WINNEBAGO INDIAN NEWS

WINNEBAGO TRIBE OF NEBRASKA
Hocąk Nĩšoc Haci

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Bago Bits...

Amy Painter and Janiya Earth dance at the Oteo Winter Encampment In Newkirk, Oklahoma.

The cold weather continues... a view from the 8th floor at the HoChunk building in Sioux City, IA.

Despite the snow and ice we've received recently, the construction in HoChunk Village will continue.

6 time World Hoop Dance Champion and Native American Actor Nakotah LaRance, paid a special visit to the Winnebago Public School. (More Photos Inside)

David Wingett gets to meet-up with former NBA player, Chauncy Billups, when the SDSU team played in Denver.

Ben and Jeremiah check out the buffalo remains during a recent butchering.

Winnebago Tribe hosted 22 Nebraska Legislators at the state capital

On Tuesday, January 14, the Chairman Brown gave a welcoming statement and told the legislators that the tribe continues to seek positive collaboration with the state. Garan Coons, WTN Communications Officer gave a brief update on some of the new projects happening in Winnebago which included construction of the new roundabout, the tribal farm & new harvest house, and the completion of the newly renovated Neola Walker building. Danelle Smith, CEO of WCHS also updated the legislators on Twelve Clans and the Winnebago Public Health Department. "This event was a great success, we had a bigger than expected turnout. It just goes to show that Winnebago has a lot of interesting things happening" said Tribal Chairman, Coly Brown.

U.S. Department of Justice Provides Notice to Proceed on Winnebago Halfway House Project

Winnebago, NE., - January 17, 2020 - The Winnebago Tribe's halfway house committee announced today the National Environmental Protection Act requirements have been met for the Winnebago Halfway House Project and approved by the U.S. Department of Justice Office of Justice Programs. "This is a milestone in the project, providing release to expend funds," explains Roland Warner, who serves as the Winnebago Tribal Council's Treasurer.

The committee has plans to build a new $1.8-million-dollar facility for Native American's recovering from alcohol and drug addiction. To date the committee has secured $1,706,857 of the $1.8 million project from the U.S. Department of Justice, Winnebago Tribe Gaming Corporation, Winnebago Gaming Development Corporation, Confederated Tribes of Siletz Indians Sieltz Tribe, Tyson Foods, and the Winnebago Tribe of Nebraska. The remainder of the project funds have been either pledged or anticipated soon. This investment will be put towards the new Half-way House Project or known as "Chee-Woy-NaZhee", which means House of Hope in the Ho-Chunk language.

The current halfway house is over 100 years' old, having previously served as the All Saints' Episcopal Church. For several decades now the structure has provided a home for the Half-Way House and until 1995 continued to serve as a place of worship. In August of 1995 a letter from Bishop James Krotz of the All Saints' Episcopal Church of Winnebago moves to formalize the ownership transfer from the church to the Winnebago Tribe. Continuing true today as stated in Bishop Krotz's, letter "the Half-Way House has provided a very effective service to the people of the community."

The new building will have a 10-bed residential rehabilitation and alcohol and drug counseling facility for recovering alcohol and drug addicted Native Americans on the Winnebago Indian Reservation. It will serve Winnebago tribal members and Native Americans from several other tribes primarily from the Great Plains Region.

WINNEBAGO PUBLIC HEALTH DEPARTMENT AWARDED NEW GRANT

WINNEBAGO, NE. – The Winnebago Public Health Department (WPHD) has been awarded the Strong Systems, Stronger Communities grant from the National Indian Health Board (NIHB). The award from NIHB provides a total support package of $84,000 to ten Tribal organizations in efforts to strengthen Tribal public health systems by offering support and technical assistance to Tribes as they complete projects to improve their performance, meet national public health accreditation standards, and/or promote interconnection across the public health system to improve population health.

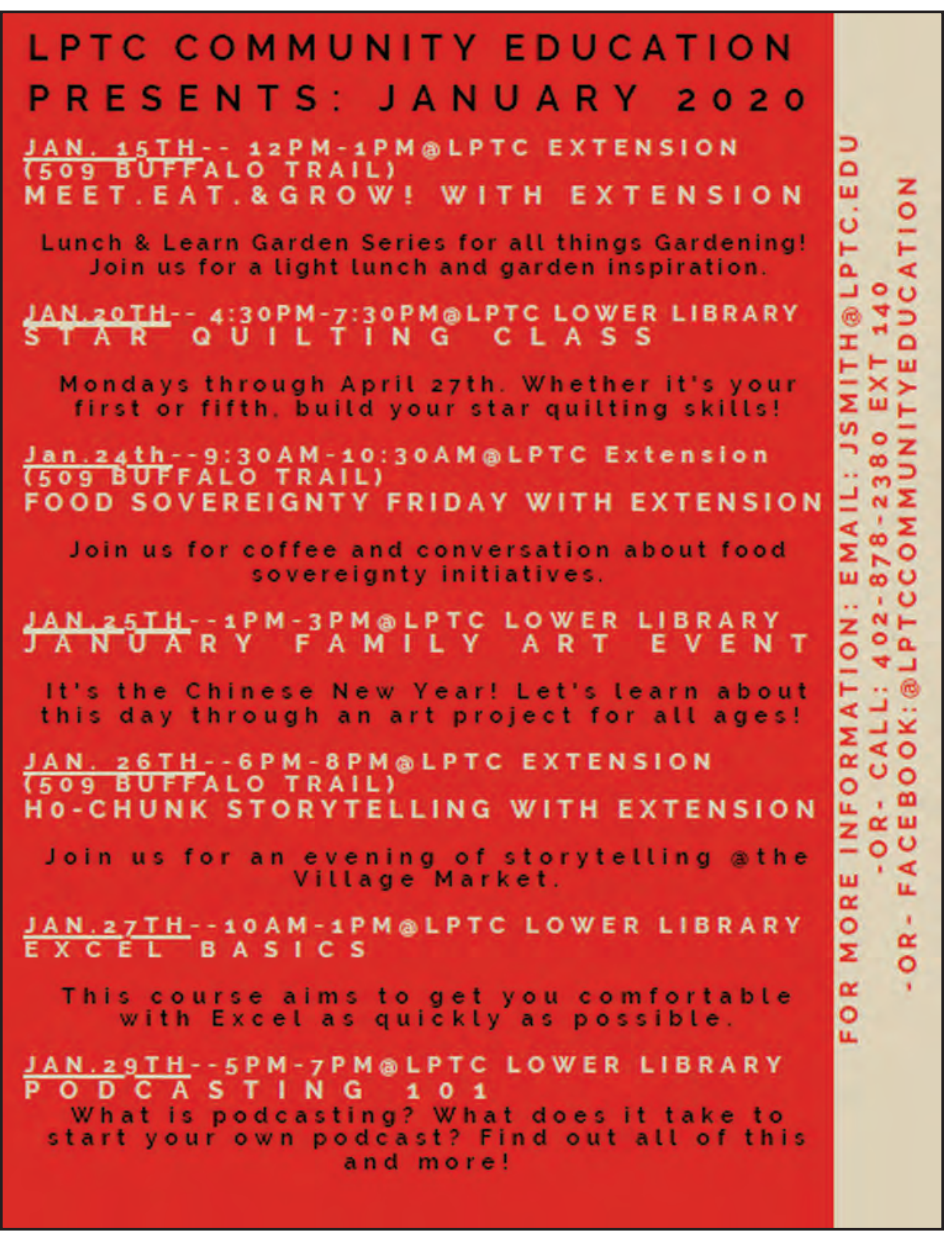
"For many years, the National Indian Health Board has supported Tribes in finding innovative ways to strengthen their public health systems. We are glad to continue that support this upcoming year. The Tribes we work with have and will continue to lead the way in advancing Tribal Public health through systematic improvements and culturally based solutions." said NIHB Chief Executive Officer Stacy A. Bohlen.

