

Flandreau Santee Sioux Tribe Monthly Newsletter March 2024

March - *Ista Wicayazan Wi* - (Moon of the Sore Eyes)

The sun reflecting off the melting snow would cause tenderness and chapping to the eyes.



Bill to create Indian Child Advisory Council endorsed by committee despite DSS opposition

PIERRE — Lawmakers on a House committee approved a bill Wednesday to establish an advisory council to oversee communication on the welfare of Native American children in South Dakota's foster care system. But the same committee also voted to reject a bill that would have created a two-year task force to study the welfare of Native children in foster care.

Rep. Tamara St. John, R-Sisseton, sponsored the [advisory council bill](#), describing it as a way for stakeholders from tribes, the Department of Social Services and the South Dakota Legislature to come together once a year to hold a formalized discussion about Native foster children.

"Where do we have that space for innovation, that focus on prevention, or how do we know what we're looking at in the form of data?" said St. John, a member of the Sisseton Wahpeton tribe.

A six-month joint investigation by [South Dakota Searchlight](#) and the [Argus Leader](#) following last year's legislative session explored the causes, effects and potential solutions to the decades-long overrepresentation of Native American children in South Dakota's foster care system. Native American children accounted for nearly 74% of the foster care system in June 2023, despite accounting for only 13% of the state's overall child population.

Rep. Peri Pourier, D-Rapid City, sponsored [the failed bill](#) to create a 21-member task force to study the problem and expand portions of the federal Indian Child Welfare Act into state law, which would have been part of the task force's duties. Pourier, a member of the Oglala Sioux Tribe, and St. John [brought their bills as a way to further the conversation around children in state care](#). St. John's advisory council bill originally had the group meeting four times a year, but she brought an amendment reducing the frequency to once a year. At the end of that annual meeting, minutes would be available for lawmakers to refer back to if they want to bring future legislation.

Jessica Morson, the ICWA Coalition director, also spoke in favor of HB 1232, saying that it served as a "step forward" and "enhances focus on solutions-based collaboration in a smaller, more effective setting by review of existing practices and laws."

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

The only opposition came from Department of Social Services Secretary Matt Althoff, who said the department already has the ability to hold the conversations now in a less formal environment.

He said despite wonderful intentions, it's unlikely the advisory council "is going to achieve much given the totality of what it faces."

The department also opposed Pourier's task force bill, saying it's already working individually with tribes on how to better support Native children in care and foster families across the state.

Althoff added that the task force, modeled after a 2006 task force that studied the same issue, may not be successful because of various competing interests.

"Please understand that the work continues regardless of the bill, so you have our assurances that we will not relent and are wanting to continue to keep these lines of communications and these intersects between tribal officials and ourselves ongoing," he said.

Lawmakers voiced concerns about the size of the task force and recommended a summer study as a possible avenue for future conversation. The committee voted 10-1 to reject the bill with the lone dissenting voice coming from Rep. Erin Healy, D-Sioux Falls.

But, lawmakers liked the idea of St. John's formalized council. Rep. Taylor Rehfeldt, R-Sioux Falls, said it would serve as a baseline to gather data.

"If we're in the same spot as we were the year before, then that tells us that we're probably not doing something right, and so even if we can just do that one small thing of establishing that something else needs to happen, that we're clearly not making steps in the right direction, I think that alone is worth having something," she said.

Rep. Will Mortenson, R-Fort Pierre, noted that while the council won't stop children from entering into the foster care system, it wouldn't be an undue burden on the department, an argument that had been voiced by Rep. Rocky Blaire, R-Ideal, when he spoke in opposition to the bill.

Mortenson noted that everyone would have to address one of the leading reasons why children are removed from their parents in the first place: alcohol and drug abuse. Parental substance abuse is 57% of the reason why South Dakota children are removed from their families and placed into foster care, according to federal data.

"I think that we're doing a disservice to this topic if we don't acknowledge phase one of this problem and try to train our collective focus there," he said.

The advisory council bill passed 10-2 to the House floor where it'll be debated next.



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



FSST Executive Committee gives back...



Friday February 6th,
2015 Anna Duncan Title
accepted a donation of
\$7500.00 on behalf of
the Moody County Re-
source Center from the
Flandreau Santee Exec-
utive Council. And Bever-
ly Wakeman accepted
a donation of
\$25,000.00 on behalf of
the Moody County Mu-
seum.

Congratulations on a job well done!!!

Great Job Destiny
Love Grandma!!!



Pictured above 8th grade girls basketball team.



Congrats to Bruce for Completing the Tokyo
Marathon!!!

We are all very proud of you!!!

Flandreau Santee Sioux Tribe
THPO- Monitor Training

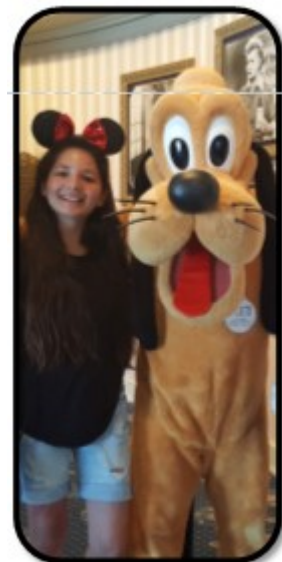


Looking Back 2015 Newsletter



***Happy 10th Birthday to
Alli Walker on March 7th
Love, Mom***

***Happy 21st Birthday to
Trinity Redday on March 22nd
Love ,Mom***



MARCH 2024

National Nutrition Month
 March 21st from 2-5pm
 Healthy grocery shopping @ Maynards.
 Reading labels Budgeting * Fresh vs. Frozen* Meal ideas*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 <small>Diabetic Clinic 9a-12p</small>	6 <small>Wellbriety 7-8p</small>	7 <small>Healthy Weight for Life 12:15-12:45p</small>	8 <small>World Kidney Day Event @ WOCC</small>	9 <small>WORLD OF KIDNEY</small>
10 <small>DAYLIGHT SAVINGS TIME BEGINS</small>	11	12 <small>Diabetic Clinic 9a-12p</small>	13 <small>Wellbriety 7-8p</small>	14 <small>Healthy Weight for Life 12:15-12:45p</small>	15	16
17 <small>HAPPY ST. PATRICK'S DAY</small>	18	19 <small>HAPPY SPRING! Diabetic Clinic 9a-12p</small>	20 <small>Wellbriety 7-8p</small>	21 <small>Healthy Weight for Life 12:15-12:45p Maynards shopping event from 2-5pm</small>	22	23
24	25	26 <small>Diabetic Clinic 9a-12p</small>	27 <small>Wellbriety 7-8p</small>	28 <small>Healthy Weight for Life 12:15-12:45p</small>	29 CLOSED	30
31 <small>HAPPY EASTER</small>	April Fools DJ	Follow the FSST Health center online for more information and upcoming Health Center and SDPI events.				

