

Nah gah chi wa nong

(Far end of the Great Lake – Fond du Lac Reservation)

Di bah ji mowin nan

(Narrating of Story)



FDL student gardeners presented evidence above of their many green thumbs (and artistic ability with garden stepping stones) from the Summer of 2009. See story on page 14.

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Paper receives top awards from the Native American Journalists Association

The Fond du Lac Reservation newspaper received awards for general excellence, column writing and layout and design from the Native American Journalists Association at its award ceremony on Aug 2, 2009. The 25th annual NAJA conference was held in Albuquerque, N.M.

The monthly newspaper is mailed to about 1,800 members of the Fond du Lac Band.

Nahgahchiwanong Dibahji-mowinnan ("Far end of the Great Lake, FDL Reservation - Narrating of story") placed third in North America for general excellence, print category. All features of the newspaper are

considered in this category, from quality of writing, story selection and photos, to the newspaper's appearance, including layout and design.

The newspaper also received a first place award in the layout and design category for tabloid-size newspapers.

Deborah Locke, editor and

writer, received a first place award for column writing for a piece she did in January 2008 on Lake Superior's Wisconsin Point.

The paper can be seen online at www.fdlrez.com.

NAJA celebrated its silver anniversary in Albuquerque and featured founding members of

the organization at a luncheon celebration on July 31. Journalist Minnie Two Shoes of Minneapolis was among the founders who were recognized.

NAJA has 400 members throughout the U.S. and Canada. Next year's conference will be held in Minneapolis.

Overkill or playing it safe?

Hells Angels area visit brought hundreds of law enforcement officers in August

By Kristine Shotley and Deborah Locke

Was the police presence during the Hells Angels visit to Carlton County over done or just large enough to ward off trouble? Opinions vary, of course, but one conclusion may be drawn.

No major crimes or incidents occurred. The Carlton County Sheriff's Dept. reported that 33 Hells Angels members received traffic tickets, compared with 322 members of the general public. Three bikers were arrested for driving under the influence, including one biker who was on a stolen motorcycle, according to an Associated

Press story.

That crime report comes off as puny when it is compared with past years when host communities dealt with bar fights, assault and rape during visits from the Hells Angels.

This time, a few club members came off as down-right harmless. At least six Hells Angels were spotted playing bingo at the Black Bear Casino, and a dozen or so Hells Angels attended the Mashkawi-

sen Treatment Center annual sobriety powwow on Aug. 1. A few of them danced; a few ate Indian tacos.

A few club members said they wanted to tour the area, but were reluctant to leave the casino boundaries because of the scrutiny and "harassment" by officers.

The Fond du Lac Reservation Law Enforcement Dept. was one of a large contingent of law enforcement agencies on duty during the July 30 - Aug. 2 visit to Carlton County by about 400 members of the notorious motorcycle club.

The Hells Angels were in Carlton County for their Annual USA Run, and were met

by local, state and federal peace officers that included members of the Federal Bureau of Investigation, the U.S. Marshall Service, the state Air National Guard, Homeland Security and Emergency Management, and the state Department of Natural Resources.

Local officers were on hand, including representatives from the Duluth and Cloquet Police Departments, the Carlton and St. Louis County Sheriff's Departments, and Wisconsin law enforcement agencies.

Rumors had circulated that members of Wisconsin's "Outlaw" motorcycle club would show up to challenge the Hells

Angels and give the police a good reason to be there.

Instead, the law enforcement presence may have deterred club members from crime, but also from patronizing local businesses, according to Tim Rogentine, owner of the Lost Isle restaurant and bar in Carlton. The Lost Isle served as headquarters for the USA Run weekend.

Rogentine said that his business and many other small business owners lost revenue because of the "overwhelming" law enforcement presence that included a Black Hawk helicopter that buzzed continuously

Continued on page 14

Nah gah chi wa nong Di bah ji mowin nan

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

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Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to Fond du Lac News, Tribal Center, 1720 Big Lake Rd., Cloquet, Minn. 55720
Editor: Deborah Locke

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

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

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

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

Corporate Member of the Native American Journalists Association

Erosion taking steep toll on some graves at St. Francis Cemetery in Superior

By Kristine Shotley

In 1915 about two hundred Fond du Lac Indians were dug up from their graves on Lake Superior's Wisconsin Point, put on a garbage scow and relocated to St. Francis

Xavier Cemetery in Superior, Wis., then re-buried near the edge of the hill.

Erosion, a natural phenomena, has taken its toll. The Nemadji River that passes by the grave site

is slowly but surely eating away at the site, exposing the grave contents.

The issue of precisely who is responsible for the care and maintenance of the graves has resurfaced as a major concern. For example, "bone collectors" could rob the crumbling graves and further disturb the people who have already been grossly

disrespected.

The Fond du Lac Band of Lake Superior Chippewa has been in negotiation to reacquire 14 acres of Wisconsin Point where the old Coast Guard station now sits abandoned, home to the original gravesite.



FDL Chairwoman Karen Diver said that the U.S. Dept. of Interior is updating reports from the U.S. Dept. of Fish and Wildlife agency about environmental impacts to any protected species, and

the Historic Preservation rules and regulations. Attorneys representing the Fond du Lac Band in Washington, D.C. are following the activities of the agencies to keep things moving.

American Indian tribes have the first option in gaining federal lands back from the U.S. Government. There are plans to create a "living history center"

in the parcel of land that was once occupied by Fond du Lac ancestors.

Why the erosion?

Rick Gitar, Water Regulatory Specialist for the Fond du Lac Environmental Program, said there are two main causes for the erosion that occurs most often in the Spring during the snow melt. The freeze/thaw cycle causes the clay to crack. Water fills in and makes the clay slimy. At night the water freezes again, further expanding the fissures. When a "shear angle" is reached, weight and gravity cause the bank to shear and slide into the river.

Gitar also cited the Nemadji River as a factor in the erosion. During the spring months the river rises and water saturates the banks to enable soil to start slipping down. He said it is only a matter of time before all the graves are released into the Nemadji River, unless a major effort is taken to stabilize the

river banks.

The removal of the remains was carried out so U.S. Steel could build ore docks on the peninsula. That goal was never reached because the soil was too sandy and unsound for construction.

On Wisconsin Point, a stone marker indicates the burial ground area from which the bodies were taken. LeRoy DeFoe, FDL Cultural Preservation Specialist, said that only the well-defined graves were exhumed. Not all the bodies had been removed. For those who were reburied, large boxes contained the remains of six to seven people.

A weathered brown wooden sign marks the mass grave site. It reads: Burial Ground of Chippewa Indians 1854-1915, donated in 1980 by a now defunct Superior Indian Organization.

A few very old headstones remain but are tilted, on their way to joining others that have already fallen down the hillside.

Further down, a gully exposes bones of the remains of Chief Osawgee's family members. The entire village and its people were forcibly expelled from the Wisconsin Point peninsula. The area had been continuously occupied by American Indians for 5,000 to 8,000 years, ever since Lake Superior reached its current levels.

What to do about the exposure of the bones in St. Francis Xavier Cemetery is a distressing and sad concern to descendants of Chief Osawgee, including FDL Band Member Joan Mar-kon. She said that she and her family members have cared for their loved ones all these years, but can do little to protect the site from natural erosion.

What is happening now is that when the bones fall into the river, they ride the current back to...Wisconsin Point.

The grave marker near the tree is close to the edge of a drop-off into the Nemadji River. Concern has been expressed in recent months about the Ojibwe graves that have started to slide into the river. Photos by Kristine Shotley.



Second Annual Golf Outing fundraiser brings \$10,000 to Native vote organization

By Kristine Shotley

The second Annual Golf Outing fundraiser for Native Vote Alliance of Minnesota brought 20 teams to the Black Bear Casino Resort on July 28, 2009. The tournament marks the second year that the FDL Band donated the golf course and facilities for NVAM, raising \$10,000 for operating costs for the non-profit organization.

The Native Vote Alliance of Minnesota incorporated in 2006 to educate and engage Minnesota's American Indian communities and get people actively involved in the voting process. Success is in the statistics: the voter turnout from the Fond du Lac Reservation last November increased by 25 percent when 81 new voters registered to vote.

The teams participated in a team scramble with the option to buy four 'mulligans' at \$5 each. (A "mulligan" gives a golfer the chance to re-do a shot.) The event included a silent auction, a 50/50 fundraiser and an awards dinner.

The first place winning team was the Churchill Team made up of Jason

Churchill, John Donahue, Dennis Davis and Jeff Matrious. The Merrill Team won second place and included Suzanne Merrill, Ann Nickaboine, James Nickaboine and Brad Harrington. The Davis Team won third place: Harry Davis, Ryan O'Brien, Ron Davis and John Dunkley.

NVAM is in the early stages of planning for a new model summer youth civic camp for the summer of 2010, said Sally Fineday, executive director. It will be open to youth statewide to learn and experience why it's important for American Indians to be active in the voting process.

"Get out the Native Vote" campaigns helped to raise voter turnout for the Fond du Lac Band of Lake Superior Chippewa, Mille Lacs Band of Ojibwe, Leech Lake Band of Ojibwe, White Earth Nation and the Red Lake Nation.

"Get out the Native vote" registration drives at Grand Portage, Bois Forte, and Prairie Island also added new American Indian voters to the rosters. NVAM identified local members at each reservation who would canvass the area and make phone calls to get people involved.

Kevin Watson Harrington watches from the golf cart as Gus Nickaboine, Sr. replaces his club.



FDL Band Member Veronica Smith putts on the no. 7 green as Native Vote Alliance of Minnesota Executive Director Sally Fineday and Judy Hanks watch. NVAM board member Kristal Strong is in the background.



John Donahue of the Churchill team tees off on the no. 8 green. The Churchill Team won first place at the golf outing.

Local news

Stimulus money arriving throughout Indian Country

Across the country, American Indian tribes will benefit from the \$2.5 billion from the American Reinvestment and Recovery Act that is set aside for reservations.

Tribal leaders plan to use the money to fix neglected infrastructure and to create jobs in their communities. The money is coming from several federal sources including the Bureau of Indian Affairs, Department of Interior, Indian Health Service and Housing and Urban Development.

