

Flandreau Santee Sioux Tribe Monthly Newsletter November 2019

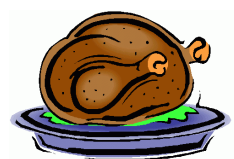
Ta'he Ca'psun Wi (November) – the moon when deer and other animal with antlers begin to shed them during winter moon.



Casino upgrades completed for relaunch



The restaurant at the Royal River Casino and Hotel recently reopened after remodeling, which began just after the July 4 holiday was completed. The buffet will have new theme nights. During construction, patrons were seated in the Royal Room for meals. The Royal River Casino and Hotel underwent a three-year, \$30 million renovation and expansion.



Flandreau Santee Sioux Tribe Newsletter is a monthly publication by the

Flandreau Santee Sioux Tribe.

Digital photos or sending other original files is encouraged.

Deadline for submission of material is

5 work days before the 15th of each month

Flandreau Santee Sioux Tribe

Attn: Marcie Walker

P.O. Box 283

Flandreau, SD 57028

or Call: 997-3891 ext. 1251

marcie.walker@fsst.org

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.

The information in this newsletter have been compiled by the FSST Newsletter staff from a variety of sources, and are subject to change without notice. The FSST makes no warranties or representations whatsoever regarding the quality, content, completeness, or adequacy of such information and data. In any situation where the official printed publications of the FSST differ from the text contained in this newsletter, the official printed documents take precedence.

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

NEWSLETTER SUBMISSION

GUIDELINES:

All information submitted for newsletter must be received 5 (five) working days before the 15 of each month. We cannot guarantee inclusion of any submissions after that date in that month's newsletter. 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.walker@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 next month newsletter

A more than \$30 million upgrade to the Royal River Casino and Hotel will be celebrated this weekend with a relaunch party that includes fireworks, prizes and two concerts.

The casino has spent much of the past three years redoing all areas of the facility, including the hotel, gift shop, casino floor and most recently, the restaurant, which reopened last week. "The entire property has been gone through," said Tim Morrissey, senior operations director. "This is a major upgrade. We went through and renovated and improved everything from the ground up."

In the process, Royal River expanded its casino floor, put in a new center bar, added a VIP lounge, painted the building outside, put in new landscaping and added two digital signs, one near the casino entrance and the other near the corner of Veterans and S.D. Highway 34.

The relaunch celebration is Friday through Sunday, with drawings each day, ending with the giveaway of a GMC Yukon XLT on Sunday. A 7:30 p.m. ribbon cutting Friday will be followed by fireworks and a Lonestar concert at 8 p.m. On Saturday, the Eli Young Band will perform at 8 p.m. Tickets for both concerts are available online or at the casino gift shop.

The investment, which includes replacing electrical, air handling and ventilation systems, "future proofs" the casino for years to come, Morrissey said. The building is 22 years old.

"Other than the exterior four walls of the casino, everything has been taken down to the bare stone and rebuilt," he said. "We'll continue to make capital investments in the property to keep it competitive and do our best to remain the entertainment destination for southeast South Dakota."

With the restaurant remodel, the casino has added a new menu and theme nights for its buffet. Mondays are all-American night, while Tuesdays are Mexican and Wednesdays are Asian. Thursdays are Italian night, while Friday's seafood night and Saturday's smokehouse night stays the same. Sunday brunch will continue, too.

The expansion and renovation will help the overall Flandreau economy, too, Morrissey said. "With Royal River and the Flandreau Santee Sioux Tribe making this large economic investment in the property, our goal is to continue driving our existing guests and new guests into Flandreau," he said.

Carleen Wild Wilson, president of the Flandreau Development Corporation, said the casino is a huge economic driver in the community.

"It's vital they do well for the tribe and the community," she said. "We're internally grateful that they've made this reinvestment into the hotel, the restaurant, the casino and the convention space, so much of what visitors of Flandreau come to the community to use. The rest of the community benefits from that."

She encouraged local folks to go and check out the newly remodeled facility if they haven't been there in a while. "We all need to do what we can across the community to support each other."

The casino will continue to hold its summer rodeo and will look at other opportunities to sponsor events, he said. The casino employs about 265 people.

Royal River Casino



**Oct 2019
Relaunch**

MORE RELAUNCH PHOTOS





OPEN GYM

Wednesday Nights

November 13, 20 & 27
December 4, 11 & 18

7-9pm:

13+years old

Must have updated Recreation
Membership



OPEN GYM

Thursday Nights

November 7, 14 & 21
December 12 & 19

7-9pm:

13+years old

Must have updated Recreation
Membership

FSST Recreation Presents:



**WALK
A
MILE**

12pm to 1pm: Tuesdays & Thursdays

1 time around our block OR
16 times around our gym is equal to 1 mile.

Check in with Sylvia Roy
at Wicoicaga Otipi Community Center
prior to walking please.

FOR MORE INFORMATION PLEASE CALL (605) 633-1716



FSST Recreation Presents: *Healthier Lifestyle Challenge*

October 1st to December 16th, 2019

Rules: \$10 to enter Challenge. You will be given an Active Lifestyle Activity Log that will be used for the Challenge, You will have a Healthy Eating Goal and a Physical Activity Goal each week. Participants will earn stickers/stars for their involvement. 3 stars can be earned a week. The chart will be posted on the west side of the Woicoicaga Otipi Community Center.

