
control substance policy in the
Journal of Pharmacy Society of
Wisconsin, and the Health Board
has already approved the request.
Seconded by Jeremy Mohawk.
Motion carried.

**VITAMIN D STUDY-Delwar Mian,
Health Director/Terrie K. Terrio,
Treasurer**

Motion by Gregory L. Miller
to approve the request by Dr.
Brinkley for doing additional
Vitamin D Study. Seconded by
Jeremy Mohawk. Motion carried.

**BUDGET MODIFICATION:
Environmental-Linda Mohawk
Katchenago**

Motion by Terrie K. Terrio to
decrease unneeded Tribal
Contribution for salary in the
Environmental Department Fund
#217. Seconded by Gregory L.
Miller. Motion carried.

**NOAA PROJECT PROPOSAL
REQUEST-Angela Waupochick,
Wetland Specialist**

Motion by Terrie K. Terrio to
approve the project proposal for
submittal to the National Oceanic
and Atmospheric Administration
and the request Tribal Contribution
to support project costs to come
out of unallocated. Seconded by
William A. Miller. Motion carried.

**WETLAND TECHNICIAN
POSITION DESCRIPTION-
Angela Waupochick**

Motion by Terrie K. Terrio to
approve the Wetland Technician
Position Description, not to exceed
520 hours. Seconded by Gregory
L. Miller. Motion carried.

**WETLAND OUTREACH
SPECIALIST - Angela
Waupochick, Wetland Specialist**

Motion by Terrie K. Terrio to accept
the WI Wetland Association bid
as recommended for the Wetland
Outreach Services. Seconded by
Joe Miller. Motion carried.

**FORESTRY COMMITTEE
MEETING MINUTES-Angela
Waupochick, Member**

Motion by Joe Miller to accept the
Regular Tribal Forestry Meeting
Minutes of Wednesday, January
15, 2014. Seconded by Jeremy

Mohawk. Motion carried.
Motion by Gregory L. Miller to
approve the Forestry Minutes of
February 11, 2014. Seconded by
Jeremy Mohawk. Motion carried.

**EMPLOYEE RECOGNITION
PROGRAM-Sherri Dessell, HR
Executive Session**

Motion by Terrie K. Terrio to
approve the Employee Recognition
Program beginning in 2013 to be
taken from the Employee Welfare
line item in the Tribal Council
budget. Seconded by William A.
Miller.

Motion maker amends motion
changing 2013 to 2014. Second
concurr. Motion carried.

**ORGANIZATION CHART
2014-Sherri Dessell, HR
Executive Session**

Motion by Gregory L. Miller to
approve the Organizational Chart
for 2014. Seconded by Jeremy
Mohawk. Motion carried.

**TRAVEL POLICY REVISION-
Linda Mohawk Katchenago**

Motion by Terrie K. Terrio to
approve the revisions to the Travel
General Rules, Non-overnight
Travel and Overnight Travel policy
revisions. Seconded by Jeremy
Mohawk. Motion carried.

**EDUCATION HANDBOOK
REVISION-Jeff Welch, Board
Member**

Motion by Joe Miller to approve the
request of the Education Board and
amend the Education Handbook
to reflect **and equipment** under
Student Activities, after athletic
shoes as requested. Seconded by
Terrie K. Terrio. Motion carried.

**FINANCIAL BACK UP
GENERATOR REQUEST-
Amanda Stevens, Administrator
of Finance and Terrie K. Terrio,
Treasurer**

No action taken at this time, Assets
is also working on the issue and
it will be brought back to the next
agenda.

**TRIBAL FINANCIALS FOR
DECEMBER 2013-Amanda
Stevens, Administrator of
Finance**

Motion by Gregory L. Miller to
post the December financials.
Seconded by Jeremy Mohawk.
Motion carried.

**TRIBAL CREDIT CARD POLICY-
Terrie K. Terrio, Treasurer**

Motion by Gregory L. Miller to
approve the Tribal Council Credit
Card Policy. Seconded by Joe
Miller. Motion carried.

