

FACT: In the U.S. cigarette smoking kills the equivalent of the entire populations of Bowler, Gresham, and Tigerton every day of the year.

Smoke Ribs, Not Your Lungs

By: David Axt, PharmD

The Mohican Family Center hosted a tobacco awareness presentation on September 23, "Smoke Ribs, Not Your Lungs", by Brock Schreiber from the Stockbridge-Munsee Health and Wellness Center (SMHWC). He provided information about the scope of harm from commercial tobacco use, the risks of second-hand smoke, electronic cigarettes, and tobacco industry marketing tactics. The event was attended by over 100 community members who enjoyed a meal of barbecued ribs and chicken, pulled pork sandwiches, and all the fixings.

Brock emphasized his message of harm from tobacco referred to commercial tobacco use and not traditional or ceremonial tobacco use. For example, cigarettes are the only legal product that kills 50-60% of its consumers when used as intended and is responsible for 450,000 American deaths every year. Over the past 50 years, over 20,000,000 Americans have died

Lungs cont. on page Eight:

Election Results: (Winner Bolded)

President
Shannon Holsey - 249
Wallace Miller - 176

Vice-President-
Nancy Boivin - 69
Douglas Huck - 193
Gregory Miller - 176

Treasurer
Janet Miller - 250
Terrie Terrio - 187

Tribal Council-
Jolene Bowman - 94
Quinton Bowman - 23
Jill Duffek - 21
Liza Duffek - 27
Brian C. Goss - 26
Seralee Jagemann - 19
Robert Little - 48
Crystal Malone - 51
Melodi Malone - 21
AJ Miller - 51
Chad Miller - 96
Joseph Miller - 138
Leah Miller - 93
Roger Miller - 22
William (Willy) Miller - 93
Bert Moede Sr. - 35
Shawn Moede - 94
Jeremy Mohawk - 124
Rene Montez - 70
Clifton Pecore - 26
Matthew Putnam - 119
Regina Putnam - 49
Joann Schedler - 128
Lisa Vele - 19
Scott Vele - 123
Bonnie Welch - 21
Leonard Welch Jr. - 6

Education Board Parent/Grandparent-2
Gloria Bruette - 225
Roberta Carrington - 291

Ribbon Cutting at Mohican Family Center



(L to R): Stockbridge-Munsee Health and Wellness Center Community Health Wellness Director, Elena Cox; Stockbridge-Munsee Family Services Youth Activities Worker, Linda Rudesill; Stockbridge-Munsee Health and Wellness Center Community Health Representative/Diabetes/FNP Educator, Seralee Jagemann; Stockbridge-Munsee Family Services Youth Activities Supervisor, Lailonnie Kosowski; Stockbridge-Munsee Mohican Family Center Manager, John Miller; Goodwill Grows Vice President of Community Relations, Dan Flannery; Stockbridge-Munsee Mohican Family Center Security, Joe Miller; Goodwill Grows Program Leader, Alex Tyink; Goodwill Grows Farm-to-School Coordinator, Kelly Hammond; and Wisconsin Public Health Public Health Educator, Elizabeth Scheelk.

By Susan Savetwith
Mohican News Reporter

A Ribbon Cutting Ceremony was recently held at the Stockbridge-Munsee Mohican Family Center with dignitaries from Goodwill Grows, Wisconsin Department of Public Health, and Stockbridge-Munsee Health and Wellness Center.

Goodwill Grows Vice President of Community Relations, Dan

Flannery said he was happy the garden is working out and that the community will put it to good use. "This is exactly how it should work, and your success only pushes the program forward for other groups in the state," Flannery said.

John Miller recently cut the ribbon on the new Hydroponics Garden at the Mohican Family Center. Miller indicated the garden had been harvested several times

Center cont. on page Eight:

Sleep Apnea and Diabetes

By Susan Savetwith
Mohican News Reporter

The Stockbridge-Munsee Health and Wellness Center's Community Health Department recently hosted a Diabetes Luncheon for clients with diabetes or prediabetes with guest speaker from Theda Care, Mary Lapp, offering information and answering questions about Sleep Apnea.

According to Lapp, sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. She said a client may have sleep apnea if they snore loudly, and feel tired even after a full night's sleep. Lapp said people with sleep apnea are more likely to develop insulin resistance and Type 2 Diabetes.

She said there are three main types of sleep apnea; obstructive



Mary Lapp from Theda Care

sleep apnea, the more common form that occurs when throat muscles relax; central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing; and complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea, occurs when someone has both obstructive sleep apnea and central sleep apnea.

Sleep cont. on page Eight:

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What's Inside

Ads pg 10-11 Elders pg 4
Directives pg 8-9 Health pg 5
Voices pg 2-3



House and Land For Sale in Red Springs



House for sale to Enrolled Tribal Members Only
 2 bath/2 Bedroom with full basement. Outdoor wood burner gas backup.
(Paid advertisement)

Land for Sale to All
 40 acres non-tribal land; a place for your grandchildren to four-wheel hunt or fish.
 Call Steve Burr
 715-787-4281

When a diplomat says yes he/she means perhaps; when he/she says perhaps he/she means no; when he/she says no he/she is no diplomat.
 Anonymous



-Land assignment size will be with approval from Council.
 -Home has LP gas furnace heat with central air.

This sale will be a cash sale or financed through our loan department with qualified credit.

Bidders must be able to close on the sale within 45 days of bid

Reposted

acceptance.

The Stockbridge-Munsee Community is accepting bids from tribal members on a home located at N9136 Big Lake Road, Gresham, Wisconsin.

Minimum Bid \$99,000

HOME INFORMATION:

- Approximately 28' X 50' (1,400 sq. ft. upper level)
- 3 bedrooms and 1 full bath upstairs.
- Backup wood burning furnace in basement not hooked up
- Large lower living area has 1,400 sq. ft with a full bath, sitting area and 2 bedrooms.
- Country setting nestled in forest
- Home and buildings to be sold in "AS IS CONDITION"

If you are interested in viewing the property or need additional information please contact Land Management at 793-4855 OR 793-4869

All bids must be sealed and marked "BID FOR GRESHAM HOME AT N9136 BIG LAKE ROAD"

All bids must be sealed and presented to:

JERILYN JOHNSON
 TRIBAL OFFICES
 N8476 MOH HE CON NUCK RD.
 BOWLER, WI 54416

Bids will be accepted until: **Monday October 19th, 2015 AT 4:30PM**

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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Dear Stockbridge-Munsee Community,

Information about the Fall Cleanup which will take place on October 19 is included in this paper on the right center page. The Fall Cleanup consists of three cleanup events; Residential Curbside Cleanup; Electronics Recycling; and Appliance Recycling.