Top 1: All money collected from Entry Fees

Top 15: Stocking Cap, fleece-lined with Bear Paw stitching

Top 50: T-Shirt

First 50 participants to turn in Activity Log will get Traveler's Exercise Kit

Open to anyone wanting to make Healthier Lifestyle Changes. Join Us! :)

Sylvia: (605)573-4195 or e-mail: sylvia.roy@fsst.org

Healthier Lifestyle Challenge

Rules

12 Week Challenge; October 1st, 2019 to December 16th, 2019.

\$10 to participate. **All monies collected go to winner of Challenge.

Weekly Activity Log must be submitted to Recreation Coordinator for a new Activity Log to be issued.

There is 3 ways to earn stickers/stars a week:

Complete Physical Activity Goal for the week.

Complete Healthy Eating Goal for the week.

Participate in a program offered by FSST Recreation.

Programs included for Healthier Lifestyle Challenge:

Open Gym

Bean Bag & Ladder Ball League

Volleyball

A Walk Around the Block

Basketball Leagues

***Any fitness program that is announced.

Shake Large Die for #1-6. This is your Weekly Goal of Exercise.

Hours

Miles

Goals must be set prior to starting Activity Log.

Submit Activity Log to Recreation to start next Activity Log.

Winner will be announced December 18th, 2019 with prizes awarded.

Winners will be awarded for: (Tie-Breaker will be with shaking large die.)

Top 1: All Entry Fee Monies

Top 15: Stocking Cap; fleece lined with Bear Paw logo stitching

Top 50: T-Shirt

***First 50 to turn in their 1st Weekly Activity Log: Travel Exercise Kit

Must have determination to make new healthy lifestyle changes & must have fun!

Good Luck

29th Annual SDSU Wacipi Saturday, March 28, 2020

Frost Arena on SDSU Campus
Grand Entry starting at 1pm

General Admission: \$6
SDSU Student: Free w/ ID
Children 5-Under: Free
Adults 55-Older: Free

PRIZE MONEY:

DANCERS: Top 3 choices in each category
DRUM SPLIT: First 8 registered drums
Registrations for dancers and drums end at 1pm. All prize winners must fill out a W9, please bring your S.S. number

VENDORS:

Arts & Crafts, \$75, first 12 pre-registered vendors. Contact LaRee Grebner to register @ 605-688-6416

More Info:

Contact: Morgan Catlett-Ausborn or Amber Morseau @ 605-688-5263 or visit: facebook.com @sdstatewacipi

**WOKINI
INITIATIVE**
A NEW BEGINNING



South Dakota State University®

Sponsored By: AISA, AISC, and Wokini Initiative



Native American Heritage Month

NAHM Book Display

Through November, Hamilton Briggs Library

NAHM Film: More than Frybread

Wednesday, November 6 at 6:00pm in the Union
Marketplace

Hand Games Tournament

Friday, November 15 at 6:00pm
Matthews Hall First Floor OYT

AlterNATIVE Thanksgiving:

Food Sovereignty

Thursday, November 21 at 5:30
AISC Conference Room

Noem's position on hemp unchanged despite new USDA guidelines



Gov. Kristi Noem says recently released guidelines from the federal government have not softened her position against industrial hemp.

Noem issued a statement Tuesday, reiterated previously stated [concerns](#) that legalized industrial hemp would make it difficult to enforce marijuana laws, and that it would serve as a gateway toward legal marijuana in South Dakota.

Last week, the U.S. Department of Agriculture [released](#) guidelines for the production of industrial hemp. Many states had already legalized hemp production, but others were waiting for guidance from the federal level.

According to the National Conference of State Legislatures, South Dakota is [one of three](#) states that does not allow any cultivation of hemp.

The following is the full statement from Gov. Noem:

"USDA's guidelines are out, but my position on legalizing industrial hemp has not changed. I remain opposed to industrial hemp in South Dakota because of the impact it will have on public safety and law enforcement's ability to enforce drug laws.

USDA does not preempt a state's ability to adopt stronger requirements or prohibit production. South Dakota state law prohibits industrial hemp production, and that statute still stands. The guidelines do require the State to permit interstate transportation of hemp. My team is working to ensure we have proper procedures in place so this doesn't become something that weakens our drug laws.

Conversations around hemp will continue, and I will continue to make the case that legalizing hemp will legalize marijuana by default."

Local attorney appointed new magistrate judge for Minnehaha, Lincoln counties

By Danielle Ferguson

Sioux Falls, SD – Sioux Falls Argus Leader – Oct. 31, 2019 – Andrew Robertson has been appointed to serve as the area's newest magistrate judge, the courts announced Thursday.

Robertson's appointment was approved by the South Dakota Supreme Court to serve as a magistrate judge for the Second Judicial Circuit, which serves Minnehaha and Lincoln counties.

Robertson, an enrolled tribal member of the Sisseton-Wahpeton Oyate, earned his undergraduate and law degrees from the University of South Dakota.

Robertson practiced with the South Dakota Department of Labor and Regulation as an Administrative Law Judge and then joined the Minnehaha County Public Defender's Office, where he served as a senior deputy public defender, according to a release from the

Second Judicial Circuit.

Robertson lives in Sioux Falls with his wife and two children.

He will take the seat of Rachel Rasmussen, who was appointed from Magistrate Court to the Circuit Court bench in August. Rasmussen will serve in Lincoln County.

Robertson will take the bench on Nov. 18. A formal swearing-in ceremony will be announced at a later date.

