

Nah gah chi wa nong (Far end of the Great Lake – Fond du Lac Reservation) Di bah ji mowin nan (Narrating of Story)



At left, Lisa Shabaiash registers new voter, Tasheana Rule, to vote on Nov. 4. Six volunteer canvassers visited homes on the Reservation throughout the month of October to help community members register and to answer questions regarding the voting process. The first six pages of this Voter's Guide issue provide information on how to vote, why to vote, where to vote, and who wants your vote.

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Voter's Guide

Native Vote: how and why it came about at FDL

By Jane Skalisky

The Native Vote campaign began at the Fond du Lac Reservation four years ago, said Veronica Smith, FDL Native Vote Alliance Representative.

Every two years, Smith recruits canvassers who go out into the community to register voters, encourage people to vote, and provide rides to the polls. FDL is one of seven tribes in Minnesota that participate in the Native Vote Alliance.

When out speaking with community members, Smith and her canvassers ask about concerns with the way government is run. They remind people that they have the right to express their concerns with their vote.

Smith added that often she has to dispel myths concerning registration. Many still believe that a person will automatically be called for jury duty if they register to vote (untrue), or they believe they can't register to vote without an identification card (untrue). Frequently, she said, people just don't know anything about the candidates.

On her journeys to canvass neighborhoods, she encounters surprise and appreciation. Recently a resident told Smith that no one had ever come to his door to encourage him to take part in the political process. Additionally, many people do not realize that if they don't vote for four consecutive years, they need to reregister prior to or on election day.

Canvassers are trained and paid a stipend and mileage by Take Action Minnesota. Anyone needing trans-

portation to the polls on Nov. 4, 2008 should contact Smith at (218)878-2681.

Native Vote roots

Melanie Benjamin, former Mille Lacs Band CEO, began Native Vote 2004 with the goal of organizing and facilitating voter education, registration, and get-out-the-vote strategies throughout Indian country. The success of the Minnesota model was recognized by the Congress of American Indians in 2005, according to the Native Vote Alliance of Minnesota. At Fond du Lac, the number of registered voters increased one-third from 2000 to 2004 and the number of voters increased by more than 50 percent.

The following is a summary of the Native Vote Alliance of Minnesota's website, which can be found at www.nativevotemn.org

- The 14th amendment in 1868 gave the right to vote to all persons born or naturalized in the U.S.
- In 1870, the 15th Amendment barred states from limiting voting on the basis of race.
- In 1871, the U.S. Supreme Court ruled that the 14th Amendment didn't apply to American Indians.
- The U.S. Supreme Court ruled in 1881 that all reservation Indians were residents and thus qualified to vote. Utah continued to disenfranchise American Indians until 1957.
- In 1917, the Minnesota Supreme Court denied Indians the right to vote.
- The Indian Citizenship Act was passed in 1924, granting Indians

citizenship and the right to vote, but states continued to disenfranchise American Indians.

- In 1965, the Voting Rights Act was passed, prohibiting discrimination on the basis of race, color, or language.

Today, obstacles to Indians voting continue with redistricting, where Reservations are put into single districts, as was done at South Dakota's Pine Ridge Reservation in 2001. Restrictive ID requirements in some states also bar Indians from voting.

Disenfranchisement led to the swindling of millions of acres of Native land in the 19th century as American Indians had no voice in government. Today, despite having a diabetic rate 249 percent higher than the general population and a life expectancy that is 17 years below the national average, per capita spending on American Indians lags behind that of U.S. federal prisoners. In education, Bureau of Indian Affairs schools appropriate on average \$3,000 per year per pupil annually, less than half of what public schools receive.

Who is eligible to vote and how to do it

In Minnesota, any eligible voter can register at the polls with the following acceptable identification:

- a current Minnesota driver's license, Minnesota ID, learner's permit, or federal tribal ID with current address; or,
- having another registered voter in their precinct vouch for them; or
- using an original recent utilities bill

- with an address on it; or
- a student ID that contains a photo.

Domestic violence victims

Domestic violence victims can register without adding their names and information to the public rolls by attaching a written request to the voter registration application. The written request would simply state that they fear for their safety and wish to be removed from the public rolls. For same day registration, a shelter employee can vouch for them.

Ex-felons

As soon as a felon completes his or her sentence, civil rights are reinstated. For same day registration, there may be the word "challenged" next to their name on the rolls. If so, they should speak to the head elections judge, who may have them take a brief oath.

If a person is unsure as to whether they have completed their sentence, they should check with their parole officer or county, as it is a felony to register to vote if the sentence and probation haven't been completed.

Voter registration for the homeless

Those who are homeless can register the day of election by using a shelter employee as a voucher. Applicants without a traditional street address can draw a map showing where they live.

For further information on voting, see www.nativevotemn.org.

Nah gah chi wa non Di bah ji mowin nan

Translation: Far End of the Great Lake - Fond du Lac Reservation; Narrating of Story

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Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to Fond du Lac News, Tribal Center, 1720 Big Lake Rd., Cloquet, Minn. 55720 Editor: Deborah Locke (deborahlocke@fdlrez.com)	

The mission of this publication is to provide the Anishinaabeg community of the Fond du Lac Band of Lake Superior Chippewa, Fond du Lac Reservation, with news and information that will be of help to them in their everyday lives. In addition, our goal will be to highlight many of the honors, accolades, accomplishments and awards that are earned by community members but are mostly overlooked by the mass mainstream media.

It is our hope that through greater information about the activities of our people, this publication can be an instrument of true community. It is not

our intention to be a vehicle of divisiveness. To that end, we do not publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

Our mission is to provide for Fond du Lac Anishinaabeg a publication that will not dismiss their culture, heritage, hopes and dreams. We are striving to make this newspaper fill that role. *Member of the Native American Journalists Association*

Voter's Guide

Candidates respond to our questions

We sent letters and made phone calls to the campaign offices of the major offices for U.S. President, U.S. Senate, U.S. House of Representatives, and State Representatives from the districts serving the Reservation.

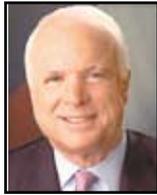
We asked candidates to comment on issues of interest to American Indians. We received the following replies.

U.S. President

Senator John McCain,
GOP, Arizona

Senator Barack Obama,
Democrat, Illinois

From Sen.
John McCain
www.johnmccain.com



Sovereignty
John McCain believes in protecting tribal sovereignty and recognizes the unique government-to-government relationship with Indian tribes and the trust responsibility. He has twice served as chairman of the Senate Committee on Indian Affairs and has been a leader in Congress by sponsoring legislation and enacting laws that help improve conditions on Indian reservations. He was a principal sponsor of the Tribal Self-Governance Act of 1994 which downsized the federal Indian bureaucracy.

Health care

McCain has worked to improve health care for Indians, including reauthorization of the Indian Health Care Improvement Act, major efforts to combat diabetes, and supporting efforts to address chronic mental health and substance abuse problems on reservations. He advocated for permanent self governance authority for the Indian Health Service and authored legislation to increase attention to the health needs of Indian populations by designating an Assistant Secretary for Indian Health to prioritize and simplify health services within the U.S. Department of Health and Human Services.

Environment

McCain fought to enact the American Indian Trust Management and Reform Act of 1994 and sponsored legislation to help tribes protect their natural and cultural resources.

Housing

McCain has supported Indian housing assistance programs under the Native American Housing Assistance and Self Determination Act.

Education

McCain pushed for reforms to Bureau of Indian Administration schools and increased resources for tribal education programs. McCain will continue the BIA schools construction initiative, which has provided nearly \$1 billion in construction and refurbishment of reservation schools.

Native veterans

McCain championed efforts to recognize the code talkers and has led congressional efforts to build the Native American Veteran's Memorial.

From Sen.
Barack Obama
www.barackobama.com



Past administrations have talked about government-to-government relationships and tribal consultation, but they have rarely followed through. To remedy this, I will appoint an American Indian policy advisor on my senior White House staff and have an annual meeting with Native American leaders to develop a policy agenda.

Health care

Because of under funding and jurisdictional conflicts, tribes are unable to protect women from non-Indian abusers or shield their communities from the recent scourge of methamphetamine. The state of Nevada, for instance, has gone without a single Indian Health Services hospital since 1985, and federal per-capita spending for Indian health care amounts to about half of federal per-capita spending for prisoners' health care. Such conditions do not bespeak a commitment to tribal nation-building.

I am proud to be an original co-sponsor of the Indian Health Care Improvement Act of 2007. This long-overdue legislation will modernize Indian health care services and delivery, make it easier for tribes and the IHS to attract quality health care professionals, and will provide tribal health programs

with more flexibility to ensure that funds are used to meet the specific needs of their communities.

Sovereignty

I am committed to honoring the federal government's obligations to the First Americans and strengthening the federal government's unique relationship with tribal nations. Recognizing the inherent sovereignty of tribes is not enough; we must also help build tribal nations through adequate funding of programs.

Education

My experience as a community organizer in some of Chicago's poorest neighborhoods taught me that there is no simple way to bring opportunity to communities suffering from endemic unemployment and poverty. My comprehensive approach invests in physical, human and institutional infrastructure; increases access to capital and removes barriers to development; promotes education from the pre-school to the university level, including Native language immersion and preservation programs; and above all, develops authentic government-to-government relationships between the federal government and Indian tribes, so that tribes, not bureaucrats, are able to determine how best to govern themselves.

U.S. Senate, State of Minnesota

Incumbent: Norm Coleman (GOP, St. Paul) Coleman did not respond to our questions.

Challengers:

Dean Barkley (Independence Party, Plymouth; Website www.barkleyforsenate.org)
Al Franken (DFL, Minneapolis, book author; Website)

From Dean Barkley

Sovereignty, health, and education

The United States has a sad, tragic history of breaking almost every treaty with Native Americans. The federal government should do all it can to help rebuild their communities and restore



strained relations by insuring that Native Americans have greater opportunities in education, adequate health care and access to jobs.

The environment

The federal government can make huge advances toward these goals by making tax credits and loans available to Native American entrepreneurs to help them create new, green technology jobs in wind, solar and biofuels. Creating and keeping industries with sustainable, living-wage jobs with benefits within the communities will turn over more monies to families for continuing education and greater accessibility to more current technologies for students and educators and families.

From Al Franken
www.alfranken.com

Sovereignty

Public Law 280 must be rescinded. Its implementation in 1953 took sovereignty rights away from tribes and gutted the authority of tribal law enforcement. PL 280 mandated the transfer of tribal law jurisdiction from the tribes to the state for every reservation in Minnesota but Red Lake. In doing so, state and local law enforcement was given jurisdiction over crimes committed by tribal members on tribal lands. This is a direct challenge to the sovereign nation status of Minnesota's reservations.

By rescinding Public Law 280, our tribal law enforcement officers would regain the jurisdiction they were assured by the federal government due to their status as sovereign nations – where state and local law enforcement do not, and should not, have jurisdiction on tribal land.

It is imperative that tribes retain this authority, especially in their ability to prosecute crimes of sexual violence: from assault and rape to domestic violence. We must also increase funding for tribal law enforcement efforts generally, at least until PL 280 is rescinded or improved. It is intrinsically unfair to use lack of resources as a justification for PL 280, while simultaneously underfunding the tribal law enforcement structure and programs.

In cases where tribal law enforcement



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ment isn't able to handle a case and needs supplemental resources, they should be able to call upon and work with federal law enforcement such as the FBI.

Health care

All Americans should have affordable, accessible, high-quality health care, just like folks in every other industrialized country. We can create a national system in which patients and their doctors control their care. I want to be on the Health, Education, Labor and Pension Committee in order to fight for an American solution to our health care crisis. This means a focus on preventive treatment, no discrimination against pre-existing conditions, more regulation of insurance companies – and the option for people to keep the plan they currently have.

In the absence of a national plan, I would favor letting states take the lead in developing their own systems to cover everyone.

It is unconscionable that the Indian Health Service (IHS) runs out of money around June every year. While this past year the Senate passed legislation to better fund IHS, I will fight to increase this funding to provide the health care that was promised to American Indians by the federal government.

This would allow tribes to modernize and improve Indian health care services and delivery methods. Increased funding would enhance the ability of IHS and tribal health programs to attract and retain qualified Indian health care professionals as well as increase the facilities' ability to address health disparities in Indian Country. Preventive medicine is key. Those who have regular access to treatment are healthier and live longer.

Mental health parity is a feature of health care that is often overlooked, and that has to stop. Additionally, I would like to focus on diabetes and heart disease in particular. In order to do so, I'd support funding for education and treatment programs that focus on the medical conditions that Indian Country struggles with. Treatment programs would not only include culturally informed treatment plans, but peer mentorship and other community building and outreach prevention programs.

Education

We need to overhaul No Child Left Behind. The educational attainment and graduation rates for students of

color are significantly lower than white students. It's hard to find a teacher who thinks No Child Left Behind is working. Every year the bar for Adequate Yearly Progress is raised. Last year, 727 schools failed and this year 937 of the state's 1,920 schools - nearly half - failed to meet AYP. When a school fails, it can lose critical funding that is used to address the needs of those same students who are struggling to learn.

The discrepancy of educational outcomes for students of color can be addressed starting with early childhood education programs and throughout elementary school. Some children may need additional forms of support as a result of poverty and other barriers. Starting to prepare students for college needs to start early as well. Students of color are underrepresented in critical high-wage fields such as science, technology, engineering and mathematics as well as the health care field.

Environment

On the very first day of my campaign, I called for an "Apollo Program" to fundamentally change our energy policy and end our reliance on foreign oil. This "Apollo Program" will provide federal financial support for research into new forms of renewable energy and development of currently-identified sources to make them more efficient. I'm talking about corn ethanol and other biofuels, as well as solar power. And especially here in Minnesota, I'm talking about wind. Constructing wind farms also creates jobs for sheet metal workers, machinists, and truck drivers.

Our rural landscape is full of energy resources just waiting to be tapped—in the ground, in the sky and most importantly, in the hands of Minnesota's farmers. With the right leadership in Washington, we can lower energy costs, reduce our dependence on foreign oil and create jobs here in Minnesota by investing in renewable and alternative energy sources—making rural Minnesota the engine and epicenter of our renewable energy economy. Focusing that investment in rural Minnesota will improve the quality of life and strengthen our rural communities and our state.

8th Congressional District

Incumbent: Jim Oberstar (DFL, Chisolm) Oberstar did not respond to our questions.

Challenger: Michael Cummins, GOP, Brook Park, Minn., Realtor;

From Michael Cummins: www.cumminsforcongress.com

Sovereignty is the right of the tribes in Minnesota. We need to respect the contributions of the Native American people in our daily lives and in the history of Minnesota. I love WWII history; the contributions of the Native American people during the war were so special. You all should be honored and saluted.

Also, Indians taught us how we can love and appreciate the land and everything that is around us. I visit the Pine City fur post from time to time and learn about the rich history of the Native American people 100 and even 200 years ago. I do not know where Mr. Oberstar stands on tribal rights and issues, but I know that you have been granted special rights and I would not infringe on those rights.

Health Care in Minnesota is important not only for the Native American people but for all of the people in the 8th District. I do have a plan to tackle this issue. I do not believe that the government should have anything to do with our health care. We need to privatize health care, not federalize it, and create meaningful tax credits for individuals and families who seek their own insurance that do not have employer-based health care. We need to get the free market involved. We need to encourage Medical Savings Accounts and promote savings within these accounts for retirement and future needs.

Education is the backbone of our kid's futures. I believe that once again, we need to create meaningful tax incentives for individuals and families to choose where they wish to go to school. I believe that the money should follow the student, meaning that if there is a school that you would rather send your student, then that school should get the dollars from the state. If the public schools are not cutting it, then you should have the ability to send your child to the school that you want. This even includes home schooling. If you are going to teach your child at home, you should be able to receive that money from the state.

The **environment** is very important to me. I love to hunt and fish in northern Minnesota and I believe that we need to take a proactive role in how we take care of the land. From the Great Lakes, to the streams, from the woods to our fields, we have to have a conservationist heart and not a preservation-



ist attitude. We cannot allow our use of the land to be restricted by groups that do not have any idea of what they are talking about. They have the attitude that man in and of itself is the curse of Mother Nature. As a land owner I know how to take care of my land and understand that I have a responsibility to those who live down stream from my home.

Minnesota House District 8-A

Incumbent: Bill Hilty (DFL, Finlayson)

Challenger: Tim Hafvenstein (GOP, Cloquet; Hafvenstein did not respond to our questions.

From Bill Hilty www.billhilty.com

My position on tribal **sovereignty** has always been that we need to respect it, and to resist any efforts to undermine it. Treaty obligations need to be honored. If we do not honor our word, we have no honor.

