Winnebago Indian News

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Bago Bits…

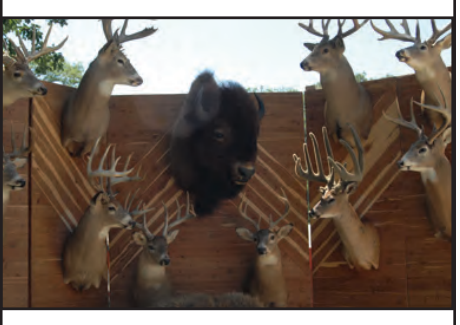
The HoChunk Renaissance Project Summer Culture camp Frybread Class.

WIN summer intern, Bubz is learning the ropes of the Rez Newspaper business. This shot is of the two new homes going up on Thunderway. SOLD!

Participants of the "FUN in the SUN" program get out for a walk along the Floyd River in Sioux City, Iowa.

The Veteran's Memorial Park is getting some new, closer parking spaces before the big event begins.

Vice-Chairman Vincent Bass addresses a Gathering of Winnebago Indians Sports Fans.



During the BRAN Visit the Winnebago Wildlife & Parks Commission showed off some of their Prized Mounts of Whitetail Deer and Buffalo, of the Winnebago Indian Reservation. They also sold a Buffalo Burger or two.

Only 4 weeks before Stewy Ga & Boye Ladd will capture the air waves at the 151st Annual Homecoming Celebration, the "Oldest Powwow in North America." See you there.

Winnebago Culture Camp A Big Hit With Participants

Winnebago—The HoChunk Renaissance Project in conjunction with the HoChunk Nee Shoch Ha Chee, Boys & Girls Club hosted a Winnebago Culture Camp last week with well over 100 participants daily. Participants took part in a number of cultural activities. The week started with erecting a teepee that would be used for classes throughout the weeklong event. Participants learned to make frybread, cowboy bread, made moccasins, other crafts, singing on the big drum, learned games and much, much more. The weeklong event was finished off with a trip to Coco Keys indoor water park at Omaha, Nebraska.

2015 Indians Honored with Slab Monument

The 2015 Winnebago Indians boy's basketball team was recently honored with a Monument placed at the spot where it all began, the Slab, as it is known to numerous young basketball talents on the Winnebago Reservation. The 2015 Indians are famous in Winnebago for winning the 2015 Nebraska Boys C-2 State Basketball Tournament in Lincoln, Nebraska. Indian's Fans gathered at the Slab with local dignitaries addressing those gathered, expressing their Pride in the Indian's accomplishments. If you are ever in Winnebago this site is a must stop and a must read. The Indians have made the trip to the State Tournament the last three years, bringing home the State Hardware each time, 1st, 3rd & 3rd. Go Big Blue!

National Indian Health Board Testifies on Indian Health Service Reform Legislation

NIHB Board Member Victoria Kitcheyan testifying before the Subcommittee on Indian, Insular, and Alaska Native Affairs

Washington, D.C - The House of Representatives Committee on Natural Resources' Subcommittee on Indian, Insular, and Alaska Native Affairs held a hearing on June 21, 2017 regarding H.R. 2662, also known as the "Restoring Accountability in the Indian Health Service Act of 2017". Identical legislation has been introduced in the US Senate (S.1250). Victoria Kitcheyan, Great Plains Area Representative to NIHB from the Winnebago Tribe of Nebraska, testified on behalf of the National Indian Health Board.

"Today is our opportunity to take a hard look at the current state and possible future of healthcare in Indian country." Ranking Democratic Committee Member Congresswoman Norma Torres (D-CA) said in her opening statement. The Congresswoman also shared that she was glad to discuss this issue and ready to help discover permanent solutions to address issues within the Indian Health Service (IHS).

The original bill was introduced in 2016 after a number of IHS facilities across Indian Country were found to have serious deficiencies by the Centers for Medicare & Medicaid Services (CMS). The bill's sponsors consulted with Tribes over the past year and reintroduced modified legislation in May 2017. Several key points of the bill include changing employee recruitment and retention practices, improving health services for patients, streamlining credentialing services, and improving information reports and transparency of leadership.

Victoria Kitcheyan, Winnebago Tribe of Nebraska and Great Plains Area representative of NIHB reads her testimony.

Con't. on page 2 …

Indianz.com… Mark Trahant: Don't plan on getting sick if you're from Indian Country

The Senate bill, like its House counterpart, has a simple message for Indian Country: Don't get sick. Not in June. Not anytime soon. This bill is not about health care because it takes billions from Medicaid and passes on that savings to wealthy Americans.

How bad could it be? The official financial review from the Congressional Budget Office is expected early next week. The scoring of the similar House bill projected that by next year 14 million more people would be uninsured. And by 2026, an estimated 51 million people under age 65 would be uninsured. Under the House bill only a few million would use tax credits to purchase policies that even then would not cover major medical risks.

So the important takeaway from both the Senate bill and the House version is that it strips money away from Medicaid ($834 billion) and gives back most of those to high-income taxpayers ($664 billion). The Senate bill takes a little time to destroy Medicaid. It begins phasing out the expansion in 2021 and that will be completed by 2024. Then, like the House, Medicaid would become a state block grant program. The Republicans argue that this would control costs, slowing the growth of government spending. (Now Medicaid spending is automatic: If you are eligible, the money is there.)

Medicaid now accounts for about 20 percent of the budget in most Indian health system clinics and hospitals. And, more important, it's a growing source of funding. It pays for medical procedures and for transportation to clinics. It's the big ticket.

But Medicaid is also an odd duck. It's officially a state-federal partnership so the federal government picks up most of the cost and sets some of the rules, while states get to determine other rules. Both the Senate and the House bills would let states do more (such as requiring patients to work) or what's especially what's covered by insurance.

This is particularly messy for Indian Country. Both the Senate and House bills recognize the Indian Health System as unique (and paid for by the federal government). So the legislation preserves the 100 percent federal funding through what's called the Federal Medical Assistance Percentage for Medicaid or FMAP. And in theory both the Senate and House would keep in place federal rules for tribal members on some state requirements such as work rules. But the money would still flow from Washington to the states for administration. Messy (as it often is now). And the states that now have Medicaid expansion, through the Affordable Care Act would have to phase that out.

The biggest problem for Indian Country is that the Senate and House bills would destroy the framework of Medicaid. The bills move health care back to the states in a big way. That can be good or bad. California is debating how to create a single payer system. The Nevada legislature recently passed a Medicaid-for-all statute (where any citizen could buy into the program) only to have the law vetoed by the governor. But other states see health care only as a cost. The thinking goes that Medicaid is just another word for welfare and states should sharply reduce what is spent by government and let hospitals cover the cost of "charity" care.

Some numbers here. The American Hospital Association opposes both bills for one reason. In 1990 uncompensated care cost $12.1 billion or about

Con't. on page 4 …

Around Winnebago

National Indian Health Board Testifies on Indian Health Service Reform Legislation

Con't. from front page...

els during Wednesday's hearing. On the first panel, Congresswoman Kristi Noem (R-SD) shared her perspective as a co-sponsor of the bill. "We need to get help to these people that are relying on this agency for healthcare," Noem insisted in her opening statement.

Along with Kitcheyan, the Committee's second panel included: Rear Admiral Chris Buchanan, Deputy Director of IHS; the Honorable William Bear Shield, Chairman of the Rosebud Sioux Tribal Health Board; the Honorable Andy Joseph, Business Council Member of the Confederated Tribes of the Colville Reservation; and Mr. Robert Two Bears, District 5 Representative of the Ho-Chunk Nation Legislature.

Kitcheyan opened by stressing the importance of working together with Indian Country on any legislation impacting the Indian health system. "Our people need help... we need to do this in tandem with all of Indian Country because this is going to affect us all. We need to work together to have the best possible outcome and product for IHS and all of Indian Country."

Joseph agreed that it is important the solutions that come from this bill should have a positive outcome on Indian Country.

Kitcheyan's other main points included the need for long term solutions, proper funding for the implementation of programs, clarification of "Savings Clauses" within the bill, the continued involvement of Tribes in the hiring process, and increased fiscal accountability.

Each panelist shared different perspectives, but a key takeaway was the importance of meaningful consultation with Tribes regarding this bill and healthcare issues in general. "We view consultation as our voice in the process, and we want to be taken seriously," Kitcheyan noted.

Some of the panel members convene after the hearing. From L-R: The Honorable William Bear Shield, The Honorable Andy Joseph, Ms. Victoria Kitcheyan, Mr. Robert Two Bears, Matt Hittle

Bear Shield reiterated, "It all falls back on meaningful consultation and the nonexistence of it. It's hard to win trust back when we're not afforded meaningful consultation and our questions aren't answered."

"We have one chance at this and we need to make sure we get it right this time," Congresswoman Torres stated, before echoing and supporting the importance of meeting with Tribes and honestly hearing out their ideas.

July 27-30, 2017

Men's, Women & COED Divisions

All Indian Plus two (must present tribal Id)

ASA Rules (**3 HR limit**)

$200 entry fee ***Registration Deadline July 21st***

$1000 payout for 1st place (**for Men's and COED division**)

2nd and 3rd place payout based on number of teams

Contact: Allison DeCora at 712-301-7045 or **Josh Taylor at 712-898-1575**

HOMECOMING CELEBRATION SOFTBALL TOURNAMENT @ LAND OF WELLNESS

HOMECOMING CELEBRATION HORSESHOE TOURNAMENT @ LAND OF WELLNESS

July 29th, 2017

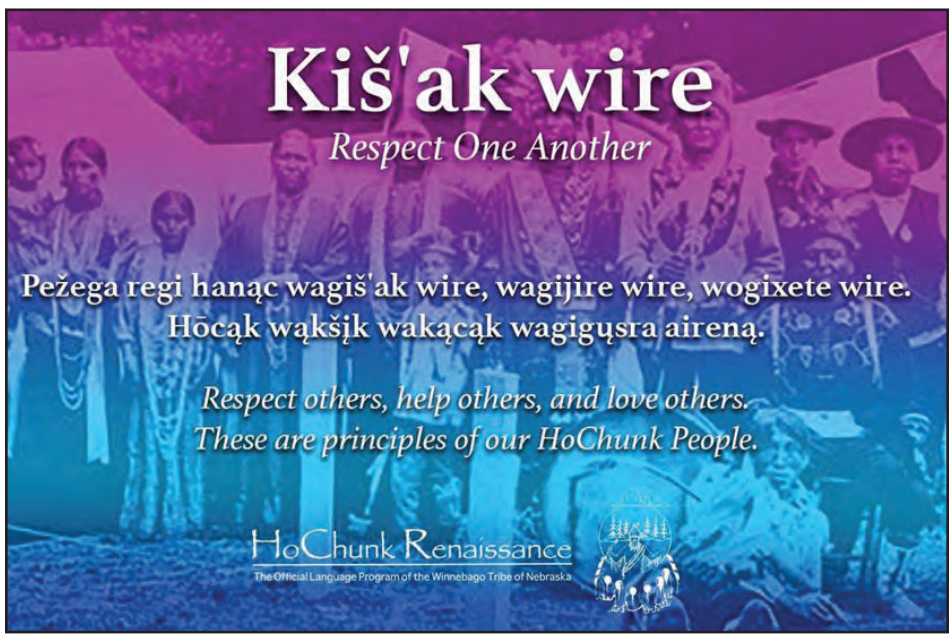
11: 00 A.M. start

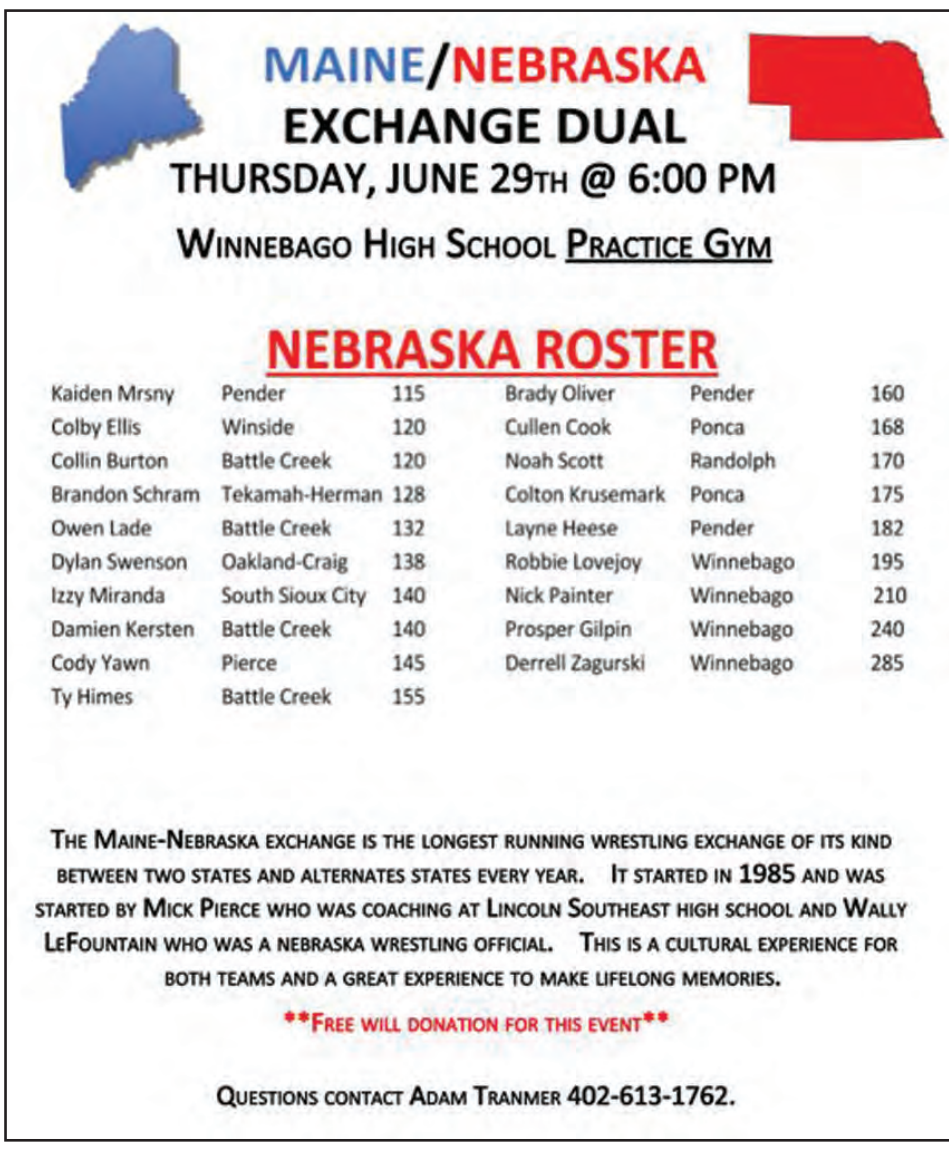
$20 per team

Payout based on number of teams

Contact: Allison DeCora @ 712-301-7045

WINNEBAGO HEALTH DEPT. RESERVES THE RIGHT TO CHANGE SCHEDULING, EVENTS, AND LOCATION IF NECESSARY and Winnebago Health Dept. is Not Responsible for Accidents, Injury or Stolen or lost Property, or lack of funds. **ABSOLUTELY NO DRUGS OR ALCOHOL! NO SMOKING IN OR AROUND LAND OF WELLNESS SPORTING COMPLEX** We also encourage sportsmanship, no poor losers. ALL DECISIONS ARE FINAL! By registering, you give WINNEBAGO HEALTH DEPT. permission to take your photograph for publication purposes.





MAINE/NEBRASKA EXCHANGE DUAL

THURSDAY, JUNE 29TH @ 6:00 PM

WINNEBAGO HIGH SCHOOL PRACTICE GYM

NEBRASKA ROSTER

Kaiden Mrsny	Pender	115	Brady Oliver	Pender	160
Colby Ellis	Winside	120	Cullen Cook	Ponca	168
Collin Burton	Battle Creek	120	Noah Scott	Randolph	170
Brandon Schram	Tekamah-Herman	128	Colton Krusemark	Ponca	175
Owen Lade	Battle Creek	132	Layne Heese	Pender	182
Dylan Swenson	Oakland-Craig	138	Robbie Lovejoy	Winnebago	195
Izzy Miranda	South Sioux City	140	Nick Painter	Winnebago	210
Damien Kersten	Battle Creek	140	Prosper Gilpin	Winnebago	240
Cody Yawn	Pierce	145	Derrell Zagurski	Winnebago	285
Ty Himes	Battle Creek	155			

THE MAINE-NEBRASKA EXCHANGE IS THE LONGEST RUNNING WRESTLING EXCHANGE OF ITS KIND BETWEEN TWO STATES AND ALTERNATES STATES EVERY YEAR. IT STARTED IN 1985 AND WAS STARTED BY MICK PIERCE WHO WAS COACHING AT LINCOLN SOUTHEAST HIGH SCHOOL AND WALLY LEFOUNTAIN WHO WAS A NEBRASKA WRESTLING OFFICIAL. THIS IS A CULTURAL EXPERIENCE FOR BOTH TEAMS AND A GREAT EXPERIENCE TO MAKE LIFELONG MEMORIES.

FREE WILL DONATION FOR THIS EVENT

QUESTIONS CONTACT ADAM TRANMER 402-613-1762.

New Deadline ! ! !
for Winnebago Newspaper July 7th

Winnebago News

Winnebago Tribe of Nebraska
Current Committee Listings

Would you like to help your community grow and thrive? Pick up your application today!

Pow-Wow Committee
One (1) Vacancy—One (1) Year Term

General Qualifications:

Committee membership may consist of any person the Tribal Council deems appropriate. Applicants must meet the *Particular Requirements* according to the Committee or Board Bylaws to be approved.

Particular Requirements:

Committee members shall be enrolled Winnebago Tribal Members. Must be at least eighteen (18) years of age. Must be knowledgeable of the Winnebago culture, traditions, and customs, and must have a genuine interest in protecting and preserving the Winnebago Way of life.

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 or apply online at:

http://www.winnebagotribe.com/index.php.government/committees

POSTING DATE: 06/15/17
CLOSING DATE: 06/30/17

Please turn all applications into the tribal administrative office by 4:30pm on the closing date.

Winnebago Tribe of Nebraska
Current Committee Listings

Would you like to help your community grow and thrive? Pick up your application today!

Winnebago Housing & Development Commission
One (1) Vacancy— TBD

General Qualifications:

Committee membership may consist of any person the Tribal Council deems appropriate. Applicants must meet the *Particular Requirements* according to the Committee or Board Bylaws to be approved.

Particular Requirements:

Terms are subject to the Articles of Incorporation of the Winnebago Housing & Development Commission, Inc.

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.

POSTING DATE: 6/19/17
CLOSING DATE: 6/30/17

Please turn all applications into the tribal administrative office by 4:30pm on the closing date.

Educare Winnebago ELI Welcomes New Staff

The Early Language Initiative Grant of Educare Winnebago is glad to announce the hiring of a new Grant Assistant. Barb McCauley, lately of St. Augustine's School, has joined the staff at ELI as of April of this year.

Barb brings many years of experience in the Winnebago Community and has shown an aptitude for organization and a willingness to apply her abundant work ethic to help build the minds and spirits of the children in the Educare Program.

Letter to the Editor…

Two years ago we did not get a per capita check. Per cap is a right to Winnebagos. The Council gave that money to Lance Morgan.

A year later we got part of the per cap. The rest was given to Lance Morgan. That was the last year.

Who is going to run for Council?

Thank you,
Pat Greyhair

JESUS OUR SAVIOR LUTHERAN OUTREACH

Pastor Ricky Jacob

"Honor your father/Father"

This past Sunday many took the time to honor their fathers. One of the blessings that our Creator has given us is an earthly father. A father has been entrusted with the role and the responsibility to serve in providing for his child(ren) food, clothing, shelter, protection and encouragement.

A child is to honor his father, for some this includes step-father (like Jesus had in Joseph), or foster father, Chooka, Deega or Jaaji. This God-given duty does not depend on whether or not the father is worthy of such honor or respect. No, we are called by Creator God to serve and obey, love and cherish them. For some this calling is much easier than for others.