In addition to the \$2.5 billion set aside, an additional \$2.5 billion in grant money will be available. The tribes will be required to apply for that funding on a competitive basis.

The Fond du Lac Reservation has applied for \$12,704,414.00 of the American Reinvestment and Recovery Act (ARRA) that will support road construction, supportive housing, wells and septic tanks, police retention, jobs programs and acquiring wireless Internet for the reservation. The Band has already received \$1.4 million for its proposed supportive housing project.

Legal Notice

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

Begay, Raymond Sr.; Brigan, Calvin; Christensen, Terry; Crowe, Gary; Gangstad, Harold; Glasgow, Edith;

Hernandez, Phyllis; Huhn, Cheryl; Jefferson (Drucker),

Mary; Jones, William Sr.; Josephson, Charles; Kast, Cheryl; Lafave, John; Lemieux, Elvina; Lussier, Pamela;

Olson, Daniel G. Sr.; Sharlow, Gerald D.; Smith, Carl; Smith, Catherine; Stanford, Cathy; Trotterchaude, Rex; Wright, Frances.

Governor's budget leaves area hospitals with large budget shortfalls

Duluth hospitals will lose almost \$12 million beginning next spring when state funds dry up from the General Assistance Medical Care program. State budget cuts and increasing medical costs for treatment of uninsured patients will force many of Minnesota's public hospitals to trim programs and services.

St. Mary's Medical Center will lose at least \$5 million, St. Luke's will lose \$4 million and Miller-Dwan Medical Center will lose \$2.7 million.

The GAMC program will be eliminated as part of Gov. Tim Pawlenty's "unallotment" budgetary veto, which overrides budget proposals produced by the Minnesota House and Senate. The GAMC covered between 30,000 and 35,000 low income, childless adults who do not qualify for federal health-care programs.

The lost revenue could be higher, depending on how many GAMC patients seek unreimbursed care. Hospital personnel are determining now where the cuts will originate from: chemical dependency and mental health programs, burn units, specialized trauma teams and education programs - all could be trimmed. Layoffs appear to be inevitable.

North Country Health Services in Bemidji expects a \$2 million shortfall. It is estimated

that 40 state hospitals will lose \$200.9 million over 16 months starting next spring.

The story was reported in the Duluth News Tribune.

Vietnam vets asked to mail in DD 214s

Band Members who served in the Vietnam War are asked to mail photocopies of their DD 214 forms (Certificate of Release or Discharge from Active Duty) to the Fond du Lac Veterans Office. We will be honoring these individuals at our Veterans Day Celebration in November. Also, we will need your branch of service and jacket size. More information on the celebration will appear in future editions of this newspaper, as well as on the FDL Website.

If you have any questions, call Chuck Smith, Tribal Veterans Service Officer, (218)878-2670. The mailing address for the DD 214s is FDL Veterans Office, Attn: Chuck Smith, 1720 Big Lake Road, Cloquet, MN. 55720.

Shop in Duluth no longer selling offensive T-shirts

The "I Love Duluth" store in Canal Park sold T-shirts offensive to American Indians that read, "My Indian name is "Drinks Like Fish"" and "My Indian name is Crawling Drunk.""

The Duluth Human Rights Office had received numerous complaints about the shirts but had no power to require the owner to stop selling them.

The owner, Simon Shaked, apologized to the American Indian Community, but only after selling the rest of the T-shirts at a discounted rate. He says he meant no offense and will not carry the shirts any longer.

Black Bear Casino Resort named 10th sexiest casino

In May 2009 the magazine "Native American Casino" named its ten sexiest casinos of the year. Black Bear Casino Resort placed tenth for its wide variety of video slots, including Poker, Keno and multi-line games, the Black Jack tables and by offering Texas Hold'em, 7-Card Stud games and Bingo.

The overall NAC award criteria considers beauty of design and architecture, restaurants, hotel, childcare, golf, live entertainment, gaming and the casino's web site.

A "sexy" casino, according to NAC magazine, is one that "leaves a person feeling the gaming experience from head to toe." The BB hotel tower got high praise for "stylish rooms with all the amenities you would expect from a first class hotel: 32" flat screen TV's, high speed Internet access and more."

The pool complex received compliments, as did the Buckskin & Beads gift shop, the tanning facilities and the arcade.

The BBCR Par 72 Golf Course got high marks for its natural, beautiful setting, the two putting greens, driving range and the pro shop. The article mentioned the wide deck that overlooks the golf course and the Golf Pro who is available for lessons.

This year's winner of the "Sexiest Casino" is Isleta Casino & Resort, owned by New Mexico's Pueblo of Isleta.

Walk scheduled to bring attention to suicide victims

A Suicide Awareness Memorial Walk will be held from 9 a.m. to 10 a.m. on Oct. 10 at the Munger Trail Parking Lot,

Carlton. Registration starts at 8:30 a.m. at the Pavillion. The two-mile walk will conclude at the Four Seasons Sports Complex in Carlton.

The purpose for the walk is to honor loved ones lost to suicide. Also, the walk will raise awareness of suicide and promote education toward its prevention.

If you have questions, call (218) 879-4511. The event is sponsored through a suicide prevention grant from the state Dept. of Health and Human Development.

Relay for Life team reaches platinum fundraising level

The FDL Wiidookaage ("They help each other") Clan Relay for Life team reached the "platinum" level for its successful fund raising campaign that ended in late August, 2009. "Platinum" donations from fundraisers in Carlton County are made in the \$10,000 to \$19,000 range.

Fundraising activities by the team included the popular candle light vigil on July 17, 2009 with luminaries purchased by donors to honor cancer survivors and those who have lost their lives to the disease.

About 90 fund raisers with FDL ties participated in the campaign that raised \$15,986.06.

The money is donated to the American Cancer Society programs for research, education, advocacy and service. The Fond du Lac Reservation benefits directly from the ACS which helps support the SAGE program, the state breast and cervical cancer screening program that gives free services to American Indian women. Additionally, ACS provides a health promotions coordinator who works with the FDL community and other reservations in northern Minnesota.



A few thoughts from RBC members

From Chairwoman Karen Diver

As many of you aware, the Fond du Lac Band has been in a long-term contract with the City of Duluth regarding the Fond-du-Luth Casino. The first set of agreements was executed in 1986, and revised in 1994. To date, the Fond du Lac Band has given the City of Duluth in excess of \$80 million in revenue.

At several points during the term of these agreements the

Band was provided with advice that may have been based on faulty logic or law, yet the agreements were never challenged by the Band. Additionally, the federal government may have breached its responsibilities to the Band by approving a set of agreements that did not adequately protect the Band and its interests.



Karen Diver

Let's be very clear about what benefit the Band has had from this "tax" by the City of Duluth. The Band was promised a sky-walk connection that has never materialized, and in fact is the very last piece scheduled for construction. The City does provide essential services such as fire and police that it is obligated to provide to all people and properties in Duluth.

In August, the Reservation Business Committee put the City of Duluth on notice that it will no longer be sharing any revenue from the Fond-du-Luth Casino. The payment that the Band pays the City is revenue that should be used for the good of the Band and its members. In 2008 alone, the amount was over \$7 million. That money would be more beneficial as a reinvestment in the Fond-du-Luth property, or to support programs and services for Band Members. Fond du

Lac has been exploited by these agreements for long enough. I will keep you informed as to the response by the City of Duluth as this situation develops. That is the biggest issue facing us right now. I hope you are enjoying the end of summer.

As always, please let me know if you have questions or comments at the office (218) 878-2612, or by cell (218) 590-4887, or email: karendiver@fdlrez.com.

From Ferdinand Martineau

To the Fond du Lac Band Members: This last month was pretty exciting with the Hells Angel visit to our casino. It was kind of eerie with all the law enforcement throughout the area. I could not drive within three miles of the casino without meeting two or three squad cars or a dozen motorcycles.

I had a chance to talk to several members of the club. It was interesting to hear what they had to say and where they came from. Most of them seemed to be people that belonged to a club. They worked at their jobs and provided for their families like you and me. I am not trying

to say that they were average, but they were our guests and as long as they followed our rules while here, we treated them with the same respect as any of our guests. The law enforcement presence may have been overdone, but on the other hand, we did not experience any major problems and businesses ran as usual. I have my own views on what happened during the week, but my official position is that the event progressed without any problems and was a success.

Our facility is being used by

lots of different groups. During the motorcycle rally we also hosted the Minnesota State Veterans golf tournament at our course. I took the opportunity to talk to a few of the golf participants. They had a far different outlook on the whole situation. Most of them believed that they had defended our country so our citizens could have the right to gather in keeping with the freedoms our country was built on. Did they agree with the Hells Angels and what the club stands for? No! But they did believe that as long as they had fought and some of



Ferdinand Martineau

what the club stands for? No! But they did believe that as long as they had fought and some of

their friends had died for our right to free speech and association, that the club had the right to gather as long as its members broke no laws.

The last thing that I want to touch on this month has to do with enrollment. As some of you know, we have been trying to come up with a solution for a long time on ways that our tribe deals with our children and our future in light of the quarter blood enrollment requirement. We are currently faced with a different issue that has existed for quite a few years. Some of our Band Members should not have been enrolled. When this was brought to our attention and the evidence was presented to the Council, a decision was

made to start the disenrollment process. It was not an easy decision to make for me or the Council, but we had no choice but to begin the process. I hope that this does not become commonplace for us as it is not easy for anyone.

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

RBC columns continued on page 11.



Quit smoking now via the FDL Quitplan option

If you want to quit smoking and could use a hand with it, call the Wiidookawishin (“help me”) Quitplan Center at the FDL Min no aya win Clinic.

Schedule an appointment and get ready for your quit date! Save lots of money, be healthy, smell better, and quit!

For more information or to make your first smoking cessation appointment, call Roberta Welper, smoking education educator, at (218) 878-3707. If you are in the Duluth service area, call the Center for American Indian Resources Center at (218) 279-4064. If you are in the Minneapolis/St. Paul service area, call (612) 871-1989 for an appointment at the Mashkiki Waakaaign Pharmacy in Minneapolis.

Persons not eligible for smoking cessation sessions and nicotine replacement therapies through the Fond du Lac Reservation clinic or its pharmacies can access Quitplan services at St. Mary’s Medical Center Quitplan Center in Duluth, (218) 786-2677).

