



Winnebago Indian News

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LaMeres Represent Winnebagoes At DAPL Standoff



Michelle & daughter Taylor LaMere recently represented the Winnebago Tribe of Nebraska at the Dakota Access Pipeline standoff on the Standing Rock Lakota Nation in North Dakota. Tribal officials have met and will be organizing donation drives for the people participating in the standoff, everything from food, camping supplies, winter gear, water, whatever will be needed to help support the Native people of the standoff and their efforts to protect our clean water and Mother Earth.

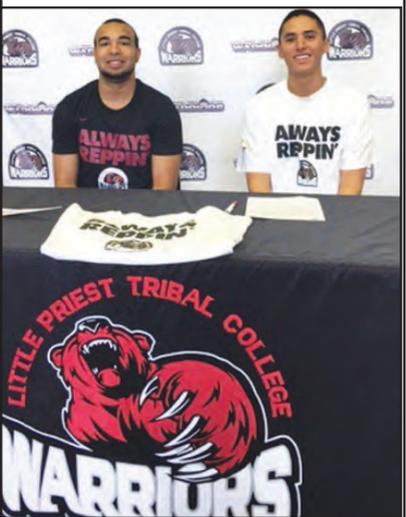
Bago Bits...



Carlos "The Snake" Trinidad competed at WinnaVegas's Cage Matches last weekend. Carlos is the son of Annabelle-Snake Trinidad.



The Winnebago Boys represented at the Fort Yates, Big Chief Shootout recently as Bago Elite & Warhawks. Bago Elite was coached by Liz Bayer and the Warhawks were coached by Craig Sr., and Cory Cleveland.



Dillion Bearskin will be returning for his sophomore season at LPTC. Dillion is a Winnebago native. He is looking forward to playing his true position this season. Dillion is in great shape after completing basic training with the National guards this summer.



Bago Elite, coached by team mom, Liz Bayer, took the Big Chief Boys High School aged Tournament in Fort Yates, North Dakota recently.



It's BACK TO SCHOOL at the Winnebago High School. Classes resumed on Wednesday, August 17th, Momo was fired up to get back to school.



Mrs. Frenzen's 4B classroom is ready to Bee their best this year. They spent the first few school days learning about bees and even tasting some honey.

Educare Contracts Authentic Chee-Po-Ddo-Ka for Classroom



The 'teachers' of the ELI project at the Educare Learning facility recently constructed a traditional Chee-Po-Ddo-Ka to be used as a learning center, or classroom for the students of the Educare's learning programs. The project has also planted traditional healing plants at the Outdoor Classroom for students to learn more about being Winnebago.

HO-CHUNK, INC. EXPANDS LOGISTICS CAPABILITIES WITH ACQUISITION OF TRANSPORTATION COMPANY

August 22, 2016, Winnebago, Nebraska — Ho-Chunk, Inc. CEO and President Lance Morgan announced that a member of its Flatwater Group division, Flatwater Transportation, acquired Riedemann Transport, Inc. of Paullina, Iowa. Ho-Chunk, Inc., is award-winning the economic development corporation of the Winnebago Tribe of Nebraska.

Riedemann Transport has been in business for 20 years, specializing in refrigerated trucking to local and national customers throughout the United States. Flatwater Transportation is headquartered in Winnebago, Nebraska and has terminals in Bellevue, Nebraska, and now with the acquisition, Paullina, Iowa. Ho-Chunk, Inc.'s logistics division specializes in cost-effective shipping solutions, including transportation, distribution, and warehousing.

Morgan said, "We are always looking for solidly performing companies to join our corporation to enhance our product offerings and bring value-added services to our customers. We anticipate

the addition of Riedemann Transport will enable us to maintain jobs in the Paullina community, while adding even more jobs across the communities in which we operate."

Micah Powers, CEO of Riedemann said, "I made the decision to have Riedemann join with Flatwater Transportation at this time because of the corporate infrastructure at Ho-Chunk, Inc., which will enable us to provide better service to our customers. Their strong financial position and entrepreneurial spirit positively translates into growth opportunities, too."

Ian Rodgers, the Senior Business Development Manager of the Flatwater Group, said, "This is an exciting time at Flatwater Transportation and Ho-Chunk, Inc. We are actively building our transportation network with quality acquisitions like Riedemann Transport to provide expanded opportunities and improved service to our customers around the United States. We are pleased that Micah Powers, his staff and

the owner-operators of Riedemann Transport will continue their dedicated employment as part of the Flatwater Transportation team."

The acquisition is effective immediately. With the continuity of staff and location, daily operations are expected to be seamless.

The mission of Ho-Chunk, Inc. is to provide long-term economic self-sufficiency and job opportunities for the Winnebago Tribe. Ho-Chunk, Inc. operates over 30 subsidiaries and employs more than 1,000 people from diverse ethnic backgrounds and skills sets. Ho-Chunk, Inc. and subsidiary operations span more than 21 states and 10 foreign countries. The corporation's subsidiary operations include information technology, construction, government contracting, real estate development, green energy, retail, wholesale distribution, marketing and transportation. For more information about Ho-Chunk, Inc., please visit www.hochunkinc.com.

Indians.com... Ho-Chunk Nation announces \$153M in casino expansion projects

TUESDAY, AUGUST 16,



Artist's rendering of the Ho-Chunk Nation's gaming facility in Wittenberg, Wisconsin. Image courtesy Ho-Chunk Nation

The Ho-Chunk Nation is launching

\$153 million in expansion projects at three of its gaming facilities in Wisconsin.

The effort -- dubbed Project Forward -- will begin next month. The tribe's casinos in Wisconsin Dells, Black River Falls and Wittenberg will see a slew of upgrades, including more hotel rooms, new amenities and larger gaming floors.

"We are extremely excited to grow and offer new amenities that will only enhance one of the best entertainment experiences in the region," President Wilfrid Cleveland said in a press release. "It's a win-win for everyone when we can create more jobs throughout Wisconsin and add more value to our guest's experience."

The expansion at Wittenberg includes a new 86-room hotel while the Black River Falls facility will see a new 120-room hotel, according to the tribe. The hotel at the Wisconsin Dells will get a new main entrance and lobby. All three facilities will see other upgrades and renovations on the gaming floor and in other areas.

The tribe will announce the groundbreaking schedule in the coming weeks, with work expected to start in September.

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

What's Happening



VARSITY VOLLEYBALL				
Aug. 23	Wisner-Pilger (Lamboree)	A	TBA	
Sept. 1	Cedar Bluffs w/Mead	A	5:00	
3	Fort Calhoun Tourney	A	10:00	
8	Walthill	H	6:00	
13	Ponca w/Allen	A	5:15	
17	Winnebago Tourney	H	TBA	
20	Omaha Nation	A	6:00	
22	Lyons/Emerson @Bancroft	A	5:30	
24	Scribner Invite	A	8:30	
27	Omaha Nation/Walthill @Macy	A	5:00	
Oct. 4	Whiting, IA/Allen	H	5:30	
6	Omaha Christian Academy	A	6:00	
13	Laural-Concord-Colridge (c-b-a)	A	5:30	
20	Homer/Wakefield	H	5:15	
22	Lewis & Clark Trny. 1 st Rnd.	TBA	12:00	
24	Lewis & Clark Trny. 2 nd Rnd.	TBA	6:30	
25	Lewis & Clark Trny. Final	TBA	5:30	
31	Sub-Districts	TBA	TBA	
Nov. 4	District Finals	TBA	TBA	
10	State (10-12) @Lincoln	A	TBA	

GO INDIANS!

VARSITY FOOTBALL				
Aug. 26	Wakefield	A	7:00	
Sept. 2	Plainview	H	7:00	
16	Hartington-Newcastle	H	7:00	
23	Omaha Christian Academy	A	7:00	
30	Pender	A	7:00	
Oct. 7	Omaha Nation (Homecoming)	H	7:00	
14	Guardian Angels Cen. Catholic	H	7:00	
21	Homer	A	7:00	
JH VOLLEYBALL				
Sept. 1	South Sioux Middle (C,B,A)	A	4:00	
8	Omaha Nation (B,A)	H	3:30	
15	B-R-L-D Tourney 7 th /8 th @Bancroft	A	4:00	
20	Wakefield (C,B,A)	A	3:00	
27	Walthill (B,A)	A	3:00	
29	Sergeant Bluff-Luton (C,B,A)	H	4:00	
Oct. 6	Homer (C,B,A)	H	3:00	
10	B-R-L-D (C,B,A)	A	4:00	



CROSS COUNTRY				
Sept. 1	Wisner-Pilger @RCC		5:30	
8	Hartington @Hartington GC		4:00	
12	Wayne @Wayne Golf		5:00	
22	North Bend Central @North Bend CC		4:30	
29	South Sioux City @South Ridge		4:30	
Oct. 7	Conference-Bloomfield @Rolling Hills CC		4:00	
13	Districts @TBA		TBA	
21	State @Kearney		TBA	

JV FOOTBALL				
Sept. 6	Omaha Nation	H	5:30	
12	Homer	A	5:45	
26	Emerson-Hubbard	A	5:00	
Oct. 3	Pender	H	5:30	
17	Wakefield	A	5:00	

JH FOOTBALL				
Sept. 6	Omaha Nation	H	4:00	
12	Homer	A	4:00	
26	Emerson-Hubbard-Pender	A	4:00	
Oct. 4	Walthill	H	4:00	
10	Laurel-Concord	A	3:45	
17	Wakefield	A	4:00	

2016 LAND OF WELLNESS FALLBALL MENS & COED

FIRST GAMES WILL BE
9/12 & 9/15

6 WEEKS OF ASA SOFTBALL WITH A END OF THE SEASON PLAYOFF TOURNAMENT.

\$125 ENTRY FEE. MUST BE MONEY ORDER MADE OUT TO THE WINNEBAGO TRIBE.

DEADLINE IS SEPTEMBER 9TH.

TROPHIES FOR FIRST SECOND AND THIRD PLACE.

OPEN ROSTER.

CONTACT TREIVAN @ (402)922-1162 TO GET YOUR TEAMS SIGNED UP.

MA NA WA NAS GUNI
Land of Wellness

STORIES OF OUR CHILDREN Part 4

Grandma and Joe are having a lunch of left over soup and Ms. Greengrass's biscuits. You know something about that Mr. Kotter sure reminds me of your great grandpa. I was just a little girl then but he was such a kind man I can still see his eyes. He used to bring me two of those little orange peanut candies when he came to visit my mom. Mom would always make him pork chops-he sure liked pork chops.

The next day Shelly and Marisa are talking at school and Marissa wants to know if Mike is going out with anyone. Shelly gives her a surprised look but doesn't answer. Marissa gets a little mad and says she heard the teachers went to their house yesterday. Why are they trying to help-they're not even Indian.

Shelly says Ms. Greengrass is Indian and her grandma likes her and needs some help with Mike. I thought so too and is why I talked to Hawk's dad. Marissa says she knows what will help Mike-a party! He just needs to hook-up with someone. Marissa gets all excited and Shelly starts to buy in to the party idea. She says the party can be at her house because her mom is never home and her brothers won't tell. I know some boys who can get some beer and I can pinch some of mom's weed-unless you have money then we can get a bag.

Mike stayed over at Hawks the night before. All he could talk about at lunch was the cool skateboard Hawk has but never uses. When Marissa tells him of the party that night he's not sure what to do but Shelly seems to go for it so he does too. Besides, there were gonna be some guys in his class there and he thought it might be okay to get to know them better.

Mike and Shelly tell grandma they are going to the youth center and she tells them to stay together. When they get to Marissa's some of the boys are already pretty buzzed up and everyone is laughing. Soon the beer runs out. One of the boys says he's gonna make a beer run-who wants to go? Mike and Shelly give each other a startled look and jump up.

Mike tells the guys they can't drive you're gonna get picked up. One of the boys says, no I got my dad's car and the cops won't even look to see who's driving. You worried you're grandma's gonna get mad? I just think it's a bad idea and you don't need to go. Another boy heads for the door and the two of them walk out.

Mike grabs Shelly and they head out the door. They are talking on the way home, mostly about how what just happened made them think. Maybe Marissa's idea wasn't so great after all.

Submitted by Marion Holstein

WALKING Wellness

Starts: Sept. 12th
Ends: Oct. 20th

Grades: K-6th
Time: 3:45pm

WHIRLING THUNDER
WELLNESS PROGRAMS

DEADLINE - Sept. 8th 3:30pm

704.961.9164 @ CWTWILW@GMAIL.COM

Group Cycling

Join Whirling Thunder 6 week cycling class

This Interactive Cycling class is designed to improve cardiovascular endurance and burn fat. We will be utilizing a projector and projector screen that will simulate bike riding through various scenery. Adjustable bike resistance allows individuals to go at their own pace.

Start Date - August 23rd End Date - October 13th
Day - Tuesdays and Thursdays
Time - Noon & 5pm
Where - Whirling Thunder Wellness Center Cycling Room
Maximum Enrollment - 8 members

Life is like riding a bicycle. To keep your balance you must keep moving.
Alber Einstein

be wise & exercise

Land Corporation News for this Week...