While some do not have a loving, caring, supportive earthly father, we all can have a loving, merciful, and supportive Heavenly Father. Yes, we all can have such a Father, as well we should, however some simply reject Him and would rather treat Him as if He did not exist. In other words, we dishonor the One who ultimately blessed us with life.

This Father is willing to adopt you into His family. He has one and only One begotten Son, Jesus Christ. Every other one of His children has been received into His family through the water of Holy Baptism and/or through faith in Creator God: God the Father, God the Son and God the Holy Spirit. It matters what tribe or nation you were born into, or what language you speak.

When Jesus gave his disciples his prayer, he gave them access to His Heavenly Father. And so Jesus taught to begin their prayer with these words: "Our Father who art in heaven." Jesus' Heavenly Father is now, not only his Father, but ours as well. Whenever we pray this prayer, Jesus is praying right with us and so one never prays it alone or begins with "My Father."

Creator God not only blessed us in this way, He also gave us His Sacred Word and invites us each and every day to take time and allow Him to speak to you. The following is advice from Your Heavenly Father is found in that Sacred Word:

My son, if your heart is wise,
My heart will rejoice as well.
My innermost being will celebrate
when your lips speak upright things.
Do not allow your heart to envy sinners.
Instead have the fear of Yahweh all the time.
Indeed, there is a future,
and your hope will never be cut off.
Listen, my son, and be wise,
and go straight in the way of your heart.
Do not be among those who
drink too much wine,
with those who eat too much meat,
because a drunk
and a glutton will become poor,
and drowsiness dresses a person in rags.
Listen to your father, who begot you,
and do not despise your mother
when she is old.
Buy truth and do not sell [it];
[buy] wisdom, discipline, and knowledge.
The father of a righteous person
will cheerfully rejoice.
The man who begets a wise person
will find joy in him.
Your father and your mother will find joy,
and she who gave birth to you will rejoice.
My son, give me your heart,
and let your eyes be pleased with my ways,
because a prostitute is a deep pit,
and a strange woman is a narrow well.*
She is also like a robber
waiting to ambush [someone],
and she increases treacherous men among humanity.

Proverbs 23:15-28

** A strange woman is one whom a man is not married to*

Winnebago Tribe of Nebraska
Current Committee Listings

Would you like to help your community grow and thrive? Pick up your application today!

Community Policing Board
Three (3) Vacancies—Two (2) Year Terms

General Qualifications:

Committee membership may consist of any person the Tribal Council deems appropriate. Applicants must meet the *Particular Requirements* according to the Committee or Board Bylaws to be approved.

Particular Requirements:

Must be a resident of the Winnebago Reservation

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.

POSTING DATE: 06/15/17
CLOSING DATE: 06/30/17

Please turn all applications into the tribal administrative office by 4:30pm on the closing date.

Masthead Scene

The Winnebago Football team took a trip to Hastings recently to attend a team football camp. Indians players learned a few skills from the coaches and got some scrimmage time in against other teams attending the camp. Go Big Blue!

The next issue of the WINNEBAGO INDIAN NEWS will be published on July 12, 2017. DEADLINE for this issue will be July 7, 2017.

Winnebago Indian News

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The Winnebago Indian News (WIN), founded in January 1972, is published bi-weekly for the Winnebago Tribe of Nebraska.

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 Winnebage 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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12 & Under Bago Boys Baseball Winners!

By Coach Eugene

Winnebago's 12 & Under Baseball team played a game last Wednesday night against the Ponca Blue team.

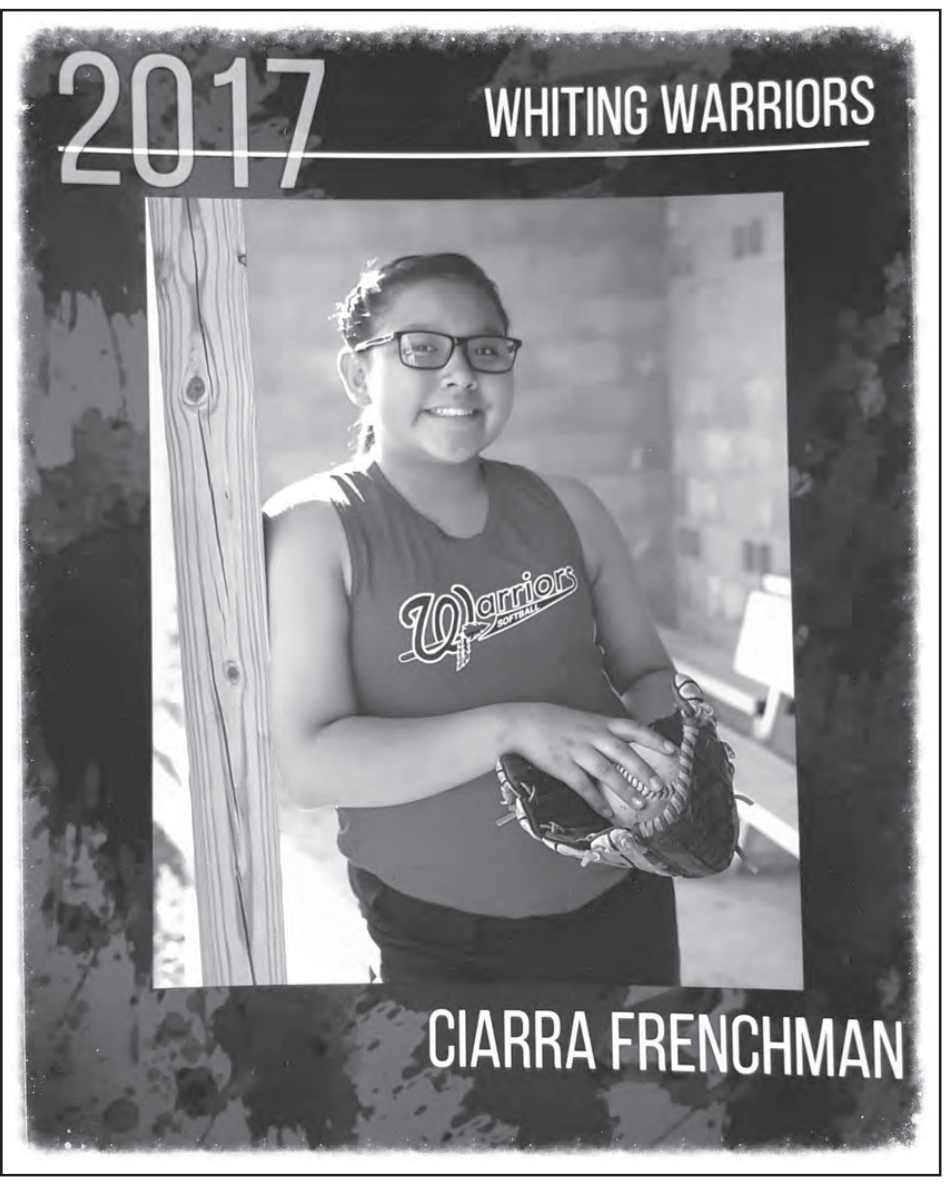
It was an intense game of lead changes that lead to Winnebago being ahead 13 to 10 going into the top of the 7th inning. Ponca scores three points that inning to tie the ball game 13-13. In the bottom of the 7th inning Gerry Earth is up to bat and hits a triple to put the winning run on third base. On a wild pitch he steals home, but is thrown out. Next two batters strike out. Extras innings!

Ponca's first batter is walked and scores on a couple wild pitches to take the lead 14-13. The next three batters hit the ball into play, but Winnebago fields the ball and gets the next three outs. Bottom of the eighth, Anthony Earth is walked, steals his way to third. Next batter Randy DeCora is walked steals to second. Oscar Earth steps to the plate, with two strikes launches the next pitch into center field over the outfielder's head and the winning run walks in from second.

Winnebago wins 15 to 14 over Ponca Blue. It was a hard-fought game for Winnebago's first win in almost two decades. Good job boys!

#1 Caden Brownrigg #2 Eugene DeCora Jr. #3 Kenny Nieman #4 Tykell Thomas #5 Anthony Earth #6 Jared Doxey #8 Ladanian Free #10 Elias Blue #22 Dyami Berridge #35 Oscar Earth #40 Randy DeCora #42 Gerry Earth #50 Rochman Free #58 Lucian DeCora #99 Levin LaPointe

A Winnebago Daughter…



11 year old Ciarra L. Frenchman has spent her last 6 summers playing Fast Pitch Softball for the Whiting Warriors Majors League team out of Whiting, Iowa.

Ciarra, Tiny to her family, plays center field and 3rd base for the Warriors.

This is Tiny's 6th year playing Fast Pitch Softball, she started when she was 5.

Ciarra is the daughter of Carmen Snow, and the granddaughter of Carol & Jim Snow.

Go Get Um Ciarra!

Indianz.com… *Con't. from front page*

6 percent of total hospital expenses. By 2012 that figure reached $45.9 billion. And, after the Affordable Care Act, the total uncompensated care costs dropped to $35.7 billion or 4.2 percent of total hospital expenses, the lowest level in 26 years.

But this shows the futility of cutting Medicaid and insurance programs for the poor. It doesn't save money, it just shifts it around. People who get sick will go to emergency rooms when it's later in their illness and more expensive. So hospitals will cost more for everybody. (But at least the wealthy get their tax break, right?)

The opioid crisis is an example of that. The costs will not go away. Some money will be found by states, cities and tribes. The Senate bill adds a funding stream of $45 billion over 10 years for substance abuse treatment and prevention that's now funded by the Affordable Care Act. But Medicaid expansion has been a key funding source. The Associated Press reports that Medicaid expansion accounted for 61 percent of total Medicaid spending on substance abuse treatment in Kentucky, 56 percent in Michigan, and 43 percent in Ohio.

H.R.1628, the American Health Care Act of 2017, cuts Medicaid funds and provides benefits to high-income Americans. Source: Congressional Budget Office The Senate has only a few days to consider their version of health care "reform." Already a few conservatives are saying the bill doesn't go far enough and want more changes. This is the script the House used: The conservatives throw a fit, get their way, and then the so-called moderates give in and vote yes anyway.

My bet is that Senate leaders have already written off Alaska Sen. Lisa Murkowski and Maine Sen. Susan Collins because of their past support for Planned Parenthood (there are already restrictions against the federal funding of abortion, but the Senate bill says Planned Parenthood cannot bill Medicaid for a year for all women's health services). So I think Senate Majority Leader Mitch McConnell is banking on a fifty-fifty split with Vice President Mike Pence casting the deciding vote.

That means the moderate senators, those that support Medicaid in their states, can say what ever they want now. But it's their vote that will count. Destroy Medicaid or cut taxes? That's the choice for these three: Rob Portman of Ohio, Shelley Moore Capito, West Virginia, and Cory Gardner from Colorado.

Perhaps it's wishful thinking but I will add Alaska Sen. Dan Sullivan to this list because Alaska will be hit particularly hard by the overall legislation, the opioid epidemic, the state's successful expansion of Medicaid, and its impact on the Alaska Native Medical system. Sullivan said on Facebook that he will read every word of the bill and he wants "a sustainable and equitable path forward for Medicaid" and he won't vote for a bill that makes things worse for Alaskans. So will it be his party or Alaskans? Health care or tax cuts?

And, since I am asking already asking questions, will the Senate bill pass next week? Remember it will only take one senator to force the Senate to start over.

Mark Trahant is the Charles R. Johnson Endowed Professor of Journalism at the University of North Dakota. He is an independent journalist and a member of the Shoshone-Bannock Tribes. To read more of his regular #NativeVote16 updates, follow trahantreports.com On Facebook:TrahantReports On Twitter: @ TrahantReports

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

WIN Summer Intern Bubz…

When I was little I always wanted to join the Army or the Air Force. I always had a place somewhere in my heart that I wanted to protect my country. Or even die for my country and let people know that I tried to protect them with my life. And if I had protected them and there family from bad people. And if I get out alive I'll tell other Vets about my story on the Field or in the Air.

Winnebago News

News From the EPD…

Bed Bug Event

The Winnebago Tribe of Nebraska, Environmental Protection Department will be hosting a one day Bed Bug Outreach Event, on July 12, 2017 to be held at Little Priest Tribal College from 10:00AM to 12:00PM, and again at Nebraska Indian Community College-Macy Campus from 1:30 PM to 3:30 PM.

Come hear from guest speaker Mark Lesher-EPA Region 7 Entomologist, about ways to identify bed bugs, products that truly work, best practices to help you avoid bringing them into your home and steps to take if you find you have them. Mr. Lesher is an expert in the field, and we are delighted to have him share his knowledge. Bed bugs are on the rise all over the country, and practicing good, sound preventative habits can help protect you and your family.

Please call me, Hilery Spray-Pesticide Circuit Rider with any questions you may have regarding this event. I can be reached at;

Hilery Spray-PCRC
Environmental Protection Department
Work (402) 878-4060 ext 1006
Cell (712) 259-0761

Bed Bug Outreach Event

July 12, 2017
Little Priest Tribal College
10:00 to 12:00 PM

Nebraska Indian Community College-Macy Campus
1:30-3:30 PM

Please join the Environmental Protection Department and Mark Lesher-EPA Region 7 Entomologist, for an informative Presentation on Bed Bug 101 "Everything you always wanted to Know– and More"

For more Information, contact
Hilery Spray– Pesticide Circuit Rider
Office (402) 878-4050 ext. 1006
Cell (712) 259-0761

PUBLIC NOTICE

Pursuant to Chapter 69 of the Nebraska Property Code, Titan Self Storage, located at 5002 Industrial Parkway, Winnebago, Nebraska 68071, will hold a public auction of property being sold to satisfy a landlord's lien. Sale will be at **1:00 pm, July 10th, 2017.** Property will be sold to the highest bidder for CASH. Personal padlock required by successful bidder. Seller reserves the right not to accept any bid, and to withdraw any property from sale. Property from each unit may be sold by space only! Property being sold includes contents in units of the following:

A-27 VERA PRIMEAUX
A-18 DELORES RAVE
B-41 SANDY OLIVARES
B-50 CHRISTA ALBERTS

Contents of units include misc. household furniture and furnishings, boxes, bags, clothes, window, washer and dryer, treadmill, etc. Items are to be removed from facility within 24 hours of sale.

Job Opening for Food Services

Winnebago Public Schools

Prep cook

Winnebago public school District is accepting applications for a cook position.

-Experience in food service.
-High school diploma or GED required.
Entry salary begins at $12 an hour. Plus fringe benefits (single health insurance). Education and experience considered in salary.
-Terms of employment August 11, 2017 until end of school year Plus clean days, hours to be determined by supervisor.
-Serve safe certification preferred.

Applications and background check releases available in administrative office or See Pearl LaPointe in Kitchen
Position open until July 26 2017 at 4 PM
For more information call Winnebago Public School 878-2224 extension 375

Winnebago Public Schools is an equal opportunity employer

A "Big Thank You"

To whoever mowed the grass and repaired all the old broken head stones at the James Rave Cemetery. You did a great job!

Pattie Valladolid
(Renfer Family)

New Deadline ! ! !

for Winnebago Newspaper
July 7th

Stop by today and experience NEW for yourself!

TITAN MOTORS

2001 Chevy Silverado 1500

$8,500
4 x 4, 95 k miles

2006 Hummer H3

$9,000
4 x 4

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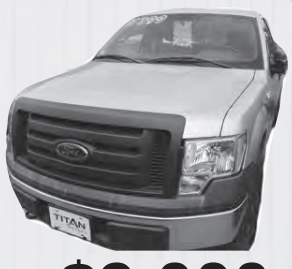

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Miss Palmers

Miss Palmers Writing Class…

English 11 "Year to Live" Essays
Ms. Rachel Palmer, High School English

This year in English 11 we read one of our favorite novels--Deadline, by Chris Crutcher. Deadline is a story about a senior in high school who is forced to confront what matters most in life and what kind of an impact he wants to make on his community before it's too late.

It might be too late, because at the beginning of the school year Ben is hit with a shocking diagnosis: he only has one year left to live. He decides to confront his small Montana town rather than fade away , challenging them to change their racist views. Would you change your life if you only had one year left to live? Would you confront your community and try to make change one last time? What legacy would you want to leave with friends, family, and community members?

These are the questions that drove our decisions about writing these essays. All of the English 11 authors chose topics with the intent to have an impact on the community, so please read with open minds and open hearts. If you have any comments or feedback, feel free to contact me: rpalmer@winnebagok12.org.

Sincerely,
Rachel Palmer

Education and Native Youth

By Justice Frenchman

Let me start by asking a question, "Would you want your children to not get the same education as other kids?" I wouldn't. I would want my kids to have the same opportunities as everybody else. That's why everybody in the Native community and non-Native people that associate with the Native community should acknowledge that the education system is failing our Native students. More awareness on this topic could bring about change, and inspire hope in my fellow Native students.

I would also like to say that we have to put some of the blame on ourselves, because the fact is that many Native Americans do drink and do drugs. Some consequences of this are adults becoming alcoholics, and caring more about getting a drink than making sure that their kids get good grades. Effects from this could be child neglect, and it could make them stray away from learning. This can become an extreme case in which it causes suicide. Other consequences could be brain damage from teens drinking or doing drugs ("The Truth"). Addiction gives them a way out or excuse not to get an education.

Also, Native American students have the lowest graduation rate in the U.S. To add along with this they are not getting the right courses; they are offered less advanced placement courses. Furthermore, ACT test scores are rapidly declining, and their SAT scores are substantially lower than white student scores, according to Rebecca Klein at the Huffington Post (huffingtonpost.com).

This could be the affects of lack of attendance, not getting to class all the time, or just slacking. Other reasons are mobility of the student, like on a constant move from parent(s) to grandparent(s). As Mandy Smoker Broaddus, who is a Native American education specialist, said, "It's a problem because families in poverty tend not to have stable housing. Kids move around with different family members" (Zehr).

Another issue that affects the education of Native Americans on some reservations is poor quality of services in boarding schools and BIA schools. According to Charla Bear, BIA schools have always been severely underfunded. Teachers and administrators at BIA schools have also been surveyed and tend to see academics as less important in the lives of their students. Bear states that,

When asked to name the most important things the schools should do for their students, only about one-tenth of the teachers mentioned academic achievement as an important goal. Apparently, many of the teachers still see their role as that of "civilizing the native" (npr.org).

School board members, administrators, teachers, parents, and community members should see academics as an important goal to look to in the future if we want change in our own community.

Lastly, school has a violent history with Native communities from hitting, yelling, and even molesting students. Col. Richard Pratt once said in a speech from 1892 "Kill the Indian…Save the Man" ("Kill the Indian"). Even though this quote is over a hundred years old, it still is felt in the scars embedded into our Native ancestors. Sometimes Native students were physically and emotionally abused in schools. But in all cases their culture was taken away, making them feel "less than" ("South Dakota").

Now we must take action. I and my fellow Native students should be the captains of our education, so we are educated and help our people grow. So we aren't frowned upon in the academic world. I think that we should explore and not rely on public schools. We should go to bigger schools, so we can have advanced learning and become important people in the world. (Ex. Politicians, Doctors, and Lawyers). We need to understand our past and the challenges that held us back as a people. Yet at the same time we must look towards the future making no excuses for ourselves. We can't forget what our own Chief Little Priest said, "Be strong and educate my children."

Domestic Violence & Its Witnesses

By Jonna Price

Are you or someone you care about in an abusive relationship? According to the World Health Organization (Vagianos), "Worldwide, men who were exposed to domestic violence as children are THREE TO FOUR TIMES more likely to perpetrate intimate partner violence as adults than men who did not experience domestic abuse as children." Statistics like this show that abuse creates a cycle, and most of us have probably witnessed or been a victim in our lives. So why do people allow this to happen? Why would someone stay in an abusive relationship or allow a child to also be a victim? Domestic abuse is complicated, but there is hope. If we educate ourselves and become aware of how domestic abuse works, then we can help someone who has been a victim heal themselves.

