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Dee-Bah-Gee-Mo-Win
(People, Talking About Ourselves)

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Boozhoo!



A young jingle dress dancer smiles as she proceeds around the circle at the White Earth Pow Wow last month. About 570 dancers attended the weekend event. More on page 19-20.

INSIDE:

**Naytahwaush
Quilting Trio**

**Update on
Vehicle
Excise Tax**

**The Tribe
Walks Away
with Pow
Wow Trophy**

**Pow Wow
Scenes**

**WE Going Self
Governance**

HEALTH

FAMILY FOOD, FUN AND FITNESS

by Children's Health and Disease Prevention

During the summer, a variety of fresh fruits are in season. This is a great time to treat yourself to all the delicious choices and good buys available. But why not enjoy summer's fresh fruits all year long? Fruits are easy to preserve. There are 3 main ways to preserve fruit: canning, freezing and drying.

Canning Fruits

Fruits may be canned safely in a boiling-water bath. (They do not require a pressure canner because of their acid levels.) When canning fruits, it is important to process jars for the correct number of minutes and to cool filled jars at room temperature. Water, juice or a sweet syrup may be used as canning liquids.

Freezing Fruits

Freezing is a quick and convenient way to preserve fruits at home. Prepare fruits as you will use them, such as slicing apples, so that they are ready for a pie. There are three ways to pack fruits for freezing: sugar pack, syrup pack, and unsweetened pack. To freeze fruits using a sugar pack, sugar is sprinkled over fruit and fruit is stirred until pieces are coated. A syrup pack requires dissolving sugar in cold water to freeze the fruit in. Blueberries and rhubarb freeze well without sugar.

Dehydrating Fruits

Dehydrating fruit has become more popular in recent years. Fruits can be dried in a food dehydrator or in an oven using low heat (200-250 degrees). When drying or freezing, some fruits may need to be treated with ascorbic acid or other anti-browning agent to prevent browning.

Because of food safety concerns, it is important to can foods according to approved standards. Contact a county extension service for more information about preserving fruits or vegetables: Becker Co.-847-7416, Mahnomen Co.-935-2226, Clearwater Co.-694-6151.

Blueberry Syrup

2 quarts blueberries
4 cups sugar
3/4 cup cold water

Mash fruit, sprinkle with sugar, cover, and let stand overnight in refrigerator. Add water, bring to a boil, and cook 20 minutes. Strain through cheesecloth. Heat to boiling point, pour into hot, clean jars. Process 10 minutes in boiling water bath canner.

-Cooperative Extension Service, University of Alaska

Refreshing Frozen Melon

Use firm-fleshed cantaloupe or honey dew melon. Wash in cold water. Cut flesh into 1/2 to 3/4 inch cubes or balls. Cover with sugar syrup, using 2 cups sugar to 1 quart water. You can add whole seedless grapes. Serve partially frozen.

-Minnesota Extension Service, University of Minnesota

FOR YOUR LIFE



with Ambulance Coordinator
Carol Turner

Water Related Injuries

Many different types of injuries occur on, in, or near the water. Boating, waterskiing, diving board, and scuba diving accidents can produce broken bones, bleeding, soft tissue injuries and airway obstruction.

There may be broken bones from boating accidents, waterskiing, and diving accidents. The possibility of neck and head injuries are common among swimming

accidents as well as from other water related accidents.

Cardiac arrest is a possibility, and is often related to respiratory arrest or occurring before near-drowning. Over-exertion can cause a person to experience a heart attack. The chest pain may fool some persons, making them believe they are simply having muscle cramps produced during swimming.

Hypothermia is a very real swimming related injury. The water does not have to be very cold and the length of stay in the water does not have to be very long for hyperthermia to occur (in some cases of near drowning, the patient may have a better chance of survival in cold water).

Unless you are a very good swimmer and trained in water rescue, do not go into the water to save someone who is drowning. Except for shallow pools and open shallow waters with uniform bottoms. The problems faced in water rescue are too great and too dangerous for the poor swimmer and untrained person to attempt. Otherwise, if you attempt a rescue, you will probably

become a victim yourself rather than the person who rescues and provides care.

The basic order of procedures for a water rescue is to REACH AND PULL, THROW, TOW and as a last resort, GO into the water. If the person is conscious and close to the shore or poolside, begin the rescue by holding out an object for him/her to grab; then PULL him from the water. When doing this, your position must be secure to avoid being pulled into the water. Of all the items that could be used for such a rescue, line (rope) is considered the best choice. If no line is available, use a branch, fishing rod, oar, stick or other such object. Remember, even a towel, blanket, or even an article of your own clothing can work quite well.

If the person is alert, but too far away for you to reach and pull from the water. THROW an object that will float. A lifejacket, or ring buoy (life preserver) is best, if available. The best thing to do is throw anything that will float and to do

INJURIES to p. 3

*Closed 12:00-12:30 for lunch				
*Please remember to bring your own containers.				
*Senior Citizen Home Delivery schedule is subject to change.				
Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR HOLIDAY	4 CLOSED FOR HOLIDAY	5 9:00 a.m. through 3:30 p.m. *Mahnomen, Naytahwaush, Waubun Sr. Citizen Home Delivery	6 9:00 a.m. through 3:30 p.m. *Bagley, Rice Lake, Lengby Sr. Citizen Home Delivery	7 8:30 a.m. through 12 Noon
10 8:30 - 4:00 p.m.	11 8:30 - 4:00	12 8:30 - 4:00 *Ponsford Home Delivery	13 8:30 a.m. through 4:00 p.m. *Ogema, Callaway, Det. Lakes Sr. Citizen Home Delivery	14 8:30 a.m. Through 12:00 Noon
17 8:30 - 4:00	18 8:30 - 4:00	19 8:30 - 4:00 p.m.	20 8:30 - 4:00 p.m. *White Earth Home Delivery	21 3:30 - 12:00 Noon
24 8:30 - 4:00 p.m.	25 8:30 - 4:00 p.m.	26 8:30 - 4:00 p.m.	27 WAREHOUSE CLOSED FOR INVENTORY	28 WAREHOUSE CLOSED FOR INVENTORY
31 WAREHOUSE CLOSED FOR INVENTORY				

For the Health of It!



with LaRaye Anderson
Community Health Educator

Five a Day

There are a few new buzz words and phrases in the health and nutrition world right now and one of them is "Five a Day". The other is the Food Pyramid. Back in the old days when I was in school we learned about the "Basic Four Food Groups" - no more!

The food pyramid offers us simple and practical advice on making choices in our foods.

The key to healthy eating is to remember nutrients we need. We also need balance; a balanced diet includes foods from all five food groups every day. Finally, we need moderation, we have to choose carefully the foods that contain fat, sugars, salt and cholesterol based on our own bodies needs.

You can see by looking at the food pyramid that the base of the pyramid is made up of the breads, cereals, rice and pasta group. We should try to eat 6-11 servings from this group each day.

The next level of the pyramid is the vegetable and the fruit groups. This is where the phrase "Five a Day" comes from and it means eating at least five servings of fruits and vegetables every day. This isn't nearly as hard as you might think. It is especially easy this time of year when we have access to fresh garden vegetables and delicious

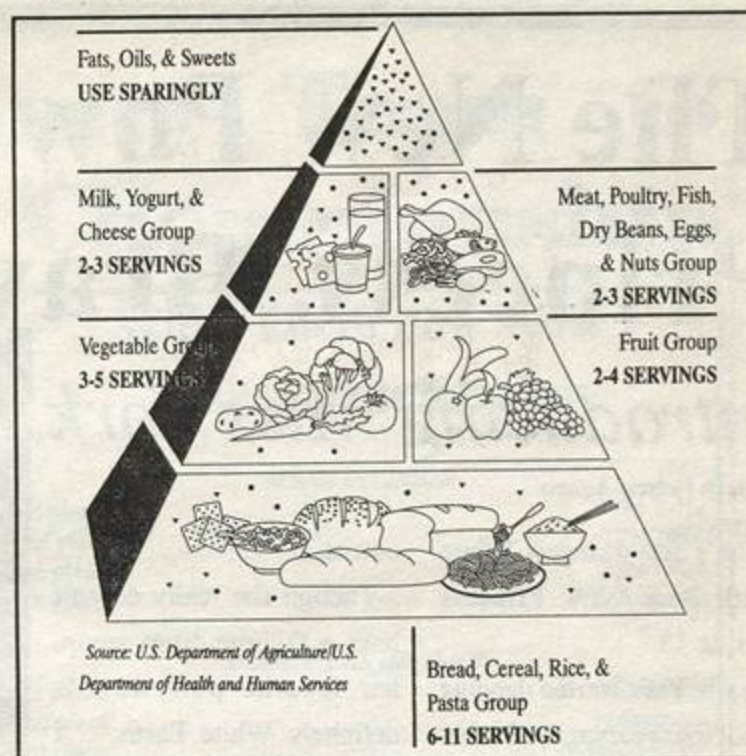
fruits. A serving means 1 cup leafy greens; 1/2 cup raw or cooked fruits or vegetables; 1 medium fruit; 3/4 cup juice; or 1/4 cup dried fruit. It's important to choose juices that are 100% fruit juice and not full of sugars like high fructose corn syrup. It is easy to determine this by checking the ingredients on the label. Sometimes they try to fool us by saying it's 100% natural. That doesn't always mean it's healthy. Read the label and make sure when you're buying fruit juice that you really aren't getting a fruit-flavored sugar drink. If it's 100% fruit juice it will count towards your "5 A Day".