Or call the statewide Quitplan helpline toll free at (888) 354-7526. The statewide program is available to any Minnesota smoker and offers free professional telephone counseling to help you quit.

Online information can be found at www.quitplan.com. The quitplan.com website offers free membership, helpful quitting tools and a chance to connect online with thousands of others who, like you, want to quit.

Tips for healthy eating and advice on weight loss

The traditional Ojibwe diet of lean meat (deer, moose), wild rice and fruit (berries) promoted good health. The same basic diet of vegetables, fruits and whole grain is encouraged in the August 2009 issue of the Mayo Clinic Health Letter.

Weight loss occurs when foods are chosen that contain few calories for their volume. For example, 20 cups of salad greens contain the

same calories as one candy bar or six slices of bacon.

Calorie intake has to be reduced by about 500 calories each day in order to lose a pound in one week. The healthiest weight loss is slow and steady at about one or two pounds each week. Women who wish to lose weight should consume no less than 1,200 calories daily; men on a weight loss plan should consume no less than 1,400 calories daily.

Serving sizes count. Eat when you’re hungry and stop when you are full. Enjoy your food. Keep a food diary of what you eat, the amount, the number of servings, and the food groups to which they belong. Writing down what you eat makes you more aware of your eating behavior. Exercise for 30 to 60 minutes each day.

Setbacks will occur, but don’t let bumps in the road derail your plan. Use your problem solving skills to get back on track. Avoid situations that lead to slip-ups until you are more in control of your new behavior. Forgive yourself – mistakes happen and each day is a chance to start new.

Even small improvements are beneficial. Remember that you are on the road to a long-term approach to healthy living, not a quick fix.

A few tips include these:

- Use a smaller plate to make less food seem like more
- Keep fruit in a handy place so it’s easy to grab a healthy snack
- Eat breakfast
- Replace calorie-laden beverages with water
- Keep measuring cups and spoons handy until you have learned to estimate portions accurately
- Brush your teeth or chew gum after meals to discourage yourself from snacking
- Measure out servings rather than eating directly from the package
- Buy and use a kitchen scale.

Steps to lower your blood pressure

From the FDL Public Health Nursing Department

If you have high blood pressure, you have a greater risk for a heart attack and strokes. High blood pressure can often be prevented or controlled by following these steps:

Eat more fruits and vegetables, whole grain breads and cereal, and fat free or low fat dairy products.

Foods rich in potassium like bananas, oranges, broccoli, potatoes, and squash are important in protecting against high blood pressure. Foods rich in calcium like fat-free milk products, and foods rich in magnesium like whole wheat breads and cereals, rhubarb, nuts, and seeds may help too.

Choose foods that are low in salt and sodium.

Sodium is an ingredient in the salt we buy. Sodium is also found in canned foods and prepared foods. It is measured in milligrams, which is “mg” on food labels. To control your blood pressure, you should have less than 2,400 mg of sodium a day. This is about the same as one teaspoon of salt. Foods that usually have a lot of sodium include ham, sausage, hot dogs, lunchmeats, cheese, breakfast cereals, salad

dressings, canned soups, chips, and canned vegetables. Check the amount of sodium on food labels and pick low-sodium foods. One way to reduce sodium in the food you eat is to rinse canned food in water before you cook it. Also, try not to add salt to food when you are cooking or eating. Keep track of the amount of sodium you eat each day for a few days. Remember that the amount of sodium listed on a food label is for one serving. The size of a serving is also given on the food label. If you eat more than one serving, you must add the number of milligrams of sodium for each serving.

Lose weight if you are overweight.

Reducing your weight by even a few pounds can lower your blood pressure. Try to lose weight slowly. Think about changes you can make for the rest of your life -- like eating smaller portions.

Be physically active.

Being physically active will help you to both lose weight and reduce your blood pressure. Walking is one thing that you can do almost anywhere, any time, at no expense. As you get used to walking, try to walk faster and longer. Your blood pressure will probably go down if you are active for 30 minutes each day. Any amount of activity is better

than no activity.

Choose not to smoke cigarettes or choose to stop smoking.

Limit your alcohol intake. Alcohol can raise your blood pressure and increase your weight. Overall, people who drink a lot of alcohol have higher rates of heart disease. If you drink alcoholic beverages, have a moderate amount - no more than one drink a day for women, or two drinks a day for men. One drink is equal to a can of beer, 5 ounces of wine, or one ounce (1 shot) of liquor.

Take your high blood pressure pills, if the doctor prescribes them.

Usually, taking these steps can control blood pressure. If these steps do not lower your blood pressure and keep it at a healthy level, your doctor may prescribe medicine. Don’t stop taking the medicine if your blood pressure is okay - that means the medicine is working!

Call Amber at (218)878-3079 if you want more information on Fond du Lac’s Public Health Nursing Department and the services we offer.

Heart healthy recipe: Banana cream pie

Recipe from “The Ultimate Weight Solution Cookbook” by Dr. Phil McGraw

Ingredients

- 2.5 C. Banana Nut Crunch cereal
- 2 T. light margarine spread, room temperature
- 2 one-ounce packages sugar-free, fat-free instant banana cream or vanilla pudding mix
- 2 T, fat-free powdered dry milk
- 2 C. cold fat-free milk
- 2 ripe bananas, peeled and roughly chopped
- 2 C. sugar-free, fat-free vanilla yogurt

Instructions: Preheat oven to 325 degrees. Put the cereal in a food processor and chop it until it is finely ground for about 30 sec. Add the margarine spread and mix until a soft ball of dough begins to form.

Pour the dough into a 9-inch pie pan and press it into an even crust across the bottom and up the sides of the pan. Bake for 10 min, and cool completely. Put the pudding mix and powdered dry milk in a large bowl. Pour in the milk and whisk for 1 min. Add the chopped bananas and continue whisking until somewhat thickened, about one more min. Pour into prepared pie shell and refrigerate until set, about 2 hrs. Pie can be stored in the refrigerator for up to 3 days if tightly covered. Before serving, spread the yogurt evenly over the pie.

Calories 233; protein 9.5 g; carbohydrate 37 g; fat 5 g; fiber 2 g; sugar 4 g; sodium 510 mg.



FDL teacher named National Teacher of the Year

Ojibwe School second grade teacher Meredith Martin was named National Teacher of the Year, Eastern Regional Schools, from the Bureau of Indian Affairs Indian Education Program. There are about 144 bureau schools across the United States.

Martin has taught for 15 years. She taught the fourth grade for three years and has taught the second grade for 12 years.

When Martin learned that she received the award, she said she went into shock. "I was at a workshop with some Cloquet teachers, and got a phone

call from my superintendent," she said. "I thought I was just nominated. Then I was told that I was chosen for the award. At first I didn't feel a lot of emotion because I was so shocked. Then it set in. I'm highly honored. It's still something I can't put into words."



Meredith Martin

What makes a good teacher? "Someone who is highly compassionate, and has a lot of patience," Martin said. "Also, teachers need to be very flexible." Flexibility is needed because of the pressure on teachers today to meet educational standards

that rely heavily on student testing. A teacher's job can feel disheartening at times when so much emphasis is placed on teaching children to take tests well rather than focusing on academic growth", Martin said. Additionally, some kids arrive in the classroom with burdens from home, which make learning goals seem impossible.

Yet some parents widely know that they are their children's first teachers. "Any encouragement from home is huge," Martin said. "We have only six to seven hours per day with the kids. Parents can show their support by helping with

homework, and reading with their children." That attention from parents and other adults shows a child that education is important and lasts a lifetime.

Martin received her education degree from the University of Wisconsin, Superior. Initially she thought about going into business, but then decided that it was important to work with a lot of people every day. Martin also received a M.A. in reading instruction.

She grew up in Cloquet. Her family's home was about a mile from the FDL Reservation.

"Adopt" an athlete and show your support for kids

Community members wishing to support student athletes are encouraged to take part in the "Adopt a Student Athlete" program initiated by the FDL Ojibwe School. Education staff, parents, guardians, FDL employees and community members are urged to participate.

The program helps kids understand that they are valued as athletes, and in turn, they learn the importance of commitment and respect.

Those who "adopt" an athlete will be urged to attend games that the student participates in, and volunteer at home games for ticket sales or concessions. Community members can select up to three athletes from any sport.

For more information, call (218) 878-7542.

School powwow scheduled

The 2009 FDL Ojibwe School Powwow will be held at 3 p.m. on Sept. 11 at the school, 49 University Road, Cloquet. A feast will be served at 5 p.m.

Cedar Creek will serve as Host Drum. The first five drums to sign up will receive an honorarium. The first 100 dancers to sign up will be paid. The Head Dancers will be the school royalty.

Frank Goodwin will serve as Master of Ceremonies; Dan Houle will be Arena Director. Rick DeFoe will be the Spiritual Advisor.

Vendors should contact Jennifer at (218) 878-7547.

Recent post-secondary school graduates

Congratulations to the following:
Melanie Brigan, Hibbing

Community College, A.A.S. Administrative Assistant; Nichole Buckanaga, College of St. Scholastica, B.A. Social Work;

Robert Budreau, Leech Lake Tribal College, A.A.S. Medical Assistant; Susan Conner, College of St. Scholastica, B.A. Organizational Management; Gail Dahl, Duluth Business University, A.A.S. Medical Assistant; Jennifer Dupuis, Bemidji State University, B.S. Business Administration; Amy Hendrickson, Milligan College Tennessee, B.S. Nursing;

Annette Himango, Walden University, B.A. Business Administration, Human Resource Management; Rozanne Hink, College of St. Scholastica, B.A. Social Work; Gloria Krahn, Lower Columbia Washington, A.A. Nursing;

Daniel Petite, VICI /Aveda Cosmetology Institute Wisconsin, 12 Month Certificate Program; Paul Shultz, Kent State

Ohio, B.S. Parks & Recreation, Tourism Management;

Richard Smith, Fond du Lac Tribal & Community College, A.A. Liberal Arts & Sciences; Shorro Thompson, St. Cloud Technical College, A.A.S. Administrative Secretary; Jason Wiinanen, Mesabi Range Community & Technical College, two-year Diploma, Industrial / Mechanical Technician.

