



# Lac Courte Oreilles Newspaper

## Odaawaa Zaaga'iganing Babaamaajimoo-mazina'igan

A Monthly Publication of Lac Courte Oreilles Tribal Government  
www.lconews.com

February 2014  
www.lco-nsn.gov

## Emergency Meeting Called Regarding Drug Concerns

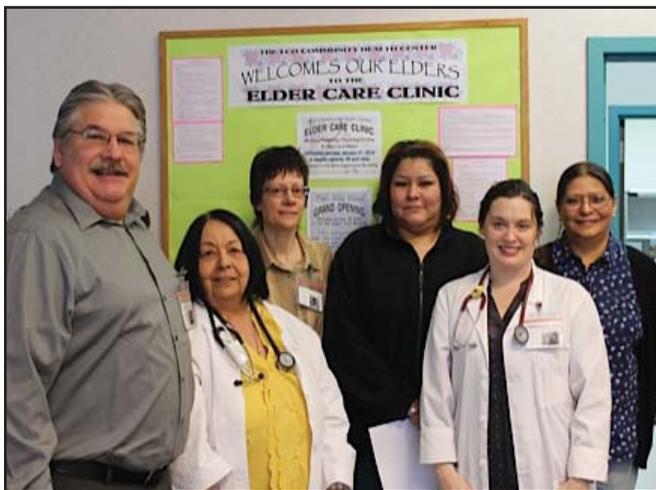
On February 7th a meeting was held at the Tribal Office concerning the increased reports of drug use and abuse at LCO and its effects on LCO children. During the past several months, the LCO Indian Child Welfare Department has been flooded with reports of parents using synthetic drugs, prescription drugs, heroin and methamphetamines. Statistics show that during this time 115 child protection intakes came in to either ICW or Sawyer County Child Protection Departments.

Of these 115 referrals that were obtained, 81 of them required full investigations which resulted in 32 children taken into protective custody and placed in relative kinship care or foster care. Of the 32 children taken into protective custody, 94% were related to significant drug abuse by the parent and child abandonment issues. On the average, during a 4 month period perhaps 10 children may be taken into custody. This past quarter shows a 200% increase in children

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## LCO Elder's Care Clinic Opens

by Pamela Rutter CNP, ANP, GNP, LCO Community Care Center



L-R Greg Duffek Health Director, Pam Rutter ANP, AWP, CNP, Sandy Zeznanski RDCSR, CDE, Delana White, Receptionist, Miriam Sward, Student NP, Neomi Corbine, CHR

The LCO Health Care Center and staff are pleased to announce the opening of the LCO Elder's Clinic January 27, 2014. We have seen an increasing demand in the specialization of Geriatric care in United States and in our community. To define Geriatric care; a specialization, evidence based on the research of the Elderly over 55 years of age.

The world population is aging. By 2050 one in five will be over the

age of 65 years of age, and those over 85 will be showing the greatest increase in numbers. The number of those living to 100 years of age is projected to grow more than 20 times the rate of the total population by 2050. The older population is healthier, better educated and expect a higher quality of life. Healthy aging is now an achievable goal for many.

My name is Pamela Rutter, CNP with Master's Degree education in the Care of Adults and Geriatrics. I work in Primary Care, the majority of my clients are those over 55 years of age. As an educated and trained provider, I am prepared to meet the complex needs of the Elders based on their needs, health promotion, and disease prevention to chronic disease and end of life care. Most diseases can present differently in the Elder

*continued on page 3*

## Dr. Erickson Recognized at Retirement Party Feb. 5th



On February 5, 2014, the Lac Courte Oreilles Health Center staff and community honored Dr. Leif Erickson with a going away/retirement party. Dr. Erickson has been our optometrist since 1984. He opened his first office at the old clinic near the Hayward Memorial Hospital in 1969. He was presented with a Pendleton

blanket by Greg Duffek, Health Center Director and sat down to a fine buffet-style lunch. Dr. Erickson said he plans on doing a lot of work on his golf game. From all of his long-time patients, we would like to say "Miigwich!" for your many years of service and care to the LCO people.

## LCO Website Now Features Online Obituaries, Video

A new feature is now available on the Lac Courte Oreilles website, lco-nsn.gov, that allows users to read recent full obituaries online as well as search an archive of past obituaries.

Users can search by first and last name, keyword or keyword string to return results.

New obituaries will be posted to the website as received. Older archives will be added in the course of coming weeks.

Last year, close to 40,000 people from 48 different countries and all 50 states visited the tribal website. They read about history, news and happenings as well as seek out tribal government information. The goal

of the online obituary project is to provide people the opportunity to research family connections and also connect to read most recent postings online through the lco-nsn.gov website no matter where they live.

### LCO on YouTube

Another added feature to the lco-nsn.gov website are YouTube videos, located on each page of the site and viewable on-demand. Lonnie Barber has been busy shooting video and one of the latest is his coverage of the Round Dance Jam at St. Scholastica in Duluth, Minn., January 24th. A two-part video series and slideshow are now live on lco-nsn.gov; watch on your computer, tablet or phone.

# 'Bringing Crossfit to your Reservation' Conference

Utina, Eliana & Thom Malnourie attended the "Bringing Crossfit to your Reservation" Conference on Jan 14 & 15 hosted by the Fort Mojave Tribe in Laughlin, Nevada. There were approximately 150 Native people registered with 20

tribes represented from the US and Canada. As part of the conference, there was a Crossfit competition which involved six workouts over two days. There were many skilled Native athletes competing, ranging in abilities and age, from 11 years up to 60+ years of age.



Thom, Utina, Eliana Malnourie with Fort Mojave Tribal Chairman, Timothy Williams. Mr. Williams is a Crossfit L1 Trainer, who started a Crossfit program on his reservation providing the community with an opportunity to pursue active, healthy lifestyles. Mr. Williams also participated in the competition and placed 2nd in the Men's RX Division.



Utina Malnourie placed 1st in the Women's RX Division. (RX means all workouts were completed "as prescribed," completed as written, with no scaling or modifications.)



Eliana Malnourie placed 1st in the Teen Division. The teen division had two workouts through the event. Eliana, 11, was the youngest competitor; she is a 5th grade student at Hayward Intermediate.

## 1960s Nostalgia: Mt. Telemark



A photo from Mt. Telemark in Cable, Wis. from the early 1960s. We put out a call on Facebook to see who could identify these skiers, thanks to Mike Tauno via Facebook who came through. Pictured front, left is Linda Mike-Stone, next to her cousin Nancy Bedausky-Zelesnick (right). The skier rear, left is Sharon Mike-Goss and rear, right is Patricia Mike-Johnson. Thanks again Mike for the reply!



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# Sawyer Co. Dems Meet at LCO

by Rick St. Germaine,



The Sawyer County Democratic Party meeting was held last evening in the LCO Convention Center. LCO provided a light dinner. Chairman Waldo Asp called the meeting to order at 7:00 pm. There were twenty members present. Reports were provided by Secretary Charles Gray and Treasurer Scott Sommerville. Sue Menzel offered her resignation as Vice Chair as she will be moving next week to Chicago for a career opportunity. Her new work in the City includes rooftop agriculture. Words of congratulations and gratitude were given for her fabulous service to the greater Sawyer County region.

Lee Balek reported on her attendance at the 7th Congressional District non-partisan redistricting reform meeting in Rice Lake. Republican controlled redistricting favors Republican incumbents in the legislature. It is not non-partisan like the Iowa model. The Republican redistricting in the 7th Congressional District cost more than \$2 million and impacted 170,000 voters according to David Obey. The new State Senate redistrict is a narrow strip of land that runs from Hayward to Wausau. How fair is that to our constituents?

