



Winnebago Indian News

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Boxing Legend Visits WinnaVegas Casino

Bago Bits...



The Winnebago Boys XC team is on the move, stats and pick on page 4.



The Little Priest Tribal College 'Common Ground' Garden has been hold a Farmer's Market every Wednesday in downtown Winnebago and will continue until they run outta produce.



The New Work Where You Live project continues at the HoChunk Village.



The Winnebago Indians Alumni flag football game was held last week, with the even year graduates playing the odd year graduates.



A new building went up last week in Winnebago, 27 LPTC families will have housing for the coming school years.



Actors were recently fixed up to simulate a car vs. train accident near Winnebago. The training exercise is held annually to test reaction times of local police, fire department, ambulance and hospital staff.



Boys & Girls Club football is in full swing, games are played on Sundays in nearby communities and in Winnebago. The Little Indians with wins last Sunday against Pender, are now 3-1 for the older team (5th-6th) and 4-0 for the younger team (4th-5th). Next Sunday's games are in Wakefield at 2pm.



World Boxing Legend Sugar Ray Leonard recently visited the WinnaVegas Casino Resort during "Championship Fights" Nigh. Leonard "was part of "The Fabulous Four" a group of boxers who all fought each other throughout the 1980's, consisting of himself, Roberto Durán, Thomas Hearns and Marvin Hagler. "The Fabulous Four" created a wave of popularity in the lower weight classes that kept boxing relevant in the post-Muhammad Ali era. Leonard was also the first boxer to earn more than \$100 million in purses, won world titles in five weight divisions, including a run as the undisputed welterweight champion, and defeated future fellow International Boxing Hall of Fame inductees Hearns, Durán, Hagler, and Wilfred Benítez. Leonard was named "Boxer of the Decade" in the 1980s." The "Championship Fights" at WinnaVegas featured live boxing and an opening bout between Winnebago's own, Jawhon Price & Oscar Canales which was officiated by none-other than, Sugar Ray Leonard.

Winnebago Tribe receives two national awards for leadership in Healthcare



Winnebago Tribal Council Secretary, Victoria Kitcheyan and Whirling Thunder Staff members, Austin Schanzenbach & Robert Manuel accepted the Award in Washington D.C. on behalf of the Whirling Thunder Wellness Center.

(Washington, D.C.) Sept. 23, 2015- The Winnebago Tribe of Nebraska was honored by the National Indian Health Board for contributions to national Native American health care policy and their diabetes education program.

The tribe, along with the Omaha Tribe of Nebraska, jointly received the National Impact Award during the 32nd National Indian Health Board Consumer Conference in Washington, D.C., on Sept. 23.

The Winnebago Tribe and Omaha Tribe passed a joint resolution in August which listed several demands of the US Indian Health Service with regard to the management at the IHS hospital on the Winnebago Reservation. The IHS hospital has been under pressure by the tribe to improve the quality of their healthcare. Winnebago Tribal Council members have led the charge by setting demands and meeting with federal officials several times in Washington, D.C. to advocate on behalf of the Winnebago Tribe.

"We are proud of the work that our tribal council and all of the staff that has helped get us this far, but there is still much work to be done," said Tori Kitcheyan. "Our people's lives depend on it and we're just going to call on the resilience of Native Americans to see this through and emerge a more capable, reliable healthcare system for our community."

Secretary Kitcheyan also joined staff of the Winnebago Tribe's Whirling Thunder Wellness Center who received the John Pipe Voices of Change Award for their diabetes program.

Indianz.com... Supreme Court agrees to hear Omaha Reservation boundary case

Friday, October 2, 2015



From left: Omaha Tribe Vice Chair Adriana Saunsoci, Indian Health Service Director Robert McSwain and Omaha Tribe Chairman Vernon Miller in Washington, D.C., on September 22, 2015. Photo from Omaha Tribe

enues from those establishments could help address health, safety and other impacts of alcohol on the reservation.

The tribe had won the case before the 8th Circuit Court of Appeals last December. A unanimous panel of three judge held that the boundaries of the reservation remain intact even though Congress opened a part of the tribe's land base to non-Indian settlers in 1882. If the Supreme Court overturns that decision, the tribe will have lost on two major fronts -- the size of its reservation and its ability to exercise jurisdiction over businesses there. Chairman Vernon Miller said he was disappointed to learn about the acceptance of the case.

"I've noted before this is an attack on all tribal sovereignty using tax dollars; not only of the people of Nebraska but, ironically, of our tribal members as well," Miller said in a press release yesterday. "Nevertheless, we are confident that the U.S. Supreme Court -- like the courts below -- will find that our reservation has never been diminished. We will continue to go against the current as usual."

The granting of the petition does not necessarily signal one way or another whether the Supreme Court believes the 8th Circuit got it wrong. But it marks the second case in which a tribe's victory could be overruled

by the justices during their October 2015 term. And it's the third Indian law case, so far, accepted by the high court.

The justices are already slated to hear Dollar General Corporation v. Mississippi Band of Choctaw Indians, another case that affects tribal jurisdiction. The outcome will determine whether Dollar General, a publicly-traded company with \$17.5 billion in revenues can avoid the authority of the Mississippi Band of Choctaw Indians. The tribe had won at the 5th Circuit Court of Appeals.

The last time tribal jurisdiction came before the high court didn't turn out so well for Indian Country. In Plains Commerce Bank v. Longform June 2008, the justices held that a non-Indian bank did not have to answer to a lawsuit filed by two members of the Cheyenne River Sioux Tribe despite having entered into a consensual agreement with the couple. The vote was 5 to 4 against tribal jurisdiction.

The last reservation diminishment case is even older. In South Dakota v. Yankton Sioux Tribe from January 1998, the court ruled that the reservation of the Yankton Sioux Tribe was diminished by an act of Congress in 1894. That holding was unanimous.

The Supreme Court is also going to hear Menominee Indian Tribe of Wisconsin v. Wisconsin Department of Natural Resources. Con't. on page 2 ...

I Was Thinking

Thoughts from Fifth Place... by Lance Morgan



I tell the interns at Ho-Chunk, Inc. a story each summer. I tell them that Ho-Chunk, Inc. is real life. There are only winners and losers in business. I tell them that this isn't 4th grade soccer and there are no 6th place trophies. I like the story because it gets them to understand the negative impact of failure and how success is something you have to push for because nothing is given to us.

However, after all that I am here to celebrate our fifth place award. The magazine, Washington Technology, ranked the 25 largest 8(a) government contractors. 8a refers to a type of small business that can receive certain bidding preferences for federal contracts. It is a designation that we apply for and receive from the Small Business Administration.