If your name is not listed here and you have completed your higher education program at either a college, university, technical school or private career academy and were funded by the FDL Scholarships Program, please contact the office: (218) 878-2681.

Student singers wanted

Auditions for the Anishinaabe Youth Chorus will take place at 4 p.m. on Sept. 13 at the Fond

du Lac Tribal & Community College. Students in grades six through 12 are invited to audition.

The Anishinaabe Youth Chorus is made up of local American Indian students who meet weekly to sing songs in Anishinaabemowin, our original language. The language is considered endangered, so this is our small role in revitalization.

The AYC produced a CD, "Mii Iwe Minowewin" in 2007, and another CD is still in the studio awaiting production. The group has performed at the Duluth Entertainment and Convention Center, Weber Hall, Mitchell Auditorium, and with the "Ojibwe Diva" herself, Helen Roy, when she came to the Fond du Lac Reservation last spring. For more information call Lyz at (218) 393-3528 or email: ljaakola@fdltcc.edu



CHS Senior Logan Pallin is in the area of Scanlon Creek where he has created a rain garden to aid in a study of environmental health and storm water management.

Science star reveals the way that insects reveal environmental health

By Kristine Shotley and Deborah Locke

Have you ever tried to catch a whirlwind in mid-action? That is what it is like trying to get a motivated and energetic Cloquet High School student to sit long enough for an interview.

Rather than slow down for a sit down, Logan Pallin prefers to study insects from his rain garden to determine ways to manage storm water with minimal environmental impact.

Logan was one of 23 middle school or high school students affiliated with the FDL Reservation or with the Cloquet Indian Education Program who participated in the 2009 Native American Science & Engineering Fair held in St. Paul Minn. in March.

Logan, along with CHS student Courtney Jackson, advanced to the International competition this year. Courtney, who will be a junior in September, is the granddaughter of FDL Band Member Joan Lampi. Her story will appear in the October

issue of this newspaper.

Logan is the great grandson of a Canadian Ojibwa, and is affiliated with the CHS Indian Education Program. Logan will be a senior this school year.

While attending the Intel International Science & Engineering Fair in Reno in May, Logan was awarded the North American Benthological Society Award, which is devoted to the study of aquatic insects. Logan received \$250 from the Society.

In an August interview, Logan recounted his student exchange trip to Germany this summer. Of all the sites seen in Germany, France and Switzerland, he was most impressed by a Holocaust camp in France.

“It’s hard to explain,” he said by cell phone from his Scanlon rain garden where he collected water samples. “It’s so weird to walk in the same place where people were massacred.”

Before arriving in their host countries, American students were told not to bring up the World War II atrocities with their hosts. But the German adults and students mentioned

the Holocaust, and also pointed out parallels between what happened to Jews in the 1930s and 1940s and what happened to American Indians 300 years ago at the hands of the French, Logan said.

What is a rain garden?

Europe had to be a huge change of pace for the CHS student who has spent hundreds if not thousands of hours studying insects from a rain garden he created close to Scanlon Creek near his family’s home. A rain garden is a depressed area often filled with native plants. The garden acts like a filter and allows rainwater runoff to be absorbed. Rain gardens can cut pollution reaching creeks and streams by as much as 30 percent, according to the Wikipedia online encyclopedia. The gardens improve local water quality and attract birds and butterflies.

“My main goal is to get the community aware of rain gardens.” Logan said earlier this summer. He has been doing this science and engineering project

with assistance from his eighth grade science teacher from the Cloquet Middle School, Cynthia Welsh.

Logan’s garden is located in a pretty and unassuming residential area. You may not know what you were looking at if you were just walking by. The location is at the end of a street that gradually declines away from a busy roadway.

It takes Logan about six to seven hours to collect the information needed from the water. During this time he will have measured pH levels, oxygen, conductivity, phosphate, ammonia and chlorine levels. He is working with a Duluth engineer who has volunteered his time.

A bug collector

Logan has also amassed quite an array of macro-invertebrates, 10,596 so far, with 3,326 of them collected this year. Generally, macro-invertebrates are better known as bugs. They are very critical to the rain garden as indicators of the health of the area.

The information Logan gath-

ers is entered into a database to see what has changed, stayed the same or needs more study.

“I would rather have people be aware of problems and not fix them than have them unaware of problems and leave them unfixed,” he said. The months ahead will become busier: He will work to maintain his 4.0 grade point while participating in sports, and applying to colleges to become an Environmental Engineer. Logan also plans to pursue his doctorate.

On an August morning, however, he was preoccupied once again with collecting samples from Scanlon Creek. That evening Logan would babysit for the children of a CHS math teacher. His family plans a camping trip; he looks forward to that.

Mostly though, Logan is waiting for the last year of high school to start. He has a lot to do.



Kyra Pattrick and Troy Bassett work to complete a birch bark canoe built this summer as part of a language restoration project initiated by Jeff Savage, FDL Cultural Museum Director. The group worked long hours in intense heat, all the while adding Ojibwe words to their vocabularies. The finished canoe is on display at the Museum.

Summer canoe building reflections

By Kyra Pattrick

I can still see Marvin Defoe telling that story to a group of children as we all sit around the unfinished birch bark canoe.

Marvin sticks his gut out, moves his belly up and down as he says, in a gravelly frog-sounding voice, “Come on over, come on over!”

We were ending our second week of building when a group of kids came over to watch us work on the canoe and check our progress since their last visit. Fortunately for them, they got a taste of Marvin, the Master Canoe Builder’s, humor. That was one of many magic moments during the three weeks I spent as Marvin’s assistant during the canoe-building project.

Our team had two main goals: to finish the 16-foot canoe and to learn the Ojibwe language associated with the construction process. To help us with the difficult and often intimidating task of learning the language was Rick Defoe and Dave Aubid, better known as Niib. Our somewhat normal routine was to meet in the

morning to review the Anishinabe words and phrases and our plan for the day. The first week was spent in the woods, collecting the natural materials for the canoe, while the other two weeks were spent building the canoe at the Fond du Lac Museum.

As each new task came upon us, I started to see a natural cooperation among the group. Each person had their own set of skills and we became dependent on each other. It was interesting to observe how the team had little to no problems during the project because we were so focused on working together. It made me realize why Native communities worked so well together long ago, as their survival depended on the work of everyone.

Perhaps the most enjoyable moments for me were the participation of the community. We had everyone from small children to elders visit us. The most important elder that visited was, of course, my grandmother. It was incredibly special to watch her walk in with delight as she saw faces of both family and friends from

our team.

She visited a little, gave hugs, shook hands and then we worked the rest of the afternoon, sewing lashings on the canoe. It was a moment I will never forget.

If it were not for the insight of Jeff Savage and the support of ANA, this project would not be possible. The intimidating nature of the language and culture that I mentioned before seemed to be non-existent during the three weeks I spent building the canoe. I’ve learned to not let my fears get in the way of learning my culture. Each opportunity I’ve taken advantage of leads to greater experiences.

As I look back at my summer, I realize the Wiigwaasi-Jiimaanikewin Project was the perfect beginning to the season.

Kyra Pattrick is a teacher with the Cloquet School District. She is the granddaughter of the FDL Band Member Joanne Olson. She can be reached at kpattric@css.edu.

By Troy Bassett

A wiigwaasi jiimaan, or birch bark canoe, is a marvel of engineering and a work of art. The aluminum and fiberglass versions capture the shape well enough, but they just do not have the beauty and craftsmanship of their birch bark mother.

I have always wanted to learn how to build a birch bark canoe. Thanks to Jeff Savage and Marvin Defoe, my father Jim Bassett, my son Joey, and I got a chance to see how it’s done at the Fond du Lac Cultural Center and Museum canoe-building workshop.

Jeff and Marvin are master canoe makers and led the group through all stages in the production of a traditionally made canoe. In addition, David Aubid (Niib) from the University of Minnesota Duluth taught us the Ojibwe words for all parts of the canoe and the tools we were using.

First, we gathered the materials. The week before I arrived

the group had already gathered cedar for the ribs, laths and gunwales, and black spruce roots for the lashings. Next, we went out to collect birch bark. To the uninitiated, myself included, all birch bark is pretty much the same.

Not so. Marvin tested all the candidate trees’ bark for thickness and flexibility before selecting the trees we would strip. In the woods, the mosquitoes were thick, but as Marvin observed, “That’s a good sign that the bark is ready.”

I was brave (or foolhardy) enough to climb the ladder and cut the bark from one of the trees. “Insane” may have been a better description, as I looked down through the ladder rungs from the extension ladder leaning against the tree.

The choice of these materials represents centuries of knowledge passed down from generation to generation: cedar because it is lightweight yet

continued on page 11.

RBC Thoughts continued from page 4

From Mary Northrup

Boozhoo! As many of you are aware, I served as the Fond du Lac Veterans Service Officer previous to my being elected to my current position as the Brookston RBC Representative. Because of my past experience with organizing the annual FDL Veterans Powwow, I was once again involved with many others in organizing the 2009 powwow which proved to be a huge success. I would like to thank everyone who worked together to honor our Veterans.



Golf Course, drawing 92 golfers from across the state of Minnesota. Proceeds from this event raised monies for the FDL Veterans Emergency Program which provides services and emergency assistance for all Veterans, throughout the year including transportation for FDL Veterans to get to their medical appointments and other needs.



Mary Northrup

Another activity that I am involved with is the Annual FDL Veterans Golf Tournament which was held August 22, 2009, at the Black Bear

The Brookston district is seeking funding to establish additional children's parks. Bryan "Bear" Bosto and Sherry LaFave have been doing research to find funding for the project and I thank them for their hard work. They represent Brookston very well on the housing board.

In regard to the Brookston Center there are restructur-

ing changes taking place that are aimed for the benefit of the community. This past summer we were fortunate to have Dawn LaPrairie and Tara Dupuis reading and teaching the Ojibwe language at the Brookston Center. We are looking forward to more opportunities to teach our language to our children and community members in the near future.

Currently I am working on housing issues and meeting the needs of our Community Members.

I appreciate any suggestions or concerns that you have, please feel free to stop in to see me or call (218)878-7583 or (218)393-2107. Miigwech!