Fruits and vegetables are high in fiber and nutrients and low in fat. Certain vegetables from the cabbage family such as cauliflower and broccoli are actually cancer protecting foods.

I know it can be really frustrating to buy a bunch of peaches or apples only to get

them home and find out they are awful. My best advice would be to ask the grocer or the produce manager; they usually know and

are willing to share the information if you ask. Strive to include "5 A Day" in your life and your family's lives.



The WIC Program must treat everyone the same. You can't be treated unfairly because of your race, color, national origin, age, sex or handicap. If you think you have been treated unfairly, you should write to: Administrator, Food and Nutrition Service, U.S. Department of Agriculture, 3101 Park Center Drive, Alexandria, Virginia 22302.

NOTICE: If you are pregnant; or have a child under 5 years of age, the White Earth Reservation WIC Program may be able to help you.

PHONE: (218) 983-3285

In stormy weather, the cancellation of a WIC site will be on the following radio stations:

KDLM- Detroit
FEHG- Fosston

KBUN- Bemidji
KKBJ- Bemidji

We will reschedule that WIC site as soon as possible.

July, 1995 WIC Calendar

Monday Tuesday Wednesday Thursday Friday

3 Office White Earth 8:00 - 4:30	4 CLOSED FOR HOLIDAY	5 Bagley American Legion 23 10:00 - 12:00 1:00 - 2:00	6 Bagley American Legion 21 10:00 - 12:00 1:00 - 2:00	7 White Earth RTC 02 & 08 9:00 - 12:00 1:00 - 2:00
10 Clearbrook American Legion 25 10:00 - 12:00 1:00 - 2:00	11 Mahnomens MCV Clinic 07 9:30 - 12:00 1:00 - 2:00	12 Naytahwaush Clinic 07 10:00 - 12:00 1:00 - 2:00	13 Pine Point School 11 10:00 - 12:00	14 Mahnomens MVC Clinic 22 9:30 - 12:00 1:00 - 2:00
17 Bagley American Legion 04 10 - 12 1 - 2	18 Rice Lake Center 10 10:00 - 12:00	19 Naytahwaush Clinic 24 10:00 - 12:00	20 Mahnomens MVC Clinic 18 1:00 - 6:00	21 White Earth RTC 15 9:00 - 12:00 1:00 - 2:00
24 White Earth RTC Office 8:00 - 4:30	25 Office White Earth 8:00 - 4:30	26 Office White Earth 8:00 - 4:30	27 Office White Earth 8:00 - 4:30	28 White Earth Office 8:00 - 4:30
31 Office White Earth 8:00 - 4:30				

The Summer Blood Supply

The nation's blood providers are anticipating the worst summer blood shortage in years.

Yawn.

For the past two years, the headlines have trumpeted, "The worst winter blood shortage in

years," and the "Worst summer blood supply ever." It's the same story every summer. Is there really a shortage, or is this your community center's idea of

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INJURIES cont. from p. 2

possible. Buoyant objects that may be at the typical water-related accident scene include foam cushions, plastic jugs, logs, plastic picnic containers, surf boards, flat boards, large beach balls and plastic toys.

Once the conscious person has a floatation device or floating object to hold onto, try to find a way to TOW him to shore. From a safe position, throw the person a line or another floatation device attached to a line.

In cases in which the near-drowning victim is too far from shore to allow for throwing and towing, or the person is unresponsive or unconscious, you may be able to GO by boat to the person. DO NOT attempt this if you cannot swim. Even if you are a good swimmer, wearing a personal floatation device (lifejacket) while in a boat is REQUIRED. In cases in which the person is conscious, tell him

to grab an oar or the stern (rear end) of the boat. You must exercise great care when helping the person into the boat.

If CPR is required, the person must be out of the water, and in the boat, or on land. However, pulmonary resuscitation (rescue breathing) can begin while the person is in the water. Always be sure to call 911, or have someone else call 911 to get help on the way as soon as possible.

When caring for water related injuries, always suspect that possible neck and spine injuries could be present. Take care not to move the person unless there are life threatening factors present. Cover the patient with warm dry blankets until help arrives. The person will be hypothermic from the cold water, and the wet clothing that the person has on will contribute to the hypothermia. Keep the person as quiet and calm as possible until medical help arrives.

EDUCATION

The New Pow Wow Princess, Brave

Yes for Youth!



Introducing Miss York

by Barb Nelson-Agnew

Staff Writer

She's the youngest White Earth Pow Wow Princess ever, at 13.

Laurie York started dancing about four years ago, after her cousin Sheyenne Norcross from Pine Point encouraged her to start.

It was her group of friends that encouraged her to try out for the pow wow princess contest, otherwise Laurie probably wouldn't have had the nerve.

Her friends might have tried out themselves, but Laurie said that they've outgrown their

outfits.

Though she really doesn't have a favorite drum group, her favorite pow wow is definitely White Earth. "I know a lot of people here and I'm familiar with the area," she said. Outdoor pow wows are her preference; "You don't get so tired and hot," she said.

Up until now, Laurie has attended mostly local pow wows with her family. They attended the Cass Lake pow wow over the fourth of July weekend.



Laurie York, 13 year old from Waubun was crowned White Earth Pow Wow Princess for 1995-96. To catch up on the new brave, see Jerry Hvezda article on page 17.

WANTED

Persons wishing to become licensed Family/Group Day Care Providers, for weekdays, weekends or evenings. The goal of the licensing program is to improve the quality and availability of child care throughout the White Earth Reservation. The program is for anyone who is enrolled in the Minnesota Chippewa Tribe. The benefits of becoming legally licensed are excellent. If you are a licensed day care provider you are eligible for the Food Program, a member of the Child Care Resource & Referral, tax write-offs, lending libraries, mini-grants and training (training may be available free of charge).

If you are interested or would like more information contact Barb Fabre at (218) 473-2141 or 1-800-726-8951.

Below is a list of licensed providers on the reservation:

- White Earth- Julie Heisler- 983-3763
- Naytahwaush- Shelly Burdick- 935-2700
- Richwood- Susan Johnson- 847-1201
- Callaway- Joe & Denise Warren- 375-4757
- Strawberry Lake- Kathy Berry- 983-3460
- Sugarbush- Karlana McDougall- 375-3885
- Mahnomen- Anna Gordon- 935-2214

Going into the eighth grade at Waubun School, Laurie has learned to appreciate her culture more as she's grown. For two years now, she has attended a cultural camp at the rediscovery center, and this year she received her Indian name, which means Standing Feather.

During school, Laurie is active in basketball, track, Indian club, and science and phy-ed are her favorite subjects.

This summer Laurie is keeping busy on the pow wow trail, enjoying lake sports and basketball, and getting together with her friends.

Laurie likes living here because it's quiet and peaceful. She's

the daughter of Laurie and Don York of rural Waubun.

Beads for Sale

Do you need beads? We have what you need! All sorts of styles and selections. We are located three miles east of White Earth on Nett Lake, or call Harry Ailport at 983-3349.