Please read the guidelines for each of the three efforts and share with relatives and others in the Community. Please call me with any questions regarding the volume you may place curbside or anything that is unclear.

Shawn Wolfe, Natural Resource Technician
Stockbridge-Munsee Environmental Department

Bowler native to compete in annual ballroom dance competition for American Red Cross



Dancing With Our Stars



Bowler native Dan Terrio will officially add "dancer" to his name as he will compete as one of the nine competitors in the 8th Annual Dancing With Our Stars event for the American Red Cross. The event will take place on February 20th, 2016 at the KI Convention Center in downtown Green Bay and is the largest fundraising event for the organization. Modeled after the ABC-TV show "Dancing With The Stars", this wildly popular fundraising event, which sells out every year, takes local volunteers and pairs them with a dance pro to learn two ballroom dances to perform at the annual event in February while creating and implementing fundraising events through the campaign that runs from September through February. There are several dance awards given out along with the big prize, the coveted Mirrorball Trophy, given to the individual who raises the most money. "It is an absolute honor and privilege to represent Humana, our associates and my community in this fun event!", said Terrio. "I have never danced like this before so this will be a journey of well-being; both emotional and physical, that I am ready to embark on for such a great cause."

A 17 year volunteer with the American Red Cross and currently a National Education Learning Facilitator with Humana in De Pere, Terrio's involvement spurred from an incident where he saw firsthand impact the American Red Cross has on lives and on a community. At the age of 13, Terrio was involved in a car accident in the Town of Red Springs where the vehicle he was riding in collided with a train. With his arrival to the hospital, Terrio was given several units of blood, provided by the American Red Cross that ultimately saved his life. However, new challenges presented itself due to injuries in the accident. Terrio suffered severe injuries to

his right leg and knee that doctors gave Terrio two options. "I was told either they could clean up and rebuild the damage from the accident and have limited mobility or I would lose my right leg," said Terrio. "We went into the surgery not knowing what could happen and came out of it with my leg rebuilt and the long road to recovery ahead of me." Terrio underwent five months of intense rehabilitation with strict orders on limiting direct impact to his knee to reduce the risk of further injury. "Being an active 13 year old, to be told you can't participate in Football or Basketball was damaging to me," Said Terrio. Terrio states he remembers the first time standing and walking after five months of being immobile. "When I stood for the first time, I began to cry not because it hurt, but because I never thought I would stand or walk again."

Shortly thereafter, Terrio began his service to the American Red Cross and began participating in theatre productions which developed an interest in dance. "It has always been on my bucket list," said Terrio. "What better way to try something you have longed to experience while giving back to an organization that saved my life."

With Terrio's participation, there will be several opportunities for the community to engage in the campaign. The campaign, called 'Dan's Drive to 5' is inspired by the journey he took from the car/train accident to the ballroom. "I went through five units of blood and five months of intense rehabilitation to learn how to walk again," said Terrio. "The campaign runs five months and I'm aiming to raise \$50,000, so the name fits."

More information regarding the event, campaign and where to donate can be found on Facebook at www.facebook.com/drivetofive2016.



Kehtekaewak Farmers' Market to Hold Vendor Interest Meeting for 2016 Season

The Kehtekaewak Farmers' Market Committee will host a vendor information session from 5 to 5:30 p.m. on Thursday, Oct. 29, in the Cultural Learning Center at the College of Menominee Nation, N172 State Hwy. 47/55 in Keshena. Produce gardeners, canners, and other food producers interested in selling during the 2016 season should attend. Attendees will receive information on market layout, vendor guidelines, and registration.

The Kehtekaewak Farmers' Market will run from May 19 to Sept. 29 in 2016. The market will take place from 2 to 6 p.m. on Thursdays at the College of Menominee

Nation's Keshena campus. Meeting organizer Lisa Misch says that farmers' market vendors play a vital role in the community. "They increase access to healthy, affordable food," she notes, "and as small business owners, vendors ensure that money spent on food remains within the local economy. The Oct. 29 meeting will be a great opportunity for those interested in the topic to learn more about how to become a vendor."

Prospective vendors who are unable to attend the session can contact Misch for more information weekdays at 715-799-6226, ext. 3154, or by email at lmisch@menominee.edu.



NEW HORIZONS
WISCONSIN TRIBAL TRANSPORTATION CONFERENCE
ENHANCING PARTNERSHIPS AND CREATING NEW OPPORTUNITIES



Annual Tribal Transportation Conference

November 3-4, 2015

Radisson Hotel and Convention Center Green Bay, WI

The 2015 Wisconsin Tribal Transportation Conference is set for Nov. 3 – 4 at the Radisson Hotel and Convention Center in Green Bay. The annual event is sponsored by the Wisconsin Department of Transportation's (WisDOT) Office of Business Opportunity and Equity Compliance, Tribal Affairs, along with the WisDOT Inter-Tribal Task Force.

This is a tremendous opportunity for state, tribal, federal and transportation construction professionals to enhance their knowledge of governmental and transportation initiatives impacting Wisconsin's 11 Native American tribes.

Sessions will include how to do business with WisDOT, transportation safety, cultural resources and preservation, and federal Indian law and tribal transportation projects.

To register, or for more information, go to the WisDOT website (www.2015wtcc.eventbrite.com) or contact WisDOT Tribal Liaison Kelly Jackson at (608) 266-3761.

for more information go to: wisdottribaltaskforce.org



Snow Removal

The Stockbridge-Munsee Community office of Elderly Services, Property & Equipment, Housing Division and other tribal departments will provide snow removal services at no charge to Elders aged sixty-five (65) years or older.