FDL Band Member Tom Whitebird accepts a prize from Liz Borgh, a health care assistant with the FDL Min no aya win Clinic. Tom was at the annual Elder Picnic held on July 10, 2009.



Troy Bassett and his son, Joey, 9.

from page 10 .

strong and can be bent to make the ribs and gunwales; black spruce roots because they hold their shape whether wet or dry (perfect for a canoe); and birch bark because it is waterproof, flexible, and large enough to cover the hull of a canoe.

Next, we prepared the materials. The cedar needed to be planed and cut into ribs and laths for the interior of the canoe. Roots needed to be trimmed and sorted. I cut my thumb more than once doing that. Forms needed to be cut to create the canoe shape in the bark. Smaller pieces of bark needed to be cut to make the scallop pattern along the gunwales. Lots of little jobs, but all this preparation helped the later assembly go faster.

Meanwhile, Niib put up Ojibwe

labels and tutored us in the language, Jeff kept us fed and moving, and Marvin checked (and rechecked) our work.

At last, we assembled the canoe. It may be hard to believe, but a birch bark canoe is almost completely sewn together with black spruce roots. First the largest pieces of bark are stitched together to form the hull. (I was secretly proud to see the piece I cut take its place in the center!) The bark is weighted down and the sides are bent up and held in place with stakes, marking the first moment the canoe begins to look like a canoe.

Then roots are used to lash the gunwales to the bark hull -- about 30 to 40 lashings on each side that alternate with the ribs. I enjoyed lashing the most: sitting next to the canoe, seeing it take shape, and telling stories and jokes all the

while.

After two days of lashing, I was sorry that my week was over. The following week the group put in the ribs, the laths, and pitched the seams of the canoe to make it watertight.

The finished canoe sits in the museum. It's one thing to read about making a canoe, but it is quite another to help build one. For that I am very grateful: miigwech to everyone who organized, supported, and participated in the workshop.

Troy is the son of FDL Band Member Jim Bassett. Troy is an Assistant Professor of English and Linguistics at Indiana University-Purdue University Fort Wayne. He has a son Joey and a daughter Helen. He can be reached at bassett@ipfw.edu.

Ashi-niswi giizisooog (Thirteen Moons)

Waatebagaa Giizis

Waatebagaa Giizis is the leaves changing color moon. Waatebagaa actually means brightly colored leaves...perhaps the association with the color change came later? This moon is also known as Mandaamini Giizis (corn moon) and Moozo Giizis (moose moon). Waatebagaa Giizis begins its cycle as a new moon on September 18.



The Treaties

By Reginald Defoe and Dave Wilsey
FDL Resource Management and UMN Extension

One hundred fifty five years ago, when the leaves began to change color under waatebagaa giizis, a treaty between the Lake Superior Chippewa and the United States was signed in Wis. on September 30. Like all treaties it was a historic, life-changing event.

The 1854 Treaty created Fond du Lac Reservation, abandoning the Chippewa Removal Policy by establishing permanent homelands for the Chippewa in Minn., Wis., and Mich. Thirteen treaties have been signed with the Chippewa since 1795, ceding millions of acres of land to the United States. One of the few positive outcomes for Fond du Lac Reservation in the 1837 and 1854 Treaties was created by a small clause that ensured Band Members' the right to hunt and fish on lands ceded to the United States.

These two treaties laid the foundation for present day tribal management of natural resources. At Fond du Lac, this process began with the hiring of one conservation officer. A conservation committee was formed in 1976, and by that fall the first conservation code was completed. Lack of recognition of treaty-defined rights led to court cases that, among other things, hastened the development of Fond du Lac's Resource Management Division.

In 1985, the Grand Portage Band sued the state of Minnesota in federal court for the right to hunt and fish in the ceded territories without the restrictions of Minnesota state law; Fond du Lac and Bois Forte subsequently joined the lawsuit. Phase II of the Fond du Lac case began in 2000; it addresses the scope of harvest rights in the 1854 ceded territory. To date, negotiations are ongoing. Today the FDL Resource Management Division has around 60 permanent and 20 seasonal employees and high school / college interns.

From one cousin to another:

Q..Hey, how can we improve the treaty process?

A..Write them in our language (ojibwemowin) then tell the President what it says after he signs it! From Shinnob Jep (*Thanks to Jim Northrup*)

Top to bottom: Chief Nah Gah Nub; Final treaty payment from the US to FDL; Charlie Nahgahnub wears a bronze treaty medallion presented to the original signatories

The world was created when muskrat brought mud from the bottom of the flood to be placed on turtle's back. The turtle's shell has thirteen central plates, called scutes. The traditional Ojibwe calendar year follows a 13 moon lunar cycle. The names of each moon are influenced by natural phenomena, animal activity, and cultural practices and beliefs. Because the area in which Ojibwe is spoken is so vast, not all Ojibwe people use the same names for the moons.

Changing Leaves

By Shannon Judd
FDL Resource Management

Why do the leaves change color in the fall? Kids in the community offered suggestions: "It's too cold and they die" and "Because it's fall." Were they right?

Leaf color comes from pigments produced naturally from leaf cells. Green is caused by chlorophyll, the dominant pigment that helps the plant produce food. As days shorten chlorophyll disappears, revealing yellow and orange pigments. Red pigments can also be produced by environmental factors late in the season (think maple!).

Rice Worms!

The notorious rice worm is the larval stage of the noctuid moth. Its life cycle is coordinated with the rice growth and development. Adult moths emerge about the same time as flowering begins in wild rice, late June or early July. Eggs are deposited in wild rice flowers. Rice worms bore into stems of wild rice or migrate to plants that border the production area as their growth and development nears completion. They mature over winter inside the stems. After a final molt and some additional feeding in the spring, the larvae usually pupate in early June, and develop into the adult moth, beginning the cycle anew. Adapted from www.hort.purdue.edu

Events:

September 17: 13 Moons Workshop: Rice Finishing and Deer Processing. Info - (218)878-8001

September 26: 1854 PowWow. Sawyer Community Center. Info- Bryon Bosto, (218)878-8184

Thirteen Moons is produced monthly by the Fond du Lac Resource Management Division and University of Minnesota Extension. Content is based on the appropriate moon, and addresses culture, ecology, and the management of natural resources. Comments and contributions should be directed to FDL Resource Management @ (218)878-8001

Truth telling and realistic expectations from children

By Lucy Carlson

You should never tell a lie, because the brains inside grown-ups heads are so smart they always find out.

- Five-year-old child

Yesterday I walked my dog in a park and noticed a mother and her two preschoolers sitting by the pool.

While the mother's back was turned, her little boy picked up a handful of sand and threw it directly at his sister. She started crying and when the mother turned around, she could immediately guess what had happened. Her eyebrows drew together, she grabbed her son's arm, and asked him in a loud voice, "Did you throw sand AGAIN?"

Well, if you were that boy, how would you respond?

He looked down and said "NO!" and tried to shake his arm free. It seemed to me his instinct for survival had kicked in.

I decided to do a little research on the phenomenon of lying in childhood. First of all, I looked up the definition of lying in a dictionary, which stated that lying is deliberately telling someone something untrue. A falsehood, a fib, a 'white lie' and not telling the whole truth are all ways to purposely deceive someone. Fantasy is not considered a lie.

What are realistic expectations for children regarding lying? I found answers in *The Field Guide to Parenting* by Shelly Butler and Deb Kranz.

- Exaggerating the truth and fibbing is normal for children. If your child is between the ages of three and six, chances are very good that she or he will lie. Most experts agree that

children don't deliberately lie until they are three or four because they don't have the skills needed to lie.

- If your child is four or five it is typical for him or her to tell tall tales, brag, and exaggerate the truth. Examples include "my mom is the fastest runner in the whole world," or "I can jump higher than Michael Jordan!" Stretching the truth in this way is different from lying. It is a child's normal way of stretching his or her imagination, trying out language, and making him or herself look good.
- Children have enormous imaginations and often live in a fantasy world. In early childhood, they honestly may not be able to tell the difference between what's real and what isn't. So it is important for us to remember that when a child tells a fantasy, it is not the same as lying with intent.
- Until children are older than five, they might not have a fully developed sense of right and wrong. They may not know that lying is wrong.
- Sometimes what appears to be a lie is really a difference of opinion. If two children tell two different versions of what happened, they are not intentionally lying but are telling the truth as they see it. Law officers who take statements from multiple witnesses verify that this happens with adults.
- Children may lie to test the limits or to see if they can trick you. It is normal for children to experiment with power and language as they grow and learn about the world.
- Toddlers and preschoolers may tell you something that is not true to cover up a mistake or

bad behavior. It is not uncommon for children of this age to tell something they wish was true, thinking that this will actually make it true.

- Some children lie because they don't feel safe telling the truth and fear harsh punishments or criticism. If you suspect your child lied for this reason, it is helpful to give him or her reassurance that everyone makes mistakes at times and that making a mistake doesn't make them bad people.
- Sometimes children lie to deal with a stressful situation. A child who is having a problem at preschool might make up a fib to avoid going there.
- Children under age five typically do not have the knowledge or words to lie about being physically or sexually abused. Take their stories of abuse seriously and don't assume that they are lying.
- Parents tell stories and tall tales to children. Telling your child about the Tooth Fairy is an example. This does not mean we should stop pretending. Fantasy is a wonderful aspect of all of our lives. We just must keep in mind where our child is developmentally so that we are able to have appropriate expectations. Remember that there is a big difference between fantasy and lying.

Finally, it is helpful to keep in mind that we adults are strong role models. Our children will be more honest if we parents and caretakers are honest.

Lucy Carlson specializes in early childhood education. Her email is lucyanec549@gmail.com



Corrections

The August issue of the FDL newspaper identified two people inaccurately in photographs. The woman pictured with Ed LaFave in the powwow anniversary story is Julia Reynolds.

The FDL veteran who was greeted by members of the Reservation Business Committee at the 2009 FDL Veteran's Powwow was Harvey DeFoe.

We are sorry for these errors. Thank you for bringing this to our attention.

From page 2

over the tiny town of Carlton.

