



Employee X-Mas Party

By Mark Shaw – Mohican News Reporter

The twelve inch snow storm that blew through the Stockbridge-Munsee Community on December 20, 2012, did not discourage Tribal employees and North Star Mohican Casino Resort employees from attending the Employee Christmas Party, which was held at the Bingo Hall from 8 AM – 5 PM. Bingo was played throughout the event and over 100 prizes were given away. Some of the prizes included, Ipod Touches and Mohican Bucks that can be used at any Tribal enterprise.

Prizes were also given to Ugly Sweater Contest winners and the winners of the Best Gingerbread House Contest. Mohican Housing took first place for their entirely edible tall gingerbread house. The Maintenance Department provided an edible barn with a Frosted Mini-Wheat Silo, Finance made a slot machine out of gingerbread, Food and Beverage provided a gingerbread mansion with Teddy Graham Bear residents, and the Slot Department created a "County Christmas" gingerbread land complete with lights, animals, and trees.

"The HR [Human Resources] Departments from the Casino and the Tribe went to Council and they approved the party," Human Resources Manager Bev Miller said. "We've been working on this party for two months. It's to show our appreciation to all of our employees."



Internal Auditor Retires

By Mark Shaw – Mohican News Reporter

Dan Puetz, the internal auditor for the Stockbridge-Munsee Band of Mohican Nation, has retired after working 16 years for the Tribe. Tribal Council presented him with a Pendleton Blanket on December 13.

"I loved working here. This is the best job I've ever had without a doubt. People here are very friendly, very nice, and fun loving." Dan Puetz paused before adding, "And, the pot lucks, I loved their pot lucks."

For Puetz to say his internal auditor work was his favorite job is surprising considering all of his previous work experience. For 15 years, Puetz worked with Century Insurance in Steven's Point. He has also worked two years at a CPA firm, three years in Industrial Distribution, two years in real estate development, and three years for a pizza manufacturer.

Despite his extensive resume, Puetz said, "I didn't start work until I was 26 because I went into the Marines and I also went to school." Puetz worked in intelligence for three years in the Marines and was stationed in Korea for two of those years. He received his Accounting Degree from St. Norbert College.

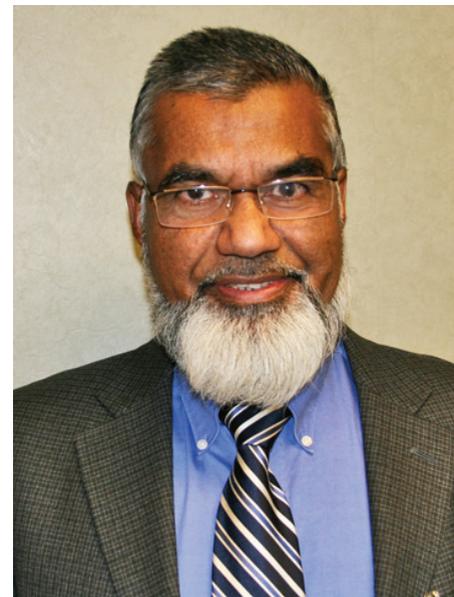
Even though Puetz has put in a lifetime of work, he hopes to become a volunteer during his golden years. "My volunteer work could be anything. I might be working in a soup kitchen or working with the poor," Puetz said. **Puetz continued on page Six:**

New Stockbridge-Munsee Health & Wellness Center Director

By Mark Shaw – Mohican News Reporter

Delwar Mian is the new Director for the Stockbridge-Munsee Health and Wellness Center. He will be looking after the day to day operations of this comprehensive healthcare center, which has 73 staff members and over 20 departments in the following areas: Medical, Dental, Chiropractic, Physical Therapy, Mental Health, and Community Health Outreach. The center averages 70 patients on a daily basis. Under the Healthcare center are the following entities: the CBRF (Community Based Residential Facility), the EMS program (Emergency Management Service), and Emergency Preparedness Services.

Mian will directly supervise staff team leaders as well as develop short term and long term strategic plans in conjunction with the Tribal Administration, the Tribal Council, the Health Board, and the community in order to provide comprehensive healthcare and



in order to maintain reasonable profits for the clinic and reasonable costs for the patients. Mian will seek out additional resources of income to support programs and care services as he works with the Human Resources Department to effectively meet and maintain staffing requirements. Additionally, he will work with the Health Board to provide services to their designated client base and seek outside service providers to **Director continued on page Six:**



Bowler Field Trip to Tribal Library Museum

By Mark Shaw – Mohican News Reporter

Teachers at Bowler School are making efforts to incorporate Native American cultural learning activities into their curriculum because 47.9 percent of their student population identify themselves as American Indian. In the December 1, 2012 issue, the Mohican News covered third grade teacher Lori Mueller's new

Native American literature library for children. While the idea of including Indigenous story books into an American Literature course seems like a natural fit, one would think Arithmetic would be a much harder subject to connect to cultural learning. However, Bowler School Math teacher, Tim Maas, found a way to correlate his own family's history with Stockbridge-Munsee's tribal ancestor Jeannette "Granny" **Trip continued on page Thirteen:**

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Not To Be Forgotten

Guest Editorial by Ronen Tregerman

In Western Culture and in American Literature a beautiful book, written in 1826, has become a celebrated historical novel that has inspired movies from the early 1920's to the blockbuster featured film in 1992. The novel The Last of The Mohicans has become a well-known story for close to 200 years now. Many people have admired the story and the books and movies written and played, and I have too.

Not so long ago I got to know a beautiful young woman from the little state of Rhode Island. She had a beautiful, exotic look that sparked my interest as to what her roots were. I asked her about this and she gave me an answer that puzzled me: "I am of Mohican descent," she told me.

But like many others reading the book and loving the movie, The Last of the Mohicans, I thought that this tribe no longer existed. As a writer and as a researcher in the field of History, this answer opened many new questions for me and sent me looking for more answers.

I have started looking for information and a beautiful yet sad story started emerging. I have learned that the Mohican Indian

Tribe was the only Tribe that fought alongside the Colonials against the British and the French, the same Colonials that later created and established the United States of America. The Mohican brave warriors fought alongside the American Colonials to drive the English and French away from their homelands of the Great Hudson River in what will become known later as New York State.

But the future has yielded change and the Mohican tribe had to uproot and in the 1820's-1830's, they [were removed] to the State of Wisconsin to the place they now [live]. Knowing that the beautiful woman I have met is from the Northeast and being of Mohican descent opened a new realm of understanding. If the tribe had to move to Wisconsin and almost 200 years later, there are still families of Mohican decent in the Northeast then there can only be one explanation: there are people who decided to stay behind. This possibility had sent me yet on another journey. The answers I was looking for were not found in any text book. The only way for me to understand how the events unfolded, and to shed light on the true story, was to follow down the generations

and to look for answers that have been pass down from generation to generation in the last 200 years within the family.

The grandmother of the beautiful woman sparking my interest, a beautiful lady herself living in the Northeast, had some of the answers that started painting a picture of the events that took place. A few individuals of the tribe had refused to move west. They decided to stay and not leave their homelands. They had to hide their past and were forbidden to talk about it. The grandmother remembers being a kid and listening to the adults talking at night about their homelands in New York state. Bits and pieces of overheard conversations but the general rule of thumb was not to talk of the past and not to look different then the families next door. With mixed marriages the families did look more and more like the families next door and the past soon was nothing more than a distant, old memory of those bits and pieces of overheard conversations.

Yet I always say that History is the

strongest ink ever created and has its way of shedding the dust of hundreds of years and getting revealed.

Two-hundred years later a beautiful woman of Mohican descent enters my life and teaches me it is not the Last of Mohicans as celebrated in Western culture and in American Literature but the Mohican people are here to last forever.

Some of your Brothers and Sisters have stayed in the Northeast refusing to leave the ancestral homelands. They are proud to say, "We are of Mohican descent," yet they are choosing to stay home and they have lost their extended family...The Tribe...It is time to reach out and show them Home!

I am confident that, like putting pieces of a puzzle together, memories and stories from the ones who stayed in the Northeast and the ones who had to leave to Wisconsin 200 years ago will complete this puzzle into a brighter beautiful picture telling the story of a great Nation, a story that should continue with the generations to last.

Your mind knows only some things. Your inner voice, your instinct, knows everything. If you listen to what you know instinctively, it will always lead you down the right path.

Henry Winkler
Actor and Producer

Express your thoughts and opinions. Let your voice be heard. We welcome your letters to the Editor and the Community.

Community Voices

Letters of opinion can be dropped of at Mohican News in the Tribal Offices or can be mailed to:

Mohican News

N8480 Moh He Con Nuck Road
PO Box 70
Bowler, WI 54416
e-mail: mohican.news@mohican.com

Please type your letters or print clearly and include your signature, address, and daytime phone number. Letters must be 500 words or less. All letters are subject to editing and may require confirmation. Some may be rejected due to inappropriate content as deemed by our editorial board. The views of our readers are not necessarily the views of the Mohican News, its staff, or the Stockbridge-Munsee Tribe.

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Band of Mohican Indians

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Mohican News welcomes articles, letters, photographs, and any publishable items of interest to Native Americans. All materials to be returned should be accompanied by a return self-addressed envelope with sufficient return postage.