When you think of abuse, what is it that comes to mind? First, I am going to explain the different forms of domestic abuse and why it is that someone may abuse another. The types of abuse are physical, mental, emotional, sexual, stalking/cyberstalking, economic/financial, and spiritual. Physical abuse is the most visible form of abuse, and can cause physical harm. Mental and emotional abuse is the least visible form of abuse. Emotional/Mental abuse happens when your boyfriend or girlfriend is continuously trying to bring you down verbally. An example of that would be name calling. Next I will talk about sexual abuse and a few examples of sexual abuse. Sexual abuse is any sort of nonconsensual sexual contact, but it gets complicated when it comes to domestic violence. One big example of sexual abuse can be if your male partner is being controlling over your decision about pregnancy and/or abortion (Patricelli).

But, why is it that people abuse? According to the American Psychological Association, "Each year, 3.3 million children are exposed to violence by family members against their mothers or female caretakers" ("Statistics"). Abusing is a choice. In many cases it's the female that is being abused in the relationship, but it's also common that the male is the victim. People may choose to abuse to feel as if they have control over their partner. Another reason someone may abuse is because they have a psychotic disorder of some sort. Also, alcohol can have a huge impact when it comes to abuse, as well as drugs. It's possible the abuser will "lash out" when under the influence.

Why is it people stay in an abusive relationship? According to the National Coalition for the Homelessness, "Domestic Violence is the THIRD leading cause of homelessness among families" (Vagianos). Studies have shown that "up to 50% of homeless women and children in this country are fleeing domestic violence." If a woman is being abused and children are involved, when they leave their abuser they often take the children along with them. Often though, victims don't leave abusive homes in fear of leaving their family and not being able to see them. Also, they don't want their children to think they don't love or care for them. In some cases, the victim does take their child(ren) with them. Financial issues come into play when the victim leaves. Sometimes he/she might not have money to support them, or they might not even have a job. For example, "stay at home moms" won't have individual financial stability. The American Public Health Association found that "The number one reason domestic violence survivors stay or return to the abusive relationship is because the abuser controls their money supply, leaving them with no financial resources to break free" (Vagianos).

Being a witness of domestic violence is almost as close as being a victim. You continue to think, why? Why would he do that, and why does she continue to stay after he did it more than once? To help convey the experience of a witness to domestic violence, I will share my story.

I get a call one night, it's late and it's freezing cold outside. I answer the phone and it's my mom. Her voice is shaky as if she just got done crying. In my head I'm wondering, "what happened now, what did he do?" I ask my mom if everything was okay, and she ignores my question so I continued to ask her until she responds. She quietly responds, "no, everything isn't okay right now." I question, "what happened, tell me," then she quickly says to me, "I'll call you right back," then I hear nothing. My adrenaline is rushing and I'm suddenly in a panic, crying. My sisters and brother are now at my side, asking "what did mom say?" I waited and waited, expecting a call back from my mom. Hours pass and I still haven't heard from her yet.

For 2-3 years, my mother was in an abusive relationship with a guy who always wanted to be in control of her and what she does. Through the years it only got worse and worse. How would you feel seeing your mother with bruises up and down her body? I'm going to tell you, it's not easy. It hurts you in a way that cannot be explained. It's all something you can only question and hope to get an answer to. There were times when I wouldn't hear from my mom for long lengths of time. Sometimes it would be days, and that would turn into weeks. When I would finally hear from her, I would always ask her if I was able to come see her or not. The few times I would see her, she would have black-eyes, and also bruises on different parts of her body.

It wasn't every time though. I continued to ask her, "why do you stay, don't you know that he's going to keep doing this to you?" I felt bad because I knew how naive she would get when it came to him. She always believed that he would change every single time. I also felt bad because there was nothing I could've done that would've helped her escape sooner. I couldn't help her financially, but one thing I made sure of was to always listen to her and pay attention to how she feels. No matter what I or anyone else would say, she would go right back. That's the one and only reason why I bit my tongue so many times. I didn't want her to think she couldn't trust me. I stayed up late some nights worrying, wondering if I'd ever see my mom again. That is the most heart-wrenching feeling ever, and it hurts so much to even have that thought. I don't wish this feeling upon my worst enemy.

One night I remember getting a call from my mom, and this time it wasn't so late. She was crying and she told me she was at the domestic violence shelter. Believe me, this wasn't the first time. Her words came out so quickly, I couldn't keep up with what she was telling me. In full length, I will tell you what happened to my mother that night from what I remember.

My mom was on her phone because one of my sisters wanted to see her. So, my mom told him that she was going to leave. She repeatedly tried explaining to him that she was going see one of her daughters. He failed to believe her and began accusing her of "going to see another guy." After she attempted to leave, he grabbed her phone out of her hand. After taking it, he hid it from her so she couldn't talk to anyone. My mom got up, approaching the door and he stepped in front of her and asked, "where do you think you're going?" She sat back down, and he began to push on her. At first he was just nudging her, but his pushing became more aggressive. After trying to run to the door, he grabbed her by her hair and threw her to the floor. It escalated from there, he started to hit her and kick her. My mom continued to try to get up and run, but he would catch her each time. After the third or fourth attempt, it became more severe. He was throwing her to the ground, and also began slamming her head against the floor. He was punching her, kicking her, pulling her hair. My mom finally escaped and ran; she ran to the police department with no shoes on, in freezing weather. As she was running from his house, he yelled to her "I'm sorry," and continued to tell her to come back. The police questioned her, and took pictures of her where she was mainly hurt. My mom then went to the hospital to check if she had any major injuries. That night she was told she got a concussion due to him slamming her head onto the ground repeatedly. She spent a few weeks in the Domestic Violence shelter where she was able to seek counseling. Since then, my mom hasn't been in contact with the guy and I hope she never does again. Due to his abuse, I could have lost my mother. My hope is to never cross paths with someone who may try to physically hurt me in any kind of way, as well as my sisters.

Have you ever heard of the saying, "if they do it once they'll do it again?" That's the moral of my story. Victims of abuse are so vulnerable and often feel like they have nobody to turn to because they're afraid of judgment, so they stay. I shared my story, and I hope it made an impact in someone's life. I want every woman or man out there to know that they aren't alone and that there is help out there. I know a huge downfall can be asking for help. Trust me though, the second you ask for help can be the second your life can change forever. I don't want anyone's son or daughter to feel the way I had to feel because of what I had to see my mom go through. "Noticing and acknowledging the signs of an abusive relationship is the first step to ending it. No one should live in fear of the person they love." ("Domestic Violence and Abuse") I understand this is a very touchy subject and also that it isn't easy to open up about it. What I ask of anyone who has read this is if you know of anyone who is being abused please let them know that there is support out there. Healing is a process and can be rough, but it is possible.

Alternative Subculture Abuse = Hate Crime

By Mary Payer

Discrimination against the alternative subcultures such as goths, metalheads, punks, and alternatives is a serious form of discrimination that is unnecessary and must be stopped.

Sophie Lancaster was in her twenties. She was a college student in the UK. She was slender, hardly reached 5 ft, and she was a size eight. She didn't like to be easily stereotyped. According to Mark Hodkinson from The Guardian, on August 11, 2007, Sophie and her boyfriend Robert Maltby were out walking when these two teenagers came out of nowhere and started to attack Robert Maltby first. Sophie came to his aid and pleaded for them to stop, but then they turned to her and started to beat her. Both of them were on the ground, kicked, stomped on and left unconscious while they were bleeding. Then afterwards, the gang left to go celebrate their attacks by telling friends, "There's two moshers nearly dead up in Bacup park. You wanna see them?! They're a right mess!" (Hodkinson).

The Daily Mirror states that they were brought to a hospital where Sophie died 13 days later. Robert is alive and well to this day. He woke up from a coma where she was dying from her head injuries. "I was fine until I saw her. That was when I broke down" (Byrne). He wishes that she would've ran and they could've killed him instead. She still means the world to him to this day. "All I wanted to do was give her something, but all I had on me was a cheap watch my granddad had given me. So I just took it off and gave it to her. If I could have, I would have ripped my heart out and given it out to her and with any luck bring her back. But I did not have it in my power" (Byrne).

So why were they attacked? They were attacked because they were both goths, not for their religion, race, sexual orientation, or political beliefs. According to Hodkinson, Robert took one last look at her as Sophie lay dying, and he asked, "What have we done to deserve this?" The family had to make a heartbreaking decision: it was to turn off her life support machine. The Judge, Anthony Russell QC said: "This was a hate crime against completely harmless people who were targeted because their appearance was different" (Hodkinson). There were 5 teenagers in that gang. They were called the Bacup Terror Group. The gang was sentenced to prison. Each of them are in for different sentences. "I want them to never stop suffering for what they have done. I want it to be a life-long thing. I do not even think I can say what I want to happen" (Hodkinson).

As a metal head myself, I've always wondered why we're attacked in many forms when we didn't do anything. "People will look at you and think you're the Antichrist just 'cause you're wearing black and have tattoos" says Chris Motionless, frontman of Motionless in White, in an Ink and Honor interview (Chris Motionless). I personally don't have tattoos, but I do wear black (and other colors as well).

What is the Alternative Subculture? The scene typically involves piercings, heavy black eyeliner or heavy makeup, tattoos, other body modifications, colorful hair, "odd" hairstyles, dark and/or modified clothes, different genres of music, movies, books, etc. For example, Sophie always dyed her hair, she had dreadlocks, and 20 piercings. Robert had two lip-piercings, back-combed his hair, had gauges, and wore black eye-shadow. Robert and Sophie liked MCR, Slipknot, Korn, and movies like The Crow.

No matter how I've looked throughout my life, I've always been well-mannered, generous as I can be. An average-grade student, the teachers like me, and I've always been respectful. Not to mention, I also tend to speak my mind. So why do people always laugh, stare, point, or talk about me? Why do they even try to hurt me? Isn't it wrong to judge before getting to know the person? I'm sure the alt scene asks the same question. The abuse is a daily thing for the groups. Whether it's school, public, or at home. I've met people with the same problem, counting my friends. It's all the same result: we're all hurt in the end whether it's physical or not. Even the judgment is bad enough. We have different ways of dealing with this. Some self-harm themselves, listen to music, are depressed, fight back, or consider suicide.

Are some people finally taking notice? Back in 2013, Manchester Police became the first force in the country

Class Writings

Alternative Subculture Abuse = Hate Crime *continued...*

to officially record such offences in the same way as those based on disability, race, religion and sexual orientation. "The move means victims of crime who feel they have been targeted because of their distinctive clothing, hairstyle and even musical tastes will receive special support from the police. At the moment courts only consider hate as an aggravating factor when sentencing if it is based on religion, ethnicity, disability and sexual orientation" (Telegraph).

After Sylvia Lancaster (Sophie's mother) set up the Sophie Lancaster (Stomp Out Prejudice, Hatred, and Intolerance Everywhere) foundation, the alt subculture praised it. After she died, people offered their condolences and posted their own stories of being attacked for how they looked on Sophie's MySpace site. "I realized that prejudice and intolerance was the new racism and my hope was that what happened to Sophie would lead to a greater understanding and acceptance of all people" (Lancaster). After the foundation was brought to life, Robert says he's still heartbroken, "Now I wake up in the morning and I'm on my own. It feels like someone nicked my entire life. I always thought there was one person for everyone. If mine's gone, what am I going to do now?" (Maltby). The foundation made its goal to provide a forum for discussion; to work with youths to raise awareness of subcultures and an acceptance of people's right to be different; and to help professionals in the field (The Guardian).

Fortunately I haven't come across anything as extreme as Sophie's story in my personal life, but I remember a time when I was out at the movies with my family and one of my best friends. When I was walking to the bathroom, an older woman was walking back to the theatres with a little girl. The woman gasped, frantically grabbed, and held the little girl while they were staring at me as they walked. I had pink, purple, and red hair. I was wearing a Beetlejuice shirt with purple jeans, black creepers (shoes), a spiked choker, and white contacts. I've also been threatened and have been treated poorly in school or when I'm out shopping or walking.

A few friends of mine had it worse than me, and one of them was facing daily abuse in the Homer Community School in 2014. In the first few months of the first semester, things took a turn for the worst. She finally left the school a year later. "At my old school, the other kids used to tell me to kill myself because I was "emo" and all emos wanted to do is kill themselves and cut. Before when I was "goth" people would always touch or grab me. Some people would say "Don't look at her", "Oh, so you worship the devil?!" She also said, "I was once called a Devil's wh*re."

Another friend of mine moved away for a bit. She was walking home alone from a park and a boy saw her. He started to shout the lyrics out for the "Whip and Nae Nae", and he called her an "emo wh*re", "homo", "fag", "b**ch", and "sl*t", then made inappropriate sounds. A good friend of mine said that she got called satanic. Lastly, a friend told me from his side, "My mom basically sold me out. She always treated me as the "bad" or different child. This happened three and a half years ago. She introduced this "cousin" that she brought home. The "cousin" would love to pick on me. As he did more often, he was here at the house every day. He forced me to work, throw me in the couch and beat me while my mom watched and approved. This led to my first suicide attempt. When that failed, I tried running away. I didn't get very far so I came home eventually. This was kept in until my older brother moved back in."

It makes my blood boil knowing they went through this. I've known my friends for a long time now. They've all been nothing but sweet, generous, and respectful to me and to everyone else. I've got their backs, just like they do for me. But sadly I can't be there physically for all of them. I wish I could be there to hug them and say they'll be okay. I've also met people in this scene from outside of my community and they've all been nice, even to their peers.

I understand that we have different interests, different music, wear different clothes from the majority, but we're just like regular people. We're all flesh and blood; there's no need to attack just because of these qualities. We do fight back, but only if it's necessary. We are the least types to judge, I don't know if that's provable but that's what I think. I'm not sure if this is true either, but this issue is rarely noticed by others. It still happens to others in other places outside of our community.

To close this essay off, here are some lyrics, "Maybe if your mind was as open as your mouth. You'd understand that regardless of what anyone wears, looks like, or sings about, we're all the same kids. Fighting for what we believe in and you can never take that away." (MIW, "Just when you thought we couldn't get any more emo, we go and pull a stunt like this." *censored version*)

If you are a person who judges people from alternative subcultures, please think seriously about why you are discriminating. When you assume things, ask first. Curious about the person? Ask. That person never did anything to you and yet you're treating them like trash? It's time to stop. Stop acting like you matter more than them: we're human too. We deserve the same respect, equality, and not to put up with negativity anymore. We're everywhere. We're high school students, teachers, the mailman, the waiter/waitress, a business-person, doctors, anything you can think about. Just remember, "Open your mind before your mouth." (Motionless in White).

Happiness!

By Zeke Walker

Did you know people who are truly happy are more likely to be successful in their respective careers? In a study done on the Harvard Graduating Class of 1980, 47% of those that are "extremely happy" said they enjoy what they are currently doing versus 14% of the people who are not (Bradt). Are you satisfied with what you are currently doing? If you aren't, then why not try to change that? Nothing is more important than making yourself happy, because if you are, you will be more motivated to get things accomplished.

Being happy definitely has its perks, besides the overall better mood, obviously. However, there are mental and health benefits as well. I know you probably think it's weird that I am actually finding reasons to be fulfilled, because the self-evident reason is it feels good. But did you know that feeling content has some genuine health benefits, like living a healthier, longer life? According to mindbodygreen.com, comparing two people, one who lived happy and one who did not, was like comparing a smoker to a non-smoker. The happy one lived as long as the non-smoker, and the other lived as long as the smoker. When you are joyful, your heart is feeling good too! According to many studies, feeling delighted naturally lowers your heart rate, which helps prevent many diseases that can be fatal. Probably the most important thing that happiness does is it naturally combats stress. If we can reduce stress in our lives, this will help us both physically and mentally ("The Health Benefits").

Without a doubt, becoming happy has a huge impact on your life. You see there's this myth that if you work hard and get something done, you'll be satisfied just like that. Unfortunately that's just not the case. To be successful, you often must make yourself content first. Are you more likely to want to get something done when you're feeling drab and sad, or when you are excited and feeling good? Feeling happy improves productivity. According to Vanessa Van Edwards from ScienceofPeople.com, feeling buoyant boosts motivation, energy and resiliency. In turn, feeling this great will boost your creativity. Having a more clear and sunny mindset will help you be more creative in the activities you like to do. With all of these qualities combined, you are more likely to be successful. You will do better in your career and in your personal life. Being optimistic will not only impact you but others around you. If you are a joyous person, people will be more likely to gravitate towards you (including employers). Just make sure whatever career path you choose makes you truly content with yourself.

Of course I can't tell you all of this without telling you how you can get satisfied yourself. If you want to be happy, you have to have the right mindset. You have to be as optimistic as you can be. You see, happiness isn't just something that happens to you out of nowhere; it's a lifestyle. You have to wake up every day, thinking to yourself "Today's going to be a good day. I know it will be, and I will make sure it is." This isn't just something I researched on. This really is the way I think every day, and it truly has made a difference in my life. To be sure, you're not going to do this on your own. You will need a great supportive network, like family, friends, and others. People who will be your backbone, who will pick you up when you feel like you can't do it yourself. Another thing that will help you in your quest to be happy is simply getting more sleep. And relaxing more when you feel stressed. Just sitting there, calming yourself can always help you when you are not feeling the best. In the end, you have to find what makes you sincerely happy with yourself, even if others start to think differently about you. All that matters in your life is you.

In conclusion, I am telling people how I deal with life every day. I think what I am saying will be able to help others all over. Just be sure you stick with your decision that made you happy in the first place. It will get hard sometimes, but that doesn't mean you've failed. Every road will have it ups and downs. Just be sure to stick it through, because eventually happiness will become a habit.

"Happiness is not something you postpone for the future; it is something you design for the present." - Jim Rohn

Plus Size Revolution

By Shalise Cline

Did you know that 65 percent of American women are considered "Plus Sized"? That is more than half of the 157 million women that live in America today. In the fashion industry you are considered plus size if you are a size 14 or larger (cnbc.com). In the society we live in, many people cannot accept the fact that not all of us are perfect. It's important that all women learn to love themselves and try thinking of their bodies positively.

What is plus size? Plus size is clothing/people that are larger than the "normal" size. From my knowledge of clothing stores, a size 0-12 is considered the average size range. The average plus size woman wears a size 14 and up. So basically if you are not "average" according to the fashion industry, you are separated into a special category, away from the rest.

Only 18 percent of retail sales are dedicated to plus size women (CNBC.com). Most plus size clothing choices are online. So if you do not have a credit card to purchase clothes online, then you may not have a variety of clothing choices. There could be millions of questions when you start to shop online, like will it fit me correctly? How long will this take to ship? Or will it get here when I need it to get here?

Why are retail sellers neglecting plus size women? "In the United States alone plus-size clothing is now a $17.5 billion market, but it remains one of the most underserved segments of the fashion industry" (businesstofashion.com). So why is plus sized fashion being pushed off to the side? It can't possibly be because the clothes will have to made bigger. This topic alone has caused some serious controversy. Clothing prices for plus size customers are more expensive than any other clothing category. When will this start to turn around? When will the fashion industry finally hear plus size women out? When will plus women and men finally get what they deserve?

Time to talk about my personal story: Growing up I was always bigger than all the other kids. I was always teased by my family and friends about how "chubby" I was. I was always told that I needed to lose weight. It wasn't until recently when I looked around me and started thinking about how I wasn't the only person in the world who was bigger. I looked around and saw how most of the women and men all wore larger sizes. I realized that not everyone was perfect and I wasn't alone. I started to gain confidence in myself, and I didn't let anyone bring me down, because at the end of the day this is who I am. I won't change the way I look just because someone else doesn't like it.

Millions of females have stories like mine. Everyone struggles with their body image. We just need to be body positive. What is body positivity you ask? Body positivity is loving yourself for who you are. It is a movement for anyone, but it starts with yourself.

How to be body positive: Like I said, it starts with yourself. Just start appreciating life. When you wake up every morning tell yourself you are beautiful. You can't be positive if you are constantly comparing yourself to others. Do something that will make you feel good every day. Maybe try self-affirmations: go to church, go for a walk, or do something that you know you love to do. It only matters if it makes YOU feel good!