By Tony Wood

Winnebago Land Buyback Program is holding a kickoff event on August 30, 2016 in the Blackhawk Center at 11:30 and 5PM. Lunch and Dinner will be served. The Federal Team will be here from DC to introduce and explain the program. We welcome everyone to come down and participate if you cannot make it and have questions please stop down to our new office located at 504 Ho Chunk Plaza or call 402-878-4260.

For the most detailed information about the Land Buyback contact the Trust Beneficiary Call Center at 888-678-6836 as they have direct access to your individual land records through the federal database, they can list you as a willing seller and have the capability to change your address in the event you are a Whereabouts Unknown. Having the correct address is important as there is only a 45-day window after you receive your offer (February-April 2017) to decide if you wish to sell through this program, if the Federal Team has the wrong address your offer sheet will not get to you personally. We are here to help answer questions and if need be make an appointment with our office and we will help you through the call with our assistance.

Some news on the Winnebago Land Corporation, a change was made by Tribal Resolution to the Administrative Fee Policy in regards to Agricultural and Commercial Leasing to a 3.5% of total rent in initiation year. The former policies were uniform with the Code of Federal Regulations and in dire need of updating, the fee revenue will go to the Winnebago Land Corporation to subsidize 638 budget deficiencies in funding and provide for advancement opportunities. It is a change that needed to be made.

The most Dangerous Phrase in language is: We've always done it this way.

I can be reached at youn-groque13@gmail.com

LAND BUY-BACK PROGRAM FOR WINNEBAGO TRIBE

Kick Off Event

2 sessions* **Location?**

Afternoon session: 11:30-12:30 Both session will be located at the Blackhawk Center.
Evening session: 5:00-6:00

When?
August 31, 2016.

A light lunch and supper will be provided for both sessions. Please come and attend our kick off event with any questions you may have!

The Land Buy Back Corporations main goal is to reduce fractionized lands on the Winnebago Tribe Reservation and will be able to create Tribal advancement opportunities.

For more information please contact us at (402) 878-4260

Find us on Facebook

www.Facebook.com/Winnebago-Land-Buy-Back-Program

In My Opinion

Thoughts on Our Racing... by Lance Morgan



We spent the last year gathering signatures for a petition drive. We were informed we didn't have enough signatures. We are not happy. The state said we were short by a lot of signatures, but a lot of the

signatures were valid but were turned into the wrong county. Those could have been sent to the right county, but it wouldn't have made a difference because we didn't have enough overall signatures.

We believe that our petition contractor dropped the ball and are exploring our options on what to do. However, we will still build our track in South Sioux City, NE. We are betting that Nebraska will eventually authorize casino gambling at the tracks, but in the meantime we will essentially build a nice sports bar, that has simulcasting to boost revenue. We will run just one race per year. Hopefully, we will have a plan soon for our next effort. We are determined.

Pipeline Protest

A lot of pipeline protesting is going on in North Dakota. I have seen the news reports and read the articles and

Letter to the Editor...

"Winnebago ¼ and More Only"

I believe enrollment in to the Winnebago Tribe must be ¼ blood and more. Stop this using blood of a different tribe. That is not Winnebago blood. This is stupid. I don't understand why anyone would turn their backs on their tribe to get enrolled in Winnebago. This is for just a few benefits. We must reject them.

If anyone is willing to reject their own people for a few benefits. I say they cannot be trusted. We don't want them. On my enrollment card it says twenty-nine-thirty seconds degree Winnebago.

No one knows but I'm also (1/32) one thirty second Polar Bear, one thirty second (1/32) Puma and one thirty second alligator. These animals are from the western hemisphere, so this makes me a full blood. Phyllis you must change mine to full blood. Just kidding.

All Winnebagos who made it back for Powwow. I hope you had a good visit and I know you will never forget your hometown.

p.s. Welding School, women who go to Welding School are able to take of their children.

"Tribal Council"

Years ago, a Winnebago working over at the Casino saw a Councilman playing the machines. The Bago questioned the councilman about something. The councilman said, "I'm on the council, so I can do anything I want."

That person never got elected on the council again. Are there any on the council with that same attitude? I hope not.

"Internal Revenue Service"

Per Capita payments from trust funds held by the Department of the Interior.

The Department of the Treasury and IRS issued final guidance regarding per capita distributions made to members of Indian Tribes from funds held in trust by the Secretary of the Interior. In response to feed back from Tribal Nations, the guidance clarifies that, generally, these per capita payment will not be subject to federal income tax.

The final guidance provides an exception to the general rule where taxable income is mischaracterized as non taxable income, notice, Treasury's consultation with Indian Tribes.

Page last reviewed or updated: 21-Sep-2015

p.s. Doesn't the Council have a lawyer?

"Homecoming Celebration, Bago Happy Dance"

I heard an Elder here in Winnebago tell this:

When our Chief Little Priest returned the HoChunks were very happy to see him and his volunteers. It was during war time so they got permission from the Army to Celebrate a homecoming.

They worked out how they were to celebrate. What they decided to do was

it seems like it is a serious effort to stop the pipeline. I imagine it must be pretty cool for multiple tribes to band together to stop it. The energy level must be fantastic to experience.

People were down at the council getting political support and modest financial support for the effort. Ho-Chunk, Inc. agreed to donate a few things. The tribe passed a resolution supporting it and our chair wrote a letter. But something is bugging me about this. We just negotiated a deal with our own pipeline company to renew the easement on our lands. This deal will result in quite a bit of money going to the tribe and tribal members. I own a little bit of land myself and the pipeline is on it and I signed the deal to get my little share of the cash.

I am not in favor of the pipeline in North Dakota, but I feel a little like a hypocrite protesting too loudly to be honest. But if anyone asks, I am 100 percent behind our brothers and sisters in protest up North!

Requests

I have written over 200 columns and subjects can be tough. Ho-Chunk, Inc. is a big place with lots of things going on. I would welcome constructive questions and will do my best to answer.

Contact me at Hochunk@aol.com

very successful. Greywolf suggested we celebrate every year, they all agreed it as a good idea.

Other tribes heard what the HoChunks did so they asked if they could show them what and how they celebrated. Some HoChunks went out in different directions to other tribes to show them how we did our Homecoming Celebration.

Homecoming Celebration is a good time for our people to break into a Happy Dance, for a few days.

Post Script: Bago students, I saw this some where, can you put complex ideas into words?

"Indian Dancing Bells"

Many years ago this HoChunk elder told me something. I never forgot it.

When you dance Indian you cannot tell if anyone is dancing on time with the drum. So back in our history the HoChunks found a way to tell if a dancer was dancing on time with the drum.

They used deer hoofs, how they arranged them he didn't say. If you had them on while you danced they would click. Anyone could tell if you danced on time with the drum.

Later, the white man had bells so the HoChunks put them on strips of leather and put them around their ankles. This is a lot easier.

Now you know why Indian dancers wear bells. It's to see and hear if they are dancing on time with the drum. Loud bells will tell everyone if you missed.

"Shop and Science Jr.-Sr. High School"

A lot of people do not know how to change a flat tire and they do not know how to practice safe procedures. It could prove to cause injury or even death. The reason they do not know is no one taught them. There are a lot of common everyday things people do not understand, no one taught them.

I'm going to suggest to Bago students Junior and Senior high take all the shop classes that the school will allow, every semester and school year. When you go to vocational or technical school your transition will be much more successful.

There are a lot more girls taking shop classes and sometimes they like shop and they continue on to graduation. There is a lot of women in Auto Mechanics, and other technical vocations.

Vocational and technical school graduates do not have trouble findings jobs. They are always in demand, much needed. Important take introduction to electricity.

I want to thank the Winnebago Public School for putting in the brand new up to date shop. The students now and in the future will all be more successful. I hope all the students both girls and boys take all the shop classes they can. Take advantage of this.

Thanks,
Pat Greyhair
Ma Xi ska

JESUS OUR SAVIOR LUTHERAN OUTREACH



Pastor Ricky Jacob

"The Ho-Chunk's Creed #5 & #6"

"The Ho-Chunk's Creed" was given out in a Winnebago History 1 class at Little Priest Tribal College. Our instructor listed fifteen main thoughts of the Ho-chunk Nation. The fifth and sixth main thoughts were:

'He believed in reverence for his parents, and in old age supported them even as he expected his children to support him. And he believed in the sacredness of property. Theft among Ho-Chunks was unknown.'

Each of these beliefs sure sound like the standards that the tribe of Israel were instructed to live by, written on stone by Creator God and given to Moses on Mount Sinai. These both fall into the grouping of God's call for each one of us to love and serve one's neighbor.

The first of these main thoughts regarding reverence for parents and those in old age is similar to this command: "Honor your father and mother" (this is the first commandment with a promise), "that it may go well with you and that you may live long in the land" [Ephesians 6:2-3 ESV].

Luther explained this command to mean: 'We should fear and love God so that do not despise or anger our parents and other authorities, but honor them, serve and obey them, love and cherish them.'

Note well: this command is not conditional of whether one's parents deserve honor or one's obedience. As a child—and who isn't or hasn't been, no matter how old you are?—God works through you to bless your parents. That is a child's calling, or vocation, from our Creator.

Another important Scripture passage reads: "Listen to your father who gave you life, and do not despise your mother when she is old. Buy truth, and do not sell it; buy wisdom, instruction, and understanding. The father of the righteous will greatly rejoice; he who fathers a wise son will be glad in him. Let your father and mother be glad; let her who bore

you rejoice" [Proverbs 23:22-25 ESV].

The second of these main thoughts regarding property is similar to this command: "You shall not steal." Luther explained this command to mean: 'We should fear and love God so that we do not take our neighbor's money or possessions, or get them in any dishonest way, but help him to improve and protect his possessions and income.'

'Theft among Ho-Chunks was unknown.' (I wonder if this statement was limited to 'among Ho-Chunks' and did not extend to the horses and property of other tribes?) At any rate, theft is no doubt known today as there has been a rash of burglaries and destruction of the property of others. Our Creator knows who you are and it will not go well with those who continue dishonoring Him in these ways, nor will you ever be satisfied. Vandalizing property, improper signing of time cards or not putting forth a good effort at work are all forms of theft.

God's Word calls the child of God to live in his ways: "Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need" [Ephesians 4:28 ESV].

These two main Winnebago creedal beliefs holds one to high standards and ones that no one has been able to meet. Thankfully, our Creator has sent His Son who was able to uphold the will of His heavenly Father. Jesus humbled himself, honored his earthly parents, and respected the earthly possessions of others. He came not to take from others or to offer worldly wealth but came so that you can by grace through faith in him inherit a place in his everlasting paradise.

Next time we will reflect from God's Word on these thoughts from the Ho-Chunk's Creed: 'He believed that the murderer must expiate his crime with his life; that the nearest kin was the proper avenger, but that for accidental manslaughter compensation might be made in goods.'

WANTED

\$1000 REWARD

For information leading to the arrest & conviction of persons responsible for theft of tribal property

On the morning of June 13th, 2016, The Winnebago Tribe of Nebraska Wildlife & Parks Department had a series of thefts occur at its office in Winnebago, Nebraska.

We are asking for your assistance in recovering the stolen items. A \$1000 reward is being offered for information leading to the arrest(s) and conviction(s) of any person or persons responsible for the missing equipment.

Persons with information should contact:

**Winnebago Police Department
(402) 878-2245**

Masthead Scene

On the first day of school at the Winnebago Public Schools, teachers lined the new Auditorium Stage to introduce themselves to the WPS student body. The picture us a little dark but you can find a couple teachers in there.

New Deadline!!!

for
Winnebago Newspaper September 2

The next issue of the WINNEBAGO INDIAN NEWS will be published on September 7, 2016. DEADLINE for this issue will be September 2, 2016.

