



Flandreau Santee Sioux Tribe Monthly Newsletter

MARCH 2018 FSST



Ijsta Wicayazan Wi (The moon of sore eyes) March- The sun reflecting off the melting snow would cause tenderness and chapping to the eyes.

Senior Valentines Day Party was a hit!



Flandreau Santee Sioux Tribe.
Digital photos, text on diskette
or other media is encouraged.
Flandreau Santee Sioux Tribe

Attn: Marcie Walker

Gayle Soward

P.O. Box 283

Flandreau, SD 57028-0283

or Call: 997-3891 ext 1251

Marcie.redday@fsst.org

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NOTICE OF DISCLAIMER:

In preparation of this newsletter, every effort has been made to offer the most current, correct, and clearly expressed information possible. Nevertheless, inadvertent errors in information may occur. In particular but without limiting anything here, the Flandreau Santee Sioux Tribe (FSST) and its employees disclaim any responsibility for typographical errors and accuracy of the information that may be contained in the Flandreau Santee Sioux Tribe's Newsletter. The FSST also reserves the right to make changes at any time without notice.

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If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next available newsletter. We reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.

NEWSLETTER SUBMISSION

GUIDELINES:

Submissions must be made in typewritten (or computer generated) format. They can be submitted directly to Marcie Walker in hardcopy, on disk or via email at: Marcie.redday@fsst.org or gail.soward@fsst.org

The FSST reserves the right to edit submission for content and clarity when appropriate. Additionally, submissions not of a time sensitive nature may be delayed for inclusion until subsequent newsletters.

Happy Valentines Day

VALENTINE'S DAY



BECAUSE LOVE ISN'T QUITE COMPLICATED ENOUGH AS IT IS.



FSST Education Department Newsletter

Flandreau Santee Sioux Tribe Education Department

Higher Education, Community Education, Johnson O'Malley Program

Education Office Updates

Since the last newsletter, the FSST Education Department has hired a new education assistant, Amanda Taylor. She has previously worked at the Flandreau Middle School so some parents/guardians and students may be familiar with her! I'd like to welcome Amanda to our department! She will help takeover the JOM program and working with the JOM Parent Committee and student advisory council.

Amanda is now offering tutoring support at the Flandreau Public school during different class periods to help accommodate students' schedules. If you need tutoring support for your student, please contact our office and we will work to coordinate her schedule with your child's study hall times. Additionally, the SDSU tutors will be tutoring students (K-12) on Mondays and Wednesdays after-school at the Wicoicaga Otipi Community Center. These students are certified tutors and they can cover basic subject areas. There is no need to fill out any information, just show up!

We are also working on the 8th Grade Recognition and Senior Honoring and have set a date for the event on

Saturday, May 12th at 2:00 pm at the Wicoicaga Otipi Community Center. The quilts and sweetgrass have been ordered so we look forward to contacting families soon in the next couple of months! Please watch for that information in the mail.

We are also going to host a few College Panels at the High School and the Wicoicaga Otipi Community Center this month. One of our guest speakers will be April Eastman, the director of the American Indian Student Center at South Dakota State University. Additionally, we will be hosting more College/Scholarship nights throughout the spring semester where students can receive individual help with ACT prep, scholarship help, and applying for colleges – so please watch for the flyers!



Sanford Gives \$30 Million for Scholarships, Many Will Go to S.D. Teens (from the Argus Leader)

Billionaire philanthropist T. Denny Sanford is donating \$30 million to help pay the college costs of hardworking students in South Dakota and other states. His donation starts an endowment fund with the national group and as part of his gift; Sanford selected 12 institutions for the scholarship winners to attend, including 7 in South Dakota. "My first and foremost love is helping kids at an early age get to adulthood in a good way," Sanford said. The national organization honors "contemporary role models" and aspiring college students submit an essay about how they have faced serious hurdles in life and beaten the odds to become successful learners. The Horatio Alger-Sanford Scholarship Program will open to students starting in 2019-2020.

February 2018
Issue 14

Upcoming Events and Deadlines:

FEBRUARY

College Panel

Feb 2 @ 11 am | FHS

Parent Teacher Conferences
Feb 8-9 | Flandreau Public School

FPS – Early Dismissal

Feb 8 @ 2:30 pm

No School - FPS

Feb 9

School Board Meeting

Feb 12 @ 6 pm | MS Conf. Room

College Panel

Feb 14 @ 4 pm | WOCC

Feb 16 @ 11 am | FHS

JOM Parent Meeting

Feb 21 @ 5:15 pm | WOCC

No School - FPS

Feb 23

Pre-school Screening &
Kindergarten Registration
Feb 27-28 @ 1 pm | Janklow
Community Center

College & Scholarship Night
Feb 28 | 5:30-7:30 pm | WOCC

MARCH

FPS - End of 3rd Quarter
March 8

FPS – No School

March 9

March 16

March 30 (Good Friday)

School Board Meeting

March 12 @ 6 pm | MS Conf.
Room

College & Scholarship Night
March 14 | 5:30-7:30 pm | WOCC

DEADLINES/SCHOLARSHIPS

FAFSA is now open for the 2018-
2019 school year!

American Indian College Fund
Scholarship opens January 1st

Student Advisory Council – Empowering Students

In partnership with the Wakpa Ipaksan Dakota Language Program and the Title VI program (serving as advisors), we have implemented a Student Advisory Council for the middle and high school students at Flandreau Public School.

The purpose of this student advisory council is to encourage students to express in their own voices their needs as students, what kind of programming they would like to see, and how our services can improve. The students have scheduled out their meetings for the spring semester already!

The Middle School Student Advisory Council had the opportunity to meet with the FSST Executive Committee and the JOM Parent Committee in January. They are scheduled to be on the School Board agenda in February.

The High School Student Advisory Council has been meeting twice a week! They scheduled their meetings with the school board, the FSST Executive Committee, and the JOM Parent Committee throughout February.

Both groups are working on prioritizing and solidifying their needs and exploring ideas they can

present at the meetings.

Eventually, the students will have a larger meeting later this spring that will have these stakeholders present. Their goal is to work as a larger group to collaborate and develop an action plan to put forth the solutions they establish together.

Ultimately, while we support the students in their initiatives, we also hope that this process helps them develop critical thinking and problem-solving skills, confidence, self-advocacy skills, and learning how to work together with different groups of people! We are very proud of the students so far!