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Important notice to Social Security Recipients



Currently, if you apply for Social Security Income benefits, you MUST receive your payments electronically. If you did not sign up for electronic payments when you initially applied for benefits, we strongly urge you to do so now. You MUST switch to electronic payments by March 1st, 2013. If you don't, the U.S. Department of the Treasury may send your benefits via the Direct Express® card program to avoid an interruption in payment.

It's safe, quick, and convenient! For

assistance with getting your Social Security payment electronically you can contact Social Security at 1-800-772-1213, contact your own financial institution; Bank, credit union, or saving & loan or contact:

DeAnna DeNasha,
Elderly Benefit Specialist/Wolf River ADRC I & A Specialist
At 715-793-4237 to assist you or with any questions you may have. MUST do this by March 1st, 2013! Don't delay your income by NOT doing so!

Accelerated Language Learning for Adults

By: MiiKwan (Nikole Webster)
and
Wasalaangweew (Molly Miller)

Every Monday 5-5:45pm

At the Arvid E. Miller Memorial Library/Museum
Call to register: 1-715-793-4834



Electronic Social Security Payments

Distributed By Ken Hess
Social Security Public Affairs
Specialist for Wisconsin

Beginning March 1, 2013 with few exceptions, all federal benefits, including Social Security and Supplemental Security Income (SSI) benefits, are to be paid electronically according to a rule from the U.S. Dept of the Treasury.

For years, Social Security has stressed the convenience, security, and safety of getting benefit payments electronically, offering peace of mind that your payment will arrive on time, even in the event of natural disasters or being away from home when the check is in the mail.

Electronic payments (direct deposit or Direct Express) are not only the *best* way to receive federal benefit payments — for most people, starting in March, they are the *only* way.

The truth is, for most people getting monthly benefits, this isn't really a change at all. That's because more than 9 out of ten individuals who receive benefits from Social Security already receive payments electronically.

If you get your payments the old-fashioned way and electronic payments are new to you, here are some things you may want to know about your future payments.

- Electronic payments are safer: there's no risk of checks being lost or stolen;
- Electronic payments are easy and reliable: there's no need to wait for the mail or go to the bank to cash a check;
- Electronic payments are good for the environment: they save paper and eliminate transportation costs;
- Electronic payments save taxpayers money to the tune of \$120 million per year: there are no costs for postage, paper, and printing; and finally;
- Electronic payments could save you money on check-cashing and bank fees.

Please visit www.GoDirect.org today to learn more about getting your Social Security and SSI payments the safe, easy, inexpensive, and green way — electronically. And rest assured that on payment delivery day, you won't have to wait for your money; your money is already in the bank and ready for you to use.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February 2013 After School & Teen Prevention Family Services Program # 715-793-4085		Youth 5th & 6th gr. 5:30-7:30 PM	Weekly Lessons Themes K-2nd 4:10-4:30 PM 3rd-4th gr. 4:10-4:30 PM	Tween 7th & 8th gr. 5:30-7:30 Pm	Teen 5:30-7:30 PM	2
3	4 K-2nd Grade Club Buds Tobacco Tales	5 PAINTING ←	6 Ella B Reading Tweens Learn/Earn 3rd & 4th Gr. Alcohol Myths	7 Read & Games →	8 Popcorn & Movie Free Choice Gym	9
10	11 K-2nd Grade Club Buds Award / Survey SWIM TRIP 5-8:30 PM 5th- 8th gr. Learn/Earn	12 Bulletin Board ←	13 3rd & 4th Gr. Take a Survey	14 → →	15 Popcorn & Movie Free Choice Gym	16
17	18 CLOSED	19 MUSIC ←	20 3rd & 4th Gr. Coping Tips	21 Read & Games →	22 Popcorn & Movie Free Choice Gym	23
24	25 K-2nd Grade Club Buds Pride & Courage Community Helpers	26 CRAFTS ←	27 3rd & 4th Gr. Pride & Courage	28 Read & Games →		

Please Note specific days for your kids age group. Learn & Earn points given to youth who attend lessons. NO SCHOOL = NO TRANSPORT
* Calendar subject to change due to weather.

MFC memberships MUST be current. Please take the time to renew NOW!
We are a separate program but must follow their policies.

White Bison
"Purpose of Life"
Tweens / Teens

Teachings:
Spiritual, Emotional,
Mental & Physical.

MARCH
Spring Break
Whispering
PINES
Date ? TBD
Learn & Earn
Points Needed





Elder Wisdom

Interfaith Voices - Equality & Justice

Monday, January 21st @ 5:30

First Presbyterian Church - Dinner provided

10th Anniversary Martin Luther King Community Celebration

2013



For more information and to RSVP for dinner:
715.526.3329 shawanopres.org

10th Anniversary Martin Luther King Community Celebration Interfaith Voices – Equality and Justice

On Monday, January 21, 2013 we will once again celebrate the beauty, strength and diversity of our communities on the Martin Luther King national holiday. This year we will recognize our religious diversity and learn from each other how equality and justice are honored within our faith traditions. We are hosting representatives from ten different spiritual practices to share wisdom from their perspective during a program at First Presbyterian Church in Shawano at 5:30. Following the program, all guests and presenters are invited to gather for a light supper and more conversation. We hope you will join us! Please RSVP for dinner by Friday, January 18th.

Special invited presenters include Dan and Joy Hannen-Starr, Kari Beth Krieger, Simon Levin, David McElroy, Delwar Mian, Molly

Miller, Sue Warrington, Mary Webster, Jody and Mike Williams and host pastor, Susan Phillips. Together they speak from Bahá'í, Islam, Judaism, Latter Day Saints, Lutheran (ELCA), Medicine Wheel, Presbyterian Church (PCUSA), Roman Catholic, Sundance and Unitarian Universalist traditions. We know that we have neighbors whose spiritual practices are not included in this list. These include Amish, Buddhist, Quakers, Big Drum, traditional Mohican, and those who have no religious affiliation. If we missed your group, please let us know! We look forward to meeting you. No matter your spiritual path, we invite you to join us for the program, dinner and conversation.

For more information or to sign up for dinner, please visit www.shawanopres.org/mlk or call 715.526.3329.

Arvid E. Miller Library-Museum is on Facebook

On our page you will find notices of our new exhibits, new acquisitions, tribal historical facts and tidbits, and old photographs.

We will also post photographs for help with identification. We welcome you to "follow" us Facebook!

Social Security and Tax Time

Distributed By Ken Hess
Social Security Public Affairs Specialist for Wisconsin
April's showers bring more than just May's flowers — they also bring the deadline day for filing taxes. Don't wait until the showers arrive to prepare for tax season. Whether you are a small business owner, a retiree, or a new parent, here are some Social Security tax tips that may help you.

Are Social Security benefits taxable? They are for some people. About one third of those receiving benefits must pay taxes on some of their Social Security. If your total income, including Social Security and all of your other taxable income, is \$25,000 or more and you file federal taxes as an individual, you'll need to pay federal taxes on some of your benefits. (That amount is \$32,000 for married couples filing a joint return.)

Will I get a tax form for my Social Security benefits? Yes. Social Security Benefit Statements (Form SSA-1099) for tax year 2012 are being mailed to beneficiaries and should be received by January 31, 2013. If you receive Social Security and haven't received your 1099, you can request one online at www.socialsecurity.gov/1099.

We had our first child in 2012. Does our baby need a Social Security Number? Yes. Most people apply for their baby's Social Security number while they're still in the hospital at the same time they apply for the birth certificate. But if you didn't, you'll need to apply for your child's Social Security number in order to claim the child as a dependent on your tax return. You'll also need it if you ever apply for government benefits on behalf of the child or your family. Learn more about Social Security cards and numbers at www.socialsecurity.gov/ssnumber.

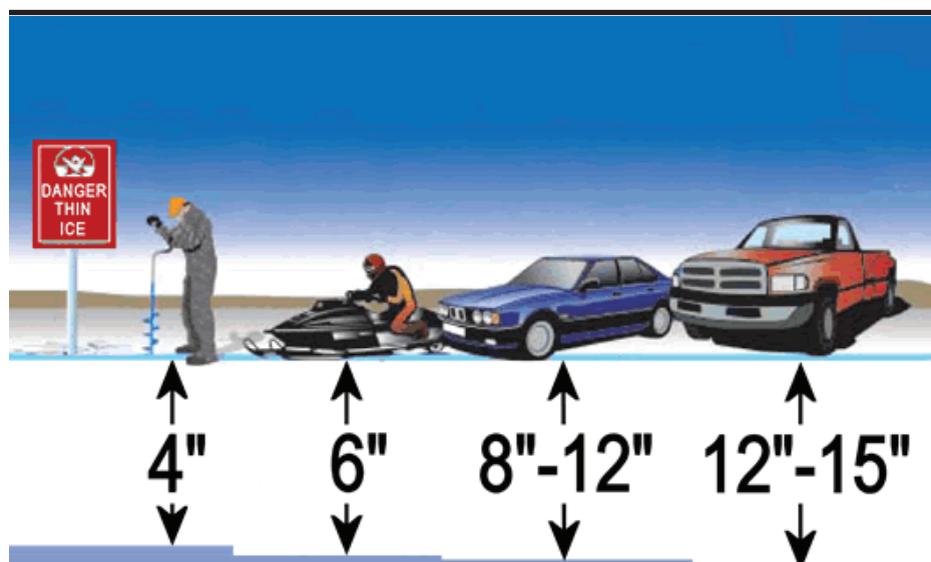
I changed my name when I got married last year. Do I need to report it to Social Security? Yes. If you've legally changed your name due to marriage, divorce,

court order, or for any other reason, make sure you change your name with Social Security, as well as with your employer. If you change with one source but not the other, it could cause your earnings to be improperly recorded. That could result in you not getting all the benefits you earned when you become eligible for Social Security in the future. You can learn more about your Social Security number and how to change your name at www.socialsecurity.gov/ssnumber.