In this years rankings. All Native, Inc., just one of our government contracting companies, was ranked as the fifth largest 8a contracting companies with \$72.6 million in revenue. We were not even in the top 25 last year.

Our government contracting operations are booming right now thanks to a ton of hard work over the years from a lot of different people. We had a study done of economic impact and it was determined that Ho-Chunk, Inc. received just under 1 percent of all 8a contracts awarded last year. One percent doesn't sound like much, but

you have to remember that the federal government spends a lot of money and we are now performing more than our fair share of the work.

When we started our government contracting business, we didn't really know what we were doing. We had a few companies that did some things well and we decided to expand into contracting. But government contracting is a very different than normal commercial business and we struggled. We actually lost around \$700,000 over the first 4 years and our board of directors was losing patience with the effort, but we got a few big breaks and we made back all of our losses from the previous 4 years in the next six months. That was about 10 years ago, but seems like a lifetime ago.

Our team now is so much more advanced than when we started that it is like comparing basic math to advanced calculus. We have offices in Omaha and Washington, D.C. who solely focused on getting and managing the contracts. This success is great, but like all things tribal it can be hard. Our success has caught the notice of big competitors. We spend a lot of time working in Washington on behalf of tribal contracting rights and both myself and Annette Hamilton, our tireless Chief Operating Officer, have served as chairman of the Native American Contractors Association. A group of over 40 tribes working to expand and protect tribal rights.

I have heard Winnebago leaders from the past say Winnebago is a small tribe, but we punch above our weight class. That is an old boxing phrase that really means, we may be small, but we are always tough and have an outsized impact. I like that because it is indeed true. Fifth place isn't first, but give us a few years and maybe we can reach that too.

Contact me at hochunk@aol.com

Indians.com

... Con't. from front page

consin v. US during its October term. The decision will determine how far back the Indian Health Service must go to pay tribes for contract support costs in self-determination contracts.

In that case, a reversal by the high court would benefit the Menominee Nation of Wisconsin. The Obama administration also supports review of a D.C. Circuit Court of Appeals decision that both the tribe and the Department of Justice believe conflicts with other rulings. It marks the third time in a decade that the Supreme Court will hear a contract support costs case.

Oral arguments for the three cases haven't been announced. The October 2015 term marks first time since the October 2010 term that more than one Indian law will be heard by the Supreme Court, where tribes tend not to do so well.

For that reason, tribes and their advocates have been working hard to keep cases away from the court. The Tribal Supreme Court Project, a joint effort of the National Congress of American Indians and the Native American Rights Fund, appears to have been working, at least until now.

"We were winning at the Supreme Court more than we were losing at the Supreme Court," attorney Richard Guest of NARF said of the first few years of the project.

Since John G. Roberts took on the position of chief justice of the court in 2005, tribal interests have won just two cases and have lost nine, Guest told tribal leaders at NCAI's winter conference in Washington, D.C., in February. Up until 2012, tribes hadn't even won a single case, he added.

8th Circuit Decision: Smith v. Parker (December 19, 2014)

Jay Daniels: Tribal news requires the negative as well as positive Wednesday, September 30, 2015

Jay Daniels of Round House Talk weighs in on freedom of the press in Indian Country following the firing of award-winning journalist Jodi Rave Spotted Bear from The MHA Times, the newspaper of the Mandan, Hidatsa and Arikara Nation:

One of the greatest freedoms we

have is the freedom of the press. Without it, we are left in the dark about issues or concerns except in the dark recesses of secrecy. We are left to wonder if the Gawonisi (Cherokee word for gossip) is true or just another attempt to discredit another person.

I worked 20 years for the Bureau of Indian Affairs on the Fort Peck Indian Reservation in Montana. The tribes financially supported the nationally award winning "tribal newspaper" Wotanin Wowapi. A few years back, a new tribal administration attempted to reign in the news if they believed it to be negative reporting about tribal council actions. Eventually, they fired Ms. Bonnie Clincher, now passed on, and handed the newspaper over to another individual. Ms. Clincher was respected nationally as a Native American Journalist and won many national awards.

It didn't deter Ms. Clincher who proceeded to establish a new weekly newspaper named Fort Peck Journal. It was fully funded without tribal funding by Ms. Clincher and her former Wotanin Wowapi staff who followed her in establishing the Fort Peck Journal. I'm sure others who believed in Ms. Clincher as a protection of their right to know also contributed in some manner.

Ms. Clincher still experienced opposition from tribal council members, but she persisted in presenting the truth to the tribal membership without fear of being fired. The Journal has now become an award winning newspaper and the Wotanin Wowapi eventually failed under new leadership and no longer exists.

I write because I love to so I can write it how I see it without fear of being fired. Doesn't mean I can run roughshod past the truth, but I can write the truth even if folks get upset. News isn't news when it's replaced by perception and manipulation, but lacks substance.

Get the Story: Jay Daniels: Jodi Rave Spotted Bear, Editor of MHA Times: Relieved of Employment after writing a critical tribal news article (Round House Talk 9/30)

For this and more stories from around Indian Country visit us at www.indians.com

Letter to the Editor...

"Winnebago Tribe of Nebraska Special Tribal Council Meeting Minutes"

July 22, 2015. Eligibility Criteria/Qualifications to serve on Tribal Council: Motion: Brian Chamberlain moves to adopt Resolution 15-106 to Revise the Qualifications of Candidates for Tribal Council (5-204). Through the addition of an Exclusion Clause as amended effective immediately. Second: Victoria Kitcheyan (6-1-0) MM out. Motion passed.

Recess at 1:17 p.m.
P.S. To me this is Abuse of Power. We need Separation of Powers in our Tribe's Constitution A.S.A.P. The Council and Tribal members must revisit this.

"Unabridged Christianity"

Biblical Answers to Common Questions about the Roman Catholic Faith; By Fr. Mario P. Romero.

St. Paul writes to the Christians living in Corinth that there is "one Lord, one faith, (and) one baptism" (Eph 4:5). What St. Paul is saying is that, since our one Lord (Jesus Christ) instituted only one church (c.f. Matt 16:18-19). That one church holds only one faith (i.e., has one district set of beliefs).

If one browses through his hometown phone book, one will likely discover scores of different Christian denominations, most with their Pastors holding doctoral degrees in scripture, all claiming to be "led by the Holy Spirit" in their "plain, straightforward interpretation of the bible." The teachings of these various Christian denominations vary widely on many crucial issues of doctrine (cf. the introduction section of this book).