Plus size women around the world are creating a movement. We are not taking no for an answer. Everyone deserves to be treated equally. We have all been through a struggle before. I hope that all plus size women have a helping hand in this, because this could potentially shape the world we live in today.

"Love the skin you are in, don't body shame and keep being you." -Unknown

Bad Parenting: How to Be the Adult of Your Family

By Manape Cleveland

Why don't parents put their children first before their needs and wants in life? Let me tell you this story about a kid named Michael. Michael is the second oldest out of 5 children. Michael is 11 years old and starting to take care of his little siblings at a young age. His mom was a single mom at this period of time and didn't have her priorities straight. Therefore she wanted to relive her teenage years and stay out and party all night even when she had 5 kids at home, leaving the two older ones to watch the little ones.

Michael always wanted to go hang out with his friends down the road, go play video games, stay the night, and have a good time like children are supposed to. Michael always is wondering when it's time to eat. Michael and his old brother Merrick always made stuff to feed the little ones so they won't be starving and be waiting for their mom to come home and cook for them. They barely even have enough to eat and the little ones wouldn't be full to get through the night, so Michael & Merrick made the sacrifice to give their food up to the little ones. Michael & Merrick would be really hungry and starving waiting for their mom to come back home.

But one morning the little ones got out of the house, went into the front yard and started walking to the store 2 blocks away from the residence. The little ones got to the main highway and started to cross. Then all of a sudden an elderly man grabbed the little kids before they could cross the road and called the police. When the police arrived at the house they had the little ones in the back of the cop car. Also, they put the older boys in the cop car and took them away from their mother. Michael will never forget that day when he was taken away from his mother because of bad parenting. So I want parents to read this article and make changes to their families to give their kids a better life than starvation, neglect, or even suicide.

One of the three main topics I am going to talk about are some bad habits a parent can make about parenting. According to the author Heather Kolich, not following through is the main one I want to talk about because kids will test you on your boundaries to see how much trouble they will be in. So you parents have to talk to your children loud and clear about your boundaries and the consequences (How Stuff Works.com). Don't always be telling them "yes" to everything. Saying yes to your children all the time can cause your children to be comfortable with the word yes. Therefore when you say "no" to them they would feel upset and have an attitude, so don't get comfortable with saying the word yes.

Another main one is being a parent before being a friend. I want to talk about this one because some parents in this world are letting their kids go out late at night, staying out all night putting themselves in harm's way by drinking and smoking. I'm not saying all the kids that are out are partying and drinking but according to Carl Azuz, some teenagers are even drinking or using drugs during the school day. He states, "It's no surprise to their classmates, either: 86% say they know the 2.8 million who are abusing substances during the day" (CNN.com) Therefore, one of your kids may be drinking and smoking. Also if your kids are drinking and smoking then they may think it's okay to drink or smoke, even when bad things can happen like going to jail for having illegal substances on them at a young age. Your kids might let your future grandkids drink and smoke, burning their future bridges just by smoking or drinking. There are so many consequences. For example, if you get caught with drugs or alcohol at an early age you can lose scholarships, and if you're an athlete you can get kicked off the team. So it's time to put the foot down and keep your kid's futures alive by doing the little things that count.

The next main thing I want to cover is what bad parenting habits can lead to. "Future poor parenting can be also a cycle with some kids" (EHow Contributor). Kids can continue to create the cycle of bad parenting because that's what they knew growing up so therefore they don't know what's right or wrong.

"Depression can be created from a parent by not giving the attention your kid needs to be loved or feel cared for."(EHow Contributor) I'm not saying all depression is caused by bad parenting but mostly depression can be felt if they don't have a parent to lean on when they're going through some hard times. Every child or teenager needs a parent there for them to be able to improve self-esteem so the child can feel like they matter and are appreciated in their life.

Handling your child's behavior can be an important factor too because some children can get their way by just throwing a fit or doing anything to get their way. Some parents will give in and let it slide. "For example, if she loses privileges for a low grade, but other times you let it slide, she might not worry about another low score because she may get by without a consequence. Consistency is important" (Robert Hendren).

Lack of trust is really important in a relationship between you and your child. Kids need their parent to be there when anything happens. "If you repeatedly tell your child that she can come to you and talk about anything, but then you explode in anger when she reveals something you don't want to hear; she probably won't feel like she can trust you next time something big happens" (EHow Contributor). When children don't trust coming to you for anything then they may feel lonely. Children don't like being lonely, and parents should be a child's number one friend in their life.

Finally, the last one is dysfunctional patterns in families. What is a dysfunctional family? According to Kansas State website, "family dysfunction can be any condition that interferes with healthy family functioning. Most families have some periods of time where functioning is impaired by stressful circumstances" (Benton). In these kinds of families, children can take adult responsibilities at a very young age when they're supposed to be living as a child. When parents do

Miss Palmers

Bad Parenting: How to Be the Adult of Your Family *continued...*

this to children they're stealing their childhood away from them, leading to ignoring their needs and wants as a child.

No matter what the issue is in a family, the parent always has to put their children first no matter what the situation is. Any adult can make children but who can stand up and raise their children? Put clothes on their back, put a roof over their head, put food on the table. Making sure your kid has everything they need to take care of themselves. Those are the parents we need in this world because kids worrying about when they're gonna eat again and not take full responsibility for their families is unacceptable. The parent needs to be the adult in your household, not the kids.

Pain to Creativity

By Alexandrea Flanders

Now it seems mutilation has gone mainstream! I see you at my shows, scarred up from head to toe like there's no point in even trying not to let it show. 'Cause we all know, "emo" kids like to hurt themselves. Too many feelings and not enough self control, and I mean does this mess with any of the rest of ya? It's an epidemic and we're cool with it don't question it - "Under The Knife" by Icon For Hire

According to eMedExpert.com, music can help reduce chronic pain by more than 20% and can alleviate depression by up to 25%. This fact proves that when words and actions don't speak our pain, creativity does. Harming our own bodies has become common, even trendy for many. Instead we must learn to bleed our feelings through art.

Generally speaking, every time I open up my laptop and go to Facebook or I check my iPod and go to Snapchat, it seems there's always a picture of someone, drinking, smoking, cutting or harming their own bodies because they're hurting on the inside (Medical Daily). In relation, a study was conducted in 2014 by researchers at Queen's University and the study found that every one in ten teenagers have considered harming themselves at some point. The National Center for PTSD estimates from 13 to 35 percent of students have injured themselves at some point (Psychology Today).

There are teens and adults that hurt their bodies because the physical pain distracts them from emotional pain which makes them relieved (Healthy Place). People often read stories or watch movies portraying a person with a mental disorder. In those movies/books, often being "too strong for so long" creates a person who continues to fight off the depression and self harm their body in any way, only to meet someone who fixes all of their problems and throws every scary thing about the world away. These people who romanticize mental illness are some of the people you see with self harm scars, drinking alcohol, smoking cigarettes, etc.

Altogether we all have our ways of coping with troubling situations. In the same fashion some of us harm ourselves and some of us hide from our problems. But not everyone in pain must resort to self-harm. There are some of us who create something that helps us share with others the pain we are feeling on the inside.

A way of coping with our troubling situations is by painting your feelings through art. On June 15, 2015 the Pain Exhibit was established for people who suffer from chronic pain and can't put their feelings into words, so instead they put their feelings into an art form for others to see (NY Times). Not only does being artistic help with your mental situations but it also boosts your creativity, self confidence and concentration (Art Therapy).

In addition, many of us have another outlet other than creating a work of art with paints and pencils. There are more of us out there who prefer to listen to music or write poetry when we're troubled. Instead of listening to music, why not create songs to tell others how we feel? "For those people who can't find words to express their emotion, the music can provide a means to channel that energy to express their emotion" says Ronald M. Borczon, professor and director of the Music Therapy Wellness Center (Sundial). Music has such a powerful connection to us, some of us become musicians due to how powerful the connection is. "Poetry = Anger + Survival" - Alexie Sherman.

Previously, a person was going through a bad breakup with their significant other. As they sat in their room sobbing their eyes out with a blade in their hand ready to mutilate their body, they looked around their room to see their instruments and art supplies in front of them. They thought to themselves "Instead of being destructive to my body due to pain, why not be productive with it?" This person is one of the many you see at our school in the hallways as the students go to their classes.

"Your story matters; your voice is important. The world is waiting for you- for your song- but we will never hear it if you feel trapped where you are, letting fears in your head and scars from your past hold you back." - Ariel Bloomer, singer of Icon For Hire (Think TEI). Every person you've looked up to whether that be in the music world or art world, etc. has gone through troubling times. We all have, but that doesn't mean we have to harm ourselves and kill each other on the inside to solve our problems. Maybe a mental asylum isn't the answer? Maybe it's the way we cope with situations.

As you lay down in your bed at night, imagine how many deaths we would have if coping through bad situations couldn't be done in a positive or creative way. Those who have found the light and made the world a better place through their music and pictures, it would never happen. Every war we've ever had would be everlasting. When a bad situation came along, we would be focused on anger and trying to reach the greatness in the world through a strategy we would never achieve. With creativity, there are no mistakes. "An artist who stops making art is committing emotional suicide" - Unknown. "One good thing about music, when it hits you feel no pain" - Bob Marley. We can turn our pain into art and create something beautiful through our feelings of pain, anger and sorrow. Let the beauty and the mess coexist as one piece of art.

Music and Teens

By Raommi Bird

"Ugh, there they are playing that loud music again!" "All you do is listen to music." "You think music is going to help you in school?" "Music is just a distraction."

This is what we as teenagers hear most of the time: Adults getting annoyed of the music we listen to. Little do they know that music helps us in many ways. Just so you know we aren't just ignoring you; we're just trying to help ourselves in ways you can't. If parents, teachers and other adults can learn to open up about how teenagers use music, this would help improve relationships so we could better understand each other.

As you might have guessed teenagers have this special connection with music. Some adults might just see that music is "distracting", but in reality music does a lot more than you realize. To some adults certain types of music may be garbage to their ears, but to the ears of the young adult or teenager it might be helping them with a battle unknown to you.

Throughout all of history music has played an important part. All parts of the world had their own type of music. Music can describe so much such as beauty, emotions, wars, story with or without the use of words. But as times goes on, music has evolved to something greater. It is used everywhere: movies, commercials and even in the background of speeches. This tells the audience or listener what to feel and it then draws them in.

For an example, when you go see a movie, a part comes on where there is a heart break. You hear in the background a sad melody to reflect the actor's feeling. This draws you in and it makes you feel that pain. That simple melody pulls you in.

When you listen to your own music or just pass a store that is playing an upbeat song, you feel a slight bit of energy or that you're moving to the beat of the music, don't you? Well your body might feel a slight bit of energy but your brain is going through a huge wave of energy.

You see, when you listen to music your brain enlightens with energy. Your brain sends signals throughout your body. The energy. When a really good song comes on you get the "chills," correct? Well, that's your body releasing dopamine. Any type of music can release this, and I mean any type of music, from rap to classical, techno to lullaby. Any type of music that you like to listen to will release this. It makes you feel good, calm, or it can have the opposite effect. It can energize you, making you want to work harder. This helps with motivation and productivity. This is why teenagers use music to help them with school. It gives them motivation.

With music it doesn't just help teens with their energy level. Music helps with memory as well. Teenagers use music to help them remember certain subjects in school. When a teenager listens to a certain type of music while they study a subject, it gets engraved in their mind. So when they hear a similar beat or melody, they remember that subject.

Teenagers are going through many changes, physically and mentally. Many teenagers are going through many of their own problems. They are finding themselves and looking out for their future.Teenagers sometimes feel like they're on their own, that no one understands them. Or that they don't know who to talk to. Who do they go to when they're in need? Music. Music helps teenagers with coping. When they listen to their favorite artist they feel what the artist feels. Sadness, heartbreak, empowerment, joy. etc.

Teens have their own way to see what each other feel and mostly that's through music. Without the person telling you what's wrong, you can feel the emotions through their music.

Adults need to try to understand teenagers and be open to what type of music they listen to.

Music helps teens express what they feel. So please when you start getting annoyed of your teenager always listening to music, respectfully ask them to stop listening to music for the moment and try to think back when you were a teenager. Didn't you use music as a teenager as well? Think about it.

Abuse and Breaking the Cycle

By Derrell Zagurski

You look in the window of a house from afar and see a crying teenager getting punched and kicked like they are a beach ball by what seems an adult. They see you walk past and threaten you with a hand sign. You're thinking, do I continue walking or call some help? The answer is call for some help because by any means that teen is going to think about worse things than abuse. It's a fact that 5 children die every day because of child abuse, more or less than 13,700 are abused every day in the USA alone (http://grscan.com/). These are simple statistics about a problem that no one wants to fully resolve yet: abuse. Just like Dave Pelzer said "Childhood should be carefree, playing in the sun; not living a nightmare in the darkness of the soul."

There are only about 7 types of abuse. I will tell you the ones that affect people the most. One type is called physical abuse. That's when a victim is choked, punched, kicked, slapped, anything that you can think of that is physical. Loveisrespect.org states that if you're trying to escape an abusive struggle, "Start by learning that you are not alone. More than one in 10 high school students have already experienced some form of physical aggression from a dating partner, and many of these teens did not know what to do when it happened." Another form of abuse is sexual abuse. It's considered this when the abuser is always putting you down, threatening to harm your reputation, and the big one is rape. Verbal abuse is also a huge problem. That's when you are just calling people names, verbally threatening someone. It's a big problem with parents to children. They curse out their kids and blame them for everything or criticize them. The last abusive type I will discuss is social abuse. You can tell social abuse very easily just by seeing someone making a scene towards someone else in public, even embarrassing their mate in front of their children. Choosing friends and family over you, not allowing you to express your feelings. All of these are big ways people abuse each other (http://www.justice.gov.yk.ca/).

Now what I'm going to tell you is facts of who abuses, why they do it, and just basic facts about abuse for future notice. Now if you're not a detective or some type of upper law enforcement, it won't be easy to spot an abusive person, mainly because they will look nice and calm with their family on the outside. But in the lovely comfort of their home, that's where they start the abuse. Abuse doesn't happen because the other partner wanted it to happen. It happens when one partner wants dominance over the other. Basically when one person gets all they want in a certain way. Most abusers have low self-esteem. They blame the partner for the abuse that has happened. It's not always men that abuse women either. It can be the other way around. It is said that people abuse because they had a bad life as a child and just follow their parents. Most victims stay while getting abused because they are scared, scared that the abuser could do much worse than abuse (http://www.domesticviolenceroundtable.org/abuse-victims-stay.html).

According to The National Domestic Violence Hotline, "If someone you love is being abused, it can be so difficult to know what to do. Your instinct may be to "save" them from the relationship, but it's not that easy." That being said, if you know a friend or family member that is a victim of abuse, there's one thing that can help, you have to encourage them to be strong and talk to friends. Their friends should be supportive and listen, because if you are supportive and encourage your abused friend, it could make them feel strong and maybe stick up for themselves or make an important call. A big way to help an abused victim is to be non-judgmental. Respect the decisions of your friend even if it's not the brightest. If you are judgmental to anyone, especially an abused victim, it kills their confidence and they will be scared to do anything at all, so don't be that person. Develop a safety plan, whether if it's about escaping a relationship, trying to make it better or they have already escaped. Abuse can make someone commit suicide, that's how deadly it can be, so take it seriously when your friend is telling you these things. It might have taken them a lot of courage to do so (http://www.thehotline.org/).

It's not fair to a partner or child to be abused. They didn't choose to. All it does is leave them with horrible memories. Once you're abused, it's hard to sit and have a talk with anybody about it. Abuse is real and can really hurt people. There are 5 main types of it, and they all hurt more than the other. Just know that if you're an abused victim, you aren't alone. There is a lot of help out there you could get. Just simply ask a friend and call them to your rescue. If you're scared to even do that, pick yourself up and build confidence over a span of time. Then finally make that call, far away from your abuser.

Being Non-Native Growing Up on the Winnebago, NE Reservation

By Cayetana Hansen

"How can you deal with the bullying from Native kids, since you're white?" "You're stupid for attending a Native school. You're just setting yourself up to get bullied." I've heard these questions and comments multiple times, from other European Americans at sports, drama and other school events. Also from my friends from other white communities. The people that ask these types of questions are just jumping to conclusions due to stereotypes. The towns around Winnebago, NE must learn to acknowledge Native Americans, learn about the cultures more, and drop the stereotypes.

The advantages about growing up on a reservation are that living on a reservation has been such a learning experience. I love living on the reservation. I've been here since I was born. I'm so used to the culture and being a part of it. I normally ignore the racist comments I sometimes hear from other European Americans, who have said "I'm white and I belong with white people." It's such a learning experience going to powwows and cedar burnings/blessings.

Most white people live in this thing called a "white bubble," surrounded by like-minded community members. They do not spend much time with people who are different from themselves. Some people even believe that "being white is the norm," or to be white is "the good thing" (White People). The problem is, seeing one culture as the norm is a damaging idea. We need to see diversity as a beautiful thing. There's so much that people can learn, if we all just step outside our comfort zones and stop believing all the social media we're exposing ourselves to. We should focus on beautiful things such as different languages and cultures. Some European Americans can be blinded about Native Americans, because of all the stereotypes and bad things they read on the internet.

According to the Nebraska Commission on Indian Affairs 30% of people living on the Winnebago reservation are white people ("Nebraska Commission"). Many people assume that out of those 30% of non-Natives, some of their children that attend the Winnebago Public School get bullied. What people don't know is that there isn't as much bullying on the Winnebago, NE reservation as they make it out to be. People are so blind they don't realize there is sometimes more bullying happening in their own towns than there is on a reservation.

Personally, I have found that students here are more accepting about people having their own opinions on things such as religions, skin color, beliefs, and also LGBTQ people. I'm not saying Winnebago Public is a "utopia," don't get me wrong. There is some bullying, but not as much as people are envisioning.

Honestly this essay isn't to offend anyone. I just wanted to shed some light on what it's like growing up on a reservation not being Native American. Because these stereotypes are getting ridiculous and people need to hear and understand from people who actually know what it's like, instead of reading fake news and listening to racist people. I hope one day other non-Native kids on the reservation don't get asked these types of questions. I hope one day we can all look past the difference and look more toward diversity, because it's a beautiful thing and you can learn so much from other cultures.

Writing Class

The Harmful Effects of Marijuana

By Ivory Blackbird

Has a friend or relative ever peer pressure you into smoking marijuana, claiming it was just a plant not a drug or that it doesn't really affect your body? This accusation is false. Although marijuana is a hemp plant it contains a chemical called tetrahydrocannabinol (THC) and other related compounds. As you inhale the smoke, THC will travel from the lungs into the bloodstream. The blood transfers the chemical to the brain and other organs throughout the body causing you to feel "high". Many people are uneducated about the harmful effects of marijuana, but I'd like to take the opportunity to discuss those facts.

Marijuana has an effect on both short-term and long-term memory. The immediate effects after smoking it includes altered senses, altered sense of time, change in mood, impaired body movement, hallucinations, paranoia, lowered reaction time, etc. According to Drugsabuse.gov, Marijuana overactivates parts of the brain that contain the highest number of these receptors. As for long-term it affects brain development. The THC disrupts the nerve cells in the brain, affecting memory. It also affects impaired thinking and the ability to learn.

Are there other dangerous effects of marijuana? Breathing problems, increased heart rate, and problems with child development during and after pregnancy are all physical effects. It's more than likely for a marijuana user to have a higher risk for lung cancer. Long-term users have mental effects, like temporary hallucinations and paranoia. It doesn't stop there for mental health problems, such as depression, anxiety, and suicidal thoughts among teens. Heavy users tend to have a lower life satisfaction, poorer mental health, poor physical health, and more relationship problems further down the future, and also report less academic and career success.

Is marijuana addictive and a gateway drug? Yes, it can be highly addictive. As stated by the drug-abuse website, 30% of users may develop some degree of problem use. Addiction is more common for people who begin using marijuana before the age of 18, who then become 4 to 7 times more likely than adults to develop problem use. As for it being a gateway drug, yes. It is likely to come before the use of other drugs. People want to feel that "first high" again and may end up trying other substances.

