



The people of the waters that are never still

Vol. XXV No. 15

N8480 Moh He Con Nuck Road, Bowler WI 54416

August 1, 2017

## Mental Wellness for All

By Susan Savetwith  
Mohican News Reporter

A workshop on mental wellness was recently brought together by Kristin Welch, Waapasaanay Coordinated Services Team Coordinator from the Stockbridge-Munsee Health and Wellness Center. The workshop was led by Carol Hopkins, Executive Director of Thunderbird Partnership Foundation and was titled, "Mental Wellness Continuum." The Mental Wellness Continuum focused on incorporating culture into the community, i.e., language, land, and lineage to establish mental wellness.



Thunderbird Partnership Foundation developed a framework tool kit to help tribal communities implement traditional living along with mental wellness programs. Hopkins talked about difficulties that can come about when attempting to add traditional methods to wellness programs, like colonization which has paved the way for the validation of epistemic racism, i.e., the judgement of who is or what kind of knowledge is credible. "What is knowledge from an indigenous point of view," Hopkins asked.

She talked at great lengths about how westernized care is based on what is wrong, or the deficits, versus identifying strengths. She talked about how there is a clear need to move from evidentiary based diagnosis (what is wrong) that is absent of indigenous views to indigenous knowledge being the foundation of treatment. She also said there is a need to move from uncoordinated and fragmented services to integrated models for funding and delivery of services. "Current care uses the iceberg metaphor, they only see what's on the surface and not the strength in the foundation," she explained.

In reference to intergenerational

trauma, Hopkins talked about how the brain works. She talked about the limbic systems of the brain which are primarily responsible for emotional life and the formation of memories. She said we need to take care of our emotional memories because they get stored and can influence everything. "To name your emotion anchors it and stores it in our cortex," Hopkins said. She said that when emotions are not recognized or "named" they compound and build and pretty soon everything is related to that experience. "We need to teach emotional literacy," Hopkins explained.

The framework toolkit has an elaborate resource wheel with a guide for its usage, assessment tools, an activity guide and more.

The wheel:

- Center - Four Directions representing hope, belonging, meaning, and purpose being the outcome of the thirteen wellness indicators which are validated as contributing towards this outcome.
- Community; elders, kinship, clan, and community; consider how healing impacts family and community beyond the impact of policy program or ser

**Wellness cont on page Four:**

## Mohican Little League Makes History



Standing (L to R): Sterling Schreiber Sr., Bryce Dixon, Belasaire Vele, Lukas Pecore, Donald Waukechon, Corbin Welch, Ashwuut Mohawk, Cordell Mendez, Sterling Schreiber Jr. and Artie Plaster  
Kneeling (L to R) Sterling Schreiber III, Chad Meyer, Duante Zook, Derek Schreiber, Marcus Malone, Bryce Malone, Kingston Waukechon and Donnie Webster

By Susan Savetwith  
Mohican News Reporter

The Mohican Little League has been in existence for over forty years and 2017 was the first time the Tribe's Little League was invited to host the season finale tournaments.

Stockbridge-Munsee Council Member, Jeremy Mohawk said, "This is the first time ever that we will be hosting this event in forty plus years as members of the

league. The Tribe has stepped up financially and made this possible. Thanks to the Tribe's work crew for making things really come together. The Roads and Property and Equipment guys did a great job. Also, a special thanks to Stacey Schreiber for orchestrating the entire project from start to finish."

Council Member and Mohican Little League Coach, Sterling Schreiber, said the league had **History continued on page Six:**

## More About Cancer



By Susan Savetwith  
Mohican News Reporter

The second part of the Cancer Clear and Simple workshops which offers meaningful

information regarding cancer was recently held at the Eunice Stick Gathering Place. Again, this series workshops are put on with Stockbridge-Munsee's Health and Wellness Center's Community Health Department along with UW Carbone Cancer Center's Cancer Health Disparities Initiative (CHDI) and UW-Extension. Phase two was also conducted with Judy Heubel, Director of Community Health and Community Health Department Summer Interns, Kaitlin Weissshappel and Erin Loughney. Phase two was about prevention and self-care.

In the prevention/self-care phase of the workshops they covered nutrition, physical activity, healthy weight, tobacco, alcohol, sun **Cancer continued on page Six:**

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## What's Inside?

Ads	pg 14-15	Family	pg 7
Community	pg 10	Health	pg 11
Education	pg 12	Pow Wow	pg 16
Elders	pg 4	Voices	pg 2-3



# Oshkosh Public Museum to host Voices of Native American Art – Telling Our Story

## Exhibition features original, fine and contemporary Native American art

Submitted by Karen Ann Hoffman  
(Stevens Point, WI)

The Oshkosh Public Museum (1331 Algoma Blvd, Oshkosh, WI), is pleased to host a unique exhibition this summer, "Voices of Native American Art – Telling Our Story". On exhibit from July 23-October 8, 2017, "Voices" presents a broad variety of artwork from more than 25 living Native artists who are citizens and descendants of twelve Native American Nations, many with deep connections to the Lake Winnebago watershed. Unique to this exhibit are the voice recordings and video accompanying the artwork. While viewing the artwork, visitors to the museum will be able to hear the voices of the artists commenting on their pieces.

Karen Ann Hoffman, of Stevens Point, WI, a citizen of the Oneida Nation of Wisconsin, is providing her curatorial expertise in the selection of artwork. "Native American artists have strong voices," says Hoffman. "Each artist in "Voices" uses their individual voice in unique ways, from contemporary extensions of traditional art forms to the inventive use of modern materials. But, in all cases, whatever medium is used

to carry the voice, there is a strong cultural connection to the history, the present, and the future, of our vibrant Native communities."

"I've reached deep into the creative talent of our artistic community", says Hoffman, "Cradleboards are displayed alongside bison-dung fired pottery, beadwork, contemporary 'found art' installations, birchbark biting and more are included."