HC and SDPI events:

- Diabetic Health Clinic
Tuesdays 9 a.m. to 12 p.m.
- Wellbriety 12 step program
Wednesdays 7 - 8 p.m.
- Healthy Weight for Life
Thursdays 12:15 - 12:45 p.m.
- Beginner & Intermediate Fitness**
Tuesdays & Thursdays 3-5 p.m.

Chronic Kidney Disease (CKD) Awareness & Colorectal (Colon) Cancer Awareness

Flandreau Santee Sioux Tribal Health Center

Instagram @ FSST_HC

MARCH 2024 Wicoicaga Otipi Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mat Ball 3:30-6pm
3	4 Jail Ball 3:30-6pm	5 Soccer 3:30-6pm OPEN GYM @ 6-9PM	6 3-on-3 Tourney 3-6pm	7
8	9	10 3-ON-3 DRAFT TOURNAY	11 Flag Football 3:30-6pm	12 Lacrosse 3:30-6pm OPEN GYM @ 6-9PM
13	14	15	16	17 Volleyball 3:30-6pm
18	19	20 Bean Bag Tourney 3-6pm Sports Night: Bean Bag @ 6	21	22 Bean Bags 3:30-6pm
23	24	25 Ladder Ball 3:30-6pm	26 Croquet 3:30-6pm OPEN GYM @ 6-9PM	27 Popular Vote 3:30-6pm
28	29	30	31	32 Jail Ball 3:30-6pm
33	34	35	36	37 Walk 3:30-6pm
38	39	40	41	42 Walk 3:30-6pm
43	44	45	46	47 Walk 3:30-6pm
48	49	50	51	52 Walk 3:30-6pm
53	54	55	56	57 Walk 3:30-6pm
58	59	60	61	62 Walk 3:30-6pm
63	64	65	66	67 Walk 3:30-6pm
68	69	70	71	72 Walk 3:30-6pm
73	74	75	76	77 Walk 3:30-6pm
78	79	80	81	82 Walk 3:30-6pm
83	84	85	86	87 Walk 3:30-6pm
88	89	90	91	92 Walk 3:30-6pm
93	94	95	96	97 Walk 3:30-6pm
98	99	100	101	102 Walk 3:30-6pm
103	104	105	106	107 Walk 3:30-6pm
108	109	110	111	112 Walk 3:30-6pm
113	114	115	116	117 Walk 3:30-6pm
118	119	120	121	122 Walk 3:30-6pm
123	124	125	126	127 Walk 3:30-6pm
128	129	130	131	132 Walk 3:30-6pm
133	134	135	136	137 Walk 3:30-6pm
138	139	140	141	142 Walk 3:30-6pm
143	144	145	146	147 Walk 3:30-6pm
148	149	150	151	152 Walk 3:30-6pm
153	154	155	156	157 Walk 3:30-6pm
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163	164	165	166	167 Walk 3:30-6pm
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213	214	215	216	217 Walk 3:30-6pm
218	219	220	221	222 Walk 3:30-6pm
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228	229	230	231	232 Walk 3:30-6pm
233	234	235	236	237 Walk 3:30-6pm
238	239	240	241	242 Walk 3:30-6pm
243	244	245	246	247 Walk 3:30-6pm
248	249	250	251	252 Walk 3:30-6pm
253	254	255	256	257 Walk 3:30-6pm
258	259	260	261	262 Walk 3:30-6pm
263	264	265	266	267 Walk 3:30-6pm
268	269	270	271	272 Walk 3:30-6pm
273	274	275	276	277 Walk 3:30-6pm
278	279	280	281	282 Walk 3:30-6pm
283	284	285	286	287 Walk 3:30-6pm
288	289	290	291	292 Walk 3:30-6pm
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388	389	390	391	392 Walk 3:30-6pm
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493	494	495	496	497 Walk 3:30-6pm
498	499	500	501	502 Walk 3:30-6pm
503	504	505	506	507 Walk 3:30-6pm
508	509	510	511	512 Walk 3:30-6pm
513	514	515	516	517 Walk 3:30-6pm
518	519	520	521	522 Walk 3:30-6pm
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538	539	540	541	542 Walk 3:30-6pm
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548	549	550	551	552 Walk 3:30-6pm
553	554	555	556	557 Walk 3:30-6pm
558	559	560	561	562 Walk 3:30-6pm
563	564	565	566	567 Walk 3:30-6pm
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593	594	595	596	597 Walk 3:30-6pm
598	599	600	601	602 Walk 3:30-6pm
603	604	605	606	607 Walk 3:30-6pm
608	609	610	611	612 Walk 3:30-6pm
613	614	615	616	617 Walk 3:30-6pm
618	619	620	621	622 Walk 3:30-6pm
623	624	625	626	627 Walk 3:30-6pm
628	629	630	631	632 Walk 3:30-6pm
633	634	635	636	637 Walk 3:30-6pm
638	639	640	641	642 Walk 3:30-6pm
643	644	645	646	647 Walk 3:30-6pm
648	649	650	651	652 Walk 3:30-6pm
653	654	655	656	657 Walk 3:30-6pm
658	659	660	661	662 Walk 3:30-6pm
663	664	665	666	667 Walk 3:30-6pm
668	669	670	671	672 Walk 3:30-6pm
673	674	675	676	677 Walk 3:30-6pm
678	679	680	681	682 Walk 3:30-6pm
683	684	685	686	687 Walk 3:30-6pm
688	689	690	691	692 Walk 3:30-6pm
693	694	695	696	697 Walk 3:30-6pm
698	699	700	701	702 Walk 3:30-6pm
703	704	705	706	707 Walk 3:30-6pm
708	709	710	711	712 Walk 3:30-6pm
713	714	715	716	717 Walk 3:30-6pm
718	719	720	721	722 Walk 3:30-6pm
723	724	725	726	727 Walk 3:30-6pm
728	729	730	731	732 Walk 3:30-6pm
733	734	735	736	737 Walk 3:30-6pm
738	739	740	741	742 Walk 3:30-6pm
743	744	745	746	747 Walk 3:30-6pm
748	749	750	751	752 Walk 3:30-6pm
753	754	755	756	757 Walk 3:30-6pm
758	759	760	761	762 Walk 3:30-6pm
763	764	765	766	767 Walk 3:30-6pm
768	769	770	771	772 Walk 3:30-6pm
773	774	775	776	777 Walk 3:30-6pm
778	779	780	781	782 Walk 3:30-6pm
783	784	785	786	787 Walk 3:30-6pm
788	789	790	791	792 Walk 3:30-6pm
793	794	795	796	797 Walk 3:30-6pm
798	799	800	801	802 Walk 3:30-6pm
803	804	805	806	807 Walk 3:30-6pm
808	809	810	811	812 Walk 3:30-6pm
813	814	815	816	817 Walk 3:30-6pm
818	819	820	821	822 Walk 3:30-6pm
823	824	825	826	827 Walk 3:30-6pm
828	829	830	831	832 Walk 3:30-6pm
833	834	835	836	837 Walk 3:30-6pm
838	839	840	841	842 Walk 3:30-6pm
843	844	845	846	847 Walk 3:30-6pm
848	849	850	851	852 Walk 3:30-6pm
853	854	855	856	857 Walk 3:30-6pm
858	859	860	861	862 Walk 3:30-6pm
863	864	865	866	867 Walk 3:30-6pm
868	869	870	871	



Tuesday Nights

February 6, 13, 20 & 27

March 5, 12, 19 & 26

6-9pm

13+ Year Olds



Must have an updated
FSST Recreation Membership

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James L. Herrick

James Leslie Herrick, age 59, journeyed to the Spirit World on February 22, 2024 in Sioux Falls, SD.