The answer to our **health care** dilemma is not a bunch of piecemeal, band-aid "reforms." What we need is a system of universal, single-payer health care which is independent of employment and insurance, and which treats everyone equally. There are many models for this in Europe and elsewhere in the world.

Regarding **education**, the state needs to honor its commitment and its constitutional obligation to support public education fully and equally across the state. I am aware that there are many excellent tribal educational efforts and institutions and I fully support them, as should state education policy. We need to respect (and perhaps emulate) some of the unique cultural values that tribal educators are attempting to convey.

As for the **environment**, we need to recognize the harmony and the delicate balance with which all of the elements of our world exist and interact. If we do this, we will inevitably turn away from the culture of excess, dominance, and exploitation to one of respectful, responsible, and sustainable co-existence within our natural systems. I think that Native American culture has always recognized this. In public policy at the state level, there have been some steps in the right direction, but there is much, much more to be done.



Voter's Guide

General election questions from the League of Women Voters Website

The League recently asked the candidates for the office of President, U.S. Senator, and U.S. Representative to respond to a series of questions of interest to voters. Below are their replies.

U.S. President Sen. John McCain



What, if anything, do you believe the federal government should do to control global climate change?

I support developing a cap-and-trade system to reduce greenhouse gas emissions 60 percent by 2050, providing tax credits for alternative energy, promoting zero-carbon nuclear power, reducing the federal government's carbon footprint, funding research into clean-coal technology, and offering incentives for America's automobile industry to develop electric cars.

What should be done at the federal level, if anything, to combat the high cost of health care?

Under my plan, American families will receive \$5,000 tax credits to purchase insurance, either through employers or the private market-insurance that can follow them if they change jobs or leave the workforce. I will work for reforms to lower costs and provide coverage to Americans with pre-existing conditions.

What, if anything, should the federal government do about the growing economic disparity between the middleclass and the well-to-do?

We must spur growth, create jobs, improve educational attainment, and enhance financial security. My plan will keep income and payroll taxes low, reduce the price of gas, double the dependent exemption, bring down health-care costs, give deserving homeowners new fixed mortgages, slash our high business taxes, and expand trade.

What, if anything, should the federal government do to create the world's best educational system for all children in America?

Our education system must focus on standards, accountability, and

choice. My plan calls for recruiting highly qualified teachers in the neediest communities, empowering parents to choose the best schools for their children, expanding online educational opportunities, providing low-income families with access to tutors, and funding professional development for teachers.

Senator Barack Obama

What, if anything, do you believe the federal government should do to control global climate change?

I believe the federal government should pursue multiple paths to reduce greenhouse gas emissions and address the threat of global climate change, including implementing aggressive cap and trade requirements to reduce U.S. emissions by 80 percent from 1990 levels and investing heavily in clean energy and advanced vehicle technologies.

What should be done at the federal level, if anything, to combat the high cost of health care?

My healthcare plan will make aggressive investments in cost-cutting technologies and will place more focus on prevention and chronic care management. The net result will be to bring down the costs of healthcare spending by \$2,500 for a typical family, annually, and lower the expense of Medicare's services.

What, if anything, should the federal government do about the growing economic disparity between the middleclass and the well-to-do?

I will cut taxes for the middle class and roll back some of the Bush tax cuts for those making over \$250,000 to restore fairness to the tax code.

I will make long term public investments in R&D, clean energy, infrastructure, and manufacturing to create millions of good-paying jobs.

What, if anything, should the federal government do to create the world's best educational system for all children in America?

I will strengthen public schools by expanding early childhood educa-



tion, reforming and funding No Child Left Behind, recruiting and rewarding high-quality teachers, and expanding after school and summer learning opportunities. I will create a \$4,000 American Opportunity Tax Credit and expand financial aid to make higher education affordable for all.

U.S. Senate

Dean Barkley



What measures should the U.S. Congress take to address rising food and gas prices and related economic concerns?

Rising food and gas prices are caused by the free fall of the US dollar. If the dollar was worth what it was ten years ago, gas would be closer to \$2 per gallon. The dollar has fallen due to Congress' irresponsible deficit spending and a trade deficit that includes \$750 billion in foreign oil. The trickle down effect forced businesses to raise prices. The solution is simple. Stop spending more money than you take in and get serious about breaking our addiction to foreign oil. Congress continues to commit financial child abuse on our children and it has to stop.

What next steps should the U.S. take in the Iraq conflict? How would you work to get other members of Congress to agree?

I firmly believe our government misled us into this war just as we were misled into fighting in Vietnam. The real war on terrorism should be fought in radical nations like Afghanistan and Pakistan. We have broken Iraq, and it is our obligation to fix it.

If the United States truly held the best interests of the Iraqi people, we should allow them to restructure their own government, and promise the people protection to do so safely. Our presence in a prolonged, staggeringly expensive police action in the interest of protecting our oil supply is no longer effective foreign policy.

Do you believe healthcare is the responsibility of business, government and/or individuals? What is your vision for healthcare in the United States?

People can no longer afford health-

care because the pharmaceuticals, insurance companies, such as HMOs, and special interests that support our elected officials have turned it into the ugly, costly corporate conglomerate our healthcare system now impersonates.

Instead of going toward Universal Health Care, I propose offering the current Medicare system to all Americans on a cost basis. Let the private sector compete with the public sector and see who wins. I would mandate that Medicare negotiate with the drug companies for lower costs. Why should Canadians pay 50 percent or less for the same drugs as Americans?

What federal action do you support to reduce greenhouse gas emissions, which energy, environment, food, health and security impacts on the nation and the world?

Every time Congress takes a step toward renewable energy, lessening our dependence on foreign oil, big oil money threatens to pull the financial campaign plug, and we take two steps back. Had Congress taken the initiative to aggressively pursue research and development of clean alternative energy in the 70s, the nation would be far less dependent on foreign oil.

I would propose legislation to mandate compliance to reduce emissions as well as propose fiscal incentives to develop all forms of clean energy, including nuclear energy. When we decrease our dependence on foreign oil, we strengthen our own economy.

Al Franken

What measures should the U.S. Congress take to address rising food and gas prices and related economic concerns?

One of the biggest reasons for the increase in food prices is the increase in inputs such as fuel, fertilizer and shipping. We've been tied to an oil economy for too long and need to shift to increased investment in and use of renewable and alternative energy and invest in energy efficiency, which will create jobs, reduce our dependence on foreign oil and help preserve our environment.



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Voter's Guide

General election questions from the League of Women Voters Website

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We also must work to lower prices at the pump in the short term. We can immediately lower gas prices by cracking down on oil speculators and temporarily opening the Strategic Petroleum Reserve.

What next steps should the U.S. take in the Iraq conflict? How would you work to get other members of Congress to agree?

Our presence in Iraq has created a culture of dependency with the Iraqi government and the states in the region. Our only leverage is to let everyone know that our commitment is not open-ended, that we are going to leave, set a responsible timetable for withdrawal and actually start leaving.

This is the only way to jumpstart diplomacy in the region. Iraq's neighbors do not want it to fall apart, and yet as it now stands, their foreign ministers meet only semi-annually. We can jumpstart regional diplomacy only if we let them know that we are serious about leaving.

Do you believe healthcare is the responsibility of business, government and/or individuals? What is your vision for healthcare in the United States?

We must find a solution for the health care crisis in this country that ensures that every American has access to high-quality, affordable health care that focuses on preventive care. The problem of 47 million Americans without health care impacts all Americans, not just people without coverage.

Single-payer universal health care is not possible at this time, either practically or politically, so any universal health plan must include government assistance for individuals who cannot afford coverage and businesses that are unable to cover their employees as well as increased regulation on drug and insurance companies.

What federal action do you support to reduce greenhouse gas emissions, which energy, environment, food, health and security impacts on the nation and the world?

I support a cap and trade system

to create incentives for businesses to curb their carbon emissions. This is not a problem that we can afford to ignore any longer. There is a global consensus among climate scientists that climate change is real and man-made.

We also need to start a new "Apollo Project" to make massive investments in renewable and alternative energy--wind, solar, ethanol biomass, geothermal, electric hybrid cars and energy-efficient buildings--so that we can reduce our dependence on fossil fuels. We also need to develop carbon sequestration technology for coal-fired plants.

Sen. Norm Coleman



What measures should the U.S. Congress take to address rising food and gas prices and related economic concerns?

To reduce prices at the pump and the rise in food costs, we need to go "all-in" on domestic energy production: expanded environmentally-responsible drilling on the Outer Continental Shelf (OCS); investing in clean-coal technology; expanded use of nuclear energy; fully funding renewable energy programs that focus on efficiency, research and development and new technology deployment.

I have worked hard to increase renewable fuels production which has lowered gas prices, and worked for the next generation of renewable fuels, to dramatically increase domestic fuel production. To stem the negative effects of high prices I've been a champion for LIHEAP assistance and domestic nutrition assistance.

What next steps should the U.S. take in the Iraq conflict? How would you work to get other members of Congress to agree?

I support a policy that will leave a stable, sovereign and democratic Iraq in the Middle East for the long term. The surge has provided substantial progress in Iraq, but we need to continue transitioning our troops out of a lead combat role and into a mission of fighting Al-Qaeda and other terrorist organizations, securing Iraq's

border to prevent Iranian infiltration, and advising, training and equipping the Iraqi Security Forces.

Above all else, we must continue to fully support our troops on the front lines, and I steadfastly oppose any measure to cut off funding for our troops.

Do you believe healthcare is the responsibility of business, government and/or individuals? What is your vision for healthcare in the United States?

All three play an important role in providing every American access to affordable, high quality healthcare. Government needs to provide oversight to ensure access, affordability and a safety net for the most vulnerable, but shouldn't stand between a patient and doctor in making healthcare decisions.

I've consistently supported a balanced approach to improving access to care, providing funding for research and treatments, lowering costs, and improving quality. We must ensure that small businesses, the backbone of the US economy, can continue to offer healthcare to their employees. That's why I support the SHOP Act among other bipartisan health reform proposals.

What federal action to do you support to reduce greenhouse gas emissions, which energy, environment, food, health and security impacts on the nation and the world?

We must increase the use of clean, alternative energies such as renewables, wind, solar, clean-coal and nuclear energy. I also support legislation that limits greenhouse gas emissions, but in a way that protects jobs, working families, and the least fortunate among us. I've supported conservation measures such as increased fuel economy standards to reduce emissions and energy usage.

Additionally, I know that U.S. efforts cannot achieve desired results unless other countries take similar action, and therefore support a mandatory Congressional review of new plans to ensure they don't adversely put the U.S. at a competitive disadvantage in the global economy.

8th Congressional District

Rep. James Oberstar

What measures should the U.S. Congress take to address rising food and gas prices and related economic concerns?



To address rising fuel prices, I have supported legislation to release oil from the Strategic Petroleum Reserve, curb excessive speculation in energy markets, require energy companies to utilize existing oil and gas leases and my legislation to promote mass transit.

To reduce both fuel and food prices, I strongly support the promotion of biofuels made from non-food feedstocks like switch grass, algae and even waste products. I also supported the recently-enacted Farm Bill that expands federal nutrition programs, and am encouraged that innovative developments in alternative and renewable fuel technology will reduce both food and gas prices. What next steps should the U.S. take in the Iraq conflict? How would you work to get other members of Congress to agree?

We must proceed with the prompt and orderly redeployment of U.S. troops from Iraq. We must continue the successful diplomatic work that led to the Sunni "awakening" movement against Al-Qaeda and the temporary cessation of hostile action by the Shiite militias. We must continue to insist that the Iraqi government work to promote political stability and reconciliation during this critical period.

For the past two years, there has been bipartisan majority support to change our flawed Iraq policy; the problem has not been congressional consensus, but rather an administration that continues to believe that this war can be won militarily.

Do you believe healthcare is the responsibility of business, government and/or individuals? What is your vision for healthcare in the United States?

I firmly believe that access to
continued on next page

Voter's Guide

General election questions from the League of Women Voters Website

from previous page

health care is a societal responsibility and should not be linked to employment. It is clear that our current business/government patchwork system is in need of comprehensive reform.

We must focus on making our health care system more efficient and utilize economies of scale to generate health care savings to improve health care and expand access for all. Even with improvements in our health care system, it is essential for individuals to take responsibility for their health care by making good decisions regarding diet and exercise, and refraining from unhealthy lifestyle activities.

What are your top three foreign policy priorities?

My foreign policy priorities center on promoting our nation security interests. First, we must end the misguided war in Iraq. Our nation continues to pay a very steep price for this war (lives lost, our moral authority undermined, alliances strained and attention and resources diverted from the war on terrorism and needs at home).

We must redirect our attention to Afghanistan to stop the resurgence of the Taliban and Al Qaeda. I am convinced that to win the war on terror, we must exercise greater U.S. leadership to promote a comprehensive Middle East peace agreement between Israel and the Palestinians.

What federal action to do you support to reduce greenhouse gas emissions, which energy, environment, food, health and security impacts on the nation and the world?

To reduce our dependence on fossil fuels and to reduce greenhouse emissions, I support greater investment to promote renewable energy and alternative fuels. Clean, cost efficient, renewable sources such as wind, solar, biomass, geothermal, hydropower, and hydrogen must be emphasized.

I also authored legislation to install solar technology in federal buildings and to institute energy savings measures in all federal building. I supported the significant increase in auto fuel economy (CAFE) standards to reduce greenhouse emissions. We must also restore U.S. leadership in the global climate change issue and work collaboratively with other nations to alleviate global warming.

Michael Cummins



What measures should the U.S. Congress take to address rising food and gas prices and related economic concerns?

The key words are "affordable" and "abundant". It takes affordable, abundant energy to grow our food and create good-paying jobs in America. Over time, we must produce more with less energy. Today, the technologies for alternatives that are affordable and abundant don't exist. The ethanol mandates from Congress have had disastrous consequences on food prices – and hoped-for renewables such as cellulosic ethanol are just that – hopes.

We cannot allow our economy to shrivel up in the interim. Until new technologies are on-line, we must increase domestic production of oil, natural gas and coal, our traditional sources, to power our nation.

What next steps should the U.S. take in the Iraq conflict? How would you work to get other members of Congress to agree?

My son just returned from a tour of duty in Afghanistan and is now training to go to Iraq. We need to continue to support the slow, but methodical transition to empower the Iraqis to govern their peoples and provide a strong democratic base in the Middle East.

Our leaders must support our commanders on the ground; create benchmarks for the Iraqi government; hold them accountable when those benchmarks are not met; and require the Iraqi government to start spending more of its growing resources in re-building its own infrastructure.

Do you believe healthcare is the responsibility of business, government and/or individuals? What is your vision for healthcare in the United States?

Life-saving drugs and medical devices developed in America have improved health around the world. They are due to a vibrant private sector health care industry. While government should provide a safety net for the aged, infirmed or incapacitated, more federal red-tape is not the solution. The solution is individuals and families in control of their health care purchases.

In most cases, the new individual policies without mandates, are 40 percent cheaper than group policies? Reforms I support include portability of policies, freedom from mandates, deductibility of health insurance for individuals and small businesses, caps on lawsuits, and tax-free health savings accounts.

What federal action to do you support to reduce greenhouse gas emissions, which energy, environment, food, health and security impacts on the nation and the world?

I believe the marketplace has and will continue to respond to our desire for cleaner air, water and a pristine environment. These are benefits only an affluent society can afford. The cap and trade system, proposed by liberals in Congress, risks throwing our economy into a tailspin that stops progress on the environment.

With China and India soon to exceed the U.S. in greenhouse gas emissions, the result would be no reduction in worldwide carbon emissions. We must continue to listen to the science on both sides of this issue, because only politicians (not scientists) will end the debate.

For further information, go to the League of Women Voter's website at: www.lwvnmn.org

Proposed amendment on ballot

Voters will see a proposed constitutional amendment on their ballots on Nov. 4. The amendment would raise the sales tax rate three-eighths of one percent and dedicate the revenue for natural resources and the arts.

Voters will decide whether or not to ratify the amendment. This information was taken from the Minnesota League of Women Voters Website www.lwvnmn.org.

The question to be presented to the voters in the November 2008 general election is: "Shall the Minnesota Constitution be amended to dedicate funding to protect our drinking water sources; to protect, enhance, and restore our wetlands, prairies, forests, and fish, game, and wildlife habitat; to preserve our arts and cultural heritage; to support our parks and trails; and to protect, enhance, and restore our lakes, rivers, streams, and groundwater by increasing the sales and use tax rate beginning July 1, 2009, by three-eighths of one percent on taxable sales until the year 2034?"