Waldo Asp discussed preparation that must be made for the upcoming 7th Congressional District Conference that is being hosted by the Sawyer County Democratic Party at the LCO Casino on April 12. This will be a grandiose event with nearly 200 delegates from all over northern Wisconsin. Waldo solicited chairs

to provide leadership for the many logistical functions that must under taken to make this convention a success. Leaders were chosen for Registration, credentials, meals, silent auction, rules & nominations, resolutions, on-site technology, and signage. Paul DeMain offered some office space for the Sawyer County Democratic Party headquarters. Preparation was also made for attendance at the State Democratic Party Convention.

Election of convention delegates and alternates for participation in the 7th CD and State Conventions was held. Delegates include: Waldo Asp, Paul DeMain, Paul Anderson, Lonnie Barber, Charles Gray, Iras Gray, Al Flora, Scott Sommerville, Lee Balek, and others.

Paul DeMain discussed the Mid-winter Social LCO Celebration at the LCO Convention Center on February 15. There will be tribal social events and speakers who will address participants about environmental concerns in northern Wisconsin. Paul noted that legislation is pending by Republican lawmakers to open lakes and streams to mining by relaxing environmental standards. How would Sawyer County feel if mining was conducted on Round Lake to access vanadium deposits? There is an investigation into the Koch brothers campaign money laundering schemes, which Paul provided by way of a chart. Paul also discussed the GOTV campaign to protect our air and water resources from unchecked mining activities. The membership thanked Sue Menzel for all of her past contributions to northern Wisconsin and wished her luck in her career change.

## LCO Child Support Begins Transferring Cases from Sawyer Co.

LCO Child Support Program has begun transferring cases from Sawyer County Child Support Agency. If you are an LCO tribal member, or any one in the household is a tribal member you can request to have your case transferred. To do so please call 715-634-8934 ext 226. You can also stop in and talk to our Intake

Specialist Kay Lynn Taylor. She is available to answer questions about the transfer process and about our program benefits. We ask that you provide a current mailing address, and a phone number to reach you at. We look forward to working with your family and strive to do what is in the best interest of your children. Miigwech!

elder's clinic from page 1

population and different conditions affect other conditions differently, making treatment more complex. Medications play an important role in the management of disease because they pose many risks in aging. This is known as Polypharmacy: more than 7 medications. Then, as we age, our bodies don't use the medications as they once did and what the medication does to the body changes as well. This places the Elder at great risk that can affect their overall health, mentation, independence, falls and many more.

I have a strong understanding of normal aging, abnormal aging, strong assessment skills to detect any subtle changes that indicate impending serious problems, an understanding of rehabilitation principles as they apply to functional ability, sensitivity and patience so that the Elders are treated with the respect and dignity they deserve.

In working with the Elders, my

goals for you are healthy aging, to keep you in your home safe and independent for as long as possible, provide education based on your needs both formally and informally, enhancing our relationship based on trust, working together, being realistic and understanding the whole

person utilizing a holistic approach in Primary Care. Hopefully this will decrease the fragmented or superficial care which can be particularly dangerous to the older adult.

Mentioned earlier, I am an Adult and Geriatric Nurse Practitioner, my focus is Geriatrics, I will continue to see my established patients, those younger than 55.

The LCO Health Care Center, staff and I welcome you to this new endeavor of Geriatric Care in the community. We value your input in the growth of the Elder Care Clinic. We are looking forward to working with you.



LCO Current Job Openings, See Full Descriptions and Application Materials at [www.lco-nsn.gov/employment](http://www.lco-nsn.gov/employment)

### Dental Assistant (Closing: 2/21/14)

The dental assistant prepares patients before dental treatments, is responsible for obtaining and keeping records and assists in procedures. Often the assistant performs and develops x-rays under supervision

of the dentist. In addition, they clean and sterilize equipment, prepare dental cement and other materials. The Dental Assistant will also assist with patient education.

### Radiologic Technologist LCO Health Center

### (Closing: 2/21/14)

The Radiologic Technologist provides routine diagnostic radiology services to the physician staff.

### Chief Financial Officer (Open Until Filled)

The Chief Financial Officer will

plan, direct, and coordinate the activities relating to accounting, fiscal reporting, debt management, treasury functions including cash management, investments, sales tax administration, risk management, and purchasing.

## A Monthly Publication of Lac Courte Oreilles Tribal Government

Published on the 15th of each month. Articles and submissions can be made to Lonnie Barber at [lonnie.barber@lco-nsn.gov](mailto:lonnie.barber@lco-nsn.gov). Views and opinions expressed here do not reflect those of the Tribal Governing Board or its members.

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**MATTHEW E WIELGOT**

Matthew E. Wielgot, age 59 of Couderay, died Friday, January 31, 2014 at his home in Reserve.

Matthew E. Wielgot was born October 15, 1954 in Oak Park, IL, the son of Edwin a Dolores "Lori" (Drzewiecki) Wielgot. He attended St. Domitilla Grade School (Hillside IL) and was an altar server for St. Domitilla Parish. At Proviso West High School, he was a model student-athlete, earning high grades, representing the school in the Illinois State Finals track meet, then graduating with the Class of 1972. At Triton College in (River Grove IL) he capped his athletic career on the football team at the National Finals and continued his strong academics with an Associates Degree in 1975. He resided in Berkeley and Villa Park IL before relocating to Couderay, Wisconsin, realizing his dream of owning a farm in the great north woods where his parents and a few siblings were living. He was employed as a carpenter with J & M Construction, Wielgot Bros. Construction and Whitetail Industries. Matthew became a Law Enforcement Officer and was employed by both the Sawyer County Sheriff's Department and the LCO Tribal Police. He was united in marriage to Lorene "Booki" Hall and the Lac Courte Oreilles Tribe on October 11, 1997 in Reserve, WI. He used his many talents and skills in these positions to great effect, taking special interest in those less fortunate, especially troubled youth, mentoring them to more positive lives. He was active in his parish St. Francis, living his faith as a loving husband, father, son, brother, grandfather, as well as friend to many.

He is survived by wife Booki; sons Luke (Tristin) & Jacob (Sarah) Wielgot, Joseph Parker; daughters Lisa (Drew) Reinwald, Socorro Gonzales, Emily & Kerrigan Wielgot; grandchildren Aiden, Ashton, Selaeh and Yvonne; brothers Mark (Shawn) & Luke (Tina) Wielgot; sisters Deborah (Don) Schmalholtz, Donna (Dave) DiSera, Cindy (Doug) Hanus; many nephews & nieces.

Matt was preceded in death by his parents Ed & Lori.

The Mass of Christian Burial will be held at 11:00 a.m. on Tuesday, February 4 at St. Francis Solanus Indian Mission in Reseve, with Father Gregory Hopefl officiating and music provided by Sister Felissa Zander. Burial will be in St. Francis Cemetery. Visitation will be held beginning at 5:00 p.m. on Monday, February 3 at Pineview Funeral Service in Hayward.

Honorary casket bearers will be Ed Kramer and Bruce Martinson.

Casket bearers will be Mark Wielgot, Luke Wielgot, Ron DeRousseau, Jimmy J. Gadamus, Martin Messa and Keith Ellington.



**JOHNATHON BAKER**  
Mino-giizhig, "Good Day"

Johnathon C. Baker, age 21 of Couderay, died Sunday, February 2, 2014.