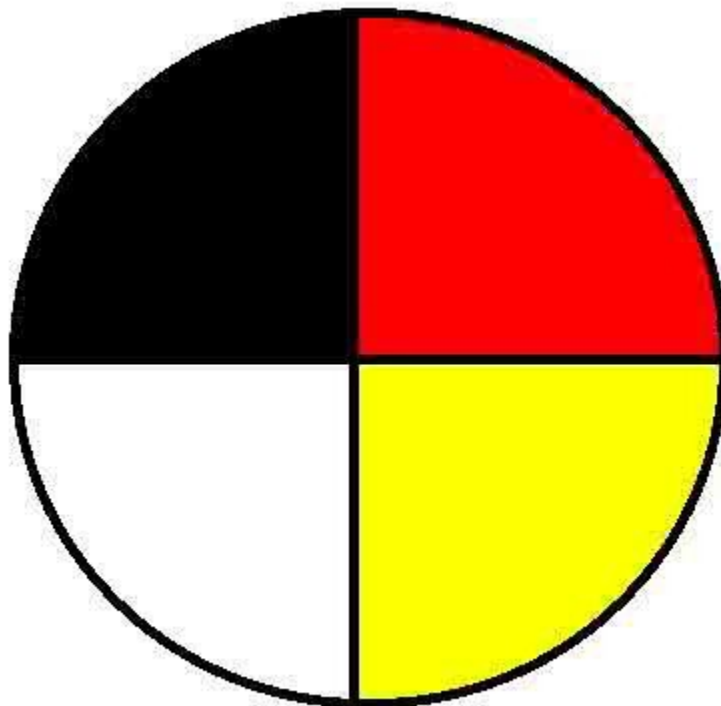
He was born on December 17, 1964 in Flandreau, SD the son of Lauren and Nancy (Robertson) Herrick.

Although he hasn't been able to ride for years, James loved motorcycles. He enjoyed cooking and worked in different restaurants over the years.

Survived by his three daughters, Alicia Jasper, Catherine Herrick and Jamie Herrick; sisters Laureen and Laura; many nieces and nephews; other relatives and friends.

Preceded in death by his mom Nancy; dad Lauren; and brothers Larry and Lauren Jr "Chip"

Private family services will be held at a later date.





@ Wicoicaga Otipi Community Center

Agenda:

February 14th: Matt Ball

February 21st: Obstacle Course

March 15th: Volleyball

March 22nd: Bean Bag Tournament

April 10th: Jail Ball

April 17th: Popular Vote!

Everyone is welcome. Basic rules then games to follow. If persons under 13 attend, they must bring chaperone or adult.

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WEDNESDAYS

6 pm

Contact Sylvia Roy
@ 573-4195

FSST Recreation presents

2024 Women's.

Group Talks

Potluck

Every first Wednesday each month.

7pm

*Contact Sylvia
@ 575-4195*

Circle Wednesdays

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Attention FSST

Members:

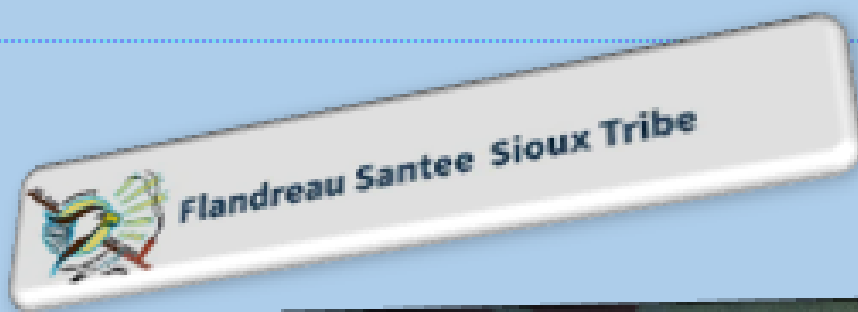
Energy Assistance

Program will be

closed on March

31st.





Social Services

Services Provided: Child Protection, 24 hr on call for emergencies, Child Placement management Services (for children in the care of the Flandreau Santee Sioux Tribe) and reunification services to families (Individualized Cases Management Services) Foster Home Recruitment and licensing, Foster Parent Training, Referrals to aging supportive services, Investigation of elder abuse/neglect, General Assistance with Community resources, Conservator Guardianship Services, ICWA and QEW Services, Family Preservation/Prevention Services (supports for families and children that may minor difficulties providing basic needs in the home) and Emergency services, such as families affected by unforeseen circumstances.

Area Served: All Flandreau Indian Reservation and for ICWA Children who are eligible for enrollment with FSST or who are enrolled with FSST residing anywhere off the Flandreau Indian Reservation.

Eligible Participants: All Native American Children and families residing on the Flandreau Indian Reservation. For ICWA Program all eligible or enrolled Flandreau Santee Sioux Tribal children and families residing anywhere off the Flandreau Santee Sioux Reservation.

Location: Flandreau Santee Sioux Tribal Headquarters

603 West Broad Ave
Flandreau, SD 57028

Office Hours: Monday-Friday 8:00am-5:00pm

Contact: Social Service Office 605 997 5055 Fax: 605 997 3878

WICOICAGA OTIPI COMMUNITY CENTER

**OPEN
TO
PUBLIC**



**13+ YEAR
OLDS**

Thursdays

Co-Ed

VOLLEYBALL

**L E A G U E &
T O U R N A M E N T**

**GAMES START
AT 6PM**

**March 14th to
April 25th, 2024**

**\$5 A PLAYER. 10 MAX PER TEAM.
ANYONE WELCOME.
END OF SEASON TOURNAMENT.
CHAMPIONS WILL GET PRIZES.**

**Contact Sylvia Roy @ 573-4195 or sylvia.roy@fsst.org
to get a team in by March 11th, 2024.**

WICOICAGA OTIPI COMMUNITY CENTER
03.27.2024 @ 6:30pm



EASTER EGG GAMES

TIWAHE NIGHT

Easter Egg Hunt & Games

POTLUCK THEME: Easter
Appetizer, Entree or Dessert

Awards for BEST POTLUCKS!

