Mental Wellness for All
By Susan Savetwith
Mohican News Reporter

A workshop on mental wellness was recently brought together by Kristin Welch, Waapasaanay Coordinator Services Team Coordinator from the Stockbridge-Munsee Health and Wellness Center. The workshop was led by Carol Hopkins, Executive Director of Thunderbird Partnership Foundation and was titled, “Mental Wellness Continuum.” The Mental Wellness Continuum focused on incorporating culture into the community, i.e., language, land, and lineage to establish mental wellness.

Thunderbird Partnership Foundation developed a framework tool kit to help tribal communities implement traditional living along with mental wellness programs. Hopkins talked about difficulties that can come about when attempting to add traditional methods to wellness programs, like colonization which has paved the way for the validation of epistemic racism, i.e., the judgement of who is or what kind of knowledge is credible. “What is knowledge from an indigenous point of view,” Hopkins asked.

She talked at great lengths about how westernized care is based on what is wrong, or the deficits, versus identifying strengths. She talked about how there is a clear need to move from evidentiary based diagnosis (what is wrong) that is absent of indigenous views to indigenous knowledge being the foundation of treatment. She also said there is a need to move from uncoordinated and fragmented services to integrated models for funding and delivery of services. “Current care uses the iceberg metaphor, they only see what’s on the surface and not the strength in the foundation,” she explained.

In reference to intergenerational trauma, Hopkins talked about how the brain works. She talked about the limbic systems of the brain which are primarily responsible for emotional life and the formation of memories. She said we need to take care of our emotional memories because they get stored and can influence everything. “To name your emotion anchors it and stores it in our cortex,” Hopkins said. She said that when emotions are not recognized or “named” they compound and build and pretty soon everything is related to that experience. “We need to teach emotional literacy,” Hopkins explained.

The framework toolkit has an elaborate resource wheel with a guide for its usage, assessment tools, an activity guide and more.

The wheel:
• Center - Four Directions representing hope, belonging, meaning, and purpose being the outcome of the thirteen wellness indicators which are validated as contributing towards this outcome.
• Community; elders, kinship, clan, and community; consider how healing impacts family and community beyond the impact of policy program or ser

Wellness cont on page Four:

Mohican Little League Makes History

Standing (L to R): Sterling Schreiber Sr., Bryce Dixon, Belasaire Veile, Lukas Pecore, Donald Waukechon, Corbin Welch, Ashwuut Mohawk, Cordell Mendez, Sterling Schreiber Jr. and Artie Plaster
Kneeling (L to R) Sterling Schreiber III, Chad Meyer, Duante Zook, Derek Schreiber, Marcus Malone, Bryce Malone, Kingston Waukechon and Donnie Webster
By Susan Savetwith
Mohican News Reporter

The Mohican Little League has been in existence for over forty years and 2017 was the first time the Tribe’s Little League was invited to host the season finale tournaments.

Stockbridge-Munsee Council Member, Jeremy Mohawk said, “This is the first time ever that we will be hosting this event in forty plus years as members of the league. The Tribe has stepped up financially and made this possible. Thanks to the Tribe’s work crew for making things really come together. The Roads and Property and Equipment guys did a great job. Also, a special thanks to Stacey Schreiber for orchestrating the entire project from start to finish.”

Council Member and Mohican Little League Coach, Sterling Schreiber, said the league had

History continued on page Six:

More About Cancer

By Susan Savetwith
Mohican News Reporter

The second part of the Cancer Clear and Simple workshops which offers meaningful information regarding cancer was recently held at the Eunice Stick Gathering Place. Again, this series workshops are put on with Stockbridge-Munsee’s Health and Wellness Center’s Community Health Department along with UW Carbone Cancer Center’s Cancer Health Disparities Initiative (CHDI) and UW-Extension. Phase two was also conducted with Judy Heubel, Director of Community Health and Community Health Department Summer Interns, Kaitlin Weisshappel and Erin Loughney. Phase two was about prevention and self-care.

In the prevention/self-care phase of the workshops they covered nutrition, physical activity, healthy weight, tobacco, alcohol, sun

Cancer continued on page Six:

What’s Inside?

Ads pg 14-15
Community pg 10
Education pg 12
Elders pg 4
Family Health Pow Wow Voices
Oshkosh Public Museum to host Voices of Native American Art – Telling Our Story

Exhibition features original, fine and contemporary Native American art

Submitted by Karen Ann Hoffman (Stevens Point, WI)

The Oshkosh Public Museum (1331 Algoma Blvd, Oshkosh, WI), is pleased to host a unique exhibition this summer, “Voices of Native American Art – Telling Our Story”. On exhibit from July 23-October 8, 2017, “Voices” presents a broad variety of artwork from more than 25 living Native artists who are citizens and descendants of twelve Native American Nations, many with deep connections to the Lake Winnebago watershed. Unique to this exhibit are the voice recordings and video accompanying the artwork. While viewing the artwork, visitors to the museum will be able to hear the voices of the artists commenting on their pieces.