Liz Diver, a server who works at the Black Bear Golf Course, said that a few club members told her that they wanted to tour the area, but were reluctant to leave the casino boundaries because of the relentless scrutiny and "harassment" by officers from the 25 agencies on duty over the weekend. Some of the officers came from as far as Olstead County, Wabasha County, the Moose Lake Police Dept. and members of the U.S. customs and Border Patrol.

The peace officers saw things differently. Carlton County Sheriff Kelly Lake said that because hundreds of law enforcement officers were highly conspicuous during the Hells Angels rally, the rally was a success. No major crimes occurred.

FDL Police Chief Sam Ojibway said that his 13-member department attended special

"outlaw" motorcycle gang training a month before the Hells Angels were expected. Ojibway said that the Fond du Lac officer's main focus was to ensure the safety of the guests and staff of the Black Bear Casino & Resort. The cost for the police department's hours of overtime totaled over \$11,000.

The Reservation wasn't the only entity to foot an overtime bill. The Duluth News Tribune reported that Duluth police were paid more than \$75,000 in overtime. Estimates for the total cost for increased law enforcement in Carlton was at least \$185,000.

The club members rolled out of Carlton County toward their next destination: Sturgis, S.D. for the annual Sturgis motorcycle rally which was held Aug. 6-9, 2009.

The Associated Press, Star Tribune, Duluth News Tribune and Pine Journal contributed to this story.



More than 400 members of the Hells Angels motorcycle club rolled into Carlton County for a July 30 - Aug. 2 rally. Here motorcycles are parked outside the front entrance to the FDL Casino. Club members had reserved 180 rooms at the FDL Casino Hotel.

Gardens flourish with care from FDL high school students

Nine students in grades nine and ten from area high schools participated in a summer garden project with the University of Minnesota Duluth Medical School and the Center for American Indian Minority Health.

The students planted sunflowers, lettuce, tomatoes, flowers, peas, carrots and cucumbers. And as with gardens everywhere, some things didn't grow.

The kids made a point of doing "Three Sisters"

gardens of corn, squash and beans. The three food sources benefit from each other - tall corn stalks provide support for the beans, and the beans help to keep the soil fertile by producing nitrogen, which is required by corn. The squash shades the soil and helps to control weed growth.

The purpose of the project is to get American Indian students to consider a career in the medical arts field. The program empha-

sizes healthy living, food as medicine, and culture.

The students made tie-dye t-shirts in addition to garden stepping stones.

The students will share the fruits of their harvest at the Ojibwe School's "Welcome Back to School" Powwow at 3 p.m. on Sept. 11. The school address is 49 University Road, Cloquet.

Thoughts from a "Mother Earth Warrior"

By Joni Thompson-Mullen

I am 14 years old, and will enter the tenth grade at Denfeld High School in Duluth this school year. I just finished attending the summer Journey Garden project at Fond du Lac.

Journey Garden is a program for young Native American adults to learn about our health, plants, medicine and the importance of mother earth.

We learned about the Anishinaabe (Ojibwe) culture and how it relates to the history of plants used for food and in medicines. We also

planted a vegetable and herb garden at the Fond du Lac Reservation. We learned to make French bread, went on a hike in the Forestry Center and were introduced to the benefits of using rain barrels.

The instructors of the Journey Garden referred to us as the "warriors of Mother Earth" and how we should strive to keep it clean and safe for all.

I've enjoyed attending Journey Garden and hope to be involved in it again.

Joni is the daughter of Liz Wise.

Etc.

More Superior officials to become involved in Wisconsin Point cleanup

The Superior, Wisc. Park and Recreation Commission is attempting to resolve the illegal dumping and littering at Wisconsin Point. The Commission will work with city officials who have noted that the cost to taxpayers for each cleanup is \$200 to \$400.

Wisconsin Point has long been of historical significance to the Lake Superior Band of Chippewa who, for generations, lived on the property until it was taken by U.S. Steel.

Since then the land has been a dumping ground, strewn with beer cans and melted aluminum, bonfire ashes, diapers, discarded furniture and appliances, tires, and black plastic sacks of garbage. People have peeled bark from trees, and burned vegetation in prohibited areas. Even the signs on the 2.5-mile peninsula have been vandalized. On occasion, volunteers have disposed of the debris. The story was published in the Duluth News Tribune.

Joe Day, well-known Indian liaison, retires

After 30 years of work as

a liaison between American Indian and non-Indian cultures, Joe Day has retired. He may be most well known to Indian communities as the executive director of the Minnesota Indian Affairs Council, a post he held for 11 years before taking his last job as American Indian liaison with the state Dept. of Corrections. Day was liaison for three years before his retirement at age 64.

As Indian Affairs Council director, he worked with Govs. Arne Carlson and Jesse Ventura. Day said that Ventura was an ally of Indian causes. Ventura spent a whole day at the FDL Reservation, visiting with tribal members to learn all facets of reservation life, "No other governor has ever done that," Day said.

The Council is a liaison for state services to American Indians, and provides a means to air grievances about services. The story was published in the Bemidji Pioneer.

1st Annual Sobriety Walk 5K slated for Sept. 12, 2009

Registration begins at 9 a.m. on Sept. 12 in the Fond du Lac Head Start gym for the 2009 Sobriety Walk. A blessing will be given at 9:45 a.m. and the walk begins at 10:15 a.m. All participants will receive a t-shirt. A feast will follow the walk with drawings, sobriety medallions and other fun activities. For

more information or to volunteer call (218) 879-3638. The event is sponsored by the Fond du Lac Human Services Dept. Tagwii Outpatient Treatment Program.

was featured on the Shrek movie soundtrack and other movies; Mystery Men, Inspector Gadget and Rat Race. In 1997 the Smash Mouth album "Fush Yu Mang" sold more than 200,000 copies, and the "Astro Lounge" album from 1999 sold more than 300,000 copies, finishing the year as the number six best-selling album.

The band also redid The Monkees hit, "I'm a Believer" in 2001.

Blues' Legend B.B. King is coming to the Otter Creek Event Center in October

He's almost 84 years of age, but B.B. King is still singing the blues with Lucille, his beloved guitar. He will be performing his signature electric blues, blues-rock, Memphis blues, soul blues and rock and roll at 6 p.m. on Oct. 18, 2009 at the Otter Creek Event Center.

Energy Assistance Program

The FDL Energy Assistance Program starts in October 2009. Those who participated in the program last year will receive applications from the state. New clients can pick up an application at the Energy Assistance office in the Tribal Center. The application includes the income of all household members for the past three months, and verification of income is necessary. Also, copies of utility bills are required for proof of account numbers and addresses.

Applications can be found on this website: www.fdlrez.com - click on community services Energy Assistance. For more information call Tammy at (218) 878-2603 or Joan at (218) 878-2658.



Kim Lind with B&B Market said that 373 folks were served lunch at the Elders Picnic held on July 10, 2009. Hot dogs, hamburgers, chicken, potato salad, beans, corn, fruit and large pans of bars were consumed by the crowd on a perfectly lovely summer day.

Local group nominated for Native American Music Award

The FDL-based women's hand drum group, the Oshkii Giizhik Singers, has been nominated for a 2009 Native American Music Award in the "debut group" category. The group was formed by FDL Band Member Lyz Jaakola.

Online public voting begins Sept. 1, 2009. For more information or to vote, go to nativeamericanmusicawards.com

Smash Mouth to perform at the Otter Creek Event Center

The rock band Smash Mouth will perform at 8:00 p.m. on Sept. 5, 2009 at the Otter Creek Event Center at the Black Bear Casino. Tickets are \$40.

Smash Mouth formed in 1994 and had their first popular song, "Walkin' on the Sun" in 1997. In 1999 the band released the album "Astro Lounge," The single "All Star"

Tickets are \$45 to \$55.

B.B. King, also a songwriter and record producer, introduced a new sound with his electric guitar. He is famous for "The Thrill Is Gone" which won a Grammy Award for Best Male R&B song in 1970. His version became a hit on both the pop and R&B charts. "The Thrill Is Gone" is listed at number 183 of Rolling Stone's best 500 songs ever recorded.

In 1980 B.B. King was induct-

ed in to the Blues Hall of Fame and continues to tour despite his misnamed 'Farewell' tour in 2005.

Tickets for both concerts can be purchased by calling TicketMaster (800-745-3000) or by visiting the webpage at www.ticketmaster.com. Tickets are also on sale for cash only at the Black Bear Casino Resort cashier cage.

Area news briefs

Wisc. bear population up dramatically over 20 years

State officials and the Wisconsin Dept. of Natural Resources have reported there are about 30,000 bears in the state now compared with 5,000 a few decades ago. Bear are more common in northern Wisconsin but have been migrating southward to communities such as LaCrosse and Minoqua. Climate change and the expanding bear population are cited as the main reasons for the migration.

Bears usually avoid human interaction and will not hurt people unless they are provoked. The story was reported in the Winona Daily News.

Sen. Franken named to Senate Committee on Indian affairs

A legislative committee added U.S. Senator Al Franken from Minnesota to the 15-member Senate Committee on Indian Affairs, which works to improve the lives of American Indians, meet federal government treaty obligations, and strengthen health care, law enforcement, and economic development in Indian communities.

The assignment is considered a good fit for Franken; his constituent state is home to nearly 40,000 American Indians and has 11 reservations. The story was reported on the Reznet.com website.

Great Lakes water levels increasing

Great lakes water levels make up one-fifth of the world's fresh water supply and are rebounding after being extremely low for the past decade. The story was from the Star Tribune.

Superior, the biggest lake, experienced its lowest levels on record a few years prior to 2007. The low water level had a negative impact on the mari-

time industry.

The rebound is attributed to wetter, colder weather the past few years, according to scientists. Even if the lakes enter another period of higher water, it does not alter a dismal forecast of climate change made by computer prognostications.

Bemidji businesses post signs in Ojibwemowin; FDL to follow trend

Sixty-two Bemidji businesses and organizations have posted signs and greetings in Ojibwemowin (the Ojibwe language) at their worksites. Michael Meuers, a contractor for Red Lake Reservation, initiated the enterprise to make the community of Bemidji, which is located at the apex of three large Ojibwe reservations, more welcoming to American Indians. Additionally, it is expected that the dual language signs will educate the general public on the Ojibwe language, according to the story in the Bemidji Pioneer.