Since every Christian should desire to follow Jesus Christ as intimately as possible, he should long to hold fast to the one faith that was taught by Jesus and the Apostles and to belong to the one church that was historically instituted by our Lord Himself. The question that every thinking Christian must eventually ask is: "Which one of the thousands of different 'Holy-Spirit-guided,' 'Bible-based' Christian churches in existence today (which run the theological and doctrinal gamut) is the one historically established by Jesus Christ Himself?" Since contradictory teachings cannot simultaneously be true, which Christian church has the fullness of the truth proclaimed by Jesus and the Apostles? This book is an attempt by Fr. Romero to share some of the Scriptural and historical "evidence" that the contemporary Roman Catholic church and the Apostolic Church founded by Jesus Christ circa 30 A.D. is one and the same.

Using some of the commonly heard misconceptions about the Catholic faith as points of departure, Fr. Romero examines various key passages from Scripture, looks at historical documentation found in secular sources and, at the end of each chapter, presents

quotes from the writings of the first generations of Christians to show that modern-day Catholic beliefs and practices have solid precedence in the beliefs and practices of the early Church.

Queenship Publishing Company, 1-800-647-9882, 805-692-0043. Or #3751/\$12.95. ISBN 1-57918-056-6.

"Don't be afraid to give it the no-college try"

by Marilyn Kennedy Melia, CTW Features.

The statistics don't lie: College grads earn more—as much as 84 percent more over their lifetime—than those who haven't completed a four-year degree.

But the stats do hide another truth, said Tony Lee, publisher of "Career Cast." "Succeeding in the workplace without a college degree is far from impossible."

Based on metrics such as income, demand over the next several years and stress factors, "Career Cast" compiled a list of the best jobs for people who don't have college degrees.

Some of the jobs: Administrative Assistant at a median salary of \$35,330; Appliance repairer at \$43,640; Electrician at \$49,840; respiratory therapist at \$55,870; and web development at \$62,500.

While a bachelor's degree isn't required, some positions require training for state licensing or professional certification.

The list isn't meant to discourage college ambitions, but the reality is that "a lot of people can't afford college or need to work," he said. The list is intended to illustrate, "you are not struck with minimum wage."

It can be possible to work in a non-college profession or trade and earn some college credit for some of the skills you've acquired, said Joel Simon, vice president of the Council for Adult and Experiential Learning.

Many colleges offer credit for non-academic learning, but some have broader policies than others, Simon said. Credit is typically dependent on demonstrating proficiency by passing a test, turning in a work product or through a professional designation earned through a rigorous, well recognized program.

"Hot Pepper Sauce"

Years ago I was having lunch in the tribes coffee shop. It was in the Neola Walker building. This other customer just got his order from the waitress he started looking for something. He got up and started looking on the other tables, he was looking for the Tabasco hot sauce. He found it.

Later I said "you really like hot sauce?" he said "yeah," I said, "that means you like a little burn in your bite?" He said, "yeah."

Thanks Pat Greyhair MaXiSka

NEW FOR 2015-2016 SCHOOL YEAR!

Teams of general education, Title I, and special education teachers plan to institute a type of reading instruction commonly called Walk to Reading in grades kindergarten through sixth grade. The idea behind walk to reading is that students receive more appropriate reading instruction by participating at their instructional level. Although teachers do everything they can to meet all the needs of all the students, many times there are so many students reading at so many different levels that this is very difficult, resulting in students participating in reading instruction that is either higher or lower than their instructional level. When students receive instruction that it is too difficult, they do not progress as much as they should. When students participate in instruction that is too easy, they become bored and, over time, put in less effort.

Winnebago Public Schools wishes to target reading instruction by teaching reading at 15 different levels for grades K-6. This means that each teacher will teach a different reading level. In most cases, students will leave their homeroom to WALK TO the appropriate READING classroom. This also means that there will be students from sev-

eral grades in each reading classroom. Also, by having groups at different levels, students who previously could not participate in reading with their general education peers will be able to access instruction, also freeing special education teachers, Title I teachers and paraprofessionals, to co-teach in the reading classrooms. In most classrooms, two adults will be able to help students move toward reading at higher and higher levels!

Reading instructional levels have been determined by studying several pieces of information which will include Guided Reading Levels and may include: MAP standardized assessments, AIMSweb screeners, NeSA state tests, classroom performance, EIR levels, and teacher input. At least quarterly, placements will be reviewed and students will have the opportunity to move to another reading classroom. Students' progress will also be checked on a regular basis using running records and progress monitoring.

If you have any questions or concerns, please call Sarah Sanford at 402-878-2651

The next issue of the WINNEBAGO INDIAN NEWS will be published on October 21, 2015. DEADLINE for this issue will be October 16, 2015.

Winnebago Indian News

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The WIN encourages the submission of Letters to the Editor; however, letters must be signed and addressed. Letters may be edited for language and length.

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MY LITTLE REFLECTION

Raa s guni u ni he aaje, hi ca koro wil
Today I walked down-town for lunch. What a beautiful day. The sun was shining brightly and a nice breeze was blowing gently on my face. It seemed the people whom I met on my walking trail were very nice too, waving and saying "Hi" and smiling, which made my little walk more enjoyable.

In our mission school, we have Mass every week. The students have an opportunity to worship and pray together and learn how to be Christ-like and at the same time enhance their leadership skills and spirituality.

This morning, as I walked into the church I spotted all the teachers who were wearing blue T-shirts with a design of a bucket and the words, "I'm a Bucket Filler". On the back of the T-shirt were written five things upon which they were focusing: * I am polite and friendly to everyone, * I help others without being asked, * I practice good manners and say, "Please," "Thank you," and "You're welcome", * I use kind words when I speak to people, * I treat others as I want to be treated.

Everyone has a bucket and a dipper. When we say and /or do kind things, are helpful, inclusive and engage in many other positive acts of kindness, we fill the other person's bucket. At the same time our bucket is filled. When we are unkind, rude and disrespectful, we have our dippers in another person's bucket. Our bucket is being emptied at the same time.

The month of October is anti-bullying month. The entire school is focusing on this project and helping students understand how their words and actions affect other people. Using the bucket and dipper is a means to teach important lessons in integrity, kindness and good character.

There will be a month of activities focused on "Are you a Bucket Filler?" Parents will get special "Bucket Filler Cards" when their son or daughter has done an outstanding Bucket Filler deed.

There will be a bucket at the church for teachers and students to write bucket filler acts they have done themselves or have witnessed others doing.

Today we are celebrating the Feast of St. Therese of the Child Jesus, otherwise known as the Little Flower. This morning, during Mass Fr. Dan talked about how St. Therese was a bucket filler. In her short 24 years, St. Therese made the most of each day, living her "little way" of doing small things with great love. This, she quietly offered, is the path of true sanctity, doing simple acts of love. St. Therese said, "I am only a very little soul, who can only offer very little things to our Lord."

