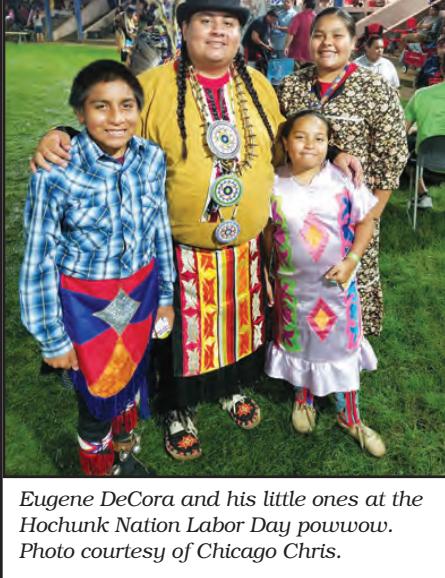




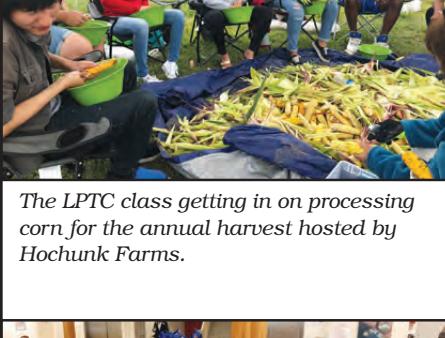
Winnebago Indian News

Published Bi-Weekly for the Winnebago Tribe of Nebraska • Volume 46, Number 15 Saturday, September 8, 2018

Bago Bits...



Eugene DeCora and his little ones at the Hochunk Nation Labor Day powwow. Photo courtesy of Chicago Chris.



The LPTC class getting in on processing corn for the annual harvest hosted by Hochunk Farms.



It was baby & toddler Education Day last week at the 12 Clans Unity Hospital.



Omaha Tribal K9 Officer Roberto Gorrin and the Thurston County Sheriff's Department took over a pound of METH off the streets last month, thanks and congratulations Officers.



The HoChunk Village keeps growing and growing.



All our Winnebago Princesses were present at last weekends Hochunk Nation Labor Day Powwow. Photo by Hayna Grezlik.



The Winnebago Cheer Team was there to back up the Indians at last weeks game in Norfolk.



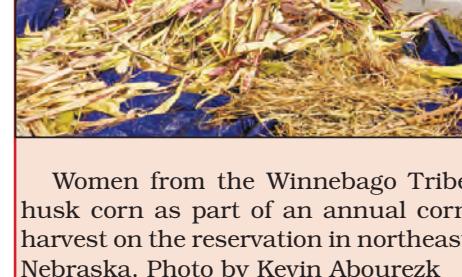
Hochunk Farms a subsidiary of HoChunk Incorporated up'd its game this year and planted an acre and a half of Indian Corn. No its not from an ancient strain of Winnebago seed, just some run of the mill Indian Corn, although of late the strain has produced predominately a white strain of the traditional food staple for the Winnebago. The corn after harvest and processing is used mainly in soup, but the white strain is top shelf, also used for 'morning food' during Native American Church services, so it is a sought after product. Here the 2nd grade class from the Winnebago Public School stopped by to learn a few steps of the harvest, each stage is hard work, here the students help 'husk' the corn, the second step in the process. From here the corn is boiled, then spooned off the cob and then taken to be dried in the sun on screens, the old fashioned way...well since the invention of screens. Photo by Jade.

Junior High Football is Hottest Ticket on the Rez



The Winnebago Junior High Boys Football team is fired up for the 2018 football season. The Indians September 4th game against Macy was postponed due to rain, but the young Indians are scheduled for a September 10th contest at Homer around 4 pm...be there, or be square. GBB!

Indianz.com... Winnebago Tribe turns to tradition with annual corn harvest



Women from the Winnebago Tribe husk corn as part of an annual corn harvest on the reservation in northeast Nebraska. Photo by Kevin Abourezk

Posted: Wednesday, August 29, 2018

'That's how I remember it'

Community gathers for corn harvest on Winnebago Reservation By Kevin Abourezk

WINNEBAGO, Nebraska – The three women sit on lawn chairs before a growing pile of corn husks.

One by one, they pull the husks off the corn and throw the corn into a blue rubber container. They tease each other, as well as the three young men who are dumping the piles of corn ker-

nels onto wire meshed wooden frames in order to dry them in the sun.

The men and women are harvesting corn recently taken from a nearby field. They are doing their work behind a Dollar General in Winnebago, in full view of traffic passing on nearby U.S. Highway 77.

Sarah Snake, 62, tells the men she found a caterpillar on one of the corn cobs and took it off. Later, she found the caterpillar on her ankle, biting her.

"He was probably eating the corns on your feet," one of the men tells Snake, making her and the other women laugh.