SPORTS

The Tribe Whomps Every Team to Take Pow Wow Tourney Championship



Front row: Bob Bevins, Tribal Chairman Darrell "Chip" Wadena, Jason Clark, Joe Heisler, Mark Smith, and Paul Clark. Top: Nikoya Keezer, Eric Stech, John Clark, Jr., Willie Bement, Tim Spaeth, Mike Clark, Bob Boudreau, and Ken Bevins, Jr. Not pictured is Wayne Burnette. (Photo by Lorna LaGue)

by Barb Nelson-Agnew
Staff Writer

This group of young men from the White Earth area is the talk of the rez' lately. Their team, formerly the Shooting Star and now The Tribe, easily captured 1st place in the White Earth Pow Wow Tournament last month.

They were unstoppable, and ten-runned every single team they played. One team who shall remain nameless to protect their egos, (*wimps*) didn't even dare step on to the field when their number was up to play The Tribe and forfeited (*babies*).

Paving the way in two

leagues- Detroit Lakes and Fosston, The Tribe's record at this writing is 27-1. They play three nights a week.

Participating in several tournaments this summer, they took 2nd place in Cass Lake out of 16 teams, 1st in Flom out of eight teams, 4th place in Detroit Lakes out of 48 teams, and 1st place in Audubon out of 32 teams. Last year, this team took first in the Cass Lake tournament and won \$1,000 and jackets for each of them.

Though they hit merciless home runs with their titanium bats, they continue to slam out the homers without them,

too. Titanium bats can only be used in tournaments and district play, not during regular season play.

According to their manager, Mark Smith, there is no most valuable player on the team; they all work together like links in a chain to get the job done. Considering the oldest player is barely 30 years old, they could be around for a while.

This bunch of guys is the one that usually goes to Bismarck for the United Tribes Tournament every year.

They're sponsored by the White Earth Reservation Tribal Council.

White Earth Pow Wow Tournament Results

MENS DIVISION

1st place:	The Tribe
2nd place:	Callaway
3rd place:	Pine Point
4th place:	The Legends

OLDTIMERS DIVISION

1st place:	Callaway
2nd place:	Mahnomen
3rd place:	White Earth
4th place:	Pine Point

WOMENS DIVISION

1st place:	Shooting Star Reservation
2nd place:	Shooting Star Casino
3rd place:	Waubun
4th place:	Pine Point

DICK CARR
847-7182 (H)
847-9288 (O)









Tulaby Lake

Great home for year 'round enjoyment. Lots of room, open beamed ceilings, fireplace, family room, 2 baths, large master bedroom with lots of closets, 2 1/2 car garage, shop, sauna, guest house and lakeside boat house. 83' sandy beach, level lot with steps down to lake. Tarred road.

No. 2724 \$65,250

1 Child 1 Adult

Because Minnesota kids can't wait.

The many ways a caring adult can make the difference in a child's life:

★

Smile

Encourage

Volunteer

★

★

Mentor

Foster parent

★

That adult could be you.

A message from the Minnesota Department of Human Services and Action for Children

ARTS

Waste Not Want Not

Naytahwaush Women of the Church Design Quilt out of Old Vestments

by Barb Nelson-Agnew
Staff Writer

When quilting season rolls around, you most likely won't find these ladies at home on nights and weekends. They pack up their quilting paraphernalia and head out the door, most times to St. Benedict's Church in White Earth, or Jeanette LaGue's basement.

Marie Anderson has been quilting for some years not, but for Jeanette LaGue and Ruth Foss (all of Naytahwaush), their encounter didn't really begin until December of 1994. They took a weekend star quilting class in White Earth, taught by Paula White from Bena, Mn. Star quilts have long been a part of Native American culture. "After that we decided we all would do this to raise money for our church," Ruth said.

The ambitious threesome would travel to White Earth to quilting bees, where ladies from Ponsford, White Earth, Naytahwaush and Elbow Lake would gather with their potluck, remnants, scissors and thread and go to town. After finishing their colorful and one-of-a-kind quilts, they raffle them off.

One quilt that won't be raffled off is a special project that Marie, Jeanette and Ruth began last winter. After their Father Ron Meyer at St. Anne's Church in Naytahwaush designed a star-quilt pattern for them, they began cutting old vestments. Vestments are the brightly-colored outer-garments worn by priests and officiants that signify their rank and the occasion being celebrated.

The ladies said that these vestments, some of them given to Marie by Sister Pauline, were at least seventy years old and probably older than that. They



Jeanette LaGue, Ruth Foss and Marie Anderson stand in front of their star-quilt, made entirely out of old vestments. They're holding an altar cloth that they just completed for their sister church in Chisholm, Mn.

used the vestments because their only purpose was collecting dust. "The whole object was to use something that couldn't be used for anything else," Jeanette said.

Getting together two nights a week for the entire winter, the ladies were intent on completing their vibrant homage to their church by early June. It wasn't as difficult to work with the material as they initially thought it would be. "We did a lot of cutting around holes and wax drippings in the material," Jeanette said. The material is brocade, moire, and faille.

Sometimes burning the midnight oil, the ladies made their deadline. The star quilt hangs front and center in St. Anne's Church for everyone to appreciate.

The colors each signify something different. Green is for God the Father, Grandfather Creator, origin of all. Red is for Jesus, God's Son, our Friend, Brother, Redeemer, Savior & Lord. White is for the Holy Spirit: God's Wisdom, Power, Sacred

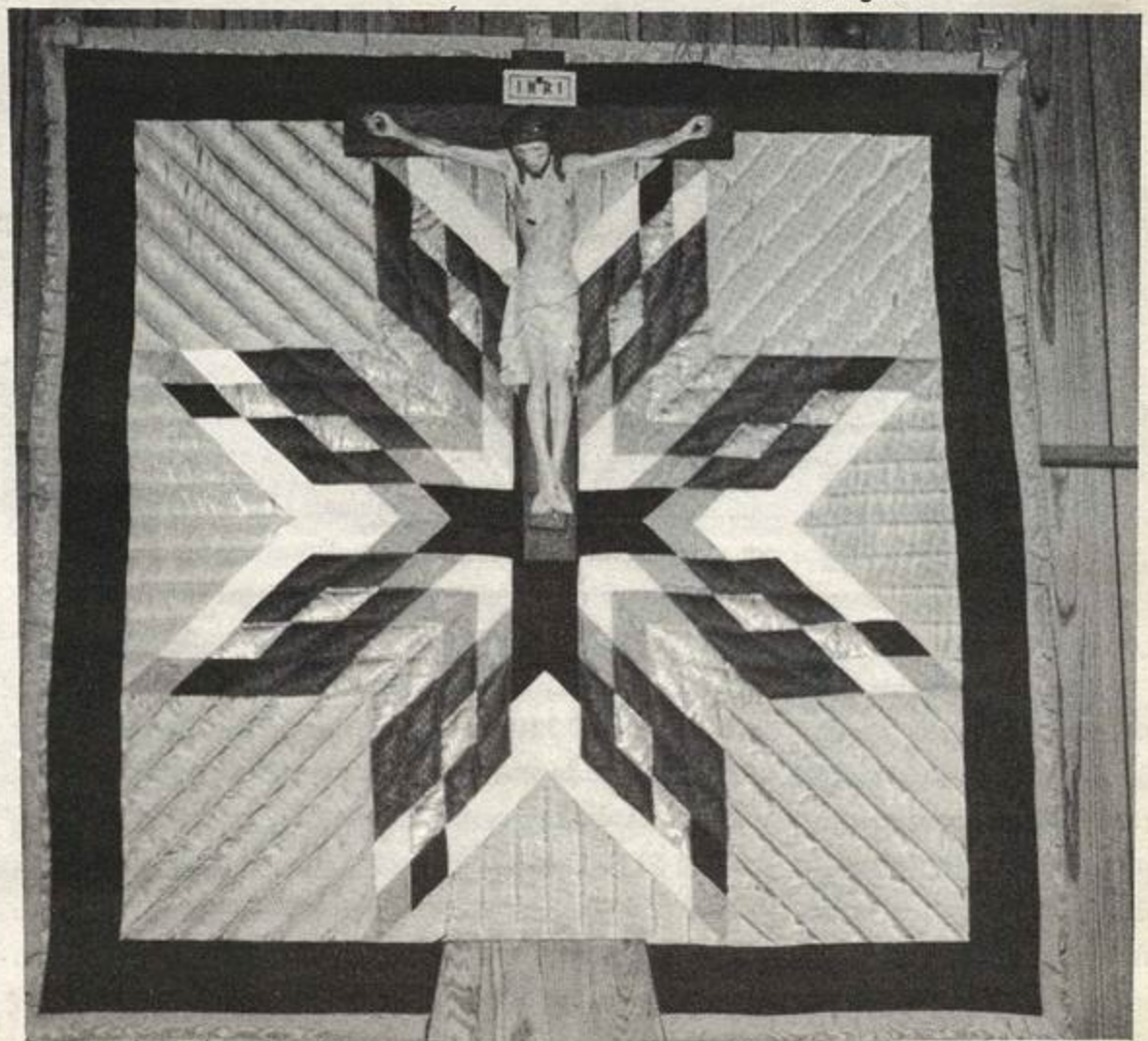
Winds. Gold is for God's glory: Grace, life, light and love. Purple is for All peoples waiting to be touched, moved and saved by God.