I own a small business. Can I report the W-2s of my employees online to Social Security? Yes, and we encourage you to do so at www.socialsecurity.gov/bsa. Filing your W-2s electronically is *free, fast, and secure!* Plus there's an added bonus: when you file electronically, you receive an extra month to file because electronically filed W-2s aren't due until March 31st. You'll also receive an electronic acknowledgement receipt. And when you file electronically, you can print out your W-2s for your employees.

Does Social Security have any advice to make tax filing and future benefit applications go smoothly? We encourage you to carefully check your name, Social Security number and all of the data on your W-2s, your online *Social Security Statement*, and Social Security card to make sure they all match. If you don't have access to your card or *Statement* but know your Social Security number, make sure the number and information is correct on your W-2s. A mismatch could delay your tax refund and cause problems with your Social Security benefits in the future. Such errors are much easier to fix now. If you do notice an error, you should contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or if the information on the W-2 is incorrect, notify your employer.

For more information about Social Security, visit www.socialsecurity.gov.



Roger Miller, Tribal Emergency Coordinator, sent this out to advise everyone about the strength of ice as the January thaw may be upon us.

Mohican News Survey Results December 2012 Summary of Suggestions

(As prepared by the Mohican News Editorial Board)

(Editor's Note: Listed below are the results of the survey the Mohican News recently included in the paper and made available in several public places around the Community.

For purposes of ethical consideration the Mohican News staff did not participate in the gathering of information, or the processing of the data, or the listing of the results in this format, nor did we change or proofread any of this data).

What does the reader think about the color photo galleries included in each issue? Other Suggestions:

- Add some jokes, more kids stuff.
- Who are the people in the pictures? Please include names per face.
- I enjoy the Mohican News & think you are doing a wonderful job.
- Keep the photo galleries "but not at the expense of news".
- Size of text. "Need sans serif" A few nice pics. Save space for descent reporting.
- Yes can view news online, "but would rather not"
- The galleries can be minimized & more original stories! NOT from other papers.
- Community calendar: Fill it out better. Less pics of wilderness. We all see the trees everyday.
- Keep online. Calendar "people w/no internet aren't thought of. This would allow us to know what's happening and when in the community.
- Every so often publications as well as other businesses need to refresh their product to stay in the public's eye and keep their brand updated. M. News is probably due an update on its look, style, and content.
- Captions seem like an elementary student wrote them.
- More pictures.
- Too many pictures of the same event-Less picture galleries especially to many, all of the same theme. Takes up lots of space where important article could be addressed.
- More articles of recent events, not things that are more than a month old.
- Make articles relevant.
- More local sports.
- Not enough description of events.
- Personnel comment.
- Job openings section.
- Keep up the good work Mark & Jeff J

- Font is too big suggest no effort to place more interesting articles in paper. Our kids participate in local sports. The overprices Shawano paper doesn't carry sports anymore. A call to school athletics director for box scores & standings would be nice. An occasional picture of our student athletes too!
- Articles about our kids in school, not just Gresham and Bowler, but also Menominee tribal, since I have grandchildren there.
- Keep bigger text- bold & black.
- Sports articles, "that mentions our community kids".
- More community events covered. Elders do a lot, Family Center.
- We don't need Mohican News there is too many opinions and not enough news items!
- I think acknowledgments of appreciation are just as important as pictures. A few pictures about an event is good with the story. Things that people actually say when they are attending an activity. Student articles of community members. News. I know it is costly to print paper more often. Many times the news can not be used to advertise upcoming events- not put in paper except when done. Part of the things are old by mid month.

If submissions are available, the reader would like to read: other suggestions:

- Curtis Little "I totally enjoyed Dot Davids. When Curtis was alive he read every paper 2-3 times-I read it all. I love your paper.
- In advance-by month minimum, date/time/location for community. Meetings i.e. semi annual council meeting.
- An event is often over or not enough time to plan attendance for those not living on or near the rez.
- I have no relatives or young persons attending school. However, I am interested in the happenings in the school.
- Short historical items about the tribe-e.g. How we participated in a specific war-"War of 1812" or WWI, II.
- I was disappointed there was no mention or pictures from last years Elderly Christmas party-Since it's the Sat. maybe you can put it in the news this year.
- A "Culture Corner"? You could include traditional stories, crafts, music info, photos, language-Old & New.
- Council Corner, "Keep length

- of article to a reasonable length so they stick to the point".
- What is happening in other committees- holistic articles?
- Head liners at casino/ 3-6 months in advance so plans could be made to attend.
- Historical facts.
- Police beat for community safety. Report on boards/ committees. Meeting times, terms/vacancies. Complete council minutes (not summaries).
- Job postings
- Comics
- Controversial Issues, Constitution Updates-
- Articles by Council Members-factual articles not constant vote for me articles-the facts-lets see what our Tribal \$ are paying for. Community calendar "as long as information is up to date".
- Community Events Powwow, taking circles, drum practice etc.
- News stories of community-Actual News.
- Jobs, education for adults.
- Material on Native Spirituality.
- Job openings tribal & casino.
- What happened to Eder profiles? They haven't all passed on!
- Information what elderly can receive with out hiding information of what they are eligible for?
- Calendar, "once again big enough bold black lettering on white background for Elders to see.
- Need more community events in paper. Paper is kind of boring. I only look at pictures cause articles are a little boring.
- What you need to learn & pay attention to become a true leader. Community calendar "more in-depth"
- News in the casino and job updates.

Are there any other suggestions the reader has for the paper?

- I want to see more "Letter to the Editor" or letters from the community.
- Curtis has 2-3 sisters-cousins and family at Bowler and Gresham. Thank you for such an interesting paper. Ann Robinson, I am from Crandon Wisc originally
- Add time/date/location of upcoming events.
- Good job-Love the news Reporter. Fresh-New-Good./

- Correct Noh to Moh in address.
- Keep up the good work.
- I think you are doing a wonderful job.
- I love this paper. I look forward to receiving it & read almost every word.
- Better editing/layout-Perhaps some articles from the New York projects-National news of other tribal successes or projects we might have in common.
- Other things the tribe is involved in. Or activity pursuing.
- This paper is very biased-shows selective reporting very disappointing. Very politically driven-basically PROPAGANDA! Makes good fire starter! Or TP!!
- Write the stories-don't just copy the headlines from other papers. Also, provide balanced news-not just great, happy things through rosy glasses-but balanced news.
- Incorporate ads throughout the paper rather than in one section.
- Other important information, from other tribe, that may relate to S/M Com.
- Make it reader friendly for mobile devices (cell phones, tablets, etc.) modernize.
- Get pictures in of a variety of members involved in activities. Not same people over & over-families at Xmas parties, etc.
- The boards could ask for public input on issues before going to council-this would help all members to know what is going on.
- Charge for classifieds, pics.
- Great job.
- Get the "ramblin's" out-to much of "ones" memories not the tribes.
- Get language for Munsee/lenni-lenapi plus Mohican language.
- Maybe add some more school activities from head start to college. Or info about the tribal departments!
- Expand coverage of family photos. Always same tribal members or their kids.
- New tenant in Red Springs & Bartelme; or other town New workers/Employee; Moving out/leaving for another job; Engagement/Wedding/Anniversary Dates; Police/Fire reports.
- People would like information before things happen not after.
- More community events covered in the paper.
- Print upcoming events prior to the events, not after.

Living in the past is a dull and lonely business; looking back strains the neck muscles, causes you to bump into people not going your way.

Edna Ferber (1885 - 1968)
 Writer

Finding Our Mohican Ancestors and History



Sherry White is the Tribal Historic Preservation Officer. Part of her job is working with Federal Agencies to protect the tribe's historic sites. In doing this she must do a lot of research. Over the past 14 years she has gathered a lot of information and will be sharing some of the articles she finds.

Sherry is not saying these articles are totally accurate or complete; just interesting articles written about the Mohican History she has come across in her research.

If you have something to add about the article or your own information you want to share about the article feel free to send us your thoughts. The first article will be about Troy and Rensselaer County in the State of New York. Troy is north of Albany New York which is in the heart of Mohican Land.

Some of the stories or articles may appear over a few months of papers.

TROY AND RENSSELAER COUNTY, NEW YORK

A HISTORY BY RUTHERFORD HAYNER

Member of the Editorial Staff of "The Troy Times" and for Ten Years Editor of the Art Section Volume I. Lewis Historical Publishing Company, Inc. New York and Chicago, 1925.