To say a little bit more about St. Therese, she was born into a middle-class family in Lisieux, a small town in Normandy, in 1873. Her mother died when she was four years old. She had four older sisters and her father was a watchmaker. She knew about suffering and hardship, but she did not stay in the maze of blame and self-pity. Though she did not have much, as a child she had determined to set her sight on the goal of sanctity, and she went on to pursue this objective with courageous tenacity. Not everyone is called to do great things, but all are called to be saints. To live each moment, accept each moment and live in a spirit of love is an occasion for heroism and holiness. We are all called to be great, not in the eyes of men but, more importantly, in the eyes of God.

I am excited about this month of "Be a Bucket Filler" for our students. Through this project, they will be better builders of their personality and character. They will learn not only to help themselves, but also learn how to help others make this world a little better place to live.

Happy Fall to you all. Enjoy the change in nature. Our surroundings are still pretty green, yet I see some trees are turning their colors.

May God bless you and your family. Until next time, stay well during this changing season.

Sister Hilda Choi

JESUS OUR SAVIOR LUTHERAN OUTREACH



Pastor Ricky Jacob

"Gateway to ... You have seen the advertisements in the last edition of the Winn News. You have seen the nearly full page invite looking for adult volunteer performers who like "scaring the ... out of people. I wonder what the Ho-Chunk word is for ... ?

I have been informed on more than one occasion by Winnebago elders that there is no such place. So I am confused by such references to this place. I pray that our precious young children will not be scarred for life with such a scary experience.

Jesus taught the following story regarding ... "There was a rich man who was clothed in purple and fine linen and who feasted sumptuously every day. And at his gate was laid a poor man named Lazarus, covered with sores, who desired to be fed with what fell from the rich man's table. Moreover, even the dogs came and licked his sores.

The poor man died and was carried by the angels to Abraham's side. The rich man also died and was buried, and in ... being in torment, he lifted up his eyes and saw Abraham far off and Lazarus at his side. And he called out, 'Father Abraham, have mercy on me, and send Lazarus to dip the end of his finger in water and cool my tongue, for I am in anguish in this flame.'

But Abraham said, 'Child, remember that you in your lifetime received your good things, and Lazarus in like manner bad things; but now he is comforted here, and you are in anguish. And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you

may not be able, and none may cross from there to us.'

And he said, 'Then I beg you, father, to send him to my father's house—for I have five brothers—so that he may warn them, lest they also come into this place of torment.'

But Abraham said, 'They have Moses and the Prophets; let them hear them.' And he said, 'No, father Abraham, but if someone goes to them from the dead, they will repent.'

He said to him, 'If they do not hear Moses and the Prophets, neither will they be convinced if someone should rise from the dead.' [Luke 16:19-31 ESV]

Jesus did not teach this story in order to scare one straight. He taught the truth in order to warn those who would listen to him that there is indeed such a place. He went on to call people to repent before it is too late.

Jesus did much more than this. Out of mercy Jesus would endure the pangs of ... Jesus suffered ... when he took the consequences of sin upon himself while hanging on the cross. The irony of the above story is that people would not be convinced even if someone would rise from the dead. Jesus was that someone who not only suffered ... but he also rose from the dead. Yet most are not convinced even by this to believe in Him.

I close with these words of Jesus to those who have placed their faith in Him, as their Lord and Savior: "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom." [Luke 12:32 ESV]

Project Step Up is looking for new applicants to join our program to a brighter future!

Courses are offered in Early Childhood Education, Welding and Carpentry. Those students looking for one year diploma or AA/AAS degrees at either Little Priest Tribal College, Nebraska Indian Community College or Northeast Community College are encourage to apply. Project Step Up also offers a wide range of Diploma and Degrees with Western Iowa Tech Community College .

Step Up can assist with Tuition, Books and Fees. In an addition, assistance is available for those who qualify for minimum wage stipend, transportation, and childcare.

Give us a call or stop in the office for more information. Let's start the process for the spring 2016 semester.

Sioux City Office	Winnebago Office
Office Hours: Monday- Friday 8 am- 4:30 pm	Office Hours: Tuesday & Thursday Winnebago Tribe Education Office 1 Mission Drive (White Modular at St. Augustine's Mission Hill) Winnebago, NE 68071 P: 402-878-2631 F: 402-878-2637 8 am - 4:30 pm
HoChunk Centre 600 4th St., Suite 222 Sioux City, IA 51101 P: 712-255-7167 F: 712-233-1230 8 am - 4:30 pm	

R-SKINS Indiegogo Campaign Launched Crowdfunding Campaign Launched to Support Native Documentary Film

Winnebago, NE – 7Gen Films—a division of Native-owned 7Gen, Inc.—has launched a crowdfunding campaign on popular site Indiegogo to support initial fundraising for the feature documentary film, R-SKINS. The Indiegogo R-SKINS page can be accessed via the following link: <http://igg.me/at/rskinsmovie> .

"Ever since we announced plans to produce R-SKINS," Executive Producer Maunka Morgan said, "there has been tremendous grassroots interest in and support for the film."

"We are asking everyone who has shown an interest in our film and this issue to contribute to our Indiegogo effort... and to turn their passion into positive action!"

Morgan is the CEO of 7Gen and a member of the Tribal Council of the Winnebago Tribe of Nebraska. He was also a contributor to the book *Mascots That Honor Indians: The Audacity of a Dope for Suggesting Schools Change Their Indian Mascots*, written by Professor Edouardo Zendejas, an instructor at the University of Omaha – Nebraska

and member of the Omaha Tribe of Nebraska.

R-SKINS Producer Arvina Martin, an enrolled member of the Ho-Chunk Nation, is also Stockbridge-Munsee. Martin was recently the Chief Communications Officer for the Ho-Chunk Nation Legislature, and she has been a passionate activist on this issue since she was a young girl. Martin first appeared before a legislative hearing to offer testimony on this issue at the audaciously young age of 17.

The R-SKINS Indiegogo campaign will help fund the film's preproduction and initial production budget: research and identification of compelling stories from across the country that will form the foundation and spine of the film; shooting of initial interviews with Native experts and leaders, as well as other necessary early production activities; awareness- and community-building; and additional fundraising for film completion.

More information about the R-SKINS Indiegogo effort can be found at the film's Indiegogo page: <http://igg.me/at/rskinsmovie> .

New Deadline for Winnebago Newspaper October 16

CHILDFIND

The Board of Education of the Winnebago Public Schools, District 17, wished to reaffirm its position that all children, ages 0-21, in the Winnebago Public School District, regardless of their handicapping condition, are entitled to a free appropriate public education (FAPE) and an equal opportunity for education according to individual needs.

