



Special Election Announcement Call for Nominations

From the Desk of Vice-President, Wallace Miller

The Stockbridge-Munsee Community will hold a special election for the officer position of President for the remaining term of the seat. The election board from the 2012 election has been established to still have control over the election process and will hold the special election if all members are able to fulfill their duties and once a new request for additional alternate members to fill out the election board is posted and appointed by Tribal Council at the next regular scheduled Tribal Council Meeting May 21, 2013. The Stockbridge-Munsee Election Board will then set a date for a special election for President-elect which will take place once the caucus and election date can be set.

The position of President was recently vacated by Robert Chicks; Wallace Miller will serve as the interim President until such time the vacancy is filled. Wallace states it is the Tribal Council's desire "to move forward in a positive direction and conduct business as usual."

Because this is a special election, the elected candidate will fill a partial term of office which will commence at the conclusion and swearing-in until the next regular election being held in October, 2013.

Stockbridge-Munsee Community Members Vote Out Chicks

By Jeff Vele – Mohican News Editor

Stockbridge-Munsee Community Members voted Saturday, April 27 to remove President Robert Chicks from office. The official count from the recall election was 224 votes to remove and 128 votes to not remove.

There were a total of 352 voters who participated in the special recall election. A group formed to recall Chicks had gathered 197 valid signatures to initiate the recall.

This is the first time the recall election is being utilized. After the unrest in 1994 the tribe amended the constitution allowing tribal members to petition and have recall elections holding tribal council members accountable for violations of tribal law. Chicks is due in court on May 6 for charges resulting from a traffic stop in Langlade County.

Tribal Vice President Wallace Miller will serve as the interim president until the vacancy is filled.

According to Tribal Council's decision at the May 7, 2013 Tribal Council meeting the special election will occur according to regular procedures since the 2012 election board is already in place.

According to the Tribal Election Ordinance (49.3), "...A notice of the caucus shall be posted by the council secretary at least ten (10) days prior to the caucus. Copies of the notice shall be posted prominently within the community and the council secretary shall otherwise provide for its publication in the tribal newspaper, and other newspapers as may be necessary."

The request for new alternate board members will be posted after the next regular scheduled Tribal Council Meeting on May 21, 2013 and appointed by Tribal Council.

Eldest Member and Last Full Blood on the Trail Home

By Mark Shaw – Mohican News Reporter

In a moving ceremony attended by well over one hundred people Virginia "Gin" A. Johnson, 99, was laid to rest in the Stockbridge Burial Grounds on Monday May 6, 2013. Gin of Bowler, Wisconsin was called home on May 3, 2013 at the Ella Besaw Center with her family at her side. Johnson was the last full blooded tribal member and the eldest tribal member of the Stockbridge-Munsee Community. "Our community has suffered a great loss and our thoughts and prayers go out to her loved ones," stated Vice-President Wallace Miller who closed all non-essential tribal offices and had the flags in the community lowered to half-mast in observance of the passing of one of the matriarchs of the Tribe.



Virginia was born to the late George Mohawk and Laura Gardner Mohawk on January 3, 1914 in the town of Red Springs. On August 10, 1935, **Gin continued on page Four:**



Jan RedCloud, Client Service Advocate and Jayci Malone, Family Service Manager of the Stockbridge-Munsee Family Services

Sexual Assault Awareness Walk Held

By Jeff Vele – Mohican News Editor

Jayci Malone, Family Service Manager and Jan RedCloud, Client Service Advocate of the Stockbridge-Munsee Family Services, Domestic Violence, and Sexual Assault Program held a sexual assault awareness walk on April 24th in the Mohican Housing area and Mohican Family Center.

Signs were put up to mark the course for walkers in the event. These signs asked blunt questions and provided graphic answers:

What is Sexual Assault? Rape and sexual assault are never the victim's fault-No matter where or how it happens. Sexual violence is an affront to human dignity and a crime no matter where it occurs. Nearly one in five women will be a victim of sexual assault during college. Sexual assault can be inappropriate touching, vaginal, anal, or oral penetration, sexual intercourse that you say no to, rape, attempted rape, or child **Walk continued on page Five:**

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Election Notice

Stockbridge-Munsee Tribal Members who are at least 18 years of age by June 21, 2014, and who reside within the original confines of the Stockbridge-Munsee Reservation, are hereby advised that an election will be held on **Saturday, June 21, 2014**, for the purpose of voting on adopting or rejecting the proposed Amendment to the Constitution of the Stockbridge-Munsee Community. This election is being conducted by the Bureau of Indian Affairs in accordance with Part 81 of Title 25 of the Code of Federal Regulations (25 CFR Part 81).

A notice is being mailed to all Stockbridge-Munsee Tribal Members who are at least 18 years of age by June 21, 2014 and who reside within the original confines of the Stockbridge-Munsee Reservation, at the address listed on the current tribal membership roll. A Voter Registration Form will be enclosed with a self-addressed envelope. Any member who does not receive such a form by mail should request one from Marion K. Duffy, Election Board Chairman, Bureau of Indian Affairs, Great Lakes Agency, Ashland, WI 54806 (Telephone 715-682-4527 ext. 401) or Tammy Pecore, Election Board Member, Child Support Office, 203 W. Main St. Bowler, WI 54416 (Telephone 715-793-

4036) or Robert D. Little, Election Board Member, North Star Casino, W12180 County HWY A, Bowler, WI 54416 (Telephone 715-787-2535).

The registration form must be received by the secretarial election board no later than 4:00 p.m. on May 21, 2014.

Stockbridge-Munsee Tribal Members who are at least 18 years of age on June 21, 2014, who reside within the original confines of the Stockbridge-Munsee Reservation, and who have registered with the secretarial election board will be entitled to vote.

If a registered voter is unable to vote at the polling place, Stockbridge-Munsee Tribal Government Office, because of temporary absence from the reservation, illness, or physical disability, the individual may vote by absentee ballot. Requests for absentee ballots must be designated on the Absentee Ballot Request form.

Election results will be posted at the Stockbridge-Munsee tribal Government Office, Bowler, WI and the Bureau of Indian Affairs, Great Lakes Agency, Ashland, WI.

Marion K. Duffy
Election Board Chairman
Secretarial Election Board

Where are These People?

The Stockbridge Munsee Sewer and Water Department is developing a Personal Onsite Wastewater Treatment Systems (POWTS) program.

Through this program all Stockbridge Munsee Tribal Members living on the Reservation or in Shawano or Menominee Counties will have the opportunity to have their septic tank pumped and have the tank and drain field inspected at no cost.

We plan to devise a list of deficiencies with each individual system and then have them repaired at no cost to the home owner.

The inspections will take place in the summer of 2014 and the repairs, if needed, will take place in the summer of 2015.

We are having some trouble determining the type of wastewater system the following people may have and ask that the people on the list below please call the Stockbridge Munsee Division of

Community Housing office so that we make sure you are included in this program:

Bennet, Eugene Gilbert
Bruegl, Cheri Lynn
Burr, Patricia Ann
Davids Jr., Glenn Lee
Delabruue, Karla Kay
Garczynski, Heidi Ann
Hayes Jr., Harold Gust
Martin, Grant Joseph
Martin, Roy Harvey
Pecore, Richard James
Rudesill III, Thomas Allen
Rusch, Jerry Lenore
Shawanokasic, Kathleen Grace
Sparks, Anthony Glenn
Spiegel, Malcolm Davids
Tousey, Deborah Helene
Wahsquonaikeshik, Annette Marie
Waukechon, Cindy Marie
Zelton, Megan Joy

If your name appears on this list please call the Stockbridge Munsee Division of Community Housing at 715-793-4219 to make sure you qualify for this service. **If your name is not on this list, you are already included in the program.**

The Secretarial Election will be held on Saturday, June 21, 2014. All Tribal members, 18 years of age or older on election day, living within the two townships of Bartelme and Redsprings can vote as long as you **register to vote** when you receive your packet from the BIA. The last day to **register to vote** is May 21, 2014. Any questions call Tammy Pecore 715 793-4036 or Bob Little 715 787-2535.

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 off 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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Mohican News welcomes articles, letters, photographs, and any publishable items of interest to Native Americans. All materials to be returned should be accompanied by a return self-addressed envelope with sufficient return postage.

