

are indeed magnified.

Compared with the vast numbers of articles written about smoking, there is less literature to be found dealing with the effects of caffeine on the fetus. This however, does not mean it is an area unworthy of concern. Scientists working in this field advise pregnant women to avoid as much as possible, the use of any products containing caffeine. In the United States, the Food and Drug Administration (FDA) has proposed the removal of caffeine from the "safe" list of substances found or used in food products to an "interim" list until its safety has been proven.

Caffeine is absorbed by the mother and readily crosses the placenta to the fetus. A fetus cannot metabolize caffeine and can eliminate it only very slowly. Any caffeine reaching the fetus will therefore have an appreciable amount of time to act on the fetus directly or on its environment, before being removed. The nervousness, irritability, headaches and insomnia associated with excessive caffeine intake have been well documented. How closely these symptoms are duplicated in the fetus is not yet known.

In experiments done with rats, caffeine has caused birth defects such as the absence of toes (at a dose equivalent in humans to drinking 12-24 cups of strong coffee daily) and delayed bone development (human dose equivalent to 2 cups of coffee daily). How well these results can be applied to humans is still questionable, since different animals metabolize drugs in different ways. Interestingly enough, thalidomide was shown to have no harmful effects on pregnant rats, whereas history bears witness to the crippling effects this drug had on human fetus. Some researchers feel caffeine is a potential mutagen capable of causing genetic damage to create malformations, while others feel genetic changes would not occur in humans except at doses impossible to consume.

In humans, a caffeine intake of 600 milligrams or more a day has been associated with a high incidence of fetal loss through miscarriage, stillbirth or premature birth. Since the amount of caffeine in beverages varies with such things as steeping time and the addition of cream or sugar, it is difficult to say with certainty, that a cup of tea or coffee contains a definite amount

of caffeine. With this uncertainty in mind, 600 milligrams of caffeine would probably be contained in eight cups of average coffee, 15-10 ounce bottles of cola, 22 cups of weak tea, or according to Carol Farkas' estimates, 4-5 cups of tea as prepared Indian style where at a days end there is an accumulation of 10-15 tea bags constantly brewing. The actual was by which caffeine causes fetal loss is under investigation. Caffeine, as well as nicotine from cigarettes, is known to increase the level of certain hormones, called catecholamines, which alter the blood flow to the uterus and placenta. This in turn affects the normal flow of nutrients and other substances to and from the fetus. Caffeine may somehow disrupt the normal function of the placenta and fetus since placental weights are lower than normal in mothers consuming caffeine. Whether or not placental weights are lower, as found among caffeine users, or higher, as found among smokers, has little effect on the fact that there is a greater risk of delivering low birth weight infants among both smokers and caffeine users. Noticeably in health related studies of infants, low birth weight is often used as an indicator that something has occurred during pregnancy to prevent the fetus from obtaining what it needs for optimum growth and development.

In the above discussion of caffeine and smoking during pregnancy evidence has been cited which indicates that each, on its own, can have detrimental effects on the fetus. In combination the risks are increased. These risks, however, need not be taken. The number of cigarettes smoked and the amount of caffeine consumed can be controlled by the mother. She can reduce or completely eliminate both of these substances from her lifestyle, and thereby improve her chances of delivering a normal healthy baby. Furthermore, the mother herself will benefit from decreasing the levels of these toxic substances in her own body. As stated in a recent report on smoking by the United States Department of Health, "quitting is for the good of both mother and baby, not the baby alone."

CAFFEINE CONTENT IN SOME BEVERAGES

Instant Coffee	66mg per cup
Drip Coffee	112mg per cup
Instant Decaf Coffee	2mg per cup
Tea (weak)	27mg per cup
Tea (Indian style)	120mg per cup
Cola	40mg per cup
Hot Chocolate	40mg per cup

KALIHWI-SAKS

The Official Publication
of the Oneida Nation

This publication is distributed free to all enrolled Oneida Tribal members. If you know of someone who is not receiving the KALIHWI-SAKS, please have them send their name and address as they are listed on the Oneida rolls to:

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TABLE OF CONTENTS

Features

Oneida Hotel Construction Underway 2
 Navajo Woman Will Represent New Mexico
 at Inauguration 3
 Science Enrichment Program for Future Indian
 Health Professional Offered 3
 Equal Rights Council 4
 Government and its Inside Influences 5
 Native American Annual 7
 I Believe 7
 Mark Andrews - U.S. Senator for North Dakota 10

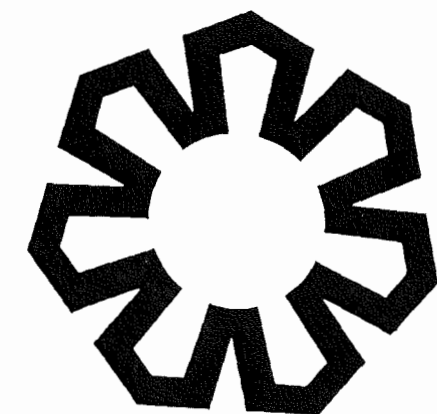
Announcements

Menominee Water Front Festival Parade 11
 Job Opening 13
 Nominations for 1985 Board Appointment 13
 Community Invited 15
 Civilian Conservation Corp. 15
 For Sale 15
 Happy Birthdays 16

Departments

Oneida Headstart 17
 Oneida Recreation 17
 Oneida Language 17
 Oneida Housing Authority 18
 Education 19
 Oneida Food Distribution 20
 Norbert Hill Center 21
 Oneida Library 23
 Anna John Nursing Home 25
 Oneida Community Health Center 27

FEBRUARY 8, 1985



Oneida Hotel Construction Underway

Clearing work has started on the site of the planned Oneida Airport Hotel being built by the Oneida tribe.