A flat fee of \$100 per snowfall season will be charged to Elders aged fifty-five (55) to sixty-four (64) years or older; payroll deduction can be utilized as well as a payment plan of five (5) payments of \$20 until paid in full.

a. Eligible Individuals are:

- i. Stockbridge-Munsee Enrolled Tribal members who are aged fifty-five (55) years or older,
- ii. Stockbridge-Munsee Enrolled Tribal members who are disabled and aged forty (40) years or older, or
- iii. Widows and widowers, who are fifty-five (55) years or older, of enrolled tribal members

b. Additionally, individuals reside in a home that is within the 1856 Treaty Boundaries of the Stockbridge-Munsee Reservations or, for Enrolled Tribal members only, within the villages of Gresham and Bowler.

2. Enrolled Tribal members who are disabled and aged forty (40) or older must provide the Stockbridge-Munsee Elderly Services Manager proof of disability by providing a copy of their Social Security Disability Determination letter which will provide verification.

3. The 1856 Treaty Boundaries of the Stockbridge-Munsee Reservation include the townships of Bartelme and Red Springs.

4. To prevent damage to our equipment and your personal items, we

ask that the area you want plowed be cleared of and kept clear of all obstacles for the duration of the snowfall season.

5. Snow removal will be in the form of plowing driveways and shoveling needs of the elder (ramps, steps, walkways, etc...) as requested after three (3) or more inches of snow has fallen.

6. Gravel driveways will not be plowed until after the ground has completely frozen to prevent damage to driveways and grounds. In the event that significant amount of snow has fallen driveways will be plowed as authorized by the elder.

7. Plowing/shoveling will not be done until after a storm has ended (beginning after 5:30 a.m. if the storm continues past normal working hours). Plowing will be done more often during heavier snowfall as necessary. Reserved snow removal times ARE NOT available.

8. PRIORITY SNOW REMOVAL SERVICES IS GIVEN TO THOSE ELDERS WITH EMERGENT MEDICAL NEEDS (for example dialysis patients).

9. An information letter stating these points will be sent to eligible Tribal members, in our service area, on an annual basis.

A signed Authorization Form for Snow Removal Services must be submitted to Elderly Services Offices along with payment or proof of payment arrangements before snow removal services are provided.

The Authorization form reflects that the elder has been made aware of the policy contents and wishes to receive snow removal services.

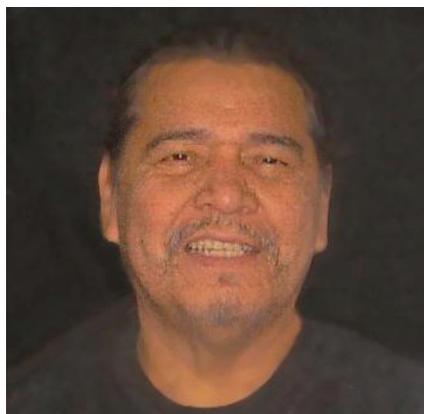
Contact SM Elderly Services at 715 793-4236 for more information.

Come and Celebrate National Physical Therapy Month with us!

October is National Physical Therapy Month and the therapy department at the Stockbridge-Munsee Health and Wellness Center want to celebrate with you. We are having a contest Thursday October 29th to raise awareness of the field of physical therapy. **Come and win some fabulous prizes!!**

Learn about our staff and what physical therapy has to offer!

On the Trail Home



"Waubano"

Richard L. "Waubano" Awonohopay left for the spirit world on Sept. 24, 2015. He was 69 years old.

Waubano was born on Aug. 9, 1946, to the late Johnson and Frances (Pyawasit) Awonohopay, of Zoar. He was a proud member of the Menominee Nation. Waubano was a Menominee tribal leader, a cultural and spiritual leader, a teacher, a writer, a musician, a composer and a powwow participant. He was proud of his 16 years in law enforcement for the Menominee Tribe, where he served as a conservation warden, a tribal deputy, a court bailiff, and was elected chief of police. He had served on the Menominee Tribal Legislature, the Menominee School Board, and held several other positions within the tribe.

He had been a bass guitarist and vocalist with the Wolf River Band and Flying Feather Band. He composed several songs and authored a children's book that he hoped to publish one day. He was a member of Big Drum, where he held many high positions throughout Indian Country. In recent years,

he was most active as a cultural and spiritual leader, where he was happy to teach, counsel and be a helper in those areas to those in need. He was also the cultural director for several years for the Indian Community School in Milwaukee. He was a wonderful dad, grampa and pops.

He leaves behind his adopted father, Bill Daniels; Leah Miller, whom he called his better half; his sons, Jesse "Chopper" (Judy), of Milwaukee, Jay "Krunch" (Victoria), of Florida, Richard Blake, of Keshena; and his daughter, Richelle (Audie), of Keshena; Steven (Stephanie), Joey (Margaret), and John (Carolyn), all of Keshena, and Brian (Sarah) Moore of Michigan; daughter-in-law, Christine, of Baraga, Michigan; his grandchildren and great-grandchildren. He is further survived by his sisters, Verna (Henry) Shegonee, of Zoar, and Gwen, of Keshena; and brothers, Anthony (Jeanne), of Cumberland, and Myron (Doris) Pyawasit. He also leaves behind adopted sons Jim Marino, Mike Terry, Al Kuhn, all of Milwaukee, and Mark LaTendre, of Pembine. He was uncle and grandpa to many others.

His son, Erick; brother, James Awonohopay; and sister, Annette Farrow; and a nephew, Aaron Shegonee, preceded him in death.

Burial is in Zoar Indian Burial Ground at 2 p.m. with John Teller officiating.

Swedberg Funeral Home is assisting the family with the arrangements.

www.swedbergfuneralhome.com

Are you a Family Caregiver?

Most often you do not realize that you are a caregiver until you are overwhelmed with taking care of the needs of a loved one while still taking care of your own family and other obligations.

Care giving may start with offering to pick up a few groceries or giving a ride to a doctor appointment and it may grow into being the sole provider for assisting with personal care (bathing, feeding etc....). Care giving may take a toll on you, it is very important to take care of yourself and to continue to participate in your interests and activities.

Stockbridge-Munsee Elderly manages the Native American Family Caregiver grant in our service area*. Respite care, loan closet items and a small library of information is available.

Respite Care is a service that we can provide so that you, as the Primary Caregiver, can have the opportunity to take a break to relax, run errands and participate in activities you enjoy.

Hours are available on a weekly basis to bring in a Respite Provider, who will be paid a weekly stipend. You can bring in a provider of your choice, usually someone that your loved one knows and is comfortable with.

