



POTAWATOMI TRAVELING TIMES

Volume 24, Issue 18 • zisbakwtoké gizes Maple Sugar Moon • March 15, 2019

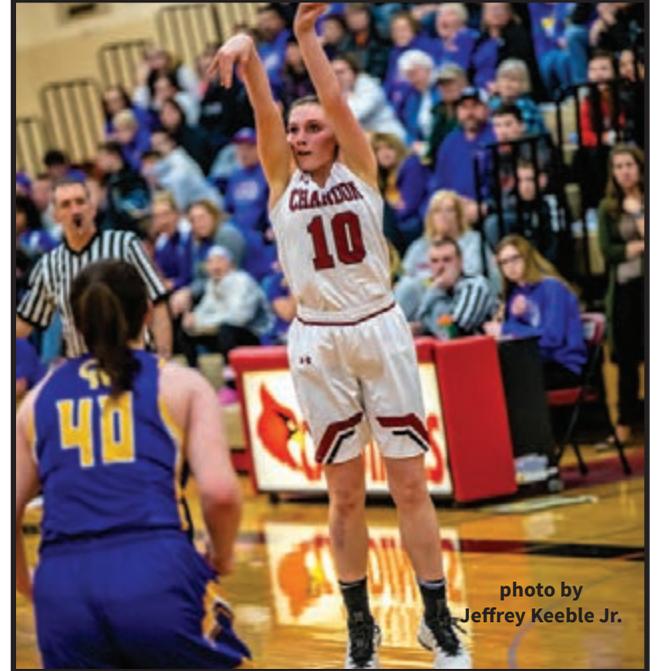
Tribal Member and Teammates have Great Season



Crawford goes in for the lay-up.



The face of determination from Crawford while driving to the hoop



Hitting an important 3-point against Crivitz – Crawford was on fire for this one!

photo by Jeffrey Keeble Jr.

by Val Niehaus

The Crandon Girls basketball team was on a roll again this year taking home the Division 4 Regional Championship trophy and making it all the way to the sectional final game.

The tournament season began with the regional matches on Feb. 22, 2019, with Crandon matched against the Oconto Blue Devils. The Oconto team was seeded #7 while Crandon was ranked #2. Crandon, for sure, had its game face on and came home with an exciting win at 52-27.

The next regional game on Feb. 25, was against the Crivitz Wolverines who

were seeded #3. This game was a bit more intense than the previous one, but the Lady Cardinals came out strong in the end with a winning score of 53-44.

On Feb. 28, the Lady Cardinals took on the Bonduel Bears who were seeded #1, to win the sectional semi-final game at Southwest High school in Green Bay, Wis. The Cardinals held their own ground extremely well and ended up beating the #1 seeded team in their division by 45-21.

Moving on up the ladder, the Cardinals took on the Colby Hornets at Wausau West High School for the final sectional game of this year's season. Even though the Cardinals put up their best fight, they came up short with a score of 50-67.

Forest County Potawatomi (FCP) tribal member Micasslyn Crawford is a

returning player from last year's team. She is now a senior playing in her last season of high school basketball with her teammates. Last year, the Lady Cardinals made it to the state championship game, and this year's team included four returning team members who are now seniors, Crawford being one of them. These four girls have played basketball together since first learning how to dribble a ball, and it shows when they are on the floor together. They have great heart and determination and you can see this in the way they play. Crawford is a key force in defense and shooting those outside shots while still hitting the boards with jump shots and grabbing rebounds. She was a key player for the team and was a major contributor to this year's successful season. She was also awarded Second Teamer for Girls Basketball All Conference.

Congratulations to Crawford on her final season of playing ball for Crandon High School. She definitely left her mark as a member of this remarkable team – one that made many great memories for the Crandon fans.

This team as a whole definitely left a legacy behind for future Lady Cardinals to strive for. Making it to state last year was a first for the school's girls' basketball team. Coming so close this year was another remarkable achievement. This team should be proud of what they accomplished after so many years playing and working together. They clearly put their heart and soul into their game and their record definitely attests to their passion for the sport.

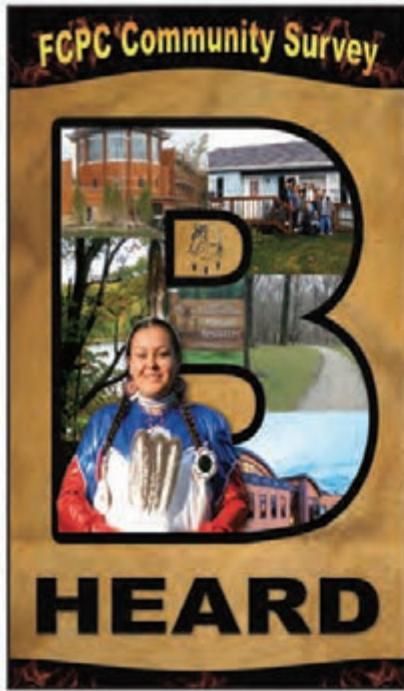
Congratulations, Lady Cardinals, on a phenomenal season and thanks for all the fun!

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The Lady Cardinals - a close group of girls who play with grit and heart

Community Survey



In 2012, a door-to-door survey was conducted. Over 50 percent of tribal members living on the FCP reservation and in Forest County responded to questions that shape how we relate to our land, resources and futures on tribal lands.

Another community survey has been mailed out to all tribal members. The survey can also be completed online on the Forest County Potawatomi website at <https://members.fcipotawatomi.com/community-survey/> Please take a few moments to complete the survey today.

We want to understand our history while continuing to involve all of our community members in our future.

Your voice and that of your family and friends is important!

If you have any questions or would like more information, please contact the Planning office at (715) 478-4944.

Message From FCP Veterans Post 1

WE HAVE MOVED BACK TO THE OLD TRIBAL HALL!

Meetings take place on the first Monday of the month at 5 p.m. We consider it an honor and a privilege to be of service to the Potawatomi community. Membership in FCP Veterans Post 1 is open to all veterans and spouses of Potawatomi tribal members. Please join us!

Deadline for the April 1, 2019 issue of the Traveling Times is Wednesday, March 20, 2019.

POTAWATOMI TRAVELING TIMES

100 N. Prospect Avenue • PO Box 340 • Crandon, WI 54520
 phone: (715) 478-7437 • fax: (715) 478-7438
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**Wasauksing First Nation hosts
Potawatomi Gathering
2019**

Contact:
 E: pottawatomi@wasauksing.ca
 P: 807.464.2929

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Potawatomi**

**SAVE
THE
DATE!**

July 30- August 4, 2019

Online Gathering Registration is Open!
<https://wasauksing.ca/2019-potawatomi-gathering-registration-form/>
 Pre-registration for the language & history conference, youth conference and gathering workshops is encouraged.

Language Conference July 30-July 31	Youth Conference August 1	Traditional PowWow Aug 3- Aug 4	Cultural Programming July 30-Aug 4	•Miss Potawatomi •Ceremonies •Golf Tournament •Baseball Tournament and more!
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**Gathering/
Powwow
Location:
Wasauksing
First Nation**

WINTER'S END Powwow

MARCH 23 & 24, 2019
 CRANDON HIGH SCHOOL
 9750 US HIGHWAY 8 W
 CRANDON, WI 54520

GRAND ENTRY: SATURDAY 1PM & 7PM | SUNDAY 12PM
 HONORARIUM \$50 FOR ADULTS/SESSION

HOST DRUM:
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LIL MAN QUINTERO

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DARRELL & GRACE HILL

HEAD VET:
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COMMITTEE SPECIALS:
 MEN'S TRADITIONAL IB - \$500, \$400, \$300, \$200, \$100
 WOMEN'S TRADITIONAL IB - \$500, \$400, \$300, \$200, \$100
 MEN'S TRADITIONAL CHAMP VS. WOMEN'S TRADITIONAL CHAMP \$300

PRINCESS/BRAVE CONTEST:
 FRIDAY MARCH 22ND AT 5PM
 CONTACT COURTNEY, 715-687-2789
WEAR RED FOR MMIW

HOTELS
 MOLE LAKE CASINO HOTEL: 715-478-5290 (MENTION WINTER'S END POWWOW)
 BEST WESTERN CRANDON INN & SUITES: 715-478-4000
 POTAWATOMI CARTER CASINO HOTEL: 715-473-2021

**FOREST COUNTY
POTAWATOMI**
Keeper of the Fire

Night of the Arts 2019

by Val Niehaus

On March 4, 2019, the annual Night of the Arts was held at the Crandon Middle/High School and involved students from grades 6-12 displaying and performing and, in general, sharing their artistic talents with the Crandon community. This has become a very popular event and serves as a chance for the students to display their talents while also serving as an opportunity for community members to be treated to an entertaining social evening.