Performance improvement and system improvement (PI/SI) is a continuous process that promotes high quality public health services. The path in strengthening public health capacity is unique for each Tribe, and WPHD is one of the awardees focusing specifically on preparedness for a Public Health Accreditation Board (PHAB) site visit. Accreditation by the PHAB pertains to performance and quality improvement of WPHD and provides a framework for the health department to identify performance improvement opportunities, improve management, develop leadership, and improve relationships with the community.

"WPHD is thankful to be granted another round of funding through NIHB. These funds allow us to complete our Community Health Improvement Plan which provides guidance in making effective change within the Winnebago community in order to create and maintain healthier lifestyles," said Mona Zuffante, the Winnebago Public Health Administrator.

About the Winnebago Public Health Department: WPHD is a division of the Winnebago Comprehensive Healthcare System operated by the Winnebago Tribe of Nebraska. The organization strives to create and maintain a health community by providing a wide range of total health and wellness programs. These programs include physical, mental, safety, and social services that benefit the Winnebago community.

BAGO NEWS



Hocąk Corner

Waikanak

(wy-kah-nahk)

Bus/Taxi

Hacija howare?

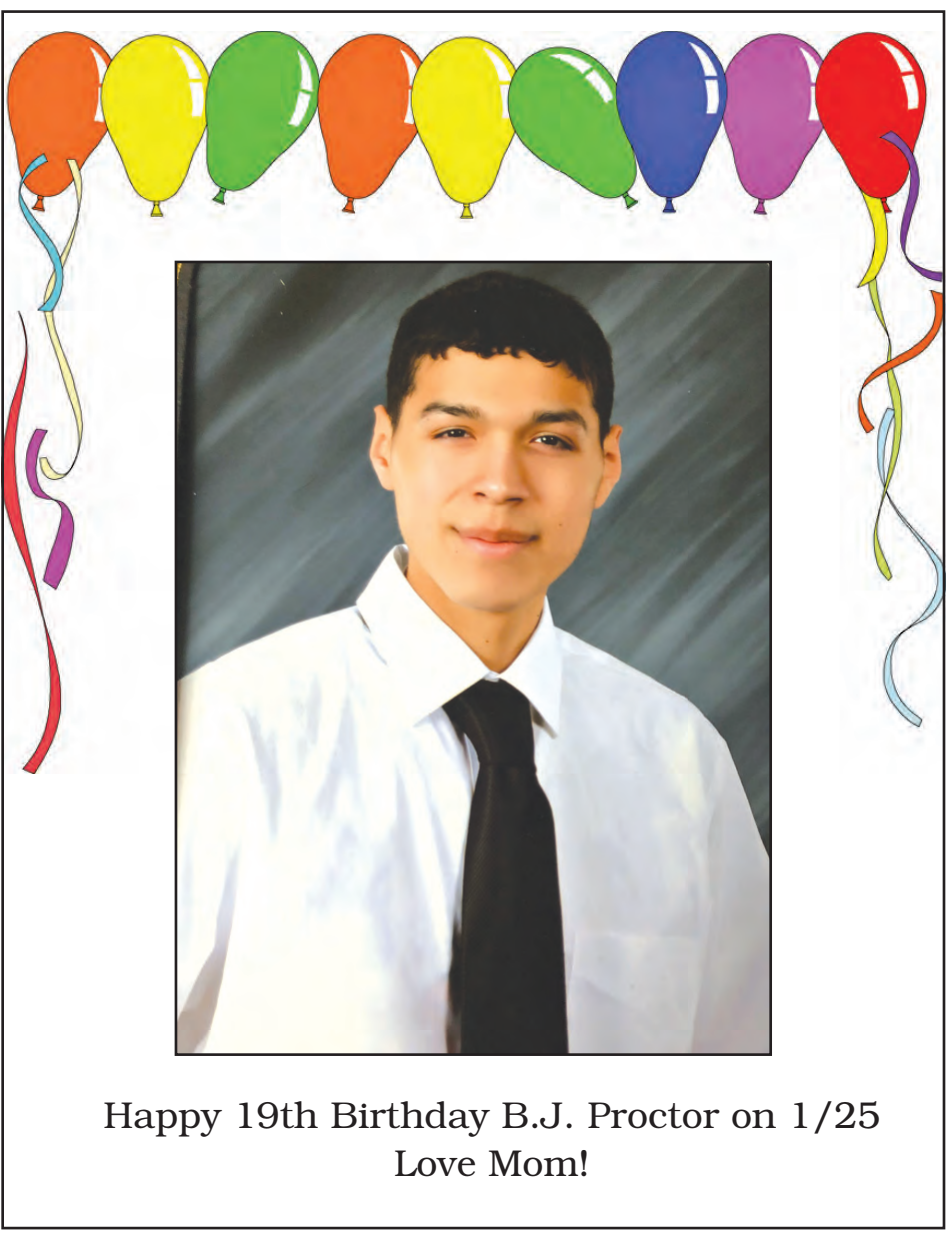
(hah-chee-jah hoh-wah-rday)

Where did he/she go?