Many of these artists have national reputations. At least three of the artists, Shirley Brauker, Karen Ann Hoffman and Katrina Mitten, have artwork in the permanent collection of the Smithsonian Institution's National Museum of the American Indian. Others, like Dawn DarkMountain, Linda Lou Metoxen, Juniper, Sequoia and Cypress Anderson, Pahponee, Melanie Tallmage Sainz, Brian Szabo, and Jason Wesaw are award winning artists whose work has been recognized by the Heard Museum of Phoenix, Arizona, the Santa Fe Indian Market in New Mexico and the Autry Museum in Los Angeles.

In addition, "Voices" will exhibit paintings by Jesse Blackdeer, Jermain Davids, Patricia Kottke, Terri L. O'Connor, and Christopher

Sweet, the metalsmithing of Ron Anderson, poetry from Richie Plass, fiber sculpture by Lily Antone Plass and Debra Fabian, Rock Art and ceramic art by Mike Hoffman, beadwork by James Kelly and Stefanie Sikowski, and the rare birchbark bitings of Denise Lajimodiere.

Each artist in "The Voices of Native American Art-Telling Our Story", has a strong message to share. Hoffman advises, "Look deeply at each artwork, listen for the whispers of our past and the joyous celebration of our future. Come, hear our stories from our point of view. We have much to share."

"Voices of Native American Art – Telling Our Story", is the perfect complement to mark the highly anticipated grand opening of the Museum's new long-term main floor exhibition, People of the Waters. This state-of-the-art exhibit highlights hundreds of Native artifacts to tell the stories of people who lived in this area through the years. The official ribbon cutting ceremony is September 5 at 10:00 a.m. In addition, the Museum is offering a special weekly program series from September 9 to October 21,

sponsored by Nevitt Law Office. Details can be found on the website at [oshkoshmuseum.org](http://oshkoshmuseum.org).

Curator, Hoffman, is a member of the Wisconsin Arts Board and was selected as a Wisconsin Master Folk Artist in the winter of 2007. She is also a member of the conference planning committee for the International Iroquois Beadwork Convention. Hoffman will present an Iroquois Strawberry Beadwork Workshop at the Museum on Saturday, August 26. Cost is \$20, or \$15 for Museum Members. Tickets can be purchased online at [oshkoshmuseum.org](http://oshkoshmuseum.org).

The Oshkosh Public Museum is located at 1331 Algoma Boulevard in Oshkosh. Regular hours are Tuesday to Saturday from 10 a.m. to 4:30 p.m. and Sunday from 1 p.m. to 4:30 p.m. For more information about the Museum's exciting events and exhibits, visit [oshkoshmuseum.org](http://oshkoshmuseum.org), call 920.236.5799 or email [museum@ci.oshkosh.wi.us](mailto:museum@ci.oshkosh.wi.us).

Karen Ann Hoffman, Exhibit co-curator [karenannhoffman01@gmail.com](mailto:karenannhoffman01@gmail.com) **(Editor's Note: Please see the poster on page Thirteen for more information on this event).**

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](mailto: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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Stockbridge-Munsee Community  
PO Box 70  
N8480 Moh He Con Nuck Road  
Bowler, WI 54416  
Telephone: 715-793-4389

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. A one-year subscription rate is \$12.00 for 24 issues. Send check or money order to Mohican News. Mohican News is a member of: NAJA (Native American Journalist Association)

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## Thank You

The Family of Jerri L Rusch would like to say thank you to everyone who showed their support to the family, and helped with food, flowers, and cards. Your community support eases the pain of our loss!

## Thank You

We want to thank the community, friends, and family for the prayers, texts, calls, and monetary donations while Beau was in the hospital. Words cannot express how thankful and proud we are to live in such a great, loving, and caring community. So we would like to give a huge THANK YOU from the bottom of our hearts.  
Jody and Beau Hartwig

## Section 184 Indian Housing Loan A Home Loan Resource

Wednesday August 23, 2017

Speaker: Tanya Krueger Bay Bank

4:45 pm light meal

5:00 pm speaker at Housing Office

Receive a pre-qualifying application

You must register by August 21, 2017 or session will be cancelled. Attendee Gifts

Open to all enrolled Native Americans

## WIC Notice

Due to short staffing we will only be doing WIC two days in August. WIC dates for August will be the 1st for certifications and the 2nd for benefit issuance.

We will not be having a backup day until the position is filled. Sorry for the inconvenience and we appreciate your patience during this time. Please contact me at 715.793.5006 for any questions or concerns.

Thank you, Casey Rosenberg, RD



## Koreans Visiting For Fifth Year



File photo of 2016 Korean visit to the Stockbridge-Munsee Community. President Shannon Holsey accepts a gift from the Korean people.

Marking the fifth anniversary of the Korean-Mohican cultural exchange, Korean-Americans young and old from the Washington, D.C., area will be arriving in the Stockbridge-Munsee community on Monday (July 31) to begin a week-long celebration and sharing of our wonderful heritage and friendship.

The visit by more than 50 members of Bethany Church in Gaithersburg, Maryland, will be

capped by a cultural exchange night on Thursday (Aug. 3) in the Mohican Family Center. As in the last four years, the event will include performances from Koreans and Mohicans showcasing their respective traditions and history.

The Koreans will give a centuries-old drum and dance performance. They will also share songs and skits, and they will prepare an

Visit continued on page Four:

# Wolf River 19th Annual HABITAT FOR HUMANITY Charity Golf Outing

August 17, 2017  
4 Person Scramble  
18 Holes of golf with cart  
Rolling Lunch and Dinner  
Door Prizes and Raffle

All players get a North Star Gift

All players get North Star Free Play

Hole Prizes

Proceeds go to the Wolf River Habitat for Humanity

With Volunteers from our community, we will build the next home in partnership with a family that might otherwise never have a home of their own.