OUT OF STATE TRAVEL-

Motion by Joe Miller to approve
Council representation at the
MAST, NCAI and NIGA Meetings
as requested. Seconded by
Jeremy Mohawk. Motion carried.

**BOARD / COMMITTEE
SELECTIONS-**

Motion by Terrie K. Terrio to appoint
Larry Moede to the Enrollment
Committee. Seconded by Jeremy
Mohawk. Motion carried.

Motion by Gregory L. Miller to
appoint Trestarska Vele to the
Education Board. Seconded by

William A. Miller.
Roll Call: Terrie yes, Willy yes,
Greg yes, Jeremy yes and Joe no.
Motion carried.

Motion by Gregory L. Miller to
appoint Trestarska Vele to the
Forestry Committee. Seconded by
Terrie K. Terrio.

Roll Call: Terrie yes, Willy yes,
Greg yes, Jeremy yes and Joe
abstain. Motion carried.

Motion by Gregory L. Miller to
appoint Bob Chicks to the Health
Board. Seconded by Jeremy
Mohawk.

Roll Call: Terrie no, Willy yes,
Greg no, Jeremy no and Joe no.
Motion defeated.

Motion by Terrie K. Terrio to appoint
Karen Gardner and Bonney
Hartley to the Editorial Board.
Seconded by Jeremy Mohawk.
Motion carried.

Motion by Joe Miller to appoint
Lenard Welch, Sr. and Ellen
Schreiber to the Elderly Steering
Committee. Seconded by Terrie K.
Terrio. Motion carried.

Motion by Joe Miller to appoint
Larry Madden and Shawn Moede
to the Language and Culture
Committee. Seconded by Terrie K.
Terrio. Motion carried.

EXECUTIVE SESSION-
Motion by Gregory L. Miller to go
into Executive Session. Seconded
by Terrie K. Terrio. Motion carried
at 6:16 PM.

Motion by Gregory L. Miller to
come out of Executive Session.
Seconded by Terrie K. Terrio.
Motion carried at 6:55 PM.

While in Executive Session
discussion was held on an audit
report, a minor's trust issue, a
settlement offer, a legal update,
legal issues and a personnel issue.
Motion by Terrie K. Terrio to
approve making one of the minor's
who was enrolled and missed, to
put the contributions that were
missed into an account for them.
Seconded by William A. Miller.
Motion carried.

Motion by Terrie K. Terrio to
authorize the use of Tribal Funds
from the Tribally Funded Contract
Health budge line item to pay
health insurance premium for
an individual eligible for CHS, as
discussed in Executive Session.
Seconded by Gregory L. Miller.
Motion carried.

Motion by Joe Miller to direct
legal to proceed with settlement
discussions in case 2013AA0005,
as discussed in Executive Session.
Seconded by William A. Miller.
Motion carried.

Motion by Jeremy Mohawk to go
along with the personnel issue as
discussed in Executive Session.
Seconded by Gregory L. Miller.

Roll Call: Terrie yes, Willy yes,
Greg yes, Jeremy yes and Joe no.
Motion carried.

**-OPEN AGENDA-
ADJOURNMENT-**
Motion by Gregory L. Miller to
adjourn. Seconded by Joe Miller.
Motion carried at 6:59 PM.

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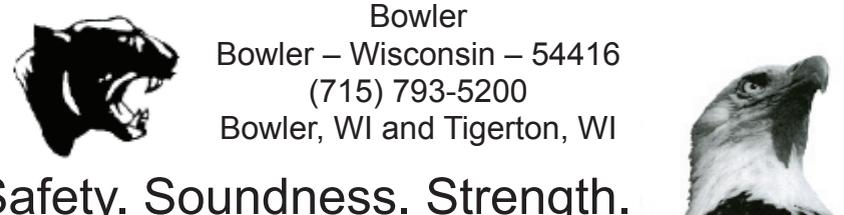


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Youth/Tween/Teen Prevention Program Calendar