New Education Assistant: Amanda Taylor

My name is Amanda Taylor and I started as the new Education Assistant for the tribe in late December. Before this position, I worked as a paraprofessional for Flandreau Middle School. My hope that I can use that experience and rapport built with students to continue to help them be successful in school. The pursuit of education has been a big motivator throughout my life. I remember being 6 years old, as a Medary

Elementary student, visiting the Harvey Dunn Museum at SDSU and thinking that if college was as cool as the museum then I wanted to go when I grew up. I did achieve my goal of obtaining a college degree in May 2011 when I graduated from the University of South Dakota with my Bachelors of Arts in American Indian Studies with a history minor concentrated on the Great Plains region. Since graduation, I have worked in various capacities within

the community: I was the NAGPRA Data Entry Clerk for the THPO, community health worker/patient navigator for the Healthy Start office, and you may have also spotted me at The Spot and John's Place, just to name a few. When I am not working, I am normally supporting my daughter Dawn in whatever endeavor she is trying to pursue!

Top 10 Questions to Ask During a Parent Teacher Conference

By Melissa Taylor

Ready for another checkup? Only this checkup isn't at the doctor's office, it's at your child's school: It's parent teacher conference time! Did you know that parental involvement is a strong predictor of academic success? Teachers want you to attend conferences and be involved in your children's school lives. This is an exciting opportunity for both you and the teacher! To make the most of this opportunity, here are 10 important questions to ask during a parent teacher conference. By asking these questions, you will get a better understanding of how your child is doing in school and the

values and beliefs of your child's teacher, which will both be extremely valuable as the school year continues.

Questions to Ask During Parent Teacher Conferences:

1. How do you best prefer to communicate with me? (Email? Phone? Text? Notes?)
2. What do you see as my child's strengths?
3. What do you think are the academic challenges for my child?
4. What would you do if my child were struggling academically with something?
5. How is my child doing socially?
6. How do you support kids in their

social development? For example, how do you address challenges that happen at recess?

7. Is my child on grade level for reading? What about math, science and writing?
8. How does the school handle standardized testing and prep for those tests?
9. Can we talk more about your homework policy and how my child is doing with homework?
10. What can I do at home to support what you're doing in the classroom?

<http://www.sylvanlearning.com/blog/index.php/top-10-questions-to-ask-during-a-parent-teacher-conference/>

Starting the College Planning Process: Things to Consider

HIGHER ED 101 – THE BASICS

Some things to consider when first learning about the basics of higher education is the different types of universities and colleges that exist and the lingo that is associated with higher education. Examples include exploring the differences between a private and public university, understanding the differences from technical college, a research university, and 2- or 4-year college, tribal colleges, community colleges, learning about a school's accreditation (regional/national) and if they are for-profit, not-for profit, etc. This will help students narrow down what kind of school will best accommodate what they are looking for long-term.

MAJOR/CAREER EXPLORATION

The next step is deciding what do you want to do? Or if you don't know what you want to do, how can you find a university/college that helps with providing options. This is where students should explore different career assessments to find out their

strengths, career goals, and to find what kind of majors and programs will fit their long-term goals.

FINDING THE RIGHT FIT

After you narrowed down what schools offer the programs you're interested in. The next part is deciding what would fit your needs best. Things to consider would be the size of the school/classes, the location, will you need to live in the dorms, commute? Do you plan to transfer down the road, if so, are your credits transferrable? Other things to consider is social life – are you looking to find groups to get involved with on campus? Do you want a traditional first-year college experience or do you prefer to commute? Do they offer access to academic resources, tutoring, career support, internships, scholarships? Do you prefer a city or rural area? Close to home or out of state?

Once you establish some of those personal requirements, work on narrowing down your options to a select few of schools. Contact the admissions to request a visit or

materials to answer some of these questions!

APPLICATION REQUIREMENTS

Find out what applications materials are required and the deadlines in which items must be submitted by those deadlines. This can include essays, recommendations, applications, ACT and other test scores, immunization records, etc. Make sure you submit items in a timely manner.

FINANCIAL AID

Make sure to submit your Free Application for Federal Student Aid as early as possible. This will help you establish what kind of financial support you will receive and may be required for certain scholarships. Review your financial aid packages from different schools to find what works for you!

Once you're accepted, continue to narrow down your options by scheduling a college visit, contacting admissions, advisors, students, or student organizations to answer any last questions!

SAVE THE DATE

This year's 8th Grade Recognition & Senior Honoring will be Saturday, May 12th at 2:00 pm at the Wicoicaga Otipi Community Center.

Please look for information in the mail in the next few months! Parents/Guardians are welcome to volunteer if they are interested in helping with the recognition & honoring this year!

Flandreau Public School: 2nd Quarter Honor Roll & Perfect Attendance

Straight A: Erika Bien, Keva Burshiem,

A: Jacey Sundermeyer

B: Brandon Allen, Jon Burshiem, Shirley Kohl, Mya Nichols, Diamond Roy, Davien Schipper, Jonathan Schrader, Veronica Shortman, Saraya Weddell, Gary Moose, Tiffany Taylor, Cherish Neconish, Thomas Perez, Dawn Stempson

Superior: Teiloni Hardy, Tishara Hardy, Gia Renteria, Gabrielle Drapeau, Michael Witte

Excellence: Kennedy Peper, Trinity Redday, Toby Taylor, Alaina Cloud, Angelina Esquivel, Hunter Witte, Liliana Perez, Sinona Flute, Marisa Shortman, Jacqueline Allen, Nathan Cloud, Rosella Fox, Andrew Julson

Merit: Rachel Eastman, Tristan Bietz, Aaliyah Dupris, Diego Serrano

Perfect Attendance: Caleb Allen, Chaska Barse, Kenneth Burshiem, Mathias Burshiem, Dreamer Cournoyer, Addison Fisherman, Carlos Fisherman, Sacred Red Bear, Jake Shortman, Terissa Taylor, Brooks Wakeman-Sanchez, Sam Weston, Mya Nichols, Talon Hardy, Cherish Neconish, Teiloni Hardy, Shawn Shortman, Jr., Toby Taylor, Tristan Bietz, Tishara Hardy

JOM Parent Committee & Programs Updates

JOM Parent Meeting
Wednesday, Feb 21 | 5:15 pm
Wicoicaga Otipi
Community Center

The JOM Parent Committee met on January 15th. They met with members of the Middle School Student Advisory Council to discuss a variety of topics, solutions, and to discuss how the JOM Parent Committee could support their efforts. The committee thanked the students for coming and presenting what they have been working on. The JOM Parent Committee also let the students know they would be willing to attend the school board meeting when they address the school board members.

There is an upcoming school board election on April 10th.