The Board assumes the responsibility to assure that handicapped children are identified, evaluated, verified, and are provided with or contracted for and program services for all resident handicapped children who benefit from such programs.

If you have a child or know of a child who may require special education services, please contact the special education department at 402-878-2224.

PUBLIC NOTICE
Winnebago Public Schools
Winnebago, NE 68071

2014-2015 SPORTS WINNEBAGO INDIANS

Indians Fall Sports Schedule

Varsity Football			
10/9	Macy	H	7:00
10/16	Guardian Angels	A	7:00
10/23	Scribner-Snyder	H	7:00
Varsity Volleyball			
10/6	Whiting/Allen	A	5:00
10/8	Omaha Christian	H	6:00
10/15	Laurel/Concord/Coleridge (Sr. Night)	H	5:30
10/22	Homer/Wakefield	A	5:15
10/24	Lewis & Clark Tournament @ seeded	A	1200
10/26	Lewis & Clark Tournament @ Randolph	A	6:30
10/27	Lewis & Clark Tournament Finals @ Laurel	A	5:30
11/02	Sub-Districts	TBA	TBA
11/06	District Finals	TBA	TBA
11/13	State @ Lincoln	A	TBA
Junior Varsity Football			
10/12	Bancroft-Rosalie	H	5:00
10/19	Wakefield	A	5:00
Cross Country			
10/9	Conference-Bloomfield	A	4:00
10/15	Districts	TBA	TBA
10/23	Kearney/State	A	TBA
Junior High Football			
10/6	Walthill	A	4:00
10/19	Wakefield	A	4:00
Junior High Volleyball			
10/8	Homer	A	3:00
10/12	B-R-L-O	H	6:00

Lifestyle Balance Classes

Provide the tools you need to:

- Reverse Pre-Diabetes
- Delay or prevent Type 2 Diabetes
- Reduce health risks that lead to heart disease, stroke, blindness and kidney failure
- Learn healthy nutrition options & value of exercise
- Decrease stress & increase energy

Instructors from the YMCA will be conducting the sessions. Twelve week free membership to the Y plus other incentives included.

Lifestyle Balance Classes Register "Baseline" 10/13/2015
October 20, 2015-September 6, 2016
12 Noon-1:00 p.m. or 4:00-5:00 p.m.
Ho-Chunk Hope Class Room Wellness Center
Call Ho-Chunk Hope Today: Fred Harden Cell # 712-899-8995 "A Diabetes Free Future"

What's Happening



Championship Fights went over big at the Winn Vegas Casino last Saturday Night with a Special Guest, Boxing Legend Sugar Ray Leonard. Here's Sugar Ray with his favorite Winnebago Fans, top: Craig Cleveland, Sr. and his son Cory, Vice Chairman Vincent Bass & his wife Karen, Sugar Ray himself sharing his story with the crowd and finally Tammy Baker sharing a hug with the Champ

XC Boys Finish 3rd at North Bend



The Winnebago Indians boys Cross Country Team finished 3rd in last weeks meet held at North Bend, Nebraska. Team members; Aspen LaPointe, 3rd, 18:24, Micah Scott, 12th, 19:12, D'Von LaPointe, 14th, 19:15 and Maurice Scott, 27th, 20:05 were the top four finishers for Winnebago. Kainyan Cariaga and Manazheega Cleveland also ran for Winnebago with times of 21:41 and 22:07. The Indians placed 3rd overall in a field of 8 small schools competing in the meet, 8 larger schools also ran at the same time.

Later on in the week the Indians traveled to nearby South Sioux City Covington Golf Course to compete in the Marsha Koebernick XC Invitational-South Sioux City High School meet. Out of 10 small schools competing in the meet, Winnebago placed 5th with team members: Aspen LaPointe, 7th, 18:01 D'Von LaPointe, 21st, 19:22, Micah Scott, 22nd, 19:22 and Iktomi Rice, 32nd, 20:21. Finishing out the roster was; Manazheega Cleveland with a course time of 21:52.

Good job Boys!

Parent-Family Advisory Committee



Winnebago Public School is seeking interested parents/family members of Winnebago Public School students who are willing to serve as a representative on our Parent/Family Advisory Committee. The committee will meet quarterly. The first meeting will be held on Thursday, October 29 in the school library at 5:30 p.m.

The purpose of the committee is to ensure parents and family members of our students have their voices heard in establishing a positive, productive, safe learning environment for all of our students.

If you are interested, feel free to either notify Cheryl Burrell, Assistant Superintendent at (402)878-2224 Ext. 359/ cburrell@winnebago12.org or just jo in us at the meeting on October 29. Thank you.



The Winnebago Little Indians 5th & 6th grade boys Football team is currently enjoying a 3-1 record after a win last Sunday in Pender. The boys are in action again this Sunday, at 2 pm, in Wakefield.

PUBLIC NOTICE

To individuals/families who received special education services from Winnebago Public Schools, District 17 prior to June 30, 2010;

The Nebraska Department of Education's Rule 51 requires school districts to retain special education records for five years after the completion of special education services. The law also requires that all personally identifiable data will be destroyed, or released to the student to parent(s)/guardian(s). If you were, or if your child was, dismissed from special education services prior to June 30, 2010, you may claim those files by contacting the special education department at Winnebago Public Schools, Box KK, Winnebago, NE 68071 or by calling 402-878-2651. Any files not claimed by October 15, 2015, will be destroyed.

Winnebago Public Schools
Winnebago, NE 68071

Whirling Thunder Wellness Program

What a HEALTHY way to start out your day!
Come over and try out our new Shakes
Open Monday-Friday

SHAKE SHOP

<p>Shakes \$2.00</p> <ul style="list-style-type: none"> •Chocolate •Vanilla •Strawberry •Banana •Mixed Berry <p>Fresh Fruit add-to \$1.00</p> <ul style="list-style-type: none"> •Mixed Berry •Mandarin Oranges •Peaches •Strawberry, Peaches & Banana •Pineapple, Mandarin & Strawberry •Pineapple •Mango •Banana 	<p style="text-align: center;">Hrs</p> <p style="text-align: center;">8am-9am 12pm-1:30pm</p> <p style="text-align: center;">Contact person: Mary Kelsey Kitchen (402)-878-3181</p>
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WINNEBAGO DOMESTIC VIOLENCE PROGRAM

Healing Our Sacred Spirit Within

When: Wednesday, October 21st

Where: Ho Chunk Center

What: Meal 5pm

Speaker: Norma Rendon, Oglala Tribe Victim Services

Healing Service 6pm Devotions Led by:
Willard Bruguier, Sr., NAC Elder, Lake Andes, SD

Hosted By:
Winnebago Domestic Violence Program

Printed Theme T-Shirt to be given to those in attendance

Contact: Winnebago DV for more INFO @ 402-878-4308

Around Bago

Lady Indians #1 at Flandreau Tournament



"The Winnebago Lady Indians would like to thank Jason Lawrence and the Winnebago Police Department for providing all the ingredients for our team meal recently. Team bonding is something we take very seriously and we are grateful that other programs in the community are supportive of our efforts and our youth. The next home game is on October 8th against Omaha Christian at 6:00pm; this will be a junior varsity and varsity game. Come support the Lady Indians! Go Big Blue!!!"
 - Coach Willy Bass



The Winners of the Indians Alumni flag football game for the 3rd year in a row...the Odd Squad.



