



New Occupational Health Nurse

Princess Vele is the new Occupational Health Nurse. She's here to promote on the job health and safety awareness; prevent or minimize work related injuries or illnesses; provide employees with immunizations, TB skin tests, blood sugar and blood pressure checks; ensure all newly hired staff have pre-employment health assessments; provide education regarding proper techniques for on the job duties; and she is open to providing other necessary training.

Vele says she has a wonderful husband, Clark McGregor; "and five spunky little rascals, Camianson age eight, Lovell-daughter age six, Avynn-son age four, Ryatt-son age one; and Cricket-4 year old Cairn terrier," Vele said. "We're expecting our fifth child, in end of April," she added.

Nurse continued on page Six:

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Controlled Substance Prescriptions Policy

By Susan Savetwith - Mohican News Reporter

Stockbridge Munsee Health Board has adopted a new Controlled Substance Prescribing Policy for the Stockbridge Munsee Health and Wellness Center and its patients that will help prevent possible cases of misuse and abuse of controlled substances like opioid pain killers, stimulants, antidepressants and tranquilizers to name a few.

The policy was approved by Tribal Council in November of 2013 and the pharmacy and physician staff are taking steps to implement the new policy. One of the steps in implementing the new policy is making community members aware of the new policy and explaining how drugs are being misused and or abused. There was a Town Hall style meeting back in November and there will be a second meeting to review the policy on January 16 at 5 p.m. in the Health Center Conference room.

Stockbridge Munsee Health and Wellness Center Pharmacist, David Axt, indicated the definition of prescription drug misuse/abuse is using a prescription medication IN A WAY NOT INTENDED by the prescribing doctor, such as for the feelings you get from the drug; this includes everything from taking a friend's prescription painkiller for your backache to snorting or injecting ground-up pills to get high; and these types of misuse and abuse can become ongoing and compulsive, despite the negative consequences (this is ADDICTION).

Axt says the risks involved are overdose, adverse reaction, and addiction. "Sharing prescription medicine is DANGEROUS," Axt concluded.

The new policy is as follows:

Title: Controlled Substances Prescribing

Policy continued on page Six:



Picture taken with Trail camera of two wolves in our area.

Winter Wolf Tracking

By Susan Savetwith – Mohican News Reporter

Stockbridge-Munsee Conservation Department is currently doing track surveys on the wolf pack in this area. According to Wildlife Biologist, Randall Wollenhaup, winter is when wolf track surveys are done.

"We do our track surveys in winter to see how many members are in the pack and where they are," Wollenhaup said. According to Wollenhaup, there are six members in the pack (the Miller Creek Pack) that resides on the

Stockbridge-Munsee Reservation. "A hunter reported a visual sighting and our tracking confirms that there are currently six members in the pack." The Conservation Department also conducts howl surveys in summer to determine if the pack has reproduced and how many pups are in the pack.

According to Wollenhaup, tracking is done around the parameter of the wolf pack's territory and even back in the woods on the logging

Wolves continued on page Six:

Mohican News Highlights of 2013

By Susan Savetwith – Mohican News Reporter

2013 brought a new Tribal Child Support Agency, awards, retirements, new and returning employees, and a new Tribal Council.

The Tribal Child Support Agency opened in April of 2013; it was the culmination of a project that started with approval of funding in April of 2011. They began to establish the laws, procedures, and a plan to operate a comprehensive child support agency. The Tribal Child Support Agency's Mission Statement states: "The Stockbridge-Munsee Community Tribal Council finds that the Tribe needs a defined process to establish, modify and enforce child support orders involving members of the Stockbridge-Munsee Community, parties residing

on the Stockbridge-Munsee reservation and trust lands and employees of the Stockbridge-Munsee Community. The Tribal Council finds that the children of the Community are among the most valuable resources and their financial needs must be met to ensure their success in the future."

Awards and honors this year were: Stockbridge-Munsee Little Star Convenience Store received the U.S. Oil Inc.'s Highest Customer Service Award; five elders over the age of 90 were honored with Pendleton blankets; Greta Jacobs, Ernie Murphy, Leona Bowman, Eunice Stick, and Clarence Chicks; and former Mohican News Reporter, Mark Shaw received second place for best