Chapter II. Aboriginal Inhabitants.

Indians of Upper Hudson Valley When the First White Men Came; Crossing of Two Great trails-Seat of the Mohican Council Fire and Birthplace of Uncas - Enmity of the Mohawks and Eastern Tribes Domination of the Iroquois Never Complete Sites of Indian Villages-Two Charming Legends.

Very little is known of the aboriginal inhabitants of Rensselaer County in the centuries before the arrival of the first Europeans. Their history can be traced back positively but a very short time. There are many evidences of early occupancy by various tribes in different parts of the site of Troy and places throughout the county. The sites of settlements have been found in the southern part of old Lansingburgh, at the south end of the city, throughout the southern section of the county, and at some points in the northern part; but Berlin,

Grafton, Petersburg and the eastern part of the county was evidently wild land.

It is very probable that Uncas, noted chieftain, made familiar by Cooper's "Last of the Mohicans," was a young brave living on the site of Troy when Hudson's men passed up the river in a small boat, but found that navigation was at an end a little to the north of it.

When the white man came the Hudson River in this vicinity was generally the dividing line between the hereditary enemy tribes of the Iroquois, represented by the Mohawks in the valley of the river bearing their name and northward, and the Mohicans (called by the Dutch, Mahicans) of the Algonquin race in Rensselaer County and southward, and the Horicons to the north. The whole of the State was practically under the control of the Iroquois when the white man came. The Mohawks and Mohicans lived opposite each other in temporary peace at least, though occasionally in conflict until about 1673. According to Rutenber a pact seems to have existed in 1609 by which the Mohicans were "linked together in interest with the Five Nations."

The English called the Iroquois the Confederacy-first, Five Nations and then Six. The Dutch called those of the Mohawk Valley, the most easterly of the Five Nations, the Maquaas. These Indians called themselves Aquinoshioni, meaning United People; also Hodosannee, the People of the Long House. Latterly they were generally designated the Mohawks. The Iroquois lived in long and narrow houses made of saplings and bark and occupied by many families; while the Algonquins lived in wigwams, small, circular and conical, each for one or two families, and the villages were enclosed in stockades called castles. Iroquois culture had been adopted by the Algonquins, however.

The Five Nations were practically a republic, and, strange as it may seem, very similar in government to that of the United States of today. Each nation was independent in local matters, and was represented in a general council of fifty officers created at the organization of the confederacy and distributed according to the numerical strength of the tribes. No sachem was superior to another, except by higher intellectual attainments. The Iroquois formed the first "league of nations" and had it not been for

Troy continued on page Ten:

Director cont from page One:

enhance, broaden, and maintain the quality, cost, and type of services provided to the Center's clients.

Other duties as Director of the Health and Wellness Center include overseeing the development of comprehensive budgets for Tribal Council approval, overseeing the maintenance of the accreditation process, and overseeing the development and implementation of the electronic medical records. He will also have to keep up with fiscal contributions and regulations from revenues generated by third parties, such as the Indian Health Services (IHS), the Bureau of Indian Affairs (BIA), and various grants.

Mian qualifications include an MBA in Finance/Management, a Bachelor's Degree in Accounting, and an Associate Degree in Information Technologies. He is also a member of the American College of Healthcare Executives.

Mian moved to the United States from Bangladesh in 1990 and is an American Citizen. He worked for Affinity Health System for 12 years in their Business Department as well as in their Quality Assurance Department as a Decision Support Specialist.

After that he went back to school to complete his BS in Accounting. Then, he applied for the Assistant Director position for the Stockbridge-Munsee Community where he was offered the job, from interim director JoAnn Schedler, over six and a half years ago.

Puetz cont from page One:

"I'll also be doing more housework to help my wife because she will still be working for a while. She's a lot younger than I am." Both Puetz's wife and his son are nurses. He also hopes to spend more time doing what he already loved doing in his free time: fishing, gardening, walking, and spending time outdoors.

On his last day of work, Puetz marveled at all the changes he's seen during his 16 years with the Tribe. "It's been a very satisfying job because there's been growth financially during my time here,

"I was given the job right in the interview and I was shocked because I've had interviews at other places, and they usually say, 'Well, we'll get back to you,' Mian said.

He then found a place to rent in Shawano because he, his wife, and his four children lived in Oshkosh. His youngest child is now in the third year of Medical College at the University of Wisconsin-Madison. Today, Mian still spends his weeknights in Shawano and drives back to Oshkosh on the weekends.

Because he eats on his own during the work week, he has taken up cooking as a hobby. "I'm learning from my wife how to make some good oriental dishes," Mian said. "Now when we invite friends and relatives over, my wife and I divide up some of the cooking [responsibilities] and other chores. I do my share to reduce the burden on my wife. This is helping our relationship. My wife prays to God that I can do an excellent job for this Tribe." His other hobbies include learning the Arabic language, reading, and waking up early in the morning to read passages of the Qur'an.

He also enjoys volunteering for Community Board's and would like to do more. "I want to do some volunteering here in the Stockbridge-Munsee Tribe. I'll be exploring what I can do for the youth or the Elders here," Mian said. "My culture has many commonalities with Native Americans because we respect our Elders and our family. What we value is similar."

and there's more services for tribal members than when I started, quite a bit more. And, the employee base has grown. A lot of people I've known have grown. People I knew when they were in high school now have productive jobs within the community. I saw a lot happen. The casino had really only started out 4 years earlier. So it really wasn't anything like it is now. There's been steady growth, you know. It was fun to go through all that. It's still a small community but economically it has grown for the Tribe and for the tribal members. More tribal members are employed now."

Random Thoughts

1. The journey of a thousand miles begins with a broken fan belt and a flat tire.
2. It's always darkest before dawn. So if you're going to steal your neighbor's newspaper, that's the time to do it.
3. Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
4. No one is listening until you make a mistake.
5. Always remember you're unique, just like everyone else.
6. Never test the depth of the water with both feet.

FY '13 SEWING CIRCLE@ MFC

Tuesday, Jan. 01	HOLIDAY	
Tuesday, Jan. 08	Baby bibs	11:30 a.m.-3:30 p.m.
Tuesday, Jan. 15	Baby bibs	11:30 a.m.-3:30 p.m.
Thursday, Jan. 22	Painting	11:30 a.m.-3:30 p.m.
Tuesday, Jan. 29	Gifts, blockprint back paks	11:30 a.m.-3:30 p.m.
Tuesday, Feb. 5	Beading	1:00-9:00 p.m.
Tuesday, Feb. 12	Beading	11:30 a.m.-3:30 p.m.
Tuesday, Feb. 19	Shop for supplies	11:30 a.m.-8:30 p.m.
Tuesday, Feb. 26	Gifts-back paks	11:30 a.m.-3:30 p.m.
Tuesday, March 5	Earrings	11:30 a.m.-3:30 p.m.
Tuesday, March 12	Tie dying	11:30 a.m.-3:30 p.m.
Tuesday, March 19	Tie dying	11:30 a.m.-3:30 p.m.
Tuesday, March 26	Gifts for youth powwow	11:30 a.m.-3:30 p.m.
Tuesday, April 2	Lazy stitch wristband	11:30 a.m.-3:30 p.m.
Tuesday, April 9	Lazy stitch wristband	11:30 a.m.-3:30 p.m.
Tuesday, April 16	Lazy stitch wristband	11:30 a.m.-3:30 p.m.
Tuesday, April 23	Lazy stitch wristband	11:30 a.m.-3:30 p.m.
Tuesday, April 30	Gifts for youth powwow	11:30 a.m.-3:30 p.m.

May Field Trip TBA Tues. or Thurs.

Sewing Circle participants must participate in 12 of the 16 activities prior to May 2013 to qualify for trip. (February shopping trip for supplies does not count towards May trip).

Regalia/Sewing Times

Tuesday evenings, 6:30-9 p.m.
 January 8, 15, 22, & 29, 2013
 February 5, 12, 19, & 26, 2013
 March 5, 12, 19, 26, 2013
 April 2, 2013

Monday through Thursday, April 8-11 and April 15-18, 2013



MFC invites you

To share your ideas at
2013 COMMUNITY MEETINGS
 7:00-8:00/9:00 p. m.

Monday, January 28	Family Bingo Session
Tuesday, February 5	Regalia Time/Sign-up
Monday, February 25	Summer incentive for youth
Tuesday, March 5	Plan Fall Sewing Circle activities
Tuesday, March 26	Make gifts for Powwow give away
Monday, April 1	Plan summer activities
Monday, April 22	Plan September/October craft fair
Thursday, May 9	Plan Anu shiik to Veterans activity
Monday, May 22	Plan Annual Harvest potluck

Please come to MFC and sign up. There are a limited amount of supplies available to MFC members. In exchange for supplies and instructions we ask that you provide gifts (make or purchase close to the monetary value of item you make) for the 2013 "Honor our Youth" powwow giveaway. Powwow is Sunday, May 2, 2013, 1:00-5:00 p.m. with meal at Noon.

Low impact round dance workout sessions are Monday and Wednesday, 1:00-1:30 p.m. in the aerobics room at MFC.