Karen Ann Hoffman, of Stevens Point, WI, a citizen of the Oneida Nation of Wisconsin, is providing her curatorial expertise in the selection of artwork. “Native American artists have strong voices,” says Hoffman. “Each artist in “Voices” uses their individual voice in unique ways, from contemporary extensions of traditional art forms to the inventive use of modern materials. But, in all cases, whatever medium is used to carry the voice, there is a strong cultural connection to the history, the present, and the future, of our vibrant Native communities.”

“I’ve reached deep into the creative talent of our artistic community”, says Hoffman. “Cradleboards are displayed alongside bison-dung fired pottery, beadwork, contemporary ‘found art’ installations, birch bark biting and more are included.”

Many of these artists have national reputations. At least three of the artists, Shirley Brauker, Karen Ann Hoffman and Katrina Mitten, have artwork in the permanent collection of the Smithsonian Institution’s National Museum of the American Indian. Others, like Dawn DarkMountain, Linda Lou Metoxen, Juniper, Sequoia and Cypress Anderson, Pahponee, Melanie Tallmage Sainz, Brian Szabo, and Jason Wesaw are award winning artists whose work has been recognized by the Heard Museum of Phoenix, Arizona, the Santa Fe Indian Market in New Mexico and the Autry Museum in Los Angeles.

In addition, “Voices” will exhibit paintings by Jesse Blackdeer, Jermain Davids, Patricia Kotiké, Terri L. O’Connor, and Christopher Sweet, the metalsmithing of Ron Anderson, poetry from Richie Plass, fiber sculpture by Lily Antone Plass and Debra Fabian, Rock Art and ceramic art by Mike Hoffman, beadwork by James Kelly and Stefanie Sikorowski, and the rare birch bark bitings of Denise Lajimodiere.

Each artist in “The Voices of Native American Art-Telling Our Story”, has a strong message to share. Hoffman advises, “Look deeply at each artpiece, listen for the whispers of our past and the joyful celebration of our future. Come, hear our stories from our point of view. We have much to share.”

“Voices of Native American Art – Telling Our Story”, is the perfect complement to mark the highly anticipated grand opening of the Museum’s new long-term main floor exhibition, People of the Waters. This state-of-the-art exhibit highlights hundreds of Native artifacts to tell the stories of people who lived in this area through the years. The official ribbon cutting ceremony is September 5 at 10:00 a.m. In addition, the Museum is offering a special weekly program series from September 9 to October 21, an Iroquois Strawberry Beadwork Convention. Hoffman will present the International Iroquois Beadwork Convention. Hoffman will present the International Iroquois Beadwork Convention. Hoffman will present the International Iroquois Beadwork Convention.

The Oshkosh Public Museum is located at 1331 Algoma Boulevard in Oshkosh. Regular hours are Tuesday to Saturday from 10 a.m. to 4:30 p.m. and Sunday from 1 p.m. to 4:30 p.m. For more information about the Museum’s exciting events and exhibits, visit oshkoshmuseum.org, call 920.236.5799 or email museum@ci.oshkosh.wi.us.

Karen Ann Hoffman, Exhibit co-curator karenannahoffman01@gmail.com (Editor’s Note: Please see the poster on page Thirteen for more information on this event).
Thank You

The Family of Jerri L Rusch would like to say thank you to everyone who showed their support to the family, and helped with food, flowers, and cards. Your community support eases the pain of our loss!

Thank You

We want to thank the community, friends, and family for the prayers, texts, calls, and monetary donations while Beau was in the hospital. Words cannot express how thankful and proud we are to live in such a great, loving, and caring community. So we would like to give a huge THANK YOU from the bottom of our hearts.

Jody and Beau Hartwig

Section 184 Indian Housing Loan
A Home Loan Resource
Wednesday August 23, 2017
Speaker: Tanya Krueger Bay Bank
4:45 pm light meal
5:00 pm speaker at Housing Office
Receive a pre-qualifying application
You must register by August 21, 2017 or session will be cancelled. Attendee Gifts
Open to all enrolled Native Americans

WIC Notice

Due to short staffing we will only be doing WIC two days in August. WIC dates for August will be the 1st for certifications and the 2nd for benefit issuance. We will not be having a backup day until the position is filled. Sorry for the inconvenience and we appreciate your patience during this time. Please contact me at 715.793.5006 for any questions or concerns.

Thank you, Casey Rosenberg, RD

Thank You

Koreans Visiting For Fifth Year

Marking the fifth anniversary of the Korean-Mohican cultural exchange, Korean-Americans young and old from the Washington, D.C., area will be arriving in the Stockbridge-Munsee community on Monday (July 31) to begin a week-long celebration and sharing of our wonderful heritage and friendship.