Please contact Kristy Malone, Manager for more information; telephone number (715) 793-4236 or direct line (715) 793-4000.

*Service area is established by the Treaty of 1856 and encompasses the townships of Bartelme and Red Springs.

The following is article 4 of a series of 6 articles about a project to help the Stockbridge-Munsee Health & Wellness Center (SMHWC) look at increasing revenue through Medicaid and Medicare.

Article 4- Why Sign Up?

Indian Health Service (IHS) is funded each year through appropriations by the U.S. Congress. The IHS is not an entitlement program, such as Medicare or Medicaid; it's not an insurance program; and it's not an established benefits package. Direct health care services are services provided at an IHS facility such as the SMHWC. Contract Health Services (CHS) are services that the IHS is unable to provide in its own facilities and are provided by non-IHS health care providers and facilities. CHS payments are authorized based on clearly defined guidelines and are subject to availability of funds. IHS cannot always guarantee that funds are always available. Funds appropriated by the U.S. Congress currently cover an estimated 60% of health care needs of the eligible American Indian and Alaska Native people.

Unfortunately, that means that services obtained under CHS must be prioritized, with life-threatening illnesses or injuries being given highest priority. It also means that the IHS formulary (the list of drugs and medicines available from IHS pharmacies) may not include all drugs and medicines, but will include most of the ones that have proven to be beneficial and cost-effective. By enrolling in health coverage through Medicare, Medicaid, or CHIP, you have better access to services that IHS may not provide.

In the last few years, several pieces of legislation have made important changes and created protections for American Indians in Medicaid and the Children's Health Insurance Program (CHIP). The Children's Health Program Reauthorization Act, known as CHIPRA, made changes to require States to accept tribal documents as proof for both citizenship verification and identity. The State must accept any document from a tribe that indicates enrollment or affiliation with federally recognized Tribes and identifies the individual applicant. Essentially, this change makes tribal documents equivalent to a US passport for verification purposes.

The American Recovery and Reinvestment Act, or ARRA, provides key protections for American Indians under Medicaid including cost sharing exemptions, income and resource exclusions, managed care protections and protections for American Indian specific properties from estate recovery. It also provides certain protections that preclude states from imposing

Medicaid premiums or any other Medicaid cost sharing on American Indian enrollees who have used the Indian Health System. Section 5006 of the ARRA emphasizes the state-tribal relationship by formally requiring that states consult with the tribal community on Medicaid and CHIP policy matters. Specifically, states must seek advice from designees of Indian health programs and urban Indian organizations in the state when Medicaid and CHIP matters have a direct effect on Indians, Indian health programs or urban Indian programs. States must also describe the process for seeking advice from Indian health programs and urban Indian organizations in their Medicaid and CHIP state plans.

There are many benefits to eligible tribal members if they enroll in Medicare, Medicaid, or the Children's Health Insurance Program (CHIP). If you're eligible for services IHS including Contract Health Services and you enroll in Medicaid or CHIP:

- You don't have to pay Medicaid premiums or enrollment fees.
- You don't have to pay [out-of-pocket costs](#) like [copayments](#), [coinsurance](#), and [deductibles](#) for Medicaid services.
- In CHIP, you don't have any out-of-pocket costs.
- Certain Indian resources and payments aren't counted for Medicaid and CHIP eligibility, making it easier for some people to qualify.

In addition, Medicaid doesn't have "open enrollment periods" and applicants can apply at any time and if eligible, receive Medicaid coverage. In some cases, if the individual incurred medical bills in the 3 months prior to enrollment, retroactive coverage may be provided. Medicaid provides additional Benefits for tribal communities:

1. States are reimbursed 100% for Medicaid services provided through IHS and Tribal 638 facilities, and do not have to pay a "share" of the cost of care like they do for other individuals. This 100% reimbursement is referred to as FMAP, or Federal Medical Assistance Percentage, which is the percent the federal government pays the state for certain Medicaid services.
2. There is no cost sharing allowed for American Indians and Alaska Natives in CHIP.
3. Indian health facilities are not subject to local licensure by the State, but must meet licensing standards and health professionals must be licensed and in good standing in at least one state.

For eligible tribal members who enroll in Medicare, certain Indian property, income, and resources owned by American Indians are exempt from Medicaid Estate



Nursing Program at College of Menominee Nation Has National Accreditation, Impressive Exam Scores



Keshena – The Fall Semester is off to a good start for the Nursing program at the College of Menominee Nation (CMN) where word has been received of continued accreditation and high achievement for recent graduates. CMN's President, Dr. Verna Fowler, announced this month that accreditation for the Associate Degree program in Nursing Program is renewed by the Accreditation Commission on Education in Nursing (ACEN). The Commission identified as an area of special strength the program's "exceptional integration of cultural, ethnic, and socially diverse concepts, particularly in relation to the Native American culture." ACEN's focus on this strength aligns especially well with the College's mission of infusing education with American Indian culture as it prepares students for leadership, careers and advanced studies in a multicultural world. Nursing Dean Karen Bialcik states that accreditation identifies the program as one that engages in continuous self-assessment, planning, and improvement in order to provide effective nursing education to its students. "It tells our students and the general public that our program has clear and appropriate educational objectives and is working to achieve these objectives," Bialcik adds. "That means that we are positioned to meet the demand for

quality trained nurses locally and for surrounding communities." Additional good news came with the report that recent CMN nursing graduates who took the National Council Licensure Examination (NCLEX) for Registered and Licensed Nurses have done exceptionally well. Of 30 nursing students graduating from CMN last Spring and Summer, 29 passed the examination on the first try. The NCLEX is required of all nursing program graduates across U.S. for professional licensure. "Our graduates typically do well," Dean Bialcik says. "The most recent group deserves recognition for doing exceptionally well both individually and as a group."

CMN's Nursing Career Ladder has many starting points. Opportunities to help students move into the nursing workforce include Nursing Assistant, Practical Nurse and Registered Nurse. The College is currently accepting applications for admission and financial aid for the 2016 Spring Semester enrollment. The Nursing program's next session of Nursing Assistant classes starts Oct. 11; a new series of the eight-week classes gets underway in January. Information on CMN's nursing program may be found online at www.menominee.edu/nursing.