Johnathon Charles Baker was born October 7, 1992 in Hayward, WI, the son of John and Penny (Seidlitz) Baker. He grew up in New Post and attended both LCO and Hayward schools. Johnathon had a love for sports, he played for Hayward Termites Hockey for two years and was involved in basketball all through his school years. He played both Jr. Varsity and Varsity for Hayward High School. In his spare time you could always find him on the court with his best friend Tony White. Johnathon was involved in music at a young age and as he grew older he started to write and sing his own songs. He and his friends wrote and performed their own rap music. Johnathon had a large family and many friends that loved him dearly.

He is survived by his father John (Alicia) Baker; brothers Gabe, Patrick, Anthony and Nathan; sister Jayleigh; grandmother Deanna Baker; great grandmother Phyllis DeBrot; uncles Tim (Sheri) DeBrot, Charles Baker, Joe Baker, Patrick Baker, Charles Seidlitz, Jerry Slayton and Dale Slayton; aunts Carolyn DeBrot, Doreen DeBrot, Renee DeBrot, Joyce Lester and Theresa Merrill; many loving cousins.

John was preceded in death by his mother Penny Jo Baker; paternal grandfather Patrick Baker, maternal grandparents Richard and Pearl Seidlitz; cousins Ronald Quaderer Jr. and Keith Quaderer Jr.

The Mass of Christian Burial will be held at 11:00 a.m. on Friday, February 7 at St. Ignatius Catholic Church in New Post, with Father Gregory Hopefl officiating and music provided by Sister Felissa Zander. Burial will be in New Post Cemetery. Visitation will be held beginning at 5:00 p.m. on Thursday, February 6th at Pineview Funeral Service in Hayward.

Honorary bearers will be Philippe Beaudin, Jaimeson Benjamin, Steven Benjamin, Mario Billyboy, David Butler, Joey Chandler, Victor Crone, Deejay Kagigebi, Jeffrey Kakazu Jr., Anthony Kamish, Austin Knapp, James Martin, Josh Martin, James McGuire, Carl Mentz, Frank Miller Jr., Brad Olsen, Tony Roach, Taj Rusk, Lawrence Tainter, Bruce Taylor, Matt Taylor, Skylar Taylor, James Wenrich, Chris White and Dylan White.

Casket bearers will be Ryan Bunker Jr., Aaron DeBrot, Dustin Dunlap, William Dunlap, Josh Fleming and Tony White.

**ESTHER M. PAGEL, Bimaashiqwe**



Esther Pagel, age 88, of LCO, died Saturday, February 1, 2014 at Hayward Area Memorial Hospital.

Esther Marie Pagel was born December 17, 1925 in Chief Lake, LCO, WI, the daughter of George and Sarah (Baker) Wade. She attended school at St. Francis in Reserve. Esther then moved to Chicago and the Milwaukee area where she met and married Gerald F. Pagel, they then moved to Minneapolis. Esther moved back to the LCO Reservation in the late 1970's. She enjoyed growing flowers and taking care of her family.

She is survived by her children Jerry Pagel, Laurie (Lee) Goette, Wesley Pagel, Jeffery Pagel, Leland Pagel and Cheryl (Jerry) Staples; 17 grandchildren; many great grandchildren; many nieces and nephews.

Esther was preceded in death by her parents George and Sarah; son Robert Pagel; brothers John Day Martin, Paul Wade, John Wade; sister Rachel Lawe, Margaret Wade.

Mass of Christian Burial will be held at 11:00 a.m. on Wednesday, February 5 at St. Francis Solanus Indian Mission in Reserve with Father Gregory Hopefl officiating and music provided by Sister Felissa Zander. Burial will be in St. Francis Cemetery in the spring. Visitation will begin at 6:00 p.m. on Tuesday, February 4 at Pineview Funeral Service in Hayward.

Honorary casket bearers will Lee Goette Jr., Michael Hammond, Jerry Pagel, Leland Pagel Jr. and Melissa Westerguard.

Casket bearers will be Dennis Brabbs, Lance Goette, Gary Gougé, Alan Pagel, Wesley Pagel Jr. and Paul Wade Jr.

*Please join us ....*

## Fitness Classes And Fun

Led By: Monika Richter,  
Certified Personal Trainer

When: Mondays and Wednesdays in March

Time: Noon-1pm (two 30 min sessions)

Where: LCO clinic fitness room

This opportunity is sponsored by/funded through LCOHC  
Diabetes Prevention and Education Program Grant.

Questions: Contact Sandy Zeznanski (638-5153)

Patty Subera (638-5179)



## New Health Board Members Sworn In

The Tribal Governing Board recently appointed a new advisory board for the LCO Community Health Center.

Each of the new members brings special health related expertise to assist the Health Center improve services on behalf of LCO tribal members and to sustain high quality programs that address community needs.

New board members not pictured include: Kim Beaudin, Mino Majiisewin; and Louis Taylor, former LCO Chairman.



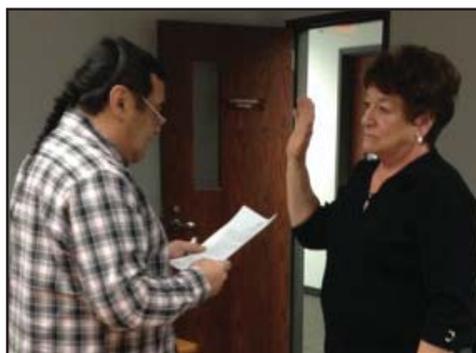
LCO Tribal Governing Board Secretary Treasurer Norma Ross swearing in Rebecca St. Germaine, University of Minnesota Public Health Instructor



LCO Tribal Governing Board Secretary Norma Ross swearing in Jerry Hovde, Doctor of Chiropractic Medicine



LCO Tribal Governing Board Chairman Mic Isham swearing in Kelly Quaderer, LCO Accounting Department, (left) and Mary Wolf, LCO Aging Director



LCO Tribal Governing Board Vice Chairman Rusty Barber swears in Dorothy Sharon, Financial Management, LCO Housing Authority

## Patient Protection and Affordable Care Act (PPACA) for Indian Country

For many Americans, the jury's still out on the PPACA, commonly referred to as Obamacare. Its impact on any one person will depend on many factors: Young or old, rural or urban, healthy or sick, rich or poor, and even where you work – a large corporation or a mom and pop restaurant. But for our nation's First People, those facing some of our country's most serious health disparities, the sweeping Patient Protection and Affordable Care Act are clearly a step in the right direction.

Signed into law by President Barack Obama on March 23, 2010, the ACA is landmark legislation for Indian Country. It permanently reauthorizes the Indian Health Care Improvement Act (IHCIA), the cornerstone for the provision

of health care to American Indians and Alaska Natives (AI/AN). This gives Indian Health Services the resources and authority to modernize its health care delivery system and enhance recruitment and retention of providers. Among other improvements, the IHS will establish a Community Health Representative program for urban Indian organizations to train and employ Indians to provide health care services.

In addition to making permanent the IHCIA, the PPACA contains significant help for individual tribal members. Obamacare opens the door for tribal members to seek health care outside the strained Indian Health Service network.