Three spots are open for election this year. The nominating petition process starts January 26th and due February 23rd. Petitions are available at the high school and interested candidates should contact the Flandreau Public School Superintendent, Rick Weber. Both JOM Parent Committee members and Middle School Student Advisory Council members expressed wanting to see more Native American representatives on the school board. They discussed encouraging Native American adults to run for the open positions. Potential barriers like making sure those adults wishing to vote in the election are registered to do so, transportation to the voting place, and informing the public about candidates who are

running. The committee would like to be more proactive in their efforts to get the community involved in either running for the open positions or getting voters to participate.

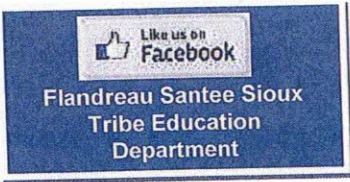
In other business, the committee's next meeting will take place on February 21st and the High School Student Advisory Council will be presenting the topics they have been working on to the JOM Parent Committee.

The school board approved the Indian Policies and Procedures (IPP) for Impact Aid at the December school board meeting. This was following a new mandate regarding the development of the IPP.

Amanda Taylor was also introduced as the Education Assistant at the JOM meeting.

FSST Education Department JOM Newsletter

Physical Address:
Wicoicaga Otipi Community
Center (East Entrance)
503 W. Broad Avenue
Phone: 605-997-2859
Fax: 605-573-0310
Website: [www.santeesioux.com/
Agnesrossedu_main.html](http://www.santeesioux.com/Agnesrossedu_main.html)



FSST Education Department

FSST Education Office
PO Box 283
Flandreau, SD 57028

In Memory of
Ethel Edna Johnson

Born: Wednesday, November 25, 1931 ~ Flandreau, South Dakota
Died: Wednesday, January 31, 2018 ~ Alexandria, Minnesota
Age: 86 Years 2 Months 6 Days

Funeral Service

Wednesday, February 7, 2018 at 11:00 a.m.
Living Word Lutheran Church
Marshall, Minnesota

Clergy

Pastor Kelly Wasberg

Musicians

Julie Kopperud
Pastor Dave Christensen

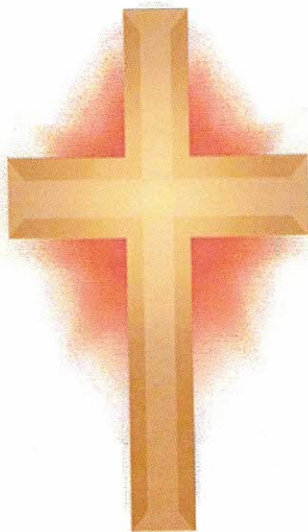
Casket Bearers

Brian Johnson ~ Kyle Larson ~ Ryan Larson
Craig Schoen ~ Jace Severson ~ Jordan Stamp

Interment

Marshall Cemetery
Marshall, Minnesota

Arrangements by:
Rehkamp Horvath Funeral Directors
Quinn Horvath, Director
www.rehkamp-horvath.com




Ethel Edna (Gullickson) Johnson was born on November 25, 1931, in Flandreau, SD, to George and Rena (Lovejoy) Gullickson. One of nine siblings, Ethel grew up in the Flandreau area. In 1949, she was united in marriage to Daryl Dean Johnson. To this union were born children Joanne, Sally, Deb, Dean and Dori. In addition to raising her family, Ethel worked in the dietary department at the Veteran's Hospital in Sioux Falls, SD. She earned her General Education Diploma while in her 40's and attended the University of Sioux Falls and Augustana University. In the mid-1990s Ethel moved to Marshall. She was an excellent cook and she loved flower and vegetable gardening. She also loved music of all types and enjoyed dancing. Ethel read her bible diligently and enjoyed going to church. She was a very social person and enjoyed playing bingo, dominoes and dice games.

Due to health reasons, Ethel recently moved to Alexandria to be closer to family. She died on Wednesday, January 31, 2018, at the Knute Nelson Care Center in Alexandria, MN.

Survivors include her children Joanne Talley of Hutchinson, KS, Sally Larson of Westminster, CA, Deb Severson of Alexandria, MN; grandchildren Heidi, Brent, Hunter, Ryan, Kyle (and Trinh), Lindsay, Jamie, Jace, Brian (and Beth), and Kali; great-grandchildren Huntington, Waylon, Jaxon, Addison and Baylee; nieces, nephews, relatives and friends. She was preceded in death by her parents, son Dean Johnson, daughter Dori Bowie and all of her siblings.

FSST Education
Department's



COLLEGE & SCHOLARSHIP NIGHTS

College Panel | Wednesday
February 14th @ 4:00 pm

Wednesday, Feb. 28th

Wednesday, March 14th

Wednesday, April 18th

5:30 PM - 7:30 PM

**EVERYONE
IS INVITED**

Wicoicaga Otipi
Community
Center's Learning
Classroom

Get guidance on college planning, feedback on college and scholarship essays, help with applications, learning about the financial aid process, and help with searching for scholarships!

For more information, contact:

Postcard by Kelly James

kelly.james@FSST.org

(605) 997-2859

How to recognize a Methamphetamine lab

- Unusual, strong odors like cat urine, ether, ammonia, acetone, rotten eggs, or other chemicals.
- Coffee filters containing a white pasty substance, a dark red paste, or small amounts of shiny white crystals.
- Glass cookware or stove pans containing a powdery residue.
- Blacked out windows such as covered with aluminum foil or dark plastic
- Open windows vented with fans during the winter.
- Excessive trash including large amounts of items such as antifreeze containers, lantern fuel cans, engine starting fluid cans, HEET cans, lithium batteries and empty battery packages, wrappers, red chemically stained coffee filters, drain cleaner, scuba tanks, and duct tape.
- Unusual amounts of clear glass containers.

If you suspect a meth lab, leave at once and report it to the text line or call 911.

- Do not open any coolers.
- Do not touch any items.
- Handling these chemicals with unprotected skin, or getting the dust in your eyes can cause serious damage.

Getting rid of a meth lab is dangerous and expensive. Meth cooks dump battery acid, solvents and other toxic materials into rivers or the ground. Much of the waste is highly flammable and explosive.

- One pound of meth produces six pounds of toxic waste.
- Even months after meth labs have been closed, chemical residue still remains.
- The chemicals used in the manufacturing process can be corrosive, explosive, flammable, toxic, and possibly radioactive.
- Solvent chemicals may be dumped into the ground, sewers, or septic systems. This contaminates the surface water, ground water, and wells.
- Traces of chemicals can pervade the walls, drapes, carpets, and furniture of a laboratory site.
- The average clean up is about \$3,000 dollars but larger labs have cost counties and states over \$100,000.