Indianz.com...

Why more places are abandoning Columbus Day in favor of Indigenous Peoples Day



Tuesday, October 15, 2019

By Malinda Maynor Lowery (University of North Carolina at Chapel Hill)

The Conversation

theconversation.com

Increasingly, Columbus Day is giving people pause.

More and more towns and cities across the country are electing to celebrate Indigenous Peoples Day as an alternative to – or in addition to – the day intended to honor Columbus' voyages.

Critics of the change see it as just

another example of political correctness run amok – another flash point of the culture wars.

As a scholar of Native American history – and a member of the Lumbee Tribe of North Carolina – I know the story is more complex than that.

The growing recognition and celebration of Indigenous Peoples Day actually represents the fruits of a concerted, decades-long effort to recognize the role of indigenous people in the nation's history.

Why Columbus?

Columbus Day is a relatively new federal holiday.

In 1892, a joint congressional resolution prompted President Benjamin Harrison to mark the "discovery of America by Columbus," in part because of "the devout faith of the discoverer and for the divine care and guidance which has directed our history and so abundantly blessed our people."

Europeans invoked God's will to impose their will on indigenous people. So

it seemed logical to call on God when establishing a holiday celebrating that conquest, too.

Of course, not all Americans considered themselves blessed in 1892. That same year, a lynching forced black journalist Ida B. Wells to flee her home town of Memphis. And while Ellis Island had opened in January of that year, welcoming European immigrants, Congress had already banned Chinese immigration a decade prior, subjecting Chinese people living in the U.S. to widespread persecution.

And then there was the government's philosophy towards the country's Native Americans, which Army Colonel Richard Henry Pratt so unforgettably articulated in 1892: "All the Indian there is in the race should be dead. Kill the Indian in him, and save the man."

It took another 42 years for Columbus Day to formally become a federal holiday, thanks to a 1934 decree by

...Con't. on page 4

Indians.com...

President Franklin D. Roosevelt.

He was responding, in part, to a campaign by the Knights of Columbus, a national Catholic charity founded to provide services to Catholic immigrants. Over time, its agenda expanded to include advocacy for Catholic social values and education.

When Italians first arrived in the United States, they were targets of marginalization and discrimination. Officially celebrating Christopher Columbus – an Italian Catholic – became one way to affirm the new racial order that would emerge in the U.S. in the 20th century, one in which the descendants of diverse ethnic European immigrants became “white” Americans.

Indigenous people power

But some Americans started to question why Indigenous people – who’d been in the country all along – didn’t have their own holiday.

In the 1980s, Colorado’s American Indian Movement chapter began protesting the celebration of Columbus Day. In 1989, activists in South Dakota persuaded the state to replace Columbus Day with Native American Day. Both states have large Native populations that played active roles in the Red Power Movement in the 1960s and 1970s, which sought to make American Indian people more politically visible.

Then, in 1992, at the 500th anniversary of Columbus’ first voyage, American Indians in Berkeley, California, organized the first “Indigenous Peoples’ Day,” a holiday the city council soon formally adopted. Berkeley has since replaced its commemoration of Columbus with a celebration of indigenous people.

The holiday can also trace its origins to the United Nations. In 1977, indigenous leaders from around the world organized a United Nations conference

in Geneva to promote indigenous sovereignty and self-determination. Their first recommendation was “to observe October 12, the day of so-called ‘discovery’ of America, as an International Day of Solidarity with the Indigenous Peoples of the Americas.” It took another 30 years for their work to be formally recognized in the United Nations Declaration on the Rights of Indigenous Peoples, which was adopted in September 2007.

Unexpected allies

Today, cities with significant native populations, like Seattle, Portland and Los Angeles, now celebrate either Native American Day or Indigenous Peoples Day. And states like Hawaii, Nevada, Minnesota, Alaska and Maine have also formally recognized their Native populations with similar holidays. Many Native governments, like the Cherokee and Osage in Oklahoma, either don’t observe Columbus Day or have replaced it with their own holiday.

But you’ll also find commemorations in less likely places. Alabama celebrates Native American Day alongside Columbus Day, as does North Carolina, which, with a population of over 120,000 Native Americans, has the largest number of Native Americans of any state east of the Mississippi River.

Just last year, the town of Carrboro, North Carolina, issued a resolution to celebrate Indigenous Peoples Day. The resolution noted the fact that the town of 21,000 had been built on indigenous land and that it was committed to “protect, respect and fulfill the full range of inherent human rights,” including those of indigenous people.

While Columbus Day affirms the story of a nation created by Europeans for Europeans, Indigenous Peoples Day emphasizes Native histories and Native people – an important addition to the country’s ever-evolving understanding of what it means to be American.

TEXT IN ILLEGAL DRUG USE

You have the power to stand up to drug crime. Report any illegal drug use in your community by texting your local police department. Your identity is 100 percent protected. By reporting drug users, you are helping to save their lives and keep our community safe.

South Dakotans who use illegal drugs face losing:

- Their driver's license
- College loan or scholarship eligibility
- Professional license eligibility
- The ability to enlist in the military
- Job possibilities
- Their freedom
- Possibly their life

TO SEND A TIP, TEXT 'DRUGS' TO 82257.

RED ROCK TRADING CO.