Any questions, Contact Sylvia Roy @ 573-4195

FSST Recreation Presents:

\$20

Winners Take All



3-on-3

BIG SIOUX DRAFT TOURNEY

Handrean, SD

Sundays: March 10th & 24th, 2024

Draft Draw at 1:00pm

Gym opens at 12pm to start taking names

@ Wicoicaga Otipi
Community Center
503 W. Broad Ave.

First Round: Captains selected at RANDOM

Second Round: Each Captain picks 2nd teammate

Final Round(s): Remaining are selected at RANDOM

MORE INFORMATION:

Sylvia Roy @ sylvia.roy@fsst.org or
(605) 573-4195

VAPING VS. CIGARETTES



In recent years, there has been an increase in vaping, particularly among cigarette smokers who want to transition away from smoking.

Another vulnerable group that has been targeted by tobacco companies and is now caught up in the vape culture are **teens and young adults**.

Vaping products with their “fun and fruity flavors” are gaining more popularity than regular cigarette products among youth.

How many times have you tried to quit smoking but failed?

You're not alone, approximately 7 of 10 smokers say they want to stop. Smoking cessation is one of the best things you can do for your health and immune system, but does swapping a cigarette for a vape cause the same harm?

SPOILER ALERT: THEY ARE BOTH BAD.

In the debate of Vaping vs. Cigarettes, which is the lesser of the two evils, it appears that vaping is less harmful than smoking traditional cigarettes.

However, vaping is also bad for you and still addicting.

In the same way that vaping can help people to quit smoking cigarettes, studies also show that teens and young adults who start vaping first are more likely to start smoking cigarettes later.



NICOTINE, IN ALL FORMS, SHOULD BE AVOIDED.

The truth is, replacing a harmful addiction with a “less” harmful addiction will still adversely affect your health.



If you would like to quit smoking cigarettes or e-cigarettes/vape or want to help a loved one quit this addiction, contact your healthcare team for support and other resources.

Flandreau Santee Sioux Tribal Health Center (605) 997-2642

EXERCISE CAN DISTRACT YOU AND KEEP YOU BUSY UNTIL THE CRAVING PASSES.



Having cravings for a cigarette is one of the most common symptoms of nicotine withdrawal when you quit smoking. It helps to have a plan to manage cravings when they hit. Including exercise in your plan can help you get past cravings.



HERE ARE SOME TIPS TO GET YOU STARTED WITH EXERCISE AND HELP YOU RIDE OUT CRAVINGS:

Try to set aside a regular time for exercise that works with your schedule.

Change your exercise routine or try a new activity from time to time so you don't get bored.

Do activities you enjoy. Walking is one way of getting more physical activity. You might also think about biking, swimming, dancing, or yoga.

Even housework or gardening can provide exercise benefits. Playing music while you clean out your closets will help you step up the pace.

Build exercise into other activities. Take the stairs instead of the elevator. Wherever you go, park your car farther away and walk to your destination.

Plan activities with family, friends, or co-workers that include physical activity, like biking or hiking.

BE PROUD OF YOUR DECISION AND REMIND YOURSELF WHY YOU WANT TO QUIT IN THE FIRST PLACE!

The Wellness Center @ WOCC is open 6am to 6pm Monday - Friday and Saturdays 6am-2pm. Stop by and "get distracted" until the craving passes, while improving your health!

Wicoicaga Otipi Community Center (WOCC) is located @ 503 W. Broad Ave

February 2024

WESTERN COLLEGE TOUR



COLLEGES WE VISITED

In February, we took 18 high school (9th-12th) students to the Black Hills for college visits. We attended four schools total including Black Hills State University, South Dakota School of Mines, OLC He Sapa Location, and Indian University of North America 7 Generations Summer Program!



CRAZY HORSE MONUMENT



SOUTH DAKOTA SCHOOL OF MINES

BOYS' POOL TOURNAMENT



During our down time, a very competitive game of pool took place! Devin came out victorious!

SOME FUN AND BONDING ACTIVITIES!



FLAGS AND WHEELS ARCADE



CARD GAMES BEFORE BED!



SOUTH DAKOTA SCHOOL OF MINES



"GETTING THE PERFECT ANGLE"



TIRING WALKING 8 MILE DAYS!



OF COURSE, HAD TO STOP & SHOP!



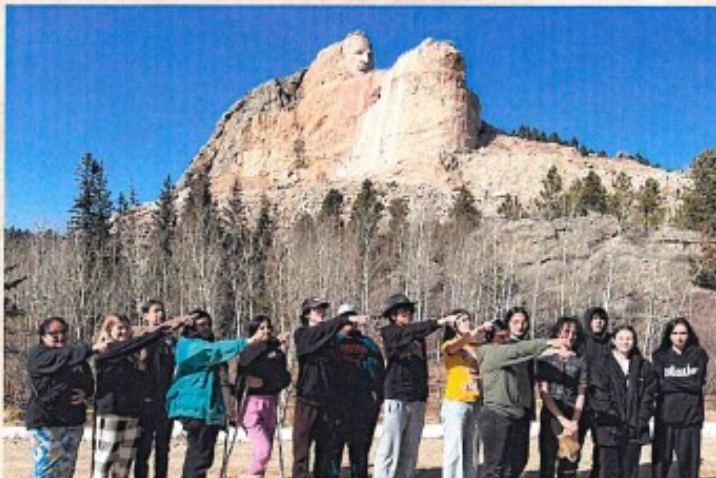
LEARNING AND LOVING BHSU!



RACING GO CARTS AT FLAGS AND WHEELS!



BHSU'S FOOTBALL/ TRACK FIELD



SEEM FAMILIAR?



EATING LUNCH AT CRAZY HORSE!

FLANDREAU SANTEE SIOUX TRIBAL HEALTH CLINIC

WELLNESS CENTER

(LOCATED EAST SIDE ENTRANCE OF THE WOCC)

***ARE YOU EMPLOYED BY THE
FLANDREAU SANTEE SIOUX TRIBE?***

Royal River
CASINO • HOTEL

GRACE MOORE
SENIOR CENTER



FSST LONG
TERM CARE



605
LENDING

FSST HEALTH
CENTER



















***If you are employed by ANY FSST ENTITY
you are eligible to join the Wellness Center
and bring a friend or family member!***

Contact Wellness center staff @ 605.573.4188 or stop by the
Wellness center to sign up or for more information.