The visit by more than 50 members of Bethany Church in Gaithersburg, Maryland, will be capped by a cultural exchange night on Thursday (Aug. 3) in the Mohican Family Center. As in the last four years, the event will include performances from Koreans and Mohicans showcasing their respective traditions and history.

The Koreans will give a centuries-old drum and dance performance. They will also share songs and skits, and they will prepare an

Visit continued on page Four:

WHERE WINNERS WORK

APPLY TODAY FOR THESE JOB OPENINGS:

• Host Cashier
• Food Server
• Line Cook

For More Info

Simply Call: MAUREEN CHRISTENSEN
715-787-3110

Or, Go Online: Mohican.com/CasinoEmployment

Wolf River 19th Annual HABITAT FOR HUMANITY Charity Golf Outing
August 17, 2017
4 Person Scramble
18 Holes of golf with cart
Rolling Lunch and Dinner
Door Prizes and Raffle
All players get a North Star Gift
All players get North Star Free Play
Hole Prizes

Proceeds go to the Wolf River Habitat for Humanity

With Volunteers from our community, we will build the next home in partnership with a family that might otherwise never have a home of their own.

Available Benefits

• Medical
• Dental
• Life Insurance
• Disability
• Paid Time Off
• 401K
• Paid Lunch Break
• Free Uniform
• & Much More!

Visit www.wrhabitat.org
Wellness cont from page One:
vice inputs for the individual.

- Determinants of Health: health care, employment, economic development, land and resources, urban and rural, language heritage and culture, education and lifelong learning, justice, social services, environmental stewardship, and housing; identify others across the indigenous social determinants of health with a mandate supporting mental wellness, who you can engage to pool your resources toward common goals.
- Key Themes of Mental Wellness: quality care system and competent service delivery, community development ownership and capacity building, enhanced flexible funding, and collaboration with partners; consider what theme your initiative is addressing or should address and identify, some examples of where these themes have addressed and should be shared more broadly
- Culture as a Foundation: culture (elders, cultural practitioners, and kinship relationships), culture (language, practices, ceremonies, knowledge, land, and values); consider how culture plays a role in every aspect of your initiative, such as whether your services align with the first nation’s worldview, knowledge, evidence, and values and how your work contributes to the wellness outcomes of hope, belonging, meaning and purpose.

The assessment forms help determine how much a person practices traditional ways and offers suggestions for traditional interventions such as smudging, prayer, sweat lodge, talking circles, nature walks, sacred medicine, natural foods, and cultural songs.

Beyond demonstrating the tools and talking about traditional ways, the workshop provided a forum for people of different tribes to interact and solve problems. Because each tribe has different programs and different levels of using traditional ways within these programs, getting together to talk about what is being done could be done more useful. The Stockbridge-Munsee providers at the workshop were eager to put together plans to bring culture into their wellness programs and talked about having a “coming of age” program that incorporates teachings of culture and ceremony to youth and all participants left the workshop invigorated to start fresh and begin healing within their communities.

Colette Julia Anderson

Colette Julia Anderson, age 81, of the Town of Wescott, passed away on Thursday, July 13, 2017 at her home. Colette was born on February 12, 1936 in Neopit, the daughter of the late John D. and Julia (Aaron) Lawe. She lived in Lucasville, Ohio most of her life, returning home 3 years ago. On August 12, 1955, Colette was united in marriage to Russell Anderson, Jr. in Ohio. Russell preceded her in death in 2000. Colette worked as a CNA and opened her home as a foster parent to the disabled. She enjoyed playing cards and dancing.

Colette was preceded in death by her husband, Russell; her parents; her brother-in-law, Joseph T. Boivin; her sister-in-law, Debra Lawe; her special friend in Ohio, Cathy and numerous nieces and nephews.

She was preceded in death by her husband, Russell; her parents; her brother-in-law, Joseph T. Boivin; her sister-in-law, Debra Lawe; her special friend in Ohio, Cathy and numerous nieces and nephews.

Visit continued from pg Three:
assortment of delicious Korean foods to share with their Mohican friends.

Last year, the Koreans and Mohicans had a wonderful time, sharing customs and meals together, even joining in dance together.

Many of the Koreans are so excited for the coming week. For the students, from upper elementary and high school, it’s a special summer treat to reconnect with friends and spend time playing, talking, and sharing their lives together. Last summer the children had great fun in activities that included arts and crafts, and swimming and canoeing at a nearby lake.

For the Korean adults, they enjoyed learning about Mohican history when they toured the museum in town. Some of the Korean men were thankful to help with a demolishing and reconstruction of a home. And Koreans of all ages fondly remember taking part in planting young trees together as a symbol of the friendship and hopes for a flowering of the relationship between the Koreans and Mohicans.