The Indian Health Service

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## Start Your New Year in a Healthy Way, Wellness Programs Begin

The Lac Courte Oreilles Health Center's Diabetes Prevention and Education program is here to help community members achieve their health goals for 2014. If your goal is to strive for a healthy weight, consider scheduling an appointment with Registered Dietitian Sandy Zeznanski to learn more about healthy eating and the importance of adequate physical activity. One may also consider enrolling in a series of weight management sessions which are based on Dr. Robert F. Kushner's lifestyle patterns approach to weight loss. This lifestyles patterns approach helps each person identify his/her individualized eating, exercise and coping patterns and then helps the individual change habits/patterns to be successful at weight management. The lifestyles pattern approach has been utilized at the



Northwestern Memorial Hospital Wellness Institute since 2001. The program starts with each person taking a 50 question lifestyle patterns quiz. After the quiz is scored, certain patterns emerge, creating a diagnostic "portrait" specific to each person. Bar graphs provide a visual snapshot of problematic behaviors. Tips sheets are then used to help each individual work on healthier behaviors. The program can be used on either an individual basis or in small groups. Call Sandy at 715-638-5153 for more information or to schedule an appointment/class.

The Lac Courte Oreilles Health

Center will be starting the 2014 annual winter wellness program the week of February 2, 2014. The wellness program will run through April 26, 2014. The LCO Boys and Girls Club will once again partner with the clinic to offer their gymnasium as a place to walk between 11am -1pm Mondays through Fridays during the program's duration. During the wellness program, participants earn points toward incentive prizes. Points are earned by steps walked, strength training, making healthier eating choices, and also for attending wellness classes. Sign up begins the week of January 27, 2014. Please contact Sandy Z for more information on the program or to register at 715-638-5153.

To assist with weight management efforts and to earn points during the winter wellness program, consider use

of the Lac Courte Oreilles Health Center's fitness room. The fitness room is located in the lower level of the clinic and is open Monday through Friday from 8am to 7:30pm. The fitness room includes two treadmills, a recumbent bike, elliptical machine, "universal" machine, free weights and more. An orientation is required before use of the fitness room. Orientation is offered every Wednesday from 1:30-2:30 pm as well as by individual appointment. Contact Patty Subera, RN at 715-638-5179 or Sandy Zeznanski for more information or to schedule an orientation to the fitness room.

## Subscribe to Receive e-News Alerts

Anyone interested in receiving news direct to their e-mail inbox can subscribe to the Lac Courte Oreilles e-newsletter which is distributed monthly with updates, news, and alerts.

To subscribe, visit [lco-nsn.gov](http://lco-nsn.gov) and click on LCO News for a link to the subscription sign-up area. Join

separate lists for news, events and happenings. Be sure to then check your e-mail inbox for subscription confirmation.

Viewable on PC, tablet or phone, the newsletters will help keep you informed of what's going on in the community.

# Lac Courte Oreilles Eagles Basketball, Volleyball, Track Team Photos



2013-2014 LCO Eagles Boys Basketball Team



2013-2014 LCO Eagles Girls Basketball Team



2013-2014 LCO Eagles Girls Volleyball Team



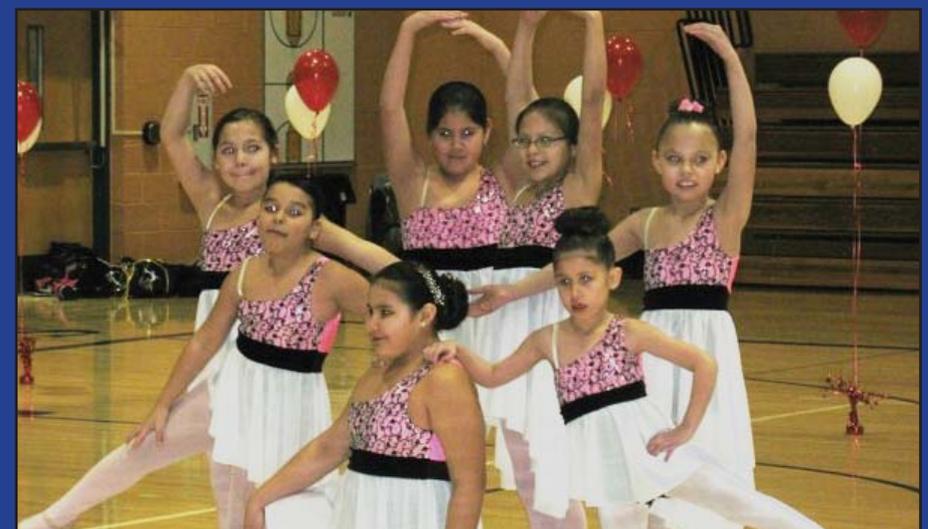
2013-2014 LCO Eagles Boys Track Team

## Lac Courte Oreilles Jazz Dancers



Front row: Delila Barber, Malayna Delcampo, Lynsay Martin  
Back row: Destiny Kingfisher, Raini Dawn Kingfisher, Jayden Martin, Paige Beaulieu and Ciara Dennis

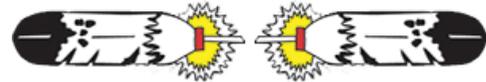
## Lac Courte Oreilles Ballet Dancers



Kneeling in the front is Josephine Bunker, Front row: Amelia Sanchez and Aleseah Anderson, Back row: Dawn Denomie, Emily Corbine, Miriam Denomie and Makayla Trepania.



Today was a good day. Volcano eruption day for the third grade. 19 volcanoes erupted. Lots of oohs and aahs and some clapping! Great kids, great audience. A big thank you to maintenance and kitchen staff for their help, and for putting up with the strong smell of vinegar!!!!



# Start Your New Year in a Healthy Way, Wellness Programs Begin

Optical examination services at the LCO Community Health Center have been suspended as of February 6, 2014 due to the retirement of Dr. Erickson. Although we have made several attempts in the past to secure a replacement, we have not yet found one which would meet our needs. We are actively involved in trying to obtain the services of another Optometrist to continue eye exam service at our clinic and we will let our patients know as soon as we can reach an agreement with a suitable provider.

services of another Optometrist. Eligibility for eye exams services will be limited at this time to LCO Tribal members who are eligible for Contract Health Services funds. All other enrolled members of other Tribes will be assisted with contact information for the Bemidji Area Contract Health Office during the period when this direct service is no longer available here.

Patients seeking eye exam services, may call the LCO Clinic at (715) 638-5102 and ask for Neomi Corbine at extension (5129) or Kristina Kuykendall at extension (5109). They will have a list of area optometrists that have agreed to work with us until we can obtain the

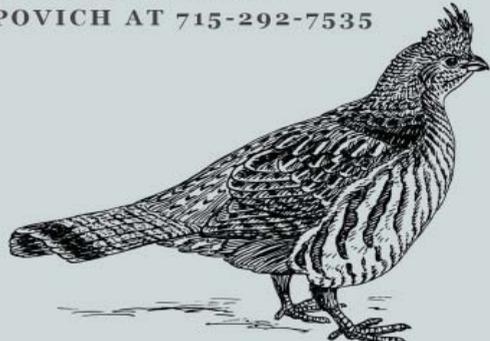
We will still offer discount pricing for our patients seeking to purchase basic eye wear at our optical service department. Once your exam is completed your prescription can be sent to LCO Health Center and our team will order and help you with frames and lenses we will provide and any other eyewear needs you may wish to pay for out of pocket. Please contact Pat Miller at (715) 638-5102 extension 5118.



## HUNTER EDUCATION

MARCH 4-6, 2014  
5:00 - 8:00PM  
AT LCO SCHOOL

TO ENROLL CONTACT  
MIKE POPOVICH AT 715-292-7535



drug task force from page 1



LCO Chairman Mic Isham speaks during the Synthetic Drug Task Force meeting Feb. 7th

being removed from their homes – which indicates that we are in a crisis situation due to drug abuse by parents. The amount of child protection intakes from December – present continue to be substantial with an average of 15 intakes being screened in per week and the investigations into abuse and neglect of children has not slowed down. Clearly, the Child Protection Workers from ICW as well as Sawyer County are considered to be in continued crisis-mode.