Sarah Snake of Ho-Chunk Inc. helps husk corn during the Winnebago Tribe's annual corn harvest in northeast Nebraska. Photo by Kevin Abourezk

The scene, Snake says, is reminiscent of a much older time, when the Winnebago people would harvest their corn as a community. The men would pick the corn, while the women would husk the corn and cut the kernels off with spoons, placing the kernels on sheets. The men would then take the sheets and dump the kernels off of them onto screens to dry the corn.

Children would play, and other men would sing harvest sings in the Ho-Chunk language.

"That's how I remember it as a child growing up," Snake said.

And so she recently decided to help the three young men charged with harvesting the Winnebago people's corn and teach them how their people harvested corn in the old days.

"It's an experience that they can carry on and that I hope they can teach their children and their grandchildren so that it's not a dying art of our people," she said.

Aaron LaPointe, agricultural business supervisor for Ho-Chunk Farms, said this is the second year that the tribe has planted and harvested corn.

The harvest will take about two

...Con't. on page 4



NOVEMBER 11TH, 2018

-HEAD STAFF-
TBA
-AGENDA-
12 PM MEAL
TBA

VETERAN'S DAY CELEBRATION

WINNEBAGO, NE

THANK YOU Interns!

The 2018 Ho-Chunk, Inc. class of interns played an important role this summer as they worked in various Ho-Chunk, Inc. companies on a variety of projects and participated in many activities. We enjoyed having them and hope they gained valuable business experience that can be put to good use as they head back to college this fall.

Ho-Chunk, Inc. expects great things of these future leaders:

Andrea Snowball MUSCOKEE CREEK Legal Department, Creighton University	Tina Wolfe-Richell WINNEBAGO Corporate Accounting, Wayne State College	Adavia Harlan OMAHA Blue Earth Marketing, Doane University
DeAndre Webster WINNEBAGO Bluestone Homes, Little Priest Tribal College	Shondeen Long WINNEBAGO Ho-Chunk Capital, University of Nebraska-Lincoln	Jon Red Corn OMAHA Ho-Chunk Capital, Oklahoma State University
Steven Chouinamany Pony Express, Iowa State University	Patience Teboe PONCA Ho-Chunk Capital, Dakota Wesleyan University	Jaralyn Bear WINNEBAGO Corp. Operations, Little Priest Tribal College
Ileana Frenchman WINNEBAGO HO Distribution, Sisseton Wahpeton College	Ashley Hamilton WINNEBAGO Comm. Impact & Engagement, Harvard University	Anna Rist All Native Group, St. John's University
Ariel Bowsher CANADA INSTITUTE All Native Group, Fort Lewis College	Gabriel Lewis WINNEBAGO All Native Group, Fort Lewis College	Mary Petite WINNEBAGO Human Resources, University of Nebraska-Lincoln

What is the Ho-Chunk, Inc. Internship Program?
This program provides valuable work experience within a business environment for outstanding college students ranging from the first year through the graduate level. The purpose of the program is to provide summer employment with a positive work/training experience, and to identify and track potential Tribal members for possible regular full-time employment. Internships are available in Winnebago, South Sioux City and Bellevue, Neb.

Interested in Becoming a Ho-Chunk, Inc. Intern?
Call or email Felicia Torres, Education and Youth Coordinator, at 402-878-2809 or ftorres@hochunkinc.com.

1 Mission Drive
Winnebago, NE 68071
HO-CHUNK
INCORPORATED



When: Sept 10th-Oct 18th

Monday-Thursday

Grade: K-6th

Time: 3:45pm-4:30pm

Deadline: Sept 7th

For more info or for sign up forms contact
WTWC Staff at 402.878.3148



Sponsored by the CDC Tribal Practices for Wellness Partners and the Winnebago Health Department. Thank you

EVERYONE WELCOME

September 23rd 2018

@ WTWC Gymnasium

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 Death Property, all participants that are participating in these events must complete all requirements prior to each event. ABSOLUTELY NO DRUGS OR ALCOHOL. By registering, you give WINNEBAGO HEALTH DEPT. permission to take your photograph for publication purposes. Must be registered to receive documentation.



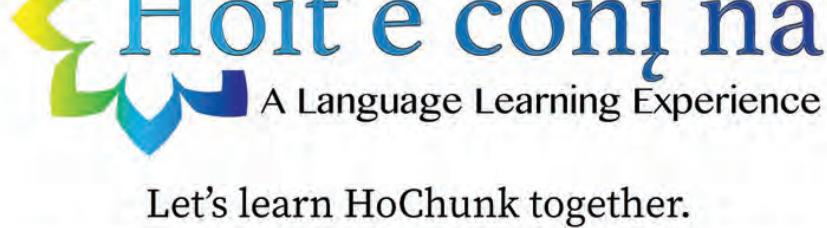
Many of us has lost someone, or know someone who has lost someone due to suicide. So please come and show support to our families and raise awareness to its prevention.

We will have a balloon release for loved ones we lost to suicide. Sack lunches to be served after the walk/run. T-shirts, Glasses, and Lei's provided. *MUST PROVIDE OWN TOWEL FOR CLEAN OFF While quantities last!