The Koreans at Bethany have been preparing for the upcoming exchange for the last two months. And the excitement has been building by the day.

The Korean-Americans know that they have a special bond with the Mohicans and other Native American tribes. They share common values of respect for the elderly, a strong community and common cultural traditions, as well as some unusual characteristics. Physically, Korean and Native American babies and adults share a Mongolian spot, or birthmark. Even some of the symbols and language of the Mohicans and Koreans have special relations. When you turn the Mohican’s “Many; Trails” symbol upside down, for example, that actually represents the character for East that is familiar to Koreans.

The Koreans will be departing Maryland on Sunday afternoon by bus, traveling a path similar to the Mohicans when they left Massachusetts in the 1780s on their journey that took them to Indiana then up eventually to Stockbridge. The bus trip will take many hours and have an overnight stay in Ohio, but if the week is anything like the past, it is more than worth the long preparation and ride to the Mohican land.

Five years, and many more on the trail of our friendship! See everyone there Thursday night.
“COMMUNITY SAFETY”
TUESDAY AUGUST 8, 2017
AT: PUBLIC SAFETY/FIRE DEPARTMENT BUILDING
W13455 CAMP 14 RD BOWLER

Activities & Prizes

PLEASE... be prepared to get WET if you participate in the games!

5:00 p.m. Meal - POT LUCK
We will provide Chicken Plates, forks and drinks
*** YOU ARE RESPONSIBLE TO TAKE YOUR FOOD/DISHES/BOWLS HOME ***

5:30 p.m. Family Activity: Fireman’s Water Fight - Timed Event
Team members recommended to be 15 yrs. or older.
Limited to the first 6 teams - 1st $50, 2nd $40, 3rd $30

5:45 p.m. Family Activity: Balloon Toss - Timed Event - All Ages
1st $30, 2nd $20

6:00 p.m. Speakers from Stockbridge-Munsee Tribal Police Dept.

6:20 p.m. Activity Winners & Door Prizes Announced

6:25 p.m. Wrap up and pick two (2) large door prizes
REGISTER BY FAMILY
You MUST be present to will ALL door prizes

Sponsored by the Division of Community Housing
Stockbridge/Munsee Family Services and the
Stockbridge-Munsee Tribal Police Department
Sterling Schreiber for the great pictures taken by him with the use of his drone.

The staff of the Mohican News would like to extend our gratitude to Sterling Schreiber for the great pictures taken by him with the use of his drone.

Cancer cont from page One:

— protection and sexual behavior.

Many types of cancer can be prevented by eating a healthy diet and maintaining a healthy weight. “Nutrition is related to a third of all cancers,” Weishappel indicated. She said eating well can help you prevent cancer as well as heart disease, stroke and diabetes. The following dietary guidelines are recommended:

- Eat two to two and a half cups of fruits and vegetables every day. Fruits and vegetables can be fresh, frozen, dried or canned.
- Choose a diet with plenty of whole grain products, vegetables, fruits, berries, and greens.
- Choose a diet low in fats, try skim milk instead of whole milk.
- Choose a diet low in sugars. Four grams of sugar equals one teaspoon of sugar. Drink water instead of soda.
- Choose a diet moderate in salt, less than 2,400 milligrams a day or two grams daily. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.” Almost all frozen vegetables are low in sodium.
- Steam, roast, or bake foods instead of frying.
- Trim fat off meat before cooking.

Schreiber said this project demonstrated the pride this community takes in making great things happen. Huge kudos to Robert Miller and Clifton Pecore, “your craftsmanship is awesome and your diligence does not go unnoticed,” Schreiber said. “I wish everyone could have seen the team work being displayed Sunday evening; the players, coaches, parents, family and community members worked until 10 p.m. cleaning up and helping get things ready. I am a very proud Mohican,” Schreiber added.

Cancer continued on page Ten:

— measuring protein once ounce of lean meat, poultry, or fish, one half ounce of nuts or half a cup of beans or peas.

Weishappel indicated to remember the ABC’s with regard to incorporating healthy nutrition into the daily routine. A = add; what healthy activity can I add at this time? B = better; what better choice can I make? C = change; what can I change to make myself healthier?

Physical activity is another important key in prevention for health. Judy Heubel talked about the importance of staying active and the benefits. She said it’s ideal to be physically active for 30 or more minutes every day. Physical activity can include mowing the lawn, chopping wood, gardening, active housework, playing with kids, hiking, or walking. Heubel said physical activity helps maintain an ideal body weight and prevent obesity by burning fat and reducing fat deposits, reducing stress and support sleep, regulate hormone levels, boost the body’s natural defenses and strengthen the immune system, increase muscle and bone strength, and improve mental health and sense of wellbeing. Heubel indicated that a little exercise really does make a difference in cancer prevention. Statistics show a 10-30 percent decrease in risk of prostate cancer, 30-40 percent decrease in risk of breast, endometrial and lung cancer, and 45-50 percent decrease in risk of colorectal, kidney, pancreas, thyroid and gallbladder.