Workmen have begun clear-cutting of the area where the 141,500-square-foot building will be constructed. Work will begin soon on the marking of large or unique trees that are to be saved to retain the rustic character of the 15-acre site.

The site preparation work is expected to take about 30 days, depending on weather conditions, according to Oneida Tribal Planning Director Carl Rasmussen.

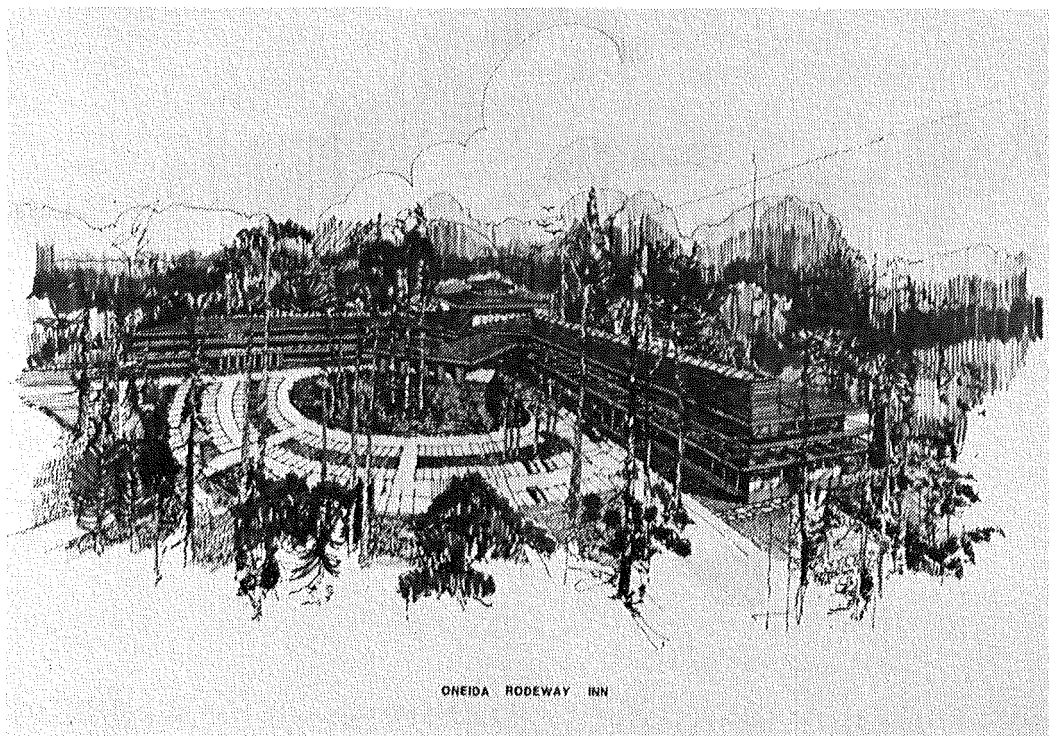
Rasmussen said recent extreme cold has slowed the work, but said the clearing should be done before the planned mid-April start of construction.

Parking lots will be built to preserve those trees and, according to Rasmussen, the building location itself could be shifted slightly to save the maximum number of trees.

Lumber from the site will be donated to the Oneida Commission on Aging for distribution to the elderly of the tribe.

Formal groundbreaking ceremonies for the 204-room hotel were in November.

Taken from the Green Bay News-Chronicle January 23, 1985



FETAL COFFEE BREAK, continued...

cyanide and various cancer related substances. It seems that many of the ill effects that smoking has on the fetus are caused by the carbon monoxide which enters the mother's blood system and slowly crosses the placenta to reach the fetus. This carbon monoxide is moved along by hemoglobin, a carrier which also supplies oxygen to the system. Where only a limited number of carriers prefer to carry carbon monoxide, more carbon monoxide in the blood means less oxygen available to both mother and the fetus. This lack of oxygen could lead to the respiratory problems often associated with the higher than average death rate of infants born to smoking mothers. Some researchers feel that exposure of a fetus to carbon monoxide may have long-term effects on the nervous system. In fact, smoking has been associated with mothers bearing children who suffer from hearing problems and hyperactivity. More often, it does not provide a barrier to a great number of potentially harmful compounds. Placenta weights are greater in smoking mothers. This increased size is probably the result of attempts to deliver more oxygen to the fetus. The placenta, although larger, is often formed of thin and defective material. Consequently, among smokers, more stillbirths occur due to abnormal bleeding or premature detachment of the placenta. Blood vessels in the placenta of smokers show signs of damage. This suggests that infants born to smokers may also have damaged blood vessels which could mean they may later develop heart or circulatory problems.