MARCH 2014	MONDAY	TUESDAY GR. 5 TH - 6 TH (ASP) 5:30PM-7:30PM	WEDNESDAY CHOICES (ASP)	THURSDAY GR. 7 TH - 12 TH (ASP) 6PM-8PM	FRIDAY	SATURDAY
2	3 WK. 11AM-7PM	4 SWIM TRIP 5 TH & 6 TH GRADES. 5:30PM-8:30PM	5 PUNKIN WK. 10AM-3PM 6PM-9PM LINDA OFF	6 TEEN NIGHT WORK ON SCHOOL DONATION BOXES	7 STAFF TRAINING WI. RAPIDS NO EVENING ACTIVITIES.	8 
9 	10 WARRIOR CIRCLE 6 TH - 12 TH GRADES 6PM-7:30PM	11 BUDGETING WITH LINDA N JAN 	12 YOUTH CHOICES MOUTH CARE TBD DENTAL VISITOR 5:30PM-7:30PM	13 LOCK-IN PREPARATION W/JAN & LINDA PUNKIN OFF	14 WK. 11AM-7PM BOWLER 1PM-3PM	15
16 MONDAY 	17 LEAVE @ 4PM TEEN SUMMIT HOLIDAY!! ROOM CLOSED	18 FEAR WITH MOLLY MILLER 5: 30PM	19 TEEN SUMMIT TRIP RETURN @ 3PM	20 HIV/AIDS WALK 12PM-2PM PUNKIN WK 11AM-3PM TEENS: CRAFTS WITH LINDA	21 PUNKIN WK. 1PM-3PM @ GRESHAM SCHOOL	22 COMMUNITY PROM 1PM-5PM
23	24 WARRIOR CIRCLE 6 TH - 12 TH GRADES 6PM-7:30PM PUNKIN OFF	25 PIG LUNGS WITH DAVE AXT 5:30PM	26 TEEN CHOICES MAKING PROUD CHOICES!! 6PM-8PM	27 TEEN NIGHT SET-UP WINTER RETREAT	28 6 TH - 12 TH GR. WEEKEND WINTER RETREAT STARTS @ 7PM	29 WEEKEND RETREAT UNTIL NOON ON SUN.

- Please call 715-793-4085 or 715-701-8177 before 5pm if you need a ride to scheduled events.
- Linda 1 pm - 9 PM MON. - Fri. LENORE Mon. - FRI. 1 - 9 PM Unless otherwise noted on this calendar



\$5 TUESDAY MEAL DEAL FOR EVERYBODY 11AM-8PM

MONDAYS



Win up to \$1,500 if you've earned 25 or more points

TUESDAYS



Earn 5 points get \$10 in Free Play

WEDNESDAY 2 MEALS FOR \$9 AT THE GROOVE 11AM-9PM

WEDNESDAYS



SIGN UP AT THE STAR CLUB
6pm - 9pm win your share of \$2,500 every Wednesday. \$10 Buy-in. One buy-in per hour.

25¢ THURSDAY WINGS AT THE GROOVE 11AM-9PM

THURSDAYS



EARN 5 POINTS AND GET \$10 IN FREE PLAY.
One per Thursday. Must show ID.
8am - Midnight

\$13 FRIDAY CRAB LEG BUFFET 4PM-10PM

FRIDAYS



WIN YOUR SHARE OF \$28,800.
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\$11 SATURDAY GREAT AMERICAN STEAK OUT 4PM-10PM

SATURDAYS



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Winners will be drawn on March 15 at 10:30pm. Must be present to win.



Phil Vaught
AT THE GROOVE
March 1



Blues Talk
AT THE GROOVE
March 7 & 8

SUNDAYS BINGO- SUPER SAVER SUNDAYS

MONDAYS BINGO - VALUE NIGHT

March Madness Drawings:
Earn an entry with every buy-in on Mondays

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\$10 Entry Packs, 12 regular games pay \$250
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• Regular Session 2pm

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