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STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

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Sealed Bids

Family Services Program is looking for sealed bids for "1st Annual Community Fatherhood Day" June 7, 2014

30 gray T-shirts sizes
3- Medium
5- Large
7-xlarge
5 -2xl 7- 3xl 3- 4xl

T-shirt design for event:
"1st Annual Community Fatherhood Day"
June 7, 2014

Printing costs for t-shirts

Please send all sealed bids to:
Crystal Malone
Assistance Director of Economic Support
P.O. Box 70
Bowler, WI 54416
Deadline is May 15, 2014 at noon

Sealed Bids

The Mohican Pow Wow Committee is looking for bids for a total of 300 shirts (Ladies A- shirts 50) (T-Shirts 250)

Of various sizes.

Please mail bids to:
Mohican Pow Wow Committee
N8476 Moh He Con Nuck Road
PO Box 70
Bowler, WI 54416
Deadline May 25

Vets Memorial Day Activities

Decorate Graves:

The Mohican Veterans will remember all of our fallen veteran warriors by decorating their graves at all of our cemeteries starting at the Stockbridge Burial Grounds and Red Springs Cemetery at 9:00 a.m. Also that evening we will have a Civil War Remembrance Ceremony starting at 7:00 p.m. on May 24, 2014.

Memorial Day May 26, 2014:

Mohican Veterans will participate in the Parade on Main Street in Gresham starting at 10:30 a.m.

At 2:00 p.m. they will conduct a Memorial Day Ceremony and Dedication at the Stockbridge-Munsee Community Veterans Memorial, W12790 County Highway A, Bowler, Wisconsin.

The Mohican Veterans will honor the memory of our Veteran Warriors and dedicate the Memorial with an additional Ten Memorial Bricks. We will be honoring the new veterans on the wall by reading their names. We still honor all Veterans on all Memorial Bricks.

Other Veterans groups from the surrounding area will also honor our veterans with their attendance.

All Community members and fami-



Public is Welcome:

On Saturday May 24th, 2014 from 7-9 PM, the Mohican Veterans will host a National Park Service Civil War commemoration of the 1864 Overland Campaign in Virginia as a part of the nationwide Civil War sesquicentennial commemoration at the Stockbridge-Munsee Community Veterans Memorial located at W 12790, County Rd A. Bowler WI.

At 7 PM the program will start with coffee and cake and lighting of luminaries, we will tell stories of our ancestors and listen to our guest, Historian; James Blankenship Jr. Park Ranger from the Petersburg National Battlefield, VA. At 9:00 PM taps will be played here and nationwide.

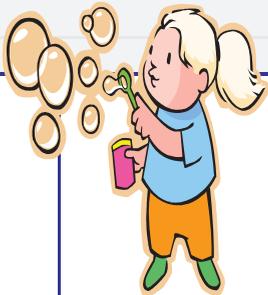
The Stockbridge-Munsee Com-

munity members and families of Veterans are invited. Relatives of Veterans with Memorial Bricks are especially encouraged to attend. The ceremony will be followed by a potluck luncheon (bring a dish).

Robert D. Little, Commander
Mohican Veterans

community, Mohican Veterans and the Menominee Nation Veterans are one of the eight (8) partner communities' nation wide and along with three national parks in Virginia where the National Park Service will present a program Reverberations, to illustrate the devastating impact of the Civil War on communities across the country. The Stockbridge-Munsee Band of Mohicans and the Menominee Tribe of Wisconsin were two of many Native American Indian Tribes which fought in the Civil War. More than 20,000 Native Americans fought in the war. These two tribes sent warriors who are counted among the 600 Native Americans from Wisconsin that fought for the Union though other Native American tribes fought for the Confederacy

Food Distribution will be closed June 6-19

ASP K-4 th gr.		May 2014		# 793-4085		
S-M Family Services at MFC				Staff: Lai Lonnie, Linda & Pun'kin		
Sun	Mon	Tue	Thu	Fri	Sat	
	3:30 – 4PM Gym 4::00 Wash Up/Snack 4:10-4:30 Reading 4:10-5 PM Homework Tutor Help Available		1 Summer Planning Review-Options Youth/Families Discussion	2 Free Choice Day Gym Movie & Pop Corn Nutrition Lesson	3	
4	5 Language 2:30 – 3:30 Sewing / Beadwork Youth's Choice 4:30-5:15	6 K-1 st Make a Let's Stay Healthy Poster	7 My Drugs Fact Book Commercial Tobacco 2 nd – 4 th gr.	8 Board & Card Games	9 Free Choice Day Gym Movie & Pop Corn Nutrition Lesson	10
11 Happy Mother's Day	12 Language 2:30 – 3:30 Sewing /Yarn	13 K-1 st Stairway to Good Health Game Behavior vs.- Consequences Introduce and create game pieces/cards	14 My Drugs Fact Book Dangers of Sharing Rx Drugs 2 nd – 4 th gr.	15 Chalk Drawing Sidewalk Prevention Msg.	16 TBD-Date Not to conflict w/Little League DJ SHUFFLE 2gr. Hosting Karaoke 3:30 – 5:30 PM Nutrition Lesson	17
18	19 Language 2:30 – 3:30 Sewing / Plastic Canvas	20 K – 1 st Stairway to Good Health Game Behavior vs.- Consequences Review and play game	21 Put an End to Bullying Words Have Power 2 nd – 4 th gr.	22 Balloon Volleyball	23 Free Choice Day Gym Movie & Pop Corn Nutrition Lesson	24
25	26 Memorial Day HOLIDAY CLOSED	27 K-1 st How Body Size Affects Medicine Dosage Science Experiment	28 Character Counts Set a Good Example 2 nd – 4 th gr.	29 Bubble Gum Blowing Contest	30 Free Choice Day Nutrition Lesson * Subject to change	31

Elder Wisdom



Terrie J. Church

Terrie J. Church, age 52, of Janesville, WI passed away Wednesday, April 30, 2014 at her home. She was born January 15, 1962 in Beloit, WI the daughter of the late Earl and Rosella (Krueger) Church.

After high school Terrie served in the US Army. She then went to college and received an associate degree in Administration Assistant. After the college she worked at Monteray Mills in

Janesville, WI and then at Carl's Place in Milton, WI.

Terrie was a enrolled member of the Stockbridge-Munsee Band of the Mohican Nation. She is survived by her children: Quinn Church of Milton, Brandy Church of Janesville and her children: Joseph, Trevion, Ariana, Eric Jr., Cam Ron, and Caysen, Marshall Uhe of Janesville and his children: Marshall, Izabel, and Xavior; brothers: Earl Church of Janesville, WI, Robert Church of Beloit, WI, Mark (Cindi) Church of Arizona, and Greg (Anna) Church of Janesville, WI; sisters: Lorraine (Sam) Stone of Arkansas, and Sandra (Robert) Niemuth of Delavan, WI; a multitude of nieces, nephews, great nieces and nephews, and great-great nieces and nephews;

She was preceded in death by her parents: Earl and Rosella Church; A Celebration of Life visitation was held Tuesday, May 6, 2014 at the Albrecht Funeral Homes & Cremation Services, Milton.



Lenore C. Miller

Lenore Catherine Miller, age 81 of Bowler, passed away Monday, April 21, 2014 after a courageous battle with cancer. Born on March 20, 1933 in Neenah, she was the daughter of the late Helmer and Aurelia (Krause) Hoffman. On April 24, 1954 she was united in marriage to William H. Miller in Menasha. He preceded her in death on April 11, 1993. Lenore lived in the Stockbridge-Munsee Indian Community in Bowler for the past 40 years. She was a member of the St. Anthony's Catholic Church in Neopit and had worked as a secretary at the Stockbridge-Munsee Elderly Center for five years. She was a devoted wife, mother and grandmother who will be dearly missed by all who were fortunate enough to be a part of her

life. Lenore will be remembered for her Christian values, warm hugs, kind heart, beautiful smile and ever optimistic outlook on life.

Lenore is survived by: her nine children, Bill Miller of Nashville, TN, Cathy (Alan) Caldwell of Gresham, Robert (Linda) Miller of Wittenberg, Donna (Richard) Brown of Sun Prairie, Terri (Doug) O'Connor of Poynette, Christopher (Candi) Miller of Gresham, Stacy Miller of Missoula, MT, Clinton Miller of Bowler, Cheri (Benny) Bowman of Gresham; 21 grandchildren; 19 great-grandchildren; and a brother, Bill Hoffman of Menasha.

Lenore was preceded in death by: her husband, William; a grandson, Dante Miller; her parents; and a brother, Jim Hoffman.

Funeral services were held April 24, 2014 at the St. Anthony's Catholic Church in Neopit with the Rev. David McElroy O.Praem and the Rev. Melinda Shriner officiating. Inurnment will be in the Stockbridge Indian Burial Grounds. Swedberg Funeral Home in Shawano is assisting the family with the arrangements.