Winnebago Indian News

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The Mission of the WIN is to inform and to educate the Winnebago Tribe of Nebraska of issues that affect them, and to be a vehicle in which stresses positive and beneficial concerns and points of view. LETTER POLICY: Signed editorials, letters and articles appearing in the WIN are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the Winnebago Indian News or the Winnebago Tribal Council. 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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2016 Pow-Wow Wilderness Walk/Run Winners

5K Walk		Name	Time	Name	Time	Name	Time
0-10 MALE	1ST	Darren Greene		2ND	Easter Armell	3RD	Noble Rice
0-10 FEMALE	1ST	Trinity Clausen		2ND	Mikki Decora	3RD	Tatum Crow
11-17 MALE	1ST	Cody Rose		2ND	Parker Paulson	3RD	Johnathan Zamudio
11-17 FEMALE	1ST	Alaina Morgan		2ND	Alicia Greene	3RD	Julia Wielenga
18-29 MALE	1ST	Trevor Trujillo		2ND	Keenan Tanazani	3RD	Ty Herman
18-29 FEMALE	1ST	Lynelle Freemont		2ND	Darlyn St. Cyr	3RD	Ashley Hamilton
30-39 MALE	1ST	DC Mcaully		2ND	Raul Zamago	3RD	Tony Crow
30-39 FEMALE	1ST	Kim Touch		2ND	Tara Paulson	3RD	Bobbi Wielenga
40-49 MALE	1ST	Mike Smith Jr		2ND	Steve Claussen	3RD	Sunny Lyons
40-49 FEMALE	1ST	Jackie Angell		2ND	Karla Claussen	3RD	Shelia Griffin
50-59 MALE	1ST	Sam Prue		2ND	Danny Trujillo	3RD	George Greendeer
50-59 FEMALE	1ST	Annette Hamilton		2ND	Lisa Gerring	3RD	Carol White
60+ MALE	1ST	Arlynn Knudsen		2ND	Joseph Frank	3RD	
60+ FEMALE	1ST	Ardel Bengston		2ND	Loretta Webster	3RD	

5K Run		Name	Time	Name	Time	Name	Time		
0-10 MALE	1ST	Garrett Morgan	32:20:00	2ND	Will Francis	33:52:00	3RD	Jacobe Rice	34:36:00
0-10 FEMALE	1ST	Mazhu Snow	44:38:00	2ND	Jessalyn Bear	55:05:00	3RD		
11-17 MALE	1ST	Phoenix Larned	17:44	2ND	Auston Surber	21:29	3RD	Ben Francis	22:14:00
11-17 FEMALE	1ST	Abigail Brink	22:42:00	2ND	Alba Narcia	26:32:00	3RD	Valerie Diaz	22:52:00
18-29 MALE	1ST	Douglas Zach	19:35:00	2ND	LJ Aldrich	20:28:00	3RD	Bronson Picotte	22:52:00
18-29 FEMALE	1ST	Caron Dean	27:40:00	2ND	Justine Medina	36:47:00	3RD	Clorice Denny	44:34:00
30-39 MALE	1ST	Josh Zunker	22:52:00	2ND	Michael John	30:05:00	3RD	Patrick Hall	30:11:00
30-39 FEMALE	1ST	Deliah Kearnes	27:38:00	2ND	Leanna Guevara	29:12:00	3RD	Tashina John	30:11:00
40-49 MALE	1ST	Ken Larned	26:47:00	2ND	Lance Morgan	32:37:00	3RD	Willy Sandoval	38:05:00
40-49 FEMALE	1ST	Nora Willow	23:53:00	2ND	Georgianne LaMere	30:27:00	3RD	Toni Williams	30:55:00
50-59 MALE	1ST	Ben Blackhawk		2ND	Charlie Dearborn	28:56:00	3RD	Raymond Canal	31:04:00
50-59 FEMALE	1ST	Dawn Yazzie	27:31:00	2ND	PollyBlackhawk	29:15:00	3RD	Lena Snake	36:48:00
60+ MALE	1ST	Gary Peters	23:00:00	2ND	Ricky Jacob	33:49:00	3RD		
60+ FEMALE	1ST	Wanda Kramer	54:50:00	2ND			3RD		

7 Mile Run		Name	Time	Name	Time	Name	Time		
0-10 MALE	1ST			2ND		3RD			
0-10 FEMALE	1ST			2ND		3RD			
11-17 MALE	1ST	Tyler Claussen	50:13	2ND	Tahjon Cayou	61:51:00	3RD		
11-17 FEMALE	1ST			2ND		3RD			
18-29 MALE	1ST	Ivan Redhorn	60:26:00	2ND	Sky Aldrich	61:57	3RD	Christopher Clay	69:29:00
18-29 FEMALE	1ST	Aaren Snake	83:31	2ND		3RD			
30-39 MALE	1ST	James Bower	51:03	2ND	Jim Stephenson	65:50	3RD	Rocky Kearnes	69:34
30-39 FEMALE	1ST	Adrienne Harris	62:27	2ND	Betsy Ingenthron	75:5	3RD		
40-49 MALE	1ST	Louie Hinman	88:44	2ND		3RD			
40-49 FEMALE	1ST	Norita Breyfogle	75:51	2ND	Carmelita Sharpback		3RD		
50-59 MALE	1ST	John Mcguire	56:53	2ND	Ed Whitebeaver	62:50	3RD		
50-59 FEMALE	1ST	Chris Poeckes	75:51	2ND		3RD			
60+ MALE	1ST			2ND		3RD			
60+ FEMALE	1ST			2ND		3RD			

Jackets	
Overall Male - 5 K Walk	Arlynn Knudsen
Overall Female - 5 K Walk	Jackie Angell
Overall Male - 5 K Run	Phoenix Larned
Overall Female - 5 K Run	Abigail Brink
Overall Male - 7 Mile Run	Tyler Claussen
Overall Female - 7 Mile Run	Adrienne Harris
Honorary Elder Male	
Honorary Elder Female	Loretta Webster

LITTLE PRIEST WOMEN'S BASKETBALL SCHEDULE				
Date	Opponent	Time	Where	Location
10/9/2016	UNI Jamboree	TBD	Away	Cedar Falls, IA
11/8/2016	Minnesota West	5:30	Away	Worthington, MN
11/11/2016	TBD (Elsworth Classic)	TBD	Neutral	Iowa Falls, IA
11/12/2016	TBD (Elsworth Classic)	TBD	Neutral	Iowa Falls, IA
11/16/2016	Northeast (NE)	5:00	Home	Winnebago, NE
11/17/2016	Morningside (JV)	7:00	Home	Winnebago, NE
11/19/2016	Wentworth Military Academy 2:00		Away	Lexington, MO
11/21/2016	Iowa Central	5:30	Away	Fort Dodge, IA
11/27/2016	Southeastern (IA)	2:00	Away	Keokuk, IA
11/30/2016	York (JV)	4:00	Home	Winnebago, NE
12/3/2016	Elsworth	1:00	Home	Winnebago, NE
12/9/2016	Southwestern	5:30	Home	Winnebago, NE
12/10/2016	Southwestern	1:00	Home	Winnebago, NE
12/14/2016	Northeast (NE)	5:00	Away	Norfolk, NE
12/17/2016	Iowa Western	2:00	Away	Council Bluffs, IA
12/19/2016	Iowa Central	5:30	Home	Winnebago, NE
1/12/2017	Buena Vista (JV)	7:00	Away	Storm Lake, IA
1/14/2017	Wentworth Military Academy 2:00		Home	Winnebago, NE
1/16/2017	Iowa Western	5:30	Home	Winnebago, NE
1/18/2017	Marshalltown	5:30	Home	Winnebago, NE
1/23/2017	Buena Vista (JV)	5:30	Home	Winnebago, NE
1/28/2017	Central Nebraska	2:00	Home	Winnebago, NE
2/1/2017	Central Nebraska	5:30	Home	Winnebago, NE
2/4/2017	Southeast (NE)	2:00	Away	Beatrice, NE
2/7/2017	York (JV)	5:00	Away	York, NE
2/8/2017	Iowa Lakes	5:30	Home	Winnebago, NE
2/12/2017	Doane (JV)	2:00	Away	Crete, NE
2/16/2017	Doane (JV)	7:00	Home	Winnebago, NE
2/21/2017	Central Nebraska	5:30	Away	Columbus, NE

*Home games in bold

2016-2017 BOYS & GIRLS CLUB CALENDAR

<p>August 15th-16th CLOSED to prepare for School 17th After-School Program begins.</p> <p>September 5th CLOSED for Labor Day holiday 12th Open at 8am (No school at WPS) 26th Open at 8am (No school at St. Augustine's) 29th Open at 1:30pm (St. Augustine's out at 1:30) 30th Open at 8am (No school at St. Augustine's)</p> <p>October 10th Open at 8am (No school at St. Augustine's) 27th Open at 8am (No school at WPS) 28th Open at 8am (No school at WPS)</p> <p>November 7th Open at 8am (No school at WPS and St. Augs) 14th Open at 8am (No school at St. Augustine's) 23rd Open at 1pm (WPS out at 1:30) OPEN 1-6pm ONLY 24th-25th CLOSED for Thanksgiving holiday</p> <p>December 5th Open at 8am (No school at St. Augustine's) 16th Open at 8am (No school at WPS) 19th-23rd Open at 8am 26th CLOSED for Christmas holiday 27th-30th Open at 8am</p>	<p>January 2nd CLOSED for New Year's holiday 3rd Open at 8am 4th After-School Program begins</p> <p>February 20th Open at 8am (No school at WPS)</p> <p>March 9th Open at 8am (No school at WPS) 10th Open at 8am (No school at WPS and St. Augs) 13th Open at 8am (No school at St. Augustine's) 23rd-24th Open at 8am (No school at WPS)</p> <p>April 12th-14th Open at 8am (No school St. Augs/No school WPS 14th) 17th CLOSED for Easter holiday</p> <p>May 18th-19th Open at 8am (No school at St. Augustine's)</p>
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BOYS AND GIRLS CLUB 2016-17 School Year information

- Our After School Program (ASP) is held at WPS for grades K-6th Monday-Friday
- We provide transportation from St. Augustine's to WPS for all members attending ASP (3:30 pm)
- ASP will meet in the cafeteria at WPS after school daily and then go to our classroom together
- ASP will meet immediately after school to 6 pm daily
- We provide transportation home for ASP members locally (6 pm)
- The BGC building (105 Bluff Street) will be strictly for grades 7th-12th from 3:30-6pm daily.
- Younger siblings will be required to stay at WPS for the After School Program from 3:30-6pm.
- The BGC building will be open for all ages from 6-8pm (5-18 years old)
- The BGC building is for 7th-12th grades only from 8-10pm.

Please contact us at 878-2112 to get registered for membership and transportation

WINNEBAGO TRIBAL COUNCIL PRIMARY & REGULAR ELECTION SCHEDULE SEPTEMBER 6 TH , 2016 & OCTOBER 4 TH 2016	
Special Tribal Council Meeting	Approve Enrollment & Adoption Requests
September 8 th , 2016 Thursday	Send Ballots to Automated - Regular
September 19 th , 2016 Monday	Deadline for Absentee Ballots
September 26 th , 2016 Monday	Absentee Ballots Mailed Out - Regular
October 4th, 2016 Tuesday	REGULAR ELECTION
October 5 th , 2016 Wednesday	Notification of Newly Elected Members Oath of Office
	Re-Organizational Meeting of New Tribal Council Members

Tribal Council Approval: April 18th, 2016

From The Tribal Council

NOTICE OF INTENT TO REQUEST A RELEASE OF FUNDS

August 19, 2016

WINNEBAGO TRIBE OF NEBRASKA
Winnebago Housing and Development Commission
100 S. Elm Circle, P.O. Box 671
Winnebago, NE 68071
402-878-2241

Housing and Development Commission prior to authorizing submission of a request for release of funds.

ENVIRONMENTAL CERTIFICATION

The Winnebago Tribe certified to HUD that Darla La Pointe in her capacity as Certifying Officer consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. HUD's approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the Winnebago Housing and Development to use Program funds.

OBJECTIONS TO RELEASE OF FUNDS

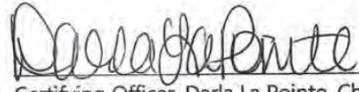
HUD will accept objections to its release of funds and the Winnebago Tribe of Nebraska's certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Winnebago Tribe of Nebraska; (b) the Winnebago Tribe of Nebraska has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR Part 58; (c) the grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by HUD; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to HUD/ONAP at 1670 Broadway Street, Denver, CO 80202-4801. Potential objectors should contact HUD/ONAP to verify the actual last day of the objection period.

On or about September 16, 2016, the Winnebago Tribe of Nebraska will authorize the Winnebago Housing and Development Commission to submit a request to the U. S. Department of Housing and Urban Development, Office of Native American Programs, for the release of Indian Housing Block Grant funds under Title I, Section 105 of the Native American Housing Assistance and Self Determination Act of 1996, as amended, to undertake a project known as Rainbow and Sunrise Rehabilitation Project for the purpose of upgrading heating systems, mechanical systems, plumbing and electrical systems, replace windows, interior and exterior doors, replace all flooring, wood siding and add living space to the Rainbow housing project, and replace roofing on the 15 units on the Sunrise Drive housing project. Renovation of 15 units on Sunrise Drive is projected to cost \$750,000. Renovation of the 30 units of the Rainbow project is projected to cost \$2,250,000. Sunrise Drive units are located on Sunrise Drive, from Beck Street at the north, to Hwy 75 at the south, in Winnebago, NE.

The activities proposed are categorically excluded under HUD regulations at 24 CFR Part 58 from National Environmental Policy Act (NEPA) requirements. An Environmental Review Record (ERR) that documents the environmental determinations for this project is on file at the Winnebago Housing and Development Commission office where the ERR can be examined or copied weekdays 8:00 a.m. to 4:30 p.m.

PUBLIC COMMENTS

Any individual, group, or agency may submit written comments on the ERR to the Winnebago Housing and Development Commission office responsible for receiving and responding to comments. All comments received by September 14, 2016 will be considered by the Winnebago



Certifying Officer, Darla La Pointe, Chairperson
 Winnebago Tribe of Nebraska

WINNEBAGO TRIBE OF NEBRASKA

P.O. Box 687 • Winnebago, Nebraska 68071 • PH: 402-878-2272 • Fax: 402-878-2963
 Visit us at: www.winnebagotribe.com WINNEBAGO AGENCY

RESOLUTION #16-58 2016 FEB 17 AM 10 12

WINNEBAGO TRIBAL COUNCIL HEREBY STRONGLY OPPOSES THE DAKOTA ACCESS PIPELINE.