Sunday, September 16th, 2018 from 3pm-5pm
Location: Land of Wellness Walking Trail

For more information or, to volunteer contact:
Donna Wolff, Native Connections Coordinator @402.878.3659

Thank you to our sponsors:



Let's learn HoChunk together.

"Hoit'e Cōñi na"(The first language) is a friendly gathering of language learning participants who seek to preserve and revitalize the HoChunk language. As a division under the HoChunk Renaissance program, the experience includes a pathway to HoChunk language learning thru immersion friendly activities, classroom lecture, and interactive engagement.

We are now seeking participants to begin the experience of learning the first language of our proud HoChunk people.



Our ten-week program

September 5th – November 7th (Wednesdays)
6:00pm-8:30pm

HoChunk Renaissance Classroom
Winnebago community members ages 18+

Registration due August 31st at 4:00pm. Please register by stopping by HoChunk Renaissance office to fill out application and to obtain further instructions.

Winnebago News

Thoughts on the Summer of Love...

By Lance Morgan



but things are looking up. This year's group was the most impressive we have ever had, and I think it is no doubt a function of our communities rise on lots of levels. The increase in the number of interns bodes well for the future of our tribe. Getting a critical mass of highly educated people in our community will ensure our prosperity into the future.

Rez Economics

I majored in Economics at UNL back in the dark ages. I did a research paper comparing the income levels of Native Americans and Non-Indians on the reservation using the 1980 U.S. Census data. I don't remember the details, but I do remember that per capita income and the median family income of Non-Indians was approximately double that of Natives in Thurston County.

We recently hired an economist from Creighton to do an economic impact study of Ho-Chunk, Inc. on the area. It is full of interesting statistics that we will summarize and publish, but one statistic jumped out at me because of my old research paper in college. Since 2000, median household income grew 83 percent of the reservation from 24,000 to 45,000. During that same period Nebraska household income only grew 37 percent to 54,000. The Winnebago Reservation is closing the gap rapidly and our median income has gone with half of that of Non-Indians to 83 percent. This number is actually held down because a large portion of our housing on the Reservation is reserved for low income. What that means is that we probably have large numbers of families making well over the non-Indian median income of \$54,000.

Couple More Stats

In 2000, there were only 16 businesses with payrolls in Winnebago. Now there are 31, almost double. This grew the total payroll of Winnebago from \$6.8 million to approximately \$39 million or a 473 percent increase.

The native population on the reservation has grown by 25 percent in the last 16 years and as of 2016 stands at 1,821 and growing fast. I have heard someone did an actual count that we are over 2,000 now.

The poverty rate has dropped from 44.2 percent to 38.6 percent. This could be better, but a large number of our housing units are low income and so this is a fairly sticky number. As we build more houses then more higher-level income people will move into our community and hopefully more low-income people will enter the work force or get higher paying jobs.

All and all, things are going in the right direction. Contact me at hochunk@aol.com

JESUS OUR SAVIOR LUTHERAN OUTREACH



Pastor Ricky Jacob

"Enter through the narrow gate"

On the last Sunday of August we, at Jesus Our Savior Lutheran Church, had a woman confirm what Creator God did at her baptism. When she was baptized, Mauna placed His name, Father, Son and Holy Spirit, upon her. In so doing, Creator God adopted her into his family. Her life was connected to the cross of Jesus and through His death she died. Her sins were paid in full and more importantly she was also connected to Jesus' resurrection. As Jesus lives so too she lives and has the blessed assurance of everlasting life.

This past Sunday this young woman publicly professed her faith in God, Father, Son and Holy Spirit as summed up in the Apostles' Creed. She renounced the devil, as well as his works and his ways. She promised to hold all the prophetic and apostolic Scriptures to be the inspired Word of God. She confessed the doctrine (the teachings) of the Evangelical Lutheran Church, drawn from the Scriptures, as she learned them from the Small Catechism, to be faithful and true.

She said that she intended to hear the Word of God and receive the Lord's Supper faithfully. She went on to say that she intended to live according to the Word of God, and in faith, word, and deed to remain true to God, Father, Son and Holy Spirit, even to death. Finally, she said that she intended to continue steadfast in this confession and Church and to suffer all, even death, rather than fall away from it. To these last three pledges she said, 'I do, by the grace of God.'

To all those who have confirmed their faith in this way these words are a reminder. They are a reminder of the pledge that you have made. They are a call to come and receive the good gifts that God freely offers through the proc-

lamation of His Sacred Word and the blessings found in the Lord's Supper.

Each person who confirms their faith in our Triune God selects, (or is sometimes given), a Bible verse. This young woman selected the following verse. Jesus is preaching near the end of His sermon on the mount: "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it" (Matthew 7:13-14 NIV).

The devil, the world and your sinful nature invites you to join them on the broad road, and to enter the wide gate that leads to destruction.