Wicoicaga Otipi Community Center (WOCC) is located @ 503 W. Broad Ave












ACCEPTED

SEAM accepts various types of electronic assets, batteries, and bulbs for recycling and remarketing:

 Laptops & Desktops	 Computer Accessories	 Cellphones & Tablets	 Data Storage Devices	 TVs & Monitors	 Audio & Video Equipment
 Circuit Boards & Components	 Cables & Wires	 Mp3 Players & Cameras	 Video Games & Systems	 Printers, Copiers, Fax, & Scanners	 Ink/toner Cartridges
 Servers & IT Equipment	 Communications Equipment	 Sterilized Medical & Lab Technology	 Batteries & Backups	 Fluorescent, HID, & Other Bulbs & NonPCB Ballasts	 Other Electronic Devices

NOT ACCEPTED

Materials that could adversely impact SEAM's health and safety policies or result in environmental concerns are not accepted at SEAM's discretion. If any of the following materials are found at any point in the process, they will be returned to the generator and may result in additional fees including but not limited to labor, delivery and storage.

 Large Appliances (stoves, washers, and dryers)	 Explosives (fire arms, ammunition, shells)	 Fuel and Gasoline (grease, oil, propane tanks)
 Radioactive Materials (x-ray machine heads, smoke & carbon monoxide detectors)	 Large Freon Containing Appliances (air conditioners, refrigerators, freezers,)	 Mercury Containing Devices (thermostats, barometers, mercury switches and relays)
 PCB Containing Equipment (PCB ballasts, transformers, capacitors)	 All Liquids (cleaning solutions, paint and cans, any unidentifiable liquids)	 Contaminated Lab or Medical Equipment (containing fluid, oil, or mercury)
 Asbestos Containing Materials (construction waste, tiles, roofing)	 Chemical, Medical or Biohazard Waste (oils, powders, human or animal waste)	

Processing fees apply for some accepted items. Contact SEAM if there are any questions about acceptance of materials.



FIGHT CRAVINGS WITH EXERCISE



Trying to quit smoking?

Why not try a new approach?

"Studies show that even short periods of physical activity, especially aerobic exercise, reduce the urge to smoke."

Aerobic exercise is physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster.

Walking, swimming, running, dancing and cycling are a few types of aerobic exercise that strengthen your heart and lungs.

Withdrawal symptoms and cravings for cigarettes decrease during exercise and up to 50 minutes after.

Exercise decreases appetite and helps limit the weight gain some people have when they quit smoking.

Exercise helps you cope with stress, have more energy and improves your mood.

***The Wellness Center @ WOCC is open 6am to 6pm Monday - Friday and Saturdays 6am-2pm.
Stop by and "get distracted" until the craving passes, while improving your health!***

Wicoicaga Otipi Community Center (WOCC) is located @ 503 W. Broad Ave

Uniting to combat vaping



Although the Flandreau School Board learned several good news items at its February 12 regular board meeting, they also learned that vaping by students is a huge concern.

Sheriff Troy Wellman displayed a gallon size evidence bag full of vapes, empty shell casings, and nitrous oxide cartridges to board members and those present. School Resource Deputy Frias explained that the content of the bag was everything that was either confiscated or found on school property.

Much of the content of the bag which can be seen are vapes. The vapes are both nicotine and THC. While vape detectors were installed in the bathrooms, they are inoperable due to the school's firewall. SRD Frias continues to investigate a resolution to the issue and reaching out to other SRD/SROs in the area on how they are combatting the issue.

The uptick in vaping on school premises already prompted the change in the Use of Tobacco/Tobacco-Like Products prior to the 23-24 school year. The current policy now reads as follows:

Smoking and the use of tobacco products is against South Dakota law. No student shall possess, use, sell, or dispense any tobacco/tobacco-like products during a school activity or on school property which includes buildings, grounds, parking lots and school buses. The student shall be subject to the following penalties:

1. First Violation: 5 days in alternative learning room
2. Second Violation: 10 days in alternative learning room
3. Third Violation: Recommendation for Long Term Suspension

NOTE: Smoking of any kind, with any device will be referred to law enforcement officials for a citation. Possession of smoking-related items such as lighters, matches, etc. will also result in suspension. Such items serve no legitimate educational purpose at school. (To include cigarette, vape, vape juice, juul, e-cigarette, or any inhalation device that can contain nicotine, tobacco, or other substance considered illegal for consumption.)

The policy allowed for uniform handling of every incident and added that "smoking of any kind, with any device will be referred to law enforcement officials for a citation." Prior to the update the SRD would handle each student on a case-by-case basis.

Now with the problem continuing the Moody County Boys and Girls Club is stepping in to assist. The Club alongside the Moody County States Attorney have established a Diversion program, as well reviving Teen Court.

The Diversion Program's mission state is to assist juvenile offenders in assuming responsibility for their criminal behavior; to hold them accountable for their actions and to teach them to make better decisions in the future, while treating them with respect and dignity; to involve the community through volunteer programs and community service opportunities; and to promote better communication between youths, parents, schools, law enforcement agencies, and the community.

Requirements of the program include an apology letter written to parents/or parties involved, weekly check-ins, and if applicable relevant classes. The program lasts 120-days and participants

must remain respectful and willing to participate in aspects of the program.

Things parents can do to help combat the vaping issue is know what your kids are doing and who they are with. You can do this by checking in on social media apps, cash transferring apps such as Venmo, or best of all speaking to your children about the risks of vaping.

Shell casings were empty and had fallen out of a truck after a weekend of hunting. Nitrous Oxide can be used as an inhalant to become intoxicated, also known as a "whippit"

WICOZANI

at

WOCC

Beginner & Intermediate fitness classes every Tuesday and Thursday in March, starting March 5th!

*Focus
on the
GOOD*

Regular exercise has many health benefits that will help you reach Wicozani or “the good way of life”

Beginner classes / East end Wellness center 3-4pm
(resistance, stretching, basic mobility)

Ideal for Diabetic, Elderly or people with limited mobility

Intermediate classes / West end Gym 4-5pm
(HIIT style workout)

Open to all ages






MARCH IS NATIONAL KIDNEY MONTH

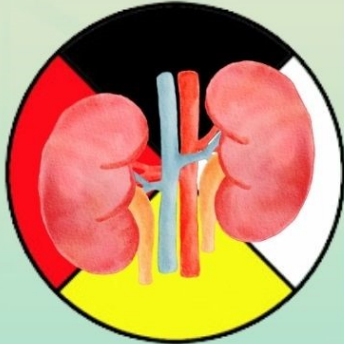
Higher rates of diabetes in Native communities goes hand in hand with higher rates of chronic kidney disease (CKD).

Did you know diabetes is a leading cause of Chronic Kidney Disease (CKD)? Kidney disease is often referred to as a “silent disease” and usually causes no symptoms until your kidneys are badly damaged. Many Americans who have chronic kidney disease (CKD) don't know they have the disease until it is very advanced.

5 Tips to Care for Your Kidneys

There are many things that you can do to keep your kidneys healthy and take care of these vital organs.

-  Maintain a healthy body weight to reduce your risk of diabetes
-  Limit the amount of salt you consume – this will decrease your risk of high blood pressure
-  Eat healthy foods
-  Stay hydrated
-  Exercise and stay active



The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage.