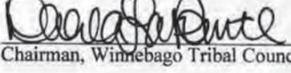
- WHEREAS:** the Winnebago Tribe of Nebraska is a federally recognized Indian Tribe organized pursuant to Section 16 of the Act of June 18, 1934 (48 Stat. 984), (25 USC 476) as amended by the Act of June 15, 1935 (49 Stat. 378), and
- WHEREAS:** pursuant to Article I of the Winnebago Tribal Constitution and its inherent powers of self government, the Tribal Council is vested with the power, inter alia, "this Constitution shall apply to the territory embraced in the Winnebago Reservation in Nebraska, as the same as described by the Treaty of March 8, 1865 (14 Stat. 671) and the twenty (20) Sections included in the strip purchased in Nebraska for Wisconsin Winnebago's (18 Stat. 170, June 22, 1874) and such lands as may be added by Congress of the Tribe or reaffirmation of the title to lands through the courts to the Tribe except as otherwise provided by law", and
- WHEREAS:** pursuant to Article IV, Section 1 (c) of the Winnebago Tribal Constitution and its inherent powers of self government, the Tribal Council is vested with the power, inter alia, "to safeguard and promote the peace, safety, morals and general welfare of the Tribe", and
- WHEREAS:** The Dakota Access Pipeline LLC has proposed to construct a 1,100 mile pipeline with a capacity of 570,000 barrels of crude oil per day, to cross the Missouri River immediately above the mouth of the Cannon Ball River on the Standing Rock Indian Reservation; and
- WHEREAS:** recent oil spills, including the release of 840,000 gallons of oil near Tioga, N.D. in October, 2013; 51,000 gallons of oil released into the Yellowstone River upstream from Glendive, Montana, resulting in the shutdown of the community water system for 6,000 residents in January, 2015; as well as the release of 1,000,000 gallons of tar sands crude in Michigan's Kalamazoo River in July, 2010, demonstrate the danger in downstream communities and fish and wildlife from oil and gas pipelines such as Dakota Access; and
- WHEREAS:** the Tribes and Nations of the Great Plains Tribal Chairman's Association rely on the waters of the life-giving Missouri River for our continued existence, and the Dakota Access Pipeline poses a serious risk to Mni Sose and to the very survival of our Tribes and Nations; and
- WHEREAS:** the Dakota Access Pipeline poses a threat to water intake systems on the Standing Rock and Cheyenne River Indian Reservations and the Mni Wiconi intake serving the Oglala, Rosebud and Lower Brule Sioux Tribes; and
- WHEREAS:** The Dakota Access Pipeline threatens the integrity of sacred sites and historic and archaeological resources; and

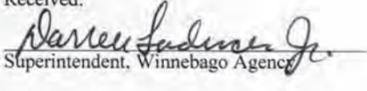
- WHEREAS:** the potential for an oil spill from the proposed Dakota Access Pipeline poses unacceptable risk to the waters of the Great Plains Sovereign Tribes and Nations, and to fish and Wildlife critical to the survival of our way of life; and
 - WHEREAS:** the approval of the Dakota Access Pipeline Missouri River crossing is a significant action requiring consultation with all the Great Plains Sovereign Tribes and Nations under our Treaties and under Executive Order 13175 on Government-to-Government Consultation, however, the Army Corps of Engineers has failed to engage in the requisite consultation on this destructive project; and
 - WHEREAS:** the Army Corps of Engineers is responsible for the environmental review of the Missouri River crossing of the Dakota Access Pipeline under the National Environmental Policy Act (NEPA), and the Corps has not indicated an intention to comply with NEPA or the National Historic Preservation Act (NHPA) in its oversight of the Missouri River crossing Dakota Access Pipeline;
 - WHEREAS:** the federal agencies responsible for the requisite environmental review under NEPA and the evaluation of adverse effects on cultural resources under section 106 of the NHPA have improperly segmented the project, in order to contravene the comprehensive environmental and cultural reviews that are required under federal law, thereby jeopardizing the land and waters of the Sovereign Tribes and Nations of the Great Plains Region.
- NOW THEREFORE BE IT RESOLVED,** that the Winnebago Tribal Council hereby strongly opposes the Dakota Access Pipeline.
- BE IT FURTHER RESOLVED;** that the Winnebago Tribal Council calls upon the Army Corps of Engineers to fully comply with the National Environmental Policy Act, through the preparation of an environmental impact statement on the entire Dakota Access Pipeline, including a comprehensive risk assessment from a potential oil spill at the crossing of the Missouri River and all other waterways.
- BE IT FURTHER RESOLVED;** that the Winnebago Tribal Council calls upon the Army Corps of Engineers to fully comply with section 106 of the National Historic Preservation Act for the entire length of the Dakota Access Pipeline.
- BE IT FURTHER RESOLVED;** that the Tribal Historic Preservation Officers of the Sovereign Tribes and Nations of the Great Plains Region are authorized to develop a common strategy to protect cultural resources from the Dakota Access Pipeline.
- BE IT FURTHER RESOLVED;** that the Winnebago Tribal Council calls upon the U.S. Senate Committee on Indian Affairs to conduct and oversight hearing on the failure of the Department of the Interior and the Army Corps of Engineers to respect Tribal Preservation Act, Executive Order 13175 and other Treaties, laws and executive orders that apply to the development of oil and gas pipelines on and near Indian land in the Great Plains Region.
- BE IT FINALLY RESOLVED,** that this resolution shall be the policy of the Winnebago Tribal Council unless and until withdrawn by subsequent resolution.

CERTIFICATION

We, the undersigned Officers of the Winnebago Tribal Council, hereby certify that on the 15 day of February, 2016; at a meeting duly convened by the Winnebago Tribal Council, voted to adopt the above Resolution by a vote of 8 for, 0 against with 0 abstentions with the chairman and 0 members not voting.

Dated this 15 day of February, 2016.


 Chairman, Winnebago Tribal Council

Received:

 Superintendent, Winnebago Agency


 Secretary, Winnebago Tribal Council



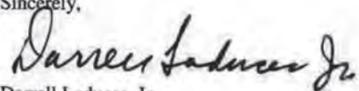
United States Department of the Interior
 BUREAU OF INDIAN AFFAIRS
 Winnebago Agency
 Route 1, Box 18
 Winnebago, Nebraska 68071

February 17, 2016

Honorable Darla LaPointe, Chairwoman
 Winnebago Tribe of Nebraska
 P.O. Box 687
 Winnebago, NE. 68071

Resolution No.: 2016-58

Dear Chairwoman LaPointe:
 This is to acknowledge receipt of resolution 2016-58, which was received in this office on February 17, 2016.
 A copy of the resolution will be maintained here at this agency for future reference and informational purposes.
 The original resolution will be returned to the tribe for their files and action.
 If you have any questions, please contact me at the Winnebago Agency, my telephone number is (402) 878-2502.

Sincerely,

 Darrell Laducer, Jr.
 Acting Superintendent

NEWS FROM WTWP:

By Linae Bigfire, Program Director

Times	Monday	Tuesday	Wednesday	Thursday	Friday
10-11am		Aqua Fit		Aqua Fit	
12:15- 1pm	Centergy		Centergy		Centergy
5:15- 6pm			HIIT		

Y Fitness Schedule for July (starts 7/1/16 - 7/27/16) We will not be open 7/4/16 (Tribal Holiday)

Due to the increasing incidences happening at the Whirling Thunder Wellness Center, I have provided a review of a few of our policies and procedures. Our goal is to provide a safe environment where people can come and use the facility without harassment or bullying.

Profanity, bullying, or name-calling will not be tolerated. If a participant refuse to change their behavior after one warning, they will be removed from the activity for one week. Adult behavior is subjected to this policy when participating in or attending a WTWP activity. The severity of the incident will be evaluated by staff who witnessed the incident and consultation will take place with the Supervisor(s). Parents and children have the right to file an incident report on both children and other adult behavior. The parents of each respective child or parents will be called in for a meeting to discuss the incident and come to a reasonable solution. If the behavior continues and future incidents occur, more serious actions will be deemed necessary and a decision will be made by the Supervisor(s) as to what that will be.

A "fight" will be defined as kicking, punching, pushing, slapping, etc. between 2 or more participants mutually engaged in this behavior. The police department will be notified to come investigate and file a report on the incident. This should be considered a serious incident and a suspension from the facility will occur. The person that started the fight will be removed and suspended. Adult behavior is subject to this policy when participating in a WTWP activity. Penalty is automatic restriction from the use and participation of our services and equipment for a period of six (6) months.

All WTWP staff, activities, and program events must be alcohol and drug free. If a patron(s) participating in or attending a WTWP activity or event is suspected of or found to be intoxicated they will be asked to leave the premises. If the "suspect" patron refuses to cooperate, police will be contacted immediately. "Suspected of" is in reference to having the odor of behavior of being intoxicated with alcohol, marijuana, or chemical substances. If the "suspect" patron causes any violent incident such as a fight, the "suspect" patron will be asked to leave the premises and the police will be contacted immediately. If any WTWP staff is suspected of being intoxicated, the Winnebago Tribe Policies & Procedures will be strictly adhered to.

Ms. Palmers Junior Class Writings

These essays were researched and written by last year's junior class at WPS. They all wrote about topics they were passionate about and wanted to share with others in the community.

How To Become a Counselor

By Tristen Larush

Once there was a boy that had major problems with depression. All he wanted to do was give up on everything, he didn't know "what life was living for". One day he was really close on just giving up on himself. Then one day, his parents, brothers, sisters, even people in his school, they helped him find a nice and caring counselor where he could go and talk with someone that understood. The counselor was helping him every day, or when he was feeling like depression was getting to him. Couple months go by, and the boy is feeling like he has recovered from a major problem. He finally realized that life was something you could only live once, and it was worth living for. The answer to many of our problems such as depression is we need people to become a counselor that understand the problems young teenagers or even adults have.

First, to become a counselor you will need to know about how the work environment is. There are many different levels of employed counselors. The counselor's job for their clients is to provide love and care. Many counselor's work in different work communities, such as schools, mental hospitals, and etc. When you are a counselor, you'll be working about 9-to-5 schedule with high functioning. With many clients you will need to know how to understand the your client and provide and show them that you are not there to just judge them. Also make sure they are comfortable with talking to someone. Many clients will want to rely on someone that cares, and you will need to always be available for them (Price).

Second, the most important way of becoming a counselor is by getting all your degrees on what kind of counselor you would like to be. A master or a bachelors are some ways to get what you need most, but also you would need to get your Ph.D. While getting your Ph.D, you're gonna have to be in school for about 7 to 8 years. What a Ph.D does is get your school psychology, education and supervision, and guidance counseling. Another degree you're going to have to get is your Psy.D, which will take 4-5 years. It is mainly the same thing as the Ph.D, but it will help your get a more advanced type of job. It will also help you get your doctor degree. The last type of degree you're going to have to get is Ed.D, this degree will take about 3-4 years. This degree will help you get your professional counseling and supervision; and educational leadership. When you decide on what type of counseling you want to be, you'll figure out on what type of

degree you will need ("How") ("School Counseling").

Last and most important, you need to know what types of counselors there are. There are actually many types, you just got to choose between them all. The first one is drug and alcohol counselors, they will help you with trying to get you to become sober. They could like really help someone that needs that type of help because of their addiction. Second there are school counselors, they will help you with what you need to do in high school to become successful. They also will help you with all the other problems you got, but what they do mostly is help you in school. Third there is a marriage and family counselor, that will help you with any types of problems the marriage or the family has. He or she will sit down and talk with the two individuals, too see where the problems in the family are or what's really going on. Another counselor is mental health and rehabilitation, they are there to help you with like any mental or disabilities you may have. Also they will help with like suicide thoughts that you might be having. There are so many kinds of counselors, you just need to know which one you are looking for ("What").

In the end, we all need someone like a counselor that could understand the problems we go through, like now days people will never understand the life most kids and teenagers live. Some just think we are just fine and will grow up to become the best person and do everything they want us too, but when we are bossed around and getting let down, or our parents are just straight up demanding it makes it harder on us. Main reason why the kid I was talking about in my first paragraph was not feeling the life everyone else can live is that he couldn't count on having a supportive home. That's why we need some more counselors and to help out people think about suicide or with self esteem problems.

Works Cited

"How to Become a Counselor." *How to Become. How to Become a Leader, n.d. Web. 28 Apr. 2016.*

Price, Erika. "How to Become a Counselor." *InnerBody. How to Become a Counselor, 14 Dec. 2015. Web. 28 Apr. 2016.*

"School Counseling | Quick Facts About the Job." *All Psychology Schools. School Counseling, 2014. Web. 29 Apr. 2016.*

"What Are the Different Types of Counselors?" *Best Counseling Degrees. N.p., n.d. Web. 06 May 2016.*

Eating Disorders: Anorexia/Bulimia/Binging

By Kristin Neff

Thinning bones, brittle hair and nails, and mild anemia are all common symptoms of long and short-term anorexia. The fact is that more and more girls are devoting their life to this desire they have for becoming thinner. The million dollar question is, "why?" Why are girls choosing to knowingly harm their bodies and eventually become the prisoner to this?