Jeanette and Ruth have been members of St. Anne's all of their lives, and Marie has been for over twenty years.

Now that they've completed their project, White Earth asked for their help in completing one for St. Benedict's Church.

If you're interested in teaming up with the quilting bee ladies, call their organizer, Lucille Silk, in White Earth. They'll be starting up again this fall.

The ladies are raffling off a star-quilt and a crazy quilt, to be drawn at the Harvest Festival this August.



The star quilt, designed by Father Ron Meyer and hand-quilted by Marie Anderson, Jeanette LaGue and Ruth Foss, hangs in front of St. Anne's Church in Naytahwaush. The quilt is made entirely out of old vestments.

White Earth Delving Into Self-Governance

Will it mean more \$\$\$ for reservation programs?

by Barb Nelson-Agnew
Staff Writer

At a Bureau of Indian Affairs-organized national meeting in Albuquerque, New Mexico last month, tribes gathered to discuss among other things, self-determination and the onset of self-governance.

It was soon obvious that tribes varied greatly on their opinions on how BIA funds should be disbursed. Bigger tribes favor dividing up monies based on per capita, smaller tribes favor dividing monies based on need.

As Assistant Secretary of Interior Ada Deer warned, tribes are definitely facing the threat of getting much less of their piece of pie, if Congress has their way.

"In 1996 there are proposals to cut the budget level 10% below 1995, and to cut the Central Office by 50%. The House says that these savings should go to the Department of Treasury and not to tribes," Deer said.

In addition to those reductions, Deer said that Congress is proposing to reduce new construction on reservations, reduce the education budget by 10%, termination of the tribal-trust responsibility, and to eliminate funding for the guaranteed loan program and the Indian Business Development funds.

With the future looking that bleak, it seems like a temperamental time to be striking out on a new path, as White Earth intends to do. But White Earth Tribal Chairman Darrell "Chip"



Ada Deer warned tribes of trouble on the horizon in Congress with proposals to cut federal funding to Indian tribes. She spoke at the Office of Tribal Services National Tribal Consultation in Albuquerque, NM last month.

Wadena said that now is the ideal time to make the change to self governance. "With the massive reductions being made within the Bureau [of Indian Affairs], it makes sense for us to eliminate the middle man and administer our funds ourselves. The BIA is going to keep getting smaller and smaller, so we'll get a bigger share of the monies now while they're still there," Wadena explained.

Self-Governance means that a tribe gets its money in a large block grant from the Interior Department rather than by having the BIA do things for the tribe or contracting functions through several Self-Determination contracts. The Self-Governance Act is meant to simplify paperwork and to turn more decision making over to tribes. To begin, the tribe first negotiates its share of Agency office, Area office,

and Central office funds with Federal officials. These negotiations usually take place in May or June. After the Department and the tribe agree on an amount, they sign an annual funding agreement. In October, the tribe obtains its funding in a large block grant. Under the Self-Governance Act, tribes may redesign programs and reallocate funding as they see fit.*

The advantage of self-governance will be less Bureau red tape, and the flexibility of the tribe to put the money where it's needed most.

It's designed to allow for true tribal control and full implementation of Public Law 93-638, as amended, the Indian Self-Determination and Educational Assistance Act.

Self-Governance became a permanent program in the Interior Department in 1994

when the President signed Public Law 103-413. The bill which became the Self-Governance Act was H.R. 4842 which was sponsored by Representative Bill Richardson of New Mexico, then Chairman of the House Subcommittee on Native American Affairs. Richardson's Staff Director and Counsel for the Subcommittee was Tadd Johnson, a Bois Forte Band member. Bois Forte's application for Self-Governance was co-written by Johnson. They were one of 15 tribes in the nation accepted into Self-Governance on April 3, 1995.*

Prior to the March 1995 request for Self-Governance applications, there were 29 tribal compacts. As of March 1995, there were eight new tribes and six pending applications.

White Earth will be submitting their application for Self-Governance before the application deadline in early 1996. Their application is being written by Marilyn Oshie Dorr and Jim Foster.

Under the Self-Governance Act, twenty new tribes per year can be accepted into Self-Governance.

Anticipating acceptance in 1996, The White Earth Reservation Tribal Council's (WERTC) staff will have the added responsibilities of what used to be serviced by the BIA Agency and Area offices, as well as the Department of Interior.

The WERTC will negotiate their fair tribal

"With the massive reductions being made within the Bureau [of Indian Affairs], it makes sense for us to eliminate the middle man and administer our funds ourselves...."

*-White Earth Tribal
Chairman Darrell "Chip"
Wadena*

share of Self-Governance funding for programs operated through the BIA and Department of Interior. Upon completion of this task the WERTC will exercise their inherent sovereign rights to include other federal departments and Bureaus' that are currently providing for tribal members.

Self-Governance will provide many additional dollars for the WERTC to meet the needs of their tribal members. The additional funding is a result of elimination of many levels of bureaucracy. This will also translate into additional jobs.

Leech Lake and Mille Lacs reservations participated in the Demonstration Project for Self-Governance and both will be "grand-fathered" into the permanent law.

**Portions of this article were reprinted with permission from the Bois Forte News April '95 Edition, Axel J. Holmes, Sr., Editor.*

Positive Indian Parenting Sessions Held in White Earth

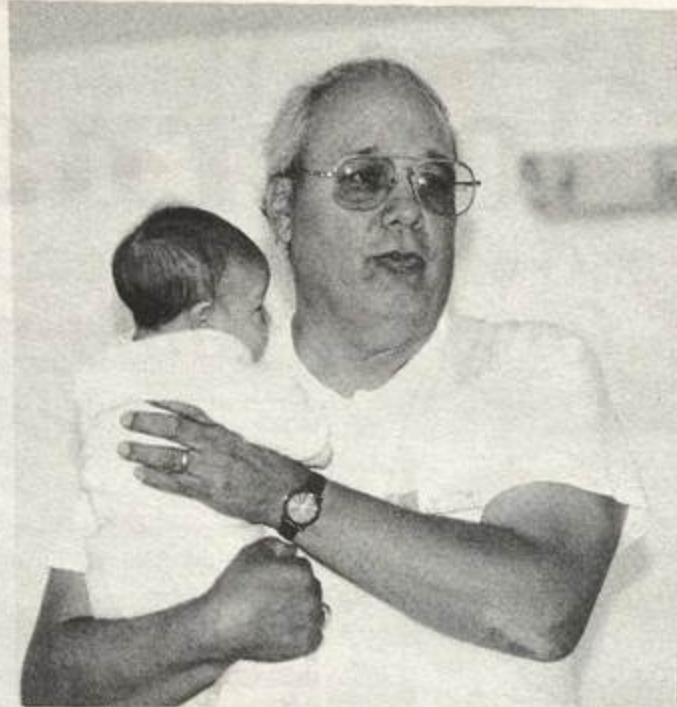
by Barb Nelson-Agnew
Staff Writer

The Positive Indian Parenting Team, comprised of Native American educators throughout the state of Mn. and established in 1989, was on hand in White Earth last month for a two day session with area parents.

The sessions were sponsored through the Circle of Life Early Childhood Family Education/ Teen Parenting group and White Earth Head Start.

The sessions feature different parenting strategies geared specifically toward Indian parents. Cultural differences between dominant society and Indian families sometimes cause major conflicts that can be worked out, especially if the conflicts are identified early on.

On staff at White Earth is Verna Millage, the C.O.L.



Bruce Baird, member of the Positive Indian Parenting team, holds a wee attendant during one of the sessions.