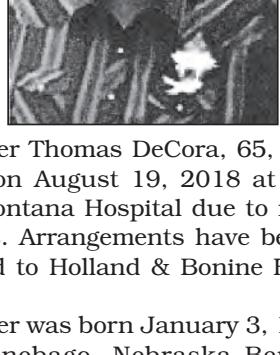
Each and every Sunday you are welcome to sit at the feet of Jesus and to learn from Him. He teaches you the price that He paid and the narrow gate that He went through for me and for you. Jesus went the way of suffering and death due to His love and mercy for you. He, as the Good Shepherd, calls to you to take up your cross and to follow Him. He calls you to enter through the narrow gate.

The narrow gate can be summed up in a Lutheran type of phrasing: One is saved by grace alone, through faith alone, found in Scripture alone, that points one to Christ alone. Jesus once said, "I am the way, and the truth, and the life, no one comes to the Father except through me" (John 14:6).

Jesus made the way for us through His fulfilling the will of His heavenly Father. His Father's will was for Him to suffer in the place of each and every sinner. That includes you and me. Jesus gave you a way back to the Father through this narrow gate of faith in Him, faith that is a gift of the Holy Spirit. "Small is the gate and narrow the road that leads to life, and only a few find it."

In Loving Memory...

Roger Thomas DeCora



Roger Thomas DeCora, 65, passed away on August 19, 2018 at Northern Montana Hospital due to natural causes. Arrangements have been entrusted to Holland & Bonine Funeral Home.

Roger was born January 3, 1953 in Winnebago, Nebraska Benjamin

and Anna (Smith) Decora. He attended school Winnebago and upon graduation, he continued his education at the Southwestern Indian Polytechnic Institute in New Mexico. Roger married Juanita Russette in 1972 and the couple were blessed with five sons. Roger enjoyed doing crossword puzzles, traveling and preparing meals for friends and family.

Roger was preceded in death by his parents and a son, BJ.

He is survived by his wife of 45 years, Juanita; sons, Otis, Lance (Jen Raining Bird), and Troy, all of Rocky Boy and Julio (Amanda) of Minneapolis, Minnesota; sisters, Lea Cleveland of Winnebago, NE and Michelle Blackfish of Winnebago; brothers, Leonard "Dugan" DeCora of Rocky Boy, Tom DeCora of Winnebago, NE and Jim Sun of Vermont; 9 grandchildren and numerous nieces and nephews.

Letter to the Editor...

Mr. Editor:

It really does amaze me, and not in a good way, but some of the decisions and how they come up with them has my hands in the air.

Do they want to go down as the most derelict tribal council in the history of Winnebago? Remember when we warned you about them appointing board members that where loyal to them? Well its paying off for them like a cash cow. Land Company Board fired the director (very clever); you think? Is this the strategy that the outside council came up with? Was that why the Finding Report was never shared? Was there even a report?

Wait now bear with me and you'll see the writing on the wall. Now they are stacking the HCI board of directors. I don't know who is still on the board, but everyone knows and are talking about it and are wondering why (wink). Most people have no gripe with the new member, but him and not her son or his daughter? Why this council members son? The sky is really falling people?

I find it alarming that the committees are being changed and the members are being stacked in a way that favors the council's schemes. The Winnebago's have a rich and varied culture we don't need to import dirty politics. Actions like that don't belong in the Winnebago council chambers.

People HOCHUNK, INC. IS OUR MULTI-MILLION DOLLAR BUSINESS ENTERPRISE. Mismanage that and we are sunk. Well most tribal members are proud of what Lance Morgan is doing for our tribe, and the positive reputation of HCI, (SEE the trends?) Someone had an axe to grind. This someone doesn't care how much damage or how many casualties there are, and the casualties will be tribal. All of this takes away from Land Company, 638 Land Management and all that this one item entails.

I bring these things to your attention so that you will know what YOUR council is doing and probably doing us in. Do we have a fledgling Corruptosaurus on our hands?

Its always a good time to speak up for your values and for your tribe. This Tribe is your mother, sister, grandmother, children, and all your other relatives from the past, present and future. Will we let them go unprotected? Even from our own?

Ruby Bellanger

The next issue of the WINNEBAGO INDIAN NEWS will be published on September 22, 2018. DEADLINE for this issue will be September 17, 2018.

Winnebago Indian News

Postmaster Send Address Changes To
Winnebago Indian News
P.O. Box 687
Winnebago, Nebraska 68071

Phone: 402-878-2626

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 Winnebago Tribal Council.

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

ALL RIGHTS RESERVED. The reproduction of editorial or photography content without permission is prohibited.