The family wishes to give their heartfelt thanks to the Birch Hill Care Center staff and Theda Care Hospice nurses for their loving care of Lenore and for the kindness and support they provided to her family during their time of need.
www.swedbergfuneralhome.com

On the Trail Home



Nelda Lu Jacobs

Nelda Lu Jacobs, age 69 of Bowler, passed away Sunday, April 27, 2014 in Green Bay. Born on August 16, 1944 in Sturgeon Bay, she was the daughter of Gretta (Tousey) Jacobs and the late Howard Jacobs. Nelda worked as a cashier for the Little Star Retail Store. When not working at the store, Nelda loved being with children, she drove bus for the church kids, volunteered at the Family Center for Kids and helped with the Head Start Program. She also enjoyed spending time with her family as well as reading, crocheting, knitting, sewing, doing

beadwork and other crafts. Nelda was an amazing cook and will be remembered for making the best fry bread ever.

Nelda is survived by: her very special friend of 16 years, Roger Winkle of Chilton; her son, Gwendal Jacobs of Bowler; her mother, Gretta Jacobs of Bowler; 5 siblings, Clyde (Betsy) Jacobs of MN, Rosella Schaaf of Bowler, her twin brother Neil "Muncie" (Claudia) Jacobs of Shawano, Euretta "Buzzi" Rollins of Bowler, Gearold "Bear" (Vicki) Jacobs of Amery; and numerous nieces, nephews, cousins and friends.

Nelda was preceded in death by: her father, Howard Jacobs; and a sister, Sugar Zimmerman.

Funeral services were held Wednesday, April 30, 2014 at the Assembly of God Church, Morgan Siding with the Rev. Randy Stocksdale officiating. Burial is in the Red Springs Cemetery. Visitation was held at the Swedberg Funeral Home in Gresham on Tuesday and at the church on Wednesday until the time of the service.

www.swedbergfuneralhome.com

American Indian and Alaska Native death rates nearly 50 percent greater than those of non-Hispanic whites

Death records show that American Indian and Alaska Native (AI/AN) death rates for both men and women combined were nearly 50 percent greater than rates among non-Hispanic whites during 1999-2009. The new findings were announced through a series of CDC reports released by the American Journal of Public Health.

Key findings:

- Among AI/AN people, cancer is the leading cause of death followed by heart disease. Among other races, it is the opposite.
- Death rates from lung cancer have shown little improvement in AI/AN populations. AI/AN people have the highest prevalence of tobacco use of any population in the United States.
- Deaths from injuries were higher among AI/AN people compared to non-Hispanic whites.
- Suicide rates were nearly 50 percent higher for AI/AN people compared to non-Hispanic whites, and more frequent among AI/AN males and persons younger than age 25.
- Death rates from motor vehicle crashes, poisoning, and falls were two times higher among AI/AN people than for non-Hispanic

whites.

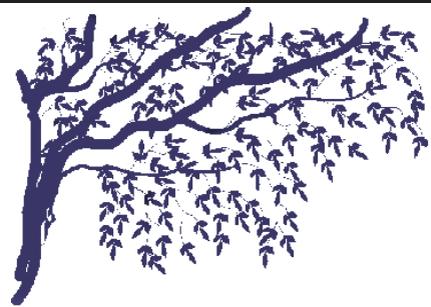
- Death rates were higher among AI/AN infants compared to non-Hispanic whites infants. Sudden infant death syndrome and unintentional injuries were more common. AI/AN infants were four times more likely to die from pneumonia and influenza.

"The new detailed examination of death records offers the most accurate and current information available on deaths among the American Indian and Alaska Native populations," said David Espey, M.D., acting director of CDC's Division of Cancer Prevention and Control.

The report concludes that patterns of mortality are strongly influenced by the high incidence of diabetes, smoking prevalence, problem drinking, and health-harming social determinants. Many of the observed excess deaths can be addressed through evidence-based public health interventions.

For information on CDC's efforts in cancer prevention and control, visit <http://www.cdc.gov/cancer/>.

Visit Healthcare.gov to learn more.



Misty's Traditional Medicines



Nettle Burdock continued:



Take a dropper and drop ten drops of the burdock root tincture and ten drops of the stinging nettle tincture into a two inch piece of wax from the honeycomb. Mix together with your fingers and the heat from your fingers will melt the wax enough to infuse the Medicines into the salve.

After it is mixed together, put it in a small jar. Boil 1 cup of water and pour it into a small bowl. Immerse the jar of Medicine half-way into the bowl of water. This will warm the mixture just enough to finish infusing the Medicines into the wax.

When it is needed, touch fingers onto the salve and the heat from the fingers will melt it enough to rub on sore areas. This salve can also be reheated by immersing the jar in warm water for easier application. This salve can be stored at room temperature for three weeks.

WILD ONIONS



Onions
Photo taken in spring
Native Word, Wiinoonzhuyak

Usage

Any kind of onion can be used to treat pneumonia especially in babies by pounding up one large onion in a cloth bag so it will not spill out on to the person, heat it up with a flat iron and apply it to the chest of the baby. The onions will turn black and draw out the pneumonia.



Onions can also be used for fever reduction by cutting up one large onion and putting half on the bottom of one foot and half on the other foot and wrapping them for the night. By the morning, the fever will be gone and the onions will have turned black. The onions can also be chopped up and placed on the feet as well.

There are many stories from our people about the healing properties of onions, a very commonly used Medicine of our people.

Preparation

Onion cough syrup, good for coughs and congestion, can be made by chopping up one large onion, boil it for five minutes, add sugar, honey or maple syrup, boil down further until it is very thick and use the juice as a cough syrup. The consistency of this cough syrup is thicker than that of today's cough syrups. Take one tablespoon full as needed.

Preservation of Onion Cough Syrup

This Medicine can be refrigerated up to two weeks and it can be used as needed. Before refrigeration, a little whiskey was put into the cough medicine to preserve it so it would not spoil at room temperature.

PINE SAP-PINE PITCH



Pine Sap-Pine Pitch
Photo taken in August
Native Word, Pkuw meaning gum.

Gathering Pine Sap

Any kind of pine sap from any kind of pine tree can be tapped straight from the tree by taking a small glass bottle and piercing the sap blisters on the tree with a hot needle that has been warmed up with a lighter and letting the pitch run right into the bottle. The sap can also be scraped off the tree from the blisters. Pine sap is easily gathered on very hot 90 degree days where it seems to run like maple sap because it is very thin at this temperature. This poultice can be saved in a covered jar at room temperature for later use when needed.

Usage

Any kind of pine sap from any kind of pine tree can be used as a drawing agent for pulling slivers out from under the skin. Apply pine pitch to cover the area where the sliver entered, cover with a bandage, and it will draw out the sliver. Reapply a few times a day as needed until the sliver comes out.

Pine pitch will also draw out infection from a sore by applying it to cover the sore, covering it with a bandage overnight and reapplying it as needed until the sore is healed. It will also heal a non-infected sore with the same application.

Pine sap will help a cough by dropping three to four drops onto a teaspoon full of sugar and swallowing it. Dave Besaw recollected that Ella said, "Don't take too much pine sap because too much is not good for you. Just one of these doses will be enough."

PLANTAIN



Plantain
Photo taken in August
Many of our people call this "Plantain Leaf and Planter's Leaf"
Native Word, Aanayaskw meaning path weed.

Everywhere the white man's path went, this weed followed.

Plantain is a very common Medicine that many of our people mention when asked about medicines. There are many stories of people who had severe cuts and sores that were infected that plantain cured.

Gathering Plantain

Plantain grows abundantly all over our area right in yards and short grassy areas. This can be used all summer long when it is fresh and can be gathered as needed. This plant can be entirely uprooted when gathering it and the entire plant root and all can be used. Usage Topically

This Medicine is used topically as a poultice for healing sores, cuts, blood poisoning, and to draw out infections and boils because it has antibiotic properties. Take a leaf of the plant, rub it together in your hands until it gets wet and oily, place this poultice directly on the sore, layer that with fresh Plantain leaves, and cover it with a bandage. Refresh it two times a day until it is healed. Plantain also helps improve eczema and skin problems. Layer the leaves on the affected areas, cover, and replace twice a day until it is cleared up.

Usage Internally

Plantain is also used internally to help stop diarrhea by steeping one tablespoon of Plantain in one cup of water for ten minutes and drinking it until the symptoms have improved depending on the severity. For mild symptoms, one cup should be taken and up to three cups per day for symptoms that are worse.