Anorexia or "ana" is seen as a physical and mental disease, most of which is mental. Although it appears on the outside most of it is coming from your head. The most common ages for this ranges in girls 12 to 26 years old. These being the most crucial years for the bones to finish developing really weakens your body and immune system throughout adulthood. Short term physical symptoms can include extreme weight loss, fatigue, insomnia, dizziness, absence of menstruation, or constipation (The Guardian). So us being humans obviously we need good nutrition or food at the least. But, the emotional side of things will include fear of gaining weight, refusal to eat, denial of hunger, depressed thoughts or irritability. This usually starts as a normal diet but has the potential to progress into extreme anorexia whether it's skipping meals, or constantly looking in the mirror. Although women make up the majority of this illness, a number of guys will also suffer from this (The Guardian).

Some people will try binging and purging, which is just as common as having anorexia. This is another common eating disorder known as bulimia or "mia." Bulimia is recognized when ingesting large amounts of food at a time and is usually ended by forced vomiting or abuse of laxatives. Having this can feel like you're in control of your own body for once, but it isn't the only way of achieving that feeling. However, sometimes it can feel like the only way because the more and more you do it the more your body becomes susceptible to it. Physical symptoms include constant weight fluctuations, oral trauma, and electrolyte imbalances, which can result in fatality, or even rotting of the teeth from excessive vomiting (Ekern).

The last type of eating disorder I want to touch on is something called binge eating disorder. It differs from anorexia and bulimia because instead of not eating or purging their food afterward. They eat uncontrollable amounts of food until they're physically feeling sick. Then they might go days without eating afterward, and then binge again. If you've never dealt with something like this it could be very confusing to understand, but it

doesn't make it any less unhealthy. Most of the people who suffer from this are severely overweight or not comfortable with their weight. You might wonder how this can develop. It develops usually from a person who restricts their food for a long period of time. Then they start eating normal amounts again, and their body wants that food so much that it sort of loses control because it's trying to store as much as it can before restricting starts again.

Some people might not see eating disorders as important as other important issues because it's just dealing with one person's problems. They might view it as "why should we care when there are real problems in the world?". Well, my answer to that is, this is a real problem. The people who experience this are 24/7 in their head about what they eat and how much they weigh, and at the time they're so in their head, they can't even begin to see the big picture, as well as the harm they're causing to their bodies. The sad truth is, anorexia has the highest rate of death for females between the ages of 15 to 26. These are critical and difficult years for young people to find themselves, and it's a tragedy that they are so vulnerable during this time. However, just about the same amount of people are able to recover and start a whole new healthy lifestyle. Honestly, when choosing to lose weight an eating disorder may seem like the fastest way, but you are simply choosing the worst way. A healthy diet and exercise will make you feel amazing and accomplished in losing weight. So don't choose to slow your heart rate when you could be increasing your lifespan. Just stay in control of your own life by staying away from these dysfunctional relationships to food, because there are tons of way better alternatives.

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Synthetic Marijuana

By Miguel Baker

According to Partnership for Drug-Free Kids, "From January 1st to August 2, 2015 poison control centers received roughly 5,008 calls about exposures to Synthetic Marijuana compared to 3,682 in ALL of last year" (Join Together Staff). Everyday people are dying from synthetic marijuana use and it's important you should know about it.

What is this synthetic marijuana, you might ask? It is a drug using man made chemicals rather than using natural ingredients, called a designer drug. To get into detail, according to Partnership for Drug-Free Kids, "It is made with dried herbs and spices that are sprayed with chemical that introduce a marijuana type high when smoked." The Synthetic drug made its first appearance in Europe in 2004, then made its way to the United States in 2008 ("Synthetic").

I will tell you all about this drug. First of all, it is a killer. When often smoked it is rolled in joints, pipes, E-cigarettes etc. The most common names for this drug are known as: K2, Spice, Scooby Snax, Fake Weed. This drug is very life threatening, and long term use can result in forgetfulness, extreme anxiety, loss of consciousness, nausea and vomiting, rapid heart rate, high blood pressures and seizures. It also can make you violent. In August of 2013 a 21 year old mother that was under the influence of spice threw her 4 year old into a trash bin. Later when arrested she couldn't remember where the child was. Then later the kid was retrieved from the bin and taken by the police. Horror stories like this

happen every day. Calls to the poison centers about the drug have increased by 80 percent from 2010 and 2012. ("Synthetic")

There are many stories about this drug but a few in particular caught my attention. This one is called "I am just not all there anymore," and the title really just speaks for itself. This male or female overdosed on spice and has not been the same since. First he/she threw up about 6 or 7 times. Then after the mom laid him/her down 10 minutes before the ambulance showed up they started having seizures. When they got to the hospital she/he went into cardiac arrest, and doctors thought they weren't going to make it. This person survived, but now he/she stutters a lot and doesn't remember stuff. This drug ruins lives; a kid even had to quit school because their anxiety was so bad after taking the drug ("Synthetic").

It may feel like the best feeling ever while doing drugs like synthetic marijuana, but now that you know the facts about this drug and what it can do you should speak out to others and let them know about this killer drug.

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Drug Dependent Babies

By Jacey Price

"We don't want to take babies from their mothers, but we will not leave a child with an active addict. We can't trust those parents unless they show us they're clean." -- Tim Irwin. Many people don't understand how harmful it is when women use when pregnant. That's why it is incredibly important that women who are drug users and want to have a baby know about neonatal abstinence syndrome.

Neonatal abstinence is when pregnant women take drugs as in, marijuana, heroin, codeine, methadone, etc. Those drugs pass through the placenta which connects to the baby, and the baby is addicted as well as the mother. The mothers who use drugs while pregnant will give the baby long term problems growing up and after birth. After birth the babies are still dependent on the drug, because the baby isn't getting the drug after birth, but symptoms will occur. Babies are exposed to drugs in the womb before birth. Treatment of NAS depends on the drug involved, in the infant's overall health, whether the baby was born premature or full term ("Neonatal").

There are many of symptoms the baby depending on which drugs that mother used, how much the mother used, etc. The symptoms often occur after a few days after birth, but will take a while to appear. The baby will have blotchy skin color, diarrhea, excessive high pitched crying, fevers, seizures, or vomiting. There are also more symptoms that belong to neonatal abstinence syndrome. Having a parent who is addicted to drugs can cause the child to have lifelong problems growing up, if they hadn't got help or support ("Neonatal")

("Woodbury").

According to the Sioux City Journal, there was 86 infant drug dependent baby exposures in 2015. "In 2015, 52 tests were confirmed the presence of marijuana, while 20 detected amphetamine and seven the presence of opiates." Furthermore, the "estimated total number of opioid analgesic prescriptions in the United States increased by 104% from 43.8 million in 2000 to 89.2 million in 2010" ("Woodbury"). Marijuana is one of the most addictive drugs a woman does during pregnancy, and the number of pregnant women addicted to opiates increased five times during the past ten years. The babies born addicted to drugs increased by three times ("Woodbury").

Neonatal abstinence syndrome needs to be more important to women, because it is affecting the babies, if a woman can't give up drugs then she isn't ready to be a mother. Babies whose mother uses, and are born with NAS will affect them growing up. This is why it is important that women who are known to be expecting a baby, try to get help to clean themselves up so the baby will be healthy.

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Ms. Palmers Junior Class Writings

Abortion Isn't the Only Answer

By Cedrick Blackdeer

When you have an abortion you're not only killing a life you're also killing other people's dreams of having a baby but can't have one themselves. Why have an abortion? There are many alternatives. I think you should have the baby and after having that baby you might want to keep it, but if not then you can give it up for adoption.

If you're pregnant and don't want to keep it because you think you're not ready to be a parent, you should give the baby up for adoption. There are many people out in the world that don't get the chance to be a parent, so I can guarantee that there will be people willing to adopt. Also you might be alone trying to raise a child. If you want to have the baby but don't have anything to support it I think you should give the child up because I believe everyone deserves a chance at life. You should want the best for the child or you shouldn't have gotten pregnant (Fantelli).

Another alternative is to give the child to foster care. You might think they just take away the child anyway. You are wrong! They don't take your child forever. If you really want to keep the child but you don't think you have enough time to get what you need to

Reclassifying Marijuana

By Tristan DeCora

According to an article done by Health Aim, "Marijuana isn't bad for you anymore." The DEA have been in the talks lately about reclassifying marijuana from a Schedule 1 drug to a Schedule 2 drug. For those who don't know, a Schedule 1 drug is a substance that has high abuse with absolutely no medicinal use at all. Some drugs found in this sector include LSD and heroin. A Schedule 2 drug has high abuse, but is also considered to have medicinal use. A few drugs that are on this list include oxycodone, cocaine, and morphine. If drugs like those are considered medicinal, then reclassifying Marijuana would also have many benefits (Guneet).

Marijuana has plenty of medical purposes. Many people who suffer from sclerosis, or Parkinson's disease, which causes muscles to stiffen up and spasm, claim that marijuana often calms their muscles allowing them to enjoy a normal life. People who have chronic pain and other ailments have said time after time, that marijuana soothes the pain, which makes it a lot easier for them to perform tasks. Doctors have done research, and have concluded that marijuana can ultimately slow down the progression of alzheimer's. This is a plus for the elders who suffer from that disease. Another illness that marijuana helps with is epilepsy. Children and adults who suffer from epilepsy claim that marijuana reduces the number of seizures they have ("How Effective").

Triple C's

By Adanya Sewell

I once knew this young beautiful girl and she was my best-friend. We kinda lost our friendship when I found out she was taking pills with people she wouldn't ever associate with before. As a good friend that I am I wanted to help her stop taking these pills and hanging out with people I don't want her to be with and that would influence her and won't help her out. As days, weeks, and months went by we haven't talked, and I was starting to get worried about her. I wanted to know if she was doing good. So as I got concerned about her I started to think about the negative things that could happen. When a couple of days went by I went to her house and wanted to see her, and when I got there she was passed out on the bathroom floor overdosed on pills so I rushed downstairs and called 911. A few weeks later she got better and she was telling me she decided to go to treatment and get her life back on track. I was glad she made the right choice. The truth about Triple C's is this drug is dangerous and could lead to overdose and kill you.

The medication is legitimately to treat the symptoms that typically result from colds or upper respiratory allergies. What's inside of these Triple C pills is Dextromethorphan. It's mostly used for cough and colds or the flu. Triple C is abused by teens because it causes a high, but it also causes hallucinations in high quantities. This is a serious case. Teens don't think that it's a bad thing that they're taking pills because it's a prescription drug. What teens don't realize is how they affect them and their lives. Taking so many is extremely dangerous and can cause a coma, heart attack, and even death ("OTC")("Cough and Cold").

By taking Triple C pills they can affect your body and health because if you've been taking them for so long there's side effects that stay with you on a long term. These are just a few of the side effects: confusion, blurred vision, dizziness, paranoia, excessive sweating, slurred speech, nausea, vomiting, abdominal pain, irregular heartbeat, headache, and etc. You can also experience sensory changes like unusual sounds, a weird sense of touch, or a feeling of floating in midair. Very high doses can lead you to experience hallucinations, which means that teens going for that effect are especially in danger. When you are

raise a child you can let foster care take it. It might sound bad but they will work with you. They can take the child for 6 weeks so you can try to have some sort of stability (Fantelli).

Also, another alternative is to keep the child yourself. You can also give the child to a family member to take care of your child because you should always have family to help you out if you're having a hard time (Maxine).

When a mother has an abortion she can go through that ugly "what if" thought. No one likes that thought. It's unbearable. I know someone who had an abortion, and they think their life could be better if they had just kept their baby. They should have just put their kid in foster care until they knew they would be able to handle raising a child. They also could have had an adoption so that they could've made a dream come true for someone else or yourself.

<http://www.mentalhealthy.co.uk/other/features/unplanned-pregnancy-the-alternatives-to-abortion.html>

<http://fam2fam.org/articles/articles-home/options-other-than-abortion-when-faced-with-an-unplanned-pregnancy/>

Changing the status of marijuana would also make research on it a lot more simpler. Converting it to a Schedule 2 drug would give it accepted medical use, which would make it easier to obtain researching approvals. It would shorten the approval time period which is around 6 to 18 months all the way down to just a few days or a week. This would help researchers find out if their hypothesis were correct, and possibly lead them to discovering more benefits from the plant (Guneet).

Now this point will surprise you just like it surprised many lawmakers and emboldened advocates. A lot of people who are addicted to painkillers claim that marijuana helped them move past their bad habit. A small step like that could be a huge leap for an addict. Studies show that Marijuana could actually reduce the use of opioids, and also be an alternative for hardcore drugs. It would also lower the rate of overdose, and reduce the ridiculous amounts of drug related crimes ("Could Marijuana").