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What's Inside

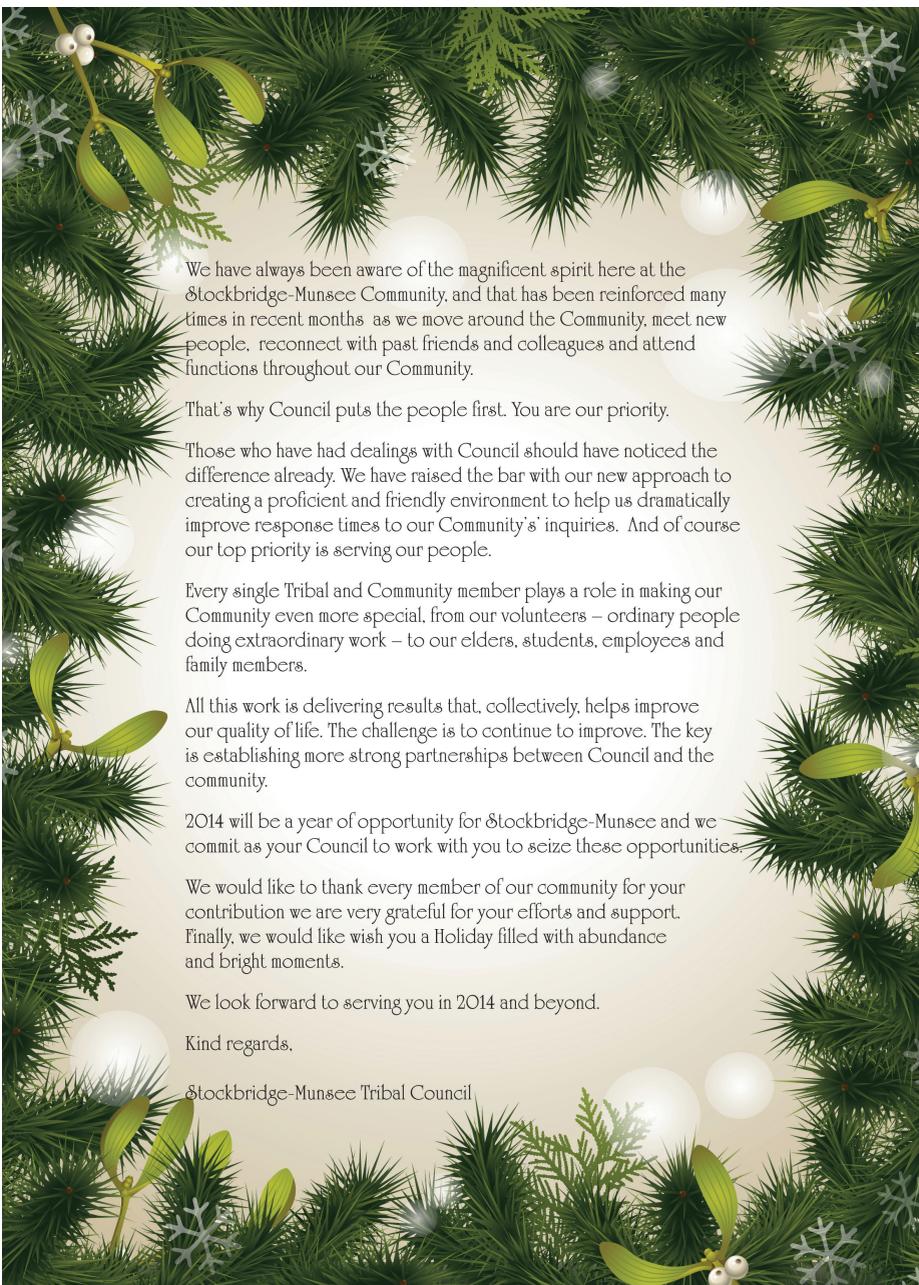
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We have always been aware of the magnificent spirit here at the Stockbridge-Munsee Community, and that has been reinforced many times in recent months as we move around the Community, meet new people, reconnect with past friends and colleagues and attend functions throughout our Community.

That's why Council puts the people first. You are our priority.

Those who have had dealings with Council should have noticed the difference already. We have raised the bar with our new approach to creating a proficient and friendly environment to help us dramatically improve response times to our Community's inquiries. And of course our top priority is serving our people.

Every single Tribal and Community member plays a role in making our Community even more special, from our volunteers – ordinary people doing extraordinary work – to our elders, students, employees and family members.

All this work is delivering results that, collectively, helps improve our quality of life. The challenge is to continue to improve. The key is establishing more strong partnerships between Council and the community.

2014 will be a year of opportunity for Stockbridge-Munsee and we commit as your Council to work with you to seize these opportunities.

We would like to thank every member of our community for your contribution we are very grateful for your efforts and support. Finally, we would like wish you a Holiday filled with abundance and bright moments.

We look forward to serving you in 2014 and beyond.

Kind regards,

Stockbridge-Munsee Tribal Council



Prescription Drug Abuse Awareness Meeting

**Thursday, January 16th
@ 5:00 p.m.**

Health Center Conference Room

Please come join the Health Center for an informative town hall meeting to discuss the problem of prescription drug abuse in our community.

Topics include:

- The problem facing our community, what solutions the Health Center can implement to help manage the issue.
- The implementation of the controlled substance policy and what it means for the Community.
- How shared accountability between the clinic and patient can improve pain symptom management.
- How a better quality of life can be achieved with less pain medication.
- Question and answer session to follow presentation.

**Food and Prizes Galore!
Supplied by Stockbridge-Munsee
Health and Wellness Center**

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 off 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.

STOCKBRIDGE-MUNSEE
COMMUNITY
Band of Mohican Indians

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Stockbridge-Munsee Community

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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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STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

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NOTICE TO ALL FIRST AND SECOND GENERATION DESCENDANTS WHO ARE ELIGIBLE FOR CONTRACT HEALTH SERVICES

At this time, we must inform all Second Generation Descendants that as of January 15, 2014 you will not be eligible for Contract Health Services for the rest of the 2014 Fiscal Year.

The fiscal year runs from October 1 thru Sept. 30th of each year.

As we have announced in the past, Contract Health Services funds, which are federal funds used to pay for medical services that cannot be provided at the Stockbridge-Munsee Health & Wellness Center, are limited. CHS funds usually deplete within the first few months of each fiscal year.

Enrolled, First Generation and Second Generation Descendants of the Stockbridge-Munsee Tribe are eligible for CHS funds. Once the CHS funds are depleted we continue to pay for medical expenses using **Tribal Funds**.

First and second Generation Descendants are not eligible for

payment using Tribal Funds.

First Generation Descendants will continue to be eligible for services if they have been identified as being a Priority I services, which means in danger of losing your life, limbs or sight.

Payments for authorized referrals for dates of service prior to April 1, 2013 will still be covered by CHS, only if the services were authorized for payment.

If you receive bills after January 15, 2014 and if they are for services prior to January 20, 2014 they will still be eligible for payment by Contract Health, if they have been authorized for payment. Please make sure to submit ALL your bills to the CHS staff at the SMHWC for review.

Contact Guida Welch (715-793-5011) or Delwar Mian (715-793-4144) with concerns or questions related to this subject.

2014 MLK Event

Martin Luther King Jr. had a dream. Dr. King's words are as relevant for us today as they were when he spoke them. His dream was that people everywhere would learn to respect each other and live together in a peaceful way. His message was for all of us. His teachings of unconditional love, forgiveness and non-violence are the same lessons we need to master today among our neighbors. During the final years of his life, Martin Luther King Jr. relentlessly pursued racial equality and social justice. He was able to convince ordinary people to take courageous actions. Martin Luther King Day is truly a people's holiday. It is not only a day of celebration and remembrance but a day of service. It is a day to remind us of the importance of being in community through participation.