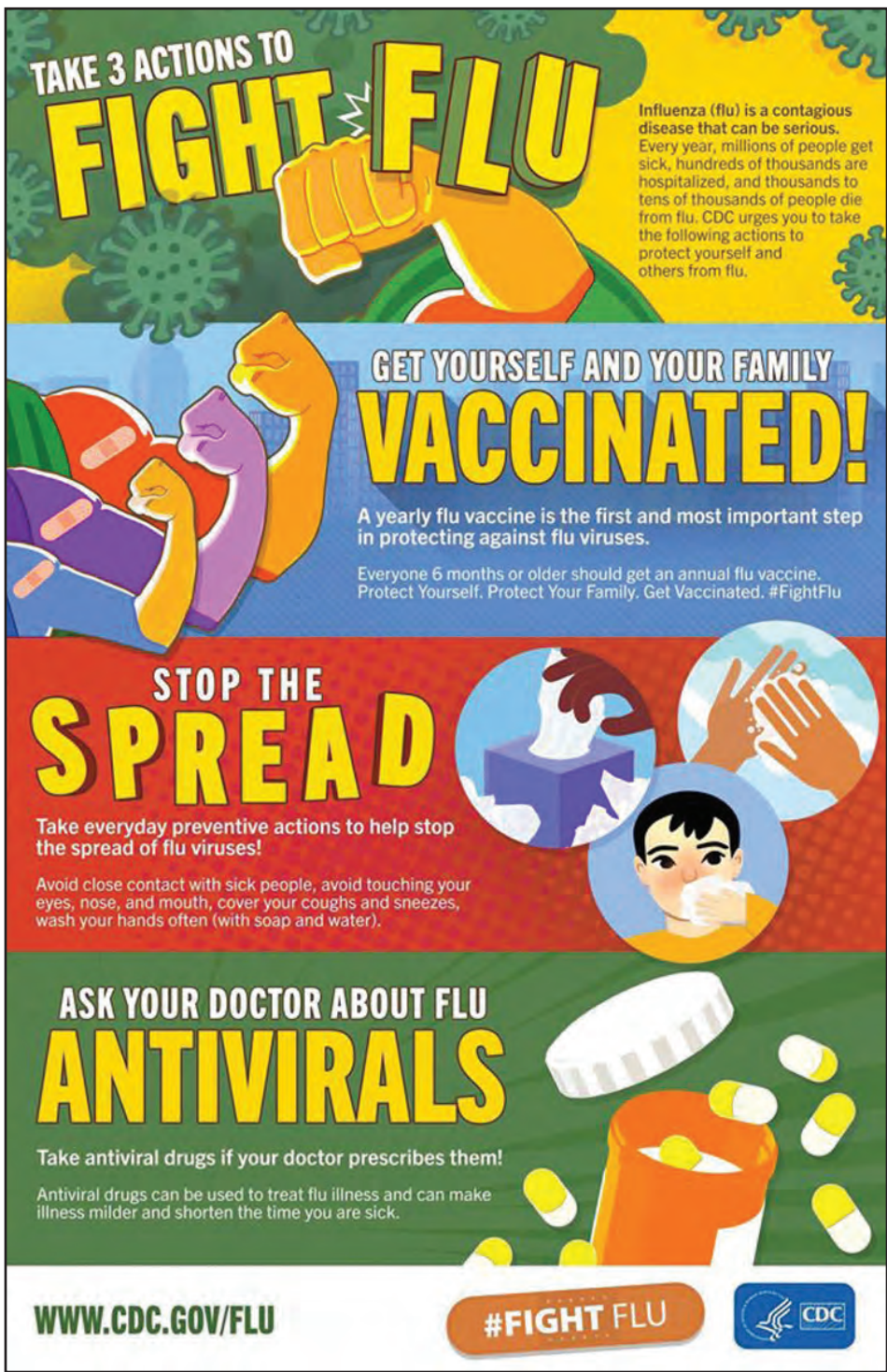
Hirakikara re.

(hee-rdah-kee-kah-rdah rday)

Be careful.



Happy 19th Birthday B.J. Proctor on 1/25
Love Mom!



Next WIN News Deadline:

February 3rd

COMMUNITY NEWS

NURSE FROM WINNEBAGO DIABETES PROGRAM RECIEVES NEW CERTIFICATION

WINNEBAGO, NE. – Michele Smith, a Registered Nurse and Certified Diabetes Educator, has received her certification as a Foot Care Specialist from the American Foot Care Nurses Association. Smith, who works for the Winnebago Public Health Department (WPHD), has been on the Diabetes Team since 2009. This certification marks an achievement in national foot care standards and professional competence. Smith's new skills and credentials allow patients to access convenient, preventative foot care and education.

"Patients with increased access to preventative foot care instead of reactive care will help lower their risk of potential injuries or issues. The majority of lower limb amputations in people with diabetes can be prevented," said Smith.

Services that Smith can now treat include filling down calluses, trimming down nails, and providing continued patient education. In addition to case management, she is also able to refer patients to the hospital's Podiatrist. To achieve certification, Smith performed basic foot care for forty patients with a proctor at the University of Wisconsin and completed twenty-five hours of foot care related continuing education credits. Her certification remains valid for five years.

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RAISED GARDEN BEDS

HoChunk Community Development Corporation (HCCDC) will be offering 20 free raised garden beds (RGB) to anyone in Winnebago who has not received one in the last two years. So far, 190 RGBs have been distributed to community members at no charge, along with free seeds, starter plants, compost, black dirt, technical assistance and a new Farmers Market where anyone can sell produce, arts and crafts and a variety of other products. We encourage everyone with a RGB to continue gardening and growing your own vegetables, fruits, herbs, flowers, etc. Large corporations are taking over farming, reducing product, air, land and water quality, lowering workers wages, loading the produce with herbicides, pesticides and other chemicals, genetically modifying produce, putting small farmers out of business, increasing the cost of produce, burning excessive fossil fuels and generally not caring about our planet nor consumers. We are being forced to eat what is being sold at the stores. We do not know what's in the food that we are eating but we do know that much of it is not good for our bodies. The only way to really know is to grow your own. Thank you to all who have taken this effort seriously. Your gardening efforts will pay off in the long run for your family. If anyone has any questions, needs technical assistance or would like to start a small business, please contact Vince Bass at: 402-878-2192 or email me at: vbass@hccdc.org . If you would like a RGB and have not received one yet, contact me. If someone wants to use the Village Market for any purpose, please contact me or you can contact Janyce Woodard at LPTC Extension office: 402-878-2380, ext. 114 or email her at: jwoodard@littlepriest.edu . Their offices are located at the Village Market in the HoChunk Village. We want to encourage anyone who is not gardening to get involved. There is so much joy and relaxation in planting a garden and watching your sprouts break the ground, then grow into plants that produce a huge variety of vegetables and fruit. You get a sense of pride and accomplishment when you harvest and consume your own crop. You can also preserve most of your produce using a variety of methods. Allow your children to plant a couple of their own favorite vegetables and maintain them thru the season. They will be so proud and you will have taught them a method of survival. Growing our own food is something that we MUST do. If we don't, we will be dependent on others to feed us, like we are now. It's a good feeling to be prepared because someday soon, we could be in a situation where this knowledge will be essential to our existence. It's not a matter of if, it's a matter of when. Let's be prepared for tough times for the sake of our families. Gardening is so satisfying and fun. Give it a try, you will not be disappointed. We want to help. Please give us a call even if you have a question or two. We are here to assist you. GO Gardeners!

Vince Bass
Farmers Market Coordinator

The Eagle Clan (Caxsep Hikikarac) was chosen to oversee all things and make sure everything was working well because he could fly so high and get such a wide view of the world. Hence, the Eagle clan is considered special forces and are the body guards of the Chief of Air Division.