Categories in this event include painting, drawing, ceramics, beading, vocal and instrumental music along with foren-

sic presentations. While people are going between different events and enjoying the art work and demonstrations, they are able to fill their belly with hors d'oeuvres and various treats prepared and served by the culinary art students who wander through the event with trays of goodies waiting to be sampled. It's a broad-based event that is very inclusive and is also well attended.

The schedule for this night is a fast-paced one, and the teachers and staff keep things orderly and running on time. It takes quite a bit of coordination to prepare such a multi-faceted event, and over the years they have developed a pretty

good system for keeping things moving. Many performances last about 2-4 minutes and are in rooms designated for different categories. If you are trying to catch performances by a handful of students, you literally may have to run from one room to another down the hall if the events are scheduled closely together. It definitely keeps everyone on their toes - and actually can be pretty entertaining at times as people race through the halls.

Overall, the night runs very efficiently and, in the end, many attendees walk away with a taste for and appreciation of arts that often aren't focused on in this area. Parents and family as well as general community members have the opportunity to enjoy the efforts of the school

and the students in teaching and supporting art programs of different types. The students do impressive work. To get in front of a room filled with people to play an instrument, sing or recite a piece takes courage that not many adults have in this day and age. It is a great way for students to develop self-confidence and to show off their talents to an appreciative audience. This Night of the Arts has become a very positive event for both participants and attendees and showcasing the community's youth and supporting their talents has definitely become an event worth all of the effort put forth in its organizing.



Top row (l-r): Josephine Daniels (painting), Liliana VanZile (painting), Breed Shepard (digital art)



Middle row (l-r): Dion Daniels (clay), Dion Daniels (beading), Juanita Alloway (beading demo)



Bottom row (l-r): Goshied Seidler (choir), Beneshish Shepard (choir), Abey VanZile (clarinet), Petewonkwet Daniel (culinary arts)

Participant projects not included because of absence: Shania Pamoncutt, Darlaina Boyd, Gizhgo Daniels, Shawn Rachel.



Land Use Committee Tours Milwaukee Properties

submitted by Michelle Berdan, Land & Natural Resource Division Planner

On Thursday, Feb. 28, the Forest County Potawatomi (FCP) Land Use Committee members participated in a tour of tribal properties and land holdings located in Milwaukee, Wis.

The day began with a tour of the Potawatomi Hotel & Casino (PHC) expansion project, which will provide 119 additional hotel rooms and suites, meeting space and a spa. The committee was able to tour the spacious suites and view the overall construction progress slated for completion this summer with an anticipated grand opening date in August of this year.

Following the hotel tour, committee members viewed the former Cargill meat processing plant located adjacent to PHC. Studies are underway to determine

the best options for the former plant as the buildings are currently uninhabited.

After viewing the Cargill building site, the committee ventured over to the FCP Biodigester Facility. The biodigester converts liquid food waste into electricity. Two megawatts of this renewable energy is then sold back to We Energies, which is enough electricity to power approximately 1,500 homes. In addition, excess heat is used to heat water for the Potawatomi hotel. By using this food waste to create renewable energy, these materials are spared from polluting the environment and filling up local landfills.

Next, the committee boarded a shuttle and headed over to the Data Holdings Data Center, which provides reliable secure suites for clients to store their

sensitive data. The facility is managed 24/7 by security officers and IT specialists and provides redundant power sources to secure clients' information in a temperature-controlled environment.

Lastly, the committee was able to tour the remainder of the Wgema Campus buildings. The Wgema Campus, known formerly as Concordia College, is approximately 12 acres and located in a historic neighborhood of Milwaukee. In 2011, FCP began the redevelopment of the campus. Some of the FCP offices located on the campus include the Gaming Commission, Legal Department, Foundation and Tribal Court, which are housed in the Wgechda Building. The Nengos Building is home to the Woodlands School which serves students

in grades 4K through 6. Also, business offices for Greenfire Management Services, Potawatomi Business Development Corporation and the Milwaukee Police Department are located in the Bgemagen Building. It was amazing to see the beautiful architecture and detailed woodwork brought back to its former glory in the renovated office buildings. The day ended touring the former recreation building. This building, although not historic, was once used by the Milwaukee Bucks as a practice gym.

Thank you to our tour guides, shuttle drivers and everyone that helped put this tour of the Milwaukee properties and land holdings together. Everyone's time, knowledge and generosity was greatly appreciated.



(top left) Touring the Potawatomi Hotel & Casino expansion (top right) Aerial view of Cargill property and the biodigester (bottom left) One of the multipurpose rooms in the Wgechda Building (bottom right) Outside view of the Bgemagen Building (not pictured) Data Holdings Data Center - submitted photos

From the PTT Archives: December 1999

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BAIT AND WAIT SEASON?
by Elaine Shepard

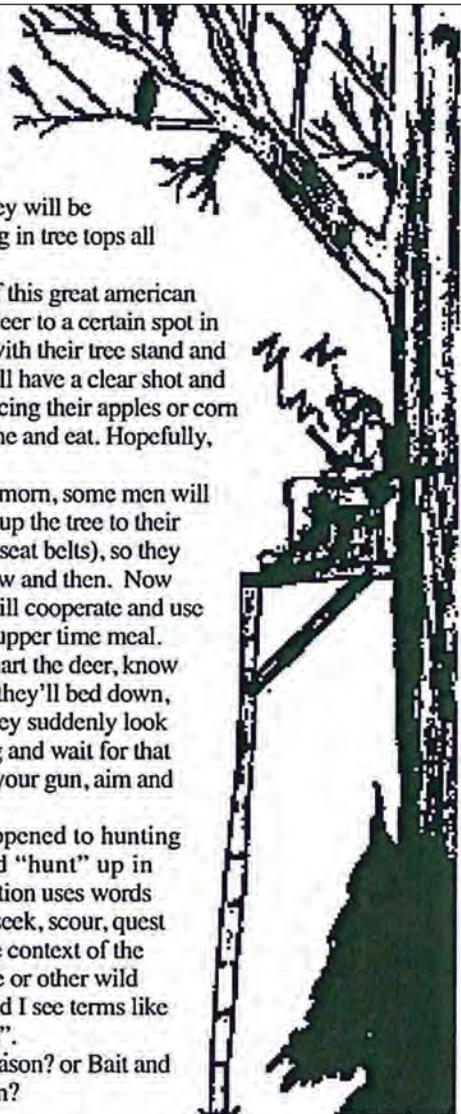
The annual deer hunting season more commonly known as "hunting season" is upon us. The forests and fields will be speckled with blaze or fluorescent orange. They will be standing, sitting, cautiously treading and sitting in tree tops all hoping for a buck to cross their sights.

For weeks prior to the opening day of this great american sport, men will be setting out bait to lure the deer to a certain spot in the woods. The wannabe hunters will come with their tree stand and climbing spikes, look for the best tree so they'll have a clear shot and proceed to set up their stand. They'll keep placing their apples or corn out to ensure that the deer will continue to come and eat. Hopefully, one will be a trophy buck.

Opening day, in the wee hours of the morn, some men will spray their "doe scent" cologne on and shinny up the tree to their stand and strap themselves in (they come with seat belts), so they don't fall out in case they happen to nod off now and then. Now it's sit quietly and wait time, hoping the deer will cooperate and use the bait for an early morning snack and not a supper time meal. The fun or sport of hunting was to try to outsmart the deer, know their habits, what time they're moving, where they'll bed down, flush them out, stalking them quietly, when they suddenly look up, stopping in your tracks scarcely breathing and wait for that heart stopping moment when you bring up your gun, aim and fire!

Anyway, I was wondering what happened to hunting season. I even looked the word "hunt" up in the dictionary, and the definition uses words like "chase, search, pursue, seek, scour, quest and pursuit" all used in the context of the practice of hunting game or other wild animals. No where did I see terms like "wait, bait, sit in tree".

So is it hunting season? or Bait and Wait Season?



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For More Information, Contact
Cassidy Neilitz at
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Forest County Potawatomi Health Division Earns ACR Accreditation

submitted by FCP Health & Wellness Center

(CRANDON, Wis.) — Forest County Potawatomi Health Division Imaging Department has been awarded a three-year term of accreditation in mammography as the result of a recent review by the American College of Radiology (ACR).

Mammography is a specific type of imaging test that uses a low-dose X-ray system to examine breasts. A mammography exam, called a mammogram, is used to aid in the early detection and diagnosis of breast diseases in women.

The ACR Gold Seal Of Accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Parameters and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control pro-



cedures and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report that can be used for continuous practice improvement.

The ACR, founded in 1924, is a professional medical society dedicated to serving patients and society by empowering radiology professionals to advance the practice, science and professions of radiological care. The ACR serves more than 37,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

To schedule your mammogram, please call (715) 478-4339 today!

Imaging

All x-rays, mammograms, and ultrasounds are performed by highly-qualified and certified technologists. What this means for you is that you are being taken care of by technologists with years of training, that understand the anatomy of the human body, and can aid your doctor in ordering the correct exams for the best diagnosis. With that in mind, this is less of a cost to your insurance company, less exams that need to be ordered, and an ability for you as the patient to ask questions about the need for your exam, what type of things we are looking for, etc.