Allocation of Funds

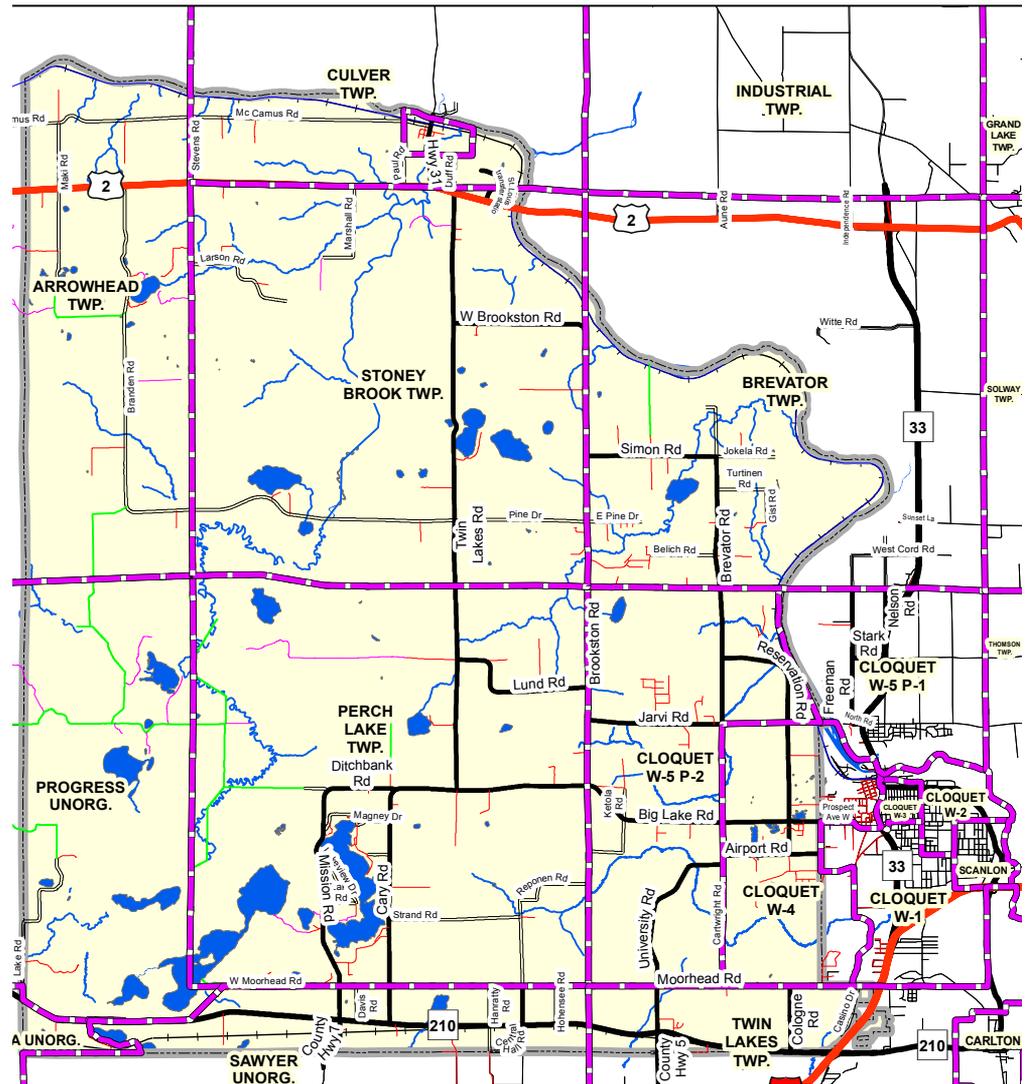
If passed, the amendment would raise approximately \$274 million dollars in fiscal year 2011. The amendment specifies how the money would be allocated among four funds. Below is a description of the four funds and how they are to be used.

- Outdoor Heritage Fund. This fund would receive 33 percent of the revenues, which must be used to "restore, protect, and enhance wetlands, prairies, forests, and habitat for fish, game, and wildlife."
- Clean Water Fund. This fund would also receive 33 percent of the revenues, which must be used to "protect, enhance, and restore water quality in lakes, rivers, and streams and to protect groundwater from degradation."
- Parks and Trails Fund. This fund would receive 14.25 percent of the revenues, which must be used to support parks and trails that are of "regional or statewide significance."
- Arts and Cultural Heritage Fund. This fund would receive 19.75 percent of the revenues, which must be used for "arts, arts education, and arts access and to preserve Minnesota's history and cultural heritage."

Voter's Guide

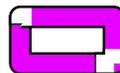
Precinct locations

Township/Precinct	Polling location
Twin Lakes/81	Carlton County Transportation Building, 1630 County Road 61, Carlton
Corona/88	Mail ballot precinct
Progress/94	Mail ballot precinct
Perch Lake/92	Perch Lake Town Hall, 2757 Big Lake Road, Cloquet
Sawyer/98	Mail ballot precinct
Cloquet/3	Gospel Tabernacle Church, 1400 Washington Ave., Cloquet
Cloquet/4	Garfield Community Center, 302 14th St., Cloquet
Cloquet/5	Cloquet City Hall, 1307 Cloquet Ave., Cloquet
Cloquet/1	Our Redeemer Lutheran Church, 515 Skyline Blvd., Cloquet
Cloquet/2	Fond du Lac Head Start, 105 University Road, Cloquet
Brevator/70	Brevator East Hall, 7246 Morris Thomas Road, Cloquet
Solway/920	Solway Town Hall, 4029 Munger Shaw Road, Cloquet
Stoney Brook/925	Stoney Brook Town Hall, 8707 Pine Dr., Cloquet



Tim Krohn, FDL GIS Specialist

Legend

 MN voting districts 2008



Al Franken, candidate for the U.S. Senate, visits with Chairwoman Karen Diver during a campaign stop at the Reservation on Oct. 17.



Parenting Page



Helping kids become effective voters

By Lucy Carlson

The Nov. 4th election date is fast approaching. Many of us are talking about how the next leader of our country will impact our present lives. It is equally important that we consider how the leaders we select now will influence our children's future. At the same time, we adults, as our children's most influential teachers, can help our children learn to be astute decision makers and effective voters.

Take a minute and give some thought to how you made the decision on which candidate you will vote for. Was it the influence of family or friends? A newspaper article that caught your eye? A TV commercial slamming the opposing candidate?

Or do you have an issue that is important to you on a personal level which is being strongly supported by one of the candidates?

Many of us use some of the above techniques when we go to the voting polls. But in thinking a little more about voting, we might see that the process of effective voting is actually a process of decision making. Do you know what your personal decision-making style is? Researchers have identified six steps of a natural, intuitive decision-making process. These are concrete and simple to

understand. They include:

- Step 1: Define the problem
- Step 2: Identify available alternative solutions to the problem
- Step 3: Evaluate the identified alternatives
- Step 4: Make the decision
- Step 5: Implement the decision
- Step 6: Evaluate the decision

If we take the time to teach our children how to be effective decision-makers, we will not only help them to blossom into strong decisive voters, but we will give them a life-long skill that will impact their lives in many ways. A research study of first grade children showed that those students who were most successful in school were those who knew and used the above steps in decision-making. That's powerful research!

Talking with our children about voting, sharing our views, and encouraging kids to define their personal likes and dislikes is a first step in positively impacting our future voters. We can encourage independence in thinking even in very young children by encouraging them to make everyday choices. These choices might include which story to

read before bed, whether to wear the blue shirt or the red one, or whether to eat a banana or an apple. Encouraging choices such as these, builds self-sufficiency and competency in decision-making. Then later, when more complex situations arise and children must weigh more serious options, they have a base of decision-making experience to rely upon.

The use of voting to make family decisions adds an additional dimension to decision-making. Discussing how current politics fit into you're your family values helps to develop important character traits in young people, and it equips kids with skills needed for adulthood. While

some students may never need to solve an algebraic equation after graduating from high school, knowing about civic life, how to vote responsibly and the necessity of community involvement will prove valuable for a lifetime.

Both parents and teachers can help older students study the candidates and issues. We can encourage their interactions with public officials, the attendance of debates, and keeping track of current events. Community

experiences compliment and reinforce what is learned in the classroom and at home.

At school, students learn about decision-making, gathering information, evaluating the candidates and how the election process works. Students can then take this information home to share in family discussions which would encourage increased parental involvement. This creates an important "civic bonding" of family, school and community.

Involvement is key to a community's vitality and success. Our Fond du Lac families and schools play a critical role in developing a strong community. By continually encouraging young people toward active civic participation – through volunteerism, interaction with public officials, interest in current events and issues - as well as voting - we will positively impact our community and its future.

Lucy Carlson is a Family Educator with the Fond du Lac Head Start Program. She writes regularly on parenting matters for this newspaper. Her email address is lucycarlson@fdlrez.com

A study of first grade children showed that those students who were most successful in school were those who knew and used decision-making steps.

“Social contract” concept evolves to make FDL safer place

Second meeting held late in September

By Deborah Locke

You say you want less violence on the Reservation, and fair, consistent punishment for criminals.

What if stronger policies and ordinances mean harsh consequences for you or your immediate family? What if it's your husband or sister or nephew who is charged with arson or manslaughter and now faces a stiff penalty from tribal officials, as well as a jail sentence from a county judge?

Those questions sum up continuing conversations at the Fond du Lac Reservation concerning new ways to treat and prevent violence. A Sept. 30 meeting at the Sawyer Community Center provided further guidance to the Reservation Business Committee about changes to current policies and ordinances. About 30 people attended. Chairwoman Karen Diver acted as moderator.

The first meeting was held Aug. 19 at the Cloquet Community Center with about 65 people in attendance. Then a more law-and-order audience agreed to a “zero tolerance” approach for the most severe crimes like drug dealing and sexual assault. A few believed that the ordinances should provide penalty guidelines based on whether the offender kept repeating the crime, and the severity of the crime.

Give ‘em a break

Several audience members at the September meeting emphasized retribution and rehabilitation, rather than an automatic severe punishment such as permanent banishment.

For example, one resident believed that if a criminal had served a prison sentence for 15 or 20 years for murder or manslaughter, he or she should have the opportunity to return to the reservation from prison and receive reservation benefits such as employment and housing.

A new citizen review board could determine if the individual may

return to the reservation. The review board could include the victim and/or his or her family members.

The Reservation has policies and ordinances that address criminal behavior, said Karen Diver, chairwoman. Some policies simply condemn criminal behavior, rather than state consequences for it. The FDL Tribal Court handles civil cases only and in some instances, the FDL Tribal Court judge also does not have clear sentencing guidelines.

Ideally, Minnesota's reservations will work in tandem to create policies, or at least share policies, Diver said. Networking would create stronger, safer reservations throughout the state if each reservation forewarned the others of the whereabouts of their more dangerous criminals.

The focus on treating violent behavior came abruptly to the attention of the RBC last spring following a drive-by shooting on Whispering Pine Drive. Neighbors were “outraged,” Diver said, and immediately instructed the RBC to do something about the incident. No one was injured during the shooting.

Housing policies state that the homeowner is responsible for all activities within the home whether or not the homeowner is present or absent when the crimes occur. The housing policies state that a homeowner and occupants must vacate the home within 72 hours of a violent incident.

Because of the severity of the crime that endangered the lives of neighboring residents, the RBC determined that the home should be vacated. The home underwent renovation for occupancy by another family until it was destroyed by arson this past summer.

In a similar situation, non-Band Members occupied a home where alleged gang members lived. There were frequent reports of violence, so the RBC issued a banishment order and the occupants had to leave within 72 hours.

Due process

Several audience members expressed a concern for due process and the possibility of double jeopardy. For example, if public safety is threatened and people become alarmed, they will demand immediate action from an RBC that may not fairly treat the alleged perpetrator. The criminal court system can take a long time to put an offender away, but the RBC has the option of removing an alleged criminal from Band lands if the evidence is overwhelming of a crime. Diver agreed that the issue could be “sticky.”

Other cases are equally sticky. Some Band Members have destroyed three to four homes through vandalism, yet they continue to get new ones, Diver said. Should that pattern be allowed to continue? Clear policies and ordinances would give better guidance.

A discussion of arson led someone to ask about restitution. If a Band Member burns down a home or some building and then pays the Band back for the damage, have they paid their debt to the community? Diver posed this example: what of a Band Member guilty of arson in the burning down of a Reservation home. Should that person ever have the right to another home?

The subject of restitution came up again when someone suggested that criminals should have their casino revenue dividends cut and applied to the Band for damages. Diver challenged the audience by pointing out that people still have to earn a living, and asked how is it possible to rehabilitate someone who is destitute.

“Are we willing to hold personal responsibility as a community value?” Diver asked. “What are our common norms and what do we pledge to each other? This is a huge issue for us. People come to us and ask ‘what are you going to do?’ We are five out of 4,000 people. These matters belong to all of us.”

Elder concerns

The subject of elder housing arose, with concerns that non-elders live in housing that is supposed to be reserved for older Band Members. The elder housing policy could be changed to state that under no circumstances can elderly residents permit family members to live in their apartments. Sometimes family members will dump their kids on the doorstep of a grandparent. A Minneapolis elder complex requires visitors to sign in. They are told they have to leave the building on Sunday afternoon.

An elder said that when illegal activities occur at elder housing, the residents themselves deal with it. That comment was followed by another woman who said she doesn't live in elder housing, “but I'm just as afraid as she is.”

Diver introduced a “social contract” concept wherein an individual earns the right to return to the Reservation following criminal activity and punishment. Perhaps a former drug dealer, for example, must make restitution to the victims, apologize to the victims and the community and be subject to random drug and alcohol testing.

Or an ex-con could be expected to successfully work off the reservation for a certain time, and then would earn the right to return to the reservation for employment. A stipulation could require that the person be chemical free.

Diver said that the RBC would work with an attorney to determine whether the ordinances or policies would change. A community meeting would then be held to review any changes. The new policy/ordinance drafts will be completed after Jan. 1, 2009.

Diver said that if even half of the evening's suggestions were ultimately carried out, the changes would have a long-range effect on a lot of people.

Finding herself in horses

Haley and Chesney take top honors at major competition in September

Story and pictures by
Jane Skalisky

Haley Misquadace-Psyck, 13, and her six-year-old Appaloosa gelding, Chesney, finished first in the junior pennant competition in the Minnesota 2008 Western Saddle Club Association's Horse show Sept. 18-25 in St. Paul.

To win, Haley had to get the best time, 8.7 seconds, carrying a flag to a barrel with another flag on it, replace the flag with one on the barrel, and return. In August, Haley and Chesney also came in first in the half-mile large pony race at the Carlton County Fair in Barnum.

Haley's mother Rose Psyck, said initially Chesney was so wild that no one wanted to train him. Rose gave Chesney to her daughter for her 10th birthday. In just a few years, Haley transformed her \$300 birthday present into a champion, competing and winning against \$100,000 equines.

Haley feeding her horse, Chesney, an apple as her dog, Queenie, and horses Karma, Gypsy, and Boo's Wildfire look on.

"She's a natural," said Rose. "She really found herself in horses."

Haley said she was drawn to horses because they love to run and are good listeners.

"I'm a better person because I'm with horses," she said. "They understand you more than humans 'cuz they don't use words and don't talk back."

Haley also said that horses keep her busy, out of trouble, give her something new to learn every day, and provide fun with her friends.

Occasionally, they add excitement. Haley told how she and her friends were riding and came upon a large hole.

"I yelled 'wait!'" said Haley. But it was too late. The other horse spooked and ran, and Haley's friend was knocked off her pony that took off through the woods with Haley in hot pursuit.

Haley estimates that initial start-up equipment costs for having a horse are about \$1,000. Between

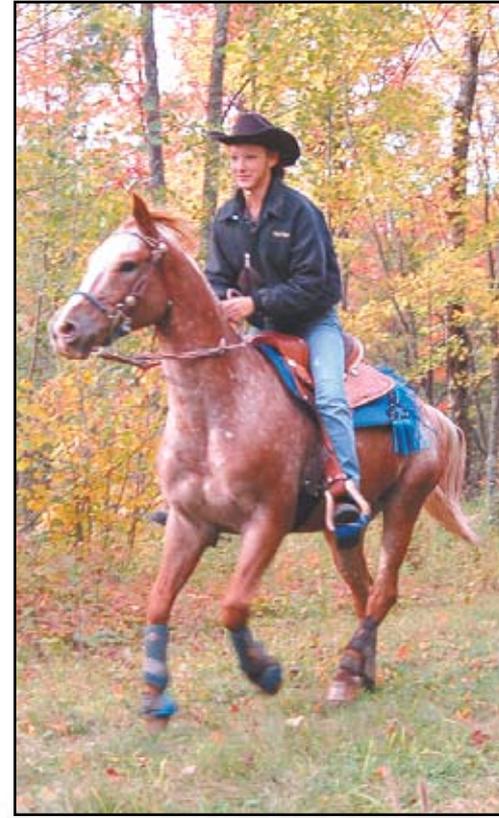
October and May, feed comes to around \$80 a month. Every six weeks a ferrier trims Chesney's feet for \$30. Once annually, a \$250 veterinarian visit is required for a check-up and vaccinations. For Haley and her mom, the costs are well worth it.