AFFORDABLE RETAIL

214 East Second Avenue, Main Street Flandreau S.D.
605-573-0900

HOURS

Monday: CLOSED
Tuesday: CLOSED
Wednesday: 5 pm to 7 pm
Thursday: 2 pm to 7 pm
Friday: 2 pm to 7 pm
Saturday: 10 am to 7 pm
Sunday: CLOSED

Clothes, Shoes, Baby, Toys,
Household, Electronics

Like us on Facebook - Red Rock Trading Company

EL RINCONSITO

Hours

Monday-Thursday, 11am-9PM

Friday-Saturday, 11AM-10PM

Sunday, Closed

Mini Buffet

Monday to Friday

11 AM to 2 PM

Rinconcito

HAPPY HOUR

6 PM to 9 PM

2 Micheladas for

\$10.00

or

2 Beers for \$6.00



Seniors Everyday

Order anything from the mini and order it mini style for only \$7.99 the plate

2nd Avenue Mainstreet Flandreau S.D.
605-534-6096



LOVE WATER NOT OIL

NO PIPELINES
NO FRACKING
NO TAR SANDS



DRIVE THRU OPEN

INSIDE WILL OPEN SOON

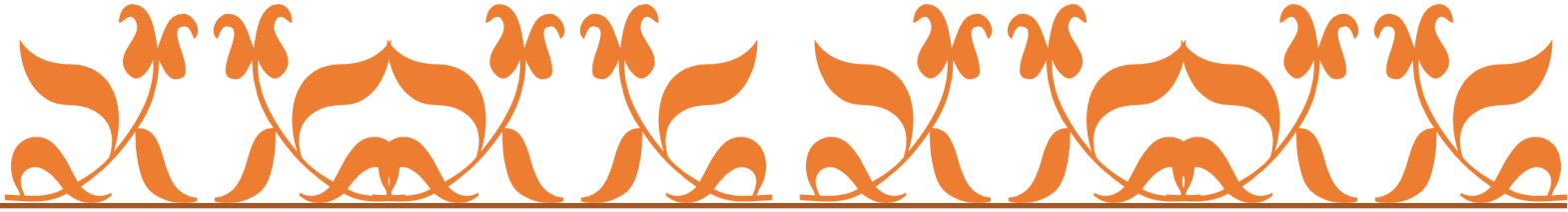
605-573-0940

Hours: 7am-7pm • 7 days a week
108 S Wind Street, Flandreau S.D.



FLANDREAU

BISTRO & ROASTERIE



Happy Birthday!



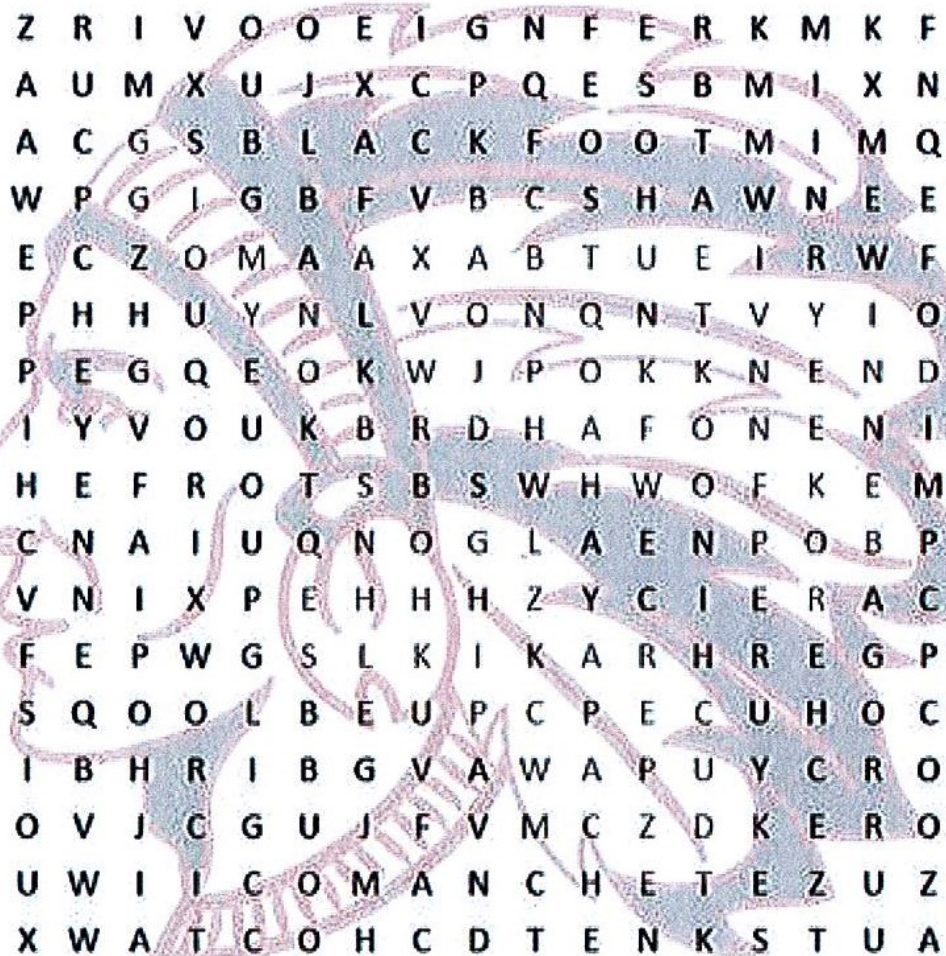
*Happy Birthday
To All November
Tribal Members*