MOHICAN FAMILY CENTER RECREATION

February 2013

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Closed	28 12-1 Noon-Ball 1 -1:30 Round Dancing 4-4:30 Circle of Nutrition	29 12-1 Noon-Ball 1 -3:30 Sewing Circle 4-4:30 Circle of Nutrition 6:30-9 Regalia	30 12-1 Noon-Ball 1-1:30 Round Dancing 4-4:30 Circle of Nutrition 5 Tai Chi	31 12-1 Noon-Ball 4-4:30 Circle of Nutrition	February 1 4-4:30 Circle of Nutrition 6-8 Movie Time	2 Open Gym 2:30-7 Oneida Youth Pow-Wow TBA
3 Closed	4 12-1 Noon-Ball 1 -1:30 Round Dancing 4-4:30 Circle of Nutrition	5 12-1 Noon-Ball 1 -3:30 Sewing Circle 4-4:30 Circle of Nutrition 5-7 Youth Night 6:30-9 Regalia	6 12-1 Noon-Ball 1-1:30 Round Dancing 4-4:30 Circle of Nutrition 5 Tai Chi	7 12-1 Noon-Ball 4-4:30 Circle of Nutrition 5-Midnight Pay Your Own way Movie 7th-12th Grade	8 4-4:30 Circle of Nutrition 6-8 Movie Time 8-Midnight Girls Night	9 Open Gym 2:30-7
10 Closed	11 12-1 Noon-Ball 1 -1:30 Round Dancing 4-4:30 Circle of Nutrition 5 Cooking Class 7 Community Meeting	12 12-1 Noon-Ball 1 -3:30 Sewing Circle 4-4:30 Circle of Nutrition 5 Family Fun Night 5 Board Meeting 6:30-9 Regalia	13 12-1 Noon-ball 1-1:30 Round Dancing 4-4:30 Circle of Nutrition 5 Tai Chi	14 12-1 Noon-Ball 4-4:30 Circle of Nutrition	15 4-4:30 Circle of Nutrition 6-8 Movie Time 8-Midnight All Male Night	16 Open Gym 2:30-7
17 Closed	18 Holiday Closed	19 12-1 Noon-Ball 1 -3:30 Sewing Circle 4-4:30 Circle of Nutrition 6:30-9 Regalia	20 12-1 Noon-Ball 1-1:30 Round Dancing 4-4:30 Circle of Nutrition 5 Tai Chi	21 12-1 Noon-Ball 4-4:30 Circle of Nutrition 6-8 Tween/Teen Night	22 4-4:30 Circle of Nutrition 6-8 Movie Time	23 Open Gym 2:30-7
24 Closed	25 12-1 Noon-Ball 1 -1:30 Round Dancing 4-4:30 Circle of Nutrition	26 12-1 Noon-Ball 1 -3:30 Sewing Circle 4-4:30 Circle of Nutrition 6:30-9 Regalia	27 12-1 Noon-Ball 1-1:30 Round Dancing 4-4:30 Circle of Nutrition 5 Tai Chi	28 12-1 Noon-Ball 4-4:30 Circle of Nutrition	SUBJECT TO CHANGE	

2012 Employee Christmas Party for the Tribe and the Casino



Mabel Miller and her daughter Tribal Secretary Jerilyn Johnson



"County Christmas" Gingerbread House by the Slot Department



Some sweaters were just too good to pass up



Ipad winner



Gingerbread Barn from the Maintenance Department



The Frosted Mini-Wheat silo looked tasty



Ugly sweater contestants were over represented by Mohican Housing staff (look in them closets folks)



Dr. Saroosh Razi and Robin Kerstner from dental enjoyed the event



Finance Department's Slot Machine Gingerbread House with close up of the slot



Lab Tech Barb Stephenson and Charlene Duranceau, RN



Tim Malone chooses from all the prizes



The wait staff did not have to help during this event



Sound Bar winner Maria Antonucci



Food and Beverage Department's Teddy Graham Gingerbread Mansion



Close up of the Teddy Graham Mansion



Housing Department displays their 1st place 100% edible Gingerbread House

Mohican Family Center's After School Program and Ella Besaw Elderly Center's Monthly SHARE A BOOK Program where children read books to their Elders



Beau Hartwig and Virginia Johnson



Leona Bowman and Hunter Haselow



Elna Pfannerstill and Brandi Beauprey



Wylee Dodge and Jane Grosskopf



**SHARE A BOOK
with an Elder!**



Jace Price handed out ice cream

Bowler's "H2O" (Help To Others) performed prevention skits for children in Headstart on November 29, 2012

4th and 5th Graders came up with the group and developed brochures to hand out to kids. Performers included Jurni Meek, Lane Schultz, Lexsi Wayka, Natalee Gardner, Rhiannon Jacobs, Tynea Johnson



CONGRATS!
Employee of
the Month



CONGRATS!
Employee of
the Month



Employees of the Month for the month of October at the North Star Mohican Casino Resort went to Karrie Mohawk (Left), Human Resource Department and Oscar Schultz (Right), Count Team Department

Troy continued from page Six:

the coming of the white Troy continued on page es, would have done away with war by annihilating all their enemies.

The Iroquois Nation to which the Algonquin Indians of the Connecticut (Quon-eh-ti-cut) Valley paid unwilling tribute, were the Mohawks, and they made periodical excursions over what has come to be known in this day as the "Mohawk Trail" along the valley of the Hoosick River in the northern part of Rensselaer County, and over the Housatonic Mountains into the Connecticut Valley. The Mohawks claimed the whole territory eastward to the Connecticut by right of conquest, and thus it was that the Mohawks sided with the English in 1675 in the war on King Philip and the new England tribes, their ancient enemies.

Shot which sealed doom of French when Champlain made his exploration in the summer of 1009 to the lake bearing his name, he naturally become allied with the Canadian Indians, the Algonquins and Hurons with which he came in contact, and was precipitated into conflict with the Iroquois at Ticonderoga July 29 and 30, 1009, and there fired the shots which sealed the doom of the French on this continent. The Iroquois were, of course, defeated by the use of firearms, but these mighty warriors always remained the bitterest enemies of the French, siding with the English against them, and once or twice came near driving them out of Canada. This same enmity continued and during the Revolutionary period kept western New York from becoming part of the Canadian provinces.

The friendship with the English under the influence of Sir William Johnson continued to the Revolution; and, though Johnson died before actual hostilities between England and the Colonies, the sympathies of the Iroquois, except the Oneidas and Tuscaroras, continued with the English.

At the time of Champlain's battle with the Iroquois at Ticonderoga, Hudson was repairing his little vessel, the "Half Moon," on the coast of Maine. Early the following September he sailed up the river that bears his name. Settlement by the Dutch followed. When the Indians and Dutch came together, the Indians, having learned that the use of firearms was the secret of their defeat by Champlain, longed to possess these implements of warfare.

The Dutch were seeking the rich furs, which the Indians had in abundance, and the exchange was made to the satisfaction of both.

Home of the Mohicans—Rensselaer County was the hereditary home of the Mohicans. They planted their corn on the fertile meadows along the Hudson, which are now within the site of Troy, and called the place Pa-an-pa-ak, the field of standing corn. Weise, the Troy historian, says that instead of being the Indian designation there is evidence that the name was a Dutch compound of two words, Pont, a ferry, and Pacht, a farm, and came as a designation later when a farmer locating at this point operated a ferry across the river.

At the time of discovery the Mohican tribe probably occupied the east bank of the Hudson from a point near Germantown to the headwaters of the river and the west bank from Cohoes to Catskill. The west side of the Hudson north of Cohoes and the territory westward was occupied by the Mohawks. The great council fire of the Mohicans was lighted at Schodack, the capital of the tribe located near the river on the cliffs a few miles north of the site of Castleton, whence a signal fire could be seen for many miles in all directions. The location was a central one for the tribal representatives and the name Schodack is from the Indian skootag, fire, and ack, place. When the Mohicans released their lands to the settlers, they first went to Westenhuck in the hills south of Stockbridge (becoming known as the Stockbridge Indians, families of whom moved back and forth from the southern part of the county for years). In 1785 the major part of the tribe joined the Oneidas in Central New York, and in 1821 migrated with a large number of other Indians of New York State to the Fox River country in Minnesota. Various families of the Mohicans remained in this vicinity until some years after the Revolution, but when the restrictions of civilization became irksome to them they "disappeared in the night," one after another making their way to the West or North. The precise relation between the Mohicans or Mahicans of the Hudson Valley and the Mohegans in Connecticut under Uncas, sometimes described as a Pequot chief, is not established, according to Ruttenber, because of differences in dialect, territory and alliances, but there are indications that all of these tribes belonged to the same stock, and that Uncas and his followers were driven from Rensselaer County by the Mohawks and formed a new amalgamation in the East.

The early settlers in Rensselaer County found the Indians as friendly as they had been with Hudson and his crew, and their principle castle was that of Chief

Aepjin; the castle, a palisaded fortification and village on the hill in the town of Schodack. This was the location of the peace council fire and Aepjin was the grand councilor. North of Castleton there were a number of settlements of Indians along the creek.