"We eat commods so the horse can eat sweet feed," said Rose. Rose described herself as a "horse-mom," and that through Chesney, a partnership has developed between her and her daughter.

"We have a really close bond," said Rose. "Working with the horses gives us a chance to talk about her day, her friends, and school. It helps us reduce stress and forget about everything."

Haley's long-term plans include using her horse know-how to study to become an equine veterinarian.

"I'm going to have to work hard to do well in school," she said.



Haley galloping Chesney in the woods on their land on the Reservation the end of September.



Getting ready for winter



By Jane Skalisky

Good news for home heating on the Rez: the Old Farmer's Almanac is predicting a dry and mild winter for the Northern Plains. Bad news for propane, heating oil, and natural gas users: heating costs are up from last year.

For propane, the cost per gallon is currently \$2.45, said Marcia Dupuis, FDL Propane office manager, up from \$1.68 from last year. The current price for home heating fuel is \$3.96 a gallon, up from \$2.75 from a year ago.

For homes that heat with oil, the U.S. Department of Energy is predicting that costs are expected to increase 30 percent over last winter. Natural gas is expected to rise 19 percent, propane 13 percent, and electric heat, 9.5 percent.

FDL Energy Assistance Program

In early October, President Bush signed the bill to provide \$5 billion for the Low-Income Home Energy Assistance Program. Minnesota will receive \$144.5 million, nearly twice the amount from last winter, according to a story in the Star Tribune.

The local agency administering LIHEAP is Fond du Lac's Energy Assistance Program. Any resident that meets income guidelines is eligible to participate in LIHEAP, a state-run, federally funded program, said Joan Markon, Director of Community Services. Eligibility is based on a person's last three month's income and household size.

Here are 2008-'09 annual income limits related to household size.

Household size Annual Income

#1	\$21,184
#2	\$27,702
#3	\$34,220
#4	\$40,738
#5	\$47,256

Amounts received depend on income, cost of fuel, and amount used the previous year. In addition, households that qualify for energy assistance can receive up to \$300 from a state crisis fund. The deadline to apply for energy assistance is the end of March 2009.

For an application, stop in at the energy assistance office, 1720 Big Lake Road, or call (218)878-2603.

Cold Weather Rule

The cold weather rule regulates conditions under which gas and electric utilities may disconnect residential service between October 15 to April 15 in Minnesota, said Sue Thompson, Director of Customer Service at Minnesota Power. The CWR requires that customers who have difficulty paying heating bills contact their utility to work out a mutually acceptable payment plan, Thompson said. If a customer receives a disconnection notice from Minnesota Power, they must contact the company to set up a payment plan to avoid disconnection.

For further information, contact Minnesota Power at (218)722-2625, (800)228-4966 or at this website: www.mnpower.com/pow-erofone.

Ways to cut energy costs

- Get your propane tank filled in the late summer or early fall when prices are generally lower

- Talk to your heating oil dealer about participating in a budget plan and/or a fixed price protection program to stabilize your monthly bill
- Obtain a home energy audit through Minnesota Power at (800)228-4966 or your electric provider
- Properly insulate your house and hot water heater
- Caulk and weather strip doors and windows
- Install a programmable thermostat and reduce temperature setting during the night and/or when you are not home.

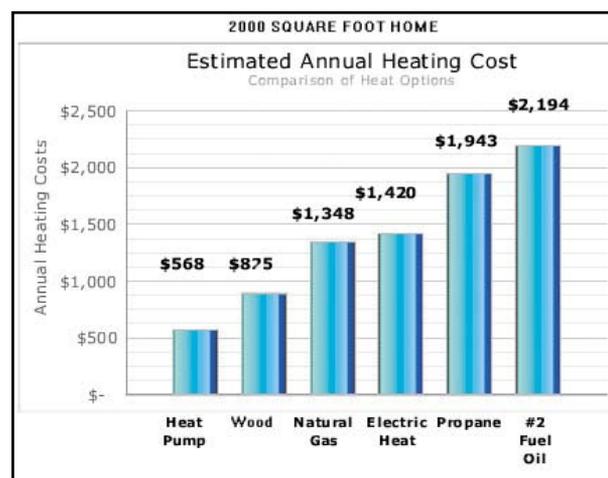
Firewood

One of the more economical ways to heat during the winter is with firewood. New on the scene this year on the Reservation is FDL Logging.

The amount of wood needed to heat the average home in this area during the winter is eight cords of wood, said Vern Northrup, FDL Logging and Timber Manager.

Costs for home delivery currently range between \$800 to \$950 for 10 cords, depending on the distance. Northrup advises ordering wood in the spring, so that it can be split and dried over the summer, but says it will be available through March 2009.

Northrup advises those wanting to heat with wood to opt for the outdoor wood burners, as they are more efficient, cleaner, and safer. He also



Graphic by Steve Nicholas

recommends twice annually cleaning chimneys and stoves and inspecting flues.

Northrup and his crew were logging at Hardwood Lake in early October, located in the center of the Reservation. In their first year of operation, they have harvested between 9,000 to 10,000 cords of wood, he said. Northrup describes his operation as "low impact and eco-friendly," where his loggers selectively cut and leave every fifth treetop to nourish the soil, as opposed to the practice of clear-cutting everything.

After the Reservation land has been logged, Resource Management either replants, burns, or leaves the area to resprout naturally.

As Northrup drove past black spruce and tamarack swamps on the way back from Hardwood Lake, he said that there was some resistance to the Reservation getting into logging, but it diminished once people understood how they logged.

"We're taking the place of fire," *continued on next page*

Musings from a FDL veteran

By Jim Northrup

The yellow and orange leaves are being combed out of the trees by the wind. At this time of the year, I begin to think of Veterans Day again.

I am a veteran of five year's service in the United States Marine Corps. I joined the military after I graduated from high school. I went to Cuba in '62 during the Missile Crisis. In September of '65 I went to Vietnam. I served with India Company, 3rd Battalion, 9th Ma-



rines near Danang and An Hoa. We called ourselves grunts or mud Marines. We killed and were killed.

In '66 I returned home to the World, as we called the United States of America. I brought back an ore boat's load of memories, some good but most were not so good. I have been diagnosed with PTSD, a medical term that means Post Traumatic Stress Disorder or as a fellow grunt, Ray Earley, describes it, Party 'Til Someone Dies. That is a typical, cynical view survivors of the Vietnam War sometimes adopt.

We are in a war in Iraq and Afghanistan making more veterans

who will return home with memories of their time in the war. I know they will have a difficult time making the transition from war to peace.

I have two proposals that will honor veterans and make the transition easier for returning veterans.

I propose that the Reservation Business Committee pay each veteran a bonus and designate certain parking spaces for veterans at the Rez buildings. I know we get a veterans pow wow every year, but three days out of 365 doesn't seem like enough.

I am using a precedent set by the State of Minnesota back in the early '70s. Vietnam veterans, including Ray Earley, circulated petitions to the state government asking for a bonus. The Legislature passed a bond to raise a pool of money to give each survivor \$1,000, each Vietnam veteran \$600, and other veterans \$500. Considering inflation, I think each Rez veteran should get \$1,000.

I am leaving it up to the RBC to figure out how to pay for this bonus that will honor and respect their veterans. I know they are dealing with multi-million dollar issues almost every day. However, I think they should consider this one-time award

to veterans.

The second proposal is more modest. I am proposing that the RBC designate certain spaces as veteran's parking. They could put a few on each side of the already existing Handicapped Parking spaces. The veterans would feel good using these parking spaces. They would be reminded almost daily as they park at the RBC building, the three community centers, the clinic, Nagaajiwaaanong Adawewiigamig, the Black Bear Casino, the Ojibwe school, Head Start and the golf course. Reservation visitors would see how we feel about our veterans when they see signs and parking spaces.

The Rez already issues handicapped placards so it wouldn't take much to provide similar placards to the Rez veterans.

We are sovereign. We can make those decisions on and for the Reservation. Maybe we would start a trend and other places would start using our idea.

In an unrelated note, I would like to share something that happened to me as a veteran. I have found that writing about my war experiences helped me return home.

At the dedication of the State Vietnam Veterans Memorial, I was asked to recite some of my war poetry. I read poems to the veterans, the civilians and dignitaries that made

up the crowd that were honoring veterans that day.

While standing around talking with the other veterans, we noticed former Gov. Rudy Perpich working the crowd, smiling and shaking hands. Before he came close to us, Ray Earley told me how Rudy had helped them get the Legislature to pass the bond for the state bonus. When he came up to shake my hand, I thanked him for his efforts on behalf of the veterans.

Then while still shaking hands, I asked Rudy if he wanted to know how I spent my bonus. He said yes. I told him I had spent \$595 bucks on wine, women, and song. The rest I just wasted. Rudy wanted to end the shake when he heard that. I held on a little longer. The veterans around me laughed, Ray and I laughed, finally Rudy laughed. I let go of him and he left, shaking hands and smiling, still working the crowd.

I think of these things as I am raking up all of those damn leaves that keep falling.

Oh yeah. I also think we should quit making veterans.

Jim Northrup contributes to this newspaper. He can be reached at JimNorthrupfdl@gmail.com or by phone at (218) 878-0245

from previous page

said Northrup. "We're blowing a hole in the forest and allowing new growth to begin." He explained that selectively cutting creates differently aged forests that are more resistant to disease and fire.

Another benefits to the Reservation are these: the logging business provides employment for Band Members. It allows Band Members to maintain their own forests. It provides a profit to the Reservation.

To obtain a firewood request form, contact the logging and timber office at 1720 Big Lake Road by stopping by or calling, (218)878-7506. The e-mail address is fdllogging@fldrez.com.

Winters of years past

As Reservation residents prepare for the Winter of 2008-'09, Jeff Sav-

age, FDL Museum Director, offered a retrospective of Reservation winters of years past.

A lot of homes were two-room tarpaper shacks with cardboard insulation that you could see through to the outdoors, he said.

People used a potbellied stove or cook stove to heat their homes and burned about eight to 10 cords a winter. Deer and fish were preserved on top of roofs and potatoes and rutabagas were kept in cardboard boxes, he said.

Northrup remembered those winters as being colder and more harsh.

"There were no good old days," he said. "The good old days were hard old days."

Vern Northrup alongside freshly cut wood one early October day near Hardwood Lake.



A few thoughts from RBC members

From Chairwoman Karen Diver

The community meetings on violence issues had great attendance, and the RBC appreciated the input from Band members. The RBC will be working to draft policies or ordinances to bring forward for community review before the end of the year.

At the past few open RBC meetings, a question was raised about what the RBC can do to help people afford winter heating costs. The Reservation currently operates the state heating assistance program, which is taking applications now for this winter.

There is also a crisis energy program operated by the Band for Band Members living on or near the Reservation. The RBC will review the program in the next few weeks to see if it needs its guidelines amended. The RBC has to make sure that access to Band resources is fair for all of its members. Unfortunately, there is little we can do to make sure that the program has enough resources to

meet everyone's needs, but we will try to make sure that the neediest in the community have some access to service. It does seem clear that the guidelines will have to reflect clearly how to determine a family's needs. If the adults in the household are able to work, but do not, they should not have priority over those in our community who can't meet their needs because of other limitations and circumstances.

Aside from the state and the RBC crisis program, the RBC does not provide assistance with electric or heating bills. Please keep this in mind, as your use of the per capita advance might come in handy as you try to budget for winter heating costs. Additionally, because of abuse, the RBC can no longer allow customers who have a balance owing to the propane company to make additional charges. The outstanding bills need to be paid, or accept-

able payment arrangements must be made. Propane balances have become too high, with customers making payment arrangements that will require one to three years to pay off. It is not a fair use of Band resources to provide for this level of subsidy for heating costs because we cannot do it equally for all Band Members.

By now, Band Members have received their per capita letter for the next year and the amount will remain the same as the last few years. We know that many Band Members rely on the per capita to meet day-to-day needs.

Departments will be challenged to hold their budgets in line, defer major expenditures, and meet rising costs for utilities and health care costs. We will try to keep Band Members updated on finances, but please be assured that maintaining the per capita is a major priority.

The Supportive Housing project has received a \$300,000 grant from

HUD's Rural Housing program. Groundbreaking will be in the spring for 24 new units of housing, with support services. This is certainly exciting since it will meet over ten percent of the Band demand for new housing with just one project. Because it is geared towards individuals and families that may need extra support, it will fill a big gap for those in our community who need extra help getting on their feet. Housing continues to be a major priority of the board, with much attention on building our capacity to provide housing and services, but also with following all of the regulations that are required as a condition of accepting housing grants. It is important that the Band is diligent in meeting our obligations so that housing funding is not put at risk.

Please feel to call me if you have questions or comments. I can be reached at the office at (218) 878-2612, or by cell at (218) 590-4887, or by email at karendiver@fdlrez.com.



Karen Diver

From Ferdinand Martineau

I was talking to my granddaughter about how she was doing in school and at home. I asked about her sister and brothers. Then I realized that they are what it is all about. All the work and plans that I am involved in are about our children's children. We have a lot of immediate needs that have to be met, food, clothing and shelter, but we must think of the future generations and what their needs might be.

The hard part of making decisions now is to judge the impact in the future. That is the struggle every day. When I recommended to the council to pay off the construction loan using our savings, I thought about the impact on today and on tomorrow. The one thing that I did not consider was this. What if the stock market crashes? I am no financial wizard and do not claim to be, but if we had

left our money in investments, we would have defaulted on our loan. A default would have meant that U.S. Bank would be obligated to co-manage the casino finances.

I was talking to my cousin, Jim Northrup, the other day. He told me that he submitted an article to the paper this month. As our conversation progressed we began discussing the vets. As my grandpa taught me, always respect your warriors. Jim began to make some points that I had not thought of. He said "Most of us vets are old and sick. We appreciate the honor at the pow-wow, but that is only one day a year. Why don't you honor us every day with a close parking spot at the casino, clinic and administration building?"

I thought why not? I am going to propose that we have reserved spots for FDL veterans at all our facilities. We also talked about some of the problems he had adjusting to life after the service and how he is still dealing with them. You know, unless you are confronted with some of the issues that these individuals have faced, it is difficult to understand them. My stepson joined us. He was in the first Gulf War and is just starting to deal with a lot of the issues that he buried deep inside. It was good to listen to the two of them talk with an understanding that I probably will never have. I do feel we are headed in the right direction with our efforts to serve veterans.

I have been in discussions with the Council on addressing our future

needs. Some old attitudes are tough to break, though. I hear things like: "I made it on my own." "I paid off my student loans." "I had to decide what was most important for my future." "Others will just take advantage of the program."

My response is this. If we took that attitude on all things, we would still be carrying our water and going outside to the bathroom. I believe that we have the responsibility to make things better when we can and I feel that it is our responsibility to improve the opportunities for all Band Members.

Again, I am always interested in hearing any new ideas, so please feel free to call me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com .

Miigwich !



Ferdinand Martineau



From Sandy Shabiash

Boozhoo.

On the local scene: The Sawyer Center now has building signage along with the Elderly Nutrition Program. The front was also landscaped with a variety of shrubs. Thanks to the Carlton Indian Education Committee members and staff for funding the project and to volunteer community members and the chairwoman who planted the shrubs.

Sawyer Center sponsored two pow wows in September. The first annual Jerry Fairbanks Memorial

Scholarship Fundraiser was held at the Mash ka wisen grounds in Sawyer. Proceeds will go towards scholarships and assist in center activities. Following a few weeks later, the second annual 1854 Pow Wow was held at the Sawyer Center, recognizing the signing of the Treaty of 1854. A special miigwetch to Gilbert Caribou and members of the twenty drums who participated.

Sawyer has three new home ownership modular homes going up and

families should be in before Christmas.

On the reservation level: A lot has been going on -- the casino pay off; restructuring our business enterprises; new accounting software that is being integrated reservation-wide; supportive housing is coming together to add 24 desperately needed housing units; and work towards a community consensus on how to deal with violence issues.

In conclusion, I want to express my appreciation to Band Members for allowing me to be involved, on a



Sandy Shabiash

From Mary Northrup

Iwould like to begin by thanking everyone that supported me in the election. I will work hard for the people of Brookston while serving on the Tribal Council.

The last six weeks have gone by fast. I am acclimating myself to the office and starting to spend time at the Brookston Center. I feel that every employee at the Brookston Center is dedicated to improving our center to benefit our community. We will make sure that our workers will get the support that they need to succeed in their respective positions.

Our annual Brookston Powwow will be held on November 22, 2008 starting at 1 p.m. The feast will be served at 3 p.m. The feast will be prepared by our Brookston ENP employees, so you can look forward to a great meal! If you have any questions or suggestions, please call Karrie Smith or Dena Danielson at (218) 878-8033. In addition, if you have any suggestions on events or programming at the center, please let us know. Your involvement is important to the success of our facility.