Let's take a look back. Marijuana is a Schedule 1 drug, and we all know the properties of those substances now. Remember that LSD and heroin are also included in that list. After all the information I have shared with you, I'm sure you are just as convinced as I am. Marijuana does have some good things going for it, so reclassifying it would have its benefits, and potentially we could find out even more good things about it.

hallucinating you are not able to get help quickly when it's needed. Mixing Triple C with any other substances can be way more dangerous than using it alone ("What Is").

What the adults and parents need to realize is what their teens are doing on a daily basis. According to Teen Drug Rehabs, "This doesn't mean that parents need to be ruthless protectors, never letting their kids out of sight, but it does mean that having an ongoing discussion about the dangers of any kind of substance abuse is important." Adults and parents should be more cautious of what their teens or kids are doing. They need to watch their medicine cabinets and know what they have at home, as well as learn about the different drugs youth abuse ("Teen").

There's other ways to consider help for teens and their addictions. Treatment Centers or Rehabilitation Programs are always a good place for teens to go because they help you get going on the right path. Sometimes the treatment centers don't always work for most people and sometimes it does. My aunt went to rehab for 6 months, and I was glad she stayed that long to get better. When she came back she looked healthy and happy, even though she was gone for some time it was for a good cause. No matter what, once a parent or friend realizes someone they love has an addiction, especially Triple C, they need to take action to help that person get better, before it's too late.

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Sex Trafficking

By Allie Frenchman

What is Sex Trafficking? It is when someone forces you to have a commercial sex act with an adult or causing a minor to commit to a commercial sex act. Believe it or not sex trafficking is a major problem here in the United States. According to Urban Institute, "Atlanta's illegal sex industry brings in nearly \$290 million a year" (Ford). This is only one of the cities in the country that is having this issue. After reading this essay you may never choose to look the other way because you now know about this problem.

Did you know there are four types of sex trafficking? The most occurs in domestic sex trafficking of adults. This is when a person engages in commercial sex acts through force. Next is sex trafficking of international adults and children. This occurs when both adults and children are engaged to in commercial sex act with an illegal prostitution crime ring. Forced Labor, is third on the list and is described as people being forced to work in some service or industry. domestic servitude is the final type and it is when a person engages in domestic work for families and households through force. The two I want to focus on the most are forced labor and domestic servitude because they really hit me hard because it's like slavery.

Forced Labor is a form of modern-day slavery. According to TVPA they define labor trafficking as "The recruitment, harboring, transportation, provision, or obtaining of a person for labor or services through the use of force, fraud or coercion of the purpose of subjection to involuntary servitude peonage, debt bondage or slavery" (Labor Trafficking). Common types of forced labor are when people are forced to work in homes as domestic servants, farmworkers, and also factory workers. About 31% of undocumented mi-

Mental Illness

By Aubria Tyndall

Mental Illness is more common than cancer, diabetes, or heart disease. It focuses on how the brain works and essentially how it portrays its actions. From being bipolar to having crippling depression and/or anxiety, having a mental illness can affect just about every aspect of your life.

Studies about mental illness show that mass media is one of the public's primary sources of information about disorders such as bipolar, schizophrenia and depression. Other findings suggest most media portrayals of mental illness are stereotypical, negative, or just wrong. Meaning many people acknowledge a tweaked view of those with psychological disorders simply by reading a few sentences about it or picking up a remote control ("Letters").

As time has passed, the media has slowly become aware of such harmful portrayals, experts say. In 2013, journalists write about mental illness fairly equal. Screenwriters have made an attempt to show more humanized characterizations of individuals suffering from mental illness ("Letters"). Research shows that people with mental illness are less likely to commit violent crimes, but rather to be victimized by violence. They say a lot of homeless individuals are mentally ill, meaning they are easier to "spot out". Those people just don't have resources to take care of themselves. But in fact, there are many cases of mental disorders within individuals that get up everyday, shower, and even go to work. So in other words, they're not always easy to "spot out", and they don't always look "threatening or evil". ("Letters").

Postpartum depression is found within many, many women after having a baby. For example, Cynthia Craig has diagnosed with postpartum depression eight years ago. She had told her family doctor in advance that she was feeling anxious about motherhood. "Anxiety is something I have always had especially during times of change." But she had never worried about the levels of anxiety it never prevented her from leaving the house, driving, socializing or even speaking in front of people. Craig's doctor referred her to an anxiety clinic, where a nurse had asked Craig dozens of yes or no questions. "Do you fear snakes? Do you vomit from anxiety?" The nurse then called it Generalized Anxiety Disorder with a touch of social phobia ("How Mental").

In 1980, 2 percent to 4 percent of Americans suffered from an anxiety disorder. With that being said in 1994, a study survey asking a random amount of Americans about their mental health reported that 15 percent had ever suffered from anxiety disorders. Then in 2009 interviews had been done and they came to find that the interviews showed

grants work in forced labor where they do their daily work and then are forced to commit sex acts (Labor Trafficking).

Domestic Servitude is when a person works in a household and they do chores such as cleaning, child-care, elder-care, and other household work. After they are done with their chores they are forced to do sex acts. Some workers may or may not live in their employer's homes. Domestic Servitude is very much like slavery because they force them to do things against their will. According to National Human Trafficking Resource Center "victims of domestic servitude in the U.S. are most often foreign national women with or without documentation living in the home of their employer" (Domestic Work).

Now that I told you about the types of sex trafficking, this should help you be more aware of potential signs. We need to stop these people who are selling girls and boys and making them slaves just for the money. According to Urban Institute, "Some traffickers in Atlanta make more than \$32,000 a week" (Ford). It's not acceptable for these people to make money off these minors and adults.

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anxiety disorders within Americans raised to an estimate of 49.5 percent. Which would be 117 million U.S. adults? ("How Mental").

Many people are oblivious to mental illness. It is all around us, believe it or not. Mental illness affects cognition, your whole perspective on everything you do. It's almost like the ability to think clearly is just lost. Individuals who are severely affected by these illnesses NEED caring help. Emphasis on "caring" for those people out there that live in a hell within themselves. This sounds silly, doesn't it? Well, it's all created by misfiring neurons. These illnesses are life-changing, and can even be threatening disorders ("In the Age").

It is highly unfortunate that laws must be enacted to stop the consequences of these illnesses. When someone has a relentless physical illness, the family of that individual is often looked to for guidance, no matter what age they are. Why should it be different for those suffering a mental illness? When talking about law enforcement, it has been noticed that law enforcement personnel, anywhere in the world, need to be trained far more broadly, when dealing with mentally ill adults. Of course, an officer's work can be tough, dangerous and essentially unappreciated. They too should be mentally evaluated to help recognize and address megalomaniac tendencies that ultimately jeopardize people's safety ("In the Age").

In conclusion, because mental illness is more common than people realize, there are many people who suffer from it daily and try to get by without treatment, not knowing the real effects from it. An untreated mental illness could change your life in the blink of an eye. For example, if you were in a deep depression, it would totally change your outlook. You'd stop going out with your friends, stop cleaning, stop eating, primarily you lose interest in everyday things. All in all, the main goal for this brief essay is, recognition - to be more aware of people suffering from any kind of mental illness. Learn what it's about, get all the info you can about it, so maybe YOU can save someone that's really suffering from it. YOU could save a life.

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“Meth Abuse”

By Angela Bigbear

Do you believe that drugs can change a person? Do you really think drugs are a “cool” thing to do? Let me tell you a story about something that happened to a young child because of people and their use of drugs. In Utah four men were accused of raping a 9 year-old girl on Easter Sunday while her mom smoked meth with an ex-con. The girl was asleep on the couch while her mom was out in the garage smoking. As the girl was asleep on the couch, her mom left the men inside with her child and they ended up taking her to the bedroom and began taking turns raping her. One of the men whispered in her ear while he was raping her and told her that if she goes to the police he will kill her! When her mom came back in she found her daughter upset and her clothes disheveled. Later on she told her mom about the rape. The girl identified one of the men from a photo, and after executing a search warrant, authorities found bloodstained bedding and other evidence. The 9 year-old girl was taken into state custody (“4 Men”). My main idea in this paper is about the history of meth abuse, the effects it has on the people who use this substance and the stages of it. After this paper I would truly love it if you walk away with the knowledge of how it harms you, your body, and people around you.

The history of methamphetamine or “meth”

Meth has been around for over one-hundred years, even though now it is made and used differently. During World War II both the United States and Japanese militaries gave meth to their soldiers to keep them awake during battles. According to Drugfreeworld.org, “high doses were given to Japanese Kamikaze pilots before their suicide missions.” When the war ended, everyday Japanese people got ahold of the drug and began using the substance every day. Later in the 1950s doctors gave out the drug for depressed patients or simply people wanting to lose weight. Later on in about the 1960s things changed. The abuse got worse and available injectable meth increased. In 1970 meth became illegal by the US government. Two years later drug trafficking started in California. Now meth is well known as a recreational drug even though it’s illegal (“Meth Abusers”).

The basics of meth & how meth affects you

This drug can be made at home using products you simply buy at stores, such as pseudoephedrine, which is found in cold medicine (“Meth Abuse”). Most people smoke meth or inject it into the bloodstream for a potent rush (“How Is”). Meth effects you immediately and in long-term. One of the main reasons people take meth is because it gives them a “false sense of well-being and energy.” After that everything will begin to go downhill. This is called a “crash,” and it’s both a “physical and mental breakdown” after their high starts to come down (“Meth Abusers”).

There are so many side effects of meth abuse, and I will list just a few. Short term effects are: loss of appetite, insomnia, hallucinations, convulsions, seizures and death from high doses, and also increased heart rate, blood pressure, body temperature. Some of the long term effects are: permanent damage to organs, severe tooth decay, psychosis, damage to brain resulting to Alzheimer’s disease, stroke, and epilepsy. Finally, meth causes “permanent damage to blood vessels of heart and brain, high blood

Triple C’s

By Jamiah Porter

This one time a family member of mine took mad c’s for months and it eventually took over her. She ended up trying to commit suicide. I wondered why she changed like that and wondered how powerful can these little red cough & cold pills be? She was an honor roll student, playing sports, and had it going good for herself. But she started hanging around random people and new friends who weren’t really friends but just people to get high with. For a while none of us knew till she started stealing from my parents, stealing from stores, and getting caught with the law. I wondered what was going on with her. Why was she like this? No one knew, till we found her body motionless on the floor from an overdose. . . .

What are C’s? They are a legal and easy high which contains DXM and cold medicine. Triple C’s is the slang term for coricidin cough and cold, the 3 abbreviated c’s. Other names vary such as Orange Crush, Skittles, DXM, etc. Triple C’s is over the counter medication which contains Dextro-

pressure leading to heart attacks, strokes and death” (“Meth Abusers”).

The stages of meth

Stage one starts off with what is called “the rush,” when the abuser feels a quick response when he/she smokes or injects. “During the rush, the abuser’s heartbeat races, metabolism, blood pressure and pulse soar” (“Meth Abusers”). This rush stage may continue for approximately 30 minutes.

Stage two is “the high,” which by the way is followed by the rush. While in this stage the user may begin to feel smarter and will often argue with people. They may have delusional effects resulting in them turning insanely focused on a task that can just simply be cleaning or doing the same thing for many hours. This stage usually lasts for about 4-16 hours (“Meth Abusers”).

Stage three is “the binge.” This stage makes the abuser want to use drugs and alcohol more often. Also they continue to constantly try and keep their high by taking more meth. The more they continue to smoke or inject the substance the smaller their “rush” gets, but soon enough they start to feel no more of the rush or high (“Meth Abusers”).

This is when they turn to stage four, “tweaking.” This stage is the most dangerous! As they reach this stage they are no longer filled with the good feelings the rush or high gives them. The abuser begins to lose their mind by starting to constantly itch their skin, thinking they have bugs crawling on or under their skin. He or she may start to become psychotic, “hostile and dangerous” to anyone in their surroundings. Last but not least the user is in high risk for self-mutilation (“Meth Abusers”).

Stage five “the crash” is when your body has had enough of the things you’ve put in it while on this drug. You become lifeless for approximately 1-3 days (“Meth Abusers”).

Stage six is the “meth hangover” where they become hungry, thirsty and are completely ruined physically and mentally. This makes them feel like taking more meth will make them feel better in away. This goes on for 2-14 days (“Meth Abusers”).

The final stage is “withdrawal,” which can last up to 3 months. The abuser will feel depressed and maybe even suicidal. This is the stage when most users give up and go back into using the substance (“Meth Abusers”).

Horror stories like the 9 year-old girl and her mother in Utah will be on the rise if people aren’t careful and don’t take action against this substance. According to Drugfreeworld.org, “drug abuse tripled from 3% in 1996 to 9% in 2006” (“Meth Abusers”). This is why we need to be more educated on this topic. Thank you for your time in reading this essay.

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methorphan (DXM). On the box it says Coricidin HBP Cough & Cold. When you take it in high doses other than the recommended amount you get real trippy. Trippiness includes hallucinations, dissociation, and uncontrollable laughing (“What is?”).