Indian Villages on Site of City—On the site of Troy there were two Indian villages and fortified dwelling places of Mohicans, one designated "Unawats Casteel" by the Dutch, located near what is now the southern end of Lansingburgh. The other village was not far north of the mouth of the Poetenkill, where in all probability Uncas was born. Between the Wynantskill and the southern boundary of the city (on what was afterward the Vandenburg farm) was another settlement. A palisaded village of the Indians, called by the Dutch, Monemius' Castle, was located on Haver Island, formed by the third and fourth mouths of the Mohawk River below Cohoes Falls and just south of the site of Waterford, opposite Troy.

Many evidences of Indian occupation have been found in and about the site of Troy. When the grounds were being graded about the First Church of Christ, Scientist, near the river bank opposite One Hundred and First Street, skeletons and relics indicating an Indian burial ground were found. The late Dr. Dwinel F. Thompson of the faculty of the Rensselaer Polytechnic Institute, who made one of the most notable collections of Indian relics, now in the State Museum at Albany, recovered many Indian implements on this site, as well as at other places along the river. A Mohican Tradition—According to the tradition of the Mohicans, their forefathers asserted they were immigrants from west by north of another country, and that they passed over great waters where this and the other country are nearly connected.

(A supposed relation is seen between this and the theory of some entomologists that the Indians originated from Mongols crossing from Northeast Asia to Alaska, though most scientists hold the Indians of a distinct race.) They called themselves the Muhheakunnuk Nation, a word meaning in its original significance "great waters constantly in motion," either ebbing or flowing, and derived from the place of their origin by the side of a great sea. Tradition says their ancestors declared when they came to the Hudson that this flowing and ebbing water was like the land of their nativity and here they decided to make their home.

The government of the Mohicans was a democracy,

a chief sachem being chosen by the nation. The Mohicans in Rensselaer County were part of the national division of the Mahicans composed of the confederacy of nine nations gathered between Manhattan Island and the environs of Quebec. The noble stream on which they were found by the Dutch they gave the name Mahakaneghtuc (waters flowing both ways), and they kindled their council fire in Schodack about midway of its length.

Uncas Driven Away - The temporarily amicable relations of the Mohawks and the Mohicans, whose outposts approached so near each other on opposite sides of the river, was terminated abruptly by hostilities in 1628, two years before the founding of Rensselaerwyck and five years after the building of Fort Orange at what is now Albany. The outcome was that part of the Mohicans, with Uncas, a valorous young chief, at their head, fled to the valley of the Connecticut and settled near the Sound. The Dutch commander in Fort Orange was persuaded during this conflict to take part in the secret attack on the Mohawks and he, with three of his garrison were slain in an unsuccessful assault near the site of West Troy. This unexpected defeat and the terrifying tales told of barbarous treatment of prisoners taken by the Mohawks caused so great consternation at Fort Orange that the remaining colonists departed for New Amsterdam at the mouth of the river. The hostilities between the Mohawks and the Mohicans continued through the year until the fierce Iroquois successfully assaulted the council place and drove off the survivors of the Mohicans. Although Uncas and his followers went to the Connecticut Valley in 1628, it is apparent that the Mohicans as a nation did not then quit the territory, as appears from a title deed they gave to Van Rensselaer in 1630. Deeds from King Aepjin show that his council fire was kept burning at Schodack, the original capital of the nation, as late as 1664. His capital was subsequently moved to Westenhuck in the valley of the Housatonic. It is quite likely that the Indian Chief, or "savage Governor," referred to in Juet's "Journal of Hudson's Voyage of Discovery," was the same King Aepjin of Schodack. Uncas in Connecticut became a petted favorite of the English. A conflict between the tribes representing the two great nations continued from time to time during the intervening years; and Brodhead writes under date of June 21 1664:

Troy continued on page Twelve:



Diabetes Prevention Group

Are you at risk for diabetes?
 Would you like to feel better?

What are you willing to do to take care of yourself?

The Stockbridge Munsee Diabetes Program will be starting a DIABETES PREVENTION GROUP* on January 21, 2013 for ages 16 and up.

The group will be a 12 week program consisting of exercise instruction, nutrition and diabetes prevention information. Yes, these are the components to decreasing your risk for diabetes! If diabetes is in your family, it does not mean you will become diabetic too, especially if you make the right choices for your body!

The Diabetes Prevention Group will have several incentive prizes

as you work to lower your risk for diabetes. Please call or email Elena, RN to sign up and we'll keep you updated with more information.

We look forward to working with you!

Elena, RN

Phone: 715 793-5060

Email: Elena.cox@mohican.com

*This program is made possible through the SDPI (Special Diabetes Program for Indians) grant through IHS. Participants must be eligible under the grant guidelines in order to participate.

Keep Warm and Safe

Frostbite is damage to body tissue caused by extreme cold. A wind chill around -20° Fahrenheit (F) could cause frostbite in just 15 minutes or less. Frostbite causes a loss of feeling and a white or pale appearance in extremities such as fingers, toes, ear tips or the tip of the nose. If symptoms are detected—Seek medical care immediately!

Hypothermia is a condition that develops when the body temperature drops below 95°F. It is very deadly. Warning signs include uncontrollable shivering, disorientation, slurred speech and drowsiness. Seek medical care immediately!

Overexertion is dangerous. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make an existing medical condition worse.

Pets also need extra care when the temperatures fall. They should be brought inside when the temperature reaches 30° with wind chill. Dogs and cats can get frost bitten ears, nose and feet if left outside during bitter cold weather. Chemicals used to melt snow and ice can also irritate pets' paws and be sure to keep anti-freeze, salt and other poisons away from pets as well.

Be Prepared

Some of the dangers associated with winter storms include loss of heat, power and telephone service and a shortage of supplies. To help protect your family now is the time to put together a disaster supply kit. Here are some items to include:

- Flashlights and extra batteries
- Battery-powered NOAA Weather Radio and a commercial radio
- Non-perishable food that requires no cooking and bottled water
- First-aid supplies
- Fire extinguisher, smoke detector and carbon monoxide detector
- If appropriate, extra medications and baby items
- If you have an emergency heating source, such as a fireplace or space heater -- make sure you have proper ventilation
- Make sure pets have plenty of food, water and shelter

For additional information, contact your county emergency management office, the National Weather Service or Wisconsin Emergency Management at 608-242-3232.

Winter safety tips along with developing your own personal preparedness plan and an emergency kit can also be found at the following websites:

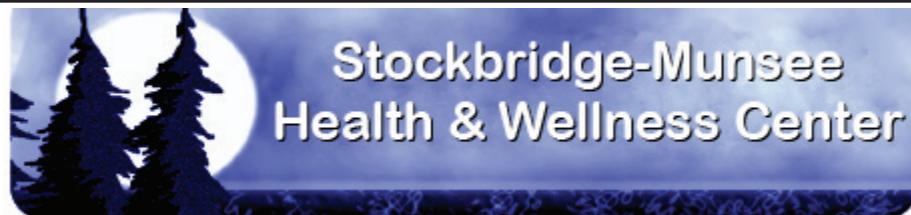
www.weather.gov

<http://emergencymanagement.wi.gov>



I've Got Your Back
 Dr. Tom Wargo

Call - 715-793-5000



Flu Prevention

Vaccination is the best way to protect yourself from the flu. There are additional steps you can take to keep yourself and your family healthy this flu season.

- Everyone 6 months of age and older should get vaccinated against the flu
- Take everyday precautions, like washing your hands, to protect your health
- If you are exposed to or caring for someone with the flu, talk to your doctor about preventive antiviral medications

What everyday steps can I take to stop the spread of germs?

- Wash your hands often with soap and water or an alcohol-based

- hand rub
- Avoid touching your eyes, nose, or mouth. Germs spread this way
- Try to avoid close contact with sick people
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat health food
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine

Julie Casper-CHR/WIC/HOC

Governor Announces SeniorCare Renewal

Madison—Governor Scott Walker today announced Wisconsin received formal approval from the Centers for Medicare and Medicaid Services (CMS) for renewal of the SeniorCare Waiver until 2015. SeniorCare, Wisconsin's prescription drug program launched in 2002, provides affordable, comprehensive prescription drug coverage to thousands of Wisconsin seniors. "I am pleased to announce SeniorCare's renewal to Wisconsin's parents, grandparents, friends, and neighbors, who depend on it," Governor Walker said. "It's important for Wisconsin's seniors to be able to get the prescription drugs they need at an affordable price."

In addition, SeniorCare now includes Medication Therapy Management (MTM). This is a new covered service for SeniorCare members. Medication therapy management creates a partnership between pharmacist, patient, and physician to better coordinate the delivery of medications.

SeniorCare continues to be a popular and successful program, with a simple enrollment process, a \$30 annual enrollment fee, income-based deductibles, and co-payments of \$5 for generic drugs or \$15 for brand drugs. Since its inception, more than 152,000 Wisconsin seniors have purchased prescription drugs through SeniorCare.

Facts about SeniorCare

SeniorCare prescription drug assistance program is available to all seniors 65 years of age or older with an income at or below \$22,340 per year for an individual or \$30,260 for a married couple.

About 75 percent of Wisconsin seniors enrolled in SeniorCare are women.

Although the majority of SeniorCare members have been enrolled for two years or less, 11 percent are charter members and have been enrolled since the start of the program 10 years ago.

Out of pocket costs for SeniorCare members decreased due to a combination of factors:

increased use of generic drugs, increased rebates from drug companies, and changes in reimbursement to pharmacists.