www.wrhabitat.org



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# Elder Wisdom

## Wellness cont from page One:

- vice inputs for the individual.
- Populations; seniors, two-spirit people/LGBTQ, families & communities, remote and isolated communities, northern communities, individuals in transition and away from the reservation, infants and children, youth, adults, gender – men, fathers and grandfathers, gender – women, mothers and grandmothers, health care providers, and community workers; consider who the populations being served or thought of in your strategic planning, policy development, or program design
- Specific Population Needs; people with unique needs, crisis, individuals with acute mental health concerns, individuals with co-occurring mental health and addiction issues, individuals with communicable and chronic diseases, individuals with process addictions, people involved with care systems and institutional systems, and intergenerational impacts of colonization and assimilation; consider the different factors influencing this population, and how these needs are linked with their addition or mental health needs.
- Continuum of Essential Services; trauma-informed treatment, detox, coordination of care and care planning, crisis response, early identification and intervention, health promotion, prevention, community development and education, support and aftercare; consider what essential services will address the specific needs of the population.
- Supporting Elements; education, research, governance, performance measurement, self-determination, change management and risk management, workforce development; consider gaps or the key aspects needed of the populations, as well as what infrastructure ensures the services can contribute towards mental wellness outcomes.
- Partners in Implementation; Communities, private industry, non-governmental organizations, state government, federal government, regional entities, and nations; identify current and potential partners who need to be engaged across jurisdictions and private industry.
- Indigenous Social Determinants of Health;

Health care, employment, economic development, land and resources, urban and rural, language heritage and culture, education and lifelong learning, justice, social services, environmental stewardship, and housing; identify others across the indigenous social determinants of health with a mandate supporting mental wellness, who you can engage to pool your resources toward common goals.

- Key Themes of Mental Wellness; quality care system and competent service delivery, community development ownership and capacity building, enhanced flexible funding, and collaboration with partners; consider what theme your initiative is addressing or should address and identify, some examples of where these themes have addressed and should be shared more broadly
- Culture as a Foundation; culture (elders, cultural practitioners, and kinship relationships), culture (language, practices, ceremonies, knowledge, land, and values); consider how culture plays a role in every aspect of your initiative, such as whether your services align with the first nation's world view, knowledge, evidence, and values and how your work contributes to the wellness outcomes of hope, belonging, meaning and purpose.

The assessment forms help determine how much a person practices traditional ways and offers suggestions for traditional interventions such as smudging, prayer, sweat lodge, talking circles, nature walks, sacred medicine, natural foods, and cultural songs.

Beyond demonstrating the tools and talking about traditional ways, the workshop provided a forum for people of different tribes to interact and solve problems. Because each tribe has different programs and different levels of using traditional ways within these programs, getting together to talk about what is being done or could be done was very useful. The Stockbridge-Munsee providers at the workshop were eager to put together plans to bring culture into their wellness programs and talked about having a "coming of age" program that incorporates teachings of culture and ceremony to youth and all participants left the workshop invigorated to start fresh and begin healing within their communities.

# On the Trail Home



## Colette Julia Anderson

Colette Julia Anderson, age 81, of the Town of Wescott, passed away on Thursday, July 13, 2017 at her home. Colette was born on February 12, 1936 in Neopit, the daughter of the late John D. and Julia (Aaron) Lawe. She lived in Lucasville, Ohio most of her life, returning home 3 years ago. On August 12, 1955, Colette was united in marriage to Russell Anderson, Jr. in Ohio. Russell preceded her

in death in 2000. Colette worked as a CNA and opened her home as a foster parent to the disabled. She enjoyed playing cards and dancing.

Colette is survived by: two children, Larry (Lindi) Anderson and Kris (Misty) Anderson; five grandchildren, Kyle, Colt, Fin, Zach and Haley; her brother, Richard (Pat) Lawe of Keshena; brother-in-law, Joseph T. Boivin; sister-in-law, Debra Lawe; her special friend in Ohio, Cathy and numerous nieces and nephews.

She was preceded in death by her husband, Russell; her parents; and three sisters, Colleen Warrington, Claudette Dodge and Estell Boivin; two brothers, Claude Lawe and Colin Lawe, Sr. and her brother-in-law, Burton Warrington, Sr.

Memorial services were held on Wednesday, July 19, 2017 at Swedberg Funeral Home in Shawano with Rev. David Barrett officiating. Visitation was held at the funeral home from 3:00 pm until the time of the service.

[www.swedbergfuneralhome.com](http://www.swedbergfuneralhome.com)

## Visit continued from pg Three:

assortment of delicious Korean foods to share with their Mohican friends.

Last year, the Koreans and Mohicans had a wonderful time, sharing customs and meals together, even joining in dance together.

Many of the Koreans are so excited for the coming week. For the students, from upper elementary and high school, it's a special summer treat to reconnect with friends and spend time playing, talking, and sharing their lives together. Last summer the children had great fun in activities that included arts and crafts, and swimming and canoeing at a nearby lake.

For the Korean adults, they enjoyed learning about Mohican history when they toured the museum in town. Some of the Korean men were thankful to help with a demolishing and reconstruction of a home. And Koreans of all ages fondly remember taking part in planting young trees together as a symbol of the friendship and hopes for a flowering of the relationship between the Koreans and Mohicans.

The Koreans at Bethany have been preparing for the upcoming

exchange for the last two months. And the excitement has been building by the day.

The Korean-Americans know that they have a special bond with the Mohicans and other Native American tribes. They share common values of respect for the elderly, a strong community and other cultural traditions, as well as some unusual characteristics. Physically, Korean and Native American babies and adults share a Mongolian spot, or birthmark. Even some of the symbols and language of the Mohicans and Koreans have special relations. When you turn the Mohicans' "Many Trails" symbol upside down, for example, that actually represents the character for East that is familiar to Koreans.

The Koreans will be departing Maryland on Sunday afternoon by bus, traveling a path similar to the Mohicans when they left Massachusetts in the 1780s for their journey that took them to Indiana then up eventually to Stockbridge. The bus trip will take many hours and have an overnight stay in Ohio, but if the week is anything like the past, it is more than worth the long preparation and ride to the Mohican land.

Five years, and many more on the trail of our friendship! See everyone there Thursday night.