Nebraska Indian Education Association's Report on Their Successful Impact on Nebraska's Social Studies Standards Revision Part II

By Marian Holstein, NeIEA Executive Director, January 20, 2020

On November 8, 2019, the State Board of Education approved the Nebraska Social Studies Standards and indicators to be used as a framework and to describe what students "are expected to know and be able to do." Standards do not dictate curriculum or methods.

The Nebraska Indian Education Association's (NeIEA's) Board of Directors realized a gratifying and humbling success and believe they have made a historic impact on the future education of all students. Through their many discussions with State Board members and numerous advocacy events, school districts and teachers now have a framework for what to teach about Native Nations. Students and staff in Nebraska will also learn about our Native peoples' contributions to the United States and our history with the US government from a different perspective.

NeIEA's work will continue as envisioned. We always knew our next steps would be to support administration and classroom teachers with goals, lesson plans, materials, resources, activities, and methods to teach students about Native Nations. We have worked to create a foundation to include Native educators and communities in this endeavor.

The Nebraska Social Studies Standards can be found on the Nebraska Department of Education's website in their entirety. The inclusionary improvements from the 2012 Standards are profound. For example, the Grade Level Summary and Theme for each grade level are expanded and directed towards equity in classrooms. In sixth grade it calls for students "to analyze the interactions among the various cultures, emphasizing their enduring contributions and the link between the contemporary and ancient world," and in third grade "Students examine these cultures from the past and in the present and the impact they have had in shaping our contemporary society. They begin to look at issues and events from more than one perspective."

NeIEA is encouraged that while our native nation's history will be taught, the history of other peoples and cultures will also be taught, causing all students to have a more global perspective and also how colonization has had its effects globally. For example, Pre-Columbian is now referred to eight times throughout the standards; whereas, in the 2012 Standards there was no reference. It is the direction needed to recognize there were native civilizations and nations here long before Columbus landed.

One of NeIEA's main goals was: When Native students learn about the accurate history of North America's first peoples it builds their pride and self-esteem. This positive social and emotional effect would increase their academic success.

Indicators provide us with over 130 examples and guidance to expand all student's knowledge and understanding of Native history and cultures. While throughout the revision the thread of underrepresented and marginalized groups of people is a common theme, there is a focus on Nebraska's tribes. While examples are too numerous to cite, the following general indicators stand out: elders; cultural virtues; cultural songs; different cultural perspectives; How did my family come to live in this place?; roles different cultures play in my community/nation; characteristics of culture; oral traditions; decision-making process in different cultures; origination of tribal songs; respect for diversity of opinions, cultural virtues; and compare and contrast perspectives from multiple sources.

More specific new indicator examples are: military journal of Ponca Removal; Standing Bear testimony; Ponca Trail of Tears; Santee Exile; Winnebago Removal; Native American Boarding Schools; development of civilizations before Columbus; Native American responses to colonization; creation of the United States Consitution; trade routes; how nation-states interact; Native American treaties with federal government; Indian Removal Act (was in 2012 version); Manifest Destiny; Santee Mankato Executions (Dakota uprising); American Indian Movement; movement for the Restoration of Tribal Status; Indian Reorganization Act of 1934; the relationship of Native Americans living on and off the reservation; Susan LaFlesche history; different systems of government including tribal; tribal sovereignty; and Black Elk's version of Wounded Knee.

It has been a long journey. Many along the way have to be thanked. To Dr. Colette Yellow Robe for getting on the NeIEA train again. To Derek LaPointe and Sidney Tuttle, Santee Tribal Councilmen for sharing the vision since 2017 and for the Tribe's fiscal support and to the Sherwood Foundation. To Rachel Wise, State Board of Education member, Commissioner Matt Blomstedt, Dr. Cory Eppler, Dr. Harris Payne and others within the Nebraska Department of Education.

Several Native American teachers contributed their time and knowledge at a summer session: Jade Farmer; Tashina Denney; Ruth LaPlante; Liz Swalley; Donelle Lovejoy; Daniela Gant; Robert Stoner; and Lisa Jurries.

Our work is not done. Besides supporting classroom teachers to enact the changes, we set our sights to the future revisions of the Science and Math Standards to share with others the genius of our ancestors. For example, NeIEA has already developed a Facilitator's Guide to Understanding the Geometry and other Sciences used by the Mound Builders. Native nations understood education as a daily, year-round experience. Later it also came to be understood as a way to preserve our culture and way of life.

Most of all, we thank our ancestors for surviving and knowing a better day would come.

The next issue of the WINNEBAGO INDIAN NEWS will be published on February 8, 2020. DEADLINE for this issue will be February 3, 2020.

Winnebago Indian News

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LETTERS TO THE EDITOR

Senator Joni Albrecht WEEKLY UPDATE January 17, 2020.

Week two of the Legislature proved to be fast and furious. We began full day debate on carryover bills first thing Monday January 13, 2020. The Governor gave his State of the State speech to the Unicameral and members of the public on Wednesday, January 15, and an additional 119 bills were introduced.

WHAT HAPPENED THIS WEEK:

Diving right in, I introduced Legislative Bill 768 (LB768) last week and Legislative Resolution 293 (LR293) on Monday.

LB768 represents the annual Legislative update which harmonizes Nebraska law with federal regulations by adopting the Federal Motor Carrier Safety and Hazardous Material Regulations current as of January 1, 2019. The adoption of these regulations is required on an annual basis to incorporate new or revised federal regulations into State Statute. The State Statutes must remain current with the federal regulations to avoid incompatibility and to prevent jeopardizing Nebraska's Motor Carrier Safety Assistance Program (MCSAP), which is funded by the Federal Motor Carrier Safety Administration. The Bill was referred to the Transportation and Telecommunications Committee and is first on the agenda to be heard Tuesday, January 21.

I was also pleased to honor Allen Beermann by introducing LR293. The resolution was signed onto by all 49 Senators, which says so much about this man and his lifelong service to Nebraskans! Tuesday, January 14 was Mr. Beermann's 80th birthday and after he was introduced by the Lt. Governor Foley, I was able to take a few minutes to let my colleagues know that Mr. Beermann grew up in Dakota County and to point out a few of his many accomplishments from military service to being the longest serving Secretary of State and going on to serve in leadership of the Nebraska Press Corps. The well-deserved Legislative Resolution will be signed this coming week.

While the first three days were short sessions, this week the Legislature went to full days and debated two carryover priority bills, LBs 147 and 153.

LB153 advanced to Select File on a vote of 43-0. I was proud to cast my vote for this important bill that exempts from income tax 50% of military retirement benefits. Like so many of my colleagues, I appreciate the service of our military men and women and want to show that gratitude in whatever way I am able. This bill not only allows me to not only recognize their service, but also to show that we appreciate the contribution they make to the fabric of our communities by choosing to live, work, and play in Nebraska after their military service.