Smoking during pregnancy is known to produce babies that are lighter in weight than those born to nonsmokers. Head, chest and shoulder measurements are smaller, and body lengths are shorter. It seems that a smaller fetus is formed to compensate for the reduced amount of oxygen available to it. In other words, a smaller fetus would require less oxygen. This stunted growth varies directly with the amount smoked. Birth weights continue to decrease as the number of cigarettes, up to two packs per day, are smoked. However, if the mother quits smoking early in pregnancy, she has about the same chance of delivering a normal weight baby as does a nonsmoker.

As already mentioned, the placenta serves as middle man between the mother and the

fetus. The placenta is attached to the fetus by the umbilical cord and is also attached to the mother. It supplies the fetus with what it needs and removes the fetal waste products. After the birth of a child, the placenta's job has been completed, and it too is delivered. It is commonly known as the afterbirth. The placenta does prevent some harmful substances from reaching the fetus, but unfortunately less than is normal.

Miscarriages and early deliveries are more common among smokers, as are malformations of the face, such as cleft palate and hare lip. Birth defects will, of course burden the child throughout its lifetime, but does the low birth weight and its associated retarded development necessarily continue as a child grows older? Studies suggest that children of mothers who smoked during pregnancy are slightly slower in their physical and intellectual growth. One study of eleven year old children, born to smoking mothers, showed that they were one centimeter shorter than average, and lagged three to five months behind the others in reading, mathematics and general abilities.

As an aside to this discussion of the harmful effects of smoking on fetal development, it should be mentioned that exposing infants to smoke is also not advisable. Mothers or fathers who continue to smoke around their children, increase the chances that these young "passive" smokers will develop respiratory problems. A passive smoker is one who inhales the smoke from someone else's burning cigarette. The risk that a child will be hospitalized during the first year of life for pneumonia or bronchitis is doubled if parents smoke more than 24 cigarettes daily. In addition to passive smoking, components of smoke could pass into the milk of nursing mothers to reach the newborn.

Because of the known cancer causing agents in cigarette smoke, there is added concern that children of smokers may be more prone than normal to developing cancer.

It seems then, that smoking substantially increases the risk of delivering low weight infants with or without birth defects, suffering stillbirths or miscarriages or other pregnancy complications. When combined with other risk factors such as poor health, alcoholism, very young or old mothers, or excessive caffeine use, which will be discussed next, the risks

THE FETAL COFFEE BREAK

Indian babies are dying on reserves at almost twice the rate of the general population. For Indians, twenty-six of every 1,000 live births end up with the death of the newborn infant, compared with a rate of 14.3 for the rest of the country. In some parts of northern Ontario, Manitoba and Alberta, the infant mortality figure for reserves goes as high as four or five times the national average. In Saskatchewan, Indian children receive five times the number of medical services in the first two years of life, compared with other children in the same age group.

In general, Indian children suffer from markedly higher mortality rates when compared to the rest of the country's infant population. They are liable to be admitted to hospitals more often and for longer periods of time.

Study after study has shown that the major cause of this tragedy is chronic poverty, inadequate housing, over-crowding, polluted drinking water and crude or non-existent waste and garbage disposal methods. It has also been suggested that poor nutrition is a factor in the bad health of the new born child. The mother, quite often, simply has not "fed" the baby adequately while carrying it for the nine months prior to birth. Little can immediately be done about this situation without setting aside massive amounts of money and much time and effort. But something can be done about other factors affecting the health of the unborn child.

Indian people drink great amounts of tea and coffee. They also smoke a great deal more than the non-Indian population. Some Indians have tried to justify their excessive smoking habit by claiming that tobacco is a gift from the Creator and is therefore good. While it is true that it is a gift, it was not meant to be abused. Tobacco usage among Indian people now is quite different from the way it was in the old days. Given the especially stressful times Indian people find themselves in today, and given that Indians tend to smoke a great deal, the combination can be devastating to their health. It is not uncommon to see Indian children and pregnant mothers in rooms blue with cigarette smoke. Neither is it uncommon to see pregnant Indian women chain-smoking. The results of excessive tobacco abuse are deadly but something

at least, can be done about it.

For many, the coffee or tea break is a diversion: a few moments to relax among friends with a cigarette and some pleasant conversation. For most of us, the day, whether spent at home or at the office, includes a series of such pauses. Those moments, as precious as they are, can kill you.

Smoking is dangerous to your health, yet cigarette consumption continues to rise. People shrug, mumble something about "Ya gotta go sometime", or something like that, and light up another. The number of people smoking today is actually decreasing, but the amount smoked by those who continue to indulge, is on the rise. Of the smokers today, women, especially young girls, outnumber the men. What used to be almost exclusively the domain of the male has become predominantly a female habit. You've come a long way, baby.

Stress, or more accurately perhaps, the need to alleviate the effects of it, may be one of the contributing factors to the increase in smoking. Certainly, the chance to sit down with friends for a few moments of friendly chatter is important in helping to relieve stress but the positive effects from the moment of repose, are negated by the amounts of nicotine and caffeine taken into the body during the break.