**PRIZES!!**

# **NATIONAL NIGHT OUT**



**FOOD!!**



**“COMMUNITY SAFETY”**

**TUESDAY AUGUST 8, 2017**

**AT: PUBLIC SAFETY/FIRE DEPARTMENT BUILDING**

**W13455 CAMP 14 RD BOWLER**



## **Activities & Prizes**

**PLEASE... be prepared to get WET if you participate in the games!**

**5:00 p.m. Meal - POT LUCK**

**We will provide Chicken Plates, forks and drinks**

**\*\*\* YOU ARE RESPONSIBLE TO TAKE YOUR FOOD/DISHES/BOWLS HOME \*\*\***

**5:30 p.m. Family Activity: Fireman's Water Fight - Timed Event**

**Team members recommended to be 15 yrs. or older.**

**Limited to the first 6 teams - 1st \$50, 2nd \$40, 3rd \$30**

**5:45 p.m. Family Activity: Balloon Toss - Timed Event - All Ages**

**1st \$30, 2nd \$20**

**6:00 p.m. Speakers from Stockbridge-Munsee Tribal Police Dept.**

**6:20 p.m. Activity Winners & Door Prizes Announced**

**6:25 p.m. Wrap up and pick two (2) large door prizes**

**REGISTER BY FAMILY**

**You MUST be present to win ALL door prizes**



*Sponsored by the Division of Community Housing  
Stockbridge/Munsee Family Services and the  
Stockbridge-Munsee Tribal Police Department*



### History cont from page One:

another undefeated regular season with back to back division titles but ended up taking third place in the tournament. He indicated hosting the tournament was a new experience for the Mohicans, but the community was up to the task. "and the weather cooperated, so that was a big plus," Schreiber said. According to Schreiber, things went very smoothly and this success assured that we are certainly capable of hosting more tournaments. He said there were many compliments on the new baseball facility and concession stand. "The concession stand sales were steady and parents worked hard to make sure that the food/beverage needs of the baseball fans were taken care of and the additions and improvements made at the baseball facility and investing in activities for our youth is always money well spent," Schreiber said.

"They say you should always try to leave something better than you found it. When my coaching days are over, I will be able to hand the reigns over to the next coach with pride. Everything that person will need will already be established and in place to continue to have a successful baseball program," Schreiber said.

Schreiber said this project demonstrated the pride this community takes in making great things happen. Huge kudos to Robert Miller and Clifton Pecore, "your craftsmanship is awesome and your diligence does not go unnoticed," Schreiber said. "I wish everyone could have seen the teamwork being displayed Sunday evening; the players, coaches, parents, family and community members worked until 10 p.m. cleaning up and helping get things ready. I am a very proud Mohican," Schreiber added.



The staff of the Mohican News would like to extend our gratitude to Sterling Schreiber for the great pictures taken by him with the use of his drone.

### Cancer cont from page One: protection and sexual behavior.

Many types of cancer can be prevented by eating a healthy diet and maintaining a healthy weight. "Nutrition is related to a third of all cancers," Weishappel indicated. She said eating well can help you prevent cancer as well as heart disease, stroke and diabetes. The following dietary guidelines are recommended:

- Eat two to two and a half cups of fruits and vegetables every day. Fruits and vegetables can be fresh, frozen, dried or canned.
- Choose a diet with plenty of whole grain products, vegetables, fruits, berries, and greens.
- Choose a diet low in fats, try skim milk instead of whole milk.
- Choose a diet low in sugars. Four grams of sugar equals one teaspoon of sugar. Drink water instead of soda.
- Choose a diet moderate in salt, less than 2000 milligrams or two grams daily. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added." Almost all frozen vegetables are low in sodium.
- Steam, roast, or bake foods instead of frying.
- Trim fat off meat before cooking.

Weishappel talked about U.S. Department of Agriculture's, "MyPlate." She indicated that MyPlate is a guide to help you with healthy food choices and ensure well balanced meals. "Before you eat, think about what and how much food goes on your plate," She said. Here are some pointers from the MyPlate; throughout the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods. Make half your plate fruits and vegetables, at least half of your grains are whole grains, choose fat free or low-fat dairy items, and vary your protein choices.

Weishappel also talked about portion sizes. She said portion size is an important factor in healthy eating. For a 2000 calorie daily food plan, you need the amount featured below from each food group. Two cups of fruit; when measuring fruit one cup of raw fruit, or 1/4 cup of dried fruit counts as a cup. Two and a half cups of vegetables; when measuring vegetables, one cup of raw, cooked or vegetable juice or two cups of leafy green salad. Six ounces of grains; when measuring grains; one slice of bread, half a cup of cooked rice, cereal, or pasta or one cup of dry cereal. Three cups of dairy every day; measuring dairy equals one cup of milk, yogurt, or fortified soy milk, one and a half ounces of natural or two ounces of processed cheese. Five and a half ounces of protein;

when measuring protein once ounce of lean meat, poultry, or fish or one tablespoon peanut butter, half an ounce of nuts or half a cup of beans or peas.

Weishappel indicated to remember the ABC's with regard to incorporating healthy nutrition into the daily routine. A = add; what healthy activity can I add at this time? B = better; what better choice can I make? C = change; what can I change to make myself healthier?

Physical activity is another important key in prevention for health. Judy Heubel talked about the importance of staying active and the benefits. She said it's ideal to be physically active for 30 or more minutes every day. Physical activity can include mowing the lawn, chopping wood, gardening, active housework, playing with kids, hiking, or walking. Heubel said physical activity helps to maintain an ideal body weight and prevent obesity by burning fat and reducing fat deposits, reduce stress and support sleep, regulate hormone levels, boost the body's natural defenses and strengthen the immune system, increase muscle and bone strength, and improve mental health and sense of wellbeing. Heubel indicated that a little exercise really does make a difference in cancer prevention. Statistics show a 10-30 percent decrease in risk of prostate cancer, 30-40 percent decrease in risk of breast, endometrial and lung cancer, and 40-50 percent decrease in risk of colon cancer. "So, the goal is to be physically active for thirty or more minutes a day," Heubel said.

Maintaining a healthy weight goes hand in hand with physical activity. Balancing the amount of food you eat with daily exercise helps you maintain a healthy weight and reduce your risk of cancer. Being overweight is having extra body weight from muscle, bone, fat, and or water. Obesity is having a high amount of body fat. Being overweight and obese is associated with increased risks of cancers of the esophagus, breast, endometrial colorectal, kidney, pancreas, thyroid and gallbladder.