Throw Back 2016 Tribal Dinner



American Indians



ALGONQUIAN

APACHE

BLACKFOOT

CHEROKEE

CHEYENNE

CHINOOK

CHIPPEWA

CHOCTAW

COMANCHE

CREEK

CROW

HOPI

IROQUOIS

NAVAJO

NEZ PERCE

PAWNEE

PUEBLO

SHAWNEE

SHOSHONE

SIOUX

WINNEBAGO

New Programs to Assist Survivors of Domestic Violence and/or Sexual Assault

The Flandreau Santee Sioux Tribe received grant funding through the Office of Victims of Crime and has created the FSST Victim's Advocacy Office. The Office is founded on the vision and assurance that every individual has the right to be safe, empowered and free from violence and the fear of violence. As a Dakota community, we will band together to work towards ending the silence of domestic violence. In addition, the office aims to reduce related social problems, including child abuse, sexual assault, substance abuse, sexism, racism and other forms of oppression. Our office will do this with dignity and respect of victims and survivors, who walked this earth before us and those who are walking beside us.

The tribe was awarded the grant funding from two sources. With this funding new positions will be created and modified. At this time, the Victim's Advocacy Office is able to provide various services in order to directly serve victims of domestic violence and sexual assault. This Program's purpose is to advocate and support individuals and families in empowering their decision making.

Other Services include, but not limited to

- Case management

- Transportation

- Emergency shelter

- Referrals for court advocacy

- Referrals for available services in the community or surrounding communities.

- Help creating Safety Plans

- Financial Assistance

- Housing reentry services/costs

- Community Education and Outreach

One of the most imperative services being provided, is the addition of a crisis counselor/ play therapist. The program hired Cynthia Johanson, to provide direct counselling service to the community. Cynthia is *Ihanktowan* and is the daughter of Patty Johanson, granddaughter of the late Phil Dudley Sr. and Eva (Redwing) Dudley. Cynthia currently lives with her long-time companion Kenneth Weston and their three children here in Flandreau.

Cynthia previously worked for the tribe as the Court Services Officer for 10 years. Cynthia graduated from SDSU in August of 2019 with her Masters of Science degree in Clinical Mental Health Counseling along with a specialization in Play Therapy. Cynthia's experience includes an internship at the SDSU Student Counseling Center providing therapy to college students. In addition to the college student internship, Cynthia provided Play Therapy for head-start children of the *Hunkpati Oyate*, in Fort Thompson, SD.

The Advocacy Office is willing and able to provide services for the community. We look forward to the community's support to assist the Office in maintaining the dignity and respect of victims and survivors, who walked this earth before us and we encourage all to walk beside us.

For more information, please call (605)573-4228.

Pidamayaye!

Family Violence and Prevention

FOR SURVIVORS OF DOMESTIC VIOLENCE OR
SEXUAL ASSAULT



SERVICES

Help in Finding Emergency Shelter

Transportation

Emergency Financial Assistance

Referrals for Court Advocacy

Help Creating Plans for Safety

Free Counseling Services including

Play Therapy for Children

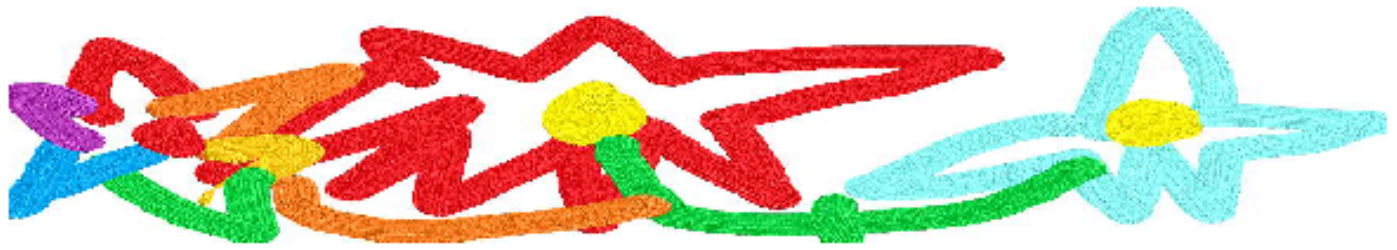
Also Provided:

Confidential Support, Compassion &

Empowerment!



For Services or Questions Call 605-573-4228



PLAY THERAPY

ŠKATA

Wookiye Was'te

Play therapy will be provided for children effected by domestic violence and/or sexual assault through the Flandreau Santee Sioux Tribe's Family Violence and Prevention program.

WHAT IS PLAY THERAPY?

Play therapy is an alternative to talk therapy for children. Play therapy utilizes creative play to encourage a positive view of self, independence, mindfulness and create a positive change in a child's overall emotional health.

WHO IS PLAY THERAPY FOR?

Play therapy is for children of all ages who may be experiencing depression, anxiety, struggling with low self-esteem, difficulty adjusting to divorce or loss, children in crisis, experiencing trauma including historical trauma or those that are struggling to balance living in two cultures (Non-Native and Dakota/Lakota).

HOW CAN PLAY THERAPY BENEFIT MY CHILD?

Play therapy can prevent and resolve many social and personal disruptions your child may face. Play therapy will help your child become more mindful and will increase social and emotional health.

WHY CHOOSE PLAY THERAPY?