Again this year the First Presbyterian Church in Shawano will be holding a celebration in honor of this great man. We are pleased to have as our featured speaker, Molly Miller, Clan Mother among the Stockbridge Munsee Band of Mohican Indians. Historically clan mothers were decision makers in the community. Molly serves as a member of the Stockbridge Munsee Community's Language and Culture Committee and works tirelessly to revitalize the Mohican language and culture.

Culture to Molly means living the way of the seven teachings, respect, honesty, love, bravery, humility, truth and wisdom. We look forward to having you with us as we celebrate this day.

The Martin Luther King, Jr. holiday celebrates the life and legacy of a man who brought hope and healing to America. We also celebrate the values he taught, courage, truth, justice, compassion, dignity, humility and service. We commemorate the universal, unconditional love, forgiveness and nonviolence that empowered his revolutionary spirit. Please join us as we honor this dream and celebrate the life of Dr. Martin Luther King at the Eleventh Annual Martin Luther King Community Celebration.

Monday, January 20, 2014 First Presbyterian Church, Shawano 5:30 PM Celebration followed by a light dinner at 6:30 PM

This is a community wide event. Everyone is invited! Please come and join us for the celebration which includes a light dinner on the 20th. Reservations for the dinner are appreciated but not necessary. You can RSVP for the dinner by either calling the church office 715.526.3329 or email shawanopres@gmail.com. A free will offering may be given for the meal. We hope to see you there!



“Many Trails”
Created and designed by:



Edwin Martin, a Mohican Indian

Symbolizing, from a long a suffering proud and determined people:

“ENDURANCE, STRENGTH, AND HOPE”

The Stockbridge-Munsee Band of Mohican Indians were pushed from the Eastern seaboard across half a continent, forced to uproot and move many times to our present Land in Wisconsin.

From the Stockbridge-Munsee Tribal Child Support Agency

The Stockbridge-Munsee Tribal Child Support Agency is now able to accept new applications and referrals for Child Support Services. However, we are only able to work on cases for which no court action has been taken.

We are continuing to work on getting our Agency identified as a stand-alone Agency, which will allow us to begin the process of transferring all cases that fall in our jurisdiction from all counties throughout the state. Once obtained, we will place a notice in the Mohican News.

If you have questions, please feel free to contact:

- | Email | Telephone |
|------------------------------------------------------------------------------------------------------------------------------------|----------------|
| • Crystal Malone, Econ. Support Assist. Dir.
crystal.malone@mohican-nsn.gov | (715) 793-4032 |
| • Tammy Pecore, Child Support Manager
tammy.pecore@mohican-nsn.gov | (715) 793-4036 |
| • Jeremy Pieper, Financial Specialist
jeremy.pieper@mohican-nsn.gov | (715) 793-4042 |
| • Kim Pecore, Child Support Specialist
kim.pecore@mohican-nsn.gov | (715) 793-4038 |
| • Regina Putnam, Child Support Specialist
regina.putnam@mohican-nsn.gov | (715) 793-4043 |

SAVE THE DATE ~ March 22, 2013

Planning meeting info available ~ Kori Price, FS Mgr.

#715-793-4780

**Family Services Community Event
Get You Dancing Shoes Ready!**

Our Big Community Event/Community Assessment will be Saturday March 22, 2014 at the Mohican Family Center from 1pm – 5pm.

It will be a themed Community prom” Hollywood Nights’ community members ages 0-100 are invited to dress up as their favorite actors, pop star, sports star etc.

We will have food, games, dj, poster contests, educational speaker, dance contest, custom contest, informational booth and will we crown a king and queen for each age group.

Our community assessment is due to the State by the end of April, so getting the community assessment

surveys complete will be the first thing on the Prom agenda

Arvid E. Miller Memorial Library/Museum

Would like to offer some workshops to the community.

If **interested** please contact us by: Email: yvette.malone@mohican-nsn.gov

nathalee.kristiansen@mohican-nsn.gov

Call: 715-793-4834 or 715-793-4270

Fax: 715-793-4836

Or better yet stop in and give us your ideas.



Elder Wisdom

Over 70 ½? Don't Forget Mandatory IRA Withdrawals

By Jason Alderman
With final holiday preparations looming, the last thing anyone wants to think about is next April's tax bill. But if you're over 70 ½ and have any tax-deferred retirement accounts (like an IRA), put down the wrapping paper and listen up: IRS rules say that, with few exceptions, you must take required minimum distributions (RMDs) from your accounts by December 31 of each year – and pay taxes on them – or face severe financial penalties.

Here's what you need to know about RMDs:

Congress devised IRAs, 401(k) plans and other tax-deferred retirement accounts to encourage people to save for their own retirement. Aside from Roth plans, people generally contribute "pretax" dollars to these accounts, which means the contributions and their investment earnings aren't taxed until withdrawn after retirement.

In exchange for allowing your account to grow tax-free for decades, Congress also decreed that minimum amounts must be withdrawn – and taxed – each year after you reach 70 ½. To ensure these rules are followed, unless you meet certain narrowly defined conditions, you'll have to pay an excess accumulation tax equal to 50 percent of the RMD you should have taken; plus you'll still have to take the distribution and pay regular income tax on it.

You can delay or avoid paying an RMD in certain cases, including:

- If you're still employed at 70 ½, you may delay starting RMDs from your work-based accounts until you actually retire, without penalty; however, regular IRAs are subject to the rule, regardless of work status.
- Roth IRAs are exempt from the RMD rule; however, Roth 401(k) plans are not.
- You can also transfer up to \$100,000 directly from your IRA to an IRS-approved charity. Although the RMD itself isn't tax-

deductible, it won't be included in your taxable income and lowers your overall IRA balance, thus reducing the size of future RMDs.

Another way to avoid future RMDs is to convert your tax-deferred accounts into a Roth IRA. You'll still have to pay taxes on all pretax contributions and earnings that have accrued; and, if you're over age 70 ½, you must first take your minimum distribution (and pay taxes on it) before the conversion can take place.