The effects of triple c’s are really bad for your health. From my personal experience you don’t eat much; you have loss of appetite. You also sweat really bad from the come down and withdrawals. Other’s experiences are also different, such as nausea, abdominal pain, and irregular heartbeat. The risks of triple c abusers are very bad. The ingredients in these drugs contain expectorants, pain relievers, and antihistamines that cause additional side effects and increase the risks. While under the influence you should never drive. Under the influence you hallucinate meaning you see things that aren’t really there, which could cause a crash. You may also have seizures or possibly death (Knowles). It’s your choice. . . .

Who abuses Triple C? Teenagers and young adults are the main abusers of DXM and Triple C. It is very easy to get hooked on these pills. “I hallucinated a

Dyslexia

By Jasmine Colvin

If there was someone standing in front of you with dyslexia and someone without, would you notice which one didn’t have dyslexia? In my essay, I’m going to speak upon the things a dyslexic goes through, what they could accomplish, and a famous person with dyslexia. What I want to explain to people with dyslexia is that if they work through the learning challenge, they have the potential to come out strong and become successful.

First, what is dyslexia? Would you be able to tell me what a dyslexic goes through? Probably not. You know why? Because, no one really pays attention to it unless it’s happening to them or their children. Dyslexia is a learning disability that changes the way the brain processes written information. Is it a visual problem? No, it is a linguistic problem (relating to a language). Dyslexia causes a person to read below the level of other people in their grade rather than reading average or above grade level. Dyslexia causes negative experiences in the learning environment (Nordqvist).

Second, I want to talk about what causes dyslexia because often people think babies are born with dyslexia, which is not true. Children develop dyslexia after they’re born, as late as early adulthood. Does it run through the family? Yes, it does, but not everyone can be diagnosed with it. It could skip a generation and go on to the next, or it could skip as many as three generations (Nordqvist).

Can you name a famous celebrity with dyslexia? Anyone come to mind? I know one. Would you have guessed Tom Cruise? Cruise started showing signs of having a learning disability in his early grade school years. He finally learned to read as an adult through a learning method called study technology. His mother (Mary Lee Pfeiffer) worked three jobs but still managed to help Cruise with his homework.

Meth Addiction

By David Wingett

According to Drug-Free World this woman named Melanie once started a meth lab in her house because she was so addicted and she needed the money so bad, welfare money was not enough to support her son. She stored the toxic chemicals in her refrigerator not knowing later on when she gave her son some cheese to eat. Hours later he would be deathly ill and soon die from a lethal dose of ammonia hydroxide. Her and her son’s life were forever changed just because she needed to get high. Just remember, the first experience might involve some pleasure, but from the start, meth begins to destroy the user’s life (“What Is”).

What is Methamphetamine? It is a synthetic, man-made drug that is an illegal drug in the same class as cocaine. It come in a form that looks like clear chunky crystals that look just like ice. Some ways it is taken are “snorting it, smoking, or injecting it with a needle” (“What Is”). Some of the ingredients/chemicals in meth are lithium, acetone, toluene, hydrochloric acid, pseudoephedrine, red phosphorus, sodium hydroxide, sulfuric acid, and anhydrous ammonia (“What Is”).

When meth is taken, it will “create a false sense of well-being” and an intense rush (“What is”). When that happens the user will push their body farther than it is supposed to go, and this will result in the severe crash and a lot of physical and mental breakdown when the drugs wear off. Meth burns up and destroys the body’s resources

lot. It was kind of like I was in a dream or something, like so disassociated. I liked that feeling of not being in reality. And I just kept using it after that.” - Shannon. This quote is a prime example of how easy you can get hooked on C’s. When doing C’s you take the whole sheet (8 pills) or the whole box (16). After a half hour or so you’ll start to trip. Long term users would develop health problems, learning problems, and memory issues. It is easy for these teenagers and young adults to get these pills because they are on shelves in Walgreens, Walmart, Hyvee, etc. (Teen Drug Rehab). Most of them are sitting on store shelves!

I was a user once, a bad one at that. I found out C’s through my sister. She was taking them and she offered me them, Of course I said yeah, although I knew it was wrong. I did it anyways. I was uneducated about them; if I knew what I was getting into I would’ve said no but I was a 15 year old kid trying to find a high, any kind of high I could. I did cough syrup, percocet, c’s, cocaine. I was in a really bad place because of c’s. It was a gateway to other drugs. I thought if I could handle the high

When it came to the classroom Cruise always raised his hand and asked questions to get participation points so he could pass the class he was in. He has been through a lot with dyslexia, yet he still overcame the problem and is now one of the best known actors (Weinstein).

Is dyslexia a disease? No, but there isn’t a medical cure for the situation either. On the bright side there are plenty of teachers willing to help with dyslexia at a specialist school. The sooner a child or young adult goes in for treatment the better. More than half of the people who enter treatment for dyslexia end up having long-term improvements (Nordqvist)(Dyslexia).

In conclusion, parents should pay attention to the signs that might lead them to believe their child may have dyslexia and then take into consideration having their child tested. There are teachers that are trained just to teach dyslexic kids in the specialist schools I talked about earlier. I hope the information I covered helps people understand about dyslexics because dyslexics have the power to overcome the obstacles of this linguistic problem. Remember all children deserve the same higher education.

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then creates a dependence that can only be relieved by taking more of the drug (“What Is”).

Some people might not gain an addiction to this but most of the time, they do and it gets really bad. Some ways you can tell that a person is addicted to meth are when they fail to take care of work, home, and school responsibilities, when they choose meth over important social or recreational activities. Treatment can last to however severe the user’s addiction is. Some medications that a user might take during treatment is bupropion, methylphenidate, naltrexone, and antipsychotics. Also, cognitive-behavioral therapy works with the patient’s thoughts, feelings, and behaviors. This therapy tries to keep the person away from “maladaptive patterns” and help the person figure out when/how they have cravings and/or triggers and ways to help stop them from happening again (Crane).

When people choose to do these drugs they might be trying to run away from their personal problems or maybe some of them try it for fun and end up getting hooked from the first hit, but nobody should ever put themselves in this situation, where they have to go to treatment just to save their life. Taking methamphetamines seems like a fun/wild idea to have but it’s just not even worth the try. Some are so desperate they think drugs are the solution. But eventually, the drugs become the problem.

c’s gave me then I can handle these other drugs. I then became a heavy user of percocet and cocaine while mixing these with c’s everyday, also drinking on weekends. This went on for months since February of 2015 till August of 2015. I lost my lifting gains, I lost friends, but mainly I lost myself. . . . School then got hard due to my learning ability all clouded by drugs or my mind always on drugs. It was a very bad time in my life, but I got help and cleaned myself up. If I could tell anyone about c’s, do not ever do them - they will ruin your life. . . .

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Ms. Palmers Junior Class Writings

What Makes a Good Leader?

By Tiana Hancock

What's a leader? A leader is someone who is passionate. "They have a compass in their head and steel in their heart" said by Robert Townsend. A confident leader in our community is Mr. Aspen LaPointe. LaPointe was point guard of the Winnebago basketball boys. He was an outstanding player, and he didn't have any fear. He had respect for the refs, his coaches, his teammates, and his fellow opponents. He had amazing sportsmanship, and he was a risk taker; he never let his team down. When his brother Mr. D'von LaPointe, the team's best three point shooter, would miss or get a foul he would get mad and Aspen would try and calm him down. When a teammate missed and got mad LaPointe would still try and keep them thriving. He really wanted them to have good attitude and take on any strategies whether they are hard or easy. He wanted his team to have no self-doubt. He was and maybe still is a great inspiration to our young children. We all hope Aspen can carry his amazing leadership with him to college.

How to be good leader

Why do you think it is important to be a leader? Well I think a good leader is a role model, and it is important to set good examples for younger children that look up to you.

First things first, you have to support and have an organized team (Peter). You can't become a leader without help from your teammates. Your heart and soul should be motivated. Motivate yourself, tell yourself that you can do it and that these people came to see you and your team win. Even if you fail, self and team encouragement always helps. If you let yourself down as a leader you're letting your team and every kid that is watching you down. You need to set a vision. Envision yourself doing it before you do it. Set goals, tell yourself that today you are going to succeed. You are going to ace this test, you are going to pass your driver's test, you and your teammates are going to go home tonight with the win. You gotta have recognition. Tell your players were to be and what to do before everything gets started, but take your time, no rush needed. Last but not least, you have to have good communication. If you miss a shot or make a bad pass, you miss one question on a test, or you weren't as fast as anybody you were racing in the 800 meter dash, that doesn't mean you have to swear. It doesn't mean you have to talk smack to people. You need to accept that you lost and move on. Brush it off your shoulders and give yourself a pat on the back for at least trying. Communicate with yourself and think of things that you could have done better. Congratulate the winners and say they did a good job ("9 Leadership Qualities").

Secondly, you gotta have confidence. Don't put yourself down before something is going to happen. "I'm not going to be able to ask him to prom. I suck". No you don't--how do you know you're going to fail if you haven't even tried yet? A leader is a risk taker, and they aren't scared of jack. Your heart is telling you yes and your mind is telling you no. You are much stronger than that. Bravery is one of the first things that a leader needs to understand. If you're not brave you are not a leader. A leader is someone who can overcome every fear that they have in their body, even if it's at the edge of the cliff ("9 Leadership Qualities). They are optimistic, they look for the good in their future. A leader isn't scared to test their strengths. Life is going to bring you a test, and it's going to give you it over and over and over again until life feels like you can pass it and move to the next level of being a leader. Mostly besides confidence you need to have good perception. It's your positivity against their negativity. Don't get mad if people misunderstand you (Peter).

Finally, leaders need to accept criticism. When somebody talks bad about something that you have done wrong, they are making you stronger and more understandable. For instance, if you were to present in front of the class, and you really didn't know how to read. You can go learn how to read and come back to prove them all wrong. Leaders need to be committed to excellence. Think before you speak, think before you act, think before you make a decision. Being steadfast matters a lot. You need to be reliable, dependable, devoted, and most of all you need to be solid. You need to be composed, and control your self. Not only yourself but your teammates. If they see you acting out and messing up on purpose they are going to do what you do, because that's your way of showing leadership towards them. Always remember you gotta be the ball, be the strength, be the key, be the heart, and be the leader.

So what do you think about leadership after reading this? I'll tell you one thing, it doesn't seem too hard to do. Everybody is a leader, and teammates that work together hard enough can create a team full of leaders in any area of life, not just sports. Hopefully I have changed minds of the people around, and hopefully I see more leaders in the future. Thank you!

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Women in the Military

By Zena Davidson

Why do people think that it is so hard for women to enter the military? There are many stereotypes about women on how they want to join the military and about how they can't do the stuff men do in training. Some say that women don't have an accurate shot like men. Especially with all the weight they have to carry on them, some think that it is too heavy for women, and they can't move as fast as men during their training. It is said that they can get injured easily.

Many of these stereotypes can be true, but on top of all of that, women have really good advantages. For example: women make decisions differently than men, they are more thoughtful and less impulsive. They can also speak to women about important issues when, in some cultures, men are not allowed to speak to their women because of their religion. Overall there are some positives and negatives, but women deserve the right to serve in active duty.

The reason I think that women should join the military is because I know that they are capable of making it through months of training. The Marines have done training for women that was 3 months long. Fewer than half of the women quit on the first day, which was less than the portion of men who quit. Because of this, I believe that women are capable of doing some of the things that men can do ("Women and Combat").

According to Andrew Tighman Combat jobs will be open to women because, "Our military will be better able to harness the skills and perspectives that talented women have to offer" (Tighman). Women are good at working with people in the military, which is very important. In each service like the Army, Marines, Navy, Air Force, National Guard, and Coast Guard they need a medical field. Women are very good at dealing with that stuff because they can have good experiences with the

medical procedures, and they have the patience to treat people who are injured (Tighman).

When women are allowed to serve in combat they will have more opportunity for high level leadership. According to CBSNews.com, there had been claims from women, "that the restrictions limited their ability to ascend to the highest military level of leadership. Women even have more of an ability to reach high levels of leadership positions. Which means that being in the highest levels of leadership is going to be filled up with combat officers based on who served in the combat arms" ("Women and Combat"). Both men and women deserve to have the opportunity to reach these positions.

In conclusion, women have already given so much to the military. CBSNews.com states, "During a decade's worth of conflict, more than about 300,000 women were deployed to Iraq and Afghanistan. More than 9,000 female troops have earned Combat Action Badges. More than 800 female service members have been wounded and at least 161 have died from combat- and noncombat-related incidents, according to Defense Department data" ("Women and Combat"). These women have put themselves in harm's way and shown their strength in the dangerous situations. That's why opening combat positions to women is an important step for women's rights.

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COMMITTEE ADVERTISEMENT

The Winnebago Tribe of Nebraska has the following Committee Advertisement open:

ALCOHOL ADVISORY COMMITTEE
One vacancy for a (3 year term)

- **Membership Qualifications:**
 Committee membership may consist of any person the Board deems desirable, including Board Members, employees or others not affiliated with the Corporation.

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Community Notices

WINNEBAGO TRIBE OF NEBRASKA

NOTICE OF WINNEBAGO TRIBAL COUNCIL ELECTIONS

REGULAR ELECTION: OCTOBER 4, 2016

Polls Open 8:00 a.m. - 8:00 p.m.