To lose weight, the panel explained that a change in habits is necessary; replace old unhealthy habits with new healthy behaviors. To help do this practice S.E.L.F. S = Smaller portions, E = Exercise and eat healthy, L = Limit screen time, F = Fruits and vegetables.

Use of tobacco has a hefty impact on cancer causes. In the chart from the first session, tobacco use is 1/3 of the causes of all cancers overall. "Tobacco use is not limited  
**Cancer continued on page Ten:**



## Positive Indian Parenting Classes - PIP

Place: Maehnowesekiyah Wellness Center

Dates: Friday's August 4th & 11th, 18th, and 25th, 2017.

Time: 9:00- Noon

Contact: Mary Webster or Gerry Sparks at 715-799- 3835

Deadline to sign up classes (August 2, 2017 at 4:00 PM)

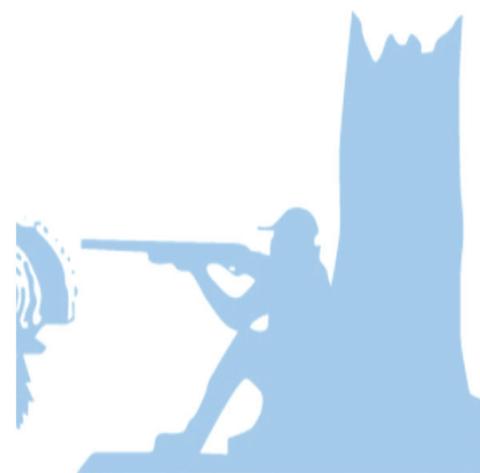
LIMITED TO 20 Participants



## HUNTER SAFETY CLASSES

<b>Thursday</b>	<b>August 3, 2017</b>	<b>5 - 8 p.m.</b>
<b>Friday</b>	<b>August 4, 2017</b>	<b>5 - 8 p.m.</b>
<b>Saturday</b>	<b>August 5, 2017</b>	<b>9 a.m. - Noon</b>
<b>Sunday:</b>	<b>August 6, 2017</b>	<b>9 a.m. - Noon</b>

Classes will be held at the Stockbridge-Munsee Public Safety Building, W13455 Camp 14 Road. All students are required to obtain Wisconsin DNR Customer ID # as part of the criteria to graduate from any recreational safety class. Students must have this number



prior to coming to class on Thursday and need to show their numbers to the instructor. Students can obtain a DNR customer ID# by calling 888-936-7463 from 7 a.m. to 10 p.m. Students can also visit a Wisconsin DNR service center during their regular scheduled hours. The cost of the hunter's safety course is \$10.00.

Anyone of any age can take the class. Those that meet the course requirements will receive a safety education completion certificate. However, it should be noted that persons younger than 12 years of age may lose some of the benefits of the certification (small game hunting privilege, authorization to shoot an antler less deer during the first gun deer season after graduation) if they take the class sooner than age 12.

To sign-up for the course, or if you have any questions you may contact us at 715-793-4364. We will need a name(s), address, and telephone number when registering. Please respond by July 29, 2017.

**Do not bring any firearms or ammunition to class!** It is the student's responsibility to read the booklet in the packet and bring your packet to class. Parents and/or guardians must fill out and sign the registration card that is in the packet. Packets can be picked up at the Stockbridge-Munsee Conservation Department (Public Safety Building). Parents and/or Guardians are encouraged to attend with their child.

Beau Miller and Sterling Schreiber, Stockbridge-Munsee Conservation Wardens.

## ATV SAFETY CLASSES

<b>Monday</b>	<b>July 31</b>	<b>1 - 4</b>
<b>Tuesday</b>	<b>August 1</b>	<b>1 - 4</b>
<b>Wednesday</b>	<b>August 2</b>	<b>1 - 4</b>

Classes will be held at The Stockbridge-Munsee Public Safety Building, W13455 Camp 14 Road. All students are required to obtain Wisconsin DNR Customer ID # as part of the criteria to graduate from any recreational safety class. Students must have this number prior to coming to class on Monday and need to show their numbers to the instructor. Students can obtain a DNR customer ID# by calling 1-888-936-7463 from 7 am to 10 pm. Students can also visit a Wisconsin DNR service center during their regular scheduled hours. The cost of the ATV safety course is \$10.00.

Anyone of any age can take the class. Those that meet the course requirements will receive a safety education completion certificate. However, if the student is younger than 12 years of age their certificate is not valid until they turn 12.

To sign-up for the course, or if you have any questions you may contact us at 715-793-4364. We will need a name (s), address, and telephone number when registering. Please respond by July 29, 2017.

It is the student's responsibility to read the booklet in the packet and bring your packet to class. Parents and/or guardians must fill out and sign the registration card that is in the packet. Packets can be picked up at the Stockbridge-Munsee Conservation Department (Public Safety Building). Parents and/or Guardians are encouraged to attend with their child.

Beau Miller and Sterling Schreiber, Stockbridge-Munsee Conservation Wardens



# Employee Appreciation Picnic



Shannon Holsey & Sue Miller



LaNette Kroening



Joleen Kroening



Robert Olson & Scott Vele



Debra Wolff



Diane Burr



Theresa Miller



Heather Murphy



Jeff Vele



Donald High



Greg Bunker, Chad Miller, & Jayci Malone



Kristy Malone



Lorraine Welch, Shawn Moede, Daesah Awonohopay, & Roberta Carrington



Barbara Berger



Brandi Ejnik, Melanie Miller, Paul Favela, Todd Herpy, & April Heideman



Nathalee Kristiansen



Mabel Miller & Rainer Shooter



Patrick Waukau



Lorena High & Autumn Williams



Delores Castellanos & Jolene Bowman



Tara Moderson & Angel Miller

Rolanda Bierman

Wanda Summers

Danny Schultz & Ray Bowman



Pat Malone

Angelia Irving

Jeff Heath

Maria Antonucci & Barbara Stephenson



AJ Miller

& Misty Moede

Awaseah & Maquaw Brisk

Lisa Loveland & Ashton James



Julie Gruenwald

Debra Antoine

Brenda Kohel & Mike Mohawk

Melissa Penass

Ken Davids



Norberto Vargas

Wambli & Candi Miller

Dr. Stake

Annette Schreiber

Michael Penass



## SHAWANO COUNTY VISITOR SPENDING IS UP 5.15%

*Wisconsin Tourism Experiences \$700 Million Increase in 2016*

SHAWANO, Wi – For the travelers that helped Wisconsin achieve a \$700 million increase in tourism economic impact in 2016, it's all about the fun and memories. For the state's tourism industry, it's big business. And for taxpayers and residents, it's all about jobs and tax revenue those travelers generate.