Ordinarily, RMDs must be taken by December 31 to avoid the excess accumulation tax. However, if it's your first distribution you may wait until April 1 the year after turning 70 ½ – although you're still must take a second distribution by December 31 that same year. Generally, you must calculate an RMD for each IRA or other tax-deferred retirement account you own by dividing its balance at the end of the previous year by a life expectancy factor found in one of the three tables in Appendix C of IRS Publication 590:

- Uniform Lifetime Table if your spouse isn't more than 10 years younger than you, your spouse isn't the sole beneficiary or you're unmarried.
- Joint and Last Survivor Table when your spouse is the sole beneficiary and he/she is more than 10 years younger than you.
- Single Life Expectancy Table is for beneficiaries of accounts whose owner has died.

Although you must calculate the RMD separately for each IRA you own, you may withdraw the combined amount of all RMDs from one or more of them. The same goes for owners of 403(b) accounts. However, RMDs required from other types of retirement plans must be taken separately from each account. To learn more about RMDs, read IRS Publication 590 at www.irs.gov.

FOOD DISTRIBUTION PROGRAM

There have been some changes made to the program as of 10/01/13.

The new changes are:

Income increase, elimination of household resources (this includes per caps), income deduction for Medicare Part B Medical Insurance and Part D Prescription Drug Coverage premiums to include other monthly

medical expenses in excess of \$35.00 for households with elderly and or disabled members and the last change is income deduction for shelter and utility expenses of \$400.00.

If you have any question please call the Food Distribution Program at 715-793-4941. Jill Duffek-FDP

On the Trail Home



Keith Alger, age 74 of Hill City, MN, died December 23, 2013 at his home. Keith was born in 1939 to Gerrald and Frelove Alger at Cass Lake, MN. He grew up and attended school in Cass Lake, MN until the family moved to Minneapolis. Keith was united in marriage to Delores Gerber in May 1958 in Spring Lake Park, MN. Keith and Delores moved to California in 1963, where Keith worked as a roofer for Bay City Roofing Co. until they returned to Hill City in 1968. He worked various roofing and construction jobs until his retirement. Keith followed the Pow Wow trail, selling the wall hangings he loved to

make. He loved his grandkids and enjoyed playing with them and cooking for them. He also enjoyed spending time with his family and friends as they played cards, joked and bet on the dogs and ponies.

Preceding him in death were his parents; daughter, Dianna in 1992; brothers, Don Mohawk, Duane Alger (Gerrald), Ronald Alger, Knute Alger and Emmett Alger.

Keith is survived by his wife of 55 years, Delores; daughter, Sandi Caverly; son, Brad Reyman; raised granddaughter, April and great-grandson, Zack; sisters, Geraldine, Donna, Margaret, Lenora (Russell), and Rosie (Danny); brothers, Alvah (Ginnie) and Willy (Debbie); 7 grandchildren, 12 great-grandchildren, and 2 great-great grandchildren.

Services to be held at a later date.

Arrangements are by Rowe Funeral Home and crematory of Grand Rapids.

MID-WINTER FEAST

WHEN
January 15th, 2014
5pm

WHERE
Mohican Family Center



ALL AGES EVENT

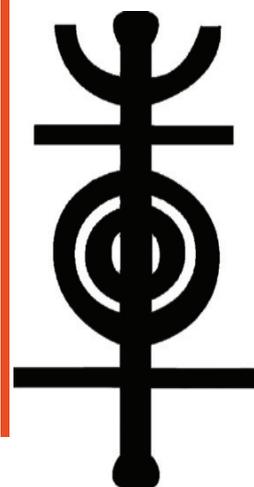
POTLUCK

- ❖ Fry Bread
- ❖ Wild Rice
- ❖ Venison Stew

Will be provided by the Language and Culture Committee.

LIOLA ROCKMAN

will be teaching the community how to pound out a black ash tree in preparation for weaving baskets.





Misty's Traditional Medicines



Misty Cook continued:

...lot of time with my daughter and also because we had the time to start learning about the Medicines. I had always wanted to learn more about the Medicines and attended a few of Dave's presentations where I took lots of notes, but I was always too busy working and going to school to be able to take the time it needed to learn about Medicines. Without my husband's support, this book would not have been possible because I would have still been too busy to learn about the Medicines.

In 2006, Dave Besaw started inviting me to the presentations that he gave in the area and started asking me to present what I knew there, putting me "on the spot" and "testing" me. This motivated me to learn more and more about the Medicines. Before a presentation I would study because I knew he was going to make me talk about what I knew. This also inspired me to write this book and preserve what has been passed down in our family.

It has amazed me to learn about the large amount of Medicines that still exist: How to pick them, dry them, store them, making teas, tinctures, poultices and measuring them. There is so much to be preserved and with the knowledge of Dave, and all of the people from the tribe that helped us, this book has been possible. The information came from oral tradition that has been passed down from Granny Gardner and now finally into a book. Dave said that this was always something that Ella wanted, so we had to make Ella's wish come true.

This is the Native way of learning: We learn about the Medicines from being a part of a family, growing up around them, talking about them, picking them with Dave, learning how to dry them and preserve them for use throughout the year, and how much to use at a time to the person who is going to take them. This was all done through conversation and oral tradition. Dave was a great teacher because he had a strong memory, was very open and wanted to share what he knew about the Medicines and felt that his knowledge needed to be passed on. Learning the Native way is very

simple and takes place by learning and talking with one another and that is how I learned from my cousin Dave, too!

On October 7, 2011, Dave and I gave a presentation on Medicines passed down from Granny Gardner at the Mohican History Conference. At the end of our presentation he surprised me with a Certificate of Completion that stated "This certifies that Misty Davids-Cook has successfully completed the study of traditional native medicinal plants and is now ready to be a Medicine Woman. Signed, David L. Besaw, Tribal Medicine Man." When he gave that to me I never would have thought that in a little over a month on November 28, 2011, Dave would pass away from a heart attack. Exactly a week before his death was our last Medicine trip where we hunted for prince's pine with no luck, but we had a lot of fun. I thought I would have had much more time to study with him.