People have become dependent on smoking as a way of life just as caffeine dependency has become present in about 1/3 of all Canadians. Many people are not aware that caffeine is found, not only in coffee, but also in tea, colas, cocoa and many over-the-counter drugs. Excessive tea consumption is common to Indian households, where there is a higher intake among women than men.

Caffeine and cigarette smoke are regarded as commonplace in our society today and it is often forgotten that they are, or contain, active drugs and should be viewed as potentially dangerous to women of child-bearing age. The thalidomide disaster of the 1960's should serve as a reminder that drugs should be used with extreme caution during pregnancy, when pregnancy is suspected, or when nursing. Few of us manage to keep this in mind. Rarely do we really consider the welfare of the child prior to its birth.

Tobacco smoke contains over 2,000 compounds including carbon monoxide, nicotine,

Navajo Woman Will Represent New Mexico at Inauguration

Mrs. Ovetta Wilson, a 56-year-old Navajo woman who received national acclaim last fall for heroically rescuing six students stranded in a school bus in rising flood waters, will be the representative for the State of New Mexico in President Reagan's inauguration ceremonies January 21. Mrs. Wilson, who speaks only Navajo, together with her husband and an interpreter, will be brought to Washington as guest of the Inauguration Committee, a privately funded, non-governmental organization. Mrs. Wilson and her husband will occupy special seating in front of the Capitol for the swearing in; will lunch with the state governors and other state representatives in attendance; and then will ride in the parade in the New Mexico car to the White House. The Wilsons will have seats on the reviewing stand in front of the White House to watch the rest of the parade. An inaugural Committee volunteer has been assigned to meet the Wilsons on their arrival in Washington, help them to get settled in the Washington Hilton and assist them throughout their stay in Washington. He said the Navajo tribal office in Washington was helping him make arrangements for the Wilsons to attend the American Indian Inaugural Ball and to arrange other activities for the Wilsons. Other state representatives, not governors, include Sally Ride, the astronaut; Alberto Salazar, the Olympics marathoner; a young woman who was chosen Miss Rodeo America; a 13-year-old Boy Scout; and the Montana sheriff who recently captured the two mountain men.

Science Enrichment Program for Future Indian Health Professional Offered

The University of Oklahoma Health Sciences Center is sponsoring a summer science enrichment program for American Indian students interested in health careers. The eight-week program, held on a 550-acre estate on the shores of Lake Michigan, is designed to increase the science and math backgrounds and communication skills of the Indian students. High school seniors, college freshmen and sophomores are eligible to apply. Students must have completed at least two years of algebra and a minimum of two science courses and maintained a C average. The program pays all expenses and a \$300 stipend and positions as teaching assistants, dorm counselors etc., are available to college juniors and seniors majoring in a health career. They receive expenses and a \$1,600 stipend. For information write to:

Headlands Program
OU Health Science Center
P.O. Box 26901
Oklahoma City, Oklahoma 73190
(405) 271-2250

APPLICATIONS MUST BE RECEIVED BY MARCH 15.

Equal Rights Council

The Wisconsin Equal Rights Council conducted a meeting at the Sawyer County Courthouse in Hayward, Wisconsin on Saturday, January 19, 1985.

Speaker representing the educational community, businessmen, political leaders and religious leaders discussed the problems of racism in Northern Wisconsin and the history of the Indian treaties and their relationship to hunting and fishing rights.

At the conclusion of the meeting, the attached resolution was passed unanimously by the council.

The council hopes that community leaders of every type will do their part to improve communication between the parties involved in this controversy and to help eliminate racism in Northern Wisconsin.

INDIAN TREATY RIGHTS RESOLUTION

WHEREAS, the state Equal Rights Council has received and reviewed a substantial body of information with regard to Indian treaty rights in northern Wisconsin; and

WHEREAS, the Council has had a variety of public statements and communications made to it on this matter.

NOW THEREFORE, it is hereby resolved as follows: The State Equal Rights Council supports the affirmation of Indian treaty rights.

The State Equal Rights Council further supports the recommendations of the report of the Lac Courte Oreilles Ojibwa Ad Hoc Commission on racism in Wisconsin dated November 30, 1984.

The State Equal Rights Council deplors the racism, race hatred and hysteria which has accompanied the implementation of the treaty rights. The Council further deplors the efforts of those individuals who are encouraging activities which stereotype Native Americans and stir up racial animosity.

The State Equal Rights Council applauds the efforts of all sides of the treaty issue who have encouraged the established communications between the parties involved.

The State Equal Rights Council encourages the citizens of the State of Wisconsin to educate themselves about the history of the Indian tribes which inhabited this State before settlers from Europe and other continents came here. The Council encourages all citizens of this state to educate themselves about the history of Native Americans in Wisconsin and the history of treaty relations between the United States and these Indian tribes and to learn to appreciate the very distinct set of rights and responsibilities which the Indian tribes and their members have within the context of our system of laws and government.

Dated this ___ day of January, 1985

Harold Schwartz, chairperson

SELECTING AND USING SAFE TOYS

The United States Consumer Product Safety Commission (CPSC) estimated that 594,100 toy-related injuries to children under 15 years of age were treated in U.S. hospital emergency rooms in 1983. The majority (if not all) of these injuries were preventable (from MMWR, December 21, 1984).