We are also working on getting more

Outreach Programs available at the Brookston Center. There has been some discussion on opening a substation for the Fond du Lac Law Enforcement at our center. I will keep you informed on the progress of this endeavor.

I am currently still operating as the Tribal Veterans Service Officer until the position is filled. We are planning a Fond du Lac Veterans Dinner on Veterans Day at 5 p.m., Nov. 11, 2008 at the Black Bear Casino. All FDL veterans are welcome. We also will be honoring our World War II and Korean veterans at this time. If you would like to attend, please call Roberta Welper at (218) 878-3707.

As I promised, my door is always open, and I am here to work for you. This is a learning process, so if you feel that you can help direct me in any way, please feel free to let me know what I can do to make

sure that all of your needs are being met.

I can be reached at (218) 878-7583 or (218) 428-8859. My e-mail address is marynorthrup@fdlrez.com.

Miigwetch again for your support!



Mary Northrup

From Wally Dupuis

The convention center hosted two events over the last couple months. Both were sell outs and very successful. A number of other events are scheduled for the near future and I am confident that they will do very well also. Thank you to the entire casino resort staff.

Our Natural Resources Division has been busy as the wild rice harvest has come and gone and the hunting seasons are now underway. The wild rice lakes on the Reservation were not as plentiful this year as we would have liked. Therefore, many of our ricers had to travel a bit further to gather their rice.

The Bio-Mass project seems to be coming along fine. Upon visiting with those working on the project, I found it to be very interesting and informative.

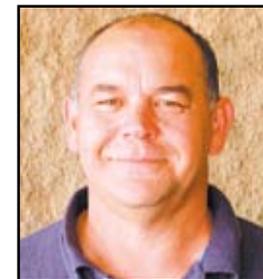
As you know, it is election time again. The Native Vote staff has been working hard at registering and educating voters on

the importance of participating in the election process. Please remember to vote as "Native Votes Count!"

Denny Olson, Fond du Lac Construction Project Manager, recently retired. Denny has been involved in the construction of nearly every building on the Reservation. Congratulations and thanks, Denny.

The relocation of the Cloquet Drop-inn Center is nearly complete as of the publication of this newspaper. The staff as well as community members have been supportive of the relocation. This change should be helpful in bringing the community together as well as assist in providing activities for both the elders and the youth.

If you would like to discuss these or any other issues please feel free to call or email me. Phone (w) (218) 879-8078; (h) (218) 879-2492; (cell) (218) 428-9828; or by email, wallydupuis@fdlrez.com



Wally Dupuis

Q&A: Senior Citizens' Law Project Legal Line

Gifts to children and impact on Medical Assistance eligibility

Dear Senior's Legal Line: I want to give money to my children, but worry about what would happen if I later need to go into a nursing home and require Medical Assistance to pay for my care. I have enough assets to pay for about one year of nursing care. Beyond that, I believe I would have to apply for Medical Assistance to pay for long-term care.

I worry that a gift to my children would make me ineligible for Medical Assistance. Is this true?

Elaine

Dear Elaine:

No matter how old parents become, we seem to have a natural inclination to give things to our children. However, you are right to be concerned about Medical Assistance when gifts are made.

Medical Assistance is the federal program (administered by the state of Minnesota through its individual counties) that pays for long-term care for people who meet its eligibility guidelines.

For example, a single individual can only have \$3,000 in countable assets in order to be eligible for Medical Assistance. Because the program has income and asset guidelines, there are penalties if you give away assets. The general penalty resulting from a gift is that you will be ineligible for Medical Assistance for a period of time, based on the value of the gift, from the date of your ap-

plication for Medical Assistance.

In 2006, Medical Assistance rules were modified to further discourage gifting. This new law was called the Deficit Reduction Act of 2005. For all gifts made after Feb. 8, 2006 the new rules apply.

Among the new rules resulting from the Deficit Reduction Act, are that the "look-back" period is scheduled to be expanded to five years, that the ineligibility period resulting from a gift will start to run from the date of application for Medical Assistance, not from the date of the gift, and that even small gifts count against you.

Note that the look-back period is gradually being phased in. Currently, when you apply for Medical Assistance, the County will look back a period of three (3) years from the date of application to see if you have made any gifts. This look-back period will be gradually increased one month at a time starting in February 2009 until it reaches the full five (5) year look back period in February 2011.

The answer to your question then is that if you give a gift now, the penalty period hangs over your head for up to five years from the date you gave the gift. If you apply for Medical Assistance within five years of the gift, the County is going to see that gift and calculate the length of your ineligibility period. You will be deemed ineligible for a period of time running from the date of the application.

At the time of your application you

would have already spent down to your eligibility limit and most likely would not have enough assets to pay for your care during the ineligibility period.

For example, as a single individual, you can only have \$3,000 in countable assets. Obviously, \$3,000 will not buy you a lot of long-term care. If you do not have the assets to pay for your long-term care during the ineligibility period, a few things may happen.

For example, the County may make a determination that your health is in danger and that you need your long-term care. The County may pay for your care with Medical Assistance benefits, but then they will contact the people who received the gifts and require that they give them back to you. If those people no longer have the gifts, the Medical Assistance rules allow the County to take legal action against the people who received the gifts.

As with any government program, if you have been denied Medical Assistance for any reason, you have the right to appeal the denial. In order to preserve the right to a hearing, your appeal request must be submitted quickly (within ten days in order to continue to receive benefits pending the appeal).

If you have any questions about appeals, I encourage you to either contact us or another attorney.

In conclusion, gifts may be made, but be cautious with them. If you give a gift, everyone must be aware of the Medical Assistance conse-

quences. I recommend that you speak with an attorney before you make any gift. Ideally, you will be able to outlast the five (5) years from the date of the gift and not need Medical Assistance to pay for your long-term care. In case you do need Medical Assistance, a safer way of giving gifts is to make sure that you trust your child not to spend the money. Then, if Medical Assistance has denied you because of the gift, the child has the gift available to give back to you to erase the ineligibility period and/or to pay for your care during the ineligibility period.

One way for the child to safeguard the gift in case it needs to be given back is to place it in a bank account in the child's name only, to not commingle any other money in the account, and to not touch it until at least five (5) years from the date it was given to the child.

Medical Assistance is a complicated area of law, and I encourage you to contact us and/or an Elder Law attorney for more information.

This column is written by the Senior Citizens' Law Project. It is not meant to give complete answers to individual questions. If you are 60 years of age or older and live within the Minnesota Arrowhead Region, you may contact us with questions for legal help by writing to: Senior Citizens' Law Project, Legal Aid Service of Northeastern Minnesota, 302 Ordean Bldg., Duluth, Minn. 55802.

Beware of scams

By Sofia Manning

*Indian Legal Assistance Program,
Duluth*

Scam artists work hard to entice you to spend money to support their bogus claims, charities, lotteries and prize schemes. When you fall for a scam, you reward the crooks by giving them money. Scams can be large or small, sophisticated or simple, and come from next door or across the world. But the crooks behind them have two things in common, they want to steal your money and

avoid being caught. Here are the most commonly used scams:

"You've won!"

An excited salesperson on the phone or an official looking prize notice in the mail claims you won a prize. Often these prizes have expensive strings attached. Look for these signs: The caller or mail tells you that you won a prize; you must purchase a product (like magazines), pay a processing fee, or pay taxes; a caller will request a credit card number, checking account number or a social security number; to win, you

must make a quick decision to spend money (usually within 24-48 hours); often your money must be sent by overnight delivery to a company in another state or country.

Work at home scams

Ads in local newspapers and small neighborhood papers promise guaranteed earnings of \$500 or more per week. The tasks include stuffing envelopes, preparing mailing lists, and making simple products. Usually up front money is required to obtain material required for start up. Some-

times consumers receive nothing for the money that they send or they receive instructions telling them to duplicate the process by which they were conned.

"Business opportunities"

Scam artists' pitch "opportunities of a lifetime" at seminars, in television and newspaper advertisements, and through mailings. Business scams may appear legitimate, but they share some common characteristics that give them away, such as

continued on page 20

Aching feet while remembering Nada

FDL sisters walk 60 miles to raise money for breast cancer research and prevention

By Bonnie Wallace

Oh, my aching feet. And legs, hips, back, and various other joints and muscles not used to being used!

The Susan B. Komen three-day Twin City Breast Cancer Walk was grueling for Juanita and me. Prior to the "walk," my sister and I invariably heard "Oh, sixty miles. Well, that's not that far."

In 2000 I walked the Avon Three Day Breast Cancer Walk from Kenosha, Wis. to Chicago (again, 60 miles).

But this time, I was eight years older, and no doubt heavier in the behind and elsewhere, so it was far more difficult than I thought it would be.

I'm 99 percent sure this was my last walk.

The event attracted 3,400 walkers and 375 volunteers, all supported by a 30-member staff. We had great weather, and community support literally lined the route. That, coupled with good food and gallons of water and Gatorade, helped us raise \$7.2 million. From the 6 a.m. opening ceremony at the State Fair on Sept. 19 to the 5 p.m. closing ceremony at the State Capitol on Sept. 21, it was an experience one can hardly describe. We took not only a physical and mental journey, but a spiritual one, as well.

Why did we do it? We did it to honor our younger sister, Nada K. Joseph, who passed away in 1999 after a tortuous two-year battle with breast cancer. We also did it to honor

all the deceased and all the survivors and their families who have been impacted by this demon.

We did it so perhaps it will encourage more Native people to be screened for all forms of cancer, and We did it to give people hope.

Humor exists in the world of cancer, as odd as that may sound. For example, along the route (St. Paul and its suburbs like Vadnais Heights, Indian Mounds Park and Maplewood), we had cheering sections.

Why did we do it? WE did it to honor our younger sister, Nada K. Joseph, who passed away in 1999 after a tortuous two-year battle with breast cancer...WE did it so perhaps it will encourage more native people to be screened for all forms of cancer, and WE did it to give people hope.

- Bonnie Wallace

People dressed in costume and held signs. A group of elderly ladies dressed in their finest Sunday clothes, including a variety of hats, lined St. Paul's Summit Ave. About six of them sat behind a long table laden with apples, oranges, bananas, candy and water.

Another group of self identified motorcycle guys, whose beards were tinted pink,

wore t-shirts that were crass but to the point. They supported a team of women from their community.

Another sign read "If it saves my sister, give me a blister, and if it saves my mother, give me another."

People were so creative and enthusiastic! It inspired us to keep going.

We thank everyone who donated to our fund raising efforts. No matter what amount you gave, you can count yourself as a participant who helped to raise the \$7.2 million from Minnesotans.

And that is something to be very proud of.



Bonnie Wallace



Nada K. Joseph

Bonnie and Juanita Wallace during the Susan B. Komen Breast Cancer Walk in September.



Community news

These community pages are yours, the members of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths.

Also, we will include news of graduations (high school and post-high school) and military service. Memorials to loved ones or notes of appreciation are also welcomed.

Please submit materials during the first two weeks of the month. Information may be sent by U.S. mail to the editor, Deborah Locke, FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to deborahlocke@fdlrez.com

The telephone number is (218)878-2628. You may also drop off items at our office at the Cloquet Tribal Center. Always include your daytime phone number and name with anything you submit. Materials will be edited for clarity and length.

Notes of gratitude

Thanks to Deb Smith, the FDL public health nurses, and everyone involved in the Ikwe 2008 Women's Expo held Sept. 25 at the Tribal Center. It was fabulous!

Rosemary Bridge

Birthdays

Happy third birthday to **Bridget Dixon**, who was born on Nov. 18, 2005!

Her grandmother, Margaret "Peggy" Lund made Bridget a beautiful dress, which Bridget danced in for the first time at her great grandfather

Peter Dufault, Sr.'s Dedication Powwow.

With love to Bridget from Mom and Dad (Todd and Tammy Dixon)



Happy belated birthday to **Anthony Fairbanks**, who turned 13 on Oct. 16!

From your Auntie Maggie and Justice

Happy fourth birthday to our happiness, **Preston Johnson**. His proud Grandparents are Richard Loons and Sharon Loons.

All our love from Mom and Dad



Happy 22nd birthday on Nov. 15 to **Sequoyah James Bosto**.

We're thinking of you on your special day.

Love and kisses, Mom, Dad and kids

Happy birthday, **Uncle Sequoyah Bosto**. Wish you were here.

Love, Daisha and Dayonna



Happy fifth birthday on Nov. 11 to **Kaleena King-bird**

Love from Mom and Sonny Boy

Happy Birthday **Darrius Diver**

who will be two years old on Nov. 12!
Auntie Heather and kids

Happy belated second birthday (October 22) to **Aidion Stiffarm**.

Love, Heather and kids



Happy belated birthday to **Isaiah Diver** (left) who turned a year old on Sept. 19, and Happy Birthday to **I'liana Stiffarm**,

who turned a year old on Nov. 16!
With love from your families



Birth announcements

Welcome to the world, **Dawn Ann-Marie Mainville!** Dawn was born on Sept. 9, 2008 in St. Luke's Hospital in Duluth to Dee Long and Anthony Mainville.

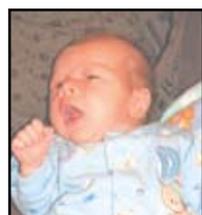
She was 19.7 inches long and weighed 11 pounds, three ounces. Her grandmother is Lois Shabaiaash.



Brooklyn Marie Quaderer was born on Aug. 14, 2008 in St. Luke's Hospital in Duluth to Thomas and Stephanie Quaderer. She was 19.6 inches long and weighed seven pounds, 4.5 ounces. Brooklyn's Grandparents are Dale and Barb DeFoe and Doreen Diver. Her Great-grandparents are Harold and Rose Diver.



Carter James LaFave was born on Aug. 3, 2008 in St. Mary's Hospital in Duluth to Desiree Houle and Dakota LaFave. Carter weighed



six pounds, 5.5 ounces and was 20 inches long. His Grandparents are Lenore Houle, Brian Abramowski, Tony DeFoe, and Terri LaFave.

Memorials

In memory of **Raymond "Bill" Smith**, June 19, 1938 – Nov. 29, 2007

Since heaven has become your home, I sometimes feel I'm so alone. And though we are now far apart, you hold a big piece of my heart.

I never knew how much I'd grieve, when it was time for you to leave. Or just how much my heart would ache, from that one fragment you would take.

God lets this tender hole remain, reminding me we'll meet again. And one day all the pain will ease, when he restores this missing piece.

He'll turn to joy my every tear. It will become my simple way to treasure our reunion day.

We love and miss you, Dad.

Deeply missed by Velvet, Ray, Veronica and Richard



A poem "I'm Free" in loving memory of Bill Smith

Don't grieve for me, for now I'm free
I'm following the path God has laid,
you see
I took His hand when I heard Him call
I turned my back and left it all

If my parting has left a void
Then fill it with remembered joys
A friendship shared, a laugh, a kiss
Oh yes, these things I too will miss

Be not burdened with times of sorrow
I wish you the sunshine of tomorrow
My life's been full, I savored much
Good friends, good times, a loved one's touch

Perhaps my time seemed all too brief
Don't lengthen it now with undue grief
Lift up your hearts and peace to thee
God wanted me now; He set me free!

*Peace and love always,
Marcy, Monica, Rachel, and Mariah*

In loving memory of **Nancy Howes** –
Memories are something that no one can steal,
Death's a heartache that no one can heal,
Some may forget you now that you're gone,

But we will remember no matter how long.

From your family

In memory of **Edward Howes**, our son, father, grandfather, brother, uncle and great uncle.

They say memories are golden,
Well, maybe that is true,
But we never wanted a memory,
We only wanted you.

From your family

In loving memory of my brother, **Edward Howes:**

You are forever in my heart.

Your baby sister

Obituaries

James R. Peil, age 68, of Cloquet, passed away Oct. 7, 2008 at his home after a courageous battle with asbestos related lung cancer.

He was born in Cloquet on Sept. 23, 1940, the 10th of 12 children born to Otto and Emma

(Gardner) Peil. Jim retired in 2000 as General Supervisor from USG in Cloquet after 42 years of service to Wood Conversion, Conwed, and USG. He was an avid hunter, fisherman, and he loved to cook in his "cook shack".

He was preceded in death by his daughter, Jolene Weske in 2000; his parents; an infant brother, Robert; and sister, Maxine Johnson. He is survived by his wife, Kathryn (Bubbie); his children, James (Kathy) Peil, Jr.; Tina (Becki Distefano) Peil; Nichole Rookey; Todd (Keiko) DeFoe; and Tara (Jonathan Kimmel) Miller; son-in-laws, Baltazar "B" Mayorga and Bruce Weske; 15 grandchildren and two great-grandchildren.