BLACKHAWK COMMUNITY CENTER GYM

3 POSITIONS OPEN
3 - 3 YEAR TERMS

There is no Primary Election due to there already being six (6) candidates.

Posted August 17, 2016

WINNEBAGO TRIBE OF NEBRASKA 2016 TRIBAL COUNCIL ELECTION CANDIDATES LIST

NAMES OF CANDIDATES (Alphabetically)

COLY D. BROWN

SHARON REDHORN-CHAMBERLAIN

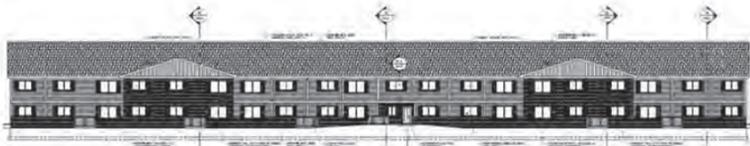
GLORIA JEAN EAGLE

JAMES LOUIS LAROSE

KENNETH MALLORY

FRANK WHITE

Posted August 2, 2016.



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• **Membership Qualifications:**

Committee membership may consist of any person the Board deems desirable, including Board Members, employees or others not affiliated with the Corporation.

If you are interested in applying for the Committee, please stop at the receptionist desk located in the front lobby and pick up a Committee application.

Closing date: September 9th, 2016

COMMITTEE ADVERTISEMENT

The Winnebago Tribe of Nebraska has the following Committee Advertisement open:

Credit Committee
One vacancy for a (3 year term)

• **Membership Qualifications:**

Committee membership may consist of any person the Board deems desirable, including Board Members, employees or others not affiliated with the Corporation.

If you are interested in applying for the Committee, please stop at the receptionist desk located in the front lobby and pick up a Committee application.

Closing date: September 9th, 2016

COMMITTEE ADVERTISEMENT

The Winnebago Tribe of Nebraska has the following Committee Advertisement open:

Emergency Home Repair (EHR)
Two vacancies for a (2 year term)

• **Membership Qualifications:**

Committee membership may consist of any person the Board deems desirable, including Board Members, employees or others not affiliated with the Corporation.

If you are interested in applying for the Committee, please stop at the receptionist desk located in the front lobby and pick up a Committee application.

Closing date: September 9th, 2016

**New
Deadline !!!
for Winnebago
Newspaper
September 2**

LEGAL NOTICE

Notice of Hearing
Case No. JFJ16-026
The People of the Winnebago Tribe
In the Interest of:
L. B. (DOB 12-15-2003)

To: FEATHER BROWN, Mother
JOSE BANITEZ, Father
FERN SAUL, Guardian

You are hereby notified that a hearing for Initial Appearance concerning the above referred minor individual(s) in case no. JFJ16-026 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 6TH day of SEPTEMBER, 2016 at the hour of 9:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV16-101
In the Matter of the
Divorce Petition of:
JESSICA MONCADA
vs
FRANCISCO MONCADA-ROSAS
To: FRANCISCO MONCADA-RO-SAS:

You are hereby notified that a Divorce petition has been filed and a hearing concerning the above referred Case No. CV16-101 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 15th day of SEPTEMBER 2016 at the hour of 11:00 A.M.

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LEGAL NOTICE

Notice of Hearing
Case No. CV16-116
In the Matter of the
Guardianship Petition of:
LISA WHITEWING,
In Re:
A. W. (DOB 03-09-2007)
TO: SHANNON WHITEWING,
Mother
JASON PADILLA, Father

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV16-116 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 18TH day of OCTOBER, 2016 at the hour of 10:00 A.M.

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Around Bago

Educare Winnebago – Early Language Initiative



This year one of the new endeavors of the ELI Grant of Educare Winnebago to help us in our teaching of all the kiddos the HoChunk Language and Culture, we have established an Outdoor Learning Area.

The first phase has been completed, which was to secure the area, clear it and have a chee po da kay built.

In the future we will be making an imagination based fire place, with benches, plant some trees, with sage, sweetgrass and cedar bushes around the outside of the circle. We have planted our sacred plant garden in the back of Educare with houses all the above mentioned plants. We will be teaching the kiddos the meaning and what they are used for, they will learn how to harvest the plants also.

The outdoor learning area will be used to teach our language classes, storytelling and book reading. We know the kiddos will enjoy the area very much.

We want to send out a special thank you to Daniel Earth, Jared Neff and Reggie Frazier for helping us to erect the chee po da kay for the kiddos to learn in.

In Loving Memory... **Amber Cree Snake**



Amber Cree Snake, Nizhuwinga, (Rain Woman) was born on September 1, 1994 in Sioux City, Iowa and died on August 13, 2016 at 2am in Phoenix, Arizona. Amber was both Winnebago and Navajo.

Amber graduated from Window Rock High School at the age of 17. She loved high school so much that she didn't want to leave, but was forced to graduate because she had too many credits. Amber loved to read books, play the saxophone, and do lots of art-work. She was also a very big advocate for saving the earth and a true friend

of the four legged.

After high school, Amber moved to Port Orchard, Washington to live with her big sister Aaren who she worked as a sales representative for Kirby. In 2012 she enrolled at Dine' College in Tsaile, Arizona where she majored in Psychology. Helping others has always been a great ambition of Ambers. During the summer of 2013 and 2014, she worked at North Rim Grand Canyon, a first step in her dream of becoming a world traveler. Amber was very adventurous, loved to travel and experience new things. She was never satisfied with the ordinary and wished to experience everything that life has to offer. Amber had no problem making new friends anywhere she went. Amber is very much loved and will be greatly missed by all who knew her.

Amber is survived by father and mother Darren and Lena Snake, Fort Defiance, Arizona, her older sister Aaren Snake, Greeley, Colorado, her younger sister Nena Snake, Fort Defiance, Arizona, her big brother Elijah Snake, Fort Leonard Wood, Missouri and her nieces Josephine and Alaura Stephenson, Greeley, Colorado.

Thank You ...

I would like to thank the many friends and relatives who came and showed their love and support during our families recent loss. Mauna called Amber Cree Snake home on August 13. We had a full week of waiting for her remains to come home and so many of you made our sorrow a bit lighter with your words of comfort, prayers, donations of food, money, needed items ... Thank you ladies at housing for your generosity with the rooms for our out of town relatives, they appreciated it!

Many thanks to Susan, Squiddy and everyone who opened up their homes to the many relatives.

Thanks to all my sisters, daughters, nieces and granddaughters who helped cook the entire week. And thank you Mom for ramrodding on the last night so I could rest. Thanks to Robin and the Winnebago Tribe.

I want to thank brother Ed for being here, helping as much as possible, and thanks to my love, Harold for always being my support during these times ...

May God continue to bless each and every one of you. We cannot express in words how good you all made us feel. You will all be in our prayers. Thank you!

The Snake family

In Loving Memory... **Hayley R. Snow**

WINNEBAGO, Nebraska -- Hayley Regina Snow of Winnebago was granted her angel wings on August 3, 2016, following a lifelong illness. By the strength, love, family, and prayers, Hayley survived this world almost 15 years, when all odds were against her.

Hayley was laid to rest by her paternal grandmother, Peggy Larose Snow.

She was born on October 15, 2001 in Omaha. Hayley's life would seem too short to many, but those who were touched by her understood that the quality of existence far exceeds the quantity of time in which one lives. Her smile could melt the hearts of those around her and though she never really spoke a word, her voice and thoughts could always be heard.

Hayley went to school at Cardinal Elementary in South Sioux City, where she was surrounded with excellent knowledge and caring teachers.

Hayley is survived by her loving parents, Thomas (Natasha) Snow of Winnebago, and Serenity (Garrett) Marr of South Sioux City; her sisters, Isabella Snow, Madison Snow and Khallen Kennedy; her brothers, Kaden Kennedy and Jimmy Bartlett Snow; and grandparents, Cindy West, James (Carol) Snow, Maria Scott and Micheal Drew.



HoChunk Renaissance
The Official Language Program of the Winnebago Tribe of Nebraska

Weekly Language Publication

Where are you from?

Haci?ja howaraji?
(hah-ch(ee)n-jah hoh-wah-rah-jee)

Where did you come from?

literal translation:

(haci?ja=where, howaraji=you come from, ji =come/arrive/return, ra=you, howaji=come from)

Ni??s?oc eja howawajina?.

(nee-shochch ay-jah hoh-wah-rah-jee-nah)

I came from Winnebago.

literal translation:

(ni??=water, s?oc=murky/muddy, eja=there/at: denotes location, howawajina?=I came from)

Notes:

- Add "was?u? na?je" to ask where a person is from. Haci?ja howaji was?u? na?je?Where are you from? This question is addressing a standing person.
- The addition of the verb makes the statement come from a standing person to mean "I am." Example: Ni??s?oc eja howaji wa'u?a?je na?. I am from Winnebago.
- You can substitute other place-names from the vocabulary word Ni??s?oc. Example: Xe hoz?e ja eja howaji wa'u?a?je na?. I am from Homer. Cina?k hoxete eja howaji wa'u?a?je na?. I am from Sioux City, Iowa. Notice how "eja" is always added to these place-names.

Homa?ha?i?ja eja - Macy, Nebraska
(hoh-m(ah)-h(ah)-ee-jah ay-jah)

Homa?ha? cina?k eja - Walthill, Nebraska
(hoh-m(ah)-h(ah) chee-n(ah)k ay-jah)

Xe sep eja - Pender, Nebraska
(xay sayp ay-jah)

Xe hoz?e ja eja - Homer, Nebraska
(xay hoh-zhay jah ay-jah)

Cina?k hoxete eja - Sioux City, Iowa
(chee-n(ah)k hoh-xay-day ay-jah)

Kerejusep hoci eja - Blackhawk Center
(kay-rday-jew-sayp hoh-chee ay-jah)

Worowi hoci eja - Heritage Express
(woh-rdoh-wee hoh-chee)

?u?k xete nik eja - Pony Express
(shook xay-day neek ay-jah)

Hu?k hoci eja - B.I.A.
(hook hoh-chee ay-jah)

In Loving Memory...

Herman L. Logan



Died August 14, 2016. Age 72. Beloved husband for 51 years of Patricia (nee Mallory). Loving father of Johnny, Kelly, and Denise (Aricia) (nee Mallory). Loving grandfather of Adhryn, Quenten, Daniel and Noah. Great-grandfather of Jamesin. Brother of the late Edward Logan Jr., Betty Ann Earth, Katherine Earth and MaryAnn Hultit.

Visitation at the Funeral Home Thursday, August 18, 2016 from 9-12:30PM. Funeral Service at 12:30 PM. Private interment.

Hayna was a longtime barber, a friend of Bill W., a member of the Winnebago Tribe of Nebraska and a champion dancer. He will be sorely missed.

Red Hot Ride Giveaway

Wednesday, August 31st

\$1,000 Cash Drawings at 7pm, 8pm and 9pm.
Red Hot Ride Drawing at 10pm.

Must be present to win.

Every ClubWINN point earned this month is worth one entry. If your name is drawn, you'll drive away in a super sleek and sexy red 2016 Nissan Maxima from Billion Automotive.

*Earn 10 entries by stopping in Billion.
Test drive any car at Billion Automotive
and earn 20 entries into the drawing!*

Billion
Automotive of Sioux City
Buick GMC Nissan Cadillac Kia



Bring this coupon in to WinnaVegas for
10 Free Entries
into the Red Hot Ride Giveaway

Code: WinnNews. *Must be from original ad. One coupon per visit.
No photocopies accepted.



Roll For Dough

Tuesdays and Thursdays in August and September

Putt 9 balls on our aboutGolf simulator and watch them go up a Skee-ball ramp to collect points. \$1,000 cash prizes for players with the top score. You can play 3 times per day!



Big Monday Mondays

Mondays in September

We're giving away **\$5,000** in cash, guaranteed, between 11am-3pm. Then later on, we're giving away **\$10,000** in cash, guaranteed, between 6pm-10pm! Every point you earn gets you an entry for that day's drawing, and we will call a winner every 30 minutes! *Excludes Labor Day.



The WinnaVegas Open

Monday, August 22nd through Sunday, August 28th

\$50 Entry Fee. Players will play 18 holes on our aboutGolf® simulator. Player with the lowest score wins a **\$6,000 VIP trip to the Ryder Cup** in Chaska, Minnesota. Top 15 players receive cash prizes: 1st Place: Ryder Cup Ticket Package (Valued at \$6,000) 2nd Place: \$500, 3rd Place: \$400, 4th Place: \$300, 5th Place: \$250, 6th Place: \$200, 7th Place: \$150, 8th Place: \$100, 9th Place: \$50 10th-16th Place: \$25 Free Play. Call 1-800-HOT-WINN to reserve your tee time.



Brawl For All

Saturday, September 10th & Sunday, September 11th

See Siouxland's toughest box in a ring for your entertainment and cash prizes. \$15 one-day pass. \$25 two-day pass lets you see every bone-crunching punch. Multiple weight classes. 1st place in each weight class wins \$1,000. Fight for free by registering at winnavegas.com.

WinnaVegas
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www.WinnaVegas.com

Promotions subject to change.