Although Play Therapy is beneficial at any age it has been proven to increase a child's overall wellbeing if therapy is received between the ages of 3-12 years. Play Therapy has been shown to improve academic success, relationships, positive self-concept and decrease troublesome behaviors and other impairments in children (Association for Play Therapy, 2016).

WHAT IS A PLAY THERAPIST?

A Play Therapist is a licensed mental health professional who is educated in Play Therapy history, theory and techniques. A Play Therapist has received supervision and met all the requirements to be fully licensed by the Association for Play Therapy as a Registered Play Therapist (RPT), Registered Play Therapist-Supervisor (RPT-S), or School Based-Registered Play Therapist (SB-RPT) (Association for Play Therapy, 2016).

WANT TO LEARN MORE?

Contact Cynthia Johanson at 605-573-4228

Email cynthia.johanson@fsst.org

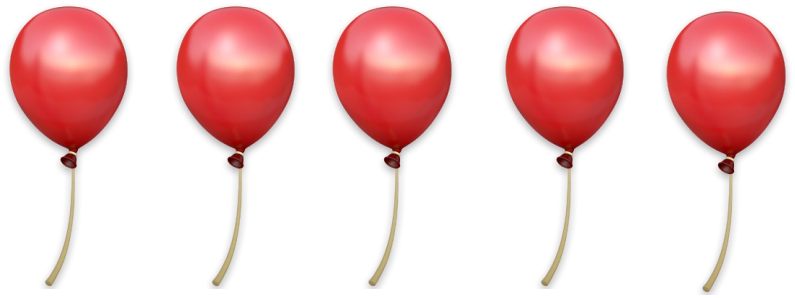
Or visit <https://www.a4pt.org/>



Walk a Mile in Her Shoes.



Wednesday October 9th, 2019
2:00 pm
FIS Students will Join Us
We will start @ the Old Clinic



Hey! What is that you are drinking?



KRATOM=MITRAGYNINE

CRUSHED LEAVES FROM A TROPICAL TREE THAT CONTAINS PSYCHOACTIVE OPIOID COMPOUNDS

- ✚ USED MEDICINALLY
- 🍄 OFFERS A HIGH SIMILAR TO THAT OF OPIOIDS & OPIATES
- ⚠️ IT CAN BE REALLY DANGEROUS & ADDICTIVE

You go into the local store and see on the counter a new thing. It's labeled as an herbal supplement. Sounds good right? Don't be fooled! If one of the ingredients is kratom the National Institute on Drug Abuse has warned it can be addictive. **READ THE LABEL & CHECK THE INGREDIENTS.**

Like other drugs with opioid-like effects, kratom might cause dependence, which means users will feel physical withdrawal symptoms when they stop taking the drug. Withdrawal symptoms include:

- muscle aches
- insomnia
- irritability
- hostility
- aggression
- emotional changes
- runny nose
- jerky movements

Parents, check what your kids are using and/or drinking. Check the ingredients. If one of them is Kratom it may be addictive. Is it worth the risk?

NIDA. Kratom. National Institute on Drug Abuse website.

<https://www.drugabuse.gov/publications/drugfacts/kratom>. April 8, 2019.

Accessed October 4, 2019.

7 THINGS TO KNOW ABOUT KRATOM

Kratom is a tropical plant that people are using as an alternative treatment for pain, mood disorders, and opioid withdrawal without supervision from doctors. Because kratom is unregulated, any use comes with real risks.

1 Kratom Affects Your Brain

Depending on the amount you take, kratom can act as an opioid or a stimulant.



2 Kratom Is Addictive

Compounds in kratom bind to the brain's opioid receptors, so it's addictive just like morphine, heroin, and other opioids.



3 Kratom Has Serious Side Effects



4 Kratom Is an Unregulated Substance



Kratom trees are native to Southeast Asia, and there are no safety standards for kratom products in the U.S.

5 Kratom Products Aren't Consistent



Tea



Powdered Drink



Capsule

The amount of kratom in a given product is not regulated, so you can't control how much you're taking no matter how you ingest it.

6 Kratom Can Be Contaminated

FDA tests have revealed that some kratom products contain risky added ingredients, heavy metals, or dangerous contaminants.



Heavy Metals



Salmonella

7 Kratom Is Banned in the Region in Which It Originates and Some States



Because of serious health risks, kratom has been banned in some Southeast Asian countries and several U.S. states.

Learn more at [SAMHSA.gov/kratom](https://www.samhsa.gov/kratom)

If you or someone you know needs help with a substance use disorder, including kratom, call SAMHSA's National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889, or use SAMHSA's Behavioral Health Treatment Services Locator at SAMHSA.gov to get help.



Domestic violence is not a Native American tradition.

Does your partner ever...

- Call you names or criticize you?
- Isolate you from family or friends?
- Threaten to hurt you or your children?
- Push, slap, kick or strangle you?
- Refuse to give you money for food, gas or medicine?



STRONGHEARTS
Native Helpline

Get free, confidential help at
1-844-7NATIVE (762-8483)
open daily from 7 a.m. to 10 p.m. CST.

Callers after hours may connect with the National
Domestic Violence Hotline by selecting 1.

Advocates offer peer support, crisis intervention, personalized safety planning, education on domestic violence and healthy relationships, and a connection to Tribal and Native resources.

Trust. Speak. Heal. Together. | strongheartshelpline.org



This project is supported by Grant Number 90EVD426 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.