MEDICINES

Back in Granny Gardner's time, they didn't have to go to the doctor they just went in the woods and gathered Medicines. At that time, they called them herbs. Our people were very self-sufficient regarding Medicines because it was general knowledge that had been passed down. Many of the families from our tribe practiced Medicines. In all practicality our people used the Medicines for survival as they always did.

GATHERING MEDICINES

When gathering Medicines, Granny Gardner would walk far to find them, sometimes camping alone in the woods. She would tie the Medicines up in rags or wiping towels or just roll them up in rags. She would eat breakfast around 8 a.m., do her work around the house, and then go gathering about 10 a.m. She would do most of her gathering in August when most of the Medicines were ripe. Roots however, can be gathered at any time of the year, as can bark. Dave Besaw said, "You should always offer a prayer of thanks and put tobacco over the area that you pick Medicines from and they will be sure to grow back for the next generations. Also, never take more than you can use for the year, which is usually very little." Not much is needed to sus-



MEDICINES STORED IN GLASS JARS COVERED WITH COTTON CALICO FABRIC SO THE MEDICINES CAN "BREATHE".

tain a family when about one quart jar full of each dried Medicine will probably be all that is needed. It is amazing to me how abundantly the Medicines grow and there is more than enough available for whoever needs them.

When gathering, Granny Gardner would use a little hatchet to cut off the bark from a large tree and chop off what she needed. When gathering barks of smaller trees such as tag alder, red willow, and witch hazel, the branches can be sawed off and stored as a piece of wood. When the bark is later needed, it can be shaved off at that time. Another way is to shave off the bark the same day that it is cut down and dry the bark in a basket, paper bag, lay it out on a sheet or whatever works best for you. It is easier to shave off the bark on the same day that it is cut from the tree because the sapwood is still wet and the bark will shave right off.

When Granny Gardner got home from gathering, she would hang the Medicines, dry them just by binding them with a string and hang them in her shed where she always kept her Medicines. When someone needed Medicines, she would get what she needed from her shed where she kept everything dried. The Medicines were never wrapped up.

DRYING MEDICINES

Medicines can be dried in many ways, including in a cotton bag, in black ash baskets, birch bark baskets, in a cardboard box, in a pa-

per bag, binding them and hanging them to dry and many other ways. Dry them the best way that works for you using natural materials such as cotton string. These Medicines can generally be gathered and picked in mid-July and into August when they are ripe, but there are also some that are picked in the spring as well as in the fall. Roots were hung in the shed to dry as well. Dave recollected that Ella said, "The Medicines are never dried in the sun because that takes the strength out of them." So dry them in a well-ventilated area out of any sunlight. For example, many people dry them in their garages, basements, sheds, and airing porches. When I first started learning about the Medicines, it seemed very overwhelming. But once I learned more, I realized that Native Medicines are very simple to gather, dry and use.

Medicines can be used when they are freshly picked or can be dried and used as needed for the year. Try to gather what will be needed for one year and use them within that year. This ensures that the Medicines will have the strength in them that will be needed. They get less potent as the years go by.

For the purpose of this book, the local areas of the Stockbridge-Munsee Band of Mohican Indians Reservation in the town of Bartelme, near Bowler, WI, and the township of Red Springs near Gresham, WI, are mainly where the Medicines are gathered. Many of these Medicines grow throughout Wisconsin and beyond keeping...

NY to be cont next issue:

Wolves cont from page One:

roads early in the morning after new snow has fallen and before the plows come out. "If the snow is too deep for our trucks, we'll take out the snow mobiles," he explained. Another objective for the track surveys is to monitor other furbearers such as otter, bobcats, and fishers.

Wollenhaup says in January/February, they start to watch for RLU's; RLU's are raised leg urination markings which denote the pack is marking their territory and breeding. He said the pack normally marks around the outside parameter of their territory to warn

other wolves to keep out. He also indicated they look for RLU's with blood in them which would be indicative of a female in estrus. "The Miller Creek Pack's territory is basically the entire reservation, it covers a little over 60 miles," Wollenhaup added.

According to Wollenhaup, there are two packs bordering the Miller Creek pack territory one on the Menominee Reservation and one that is southwest of the Stockbridge-Munsee Reservation. "The Tilleda Swamp Pack is to the southwest and the Zoar Pack is to the north on the Menominee Reservation" Wollenhaup said.

News continued on page One:

environmental story for his story, "Controversial Removal of Railroad" from the Native American Journalists Association; Dot Davids was recognized for her years of service to the Mohican News with her column, "Rambling Through History;" and Woody Davids was honored as "Elder of the Year" at the 2013 Senior Graduation Banquet.



On a somber note, the Stockbridge-Munsee Community lost its eldest and last full blooded tribal member; Virginia "Gin" Johnson.

Among the new employees that came along in 2013 were: Substance Abuse Therapist,

Evangaline Suquet; New Health and Wellness Center Director, Delwar Mian; Internal Auditor, Sheila Miller; Mohican News Reporter, Susan Savetwith returned; North Star Mohican Casino and Resort General Manager, Brian VanEnkenvoort; Stockbridge-Munsee Lead Attorney, Rob Orcutt; Behavioral Health Office Specialist, Megan Pleshek, Mental Health and Substance Abuse Co-Occurring Therapist, Diane Littel; Dentists, Bob and Kathy Swartz; Dietician, Margie Pieper; Health and Wellness Center Business Office Manager, Sara LeMieux; Head Start Administrative Assistant/Component Area Specialist, Julie Schultz; Physician, Ann Fullington; and Head Start Teacher, Theresa Carroll.

There were several notable retirements in 2013; for example; Internal Auditor, Dan Puetz; Library Museum Tour Guide, Betty Groh, Home Health Aide, Jayne Pecore; Casino Maintenance Department, Ethel Schauske; and Slot Tech, Jyles Bowman.