A study conducted by Tourism Economics shows the impact of tourism on the state's economy reached \$20 billion in 2016, an increase of 3.5 percent from the previous year.

Locally, travelers to Shawano County spent \$65 million in 2016—an increase of 5.15% over 2015. Among the contributing factors for local tourism growth was recent hotel and retail developments along with continued efforts to market key assets. According to Shawano Country Tourism Manager Patti Peterson, they are actively creating and promoting reasons for people to travel to Shawano County. "Last year we leveraged the popularity of our barn quilts by creating spring and fall Amish and barn quilt tours. This effort alone attracted 227 visitors who booked 162 room nights with hotels in Shawano and Wittenberg," said Peterson.

The Shawano Country Tourism Council also promotes the area at several sports shows in Milwaukee, Green Bay, and Wausau. They produce and distribute the Official Shawano Country Visitor Guide and work with groups hosting conferences and tournaments in the area. Shawano Country Tourism garners much publicity from connections made with regional and national media outlets.

"Tourism plays a critical role in our



community and continues to grow, and from an economic standpoint, the numbers reflect that," said Patti Peterson. "Last year's numbers are very encouraging and we hope to capitalize on this momentum in the coming summer season."

Statewide, traveler spending generated \$1.5 billion in state and local revenue and \$1.1 billion in federal taxes. "Traveler spending has grown an average of 4.5% per year since 2011," Tourism Secretary Stephanie Klett said. "It's a tremendous credit to the tourism industry in all 72 counties and the work they do to create fun vacation experiences, market their destinations, and provide great customer service that makes travelers want to return to Wisconsin each year."

Tourism continues to be one of Wisconsin's most important economic resources. Research shows that tourism advertising goes beyond just promoting vacations, it also positively influences the state's overall image as a great place to live, find a job, or open a business. Klett added, "These results also let us know what we are doing is working and that investing in tourism not only benefits the economy, it also influences the way people think about Wisconsin."

The Department of Tourism worked with a national research firm Tourism Economics and Longwoods International to produce the reports.

### Cancer cont from page Six:

to smoking, it also includes the use of snuff and chewing tobacco," Weishappel indicated. As one of the leading causes of cancer, tobacco use causes 90 percent of lung cancers and increases the risk of other cancers like head and neck, esophagus, stomach, colon/rectal, bladder, kidney, pancreas, breast, uterine, ovarian, cervical, and acute myeloid leukemia (blood cancer). In addition, the effects of tobacco use are increased if it is paired with alcohol.

When a person uses tobacco, the heart rate and blood pressure increases, teeth yellow and there is bad breath, some taste buds are ruined, dry yellow skin and wrinkles, nicotine use slows circulation of blood and has been linked to erectile dysfunction (cigars, pipe tobacco, snuff, chewing tobacco and cigarettes all contain nicotine, and pregnant women who smoke cigarettes run an increased risk of stillborn or premature infants, miscarriage or infants with low birth weights.

Weishappel indicated that even if you are not a smoker, if you are exposed to secondhand smoke you can be at risk. Secondhand smoke is a mixture of smoke given off by the burning end of tobacco products and the smoke exhaled by smokers. It contains the same cancer-causing agents, or carcinogens as the smoke inhaled by smokers. "Everyone is affected by secondhand smoke, but young children and women are particularly vulnerable," Weishappel said. Children exposed to secondhand smoke have an increased risk of sudden infant death syndrome, asthma, bronchitis, middle ear infections and pneumonia.

Loughney said to help reduce the risk of cancer due to tobacco, decrease or eliminate tobacco and alcohol use, maintain a tobacco-free environment and avoid secondhand smoke, especially around women and children.

Alcohol affects the entire body, including the brain, nervous system, liver, heart and the individual's emotional wellbeing. Drinking alcohol increases the risk for several kinds of cancer, especially those of the mouth, throat, esophagus, liver, breast, and colon. In general, these risks increase after about one daily drink for women and two daily drinks for men.

The risk of developing cancer is greater for people who use tobacco AND drink alcohol. Heubel indicated that about four percent of cancer cases are related to chronic alcohol use and alcohol use is

the primary cause of liver cancer. From a nutritional point of view, alcohol has negative effects as well, alcohol keeps the body from burning fat, particularly around the stomach, it has calories, which can add fat to body weight, and it provides no nutrients. Alcohol is a depressant, regardless of how it makes one feel. It slows down your motor skills which control the way you think, speak, move and react.

Sun protection is another cause of cancer that can be prevented. Ultraviolet radiation, from the sun, sunlamps and tanning booths cause premature aging and skin damage that that can lead to skin cancer. But this can be prevented by protecting yourself from the sun. Limit your midday sun exposure between 10 a.m. and 2 p.m., wear protective clothing – long sleeves and long pants and a broad brimmed hat and sunglasses that absorb ultraviolet light., use sunscreen with an SPF of at least 15, use a broad spectrum sunscreen that is designed to protect you from two types of UV radiation – UVA and UVB, wear sunscreen on a daily basis all year round, not just during the summer, stay away from sunlamps and tanning booths – they are not safer than sunlight, reapply sunscreen after being in the water, even if the bottle says waterproof.

Heubel addressed the area of sexually behavioral causes of cancer. She talked about HPV Human Papilloma Viruses. They are a group of more than 150 related viruses. Some HPV's cause infection and abnormal tissue growth in the human body. "Statistics show that HPV will affect an estimated 75 to 80 percent of males and females in their lifetime," Heubel said. HPV can cause cancer in both male and female genital areas as well as the mouth and throat. Almost all cases of cervical cancer in women are caused by just a few strains of HPV.