This time of the year Football is Big in Winnebago with teams from 4th grade all the way up to the Indians Alumni Game. Here are a few shoots of the Little Indians football team sponsored by the Winnebago Boys & Girls Club. The boys teams either travel or are home every Sunday playing their game against local communities. Both teams are sporting winning records but Coach Treivan Bear, isn't worried too much about the "W" "it's a good sport for the boys to learn how to be a team and work together towards the same goal...a touchdown."



NOTICE

The Higher Education staff will be attending the NIEA Conference on October 14, 15, and 16.

Office hours for these dates are as follows:

8 a.m. – 12 p.m. Wednesday & Friday

Open All Day on Thursday the 15th

(Application Deadline for Spring 2016)

We will resume regular business hours on

Monday, October 19th.

If you have any further questions, please contact

402-878-2631

2015 Fall Community Clean Up
 October 13-14, 2015

**Dumpster site located on Mercer Street
 West of BHCC**

**Daily Volunteer Luncheon provided at 12 pm
 on October 13TH & October 14TH
 At BHCC**

**We will NOT be accepting Household
 Hazardous Waste at this time**
 (Paint, Pesticides, Herbicides, Oil, Cleaning Chemicals, Yard Chemicals,
 Anti-Freeze, Fluorescent Bulbs, Car Batteries)

Litter pickup areas have been assigned.
 Bags and gloves are available at the EPD
 Office or by calling Jossel at (402)878-4060
 All other questions or concerns may be directed to
 Joseph Painter
 at (712)259-2835

**"Please continue to recycle cans, plastic bottles, paper
 and cardboard in the recycle trailer behind Facilities
 building"**

Rez Cars Rez Deals

BIG NEWS FROM THE ENROLLMENT OFFICE

Winnebago Tribal Members: If you have moved start sending in your change of addresses.

A \$250 Stimulus was approved and distribution is set for December 3, 2015.

P.O. Box 687 Winnebago, NE 68071
 Fax (402) 878-2024 enrollment @winnebagotribe.com
NO PHONE CALLS WILL BE ACCEPTED!
 Address Verification Forms will be in the Mail by 10/23/15.

Winnebago Housing and Development Commission

We strongly urge the tenants to clean out their closets and basements and leave non-working household appliances, old clothes, old furniture, etc. at the curb on October 13 and 14 (Tuesday and Wednesday).

The Clean-Up is two days this year. Don't wait to start! Maintenance will pick-up these items on Tuesday and Wednesday only. Please don't wait until Wednesday.

Maintenance is seeking help for the week of Clean-Up. Come to the Housing Office and pick up an application.

Those selected will work the full week of October 12 through October 16. Two positions are available.

Thunder Way (Low Income Tax Credit project) residents: it's time for re-certifications. Lenore Snake will be contacting you this week. "You know the drill."

Questions? Call 402-878-2241.

American Broadband Ad

"American Broadband will be at the Black Hawk Center in Winnebago on 10/7/2015 from 9-3pm.

Please stop by to sign up for the phone assistance program, and discuss the services we have to offer."

New Deadline! for Winnebago Newspaper October 16

THE HIGHER EDUCATION DEADLINE FOR SPRING 2016 OCTOBER 15TH

MUST TURN IN THE FOLLOWING BY THIS DEADLINE TO BE CONSIDERED:

- COMPLETED APPLICATION
- CERTIFICATE OF INDIAN BLOOD (CIB)
- LETTER OF ACCEPTANCE TO COLLEGE OF CHOICE
- COLLEGE TRANSCRIPTS AND HIGH SCHOOL TRANSCRIPTS
- CLASS SCHEDULE
- EDUCATION PLAN SIGNED BY THE APPLICANT AND ADVISOR
- FINANCIAL NEEDS ANALYSIS

*PART-TIME STUDENTS MUST TURN IN A BILLING STATEMENT (TUITION, FEES AND BOOKS ONLY)

ADDRESS TO SEND ALL DOCUMENTS ON OR BEFORE OCTOBER 15TH:

HIGHER EDUCATION PROGRAM
 PO BOX 687
 WINNEBAGO, NE 68071

IF YOU HAVE ANY FURTHER QUESTIONS REGARDING THE DEADLINE, FEEL FREE TO CONTACT CARMELITA (carmelita.sharpback@winnebagotribe.com) OR PATRICE (patrice.bass@winnebagotribe.com) AT 402-878-2631 OR 878-2634. FAX: 402-878-2637.

PUBLIC NOTICE OF REGISTERED SEX OFFENDERS

This notice is provided as a public service by the Winnebago Police Department for the Winnebago Tribe of Nebraska. This posted notice and the SORNA Website, is for interested members of the public and anyone have access to and may review this notice or search the Website public information regarding the presence or location of offenders who, in most cases, have been convicted of sexually violent offenses against adults and/or children and certain sexual contact and other crimes against victims who are minors. The public may use this notice to educate themselves about the possible presence of such offenders in their local communities.

Valentino or the Chief of Police.

Any person who uses information contained in or accessed through this notice to threaten, intimidate, or harass any individual, including registrants or family members, or who otherwise misuse this information, may be subject to criminal prosecution or civil liability under federal and/or Winnebago tribal laws.

Users are urged to contact the Winnebago Police Department-Office of Justice Services regarding information collection and privacy/confidentiality policies before using this Website.

By using this notice and website, the user: (1) Consents to and agrees to abide by and be subject to any and all policies/disclaimers/terms and conditions and/or laws for access applicable to Winnebago Tribe of Nebraska Sex Offender Registration Website; (2) Accepts and consents to application of the absolute sovereign immunity of the Winnebago Tribe of Nebraska and any of their officials, employees, or contractors. The website address is:

<http://winnebagotribe.nsopw.gov>

It is possible that information accessed or obtained through this notice may not reflect current residences or other information regarding such individuals, and the public are forewarned that it is incumbent upon them to verify information. Any user seeking more information or verification should communicate with the Winnebago Police Department-Office of Justice Services. Any individual who believes that the information contained in this website is not accurate should communicate with Compliance Police Officer Roxanne

WinnaVegas Casino Resort JOB FAIR!