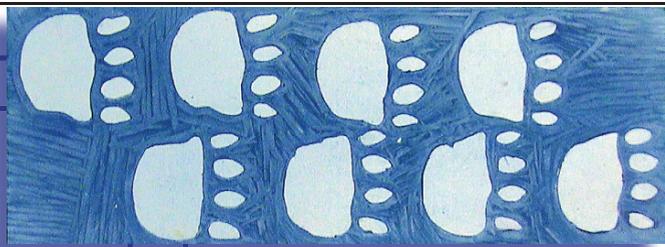
Another use for this Medicine is as an oral antibiotic tea for internal infections. Steep one tablespoon of the Plantain to one cup of water and drink it once a day until the infection is cleared up. This is the same as taking an oral antibiotic. This tea can be refrigerated for up to two weeks.

Preservation

It cannot be dried and used throughout the year because Dave said, "It goes to paper" meaning it wilts away to practically nothing making it difficult to use. Some people pick it and freeze it to use throughout the year.



Arvid E. Miller Library Museum



Bits of History

Tribal Women: Yesterday, Today, Tomorrow Stockbridge-Munsee Women, Dated 1973

This is a series of statements made by Stockbridge-Munsee women as they recalled the life of women in their day, their mother's day, and their grandmother's day.

MARRIAGE

Some of the tribal elders discussed marriage. One woman said, "I think I got married 'cause I didn't want to be an old maid. I think they set an age, yeah. 'Cause so many of 'em were worried about being old maids".

A woman born about 1900 told of when she was married: "Yeah, my husband very tremblingly went—he was so scared, he had to go ask dad and mother; well, my dad says, "You aren't gonna marry her; you're gonna wait until she's sixteen." I would be sixteen in a month or so, December, so we waited. We done better than that, we waited until February. It was such a bad storm that the wedding guests couldn't hardly get home. I'll never forget that.

Another woman spoke of her wedding that took place about 1900: "I was twenty when I got married. My husband was twenty-one. Yeah, we got married in the Lutheran Church, in the parsonage."

Some women discussed divorce in answer to question, What happened to people who didn't get along when they were married? One said, "Well, they just separated; but they seldom separated." Another said, "They

got divorces, pretty near the same as now. But they didn't cost as much as they do nowadays, I guess, but not very many got 'em then. You're suppose to stay with your wife, you know, just as long as you live, but they used to get divorces just the same." Someone else said, "If people didn't get along when they got married, I guess they just separated. I remember hearing about people getting a divorce, but not to often. I don't think divorce was so common then as it is today."

The woman who spoke of the cost of divorces also said, "If there was no husband in the family, say, If there was just a wife and the children, and the husband had died, the woman would have to go out and work hard to take care of them, that's all. There wasn't no way of getting help; they didn't get help them days. You'd have to go out and work somewhere and take care of your children. That's why I say now it's better than it was them days, 'cause you used to have to go out and hoe and do things for somebody, or wash from place to place, or clean house to keep a eatin'."

One of the speakers also commented on women supporting themselves; "Oh, there was lots that supported themselves. They used to go and cut them little balsam, pile them up, and somebody'd come along and load 'em up and they'd take them to Shawano and sell 'em. That's the way they used to do."

Submitted by; Yvette Malone, from the History Records of the Arvid E. Miller Memorial Library/Museum

Do You Have Photos?

We are looking for any photos of the Library/Museum when it was located in the Land and Enrollment building.

If you have some and would like to share them with us, can you please contact the Arvid E. Miller Memorial Library/Museum at: 715-793-4834 or 715-793-4270



Recipes by Headstart Children

Taken from April-May 1976 *Quina-Montha News Letter*

POTATO SOUP

You cook potatoes, add corn and meat and peanut and put some milk and cook 2 hours and minutes in the morning.

By Cheryl Rudesill

BROWN SOUP

4 brown chickens, 3 black cakes. Cook and eat it.

By Kelly Wamboldt

TOMATO SOUP

1 pail of chocolate, 2 loaves of bread, 14 tomatoes, 10 cups of salt.

By Lonnie Srieber

CHICKEN NOODLE SOUP

Start with meat, and noodles, and with beans, and with sugar, put in it. That tastes good. Put dumplings in it. Put a little bit of water in it. Cook on the stove. Put it in a pan so you don't burn it. Cook it 4 minutes.

By Shawn Moede

SOUP

Stir it and put it on the stove. Put chicken and dumplings in the stove. Put onions in there. Cook the soup. For 6 hours. Put it in a bowl.

By Michele Pecore

POTATO SALAD

Put some carrots and radishes and some salad dressing, and cook 10 minutes and then put it on the table.

By Trena Heath

MACARONI AND CHEESE

Slice some cheese up, put noodles in it. Put it on the oven. Cook 5 minutes. Put it on some dishes.

By Biscuit Welch

PORK AND BEANS

Put steak in the frying pan. Put salad dressing in the frying pan/ put meat in there. Put pork and beans in a different pan. Cook it in the kitchen on the stove. Cook it 8 minutes.

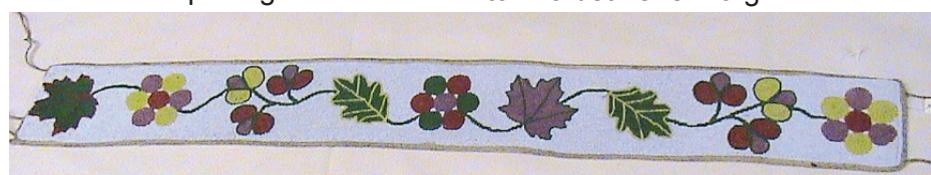
By Elmer Welch

Submitted by: Yvette Malone

Did you Know ?

There was a Ribbon Cutting & Grand Opening Celebration

on May 3, 2014 for "Moh-He-Con-Nuck Nature Preserve" in Selkirk, New York. Email: parks@townofbethlehem.org



This memo was found in a tribal office newsletter from 1980

honor our leaders, historical and present-day, with appropriate ceremonies each year.

MEMORANDUM
April 26, 1980

TO: Stockbridge-Munsee Tribal Council
FROM: Stockbridge-Munsee Historical Committee
SUBJECT: Tribal Holidays

In response to your request, the Stockbridge-Munsee Historical Committee would like to make the following recommendations for tribal holidays:

MARCH: STOCKBRIDGE DAY
On March 17, 1734, the Mahikan or Housatonic Indians acquired the two tracts of land now known as Stockbridge, Massachusetts, and thereafter were known as the Indians from Stockbridge, or Stockbridge Indians.

FEBRUARY: SACHEM DAY "Sachem" is an Algonkian word meaning leader, and George Washington is honored as the first leader of the United States. We therefore feel it appropriate that we should

OCTOBER: THIS LAND IS OUR LAND DAY On October 9, 1972, some thirty-four years after its first introduction, the Farm Security Administration (FSA) bill was signed by the President. It gave the Stockbridge-Munsee title to 13,077 acres of land to be held in trust for our tribe by the U.S. government.

1st Annual Community Fatherhood Day Celebration

June 7, 2014 Many Trails Park

10 A.M. - 2:30 P.M.



Light Lunch, Poster Contest, Scavenger Hunt, Door Prizes

Fatherhood is: Sacred. You provide. You are our honorable protectors. You are our teachers, and givers of valuable lessons that help us become responsible leaders. You help us gain confidence to do well.



**You help bring strength to your families and our community.
Anushiik!**



Fun with Words, Words, Words!

- * Police were called to a daycare where a three-year-old was resisting a rest.
- * To write with a broken pencil is pointless.
- * A thief who stole a calendar got twelve months.
- * We'll never run out of math teachers because they always multiply.
- * The professor discovered that her theory of earthquakes was on shaky ground.
- * If you take a laptop computer for a run, you could jog your memory.
- * A bicycle can't stand alone; it is two tired.
- * A chicken crossing the road: poultry in motion.
- * When a clock is hungry it goes back four seconds.
- * A boiled egg is hard to beat.