If you have a medical condition that increases your risk of kidney disease, your doctor may monitor your blood pressure and kidney function with urine and blood tests during office visits. Ask your doctor whether these tests are necessary for you.

National Nutrition Month

In recognition of March being National Nutrition Month, we acknowledge that food is more than fuel that nourishes our bodies.

IT BRINGS PEOPLE TOGETHER

IT CONNECTS US TO OUR FAMILY AND ANCESTORS



Our diets and foods available have changed over time, which has contributed to an increase in chronic diseases such as diabetes. SDPI Nutritional programs are geared towards diabetes prevention, making healthier food choices and maintaining a healthy weight, which has multiple health benefits!

Tribal communities have made many advances with the help of the SDPI grant including the Flandreau Santee Sioux Tribal Health Center community!

Challenges exist that prevent people from eating healthy all of the time. Things like access to healthy foods, family or work obligations, stress level, finding the time to prepare meals, and even one's cooking experience are common issues that can keep someone from eating healthy.

UNDERSTANDING THESE CHALLENGES IS IMPORTANT.

"Food Advocates" have built a movement to bring back traditional food ways and more innovative nutrition programs. Our own "Food Advocate" Team consists of a Registered Dietitian, Nurses, Diabetes educators and Wellness center staff all working together to offer many programs and events to help bring "Wicozani" or "The good way of life" back to our community through nutrition!

Programs such as Healthy (Diabetic friendly) Cooking classes, Group and Individual weight management and even making fresh produce more available through urban gardening.

Our FSST HC SDPI team hosts a weekly "Diabetic Clinic" every Tuesday from 9a.m. to 12p.m. that will cover many diabetic prevention and management topics.

ALL ARE WELCOME TO ATTEND!

*There is also opportunity for individual, private consultations on healthy weight management.
Call us @ 605.997.2642 and ask to speak to Janine for more information.*

FIGHT CRAVINGS WITH EXERCISE!

If you are trying to quit smoking, why not try a new approach?

Having cravings for a cigarette is one of the most common symptoms of nicotine withdrawal when you quit smoking. It helps to have a plan to manage cravings when they hit. Including exercise in your plan can help you get past cravings.



“STUDIES SHOW THAT EVEN SHORT PERIODS OF PHYSICAL ACTIVITY, ESPECIALLY AEROBIC EXERCISE, REDUCE THE URGE TO SMOKE.”



Aerobic exercise is physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster.

Walking, swimming, running, dancing and cycling are a few types of aerobic exercise that strengthen your heart and lungs.

Withdrawal symptoms and cravings for cigarettes decrease during exercise and up to 50 minutes after.

Exercise decreases appetite and helps limit the weight gain some people have when they quit smoking.

Exercise helps you cope with stress, have more energy and improves your mood.

EXERCISE CAN DISTRACT YOU AND KEEP YOU BUSY UNTIL THE CRAVING PASSES.

Here are some tips to get you started with exercise and help you ride out cravings:

Try to set aside a regular time for exercise that works with your schedule.

Change your exercise routine or try a new activity from time to time so you don't get bored.

Do activities you enjoy. Walking is one way of getting more physical activity. You might also think about biking, swimming, dancing, or yoga.

Even housework or gardening can provide exercise benefits. Playing music while you clean out your closets will help you step up the pace.

Build exercise into other activities. Take the stairs instead of the elevator. Wherever you go, park your car farther away and walk to your destination.

Plan activities with family, friends, or co-workers that include physical activity, like POW WOW SWEAT CLUB!

BE PROUD OF YOUR DECISION AND REMIND YOURSELF WHY YOU WANT TO QUIT IN THE FIRST PLACE!

***The Wellness Center @ WOC is open 6am to 6pm Monday - Friday and Saturdays 6am-2pm.
Stop by and “get distracted” until the craving passes, while improving your health!***

VAPING VS. CIGARETTES



In recent years, there has been an increase in vaping, particularly among cigarette smokers who want to transition away from smoking.

However, another vulnerable group has been targeted by tobacco companies and is now caught up in vape culture – **teens and young adults.**

Vaping products with their “fun and fruity flavors” are gaining more popularity than regular cigarette products among youth.

How many times have you tried to quit smoking but failed?

You're not alone, approximately 7 of 10 smokers say they want to stop. Smoking cessation is one of the best things you can do for your health and immune system, but does swapping a cigarette for a vape cause the same harm?

SPOILER ALERT: THEY ARE BOTH BAD.

In the debate of Vaping vs. Cigarettes, which is the lesser of the two evils, it appears that vaping is less harmful than smoking traditional cigarettes.

However, vaping is also bad for you and still addicting.

In the same way that vaping can help people to quit smoking cigarettes, studies also show that teens and young adults who start vaping first are more likely to start smoking cigarettes later.



NICOTINE, IN ALL FORMS, SHOULD BE AVOIDED.

The truth is, replacing a harmful addiction with a “less” harmful addiction will still adversely affect your health.



If you would like to quit smoking cigarettes or e-cigarettes/vape or want to help a loved one quit this addiction, contact your healthcare team for support and other resources.

WORLD KIDNEY DAY

WORLD KIDNEY DAY IS SATURDAY MARCH 9TH AND AN ANNUAL GLOBAL CAMPAIGN TO RAISE AWARENESS OF HOW IMPORTANT OUR KIDNEYS ARE TO OUR OVERALL HEALTH.

HELP US CELEBRATE WORLD KIDNEY DAY BY PAMPERING YOURS!

ALL DAY ON FRIDAY MARCH 8TH, 2024

JOIN US AT THE WELLNESS CENTER IN HONOR OF YOUR KIDNEYS! THESE UNDERRATED ORGANS KEEP YOU HEALTHY BY REGULATING THE TOXINS IN YOUR BODY. SHOW THEM SOME APPRECIATION BY JOINING US FOR ACTIVITIES AND TIPS TO KEEP YOUR KIDNEYS HEALTHY!

Did you know diabetes is a leading cause of Chronic Kidney Disease?

Don't wait to be sick to get healthy!

You can prevent or manage diabetes while keeping your kidneys healthy by managing your blood sugar, blood pressure, and cholesterol levels.



Move it or lose it!

Activities in which you need to move large muscle groups continuously have shown to be very beneficial for your kidney health.

Food is medicine!

Learn why staying hydrated is so important and which foods are good for kidney health and diabetes prevention & management.

WEAR GREEN FOR KIDNEY AWARENESS

THERE WILL BE KIDNEY FRIENDLY EXERCISES, SNACKS, INFUSED WATER AND ADVICE ON KEEPING YOUR KIDNEYS AS HEALTHY AS POSSIBLE!