Teen Parenting Coordinator, and Irene Hvezda, the Parent Educator. Parenting classes are offered three times a year, each running eight weeks. Classes are held every Wednesday. If you're interested in signing up for the fall schedule, please contact Verna or Irene at (218) 983-3285.

WELRP Receives Grant



Winona LaDuke, Campaign Director for the White Earth Land Recovery Project, was a recipient of an Otto Bremer Foundation grant presented on behalf of the foundation by Don Hass, President of First American Bank of Detroit Lakes. The \$20,000 grant will be used by the White Earth Land Recovery Project to support the sustainable communities project to improve the management of resources on the White Earth Reservation. Pictured are Winona LaDuke with Don Hass. (Photo courtesy Dave Larson, Detroit Lakes Tribune).

BLOOD cont. from p. 3

a summer donor recruitment campaign?

Certainly, it's effective. When word of a shortage locally or nationwide hits the wire, United Blood Services makes the evening news, the radio talk shows and the morning paper, and people line up to donate. Reporters are more interested in stories of shortage than in the daily routine need for blood. And why not? Shortages are news. Routine blood donations are, well, routine.

But ask those hurt in the Oklahoma City bombing about the newsworthiness of routine blood donations. Employees of the local blood provider felt the explosion in their offices less than a mile away. Fortunately, they had plenty of "routine donations" on their shelves and rushed them to local hospitals, arriving even before the first ambulances. Within the hour, they had delivered 1000 units of blood components to crowded emergency rooms.

As a practical matter, thank goodness the explosion didn't happen in July. If a similar

tragedy happened in Fargo today, we'd clear the 200 units of blood components off our shelves in about 5 minutes and put out a frantic request to our nearest United Blood Services blood center (the closest is in Bismarck, an hour flight away). And we'd hope to heaven they could help.

What about collecting emergency donations here? After all, in Oklahoma, people rushed to the blood center to help. Some were still waiting to donate well after midnight. But blood isn't ready to transfuse the moment it's donated. It must be carefully tested and processed, and that takes about a day.

Every single day, blood must be ready and available when it's

BLOOD to p. 15

Take a closer look at the CASINO MANAGEMENT PROGRAM

Starting Monday, September 11, 1995

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Ojibwemodaa!

Let's all speak Ojibwe!

©1995 Shelly Ceglar

Double Vowel Pronunciation

4 Long Vowels

- aa- as in aaniin, pronounced as in father
- ii- as in aanjin, pronounced as in teen
- oo- as in giigooyike, pronounced as in moon
- e- as in gemaa, pronounced as in say

3 Short Vowels

- a- as in dash, pronounced as in about
 - i- as in izhaa, pronounced as in in
 - o- as in odamingo, pronounced as in oh
- The glottal stop, denoted ' as in i'iw is a voiceless nasal sound as in oh_oh.



Shelly Ceglar, an enrolled member of the White Earth Band of Chippewa

Ojibwemowin July, 1995

- Gagwejiim: "Aaniin ezhinikaazoyan?"
 Nakwetaw: "(Gid-izhinikaazowin) nindizhinikaaz."
 Gagwejim: "Aaniin ezhinikaazod?"
 Nakwetaw: "(Od-izhinikaazowin) izhinikaazo."
 Gagwejim: "Aaniin ezhichigeyan?"
 Nakwetaw: "Nimawinz." gemaa "Nimbabaamishkaa." gemaa "Nindodamin." gemaa "Ningiigooyike."
 Gagwejim: "Aaniin ezhichiged?"
 Nakwetaw: "Mawinz." dash "Babaamishkaa." dash "Odamino." dash "Giigooyike."
 Gagwejim: "Aaniindi ezhaayan?"
 Nakwetaw: "Nindizhaa oodenaang." ganabaj "Ningiwe." ganabaj "Nimbimose zaaga'iganing." ganabaj "Nindizhaa niimi'ididing."
 Gagwejim: "Aaniindi ezhaad?"
 Nakwetaw: "Izhaa zhooniyaawigamigong." iidog "Giiwe." iidog "Izhaa awaakaanigamigong." iidog "Izhaa miiziiwigamigong."
 Aaniin ezhiwebak agwajjiing? Gizhaate dash mizhakwad. Miinange! Niibin.

English Translation

- Let's all speak our Indian language!
 Ask him/her: "How or in what way are you called?"
 Answer him/her: "(Your-name) I am called so."
 Ask him/her: "How is s/he called?"
 Answer him/her: "(His/her-name) s/he is called so."
 Ask him/her: "What are you doing?"
 Answer him/her: "I am picking berries." or "I am going around in a boat" or "I am playing." or "I am fishing."
 Ask him/her: "What is s/he doing?"
 Answer him/her: "S/he is picking berries." and "S/he is boating." and "S/he is playing." and "S/he is fishing."
 Ask him/her: "Where are you going?"
 Answer him/her: "I am going to town." maybe "I am going home." maybe "I am walking by the lake." maybe "I am to the dance."
 Ask him/her: "Where is s/he going?"
 Answer him/her: "S/he is going to the money building/bank." maybe "S/he is going home." maybe "S/he is going to the domestic building/barn." or "S/he is going to the bathroom."
 How's the weather outside? It is hot and clear weather. For sure!
 It is summer.

U N N K O L P A W G A G W E J I M K Q O R
 T A I I S I R V N A K W E T A W A Q N A Z
 M A N E I A Z A E E H P G I N J P I O S A
 B L G J D B A H X E O G A Q Z V M M Q E A
 V F I E E N I U A F F Y N L R A M O N L G
 W K I I E M E N G A O G A U D P Z X O W A
 A C G D N X C T W Y Q E B O T N Y K O T '
 Z H O O N I Y A A W I G A M I G O N G E I
 J O O H E N N S J Z H R J W O O E J U S G
 P I Y W D B O G I S D I A J A Z K M N E A
 A M I I Z I I W I G A M I G O N G L A T N
 H I K G G O F R N I E C E D O C E B V A I
 G I E C G I B Z G A W B O Y A I X M A W N
 A E Z F A P A Q Y H B E O X I W I V I U G

Ojibwemodaa

Word Find
July, 1995

Gimikaanaawaan
onow

ikidowinan:

(You all find these words)

Answers on Page
12

Agwajjiing
Ningiwe
Zhooniaawigamigong
Izhaa
Nimawinz
Gagwejim

Niibin
Oodenaang
Zaaga'iganing
Ningiigooyike
Gemaa

Miiziiwigamigong
Giiwe
Ganabaj
Odamino
Nakwetaw

Author's Note: Izhinikaazo Aabita-Niibino-Giizis wa'aw giizis. She is called Mid-Summer-Moon this moon. Or other names: Baapaashkizige-Giizis, the shooting firecracker-moon, or Miini-Giizis, the Blueberry-Moon.

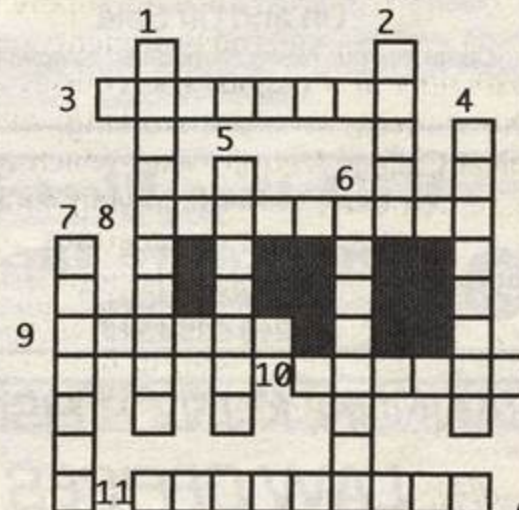
This moon's dialogue shows some basic questions to practice. When asking a "Who, What, Where" type question, the verb takes a B-form ending in relationship to the person(s) being asked about. To ask about "You", the B-form ending -yan (or -an) is applied. To ask about "Him/Her", the B-form ending -d (or -g) is applied. These are underlined in the sentences. To answer for "I", the A-form inflections apply where underlined. Prefixes for I include ni-, nin- (when the verb starts with g, j, d, z), nim- (when the verb starts with m), and nind- (when the verb starts with a vowel). Short vowels (a, i, o) that end a verb are dropped in first person. Note that some dialects do not voice the beginning "n" sound.