The CPSC recommends the following guidelines for selecting and using safe toys:

1. Toys should be selected to suit the age, skills, abilities, and interests of the individual child. There are age recommendations on many toy packages, which sometimes reflect safety concerns, in addition to aiding in selection of stimulating, educational toys.
2. If supervision is required, "ground rules" for play should be set.
3. Instructions should be clear to parents and, when appropriate, to the child.
4. Toys should be sturdily constructed. Soft toys for young children should be well made, with eyes, noses, and other small parts tightly secured.
5. For infants and toddlers, small parts that children can put in their mouths and long strings or cords that can cause strangulation should be avoided.
6. Toys that shoot or propel objects that can injure eyes or become lodged in the throat should be avoided.
7. Arrows or darts should have soft cork tips, rubber suction cups, or other protective tips. Tips should be securely attached to their shafts and should be examined periodically to ensure that protective tips remain secured.
8. Electric toys with heating elements are recommended only for children over 8 years of age and only with adult supervision.
9. The surroundings in which toys will be used should be considered, as

should sufficiency of toy storage and play space, and whether young children will be exposed to toys designed for older children.

They also have a toll-free telephone number (1-800-638-2772) that consumers and others can call to ask questions, request information or file complaints.

TAKE TIME FOR "12" THINGS

1. TAKE TIME TO WORK
it is the price of success.
2. TAKE TIME TO THINK
it is the source of power.
3. TAKE TIME TO PLAY
it is the secret of youth.
4. TAKE TIME TO READ
it is the foundation of knowledge.
5. TAKE TIME TO WORSHIP
it's the highway of reverence and washes dust of the earth from our eyes.
6. TAKE TIME TO HELP AND ENJOY FRIENDS
it is the source of happiness.
7. TAKE TIME TO LOVE
it is the one sacrament of life.
8. TAKE TIME TO DREAM
it hitches the soul to the stars.
9. TAKE TIME TO LAUGH
it is the singing that helps with life's loads.
10. TAKE TIME FOR BEAUTY
it is everywhere in nature.
11. TAKE TIME FOR HEALTH
it is the true wealth & treasure of life.
12. TAKE TIME TO PLAN
it is the secret of being able to have time, to take time, for the first eleven things.

PIT AND FISSURE SEALANTS

One of the most recent advances in the prevention of cavities in children has been the development of "Pit and Fissure" sealants. These materials effectively protect the biting surfaces of childrens teeth from bacterial activity that creates cavities. Occlusal or biting surface decay makes up almost 50% of the decay in childrens teeth.

WHAT ARE SEALANTS, AND WHY ARE THEY PLACED ON TEETH?

A sealant is a plastic resin-like material that bonds to the enamel surface of the tooth; it acts as a barrier to prevent bacteria from collecting within a pit or groove and starting the process of a dental cavity.

HOW LONG DO SEALANTS LAST?

Sealants last anywhere from one to three years; it may be more or less depending on the patient and the sealant.

It is important to know that sealants are just a part of a complete preventive program. They are not substitutes for other important preventive steps. Patients must still:

- A) Brush and floss their teeth and gums daily
- B) Limit the number of in-between-meal snacks
- C) Have regular 6-month Dental exams and cleanings

After sealants are placed, they will be checked at the time of recall appointments for any defects. If necessary, defective sealants will be replaced.

The following of this complete preventive program with the placement of sealants, will greatly reduce the chance of cavities and the results will hopefully produce a smile that will last a lifetime.

Submitted by:

Janet A. Olson, Dental Hygienist
Oneida Dental Clinic

OPTICAL SERVICES

Every adult is allowed one examination every two (2) years, and every child and adult still in school (including college) are allowed one examination every year. Some people are allowed to come back sooner than the allowed, if the doctor requests them back for medical reasons.

Each person is also allowed one (1) pair, and one (1) repair, every two years for adults, and for children and adults still in school, one pair and one repair every year (only if the prescription has changed since the last examination). The cost for any repairs or replacements outside of these limits, are the responsibility of the patient. (This also includes patients on Medical Assistance)

Contact lenses are provided for only if the doctor feels they are medically necessary and if we have approval from the Indian Health Service (IHS) Optometrist. We then refer the patient to an outside optometrist. All other contacts are the responsibility of the patient. We do not have the equipment here to handle contacts.



GOVERNMENT AND ITS INSIDE INFLUENCES

TRADITIONAL FOREIGN POLICY: George Washington, in his farewell speech in 1796, laid down a foreign policy of benign neutrality designed to keep the United States out of wars by avoiding foreign influences and entangling alliances with foreign nations, yet allowing broader and more free exchange of travel, commerce and culture. The traditional foreign policy remained in place and unaltered for over 120 years.

CHANGE UNDER WILSON: Rapid change in our nations foreign policy began in the Wilson administration due to the strong influence of Wilson's chief adviser, Col. Edward Mandell House, an admitted Marxist.

Col. House was an extremely intelligent person of world renown, having strong connections with banks, financiers and politicians worldwide.

House, whom Wilson called his "alter ego" (other self), created Wilson's foreign policy, selected Wilson's cabinet and "ran" Wilson's State Department. It was during Wilson's first term in office, influenced by House, that two of Karl Marx's Planks of the Communist Manifesto became United States law; the Federal Reserve caper and the Income Tax hoax.