An HPV infection can be prevented by, limiting the number of sexual partners, using condoms, and getting the HPV vaccine.

Overall, the information provided and examples shared by the presenters made the information clear and easy to understand.

The next and final phase of the workshop is Early Detection; Cancer Screening and Detection which will be in the August 15 issue of the Mohican News.

In addition, the workshop will be held again in other locations – so keep checking postings if you are interested in attending.

## AVOID • SPOT • TREAT

### HEAT STROKE & HEAT EXHAUSTION

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

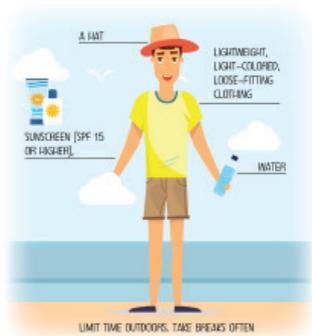
### AVOID

When the temperature is very high stay indoors. If you must go outside, **dress properly** and **take breaks** often. Know who is at **high risk** for heat stroke and heat exhaustion.

#### Tips to Beat the Heat



#### If you go outside, remember:



#### Know who is at high risk:



### SPOT

Know the signs of heat stroke and heat exhaustion.

#### Heat Stroke

#### Heat Exhaustion



If you see any of these signs, get medical help immediately.

### TREAT

While waiting for medical attention, you can help someone with heat stroke or heat exhaustion.

#### Heat Stroke



#### Heat Exhaustion

Get medical attention if symptoms get worse or last longer than one hour. Cool the body with:



Immediately if symptoms are severe or if victim has heat problems or high blood pressure

## Fruit and Vegetable of the Month: Cantaloupe

### Cantaloupe Benefits

1. Great source of antioxidants A and C
2. Fights cancer with phytochemicals
3. Contains anti-inflammatory properties
4. Boosts immunity
5. Good source of potassium
6. Protects eye health
7. Protects skin health
8. Good for digestion
9. Low in calories and high in vitamins and minerals

### How to Pick a Good Melon

First pick up the melon and check for cracks and discolorations, you want to avoid these. Then, look under the webbing of the cantaloupe to see if there is any color coming through. Avoid white looking skin under the webbing. The heavier



the cantaloupe for its size the sweeter it will be as more weight equals more sweetness and water content. Try the thump test, tap the melon and if it sounds like it echoed or sounded hollow then its ripe. Lastly, the melon would smell subtly sweet.

### Cantaloupe Dressing

#### Ingredients

- 1 cup Cantaloupe, cubed
- ½ cup low-fat vanilla yogurt
- 4 tsp. white sugar

#### Directions:

In a blender, combine cantaloupe, yogurt, and sugar. Blend until smooth. Chill or serve immediately. This is a great dressing for fruit salad, lettuce salad, or dipping fruit in.

## We Need Your Help to Bring Back the Native Culture of Breastfeeding

### Benefits of breastfeeding for baby:

Decrease risk of sudden infant death syndrome, fewer episodes of diarrhea and vomiting, fewer ear infections, lower risk of Asthma, antibodies that help protect infants from germs, and enhanced brain development.

### Benefits of breastfeeding for mom:

Lowers the risk of breast and ovarian cancers, lowers risk of developing diabetes and cardiovascular disease, saves between \$1,160 and \$3,915 per year instead of using formula, no bottles or nipples to sterilize, miss less work because their infants are sick less often, lower medical costs as breastfed babies tend to be healthier, and burns about 600 calories a day.

**Breastmilk is more than just food, it's protection!** Still even with being aware of all the benefits of breastfeeding to both mother and baby the rate of breastfeeding has been on the decline. What has caused this decline in breastfeeding when many Native American Cultures have viewed breastfeeding as nature's way of nourishing baby's mind, body and spirit? **Help us get the answer to this question by filling out a Breastfeeding survey if you are a woman age 18 or older who has had a baby in the last 5 years, and if your most recent baby is American Indian/Alaska Native (enrolled, eligible to be enrolled, or a descendant). By completing this survey you can be entered to win one of four \$25 gift cards! Contact Joan Olson MCH Nurse at (715)793-5018.**

What's being done to bring back the Native Culture of breastfeeding? The Healthy Start Program, offered through The Stockbridge Munsee Health & Wellness Center, is a program guided by Family Spirit which is a unique, evidence-based home visiting program designed for and by Native American Communities. The program promotes breastfeeding through education and support to mothers, fathers, children and their families. As a community we can help improve the breastfeeding rate along with the health of the babies of our community by showing encouragement and support to the mothers of our community. Studies have shown that support of

## Get Ready to Grill Safely

### Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

### Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

### Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

### Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal, fish
160°F	hamburgers and other ground meat
165°F	poultry

### Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

### Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).



# Education

## \*Attention Higher Education Students\*

Starting with the 2017-18 school year, all higher education students must re-apply by submitting an education packet before the beginning of the fall '17 semester. The application packet can now be attained, completed and/or submitted directly from the website @ <http://www.mohican.com/eethowtoapply/>.

The Academic Development Plan included in the packet requires an advisor signature, so this form must be submitted separately.

Please note that the education's webpage was recently updated with informative information, including the student handbook, scholarships, educational resources, forms and applications.

### Work Shop Description

**\*\*WORKSHOPS CAN BE TAILORED TO MEET YOUR NEEDS. CALL AHEAD (715)793-4582 AND SET UP A WORKSHOP TIME THAT FITS YOUR SCHEDULE\*\***

**Computer Lab:** This time is open to the public for independent use of the computers for Education or Job/Career related activities.

**Application Assistance:** Time to kick off the dust from that old application and revive it. Using this program will provide assistance, no matter your skill level, in creating an appealing job application.

**Basic Computers:** Were you born in the age where a mouse was a rodent that hid in your house to keep warm? Join us in a program centered on building basic computer skills, keyboarding skills and building knowledge of the technological age.