CHANGE OF ADDRESS: Please send change of address with old mailing label to:

Winnebago Indian News

P.O. Box 687

Winnebago, NE 68071

Fax: 402-878-2626

or contact us at our e-mail address:

news@winnebagotribe.com

Phone: 402-878-2626

"Official Newspaper of the Winnebago Tribe of Nebraska"

Yearly Subscription Rates

Nebraska Residents \$12.50

Out-Of-State \$15.00

Overseas \$35.00

Advertising Rate

Per Column Inch \$7.00

Advertising/News Deadline

12:00 Noon Monday Printing Week

Periodicals Postage Paid

(ISSN 1060-3026) At Winnebago, NE

Winnebago Indian News Staff

Jerome LaPointe, Sr. Editor

V.J. Wolfleader Office Manager

Christina Parker Desktop Publisher

Winnebago Tribal Council

Frank White Chairman

Curtis St. Cyr Vice Chairman

Coly Brown Secretary

Roland Warner Treasurer

Tori Kitcheyan Member

Vince Bass, Sr. Member

Kenny Mallory Member

Isaac Smith Member

Jim Snow Member



Native American Journalists Association

SUICIDE IN INDIAN COUNTRY PART 21 CONT.**4 Major Signs of Diabetic Burnout**

Diabetic burnout is a type of psychiatric morbidity resulting in a genuine disregard for managing diabetes and can lead to depression but can also be caused by depression which puts diabetics at great health risks including self-harm and long-term complications like limb amputations, diabetic blindness (retinopathy), and organ failure.

Diabetic burnout usually happens due to the complex nature of managing diabetes and stress associated with the disease. Diabetics know that no two days are the same and no matter how tight your blood sugar control and general management is, there will be anomalies and variables that occur. The lack of control in diabetes tends to be one of the most frustrating parts.

The 4 major signs of diabetic burn out are:

Negligence about medical care. This is one of the most dangerous signs of diabetes burnout. Cancelling doctor's appointments, not taking medications as prescribed, eating poorly, not checking blood sugars and not exercising are warning signs that you're not taking care of yourself as you should.

Social withdrawal: Distancing yourself from family, friends, doctors etc can be a signal of depression and diabetic burnout

Decline in activity or performance level: Reaching a point of just getting by or doing no more than the minimum that is physically or mentally required of you may suggest diabetes burnout.

Emotional exhaustion: Managing a chronic illness like diabetes takes an emotional toll and can leave you feeling exhausted, overwhelmed, and down.

Emotional Support for Diabetic Depression

Accepting your feelings is the first step. It's okay to feel frustrated, angry, or sad so don't hold back your feelings. Reach out to trusted friends and family. Find a diabetes support group where you can talk with others who can relate to what you're facing.

Having ongoing emotional support is a key component of diabetic self-care as well as depression management.

Thankfully, with social media today, support is endless. I only know of one other type 1 diabetic my age in my area but with Facebook groups like Daniel Borba's Type 1 Athletes and meet ups, I am in contact and supported by thousands of others going through the same struggle. The emotional support is 1 click away in most cases and I have life-long friends because of it so I highly encourage people with diabetes to do a search on Facebook for type 1 diabetes groups and connect with others.

Ed Cook, a San Diego resident, was diagnosed with diabetes 38 years ago. For much of the time, the government administrator and, after retirement, entrepreneur felt life was balanced despite his illness. But as Cook, now 66, gradually lost his vision and then his driver's license, his business, and most recently, one toe to amputation, depression infiltrated his life.

"The complications led me to severe depression," Cook admitted. He tried anti-depressants for a time, and now regularly attends both therapy and support groups. "It helps to know I am not alone," he said. "Diabetes is not the end of the world. Getting treated for depression was a godsend," said Cook.

Diabetic depression should not hold you as a hopeless hostage. Get support online. Find medical help from your doctor/psychologist/psychiatrist. Go to a gym and set goals. Diabetes is tough and so is depression but you are not alone and you are not out of options.

National Suicide Prevention Lifeline 1-800-273-8255 (TALK) or Behavioral Health 1-402-878-2911, After Hours Crisis # 1-712-259-3263.

Indianz.com...

weeks, and Ho-Chunk Farms is hopeful the harvest will yield 200-250 quarts of corn.

The company hired two harvest specialists to help with the harvest, and several community members have volunteered to help process the corn, LaPointe said.

"We're trying to get the community involved and kind of revive a traditional practice that's been diminishing," he said.



A tub of corn sits near where three Winnebago women husked corn as part of their tribe's annual corn harvest. Photo by Kevin Abourezk

He said multi-colored corn being harvested is especially popular for soup.

"It's a product that has high demand in our community and the supply is actually really low," he said.

He said the tribe doesn't use dehydrators or other mechanical means to process the corn.

The tribe doesn't have its own traditional corn to plant but rather uses corn planted by other farmers in the region, he said. This year, Ho-Chunk Farms planted 1.5 acres of

corn, compared to just half an acre of corn last year.

He said the company is hopeful community members will help with the harvest.

"It's hard work when you're out here in the field, but I think it's important if you're a tribal member," he said.

Snake said the Winnebago Tribe's corn is highly sought after because of the traditional methods the tribe uses to process its corn.

She said a local Catholic prayer group of which she is a member also plants and harvests corn and even sends nearly 20 quarts of corn each year to members of the Ho-Chunk Nation of Wisconsin, a sister tribe to the Winnebago.