Stockbridge-Munsee Family Services/ Domestic Abuse

ABUSE EFFECTS THE WHOLE COMMUNITY

- Supportive Advocacy
- Emergency Transportation to Shelter
- Restraining Order Assistance
- Abuse Education
- Information and Referral
- Community Education
- Education Planning
- Forecasting

*Need to talk or need support
please Call: Client Services
Advocate :*
715-793-4863 or 715-881-0488 or
715-793-4780

Statewide Shelter Hot Line
800-236-7660

National Dom. Abuse Hot Line:
800-787-3224 or 800-799-7233

[N8476 Moh He Con Nuck Rd,
P.O. 70
Bowler, WI 54416](#)

~ MFC REC May 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	M, W, Th. Sweaty sisters exercise class @ 5:00	M-F3:30-4 ASP Gym Time	M-F 12-1 Noon Ball	1 7 Bible study 1-9 6 TH -12 TH grade UWSP 1491 show	2 6-8 Movie Time	3 6-2 Weight Room
4 closed	5 4-8:45 Open Gym	6 7-9 Sports Training	7 4-8:45 Open Gym	8 7-9 Sports Training	9 6-8 Movie Time	10 6-2 Weight Room
11 closed	12 4-8:45 Open Gym	13 5 Family Fun Night	14 4-8:45 Open Gym	15 5 Language/Culture feast 7 Bible study 7-9 Sports Training	16 3:45-11:00 3-12 th Grand Lodge trip	17 6-2 Weight Room
18 closed	19 4-8:45 Open Gym	20 7-9 Sports Training	21 11-2 National Employee Health/Fitness Day	22 7-9 Sports Training	23 6-8 Movie Time	24 6-2 Weight Room
25 closed	26 Closed Memorial Day	27 7-9 Sports Training	28 4-8:45 Open Gym	29 7-9 Sports Training	30 10-2 Senior Health Day 6-8 Movie Time	31 6-2 Weight Room

School Happenings



When Gresham Community School's reward trip to the park fell through due to rain, Teacher, So Happy Davids, contacted the Mohican Family Center and the kids were able to come and play for a few hours for their reward.



Jack Samuelson, teaching fifth-grade students at Bowler Elementary about Lego robotics. Samuelson also taught lessons at other elementary grade levels and conducted a Science Family Night during his three-day stay at the school.



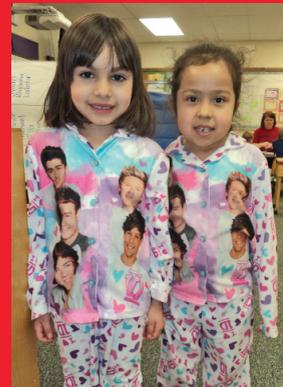
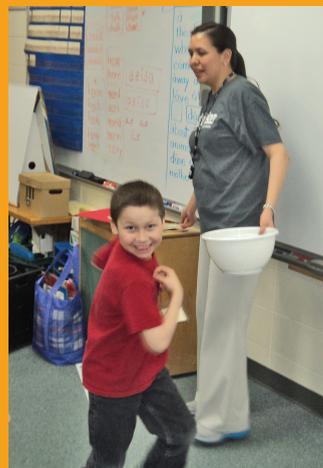
Bowler Science Family Night held recently at the Family Center. Teachers Chris Fuller and Brittany Knueppel help students and their parents construct catapults as Jack Samuelson, kept a watchful eye.



Farm Safety Presentation recently at Bowler Elementary by Keith Wilson. Fifth grader Kaitlyn Pingel chooses between a toxic and non-toxic substance from two jars which look virtually identical, illustrating how easy it can be for people to accidentally drink a dangerous substance.



Nutrition classes conducted for grades K-4 at Bowler Elementary, taught by Jennifer Gauthier of the University of Wisconsin-Extension. Right: First grade student, Hunter White, dashing away from the fruit bowl.



Spirit Week
Miley Moreno and Nancy Mujica surprisingly wore the exact same pajamas during Pajama Day at the school.



Jurni Meek and Kayla Pecore, showcased their pajamas.



On February 28th, the 1st and 2nd grade classes from Gresham Community School attended the BEJA Shriners Circus in Green Bay. This picture shows the children presenting thank you quilts to "Jimbo" the Clown. The quilts were created by the students, during their writing time, to share their favorite part of the day. The quilts were then presented to the Village of Gresham, the Women's Club of Gresham, Ebert's Garage, Gresham Townmart, Gresham Auto Center, Gresham Hardware, the Gresham State Bank, and a few anonymous donors to thank them for making this trip possible.



J a z m y n e Brown, a seventh grader at Bowler Middle School who competed very well in the state Geography Bee recently in Madison was one of only 100 middle-schoolers in the state who earned a right to compete in the state competition.



Happy Birthday Kanum Vele
Congratulations on your efforts at the Finance Bowl



Home For Sale

Asking Price \$33,000

- Home built in early 70's
- Appliances included
- Single car detached garage
- Central Air
- Stick built home
- Full Basement

For a showing please contact Bob @ 715-610-2154



Congratulations to Lakota Lenz on your high school graduation and many academic and extracurricular achievements!

Lakota is the daughter of Mike and Trish Lenz and granddaughter of Jo Ann Schedler. She is graduating from Nathan Hale H.S., West Allis, Wisconsin in June of 2014 with a Dean's Academic Scholarship of \$44,000. Lakota was selected as the cheer leader captain twice and she received the "Most Valuable Cheerleader" recognition, the "Leadership Award", the "Advanced Placement Scholar" award and the "All American" recognition. She will be attending Alverno College for secondary education this fall.

2014 BOWLER SPRING POWWOW

MAY 16, 2014

1PM-3PM



Drums:
Young Chiefs
Nanapowew

Colors By:
Mohican Veterans

Concessions:
Indian Tacos,
Blanket Dogs
and Frybread

Public Welcome!



Contact Info:
Bowler School
715-793-4101

Head Staff

MC: Harold Katchenago

Area director: Jeff Vele

Male Head Dancer: Lane Schultz

Female Head Dancer: Lauren Putnam



Employees of the Month for the month of February at North Star Mohican Casino Resort were, top: Jodi Miller, Marketing Department and, bottom: Sandra Ritter, Hotel Department.



Sorry!

We misspelled
Leikyn Winona
Vele's name
in the April 15
Happy Ads



Diabetic Nurse Educator Whitney Schreiber (photo on left) lent her diabetes knowledge to the event and dietitian Margie Peiper (upper photo) provided a healthy meal that was nutritious and tasted good!

Thanks to both ladies!

Health cont from page One:

Dr. Larsen said his job is to keep feet where they are so patients can keep using them to stay healthy. Foot health is really important because that's what keeps you mobile, keeps you active and independent. "Not only that, but it keeps you healthy and it decreases the rate of decay of the body as you age," he said. According to Larsen, aging and decay are two different things. Aging is that clock ticking and the calendar that keeps flipping over. It's that birthday that you can't change. But he explained that decay is something that we're starting to find that is very controllable and the controllable part of that is physical motion.

A big part of physical motion is having good foot health and part of good foot health is having shoes that fit and feel great, that don't create injury or pain to feet. Dr. Larsen says he gets a lot of questions about how to find a shoe that fits. He explained that there are a number of types of shoe shapes. "Everything from what we call a curve lasted shoe to a semi curve lasted shoe to a straight lasted shoe (the "last" of a shoe is that curve on the instep). Larsen said curve lasted shoes are usually made for people with high arch feet. "Nike and Reebok are notorious for curve lasted shoes. So if you have a flat foot and you're trying to put your foot into a Nike shoe, you're trying to put a square peg in a round hole," Dr. Larsen explained.

He talked about "Nike Air Natives," saying they are better because Nike actually did a consultation to find out how to make their shoe fit native people better. He says they figured it out and were able to show that native people needed a different shoe. Shoe shape,

straight lasted shoes, low arch to flat foot...these are the shoes that are going to serve most native people pretty well. Dr. Larsen said he doesn't get too concerned about brands of shoes because he looks at how the shoe fits.

He said most better shoes on the market right now have an insole that comes out of the shoe. Dr. Larsen said he recommends, "take that insole out and slap it on the ground and stand on it before you try the shoe on." He said it's going to tell you a lot of things; it's going to tell you if it's long enough (Dr. Larsen said typically it the insole should be at least a finger's width beyond the end of your toes. "If can you get a thumb, it's probably even better because your feet are going to swell, your feet are going to change throughout the day so you're always going to have that fluctuation; everybody gets that," he explained. Dr. Larsen said if the insole seems right, then you should try the shoes on and give them a "test drive." "You should spend ten or fifteen minutes in the shoe before you say, this is the one I want to take home," Larsen explained. According to Larsen, you should not have to have a very big break-in period for shoes. "It's really important to realize that this peg and hole theory is going save a lot of confusion for you. You don't necessarily have to stick to one brand; that little insole inside is the best template we can give you to figure out whether or not the shape of the shoe is right for your foot," Larsen explained. "So, if you spend the time, pulling the insole out and putting it on the ground in front of you and figuring out that hey, this template shows that my peg, matches the hole that I'm going to put my foot in, you've got a great great start," Larsen explained.

Drugs cont from page One:

be referred for treatment. Axt said they will be doing a prescription drug abuse risk assessment screening; the method is called SBIRT: Screen, Brief Intervention, Referral for Treatment.