2013 had a lot of ups and downs for the tribe in the political arena, but in the end, a new council was elected to work for a better future for the tribe. President, Wally Miller; Vice President, Greg Miller; Treasurer, Terrie Terrio; Council Member, Shannon Holsey; Council Member, Joe Miller; Council Member, Willy Miller; and Council Member, Jeremy Mohawk.

photography and doing family friendly activities. She enjoys spending time with her siblings. Depending on the time of the year; in the winter you can find her baking, at the indoor pool, on the sledding hill or ice skating in her free time; in summer, she loves to walk, run, ride bike, swim, rollerblade, and play sports with her children. She also finds time to visit Clark while he is out of town working, so their kids can see him hard at work.

Her most recent previous employment was at the Education Department in 2008. Before that she worked at Little Star in 2004 and Pine Hills in 2003.

Princess enjoys baking,

Policy cont from page One:

Reasoning

Controlled substances ("CS") can be useful adjuvants in the treatment of certain medical conditions. Examples include, but are not limited to, the treatment of moderate to severe pain (opioids and tramadol), anxiety (benzodiazepines), and attention deficit disorder (stimulants).

The Federal Drug Enforcement Agency regulates the prescribing of CS. These powerful drugs have the potential for abuse or diversion and they are associated with a number of serious side effects, including death. Problems associated with the misuse and diversion of these drugs has reached epidemic proportion around the country and in Tribal Communities. Although not a controlled substance, tramadol has potential for abuse and is included in the Wisconsin Prescription Drug Monitoring Program. As such, the prescribing of tramadol is included in this policy.

Purpose

It is the purpose of this policy to establish procedures regarding the management of CS that will be safe and effective for the Patient, comply with applicable State^{1,2} and Federal³ laws, minimize the risk for abuse and diversion of these drugs, as well as reduce other adverse consequences associated with the use of these medications.

Policy

Stockbridge-Munsee Health and Wellness Center ("SMHWC") providers and patients will follow the procedures herein regarding prescribing of CS, as well as for the prescribing of tramadol, in order to meet patient needs in a responsible and medically-appropriate manner. This policy shall not apply to the use of controlled substances in the treatment of terminal cancer, which shall be in accordance with current best practice guidelines for that use.

Procedures

1. Evaluation of patient (follows current best practice guidelines^{4,5,6}). A SMHWC provider will complete an evaluation of the patient, which includes the following, prior to prescribing a CS.
 - A. Complete history and physical
 - B. Document chief complaint(s): severity, intensity, duration, frequency
 - C. Current and past treatments used
 - D. Diagnosis of underlying or co-

- E. existing physical or mental diseases or conditions
- E. Effect of symptoms on patient's physical, psychological, and social function
- F. History of substance use/abuse
- G. Current risk for diversion or abuse of controlled medication to be prescribed (with a validated screening tool)
- H. If long term prescribing of CS is anticipated, the patient will be given a baseline urine drug screen.
- I. Review the Wisconsin Prescription Drug Monitoring Program (PDMP)
 2. Treatment Plan. Based on the evaluation, the SMHWC provider will prepare a treatment plan that includes the following components for the patient.
 - A. Identify an initial trial medication, NOT TO EXCEED 28 days, with treatment goals and monitoring of medication side effects.
 - B. State objectives used for treatment success to include but not limited to
 - i. Improved quality of life
 - ii. Improvement of symptoms
 - iii. Improved physical function (patient-driven functional goals)
 - iv. Improved psychosocial function
 - C. Identify further physical and psychological diagnostic evaluations that are appropriate.
 - D. Should the baseline drug screen come back positive, then patient is referred to the Stockbridge-Munsee Behavioral Health Department for assistance.
 - E. Adjust drug therapy to the individual medical needs with documentation of the reason for each dose or medication change.
 - F. NOTE: Goal of therapy is not to stop the use of controlled substances. Goals are to reduce symptoms and to improve function and quality of life. Appropriate dosage of drug is the dosage that alleviates symptoms and does not cause undesirable side effects.
 3. Informed Consent and Agreement for Treatment.
 - A. Prior to prescribing a controlled substance, the provider will discuss the risks and benefits of the use of the controlled medication and have patient sign the informed consent document ("Consent for Treatment with a Controlled Medicine"; Attachment A).

Policy cont on page Twelve:

2013 Toys for Tots at the Mohican Family Center

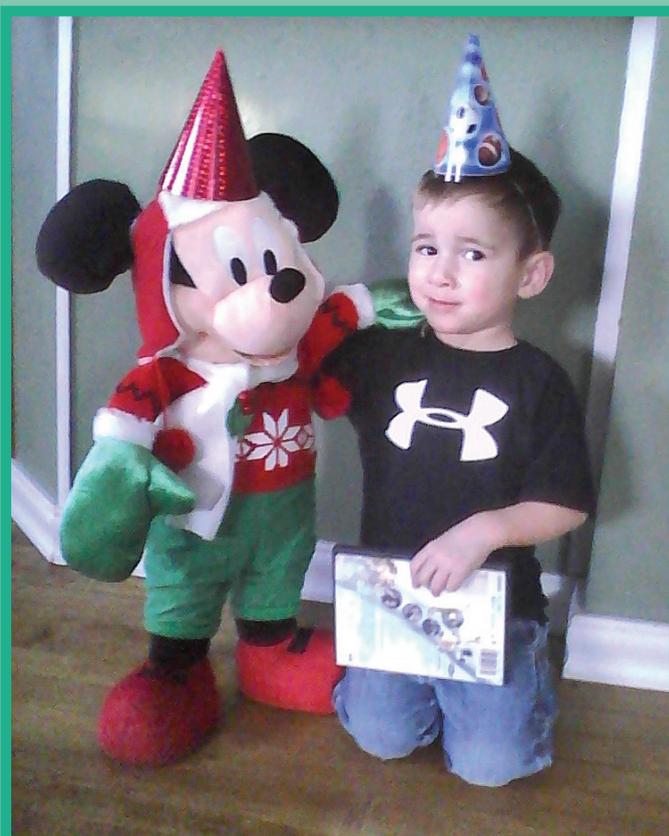








Brent Michael Davids and Misty Cook were recently at the North Star Mohican Casino and Resort. Misty with her book, "Medicine Generations," and Brent playing his flute.