The Shared Visions Group, which spearheaded the effort, would like to make the Ojibwe greeting, "Boozhoo" as synonymous in Bemidji as "Aloha" is for the people of Hawaii.

At the Fond du Lac Reservation, an effort is underway that will identify original place names, like lakes, rivers and towns of the area. Rick Gresczyk, a fluent Ojibwe speaker, said that first research must be done to determine the original names. The new signs would be inscribed with the Ojibwe word followed by the English translation. The signs will not replace the old signs, but will simply provide more information in the Ojibwe language.

Red Lake's new parking structure creates law enforcement dilemma

The Red Lake Nation casino/hotel construction project is located on reservation land on state Highway 89, but its new parking structure will be located on a Beltrami County parcel.

So who is in charge if a fight breaks out in the parking structure? The Beltrami Sheriff has jurisdiction, but what if the fight moves from the parking structure into the casino?

Beltrami County Commissioners are calling for an agreement between the County and Red Lake Nation to clarify law enforcement jurisdiction at the parking structure.

Earlier this year the Beltrami Sheriff Dept. adopted a policy stating that reservation pursuits were not allowed. Officers must terminate a pursuit at the reservation border and notify tribal police. "Pursuits onto the reservation are no longer allowed," the manual states. Officers are instructed to notify a Red Lake dispatcher "as soon as possible and they will send officers, if available."

Commissioner Quentin Fairbanks, who represents the Red Lake Reservation, says tribal authorities may seek to put the parking structure parcel into trust, but that action could take years because it needs Bureau of Indian Affairs approval.

The tribal government has full sovereignty over the reservation, subject only to federal legislation specifically intended to deal with Red Lake, which makes it a "closed" reservation. The tribal leaders successfully resisted allotment, the Nelson Act of 1889 to hold the land for the Tribe as a whole. It has never been subject to Minnesota laws.

The story was reported in the Bemidji Pioneer.

American Indian program at CSS receives \$1.28 million grant

The U.S. Dept. of Education awarded a four-year grant to support the College of St. Scholastica Ojibwe Language and Culture Education program. To be eligible for the program, participants must be an enrolled member of an American Indian tribe, or a descendant of an enrolled member.

The grant will support 12 American Indian students interested in teaching and working the American Indian community. The program will integrate American Indian culture, history and language. Tuition assistance and a monthly living stipend are available. Applications for the project are being accepted for Fall 2009. Students will major in elementary or secondary education, as well as Ojibwe language and cultural education.

After graduation the students will work in schools with high American Indian populations. The college is located in Duluth, Minn. In 2009, only 11 such grants were awarded nationally.

To apply for enrollment or for more information, contact Valerie Tanner at (218) 723-6014 or (800) 447-5444 ext. 6014. The story was in the Duluth News Tribune.

Overall traffic deaths down in Minnesota in 2008

Vehicle fatalities were down 11 percent from 2007 statistics, which is attributed to the recession and rising gas prices, a low not seen since World War II.

Minnesota's numbers reflect a national trend in dropping traffic fatalities, a 9.7 percent decline since 2007. Major strides in seat belt use, curtailing drunken driving and making vehicles and highways safer are also cited for the improvement. However, inattentive driving is

targeted as a major problem because often drivers do not admit if they were on their cell phone or eating.

The 2008 Minnesota fatality rate per 100 million vehicle miles driven is 0.79, among the lowest in the nation.

With 55 percent of the state's population, the Twin Cities Metro area comprised 30 percent of fatalities. This has remained consistent throughout the years. The story was published in the Star Tribune.

Risky behavior shown by teens who think they will die young

A University of Minnesota Medical School study found that one in seven adolescents believe that it is highly likely that they will die before reaching age 35. That belief led the young people to engage in risky behavior.

Of a nationally representative sample of more than 20,000 youth in grades 7 through 12, nearly 15 percent of the adolescents surveyed predicted they had a 50/50 chance or less of living to the age of 35.

Poverty has an impact. The study showed that almost 25 percent of youth living in households that receive public assistance believed they would die young. The statistics increase among minority populations of young people. More than 29 percent of American Indian youth thought they would die young. Twenty-six percent of African American youth thought they would die young, compared with 21 percent of Hispanic youth and 15 percent of Asian youth. Ten percent of Caucasian youth believe they will die young.

The teens who engaged in risky behavior such as illicit drug use, suicide attempts, fighting or unsafe sex in the first year were more likely in following years to believe they would die at a young age. The story was published in Pharma Weekly.

Legal Q&As

Dear Senior Legal Line: I broke my hip and was in the hospital for one week before I was transferred to a nursing home for rehabilitation. I stayed there for about one month. The nursing home assured me that Medicare would pay for all of my stay at the nursing home. I got well and returned home.

Later, I was astounded when I received a bill in the mail from the nursing home for over \$1,500! I don't understand why the nursing home is billing me after assuring me that Medicare would pay for it all. What should I do?

Lillie

Dear Lillie:

It sounds like Medicare's "100-day spell of illness" rule is the reason for the bill. Unfortunately, some hospitals and nursing homes do not adequately explain how it works.

First, contact the nursing home and ask for an explanation of the bill. If you are unsatisfied with their explanation, you may contact the Ombudsman for Older Minnesotans at (800) 657-3591.

If you are old enough to receive Medicare coverage, it will pay for your acute and rehabilitative care, but only if you had at least three "qualifying" days in the hospital. A qualifying day means that you are admitted as an inpatient. If you meet the qualifying day threshold, Medicare will pay for your care in full for the first 20 days, as long as you keep needing "skilled care".

Skilled care means that you need therapy and/or acute care of some nature. For the 21st through 100th day, Medicare will pay a portion of your care; if you have supplemental health insurance, they will pay for the portion that Medicare does not pay.

Once you require only custodial care (e.g. care for your daily activities of living), the hospital/nursing home will tell Medicare and Medicare will terminate (stop paying). When Medicare terminates, your supplemental health insurance will also terminate. At that point, you will either be on private pay or be eligible for Medical Assistance to pay for your care.

It sounds like one of two things may have occurred in your situation – either you did not have supplemental insurance to pay for the portion that Medicare didn't pay during the 21st to the end of your stay in the nursing home, or you stopped receiving "skilled care". Because you were on rehabilitation, the more likely scenario is that you did not have supplemental health insurance for payment of the unpaid portion during the 21st to 37th day of your stay (you stated that you had care for five weeks).

In other words, for those last sixteen days of your stay, your cost of care was only partially paid by Medicare. If you have supplemental insurance, tell the nursing home to submit a claim. If you did not have supplemental insurance, you are liable for the unpaid portion.

You could sue the nursing home for telling you false information that you relied on to your detriment, but I do not know if you would succeed.

If the nursing home said you stopped receiving skilled care, you should have received a notice of your appeal rights. Your doctor's opinion will be very important, as he/she will either agree or not agree that you no longer needed therapy and/or that therapy was not accomplishing anything.

Please note that you are entitled to more than one spell of illness in your lifetime. As long as you return home for 30 consecutive days, you will be entitled to another 100-day spell of illness if you go to the hospital in the future (and meet the three day qualifying stay).

If you have a complaint or inquiry about Medicare, you may contact the Medicare Ombudsman at (800) Medicare.

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

Social Security disability

By Sofia Manning

Indian Legal Assistance Program, Duluth

Our office gets many calls regarding qualifications for a Social Security disability. First, what is a "disability?" According to the Social Security Administration, a disability is based on a person's inability to work. A person is considered disabled if he/she is unable to do any kind of work for which he/she is suited, and the disability has lasted or is expected to last for at least one year or result in death. A disability is an inability to engage in substantial gainful activity.

In determining whether an individual is able to work, the issue is not whether he/she can return to his/her former employment, but whether he/she can perform some type of gainful activity. A disability does not exist if an individual is capable of engaging in light forms of gainful activity.

Five questions are asked in determining the extent of a disability. They are:

- Are you working? If you are and your earnings average more than a certain amount each month, you generally cannot be considered disabled. That amount changes each year.
- Is your condition "severe?" Your impairment must interfere with basic work-related activities for your claim to be considered. It is very important that you have current medical proof to back-up your claim (i.e. treatment notes and opinion letters from your physician, which state that you are disabled).

- Is your condition found on the list of disabling impairments? The Social Security Administration maintains this list. If your condition is not listed, SS will determine if your condition is severe enough to be considered a disability.
- Can you do the work you did previously? If your condition is severe enough to prevent you from doing the work you did for the previous 15 years, your claim will be considered further. If you are able to do your previous work, your claim will be denied.
- Can you do other types of work? If you cannot do the work you were previously doing, SS will consider your age, education, past work experience and transferable skills. If you can do other types of work, your claim will be denied.

If your claim is denied, you can appeal the decision. However, there are time limits to these appeals so it is important to read the notices that you receive carefully and respond in a timely manner.

If you are approved for benefits, your monthly disability amount would be based on your lifetime average earnings covered by Social Security. To qualify for disability benefits, you must have worked long enough and recently enough according to Social Security laws.

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

Community news

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

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

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

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

Thank you notes

The **Don Savage Memorial Scholarship Committee** would like to thank the Fond du Lac Reservation Business Committee for its continuous support for the Annual Don Savage Memorial Golf Tournament.

The tournament, held Aug. 1, 2009, was a great success. We hope next year will be even better.

Also, thank you to Chuck Smith, Mary Northrup and the

FDL Veteran's Committee for your donations and for always remembering Don.

Karol Savage, Dannell Kettelhut, Darci Savage, Ron Litzau, Mike Swan, Tadd Usher

The Sawyer Girls U12 (under 12 years of age) and U14 (under 14 years of age) Fast-Pitch team with their coaches thank the following for the generous contributions that made our 2009 season possible.

To Jeff Wuollett, Cloquet Youth Baseball, Softball Association League Director, for guidance and assistance during the season. To the Woodlands National Bank, our financial institution, to the FDL Band for paying the U12 Registration Fee (\$75.00), and for paying one-half of the U14 registration and league fee of \$250, and for matching our fundraising funds so the U14 Girls could attend the state tournament.