What we are seeing is a significant increase in the use of synthetic drugs (bath salts & synthetic marijuana) which presently, does not show up on our drug screens however, it is evident that parents under the influence of these drugs are incapable of taking proper care of their children. It should be noted that ICW DOES NOT remove children unless there is just cause for the removal and that it has been determined that children are in danger or continued placement with the parent could result in serious harm to the child. We do everything we can to prevent children being removed from the home and once they are, ICW Case Workers provide active efforts and work with the parent to reunify. Unfortunately, if parents are unwilling to get the help they need to ensure a safe and sober living environment for their children, many remain

in out of home care for longer periods of time.

As we look at these staggering statistics and how our LCO children are being affected by the significant

amount of drugs being used and distributed on our Reservation, it is evident that this problem cannot be tackled alone by ICW or Law Enforcement. This is a community-wide problem and all need to work together to shut down the ever-increasing infiltration of drugs which are also filtering down to our young people. Sawyer County Sheriff Mark Kelsey reports that “this is not a problem specific within the Reservation boundaries. This is a Sawyer County problem and we need to work with all agencies and the community has to be on board in order to start shutting the drug distributors down”!

Dianne Sullivan, Licensed Alcohol & Drug Counselor who is currently employed as the Prevention Education Specialist for the Family Service Program provided the following information. Synthetic Marijuana is a “designer drug” typically produced in China and Asian countries and shipped to the United States. A designer

drug is produced by “a minor modification in the chemical structure of an existing drug” (dictionary.com). Many people mistakenly believe that synthetic marijuana is from the plant species, Cannabis Sativa or Cannabis Indica but it isn’t. It is typically dried leaves from some of the most common plants grown in the area it comes from. The dried leaves are

spread on tarps and literally sprayed with a combination of chemicals. It is then packaged in small packages and shipped to the United States.

The most common brand names are K2, Spice, and Drone. Parents and other concerned persons are encouraged to do

a Google search for images to see how it is typically packaged and distributed. They may be packaged as “plant food”, “incense” or “potpourri”. Synthetic marijuana is usually smoked.

“Bath Salts” are another reported drug being sold and used on the reservation. They are a legal alternative to Cocaine, amphetamines and Ecstasy. The most common brand names are White Lady, Bliss, Ivory Wave, White Rush, and Cloud 9. They are typically packaged in very small zip lock baggies, foil packages or small bottles or jars. Baths Salts are usually snorted,

smoked, or injected. Again, a Google search for images will show you what they look like.

All of these products are labeled, “Not for human consumption”. There are state laws banning some of these chemicals, making them illegal. But manufacturer simply changes the chemicals they use, even slightly to get around the laws. There is a federal law banning these drugs, however,

state laws do not make them illegal. Presently, there is pending legislation in the State of Wisconsin banning these chemicals and all its analogs, so local law enforcement agencies will be able to arrest anyone selling or possessing these chemicals. The tribe may be able to consider ordinances to address the use of these drugs as LCO is federal land and there is already federal law prohibiting the sale and possession.

It is important to understand that these drugs are not safe and haven’t had any sort of quality control testing to ensure their safe use. The combination of chemicals changes constantly as they are made illegal and no one can guarantee what the outcome of use will be. There have been reported deaths from overdoses and suicides as a result. Users are typically described as being extremely paranoid, aggressive, agoraphobic (anxiety/panic attacks), insomniac, and suicidal. There are several YouTube videos that show people under the influence of these drugs and the effects are very disturbing.

A tribal/county task force is being formed to address the issues of synthetic drug use



Gary Girard, LCO Head Start Director (right) addresses attendees.



LCO Casino Lodge & Convention Center General Manager Lee Harden speaks during the meeting.

## Early Head Start and Head Start Program

by Gary Girard, Administrator

"It is the Lac Courte Oreilles Head Start and Early Head Start mission to offer comprehensive services to each enrolled child and family, while creating individualized learning experiences that promote success, cooperation skills, independence and pride in our culture as an Anishinaabe Person". Our philosophy is "children, parents and teachers are the foundation of building tomorrow's great leaders. We value parents as our children's first teachers and will work hand-in-hand to make a difference."

We offer services for children from birth to five years and their families. The Early Head Start (EHS) provides developmental support for children from birth to three years. Head Start (HS) provides developmental support for children from three to five years. The Early Head Start Center serves 64 children in eight classrooms. The Home Visitation Program can serve up to 24 families. Head Start serves 102 children in six classrooms. The Teaching staff is supported by the Administration, Education Coordinators, substitute Teaching staff, Family Engagement Coordinators, Child Development Consultant, Mental Health and Wellness Consultant, Nurse, Health and Safety Coordinators, Disabilities Coordinator, Fatherhood Outreach Coordinator, Cooks, Transportation Coordinator, Bus Drivers and Monitors, Human Resources Coordinator, Secretaries and Custodians. We work together daily to offer the children of our community the opportunities they need to play and learn, grow and develop and be ready for kindergarten. Additionally, the Administration, the Tribal Governing Board and the

Policy Council (10 members) have shared governance responsibilities in managing the programs.

2012 through 2014 has been a time of exciting changes at EHS/HS. We purchased Smart Board Technology for all classrooms, acquired four new buses and a maintenance truck. We added an Ojibwe Culture and Language Teacher, two part time Sign Language Teachers and the Human Resources Coordinator to our staff. The Odamino-wiigmig was completed and is being used by EHS children. The Teaching Strategies Assessment Tool and Creative Curriculum are being used by EHS and HS Teachers. The Maintenance Garage was added to the property. The Head Start classrooms and hallway got new floor tiles. The new School Announcement System allows us to more efficiently communicate with families about closings, meetings, special events, etc..

We would like to thank all EHS and HS families for their patience and understanding while we needed to close programing during the extreme weather conditions and repair of the frozen pipes and septic. For the safety of the children, the Office of Head Start mandates that programming be closed when temperatures reach minus 20 degrees with or without wind chill. We apologize for any confusion or inconvenience our recent closings may have caused! Other events last year which caused us to close were a gas leak, no phones due to a lighting strike and snow in May. In the future we will deal with situations as they occur always keeping in mind the safety and well-being of the children first.

## Submit News to the LCO Newsletter

Anyone interested in submitting news to be included in the LCO Newsletter is encouraged to e-mail articles and photos, events news, and department news to Lonnie Barber at the LCO Public Information Office.

To make sure you are included for the next month's issue, please have materials to Lonnie by the end of the previous month. You can

reach Lonnie by e-mail at Lonnie.Barber@lco-nsn.gov.

If you have an event you'd like covered for the newsletter, please contact Lonnie prior to the event date.

Video will also now be accepted and reviewed to be included on the official Lac Courte Oreilles YouTube Channel as well.

## Snow Shoeing in the Penokees

Schedule of Events for Shoeing, Hiking and Skiing

### Trails OPEN 24/7

*Everyday there is Snow on the Ground*

**TYLER'S FORK GORGE TRAIL\***  
**ELIZABETH TRUDELL ALLOTMENT TRAIL\***

**\* Both Trails are Outside 600 Foot Gtac Zone  
& JOKER'S LODGE CREST TRAIL**

*+ 20,000 acres of MFL Lands*

*and 170,000+ acres of other Iron County Public Lands*

**11am Gathering on Most Days**

**Saturday February 1st**

**Saturday February 8th**

**Saturday February 15th**

*(ALSO LCO MID-WINTER SOCIAL,  
NETWORKING & SELF SUFFICIENCY TEAM,  
GOTV, Seed Exchange at LCO Convention Center all Day)*

**Sunday February 16th**

**GOLDEN GOOSE VALENTINES EGG HUNT**

Prizes to Be Announced!