Happy 4th Birthday Avynn!

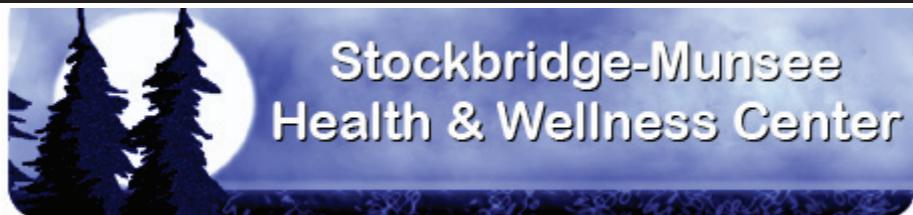


Happy New Year!
Susan Savetwith
&
Jeff Vele



Do you watch as someone wipes their nose with their hands, where do their hands go after...? When they sneeze or cough in to their hands, what/who do they touch next...?

- 3 feet:** The distance droplets can travel after a cough or a sneeze.
 - 20 feet:** The distance fecal bacteria can travel from the toilet after it's flushed.
 - 100 billion:** The number of bacteria in our mouths.
 - 100 trillion:** The number of bacteria in our gastrointestinal tracts.
 - 2.5 billion:** The number of bacteria found in one gram of garden soil.
 - 7.2 billion:** The number of germs in the average kitchen sponge.
 - 25,000:** The number of germs, per square inch, on an office telephone.
 - 49:** The number of germs, per square inch, on a toilet seat.
 - 3 days:** Time the cold virus can survive on inanimate objects.
- Sources: "The Germ Freak's Guide to Outwitting Colds and Flu," "Germ Proof Your Kids"



Do You Have Any Idea What Germs Could be on Your Hands?

Bacteroides
If you don't wash after using the toilet, we can give you an ear infection

E-Coli
(caused by bacteria)
I can be spread by not washing your hands after using the toilet

Staphylococcus
Would you like a big zit or a boil?

Streptococci
I'm delighted to give you a sore throat

Pseudomonas
I can infect wounds

Haemophilus
I can cause pinkeye (highly contagious)

Hepatitis A
I can cause jaundice and diarrhea

Streptococcus Pneumoniae
Among other things, I love to give you Pneumonia

Shigella
I cause Diarrhea

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New Year – New You – Breathe Easier!

It's the time of year where everyone makes resolutions to improve their life, whether it be to eat better, exercise more, or something else. The New Year provides an excellent opportunity to make changes that improve your life, and quitting smoking is a great place to start!

Cigarettes release over 4,000 chemicals into your lungs that cause long-lasting damage. Many of these chemicals have been shown to cause cancer. Smoking also increases your risk of heart disease and can lead to the development of chronic obstructive pulmonary disease (COPD). COPD is irreversible and makes it harder and harder to breathe as time goes on. The only way to slow or stop the disease from getting worse is to quit smoking.

Quitting smoking is a great way to improve your health and also reduce your expenses. The average cost of a pack of cigarettes in Wisconsin in 2013 was \$8.11, so the average pack-a-day smoker spends almost \$3000 per year on cigarettes!

It can be extremely hard to quit smoking because not only does your brain get addicted to nicotine, but you also have certain habits that may remind you of smoking once you quit. For example, if you're used to smoking in the

car, you may find yourself having more cravings in the car than other places. Also, when you quit, you can get withdrawal symptoms, such as cravings, irritability, increased appetite, and trouble sleeping, which can be hard to cope with.

The pharmacy department at the Stockbridge-Munsee Health and Wellness Center offers a quit smoking program that can help you work through your quit attempt. The pharmacy will provide counseling sessions to talk about what motivates you to quit smoking, how confident you are about quitting, possible triggers that could cause you to go back to smoking, and how to cope with those triggers. The pharmacy can also help by providing medication to make quitting easier and hopefully reduce your withdrawal symptoms.

Tried quitting before and were unsuccessful? That's okay! With each quit attempt (successful or not) you increase your chances of quitting the next time. By using medication, you double your chances of quitting. By participating in quit smoking counseling sessions, you double your chances of quitting. Stop by pharmacy today to start on the path to a brand new, easier-breathing, smoke-free you!

GET ON THE PATH TO A HEALTHIER YOU! IF YOU QUIT SMOKING RIGHT NOW:

- After 15 years**
Your risk of coronary heart disease is the same as a non-smoker's
- After 10 years**
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases
- After 5 years**
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half
- After 1 year**
Your risk of coronary heart disease is cut in half
- Within 3 months**
Your circulation and lung function improves
- Within 20 minutes**
Your heart rate and blood pressure drop
- Within 9 months**
You will cough less and breathe easier
- Within 12 hours**
The carbon monoxide level in your blood drops to normal

1 Effect of smoking on arterial stiffness and pulse pressure amplification, Mahmud A. Feely J. Hypertension, 2003;41:183
2 US Surgeon General's Report, 1988, p. 202
3 US Surgeon General's Report, 1990, pp. 193, 194, 196, 285, 323
4 US Surgeon General's Report, 1990, pp. 285-287, 304
5 US Surgeon General's Report, 2010, p. 359
6 A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and Tobacco Control: Reversal of Risk After Quitting Smoking, IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p.341
7 A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165
8 Tobacco Control: Reversal of Risk After Quitting Smoking, IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p. 11

www.BeTobaccoFree.gov

Policy cont from page One:

- 4.
- B. If long term therapy (more than 30 days) is anticipated an agreement addressing the procedures related to long-term therapy with a CS ("Medication Safety Agreement"; Attachment B) must be signed by the provider and patient. If the agreement is not signed, then no prescription will be written. In addition, an agreement specifically addressing how to take the medicine may be signed at the discretion of the provider ("Agreement on How to Take Medicine"; Attachment C).
- C. A copies of the consent and agreement documents will be provided for the patient's chart, patient's personal records, pharmacy, and SMHWC Controlled Substance Oversight Committee (see item 7).
- D. The provider and patient may sign an amended "Agreement on How to Take Medicine" before any change in dosage, instructions, or CS medication is effective.
 1. Periodic Review.
 - A. At reasonable intervals (not to exceed 90 days), treatment goals of long term therapy should be assessed by the SMHWC provider.
 - B. If goals are not being met, the appropriateness of continued treatment should be assessed.
 - C. Necessity for outside referrals will be determined.
 - D. Provider must always be vigilant for evidence of abuse or diversion of CS. Monitoring may include pill counts, periodic urine drug screens, communication with other providers and pharmacies, and query the Wisconsin Prescription Drug Monitoring Program.
 - E. Randomized urine drug screenings will be implemented once a medical provider issues what is anticipated to be a long-term prescription of a CS or tramadol for a patient. However, such randomized urine drug screenings are not required when the prescription is for 28-days or less. For patients who have a long-term prescription for CS or tramadol, medical providers will order a minimum of 2 (two) randomized urine drug screen test annually to test for the presence of expected levels of prescribed CS medication(s) as well as to identify the presence of illegal substances and/or medications that are not le-

gally prescribed to the patient, according to the controlled substance agreement.

1. Patients receiving a prescription for tramadol must follow the same urine drug screen protocol as used for CS and a special lab must be ordered to test for this agent.
2. The presence of an illicit substance or prescription medications that are not prescribed to the patient may disqualify the patient from obtaining CS from the primary care provider. In addition the absence of prescribed medications that are expected to be present in the patient's urine may also disqualify the patient from obtaining CS from the primary care provider. At the discretion of the provider, an alcohol screen may be performed.
3. If a patient refuses or leaves the clinic before providing a urine sample, then the CS will be discontinued.
 2. Consultation. The SMHWC provider will ensure consultation is provided to patient prior to issuing a long-term prescription for CS.
 - A. Provider will refer patient as deemed necessary for additional evaluation and treatment in order to achieve treatment objectives.
 - B. Failure of patient to keep appointments or follow through with alternative treatment strategies constitutes sufficient reason to begin procedures to cease prescribing CS medications.
 - C. Special attention should be given to those patients who are at higher risk for misusing their CS medication or whose living arrangement poses a risk for medication misuse or diversion as defined in "Agreement".
 - D. Management of patients with a history of substance abuse or drug seeking behavior will require extra care, monitoring, documentation, and referral to experts in management of such patients.
 3. Medical Records⁶. The SMHWC shall keep accurate and complete records on the patient and the process to prescribe CS, to include:
 - A. Medical history
 - B. Physical exam
 - C. Diagnostic, therapeutic and laboratory results

- D. Evaluations and consultations
- E. Treatment objectives
- F. Discussion of risks and benefits
- G. Signed "Consents" and "Agreements"
- H. Treatments rendered
- I. Medications—dates, types, dosages, quantities and instructions
- J. Periodic reviews
 4. Quality Control.
 - A. Controlled Substance Oversight Committee to meet monthly and review five records, randomly selected, of patients receiving long term CSs for completeness
 - B. Committee will submit results and suggestions to prescribing provider, who will sign off on suggestions
 - C. Review forms to be kept in administrative peer review files
 - D. Provider may discuss recommendations with the Chair of the CS Oversight Committee.
 5. Prescribing and Dispensing
 - A. Patients must present a valid ID (driver's license, tribal ID, state ID, passport, or active duty card) every time when picking up a controlled substance or written prescription from the pharmacy and must sign their name on the elec-

tronic signature pad. If the patient is unable to pick up their own CS medication or written prescription, then the provider may allow them to designate a proxy who must present to the pharmacy with a signed authorization document or in an emergent case may speak directly with a pharmacist (not just pharmacy staff) and inform of EXACTLY who will be picking up the medication. The proxy must present a valid ID upon pick up of a controlled substance for another patient. No person(s) under 18 may pick up a controlled substance from the pharmacy.

- B. Prescriptions reported as lost or stolen will not be refilled before the scheduled refill date.
- C. Early request for refills will not be filled without adequate justification documented in medical record.
6. Specific procedures associated with this policy shall be periodically reviewed and updated consistent with the requirements and standards established by the Tribal Council, Health Center management, federal drug enforcement laws, and applicable accrediting and review organizations.

Stockbridge-Munsee Community Babies Born in 2013

We are still planning a photo page of all infants born in 2013 for the Mohican News. With the photo, we'll need child's name, parent's names and month of birth.

Old Newspapers

Need paper for packing, your wood stove, or puppies? We have old Mohican News issues if you need for packing, puppies or getting the fire going. Give us a call at 715 793-4389 or come over to the office to pick some up. We are located behind the tribal office in the green pole building.



February WIC

4th- Cert/Recert. Day

5th- Check Pick up Day

13th- Back-up Day

Questions? Please contact Julie Casper at 715.793.5013

3rd Annual Fire Department Chili Cooking Contest

This year we are adding a Frybread Contest

Date-January 17th 2014

Place-S/M Fire Department

Time-11:45 am

Bring your pot of Chili and our guests will be the judges.

If you want to join the Frybread contest please bring 10 pieces of frybread. Everyone is welcome to enter or to just stop down and eat lunch.

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Section 184 Indian Housing Loan Guarantee Program Available at BAY BANK

Homeownership in Indian Country

In 1992, Congress established the Section 184 Indian Housing Loan Guarantee Program. The program was designed to offer homeownership and housing rehabilitation opportunities for eligible Native American individuals, families, tribes, and Tribally Designated Housing Entities. (Including Indian Housing Authorities) on their native lands and within and approved Indian area as defined in HUD P.I.H. Notice 2004-19.



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- * Up to 30 year fixed rate financing at conventional rates!

Any Native American or Alaskan Native that is a member of a federally recognized tribe or an Alaskan village is eligible for a Section 184 loan. To obtain additional information or to apply for a Section 184 loan, please contact a mortgage specialist at Bay Bank. Apply online at: <https://baybankgb.mtgloanapp.com>

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we'll randomly draw one guest to
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SATURDAYS

\$5G SATURDAYS

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