Happy 4th Birthday to my baby girl

Allison on March 7th

I'm so blessed to have you..Big Kisses!

Mommy Loves You Allison!!



Happy Birthday Trinity Rose!!

Years have flew by, Hard to believe your 15 on March 22nd. Your growing into a beautiful young woman right before my eyes. You're a kind, caring person who deserves anything and everything! Grandma will make sure of that!

We Love you Trin!

Love,

Grandma & Allison



 **Now Accepting Submissions!** 

In 2013, South Dakota State University established the Emerging Tribal Writers Award to encourage the development of American Indian writers who are in the early phases of their writing careers, and increase the number of tribal writers presenting and publishing in the Great Plains region.

WHO CAN SUBMIT: Tribally-enrolled writers from the Dakotas, Minnesota, and Nebraska who have not yet published a book of creative writing. Finalists will be asked to submit proof of tribal enrollment. All age groups may apply.

WORK ACCEPTED: Fiction, creative nonfiction, poetry, drama, and screenplays. Not to exceed 10,000 words.

PRIZE: \$500 cash award plus the opportunity to present and publish your work for the first time!

DEADLINE: May 1, 2018

Please email submissions and other application materials to Sarah.Hernandez@sdstate.edu or by post to:

Emerging Tribal Writers Award
South Dakota State University,
Department of English
Pugsley Center 301/Campus Box 2218
Brookings, SD 57007

There is no entry fee to apply. For more details about the award please visit our website at: <https://emergingtribalwritersaward.com>

Sponsored by SDSU's English Department and American Indian Studies Program

2018

Emerging Tribal Writer Award



How Do Colds Spread?

How do colds spread?

- Colds can spread person to person; often during casual contact, e.g., shaking hands.
- Researchers know now that the common cold virus, called rhinovirus, can also transfer from an object to a person.
- A rhinovirus can live for an extended period of time on an object called a *fomite*.
- A *fomite* is an object that an infected person may touch, such as a telephone handset or a keyboard.
- Later another person touches the same object and transmits the rhinovirus. The rhinovirus can live on a *fomite* for a matter of days, even when dry.



Wash your hands! Frequent hand washing is a good way to prevent the spread of infection. *Nosocomial* infections are those that are spread from healthcare worker to healthcare worker or to patients in hospitals. The rate of infections is cut drastically when healthcare professionals are required to wash their hands between treating patients and handling their belongings.

Clean and disinfect surfaces: Another way to prevent the cold virus from being spread is to clean and disinfect surfaces that people with colds may touch, especially during the winter months, when more people are likely to stay indoors because of inclement weather.

Other tips to reduce the spread of colds:

- Use disinfectant wipes and antibacterial hand gel.
- Cover your mouth when you cough and sneeze.
- Stay away from friends, family and co-workers who are ill.
- If you are the one with a cold, do not reuse tissues.
- Talk to your physician if you are a good candidate for a flu shot.

It is nearly impossible to avoid people who are sick with a cold or flu, but that doesn't mean you can't avoid infection!

Preventing Fatigue

Objective: To help employees fight fatigue in order to minimize safety and health risks.

According to the Centers for Disease Control and Prevention (CDC), nearly 15 million Americans work irregular schedules, including full-time evening shifts, night shifts, and rotating shifts (where workers alternate between working nights and days in a given week). These kinds of shifts have been associated with safety and health risks, and certain jobs (such as disaster response) are at higher risk.

This is because an irregular sleeping pattern disrupts your **circadian rhythm**. A circadian rhythm is a 24-hour, internal cycle that controls when you feel alert and when you feel sleepy. Disrupted circadian rhythms lead to worker fatigue. Fatigue can also be exacerbated by long work hours or insufficient rest during the workday.

Effects of Fatigue

- Decreased ability to focus for extended periods of time
- Increased chance that you will not pay full attention to the task at hand, such as operating a machine or a vehicle
- Increased errors that could cause accidents or injuries
- Decreased ability to perform tasks effectively
- Decreased physical and mental health

Fighting Fatigue during the Day

- Adjust lighting or temperature (or request that they be adjusted) if either is impairing your alertness at work.
- Eat nutritious meals at regular times.
- Exercise regularly. However, do not exercise too close to bedtime.

Preventing Fatigue

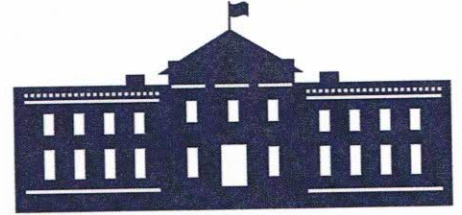
Managing Your Workload

- Moderate your workload as much as possible. If shifts are long, try to choose lighter tasks. If the work is intense, try to work shorter shifts.
- Schedule heavy or demanding work at times when you are more alert to decrease the risk of an accident.
- For demanding work, take frequent rest breaks every couple of hours.
- Get at least 10 consecutive hours per day of off-duty time so that you can get 7 – 8 hours of sleep. This is the recommended amount of sleep for adults.

Improving Sleep Quality

- Go to bed and get up at the same time every day.
- Find a schedule that works for you. Some experimentation may be required, especially if you work a night shift.
- Circadian rhythms are affected by light, so make sure your room is sufficiently dark.
- Assure there will be no noise or distractions, or block out noise that will keep you awake.
- Regulate the temperature.
- Assess your bed's comfort level and make improvements if needed.
- Use your bed only for sleep.
- Do not eat large meals before bedtime. Especially avoid greasy foods and alcohol.
- Avoid caffeine in the afternoon and evenings.
- Avoid using amphetamines or other stimulants, as well as sleeping pills, which can affect your performance the next day.
- Monitor any medications which may affect sleep or work abilities.

If you have sleeping problems or chronic fatigue that continues after implementing all of these strategies, consider seeking medical help.