**Saturday February 22nd**

**Saturday March 1st**

**Saturday March 8th & Sugar Bush Preparations**

## Income Maintenance Program Notice to LCO Tribal Members

There is now an opportunity for LCO Tribal members that live within the Sawyer County boundaries and non-tribal members that live within the reservation boundaries, have an option to apply for Foodshare and Badgercare at the Tribal office.

Income maintenance is a government program that provides financial assistance to needy families so that they can maintain a certain income level.

Our Lac Courte Oreilles home base is tribally run and operated: therefore, our applicants will NO LONGER be obligated to participate in the Northern Consortium. The services that we will be offering will include (but not limited to after due time): Foodshare, BadgerCare, BadgerCare plus.

If you are due for a review or just

simply want to see if you can qualify, the office is up and running. Please feel free to contact one of us or if there are any questions or concerns, please call one of us at the following phone numbers and extensions. Please contact:

**Cindy Miller**

715-634-8934 ext. 247

**Katie Bisonette**

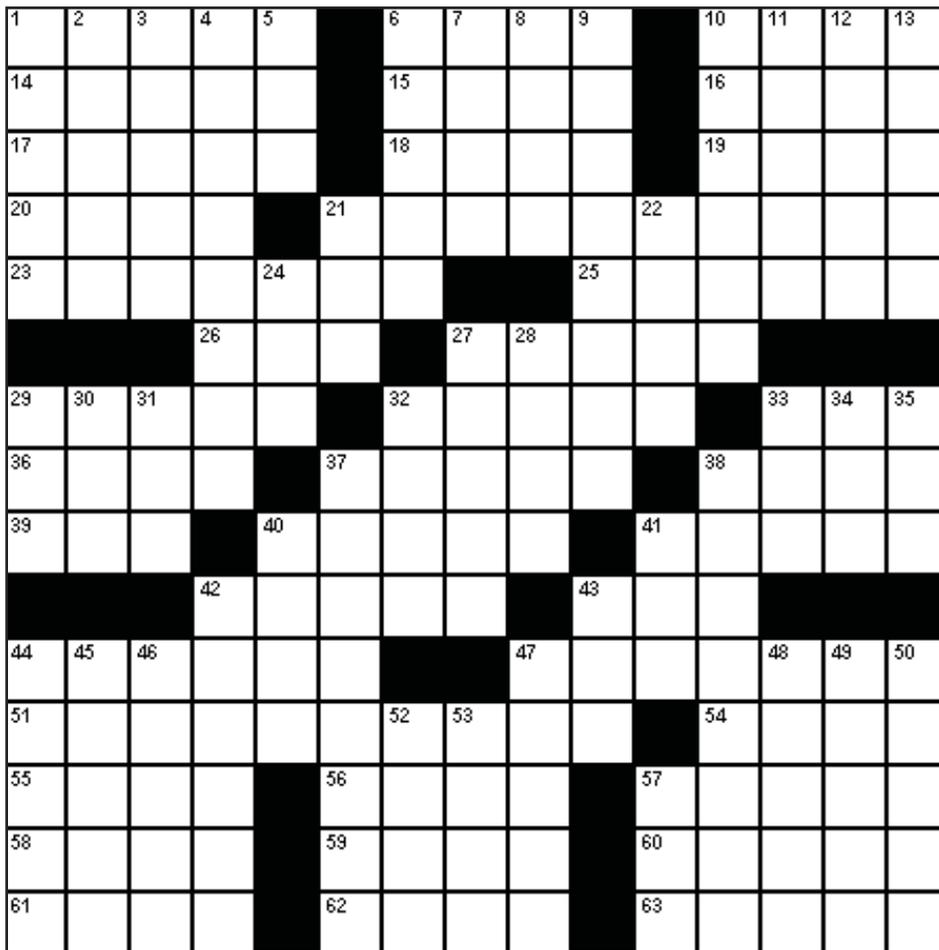
715-634-8934 ext 298

**Tracey Pringle**

715-634-8934 ext 246

You can also apply on-line at [www.ACCESS.wisconsin.gov](http://www.ACCESS.wisconsin.gov). If you need help with applying on-line we will be happy to assist you with this or come in and do a face to face interview.

Thank you, Income Maintenance program

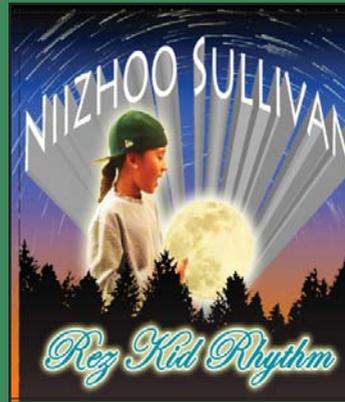
**Across**

1. Mineral used as a gem
6. Tattled
10. Swedish auto
14. "Goodnight" girl
15. Dedicated to the \_\_\_\_ Love
16. Up to it
17. Actor Quinn
18. Heaps
19. Sphere
20. Genuine
21. Abnormal fear of drafts
23. Pen name
25. Ceremonial prayer
26. "Fancy that!"
27. Surgery souvenirs
29. Examine account books
32. Compel
33. Quattro minus uno
36. Blueprint detail
37. Monetary unit of India
38. Lumpy fuel
39. Metal container used for frying
40. Plant anew
41. Fenced areas
42. More pleasant
43. Coop denizen
44. Institution for teaching
47. Teachers in habits
51. Amounts
54. And others, briefly
55. Impulse
56. Christmas song
57. Gettysburg general
58. Words of comprehension
59. British nobleman
60. Following
61. Curve
62. Numbered rds.
63. Orgs.

**Down**

1. Ornamental coronet
2. Bay window
3. Foot-operated lever
4. Involving Plato's cave, e.g.?
5. Meditative sect
6. Clan symbol
7. \_\_\_\_ about (approximately)
8. Carson's successor
9. Translocate
10. Wooden shoes
11. Addis \_\_\_\_
12. Exhausted
13. Fasten, at sea
21. Answer to a sea captain
22. Bring on board
24. Can be used to catch fish or surf!
27. Deep sleep
28. Ship's company
29. Nile biter
30. Put \_\_\_\_ fight
31. TV room
32. Melt together
33. Craggy hill
34. Far out!
35. Golfer Ernie
37. Easy chair
38. Water-bottles
40. Public disturbance
41. Affirmative reply
42. Don't bother
43. Towel word
44. Small firework
45. Swearword
46. Broadway actress Uta
47. Vends
48. Les \_\_\_\_-Unis
49. Hazardous gas
50. Oodles
52. Exactly
53. Able was \_\_\_\_...
57. Actress Farrow

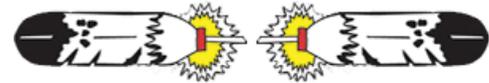
## Niizhoo Sullivan Releases Solo "Rez Kid Rhythm"



Niizhoo Sullivan, a 9-year-old Ojibwe/Ho-Chunk from the Lac Courte Oreilles Ojibwe reservation in Wisconsin is releasing his first solo round dance CD. Since 2008, Niizhoo has earned a reputation as talented singer in round dance singing across North America. At just 9-years-old, he has already sung with groups such as Pipestone, Midnite Express, Smokeytown, and is the lead singer of his own drum Hay Creek.