"They know that we do it the traditional way, that we're not using dehydrators and stuff," she said. "We're dehydrating it in the sun."

She said the traditional way of planting and harvesting corn involved saying prayers before planting the corn, harvesting the corn and drying the corn.

Dried corn would often be one of the few food items that tribal members had to eat during the winters, Snake said. They would often add wild game to it to make a soup.

She said harvest time is one of her favorite times of the year.

"This is a part of my life in this time of year," she said. "I just love to go around and help people do it and give them a hard time."

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

To the powwow committee and all,

We would like to extend a special thank you, to the security crew at the annual 2018 July powwow. The security crew was so organized. Made us feel very welcomed. We did not feel like strangers. They took care of us like we were family. They graciously cared for the seniors of our group. Assisting them to the designated area of the arena with a nice cart. Security was so very helpful navigating them up and down the ramp. We couldn't have done it without them.

The arena has evolved into a peaceful atmosphere with a panoramic viewing area for all involved.

Hope to come for next year's event.

Thank you again,

Leota Bonner Winnebago tribal member , Sam Bonner veteran of 21 years, Gordon Brown all of Omaha Nebraska and Julie Goeres of Lincoln Nebraska.

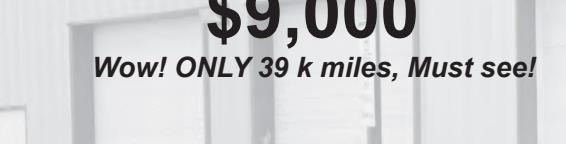
P. S. May the blessings Mauna be with you until we meet again.....

**Next WIN News Deadline:
September 17th**

**Stop by today
and experience
NEW for yourself!**

TITAN
MOTORS

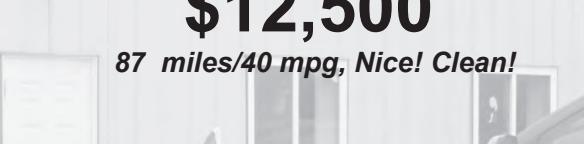
2003 Buick LaSabre Limited



\$9,000

Wow! ONLY 39 k miles, Must see!

2011 Toyota Camry



\$12,500

87 miles/40 mpg, Nice! Clean!

2001 Honda Civic



\$5,500

Great school car!

2013 Nissan Maxima



\$14,000

55 K Miles

Open Saturdays

10am - 2pm

\$9,000

Powwow Ready!

2010 Chrysler Town & Country



**With in-house financing available Titan Motors can get you into the quality pre-owned car, truck, van, SUV, or ATV you want...quickly and with affordable payments.
Ask about our tires and rims service, too.**

5002 Industrial Parkway North • Winnebago, NE 68071

402.878.4210 • titanmotors.net

M-F 9am - 5pm • Or call for an appointment

Community News

SAMHSA Prevention Internship Fellowship Program

The Winnebago Tribe of Nebraska participates in numerous federal grant programs to sustain the ongoing community betterment efforts within the community. One grant project in particular is the Partnerships for Success (PFS) Grant funded by U.S. Department of Health and Human Services, Substance Abuse Mental Health Services Administration/Center for Substance Abuse Prevention (SAMHSA/CSAP), whose main objective is prevention of underage drinking in the Winnebago Reservation.

As a SAMHSA Partnerships for Success Grantee, specifically in the prevention realm, enabled the Winnebago Tribe to participate in the Prevention Internship Fellowship Program, where it would be assigned an intern of their choosing, that is an active student from any higher education institution. The requirements for undergraduate and graduate students to be in the course of studies of either prevention and/or mental health profession, etc.

The recruitment process was coordinated by a third party entity called Synergy Enterprises, Inc. After striking out in the first round of the internship program in the winter session, the second round (spring) we were successful to finally have some applicants through an expanded nationwide recruitment process. Selections were narrowed down to a handful of candidates that met the criteria specified by the PFS Project Director, Michelle Parker.

The candidate selected was selected based on her passion for her career choice, and her willingness to spend her summer in an unchartered territory for her, the Winnebago Reservation. Another valuable attribute to select the candidate was his/her ability to be out of their comfort zone to learn about and experience the Ho-Chunk culture in every aspect possible.

KayLynn Lantis started May 16th, 2018 and will end September 7th. She has drafted some words for you all to read, and before this article transitions, a big "Thank You" to all of the Winnebago Community she encountered this summer for making her visit a memorable one.

"Hello everyone my name is KayLynn Lantis and I am an intern at Ho-Chunk Community Development Corporation. I am one of 16 individuals participating nationwide in collabora-

tion with the many tribes throughout the U.S. This internship is through the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention (SAMHSA/CSAP Prevention Internship Program). Currently, I am a college student at Bryan College of Health Sciences in Lincoln. I will graduate in December with my Bachelor's of Science degree in health professions with concentrations in social sciences and public health. Once I graduate, I plan on going to graduate school to get my Masters in Social Work so that I can one day be a mental health and substance abuse counselor. Originally, I am from Sutherland, NE, a small town of 1,200 people located 20 miles west of North Platte. My parents are Randy and Denise Lantis and I have a younger brother, Jake.