Malone indicated reviewing patient's drug screening and determining whether the findings are minimal or extreme will determine what course of action is necessary. "If it appears minimal, we will recommend a brief intervention, perhaps more education; or if it appears more serious, we will refer the patient for treatment," Malone explained

Axt indicated patients will have to sign a form that they understand the risks and benefits of the

medication and a consent form. He said there will be an agreement to set expectations both for the patient and for providers (Doctors, Pharmacists, Nurses, etc.) that will be developed between patient and providers with goals and a treatment plan.

Malone said, "We want to treat our patients for their pain, we want to be able to treat pain but help lower the risk of substance abuse and addiction." "Use pain medications to help relieve pain as patients do things to help themselves heal and get better," Axt added. Malone and Axt referred to the new policy saying the policy is to assess for improved quality of life, improvement of symptoms, improved physical function and improved psychosocial function.

National Motorcycle Safety Awareness Month

Drivers urged to share the road, riders urged to get licensed

With winter weather finally over, motorcyclists are ready to kick off this year's riding season. More than 515,000 Wisconsin residents have motorcycle licenses or permits and more than 390,000 motorcycles are registered in the state, according to the Wisconsin Department of Transportation. As motorcycles continue to grow in popularity among men and women of all ages, safety is a constant concern. Last year, 84 motorcycle riders and passengers died in Wisconsin traffic crashes, which was a 28 percent decrease from 2012 when 116 riders and passengers died in crashes.

To protect themselves and others on the road, motorcyclists need to get trained and ensure they have the legally required motorcycle endorsement on their driver's license. About 35 percent of motorcyclists' fatalities from 2003 to 2012 in Wisconsin involved riders who had not completed the safety training or skills test required to obtain a motorcycle endorsement on their driver's license.

To reach out to riders and motorists around the state, the WMSP will hit the road again this year with its mobile training facility, called THE REF (Transportable High-End Rider Education Facility).

ATTENTION PET OWNERS

IT'S THAT TIME OF YEAR AGAIN TO GET YOUR CATS/DOGS VACCINATED!

WHERE: S/M HEALTH & WELLNESS CENTER (GARAGE)

DATE: Saturday, June 7, 2014

TIME: 11:00 am-12:30 pm

<u>K-9/Dog Prices</u>	<u>Feline/Cat Prices</u>
Rabies- \$ 12	Rabies- \$12
Distemper- \$18	Distemper- \$15
Bordetella- \$16	Feline Leukemia-\$20

Please Make Checks payable to: Birnamwood Veterinary Clinic

*Services provided by: Dr. Wendy from Birnamwood Veterinary Clinic

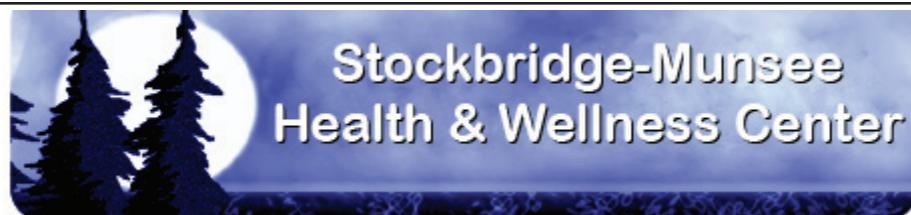
Any questions please call Julie Casper-CHR at 715.793.5013

*** VACCINATION IS FOR CATS AND DOGS***

FOOD HANDLER'S TRAINING

In order to meet the Stockbridge Munsee Community Tribal Food Code requirements for temporary food handlers, food handler's training must be completed and/or renewed every 2 years. New food handlers and those food handlers that are due to renew their training can now go on-line anytime to complete the required food handler's training course. The Albuquerque Area food handler's training course is available at <http://www.ih.gov/foodhandler>.

The course is free of charge. After successfully completing the training you will be able to print out a certificate of completion. A copy of that certificate must be provided to the Community Health Outreach department located at the Stockbridge Munsee Health & Wellness Center at W12802 County Hwy A, Bowler, WI. If you have questions, contact Margie Pieper (715-893-5006) or Julie Casper (715-793-5013). Training must be renewed every 2 years.



Phacts from the Pharmacy - What's All This Medicine for Anyway?!

By: Rachel Branson, PharmD
Do you ever find yourself staring at that handful of pills in the morning or evening and think, "What's all this medicine for, anyway?" This is not an uncommon feeling. Many people take a variety of medications to treat a variety of different medical conditions and don't know which is for what. When you don't know why you are taking your medicines, it can be difficult to stay motivated to take them.

ciate if you could call ahead and schedule an appointment for the medicine review. The review can last anywhere from 30-60 minutes, depending on what concerns you have about your medicine and how many medicines you are using. If you would like to visit with the pharmacist, we ask that you bring the following with you to your appointment (if possible)

- All of your prescription medicine bottles
- All of your over-the-counter medicine bottles
- All of your dietary supplement or herbal medicine bottles
- Any medicine samples you may be using
- Any devices you use, such as asthma inhalers or blood glucose testing machines
- A list of all the doctors you see
- Dates of recent hospitalizations or emergency room visits
- Any logs you keep at home to monitor your health (blood pressure, asthma, diabetes, etc.)

How can you learn more about your medicines? You can come to the pharmacy for a medicine review with a pharmacist! The review gives you the chance to sit down one-on-one with the pharmacist and review your medicines and medical conditions. The pharmacist can help you understand why you have to take two or three medicines to treat blood pressure or diabetes. The pharmacist can help you manage side effects that you might be having from your medicine. The pharmacist can talk to your provider about getting rid of unnecessary medications or adding medicines that help lower your risk of health problems. You can also ask the pharmacist any questions you might have about your medicines.

A better understanding of your medicine can help you feel better about taking them and make it easier for you to understand changes in your medicine. Pharmacists are a great source of information about your medicine and can help you feel more comfortable about taking your medicines. Call the pharmacy today to set up an appointment!

Do you have a medicine- or health-related topic you'd like to see in "Phacts from Pharmacy"? E-mail pharmacy.phacts.mohicannews@gmail.com with your question on topic!

After your meeting with the pharmacist, you will get a personalized medicine list that includes the name of each medicine, the dose, when you should take it, and what it's used for. More information can be included on this list and the pharmacist will work with you to create the list that best fits your needs! You will also receive a Medicine Action Plan that details any changes the pharmacist and your provider make, such as stopping a medicine, starting a new medicine, or changing a medicine. The pharmacy staff would appreciate

these drinks while taking heart medications.*

Identifying Fatigue

Fatigue- physically or mentally tired. Extreme fatigue can lead to uncontrolled and involuntary shutdown of the brain.

Here are some things to look for in your coworkers to help identify fatigue. Everyone needs your help, because in most cases, people who are under significant fatigue can't identify it themselves.

These include:

- When you're fatigued **you will make errors in judgment.** Your mind or eyes can be off task and you can make a critical error.
- Job performance & Job quality
- Memory & Problem Solving
- Focus & Attention
- Accidents and Errors

Occupational Health

The Occupational Health Department has completed the list for all of the accident free employees for the month of January, February and March! Their names were entered into our quarterly drawing! IF you are a safety conscious person and remain on the accident free list, your name will be entered into our next quarterly drawing to be completed at the End of June. All employees who remain accident free for the whole year will be entered into our yearly drawing that will be completed at the end of December 2014! The winners are: Cory Wallschlaeger, Joseph Haeflinger, Diane Mattingly, Rachel Pecore, Scott Brown

If the winners would like to respond to this email to inform me of where their prize can be dropped off, that would be great!

Thank you all and please remember to be safe; use your PPE, Eye/Safety glasses, gloves, ear protection, sunglasses, sunscreen, lights, reflector/fluorescent vests, use proper technique when lifting, take a stretch break to prevent overuse of the same muscles, sit with correct posture to prevent strains, massage your eyes and take a break from your computer screen to prevent eye strains, any questions comments or helpful hints please contact Joleen or myself!

Thank you,
Princess Vele, RN

Occupational Health Lunch Box Talks

Energy Boosters/Fatigue

Here are some of the ingredients you may find in popular energy drinks and what they do in the body:

- **Ephedrine** - A stimulant that works on the central nervous system. It is a common ingredient in weight-loss products and decongestants, but there have been concerns about its effects on the [heart](#).
- **Taurine** - A natural amino acid produced by the body that helps regulate heart beat and muscle contractions. Many health experts aren't sure what effect it has as a drink additive (and the rumor that taurine comes from bull testicles is false).
- **Ginseng** - A root believed by some to have several medicinal properties, including reducing stress and boosting energy levels.
- **B-vitamins** - A group of vitamins that can convert sugar to energy and improve muscle tone.
- **Guarana seed** - A stimulant that comes from a small shrub native to Venezuela and Brazil.
- **Carnitine** - An [amino acid](#) that

plays a role in fatty acid metabolism.