The White House –Office of the Press Secretary

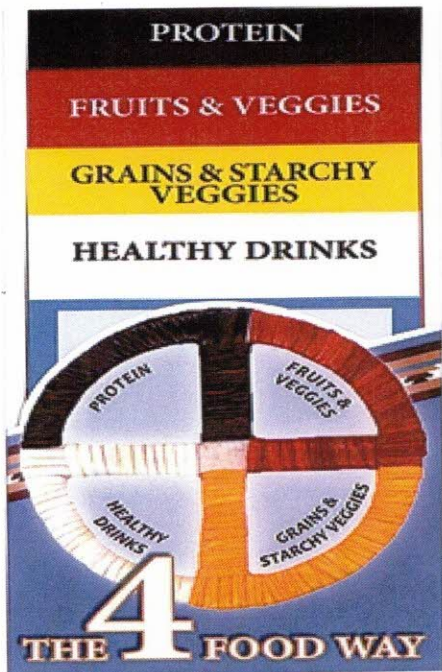
February 13, 2018

President Trump Announces Intent to Nominate Personnel to Key Administrative Posts

Jean Carol Hovland (Jeannie) of South Dakota, to be Administrator of the Administration for Native Americans, Department of Health and Human Services. Ms. Hovland, an enrolled member of the Flandreau Santee Sioux, currently serves as the Tribal Affairs Advisor to Senator John Thune (R-SD). She began her career with Senator Thune in 2005 as the Native American Outreach Coordinator, meeting regularly with Tribal leaders, Tribal program personnel, and Tribal community members in the Great Plains Region. Ms. Hovland played a key role in developing the Tribal Law and Order Act, the Tribal Veterans Health Care Enhancement Act, and the Restoring Accountability in the Indian Health Service Act of 2017. Prior to her employment with Senator Thune, Ms. Hovland was CEO of Wanji Native Nations Consultants which offered training services for Tribal programs and Tribal governments pertaining to homeland security, emergency management, stress management, and time management. She enjoys spending time with family and friends, fishing, traveling, and attending her son's Special Olympics activities.

"Jeannie" is the daughter of Carol Robertson, Flandreau, SD, and Gene Hovland Rapid City, SD. She is the granddaughter of the late Howard & Catherine Robertson and the late Ed and Nancy Hovland. Jeannie and her son Blake Faber will relocate from Sioux Falls, SD to Washington D.C.

Congratulations



FRUITS & VEGGIES

TRADITIONAL:
 Chokecherries
 Wild Onion
 Dried Corn
 Buffalo Berries
 Wild Strawberries
 Wild Raspberries
 Blueberries
 Cranberries

HEALTHY ALTERNATIVES:
 Carrots
 Peas
 Green beans
 Corn

PROTEIN

TRADITIONAL:
 Buffalo
 Elk
 Deer
 Rabbit
 Antelope

HEALTHY ALTERNATIVES:
 Turkey
 Chicken
 Fish

HEALTHY DRINKS

TRADITIONAL:
 Water
 Mint Tea (ceyaka)
 Sage Tea
 Chokeycherry Juice

HEALTHY ALTERNATIVES:
 Lemon Water
 Lime Water
 Water flavored with natural fruit slices
 Tea (no sweetner)
 Coffee (no sweetner)

Dakota Iapi Snacks

Fruit parfaits

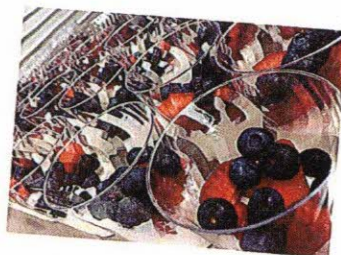
Ingredients:

- 1 cup Greek yogurt
- 1/2 cup fresh blueberries
- 1/2 cup fresh strawberries
- Optional: granola

Steps:

- Put 1 cup Greek yogurt on bottom of cup
- Place berries on top of Greek yogurt
- Optional: place granola on top of berries and enjoy

We aspire to feed the kids healthy and nutritious snacks at least three times out of the week. The children love the fresh fruits, vegetables, and home-cooked snacks on Fridays. One of their favorite home-cooked snack was when the recreational staff made blueberry muffins filled with fresh blue berries and oatmeal oats. We also made fruit parfaits and the children loved them! If you would like to make them at home with your family, here is the recipe above.



GRAINS & STARCHY VEGGIES

TRADITIONAL:
 Wild Turnips (Tinsilla)
 Wild Potatoes (Blo)
 Wild Rice
 Beans

HEALTHY ALTERNATIVES:
 Brown Rice
 Potatoes



Healthy Option

Oven baked Chickens nuggets

Ingredients:

- 1 egg
- 2 tablespoons milk
- 3 1/2 cornflakes, crushed
- 1 LB. boneless, skinless chicken breasts, cut into nugget-sized pieces
- 1/4 cup of your favorite sauce
- Non-stick cooking spray

Steps:

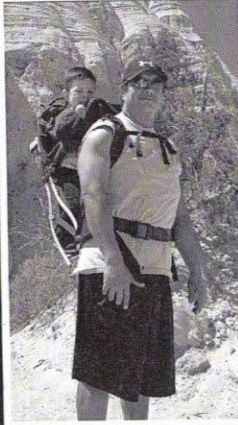
- Preheat oven to 400° F.
- Whisk the egg and milk together in a small mixing bowl with a fork.
- Place cornflakes in a plastic bag; crush.
- Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
- Put coated chicken on a baking sheet coated with non-stick cooking spray.
- Carefully place pan in oven and bake for 15 minutes.
- Remove and serve with 1/4 of favorite sauce.



Happy Birthday John Flute on March 7



Love your Family



Double Your Fun!

It's time to enjoy the outdoors!

Take your child, grandchild, niece, or nephew with you.

The result? Two big smiles!

Produced by the IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Blast from the past.....

Who remembers

“PEJUTA SAPA COFFEE SHOP”?

(Black Medicine)

The late Francis Wakeman Jr (Stub) his wife Marilyn and sister Deb Wakeman open Coffee Shop on June 29, 2001.

Coffee Shop was a hit and very tasty



Pejuta Sapa Coffee Shop

Black Medicine

COFFEE AND CAPPUCCINO MENU

	12oz.	16oz.
Gourmet Coffee	1.30	1.45
Gourmet Brewed Coffee - Regular of Decaffeinated		
Syrup Flavored Coffee	1.65	1.90
Gourmet Brewed Coffee with Flavored Syrup		
Café Latte	2.50	2.75
Espresso and Steamed Milk with a Little Foam		
Cappuccino	2.50	2.75
Espresso Topped with Equal Amounts of Milk and Foam		
Flavored Café Latte	2.75	2.90
A Latte with a Shot of Flavored Syrup		
Flavored Cappuccino	2.75	2.90
A Cappuccino with a Shot of Flavored Syrup		
Café Mocha	2.75	2.90
A Chocolate Latte, made with Rich Chocolate		
White Mocha	2.90	3.00
A White Chocolate Latte made with White Chocolate		
American	1.50	2.00
Espresso Shot Diluted with Hot Water (to taste)		

ESPRESSO SHOTS

	½ Shot	Full
Extra Shot of Espresso (added to drink)	.25	.50
Extra Shot of Syrup Flavoring		
Extra Whipped Cream	.15	

COLD DRINKS

	12oz.	16oz.
Smoothie Coolers (one size)	2.75	
Ice Tea	1.20	1.35

All Items Available Decaffeinated and/or Iced

Q. What is the difference between a Cappuccino and a Latte?
 A. The amount of MILK added to the espresso.
 A Cappuccino has about half the milk of a latte. In a latte, steamed milk is added to within ½ inch of the rim and then topped with a cappuccino, a little steamed milk is added then topped generously with foamed milk. In a cappuccino, milk and espresso will fill the cup about halfway with a cup of steamed milk.