Many seniors are enrolled in both SeniorCare and a Medicare Part D drug plan or private insurance.

Almost 40 percent of those enrolled in SeniorCare have some other type of prescription drug coverage as well, and SeniorCare coordinates benefits with these programs.

For most Wisconsin seniors, SeniorCare provides a better value than Medicare Part D. However, Part D is better for the lowest income members who qualify for federal subsidies and for members with high drug costs.

In state Fiscal Year 2011, costs of SeniorCare were \$108.9 million, divided among rebates from drug manufacturers (40%), the federal government (21%), members (19%), state funds (13.6%), and other insurance (6.7%).

The SeniorCare waiver is estimated to lower total net Medicaid spending by \$146 million in 2011, of which \$53 million will be state savings.

For more information about SeniorCare, call the SeniorCare hotline at (800) 657-2038 or go to

dhs.wisconsin.gov/seniorcare.

Troy continued from page Ten:
 “War now broke out again. Mohicans attacked the Mohawks, destroyed cattle at Greenbush and ravaged the country on the east side of the North River.”

The territory of the Mohicans joined with the Wappingers and Sequins on the south and stretched north embracing part of the valleys of the Hudson, Housatonic, and the Connecticut. As late as fifty years after being driven eastward, Uncas and his little body of Mohicans, greatly reduced in numbers, returned to their aboriginal home and even crossed the Hudson to the present site of West Troy and Waterford, where they succeeded in slaying many of their old enemies among the Mohawks.

The Schaghticoke Indians - At the close of King Philip's War in New England in the year 1676 fugitives from the Narragansetts, Wampanoags, Pacomptucks and other eastern tribes fled from the avenging whites, and with the consent of the Mohawks settled near the mouth of the Hoosick in Rensselaer County and became known as the Schaghticoke (Pishgachtigok or Scatecook) Indians. They remained in Rensselaer County in generally peaceful relations with their neighbors for seventy-seven years, until 1754, when they moved to the lower end of Lake Champlain, near the Canadian line, and joined the "Vlironoaks, their former neighbors, under their old chief, Grey Lock, whose name was given to the highest peak in Massachusetts near Williamstown. Grey Lock had lived for some time at Old Schaghticoke after King Philip's War. The Schaghticoke Indians were actively employed in the French and Indian War and besides their service as scouts, a large number joined in the pursuit of the French after the destruction of Schenectady, and also on several expeditions against Canada. Captain John Schuyler voluntarily embarked with twenty-nine English soldiers and one hundred and twenty Mohawk and Schaghticoke Indians on a trip to Canada, which resulted in a successful attack on the French beyond Lake Champlain. They returned to Albany with nineteen prisoners and six scalps.

Living in Peace - A peace such as the wilderness of the New World had not known since the Europeans came prevailed among the Indians at the opening of the eighteenth century. Beside their home river the Mohicans hunted and cultivated the field and large numbers of survivors of Eastern

tribes gathered around the "tree of welfare," or more often known as the "peace tree," located on the Knickerbocker farm in Old Schaghticoke.

Indians continued to live in Rensselaer County until as late as 1854, the remaining stragglers being descendants of the New England convention; and quite a colony of Christian Indians was located at Bast Nassau. There was a settlement for some years below the Wynantskill extending to the southern boundary of the Vandenburg farm. All the Indians resident in the county belonged to the northern off-shoot of the Mohican people and were called Schaghticoke, Hoosacs, and Schodacks, as a matter of location. East Greenbush was the site of an old Indian village and Stockbridge Indians lived in the southeast part of the county for some years. Through the work of the Society for the Propagation of the Gospel in Foreign Parts, an English institution, and also the Moravian missionaries, many of these Indians became Christianized. The Indians were restless and moved much back and forth, tending to shift to New England as the Dutch took more and more of their lands.

Aided in the Revolution - The Indians throughout the county were very loyal to the colonies and sent many able warriors to fight in the ranks of the Continental Army. Among the most conspicuous of these was Capt. Daniel Nimham, a full-blooded Indian, who fought under Washington, and was in direct command of a company when killed in battle in Westchester County. Chief David, and Capt. John Konkapot, a Mohican chief. Nimham had visited England in the interest of the Warpincers' land claims. Captain Konkapot became an influential member of the mission church at Stockbridge. King Hendricks, one of the famous leaders of the Six Nations and head of the Mohawks for so many years, was the son of a Mohican chief called the Wolf, who by captivity and adoption became a member of the Mohawk family. His greatest service to the English was performed in the battle at Lake George in 1755, where he lost his life. He delivered a notable speech before a conference in Albany in 1754.

A Christianized Mohican Indian, Rev. Samson Occam, was the first ordained minister of his race in this county being licensed by the Prosy terry to preach, and the book on missions written by him was one of the First ever published in this county. He visited England in 1755-56 to solicit support for Dr. Wheelock's school at Lebanon.

The Mohawk Trail - Across northern Rensselaer County once ran the old Indian trail and warpath, the route of which is now given the name Mohawk Trail, and which during the Indian occupancy and the early Colonial period, was scarcely less famous than the great Northern and Western trails. This was the great Eastern Indian trail, leading from the Hudson up the valley of the Hoosick River and over the Hoosick Mountain, now pierced by the Hoosick Tunnel, to the headwaters of the Deerfield River, along that stream to the broad valley of the Quoin-eh-it-cut (Connecticut), so-called in the Indian tongue, and from thence to Massachusetts Bay.

"The History of Rensselaer County, New York," by N. B. Sylvester (1880), gives the following account of this warpath and of the Indians of the county:

This was the great highway leading from the Iroquois tribes of Central New York the "Five Nations"-to the tribes of New England (Algonquin) - the Squak-heags and Pa-comp-tucks, the Non-o-Tucks and Ag-a-was, of the Connecticut Valley, and the Mass-ad-chum-sits, Narragansett's, and Po-can-o-kits of the Atlantic Coast. Between these Algonquin's of the east and the Iroquois of the west there was perpetual war. The valley of the Hoosick across Rensselaer County lay between them and this valley was, in the olden time, the scene of many a bloody conflict between the red men. Thus, in the year 1661 several hundred Mohawks went up the Hoosick Valley on the warpath, and crossing the mountains, fell upon the Pa-comp-tucks and Squak-heags of the Connecticut Valley at Deerfield and Northfield, and laid waste their country.

In retaliation, the Mass-ad-chum-sits and Narragansetts united with the Squak-heags and Pa-comp-tucks in the year 1660, in an expedition against the Mohawks. The band consisted of several hundred warriors, led by Chic-ka-taw-but, chief sachem of the Mass-ad-chum-sits. They passed down the Hoosac Valley, penetrated the Mohawk country and laid siege to the nearest castle, called Te-hou-de-lo-ga, at the mouth of the Schoharie Kill, afterwards the site of Fort Hunter. The Eastern allied tribes failed in their attempt and retreated towards their own country. The Mohawks followed and making a detour formed an ambush into which the eastern Indians fell and suffered fearful loss. So also King Philip, in the winter of 1675-76, left for a while; the scene of his great conflict with the white men for the mastery of the land, and traveled over: this great eastern

war trail to rest for a while on the banks of the Hudson. In February a sudden thaw came and left the ground bare. Taking advantage of this, the Mohawks left their castles, and attacking Philip and his band, drove him back up the Hoosac Valley to the Squak-heag's country, on the Connecticut River, where all the tribes under Philip had gathered for the final struggle of the year 1676. On the 12th of August of that year, King Philip, a hunted fugitive, was killed on the very threshold of his ancestral lodge, at Mt Hope, and his followers fled from their ancient homes forever.

A band of Pa-comp-tucks, whose country was in the valley of the Connecticut, at the mouth of the Deerfield River, in their flight went up that stream along the old trail, and crossing the mountain, came down the valley of the Hoosac, settled at its mouth on the Hudson and afterwards became known to the whites as the Schaghticoke Indians, a name still familiar in the annals of Rensselaer County. With these Pa-comp-tucks who settled at Schaghticoke, were remnants of the Narragansett's, Wampanoag's, Niomucks and other Eastern tribes.

Among the famous Indian war chiefs who often passed over the Hoosac Valley was Gray Lock, or Wo-ro-noak. Upon the downfall of King Philip, Gray Lock—so called from the color of his hair—fled from the home of the Wo-ro-noaks, at Westfield on the Agawam River, to the Mohawk country. In the year 1723 he lived at his fort, on the Missisquoi Bay at the northerly end of Lake Champlain. From this secure retreat Gray Lock, at the head of a band of followers, made numerous raids into the Connecticut Valley, the most noted of which were the attacks on Northfield on the 11th of August, 1723, and the 28th of June, 1724 - The highest mountain in Massachusetts, standing near the old eastern trail, perpetuates the name of Gray Lock, the last of the Wo-ro-noaks.

Rensselaer County was the original home of the famous Mohicans. Uncas, the last noted chieftain of the tribe, was once the lord of the territory out of which was carved the Manor of Rensselaerwyck, or at least that part of the manor which lay to the eastward of the Hudson. The Mohicans, or Ma-hi-cans, as the Dutch called them, occupied the region that now comprises the southern part of the country, while the northern part of Rensselaer and the southern part of Washington County were originally inhabited by a tribe called the Horicons.