Since my arrival to Winnebago, NE in May, I have been fortunate enough to have been part of many community events and work with many organizations on and off the reservation. My first month I kept busy by attending the youth summit, going to my first pow-wow, helping with the Bago grows project, and attending a four day trauma training taught by Frank Grajala, the vice president of the international trauma center. In June, I was able to spend a lot of time with the youth mentoring at the Boys & Girls club, helping at culture camp, and attending the Human Performance Project training in Lincoln. In July I job shadowed with Heartland Counseling in Sioux City, attend the annual Winnebago Pow-wow, and create a substance use publication. August has been filled with presentations, courses, and various projects to wrap up my internship. In addition to all of this throughout my whole internship I have attended many committees and meetings within the community and Thurston County. I have also been doing a lot of data entry for the Partnerships for Success Grant. In just a short amount here so far, I can't even explain how much I have learned about the Winnebago and Omaha cultures. I have learned many things about the traditions/celebrations, beliefs, and people. I am so thankful to have had the opportunity to learn so much about these cultures and be part of the community these past months.

This experience has been one of the greatest in my lifetime and it has solidi-

fied the continuation of my career path. I'm so emotional about the things that the Tribal people have gone through and I want to help those struggling with the trauma they've been through that has led to substance abuse and mental health issues. I truly have the passion to be an advocate and stand up for the injustices in minority populations often hidden in society. Lastly, I want to thank everyone in the community for being so hospitable and kind to me during my internship. I am so honored to have the opportunity to work with your tribe." – KayLynn Lantis

Ms. Lantis was very resourceful for the PFS project staff, and was a very hard working individual on tasks set for her. She completed all tasks spelled out in a plan designed for her this summer. KayLynn displayed professionalism, determination and integrity throughout her time in this position, and she will be missed. Although her internship is ending, she has decided to remain in the area to finish her final semester and acquire experience working toward her career of choice.

"I would like to say thank you to the entire community for showing our visitors like KayLynn the beautiful side of our culture, and also giving her good perspective of our way of life as we live in today. It was a great experience and I appreciated her help in the work we have done together." – Michelle Parker.

For more questions regarding this article you may contact Michelle Parker at her office in the Ho-Chunk Community Development Corporation Office 402-878-2192.

Winnebago Housing Development Commission Updates

METH – Food for Thought: Did you know that when a home is contaminated with methamphetamine, the

possessions in the home can also be contaminated? If someone is moving out because of meth contamination of their living space, the furniture may be contaminated as well as the walls, floor, ceiling, or cabinets. Be careful when any person is moving out of their rental unit (house or apartment) and has offered to sell or donate their furniture. Meth contamination can be spread through contaminated furniture or possessions.

ANNUAL INSPECTIONS – Dawn Snake, Resident Services, will be continuing with the annual inspections the rest of this month. Check your mail. Inspections will be Tuesday through Friday. Dawn will be doing the regular in-house housekeeping inspection. Maintenance staff will be doing the structural inspection. Frank Smith, Maintenance Supervisor, will be conducting the meth testing in every room of the house or apartment.

METH POLICY – If you wish to review the policy, stop in the Housing Office and pick one up.

WINNEBAGO TRIBAL COUNCIL PRIMARY & REGULAR ELECTION SCHEDULE SEPTEMBER 4TH, 2018 & OCTOBER 2ND, 2018

Special Tribal Council Meeting

September 21st, 2018	Friday	Deadline for Absentee Ballot Requests
September 24th, 2018	Monday	Absentee Ballots Mailed Out-Regular
October 2nd, 2018	Tuesday	REGULAR ELECTION
October 3rd, 2018	Wednesday	Notification of Newly Elected Members