There is treatment for marijuana addiction. If you were a long-term user it's more than likely you'll have withdrawals, such as grouchiness, sleeplessness, decreased appetite, anxiety, and cravings. As for the harmful effects, I hope you've learned something new and think twice before you put it into your body. It may cause damage to your brain and body. Also the amount of THC in marijuana has been increasing steadily, creating more harmful effects for users.

Dextromethorphan

By Deonna Harris

Who would ever think that teens would abuse cold medicine? According to the Drug Enforcement Administration (DEA), dextromethorphan is an over-the-counter drug that you can buy almost anywhere (USA). Dextromethorphan is abused in high doses by teens today, and abusing this drug can even become deadly. According to AbovetheInfluence.com, "In 2003, a 14-year old boy in Colorado who abused DXM died when two cars hit him as he tried to cross a highway. Investigators believe that taking DXM affected the boy's depth perception and caused him to misjudge the distance and speed of the oncoming vehicles" (Abovetheinfluence). In the Winnebago community teens that abuse this drug think that these bad things won't happen to them. It has happened more than once in our community. The teens that overdosed ended up in the hospital, some close to dying. This is why we need to educate the teens in our community, so they can see what taking this drug can do to their bodies, health, and their families.

The teens that abuse dextromethorphan can show no symptoms at all. According to Narconon, noticing the symptoms all depends on the amount of DXM taken. There are four different stages when someone abuses dextromethorphan. The first stage can make you feel like you have been drinking. The second stage you can begin to imagine things that aren't there. The third stage your eyesight can become blurry. The fourth stage you can lose control of your bodily feelings (Narconon).

When a teen is abusing DXM their personality can change. They spend more time alone, start to act out, or maybe even become depressed. We can all prevent teens from abusing this drug. It's just so easy to get access to because anyone can purchase it. It would be great if all stores locked up all medicine containing dextromethorphan or only sold it in small quantities. At home parents should keep all medication containing dextromethorphan locked up too. If people can't get it off the street we can make it harder for them to get access to it.

When taking cold medicine teens sometimes think that there is no limit to how much you can take, so they take way more than what they maybe intended to take. They may not think it's dangerous, but actually it really is, so dangerous that you could end up in the hospital or even dead. Dextromethorphan is not a bad drug; it's just getting used in the wrong way. According to WebMD "Dextromethorphan is used for temporary relief of coughs without phlegm that are caused by certain infections of the air passages."

Some teens overdose on purpose or on accident, but it is still an overdose. The common symptoms of overdosing are throwing up, rapid heartbeat, feeling tired, or feelin like you can't walk straight, If someone you know is experiencing these symptoms, don't hesitate to call 911.

The reason teens may abuse this drug is to look cool because their "friends" are doing it. If teens don't get educated about this topic they may not know the outcome if they continue to abuse this drug.

Once you or someone you know recognizes that you have a problem, there are many ways to get help. You can talk to a counselor or a trusted adult about your addiction, and he/she can help with ways to stay away from this drug. It can be tough to give up something you've been doing so long but you're not the only one. You may feel like it is impossible but it's not. If you believe that you can be drug free it will happen; all you need is help. Help is all over the world so there's no excuse. Don't let this drug be your dependant. Drop that old life and start a new one.

To recap: DXM is easy to access. This is a difficult drug to monitor because it's so readily available. The main form of prevention is for parents to be aware of changes in their kid's behavior, due to changes in the teen's bodies and mental stability . If parents can have open conversation with their kids about and the effects drugs have on them, there's a better chance that the child will not abuse DXM. Finally, don't mess with dextromethorphan because it can ruin your life.

Why You Should Earn a College Degree

By Evander Bass

What would you do with $100,000? If you could be anything you wanted, what would it be? If you had to work one job forever, would you enjoy it? The answers to these questions are within your reach with one word: education. Education is the best way to help you financially, which opens up more opportunities in a person's life.

According to CollegeAtlas.org, a person who has a doctoral degree will make up to $100,000 more annually than someone who doesn't have a degree. A master's degree is up to $63,000. A bachelor's degree averages $55,700 and associate's degree averages $42,000. In one lifetime a doctoral and master's degree could earn one person up to $3.7 million more than a person who didn't have a degree. Although, the person has to consider that different fields of work will earn different amounts. For a person who has completed some college but may not have finished, they could still make up to $1.3 million in their lifetime.

For a person with a degree, there will be more job opportunities. According to CollegeAtlas.org, students who will go on to get an associate's and bachelor's degrees will have a greater range of jobs available. Also, for ones who have master's and doctoral degrees the "opportunities are limitless". For a student that has a college degree they are more marketable. Meaning they would have little to a lot of experience in different fields of work.

Job stability is also in the package of getting a degree. People with degrees would be safer in a job. According to CollegeAtlas.org, during a recession where employers start letting employees go, employers usually let go of people "at the bottom of the totem pole". By having a degree you are more secured. Along with job stability comes benefits. Higher educated people can receive higher tier benefits. This can not only benefit you but also your children.

Imagine every work field there is--there is a top tier employee. From teaching to engineers every one of those people are making good money while enjoying the job they do. This is a perfect example of job opportunities and job stability. Thus one individual who enjoys what they do is making as much money as they can while tying into the maximum amount of money you could earn with a degree. Earning a degree can and will benefit you in the long run. Just get out there and do it!

Eating Unhealthy/ Diabetes

By D'Von LaPointe

Eating unhealthy can lead to very bad things. For example, it can make you sick and even kill you. Just think of walking down a junk food aisle: all that bad food can lead to poor health, and you can die at a lower age. It can cause a disease called "diabetes". "About one third of all people with diabetes do not know they have the disease. Diabetes is the leading cause of blindness in working-age adults," according to the Joslin Diabetes Center (Joslin Diabetes Center). On the Winnebago Reservation, diabetes is all over. The people of the Winnebago Tribe need to realize what eating unhealthy can do to you.

Eating unhealthy can lead to diabetes and diabetes can lead to death. Diabetes is a disease, and you cannot get rid of it. If you don't take care of yourself and eat healthy, you may have some body parts amputated. According to the World Health Organization in 2005, "1.1 million people died from diabetes, the full impact is much larger." The World Health Organization also said that "type 2 diabetes accounts for around 90% of all diabetes worldwide" (Dambeck).

Our people of the Winnebago Tribe have a history with diabetes, and many people have the disease. We need to work together and encourage each other to stop eating unhealthy and fight diabetes. We can also hope someone finds a cure, but no one knows when that day might come. Change needs to happen not just for our tribe. This goes for everyone that eats unhealthy or has diabetes. We need to eat healthy and take care of ourselves.

Diabetes has taken my grandfather away, and because of that I will never know him. Now diabetes has a hold of my father. My father was always too busy taking care of our family and never really took care of himself. He always made sure my brothers and I always got what we needed and he still does. The summer of 2016 diabetes got the best of him. From the knee all the way down to his foot, he got it amputated. Before this he got his left big toe amputated off. It was a rough summer for our family but we still got through it. These types of things will change your life because it definitely did for our family. The feeling is horrible when you see your own father lying on a hospital bed. Being his son and having to put up with it isn't a feeling you ever want to have. I encourage you all to take care of yourselves and be grateful for the things you have.

Diabetes is something you cannot joke around about. Eating unhealthy can cause a lot of bad things. What it did to my grandfather and what it is doing to my father, you do not want that to happen to one of your family members. Be grateful for the things you have. Many people out there have lost many because of diabetes. So think twice next time before you start to eat unhealthy.

I think this is one of the most important pieces I have ever written. I'd say this is like top 5 at least. I want to thank Palmer for preparing me to write this essay. She gave out all the information and resources we needed to get these essays done.

Diabetes in Native Culture

Diabetes is so big in the Native culture to me. To me there is some diabetes in my family, for example my grandpa. He always has to watch what he eats, and if he eats something too sweet his blood pressure goes up. Sometimes diabetes doesn't seem too bad, but other times it could be really bad towards some people. The main idea of my topic is how serious the percentage of diabetes is in the Native culture. It is time for the Winnebago people to start doing more to prevent diabetes from being in the community.

First of all, we need to know of what all causes type 2 diabetes. First is not eating the right kind of food. If you just eat junk food all day for a long period of time you are going to end up with diabetes. Second is not keeping your body in shape. If you get over weight there is going to be a chance that you might have diabetes. Endocrineweb.com says that type 2 diabetes can be caused by Insulin resistance. A lack of exercise can cause diabetes and having unhealthy meal plans to your food schedule, being overweight or being obese. Many people who are not overweight also develop type 2 diabetes though, so be sure to watch your eating habits whether you are overweight or not.

According to the American Diabetes Association, another cause sometimes is being depressed. When some people are depressed, they eat to get things off their mind. Some people might do other things that might cause diabetes. Drugs and Alcohol can also cause diabetes. Some people do a lot of drugs and they have a chance to get it. Diabetes is really scary and some people don't take it as serious. "95%— Percent of American Indians and Alaska Natives with diabetes who have type 2 diabetes" -ADA

Sometimes diabetes can also be in your family and it could be passed down through your DNA.

Eating healthy is a very big step that can help you avoid getting diabetes. In my opinion more people need to start selling healthier food in stores. Our economy needs to stop going to fast food restaurants. Some people need to go to help/prevention places to help them avoid diabetes. Also people need to have more controlled diets because some people can get really out of control and that can also cause it. In the Native culture, if a person has diabetes they can go way back and follow our old traditions. In my opinion that would be the best way to avoid it.

Encouraging people more about eating healthy is another great way to help avoid diabetes or if they do have it control their eating. We need to support each other rather than encourage each other to eat the unhealthy foods. Some people help other people and give ideas on how to eat and have controlled diets. I think that it is a great idea to help people avoid all that trouble. Honestly we just need to have more salad restaurants. If you want to be on a diet you can get on the internet and look up any certain types of diets that maybe you might be interested in. There are a lot of people in the world that are willing to take the time out of their life just to help somebody else with trying to avoid getting diabetes.

According to the ADA less than 100 years ago diabetes was unknown to our Native culture. Diabetes came into Indian country when World War II began. Today, "American Indians and Alaska Natives now have the highest diabetes prevalence rates of all racial and ethnic groups in the United States." -Sue McLaughlin

If we don't try and avoid all this diabetes in our culture it is going to get really out of control and absolutely destroy our culture and environment. If this continues it will be the responsibility of generations now that already has diabetes! We need to act fast so YOUR children or grandchildren will not have it and have to suffer like everybody now that has it.

Winnebago IHS Hospital

By Jaylen Harden

If Winnebago would lose the IHS hospital, how would the tribe of Winnebago look like? The town would be full of sick people. The members of the tribe would have to go all the way up to Sioux City just to get examined. Many people would have to go all the way to the IHS hospitals in Lincoln or Santee to receive their medications or get their basic check ups. The town's population would drop significantly because there is no hospital; people would move away left and right. Why I'm saying this is because the community of Winnebago needs to learn about the challenges at the IHS hospital so that they are more knowledgeable on the issue.

According to an article in the Sioux City Journal by Dolly A. Butz, the main problem with the hospital is that they have really slow waiting times. What I mean by this is that the doctors and nurses are just slow to get you examined and slow to get you out of the hospital, especially in the ER. So because of all this slow waiting time, people have been getting sick and have lost their lives because of this. Some of the patients they had to treat failed to receive the proper health care they need. All of this happens because the physicians and nurses need more training for their jobs. Some of the nurses don't know what they're doing because of how much experience they have with their jobs. Instead of receiving the proper training the nurses treated patients with the level of experience they had (siouxcityjournal.com).

This situation is serious enough that it caused a death. Butz states that in spring of 2014 a 35 year old man died because of breathing problems he had. Because of poor training the nurses failed to check his oxygen levels and the nurses never told the patient he was getting worse. Later on that night the patient died. This death was serious enough that it caused many people to sue the hospital and it caused many news stories to break out. A former nurse who used to work at the IHS hospital named Tonie Greve decided she would speak out against problems at the hospital (Sioux City Journal).

I think it is important to fix the hospital because it's closer for the community and other tribes to get to. If you need refills on your medication, the pharmacy is there to refill them. Another reason why it's important to fix the hospital is because if there's an emergency, it'll be way faster to get to the local IHS hospital if you live in or near the community. The last and main reason why we need to fix the hospital

Miss Palmers

Winnebago IHS Hospital
continued...

is that many people who do work at the hospital would lose their jobs. Look at it this way, if we were to fix the IHS hospital, many job offers would be open.

Think of it this way, if Winnebago was to fix the hospital and got rid of all of the employees who don't have the right amount of training and brought new nurses and doctors in that are highly trained, would our hospital be as good as other hospitals? Or, is it possible to keep some of the best staff and give them the better training they deserve? Think about it: if we were to fix the hospital, it will set a good example on the tribe, as well as for other struggling hospitals in the country. It is time for the people of Winnebago to learn as much we can about our hospital's problems so we can do everything possible to keep the Winnebago IHS open.

Having good mental helps you live better. Here's why.

By Laura Neff

"Caring for the MIND is just as crucial as caring for the BODY. In fact, one cannot be healthy without the other." ~Sid Garza Hillman.

Not many people in today's society like to, or choose to realize that their mental well-being is just as important as their physical well-being. When you get sick or have a cold, you do everything you can to make it go away or prevent it from getting worse. It causes distress and no one wants it to metastasize. But, what about a mental-illness? If a person were to be depressed or feel helpless in their everyday life, chances are, you're just going to diagnose yourself with a 'bad-day.' But what if that 'bad day' turns into a 'bad week' or a 'bad month?' Still going to think it'll get better soon and keep doing what you're doing? It's important that we learn to take care of our mental health because it does positively impact our lives when treated right.

Mental health is a very important aspect of life, but first of all, what is bad mental health and how do we know we have it? Well, according to Healthed.gov, "The word 'Mental' means 'to do with the mind.' 'Mental illness' is a term that refers to a group of illnesses that affect a person's mind." Furthermore "There are many different types of mental illness. Some people may experience a mental illness once, and then fully recover. Others require ongoing treatment" (Healthed.gov).

Bad mental health could translate to one of the most common mental illnesses known as depression. Depression is when one is sad or unsatisfied with life. Most say that this sadness has to last around more than two weeks before you know that you are depressed. Many books and magazines publish things like quizzes to help people determine if they are depressed or not. If you notice yourself doing more of the three following activities, you are probably not mentally healthy, or enjoying life as much as you could. Symptoms of depression may not be as obvious as a headache or stomach ache. Some hardly mentioned symptoms are arriving late to work or school, calling in sick when you just don't feel up to it, or, if another person may be depending on you to take care of them and you can't help but to wake up, dreading your duties. Your own wellbeing comes before others and not many people like to think that statement is true (Healthcentral.com).

When someone starts to realize that they need to take care of themselves better, normally it takes a while to come to a decision on whether they want to keep doing what they're doing, or take action on bettering themselves. When they choose to go about the method of bettering themselves, it may happen suddenly. People change with no big announcement as to why. That is exactly how depression creeps up on you. You may have always had it, that thought of 'should I or shouldn't I?' Eventually there's something that triggers that 'I should,' or in this case 'I'm depressed and I need help.' There are many types of ways you could help yourself, simple steps to take. For example:

Reach out and stay connected to supportive people

Do things that make you feel good—even when you don't feel like it

Move vigorously during the day—don't sit for more than an hour

Learn about the mood-boosting benefits of omega-3 fats

Get a daily dose of sunlight

Challenge negative thinking

Learn more by reading the related articles (Helpguide.org)

However, it isn't all that easy to do it all by yourself. There are many worlds of therapy out there; it's not always just sitting on a couch or an uncomfortable chair talking to someone you don't know. The most common type of therapy that is brought about by a professional psychologist is 'psychotherapy.' "Psychotherapy (sometimes called "talk therapy") is a term for a variety of treatment techniques that aim to help a person identify and change troubling emotions, thoughts, and behavior. Most psychotherapy takes place with a licensed and trained mental health care professional and a patient meeting one on one or with other patients in a group setting" (www.nimh.nih.gov).

But, that's not your only option. Maybe you're an aggressive person: when you're sad you get aggressive. There are many therapists who suggest anger management. You may not be angry, but that stress has built up and caused you to feel the need to punch or kick something, and it is easy to find methods to deal with the stress that is put upon you, Ex: Stress ball. There are all kinds of movement therapies that could be used to calm you physically as well, Ex: Dance therapy.

Other types for people who may need to calm their mind more than their body are journal therapy, art therapy, music therapy, and even hypnotherapy. So many opportunities. It doesn't have to be time consuming. Repairing mental health is a process, a process that could take as long or little time as you want. It's really all up to you, whether you like your mental state as is, maybe only after a week of one-hour sessions you feel on top of the world. Good mental health means that you are satisfied with your life, how you spend your time and don't compare yours to others.

Here is a more in depth definition: "Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community" (who.int). That being said, as long as you can cope and not feel like you're struggling to keep up with what life throws at you, you're doing it right. The truth is, you're definitely not going to feel or be 100% all of the time because there are downfalls in everyone's life here and there. I hope that now that I have informed you about all of this, you can tell the difference between one little slip and when you're fighting to even stand up, and are able to help yourself.

Good Mental health is a great thing to have. It makes you feel like life has a purpose. Which it does, but many people believe that we aren't even supposed to be here, so why are we? 'Why am I?' You don't have to feel that way. Enjoy what we have, whether it was all by accident or not, because we have a role in this life. That role is to make a life worth living for, for you, and for others, and feel great about it.

Ocean Pollution

By Shatecia Thomas

According to wwf.panda.org, "80% of ocean pollution comes from land". It is time for humanity to have a wakeup call about the damage that is being done to this important resource. Ocean pollution can cause a lot of damage to marine life, some of which we depend on for food and even the oxygen of this planet. Some of the things that affect the ocean and cause pollution are sewage disposal, oil, "sea of garbage", toxic chemicals, and so on (panda.org). Ocean pollution is a topic everybody needs to be aware of because it affects more than marine life; it affects human lives as well.

What is ocean pollution? According to oceanservice.noaa.org, "Pollution is the introduction of harmful contaminants that are outside the norm for a given ecosystem." "Man-made pollutants", like plastic, herbicides, pesticides, chemical fertilizers, go into local waters or runoff into the ocean when it rains. The biggest cause of ocean pollutants is called nonpoint source pollution (oceanservice.noaa.gov). Many of these pollutants end up at the bottom of the ocean, "small marine organisms" eat them, and the food chain continues, then it gets to us. Plastic kills fish, birds and other marine life. It also destroys habitats. Did you know that about 30% of the CO2 that humans make, the ocean absorbs it (alternet.org)? The ocean is absorbing our trash as well as our CO2 emissions.

Who does this affect? It can affect not only marine life, but humans as well. If the ocean "dies" we'd lose about 70% of our oxygen. Marine phytoplankton, small marine plants that grow on the surface of the ocean, provide that oxygen for us. Phytoplankton also faces an "adapt or die" scenario in the near future (within a few hundred years or less).

The trash we dump into the ocean comes back to us. Do you know how long some of this garbage takes to degrade in water? Plastic takes up to 400 years, foam takes about 50 years, aluminum takes up to 200 years, Styrofoam takes 80 years, newspaper 6 weeks, and cardboard take 2 weeks (Planetaid.org). The sources that cause ocean pollution can affect us too. Pesticides, lead and other heavy metals found in polluted water can cause problems with your hormones, kidneys, reproductive system, and nervous system.

There's a way that helps prevent this, of course recycling, but is that it? We also need laws, such as the Marine Protection, Research, and Sanctuaries Act (MPRSA). The MPRSA is also known as the Ocean Dumping Act. It prohibits transportation of material from the United States, territorial sea, flagged vessels and agencies of the U.S., from ocean dumping (epa.gov). The Clean Water Act (CWA) authorizes the basic structure for regulating discharges of pollutants into the waters of the United States and regulating quality standards for surface waters (epa.gov). Is that enough to help limit ocean pollution?