FLANDREAU SANTEE SIOUX TRIBAL HEALTH CLINIC

WELLNESS CENTER

(LOCATED EAST SIDE ENTRANCE OF THE WOCC)

***ARE YOU EMPLOYED BY THE
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Royal River
CASINO • HOTEL

GRACE MOORE
SENIOR CENTER



FSST LONG
TERM CARE



605
LENDING

FSST HEALTH
CENTER

***If you are employed by ANY FSST ENTITY
you are eligible to join the Wellness Center.***

Whether you are IHS eligible, or not.

Contact Wellness center staff @ 605.572.4188 or stop by the
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Even housework or gardening can provide exercise benefits. Playing music while you clean out your closets will help you step up the pace.

Build exercise into other activities. Take the stairs instead of the elevator. Wherever you go, park your car farther away and walk to your destination.

Plan activities with family, friends, or co-workers that include physical activity, like biking or hiking.

BE PROUD OF YOUR DECISION AND REMIND YOURSELF WHY YOU WANT TO QUIT IN THE FIRST PLACE!

***The Wellness Center @ WOC is open 6am to 6pm Monday - Friday and Saturdays 6am-2pm.
Stop by and “get distracted” until the craving passes, while improving your health!***



MARCH IS COLORECTAL (COLON) CANCER AWARENESS

FOOD IS MEDICINE. Our ancestors had access to a variety of foods that were important for maintaining gut health. Start adding some Indigenous foods into your diet to keep your gut healthy and help reduce your risk for diseases, like Colorectal cancer.

Nutritious indigenous foods like berries, nuts, seeds, wild rice, native plants, corn, beans & squash (The 3 Sisters) should be eaten regularly, if available.

Eating healthier and more mindful includes consuming:

Plenty of fruits & vegetables
Healthy protein (plant-based foods, beans, or lean meats)
Good fats (nuts, seeds, fish, avocados, or olive oil)
Whole grains (like wild rice or quinoa)
Water, rather than sweetened drinks
Foods that are minimally processed



Colorectal or “Colon” Cancer is the second most common cancer among Native American people, and the second leading cause of cancer death.

Colorectal Cancer is a disease in the large intestine and rectum. Most cases will begin as small noncancerous clumps of cells called ‘polyps.’ There are usually no symptoms until it’s too late; regular screenings can detect polyps in the colon early, before they turn into cancer.

Make an appointment with your health care provider to talk about when screening is best for you. It may help save your life!



FLANDREAU SANTEE SIOUX HOUSING DEPARTMENT
100 Allen Avenue, Box 328, Flandreau, SD 57028-0328
Phone (605) 997-2194 - Housing@fsst.nsn.gov

March 8, 2024

To whom it may concern,

The Flandreau Santee Sioux Tribe's Housing Department is managing a grant from the Bureau of Indian Affairs for Potable Water, which was enacted by Congress creating the American Rescue Plan Act (ARPA).

The Flandreau Santee Sioux Tribe received grant funding that will be used to help Tribal members from having water sources shut off or disconnected due to non-payment or overdue balances and will pay a portion of their water bill directly to the utility provider. The amount to be paid will be 75% of the water bill.

It is the applicant's responsibility to provide the Housing office with a completed application and a copy of their water bill. The Tribe will then determine the average water usage and will send a check for 3 months' worth directly to the utility provider, to apply towards their bill.

Applications are due once every 90 days starting **March 15, 2024**, and can be submitted to the Tribal Office, Housing Department, or by email at Housing@fsst.org.

Please give our office a call if you have any questions at (605)997-2194.

Sincerely,

Tyler Rambeau
HAF/Housing Administrative Assistant



BIA POTABLE WATER GRANT AMERICAN RESCUE PLAN (ARPA) FLANDREAU SANTEE SIOUX TRIBE

BIA POTABLE WATER GRANT (ARPA) POLICY

Background of funding:

On March 11, 2021, Congress enacted the American Rescue Plan Act (ARPA) which appropriated funds to the Bureau of Indian Affairs for Potable Water. The funds are made available pursuant to H.R. 1319, Public Law 117-2, American Rescue Plan of 2021 and are available until expended.

The Flandreau Santee Sioux Tribe received grant allocation of \$106,225.34 for Tribal families of the Flandreau Santee Sioux Indian Reservation. The formula for these funds is limited to tribal households who reside within the FSST service area, which is Moody County.

Purpose:

The purpose of these funds is for the purchase of emergency potable water, bottled water, and other similar uses. The funding may also be used to help prevent individuals and families from having water sources shut off or disconnected due to non-payment or overdue balances, provided that such funds shall not be used to pay an overdue balance but instead make a partial payment sufficient to prevent shut off or disconnection such that the account owner enter into a payment plan with the utility provider to maintain water service.

Eligibility:

A "Tribal household" is defined as a Flandreau Santee Sioux Tribal household who reside within the FSST Service area, which is Moody County

Applications:

Applications can be picked up at the FSST Housing Department or Tribal Office. Applications can be turned in to the FSST Housing Department or Tribal Office. You may also email them to Housing@fsst.org. You will be required to submit a water bill with your application and turn in your bill every month for payment. Please keep in mind that the turnaround time for payment is 7 business days.



**BIA POTABLE WATER GRANT (ARPA)
 FSST HOUSING DEPARTMENT
 BOX 328, 100 ALLEN AVENUE
 FLANDREAU, SD 57028 (605)997-2194
HOUSING@FSST.ORG**

APPLICATION FOR BIA POTABLE WATER ASSISTANCE

1. Applicant Information:

Name	Date
Address	Telephone Number
Marital Status	Tribal Enrollment Number
Email	

2. Household Information:

A. Persons who live in your home:

Family No.	Name of Family Member	Relationship	
		SELF	

B. Income: Taxable Income

Family Member No.	Name	Gross Monthly Income	Source (employment, social security, pension)
		SELF	

3. Have you had a change in your household income due to COVID-19?

Circle one: Yes No

4. Have you or anyone in your household been affected by COVID-19?

Circle one: Yes No

If yes, please explain:

Who do you receive your water services from?

Circle one: Big Sioux Water City of Flandreau City of Colman

Other: _____

PLEASE ATTACH A COPY OF YOUR WATER BILL TO THIS APPLICATION

Signature:

I hereby certify that I am at least 18 years of age. Applicant represents that all information given on this application is true and correct. Applicant hereby authorizes verification of all references and facts, including but not limited to current employers, and sources of income. Applicant understands that incomplete or incorrect information provided in the application may cause a delay in processing which may result in denial of eligibility. Applicant hereby waives any claim and releases from liability any person providing or obtaining said verification or additional information.

I understand that this application is not a contract and is not binding in any manner. I hereby authorize the Housing Department to obtain any and all information necessary for the purpose of verifying the statements made above. I also understand that it is my responsibility to inform the Housing Department if there is any change of address. This application is valid for 24-months from date received.