- **Creatine** - An organic acid that helps supply energy for muscle contractions.
- **Inositol** - A member of the vitamin B complex (not a vitamin itself, because the human body can synthesize it) that helps relay messages within cells in the body.
- **Ginkgo biloba** - Made from the seeds of the ginkgo biloba tree, thought to enhance memory.

Energy drinks are generally safe, but like most things, you should drink them in moderation. Because caffeine is a stimulant -- consuming a lot of it can lead to heart palpitations, anxiety and insomnia -- it also can make you feel jittery and irritable. Caffeine is a **diuretic** -- it causes the kidneys to remove extra fluid into the urine. So drinking an energy drink while you're [exercising](#) can be particularly dangerous. The combination of the diuretic effect and [sweating](#) can severely dehydrate you.

*It is important to ask your medical doctor about the consumption of



AmVets Americanism and AODA essay

Students in Mr. Curran's Social Studies classes recently participated in the AmVets Americanism and drug and alcohol awareness essay contests.

11th grade drug and alcohol awareness contest winners

Lily Miller-1st Place
 Stevie Tousey-2nd Place
 Trae Opper-3rd Place

10th grade Americanism winners

Shayna Kitson-1st Place
 Lauren Putnam-2nd Place
 Lyndsey Agar-3rd Place

10th grade drug and alcohol awareness contest winners

Michelle Krueger-1st Place
 Chemon Rudesill-2nd Place

9th grade Americanism winners

Brooke Breित्रich-1st Place
 David Stemler-3rd Place (Tie)
 Erica Wolf-3rd Place (Tie)

9th grade drug and alcohol awareness contest winners

Lily Miller-1st Place
 Stevie Tousey-2nd Place
 Trae Opper-3rd Place

8th grade Americanism winners

Shilo Kriefall-1st Place
 Isaiah Hynes-2nd Place
 Mathew Olson-3rd Place

8th grade drug and alcohol awareness contest winners

Dakota Malone-1st Place
 Claista Miller-2nd Place

7th grade Americanism winners

Eddie Dispensa-1st Place
 Jazmyne Brown-2nd Place
 Criztal Martinez-3rd Place

7th grade drug and alcohol awareness contest winners

Jada Waters-1st Place
 Jazmyne Brown-2nd Place
 Eddie Dispensa-3rd Place

1st grade Americanism winners

Isaac Curran-3rd Place

AmVets is an area veterans organization. The organization offers schools and youth organizations a resource for teaching children in kindergarten through 12th grade about their American heritage, civics and citizenship. The program includes flag drawing, poster and essay contests that are grade specific and age appropriate. AMVETS and AMVETS Ladies Auxiliary sponsor a series of contests at the local and state level wherein children design flags or posters and write essays. The winners at the local level progress to the state contests and the state winners are then entered into the National competition.

First place winners earned \$100, second place finishers earned \$75, and third place winners earned \$50. Participants who did not place earned a gift card from Wal-Mart for their efforts. In total, over \$2000 was awarded to students. Thank you all of our veterans for their service to our nation.

Congratulations to all who participated.

12th grade Americanism winner

Blade Cameron-1st Place

12th grade drug and alcohol awareness contest winner

Cody Jacobi-3rd Place

11th grade Americanism winners

Liana Matz-1st Place
 Drew Payne-2nd Place
 Kanum Vele-3rd Place



Super Mileage Vehicle Team

For the past seven months the Super Mileage Vehicle Team from Bowler High School has been busy designing, building and testing a new vehicle, car #12, as well as engineering improvements to the vehicle they competed with last season, car #21.

On April 25-26, the team took their vehicles to Fox Valley Technical College in Appleton and to Wisconsin International Raceway in Kaukauna for the team's first event of the season.

On Friday, the vehicles went through the inspections with only minor adjustments needing to be made. Then, the vehicles passed the braking and maneuverability tests with Austin Trinko driving #12 and Quentin Rondeau driving the #21 car.

On Saturday, the weather was both cold and windy and all teams struggled to meet their expectations of gas mileage at WIR. The track was rougher than expected and it took its toll on both of the Bowler cars.

The #21 car was only able to complete two runs that qualified and averaged close to 100 MPG before mechanical issues became too much for the team to overcome

at the track. The new #12 car made four qualifying runs before the front axle broke and ended the day for the team.

The team attended the awards ceremony with low expectations of getting any awards. They were pleasantly surprised that the #21 car received second place in the braking category, stopping at a distance of 13 feet. In the maneuverability contest, the #12 car took second place, averaging about 20 seconds to get through the course. The #12 car also received first place in their class in the gas mileage category averaging 134.5 miles per gallon.

The Overall Champion Award combines all the competitions and gives a number of points to each. The #12 car performed well enough in all of the competitions to receive the Overall Champion in the Super Mileage Competition, which was a great surprise to all team members.

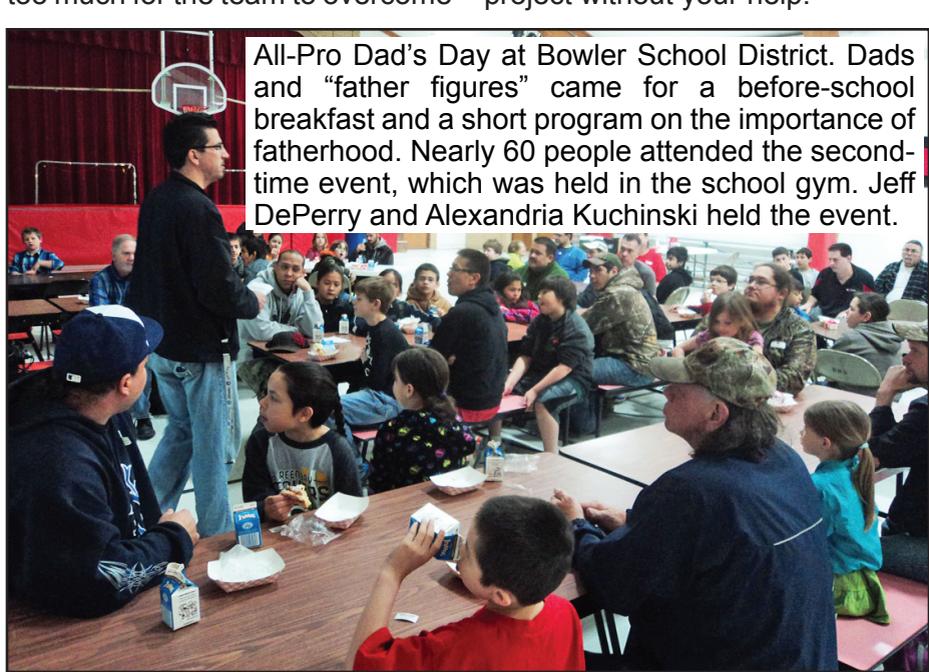
The year's team members include, Austin Trinko, Jay Onesti, Beau Brady, Quentin Rondeau, Jacob Stewart, Cody Thiex, Jarred Boswell, and Jacob Strassburg. A huge thank you to all of this year's sponsors, we couldn't do this project without your help.



6th grade rummage sale held recently at Bowler Elementary as a fundraiser for its annual 3-day Camp-U-Nah-Li-Ya trip.

Shopping for treasures at the sale were Darby Rockman, right, and Arianna Fuller, third-graders at the school.

The money garnered from the rummage sale helps to defray some of the costs that students are expected to pay for the trip, which is scheduled for late May.



All-Pro Dad's Day at Bowler School District. Dads and "father figures" came for a before-school breakfast and a short program on the importance of fatherhood. Nearly 60 people attended the second-time event, which was held in the school gym. Jeff DePerry and Alexandria Kuchinski held the event.

34th Annual Stockbridge-Munsee Graduation Banquet

Wednesday, June 4, 2014

The Stockbridge-Munsee Education Board will be honoring the graduating seniors at the 34th annual Stockbridge-Munsee Graduation Banquet, Wednesday, June 4, 2014, starting at 6:00 P.M. The banquet will be held at The Many Trails Banquet Hall.

Seniors will be honored with plaques and special gifts. Also on the evenings agenda will be an Elder recognition segment, entertainment and a guest speaker. This year's speaker is Shannon Holsey, Tribal Council and Sales/Event Manager for North Star Casino.