- ✓ LEVEL BONUS
- ✓ TREASURE CHESTS
- ✓ POWER-UPS
- ✓ + MANY MORE REWARDS



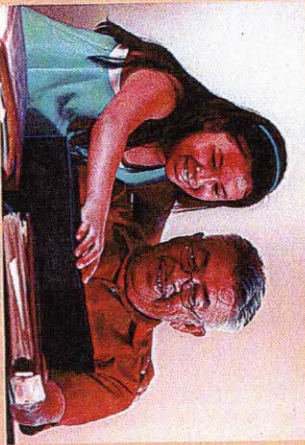
Download the app today and play for free!



Royal River
CASINO · HOTEL

Homeowners/Renters Insurance

Are you prepared when disaster strikes? Can you afford to lose your home and personal belongings to a fire or windstorm?

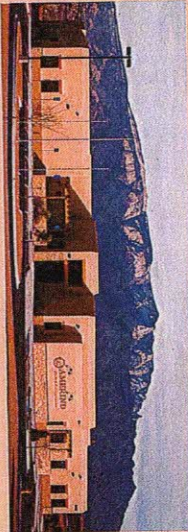


Give yourself peace of mind, protect your property.

Get a Quote today!

Call: (800) 352-3496

Tribes united to create AMERIND Risk in 1986 to protect life and property from the devastation of fire, natural disasters and other unforeseen events.



AMERIND Risk
MANAGEMENT CORPORATION

Tribes Protecting Tribes

502 Cedar Drive
Santa Ana Pueblo, NM 87004

(505) 404-5000
(800) 352-3496
Fax: (505) 404-5001

www.AMERINDRisk.org



AMERIND Risk
MANAGEMENT CORPORATION

Tribes Protecting Tribes

Putting the pieces back together since 1986

(800) 352-3496

www.AMERINDRisk.org

Mother Nature doesn't take breaks. Neither Should Your Household Protection Plan.

Fire, wind, and hail cause the most devastation. If you own it or rent it, we can protect your property.

We provide flexible and culturally sensitive coverage designed for Indian Country. Our customers can pick and choose their insurance coverage.

Coverage

- Dwelling
- Contents
- Other Structures
- Emergency Living Expenses
- Personal Liability

More Options

- Builder's Risk
- Deductible

Culturally Sensitive

- Coverage for traditional homes
- Coverage for Indian artifacts, jewelry, ceremonial regalia, etc.
- No credit scoring / history check
- Minimal fire protection

Eligibility

We provide homeowners and/or renters insurance coverage for tribal citizens in Indian Country.

Discounts

Available to individuals that remain claim free and practice fire safety.

Visit our website for more information.
www.AMERINDRISK.ORG

We truly are the experts in understanding and protecting Indian communities.

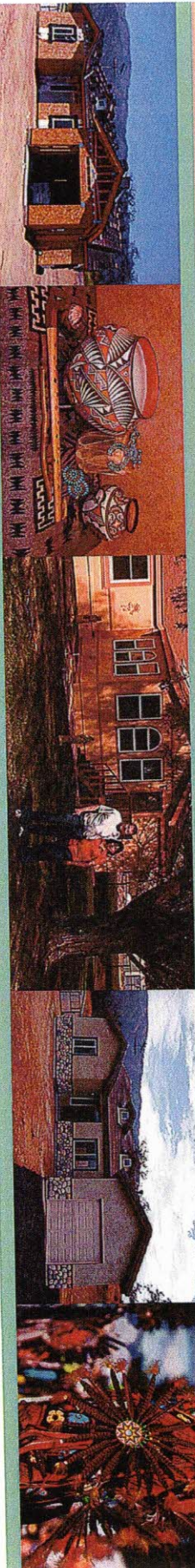
Testimonials

Electrical Fire: "When we lost our home I contacted AMERIND, they were very helpful. I thank God for people like them. They were always there for me."

---Rebecca W.
Cherokee Nation

House Fire: "Our house burned down, we lost everything. They really came through for us. They really helped us and I appreciated their kindness and understanding."

---Lena S.
Absentee Shawnee Tribe





AMERIND Risk

Tribes Protecting Tribes

AMERIND Homeowners and Renters

We provide flexible and culturally sensitive coverage designed for Indian Country. Our homeowners program is unique in the fact that individuals are given the opportunity to choose their coverages/coverage limits based on their want/need.

Coverages Available

- Dwelling- Structure only at replacement cost
- Detached Structure- Structures not attached to dwelling (shed, garage, fence)
 - Covered at 10% of dwelling limit at no charge
 - Additional coverage available
- Personal Property- Personal belongings in dwelling/detached structure
 - Clothing, appliances, furniture, ceremonial regalia, etc....
- Personal Liability- Third party coverage
 - Coverage for legal/medical expenses in the event the homeowner is found legally liable for property damage or causing injury
- Loss of Use- Paid expenses due to partial/total covered loss
 - Lodging, meals, clothing, etc...
- Medical expenses- coverage for minor medical injuries
 - Limit of \$1,000
 - Paid regardless of homeowner negligence
- Other Optional Coverages Available- (e.g., earthquake, wind/hail deductible)

Coverage Term

One year



AMERIND Risk

Individual Native American Homeowners Application

502 Cedar Drive
Santa Ana Pueblo, NM 87004
Tel: (505) 404-5000 | (800) 352-3496
Fax: (505) 404-5001 | (800) 388-7475
www.AMERINDRisk.org

Thank you for choosing AMERIND Risk to provide a quote to you for Individual Native American Homeowners Coverage. Please contact an underwriter at (800) 352-3496 if you have any questions.

Please select one of the following that applies to you.