LB147 also had first round debate but without advancing to Select File. LB147 would allow for educators to physically intervene and remove a student from the room if a student is acting violent in order to maintain safety and order in the classroom. Senator Groene introduced LB147 after receiving a plea for help from teachers, administrators, and the NSEA. Thousands of teachers responded to a NSEA survey with stories of violence and outbursts in the classroom. One teacher wrote "I have had 20 or so students threaten or commit violence at me or towards classroom staff over 10 years. 3 current. General attitude towards these students is "they can't help it" or "no one cares enough to help."" Another wrote "I was punched in the stomach while pregnant on more than one occasion." These stories are startling and it is critical that we protect our teachers. It is evident that teachers feel the need for the support this bill will offer in order to feel they can be safe and keep their classrooms safer. There was a lively debate about LB147 and Senator Groene is working to address some of the issues and suggestions brought forward on the floor in hopes of finalizing a bill that can be passed by the body. It appears to me that this bill is needed to retain great educators and to provide safe spaces for them and for all students. We have been told of teachers who have left the profession or are contemplating leaving the teaching profession because of lack of support for them managing appropriate boundaries in their classrooms. I intend to continue monitoring and supporting positive changes where needed.

Also, there were a number of other carryover bills that were advanced out of Committee in the 2019 Session and debated for the first time this week. Several were advanced to Select File to receive additional debate.

WHAT IS COMING NEXT? This week the Legislature will hear from Justice Heavican, the Chief of the Nebraska Supreme Court as he delivers his State of the Judiciary address to the Unicameral.

Committee Hearings on newly introduced bills will begin Tuesday, January 21. Hearing schedules for the present week, the following week, or for a range of dates can be viewed by clicking on the link to Hearing Schedules at nebraskalegislature.gov. You can also find instructions for sending letters to voice your position on a specific bill in a specific committee. As a reminder, letters for the record needs to be received by the Committee by 5:00 pm. the day before the hearing. If you decide to come to Lincoln to testify at a hearing, please let us know you are coming and if you like, come before lunch to see your Legislature in action. Even if you don't call, please make it a point to stop by my office, #1404, and say hello!

The Speaker has indicated that bills on Select File will begin receiving second debate Friday, January 24.

DATES YOU SHOULD KNOW:

January 21, 2020 (Tuesday). Committee Hearings begin at 1:30 p.m. (Introduction on new bills and debate on carryover bills will continue during morning Session.

January 22, 2020 (Wednesday). Chief Justice Heavican delivers the Nebraska State of the Judiciary Address to the Legislature.

January 23, 2020 (Thursday). Last day to introduce new bills for consideration in this Legislative Session.

January 31, 2020 (Friday) is Veterans' Legislative Day at the Capitol, with registration at 7:45 AM at the Warner Chamber; program at 8:15 AM. Visit the Legislature in Session at 9 AM. Veterans are encouraged to attend and take time to visit with your Senator.

April 23, 2020 (Thursday). Last day of 2020 Legislative Session (Short 60-day)

Any bills that do not see final decisions by the last day of session will not carry over to the 2021 session.

As always, it is of great importance that I hear from my constituents to effectively do my job as your voice in the Legislature. I encourage you to contact me and I look forward to hearing from you. You can reach me by phone at 402-471-2716 or by email at jalbrecht@leg.ne.gov

JESUS OUR SAVIOR LUTHERAN OUTREACH

Pastor Ricky Jacob

"You gave me life"

"You gave me life and showed me kindness, and in your providence watched over my spirit" (Job 10:12). These words were written by a man who had endured the ups and downs of life. He was blessed by Creator God in so many ways. At one time he was the father of seven sons and three daughters. He was happily married and was blessed with many material possessions.

Yes, Job had so much to be thankful for and he would often offer up morning sacrifices on behalf of his children. But then tragedy struck and he lost all of his children in one wind storm. How could this happen? What had he done wrong? Or what had he failed to do?

'When Job heard the news he got up and tore his robe and shaved his head. Then he fell to the ground in worship and said, "Naked I came from my mother's womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised." ' (Job 1:21 NIV84).

I do not know how I would have reacted. I probably would have been quite upset and said a few choice words. How would you have reacted? Or how have you reacted when tragedy comes your way?

Sometimes we think that it could not get any worse. Maybe Job thought that way, but in his case it did. Job was afflicted with painful sores from the soles of his feet to the top of his head. To add insult to injury his wife, the mother of their ten deceased children, said to him, ' "Are you still holding on to your integrity? Curse God and die" ' (Job 2:9)!

Job's wife was encouraging him to take his own life! Maybe you have been told that the world would be a better place with you (or thought that). Maybe you have thought that the only way out of your feelings of depression, or despair, or guilt/shame would be to end it.

These are all lies! Creator God gave you the gift of life and no one should take that life, including you. So how did Job respond to his wife?

'(Job) replied, "You are talking like a foolish woman. Shall we accept good from God, and not trouble?" In all this, Job did not sin in what he said' (Job 2:10). God's Sacred Word reveals that Creator God allowed Satan to tempt Job in order that Job's faith would be strengthened through this trial.

Jesus gave us these words in his spiritual warrior's prayer: "And lead us not into temptation, but deliver us from evil." God tempts no one. He does allow us to be tested and longs for us to say with Job: "You gave me life and showed me kindness, and in your providence watched over my spirit."

Never ever forget that Creator God loves you and if you were to take your own life that you would be snuffing out his love and kindness to you. In so doing, you would also be cutting short the love and kindness that you give and share with others. Your family and friends would be left without you and have to attempt to pick up the pieces of a shattered relationship. You would inflict additional suffering and probably guilt upon them.

Instead, take the time right now to thank God with these words: "You gave me life and showed me kindness, and in your providence watched over my spirit!"

In Loving Memory...

SANDRA "TeNes" MITCHELL

POTAWATOMI RESERVATION – Sandra "TeNes" Mitchell, 59, of Mayetta, KS passed away Sunday, January 12, 2020 at the University of Kansas Medical Center in Kansas City, KS. She was born October 24, 1960 in Holton, the daughter of Melvin Twin and Alberta Marie Nagmo.

She graduated from Royal Valley High School in 1978. She later graduated from Washburn University in Topeka, KS.

Sandra lived on the Potawatomi Reservation most of her life and worked at various places. She enjoyed reading, gardening, cutting wood for her woodstove and D.I.Y. projects. Most of all she enjoyed being a grandma.

She was a member of the Prairie Band Potawatomi Nation and Winnebago Tribe of Nebraska.

She was married to Larry Fairman, later to Clifford Knoxsah and then to Bradley Orville Rice, who preceded her in death in 2015.