Is there more we can do other than just having an awareness of what's going on? You should be able to say, "I know what ocean pollution is." But even better, you should be able to say, "I've done something to help cease ocean pollution"--from recycling, to turning away from plastic bottles or plastic bags, to picking up trash by local water sources. You can even help by donating to an organization that fights ocean pollution if you are able. Any gesture helps. For example, just recently there was a protest against a pipeline in North Dakota, because thousands of tribal members and protesters from all over the country didn't want oil in our water. A lot of people, including Winnebago, NE, get their water from the Missouri River that will be affected by this pipeline. The protesters made a saying: "Can't drink oil; keep it in the ground." So make a stand against water pollution, the way these protesters did against that pipeline. Always remember that what goes in our water always comes back to affect us humans eventually. Be inspired to protect this resource in whatever way you can.

Recognizing Eating Disorders

By Gabriela Aldrich

There once was a young girl I used to know. People bullied her for being weird, but mostly she was overweight. In 3rd grade, she didn't like the way she looked. Each day she hated herself and how she wished she was different. The girl wanted to change her size but each time she tried to lose weight nothing happened. So she started to force herself to throw up to go home. The girl had been doing it day after day. She didn't know what she was doing or what this would lead to. Until one day her teacher started to talk to the class about eating disorders. The girl stopped, but it was hard for her to hold food down. Years went by and she was still struggling with it. Until she was 14 she stopped eating, and her friends started to worry about her. They asked her "what's wrong? Why aren't you eating? You're losing a lot of weight and you look sick " The girl's mother said the same thing. All the girl said was "I'm not hungry". Two months went by, and she started to feel shaky and sick. She tried to eat but it wouldn't stay down. Finally she looked in the mirror and saw herself. One year later, she was eating healthy and losing weight in the good way. Till this day she loves the way she feels and looks about herself. This young lady is me, Gabriela Aldrich.

What is an eating disorder? There is no one description for what an eating disorder is because they take many forms. People who have eating disorders often are concerned with how they look on the outside. This can lead to mental health problems and "abnormal or disturbed eating habits" (oxforddictionaries.com).

What can cause it? Low self esteem, feelings of not being good enough, lack of control in their lives, depression, anxiety, anger, stress of loneliness and so on. These disorders are a common painful struggle & it's important to educate yourself and ask for help.

Eating Disorders are complex disorders. Sometimes an eating disorder can be passed down by the parents' genetics. They can develop irregular hormones that mess up their mind and the way they think of what they look like or how others see them. The lack of nutrition from what kinds of food they need to eat and how much begins to affect brain health as well and make eating disorders more difficult to treat.

The way a person thinks of themselves and just discourages themselves by comparing to others also creates challenges. Mostly seeing models on TV like Victoria's Secret and other people that have "the perfect body" that makes them beautiful/ handsome can give people struggling with an eating disorder more excuses not to eat in a healthy way. People who are losing a lot of weight fast are at risk of eating disorders.

Having a dysfunctional family can cause a person to act strange and develop this illness due to anxiety. Things like that can make the person think they're the reason why everything goes bad or it's their fault for the problems in the family.

How can we recognize an eating disorder? Anyone that's suffering from eating disorders may reveal several signs and symptoms like chronic dieting. They constantly check their weight , and they have an obsession with calories and fat that are in the food they eat. They have eating patterns such as cutting food into tiny pieces, eating alone, and/or hiding food, obsessions with food, recipes, or cooking. The individual may cook intricate meals for others but doesn't take any of it. Some avoid social interaction and keep to themselves, but with others some can switch from overeating to fasting, or won't eat at all. You can tell by the way they move and look; their skin will be pale, hair loss, brittle nails, dark circles around eyes, weak, some may shake a lot.

How to get help for this? You can go to your hospital to get medical care and monitoring. Go see a therapist or someone you can trust and will help you. Get a nutrition book and do it on your own, or you can get on medications to help you better yourself.

Are you or someone you know slowly killing yourself to be accepted, to fit in, to be beautiful/handsome? Don't let anyone make you feel like you have to skinny to be wanted. If someone says anything about your weight or size tell them, "My body will change only if I say so. Don't be bringing your negativity to me and try to make me down, thinking you're so perfect". Nobody is perfect so why try to be? Love yourself. Love the way you look and feel, because at the end of the day it's your body.

The Future Generation of Winnebago

By Helene Cox

The Children of Winnebago--most of us do not know of our Native heritage or what it truly means. If we as a community have no elders around to teach us, what will we do? Will we try to learn at the very last minute or will we learn now? Learning about our Native heritage is important. It's not just a part of history; it's a part of us. Our history is important. Without it we are nothing. As the younger generation we must learn about our history; if we do not we will be lost without it. That's why the younger generation of Winnebago people should learn more about our Native American history & language to become the strong elders for the next generation to come.

Many people are fluent in their own language. Some of the kids here in the Winnebago community are speaking fluently, but the other half are having trouble with the language. There are kids who can understand what their family members are saying in Ho-Chunk, but they cannot speak it back. Kids can understand phrases or words that are being spoken in Ho-Chunk, but they can't speak it. The people of our community want us younger generation to learn about the old ways but can't because there aren't many people who can speak our language. Our language is something we can't just take for granted. It's not just a part of our history. It's also a part of who we are as nation.

According to the author Gauri Dushi she believes that a child can easily learn their mother-tongue if they are exposed to it from a young age. When they speak this language with family, relatives, and friends, it helps them form social groups and bonds. She also states, "The teaching of the mother tongue is important because on it depends the growth of our pupils" (Dushi). Teaching the language is also about teaching our cultural knowledge. If our generation were to learn our Ho-Chunk language now, we could have a better chance at keeping our language alive and pass it on to our kids. Then they could pass it on to their kids , so it could continue.

According to The Language Conservancy there are a number of languages that are spoken around the world, including our own, Ho-Chunk. Since the 1950s languages around the globe have been steadily declining and are still continuing to decrease. There are 6,000 spoken languages on the planet, except 43% are considered endangered and if we continue on how we are now, half of them will be gone in the next 100 years. "We will never know what was lost to the world - what ideas, what concepts, what stories - when those speech communities died". Over the last 400 years The Native American Language has been decreasing, over 200 of the Native American languages are extinct and others are on the verge of extinction (Chaplin). What would happen to us as a community if we were to lose that which is a part of us?

I believe that with the support of the people in our community, we can help

Writing Class

those who want to learn how to speak the Native American language. With that help we can educate the younger generation, by teaching the importance of our language. Because so many languages are going extinct or are on the verge of extinction, we should do something now (Bendfeldt-Diaz). We must become the new generation to help those understand the language and why it is so important to us--why it is a part of who we are.

We Should Learn Our Culture

By Kainyn Cariaga

When I was 15 years old I went to sweat with my brother Christian. I really didn't know what to do at first until he showed me what to do, and I learned a lot about sweat. When I first went in a sweat hut I was kind of scared because I thought it would get too hot for me or if it would be hard to breath in the hut. I was surprised I lasted all four rounds and didn't ask to get out. I learned to pray for everyone. We should learn and use our Winnebago language and culture more to feel a sense of pride and wellbeing in the community.

As Ho-Chunks one of the first most important topics we should learn about in our history is to know where we came from. The Winnebago people were known as "Big Fish People," or as the French called the Winnebagos, "People of the Sea," according to David Smith. Some theories are the Winnebago people migrated from Middle America around 1,000 B.C. from the Olmec civilization. The Winnebago people arrived in Northern Kentucky and Tennessee around 500 B.C. Due to warfare, around 200 A.D. to 300 A.D. the Indian Knoll Siouans were on the move. Later they developed in Illinois and Wisconsin. According to Lee Sultzman, "The Winnebago spread south afterwards along the Wisconsin and Rock Rivers into southern Wisconsin eventually claiming a portion of northwestern Illinois." After 1825, settlers started to take over the land in Wisconsin. Winnebago people lost their land quickly. Sultzman states that, "By 1840 the Winnebago had ceded their Wisconsin land and agreed to move to northeast Iowa" (dickshovel.com).The second topic our young people should learn more about is our language and culture so we can keep our ways going and feel connected to each other. Before the Europeans we depended on hunting and the gathering of natural products for our food, tools, weapons, and clothing. Some bands of Winnebagos became horticulturists, raising corn, squash, and beans. When making a warm place to live in the men and women would help build a lodge. The men would cut poles for the framework of the wigwams and collected birchbark for the roofs. The women would tie together reed mats, and with rolls of bark they covered the hut, according to David Smith.

We as a tribe need to keep our culture and language alive. Our Winnebago language is "intimately related to Oto, Iowa, and Missouri, more distantly to Dakota, and still more distantly to Ponca" according to www.accessgenealogy.com/native/winnebago-tribe.htm. Our culture was identical with those of Sauk, and Foxes, Menominee, and other tribes. We had almost identical bead work, clothing, arms, moccasins, and cooking utensils. According to www.accessgenealogy.com/native/winnebago-tribe.htm, the Winnebago had a number of villages, those whose names are known as:

Prairie la Crosse
Sarrochau
Spotted Arm's village
Village du Puant
Wuckan
Yellow Thunder.

We as young people need to take more initiative in learning our culture and keeping our language fluent within our tribe. We should all be proud of who we are and where we come from, but to be proud is to know and understand our history. Another thing I think is we as youth should also get involved in sweats, the Native American Church, singing, dancing, beading, and other Native American traditions. It's up to us youth to keep our traditions and culture alive. Our children deserve to know our rich history and we are going to be the ones to pass our traditions on.

In conclusion my experience when I went to sweat with my brother made me feel peaceful and connected to my forefathers. I understand why people go back. I'm glad my brother shared that experience with me. This is why I feel it's important to know and experience our culture. It can make you feel one with nature and our people. Today everyone is consumed by social media and technology, and we miss out on cultural experiences that happen around us every day. Before technology we used to hunt together, eat together, and spend time with each other. It was common for whole families to know how to put teepees up, build a fire, and be grateful for what they had. Sometimes I think about what our ancestors would say about how we are living our lives today because they sacrificed so much for our people to survive.

Improve the Winnebago Community

By Caden Cleveland

I've been told by some of the older generations what Winnebago used be like. It had run down buildings. The roads had a lot of potholes. The Winnebago hospital was smaller. The football field was real grass instead of turf grass. Houses that were getting old could barely stand up. Dogs roamed all over the town because there were no dog catchers at the time. Kids were out late at night. There were no security officers to tell them to get home and no curfew time.

Now, Winnebago is one of the best towns to come to in the area. It's busy every day, cars come in and out. The people here are somewhat friendlier than I remember growing up. We have a nice hospital. It's one of the biggest hospitals in the county. There are much more places to hang out at for the kids. Such as a basketball court called "the slab", along with the Boys and Girls Club, and the Blackhawk Center. Winnebago has two successful selling restaurants: Daga's Mexican grill and Native Star. Winnebago also has three good looking parks. The one by the Dollar General attracts the most kids and the Boys and Girls Club is second. These are just some of the improvements that Winnebago has made from the past. To make sure we keep moving further ahead into the future the Winnebago community needs to continue improving & expanding to bring more people to Winnebago and keep the youth out of trouble.

According to the Environmental Protection Agency (EPA), some towns are trying to compete with the bigger cities. They're trying to build new buildings and put in some popular restaurants. Put in a few parks and swimming pools so they can try to bring in more visitors and even try to put their own town on the map to grow their economy (EPA). A few things that Winnebago needs is about one or two popular restaurants like McDonald's, Burger King, and Wendy's. If we want to consider a healthier option we can build a Subway or a restaurant with homemade meals. This would give more job openings for the Winnebago people. Even more food choices for the people instead of Native Star and Daga's Mexican Grill. That would be nice for the people of Winnebago. Plus I think it would make Winnebago less boring. Because I've been told by the LPTC players that Winnebago is just too plain and has nothing. So they just go up to Sioux City for fast food like McDonald's and go shopping at the mall. And that's making them wish they were back home. I just want them to think Winnebago is another home for them too. Winnebago with a few more restaurants would even get more travelers every day, not just during pow-wow time in the summer but year round.

One thing that will definitely bring people in is a Family Fun Center, don't you think? That would be the place where all the youth would hang out at for sure. It would have a little movie theater in it along with laser tag, some trampolines. It would be a great place to have birthdays and special occasions. The Boys & Girls Club could use it if the club is getting too full with kids because the Boys & Girls Club gets overcrowded at times. A Family Fun Center would be the most popular work site for the Summer Youth Workers. I think a Family Fun Center would add a variety of things to do and places to work for our community.

The only thing that would be a problem to try and build all this is getting the land, money, and the motivation from the people to help. It cost at least $125,000 to build a small size restaurant. (restaurantowner.com) Another thing is where to build the building? Where is a good place where it will attract people to come to it? Where would it take less space at? The town will need the motivation from its community to clean up around the place so the people would have a nice clean space to build at. And to keep it clean after they build the building so they have a nice place to hang out.

Now that I showed you what the community of Winnebago can come to or look like, I would want you the people of Winnebago to make it happen so we can have a nice place for our youth and college athletes to hang out at, making Winnebago known as a city where people would like to come to instead of using it as a highway, cars coming in and out. Let's just all stand up and make Winnebago a nice community.

Drugs & Alcohol Is No Life Style

According to the National Council on Alcoholism and Drug Dependence (NCADD) they say "drugs and alcohol are the leading causes of crime among youth," and even teenage suicide is affected by drug and alcohol use (ncadd.org). They also said, "23 million people over the age of 12 are addicted to alcohol and other drugs, affecting millions more people, spouses, children, family members, friends neighbors and colleagues at work" (ncadd.org). Not everyone does drugs and alcohol. Choosing a better lifestyle is your option: no-one makes your choices for you. There are a lot more choices out there than drugs and alcohol, not just here but all over the country, and our youth can do a lot better.

In my opinion, I think DXM, marijuana, and alcohol are the most commonly used drugs and alcohol that are on this reservation. According to facts from DrugAbuse.com, the drug DXM, which comes in the form of cough syrup capsules, can cause you to feel "nausea and have prolonged vomiting, sweating, numbness, dizziness, hypertension, quickened heart rate, and seizures" (drugabuse.com). DXM is especially dangerous for people who use it with alcohol at the same time.

People in Winnebago have a laid back attitude about marijuana, but this can be an addicting drug too. Young people, I've seen using it can get addicted, and it starts to cause problems later in their lives. The use of marijuana is bad for a pregnant mother, and smoking pot at a young age is bad for the brain. Smoking marijuana on the daily and every once in a while are two whole different stories. People who smoke every day do it probably just to get through the day or saying it's just medicine when they aren't even sick.

Doing drugs and alcohol can have many side effects on your little young body. I honestly think people are less attractive when they choose this lifestyle. If you do drugs and drink alcohol and adults know you do, they'll probably see you as a bad influence to their younger relatives your age and won't like you around. You might think doing these things must make you cool, but it actually messes you up. It'll mess with your head, make you trip over stuff, etc. Let's see how cool you really look when you have no friends.

Try not to live this lifestyle because there are plenty more things to do other than trying to look cool or avoid being bored by doing drugs or drinking alcohol. People look sad to me when they are doing this on the daily. Avoid the people who are negative influences, even if it's loved ones. It may not be easy, but people have done it before and it's not impossible either. Avoid contact as much as you can until they are willing to better themselves. This sounds easy from a third person perspective, but you can do it if you want it bad enough.

Here is another way of trying to avoid peer pressure: sports. Never done it? Try it, something to avoid the bad influences on you. I'm pretty sure this will be one way to keep you away from drugs and alcohol, and can also keep you out of trouble.

Well not everyone is an athlete or wants to be one, so there are plenty more activities to do. Just don't be one of those people that choose the drugs and alcohol lifestyle. Maybe try out for speech or the one-act at school. Audition for the dance team or the musical, maybe even the talent show. Try to express yourself through art or writing. Pick up an instrument or learn to rap. You young people should have goals for yourselves or should be worrying about school. Go to school and learn about these drugs and their side effects. Also going to school you might find the right people to hang out with, and they might be having the same interest as you such as your goals.

Our youth shouldn't be choosing this lifestyle without a doubt, they should easily be focusing on the simple stuff, especially school. These young kids are our future, and drugs and alcohol could possibly take their lives. Many kids probably do not realize how dangerous DXM or alcohol can be. These kids don't know that alcohol can kill you. According to ProjectKnow.com, "Nearly 17 million people in United States struggle with alcohol addiction" (projectknow.com). It is also one of the most lethal drugs. Drinking alcohol can really mess up your body, I think people that drink probably use it for the same reasons they use for smoking and that's to get through the day or to avoid boredom.

If you already are choosing this lifestyle, please make a change. Old or not, try to make a change for yourself and make a good role model for the younger people. If you don't choose this lifestyle, keep it up. Don't make a change because it makes you "cool." Encourage others to stop, step up and help. I suggest you listen to what I had to say, I don't want any young lives to be taken by this lifestyle. My prediction is if you choose this lifestyle, it will cost you your life because you want to be "cool". Even if you are lucky and escape death, who wants to lose friends because you will most likely be a bad influence? Take my advice and be wise about your choices. Thanks for hearing what I had to say about drugs and alcohol.

Relationships

By Elijah Frazier

Modern Values
A relationship is something to value a lot more than something to have like it's a new toy you just got. Sure, it's all fun to be in a relationship, but do you really know how to be in one? to actually get through hard times, to know love isn't a word to say right away, to build a future with another person, to treat them as an actual person, to make a sacrifice for them, to make them happy no matter the cost? Instead of just using them, as a time waster, a sex object, to show off how you got a hot one, or to make an ex jealous, for money, the reputation they have, using them to get over another.

It's pathetic how everything is nowadays for the young to think they know more than the ones who actually know, people letting their friends and/or family encourage them to cheat, how people are just ignoring the problem. Relationships are being used as if they're just something to play with as toys and throw away because they lost a feeling about it. Everyone needs to learn to value their relationship.

True Love
Love at first sight: seeing someone you instantly fall in love with--yeah that's not real. It never was nor will it ever be. Love never comes just like that. It comes when it's right, not the first month, second, third, not even a year. It always takes time to develop that kind of affection. Never think about love at first sight because you just saw them for looks and never for who they are. Get to know them more before you regret the relationship and end up leaving them, wasting their time and yours. Don't go for only looks, not even just the personality. Neither one should matter because if you want them, you shouldn't care what they listen to, what their hobbies are, what they watch, their sexuality, their past, their wealth, their genes, their body. Accept everything about them, because you never know how it'll turn out--You may learn a whole new experience and change into someone better than who you were before you met them.

Acceptance
Know if they'll make you happy: will they support you during life? hold you back on your goals on life? or someone who will stay by you the whole time. Make sure you do the same with them because otherwise you'll end up being the problem without you even knowing when it's too late. Get to know everything about them, earn their trust and never break it, accept the dark things about them. Accept what they've done. Repair them if they are broken instead of breaking them even more.

Alcohol In The Lives Of Adolescents

By Alexandrea Flanders

A teenager is faced every day with the struggle of alcohol in their life. They wonder when their mother will quit drinking or when their father will take their siblings, so they won't have to see their mother struggle. Nearly every person they know has been affected by alcohol. Their parents divorced when they were eight years old. Their grandmother had an affair with their grandfather because she was intoxicated. Their uncle died due to him drinking while driving when they were 11. Their aunt caught cirrhosis because she was an alcoholic when they were 15. Their mom at least once every three months is involved in a car accident. Their father almost committed suicide when they were 12 because he was drunk and fighting with his girlfriend. They were close to being violated by a family member when they were 13 because their mother was drinking with intoxicated family members. They want to live in an alcohol-free world someday, that way nobody will have to go through life with problems caused by alcohol.

Tribal Council

Alcohol is regularly exposed to children under the age of 18 daily. From the T.V. shows they watch, to their idols posting pictures of them with a bottle on social media, to even their family members coming home intoxicated. Many people throughout the United States face the struggle of alcohol in their lives whether it's a close family member, friend or themselves. The effect of alcohol on their lives can be very lethal depending on their age or condition they have. But when a child may get exposed to alcohol, there are lots of possibilities that can happen. Throughout this, we will learn the how alcohol affects children, the many ways of coping with alcoholism and how the media promotes alcohol in a positive way.