**Financial Aid:** A program to assist with FAFSA, financial aid, scholarships, and planning for an Educational Future.

**Scholarship Informational:** Need help paying for school but don't know where to start? This program will provide access to information important to applying for internal, local and national scholarships.

**Career Cruising:** Do you like your job but want to build a career? Do you know where to start? This program will provide access to explore careers, take assessments on abilities as well as interests and provides information on employment trends and schools.

**Job Search:** Tired of the job you're currently in? Would you prefer to be employed where your job isn't really work? Join us in a program that will walk you through the job search process, including introductions to resume building and the do's and don'ts of the interview process.

**Interview Stream:** A web-based mock interview program to assist you in preparation for upcoming interviews for internships, jobs, or graduate or professional school admission. It is a simple, fun and Effective way to refine and master your interviewing skills.

**Work Certified:** A program that teaches basic business ethics, interpersonal skills and workplace behavior.

**Financial Literacy:** A workshop to help build skills and knowledge that will allow an individual to make informed and effective decisions with all of their financial resources

**Menominee Vocational Rehabilitation:** This program provides services to Native Americans with disabilities in order to obtain or retain employment. Services provided to Vocational Rehabilitation Program consumers are custom designed to fit each individual's needs and employment goals.

**TABE Assessment:** Testing to provide a solid foundation for effectively assessing the skills and knowledge of adult learners. The tests combine to provide a flexible system of diagnostic assessments and instructional materials to meet the diverse needs of today's growing adult education market



Education, Employment, and Training for Adult Learners  
W13447 Camp 14 Road  
Bowler WI 54416  
Phone: 715-793-4582  
Fax: 715-793-4830

Hours of Operation: Monday – Friday 8am to 4:30pm

**\*\*WORKSHOP INFORMATION LOCATED ON THE BACK. WORKSHOPS CAN BE TAILORED TO MEET YOUR NEEDS. CALL AHEAD (715)793-4582 AND SET UP A WORKSHOP THAT FITS YOUR SCHEDULE\*\***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	2 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	3 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	4 <b>**Work Shops**</b> 9am-11am & 1pm-4pm	5
6	7 Computer Lab 9am-11am & 1pm-4pm	8 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	9 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	10 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	11 <b>**Work Shops**</b> 9am-11am & 1pm-4pm	12
13	14 Computer Lab 9am-11am & 1pm-4pm	15 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	16 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	17 <b>**Work Shops**</b> 9am-11am & 1pm-4pm	18 <b>**Work Shops**</b> 9am-11am & 1pm-4pm <u>Last Day for Summer Youth!</u>	19
20	21 Computer Lab 9am-11am & 1pm-4pm	22 Computer Lab 9am-11am & 1pm-4pm	23 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	24 <b>**Work Shops**</b> 9am-11am & 1pm-4pm	25 <b>**Work Shops**</b> 9am-11am & 1pm-4pm	26
27	28 Computer Lab 9am-11am & 1pm-4pm	29 Computer Lab 9am-11am & 1pm-4pm	30 Computer Lab 9am-11am <b>**Work Shops**</b> 1pm-4pm	31 <b>**Work Shops**</b> 9am-11am & 1pm-4pm		

**41st Annual Mohican Nation Traditional Pow Wow**

**Pow Wow**



# The Voices of Native American Art

## Telling Our Story

*July 23 – October 8*

An exhibit featuring a broad variety of original, fine and contemporary Native American art from living Native artists who are members and descendants of different Native American Nations, many with deep connections to the Lake Winnebago watershed.

Each artist has a strong message to share. Look deeply at each art piece, listen for the whispers of the past and the joyous celebration of the future. Hear the Native stories from their point of view. They have much to share.



▲ Tea set, *Three Little Bears*  
Artist: Linda Lou Metoxen  
Sterling silver

▼ *The Gatherer*  
Artist: Terri L. O'Connor  
Acrylic on wood



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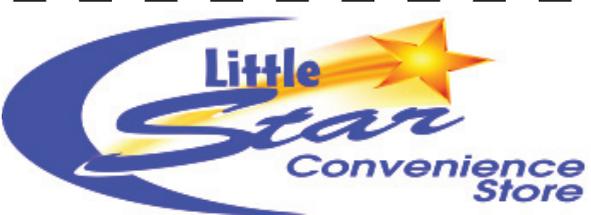
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## WHO WE ARE...

### Grand Entry Times

**Friday at 7 PM**

**Saturday at 1 PM & 7 PM**

**Sunday at 12 PM**

**Host Drum: Young Spirit Singers**  
Frog Lake, Alberta

**Co-host: LCO Badger Singers**

**Invited: Puzzle Hill Singers - Mohican Nation**

**Buffalo Bay Singers - Red Cliff Nation**

### Head Dancers

**Leonard "Lennie" Welch**

Mohican Nation

**Princess Storme Vele**

Mohican Nation

### Saturday Special

**Oneida Smoke Dance at 6 PM**

### Honorariums

For all dancers after every session in full regalia

Drums at the end of Pow Wow weekend



### Master of Ceremonies

**Arena Director**

**Bradley Granquist**

Oneida Nation

**Emcee**

**Josh Homminga**

Sault Ste Marie

**Color Guard**

**Stockbridge-Munsee Veterans**

**Head Veteran**

**Wesley Martin**

Oneida Nation



## WHERE WE ARE GOING

**Mohican Pow Wow 5K Run/Walk – Saturday 8/12 at 9 AM**

Contact Casey Mitchell at 715-793-5006

**Pow Wow Princess/Warrior applications please contact**

**Jerilyn Johnson at 715-793-4387**

**For more information and vendor applications please e-mail  
scott.vele@mohican-nsn.gov or call 715-793-4859**

**Free camping on site. Contact Stacey Schreiber at 715-793-4854**

Mohican Nation Pow Wow grounds are drug & alcohol free,  
Stockbridge Munsee Community is not responsible for any loss, stolen, accidents or personal injury.

**ABSOLUTELY NO DOGS OR PETS OF ANY KIND ALLOWED IN ENTIRE PARK. EXCEPTION SERVICE DOGS.**