Services Provided

- General Radiology Services: including head, spine, abdomen, extremities, chest, and pelvis digital x-rays.
- Digital Mammography: including baseline, screening, and diagnostic
- Ultrasound: including thyroid, extremity, abdomen, kidney, aorta, pelvis, pregnancy, gallbladder, and breast.

DID YOU KNOW?

- All x-rays, ultrasounds, and diagnostic mammograms need a medical provider's order to be performed.
- FCP HWC is able to perform exams ordered by outside providers.
- If you carry FCP insurance as your primary insurance, having an x-ray or a mammogram does not require a prior authorization.

(715) 478-4339
 Mon. - Fri. | 7 a.m. - 6 p.m.
www.fcpotawatomi.com
 8201 Mishko swen Drive
 Crandon, WI 54520

National Colorectal (Colon) Cancer Awareness Month

submitted by FCP Health & Wellness Center

Did you know? The American Cancer Society estimates that one in 22 men and one in 24 women will develop colorectal (colon) cancer in their lifetime. It is the fourth most common cancer in the United States and there are roughly one million Americans currently living with this type of cancer. Colon cancer has few symptoms when it is developing in your body, and it can be caught early with regular screenings.

Colon cancer is cancer of the large intestine, which is the final part of your digestive tract. Most cases of colon cancer begin as small, noncancerous (benign) clumps of cells called adenomatous polyps. Although over time, some of these polyps can become colon cancers. Polyps are very small and few symptoms are noticed. Doctors will recommend regular screening tests to help prevent colon cancer by removing polyps before they turn into cancer.

American Society of Colon and Rectal Surgeons screening guidelines:

- For people at average risk of getting colorectal cancer, a digital rectal examination and fecal occult blood test, which screens for hidden blood in the stool, are recommended annually beginning at age 50 unless your doctor tells you otherwise.

- Flexible sigmoidoscopy (a test that allows the physician to look directly at the lining of the lower colon and rectum) is recommended every five years at age 50 or older.

- A colonoscopy (a test that allows the physician to look directly at the lining of the entire colon and rectum) every 10 years or a barium enema (x-ray of the colon) every five to 10 years are acceptable alternatives.

- People at increased risk for colorectal cancer include those with a personal or family history of colorectal polyps or cancer, those with a personal history of breast, uterine or ovarian cancer, and those with chronic ulcerative colitis or Crohn's disease.

- Increased risk patients may need

earlier and more frequent screening depending upon the recommendation of their healthcare provider.

In addition to regular screenings for colon cancer, people may be able to lower their risk of getting the disease by:

- Avoiding foods high in fat
- Eating plenty of vegetables, fruits and other high-fiber foods
- Exercising regularly and maintaining a normal body weight
- Quitting smoking
- Drinking alcohol in moderation

- Reminding your doctor of regular colon cancer screenings

- Knowing your family history and talking to your doctor

For more information on colorectal cancer screening, prevention, and treatment, call FCP Health & Wellness Center at (715) 478-4300 to talk to your provider today. Also, if you have gotten your colon cancer screening done, you can receive one FCP Tribal Wellvation point!

CORRECTION

In the March 1 issue of the *Traveling Times*, a tribal youth who attended the Devil's Lake Fisherie was identified as Jordy VanZile in error. The correct name of the youth is Hunter VanZile. PTT apologizes for any inconvenience this may have caused.

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Seasonal Depression

submitted by FCP Community Health

The “winter blues” also known as seasonal affective disorder (SAD) is a subtype of depression that occurs the same time every year. In Wisconsin, this tends to happen to individuals during the winter months.



However, seasonal depression can occur in summer or spring months, but it is less common. that make you happy, bundling up and spending time outside, and (if possible) visiting a warm, sunny climate during Wisconsin’s winter months.

Foods with Melatonin:

- Fruits and vegetables such as cherries, corn, asparagus, tomatoes, pomegranates, olives, grapes, broccoli, cucumbers
- Grains such as rice, barley, rolled oats
- Nuts and seeds such as walnuts, peanuts, sunflower seeds, mustard seeds, flaxseed

Foods with Serotonin:

- Fruits and vegetables such as pineapples, bananas, kiwi, plums, tomatoes, avocados, spinach
- Eggs and cheese
- Salmon, turkey, tofu, nuts, seeds

Seasonal Depression Facts:

- Four out five people who have seasonal depression are women.
- The further one is away from the equator, the more at risk they are for seasonal depression.
- Every year, about five percent of the United States population experiences seasonal depression.

Source: www.mentalhealthamerica.net/conditions/sad

What causes seasonal depression? During the fall/winter months the amount of sunlight is reduced and can affect an individual’s serotonin which can affect one’s mood. Low amounts of serotonin has shown to be linked to depression. Melatonin, a sleep-related hormone, has been linked to seasonal depression as well. This hormone can affect sleep patterns and mood and is produced at increased levels in the dark. Since the days during winter are shorter and darker, the production of melatonin increases.

How can you prevent seasonal depression? Some forms of prevention that can help include: beginning light therapy in the early fall before the onset of symptoms, exercising more, increasing the amount of light at home, increase eating foods with melatonin and serotonin (see list of foods), meditation and other stress management techniques, finding hobbies

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March Dinner

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

RSVP APPRECIATED
Cathy Chiko 715-478-4567
Anne Christon 715-478-4585
Lisa Miller 715-478-4520

cmh.FCPotawatomi.com
Check out the registration form at: cmh.FCPotawatomi.com

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diabetes program

WEDNESDAY, MARCH 27, 2019
4- 5:30 P.M.

Dinner, PowerPoint, Interactive Displays, Prizes

FCP Health & Wellness Center Conference Room

Open to FCP Tribal Members with Diabetes and their Guest

Taste of Tradition:
3 Sisters Soup | Berries | Wild Rice | Buffalo Burgers

FOREST COUNTY POTAWATOMI Keeper of the Fire

ATTENTION FCP TRIBAL MEMBERS

A contest to redesign the FCP flag is in the works. Stay tuned to the *Traveling Times* and FCP's Facebook page for more details as they become available.

FCP FLAG Design Contest

Guidelines for flag redesign contest:

- Open to FCP tribal members age 15 and older.
- **Deadline** for submissions is **May 1, 2019**.
- All artwork must be sent to the Potawatomi Traveling Times office at: P.O. Box 340, 100 N. Prospect Ave., Crandon, WI 54520, or times@fcpotawatomi-nsn.gov.
- Designs must be to scale in order to be reproduced on a 3' x 5' flag. Please contact PTT for a template at (715) 478-7437.
- Any medium may be used.
- FCP logo must be incorporated as part of the design. Please contact PTT for correct registered trademarked logo.
- All artwork will be digitalized in order to make it suitable for reproduction.
- Voting will be done by community ballot at the General Council meeting on May 11, 2019.
- The winning artist must provide permission for their design to be used/reproduced.
- Executive Council will determine the prize for the winning entry.

Sweetheart Dance Held

by Val Niehaus

Gte Ge Nēs preschool hosted its first annual Sweetheart Dance on March 5, 2019. The original date was closer to Valentine's Day, but with the weather we have been dealing with, the date was changed to keep everyone's safety in mind.

This fun-filled night gave the families and friends of the students an opportunity to enjoy a dress up night and a bit of dancing with the little ones. Music for the event was presented by Gregg Tallier, a professional disc jockey well-known to many in the area. Tallier kept the music playing and the entertainment going throughout the evening for the enjoyment of all. As always, he did a great job of keeping everyone moving with the chicken dance, hokey pokey, Macarena, hoola hoop contest and limbo contest. There was fast-paced, booty-shaking dancing along with those special slow songs that tugged at people's heart

strings. The range of music played offered a little something for everyone and, as a result, the event was a hit with all.

Many of the parents as well as the students dressed in their finest outfits from tuxes with ties to fluffy and frilly dresses with heels. Sandwiches were served along with large heart-shaped cookies that everyone enjoyed. *Traveling Times* was also there to take photos with a prom-styled backdrop. Many patiently waited their turn to remember the evening with a special photo.

It was a fun night for families and the children had the chance to experience a prom-like dance that will hopefully hold them until they are juniors in high school and get to attend the real thing. There was a great turnout for what ended up being a jam-packed and fun night for everyone. Hopefully, the success of the evening will assure that it becomes an annual event.



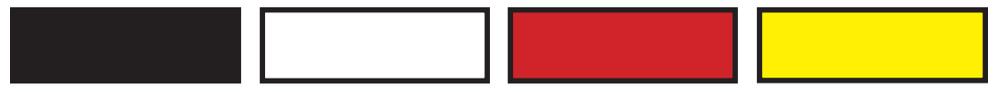
Chicken Dance was in full swing!



Gregg Tallier did an amazing job as always.



Dads and daughters shared special moments together.