LEAGUE OF NATIONS: House sold his idea of discarding the United States Constitution and establishing a socialist World Government to Wilson who, on May 27, 1916, endorsed the idea in a speech to The League To Enforce Peace. In that same year House was appointed by Wilson to head a committee to draft a world government charter. The result was the League of Nations Covenant, designed to make the United States a member nation of a socialist one-world government. The Senate, however, became aware of the hoax and refused to authorize the United States to become a member.

COUNCIL ON FOREIGN RELATIONS: Determined not to accept defeat, Col. House called a meeting of intellectuals in Paris, France, where on May 19, 1919, the Council on Foreign Relations was organized. Among those intellectuals we find such familiar names as John Foster Dulles, Allen Dulles, Christian Herter and others. Purpose of the CFR was to "condition" the American people to "accept" a socialist one-world government and to abandon our Constitutional Republic.

Though the CFR was organized in 1921 it was not until 1927 that House was able to sell his idea to the Rockefeller family. Immediately funds to promote the concept began to pour in from various Rockefeller foundations and was soon followed by funding from the Carnegie and Ford foundations.

In 1929 the Council accepted a gift from Rockefeller of a house at 58 E. 68th St., New York City, for their headquarters.

In 1939 an agreement was reached to allow the CFR to conduct research and make recommendations to the State Department. The Council assigned groups of members to work in four areas, Security, Economics, Political and Territorial. The move was financed by the Rockefellers.

In 1941 CFR Charter member Dr. Leo Paslovsky became Director of the Division of Special Research within the State Department. Within a very short time CFR members dominated the new division.

In 1945 the CFR boasted over 40 members on the United States Delegation to the United Nations Organizational meeting. It was at this meeting that the United Nations Charter was drafted. Among those members we find the names Nelson Rockefeller, John Foster Dulles, Dr. Leo Paslovsky, Secretary of State Edward Stettinius, Ralph Bunche, Adlai Stevenson and even such Soviet espionage agents as Alger Hiss and Lauchlin Currie and

others.

There is no doubt that by 1945 the CFR had completely taken over the State Department.

It has now been revealed that every President we have had beginning with Woodrow Wilson were members of the Council on Foreign Relations, advocates of the subtle move to abandon our Constitution, until Ronald Reagan who is not a CFR member.

THE TRILATERAL COMMISSION: CFR member David Rockefeller, Chairman of Chase Manhattan Bank among others, established the Trilateral Commission with the aid of Professor Zbigniew Brzezinski, whom Rockefeller lured away from Columbia University. Brzezinski, a brilliant prognosticator of one-world idealism, wrote a number of books which provided guidelines for CFR policy as well as philosophical justification for exploiting the world.

If the CFR can be said to be the spawning ground for one-world idealism then the Trilateral Commission is made up of supposedly private citizens of the United States, Canada, Japan and some European nations.

Remembering Jimmy Carter's campaigning in the 70's, he promised to remove the evil communist forces from our government. His favorite statement was, "I will never lie to you."

Jimmy Carter was trained by the CFR for three years to take over the presidency. He became a member of the Trilateral Commission in 1973. No sooner had Carter become President than he appointed CFR members to high government posts. We find such persons in control of our government as Cyrus Vance, Secretary of State; Harold Brown, Secretary of Defense; and W. Michael Blumenthal, Secretary of the Treasury. Zbigniew Brzezinski, former director of the Trilateral Commission became Carter's National Security Adviser.

Earlier mention is made that Ronald Reagan is not a member of the CFR. He is also not a member of the Trilateral Commission. However, his Vice President, Bush, is a member of the CFR and former Vice President Walter Mondale is a member of BOTH. And the list goes on and on.

BE MY GUEST on Monday, February 11, 1985 to learn more facts about the Council on Foreign Relations and the Trilateral Commission and the Planks of the Communist Manifesto that have become United States law under their influence. Please call 435-0498 for time and place.

Howard Cannon

TIPS ON TAKING MEDICINES

Take Precautions Against Overdoses Or Underdoses. When multiple medications are being taken, particularly for chronic ailments, special care should be taken. Record the medications taken by using a checklist or separate each day's dosages, making sure that each medication is properly identified.

Don't Trust Your Memory When Taking Medicine. Read the label three times: once before you remove the container from the cabinet, again before you actually take the medicine, and a third time after you've taken it. Never Take Medicine In The Dark, No Matter How Sure You Are Of Its Location.

If You Usually Wear Eyeglasses For Reading, Be Sure That You Are Wearing Them When Reading The Label On A Prescription. Otherwise, you may make a serious error when taking the medication by improperly reading the small print.

Never Take Another's Medication Or Give Them Yours. The results could be dangerous. Even if the symptoms are similar, the conditions and treatment may be different.

Be Sure The Label Stays On A Prescription Container Until The Medicine Is All Used Or Destroyed. The prescription label often contains useful information such as the names of the patient, doctor, and pharmacy, prescription number, date of purchase, directions, product name, and expiration date.

Keep The Label Facing Up When Pouring Medicine From A Bottle. This will keep the label from being obscured by dripping liquid.