- Primary Residence Rental Property Other/Seasonal Property

Primary Account Holder

Full Name (First MI Last)

Primary Account Holder's Email Address

Mailing Address (Line 1)

Home/Work Telephone Number

City, State, Zip

Cell Telephone Number

Name of Tribe where Homeowner is Enrolled

Tribal Enrollment Number (**ATTACH CIB or Tribal ID)

Secondary Account Holder

Full Name (First MI Last)

Home/Work Telephone Number

Secondary Account Holder's Email Address

Information About Residence

Four **COLOR** exterior images (front, back and sides) are required to complete your application. You may email images to NAHR@amerindrisk.org. Faxed photos will not be accepted.

Physical Address of Home (no PO Box)

City,

State,

Zip

- Is the home located on: Reservation Restricted Land Indian Trust Land Indian Allotment Land
 Fee Simple - Please call our office at 505-404-5000 for qualification requirements.

Year Home was Built: _____

Year Roof Replaced (if any) _____

Living Square Feet Area (Not including basement): _____ Number of Stories: 1 Story 1.5 Story 2 Story 2.5 Story

Type of Construction: Frame/Modular Home Masonry Masonry Veneer Mobile Home Other

Basement: Finished (_____) square feet Unfinished (_____) square feet None

Square feet of porches/decks (List separately):
Porch/Deck _____ Length x _____ Width
Porch/Deck _____ Length x _____ Width

- Check all that apply: Central Station Burglar Alarm Central Station Fire Alarm Trampoline
 Swimming Pool (Photos are to include: Fence, Gate, and Pool)

Attached structures (check all that apply) 1 Car Garage 2 Car Garage 3 Car Garage Carport

Information About Primary Residence Continued

Provide upgrade year for any of the following: Wiring _____ Plumbing _____ Heating _____

Do you run a business from your home? Yes No If yes, what type of business? _____

Do you have a Student living away from home? Yes No If yes, Please provide:

Name of School: _____ Address: _____

Is your home under renovation or is new construction? Completion Date _____ *Attach copy of Renovation list or Contractors Spec Sheet

If your home is a mobile home, complete the following:

Year, Make and Model: _____ Purchase Price: \$ _____

Size: _____ Length x _____ Width Skirting: Hardiboard Metal Vinyl Other: _____

Elected Coverage

Please provide limits for the coverage(s) below you would like.

Deductible Amounts \$250 \$500 \$1,000 \$2,500 \$5,000 \$7,500 \$10,000

Dwelling Coverage Limit (cost to rebuild) \$ _____ NOTE: Dwelling limit is subject to change after evaluation

Other Structures Limit \$ _____ NOTE: Up to 10% of the dwelling limit is included. Additional limits are available upon request.
(Attach at least one photo of each structure.)

Structure Type	Square Footage	Value	Is it rented to others?
		\$	<input type="checkbox"/> Yes <input type="checkbox"/> No
		\$	<input type="checkbox"/> Yes <input type="checkbox"/> No
		\$	<input type="checkbox"/> Yes <input type="checkbox"/> No

Personal Property Limit \$ _____ Example: Furniture, appliances, clothing, etc.

Loss of Use (Additional Living Expense/Fair Rental Value)

\$5,000 \$10,000 \$15,000 \$20,000 \$25,000 \$30,000
 \$40,000 \$50,000 \$60,000 \$75,000 \$100,000 None

Personal Liability Limit

\$50,000 \$100,000 \$200,000 \$250,000
 \$300,000 \$400,000 \$500,000 None

Medical Payments: \$1,000 None

Optional Coverage - Please select the coverage(s) below you would like

- Scheduled Personal Property (Attach itemized list with values)
- Identity Fraud Expense
- Limited Fungi Wet or Dry Rot or Bacteria
- Refrigerated Personal Property
- Mechanical Breakdown
- Home Day Care (Number of children) _____

Incidental Occupancies

- Primary Residence
- Other Structures

Describe: _____

Business Property Increased Limit

\$5,000 \$7,500 \$10,000

Earthquake Coverage (Provides coverage against earthquake for policy limits)
 Select one of the following as a deductible, which is a percentage of the limit.
 5% 10% 15% 20% 25%

Self-Storage Facility Increased Limits:

\$2,000 to \$10,000 (in increments of \$1,000) \$ _____

Limited Water Backup (Choose one limit below)

\$10,000 \$15,000 \$20,000 \$25,000

Wind/Hail Deductible (select one)

1% 7.5% \$1,000 \$7,500
 2% 10% \$2,000 \$10,000
 5% \$5,000

NOTE: % deductible is based upon the replacement value of the dwelling or structure.

Mortgage Holder/Additional Insured

Name _____ Contact Person _____ Telephone Number _____ Account/Loan No. _____

Mailing Address _____ City _____ State _____ Zip _____

Mortgage Holder Loss Payee Additional Insured **Is this an escrow account?** Yes No

Is this a Residence Held in Trust? Yes No **If yes, please include copy of Estate Trust Documents**

Tribal Assistance

Are you receiving assistance from the Tribe/Housing Authority? (provide contact information of individual assisting you below)

Contact Name _____ Telephone Number _____

Prior Loss Information

Are you currently insured? Yes No Have you had any losses? Yes No

Previous Insurance Carrier _____ Policy Number _____

Date of Loss	Type of Loss	Reason for Loss	Amount Paid on Loss
			\$
			\$
			\$

Certification

I affirm that information provided in this application is true and I have disclosed all known hazards that could give rise to a claim. A material misrepresentation of the facts relied on by AMERIND Risk in underwriting this request for coverage, will void this agreement. I agree to take any corrective action requested by AMERIND Risk to improve the condition of the property.

Printed Name of Primary Account Holder _____ Signature of Primary Account Holder _____ Date _____

Before Sending Your Application Checklist:

- Color Photographs are submitted to NAHR@AMERINDRisk.org (REQUIRED)
- Renovation List is attached (if applicable)
- Scheduled Personal Property Inventory is attached (if applicable)
- Copy of Tribal ID / Enrollment Card is attached
- Contractor's Spec Sheet is attached (if applicable)

Definitions for Phrases Used in the Homeowners/Renters Application

Definition	Description
Escrow Account	If your monthly mortgage payment includes a portion to cover homeowner's insurance – this is an escrow account.
Fee Simple Land	Private ownership of real estate in which the owner has the right to control, use, and transfer the property at will.
Reservation	An area of land managed by a Native American tribe under the United States Department of the Interior's Bureau of Indian Affairs.
Restricted Land	Land of which the title is held by an individual Indian (such as a restricted allotment) or an Indian tribe and which can only be alienated or encumbered with the approval of the Secretary of the Interior because of limitations contained in the conveyance instrument pursuant to federal law or because of a federal law directly imposing such restriction.
Trust Land	Land of which the title is held in trust by the United States for an individual Indian (such as a trust allotment) or an Indian tribe.