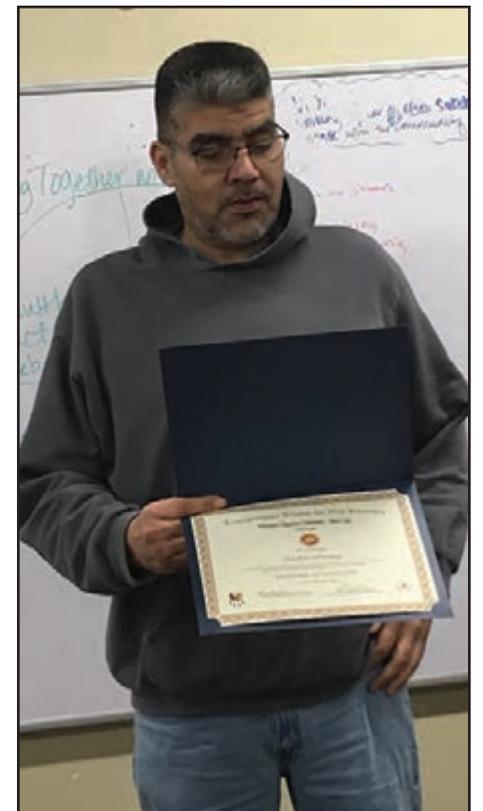


Children's Art Show

With the help of their teachers, the children from Rising Sun Daycare have been working hard in creating art. They would very much like to invite all parents, grandparents, guardians, and other family members to attend an art show on Thursday, March 21, 2019, beginning at 4 p.m. at Rising Sun Daycare. There will be snacks, refreshments, and a little entertainment.



Tribal Members Receive Certificate



FCP tribal members (l-r) Triston Alloway and Clayton Alloway completed the TrANS Road Construction training program and received their certificates in February 2019. Congratulations!



Camp Manitowish Leadership Retreat 2019

submitted by Eric Swanson, Family Services Division

On Feb. 22, 2019, 11 eager FCP community youth loaded a bus destined for Camp Manitowish for a weekend of fun and learning. Camp Manitowish is a beautiful campus surrounded by woods and nestled on the shores of Boulder Lake in northern Vilas County. It's a great place to spend a weekend learning about leadership and the outdoors, all while having a lot of fun.

Once the youth and chaperones arrived, they were greeted by Leadership Program Outreach Director Mark Zanoni and Leadership Program Leader Sean Hurtubise. The group was made welcome immediately and led down to the eating area. It was there that the youth were greeted by Judge Eugene White-Fish who stressed the importance of the youth and how they would be the next leaders of the Forest County Potawatomi tribe. Lastly, he requested the youth be a good example of the tribe.

After dinner, which included chicken nuggets, fries, and mac and cheese, the group was asked to commence to a room for an activity. The youth played dodgeball with stuffed animals and was told the importance of cooperation and teamwork. They listened well to directions and had a great time with the evening activity. Afterward, the youth walked to

their cabin and settled in for the night, eager for what was in store the next day.

It was an early morning alarm for them as they were expected to clean the whole cabin due to a snowstorm that was hitting the area, and that prompted an early departure from camp. Once the cabin was clean and all the youth's belongings were ready to go, the entire group went to breakfast served by Chef Rudy Valadez. Once all the plates, silverware and cups were picked up by the youth, fun outdoor activities awaited them. Such activities included snowshoeing on the lake and hiking to the lakeshore for the traditional photo on the landing, which is done by all groups who participate in the camping experience. Once the youth completed their morning snowshoe adventure, the bus was loaded up and the youth returned to the Leadership Center for one last activity: the climbing wall!

The climbing wall proved to be the activity the youth were looking forward to all day. Each took turns attempting to climb to the top, using both physical and mental strength. They tried their best, with one youth actually making it to the top. The chaperones commented on how the wall served as a platform for youth to set a goal for themselves and, if attained, attempt to go further.

What a great experience for all who decided to go on this trip. Even though the weather cut the trip short, all the youth gained some valuable lessons. They can also be proud that they set shining examples of the Forest County Potawatomi community.



(top) FCP youth are pictured after a long snowshoe hike on Boulder Lake.

(above) An indoor activity is taking place.

(right) One youth is attempting to reach for the next peg in the wall.

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Legislation Introduced to Honor Native Women

submitted by Tom Udall Press Office

WASHINGTON, D.C. (March 8, 2019) – U.S. Senators Tom Udall, vice chairman of the Senate Committee on Indian Affairs, and Martin Heinrich introduced a resolution to celebrate and honor the successes of indigenous women across the country. This resolution recognizes the heritage, culture, and contributions of American Indian, Alaska Native, and Native Hawaiian women in the United States, highlighting the importance of promoting equity, providing safety, and upholding the interests of strong, diverse women.

“During Women’s History Month, let us reflect on the contributions, the service, and the sacrifices of American Indian, Alaska Native, and Native Hawaiian women – enriching their communities and the United States as a whole,” said Udall. “I am proud to work with Senator Heinrich on this resolution to lift up the accomplishments of so many groundbreaking Native women – including Native New Mexican women like Santa Clara Pueblo’s Floy Agnes Lee, who pioneered radiation biology research, and Ohkay Owingeh’s Esther Martinez,

who dedicated her life to Native language revitalization. As vice chairman of the Senate Committee on Indian Affairs, I will continue to fight for legislation and policies that will honor the legacy of their work and ensure future generations of Native women have the tools, rights, and opportunities they need to thrive.”

“From leaders like Ohkay Owingeh’s Esther Martinez and Santa Clara’s Floy Agnes Lee to Congresswoman Deb Haaland, New Mexico’s Native women have long shaped history and continue to impact the foundation of America,” said Heinrich. “It is important that we acknowledge the immeasurable contributions and accomplishments of Native women. I’m proud to cosponsor this resolution to honor the legacy of Native women leaders and will continue to ensure the voices of diverse women have equal recognition in history.”

In 2018, Udall and Heinrich introduced a similar resolution honoring indigenous women that later passed the Senate unanimously.

In addition to Udall and Heinrich, the resolution is sponsored by U.S. Senator

Lisa Murkowski (R-Alaska) and cosponsored by U.S. Senators John Hoeven (R-N.D.), Kamala D. Harris (D-Calif.), Tammy Baldwin (D-Wis.), Richard Blumenthal (D-Conn.), Cory Booker (D-N.J.), Maria Cantwell (D-Wash.), Catherine Cortez Masto (D-Nev.), Steve Daines (R-Mont.), Tammy Duckworth (D-Ill.), Mazie Hirono (D-Hawaii), Tim Kaine (D-Va.), Angus King (I-Maine), Amy Klobuchar (D-Minn.), James Lankford (R-Okla.), Martha McSally (R-Ariz.), Jeff Merkley (D-Ore.), Jerry Moran (R-Kan.), Patty Murray (D-Wash.), Jacky Rosen (D-Nev.), Bernard Sanders (I-Vt.), Brian Schatz (D-Hawaii), Chuck Schumer (D-N.Y.), Tina Smith (D-Minn.), Jon Tester (D-Mont.), Elizabeth Warren (D-Mass.), and Ron Wyden (D-Ore.).

Resolution excerpts:

• Whereas American Indian, Alaska Native, and Native Hawaiian women have played a vital role in advancing civil rights, protecting human rights, and safeguarding the environment, including Elizabeth Wanamaker Peratrovich of the Tlingit Nation who helped secure the

passage of the Anti-Discrimination Act of 1945 of the Alaska Territory, the first anti-discrimination law in the United States.

• Whereas American Indian, Alaska Native, and Native Hawaiian women have succeeded as judges, attorneys, and legal advocates, including Eliza “Lyda” Conley, a Wyandot-American lawyer and the first Native woman admitted to argue a case before the United States Supreme Court in 1909.

• Whereas American Indian, Alaska Native, and Native Hawaiian women have achieved distinctive honors in the art of dance, including Maria Tall Chief of the Osage Nation the first major prima ballerina of the United States and was a recipient of a Lifetime Achievement Award from the Kennedy Center.

• Whereas American Indian, Alaska Native, and Native Hawaiian women have paved the way for women in the law, including Native Hawaiian Emma Kailikapiolono Metcalf Beckley Nakuina who served as the first female judge in Hawaii.

Udall Presses Administration for Native Americans Commissioner

submitted by Tom Udall Press Office

WASHINGTON, D.C. (Feb. 28, 2019) – U.S. Senator Tom Udall (D-N.M.), vice chairman of the Senate Committee on Indian Affairs, joined Chairman John Hoeven (R-N.D.) in leading a committee oversight hearing entitled, “45th Anniversary of the Native American Programs Act and the Establishment of the Administration for Native Americans.”

“The Native American Programs Act] plays an important role in supporting community-driven projects designed to grow local economies, strengthen Native languages, and bolster the environmental protection efforts of tribal governments,” Udall said in his opening statement.