When children get revealed to alcohol, the risk grows higher for them becoming an alcoholic in the future. Not only the risk rises higher because of the trauma that can happen when alcohol is involved, but also many family issues may appear. If a child experiences too much trauma when they're younger, they have a chance of getting a mental illness. Not only that but the alcohol can lead to a fatal result in serious illness or death. According to Alcohol-Statistics, "Over 28 million children in the United States live in a household with at least one alcoholic parent. Over 11 million of those children are under the age of 18" (Alcohol-Statistics).

Particularly, when a parent drinks an alcoholic beverage, it can change the image a child has over their parent. In the eyes of a child, their parent can turn from a loving, gentle and caring mother or father to a hateful, rude and disrespectful parent. There are a lot of effects alcohol has on the family. One of the many are abandonment; a parent may get angered with people coming to them to confront them about their problem and eventually leave the family without a goodbye. Another is divorce. Many divorces happen because a parent(s) drinks too much. This action will play a huge impact on the child in the future on whether they develop drinking as well, cause trouble or fail their classes at school, become antisocial, etc. (National Institute on Alcohol Abuse and Alcoholism).

Furthermore, the battle children face at home with alcohol can cause a mental illness. Some of the major mental illnesses caused by alcohol are anxiety, psychosis, and antisocial personality disorder. Anxiety is a major mental illness faced by 18% (over 40 million people) of the United States population. Anxiety gets pictured as someone who doesn't want to get up and speak in front of individuals for a presentation in class or work. But in this case, alcohol will make your anxiety a lot worse than thought. "The more the individual drinks, the more their life will deteriorate. They get caught in a vicious cycle of drinking to escape the anxiety and thereby creating more things to feel anxious about" - Alcohol Rehab. Psychosis is experienced within 100,000 people throughout the United States every year. Alcohol-related psychosis gets described as a mental state of mind where contact with reality gets surrounded by hallucinations or delusions (Addiction). Antisocial Personality Disorder, better known as ASPD is caused by coming into contact with underage drinking and alcohol abuse from an alcoholic family previously. Over 6.2% of the United States population faces ASPD daily. Long-term effects of ASPD include the inability to maintain relationships, isolation from others when angry, decreased performance at work or school, bad relationships with loved ones caused by destructive behavior and family conflicts (Addiction Hope).

43% of U.S. adults have been exposed to alcohol at a young age through someone close to them personally (Alcohol-Statistics) Some of the many illnesses you can catch from alcohol are anemia, cancer, cirrhosis, dementia, and pancreatitis. "Alcohol is estimated to have caused about half a million deaths from cancer in 2012 alone – 5.8 per cent of cancer deaths worldwide. The highest risks are for heavy drinking, but even people who drink at low levels are at risk. Modeling for the study showed that, compared with non-drinkers, women who regularly drink two units a day have a 16 percent increased a risk of developing breast cancer and dying from it. Those who regularly consume five units a day have a 40 percent increased risk. For every 1,000 women who do not drink, 109 will develop breast cancer. This rises to 126 women for those who drank 14 units or less per week, and 153 women for those who drink 14 to 35 units a week." - Jennie Connor, MSN. This quote proves that one of the many causes of illness such as cancer is caused by alcohol alone.

Nearly everybody has their ways of coping with alcohol in their lives. Some people become an alcoholic while others fear the drink itself. Currently, more than 14 million Americans are alcoholics. A study conducted in 2012 by the National Institute on Alcohol Abuse and Alcoholism can prove that 7.2 percent of the adult American population has an alcohol-use in disorder (The Recovery Village).

Because of the troubles faced with alcoholism, there are many ways to cope with this. A lot of the time, dealing with this issue is negative. Here are the ways of dealing negatively: Pessimism, drinking more often, not letting people into their lives, criticism, getting angry over past issues, fearing change and sometimes a person will resort to physically harming their bodies or committing suicide (Alcohol Rehab).

Though there are negative ways to cope with alcoholism, there are many positive ways as well. Here are some of the active means to deal: Staying away from people who drink, get rid of alcohol in the household, focus on other objects such as hobbies like painting a picture, playing a sport and spending time with family and friends.(Rethinking Drinking).

Not only do family and friends affect the way a person drink but the media does as well. There are songs all over the place promoting alcohol such as "Victorious" by Panic! At The Disco, "Cheers" by Rihanna, "Shots" by LMFAO and much more. It's not just music; it's movies as well. There are movies such as "Beerfest," "The Hangover," "The Angel's Share" and much more. Now that we went over music and movies promote drinking let's cover social media. 71% of teenagers are online at least once a day to check Facebook, 52% are on Instagram, 41% are on Snapchat, 33% are on Twitter, and 82% are on other social media apps/websites. But what exactly do they see when they log in? There have been multiple occasions where a teenager logs into their Facebook account and on the front page there is a picture of their favorite band/artist drinking with friends, or they post a picture of alcohol which they promote to get money. Not only that but multiple celebrities have their liquor brands such as Justin Timberlake - Sauza 901, George Clooney - Casamigos, Angelina Jolie & Brad Pitt - Miraval Rose and David Beckham - Haig Club.

Above all when children get exposed to alcohol it can affect the way a child grows up through, mental illness, creating family issues and can get an illness if they were to drink alcohol. Coping with the situation may be a bit troubling being that a child can cope with alcohol in the past by becoming an alcoholic, dealing negatively or positively. Not only that but the media can have quite an influence on whether the movies, songs, and people promote alcohol to their much younger audience to sound cool or fun. As your eyes leave this essay, think about how much this world could change if alcohol were to be gone one day. We might not have the massive family divorces or custody battles over children. We may not have as many deaths in our country. Finally, the rate of mental illness in teenager and adults will most likely minimize. "You are responsible for your life. You can´t keep blaming somebody else for your dysfunction. Life is really about moving on." - Oprah Winfrey. It's the choice whether you don´t drink and influence the future generations. Alcohol is exposed to children daily through their family, T.V., music and social media. Let´s try to cut that exposure out.

Cincinnati Chili

Prep Time:
15 minutes
Cook Time:
2 hours and 30 minutes
Difficulty:
easy
Servings:
4

INGREDIENTS:

2 pounds ground beef
4 cups water
1 onion, chopped
4 teaspoons chili powder
1 teaspoon cumin
2 teaspoons cinnamon
1 bay leaf
1 tablespoon minced garlic
1 can tomato sauce
2 tablespoons apple cider vinegar
4 cups spaghetti
Cheddar cheese, shredded

INSTRUCTIONS:

1) In a large pot over medium-high heat, combine ground beef, water and chopped onion. Stir. Bring to a boil, reduce heat and simmer for 30 minutes.

2) After 30 minutes add chili powder, cumin, cinnamon, 1 bay leaf (crack it), garlic, tomato sauce and apple cider vinegar. Stir to combine. Simmer for another 2 hours.

3) Cook spaghetti according to package directions until al dente. Drain.

4) After 2 hours, serve chili over cooked spaghetti. Top with cheddar cheese, serve and enjoy!

WINNEBAGO TRIBE OF NEBRASKA
SPECIAL TRIBAL COUNCIL MEETING
ETHICAL COMPLAINT
May 26, 2017

TRIBAL COUNCIL PRESENT:
Frank White
Vincent Bass
Victoria Kitcheyan
Kenneth Mallory
James Snow
Curtis St. Cyr
Isaac Smith
Coly Brown
Darla LaPointe

OTHERS PRESENT:
Danelle Smith
Sharon Frenchman

CALL TO ORDER: Chairman White called the meeting to order at 9:22 a.m.

OPENING PRAYER: Isaac Smith offered the opening prayer.

Danelle Smith reads the Ethical Complaints from Jill Berridge and Allison DeCora.

Curtis St. Cyr motioned to go into executive session at 9:52 a.m. James Snow seconded.

VOTE: (6) yes(0) no (2) abstain
Motion carried.

[Kenneth out]

Curtis St. Cyr motioned to come out of Executive Session at 11:52 a.m.

Isaac Smith seconded

VOTE: (7) yes(0) no (0) abstain
Motion carried.

[Kenneth in]

Victoria Kitcheyan motioned to relieve Kenneth Mallory of his Alcohol Program oversite duties and return management to CEO. Darla LaPointe seconded.

VOTE: (8) yes(0) no (0) abstain
Motion carried.

Victoria Kitcheyan motioned to accept the complaints of Jill Berridge and Allison DeCora as they are. Darla LaPointe seconded.

VOTE: (8) yes(0) no (0) abstain
Motion carried.

Victoria Kitcheyan motioned to direct General Counsel to make recommendations to the Tribal Council for an investigative Committee appointed by May 31, 2017 at 3:30 p.m. Darla LaPointe seconded.

VOTE: (8) yes(0) no (0) abstain
Motion carried.

Vincent Bass motioned to direct CEO to work with outside entity to look at issues, do a program review within 60 days. Darla Lapointe seconded.

VOTE: (8) yes(0) no (0) abstain
Motion carried.

Darla LaPointe motion to adjourn. Vincent Bass seconded.

VOTE: (8) yes(0) no (0) abstain
Motion carried.

Chairman White adjourned the meeting at 12:23 p.m.

Respectfully submitted,
Victoria Kitcheyan, Treasurer
Winnebago Tribal Council

WINNEBAGO TRIBE OF NEBRASKA
TREASURER'S REPORT MEETING
June 2, 2017

TRIBAL COUNCIL PRESENT:
Frank White (out @ 12:00 p.m.)
Vincent Bass
Victoria Kitcheyan
Kenneth Mallory
Isaac Smith (in @ 9:25 a.m.)
James Snow
Curtis St. Cyr
Coly Brown
Darla LaPointe (in @ 9:35 a.m.)

OTHERS PRESENT:
Alan Post
Sharon Frenchman
Mike Means
Rona Stealer
Tanya Baker
Tonia Keller
Kelly Snow
Cece Earth
Benny Pretends Eagle

CALL TO ORDER: Chairman White called the meeting to order at 9:16 a.m.

OPENING PRAYER: Alan Post offered the opening prayer.

APPROVE AGENDA:

Vincent Bass motioned to approve the agenda as adjusted. Curtis St. Cyr seconded.
VOTE: (6) yes (0) no (0) abstain
Motion carried.

[Isaac in 9:25 a.m.]

GAMING COMMISSION REPORT:

Curtis St. Cyr motioned to accept the Gaming Commission May report.

James Snow seconded.

VOTE: (7) yes(0) no 0) abstain
Motion carried.

[Darla in 9:35 a.m., Isaac out]

WINNAVEGAS REPORT:

Vincent Bass motioned to approve the WinnaVegas monthly report (April 2017).

James Snow seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

MARKETING REQUEST:

James Snow motioned to approve the Tommy James & the Shondells Concert to perform on August 12, 2017 at the Event Center. Victoria Kitcheyan seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

REQUEST FROM HUMAN RESOURCES:

Vincent Bass motioned to approve the request from H.R. Department re: Changes to Hotel descriptions, transfer of sales positions, spit on (1) Bus Coordinator into (2) Coordinators, reduce Laundry Attendants, 4 to 3 positions. Coly Brown seconded.
VOTE: (7) yes (0) no (0) abstain
Motion carried.

[Isaac in]

REQUEST FROM HUMAN RESOURCES:

Victoria Kitcheyan motioned to approve the revision to Guest Service Attendant Position to add: Oversee game room and golf simulator, and delete: Valet Services.

Vincent Bass seconded.

VOTE: (8) yes(0) no (0) abstain
Motion carried.

[Isaac out]

LIBERTY BANK INVESTMENT PORTFOLIO:

Kenneth Mallory motioned to approve the updated investment portfolio with Liberty National Bank. Vincent Bass seconded.
VOTE: (7) yes (0) no (0) abstain
Motion carried.

RECESS:

Victoria Kitcheyan motioned to recess the meeting at 11:42 a.m. James Snow seconded.

VOTE: (8) yes(0) no (0) abstain
Motion carried.

[Frank out on travel, Isaac, James: out]

RECONVENE:

Vice -Chairman Bass reconvened the meeting at 1:04 p.m.

TRIBAL TREASURER'S REPORT:

Curtis St. Cyr motioned to approve the Tribal Treasurer's Report. Darla LaPointe seconded.

VOTE: (6) yes(0) no (0) abstain
Motion carried.

[James in at 1:30 p.m.]

ACTION ITEMS:

CREDIT CARD POLICY

Victoria Kitcheyan motioned to approve the revised credit card policy.

Darla LaPointe seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

BLAND & ASSOCIATES

James Snow motioned to approve Bland & Associates engagement letter to audit the Commercial Plan ($8,000.00) and Perform Audit procedures on Government Plan ($1,500.00) and issue report. Darla LaPointe seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

Victoria Kitcheyan motioned to approve John Hancock Plan as the new provider for our Tribal 401k Plan and authorize the committee to sign. James Snow seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

401 K COMMITTEE:

Victoria Kitcheyan motioned to change committee members from: Maunka Morgan to Sandra Francis, Ann Loera to Alan Post, Anthony Earth to Gaming Commission Member (Rona Stealer). James Snow seconded.

VOTE: (6) yes(1) no, IS 0) abstain
Motion carried.

CLOTHING ALLOWANCE FOR 2017:

Victoria Kitcheyan motioned to approve $350.00 for clothing allowance.

Curtis St. Cyr seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

Victoria Kitcheyan motioned to authorize a visa type clothing card for the clothing allowances. Isaac Smith seconded.
VOTE: (7) yes (0) no (0) abstain
motion carried.

MINOR TRUST FUND ALLOCATION:

Victoria Kitcheyan motioned to table until June 20th Finance meeting.

Darla LaPointe seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

FY 17 STIMULAS EXPIRATION:

Coly Brown motioned to uphold the Stimulus Policy. James Snow seconded.
VOTE: (7) yes (0) no (0) abstain
Motion carried.

NATIVE AMERICAN FINANCE OFFICERS ASSOCIATION MEMBERSHIP:

Victoria Kitcheyan motioned to approve payment for the Native American Finance Officers Association Membership for $5,000.00. Darla LaPointe seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

YOUTH SOFTBALL TEAM REQUEST: No action taken.

YOUTH BASKETBALL TEAM REQUEST:

Curtis St. Cyr motioned to approve the match of funds for Winnebago Warriors for $2,500.00 for the Youth Basketball Tournament in Phoenix, Arizona on July 9, 2017. Victoria Kitcheyan seconded.

VOTE: (6) yes(0) no (1) abstain, DLP Motion carried.

POW-WOW STIPEND: no action taken.

SUMMER YOUTH BUDGET MOD:

Coly Brown motion to approve the budget modification of $25,000.00.

Darla LaPointe seconded.

VOTE: (6) yes(0) no (0) abstain

Meeting Minutes

Motion carried.

ADJOURN:

Darla LaPointe motion to adjourn. Victoria Kitcheyan seconded.

VOTE: (4) yes(0) no (0) abstain Motion carried.

Vice-Chairman Bass adjourned the meeting at 4:16 p.m.

Respectfully submitted,
Kenneth Mallory, Secretary
Winnebago Tribe of Nebraska

WINNEBAGO TRIBE OF NEBRASKA
MONTHLY TRIBAL COUNCIL MEETING
June 5, 2017

TRIBAL COUNCIL PRESENT:
Frank White
Vincent Bass
Kenneth Mallory
James Snow
Curtis St. Cyr
Darla LaPointe
Coly Brown
Isaac Smith (in @ 9:40 a.m.)

OTHERS PRESENT:
Kevin Connot
Garan Coons
Kristen Whitebeaver
Kelly Snow
Cece Earth
Kenny Grant
Wayne Baker

TRIBAL COUNCIL ABSENT:
Victoria Kitcheyan (travel)

CALL TO ORDER: Chairman White called the meeting to order at 9:31 a.m.

OPENING PRAYER: Coly Brown offered the opening prayer.

APPROVE AGENDA:

Vincent Bass motioned to approve the agenda. James Snow seconded.

VOTE: (6) yes(0) no (0) abstain Motion carried.

READING OF MINUTES:

Coly Brown motioned to adopt the May 23, 2017 minutes with changes.

James Snow seconded.

VOTE: (4) yes, KM, CB, JS, CS (0) no (2) abstain, VB, DLP

Motion carried.

RATIFY FIVE SIGNATURES:

Approve travel to attend SAMHSA Tribal Technical Advisory Committee

Darla LaPointe motioned to ratify the five signature approving travel for Victoria Kitcheyan to attend SAMHSA Tribal Technical Advisory Committee (TTAC) meeting in Albuquerque, NM, June 25-26, 2017. James Snow seconded.

VOTE: (6) yes(0) no (0) abstain Motion carried.

Approval of Pow-wow Committee Budget

James Snow motioned to ratify the five signature approval of Pow-wow Committee budget for $206,100.00 for FY'17 Pow-wow. Vincent Bass seconded.

VOTE: (4) yes(1) no (2) abstain, CS, KM Motion carried.

Emergency Assistance Fund Commitment

Darla LaPointe motioned to ratify the five signature regarding Emergency Assistance Fund $25,000.00 Commitment to the Human Services Department additional allocation for FY'17. (A budget modification will be presented at the June 2, 2017 Treasurer's Report meeting) Coly Brown seconded.

VOTE: (7) yes(0) no (0) abstain Motion carried.

Adopt Resolution #17-94

Darla LaPointe motioned to ratify the five signature adopting resolution #17-94: 2017 Herd Development Grant. Vincent Bass seconded.

VOTE: (7) yes (0) no (0) abstain Motion carried.

Approval of additional paving to Pow-wow entrance

Darla LaPointe motioned to ratify the five signature approving the additional paving to the Pow-wow entrance. (Estimated cost $14962.50). Isaac Smith seconded.

VOTE: (7) yes(0) no (0) abstain Motion carried.

CEO ACTION ITEMS:

Pow-wow Committee

James Snow motioned to appoint Joseph Littlegeorge to the Pow-wow Committee.

Curtis St. Cyr seconded.

VOTE: (7) yes(0) no (0) abstain Motion carried.

WINNEBAGO COMMUNITY DEVELOPMENT FUND REVIEW BOARD

Curtis St. Cyr motioned to appoint Joseph Littlegeorge to the Winnebago Community Development Fund Review Board. Coly Brown seconded.

VOTE: (7) yes (0) no (0) abstain Motion carried.

OLD BUSINESS:

KEVIN CONNOT – UPDATE ON TRIBAL UTILITY DEVELOPMENT AND ADDRESS INDEPENDENT CONTRACTOR AGREEMENT – Update with Tribal Utility Company and will return on June 21, 2017 – No action.

NEW BUSINESS:

LAND CORPORATION RESOLUTIONS

NORBERT DICK HOME SITE LEASE CANCELLATION

Vincent Bass motioned to adopt Resolution #17-95: Ref: Norbert Dick Home Site Lease Cancellation. James Snow seconded.

VOTE: (7) yes (0) no (0) abstain Motion carried.

HOCHUNK REAL ESTATE LAND LEASE

Darla LaPointe motioned to adopt Resolution #17-96: Ref: Ho Chunk Real Estate Land Lease. Vincent Bass seconded.

VOTE: (7) yes (0) no (0) abstain Motion carried.

FRAN SHARPBACK HOME SITE LEASE – Tabled

CRYSTAL WHITE HOME SITE LEASE – Tabled

DULCIE GREENE HOME SITE LEASE – Tabled

US CELLULAR COMMERCIAL CO-LOCATION LEASE – Tabled

TRIBAL COUNCIL ITEMS:

IHS – Request to use BHCC for Disaster Contingencies - No action taken.

Request for sponsorship from the WPS Wrestling Team

Vincent Bass motioned to approve the request from the WPS Wrestling Team (no amount was set). Isaac Smith seconded.

VOTE: (7) yes(0) no (0) abstain Motion carried.

Keystone Pipeline travel

James Snow motioned to approve travel for Frank White and Isaac Smith to attend the Keystone Pipeline Public Hearing in O'neill, NE on June 7, 2017. Vincent Bass seconded.

VOTE: (7) yes(0) no (0) abstain Motion carried.

E. Gilpin – Summer Youth Employment complaint – No Action taken.

[Vincent out]

Kenneth Mallory motioned to suspend the rules to hear Tribal member.