Also surviving are brothers, Martin (Elaine) Peil, Roger (Mary) Peil and Leo Peil; sisters, Delores Nendick, Margaret Jarvis, Joyce (Charlie) Lindquist, Jean Ann (Dan) Godbout, and Kay (Ron) Koski.

In celebration of Jim's life, a spiritual gathering for friends and family was held at his home on Oct. 9. In lieu of flowers, the family asks that friends plant a tree in Jim's memory. Also, the family thanks St. Mary's Hospice for their wonderful care during a difficult time.



Area News Briefs

Bears killed near sanctuary; DNR offers reward for info

Two black bears were killed about 150 yards outside a bear sanctuary near Orr, Minn. in late Sept. One bear was found with its hide intact, and the second had its head, hide and paws removed, according to a Duluth News Tribune story.

A DNR spokesman said that the shootings were unethical no matter who shot the bears, a poacher or a licensed hunter. The animals were shot on state land by shooters who set up along a travel corridor. Wild bears are fed at the sanctuary. While it is legal to hunt near the sanctuary's boundaries, hunters are discouraged from doing so.

Bear season opened on Sept. 1 and ended Oct. 14. A reward of \$2,250 is offered for information about the shootings that leads to an arrest and conviction. Call the tip line at (800) 952-9093 with any information.

Shakopee installs "green" parking lot pavement

The Shakopee Mdewakanton Sioux Community in southern Minnesota is installing about 15,000 square feet of "pervious" pavement at the former Little Six Casino parking lot. This special pavement absorbs water that then seeps into the ground below it.

Typically water that falls on pavement flows into a storm sewer which leads to a pond or wetland. Consequently, the pond or wetland's water level rises quickly. The increased levels create a hardship on plants and water.

The pervious pavement also recharges groundwater and the aquifer, while reducing runoff. Pervious pavement uses a paste-like substance to bind particles of gravel/stone together. The pervious pavements also absorb less heat, and allow more air and water to circulate. The story appeared on the SMSC Website.

Poor economy results in layoffs at Pequot Foxwoods Resort Casino

About six percent of the Foxwoods Resort Casino workforce in Connecticut was laid off in October, or about 700 employees. The layoffs are across-the-board, not focusing on any specific department. Foxwoods is owned by the Pequot Tribal Nation.

Early in 2008 the tribe laid off or offered buyouts to 170 tribal government employees in order to trim \$40 million from the tribal government budget.

Tribal officials blamed the nation's economic downturn for the layoffs, including a steep economic decrease in casino profits in September.

Foxwoods opened a new \$700 mil-

lion MGM Grand complex at Foxwoods in May that created 2,000 jobs, but 200 employees from the original casino were laid off in June.

Connecticut casinos have been strained financially due to high gas prices that keep consumers at home, a foundering economy that forces a cut in discretionary spending, and the availability of slot machines in other states that offer new, closer alternatives. The stories were published in the Hartford Courant and The Day newspapers.

Support group for survivors of loved ones who commit suicide

Cloquet Community Memorial Hospital now hosts a support group for survivors of loved ones who committed suicide. The Support Group meets from 7 p.m. to 8:30 p.m. on the first and third Thursday of each month at the hospital, 512 Skyline Blvd. in Cloquet.

Meetings are free and open to anyone, but are geared toward adults who process grief differently than children or teens. For more information, call the hospital chaplain Dennis Morreim at his office, (218) 878-7664, or on his cell phone, (218) 940-5123.

Early, vigorous treatment of diabetes extends life greatly

Diabetics who carefully control their blood sugar, even if only for the first 10 years after they are diagnosed, have lower risks of cardiac arrest, death and other complications 10 or more years alter.

This discovery may put a new emphasis on rigorous treatment when people first learn they have Type 2 diabetes which is the most common form of diabetes and is linked to obesity. Researchers studied patients who were instructed to treat their blood sugar through diet restrictions or medicine.

Diabetes occurs when the body makes too little insulin, or can't use what it does produce. Obesity raises the risk for this insulin imbalance. The story was reported in the Duluth News Tribune.

Study says many freshwater fish species may become extinct

As many as four out of 10 freshwater fish species in North America are in peril, according to a study by U.S., Canadian and Mexican scientists.

The problem has been called a "silent extinction" because few have noted the dwindling of certain fish populations located in remote and deep sections of lakes, rivers and streams. The studies have found that people are the chief cause of the problem through pollution and the damming of freshwater habitats.

The study showed that 457 entire spe-

cies are in danger or already extinct. The study was led by U.S. Geological Survey researchers, and was published in the current issue of the journal Fisheries. Some vulnerable fish include striped bass from the Gulf of Mexico and Gulf of St. Lawrence, snail bullhead, flat bullhead and spotted bullhead catfish, sockeye, chinook, coho, chum and Atlantic salmon populations. More than 24 trout populations are considered to be in trouble.

The story was reported in the Duluth News Tribune.

All Minnesota Indian communities to be represented at U-M Stadium

All of Minnesota's 11 American Indian communities will be represented at the University of Minnesota's TCF Bank Stadium. The design for a "Tribal Nations Plaza" area leading to the main gate of the new campus football stadium was announced in September.

The plaza was made possible due to the largesse of the Shakopee Sioux Community that made the single largest private donation to the University Athletic Dept. The plaza will feature 11 "sky markers" for each tribal community in Minnesota.

In 2007, the Shakopee Community donated \$10 million to the 50,000-seat stadium and \$2.5 million for scholarships, with a preference given to American Indian students. The donation will be matched by the university.

The Community also committed an additional \$2 million for the plaza. The story was reported in the Star Tribune.

Mille Lacs Band Members say want tribal college on Rez

A July survey of Mille Lacs Band Members called overwhelmingly for the creation of a tribal college, according to a story on the Mille Lacs Website. Of the 237 individuals who completed surveys, fewer than one percent disapproved of the need for a college. If the Band is successful, it will create the fourth tribal college in Minnesota.

Survey respondents agreed that Band Members of all ages would benefit from higher education opportunities that were located on Reservation lands, close to home. Band Members expressed interest in receiving training and degrees in 26 professions and career areas.

Respondents expressed most interest in the following areas: Construction Trades (137), American Indian Studies (132), Computer Information Systems (127), Gaming Services (114), Natural Resources (109), Criminal Justice (109), and Business Entrepreneurship (108). The Band must now consider

whether to notify the Higher Learning Commission in Chicago of its intent to undertake the multi-year college accreditation process.

Oneida preserve language through performance of Christian hymns

A group of Wisconsin Oneida have been pronounced "national living treasures" for their performances of Christian hymns in the Oneida language. The group of 34 singers performed "Amazing Grace," "Abide With Me" and other hymns from their repertoire of more than 100 songs in Bethesda, Maryland in September as part of the National Heritage Fellowships Concert.

The tradition of performing Christian hymns dates to 1795 when the Oneida, then living in New York State, translated the hymns as an acceptable way to non-Indians to preserve the Oneida native language. Today the Oneida singers perform weekly at tribal and family events, such as funerals and wakes, baptisms and birthday parties. The story was reported in the Washington Post.

Wisconsin to consider proposal to increase native language curriculum in public schools

One-half of one percent of Wisconsin's American Indians speak their native languages. To increase the language speakers, the Wisconsin state school superintendent Libby Burmaster wants to help the public schools or universities develop material and hire staff to revive the native language programs.

Burmater's \$260,000 request has been presented to Gov. Jim Doyle and needs approval by Doyle and the Wisconsin Legislature. The money would be distributed in grants ranging from \$10,000 to \$50,000, and would come from tribal gaming proceeds paid to the state from the Indian-owned casinos.

Of the state's 426 school districts, ten offer tribal language classes and one district immerses Indian children in their traditional language.

Doyle and Rep. Terry Musser have said they support state help to preserve native language because the languages are part of the state's shared history. An aide to Rep. Steve Nass of Whitewater said the money should go to general interest state programs. Nass's position is that Indians should finance the language development with their own money because gaming compact money is "meant to be spent on the citizens of Wisconsin."



Team teaching, new math approach and science fellows at FDL Ojibwe school

Third grade Fond du Lac Ojibwe school teachers, Heidi Ojibway and Chris Anderson, joined forces this fall. For the first time in the school's history, two teachers are teaching the same group of students simultaneously.

"We were inviting each other's class over last year to work on math and science projects," said Anderson. "We found the MCA (Minnesota Comprehensive Assessment) scores were improved at the end of year, so we thought why not give it a shot?"

Anderson and Ojibway have found many advantages to team teaching.

"There are always two bodies there at all times," said Ojibway. "When one of us is teaching, the other can be helping kids to stay on task."

Anderson and Ojibway see other benefits, as well. Team teaching shows a model of cooperation between a male and female teacher, for example. Also, it offers the children interaction with younger adults as many of the children are being raised by their grandparents.

Another advantage? Consistency. At least one of the teachers would always be present, which makes the hiring of a substitute teacher unnecessary.

"Students get the benefit of two different personalities," said Rae Villebrun, principal. "If you don't connect with one, you'll connect with the other."

"I think it's better with two teachers because people can watch you

and you do more fun projects," said third grade student, Jagger Lind, age 9.

There are challenges to overcome, however. One of them being letting go of sole ownership of the class.

"Sometimes we have to correct ourselves when we begin to say 'my.....oh, our class,'" said Ojibway. "It's an exercise in compromise and giving up control."

"We're putting the kids first," said Anderson. "They'll get more out of this if we can let go of the reins a little."

Cognitive Guided Instruction

A new way of teaching math, Cognitive Guided Instruction (CGI), is being offered at FDL Ojibwe School

this year. Anderson describes it as a hands-on, problem-solving approach that uses games, makes math relevant to a student's daily life, and emphasizes the teacher as guide, not lecturer.

"CGI is really taking what we've been doing all along and puts it into a formal template," said Anderson.

National Science Foundation

Two fellows from the National Science Foundation will be teaching this year in Anderson and Ojibway's third grade class.

Andrea Johnson and Annette Katich, graduate students from the University of Minnesota-Duluth, will be teaching science and math.

from page 16

as these. Seminar speakers, callers or mail solicitations offer recipients the opportunity to make money with little or no effort. Statements regarding honesty are bolstered by how long the company or individual has been in business. Seminar speakers, callers or mail "guarantee" the safety of your investment and promise

significant financial rewards. The opportunity is only available to a few people. The offer is only good right now and you must act immediately.

The bottom line is: do not do business on the phone with people you don't know! Before committing any money, check out all business opportunities with the Better Business

Bureau and the Attorney General's Office. The Attorney General's Consumer Protection Office operates a consumer hot line if you have a question or feel that you have been taken by a scam such as the ones listed above. Contact them at (800) 657-3787.

If you have any questions or topics

you would like addressed in future columns, please write to us at: Indian Legal Assistance Program, 107 W. First St., Duluth, Minn. 55802

Schedule of open and quarterly meetings

Band Members are invited to attend open and quarterly meetings. Open meetings are for the discussion of concerns; quarterly meetings are for the dissemination and discussion of financial information. The meeting schedule is as follows:

Type	Date	Time	Place
Quarterly	Nov. 20	5 p.m.	Sawyer Community Center
Open	Dec. 18	5 p.m.	Cloquet Tribal Center

November events at the Black Bear Resort Casino Otter Creek Center

Date	Time	Event	Price
Oct. 26	3 p.m.	Duluth/Superior Symphony	\$25
Nov. 15	8 p.m.	Chippendale Dancers	\$20
Nov. 29	8 p.m.	Vietnamese Concert	\$15-\$20
Dec. 7	6 p.m.	Tanya Tucker's Christmas Show	\$30-\$40

Tickets for all shows are available through Ticketmaster by phone at (218)727-2121 or on-line at www.ticketmaster.com. They can also be purchased at the Otter Creek Event Center ticket office. The Otter Creek Event Center is located at the Black Bear Casino Resort, at the intersection of Interstate 35 and Highway 210 in Carlton.

Cobalt Lounge November 2008 Schedule

Date	Time	Show	Type
Nov. 1	9 p.m.	Rick K & the All Nighters	Variety
Nov. 2	7 p.m.	Rick K & the All Nighters	Variety
Nov. 6-8	9 p.m.	Wayne Renn	Variety
Nov. 9	7 p.m.	Wayne Renn	Variety
Nov. 12	8 p.m.	Comedy	Comedy
Nov. 13-15	9 p.m.	Manny B	Variety
Nov. 16	7 p.m.	Manny B	Variety
Nov. 20-22	9 p.m.	Danica	Variety
Nov. 23	7 p.m.	Danica	Variety
Nov. 26	8 p.m.	Comedy	Comedy
Nov. 27-29	9 p.m.	Robby Vee	Variety
Nov. 30	7 p.m.	Robby Vee	Variety

The Cobalt Lounge is located in the Black Bear Casino Resort, located at the intersection of Interstate 35 and Highway 210 in Carlton.

Applying for federal aid for housing improvements

It is estimated that 200,000 housing units are needed in Indian country, with 90,000 Indian families homeless or under housed, according to the National American Indian Housing Council.

As part of the Department of the Interior's fiscal year 2009 budget, the Housing Improvement Program (HIP) is zeroed out. HIP was also zeroed out in fiscal year 2008, but restored to \$13.8 million by Congress, which is more than \$5 million less than the \$19 million appropriated in the two previous years.

In case Fond du Lac is funded in 2009, it needs a list of qualified applicants. Band Members are encouraged to read the guidelines below to see if they are eligible and pick up an application from the planning division.

The following criteria are neces-

sary to meet in order to be eligible for HIP: membership in a federally recognized tribe; living in an approved tribal service area; present housing is substandard; no other resource for housing assistance has been received; there has been no assistance received after Oct. 1, 1986 for repairs, renovation, replacement or housing; and annual income is not in excess of 125 percent of the federal poverty rate.

The family size with income limits are these: one family member, \$13,000; two family members, \$17,500; three family members, \$22,000; four family members, \$26,500; five family members, \$31,000.

The type of assistance available falls into three categories: interim improvements: up to \$2,500 in housing repairs; repairs and renovation: up to \$35,000 in housing improvements; and replacement housing.

Etc.

FDL Band Member Marilyn Carpenter was among a group of more than 60 elders who attended the National Indian Council on Aging conference in Washington in September. Marilyn took part in the fashion show, and displays her jingle dress in this picture. On the right is Barb Tidaback.



Each year in late July, many Northwest Coast tribes retrace their ancient canoe trails in Puget Sound with a Canoe Journey. FDL Band Member Joe Martineau, who lives in Oregon, paddled over 100 miles to reach the gathering place of 109 canoes in Cowitchin Bay, British Columbia. Joe described the event as awesome. He is seen below in the red life preserver and blue hat next to his fiance, Alice Rost.



Applications for HIP funding must be submitted by Nov. 30, 2008 and are available at the FDL planning office located at 1720 Big Lake Road.

For further information, call Raelea Skow, FDL HIP coordinator, at (218)878-8071.

Anishinabemowin language immersion project

A \$180,000 grant from the U.S. Department of Health and Human Services will be used to create the FDL Anishinabemowin language immersion jii man project, a three-year language preservation effort where participants will speak Ojibwe while constructing a canoe.

The grant complements ongoing efforts that began in 1997 to teach the Ojibwe language, known as the FDL language table. Following that, an Ojibwe language department was created at the FDL Ojibwe School and a repository for Native language

resources was created at the FDL Museum, said Amy Wicklund, FDL economic development planner.

The canoe played a significant role in the lives of the Fond du Lac people, as the Reservation was located in the portages of the St. Louis and Mississippi Rivers, said Jeff Savage, FDL Museum Director.

Canoe-building projects have been given by Savage for the past several summers, including one in Petrozvodsk, Russia, and another at the Smithsonian's American Indian Museum in Washington, D.C., in August 2008.

Participants in the course slated to start in June 2009 will take part in a three-week intensive language immersion project that will begin with gathering materials for the birch bark canoe and end with the canoe being displayed for the public.

Sister City Russians stop by FDL in exchange visit

Seven visitors from Petrozvadosk, Russia, Duluth's sister city, visited Fond du Lac in mid-October. During their visit, they had lunch with Chairwoman Karen Diver at the Black Bear Casino Resort, visited the woods where birch bark is harvested, participated in a beading workshop at the FDL museum, and heard a lecture about the Native American philosophy of sustainability.

"We were surprised to learn about how Indian people care about the environment," said Katya Priborovich, an English teacher from Petrozvadosk. "It was a little bit weird, as we are used to seeing Indians in movies sitting around a fire and running through the forest," she said.

Priborovich was also surprised to see that American Indians use modern technology, because ethnic groups in Russia do not, she said.

The Russian visitors sampled venison and wild rice, which Priborovich said she liked. What she did not like was the predilection of fast-food, pizza and pop. "At least not every day," she said.