The committee heard from the Administration for Native Americans (ANA) Commissioner Jeannie Hovland, Pueblo

of Acoma Governor Brian Vallo, Yurok Tribe Chairman Joe James, and Passamaquoddy Tribal Councilman Joseph Socobasin.

During questioning, Udall pressed Hovland to use her position within the Department of Health and Human Services (HHS) as co-chair of the Intra-departmental Council on Native American Affairs (ICNAA) to review the Department’s efforts to address the public health impacts of climate change on Native communities.

“In November 2018, HHS collaborated with 12 other federal agencies to produce the Fourth National Climate Assessment,” Udall noted. “The report found that climate change increasingly threatens Americans’ health and well-being, particularly vulnerable populations

and many tribal communities.”

In response, Hovland committed to engaging with the ICNAA to review the public health impacts of climate change on tribes.

During the hearing, tribal leaders spoke about their tribes’ successful use of ANA grants to improve their own tribal programs and help strengthen their communities’ cultural roots.

James sang a traditional song in the Yurok language to express the important role the California condor plays in the tribe’s culture, further underscoring the impact the tribe’s ANA grant has had on the reintroduction of the species to their community. Vallo added that Acoma’s ANA grant for language revitalization “has rooted itself in Acoma in a very significant way... it’s initiated a conver-

sation, and it’s initiated a very critical thought process internally about our inherent responsibility around language and culture.”

“I think we covered some good ground today, and we’ve realized the benefits of ANA’s grant programs,” Udall concluded.

Earlier this month, Udall led the New Mexico congressional delegation’s introduction of the Esther Martinez Native American Languages Programs Reauthorization Act, which would update and reauthorize the ANA’s two Native language grant programs.

Last Congress, Udall convened an oversight hearing on Native languages revitalization efforts where Hovland testified.

Senator Tiffany’s Statement on the Plan to Lift Wolf Protections

submitted by Office of Senator Tom Tiffany

MADISON, Wis. - (March 6, 2019) - State Senator Tom Tiffany (R-Minocqua) released this statement following reports the U.S. Department of Interior plans to lift endangered species protections:

“I absolutely agree with Secretary Ber-

nhardt’s decision to remove endangered species protections for the gray wolf. For several years, the state’s wolf population has gone unmanaged. Many of the state’s top biologists believe the species has recovered and delisting is long-overdue.

Wisconsin has a proven track record of successful wolf management, and it is about time the federal government returned management authority back to the states instead of forcing us to rely on bureaucrats in Washington, D.C.”

**The inclusion of Senator Tiffany’s statement in the Traveling Times is meant for informational purposes only and is not to be construed as an opinion by, for or from the Forest County Potawatomi Community.*

Native Helpline Expands Operating Hours

submitted by Liz Hill, Public Relations Consultant

EAGAN, Minn. (March 6, 2019) – On its second year anniversary, the StrongHearts Native Helpline (1-844-7NATIVE) is announcing the expansion of its hours of operation, which are now 7 a.m. to 10 p.m. CST, seven days a week, in order to better serve those impacted by domestic violence and dating violence in tribal communities across the United States. Callers reaching out after hours have the option to connect with the National Domestic Violence Hotline (1-800-799-SAFE) by selecting option 1. To date, the helpline has received more than 2,100 from victims, survivors, concerned family members and friends, service providers and more, helping to close a gap in culturally-appropriate resources for those facing abuse.

With the support from the National Domestic Violence Hotline, the National Indigenous Women's Resource Center, and the Family Violence Prevention and Services Program, StrongHearts has established its first call center located in Eagan, Minn. With the expansion in services, StrongHearts has increased its staff of advocates in order to respond to callers, many of whom are seeking

support as they navigate difficult barriers to justice and safety. Trained with a strong understanding of tribal cultures, sovereignty and law, advocates offer free, peer-to-peer support and a connection to local, culturally appropriate resources.

"After hearing from so many tribes and advocates about their community needs, we are so pleased to expand our operating hours to better serve Native victims of relationship abuse," said StrongHearts Assistant Director Lori Jump (Sault Ste. Marie Tribe of Chippewa Indians). "Domestic violence impacts our relatives every hour of every day, so it's critical for us to be available as much as possible. Yet, we also understand we can't do this work alone. We are honored to be working alongside tribal advocates and programs doing this good work to help Native people seek lives that are free of abuse."

Domestic violence remains a severe issue in tribal communities, where half of Native women and a third of Native men have experienced physical abuse by an intimate partner, according to a study by the National Institute of Justice. The study also found for those who had

experienced violence, more than a third of Native women and more than one in six Native men were unable to access the services they needed, such as shelters, legal advocacy and medical services.

"When victims can't access services, more specifically, services that understand their unique world view and culture, it leaves little room for healing and restoration," Jump said. "Our people are strong and resilient, but it is crucial that we create spaces where survivors of violence feel safe and empowered to make the best decisions for themselves and their families along their healing journey, wherever it leads. We are here for our relatives. No one should have to face violence alone."

About the StrongHearts Native Helpline

Created by and for American Indians and Alaska Natives across the United States, the StrongHearts Native Helpline (1-844-7NATIVE, or 1-844-762-8483), a project of the National Indigenous Women's Resource Center, the National Domestic Violence Hotline, and the Family Violence

Prevention and Services Program, is a free, culturally-appropriate and confidential service dedicated to serving Native Americans affected by domestic violence and dating violence. By dialing 1 (844) 762-8483, anytime from 7 a.m. to 10 p.m. CST, seven days a week, callers can connect for free, one-on-one, with knowledgeable StrongHearts advocates who can provide peer-to-peer support and referrals to resources to help callers find safety and healing. After hours callers have the option to connect with the National Domestic Violence Hotline (1-800-799-SAFE) or call back the next business day. Learn more about the StrongHearts Native Helpline at www.strongheartshelpline.org.

The project described was made possible by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

Program Helps At-Risk Individuals

submitted by Wisconsin Department of Veterans Affairs

CHIPPEWA FALLS, Wis. (March 7, 2019) – Wisconsin Department of Veterans Affairs (WDVA) Secretary-designee Mary Kolar announced that in less than one year, the WDVA has enrolled over 500 veterans in the Veterans Outreach and Recovery Program (VORP) that provides case management and support, as well as connects veterans to community services, with a special focus on mental health and substance abuse treatment and recovery. Gov. Tony Evers' 2019-2021 budget proposal seeks to make the VORP, which was funded by the Legislature as a project in April 2018, a permanent program.

"The work that the VORP does in this state fills a gap in terms of case management for veterans with mental health, substance abuse, and other treatment needs," Secretary-designee Kolar said.

Since April 2018, in addition to the services provided by the WDVA, more than 550 veterans have been served by over 1,200 community connections, wrap-around services provided by community partners such as housing, food, furniture, child care, legal assistance, education, training, employment, and more. All who have served in any component of the U.S. Armed Forces including those that have previously served and continue to serve in the National Guard and Reserve are eligible for services under VORP.

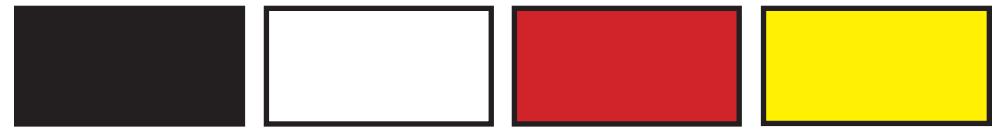
"This is a unique program in that our

VORP coordinators throughout the state don't wait for veterans to come to them," Kolar added. "Rather, our coordinators know their communities well and know where to find needy veterans, sometimes even under bridges, in railroad yards, along rivers and many other locations. Once our coordinators have made contact with a veteran, they are able to utilize our program resources, while also pulling in other community resources we may not have, to assist that veteran."

Gov. Evers has proposed permanent continuation of the VORP, providing the WDVA with eight permanent Regional Veterans Outreach and Recovery Coordinator positions, supported by a clinical coordinator to serve all 72 counties in Wisconsin. The proposal includes \$1.5 million to pay for program costs such as private mental health or substance abuse treatment and the transportation to those appointments.

The VORP began as a pilot project in 2014 that focused on assisting homeless veterans with substance abuse problems in rural areas. At the conclusion of the federal grant period, given the program's success, the WDVA sought to expand the program to all of Wisconsin, ultimately receiving temporary funding from the Legislature in April 2018.

For additional information, contact WDVA Office of Public Affairs, Carla Vigue, Director at (608) 266-0517 or carla.vigue@dva.wisconsin.gov.



DHS Relaunches Campaign

submitted by Wisconsin Department of Health Services

In early 2019, the Wisconsin Department of Health Services (DHS) issued a rare health advisory on youth e-cigarette use in response to new data showing skyrocketing vape use among Wisconsin teens (from 8 percent of high school students in 2014 to 20 percent in 2018). DHS is continuing to build on the awareness created by the advisory with the relaunch of their Tobacco is Changing media campaign across the state.