A language textbook resource: Vollom, Judith. Ojibwemowin. 1994. Ojibwe Language Publishing. 5205 114th Place N. Champlin, MN 55316 612-427-3777.

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In good spirits,
Shelly Ceglar

Ojibwemodaa Crossword Puzzle July, 1995



Down:

1. S/he fishes
2. Or
4. Ask him/her.
5. S/he plays
6. Where
7. Maybe

Across:

3. I go home.
8. to the town
9. It is summer
10. It is summer
11. Outside

WE'RE ON THE ROAD TO THE



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and
LODGE**

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**July 1995
Calendar of Events**

July 1-31, National Recreation and Parks Month, to illustrate leisure activities. National Recreation and Parks Assn., 2775 S. Quincy, Arlington, VA 22206.

July 1-31, Purposeful Parenting Month, to provide information on positive parenting. Parenting Without Pressure, 1330 Boyer, Longwood, FL 32750.

July 11, Day of the Five Billion, Anniversary, 5 billionth person on Earth named in 1987. World population will reach 6.2 billion by the year 2000.

July 14-23, Minneapolis Aquatennial, 50 plus events plus parades and pageants. By Riverplace, 43 Main St., SE, Minneapolis, MN 55414.

July 16, National Ice Cream Day, to salute our favorite dessert.

July 21-30, Cheyenne Frontier Days, rodeos, night shows, pancake breakfasts, parades, many events. By Frontier Days, Box 2477, Cheyenne, WY 82003.

July 28, Annual White Earth Reservation Senior Picnic, Waubun Park. Food, music, bingo and socializing. Call 983-3285 for more info.

NATIONAL/STATEWIDE

BIA Establishes FBI Liaison for Child Protection

Thanks to a newly established Bureau of Indian Affairs service, Indian tribes and schools can now better protect their children by using a fingerprint service that will detect the past criminal history of prospective and newly hired employees.

"We are very pleased to announce this important and needed new service, which will help to ensure the safety and well-being of our Indian

children," says Assistant Secretary for Indian Affairs Ada E. Deer.

The BIA's Division of Law Enforcement Services has hired Security Specialist Kay Hayes to serve as its liaison with the Federal Bureau of Investigation (FBI) for the fingerprint service. Tribes and tribal organizations that need background checks through the fingerprint service can contact Hayes at the Division

of Law Enforcement Services, Operational Support Branch, P.O. Box 66, Albuquerque, N.M. 87103 (the office is located at 123 4th St. SW, Room 217, in Albuquerque). The current cost for each fingerprint search is \$22. Information about procedures and training is available by calling Hayes at (505) 766-8000, fax (505) 766-1425.

"This is a great opportunity

for tribes to comply easily with The Indian Child Protection and family Violence Prevention Act (Public Law 101-630) and the Crime Control Act of 1990, Child Care Worker Employee Background Checks (Public Law 101-647)," says Ted Quasula, the director of the BIA's Division of Law Enforcement Services. Under the Crime Control Act, each Federal agency and facility, including those operated under

contract, are required to perform a fingerprint check for each existing and newly hired employee who provides childcare services to Indian children (under the age of 18). The FBI fingerprint search includes a check of past state criminal history. However, the FBI search does not include local or tribal criminal histories.

Governor Carlson Discusses Gaming with Minnesota Tribes

by Barb Nelson-Agnew
Staff Writer

"There are a lot of people, including myself, that wish that gambling would just disappear from Minnesota," said Governor Arne Carlson at a meeting set up by the State of Minnesota's Gambling Enforcement Division between the Governor, branches of government, and the 11 tribal chairmen and councilmen in the state.

That comment prefaced what turned out to be a brief and confusing session that was so hastily out-layed, tribal leaders were not even introduced.

Though tribes were unsure what the intent of the meeting was, Carlson said that he wanted to improve the tribal/state relationship. He said that there are problems with ensuring integrity in Indian casinos. "What is it mechanically that we can do to ensure integrity? And how do we do it within this never-ending morass of sovereignty," Carlson asked.



Minnesota Governor Arne Carlson held a meeting between state and tribal officials last month in the capitol.

Most tribes concurred that they were satisfied with their level of integrity and that the state of Minnesota has more than adequate oversight over Indian gaming.

Each tribe pays the state of Minnesota \$150,000 a year to conduct background investigations on employees, and to inspect machines and blackjack operations.

Though the state receives the \$150,000 from each tribe, they charge another \$34.00 per background

investigation to the appropriate casino. They have conducted over 22,000 background investigations since Indian casinos opened.

Though Governor Carlson didn't come right out and say it, several tribal leaders suspected aloud that the state was demanding more money from tribes for security purposes, and that was the hidden agenda of the meeting.

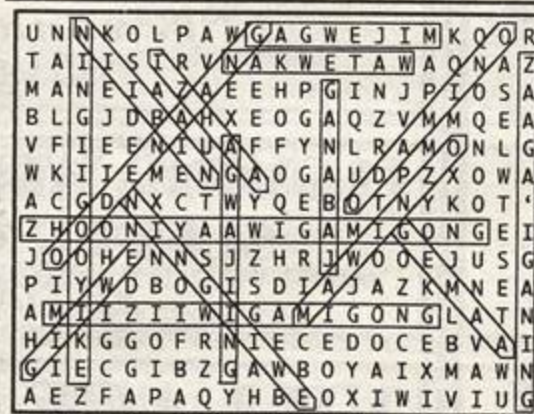
Others down-played the meeting as more of a

smoothing-over of tensions that have resulted between tribes and the state because of the video lottery bill and the lobbying efforts of the bar and resort industries in the state to open up gambling state-wide.

On that subject, White Earth Tribal Chairman

Darrell Wadena said that the impact of bars and resorts to having video slot and lottery machines in their establishments wouldn't be much of a threat. "The volume of these machines would be so minimal that it really wouldn't affect our casino," he said.

Answers to Ojibwemodaa Crossword Puzzle and Wordfind, found on p. 9.



**CHARLES W.
LADUE
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(call collect)**

Happy belated birthdays to Barney Turner- July 3rd, Leonard "Mick" Smith, July 4th. Happy birthday to Shirlee Guenther- July 13th and Ed Wadena, July 24th from the Commod Squad!

Party Goers Leave Community in the Dark

The Pine Point Community has experienced several electric power interruptions recently after tire bead wires have been thrown into the overhead lines. It seems that after an evening of socializing by campfire, individuals have taken the remaining wires from burned tire carcasses and hurled them into the overhead power conductors. While this usually results in a moment of excitement as sparks shower from the line, the community has been left without power when the protective fuse blows.

Service crews from Itasca-Mantrap have responded to three calls within a two week period in early May.

Address Change Old Address:

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Name: _____

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If you'd like to receive the paper, write to the address above. Remember, enrolled members of the White Earth Band receive the paper free!

BLOOD cont. from p. 8

needed, whether it's for an emergency, or a more personal crisis like surgeries, cancer treatment, a car accident, or a newborn in trouble. First, meaning that some people with positive test results didn't have hepatitis at all.

We don't rely on tests alone to protect the blood supply. We educate donors about HIV risk factors, then we ask very detailed, specific, personal questions to make sure it's OK for them to donate blood. Some find this

offensive; others are irritated at the time it takes, because we put all donors through the full interview every time they donate. Sadly, we've accumulated a stack of letters from donors who say they just won't put up with this anymore.

Speaking of time, it now takes about an hour to donate blood. In the early '80's, you could donate blood, grab a burger and swing by the cleaners on your lunch hour. Now, donors read a detailed brochure, go through the interview, make

the donation (this still takes less than 10 minutes), then 15 minutes in the refreshment area to make sure they're feeling fine before they get behind the wheel of a car. That's an hour busy people say they cannot spare.

The time continues to impact our community blood drives, who have long been the mainstay of the local blood supply. The public can't afford to donate six or four or even twice a year.

So here we are. The temperature is going up, donations are going down and patients still need blood. United Blood Services will be calling donors until the telephone lines hum; publicizing, appealing, and pleading with the media- but don't wait for all that!

In the next few days, a patient's life will hang in the balance.

You can help decide which way the balance will tip.

Baking Soda, product of many uses

Baking soda is one of the greatest time-saving products ever.

Since its invention in New York by Dr. Austin Church in the mid-1800s, it has become a staple in North American households. Its foremost attributes are its ability to leaven bread, absorb odors, and neutralize acidity, but there are many others.