Womens' Circle

Group Talks

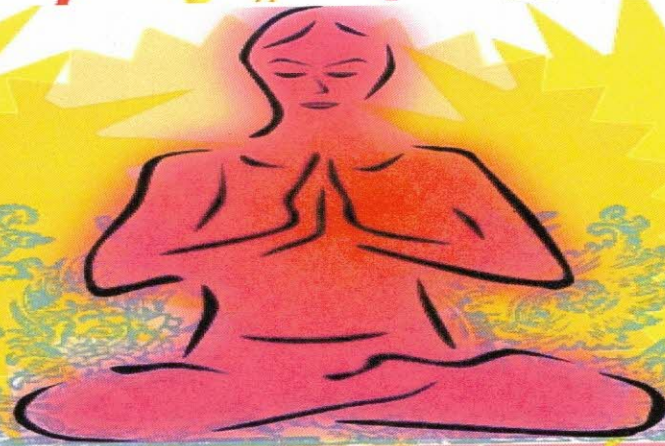
Potlucks

Every last Wednesday each month.

6pm

Contact Sylvia
@ 575-4195

Wednesdays



YOGA & Lunch

WHEN Thursdays
3/22, 3/29, 4/5, 4/12, 4/19, 4/26

TIME 12:00pm-1:00pm

WHERE Wicoicaga Otipi CC West Side

Open to all fitness & experience levels. A light lunch will be available to participants!

Classes are brought to you by the F5ST Recreation Department. To register, please complete a F5ST Recreation membership form available at the WOCC West desk. For more info call Christin @ 6055734195



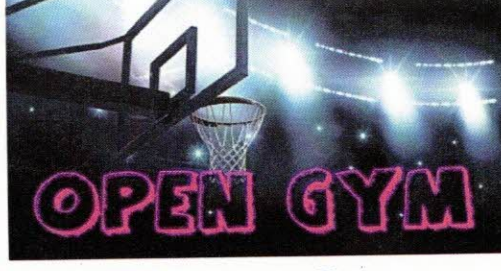
OPEN GYM

Tuesday Nights
APRIL & MAY



OPEN GYM


Thursday Nights
FEBRUARY, MARCH & APRIL



OPEN GYM


Sunday Nights
STARTS FEB. 4 ENDS MAY 6

7-8:30PM: 13-20 YEAR OLDS
8:30-10PM: 18+ YEAR OLDS




Must have Rec. Membership

7-8:30PM: 12-20 YEAR OLDS
8:30-10PM: 18+ YEAR OLDS



Must have Rec. Membership

4PM - 6PM: 12-20 YEAR OLDS
6PM - 8PM: 18+ YEAR OLDS



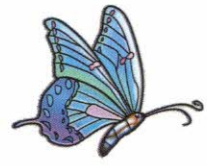
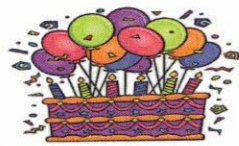
Must have Rec. Membership



**Tribal Office will be
CLOSED on Good Friday
March 30th**

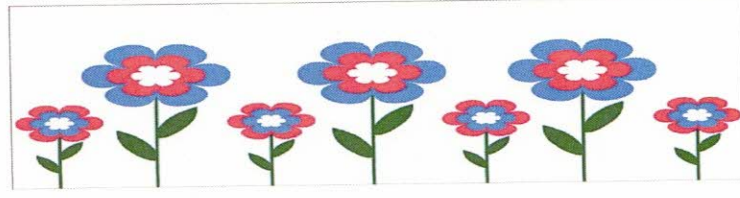
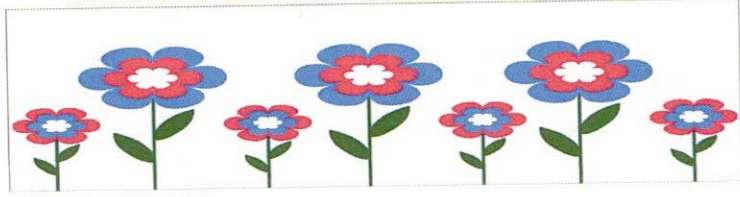


**Happy Birthday to all Tribal
Members in March!!**



Spring Begins March 20th

Don't forget to "Spring Forward"
and set your clocks 1 hour ahead
Sunday, March 11, 2012, at 2:00am!



MARCH 2018 MENU

Friday

Thursday

Wednesday

Tuesday

Monday

<p>Sausage & Gravy Over Biscuits Scrambled Eggs Hot Fruit</p>	<p>Hot Turkey Sandwich w/Mashed potato/Gravy Lima Beans/Cranberries Pumpkin Dessert</p>	<p>Pork Chops with Onion gravy Stuffing & Glazed Carrots Candied Applesauce</p>	<p>CLOSED 1 FOR FUNERAL</p> <p>Hamburger on a Bun Potato Salad Baked Beans Fresh Fruit</p>	<p>Ham Bean Soup Corn Bread Confetti Cottage Cheese Dessert</p>
<p>Sub Sandwich Kris Mac Salad Chocolate Chip Cookie</p>	<p>Beef Stroganoff Over Noodles Brussel Sprouts Oat Pan Bread Peaches</p>	<p>Oven Fried Chicken Mashed Potato w/gravy Seasoned Green Beans Fresh Bread & Lemon Pie BIRTHDAY DINNER!</p>	<p>Fish Fillet on a Bun Mac & Cheese Sliced Tomatoes Honey Apple Salad</p>	<p>Vegetable Beef Soup Fresh Buns Pear Lime Jell-O</p>
<p>Wisconsin Cheese Soup Tuna Salad Sandwich Snicker Apple Salad</p>	<p>Polish Sausage w/Sauer Kraut Parslied Potatoes Chocolate Pudding</p>	<p>Chicken Fried Steak Mashed Potatoes w/ Country Gravy Harvard Beets Rhubarb Dessert</p>	<p>Hot Beef Sandwich w/Potato Gravy Mixed Vegetables Fruited Jell-O</p>	<p>Corn Beef w/Cabbage New Red Potatoes Irish Soda Bread Lime Jell-O Cake ST. PATRICK DAY</p>
<p>Soft Shell Taco Spanish Rice Ice Cream Cups</p>	<p>Corn Chowder Egg Salad Sandwich Carrots & Celery Sticks Pears</p>	<p>Meat Loaf O'Brien Potatoes Buttered Corn Fruit Pizza</p>	<p>EASTER 29 DINNER!</p>	<p>CLOSED 30 GOOD FRIDAY</p>