Tobacco is Changing, which originally debuted in November 2017, focuses on providing education to Wisconsin parents on the candy and fruit-flavored tobacco products enticing today's kids.

"We're concerned about kids using any tobacco product. Tobacco can harm developing minds and bodies, and teens are more likely to stay addicted as adults, leading to harmful and fatal health consequences down the road," said DHS Deputy Secretary Julie Willems Van Dijk. "With that in mind, we've added new elements to the campaign to ensure it reflects the changing tobacco landscape and the new ways young people are getting addicted."

Those new elements include a greater focus on pod-based e-cigarette products,

which closely resemble flash drives or other objects found in a classroom. The popularity of these products coincided with the sharp rise in youth e-cigarette use that Wisconsin and other states have experienced.

For the relaunch, Tobacco is Changing is focusing heavily on the digital space by including social media sites like Pinterest and Instagram, and adding new interactive mobile ads. All campaign materials direct parents to TobaccoisChanging.com, where they can see the different types of tobacco products tempting kids, learn more about issues like flavoring and packaging, get tips for talking to their kids, and even get in contact with their local tobacco prevention coalition.

"DHS will continue to monitor the trends in tobacco products, especially those targeting children, to keep parents informed. Our goal is to see a dramatic decline in the use of these products by Wisconsin youth," said Deputy Secretary Willems Van Dijk.

Gov. Evers' 2019-21 state budget calls for a \$6.6 million investment toward reducing youth tobacco use, including efforts to limit access to e-cigarettes.



Seven Charged with Fraudulently Selling Jewelry as Native American-Made

submitted by U.S. Department of Justice

WASHINGTON, D.C. (March 7, 20-19) – On Feb. 26, a federal grand jury in Phoenix, Ariz., returned a 38-count indictment against U.S. and Philippines-based conspirators for operating a fraudulent scheme to import Native American-style jewelry and sell it to retail stores and individuals across the southwest United States as authentic jewelry made by Native Americans. The conspirators allegedly perpetrated this international fraud and money laundering scheme for several years in violation of federal laws, including the Indian Arts and Crafts Act (IACA).

Assistant Attorney General Brian A. Benczkowski of the Justice Department's Criminal Division, First Assistant U.S. Attorney Elizabeth A. Strange of the District of Arizona, Assistant Director Edward Grace of the U.S. Fish and Wildlife Service (FWS) Office of Law Enforcement and Special Agent in Charge A. Scott Brown of U.S. Immigration and Customs Enforcement's Homeland Security Investigations (HSI) Phoenix Field Office made the announcement.

According to the indictment, the defendants and their conspirators used various jewelry businesses – including Last Chance Jewelers and LMN Jewelers – to design and manufacture jewelry in the Native-American style at factories

in the Philippines where Filipino jewelry-makers made all of the jewelry. The conspirators allegedly took several measures to ensure that the jewelry resembled authentic Native American-made jewelry, including copying jewelry designs from genuine Native American artists, using traditional Native American motifs and symbols in the jewelry, and stamping the jewelry with the initials of alleged Native American artists. According to the indictment, the jewelry was then imported into the United States by FedEx, or smuggled into the United States by hand or through the Philippines Postal System, to end destinations in Arizona. From there, it was allegedly advertised and sold to the general public as authentic jewelry made by Native Americans, at jewelry and crafts stores that purported to specialize in Native American pieces. The indictment alleges that none of these jewelry items were indelibly marked with the country of origin as required by customs law.

The indictment alleges that Richard Dennis Nisbet, 70, and his daughter Laura Marye Lott, 31, both of Peoria, Ariz., conspired with others to design and manufacture the Native American-style jewelry in the Philippines and import the jewelry to the United States. Lott then allegedly delivered the jewelry to

retail stores in Arizona, Texas, and other states and collected payments. Christian Coxon, 45, of Selma, Texas, was the owner and operator of Turquoise River Trading Company, a jewelry store in San Antonio, Texas that claimed to specialize in Indian-made jewelry. Waleed Sarrar, 43, of Chandler, Ariz., owned and operated Scottsdale Jewels LLC, a jewelry store in Scottsdale, Ariz., that advertised as selling authentic Indian-made jewelry. According to the indictment, Coxon and Sarrar conspired with Nisbet, Lott, and others to pass off imitation jewelry manufactured abroad to the public as authentic Native American-made jewelry. Additionally, Mency Remedio, a factory manager in the Philippines, and Orlando Abellanosa and Ariel Adlawan Canedo, both of whom worked as jewelry smiths in the Philippines for the operation, were also charged with participating in the multi-year fraud and money laundering schemes.

The IACA prohibits the offer or display for sale, or the sale of any good in a manner that falsely suggests that it is Indian produced, an Indian product, or the product of a particular Indian and Indian tribe. The law is designed to prevent products from being marketed as “Indian made,” when the products are not, in fact, made by Indians. It covers all Indian

and Indian-style traditional and contemporary arts and crafts produced after 1935, and broadly applies to the marketing of arts and crafts by any person in the United States. The IACA provides critical economic benefits for Native American cultural development by recognizing that forgery and fraudulent arts and crafts diminish the livelihood of Native American artists and craftspeople by lowering both market prices and standards.

An indictment is merely an allegation. All defendants are presumed innocent until proven guilty beyond a reasonable doubt in a court of law.

This case was investigated by the FWS Office of Law Enforcement for the Southwest Region and HSI Phoenix, with assistance from the Arizona Game and Fish Department, the Bureau of Land Management Office of Law Enforcement and Security and the Indian Arts and Crafts Board, the U.S. Forest Service Law Enforcement and Investigations and the Texas Game Wardens. Trial Attorney Mona Sahaf of the Criminal Division's Human Rights and Special Prosecutions Section and Assistant U.S. Attorneys Peter Sexton and Mark Wenker of the District of Arizona are prosecuting the case.

Discriminatory North Dakota Voter ID Law Still In Effect

submitted by Native American Rights Fund

BISMARCK, N.D. (Mar. 1, 2019) – Despite a nationwide outcry during the 2018 election cycle, North Dakota's discriminatory voter ID law remains on the books. While the cameras have turned their attention elsewhere, the fight to stop this flagrant voter suppression continues in the courts. The Spirit Lake and Standing Rock Sioux Tribes, represented by the Native American Rights Fund (NARF) and co-counsel Campaign Legal Center and Tim Purdon, filed an amended complaint in the U.S. District Court for the District of North Dakota, Western Division.

North Dakota has a long history of discriminating against Native Americans generally and denying Native Americans the right to vote in particular. Leading up to and during the 2018 elections, North Dakota Native voters saw an outpouring of support as they fought to be able to vote under the state's recently enacted voter ID law. The law, which went into effect as the election was getting underway, required voters to have identification that included a current residential ad-

dress. This requirement poses a problem unique to Native American voters because the state and counties have failed to provide basic governmental services for individuals living on rural reservations. Specifically, they have neglected to correctly and uniformly assign residential addresses for Native American residents.

The law, as applied to Native Americans living on reservations, is unconstitutional and violates the Voting Rights Act. For that reason, the Spirit Lake Tribe and Standing Rock Sioux Tribe together with individuals Dion Jackson, Kara Longie, Kim Twinn, Terry Yellow Fat, Leslie Peltier and Clark Peltier, filed suit asking the courts to declare the law unconstitutional and to stop the enforcement of the ID and address requirements for residents of certain affected reservations and counties. According to NARF Staff Attorney Jacqueline De León, “Despite significant public outrage at North Dakota's discriminatory voter ID law, that law still is on the books. Tribes continue to commit significant resources and time working to ensure that their citizens will be able

to simply participate in state and federal elections as is their constitutional right. NARF is proud to stand with the Spirit Lake and Standing Rock Sioux Tribes, and our brave individual plaintiffs, as they fight to fix the state's broken voter ID laws.”

Many Native Americans who live in North Dakota have no residential address because the government has not assigned them one. Others have been assigned an address, but it was never communicated to them. Road signs are rare in rural areas of reservations, and many roads in North Dakota have been assigned multiple, conflicting names. Homes have been assigned multiple, conflicting numbers. Some homes have been identified as occupying two cities and zip codes. The lack of uniformity in addressing across North Dakota reservations creates a problem that could affect thousands of potential Native American voters. The state claimed that it could fairly administer the voter ID law, but the 2018 election showed otherwise. Voters with IDs listing their current addresses had their absen-

tee ballot applications rejected as having “invalid” addresses.

NARF is committed to the long-term fight to protect tribal citizens' voting rights. It is only with a functioning democracy that we can work towards an equitable society. The Tribes are represented by NARF and co-counsel, Campaign Legal Center and Tim Purdon.