Along with sampling traditional Native fare, the Russians had the opportunity to enjoy Ojibwe humor. While attending a pow-wow at Nett Lake during their stay, a Nett Lake elder approached Jeff Savage and asked him to ask the Russian visitors if they could see Vice President candidate Sarah Palin's house from

FDL Band Member Charlie Nahgahnub does beadwork with visitors from Russia during an October visit to the Reservation

theirs. Priborovich said much has changed in Russia since the Soviet Union was dissolved in the early 1990s.

"Fifteen years ago, we had money, but there was nothing to buy," she said. "Now, there is a lot to buy, but we have no money."

This visit was a completion of the circle that began with an idea of the late Edwin Haller, and FDL

Band Members, Rick Smith and Jeff Savage, to share cultures through the construction of a canoe in Petrozvadosk in 2007, said Irina Haller, Edwin's wife and member of the Board of Directors of Duluth Sister Cities International.

"This [sister city program] allows people from different places to learn about each other," said Haller. "They realize people from different parts of the world are the same."

Editor's note: In the October 2008 issue of this newspaper, the story "Keeping kids in school: what local districts are doing" appeared. The data in the story came from the Minnesota Department of Education Website records for 2007 Indian student graduates. The website can be found at www.education.state.mn.us.

Additionally, the story was based on interviews with the Indian student administrators from the FDL Ojibwe School, and from the Carlton, AlBrook and Cloquet School Districts. The story can be seen at www.fdlrez.com – click on "Online Newspaper" and go to the archives for October.

Below is a response to the story from Mike Rabideaux, Ojibwe School Superintendent, and from Kim Shabiash, the Indian student administrator from the Carlton School District.

The October 2008 article misrepresented information regarding drop-out rates among American Indian students. The article reported that the number one reason students drop out of the Fond du lac Ojibwe

School is due to substance abuse, followed by becoming parents, and turning 18.

This is completely untrue and we (school administration) apologize to the students, staff and community for this type of reporting.

The Building Principal of the FDL Ojibwe School, Rae Villebrun, presented several reasons during the interview as to why American Indian students dropout of school. The reasons or factors often include achievement motivation; school engagement; social and economic pressures and conditions; sense of purpose; internal view of the future; cultural differences; risk taking activities; peer pressure; family support; and personal expectations.

Another key issue regarding drop-outs pertaining to American Indians is the definition of drop-out. Statistics on drop-outs as compiled by the State of Minnesota require closer review. And in this case, the statistics often omit students that have either re-enrolled, transferred to another school and the entry information was not shared, or the student left the school system because of the age requirement, which in Minnesota is

16 years of age. In consideration of the vague data, the entire issue of drop-outs begs for more comprehensive study.

The Ojibwe School has dedicated a great deal of time and resources to identify key factors relating to why students drop-out of school. Once identified, we then develop programs to address those needs.

The continued efforts and contributions made by education staff, community members, and students themselves is the real story of why many students achieve when seemingly, they, too, could chose to drop-out of school.

Again, the administration of the Fond du Lac Ojibwe School apologizes to anyone that the original story may have offended. Please be proud of the successes we have accomplished; our successes are measured by the students who succeed, but we do not hear their story.

Mike Rabideaux

The article printed misrepresented information regarding reasons why Indian students drop out of school. The Indian Education Office of Carlton schools greatly apologizes

to its students, parents, and community members for this type of reporting.

Within the Carlton school district it was reported that the drop out rate is due to lack of parent involvement and that some parents feel that school is school and home is home. This statement could not be further from the truth regarding Carlton district's Indian parents.

Carlton district has had an extremely high graduation rate for some time now. This is due to the dedicated Indian parents who are highly involved in their childrens' education. Communication between Indian parents, Indian Education Office, and School district staff ensures Indian children are prepared to reach their full potential in an optimal manner.

With the continued cooperation of our parents, students, Indian Education Office, and School District staff we will continue to see our kids soar. So again, the Indian Education Office apologizes for the misrepresentation of facts reported in the October 2008 article.

Kim Shabiash

Women's Expo attracts 300 attendees;

Meal planning seminar praises the potato



Melissa Peterson waits for a pedicure at the Women's Expo Sept. 26 in the Cloquet Community Center.

Three hundred women attended "Ikwe 2008", the Women's Expo, held at the Cloquet Community Center on Sept. 26. Vendors and exhibits featured in the gymnasium ranged from how to quit smoking to nutritional tips to belly dancing lessons.

A variety of seminars on topics including fire prevention, diabetes, and weight loss were offered throughout the day.

A seminar on healthy meal planning and diet myths was presented by St. Luke's Hospital clinical nutritionist, Stacy Colich.

A dieting myth she dispelled was that skipping a meal will lead to weight loss. Colich said that the opposite actually occurs, where a person will become so famished that they will overeat at the next meal. Eating regularly four to five times a day is key, she said.

Carbohydrates have been vilified over the past few decades, but they will not make a person fat. Carbohydrates are the body's main source of fuel and our best source of fiber, Colich said.

One carbohydrate that has been especially maligned is the potato. Contrary to popular belief, potatoes are not fattening. They are a good source of Vitamin C, potassium, and fiber, and one of the few foods that

can be considered complete, she said.

The high-protein diets that were popularized recently are potentially harmful, Colich said. Too much protein leads to kidney stones, osteoporosis, chronic renal insufficiency, and ketosis.

Inactivity, along with poor eating habits has contributed to the epidemic of obesity in the U.S., according to Colich. She said that 92 percent of people are inactive. Active adults engage in physical activity for 60 minutes each day, five days per week.

When Colich first started out in the field 23 years ago, she never saw a child with type II diabetes. Now 90 percent of all diabetics -- both children and adults -- are type II, which is caused by poor diet and a lack of exercise.

Currently, 60 percent of all people

living in the U.S. are obese, said Colich. In Minnesota, the number of obese people in 1990 numbered at 10 to 14 percent; in 2002, that number had nearly doubled.

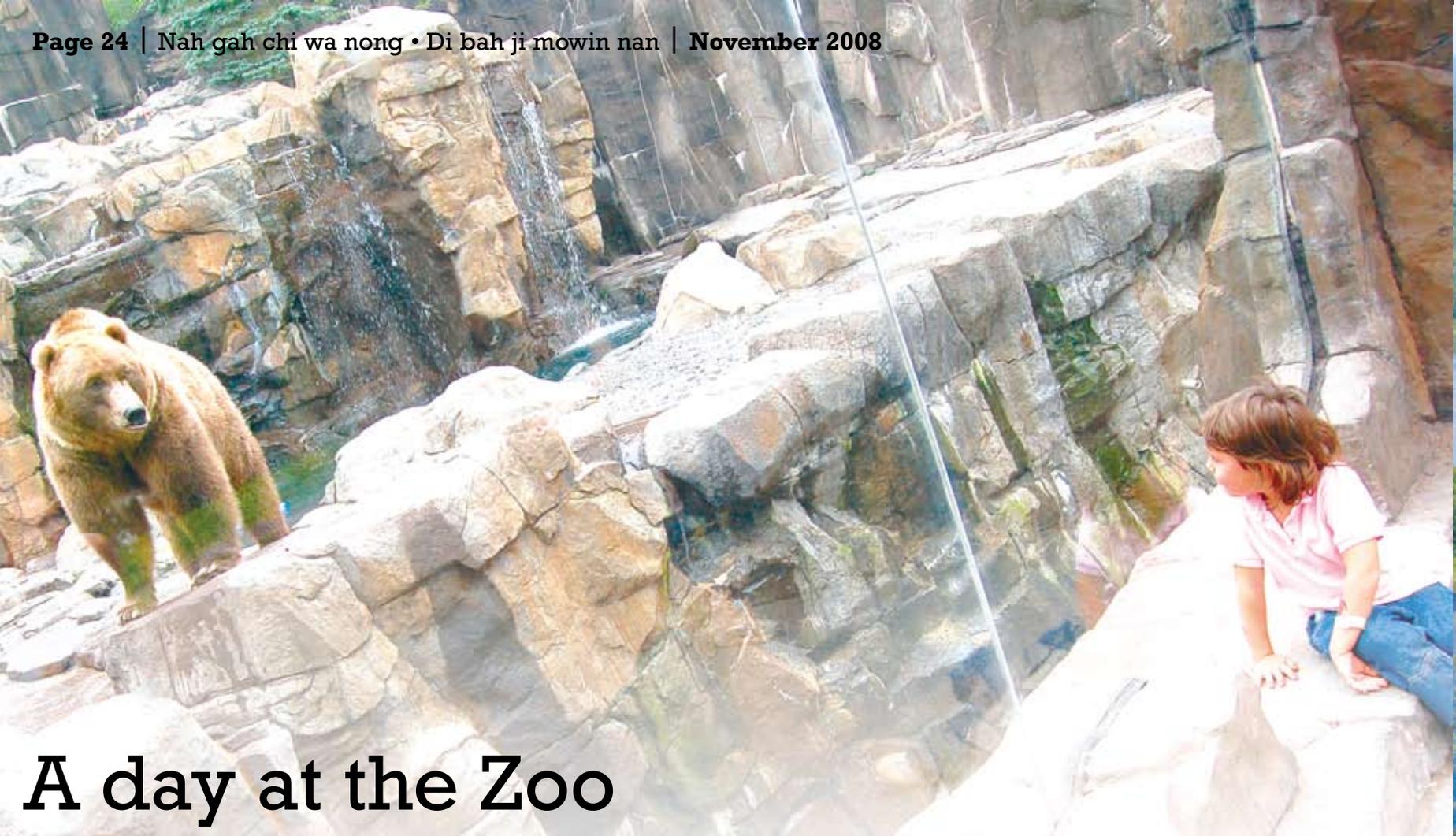
Her recommendations?

- Exercise at least 30 minutes, five days a week

- Eat whole-grain breads, cereals, pasta, and rice
- Eat more dark green and orange vegetables
- For protein, choose dry beans and peas, nuts, fish, and seeds



Sylvia Wilson, left, and Cheyenne Ammesmaki, right, receive manicures from Tammy Nykanen and her daughter, Brennin Skoglund, at the Women's Expo.



A day at the Zoo

Three hundred Head Start children and their families visited the Duluth Zoo on Sept. 19. Each year Head Start sponsors this annual visit that includes a picnic and a visit with the animals.

Above, Shayla Greensky and a Duluth Zoo bear size each other up.

At far right, top: Mariahna Camacho and Kaden Camacho stalk a peacock. The children attended with their great grandmother, Barb Benson.

At far right, bottom: Ken Fox feeds a Duluth Zoo llama.

At right: Qaiden Smith, Olivia Martineau and Qaina Smith feed themselves.





A 2008 wild rice harvest summary

By Tom Howes,
Natural Resources Program Manager

The wild rice harvest from on-Reservation lakes this fall was far below average. The Resource Management Division purchased just under 5,000 pounds of green rice from Band Members, half of what was bought in 2007.

An average season produces approximately 20,000 pounds, and a really good year can bring in 35,000 pounds. The cause of the conditions this year was cooler temperatures combined with above average rainfall in the spring when the rice was germinating.

The FDL Reservation was not the only place that experienced these conditions. Large sections of northern Wisconsin and Minnesota saw wild rice harvests that were well below average. The

Fond du Lac Reservation carries crop loss insurance through the US Department of Agriculture for years like this, and we have filed the paperwork for a disaster payment from them.

On a more positive note, the FDL Natural Resources Program was able to reseed 1,100 pounds of wild rice into a 10-acre restoration area on Rice Portage Lake, and 200 pounds into thinner areas of Deadfish Lake.

Also, the natural resources program has begun the much needed pickerelweed removal on Perch Lake. As of Oct. 14, we have cleared approximately 15 acres, and this effort will continue until the lakes freeze for the season.

An additional 40 acres should be restored on Perch Lake by the time the snow flies. These efforts will lead to more riceable areas on our lakes next year.

Listening to the Band Creation of radio station WGZS takes giant leap forward

In October, the Federal Communications Commission made Fond du Lac the second Reservation in the State of Minnesota after Bois Forte to obtain a frequency to operate an educational public radio station.

The 89.1 FM, 25,000 kilowatt station will provide coverage to an area extending south from Barnum, north to Cotton and west to Meadowlands, providing service to over 200,000 people, said Jason Hollinday, FDL Director of Planning. The call letters are short for giizis, the Ojibwe word for moon.

One of the events that made Hollinday and others on the Reservation realize the necessity of having a radio station here was the 1992 benzene spill in Superior.

"No one here heard about it," said Hollinday.

The planning grant for the radio station was applied for and won in 2005 by Hollinday. This allowed for the hiring of an engineer to draw up a plan.

In 2006, the results were brought before the RBC. In 2007, an application for a construction permit was

submitted and a Washington, D.C. law firm was hired to assist in the process. Within the same month that the application was completed, a frequency window opened with the FCC, the first time in 10 years that frequencies had been available.

In awarding frequencies, the FCC gives priority to applicants that aren't in competition with other entities for the same frequency. At the time, a Tower and Hibbing radio station were seeking frequencies in the same area as Fond du Lac. The Tower station backed out and FDL's engineer helped the Hibbing station find another frequency, so FDL was granted its license.

The mission of the radio station will be to preserve Ojibwe culture and language, to educate and inform, and to provide hands-on learning opportunities to students, said Hollinday.

Some of the programs proposed for the new station are: Native News, Ojibwe language classes, This American Life, student view points, elder stories, Indian author hour, Talk of the Nation, Weekend America, Morn-

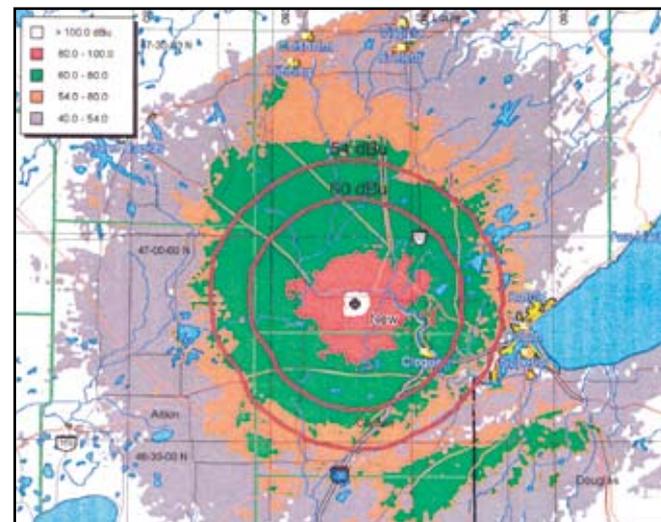
ing Edition, All Things Considered, news from Ojibwe country, Only a Game, and Car Talk.

The proposed program schedule on a typical day during the week would feature Native music from midnight to 6 a.m., a mix of locally produced news, talk, announcements and music from 6 a.m. to noon, Native America Calling at noon, local music in the afternoon, news at 5 p.m., and a mix of music and educational programming from 5:30 p.m. to midnight.

FDL now has three years to start a station, said Hollinday. The first hurdle to making the station a reality, he said, is to find the necessary \$600,000 to \$800,000

equipment, towers, and transmitter.

After that, a station manager will be hired, and then Hollinday hopes that students from Fond du Lac Tribal and Community College and the Ojibwe School will be recruited to staff it.



The outer red circle indicates the maximum broadcast range of the proposed FDL radio station.

Briefs

UMD Learning Resource Center anniversary fundraiser Nov. 14

The University of Minnesota-Duluth's American Indian Learning Resource Center will celebrate its 25th anniversary with a dinner and auction at 6 p.m. on Nov. 14 in the Kirby Ballroom at UMD. Speaker for the event and featured artist will be Jeff Savage, Director of the FDL Museum. Savage uses pipestone, alabaster and soapstone to create his animal sculptures and makes traditional sweet grass basketry.

Proceeds from the event will go to fund the UMD American Indian/Alaskan Native Community Volunteer Scholarship. The purpose of the scholarship is to facilitate student involvement with the local American Indian community. Ticket prices are \$30 in advance and \$35 at the door.

For tickets, more information, or to donate items for the auction, call the AILRC at (218)726-6379.

FDL receives money for strategic plan

Creating a vision for what the Reservation should look like five, 10, 15, or 20 years down the road is the purpose of a strategic plan for the Reservation, according to Jason Hollinday, FDL director of planning. Funding for this endeavor is part of a \$140,000 grant recently received from the Department of Health and Human Services.

The plan is projected to be in place in 2010, following the creation of the energy management plan, and will coordinate all of the Reservation's existing plans, including integrated resource management, transportation, land use, housing and schools.

Rationale for creation of such a plan that most agencies and organizations have, said Hollinday, is to provide the Reservation with a guide to follow in making economic, social, and administrative decisions.