To lose weight, the panel explained that a change in habits is necessary; replace old unhealthy habits with new healthy behaviors. To help do this practice S.E.L.F. S = Smaller portions, E = Exercise and eat healthy, L = Limit screen time, F = Fruits and vegetables.

Use of tobacco has a hefty impact on cancer causes. In the chart from the first session, tobacco use is 1/3 of the causes of all cancers overall. Tobacco use is not limited to being smoked.
Positive Indian Parenting Classes - PIP
Place: Maehnowesekiyah Wellness Center
Dates: Friday's August 4th & 11th, 18th, and 25th, 2017.
Time: 9:00- Noon
Contact: Mary Webster or Gerry Sparks at 715-799- 3835
Deadline to sign up classes (August 2, 2017 at 4:00 PM)
LIMITED TO 20 Participants

ATV SAFETY CLASSES

Classes will be held at The Stockbridge-Munsee Public Safety Building, W13455 Camp 14 Road. All students are required to obtain Wisconsin DNR Customer ID # as part of the criteria to graduate from any recreational safety class. Students must have this number prior to coming to class on Monday and need to show their numbers to the instructor. Students can obtain a DNR customer ID# by calling 1-888-936-7463 from 7 a.m. to 10 p.m. Students can also visit a Wisconsin DNR service center during their regular scheduled hours. The cost of the ATV safety course is $10.00.

Anyone of any age can take the class. Those that meet the course requirements will receive a safety education completion certificate. However, if the student is younger than 12 years of age their certificate is not valid until they turn 12.

To sign-up for the course, or if you have any questions you may contact us at 715-793-4364. We will need a name (s), address, and telephone number when registering. Please respond by July 29, 2017.

It is the student’s responsibility to read the booklet in the packet and bring your packet to class. Parents and/or guardians must fill out and sign the registration card that is in the packet. Packets can be picked up at the Stockbridge-Munsee Conservation Department (Public Safety Building). Parents and/or Guardians are encouraged to attend with their child.

Beau Miller and Sterling Schreiber, Stockbridge-Munsee Conservation Wardens

HUNTER SAFETY CLASSES

Thursday August 3, 2017 5 - 8 p.m.
Friday August 4, 2017 5 - 8 p.m.
Saturday August 5, 2017 9 a.m. - Noon
Sunday: August 6, 2017 9 a.m. - Noon

Classes will be held at the Stockbridge-Munsee Public Safety Building, W13455 Camp 14 Road. All students are required to obtain Wisconsin DNR Customer ID # as part of the criteria to graduate from any recreational safety class. Students must have this number prior to coming to class on Thursday and need to show their numbers to the instructor. Students can obtain a DNR customer ID# by calling 888-936-7463 from 7 a.m. to 10 p.m. Students can also visit a Wisconsin DNR service center during their regular scheduled hours. The cost of the hunter’s safety course is $10.00.

Anyone of any age can take the class. Those that meet the course requirements will receive a safety education completion certificate. However, it should be noted that persons younger than 12 years of age may lose some of the benefits of the certification (small game hunting privilege, authorization to shoot an antler less deer during the first gun deer season after graduation) if they take the class sooner than age 12.

To sign-up for the course, or if you have any questions you may contact us at 715-793-4364. We will need a name(s), address, and telephone number when registering. Please respond by July 29, 2017.

Do not bring any firearms or ammunition to class!
It is the student’s responsibility to read the booklet in the packet and bring your packet to class. Parents and/or guardians must fill out and sign the registration card that is in the packet. Packets can be picked up at the Stockbridge-Munsee Conservation Department (Public Safety Building). Parents and/or Guardians are encouraged to attend with their child.

Beau Miller and Sterling Schreiber, Stockbridge-Munsee Conservation Wardens.
Tara Moderson & Angel Miller  
Rolanda Bierman  
Wanda Summers  
Danny Schultz & Ray Bowman  
Pat Malone  
Angelia Irving  
Jeff Heath  
Maria Antonucci & Barbara Stephenson  
AJ Miller & Misty Moede  
Awaseah & Maquaw Brisk  
Lisa Loveland & Ashton James  
Julie Gruenwald  
Debra Antoine  
Brenda Kohel & Mike Mohawk  
Melissa Penass  
Ken Davids  
Norberto Vargas  
Wambli & Candi Miller  
Dr. Stake  
Annette Schreiber  
Michael Penass
Wisconsin Tourism Experiences $700 Million Increase in 2016

SHAWANO COUNTY VISITOR SPENDING

Wisconsin Tourism Experiences $700 Million Increase in 2016

SHAWANO, Wi – For the travelers that helped Wisconsin achieve a $700 million increase in tourism economic impact in 2016, it’s all about the fun and memories. For the state’s tourism industry, it’s big business. And for taxpayers and residents, it’s all about jobs and tax revenue those travelers generate.