Photo by: D.Kakkak/College of Menominee Nation

Recovery, which applies to individuals age 55 and older receiving Long Term Supports and Services, such as care in nursing homes.

If you enroll in Medicare, Medicaid, or CHIP, you can keep getting services from SMHWC the same way you do now. When you get services from SMHWC, they can bill your insurance program, which

benefits the tribal community, allowing SMHWC to provide more services to others.

This article is part of a series of articles related to the S/M Health and Wellness Center's "Strengthening Our Tribal Health Services" Project. If you'd like more information, please contact Elena Cox or Cheryl Tiegs at 715-793-4144 or 877-898-4154 (toll free).

14th Annual Diabetes Walk



Community Health Outreach ~ Brenda Behm, Elena Cox, Seralee Jagemann, & Whitney Schreiber.



Woody & Jermain



Marleen Solin Sorgent, Stephanie, Nate & Juliana Wolf.



Joesie Wayka, Sara LeMieux & Ed LeMeux



Gabby Ruppel, Sheena & Brandi Spencer, & Rhonda Kroening



Dr. Dalve



Bill Welch, Lisa Vele, Laura Kanas, Michael Mallack & Leona Vele.



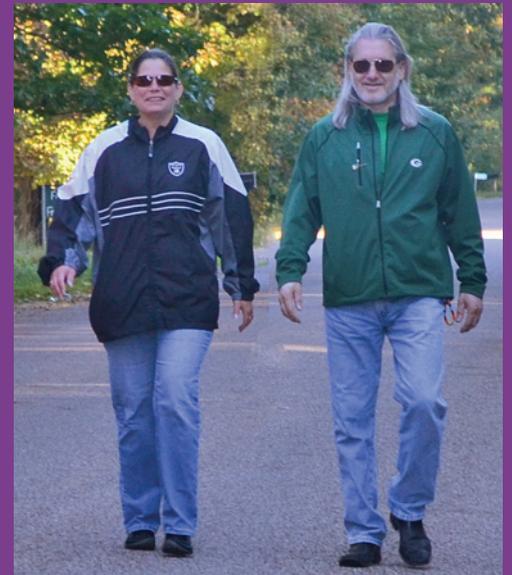
Joan Bowman & Deb John



Peggy Benes & Joan Olson



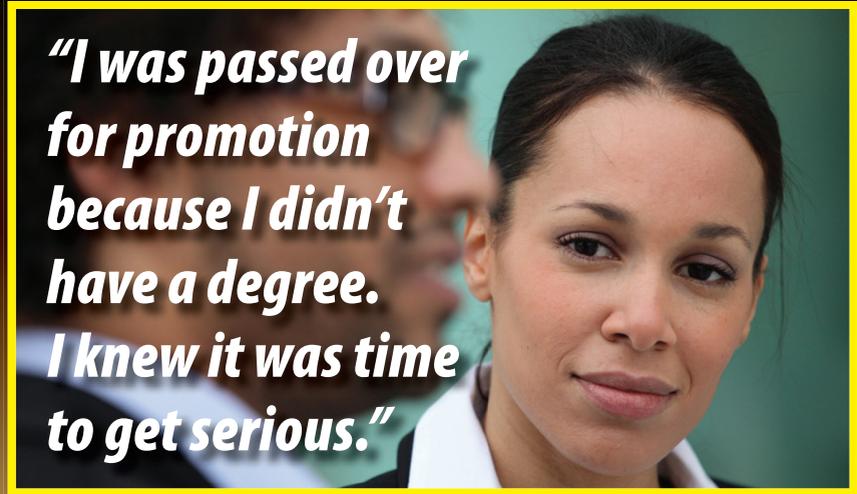
Tonya Rosenow & Kolby Miller



Rachel Hill & Sam Dommer



Hydroponic Garden Ready for Harvest

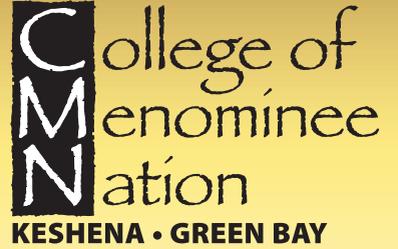


"I was passed over for promotion because I didn't have a degree. I knew it was time to get serious."

The College of Menominee Nation is serious about helping you earn the credentials you need for the job you want.

Why wait?

- Apply now for admission and financial aid for 2016 courses.
- Begin studies when Spring Semester starts the week of Jan. 24.



Find the resources you need:

- advisors to help you define your goals
- financial aid, scholarships and internships to help pay your way
- faculty to prepare you for your fields of interest
- degrees in business, education, public administration, engineering, natural resources and more; diplomas in nursing, technical and trades fields
- job services, vocational rehabilitation and continuing education

Apply or inquire online, by phone or email:

- www.menominee.edu • 715 799-5600 • admissions@menominee.edu

CMN Is Your Tribal College: Where tribal culture matters and American Indian students succeed.

2015 Fall Cleanup

October 19, 2015



Fall Cleanup includes three, free cleanup opportunities

1. Residential Curbside Cleanup
2. **Electronics Recycling**
3. **Appliances** with no Freon

Residential Curbside Cleanup Free

- A service provided by Harter's for residential customers
- Items collected curbside are not recycled, but disposed of in a landfill.

When? Place items curbside beginning Monday, October 12
Have items curbside by 5am on **Monday, October 19**

Who? Tribal Curbside Residential Customers in Bartelme.
Not for use by tribal departments.

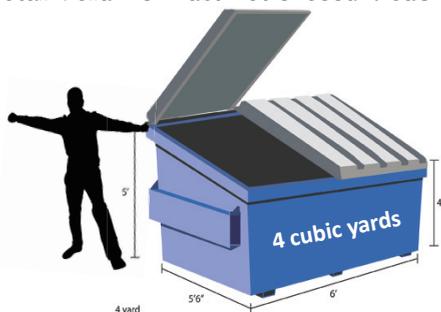
What? No Construction Debris or Hazardous Material

Furniture: FREE CURBSIDE PICKUP during Fall Cleanup.