Don't Switch Labels. If you are using ointments, suppositories, eye drops, inhalants, or other preparations for which the label has been attached to the box or outside cover, always replace the container inside the original cover so that you don't lose the label information.



CHILD SAFETY SEAT PURCHASE PRGM, continued

- D. Prior to the purchase of a child safety seat, at least one parent will be provided with education in the following areas:
 1. Reasons for using a child safety seat
 2. Proper use of the child safety seat
 3. Other Programs available
- E. The information noted in part D above, will be provided by one of the following departments:
 1. Environmental Health Department
 2. Community Health Representative Department
- F. Parents must receive the training outlined in part D above and meet all other program requirements BEFORE receiving the child safety seat.
- G. Parents must comply with all purchase agreement requirements.
- H. Follow-up calls or visits may be made after three (3) months to one (1) year, to determine if the seat is being used, and if it is being used properly.
- I. This program is available to any enrolled Tribal member, or the spouse of any enrolled Tribal member.

This Program has been instituted by the Oneida Tribe with the intent to provide a proven, safe method of transport for children ages 0 - 4 years, and to encourage parents and grandparents to meet the requirements of State Law.

EXERCISE CLASSES

Are you exercising? We are! Come join us for six more weeks of exercise at the Norbert Hill Center. We do aerobics, stretching, and strengthening exercises from 5:15 to 6:00 p.m. every Tuesday and Thursday in the Study Hall room. Cost is 25¢, wear loose clothes, tennis shoes and bring a rug or pad to lie on. Come to lose pounds, inches, firm up, or just to have fun. Call Helen Brown, Nutritionist at the Health Center for more information,

869-2711

DIABETIC LUNCHEON

The next Diabetic Luncheon will feature Brenda Daetz, Diabetes Nurse Educator from St. Vincent's Hospital. Ms. Daetz will discuss blood glucose monitoring. The luncheon begins at 10:30 a.m. on February 21, 1985 at the Redstone Complex (behind the Anna John Nursing Home). All diabetics are welcome! Call Helen Brown, Nutritionist at the Health Center (869-2711) for more details. Transportation is provided if needed.

The Diabetic Luncheon is held monthly on the 3rd Thursday of each month.

W.I.C. Dates - February

Oneida Health Center Feb 4th & 5th
824 Double E Road 8:30 - 4:30 p.m.
DePere

Amerindian Center February 8th only
Corner/9th & Broadway 9:00 - 4:00 p.m.
Green Bay

LATE CHECK PICK UP WILL BE IN ONEIDA:

Feb. 13th, 8:30-4:30 p.m.

NUTRITION IS . . .

FOOD, first of all -

yet much more; it is the sum

of all the ways our bodies use

the food we eat.

Native American Annual

Over the last decade, there has been a tremendous increase in the public's demand for information about American Indians and their heritage. In response to this demand, a publication entitled the NATIVE AMERICAN ANNUAL will be available in April, 1985. The publisher of this first such comprehensive Annual is a Native American, Margaret A. Clark-Price, graphic designer, artist, editor and television show personality. The Annual will have in excess of 100 pages of editorial material and will contain NO advertising thereby not spoiling the flavor of this non-commercial venture. It is a publication aimed at showcasing and promoting the American Indians' point of view about their past and present.

The NATIVE AMERICAN ANNUAL, printed on glossy stock, is being designed by one of the leading graphic designers of the U.S., Mr. Roy Walden, professor at several universities and lecturer of graphic design throughout the U.S. The editorial content of the publication is being written by respected and knowledgeable authorities on American Indians. The Advisory Board is comprised, in part, of members of the Native American Press Association and other experts on American Indian affairs.

This publication is designed as an ANNUAL to be kept for future generations and will be sold through a direct-mail campaign for \$8.95 (pre-publication price of \$6.95). It will also be distributed to educational institutions, libraries, museums and newsstands as well as Indian reservations throughout the U.S.

For further information, contact Margaret A. Clark-Price, Publisher, The Native American Publishing Company, Inc., 760 Mays Boulevard, Suite 6, P.O. Box 6338, Incline Village, Nevada 89450 (702-831-7726).

I Believe . . .

. . . the Bible is the inspired and only infallible and authoritative written Word of God.

. . . there is one God, eternally existent in three persons: God the Father, God the Son, and God the Holy Ghost.

. . . in the deity of our Lord Jesus Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death, in His bodily resurrection, in His ascension to the right hand of the Father, in His personal future return to this earth in power and glory to rule a thousand years.

. . . in the Blessed Hope - the rapture of the Church at Christ's coming.

. . . the only means of being cleansed from sin is through repentance and faith in the precious blood of Christ.

. . . regeneration by the Holy Spirit is absolutely essential for personal salvation.

. . . the redemptive work of Christ on the cross provides healing of the human body in answer to believing prayer.

. . . the baptism in the Holy Spirit, according to Acts 2:4, is given to believers who ask for it.

. . . in the sanctifying power of the Holy Spirit by whose indwelling the Christian is

enabled to live a holy life.

. . . in the resurrection of both the saved and the lost, the one to everlasting life and the other to everlasting damnation.