A study conducted by Tourism Economics shows the impact of tourism on the state’s economy reached $20 billion in 2016, an increase of 3.5 percent from the previous year.

Locally, travelers to Shawano County spent $65 million in 2016—an increase of 5.15% over 2015. Among the contributing factors for local tourism growth was recent hotel and retail developments, along with continued efforts to achieve a $700 million increase—of at least 5.15%—in tourism economic impact in the coming summer season.

Peterson. “Last year’s numbers are very encouraging and we hope to capitalize on this momentum in the coming summer season.”

Statewide, traveler spending generated $1.5 billion in state and local revenue and $1.1 billion in federal taxes. “Traveler spending has grown an average of 4.5% per year since 2011,” Tourism Secretary Stephanie Klett said. “It’s a tremendous credit to the tourism industry in all 72 counties and the work they do to create fun vacation experiences, market their destinations, and provide great customer service that makes travelers want to return to Wisconsin each year.”

Tourism continues to be one of Wisconsin’s most important economic resources. Research shows that tourism advertising goes beyond just promoting vacations, it also positively influences the state’s overall image as a great place to live, find a job, or open a business. Klett added, “These results also let us know what we are doing is working and that investing in tourism not only benefits the economy, it also influences the way people think about Wisconsin.”

The Department of Tourism worked with a national research firm Tourism Economics and Longwoods International to produce the reports.

Cancer cont from page Six:

to smoking, it also includes the use of snuff and chewing tobacco,” Weishappel indicated. As one of the leading causes of cancer, tobacco use causes 90 percent of lung cancer and increases the risk of other cancers like head and neck, esophagus, stomach, colon/rectal, bladder, kidney, pancreas, breast, uterine, ovarian, cervical, and acute myeloid leukemia (blood cancer). In addition, the effects of tobacco use are increased if it is paired with alcohol.

When a person uses tobacco, the heart rate and blood pressure increases, teeth yellow and there is bad breath, some taste buds are ruined, dry yellow skin and wrinkles, nicotine use slows circulation of blood and has been linked to erectile dysfunction (cigars, pipe tobacco, snuff, chewing tobacco and cigarettes all contain nicotine, and pregnant women who smoke cigarettes run an increased risk of stillborn or premature infants, miscarriage or infants with low birth weights.

Weishappel indicated that even if you are not a smoker, if you are exposed to secondhand smoke you can be at risk. Secondhand smoke is a mixture of smoke given off by the burning end of tobacco products and the smoke exhaled by smokers. It contains the same cancer-causing agents, or carcinogens as the smoke inhaled by smokers. “Everyone is affected by secondhand smoke, but young children and women are particularly vulnerable,” Weishappel said. Children exposed to secondhand smoke can have an increased risk of sudden infant death syndrome, asthma, bronchitis, middle ear infections and pneumonia.

Loughnay said to help reduce the risk of cancer due to tobacco, decrease or eliminate tobacco and alcohol use, maintain a tobacco-free environment and avoid secondhand smoke, especially around women and children.

Alcohol affects the entire body, including the brain, nervous system, liver, heart and the individual’s emotional wellbeing. Drinking alcohol increases the risk for several kinds of cancer, especially those of the mouth, throat, esophagus, liver, breast, and colon. In general, these risks increase after about one daily drink for men.

The risk of developing cancer is greater for people who use tobacco AND drink alcohol. Heubel indicated that about four percent of cancer cases are related to chronic alcohol use and alcohol use is the primary cause of liver cancer. From a nutritional point of view, alcohol has negative effects as well, alcohol keeps the body from burning fat, particularly around the stomach, it has calories, which can add fat to body weight, and it provides no nutrients. Alcohol is a depressant, regardless of how it makes one feel. It slows down your motor skills which control the way you think, speak, move and react.

Sun protection is another cause of cancer that can be prevented. Ultraviolet radiation, from the sun, sunlamps and tanning booths cause premature aging and skin damage that can lead to skin cancer. But this can be prevented by protecting yourself from the sun. Limit your midday sun exposure between 10 a.m. and 2 p.m., wear protective clothing – long sleeves and long pants and a broad brimmed hat and sunglasses that absorb ultraviolet light., use sunscreen with an SPF of at least 15, use sunscreen that is designed to protect you from two types of UV radiation – UVA and UVB, wear sunglasses on a daily basis all year round, not just during the summer, stay away from sunlamps and tanning booths – they are not safer than sunlight, reapply sunscreen after being in the water, even if the bottle says waterproof.