Couch/Sofa	Mattress or Box Spring	Sink
Chair/Recliner	Dresser	Toilet
Bed Frame/Head Board	Cabinet	Grill
Fitness Equipment	Window	Large Plastic Toy/Furniture
Bike	Door	Carpet Roll (5ft or less)

Hard Fiberglass (4ft or less)

Volume Total Volume must not exceed 4 cubic yards/residence



Electronics Recycling

Where Drop Off at P&E and Roads Department
When Monday, October 19 from 7:30am-4:00pm
Who Tribal Members of Bartelme or Red Springs

<u>Electronics</u>		Free
Computer Tower	DVD/VCR/Blue Ray Players	Mobile Phones
Computer Monitor	Radio/Stereo	Microwave
Computer Parts Printer	Type Writer	Telephone
Computer Accessories	Fax/Copier/Scanner Laptop	Television

Appliance Recycling

Where Drop Off at P&E and Roads Department
When Monday, October 19 from 7:30am-4:00pm
Who Tribal Members of Bartelme or Red Springs

<u>Appliances without Freon</u>				Free	
Stove	Dishwasher	Compactor	Water Heater	Washer	Dryer

<u>Appliances with Freon</u>				\$15.00 each	
Refrigerator	Air Conditioner	Freezer	Water Cooler	Dehumidifier	

Dear Stockbridge-Munsee Community,

Recycling or reusing items by passing them on to others can save landfill space, limit costs and help others. Items to reuse include; board games, clothes, toys, bicycles, construction and home remodeling supplies, music CD's, DVD's, VCR tapes, desks and wooden furniture, stacks of paper, toys, ridged plastic playsets, books, etc. Anything that you can donate to Goodwill, Habitat for Humanity or school room can be reused. Thanks.

Sleep cont from page One:

Lapp strongly urged clients to see their provider if they believe they may have any form of sleep apnea because treatment can ease symptoms and may help prevent heart problems and other complications.

The signs and symptoms of obstructive and central sleep apneas overlap, sometimes making the type of sleep apnea more difficult to determine. The most common signs and symptoms of obstructive and central sleep apneas include: loud snoring, which is usually more prominent in obstructive sleep apnea; episodes of breathing cessation during sleep witnessed by another person; abrupt awakenings accompanied by shortness of breath, which more likely indicates central sleep apnea; awakening with a dry mouth or sore throat; morning headache; difficulty staying asleep (insomnia); excessive daytime sleepiness (hypersomnia); attention problems; and irritability.

Lapp explained that Obstructive Sleep Apnea occurs when the muscles in the back of the throat relax. She said these muscles support the soft palate, the triangular piece of tissue hanging from the soft palate (uvula), the tonsils, the side walls of the throat and the tongue. She said when the muscles relax, your airway narrows or closes as you breathe in, and you can't get an adequate breath in and can lower the level of oxygen in your blood. She said when the brain senses this inability to breathe it briefly rouses sleep so that the airway reopens. "This awakening is usually so brief that you don't remember it," Lapp explained. Lapp also said clients may make a snorting, choking, or gasping sound and this pattern can repeat itself five to 30 times or more each hour, all night long. She said these disruptions impair the ability to reach the desired deep, restful phases of sleep, and clients often feel sleepy during waking hours.

According to Lapp, Central Sleep Apnea is a less common form of sleep apnea that occurs when the brain fails to transmit signals to the breathing muscles. She said this means the body makes no effort to breathe for short periods of time. She said clients awaken with shortness of breath or have a difficult time getting to sleep or staying asleep.

Lapp said sleep apnea can affect anyone, even children. But certain factors increase your risk of sleep apnea. Obstructive Sleep Apnea risk factors are: excess weight, people who are obese have four times the risk of sleep apnea that people who are a normal weight

people do. Fat deposits around your upper airway may obstruct your breathing. But not everyone who has sleep apnea is overweight; neck circumference, people with thicker necks may have narrower airways. For men, the risk increases if neck circumference is 17 inches (43 centimeters) and larger. In women, the risk increases if neck circumference is 15 inches (38 centimeters) or more; a narrowed airway, clients may have inherited a naturally narrow throat. Or, tonsils or adenoids may become enlarged and block the airway, particularly in children with sleep apnea; being male. Men are twice as likely to have sleep apnea. However, women increase their risk if they're overweight, and their risk also appears to rise after menopause; being older, sleep apnea occurs significantly more often in older adults; family history, if clients have family members with sleep apnea, they may be at increased risk; use of alcohol, sedatives or tranquilizers. These substances relax the muscles in your throat; smoking, smokers are three times more likely to have obstructive sleep apnea than are people who've never smoked. Smoking may increase the amount of inflammation and fluid retention in the upper airway. This risk likely drops after you quit smoking; nasal congestion, if you have difficulty breathing through your nose — whether it's from an anatomical problem or allergies — you're more likely to develop obstructive sleep apnea.

For Central Sleep Apnea, she said the risk factors are: being older, middle-aged and older people have a higher risk of central sleep apnea; heart disorders, people with congestive heart failure are more at risk of central sleep apnea; using narcotic pain medications, opioid medications, especially long-acting ones such as methadone, increase the risk of central sleep apnea; and stroke, people who've had a stroke are more at risk of central sleep apnea or treatment-emergent central sleep apnea.

Lappsaid some of the complications caused by having sleep apnea are: high blood pressure or heart problems because sudden drops in blood oxygen levels that occur during sleep apnea increase blood pressure and strain the cardiovascular system. She said obstructive sleep apnea patients have a higher risk of high blood pressure (hypertension) than if those who don't have sleep apnea; increased risk of recurrent heart attack, and abnormal heartbeats, such as atrial fibrillation and stroke. If there's underlying heart disease, these multiple episodes of low blood oxygen (hypoxia or hypoxemia) can lead to sudden

Center continued on page One: already. "Some went to the Elderly Center, some went to a needy family and some was eaten here by the kids," Miller explained. Of those in attendance the general consensus was that the kids enjoy eating the fresh greens and everyone is enjoying growing them.

Lungs cont from page One: from smoking-related disease. This compares to the number of American soldiers who have died in battle since the Revolutionary War; about 660,000. In other word, cigarettes have killed more Americans since 1965 than war has killed American soldiers in 220 years. Just like smoking or chewing tobacco, there is no safe amount of secondhand smoke exposure. Secondhand smoke causes sudden infant death syndrome (SIDS), increases the risk of lung cancer by 20-30%, and is a known cause of heart disease.