Applicant Signature: _____ Date: _____

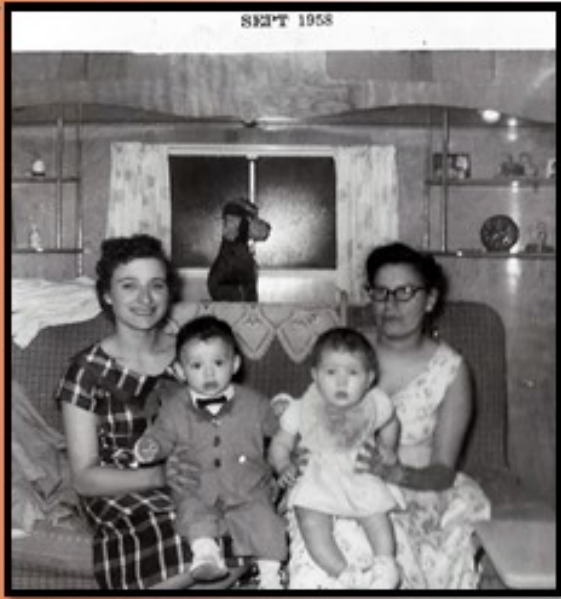
Applicant Signature: _____ Date: _____

Date Application was received by FSSTHD, _____ Received by: _____



Memory Lane...



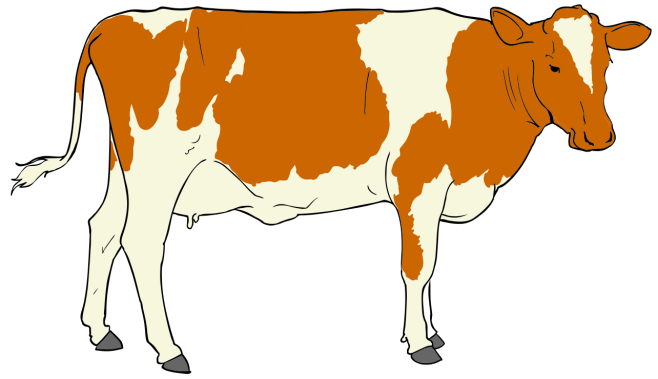


Looking Back..



Flandreau Meat Locker changes hands

Opening Soon



New Ownership” signs line the drive of what had been the old Flandreau Meat Locker on South Veterans Avenue in Flandreau.

For those wondering who might be turning the lights back on, Heather and Ethan Hill of rural Flandreau along with a business partner plan to reopen the idled longtime business as Grizzly Meats. The young couple along with their family and friends are excited for the opportunity.

The Moody County Enterprise will be sitting down with the Hills to learn more about them, their plans for the business and the path they’ve been on in regard to this acquisition along with some of the other work the couple does you might be familiar with.

The couple wants to wait to share more however until their new sign arrives for the front of the building. For those wanting to follow their progress in the meantime, additional information can be found on the businesses’ new Facebook page.

Watch for more in the coming weeks.

Flandreau housing development delayed

A much-needed multi-unit apartment complex planned for development on Broad Street in Flandreau has suffered a setback.

The primary contractor interested in the project has reportedly hit a snag with financing options.

Survey and topographic work through Banner Associates, Inc. is still underway on the property however, as the Housing Corporation has identified the north side of the block across from the Flandreau Santee Sioux Tribal Headquarters as a primary area of interest for the development of apartment homes within the city.

Affordable and starter housing in the market is in short supply and has been for quite some time, the most recent housing study done shows. Multiple local contractors are currently working on various levels of properties to fill the need, but businesses, individuals and families of all ages routinely cite to city officials a lack of housing options available for why they might not stay or choose to move to the area. The Housing Corporation will need to get together and discuss our options, as far as the approach we wish to take,” said City Administrator Cohl Turnquist..

“Before the group looks to invest significant funding to develop the property, it will be essential to locate a developer who is willing to place housing upon the property.”

Tribal officials are also working to provide updated and affordable housing throughout the community through the development of a new tiny home community, which is located just to the south of the Royal River complex, and new apartment and duplex homes.

Also of note, as FSST continues to grow a relatively new solar program, it continues to work with the City of Flandreau on agreements for the purchase of excess power generation. Turnquist said that on this specific project, FSST installed a <40 kW solar panel system at the Elder Care Center.

In order for the solar to be connected into the City system, plans need to be reviewed by the City consulting engineer, and an interconnect agreement remains yet to be finalized.



Wednesday, April 24, 2024
8am - 8pm

FSST OYATE DAY

Guests must show a valid
FSST Tribal ID
at the Service Center for

\$20 FREE PLAY



Royal River[®]
CASINO • HOTEL

One win per person. Management reserves the right to enhance, change or discontinue any promotional event at any time with or without prior notice. Must be 21.

MARCH 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Waffles Scramble Eggs Sausage/Bacon Carrot Cake</p> <p>4</p>	<p>Spaghetti Hotdish Caesar Salad Focaccia Bread Choc. cupcakes</p> <p>5</p>	<p>Hot Beef Mashed Potato/gravy Flavorful Green Beans Confetti Cottage Cheese Candied Applesauce</p> <p>6</p>	<p>Crunchy Onion Chicken Breast Rice Pilaf Cali Blend Veggies Various Pies</p> <p>7</p>	<p>Potato Soup/bacon Roast Beef Sandwich Cherry Salad Cranberry/Lemon Muffin</p> <p>8</p>
<p>Country Style Ribs Garlic Mash Potato's Green Beans Cucumber Salad Brownies</p> <p>11</p>	<p>Homemade Pizza Straight A Salad Strawberry Fudge Cake</p> <p>12</p>	<p>Swedish Meatballs Mashed Potato/gravy Harvard Beets Cranberry cookies</p> <p>13</p>	<p>Wild Rice Soup Turkey Sandwich Strawberry Spinach Salad Apricots</p> <p>14</p>	<p>Corned Beef Cabbage Red Potato's Irish Soda Bread Lime Jello</p> <p>15</p>
<p>Tuna Casserole Peas Spinach/apple Salad Cherry Choc. Cake</p> <p>18</p>	<p>Pork Chop/onion gravy Mashed potato's Lima Bean Bake Crunchy tossed salad Hot Choc.Lasagna Dessert</p> <p>19</p>	<p>Lasagna Garlic Toast Tossed Salad Fruited Lemon Jello</p> <p>20</p>	<p>Hot Turkey Sandwich Mash potato/gravy Glazed Carrots Cookies</p> <p>21</p>	<p>Vegetable Beef Soup Ham&Cheese sand. Springtime Salad Butterscotch pudding</p> <p>22</p>
<p>Goulash Mixed Veggies Biscuit Peaches</p> <p>25</p>	<p>Ham & Bean Soup Corn Bread 7-Layer Salad Fresh Strawberries</p> <p>26</p>	<p>Oven Baked Chicken Mash potato/gravy Buttered Corn Pumpkin Pie</p> <p>27</p>	<p>CLOSED</p> <p>28</p>	<p>Good Friday + 29</p>