Heubel addressed the area of sexually behavioral causes of cancer. She talked about HPV Human Papilloma Viruses. They are a group of more than 100 HPV types that cause infection and abnormal tissue growth in the human body. “Statistics show that HPVs will affect an estimated 75 to 80 percent of males and females in their lifetime,” Heubel said. HPVs can cause cancer in both male and female genital areas as well as the mouth and throat. Almost all cases of cervical cancer in women are caused by just a few strains of HPV.

An HPV infection can be prevented by, limiting the number of sexual partners, using condoms, and getting the HPV vaccine.

Overall, the information provided and examples shared by the presenters made the information clear and easy to understand.

The next and final phase of the workshop is Early Detection; Cancer Screening and Detection which will be in the August 15 issue of the Mohican News.

In addition, the workshop will be held again in other locations – so keep checking postings if you are interested in attending.
Fruit and Vegetable of the Month: Cantaloupe

Cantaloupe Benefits:
1. Great source of antioxidants A and C
2. Fights cancer with phytochemicals
3. Contains anti-inflammatory properties
4. Boosts immunity
5. Good source of potassium
6. Protects eye health
7. Protects skin health
8. Good for digestion
9. Low in calories and high in vitamins and minerals

How to Pick a Good Melon

First, pick up the melon and check for cracks and discolorations; you want to avoid these. Then, look under the webbing of the cantaloupe to see if there is any color coming through. Avoid white-looking skin under the webbing. The heavier the cantaloupe for its size, the sweeter it will be; as more weight equals more sweetness and water content. Try the thump test, tab the melon, and if it sounds like it echoed or sounded hollow then its ripe. Lastly, the melon would smell subtly sweet.

Cantaloupe Dressing

Ingredients
- 1 cup Cantaloupe, cubed
- ½ cup low-fat vanilla yogurt
- 4 tsp. white sugar

Directions:
In a blender, combine cantaloupe, yogurt, and sugar. Blend until smooth. Chill or serve immediately. This is a dressing for fruit salad, lettuce salad, or dipping fruit in.

We Need Your Help to Bring Back the Native Culture of Breastfeeding

Benefits of breastfeeding for baby:
- Decrease risk of sudden infant death syndrome, fewer episodes of diarrhea and vomiting, fewer ear infections, lower risk of Asthma, antibodies that help protect infants from germs, and enhanced brain development.

Benefits of breastfeeding for mom:
- Lowers the risk of breast and ovarian cancers, lowers risk of developing diabetes and cardiovascular disease, saves between $1,160 and $3,915 per year instead of using formula, no bottles or nipples to sterilize, less mess, work because their infants are sick less often, lower medical costs as breastfed babies tend to be healthier, and burns about 600 calories a day.

Breastmilk is more than just food, it’s protection! Still even with being aware of all the benefits of breastfeeding to both mother and baby the rate of breastfeeding has been on the decline. What has caused this decline in breastfeeding when many Native American Cultures have viewed breastfeeding as nature’s way of nourishing baby’s mind, body and spirit? Help us get the answer to this question by filling out a Breastfeeding survey if you are a woman age 18 or older who has had a baby in the last 5 years, and if your most recent baby is American Indian/Alaska Native (enrolled, eligible to be enrolled, or a descendant). By completing this survey you can be entered to win one of four $25 gift cards! Contact Joan Olson MCH Nurse at (715)793-5018.

What’s being done to bring back the Native Culture of breastfeeding? The Healthy Start Program, offered through The Stockbridge Munsee Health & Wellness Center, is a program guided by Family Spirit which is a unique, evidence-based home visiting program designed for and by Native American Communities. The program promotes breastfeeding through education and support to mothers, families, parents, and children’s families. As a community we can help improve the breastfeeding rate along with the health of the babies of our community by showing encouragement and support to the mothers of our community.

Studies have shown that support
**Attention Higher Education Students**

Starting with the 2017-18 school year, all higher education students must re-apply by submitting an education packet before the beginning of the fall ‘17 semester. The application packet can now be attained, completed and/or submitted directly from the website @ http://www.mohican.com/eethowtoapply/.

The Academic Development Plan included in the packet requires an advisor signature, so this form must be submitted separately. Please note that the education’s webpage was recently updated with informative information, including the student handbook, scholarships, educational resources, forms and applications.
July 23 – October 8

An exhibit featuring a broad variety of original, fine and contemporary Native American art from living Native artists who are members and descendants of different Native American Nations, many with deep connections to the Lake Winnebago watershed.

Each artist has a strong message to share. Look deeply at each art piece, listen for the whispers of the past and the joyous celebration of the future. Hear the Native stories from their point of view. They have much to share.
Little House Portables

Septic Service

* Septic Tanks
* Holding Tanks
* Grease Traps
* Dry Wells
* Jetting & Steaming of sewer pipes
* Inspections and Evaluations

Residential, Commercial

24-Hour Emergency

715-787-4464
Bay Bank is proud to bring the dream of homeownership to Indian Country with the Section 184 Indian Home Loan Program

If you are an enrolled member of a federally recognized tribe or an Alaskan Native you may be eligible for the Section 184 loan program.