Tobacco companies have been banned from advertising on television and radio since 1971. Since then, they continue to develop strategies to market their most vital market – children. Most people start smoking by the time they are 18 years old. Because smoking is fatal to 50-60% of its users, tobacco companies need to lure children into smoking to replace their dying adult customers. Tobacco companies use packaging and product image to entice children. They have even circumvented the television and

In addition, Elena Cox said there is a lot of merit in having this type of food available and there will be teaching sessions in the future surrounding the use of these fresh greens for the Diabetes Program. "We'll use the greens and teach how to use them in healthy recipes," Cox said.

radio ban by producing thinly veiled social media advertising obviously targeting children. Mr. Schreiber discussed one, such example of a youtube video promoting the use of the smokeless tobacco product, Snus, with same "pop, tingle, enjoy" description found in print advertising.

A bit of controversy was stirred up when Brock talked about electronic cigarettes. He discussed how the e-cig "juice" is not subject to quality control standards and the vapor has been found to contain cancer-causing chemicals. One member of the audience contested they are a safer alternative than cigarettes. Mr. Schreiber pointed out scientific studies have not shown electronic cigarettes are safe or effective to quit smoking.

The Stockbridge-Munsee Health and Wellness Center Pharmacy has an evidence-based Tobacco Dependence Clinic that uses methods and medications proven to improve the chance for someone to quit tobacco abuse. Interested individuals can ask their (SMHWC) medical provider for a referral to the clinic or call directly at 715-793-5027.



On Tuesday, October 6, 2015, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at that time the following actions were taken on the motions:

Tribal Council Members present: Wallace A. Miller, Gregory L. Miller, Terrie K. Terrio, JoAnn Schedler, Shannon Holsey, Jeremy Mohawk and Joe Miller

APPROVAL OF AGENDA-

death from an irregular heartbeat; Type 2 Diabetes, people with sleep apnea are more likely to develop insulin resistance and type 2 diabetes compared with people without the sleep disorder; metabolic syndrome, this disorder is a collection of other risk factors linked to a higher risk of heart disease. The conditions that make up metabolic syndrome include high blood pressure, abnormal cholesterol, high blood sugar and an increased waist circumference.

She said sleep apnea can

Add: EPA Wetland Development Grant (Angela Waupochnik)

Move: FY16 Tribal Council Budget Modification after the Tribal Financials

Change: Health Center Issues in Executive Session to Housing Issues

Motion by Shannon Holsey to approve the Regular Tribal Council Meeting agenda, for Tuesday,

Directives cont on pg Thirteen:

also cause complications with medications and surgery because obstructive sleep apnea is also a concern with certain medications and general anesthesia. She said people with sleep apnea may be more likely to experience complications following major surgery because they're prone to breathing problems, especially when sedated and lying on their backs.

The bottom line is, if you have any of the symptoms; you should contact your care provider.

Directives cont from pg Twelve:

October 6, 2015, with the amended changes. Seconded by Gregory L. Miller. Motion carried.

MEETING MINUTES-

Motion by Joe Miller to approve the Regular Tribal Council Meeting minutes of Tuesday, August 18, 2015. Seconded by Shannon Holsey.

Roll Call: Terrie yes, JoAnn yes, Shan abstain (travel status), Greg yes, Jeremy yes and Joe yes. Motion carried.

Motion by Joe Miller to approve the Regular Tribal Council Meeting minutes of Tuesday, September 1, 2015. Seconded by Shannon Holsey.

Roll Call: Terrie yes, JoAnn yes, Shan abstain (medical), Greg yes, Jeremy yes and Joe yes. Motion carried.

Motion by Joe Miller to approve the Regular Tribal Council Meeting minutes of Tuesday, September 15, 2015. Seconded by Jeremy Mohawk. Motion carried.

TRIBAL FINANCIALS FOR MAY, JUNE AND JULY 2015-Amanda Stevens, CFO

Motion by Terrie K. Terrio to approve the Tribal Financials for May and June and to post the July 2015. Seconded by Shannon Holsey. Motion carried.

2016 TRIBAL COUNCIL BUDGET MODIFICATION-Terrie K. Terrio, Treasurer

Motion by Joe Miller to support the Treasurer's recommendation on the adjustment to the Tribal Council's 2016 budget. Seconded by JoAnn Schedler.

Roll Call: Terrie yes, JoAnn yes, Shannon no, Greg no, Jeremy abstain and Joe yes. Motion carried.

DONATION REQUEST: UWSP AISES- Rainer, Trace and Leon, AISES Members

Motion by Joe Miller to authorize a donation request to the UWSP-American Indian Science and Engineering Society, to cover registration for five students to attend. Seconded by JoAnn Schedler.

Motion maker amends motion to state a set amount. Second concurs. Motion carried.

GM / CASINO / BINGO FINANCIALS FOR AUGUST 2015-Brian VanEnkenvoort

Motion by Terrie K. Terrio to approve the GM's Monthly Report for August 2015, the Casino Financials for 2015 and the Bingo Financials for August 2015. Seconded by Jeremy Mohawk. Motion carried.

CASINO WAGE SCALE-Sherri Dessell and Brian VanEnkenvoort

Motion by Terrie K. Terrio to approve the casino wage scale, as shown. Seconded by Jeremy Mohawk.

Roll Call: Terrie yes, JoAnn yes, Shan abstain, Greg yes, Jeremy yes and Joe yes. Motion carried.

MIS REORGANIZATION-Jason Hietpas, MIS Manager

Motion by Gregory L. Miller to adopt the MIS Department reorganization, including the updated job descriptions. Seconded by Shannon Holsey. Motion carried.

CELL PHONE USE POLICY-Jason Hietpas, MIS Manager

Motion by Shannon Holsey to approve the texting request for the Cell Phone Use Policy and deny the additional requests. Seconded by Gregory L. Miller. Motion carried.

BIDS FOR CAMP 14 ROAD HOME-Robert Vele, Housing Inspector

Motion by Shannon Holsey to go along with Robert Vele, Housing Inspector's recommendation to award the only bid. Seconded by Terrie K. Terrio.

Motion maker amends motion to include: for the home located at W13290 Camp 14 Road Second concurs.

Motion maker amends motion to also include: contingent on financing, and if it does not follow through then repost the home for bidding. Second concurs.