Thanks to all the community members who purchased tickets for our 50/50 fundraisers, and for playing in our sponsored volleyball tourney and car wash.

Thanks to the Nah Gah Chi Wa Nong (FDL) Store; Fond du Lac Ojibwe School (Maria DeFoe)); Cloquet Community Center (all recreational aide workers and coordinators who assisted us with the Volleyball Tourney). Thanks also to Sam Dupuis.

We owe a special debt to the parents and coaches who transported players to games. Thanks to the Big Lake Golf Course, McDonald Rental, the Sawyer Store

(for paying for our U14 Tournament Entry Fees), Pizza Hut, Southgate Bowling, Papa Johns, Angel Nail, Dairy Queen, Great Clips, Taco Johns, B&B Market, Junction Oasis, McDonalds and any other business that helped with our season.

Last but not least a big thank you to our faithful fans who cheered our teams during the season, during the League Championship and at the state tournament in Hutchinson, Minn.

A big thank you to the following for their generous book donations to the Cloquet Community Center Library in August: **Beka Dunlap, Carolyn Bassett and Dianne Meismer.** Your kindness is appreciated!

Library staff

Congratulations

The coaches for the U12 (age 12 and under) and U14 (age 14 and under) Fast-Pitch girl's teams wish to congratulate the team members for a fantastic season! We are very proud of you for playing so well.

The U12 team won the League Championship, and the U14 team went to state. These are huge accomplishments. The entire FDL community is proud of you.

We hope to see all of you next season.

Naomi Mohr, Gordon "Bun" Ojibway, Rory Northrup

Births

Takota Michael Thompson was born on Aug. 3, 2009 at St. Luke's Hospital, Duluth.



Takota weighed eight pounds, 4 oz., and was 22 inches in length.

His parents are Amanda and JJ Thompson, his grandparents are Janice and Brian Laurie, Michael and Lisa Fosness, and Henry Thompson. Takota's great grandmother is Anna Thompson.

Memorial

In loving memory of **Sterling Carlson** who passed away on



August 25, 2008. He had a smile for everyone, a heart of gold to those who knew him. His memory will never

grow old. We miss you!

From your family

Remembering my sister **Nancy Howes:** To live in the hearts of those we love is never to die.

Your sister, Mary

Birthday greetings

Birthday wishes to **Christina St. John** on Sept. 20.

With love from your sister and kids



Happy Birthday to Daddy (**Travis Paulson**) on Sept. 1! We love you.

Love, Jalen and Cordell

Happy 3rd Birthday to **Raymond Smith, III** on Sept. 7, 2009!

Love from Gramma Gail

Happy Birthday **Lyz Jaakola** on Sept. 28!

Love, Mom

Happy Birthday to **Michael Nykanen II**, who will be 12 on Sept. 6.

With love from Mom, Davey, Brennin and Jon

September birthdays for employees with the Center for American Indian Resources, Duluth

Roberta Welper, Sept. 2 (Smoking Cessation Counselor); **Carol Deverney**, Sept. 7 (Social Worker); **Sherrie Monroe**, Sept. 23 (Prevention Intervention Specialist); **Gail Omundson**, Sept. 29 (Medical Records/Office Manager); **Nancy Dudley**, Sept. 29 (Public Health Nurse); **Cindy Olson**, Sept. 30 (Pharmacy Technician).

Happy Birthday to **Shaydon Thompson** who will be five on Sept. 15, and to **Shayna Thompson** who will be one on Sept. 8.

Love, Mom, Dad, Meemah, Derrick and Lu

For sale

Rez car, 1993 Ford Tempo 4-Door. 200,515.3 or so miles, driver door hard to close. There's a hole in the trunk so it gets dusty when driven on dirt roads. However, the car has been fixed up real good and

Community news

can get from Point A to Point B (which is why we have cars in the first place, ennit?) Call Kristine at (218) 878-2970 or email riceywild@hotmail.com. \$311.71, or best offer.

Charming 2-bedroom, 2-bath log home with loft on a wooded lot with spacious 2-car detached garage. Open floor plan with radiant in-floor heat, a natural gas stove/fireplace, and a Jacuzzi tub. Assessed at \$179,000, asking \$150,000. Must sell. (218) 213-6190.



Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm, 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$245,900. Call (218) 879-5617 for more info.

Home for sale in the Cloquet District on leased land. Three bedrooms, 1 bath, full basement, many updates. Large fenced in yard. Any questions or to view call (218) 878-0574 or (218) 269-1356.

Obituaries

Lawrence Howard Newton, 80, of Wright, died Aug. 9, 2009 at his home.



He was born Dec. 3, 1928 in Biwabik, Minn. to Louis and Mary Newton. He married Maria Korhonen on Sept. 25, 1954 in Wright. Lawrence served in the U.S. Army from 1950-'52 and in the Army Reserves from 1952-'59. He worked as an iron ore miner for many years and for Fond du Lac Furnace Manufacturing.

He enjoyed hunting, fishing and gardening.

He was preceded in death by his granddaughter, Angela Ultimo and his great-grandson, Jacob Neumeyer.

Lawrence is survived by his wife, Maria of Wright; children, Kerry Caddenhead of Kennard, Texas, Sheree Oestreich of Wright, Debbie Neumeyer of Floodwood, Larry Newton of Wright and Becky Lemm of Wright; 17 grandchildren; 15 great-grandchildren; 1 sister; 2 step-brothers and many other relatives and friends.

Funeral services were held Aug. 12, 2009 at the Fine Lakes Town Hall. Burial was in the Fine Lakes Cemetery.

Daria Lynn Moose, 33, of Cloquet, passed away unexpectedly on Aug. 5, 2009. She was born on Dec. 2, 1975 in Cloquet to LeRoy Sr. and



Laura (Shaugobay) Moose.

Daria brought joy to everyone that met her. Although she didn't have children of her own, she mothered those around her. She enjoyed fishing, cooking, sharing and spending time with her family and friends.

She was preceded in death by her father and brother LeRoy Jr. Daria is survived by her mother Laura (Kyle) Ashcroft; significant other Kris Blacketter; siblings Marvin (Shannon), Christal (Robert), Janel (Garrett) and Kurtis; six nieces, four nephews and her loving companion Peanut.

Visitation was held at the Sawyer Center starting at 5 p.m. on Aug. 9, and continued through the evening and morning until the 11 a.m. service at the Center on Aug. 10. Daria was buried at Saints Mary and Joseph Cemetery, Sawyer.

Albert George Morrison Jr., 35, of Duluth passed away on July 16, 2009.

He was preceded in death by his father, Albert Morrison, and his grandmother, Laura Blacketter.



Albert is survived by his mother Betty Dixon; sisters Laura and Shawn Morrison; and many nieces, nephews and cousins.

He will always be remembered by a special friend, Don Ness.

Funeral services were held on July 23, 2009 at the Handevitd Funeral Home in Cloquet. Albert was buried at the Sawyer Cemetery.



One last view of the Elder's Picnic on July 10, 2009.

Meeting notice

The next Open Meeting with the Reservation Business Committee and Band Members will be held at 1:30 p.m. on Sept. 17 at the Cloquet Community Center Elder Nutrition Program meeting room.

Manoominike Giizis – Wild Rice Moon September 2009

CCC: Cloquet Community Center, (218)878-7504; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185;
CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School;
CFC: Cloquet Forestry Center; NRG: Natural Resource Garage.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Community quilting 5 p.m. CCC	Elder exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. ENP Adult game day 12:30 p.m. CCC	Pilates Class 12 noon CCC Bugs Jar crafts 3 p.m. BCC Bimajii 4:30 p.m. CCC Language table 5 p.m. CCC	Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC Women's night 6 p.m. CCC	Fun & Fitness CCC Smash Mouth 8 p.m. BBCR
		1	2	3	4	5
Grandparent's day 10 a.m. CCC Fun & Fitness CCC Yahtzee Tourn 2 p.m. CCC	Labor Day All community centers and offices are closed.	Start of school Community quilting 5 p.m. CCC	Elder exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. ENP Adult games 12:30 p.m. CCC "I CAN COPE" 5 p.m. MNAW	Pilates Class 12 noon CCC Bimajii 4:30 p.m. CCC Language table 5 p.m. CCC	Ojibwe School Powwow 3 p.m. OJS Story Time 3:30 p.m. CCC Moccasin game night 5 p.m. CCC Intro to Drum & Singing 6 p.m. CCC	Fun & Fitness CCC Youth MN Zoo trip CCC/ BCC/SCC Sobriety Walk 9 a.m. CCC
6	7	8	9	10	11	12
Fun & Fitness CCC	Elder exercise 8 a.m. CCC Community quilting 10 a.m. CCC Adult cribbage 5 p.m. CCC	Community quilting 5 p.m. CCC	5:30 p.m. Community Meet- ing, Brookston Center Gym Elder exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. ENP Adult games 12:30 p.m. CCC	FDL 1:30 p.m. Open Meeting (CCC) Pilates Class 12 noon CCC Bimajii 4:30 p.m. CCC Language table 5 p.m. CCC	Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC	Fun & Fitness CCC Women's night 6 p.m. CCC
13	14	15	16	17	18	19
Fun & Fitness CCC	Fun & Fitness Elder exercise 8 a.m. CCC Community quilting 10 a.m. CCC Adult cribbage 5 p.m. CCC 10,000 Dice Tourn 2 p.m. CCC	Community quilting 5 p.m. CCC	Elder exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. ENP Adult game day 12:30 p.m. CCC	Pilates Class 12 noon CCC Bimajii 4:30 p.m. CCC Language table 5 p.m. CCC	Story Time 3:30 p.m. CCC Moccasin games 5 p.m. CCC Intro to Drum & Singing 6 p.m. CCC	Fun & Fitness CCC 1854 Pow Wow, G.E. 1 and 6 p.m., SCC
20	21	22	23	24	25	26
Fun & Fitness CCC	Elder exercise 8 a.m. CCC Community quilting 10 a.m. CCC Adult cribbage 5 p.m. CCC	Community quilting 5 p.m. CCC	Elder exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. ENP Adult game day 12:30 p.m. CCC Sobriety Feast 7 p.m. BBCR			
27	28	29	30			