Sandra is survived by her adopted mother, Judy Wabaunsee of Topeka, KS; her 4 daughters, Maria Fairman (Jose) of Topeka, KS, Nickolasa Jackson (Robert), Maggie Mae Fairman (Josias) and Pamela Kay Knoxsah all of the Potawatomi Reservation; her son, Dale Knoxsah of the Potawatomi Reservation; her 4 sisters, Jackie Mitchell of the Potawatomi Reservation, Shirlene Seymour of Winnebago, NE, Lisa Wamego and Edie Wamego both of the Potawatomi Reservation; her 6 brothers, Eddie Joe Mitchell of the Potawatomi Reservation, Leo Mitchell of Valley Falls, KS, Randy Mitchell, John LeClere, Mando Evans and Lavern Hale all of the Potawatomi Reservation and her 14 grandchildren, Asia, Kenneth, Felicity, Shanokwe, Daffodil, Maria Jose, Nagmo, Esteban, Oliver, Elsa, Larry, Miksekwe, Josias and Alberta.

She was preceded in death by her parents, Melvin Twin, Alberta Marie Nagmo Wamego; her step-father, Algernon Wamego; her 4 brothers, Gary Mitchell, Larry Mitchell, Andrew Mitchell and Mike Wamego and her nephew, Clint Wahquahboshkuk.

Drum Services will be Wednesday evening, January 15, 2020 at the Danceground Building. Burial will be Thursday afternoon at Takako Cemetery. Sandra will lie in state Wednesday until 2:30 p.m. at the Mercer Funeral Home in Holton. To leave a special message for the family, please visit www.mercerfuneralhomes.com.

On Common Ground

I know it has been a while since I last published an article for On Common Ground, but since my last column, Little Priest Tribal College was on Holiday and it has taken me a little time to get caught up. I'm

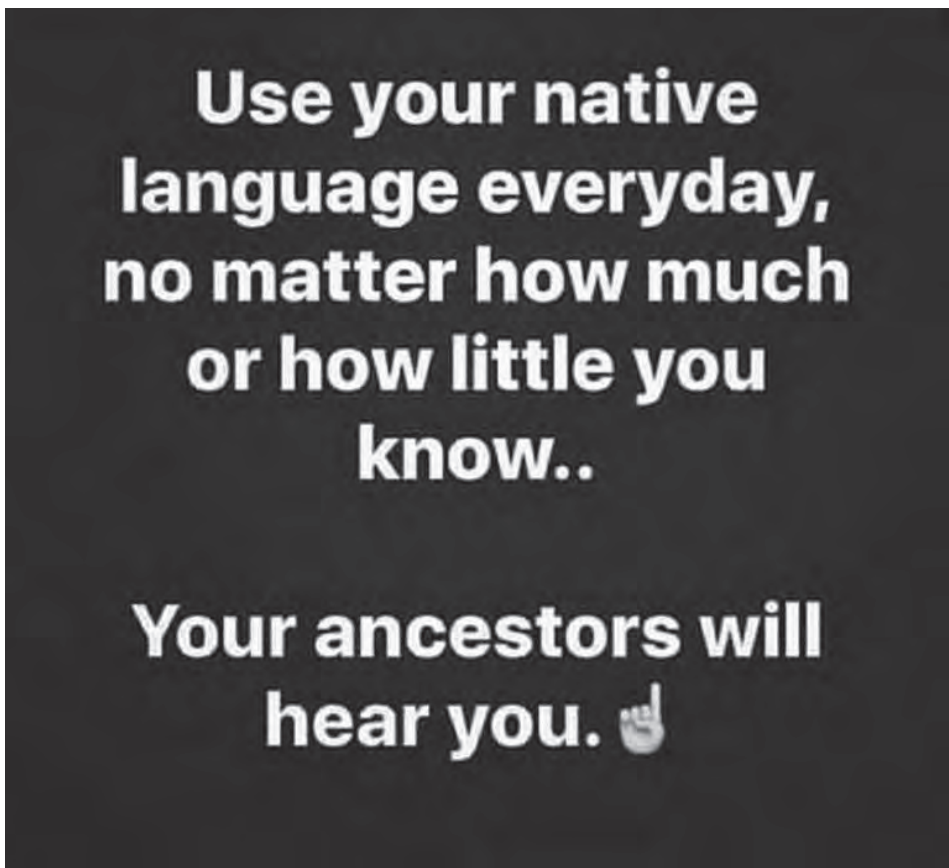
happy to report that there have been some changes to the landscape behind the Little Priest Tribal College Extension hoop house. With cooperation from Winnebago Public School, tribal facilities was able to remove some trees from LPTC property, which will allow us room to do some leveling and fencing, which, in turn, will create a space for a storage container.

LPTC Extension has been in need of a dry, safe storage area to accommodate our equipment and will also provide a small space for a workbench and tool storage.

I would like to thank the Winnebago Tribal Facilities, Winnebago Public School and our own alumnus, Dayton Horton for the tree felling and access the tree removal will allow us for our expansion.

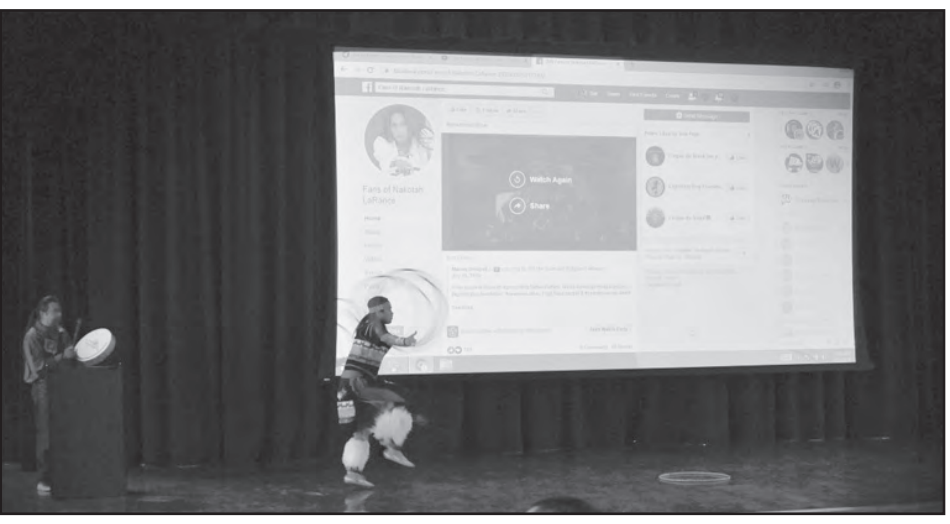
Aho!

Stuart Fischer



COMMUNITY NEWS

Photos of Nakota Larance performance at WPS



Simple Health Tips

Get enough sleep

Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance.

Don't drink sugar calories

Sugary drinks are among the most fattening items you can put into your body. This is because your brain doesn't measure calories from liquid sugar the same way it does for solid food. Sugary drinks are strongly associated with obesity, type 2 diabetes, heart disease, and many other health problems. Keep in mind that certain fruit juices may be almost as bad as soda in this regard, as they sometimes contain just as much sugar. Their small amounts of antioxidants do not negate the sugar's harmful effects.