Program Highlights
- Purchase, Refinance or New Construction
- Financing available on fee simple, tribal trust and individual trust land
- Low Minimum Down Payment
- No Private Mortgage Insurance (PMI) required
- 15, 20, or 30 Fixed Rate Mortgage
- No maximum income limits
- Flexible underwriting
- No minimum credit score

Contact a lender today!
920-490-7600
Apply online at: www.baybankgh.com

Office of Native American Programs
2555 Packerland Drive • P.O. Box 10855 • Green Bay, WI 54307

FMC #40020

Our basic mission
As your community bank, our basic mission is to provide you with a safe place to keep your money, a good place to have it grow, and a trusted place to borrow it. This has never changed. It never will.

Strength. Safety. Soundness. We will never forget our basic mission. We will never forget our commitment to you!

“Here to Serve All Your Banking Needs”
Open your account today!

Hours: Monday - Friday 9:00 AM - 4:30 PM
Saturday 9:00 AM - 11:30 AM

FDIC

Each Depositor Insured to at least $250,000

First National Bank
Bowler – Wisconsin – 54416
(715) 793-5200
Bowler, WI and Tigerton, WI

Stockbridge-Munsee Family
Family Services/Domestic Abuse

ABUSE EFFECTS THE WHOLE COMMUNITY
- Supportive Advocacy 715-793-4863
- Emergency Transportation to Shelter or 715-881-0488
- Restraining Order Assistance or 715-793-4780
- Abuse Education Statewide Shelter Hot Line
- Information and Referral 800-236-7660
- Community Education National Dom. Abuse Hot Line:
- Education Planning 800-787-3224/800-799-7233
- Forecasting

Need to talk or need support
please Call: Client Services Advocate:
N8476 Moh He Con Nuck Road
P.O. 70
Bowler, WI 54416

Do you struggle hearing on a regular telephone?

Apply NOW for one of our FREE* phones and enjoy better communication TODAY!

Quattro 4.9
CR200
A1600BT
CSC500
A700GUN

Contact Scott Brooks
American For Better Hearing Foundation
(ABHF)
910-394-4600
sbrooks@hearing.net

ClearSounds
Better Hearing in Every Ear!

*ABHF is a 501(c)(3) nonprofit organization

ClearSounds Communications, Inc. dba ClearSounds, is a registered trademark of ClearSounds Communications, Inc. All rights reserved. ClearSounds, the logo design, SoundPrice, Personalization, Adjustable, Memory, Speech Enhancing System, Sounder Spc dysPhonic, Speak, ClearSound, Speak with ClearSound, ClearSound, Hear More Clear Life Can Be, ClearSound, and ClearTune as well as the trade dresses of products are trademarks or registered trademarks of ClearSounds Communications, Inc.
The Stockbridge-Munsee Mohican Nation & the North Star Mohican Casino Resort invites you and your company to the

41st Annual Mohican Nation Traditional Pow Wow

August 11 - 13, 2017
Many Trails Park • Bowler, WI • FREE Admission

WHO WE ARE...

Grand Entry Times
Friday at 7 PM
Saturday at 1 PM & 7 PM
Sunday at 12 PM

Host Drum: Young Spirit Singers
Frog Lake, Alberta

Co-host: LCO Badger Singers
Invited: Puzzle Hill Singers - Mohican Nation
Buffalo Bay Singers - Red Cliff Nation

Head Dancers
Leonard “Lennie” Welch
Mohican Nation
Princess Storme Vele
Mohican Nation

Saturday Special
Oneida Smoke Dance at 6 PM

Honorariums
For all dancers after every session in full regalia
Drums at the end of Pow Wow weekend

Master of Ceremonies

Arena Director
Bradley Granquist
Oneida Nation

Emcee
Josh Homminga
Sault Ste Marie

Color Guard

Stockbridge-Munsee Veterans

Head Veteran
Wesley Martin
Oneida Nation

WHERE WE ARE GOING

Mohican Pow Wow 5K Run/Walk – Saturday 8/12 at 9 AM
Contact Casey Mitchell at 715-793-5006
Pow Wow Princess/Warrior applications please contact
Jerilyn Johnson at 715-793-4387

For more information and vendor applications please e-mail
scott.vele@mohican-nsn.gov or call 715-793-4859

Free camping on site. Contact Stacey Schreiber at 715-793-4854

Mohican Nation Pow Wow grounds are drug & alcohol free,
Stockbridge Munsee Community is not responsible for any loss, stolen, accidents or personal injury.

ABSOLUTELY NO DOGS OR PETS OF ANY KIND ALLOWED IN ENTIRE PARK. EXCEPTION SERVICE DOGS.