Bear Tracks presents "Rez Kid Rhythm," Niizhoo's first collection of round dance songs performed by him with many special guest appearances by his Dad, Mike Sullivan, his little brother Preston, his fellow Hay Creek Singers Alex Belille and Aandeg Schlender, as well as his auntie Mary 'Giiwads' Pyawasit.

You can buy the CD online at [www.beartraks.net](http://www.beartraks.net) or [itunes.com](http://itunes.com).



## New language book features Ojibwe storytellers

Dibaajimowinan: Anishinaabe Stories of Culture and Respect is GLIFWC's newest Ojibwe language publication. A collation of 32 stories in Ojibwemowin with English translations, this book also features a MP3 formatted CD, so the language can be heard as well as read

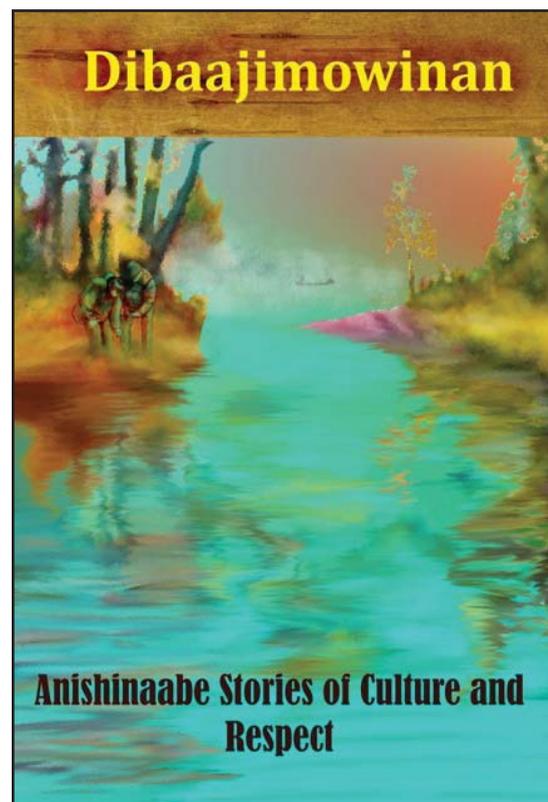
Storytellers include: Nancy Jones, Larry Smallwood, David Aubid, Leon Valliere, Hilda Syrette, Kenn Pitawanakwat, Barbara Nolan, Benny Rogers, Leona Nahwegahbow, Rose Trudeau, Eddie Benton, Marlene Stately and Doug Sam.

Content questions in Ojibwemowin for each story are included as is an Ojibwe word glossary.

The 248-page booklet was produced under a grant from the Administration for Native Americans, ACF, U.S. Department of Health and Human Services. Dibaajimowinan was edited by Jim St. Arnold and Wesley

Ballinger with illustrations by Wesley Ballinger.

The book and CD are available on GLIFWC's website for \$12.00 plus \$2.75 shipping.



Find Us  
[facebook.com/LacCourteOreillesTribalGovernment](https://www.facebook.com/LacCourteOreillesTribalGovernment)



**Lac Courte Oreilles Tribe**  
**LCO Tribal TANF Program**

**NOTICE**

The TANF Program will provide, encourage and support economic-self-sufficiency and the advancement of the personal responsibility of its membership to achieve these necessary attributes for personal growth and development to which, in turn, enhances the general welfare of the entire tribe.

**LCO TRIBAL TANF PROGRAM OFFERS THE FOLLOWING SERVICES:**

**CASH ASSISTANCE**

**SUPPORTIVE SERVICES**

**EMERGENCY SERVICES**

*DIVERSION SERVICES to Cash Assistance clients*

*TRANSITIONAL SERVICES to Cash Assistance clients*

**TO BE ELIGIBLE YOU MUST MEET THE 2014 ESTABLISHED FEDERAL POVERTY 115% INCOME GUIDELINE.**

**FOR MORE INFORMATION ON ELIGIBILITY—PLEASE CONTACT:**

**LCO TRIBAL TANF DEPARTMENT**

13394W Trepania Road

Hayward, WI 54843

Phone: 715-634-8934

**Staff:**

*Sandy Carley, Director / Extension 255*

*Donna Isham, Administrative Assistant-Case Manager / Extension 309*

*Teri Tainter, Case Manager / Extension 283*



## LCO Pharmacy News

Thank you to those who are bringing in your new insurance cards for us to scan. This helps us collect payments from the very beginning of the year from your insurances. If you have a new insurance card and haven't brought it in yet, please do so right away. Every dollar counts.

When leaving a message on the phone for refills, please leave your chart number with your name. This speeds up the process of finding your profile in our system. Your chart number is located on your prescription label to the right of your name. If you order refills, you can assume that your refill will be done within a couple of hours pending our workload. Monday mornings are our busiest mornings, if you leave a refill request on the machine at some point during the weekend, please allow us a few hours to process those requests. If you notice there are no refills on your label, it may take a day or two to get those renewed. Please allow us to contact your provider and them the time to order them. We do

our best to process those requests in a timely manner. The only phone number for refills is (715)638-5146. Any other numbers do not have access to the charts for refills.

Aspirin is no longer an over the counter medicine here at the LCO pharmacy. You must have a prescription for it. This was an IHS recommendation for heart health treatment.

Please make sure you have a ticket given out at the registration counter for each time you come up to the pharmacy counter, even for over the counter medications. We are conducting a survey to see how many patients are at the pharmacy daily and need that information to help provide more services here. Thank you for your cooperation.

It's still very cold outside, so bundle up and remember that in these temperatures it only takes just a few minutes for frostbite to occur. Hopefully Spring will come eventually.

## LCO Housing Authority: 'Giiwedin House' Bid Notice for Sale of Property

The Lac Courte Oreilles Housing Authority (LCOHA) is accepting sealed bids for the sale of the following Property for the purpose of residential development as described in this Notice of Bid Opening:

The Property commonly known as 13408 W Bakemog St, Giiwedin Subdivision and depicted in Exhibit "A," attached hereto and incorporated herein. The property is also known as the Giiwedin LCOOCC High Performance House.

The sale of the Property shall be awarded, at the discretion of the LCOHA, to the bidder submitting a bid in accordance with the terms outlined below, and providing the best value to the LCOHA.

It is the intention of the LCOHA to sell the Property based on the best value bid that is submitted. If in the judgment of the LCOHA the bids submitted do not represent the fair value of the Property, the LCOHA reserves the right to reject any and all bids. Should any bid be accepted, payment shall be made in full within 14 calendar days after award notice. Payment shall be in the form of

cash, cashier's check or money order payable to the Lac Courte Oreilles Housing Authority. Provisions of the sale of the Property shall include:

1. For the purchase of the Property in "as is" condition;
2. Available to Lac Courte Oreilles Tribal members only;
3. The purchase is for the structure(s) and associated infrastructure only;
4. The prospective bidder must be able to obtain and hold a Tribal residential lease;
5. For the Buyer to assume all responsibility or liability for any environmental condition affecting the Property, or any clean-up or remediation that may be required by law;
6. For the development of the Property for residential development;
7. Execute Contract for the Sale and Purchase of the Property.;

The Property will be sold "as is" with no warranties or representations as to suitability for any particular use. Conveyance of the Property will be by special warranty deed. By

submitting a bid, each bidder agrees to waive and does hereby waive any claim the bidder has or may have against the Lac Courte Oreilles Tribe and the LCOHA and their respective employees and representatives for the award of damages or attorney fees, arising out of or in connection with the administration, evaluation, or recommendation of any bid, waiver, deletion or amendment of any requirements under this Notice of Bid Opening, acceptance or rejection of any bids, and award of the bid. By submitting a bid, the bidder specifically waives any right to recover or be paid attorney fees from the Lac Courte Oreilles Tribe and the LCOHA or any of their employees and representatives.