Roll Call: Terrie yes, JoAnn yes, Shan yes, Greg yes, Jeremy abstain and Joe yes. Motion carried.

GA PLAN: Residency-Elizabeth McDowell

No action taken at this time, comments will be forwarded to Elizabeth and the plan will be placed back on a future agenda, following a roundtable discussion with the Council.

WI CHILD SUPPORT DATA MATCH REQUEST-Tammy Pecore, CS Manager

No action taken at this time, a round table discussion will be held with the Council.

FEASIBILITY STUDY-Cultural Center-Linda Mohawk Katchenago

Motion by JoAnn Schedler to go along with Linda Mohawk Katchenago's request and approve contracting with Donna Hogerhis to update the feasibility study for the cultural center and approve sole-sourcing for this service. Seconded by Shannon Holsey. Motion carried.

RESOLUTION: MOU US Veteran's Affairs-Bridget Swanke and Rob Orcutt, Legal

Motion by JoAnn Schedler to approve resolution 01-16, whereas the Stockbridge-Munsee Tribal Council is desirous of entering into a Memorandum of Understanding with the United States Department of Veteran's Affairs for the purpose of authorizing said Department to make direct loans available to qualified Native American Veterans for the purchase of homes on trust lands to the extent funds are available and subject to such terms and conditions as may be established

by the Veteran's Administration and the Stockbridge-Munsee Community, now therefore be it resolved, the Stockbridge-Munsee Tribal Council hereby approves entering into a Memorandum of Understanding between the Stockbridge-Munsee Community and the United States Department of Veterans Affairs and authorizes the President to sign the same. Seconded by Shannon Holsey. Motion carried.

PROPOSED REVISIONS CHAPTER 50, Procedures Ordinance-Bridget Swanke

Motion by Shannon Holsey to post the proposed revisions to Chapter 50 for thirty days. Seconded by Jeremy Mohawk. Motion carried.

CHAPTER 25: Gaming Ordinance-Rob Orcutt

Motion by Joe Miller to adopt resolution 02-16, now therefore be it resolved, now therefore be it resolved, the Stockbridge-Munsee Tribal Council hereby adopts the amendments to Chapter 25 that were presented to the Tribal Council at its meeting on October 6, 2015; be it further resolved, the Stockbridge-Munsee Tribal Council direct that the amendments to Chapter 25 adopted at its meeting on October 6, 2015, be forwarded to the National Indian Gaming Commission for approval. Seconded by Terrie K. Terrio.

Motion maker amends motion to include: the language requiring a 5-7 or a super majority vote by the Council on the provision for revocation of the General Manager's gaming license. Second concurs.

Roll Call: Terrie yes, JoAnn yes, Shan yes, Greg yes, Jeremy no and Joe yes. Motion carried.

REGULAR LAND COMMITTEE MEETING MINUTES-

No one present, the minuets will be placed on the next Regular Meeting agenda.

WETLAND FUNDS-Angela Waupochick, Hydrologist

Motion by Shannon Holsey to accept the federal from the EPA Region IV Wetland Development Program and to approve the FY15 EPA Wetland Development Grant budget. Seconded by Jeremy Mohawk. Motion carried.

SELECTION OF BOARDS/ COMMITTEES-

Motion by Shannon Holsey to appoint to the Family Center Board, Misty Cook, Quinton Bowman, Jerilyn Johnson, Jolene Kroening and Jody Hartwig and to post for two additional youth. Seconded by JoAnn Schedler. Motion carried.

Motion by Jeremy Mohawk to appoint Alpha Creapeau, Quinton Bowman and Chad Miller to the Fish and Game Board. Seconded by Terrie K. Terrio. Motion carried.

Motion by Shannon Holsey to appoint Jessica Boyd and Beverly Miller and post for one additional term for the Child Protection Board. Seconded by JoAnn Schedler.

Motion carried.

Motion by Shannon Holsey to appoint Averil "Jayne" Pecore to the Enrollment Committee. Seconded by Joe Miller.

Roll Call: Terrie yes, JoAnn yes, Shan yes, Greg abstain, Jeremy yes and Joe yes. Motion carried.

Motion by Shannon Holsey to appoint Misty Cook, Larry Moede, Sr., and Carmen Cornelius to the Land Committee. Seconded by Terrie K. Terrio. Motion carried.

Motion by Terrie K. Terrio to appoint Carolyn Miller and Kristy Malone to the Health Board.

Seconded by Shannon Holsey. Motion carried.

Motion by Shannon Holsey to appoint Jolene Kroening and Jessica Boyd to the Housing Board.

Seconded by Jeremy Mohawk.

Roll Call: Terrie yes, JoAnn yes, Shan yes, Greg yes, Jeremy abstain and Joe yes. Motion carried.

-OPEN AGENDA- JOB DESCRIPTION: PR Manager/Legislative Assistant-JoAnn Schedler

No action taken at this time, the position description will be discussed at a roundtable discussion.

EXECUTIVE SESSION-

Motion by Shannon Holsey to go into Executive Session. Seconded by Terrie K. Terrio. Motion carried at 7:39 PM.

Motion by Shannon Holsey to come out of Executive Session. Seconded by Jeremy Mohawk. Motion carried at 9:02 PM.

While in Executive Session discussion as held on an audit report, a couple of housing issues, a couple of land acquisitions, the enrollment minutes and a couple of legal issues.

Motion by Terrie K. Terrio to approve for the Elderly/Disabled Assistance Program case number 1EDAP-CM and case #2EDAP-MD. Seconded by Shannon Holsey.

Roll Call: Terrie yes, JoAnn yes, Shan yes, Greg yes, Jeremy abstain and Joe yes. Motion carried.

Motion by Shannon Holsey to go along with the Enrollment Committee's recommendation and accept the enrollment application of Brooke Ashley Johnson and to go along with the Enrollment Committee's recommendation and recommend the blood quantum correction of Don Carlos Butler to 4/4. Seconded by JoAnn Schedler. Motion carried.

Motion by Terrie K. Terrio to authorize the President to sign the NDA with Finite Carbon Corporation. Seconded by Shannon Holsey. Motion carried.

ADJOURNMENT-

Motion by Gregory L. Miller to adjourn. Seconded by Jeremy Mohawk. Motion carried at 9:06 PM.

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