Readily it will be seen that the novelist Cooper borrowed his appellation for Lake George, **Troy cont on page Thirteen:**

Trip cont from page One:
Gardner.

"We found the circumference and the volume of Granny Gardner's [handmade] basket that was given to my great grandmother as a wedding present. She had it for 50 years before she gave it to my aunt, Joan Rosenow, who also kept it for over 50 years. Then recently, she gave it to my wife, Amy, and I. So, I brought it into the classroom and turned it into a Math project. And then, we came out here [to the Library Museum] to learn about who made this basket over a hundred years ago." While at the Library Museum, Tim Maas and Sue Rosenow's students, Ashlyn Gardner, Jacob Diestler, Cheyenne Grant, Katelan Little, Kenedie Malone, Jeromy Pegelow, Shanice Stevens, and Damita VerHaagh, toured the Library Museum and listened to the Tribal Historians knowledge on Granny Gardner, basket making, and life during the nineteenth century. Both Nathalee Kristiansen, the Library Museum Manager, and Misti Cook, discussed with several of the students how they were related to Granny Gardner.

"This is the first time I've ever heard about Granny Gardner," student and Junior Miss Moheconneew, Cheyenne Grant said. "It kind of interested me right away because my family is related to some of the Gardner's. Wesley Gardner is my uncle."

The students asked Misti Cook various questions about basket

making since she has experience in constructing them the traditional way. Cook informed them about how traditional baskets were made out of black ash trees and how many tribal members used them to gather fruits or groceries. A hundred years ago, people would travel to Shawano once a month, carrying their baskets on the train. They would use these large hand-woven baskets to buy and sell items in town, and then they would take their purchased products, collected in the baskets, back to the reservation on the train.

According to Cook's research, Granny Gardner was born in 1830, traveled from New York to Wisconsin in 1839, and died in 1936. "Anything we can do in conjunction with the community and with the library is good for the entire school and for all kids," Tim Maas said. "I think we learned more information about Granny Gardner than any of us expected. A number of students got to find out more about their family, about their past, and how they are related to the pictures that they see. And, Kenedie Malone is directly related to [Granny Gardner]."

"I think what we learned today was terrific," Maas said. "Everyone made a good effort to learn volume, circumference, and the formulas associated with that. And, the connection with the community helped get their attention and the presence of the basket helped to show them how these formulas can be connected with something somebody made 100 years ago."

Young adults: Avoid these privacy red flags

By Jason Alderman

Young adults applying for college or preparing to enter the workforce are sometimes shocked to find out that certain behaviors that were either tolerated or ignored when they were younger now fall under closer scrutiny and could actually hurt their advancement possibilities.

Among the biggest culprits are oversharing sensitive personal information in public forums and getting extreme tattoos or body art that may not yet be fully acceptable in certain work environments.

Red flags. It should be common knowledge that many employers perform online profile searches of job or internship candidates.

They'll scour public postings on Facebook, Twitter or YouTube looking for inappropriate content like racy photos or videos, racist remarks or evidence of illegal activities that would rule inappropriate candidates.

Privacy settings. According to pro-

jections by Consumer Reports, roughly 13 million Facebook users have never set, or didn't know about, the site's privacy tools, and 28 percent share all, or almost all, of their wall posts with more than just their friends. It pays to thoroughly read the privacy policies of all sites where you've registered, including social networks, your bank, retailers, blogs and news sites where you've made comments, etc.

Resume lies. It can be tempting to embellish the truth on your resume or during a job interview, but as recent headlines about disgraced executives being fired have shown, these lies can come back to haunt you.

Employers can easily determine if the degree or past job titles you're claiming are legitimate. Another no-brainer: If your resume is posted online on Monster.com or LinkedIn, make sure there aren't major inconsistencies with the one you submit to prospective employers.

Troy cont from page Twelve:

which he named Lake Horicon, from the Algonquin tribe, although that beautiful Jake never belonged to the Horicons, but was always within the country of the Mohawks, the fiercest nation of the Iroquois, their hereditary enemies. This leads us to the consideration of the two great families into which the Indians of the Atlantic slope were divided. When the Europeans first landed on the continent of America, the Indians who inhabited the Atlantic

Coast, and dwelt in the fertile valleys of the Alleghany range mountains, in the basin of the Great Lakes, and the Valley of the St. Lawrence, were divided into two great families of nations. These were soon known and distinguished by the whites as the Iroquois and Algonquin families, so named by the French. They differed radically, both in language and lineage, in the manner of building their wigwams, as well as in many of their manners and customs.



On Wednesday, January 2nd, 2013, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at that time the following motions were made, carried, defeated or died.

APPROVAL OF AGENDA-

ADD: Jaws For Life Grant

ADD: Legal Issue in Executive Session

ADD: Personnel Issue in Executive Session

Motion by Joe Miller to accept the Regular Tribal Council Meeting agenda of Wednesday, January 2nd, 2013 as amended. Seconded by Scott R. Vele. Motion carried.

202CHOD0016 RESPIRATORY PROTECTION PLAN-Delwar Mian, Director of S/M Health Services

Motion by Scott R. Vele to accept the recommendation from Delwar Mian, Director of the Stockbridge-Munsee Health Services to approve the revised policy which is 202CHOD0016, Respiratory Protection Plan as presented. Seconded by Terrie K. Terrio. Motion carried.

RESULTS OF VITAMIN D STUDY-Delwar Mian, Director of S/M Health Services

Motion by Scott R. Vele to approve Delwar Mian, Director of Stockbridge-Munsee Health Services presentation and Dr. Binkley's request for permission to share the abstract result of Vitamin D study that has been done for the Stockbridge-Munsee Community and Tribe. Seconded by Terrie K. Terrio. Motion carried.

JAWS FOR LIFE GRANT-Delwar Mian, Director of S/M Health Services and Roger E. Miller, Community Preparedness Coordinator

Motion by Terrie K. Terrio to approve the submission of the grant to the State for the Jaws For Life. Seconded by Joe Miller. Motion carried.

LIBRARY/MUSEUM ROOF-Robert Chicks, President

Motion by Joe Miller to rescind the previous action regarding the contract with Joseph Templeton for

a contract for the Library/Museum Roof. Seconded by Douglas William Huck.

Motion maker amends motion to include to direct P&E to solicit Architectural/Engineering services for the Museum/Library roof. Second concurs. Motion carried.

TRIBAL COUNCIL TRAVEL TO WASHINGTON-Robert Chicks, President

Motion by Joe Miller to authorize Tribal Council travel to Washington D.C. to cover the Presidential Inauguration and MAST Impact Week. Seconded by Douglas William Huck. Motion carried.

SELECTION OF (1) LANGUAGE & CULTURE COMMITTEE MEMBER-

Motion by Douglas William Huck to appoint Diane Burr to the Language & Culture Committee. Seconded by Shannon Holsey. Motion carried.

EXECUTIVE SESSION-

Motion by Douglas William Huck to go into Executive Session. Seconded by Scott R. Vele. Motion carried at 5:34 PM.

Motion by Scott R. Vele to come out of Executive Session. Seconded by Wallace A. Miller. Motion carried at 6:26 PM.

Motion by Scott R. Vele to accept the resignation of the General Manager, Brian Decorah which was signed December 14th, 2012 which is effective until January 28th, 2013. Seconded by Terrie K. Terrio. Motion carried.

Motion by Douglas William Huck to suspend the closure activity in case number 2012CV0046, Stockbridge-Munsee vs. Eleanor Martin. Seconded by Shannon Holsey. Motion carried.

Motion by Douglas William Huck to request Legal to obtain an independent certified appraisal for the home that is subject to mortgage foreclosure proceedings in case number 2012CV0046. Seconded by Shannon Holsey. Motion carried.

ADJOURNMENT-

Motion by Scott R. Vele to adjourn. Seconded by Wallace A. Miller. Motion carried at 6:28 PM.

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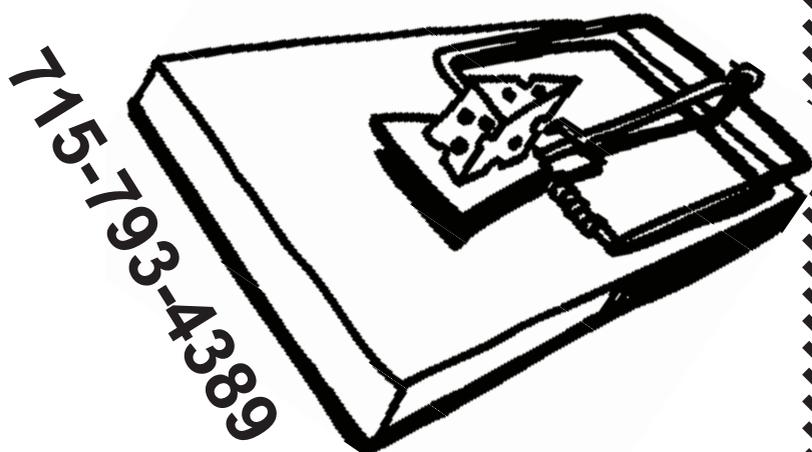
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