About Native American Rights Fund (NARF)

Since 1970, the Native American Rights Fund (NARF) has provided legal assistance to Indian tribes, organizations, and individuals nationwide who might otherwise have gone without adequate representation. NARF has successfully asserted and defended the most important rights of Indians and tribes in hundreds of major cases, and has achieved significant results in such critical areas as tribal sovereignty, treaty rights, natural resource protection, and Indian education. NARF is a non-profit 501c(3) organization that focuses on applying existing laws and treaties to guarantee that national and state governments live up to their legal obligations.



Gov. Evers Announces Tribal Initiatives in State Budget

submitted by GovPress

MADISON, Wis. (Feb. 26, 2019) – Lt. Gov. Mandela Barnes met with Wisconsin tribal leaders at the Lac Courte Oreilles Ojibwa Community College in Hayward to share details of several tribal initiatives in advance of Governor Tony Evers' budget address this Thursday.

"For far too long, the needs of our Native American communities have been neglected," said Lt. Gov. Barnes. "But under the leadership of Gov. Evers, those days are over. We're committed to listening to, working with, and investing in Wisconsin's tribal communities."

Key highlights of the governor's budget proposal include:

- Funding the next phase of the creation of an \$8 million, 36-bed youth wellness center to treat opioid addiction for both tribal and non-tribal populations
- Increasing funding in higher education grants for tribal college students, as well as for the language revitalization grants program which go to schools on or near tribal lands to teach tribal heritage languages
- Using tribal gaming revenue to increase funding for tribal family service

grants and tribal elderly transportation grants that assist in providing transportation services for elderly persons

"The investments Gov. Evers is making in Wisconsin's tribal communities are well overdue, and we applaud the steps he's taking to support Native American children and families," said Michael Decorah, the Senior Intergovernmental Affairs Director for the St. Croix Chippewa Indians. "Wisconsin's tribal nations contribute immensely to the state of Wisconsin. We provide job opportunity, stimulate local economies, and are rich

in culture. However, Native Americans throughout the state face some of the biggest gaps in opportunity, and these investments will help Native communities thrive. The St. Croix Chippewa Indians of Wisconsin look forward to working with Gov. Evers in the coming years, and also look forward to seeing leaders in the legislature follow the governor's lead and work in a bi-partisanship manner to finally prioritize all families and kids in Wisconsin."

Campaign Launched to Support Native Nutrition, Health Advocacy

submitted by Goff Public

PRIOR LAKE, Minn. (Feb. 28, 2019) – The Shakopee Mdewakanton Sioux Community (SMSC) and American Heart Association (AHA) announced a \$1.6 million funding initiative to support Native American nutrition and health advocacy. The Policy Innovation Fund is a continuation of the SMSC and AHA's partnership to promote Native-led dietary health advocacy, which first began in 2015. First Nations Development Institute and the American Indian Cancer Foundation will partner with the SMSC and AHA to administer grants and provide technical assistance.

"Native Americans are experiencing extreme health disparities, making them twice as likely as the rest of the U.S. population to have nutrition-related health problems," said Nancy Brown, CEO of the American Heart Association. "We are proud to deepen our partnership with the SMSC to address this health crisis."

The Policy Innovation Fund has been developed to directly support grant-making for Native nutrition and health policy work. Other elements of the campaign include leadership development, technical assistance and movement-building activities to support the growing nutrition and health movement in Indian Country.

"Until now there have been scarce funds available for Native-focused advocacy efforts addressing nutrition and health policy and community change, yet such efforts are crucial for improving the health of Native communities," said SMSC Chairman Charles R. Vig. "Together, the American Heart Association and our tribe are giving Native American activists the important additional resources they need to work on improved policies relating to food access, dietary health and wellbeing."

First Nations Development Institute, a nonprofit organization that strengthens

Native American economies to support healthy Native communities, will administer the Policy Innovation Fund's grant-making. It will conduct two national solicitations for grant proposals, the first to be issued in March 2019. Grants ranging from \$75,000 to \$100,000 will be awarded through a competitive process to tribes and Native-led organizations to support innovative projects designed to improve nutrition and health policy systems at the tribal, local, state and national levels.

"We are excited to partner with the Shakopee Mdewakanton Sioux Community and the American Heart Association to bring critical resources to Native advocacy and policy efforts," said Michael E. Roberts, First Nations president & CEO. "Policy and advocacy efforts by Native communities remain critical to advancing food sovereignty in those communities."

To support the success of Native grantees and advocates, the American Indian Cancer Foundation (AICAF), a Native-governed nonprofit organization, will provide technical assistance. This will include regular consultations with grantees, trainings, onsite visits and support for grantee convening and planning activities.

"Community-driven policy decisions are critical as Native communities seek to improve the health of their people," said Kris Rhodes, chief executive officer of AICAF. "Building the capacity of these communities to plan and implement innovative policies will help the Fertile Ground Campaign make incredible strides in Indian Country."

The SMSC is providing funding from its Seeds of Native Health campaign, a \$10 million philanthropic effort to improve Native American nutrition and food access.

"Over the past four years, our tribe

and the AHA have worked hand-in-hand to bring new attention and resources to solve the dietary health crisis in Native communities," said Jesse Chase, SMSC Community Member and chair of Seeds of Native Health. "We're excited to continue collaborating and give grassroots change agents in Indian Country new tools and encouragement to improve the health of their communities."

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1 (800) AHA-USA1, visit Heart.org or call any of our offices around the country.

About Voices for Healthy Kids

Voices for Healthy Kids is a joint initiative of the Robert Wood Johnson Foundation and the American Heart Association, making each day healthier for all children. The collaboration is working with communities across the nation to ensure that children have access to healthy food and physical activity where they live, learn and play. For more information, visit VoicesForHealthyKids.org.

The Shakopee Mdewakanton Sioux Community is a federally recognized, sovereign Native American tribe located southwest of Minneapolis/St. Paul. Following a Dakota tradition of generosity, the SMSC is one of the top philanthropists in Minnesota and is the largest contributor to Native American tribes and causes across the country. It is a strong community part-

ner and a leader in protecting and restoring natural resources. The SMSC's government, Gaming Enterprise and various other enterprises are collectively the largest employer in Scott County. For more information, visit ShakopeeDakota.org.

Seeds of Native Health is the Shakopee Mdewakanton Sioux Community's philanthropic campaign to improve Native American nutrition and food access. Launched in 2015, the \$10 million campaign has provided grants to local communities and funded research, education and capacity-building efforts. Partners include the American Diabetes Association, American Heart Association, Better Way Foundation, First Nations Development Institute, MAZON: A Jewish Response to Hunger, the Minneapolis Federal Reserve Bank, the Notah Begay III Foundation, the University of Arkansas School of Law's Indigenous Food and Agriculture Initiative, and the University of Minnesota. More information is available at SeedsofNativeHealth.org.

The American Indian Cancer Foundation (AICAF) is a national, Native-governed, 501(c)3 nonprofit health organization dedicated to improving access to prevention, early detection, treatment and survivor support to eliminate the cancer burdens experienced by American Indian and Alaska Native people. AICAF partners with tribal and urban organizations to co-create effective and sustainable cancer solutions that are culturally appropriate. AICAF believes Native communities possess the wisdom to find innovative solutions that are community-centered to address cancer inequities. AICAF provides capacity building through training, technical assistance and resources to tribal and urban partners to achieve these shared objectives. For more information, visit AmericanIndianCancer.org.



NOTICES

HEALTH

Wellbriety - 12-step meeting, Mondays at 6:30 p.m., FCP Museum lower level. Walking in a good way...a sober way. ALL ARE WELCOME! If you have any questions, call FCP AODA at (715) 478-4370 or Isaiah Phillips at (715) 889-4945.

7 Directions Men's Group - Open to all Mondays, 1 p.m., at HWC AODA upper level. Tired of hurting the ones you love? Learn how to respect yourself. Join our group which include topics related to everyday life. Call (715) 478-4370 with questions.

Principles of Recovery - A guide to living well on the road to recovery. Tuesdays, 11 a.m. to noon at HWC AODA. Call (715) 478-4370 with questions.

NA Meetings "The Good Life" - Tuesdays, AODA Building, 5519 Wej mo gek Court, 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

Kwe Kenomagewen - Women's support, Wednesdays, 2 p.m. HWC AODA. Call (715) 478-4370 with questions.

Hour of Power - Big Book, NA Book or Wellbriety Book, Thursdays, 2 - 3 p.m. HWC AODA. Call (715) 478-4370 with questions.

***NEW* Living Life! AA Big Book Group** - Thursdays, 6 - 7 p.m., Northwoods Veterans Center, 104 S. Lake Avenue, Crandon. Contact Terri B. with questions at (715) 622-0502.

Do You Feel Like No One Understands You? You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, please get help! Crisis Line: (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week); Kids in Need: (800) 622-9120; The Get-2-Gether Peer Support Drop-In Center: (715) 369-3871; Run-Away Hotline: (800) 621-4000; (800) 273-TALK; TTY: (800) 799-4TTY or visit suicidehotlines.com.