Take care of your gut health with probiotics and fiber

A disruption in gut bacteria is linked to some of the world's most serious chronic diseases, including obesity.

Good ways to improve gut health include eating probiotic foods like yogurt and sauerkraut, eating plenty of fiber. Notably, fiber functions as fuel for your gut bacteria.

Drink some water, especially before meal

Drinking enough water can have numerous benefits.

Surprisingly, it can boost the number of calories you burn.

The optimal time to drink it is before meals. One study showed that downing 2.1 cups (500 ml) of water 30 minutes before each meal increased weight loss by 44%.

Don't overcook or burn your meat

Meat can be a nutritious and healthy part of your diet. It's very high in protein and contains various important nutrients. However, problems occur when meat is overcooked or burnt. This can lead to the formation of harmful compounds that raise your risk of cancer. When you cook your meat, make sure not to overcook or burn it.

Eat vegetables and fruits

Vegetables and fruits are loaded with prebiotic fiber, vitamins, minerals, and many antioxidants, some of which have potent biological effects.

Studies show that people who eat the most vegetables and fruits live longer and have a lower risk of heart disease, type 2 diabetes, obesity, and other illnesses.

Make sure to eat enough protein

Eating enough protein is vital for optimal health.

What's more, this nutrient is particularly important for weight loss.

High protein intake can boost metabolism significantly while making you feel full enough to automatically eat fewer calories. It can also reduce cravings and your desire to snack late at night. Sufficient protein intake has also been shown to lower blood sugar and blood pressure levels.

Do some cardio

Doing aerobic exercise, also called cardio, is one of the best things you can do for your mental and physical health.

It's particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs. Reduced belly fat should lead to major improvements in metabolic health.

Use extra virgin olive oil

Extra virgin olive oil is one of the healthiest vegetable oils.

It's loaded with heart-healthy monounsaturated fats and powerful antioxidants that can fight inflammation. Extra virgin olive oil benefits heart health, as people who consume it have a much lower risk of dying from heart attacks and strokes

Minimize your sugar intake

Added sugar is one of the worst ingredients in the modern diet, as large amounts can harm your metabolic health. High sugar intake is linked to numerous ailments, including obesity, type 2 diabetes, heart disease, and many forms of cancer.

Don't eat a lot of refined carbs

Not all carbs are created equal. Refined carbs have been highly processed to remove their fiber. They're relatively low in nutrients and can harm your health when eaten in excess.

Studies show that refined carbs are linked to overeating and numerous metabolic diseases.

Don't fear saturated fat

Saturated fat has been controversial. While it's true that saturated fat raises cholesterol levels it also raises HDL (good) cholesterol and shrinks your LDL (bad) particles, which is linked to a lower risk of heart disease.

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BAGO NEWS

FEBRUARY Is The Month Of *Love*!

The Winnebago Indian News Is Dedicating A Page To YOU (Near & Far) To Express Your Love To Some One By Making A "Shout Out" Or Sending In A Photo To Be Published In Our February 8th W.I.N. Issue!

The Deadline To Send In Any & All Shout Outs Will Be **February 3rd**. So Write Up Those Love Drafts, Dig Out Those Old Pictures & Get Them In To Us Right Away So We Can Show Your Sweetheart Some Love!!

You Can Send Your Shout Out To Us Through The Postal Services Or By E-Mail. (Anything Mailed Into Us Will Not Be Returned)

- Winnebago Indian News
  P.O. Box 687
  Winnebago, NE 68071
- winnebagoindiannews@winnebagotribe.com

Ho-Chunk Farms makes first-ever land purchase

Ho-Chunk Farms announced its first farmland purchase today with a $1.3 million deal for 231 acres of reservation land northeast of Winnebago.

"This is a huge step for the long-term sustainability of Ho-Chunk Farms and the continued opportunity of purchasing tribal lands from non-native sellers," said Aaron LaPointe, manager of Ho-Chunk Farms.

Just 25% of farmable land on the Winnebago Reservation is owned by the Tribe or tribal members, LaPointe estimates.

In addition to the Ho-Chunk Farms purchase, the Winnebago Tribe is currently evaluating a purchase proposal for numerous other parcels totaling a record number of acres.

"This signals the Tribe and tribal entities are in the business of buying land," LaPointe said.

This spring, Ho-Chunk Farms will plant an additional 5,000 acres of leased farmland on the Winnebago Reservation. The company – a subsidiary of Ho-Chunk, Inc. – will also purchase farm equipment to expand its machinery line. The goal is to increase tribal employment in farming and reduce contracted work.

Ho-Chunk Farms started in 2012. In that time, it's changed the dynamics of reservation farming and increased agriculture land values for the Winnebago Tribe.

The Dawes Act of 1887 allowed tribal lands to be divided and taken, resulting in a checkerboard pattern of land ownership on reservations across the United States. By the early 1900s, the Winnebago Tribe had lost ownership of about two-thirds of its northeast Nebraska reservation.

The remaining tribal land has been held "in trust" by the federal government. Tribal farmland is leased to the public in a bid process managed by the Bureau of Indian Affairs. Leases have historically been under fair market value.

Tribal policy allows Ho-Chunk Farms to match any bid. In recent years, this has increased tribal land value by millions.

"Everything we do is based on sustainability," LaPointe said. "That includes economics, the environment and traditional ways."

This spring, Ho-Chunk Farms will plant 440 acres of USDA Certified Organic crops, including 270 newly-certified acres. The company is currently transitioning 591 acres to certified organic, an increase of 340 acres from last year.

Ho-Chunk Farms' direct investment in the Winnebago community is facilitated by revenue from organic and commodity crops.

Ho-Chunk Farms, the Winnebago Tribe and community partners are promoting food sovereignty with a number of projects, including traditional Indian corn, raised bed vegetable gardens and a new summer farmers market in the Ho-Chunk Village.

Star Quilting Class will be begin on Monday, January 27th.

Here is the supply list for class. Community Ed. will have some of the basics and access to four sewing machines:

REQUIRED MATERIALS:

a. Text: None Required

b. Fabric yardage for the star ***keep colors labelled as 1,2,3,4,5!!

1st Color ¼ yard • 2nd Color ½ yard• 3rd Color 5/8 yard

4th Color ¾ yard• 5th Color ½ yard

c. Five (5) yards of fabric for blocking in the star. Five and a half (5 ½) yards of fabric for back.