In her new paperback book, *Baking Soda: Over 500 Fabulous, Fun and Frugal Uses Never Thought Of*, household expert Vicki Lansky tells ways to use it, including these:

*It is a fire extinguisher when applied to a grease or electrical fire.

*When rubbed into tough meat, it acts as a tenderizer.

*It keeps hands soft when sprinkled into the dishwasher.

*It relieves the pain of bee stings.

*By splashing a solution of baking soda and warm water in the eyes, itches from allergies or make-up residue can be relieved.

Anishinabe

Dee-Bah-Gee-Mo-Win

(People, Talking About Ourselves)



Published monthly by the White Earth Reservation Tribal Council.

Free for White members may send name the White P.O. Box 418, MN 56591. Subscription rates for non-band members are \$12.00/yr.



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HRDC Hosts Dinner for Mahnomen County Organizations That Helped Out With Flood Relief

Representatives of the Headwaters Regional Development Commission (HRDC) held a luncheon in Mahnomen last month to thank seven local organizations that contributed to the establishment of a Flood Disaster Relief Revolving Loan Fund.

As a result of the heavy flooding that took place in Mahnomen County in 1993, the county was declared a disaster area. Federal funds from the Economic Development Administration (EDA) were set aside to assist businesses affected by the flooding. The HRDC was named as the regional agency responsible for coordinating flood relief programs and, after determining there was a need, decided to apply for funds to establish a special revolving loan fund.

In order to apply, the HRDC needed to assure EDA that there was \$40,000 in local matching funds available. In just a two week period in the spring of 1994, commitments were made by the seven organizations to provide the match.

The seven organizations and

the amounts of their contributions were:

Wild Rice Electric Cooperative-\$500, Farmers State Bank-\$500, First National Bank of Mahnomen-\$2,500, Mahnomen County-\$3,500, City of Mahnomen-\$5,000, White Earth Reservation Tribal Council/Shooting Star Casino-\$8,000, Northwest Minnesota Initiative Fund-\$20,000.

John Ostrem, HRDC Executive Director, commented on the local fund raising effort. "It is very gratifying to know that these organizations really care about the viability of the businesses affected by the flooding and were willing to help them gain access to special financing. Once we described the need and the opportunity to help, these organizations were quick to pledge support."

Approval of the federal grant of \$493,000 and a state grant of \$54,000 brought the total loan funding to \$587,000. In addition, the HRDC loaned \$70,000 from its regular revolving loan fund. Loans were made to six businesses in Mahnomen County which were adversely impacted by the flooding.

Six businesses in Mahnomen



Front row: Ruth Edevold, Head of Northwest Mn. Initiative Fund, White Earth Tribal Chairman Darrell "Chip" Wadena, Mahnomen City Clerk Dean Johnson, Shooting Star Casino-Gaming World, Irl. General Manager Ron Cook. Top row: Farmer's State Bank President Pete Haddeland, Tom Ryan, representing Wild Rice Electric Cooperative, 1st National Bank of Mahnomen President Howard Hanson, Mahnomen County Auditor Frank Thompson, Gene Nelson, HRDC Board Member, and John Ostrem, HRDC Executive Director.

County received flood-related loans, all of which were disbursed by mid-April of 1995. The Mahnomen area businesses received \$600,000, Waubun received \$40,000, and Bejou

received \$21,000.

When the loans are paid back, Ostrem said that they want to keep the money in this area, converting it to their revolving loan fund.

"We estimate that over 50 jobs

in the county were saved by these loans," Ostrem said. "We also think that the businesses affected will be able to recover more quickly from the flood impacts they were facing."

Address It Right!

The days of sorting mail primarily by hand are long gone in today's modern Postal Service. State of the art letter scanning equipment, capable of reading eight addresses every second, or about thirty thousand addresses an hour, is now in use in post offices throughout the country for rapid processing of letter mail.

Since the Postal Service is committed to providing customers the best service at a reasonable cost, it has been converting from manual and machine labor to high technology scanners and bar code sorters to sort mail for maximum efficiency. Mailers play an important part in this process by addressing mail so it is "readable" by these

machines.

Here are a few simple guidelines for making mail machine readable:

*Print or type addresses with black ink. Place the address horizontally in the approximate center of the envelope and keep each line of the address flush left.

*Use capital and lower case letters. Omit periods, commas, and apostrophes to separate the city, state and ZIP Codes, because optical scanners and bar code sorters work better when they don't have to read punctuation.

*Use standard abbreviations, such as ST for street and DR for drive. Always provide apartment and suite numbers, adjacent to or above the street

address line- never below.

*Always use correct ZIP Codes or the correct ZIP+4, if known.

*When using an attention line, place it on top of the address block.

*Leave a 1/8 inch area in the lower right-hand corner of the envelope blank, because that's where the optical scanner sprays the bar code.

*Always include a return address on all letters and packages.

Automation helps the Postal Service handle growing volumes of mail quickly and accurately and helps keep postal costs down. Mailers can do their part by addressing letters properly, so these machines can speed their mail on its way.

Head Start Completes ECPDN Training



Front: Dolly Basswood, Ramona Somdahl, Bernice Buckanaga, Irene Hvezda. Top: Caroline Williams, Leah Hvezda, Melody Auginaush, Deb Uran and Carmen Brunette. NP: Mae Foster.

They're the only Head Start team in the state of Minnesota to complete a Demo project through the Head Start Bureau called Early Childhood Professional Development Network. The program was designed to help Head Start teachers with group dynamics, child discipline and teaching techniques. The group met every single Friday afternoon. They were presented awards by Tribal Chairman Darrell Wadena and District III Representative Paul Williams.

Arts & Crafts Fair a Success

42 vendors come to White Earth to display their wares



OUTDOORS

Weather has Increased Tick Populations

If you're a tick, you've loved the winter and spring this year in Minnesota. But, if you're a human or a dog or cat, you should be extra vigilant in looking for ticks after you've been outdoors this summer.

Jeff Hahn, an entomologist with the University of Minnesota's Extension Service, says the larger-than-normal tick population is a concern, but shouldn't keep you from going outside. "If you take the proper precautions, you can enjoy yourself with minimal or not risk," says Hahn.

A comprehensive guide to the ticks found in Minnesota is available from the university for \$1. See the end of this article for ordering information.

Precautions

You can wear long-sleeved shirts and long pants. This may not be realistic for everyone, but if you're especially concerned this is the easiest non-chemical precaution you can take. Tucking your pants inside your socks will give you even more protection.

You should stick to the trails when you're out hiking. Ticks are much more common in tall vegetation.

You should stick to the

trails when you're out hiking. Ticks are much more common in tall vegetation.

You can apply a chemical repellent. Effective chemical products include DEET and Permethrin. DEET can be applied to clothing or skin, but Permethrin should only be applied to clothing. Research has shown that overapplying these chemicals does NOT result in increased protection—so follow label directions conservatively. There also are chemical products available for pets.

You should look for ticks soon after an outdoor hike. Don't wait to look for ticks on yourself, your children or your pets. Removing ticks before they become attached is much easier and the risk of disease is eliminated.

Removing Ticks

Whenever you find a feeding tick attached to an animal or human, grasp it as close as possible to the skin with tweezers or tissue paper. Avoid squeezing the tick's abdomen. Gently, yet firmly, pull the tick off. Always treat the wound with a germicidal agent such as iodine.

Methods using tape, alcohol, Vaseline or lighted matches to induce the tick to voluntarily pull its mouthparts out of the skin are not effective. Using tweezers is the most effective removal method. Never destroy ticks by crushing them between your fingers, as this practice has been known to cause infection.

Minnesota Ticks

important because weeds not only take moisture, but also removes many nutrients, and harbor many diseases. Insects spread these diseases from the weeds to the garden plants. If you have not removed, the weeds do so right away. We should hoe shallow around the plants to avoid damaging the roots and drying the soil too much. Think of the exercise you will get and the possible weight loss. Wow!

We should be watching for diseases, and as they appear, start a control program by

There are 13 known species of ticks in Minnesota, but of these only two are commonly encountered by humans: The American dog tick, also called the wood tick; and the blacklegged tick, formerly called the deer tick.