"It'll provide a focus," he said. "It will help coordinate resources with FDL priorities"

Native artists, vendors invited to participate in November art/craft fair

American Indian artists and vendors are invited to participate in the first annual Fond du Lac Reservation arts and crafts fair to be held Nov. 22. The event will be held at the Black Bear Otter Creek Event Center. It is tentatively planned to take place from 9 a.m. to 3 p.m.

Artists who wish to display and sell their merchandise are especially welcomed. To sign up or for more information, call Todd Edkins, (218) 878-2417.

Families and wellness promoted on Wednesdays at Head Start

A family series for fathers and mothers of the Fond du Lac Community will be held on Wednesdays. "Families of Tradition" is based on the cultural teachings of our Elders and offers ways to live a healthy lifestyle and raise children with a wellness focus. We will learn about ways to seek our own inner wisdom and knowledge to support our lives.

Childcare and a meal will be provided.

The series is held from 5 to 7 p.m. at the Early Head Start Library. Presenters will include Lucy Carlson, early childhood family educator with FDL Head Start and Frank Goodwin, Men's Advocate with the Mash ka wisen Treatment Center.

Registration is appreciated; call Lucy at (218) 878-8135.

2008 Fond du Lac Veterans Day celebration to be held Nov. 11

The FDL Reservation Veterans Committee will specifically honor our World War II and Korean War veterans with a dinner at 5 p.m. on Nov. 11, 2008 at the Black Bear Casino.

All veterans are invited to attend. To confirm that you are attending, please contact the committee secretary, Roberta Welper, at (218) 878-3707 or robertawelper@fdlrez.com.

Please confirm as soon as possible so that we can plan accordingly. We look forward honoring you.

Swanby hired as new FDL business manager

Bill Swanby was hired in August as the new business manager for the Reservation. Bill was born and raised in Duluth and studied construction technology at what now is Lake Superior College. When he was 23, he took over his father's share in the family business, Swanby-Wilson Motors, and sold cars for a dozen years. He later worked as a representative for power sports vehicles and now owns Best Housing, a modular home dealer, in Superior.

In his new position, he will be managing five of the Reservation business enterprises, FDL Gas and Grocery, FDL Logging and Timber, FDL Construction, FDL Propane and FDL Transit. His goals are to set realistic budgets, analyze these businesses, insure that they run well and are self-sustaining. Swanby is a FDL Band Member.

"I feel useful again at the age of 50," he said.

In his free time, Swanby enjoys snowmobiling and deer hunting. He lives in Duluth with his wife, Belle.

Recycling containers available

The Fond du Lac environmental program has several recycling containers available for use that are portable and easy to use. To see an example, click on this link: www.clearstreamrecycler.com/stream-cycle.asp

Please call Shannon Judd, FDL environmental education outreach coordinator, at (218) 878-8023 for more information, or to request recycling containers for your event.

Youth and professional artists sought for UWS art exhibit

The Office of Multicultural Affairs at the University of Wisconsin-Superior is seeking American Indian high school students and professional American Indian artists to exhibit their artwork at UWS's 10th annual American Indian Art Scholarship Exhibit. The exhibit will run from Apr. 6 to Apr. 29, 2009 in the UWS Kruk Gallery.

See next page



FDL Business Manager Bill Swanby

Briefs

The exhibit showcases outstanding artwork created by American Indian students in grades nine through 12 who are from Wisconsin and Minnesota. The students' work is exhibited alongside the work of professional Indian artists from across the region. Participating high school juniors and seniors compete for a \$1,000 scholarship to UWS.

A faculty jury from the UWS Art and First Nations Studies programs will judge the work of the professional artists. Also, Karen Savage Blue, an artist and member of the FDL Band, will present a workshop for participating high school students before a reception honoring the artists.

Art show rules, deadlines and applications are available at www.uwsuper.edu. For more information, contact Ivy Vainio at (715) 394-8415 or yvainio@uwsuper.edu.

Legal Notice

The following is a list of deceased Band Members who have monies in trust with the Fond du Lac Band. We are requesting that the heirs of these deceased band members contact the Fond du Lac Legal Affairs Office at (218) 878-2632 or toll-free at (800) 365-1613 to assist the Band in distributing the trust monies to the appropriate heirs.

Barney, Randall, Jr.; Brigan, Calvin; Christensen, Terry; Defoe, Charles; Depoe, David; Gangstad, Harold; Glasgow, Edith; Greensky, Faye; Hernandex, Phyllis; Huhn, Cheryl; Jefferson (Drucker), Mary; Johnson, Shelly; Josephson, Charles; Kast, Cheryl; Laduke, Sylvester; Lafave, John; Lemieux, Elvina; Mills, Ruby; Nord, Marjorie; Northrup, Jeff A.; Northrup, Robert; Olson, Daniel G. Sr.; Olson, Katherine; Ostrowski, Lorraine; Smith, Carl; Stanford, Cathy; Starr, Neil; Trotterchaude, Rex; Wright, Frances.

Apply for your digital TV converter box coupon NOW

In February, 2009 the traditional form of television broadcast known as analog will switch to digital transmission. A digital converter box is necessary for televisions that do not have a cable TV or satellite TV connection.

\$40 coupons are available, which may be used toward the total converter box price that usually runs around \$60 to \$65.

An October story in the Duluth News Tribune reported almost a third of televisions in the Duluth area use rabbit-ear or roof-top antennas to improve reception. Older model television sets without the converter box will receive no broadcasts at all.

Some television owners in rural areas who have hooked up the converter boxes have had problems getting Channels 10 and 3 from Duluth.

To receive uninterrupted service and to learn early if there will be problems with the transition to digital broadcasting, community members are strongly urged to apply for the \$40 coupons now. Congress has set aside a limited amount of money for the coupons: once that money is spent, consumers will have to pay the full \$60 to \$65 for a converter box.

There is no charge for applying for the coupons. Coupon applications can be made online at www.dtv.gov or by using a paper application form available in the planning division.

If you need help completing a coupon application, call Amy Wicklund in the FDL Planning Dept. Her phone number is (218) 878-2631.

Before winter blows in...

Homeowners and renters are reminded that November is a good month to check and change the batteries in smoke detectors and carbon monoxide detectors.

In addition, this is a good month to have your heating system serviced and inspected.

Dec. 1 is deadline for returning distribution forms

The form for the 2009 distribution has been sent to each Band Member's last known address. Please make your choice for distribution (annually or monthly) and return the form by Dec. 1, 2008. It is important to return the form on time in order to receive a January, 2009 monthly payment.

If your address has changed and you did not receive a form, contact Patti Switzer at (218) 878-2674.

Tribal historic preservation office created at FDL

The Fond du Lac Reservation received a \$53,000 grant the end of September from the U.S. Department of Health and Human Services to establish a Tribal Historic Preservation Office and enact a Tribal Environmental Policy Act.

The purpose of the office will be the protection of cultural resources, a priority identified through public meetings for the Integrated Resource Management Plan that was approved by the RBC earlier this year, said Andrea Junker, FDL Environmental Health Specialist.

The authority over historic preservation in Fond du Lac is now held by the state. The advantages of the Reservation assuming responsibility for its own cultural preservation and NEPA reviews is to shorten the review time for construction projects and to expand the resources that would be protected. Some cultural resources protected would include gravesites, medicinal plants, and village sites.

Junker will be working with LeRoy DeFoe, FDL cultural resource specialist, to develop a tribal historic preservation plan that will come before a review board and incorporate input from the public before it goes to the RBC for approval.

Really want to quit smoking? Start with Smokeout Nov. 20

The Great Native American Smokeout takes place on Nov. 20, 2008. Smokers are invited to prepare for the Smokeout by stocking up on chewing gum and sugar free candies and by scheduling activities such as walking, swimming, movies or a dinner out.

Teams are invited to compete for a drawing for a "Cold Turkey" - winners receive a gift certificate for a turkey. To win the prize, participants must be smoke free for 24 hours. The drawing will be held at 8:30 a.m. on Nov. 21.

Sign your team up for the Smokeout from 9 a.m. to noon on the following dates: Nov. 10 (Center for American Indian Resources, Duluth); Nov. 17 (Min no aya win Clinic, Cloquet); and on Nov. 18 (Tribal Center).

For more information, call (218) 878-3707.

FDL Minneapolis pharmacy growing in popularity

Mashkiki Waakaaigan Pharmacy is currently serving 1,700 patients since opening in Aug. 2007, said Tiffany Elton, Pharmacy Coordinator.

Seven percent of the pharmacy's customers are FDL Band Members, and the rest come from 31 Indian Tribes or Bands from across the country. The most common medications prescribed are for high blood pressure, diabetes and high cholesterol, she said.

Some new offerings at the pharmacies in Minneapolis, Cloquet, and Duluth include smoking cessation services and medication therapy management, where the pharmacist meets with the patient to identify any possible drug interactions or drug therapy problems, and also communicates any concerns to the patient's physician.

Gashkadino Giizis (Ice Forms Moon) November Events

CCC: Cloquet Community Center 218-878-7504; BCC: Brookston Community Center 218-878-8048;

CAIR: Center for American Indian Resources; SCC: Sawyer Community Center; MNAW: Min no aya win 218-878-8185.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Sobriety Feast - 7 p.m. Black Bear Casino Otter Creek Convention Center October 29		Halloween October 31	Youth Crafts 10 AM CCC Chili/Frybread Cookoff 1 PM CCC Kick-ball Playoffs 1 PM BCC Swimming 2 PM CCC Adult Pool Table 4 PM CCC Movie Night 5 PM SCC 1
Youth Board Games 10 AM CCC Football Night 12 PM CCC World of Wheels 1 PM SCC Scrapbooking 2 PM BCC Youth Movies 3 PM CCC 2	Elder Water Aerobics 8 AM CCC Elders Exercise 9 AM CCC Adult/Family Sewing 10:30 AM CCC Yoga McKnight 12 PM MNAW Adult Cribbage 1 PM CCC GED Classes 4 PM CCC Pencil cases 6 PM BCC 3	CPR/FA 8:30 AM MNAW Adult Scrapbooking 10:30 AM CCC Native Youth Group 4 PM CCC Water Workout 12 PM CCC GED 4:30 PM SCC Adult/Family Sewing 5 PM CCC Swimming 5 PM CCC Youth Swim 6 PM CCC Girls Club Bake Sale planning 6 PM BCC 4	Elder Water Aerobics 8 AM CCC Elders Exercise 9 AM CCC Elders Concern Mtg 10 AM CCC Adult Board Games 10:30 AM CCC Native Youth Group 4 PM CCC Youth Hip Hop 4 & 5 PM CCC GED 4:30 PM SCC Girls Connection SCC Book-it 6 PM BCC 5	CPR/FA CAIR 8:30 AM MNAW Adult/Family Sewing 10:30 AM CCC On the Move 12 PM CCC On the Move 3 PM SCC GED 4:30 PM SCC Bimajii FDL Lib. 4:30 PM CCC Ojibwe Language 5 PM CCC Women's Night 6 PM CCC Wii Game Day 6 PM CCC Kids Lingo 6 PM BCC Girls Connection SCC 6	Adult Choice Day 10 AM CCC Youth Hip Hop 4 & 5 PM CCC Adult Movie 6 PM CCC Gym Day 6 PM CCC Movie night & Adult social 6 PM BCC 7	Youth Crafts 10 AM CCC Swimming 2 PM CCC Community Birthday 3 PM BCC Adult Pool Table 4 PM CCC Video Game Night SCC 8
Premiere Madagascar 2 9:15 AM BCC Children's Carnival 1 PM CCC Youth Board Games 10 AM CCC Football Night 12 PM CCC Youth Movies 3 PM CCC 9	Elder Water Aerobics 8 AM CCC Elders Exercise 9 AM CCC Adult/Family Sewing 10:30 AM CCC Yoga McKnight 12 PM MNAW Adult Cribbage 1 PM CCC GED Classes 4 PM CCC Candles 6 PM BCC 10	HOLIDAY Veteran's Day Dinner 5 PM BBCasino CCC Closed SCC closed BCC closed 11	Elder Water Aerobics 8 AM CCC Elders Exercise 9 AM CCC Elders Concern Mtg 10 AM CCC Adult Board Games 10:30 AM CCC Native Youth Group 4 PM CCC Youth Hip Hop 4 & 5 PM CCC GED 4:30 PM SCC Girls Connection Book-it 6 PM BCC 12	Adult/Family Sewing 10:30 AM CCC Bimajii 4:30 PM CCC Ojibwe Language 5 PM CCC Wii Game Day 6 PM CCC Adult Lingo 6 PM BCC 13	Adult Choice Day 10 AM CCC Youth Hip Hop 4 & 5 PM CCC Adult Movie 6 PM CCC Gym Day 6 PM CCC Movie night & Adult social 6 PM BCC 14	Family Movie 10 AM CCC Youth Crafts 10 AM CCC World of Wheels 1 PM BCC Swimming 2 PM CCC Adult Pool Table 4 PM CCC Family Night SCC 15
Youth Board Games 10 AM CCC Football Night 12 PM CCC Scrapbooking 2 PM BCC Youth Movies 3 PM CCC 16	Elder Water Aerobics 8 AM CCC Elders Exercise 9 AM CCC Adult/Family Sewing 10:30 AM CCC Yoga McKnight 12 PM MNAW Adult Cribbage 1 PM CCC GED Classes 4 PM CCC Pack Back Tags 6 PM BCC 17	Adult Scrapbooking 10:30 AM CCC Water Workout 12 PM CCC On the Move 3 PM BCC Native Youth Group 4 PM CCC GED 4:30 PM SCC Adult/Family Sewing 5 PM CCC Swimming 5 PM SCC @ CCC Youth Swim 6 PM CCC Girls Club Field Trip 6 PM BCC 18	Elder Water Aerobics 8 AM CCC • Elders Exercise 9 AM CCC • Elders Concern Mtg 10 AM CCC • Adult Board Games 10:30 AM CCC Native Youth Group 4 PM CCC Youth Hip Hop 4 & 5 PM CCC GED 4:30 PM SCC Book-it Library Night 4:45 PM BCC Girls Connection Cooking Class 5 PM CCC 19	Great Native American Smokeout Adult/Family Sewing 10:30 AM CCC On the Move 12 PM CCC On the Move 3 PM SCC Bimajii FDL Lib. 4:30 PM CCC Ojibwe Language 5 PM CCC Wii Game Day 6 PM CCC Kids Lingo 6 PM BCC Women's Night 6 PM CCC Game Day SCC 20	Adult Choice Day 10 AM CCC Youth Hip Hop 4 & 5 PM CCC Adult Movie 6 PM CCC Women's Night 6 PM CCC Gym Day 6 PM CCC Youth Meeting 6 PM SCC Movie night & Adult social 6 PM BCC 21	Youth Crafts 10 AM CCC 3rd Annual Pow-Wow 12 PM BCC Swimming 2 PM CCC Adult Pool Table 4 PM CCC 22
23 Youth Board Games 10 AM CCC Football Night 12 PM CCC Youth Movies 3 PM CCC Free Day BCC 30 Youth Board Games 10 AM CCC Football Night 12 PM CCC Adult & Child Pool/Cribbage Tourney 1 PM CCC Scrapbooking 2 PM BCC Youth Movies 3 PM CCC	Elder Water Aerobics 8 AM CCC Elders Exercise 9 AM CCC Adult/Family Sewing 10:30 AM CCC Yoga McKnight 12 PM MNAW Adult Cribbage 1 PM CCC GED Classes 4 PM CCC Indian Corn 6 PM BCC 24	Adult Scrapbooking 10:30 AM CCC Water Workout 12 PM CCC Native Youth Group 4 PM CCC Swimming 5 PM CCC GED 4:30 PM SCC Adult/Family Sewing 5 PM CCC Youth Swim 6 PM CCC Boys Club Game Night 6 PM BCC 25	Elder Water Aerobics 8 AM CCC • Elders Exercise 9 AM CCC • Elders Concern Mtg 10 AM CCC • Adult Board Games 10:30 AM CCC • Native Youth Group 4 PM CCC Youth Hip Hop 4 & 5 PM CCC GED 4:30 PM SCC Girls Connection Sobriety Feast - 7 p.m. Black Bear Casino Otter Creek Convention Center BCC Closed 26	Thanksgiving BCC closed CCC closed SCC closed 27	CCC closed SCC closed Movie night & Adult social 6 PM BCC 28	Youth Crafts 10 AM CCC Kids Pool Tournament 1 PM BCC Swimming 2 PM CCC Adult Pool Table 4 PM CCC 29



At left, Denny Olson, FDL Construction Manager, retired after 25 years of employment. He is shown here at a Black Bear Casino party held in his honor early in October. More



than 135 guests attended to wish Denny a happy transition to retirement.

Brian Carl and Glenn Renne of MGL Fitness moving the fitness equipment from the former Drop-in to its new home in the Cloquet Community Center in October.