Oath of Office

Re-Organizational Meeting of New Tribal Council Members

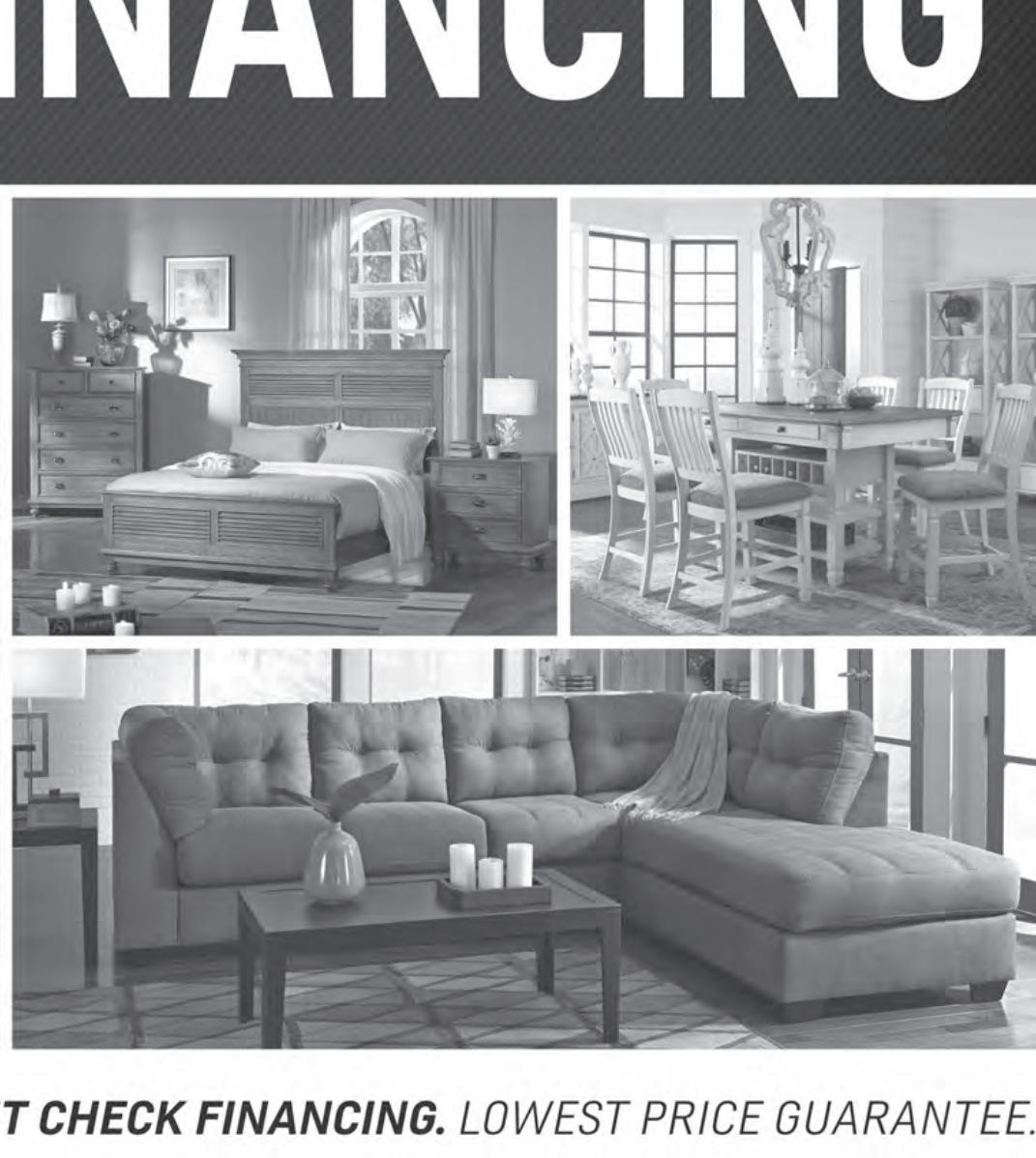
UNCLAIMED PAYROLL DEDUCTION FURNITURE FINANCING

new name brand furniture. guaranteed lowest prices.

AVAILABLE AT
every price

AND ON
every item

LIVING ROOM • DINING ROOM
BEDROOM • APPLIANCES & TVs
AND MUCH MORE!



NAME BRAND FURNITURE. NO CREDIT CHECK FINANCING. LOWEST PRICE GUARANTEE.

SHOP WITH CONFIDENCE. WE PROMISE THE BEST PRICE. AT UNCLAIMED FREIGHT FURNITURE, WE WANT TO **EARN** YOUR BUSINESS. VISIT OUR LOCATION NEAR YOU:

SIOUX CITY

2500 TRANSIT AVENUE • 712.274.5926

GIMMIE CASH & PRIZES

Cash! Cash!...and more Cash!

\$200,000

WINN OVER

Tuesdays & Thursdays

Win up to \$1,000 Instantly:

11am – 3pm Matinee Session

Win up to \$2,000 Instantly:

6pm – 10pm Evening Session



Super Sunday Drawings! 1pm – 7pm

One winner drawn every 15 minutes to win up to \$1,000 Instantly!

Super Sundays 7pm Drawing!

September 2 – Utility Cart and Tools

September 9 – Polaris Ranger

September 16 – NCAA Fire Pit/Tickets

September 23 – Samsung Magnolia

Home Theater

September 30 – Polaris Ranger



Mondays & Fridays
Claim up to 5,000 bonus entries
between 11am – 3pm and 6pm – 10pm
at guest services.

OVER \$2,500 SUPER SATURDAY

SLOT
TOURNAMENT

**WINN UP TO
\$1,000!**

1ST PLACE \$1,000

2ND PLACE \$300

3RD-4TH PLACE \$200

FREE ENTRY

**10-\$50 FREE PLAY DRAWINGS
AFTER TOURNAMENT ENDS!**

5TH-6TH PLACE \$100

7TH-10TH PLACE \$50

11TH-16TH PLACE \$25

REGISTRATION - 11 AM

TOURNAMENT - 12 PM