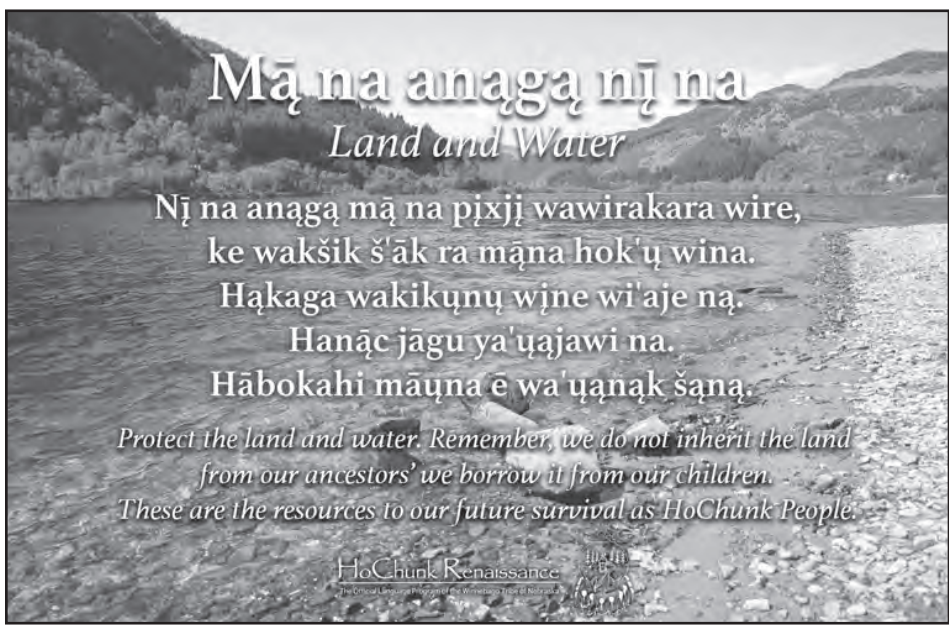
d. Other supplies: Plexiglas ruler, rotary cutter, cutting mat, thread, pins, scissors (not required, but nice to have).

e. Batting the size of the finished quilt (not required the first few weeks).

Please RSVP

Questions? Call Jennifer Smith @402-878-2380 ext. 140 -or- --

Facebook: @LPTCCommunityeducation



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Before attending, please apply online at: www.WinnaVegas.com

Located in the HR training room behind the casino property.

The Winnebago Tribal Council is 100% AGAINST Meth. Not only is Meth harmful to the individual, it destroys families and our community. Meth use is not the HoChunk/Winnebago way of life. On 12-30-19, during the Winnebago Mid-monthly Tribal Council meeting, a motion was passed to publish all meth related offenses occurring on the Winnebago reservation, in the Winnebago Indian News.

The following individual(s) has been arrested for a meth offense...

Donovan Walking Eagle, 22 – arrested for possession of a dangerous drug (meth) and possession of drug paraphernalia or drug manufacturing equipment.

LEGAL NOTICE

Notice of Hearing
Case No. CV20-031

In the Matter of the
Divorce Petition of:
ANPAO MANI PETITE-SANCHEZ
vs
OSVALDO SANCHEZ

To: OSVALDO SANCHEZ

You are hereby notified that a Divorce petition has been filed and a hearing concerning the above referred Case No. CV20-031 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 9TH day of MARCH, 2020 at the hour of 11:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV12-050
In the Matter of the
Guardianship Petition of:
LOLA BERNIE

In Re:
D. G. (Born 1/2011)

TO: LOLA KEARNES, Guardian
HOLLY GRIFFIN, Mother
VICTOR MALDONADA, 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. CV12-050 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 19TH day of MARCH, 2020 at the hour of 11:00 A.M.

WINNEBAGO NEWS

WinnaVegas
CASINO ♦ RESORT

LAST BEAR MOON
Winter Celebration
POWWOW

SATURDAY, FEBRUARY 29TH, 2020

WINNAVEGAS EVENT CENTER • SLOAN, IOWA

HEAD STAFF
HOST DRUMS:
HAY-LUSH-KA • HU-JOP
GREYWOLF • NEW BREED

INVITED DRUM:
MO-TOWN, REDLAKE, MN

MC:
SILAS CLEVELAND, WINNEBAGO, NE

ARENA DIRECTORS:
PETE SNOWBALL & GENTRY ST.CYR

HEADMAN:
DILLON BEARSKIN, WINNEBAGO, NE

HEADLADY:
SHONDEEN LONG, WINNEBAGO, NE

GOURD DANCE HEAD STAFF
GOURD DANCE AT 11:30 AM & 5:00 PM
MC:
FRANK CARSON, STILLWATER, OK

HEAD SINGER:
AMOS LITTLECROW, PONCA CITY, OK

HEAD MAN:
DONNIE CHILDS, ENID, OK

HEAD LADY:
KENNETHA BUTLER, RED ROCK, OK

DANCE & SINGING CONTEST INFORMATION
1:00 PM AND 7:00 PM GRAND ENTRIES • POINTS START AT 1:00 PM

SINGING CONTEST (VISITING DRUMS ONLY)
1ST $3,000 • 2ND $2,000 • 3RD $1,000
DRUM SPLIT FOR NON-PLACING DRUMS

MEN'S GOLDEN AGE COMBINED (55 +)
WOMEN'S GOLDEN AGE COMBINED (55 +)
ADULT (18-54)
MEN'S TRADITIONAL • GRASS • FANCY
SOUTHERN STRAIGHT
WOMEN'S TRADITIONAL • SOUTHERN TRADITIONAL
JINGLE • FANCY SHAWL • HOCHUNK APPLIQUÉ
1ST $400 • 2ND $300 • 3RD $200 • 4TH $100

TEEN CATEGORIES (13-17)
TEEN BOY'S TRADITIONAL • GRASS • FANCY
TEEN GIRL'S TRADITIONAL • JINGLE
FANCY SHAWL • HOCHUNK APPLIQUÉ
1ST $200 • 2ND $125 • 3RD $75

JUNIOR CATEGORIES (6-12)
JUNIOR BOYS & JUNIOR GIRLS WILL RECEIVE DAY PAY
TINY TOTS (0-5) WILL RECEIVE DAY PAY

>> SPOTLIGHT SPECIAL<<
MEN'S GRASS ($1,000 PRIZE POOL)
WOMEN'S JINGLE ($1,000 PRIZE POOL)

YouTube
• WATCH LIVE •
POWWOW WILL BE LIVE-STRE AMED
VIA WINNEBAGO TRIBE'S YOUTUBE CHANNEL

General Information
ADMISSION: FREE
ARTS & CRAFTS VENDORS WILL SETUP AT THIS EVENT.

HOTEL BOOKING: 800-468-9466
WinnaVegas Hotel Rate • $71.50
*Request the rate under the code:
WinnaVegas Winter Celebration
Other Options • Comfort Inn • $72.00
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Phone: (712) 274-1300

No drugs/alcohol allowed in event center • Not liable for accidents and stolen property • No pets
Winnavegas reserves right to change & modify this event
Additional Info:
Garan Coons, Winnebago Tribe Communications Officer
402-878-2272 • garan.coons@winnebagotribe.com

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Comics

by Joseph Levering

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Main session starts at 7pm
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Powwow

SATURDAY, FEBRUARY 29, 2020

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For more info visit winnavegas.com
or call 1.800.468.9466

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