Smoking Cessation Incentive Program - Open to FCP tribal members and individuals eligible for Alternative Care Program. Services include: appointments with nurses and CHR's to determine a quit plan, kit filled with items that aid in the quitting process, educational materials and products, plus a reward upon completion of third smoking cessation appointment.

To learn more about the program or to schedule an appointment, contact Sara Cleerman, R.N., at (715) 478-4889.

SPARKS Weight Mgmt. Program - By appointment. S - Support; P - Program; A - Get Active, Stay Active; R - Reap the Rewards: feel better, be healthier; K - Know the basics of good nutrition; S - Stay focused on being healthy. Please call Lisa Miller, RD, CD, at (715) 478-4320.

Diabetes Education Program - By appointment. Including blood glucose monitoring, making healthy changes, psychosocial, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting. Please call Anne Chrisman, RN, at (715) 478-4383, or Cathy Chitko at (715) 478-4367.

CULTURE

Language Classes

Please call (715) 478-4173 with questions regarding times/locations of language classes.

SERVICES OFFERED

Tribal Employment Skill Program - available to adult tribal members who can be placed on a paid work experience opportunity in various tribal departments for up to six months. This allows tribal members to test drive different areas to find a good fit. The staff can assist with:

- Obtaining, reinstating, determining what is needed to obtain the driver's license
- Work-related expenses
- Résumé development/résumé critiquing
- Mock interviews and tips
- Job-seeking skills/soft skills
- Employment guidance/advocacy
- Fidelity bonding available

Work Study Program - for students that are in their senior year. Students can be on a work experience but must have good standings in all their school classes. We work with the FCP Education Department to set this up.

Badgercare - a state/federally-funded program that provides health coverage for individuals living on the reservation or within Forest County, tribal children and affiliated-tribal members.

Foodshare - a state/federally-funded program that provides an EBT food card to eligible individuals living on the reservation or individuals that have tribal children living in Forest County. The program has eligibility requirements that also considers shelter/housing expenses.

Foodshare Employment & Training Program (FSET) - individuals that are eligible for Foodshare would be eligible for this program which can assist with gas voucher, job training costs and other expenses relative to the goals that are set for securing employment.

Temporary Assistance for Needy Families (TANF) - this work program is funded through the Administration for Children and Families with an income limit of 125 percent of federal poverty level for individuals living on the reservation or individuals living in Forest County that have FCP tribal children. Individuals get a cash payment each month providing that they completed their work activities each month.

General Assistance (GA) - this work program is funded through the Bureau of Indian Affairs and is available for federally-recognized tribal members living on the reservation. Eligible individuals will get a cash payment each month providing that they are complying with the work plan developed with their case worker.

Native Employment Works (NEW) Program - this work program is funded through the Administration for Children and Families for individuals living on the reservation or within the service area. The paid work placement opportunity is for three months at 24-35 hour per week and we have limited slots available based on funding.

Resource Rooms - located at the old tribal hall and at the Family Services Building. Each area has computers that individuals can utilize to complete their resumé, type correspondence, work on the self-paced Microsoft Computer Training Program, apply for jobs, or apply online for healthcare coverage programs.

FCP Economic Support staff is available to provide services. If you want more information on any of these programs, please stop by the Family Services Building or call (715) 478-4433.

MARCH EVENT CALENDAR

CHOICES Program

- Youth 9 - 11: Mondays (18, 25)
 - Youth 12 - 17: Tuesdays (9, 26)
 - Youth 6 - 8: Wednesdays (20, 27)
- Youth will be picked up from school and dropped off at home after 5 p.m. Call (715) 478-4839 for more info.

Family Resource Center

- Healthy Relationships Class: Mondays (18, 25) from 1 - 3 p.m.
 - FRC Girls Group (ages 10-17): Tuesdays (19, 26) 3:30 - 5 p.m.
 - Team Building w/CHOICES (age 6-8): Wednesdays (20, 27) 3:30 - 5 p.m.
 - Positive Indian Parenting Class (PIP): Thursdays (21, 28), 10 a.m. - noon.
 - Community Women's Talking Circle: TBA
 - Open registration Fatherhood is Sacred & Motherhood is Sacred parenting class: 12-week curriculum; two-hour duration, one-on-one sessions.
 - Open registration Nurturing Fathers parenting class: 13-week curriculum; two-hour duration, one-on-one sessions.
- Child care available; please RSVP if needed. Call (715) 478-4837 with questions about any programs.

Community Health

- 3/26 - WIC Make-Up Day: HWC, 8 a.m. - 4 p.m.
- 3/27 - Diabetes Alert Day/Nutrition Month: HWC Lower Conference, 4 - 5:30 p.m.
- Women's Workout II: Rec Center, Tuesdays/Thursdays 2/26 - 4/4, 5:30 - 6:30 p.m.



... ATTENTION TRIBAL MEMBERS ...

FCP Property Management has six electric range stoves that are 12 to 15 years old that are available to tribal members on a first come, first serve basis for two weeks. Tribal members who are interested must contact Property Management via written request. Stoves must be picked up and delivered by individual tribal member.

New FILM Workshops Coming!

Each Monday and Wednesday through most of March (the first workshop started March 4), from 3:30 - 5:30 p.m., at the FILM Studio at the FCP Education Building located on Elm Street in Crandon.

Visit the FILM page on the FCP website (www.fcipotawatomi.com/government/film/) to fill out an interest form with contact info and request for transportation if needed.



FOSTERING | INDEPENDENCE | LEADERSHIP | MENTORING





Greenfire: MCC/CCWWC FOOD & CLOTHING DRIVE

Greenfire held food and clothing drives at both offices to continue its community-involvement initiative by supporting the neighborhoods in which it operates.

The Milwaukee office showed its support by hosting the Annual Milwaukee Christian Center (MCC) Food Drive and Meal Service Day. The MCC is located in Walker Square and works to build strong neighborhoods full of opportunity around the city. Each year, the organization supports 6,400+ youth, families and older adults through four core areas: youth development, housing and neighborhood improvement, food security, and senior support. Thanks to its generous employees, it was able to deliver more than \$300 worth of donations to its food pantry! After the delivery, 13 of its team members volunteered to help prep, cook egg rolls and serve 54 lunches at MCC's Senior Meal Program. They were proud to also present the senior meal program with a \$250 check.

The Northern office was excited to give back to the Wausau community last week by holding a food and clothing drive for the Catholic Charities Wausau Warming Center (CCWWC). With the extreme cold and snow the region is experiencing, CCWWC is busier than ever. After a feature on the local news, CCWWC was overwhelmed with donations which gave its team the opportunity to donate a portion of the items to another local center, the thrift store.

Greenfire values working with local and community organizations, and we are proud to support their missions.



Photos: 1) Milwaukee office delivers donations to MCC. 2) Milwaukee office prepped and served lunch for the Senior Meal Program. 3) The Milwaukee office presents a check to the Senior Meal Program supporting future meals. 4) The donations gathered from the Wausau Food & Clothing drive. 5) The Wausau office delivers donations for the Catholic Charities Wausau Warming Center. 6) The Wausau office shares its donations with the thrift store

Wgemas: MILWAUKEE CAMPUS PLANS GRAND CELEBRATION

SAVE THE DATE!

Thursday, May 23rd, 10 AM

Forest County Potawatomi Community is excited to announce the new home of The All Nations Senior and Cultural Center presented by the Indian Council of the Elderly and United Indians.

Presenting: Wgemas ("Little Chief")



Retraction: In PBDC's submission as it appeared in the March 1 issue of the *Potawatomi Traveling Times*, an event title was given as "AMA: Wisconsin Workplace Health Symposium 2019" in error. The correct event title is **AHA: Wisconsin Workplace Health Symposium 2019**. PBDC apologizes for any inconvenience this may have caused.

MARCH MONEY MADNESS

SATURDAY, MARCH 23

Earn 250 same day base points or redeem 250 points for ten entries.

CASH DRAWINGS

Random Drawings: 5 pm – 10 pm
with amounts increasing each drawing!
\$3,500 at 10 pm • \$5,000 at 10:30 pm
\$10,000 at 11 pm

ENTRY MULTIPLIERS

March 17 & 22

BONUS ENTRIES

Earned at Bingo & Table Games until March 21

WIN YOUR SHARE OF \$50,000!

Extra INNINGS

**SATURDAY,
APRIL 13**

Earn 250 same day base points or redeem 250 points for ten entries.

CASH DRAWINGS

Nine winners of up to \$750
from 6 pm – 10 pm!

Five winners at 11 pm
of up to \$5,000!

BONUS ENTRIES

Playing bingo & table
games through April 11

ENTRY MULTIPLIERS

April 3, 7, 10 & 12

Win your share of
\$15,000

APRIL FOOLS' DAY

MONDAY, APRIL 1

DRAWINGS: 12 PM – 7 PM

Earn 100 same day points or redeem 200 points for ten entries.

Limit of two wins per person.

Win your share
of **\$10,000!**

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