Senior Center

FALL FLING



Here are some pictures of our Halloween Potluck at the Clinic. The bread bowl was made by Angie Eastman; the deviled eggs were made by Wendy Gilbert; the mini egg roll fingers were made by Dina Garcia; and the awesome skeleton buffet was made by Dr. Courtney Keith. (This was a patient who arrived at the Clinic. CPR was attempted, but the patient died, so we ate him. LOL). Everyone enjoyed themselves. There was even an unexpected sighting of Prince. (Annie Garcia).

Submitted by Julie Stephens



5 Facts to Know About Veterans Day

Veterans Day is a well-known American holiday, but there are also a few misconceptions about it — like how it’s spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know.

Veterans Day does NOT have an apostrophe.



A lot of people think it’s “Veteran’s Day” or “Veterans’ Day,” but they’re wrong. The holiday is not a day that “belongs” to one veteran or multiple veterans, which is what an apostrophe implies. It’s a day for honoring all veterans — so no apostrophe needed.

Veterans Day is NOT the Same as Memorial Day.



Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace — dead or alive — although it’s largely intended to thank living veterans for their sacrifices.

It was originally called Armistice Day, commemorating the end of World War I.

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month.

For that reason, Nov. 11, 1918, was largely considered the end of “the war to end all wars” and dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I.

But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word “armistice” to “veterans” so the day would honor American veterans of all wars.

For a while, Veterans Day’s date was changed, too, and it confused everybody.

Congress signed the Uniform Holiday Bill in 1968 to ensure that a few federal holidays — Veterans Day included — would be celebrated on a Monday. Officials hoped it would spur travel and other family activities over a long weekend, which would stimulate the economy.

For some inexplicable reason, the bill set Veterans Day commemorations for the fourth Monday of every October.

On Oct. 25, 1971, the first Veterans Day under this new bill was held. We’re not sure why it took three years to implement, but not surprisingly, there was a lot of confusion about the change, and many states were unhappy, choosing to continue to recognize the day as they previously had — in Novem-ber.



Within a few years, it became pretty apparent that most U.S. citizens wanted to celebrate Veterans Day on Nov. 11, since it was a matter of historic and patriotic significance. So on Sept. 20, 1975, President Gerald Ford signed another law (Public Law 94-97), which returned the annual observance to its original date starting in 1978.

Other countries celebrate it, too, in their own ways.

World War I was a multinational effort, so it makes sense that our allies also wanted to celebrate their veterans on Nov. 11. The name of the day and the types of commemorations differ, however.

Canada and Australia both call Nov. 11 “Remembrance Day.” Canada’s observance is pretty similar to our own, except many of its citizens wear red poppy flowers to honor their war dead. In Australia, the day is more akin to our Memorial Day.

Great Britain calls it “Remembrance Day,” too, but observes it on the Sunday closest to Nov. 11 with parades, services and two minutes of silence in London to honor those who lost their lives in war.

Free Food for Families in Need



**Are you struggling with providing nutritious foods for your family?
Having to choose between groceries and rent, or other bills each month?**

Feeding South Dakota is bring a mobile food distribution to your area.

Food distributions provide an assortment of food that may include frozen and fresh produce, frozen meats, assorted breads and/or assorted canned and boxed items.

Please bring something to carry your food (cooler, bags, totes, etc.)

Next Food Giveaway Near You:

FLANDREAU

Mondays: Oct. 21, Nov. 18, Dec. 16

2:00 to 3:00

Parking lot south of Maynard's, 108 N. Crescent

Feeding South Dakota is a statewide organization with locations in Pierre, Rapid City, and Sioux Falls. Their mission is to eliminate hunger in South Dakota. For more information or to make a donation to support food giveaways, please visit feedingsouthdakota.org.

PROJECT STANDUP

STAND UP TO ILLEGAL DRUGS


TEXT IN ILLEGAL DRUG USE

You have the power to stand up to drug crime. Report any illegal drug use in your community by texting your local police department. Your identity is 100 percent protected. By reporting drug users, you are helping to save their lives and keep our community safe.

South Dakotans who use illegal drugs face losing:

- Their driver's license
- College loan or scholarship eligibility
- Professional license eligibility
- The ability to enlist in the military
- Job possibilities
- Their freedom
- Possibly their life

TO SEND A TIP, TEXT 'DRUGS' TO 82257.



After-School Tutoring

Wicoicaga Otipi CC (Tribal Community
Center)
4 pm-5 pm

Monday, Sept. 9th	Monday, Oct. 21st
Thursday, Sept. 12th	Thursday, Oct. 24th
Wednesday, Sept. 18th	Wednesday, Oct. 30th
Monday, Sept. 23rd	Monday, Nov. 4th
Thursday, Sept. 26th	Thursday, Nov. 7th
Wednesday, Oct. 2nd	Wednesday, Nov. 13th
Monday, Oct. 7th	Monday, Nov. 18th
Thursday, Oct. 10th	Thursday, Nov. 21st
Wednesday, Oct. 16th	Wednesday, Dec. 4th

There's no enrollment required; anyone
grades K-12 who wants some extra help
is invited to stop by.

For more info contact FSST Education
Office @ 605-997-2859



**High mile winds damage
Mart gas canopy and FIS school
building roof**





THIS FLAG will fly over the grave of Sampson P. One Skunk each day. Adolph Iron Hawk is shown raising the flag.

WWII Veteran Honored

The Cherry Creek community took time over the busy Labor Day weekend to honor World War II veteran.