WinnaVegas Casino Resort will be hosting a job fair on Saturday, October 10th from 9 am – 4 pm in the Conference Center. Stop in and apply for these exciting positions with on the spot interviews available!

Come join our winning team!



Low Interest Loans

BACK TO SCHOOL BLUES?

Let HCCDC ease some of that back to school financial stress with a low interest loan. Talk or meet with Jason Huntington for a fast and easy application. Contact us today!

Jason Huntington
 Program Manager

402.878.2192

jhuntington@hochunkcdc.org

TIRES TIRES TIRES!!!

Call For Prices !

1.5 miles north of Winnebago on US Hwy 75/77

<p>2009 Nissan Cube \$6,000</p> <p>Like New, Nice Gas Saver! 50 k miles</p>	<p>2009 Dodge Ram 1500 \$16,500</p> <p>2WD, Like New, Nice Work Truck 58 k miles</p>	<p>2005 Chrysler 300C \$11,500</p> <p>Leather Loaded, Sunroof, Navi, WOW! 73 k miles</p>
<p>2008 Nissan Quest \$7,500</p> <p>Leather Loaded, Nice Pow-Wow Van 98 k miles</p>	<p>2006 Chrysler PT Cruiser \$3,000</p> <p>Nice School Car, Good Gas Saver!</p>	

**Services at REZ CARS
WE HAVE GIFT CARDS TOO!!!**

Oil Change-Routine oil changes are one of the simplest and least expensive maintenance measures you could perform on your investment-your vehicle, and it is one of the most important for prolonging the life of your vehicle. Regular oil changes can help improve gas mileage and help keep the interior of your engine cleaner, lubricate your engine and catch & remove combustion elements that are destructive to your engine. Oil changes are recommended every 3,000 miles or 90 days, which ever comes first.

Rez Cars Oil Change Service Includes:

- Up to 5 quarts of major brand oil • New oil filter
- Lubrication of the various fittings on your vehicle's undercarriage when applicable.

In addition to your Oil Change service includes a thorough inspection of:

- Brake fluid • Coolant • Power steering fluid
- Transmission and Differential fluid • Belts and Hoses • Air filter • Lights
- Windshield Washer fluid • Wiper blades • Tire wear and Tire pressure

Rez Cars 402-878-4210 MON-FRI
Now Offering Oil Changes! 9AM - 5:30PM
 Tire Repairs, Mount and Balance Tires, Window Tinting,
 Windshield Replacements
 New Tires and Rims, We still detail Cars, Inside and Out SATURDAY
BY APPOINTMENT

Community Notices

New Deadline! for Winnebago Newspaper October 16

LITTLE PRIEST TRIBAL COLLEGE
"BE STRONG AND EDUCATE MY CHILDREN"
Business Office

Request For Bids

Seeking bids for a 300 x 20 Parking Lot, One side Curb and Gutter, Expansion Joint where needed, Rebar and wire mesh reinforced.

Submit bids to: Maintenance Supervisor via email jhallowell@littlepriest.edu or fax at 402.878.2355 For any questions please call Junior Hallowell at 402.878.2380

601 East College Drive
Winnebago, Nebraska 68071
Phone: (402) 878-3321
Fax: (402) 878-2355
www.littlepriest.edu

**Native American Owned
Manufacturing Housing Company
LOOKING TO HIRE**

Construction trades including drywalling, roofing, electrical, plumbing, framing, siding
Weekdays! 1st Shift! Attendance bonusus!
Apply at: Cascatra Homes 909 17th Ave. Central City, NE 68826
308-946-5400
randy@cascatahomes.com

**Winnebago
Self Storage**

5x10 - \$35/month
10x10 - \$45/month
10x20 - \$65/month

402-878-4210
www.winnebagoselfstorage.com

Little Priest Apartments
Taking WAITING LIST Applications
For 1, 2 and 3 bedroom Units

Little Priest Apartments, LLC is an affordable apartment development that is located in the Ho-Chunk Village Subdivision one block south of Honoring-the-Clans Sculpture Garden.

For More Information contact Patricia Waupoose at Ho Chunk Community Development – Woodland Trails Office, telephone number (402) 878-2192

The Waiting list application is ONLY good for 6 months
Be sure to update every 6 months or your name will be removed from the waiting list.

Apartment For Rent

Lovely 1 bedroom apartment available for persons 62 years of age or with a disability in Walthill, NE.
Controlled access building with laundry facilities. Rent based on income.

**For more information, call
712-258-4765**
or write: Weinberg P.M. Inc.,
600 4th Street, Suite 306, Sioux City, Iowa 51105
This institution is an equal opportunity provider

PUBLIC NOTICE

To individuals/families who received special education services from Winnebago Public Schools, District 17 prior to June 30, 2010:
The Nebraska Department of Education's Rule 51 requires school districts to retain special education records for five years after the completion of special education services. The law also requires that all personally identifiable data will be destroyed, or released to the student to parent(s)/guardian(s). If you were, or if your child was, dismissed from special education services prior to June 30, 2010, you may claim those files by contacting the special education department at Winnebago Public Schools, Box KK, Winnebago, NE 68071 or by calling 402-878-2651. Any files not claimed by October 15, 2015, will be destroyed.
Winnebago Public Schools
Winnebago, NE 68071

LEGAL NOTICE

Notice of Hearing
Case No. CV16-001ABCD

In the Matter of the Name Change Petition of:
ACACIA ROCHELL BIG FIRE
DOMINICK NATHANIEL BIG FIRE
HAROLD EUGENE BIG FIRE
DEMITRIUS JAMES BIG FIRE
to ACACIA ROCHELL EARTH
DOMINICK NATHANIEL EARTH
HAROLD EUGENE EARTH
DEMITRIUS JAMES EARTH

To: ANY INTERESTED PARTIES

You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual(s) in case no. CV16-001ABCD has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 3RD day of DECEMBER, 2015 at the hour of 11:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV122

In the Matter of the Name Change Petition of:
BRANDON DOUGLAS O'NEAL
To JEREMY MICHAEL BEAR

To: ANY INTERESTED PARTIES
You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV15-122 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 19TH day of OCTOBER, 2015 at the hour of 9:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV15-136

In the Matter of the Name Change Petition of:
EMILY LOUISE TRAVERSIE
to EMILY LOUISE WHIRLWIND SOLDIER

To: ANY INTERESTED PARTIES
You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV15-136 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 30TH day of NOVEMBER, 2015 at the hour of 11:00 A.M.