The American dog tick is the largest found in Minnesota and is the one most often encountered by humans. The superstition that ticks crawl up trees and drop down on humans and animals is false. The belief that ticks twist their mouthparts into the bite wound and have to be "unscrewed" to be removed is also untrue.

Adult blacklegged ticks are smaller than adult American dog ticks, but don't rely on size to correctly identify ticks. Because the blacklegged tick is a potential carrier of Lyme disease, correct identification is important.

Lyme Disease

Lyme Disease is most prevalent in the east central region of Minnesota. Most cases of Lyme disease occur in June and July, although cases have been reported in Minnesota from February through November.

A blacklegged tick infected with Lyme disease needs to be attached for at least 24 hours before the disease is transmitted to the host. Consequently, early detection and removal are important.

Squeezing the tick's abdomen—the largest part of its body—during removal may immediately transfer the disease to the host.

A person bitten by a Lyme disease-infected tick may develop a red skin lesion. The lesion expands to form a large, bright red ring with a clear center which often is hot to the touch. Other early symptoms include fatigue, chills, fever, headache, muscle pain, sore throat, nausea or vomiting. See a doctor immediately if you believe you have been bitten by a tick carrying Lyme disease. Save the tick for later identification.

Identifying Ticks

The University of Minnesota will identify ticks for you. Live ticks should be placed in a container of rubbing alcohol; dead ticks should be gently packaged in tissue paper. Send ticks to the university's Dial U Clinic, 155 Alderman Hall, 1970 Folwell Ave., St. Paul, Mn. 55108. The clinic will only identify the species of the tick. You will be charged a \$2.99 fee.

To order the four-page publication, "Minnesota Ticks and Their Control," send a check or money order, payable to the University of Minnesota, for \$1 (Minnesota residents add 7 percent sales tax) to: MES Distribution Center, 20 Coffey Hall, University of Minnesota, St. Paul, Mn. 55108-6069. Include the title and item number FO-1013-NR1 in your order.

Pesticide Container Pickup

Becker County will be offering Pesticide Container Pickup at the Audubon Community Co-op from 9-12 and at Lake Park Community Co-op from 1-4 on Friday, July 28th.

Mahnomen County held their pick up day on June 26th. 1337 containers received from area farmers and dealerships.

Ranch is Closed

The Highway 200 Chippewa Ranch dump site is now closed. Please use the Naytahwaush Transfer Station, located two miles north of Naytahwaush on County Road 4 for your garbage dumping purposes.

Fight Lawnmower Blight


When a lawnmower or weed cutter cuts tree bark near the ground, a thin layer of inner bark is damaged or killed. This cell layer transports nutrients through the tree. Death of the cells decreases vigor of the tree and makes an entry point for fungi. Use mulch around trees or keep away from them when mowing, recommends Tree City USA.

have not tried it at this time though. You may also use this product to control Slugs. I do have a bag on hand now if you would like to try some.

We have two community gardens this year. One is across from the conservation building in White Earth and the other is west of the Catholic cemetery in Pine Point. We all may take the produce, but please don't until it is ready to use so as not to waste it. If you have some free time and plan to take from the garden's pull a few weeds while you are out there.

Happy gardening.

Green Thumb Tidbits



with George Scherzer,
Project Grow Director

HOE HOE HOE

Our gardens are busy doing their thing and we are sitting back getting lazy. This is not the time to do that! Our gardens need attention and protection to produce to their potential.

Weed control is very

Hvezda Selected White Earth Brave

by Barb Nelson-Agnew
Staff Writer

Jerry Hvezda has been dancing since he could walk, and has always been a traditional dancer. Becoming the White Earth Brave has been on Jerry's list of goals for a long time. "It's always been something I've wanted to do," he said.

The sixteen year old has lived in Rice Lake his whole life, and attends an average of two pow wows a month, year 'round. White Earth is his favorite pow wow. "You see people that you only see at that time of year," he said.

Eyabe is his favorite drum group. He and some other kids from Rice Lake have tried to start up drum groups on occasion, but haven't had too much luck.

Preceding Jerry as White Earth Brave is his cousin, Pete Thompson, who he usually goes to pow wows with. Like Pete, Jerry and his mother made most of his outfit, and Joe Potter and McKinley Auginaush gave him his eagle feathers.

In addition to dancing, Jerry also beads and makes dream catchers.

Culture is important to Jerry, who says that parental influence plays an important role in a child's attitude toward culture. He thinks that the Rice Lake Head Start Pow Wow is a good idea for young Anishinabe to get a better idea of their culture and how to dance. Unfortunately, there aren't many youth that do dance on the reservation, Jerry said.

Becoming White Earth is one of Jerry's greatest accomplishments so far. His reasons for dancing are simple. "I try to keep the culture alive, and I just dance because it's fun; I like to see other people dancing," he said.

This summer Jerry is working at the Rice Lake Rec. Center, playing softball, and going to pow wows. During the school year, Jerry is active in football, AmerInd Club, Peacemakers, and student council at Bagley High. He also enjoys ricing, hunting and ice-fishing.

Jerry is the son of Irene and Delmar Hvezda from Rice Lake.



Jerry Hvezda at the White Earth Pow Wow last month.

How to Get Your Money Back if You Paid Motor Vehicle Excise Taxes After April 1, 1995

by Barb Nelson-Agnew
Staff Writer

As a follow-up on last month's Anishinabe front page story on motor vehicle tax exemption for tribal members living on the White Earth Reservation, this article will tell you how to get your money back from the state of Minnesota if you did pay motor vehicle excise taxes after April 1, 1995. You are entitled to get a full refund if you did.

The State Revenue Department has no set form for this procedure, so they told tribal attorneys to devise

their own general refund request. Below is the form. Follow it and send it to the address provided.

Please be advised that you **ARE NOT REQUIRED** to place tribal plates on your vehicle, you can license it through the state if you wish. The motor vehicle excise tax exemption applies regardless, according to the agreement that was signed between the State of Minnesota's Driver & Vehicle Services and the White Earth Reservation Tribal Council.

Driver & Vehicle Services
395 John Ireland Blvd.
St. Paul, Minnesota 55155
Attn: Refund Unit

Re: Refund Request for Motor Vehicle Excise Tax

Dear Sir or Madam:

I am an enrolled member of the Minnesota Chippewa Triba residing on the White Earth Chippewa Reservation. My address is: _____

On _____, 1995, I purchased a motor vehicle within the White Earth Reservation. The sale took place on the White Earth Reservatioin. The final papers were signed on the reservation; payment was made on the reservation; and the vehicle was delivered on the reservation. The seller of the vehicle was: _____. The make, model, year and identification number of the vehicle are as follows:

At the time of the purchase (after April 1, 1995), the motor vehicle excise tax agreement between the White Earth Band of Chippewa and the State of Minnesota was no longer in effect, and I was not obligated to pay the motor vehicle excist tax on the automobile. The attached memo to Jeanne Keys from Mark D. Pederson confirms this. However, I did not know this, and paid the excise tax anywaqy.

I request a refund of the motor vehicle excise tax paid by me on the grounds that I was exempt from the tax. I paid the tax on _____, 1995. Proof of payment is attached.

Sincerely,

**9th Annual George Goodwin
Memorial Classic Golf Tournament**

Saturday, July 29th, 1995

Mahnomen Country Club

Pre-Registration Required by July 26, 1995 (see form below)

9:00 a.m. Shotgun Start

*At least two Indians per team required

*Men's Championship Flight (please indicate on registration form)

Championship Flight is volunteer; all other flights established by handicap scores

*1 Womens Flight- sign up early, ladies!

*Only 35 teams allowed, so sign up early!

*Pre-registration REQUIRED- 1st come, 1st serve

*Hole -in-One Car to be Given Away!

*Prizes Galore- trophies, cash prizes,
jackets, and more!

*Evening meal provided by Shooting Star Casino

*Complimentary Casino Tokens!



**Sponsored by: White Earth RTC, Shooting Star Casino, Miller/Schroeder
Financial, INC.**

For more information, contact Al at 935-2757.

Fill out your team members names and addresses, enclose your check or money order made out to White Earth RTC (Fee is \$30.00 per person), and mail to:

Yes

Will you be competing in the Championship Flight?

White Earth RTC

Box 418

White Earth, Mn. 56591

Attn: Darb

No

NAME _____

ADDRESS _____

NAME _____

ADDRESS _____

NAME _____

ADDRESS _____

570 Dancers Turn Out for WE Pow Wow