A flagpole was erected and a flag raised over the grave of Sampson P. One Skunk. His daughter, Linda Allen of Flandreau, brought the flag home.

A dedication ceremony was held at noon on Sept. 1 at Frazier Memorial Cemetery. Rev. Douglas Widow performed the ceremony.

During the flag raising Steven Charging Eagle sang Mr. One Skunk's Indian name, Kiyela Sutapi.

Emmett Hollow Horn, Francis Lee and Goldie Iron Hawk were the speakers.

The ceremony was followed by dinner, prepared by Alva Tagola and Emmett Hollow Horn, and a giveaway.

Attending were Mr. and Mrs. Steven Charging Eagle, Mr. and Mrs. Gilbert Widow, Mrs. Eunice Little Thunder and family, Mr. and Mrs. Kim War Bonnet, Mr. and Mrs. Clyde Iron Hawk and family, Adolph Iron Hawk, Alva Tagola, Emmett Hollow Horn and Rev. Doug Widow.

A Cherry Creek man, Sampson P. one Skunk was one of the first soldiers to volunteer for the famed American Rangers when they were organized in 1942.

Sampson was the son of Peter One Skunk of Cherry Creek. When Peter was only 16 years old, he was one of the few survivors of the Wounded Knee Massacre of 1880, having sneaked away to protection. His son Sampson, was also a survivor of a war many years later, perhaps largely due to his inherited instinct to survive.

Sampson P. One Skunk was a much publicized soldier. In an early issue of the Saturday Evening Post, Milton Lehman wrote that three battalions became famous for spearheading every invasions in the Mediterranean theatre. Two battalions were formed later for D-Day in Normandy, one fought in the

Phillipines. All of them were decorated with the Presidential Unit Citation.

T/5 One Skunk was in the initial landing in Scotland. He took part in the raid on Dieppe in 1942. He was in the 1st Tangier Battalion. He also participated in the Anzio Beachhead, where the Americans sustained heavy losses. Tech. 4 One Skunk served in the following battles and campaigns: Algeria, French Morocco, Tunisia, Sicily, Naples-Foggia and Rome-Arno campaigns.

In an August 1944 issue of Life Magazine it stated that out of a force of 1500, only 199 came out alive. Sampson had served overseas for 26 months in the countries of Ireland, England, Scotland, Sicily and Italy.

One Skunk was a highly decorated soldier. He was awarded the American Defense Service Medal, the E.A.M.E Campaign medal, American Theatre Medal, Combat Infantrymen's Badge, Good Conduct Medal, Two Oak Leaf Clusters to the Presidential Citation Medal, Silver Star Medal, and Legions of Merit Medal.

In addition to the publicity from Life Magazine and Saturday Evening Post, One Skunk was featured in True Comic Magazine in 1943 and drawn by Bruce Bairnsfather, official cartoonist to the U.S. Army in the British Isles.

Perhaps his name and appearance had something to do with the publicity he received, but certainly his personal qualities of patience and natural quietness were of influence to those who promoted the publicity.

Whatever the reasons, Sampson P. One Skunk was a target for publicity during World War II and people at home enjoyed the stories.

The flag brought home by his daughter will fly over his grave in perpetuity.



*Daughter - Linda One Skunk Allen
Grandsons - Charles J. Sr., Howard R. Sr. &
Richard T. Allen*

Fred & Linda
Olson

Estate Rummage Sale

Friday Nov 15 & Sat Nov 16
Eastman Hall

612 S Center St 8 am - 4pm

All Rummage Sale Proceeds go to Grace Moore Senior Center


Band Trip Fundraiser for Trinity Redday

Fri- Indian Taco & Drink \$8.00

Sat-Chili & Fry Bread & drink \$8.00

10:30-Til Gone

November 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Sloppy Joe's Mac. Salad Chips Rice Krispy Bar
Spaghetti with Meat sauce Caesar Salad Onion Cheese Bread Dessert	Fish Sandwich Baked Potato Corn salad Peanut Butter cake	Pork Chops w/mushroom gravy Mashed Potato's Buttered Beets Candied Applesauce	Hamburger Gravy Over Potato's Green Bean Casserole Vanilla Pudding	Chili Fried Bread Wojapi
11	12	13	14	15
 Closed for Veterans Day	Wisconsin Cheese Soup Ham Salad Sandwich Veggie Platter Dessert	Birthdays Meal Roast Beef Mashed Potato's/gravy Lima Beans Waldorf Salad Birthday Cake	Salmon Patties Cream Peas Boiled Potato's Cinnamon Baked Apples	CLOSED Senior Center Rummage Sale Eastman Hall 8:00-4:00
Waffles Scrambled Eggs Sausage/Bacon Fruit	Home-made Pizza Straight A Salad Fruited Jello	Pepper Steak Over Rice Broccoli Angel food Cake with strawberries	Minestrone Soup Cold Cut Platter Butterscotch Pudding	Turkey & Stuffing Potato/gravy Sweet Potato's Cranberries Pumpkin Pie
18	19	20	21	22
Tater Tot Hotdish Festive Tossed Salad Cranberry Bar	Zucchini Garden Chowder Mini Sub Sandwich Dessert	Chicken Cordon Blue Rice Pilaf Mixed Veggies Dessert	28	29



Grace Moore Senior Citizens Center 997-2924

*Menu subject to change without notice.