Masthead Scene

Well we've been looking at them all summer and now they are all put together at the HoChunk Village. These units sat by the DG and at the Atokad Downs parking lot throughout the summer but now they are assembled and getting a roof. The new LPTC dorms will take awhile to get finished out, but within a week, we have a new building in town.

LEGAL NOTICE

Notice of Hearing
Case No. CV15-119AB
In the Matter of the Name Change Petition of:
CASSIDY RAYNE SHERIDAN
CARLENA RENELLE SHERIDAN
to
CASSIDY RAYNE BASS
CARLENA RENELLE BASS
To: ANY INTERESTED PARTIES
You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV15-119AB has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 19TH day of OCTOBER, 2015 at the hour of 11:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV123abc

In the Matter of the Name Change Petition of:
AIDEN ALERIC WHITE
JESSE ARTHUR WHITE
JESSALYN EVA-RENEE WHITE
To AIDEN ALERIC BEAR
JESSE ARTHUR BEAR
EVA JESSALYN BEAR

To: ANY INTERESTED PARTIES
You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV15-123abc has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 19TH day of OCTOBER, 2015 at the hour of 9:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV15-131

In the Matter of the Name Change Petition of:
NICHOLAS RYAN JOHNSON JR.
to NICHOLAS RYAN WALKER

To: ANY INTERESTED PARTIES
You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV15-131 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 19TH day of NOVEMBER, 2015 at the hour of 9:30 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV15-102

In the Matter of the Guardianship Petition of:
CYNTHIA EARTH,
In Re:
N. W. (DOB 12-04-2013)

TO: STORMY KNUDSEN, Mother
You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV15-102 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 20TH day of OCTOBER 2015 at the hour of 10:30 A.M.

WE NOW OFFER

PAYROLL DEDUCTION FINANCING

UNCLAIMED FREIGHT FURNITURE
new name brand furniture. guaranteed lowest prices.

EVEN ON SALE ITEMS

living room • dining room
bedroom • office • and much more!

check out our line of
HD TVs & APPLIANCES

AT UNCLAIMED FREIGHT, WE WANT TO EARN YOUR BUSINESS.
VISIT ONE OF OUR LOCATIONS NEAREST YOU.

SIoux CITY

ASHLEY FURNITURE
124 PIERRE ST • 712.258.9410

UNCLAIMED FREIGHT FURNITURE
2500 TRANSIT AVE • 712.274.5926

NEW, NAME BRAND FURNITURE • NO CREDIT CHECK FINANCING • 110% PRICE MATCH GUARANTEE

WinnaVegas "Punch For Cash!"

The John Pipe Voices of Change Awards

By Austin Schanzenbach

On September 23, a couple members of the Whirling Thunder Wellness Program traveled to the National Indian Health Board conference in Washington DC to accept the John Pipe Voices of Change Leadership Excellence award for the Special Diabetes Program for Indians (SDPI). It was an honor and an amazing experience to be in the same room with so many other people doing great things for health across Indian country.

It felt good to be recognized for the hard work our whole diabetes program is doing. The Whirling Thunder Wellness Program is just a microcosm of all the very dedicated people doing wonderful things for the community, across Winnebago's entire health department. But, as I sat at my fancy table, staring at the carefully crafted, crystal award, I did not spend too much time relishing in the moment. While the award was supposed to serve as a beacon of accomplishments, I couldn't help but think of all the work that was still

ahead of us.

The SDPI program has been working with youth at-risk (defined as students in the 85th percentile or greater for Body Mass Index) population of 3rd-6th grades for around 3 years now. We have crafted a unique, and comprehensive program incorporating physical activity, nutrition, behavioral goal setting, and clinical case management, along with mental and emotional training components. Data are gathered and analyzed in pre and post-assessment comparisons consisting of height, weight, BMI, body fat percentage, skeletal muscle mass, body fat mass, A1C, and blood pressure. Because of the meticulous measuring and analysis, we have a good handle on what kind of progress we are, or are not making, allowing us to tweak and improve the program moving forward.

There is plenty of good progress being made, such as 81% of our youth at-risk population gaining skeletal muscle mass and 34% losing body

fat mass while participating in the SDPI programming. Comparatively though, there is much work to be done and progress to be had, represented by statistics like 55% of Winnebago students in K-12 being overweight or obese. This is almost double the national average of 30% for children and adolescents. Or, 26% of our youth at-risk population testing in the pre-diabetes range for A1C. There is not a national average comparison for this age group that I am aware of, but it does not take an epidemiologist to see this percentage is a cause for concern.

The hardest part of our programming is getting parents to buy into what we are trying to accomplish with the youth. Ultimately, healthy or unhealthy behaviors of the youth are learned primarily from their parents. It is no coincidence that the parents that become involved with learning about our programming results in their children making positive progress. See, the thing about youth obesity is, due to several physiological factors, if

an individual becomes obese during childhood, it becomes much more difficult for that individual to lose body fat as an adult. This is why it is imperative for parents to set a healthy example as soon as possible.

Again, it was an honor to be recognized for the work we put in as a program, but we are not a group to rest on our laurels. As Winnebago Health Department employee's, we explore the community to become even more proactive with their health. There are a number of fantastic health department programs that are free for everyone to participate in. Take action, use them to your advantage! Visit a Registered Dietitian or Nutrition Specialist to learn about eating healthier, make an appointment with a Personal Trainer to start exercising, get your blood pressure checked and vaccinated with a Public Health Nurse, enroll in a smoking cessation program with the help of a Health Educator, but most importantly, set a good example of health for your children.



Back Row l to r: Lloyd Hamilton, Fred Harden, Richard Kearnes, Austin Schanzenbach, Robert Manuel, Stephan Ball. Front Row l to r: CJ Lopez, Linae Bigfire, Kayla Greene, Mary Kelsey, Martina DeCorra, Marisela Nava (Not pictured) Mary Kearnes, Marilyn (CeCe) Grant, Janet DeLoughery, Michele Smith, Rose Springer, Loylee Kennedy, Jayson Ghostdog, Rebecca Morrison, Marquel Harlan.

Every **Tuesday** and **Thursday** in October play

PUNCH FOR CASH

11am-3pm
6-10pm

for your share of up to
\$300,000!

NEW!
Daily x2
Double

Every Tuesday and Thursday, 1 ClubWINN member will be called every 15 minutes for a shot at "punching" our cash board! With our new Daily Double, you could double your winnings up to \$10,000!

WinnaVegas
CASINO RESORT

Must be (or sign up to be) ClubWINN member. Must be 21 or over.



I-29, Exit 127 Sloan, IA • 1-800-HOT-WINN • www.WinnaVegas.com