If interested in attending please make reservations by calling the Education Office by May 21, 2014. The cost of the meal will be provided for the graduating seniors and four of their guests. Additional reservations will be \$10.00 per person. In honor of our seniors the banquet will be smoke and alcohol free.

RSVP to chris.miller@mohican-nsn.gov or by calling 793-4100 or 4060.

2014 Seniors: Chase Denomie, Melanie Everson, Ashlyn Gardner, LaShon Grignon, Ally Miller, Brandon Miller, Kyle Miller, Trace Miller, Walker Miller, Kimberly Petrich, Haley Schultz, Travis Spice, Shanice Stevens and LaKeisha Williams.

Wolf count indicates population declined within range predicted

MADISON - The preliminary 2014 Wisconsin late-winter wolf count indicates there are a minimum of 658 to 687 wolves distributed across the state, according to Department of Natural Resources officials. The preliminary numbers equate to a 19 percent decline in the late winter population compared to last year, as predicted by scientific models considered by the Wolf Advisory Committee and Natural Resources Board prior to establishing 2013 quotas.

"The population is within the range predicted by University of Wisconsin population models used in the quota development process" said David MacFarland, DNR large carnivore specialist. "The increased 2013 quota resulted in a reduction in the wolf population toward the goals established in the state wolf management plan. We are collecting important data on which to base future management decisions and will continue to learn with each season."

The count is conducted at a time when the wolf population is at its lowest point in the annual cycle. The population nearly doubles when pups are born in spring, resulting in a higher population in October when the hunting and trapping season begins.

This year's count compares to the 2013 count of a minimum of 809 to 834 wolves, which was similar to the late winter population count prior to the state's inaugural 2012 wolf hunt. Wolf counts have been conducted by DNR and cooperators in Wisconsin since winter 1979-1980 when 25 wolves

were counted in the state.

"Wisconsin's monitoring protocols are considered the most reliable method for monitoring wolf populations." said MacFarland. "They include a combination of radio-telemetry, pilot observations, and winter track counts conducted by staff and trained volunteers across the state's wolf range."

While the number of wolves is down from the 2013 count, the population is still nearly double the current goal of 350 wolves, and over six times the federal delisting goal of 100 wolves for Wisconsin and the Upper Peninsula of Michigan. The DNR is currently reviewing and revising its wolf management plan.

On April 29, the Wolf Advisory Committee will meet for a preliminary discussion of population data and 2014 wolf quotas. The committee will meet again in May to finalize wolf quota recommendations. Department leadership will consider their recommendations before developing final department recommendations for Natural Resources Board approval at its June meeting.

The state's wolf management objectives are to ensure a sustainable wolf population; quickly and effectively address conflicts; begin to reduce the wolf population toward the established population goal; and learn for future wolf management adaptation.

For more information, please search the DNR website dnr.wi.gov for keyword "wolf."



On Monday, April 28, 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: Legal Issue to Executive Session

Motion by Terrie K. Terrio to approve the Special Tribal Council Meeting, April 28, 2014, agenda. Seconded by Gregory L. Miller. Motion carried.

RESOLUTION: Car Seat Grant Application-Jill Tiegs, Grants Writer/Elena Cox, Community Health/Diabetic Nurse Education

Motion by Gregory L. Miller to adopt resolution 029-14, whereas, the Stockbridge-Munsee Tribal Council wishes to receive funding through the BIA Indian Highway Safety Program, based on the 2015 Honor Our Children's Child Safety Seat Program as detailed in the application. Seconded by Joe Miller. Motion carried.

WNRD SUMMER TRIBAL YOUTH PROGRAM-Randall Wollenhaupt, Wildlife Biologist

Motion by Gregory L. Miller to approve the WNRD Summer Tribal Youth Grant Program as submitted by the Wildlife Biologist. Seconded by Jeremy Mohawk. Motion carried.

POWER FOR CAMERAS IN PARKING GARAGE-Ray Bowman, Surveillance Manager

Motion by Gregory L. Miller to waive the bid policy for the additional power supply at the casino. Seconded by Jeremy Mohawk. Motion carried.

LAND COMMITTEE MEETING MINUTES-Stacey Schreiber, Land Committee Member

Motion by Gregory L. Miller to allow the Housing to Lots in the Taconic, Lot 14 and 10, for new home construction and that building start within two years. Seconded by Terrie K. Terrio. Motion carried.

Motion by Gregory L. Miller to accept the April 21, 2014, Land Committee Minutes with the exception in the subdivision procedure, it be noted that lot 10 was substituted by the Tribal Council for lot 16.

- Approving the relinquishment of Shelly Davids to Kelly Davids which reads: N1/2, NE1/4, SE1/4 of Section 3D Red Springs T28N R14E approximately 5 acres more or less.

- Approving the relinquishment of

Kelly Davids to Lowell Cornelius which reads: Site 17 MHA Section 16 Bartelme T28N R13E.

- Approving the relinquishment of Lowell Cornelius to Shelly Davids which reads: W1/2, NE1/4, SE1/4, SE1/7 of Section 11 T28N R13E, five acres more or less.

- Approving the following land assignment application of Shelly Davids, which reads: W1/2, NE1/4, SE1/4, SE1/7 of Section 11 T28N R13E, five acres more or less.

- Approving the following land assignment application of Kelly Davids, which reads: N1/2, NE1/4, SE1/4 of Section 3D Red Springs T28N R14E approximately 5 acres more or less.

- Approving the following land assignment application of Lowell Cornelius, which reads: Site 17 MHA Section 16 Bartelme T28N R13E.

- Approving the following land assignment application of Angela Waupochick, which reads: W1/2, SW1/4, SW1/4, NE1/4 of Section 10 Bartelme, T28N R13E, approximately 5 acres more or less. Seconded by Terrie K. Terrio.

Motion maker amends motion to include: the Secretary write in all land descriptions for relinquishments and assignments. Second concurs. Motion carried.

EXECUTIVE SESSION-

Motion by Terrie K. Terrio to go into Executive Session. Seconded by Gregory L. Miller. Motion carried at 10:14 AM.

Motion by Joe Miller to come out of Executive Session. Seconded by Jeremy Mohawk. Motion carried at 10:22 AM.

While in Executive Session discussion was held on a Legal Issue.

Motion by Gregory L. Miller to have legal proceed with a case as designated in Executive Session. Seconded by Jeremy Mohawk.

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

ADJOURNMENT-

Motion by Joe Miller to adjourn. Seconded by William A. Miller. Motion carried at 10:23 AM.

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Anonymous

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GUIDELINES

- Empty & rinse all
- Remove & discard all screw caps

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GUIDELINES

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dnr.wi.gov/topic/recycling/ The Wisconsin Department of Natural Resources website

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	Hilltop Auto Wrecking, Wausau	Auto Wrecking, Appliances, Metal	715-675-3258
	Weller's Salvage, Wittenberg	Auto Wrecking, Appliances, Metal	715-677-6757
Construction	Habitat Re-Store, Appleton	Resells Home Improvement Supplies	920-830-8400
	Habitat Re-Store, Shawano	Open Friday and Saturday	715-524-3007
Batteries	Batteries Plus, Wausau	Recycles most batteries for free	715.355.9201
Electronics	Best Buy, Wausau	Recycles most electronics for free	715-241-0711
	Goodwill, Shawano	Clothing, fabric, electronics, etc.	715-526-6185
Light Bulbs	Batteries Plus, Wausau	Recycling fees may apply	715.355.9201
	Habitat Re-Store, Appleton	Recycles used light bulbs	920-830-8400
Motor Oil	Stockbridge-Munsee P&E Dept.	Used oil in residential volumes	715-793-4879
	Rock Oil Refining Inc., Stratford	Used oil in excess of 75 gallons	715-687-4198
Oil Filters	O'Reilly Auto Parts, Shawano	Recycles car batteries, oil/oil filters	715-524-7275
Tires	Bee Line Tire Recycling, Antigo	Recycles car tires for \$1.50 each	715-623-5085
	Gresham Auto, Gresham	Recycles car tires for \$2.00 each	715-787-3408
	Wal-Mart, Shawano	Recycles tires, batteries, oil/oil filters	715-524-5980

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MONDAYS



TUESDAYS



\$13 WEDNESDAY SHRIMP FEST BUFFET 4PM-8PM

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THURSDAYS



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\$14 FRIDAY CRAB LEG BUFFET 4PM-10PM

FRIDAYS



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Guess the code every Friday from 8am-10pm. Code will be announced a 10pm. Must be present to win.

\$11 SATURDAY GREAT AMERICAN STEAK OUT 4PM-10PM

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