Darla LaPointe seconded.

VOTE: (6) yes(0) no (0) abstain Motion carried.

[Vincent in]

Coly Brown motioned to adjourn. James Snow seconded.

VOTE: (7) yes(0) no (0) abstain Motion carried.

Chairman White adjourned the meeting at 3:01 p.m.

Respectfully submitted,
Kenneth Mallory, Secretary
Winnebago Tribe of Nebraska

WINNEBAGO TRIBE OF NEBRASKA
SPECIAL TRIBAL COUNCIL MEETING
ELIGIBLE VOTERS LIST
June 12, 2017

TRIBAL COUNCIL PRESENT:
Frank White
Vincent Bass
Kenneth Mallory
Isaac Smith (in @ 9:45 a.m.)
James Snow
Curtis St. Cyr
Darla LaPointe
Coly Brown

OTHERS PRESENT:
Sharon Frenchman
Kristen Whitebeaver

TRIBAL COUNCIL ABSENT:
Victoria Kitcheyan (travel)

CALL TO ORDER: Chairman White called the meeting to order at 9:18 a.m.

OPENING PRAYER: Vincent Bass offered the opening prayer.

[Vincent out at 10:10 a.m.)

ELIGIBLE VOTERS LIST:

Kenneth Mallory motioned to approve the Eligible Voters List for 2017 Elections with corrections. Coly Brown seconded.

VOTE: (6) yes(0) no (0) abstain Motion carried.

NURSING HOME PRESENTATION:

Isaac Smith motioned to approve extended funds for Nursing Home Presentation.

Curtis St. Cyr seconded.

VOTE: (6) yes(0) no (0) abstain Motion carried.

ADJOURN:

Darla LaPointe motioned to adjourn. Isaac Smith seconded.

VOTE: (6) yes(0) no (0) abstain Motion carried.

Chairman White adjourned the meeting at 10:21 a.m.

Respectfully submitted,
Kenneth Mallory, Secretary
Winnebago Tribe of Nebraska

WINNEBAGO TRIBE OF NEBRASKA
CEO REPORT MEETING
June 14, 2017

TRIBAL COUNCIL PRESENT:
Frank White
Vincent Bass
Kenneth Mallory (in@12:00 p.m.)
James Snow
Curtis St. Cyr
Coly Brown
Isaac Smith (in @ 10:23 a.m.)
Darla LaPointe (in @ 10:18 a.m.)

OTHERS PRESENT:
Randy Teboe
Garan Coons
Sarah Snake
Joy Johnson
William DeCora
Scott Aldrich
Kristen Whitebeaver
Sharon Frenchman

TRIBAL COUNCIL ABSENT:
Victoria Kitcheyan (travel)

[*Kristen Whitebeaver, recording minutes until Kenneth arrives]

CALL TO ORDER: Chairman White called the meeting to order at 10:13 a.m.

OPENING PRAYER: James Snow offered the opening prayer.

APPROVE THE AGENDA:

James Snow motioned to adopt the agenda as presented. Curtis St. Cyr seconded.

VOTE: (4) yes(0) no (0) abstain Motion carried.

[Darla in at 10:18 a.m.]

PLANNING DEPARTMENT:

RESOLUTION APPROVAL

Vincent Bass motioned to adopt resolution #17-97: Winnebago Title V Self Governance Health Negotiation Project. Curtis St. Cyr seconded.

VOTE: (5) yes(0) no (0) abstain Motion carried.

RESOLUTION APPROVAL

Vincent Bass motioned to adopt resolution #17-98: 2017 Head Start Early Head Start Equipment Project. Darla LaPointe seconded.

VOTE: (4) yes(0) no (0) abstain Motion carried.

[Isaac in at 10:45 a.m.]

CONSTRUCATION MANAGEMENT: update

COMMUNICATION: update

CULTURAL PRESERVATION: update. Feedback regarding Eagle Permits for Indian Religious Purposes Letter. Vincent Bass requested a drafted response to the letter.

ENROLLMENT:

[Isaac out @ 11:33 a.m.]

RESOLUTION APPROVAL

Vincent Bass motioned to adopt resolution #17-99: Tribal Enrollment Applicants; A3354. Darla LaPointe seconded.

VOTE: (5) yes(0) no (0) abstain Motion carried.

RESOLUTION APPROVAL

Vincent Bass motioned to adopt resolution #17-100: Approving a Tribal Member Blood Quantum Increase (383-UO8327). Darla LaPointe seconded.

VOTE: (4) yes(0) no (1) abstain, JS Motion carried.

LAND CORPORATION RESOLUTIONS:

FRAN SHARPBACK – Discussion on Lease & Process, Tabled.

[Isaac in @ 11:38 a.m.]

[Darla out @ 11:41 a.m.]

[Vincent out @ 11:52 a.m.]

CRYSTAL WHITE – Tabled.

[Kenneth in @ 12:00 p.m., takes over on recording minutes]

[Vincent in @ 12:00 p.m.]

[Coly out @ 12:00 p.m.]

DULCIE GREEN

Curtis St. Cyr motioned to adopt Resolution #17-101: Ref: Dulcie Greene Leasehold Mortgage Lease. Vincent Bass seconded.

VOTE: (5) yes(0) no (0) abstain Motion carried.

[Vincent, Coly in @ 12:05 p.m.]

US CELLULAR – no action taken

TRIBAL COURT: update

WINNNEBAGO JUVENILE COMMUNITY SERVICE & RESTITUTION PROGRAM, NCC –update.

DEFENDING CHILDHOOD INITATIVE, OJJDP – update

HUMAN SERVICES - NF4NC: Omaha Tribe has reengaged, update.

COMMITTEE ITEMS:

POW-WOW COMMITTEE

Vincent Bass motioned to advertise one position for the Pow-wow Committee.

Isaac Smith seconded.

VOTE: (4) yes(0) no (2) abstain Motion carried.

COMMUNITY POLICING BOARD

Isaac Smith motioned to advertise for 3 positions on the Community Policing Board. Vincent Bass seconded.

VOTE: (6) yes (0) no (0) abstain Motion carried.

HR & EMPLOYEE DEMOGRAPHICS: – update

HEALTH DEPARTMENT:

ALCOHOL PROGRAM: Request the possibility of William Mallory to be a counselor at the Alcohol Program. Updates. No action taken.

DOMESTIC VIOLENCE:

Curtis St. Cyr motioned to approve the Domestic Violence policy and procedures revision. Isaac Smith seconded.

VOTE: (6) yes (0) no (0) abstain Motion carried.

OTHER:

LOG CABINS – update

PORT YANKTON MEETING

Vincent Bass motioned to approve travel for Frank White to the O'hiya Casino in Niobrara, NE to attend the Port Yankton Meeting on June 16, 2017. Coly Brown seconded.

VOTE: (6) yes(0) no (0) abstain Motion carried.

WTN- SITE VISIT SCHEDULE: Winnebago Good Health and Wellness in Indian Country Program.

ADJOURN:

Vincent Bass motioned to adjourn. Isaac Smith seconded.

VOTE: (6) yes(0) no (0) abstain Motion carried.

Chairman White adjourned the meeting at 12:49 p.m.

Respectfully submitted,
Kenneth Mallory, Secretary
Winnebago Tribal Council

CONCUR: Kristen Whitebeaver,
Administrative Secretary

NEBRASKA DEPARTMENT OF ROADS NOTICE OF HIGHWAY PUBLIC MEETING

Thursday, July 13, 2017; 4:00 – 6:00 PM
Information Open House Public Meeting

The Nebraska Department of Roads (NDOR) will hold a public information open house regarding proposed improvements of U.S. Highway 75 (US-75)/U.S. Highway 77 (US-77) in Thurston County. The meeting will be held at the Winnebago Public School - Gymnasium, 202 Osborn Street in Winnebago, on Thursday, July 13, 4:00 – 6:00 P.M.

Identified as In Winnebago, the proposed project would reconstruct approximately 0.74 miles of US-75, starting just north of the US-75/US-77 roundabout, at about mile marker (MM) 169.05, and extending north to MM 169.79, north of the intersection of US-75/US-77 and Bureau of Indian Affairs (BIA) Road 52. A roundabout would be constructed at the intersection of US-75/US-77 and BIA Road 52/Mission Road (MM 169.68). Construction may begin and/or end approximately 300 feet ahead of or beyond the actual project limits to accommodate transitioning the pavement and to provide distance for temporary pavement marking for phased construction.

The purpose of this project is to preserve the transportation asset, improve the reliability of the transportation system and perpetuate mobility of the traveling public including pedestrian mobility. The need for this project is based on the condition of the existing roadway and recent inspections showing that the pavement distresses of US-75 require rehabilitation. The need for the roundabout is based on a vehicular speed study that shows a current impediment to pedestrian mobility and safety.

The planned construction would consist of removing the existing pavement and replacing it with doweled concrete pavement with integral curb over foundation course on a prepared subgrade. Curb inlets, storm sewer, new pedestrian facilities and lighting would also be updated. Additional work would include surfaced drives and intersections, barrier curb constructed between sidewalk and parking areas, relocation of utilities, and driveway work. Rectangular rapid flashing beacons would be placed at sidewalks near the school (vicinity of Wilson Avenue) and midblock near the post office between Mercer Avenue and Matthewson Avenue. Retaining walls would be constructed to limit impacts to adjacent properties. Concrete steps and fencing and/or hand railing would be constructed where needed.

The proposed project would require the acquisition of additional property rights which could include new right-of-way (ROW), permanent easements (PE), and/or temporary easements (TE). Access to adjacent properties would be maintained during construction but may be limited at times due to phasing requirements.

Potential impacts associated with the proposed project include grading, sidewalk, trail, driveway, drainage, and drainage structures near the Winnebago Public School; potential impacts to fencing and sidewalks near the basketball courts south of Mercer Avenue; potential impacts to the Veterans Memorial south of Wilson Avenue; temporary impacts to the bike trail from Wilson Avenue to just north of Mission Road; and temporary impacts to the Veterans Memorial Park.

Construction could begin as early as spring of 2019 with completion by summer of 2020. The proposed project would be constructed under traffic.

This public open house meeting is being held to provide information regarding the project, currently in the design phase, and to receive the public's input. All interested persons are invited to attend and present relevant comments and questions. Design information will be displayed and personnel from NDOR will b e present to answer questions and receive comments. The information "open house" format allows the public to come at any time during the advertised hours, gather pertinent information about the project, speak one-on-one with project personnel, and leave as they wish.

NDOR will make every reasonable accommodation to provide an accessible meeting facility for all persons. Appropriate provisions for the hearing and visually challenged or persons with Limited English Proficiency (LEP) will be made if the Department is notified by July 5, 2017. The public is being encouraged to make suggestions or express concerns regarding this proposed project. Comments will be collected through July 28, 2017. Written comments or requests should be submitted to: Sarah Soula, Public Involvement Manager, Nebraska Department of Roads, P.O. Box 94759, Lincoln, NE 68509-4759; sarah.soula@nebraska.gov; voice telephone 402-479-4871, Fax 402-479-3989.

Information regarding the proposed project will be made available on the NDOR website, the day after the meeting, at www.roads.nebraska.gov/projects/future-projects/ by clicking on the "In Winnebago" link. For those without internet access, information may be obtained through the contact above or at NDOR Headquarters, 1500 Hwy 2, Lincoln, NE. For further information, contact Kevin Domogalla, NDOR District 3 Engineer, 402-370-3470, kevin.domogalla@nebraska.gov.

Community News

WINNEBAGO TRIBAL COUNCIL

PRIMARY & REGULAR ELECTION SCHEDULE
SEPTEMBER 5th , 2017 & OCTOBER 3rd , 2017

June 30th, 2017	Friday	Post Final Eligible Voters List & Tribal Election Code
July 3rd, 2017	Monday	First Day of Notice of Intent
August 7th, 2017	Monday	Last Day for Notice of Intent
August 8th, 2017	Tuesday	List of Candidates Posted
August 9th, 2017	Wednesday	Send Ballots to Automated Election Services– Primary
August 25th, 2017	Friday	Deadline for Absentee Ballot Requests
August 28th, 2017	Monday	Absentee Ballots Mailed Out - Primary
September 5th, 2017	**Tuesday**	**PRIMARY ELECTION**
September 6th, 2017	Wednesday	Post Top Six (6) Candidates
September 6th, 2017 *Special Tribal Council Meeting*	Wednesday	Approve Enrollment & Adoption Requests
September 7th, 2017	Thursday	Send Ballots to Automated Election Services– Regular
September 22nd, 2017	Friday	Deadline for Absentee Ballot Requests
September 25th, 2017	Monday	Absentee Ballots Mailed Out – Regular
October 3rd, 2017	**Tuesday**	**REGULAR ELECTION**
October 4th, 2017	Wednesday	Notification of Newly Elected Members Oath of Office
		Re-Organizational Meeting of New Tribal Council Members

Tribal Council Approval: 04/19/2017

SAFE KIDS WORLDWIDE™

CAR SEAT TECH Training July 18-20 8 am- 5 pm

Fee is $85.00

Educare Building, 317 Frenchman, Winnebago NE

Car Seat Check 2:00-4:00 PM July 20, 2017

To register please visit this website

http://cert.safekids.org/

Please select...**BECOME A TECH** link at the top of the page and go to the bottom of that page and select **courses are in your area** link.

For more information please contact Jennifer Straub at

402-878-3475 or jennifer.straub@ihs.gov

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STORE MANAGER — PONY EXPRESS MARKET, WINNEBAGO, NEBRASKA

- Manages retail store marketing, fuel, food service, general merchandise, and tobacco.
- Responsible for hiring, training and managing all store employees.
- Responsible for store sales, profitability and enhanced customer service.
- Oversight of internal and external store cleanliness based on corporate standards.
- Full time, salaried position.
- Bachelor's degree in business management plus 2 years related experience; or 8 years related experience required.

FLOATING STORE MANAGER CORP. OPERATIONS, WINNEBAGO, NEBRASKA

- Assists Retail Director with administrative and management functions as assigned.
- Helps develop customer service and promotional strategies to enhance the entire operation.
- Partners with other retail store managers to manage any store operation in the absence of the store manager.
- Full time, salaried position.
- Bachelor's degree in business management plus 2 years related experience; or 8 years related experience required.

CASHIERS — ALL LOCATIONS

- Responsible for handling customer transactions for fuel or merchandise in a prompt and accurate manner.
- Responsible for maintenance of store cleanliness and equipment operation during shift.
- Provides excellent customer service and works well in a team environment.
- Responsible for re-stocking shelves and coolers.
- High school diploma or equivalent preferred; six months to one year experience in related field preferred.

FOR MORE INFORMATION ON ANY OF THESE POSITIONS, PLEASE VISIT WWW.HOCHUNKINC.COM/EMPLOYMENT.PHP.

Winnebago Self Storage

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

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Native American Owned Manufacturing Housing Company

LOOKING TO HIRE

Construction trades including,drywalling, roofing, electrical, plumbing, framing, siding

Weekdays! 1st Shift! Attendance bonusus!

Apply at: Cascatra Homes 909 17th Ave. Central City, NE 68826

308-946-5400

randy@cascatahomes.com

Apartment For Rent

Lovely 1 bedroom apartment available for persons 62 years of age or with a disability in Walthill, NE.

Controlled access building with laundry facilities. Rent based on income.

For more information, call

712-258-4765

or write: Weinberg P.M. Inc.,

600 4th Street, Suite 306, Sioux City, Iowa 51105

This institution is an equal opportunity provider

New Deadline ! ! !
for Winnebago Newspaper July 7th

LEGAL NOTICE

Notice of Hearing
Case No. CV15-060
In the Matter of the Custody Petition of:
KANDYCE GRANT
vs.
SOLOMON GRANT
To: KANDYCE HORN,

You are hereby notified that a Custody petition has been filed and a hearing to review the ex parte order concerning the above referred Individual(s) in case no. CV15-060 has been scheduled will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 14TH day of SEPTEMBER, 2017 at the hour of 10:30 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV17-098
In the Matter of the Divorce Petition of:
GEOFFREY FRAZIER
vs
JADE HARDEN
To: JADE HARDEN:

You are hereby notified that a Divorce petition has been filed and a hearing concerning the above referred Case No. CV17-098 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 14TH day of SEPTEMBER, 2017 at the hour of 10:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV17-091
In the Matter of the Guardianship Petition of:
LORNA SNAKE,
In Re:
C. S. (DOB 08-07-2009)
TO: ABIGAIL SNAKE, Mother
MAURICIO FLORES, Putative Father
ALL OTHER POTENTIAL FATHERS

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV17-091 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 22ND day of AUGUST, 2017 at the hour of 10:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV17-099
In the Matter of the Guardianship Petition of:
DAWN SNAKE,
In Re:
H. S. (DOB 11-10-2015)
TO: TAMMY HUFFMAN, Mother
DAVID SNOW, 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. CV17-099 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 12TH day of SEPTEMBER, 2017 at the hour of 9:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV17-097

In the Matter of the Name Change Petition of:
BRITTANY ALEXIA FOURCLOUD
to BRITTANY ALEXIA TYNDALL

To: ANY INTERESTED PARTIES

You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV17-097 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 31ST day of AUGUST, 2017 at the hour of 9:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV17-083
In the Matter of the Guardianship Petition of:
LISA PAYER,
In Re:
S. H. (DOB 05-26-2016)
TO: JENNIFER DREW, Mother
UNKNOWN, 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. CV17-083 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 8TH day of AUGUST, 2017 at the hour of 11:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV17-088

In the Matter of the Name Change Petition of:
MAXIMINO MATILDA CORTES LAMERE
to JOSUE MANUAL LAMERE

To: ANY INTERESTED PARTIES

You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV17-088 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 17TH day of AUGUST, 2017 at the hour of 11:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. JFJ17-032
The People of the Winnebago Tribe
In the Interest of:
J. K. (DOB 4-8-2015)
To: STORMY KNUDSEN, Mother
CODY CHILSON, Putative Father and ALL OTHER POTENTIAL FATHERS

You are hereby notified that a hearing for Initial Appearance concerning the above referred minor individual(s) in case no. JFJ17-032 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 29TH day of AUGUST, 2017 at the hour of 10:30 A.M.

Pony Express Rewards Program

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PONY·EXPRESS

South Sioux City, Winnebago, Walthill, Rosalie, Emerson, & Sloan (next to Winnavegas Casino)

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

$400,000 SLOT TOURNAMENT OF DREAMS

Richest Slot Tournament in Siouxland History!

Every 30 minutes, you have a chance to win *BIG CASH PRIZES!*

- 16 Players called every 30 minutes
- Every point on your players card is worth one entry
- Drawing at 3pm & 10pm for wild card contestants who will move onto the August Finals

Matinée Session : 11am-2pm, Drawing at 3pm

Evening Session: 6pm-9pm, Drawing at 10pm

The top 2 contestants from each round, plus 4 wild card contestants from each session will move on to the August Finals for a chance to win your share of $50,000!

1ST PLACE: $25,000!

CHAMPIONSHIP FINALS

Friday - Sunday, August 4th - 6th

Come Celebrate and Dine with Us!

4th of July Buffet, 11am-9pm

Adults $14.99 Children 10 and Under $7.49

Join us this 4th of July at Flowers Island Buffet for great American favorites like baby back ribs, beef brisket and pulled pork. Choose from an assortment of delicious sides including mac & cheese, corn on the cob, and baked beans.

Win Up to $25,000!

Come play Bingo with us! Saturday, July 8th.

The bingo hall doors will open at 3pm for a chance to win $25,000. Main session begins at 7pm. Games up to $1,000 and $2,500 specials.

Live MMA Fighting at the WinnaVegas Event Center!

Saturday, July 15th King of the Cage Returns.

Advanced general admission tickets available for $35

King of the Cage, the leader in casino mixed martial arts entertainment, returns with a nationally broadcast event headlined by a Welterweight showdown between Kyle Angerman against Heath Mammen and a Light Heavyweight battle between Bradan Erdman vs. Erick Murray. For tickets or more information visit winnavegas.com or call 1-800-HOT-WINN.

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