By execution and submission of this bid, the bidder hereby represents and warrants to the LCOHA that the bidder has read and understands this Notice of Bid Opening and that the bid is made in accordance with the terms stated herein. Bidder acknowledges that it understands all terms herein, which include the waiver provisions, and that it had the right to consult

with counsel regarding all applicable documents.

The LCOHA reserves the right to waive, delete or amend any of the requirements connected with this bid.

Bids shall be delivered in writing on the prescribed form signed by the bidder or an authorized representative, and enclosed in a sealed envelope to the Lac Courte Oreilles Housing Authority, 13416W Trepania Rd, Hayward, WI 54843. All bids shall be plainly marked "SEALED BID TO PURCHASE PROPERTY." Bids must be received before 3:00pm on Monday March 17, 2014 and any bid received after that time will not be considered.

Bid forms may be obtained from the LCOHA at the address indicated above.

LCOHA staff will publicly open, read and tabulate the bids at 3:30pm on Monday, March 17, 2014 in the conference room.

Bidders may contact the LCOHA Executive Director at (715) 634-2147 for clarifications and questions.

PPACAA from page 5

(IHS), which is housed in the U.S. Department of Health and Human Services, is tasked with the provision of care to enrolled tribal citizens who cannot afford other health care, and the service they provide to AI/AN citizens has been impacted the worst. The IHS has lost the funds to treat over 800,000 patients each year. The overall funding reduction for reservations is approximately \$386 million. These budget cuts will make it impossible to provide access and equitable health care for over 1.5 million Native Americans who are already living under the poverty line.

For many Native Americans, growing up on government-funded health care meant long waits, advice from inexperienced physicians, and losing hope in a system which seems doomed to fail. However, without insurance, people are more likely to

have serious health complications related to delaying medical care or forgoing preventative care entirely. Recent reports show that a startling 45,000 people die each year due to lack of coverage.

With the implementation of the Affordable Care Act (ACA), Native Americans who qualify for service from the IHS are exempt from the ACA regardless of official documentation of native ancestry.

In addition, Tribal members will be able to shop for an insurance plan on the new Health Insurance Marketplace coming online Oct. 1. In many cases, based on income, members of federally recognized tribes will be able to acquire their insurance at no or very low cost after subsidies and waivers. They also will still have full access to care through Indian Health Services, but can visit

a physician outside the IHS network if they choose.

This is big in Indian Country, where just seeing a doctor can take days or weeks for those who rely on poorly funded and staffed Indian Health Service clinics. And that's just for basic services. By mid-year, federal funding often runs out for those who need to see an outside specialist such as an orthopedist or endocrinologist. Until now, their only option was to get on a waiting list for next year as their conditioned worsened.

The ACA (Obamacare) also contains other benefits for members of federally recognized tribes:

There will be no out-of-pocket costs or deductible if a member of a federally recognized tribe chooses a provider through an insurance plan acquired on the online Marketplace

network.

Tribal members can change their enrollment status in any plan through the Marketplace once a month through the year. The general public must enroll between Oct. 1, 2013 and March 31, 2014. After that there will only be a three-month window at the end of each year to be able to enroll in a Marketplace health plan.

Tribal members are exempt from the controversial "individual mandate," requiring most Americans to have insurance coverage by Jan. 1, or pay a fine. Tribal members who do not seek a plan on the online Marketplace, choosing to rely solely on IHS services, will not be fined.

These special provisions are needed to help Native Americans manage their health.

drug task force from page 8

in Sawyer County and LCO. The meeting held with TGB members, Human Services/ICW providers and Law Enforcement on February 7th presented basic information on synthetic drugs and highlighted the concerns about drug endangered children, potential abuse, abandonment and neglect, as well as the health concerns of those ingesting these potentially lethal drug combinations.

An educational forum addressing "The Latest Drug Trends Affecting the LCO Tribe and Sawyer County Communities" is being planned for March 20th at 6:00 p.m. at the LCO Convention Center. It is hoped that we have a great turnout so the community can learn more about these drug problems that are nearing epidemic levels. Sadly, if people do not start coming together to address the issue – it is alarming to even think how this will continue to adversely affect the future of our children. For more information on the Drug Forum to be held on March 20th, please contact Dianne Sullivan at 715-634-8934.

## Tribal Court Announces Community Forums and Survey

The Lac Courte Oreille Tribal Court would like to announce the dates of its community forums. These forums will be held on the following dates at three different locations.

- March 26, 2014 – 5:30 p.m. – 7:00 p.m. – New Post Youth Center (Tentative)
- April 2, 2014 – 5:30 p.m. – 7:00 p.m. – Reserve Elderly Center
- April 14, 2014 – 5:30 p.m. – 7:00 p.m. – Peter Larson Room

The forums or "listening sessions" are being held as a part of our community assessment to encourage members of the community to voice their concerns of general safety and wellbeing. The assessment is meant to gather information from the community about how we can improve the justice system of the tribe. Hearing about concerns of the community will help us in developing

ways to address these concerns through our work. We know people are busy with their families, jobs and responsibilities so to make it easier for families; we are planning on providing a meal and child care for families at the community forums/listening sessions.

We are also finalizing plans to conduct the survey portion of the assessment. Watch for posters and postings to find out ways to participate. For more information about the assessment please contact Karen Breit at (715) 634-8934 ext. 286 or Matthew Schaaf at ext. 305.

The court has an Indian Alcohol and Substance Abuse Program Grant (IASAP), under the DOJ, Coordinated Tribal Assistance Solicitation (CTAS), which provides funding and technical assistance to federally recognized tribal governments to plan, implement,

or enhance tribal justice strategies that address crime issues related to alcohol and substance abuse. The purpose of the IASAP is to: prevent and reduce alcohol-and substance abuse-related crimes. One of the activities under this grant is to hold community forums and topic listening sessions. We feel that we would receive better participation if we were able to provide incentives and food; which are not allowable under the federal grants.

We know people are busy with their families, jobs and responsibilities so to make it easier for families; we are planning on providing a meal and child care for families at the community forums/listening sessions. We have scheduled three community forums/listening sessions to solicit community feedback and participation.

## Upcoming Events

Be sure to check the lco-nsn.gov website calendar for the latest upcoming events. View times, locations and a brief description of events.

Anyone interested in submitting an event to the LCO Calendar should e-mail Lonnie Barber at lonnie.barber@lco-nsn.gov.

Please allow as much time as possible ahead of the event time in order to circulate your notification.

**March 26, 2014**  
**Tribal Court**  
**Community Forum**  
 New Post Youth Center  
 5:30 p.m. to 7 p.m.

**February 22, 2014**  
**Snow Shoeing the**  
**Penokees**  
 Tyler's Fork Gorge Trail  
 11 a.m.

**March 4-6, 2014**  
**Hunter Education**  
 LCO School  
 5 p.m. to 8 p.m.

**Mon. & Wed. in March**  
**Fitness Classes**  
 LCO Clinic Fitness Room  
 Noon to 1 p.m.