LOREN A. MOORE

ASSOCIATE DEGREE FOR ADULT TRIBAL MEMBERS
UNIVERSITY OF WISCONSIN-STEVENS POINT NATIVE
AMERICAN CENTER

The Native American Center at the University of Wisconsin-Stevens Point exists to respond effectively and flexibly to the self-defined needs and goals of Native Americans. The organization and operation of the Center is patterned to emphasize the principle of self-determination and makes available a broad range of resources and services that enable participating tribes and individuals to decide and do for themselves.

The Center has various components to its overall mission that includes provisions for training and technical assistance as well as development of credit bearing programs. An example of one such program is the Associate Degree for Adult Tribal Members.

The Associate Degree Program at the University of Wisconsin-Stevens Point has been in existence since the Spring of 1982. At present, about 50 students are working to complete an Associate Degree in the liberal arts. The course work consists of general degree requirements like Math, English, humanities, social sciences, natural sciences and history. Electives are offered in areas where the students show an interest. For example, nutrition, business management and Tribal law. The degree requires a total of 62 credits. Normally, it takes students about two years to complete the Associate Degree. It takes about three years in this program on a part-time basis, unless course work is transferred in from other schools.

This is an entry level degree opportunity which meets the requirements for the first half of the Bachelor's Degree requirements. A major goal of this program is that, with the kinds of support we offer to our students, they will build self-confidence and decide to go to school full-time and work towards a Bachelor's degree. All of our course work is University approved and will be recognized as credit towards the Bachelor's degree.

Students obtaining a degree from the UW-SP can be proud of the high quality education they have received. The Associate Degree Program for Adult Tribal Members is not a "special" program. The basic requirements are the same as for all students at the University.

A unique aspect of the program is that American Indian students can work towards a degree while maintaining close ties to family and community. We have recently graduated the first two students with an Associate Degree. They are presently working towards Bachelor's degrees. All of the students work at part or full-time jobs and most have families. They range in age from 21 to 70 and give up their weekends to drive long distances, in some cases, to come to school. All eleven reservation areas throughout the state of Wisconsin are represented.

The students in the Associate Degree Program are giving up time with families and friends in order to work towards a degree. Education is a paramount priority to them and their respective tribes support their efforts towards obtaining this education.

Indian relevant classes in law, psychology, history and literature are included in the curriculum. Emphasis on Native American perspectives adds relevance and interest to

DONATIONS, PLEASE...

The Oneida Community Health Center is trying to establish a "Loan Closet". The purpose of the closet is to be able to loan out equipment for people who need things such as wheelchairs, walkers, canes, crutches, commodes, toilet seat risers, ambulative belts, vaporizers, heating pads, humidifiers, small whirlpools, bed pans, or anything else you may feel we could use.

If anyone has any of this equipment around that they are not using, would you please consider donating it to the Oneida Health Center so we can set up a loan closet?

Any questions? Please call Debbie Danforth or Carol Smith at the Health Center at 869-2711.

P.S. In the past, equipment was loaned out and never returned. If you have any of this equipment, please return it to the Oneida Health Center. We would like to keep this equipment in circulation for everyone's use.

CHILD PASSENGER SAFETY SEAT PROGRAM

The Health Center is currently in the process of establishing a child passenger safety program which will allow parents or grandparents to purchase or lease safety seats for children under 4 years old. State Law currently requires that all children under 4 years old must be in an approved safety seat when transported in your car.

The purpose of the Health Center Program is to allow you to safely transport your child and meet the State requirements as easily as possible.

The seats will sell for \$36.00. Of the \$36.00 selling price, \$10. will be required as a down payment when purchasing the seats.

The Program guidelines are listed below. If you have any questions, please call John Spangberg at the Health Center (869-2711).

While the seats are not here at this time, they are expected by the end of February.

The Oneida Program is divided into two parts. Part I is the Infant Safety Seat Rental/Purchase Program, Part II is the Child Safety Seat Purchasing Program.

PART I - INFANT SAFETY SEAT RENTAL PRGM

A. The Program will be coordinated by the Environmental Health Department, with the WIC, Clinic and CHR Depts. providing

Program assistance.

- B. Infant seats will be available to expectant parents prior to the birth of child and to parents with children up to six (6) months old.
- C. Information regarding the program will be distributed by the Oneida Health Center Clinic and WIC Programs to expectant mothers seen by them.
- D. Prior to signing the lease agreement for the infant safety seat, the expectant mother will be provided with education in the following areas:
 - 1. Reasons for using infant & child safety seats
 - 2. Proper use and installation of the infant safety seat
 - 3. Other programs available to them
- E. The information noted in part D above, will be provided by either of the following departments:
 - 1. Environmental Health Department
 - 2. Community Health Representative Department
- F. Participants in the Program must receive training outlined in Part D above, and must meet all other Program requirements before receiving the infant safety seat.
- G. Parents receiving the infant safety seats must comply with all lease requirements.
- H. Follow-up calls or visits to the lessee may be made after three (3) months, to determine if the seat is being used and to encourage the purchase of a child safety seat.
- I. This Program is available to any enrolled Tribal member or the spouse of any enrolled Tribal member.

PART II - CHILD SAFETY SEAT PURCHASE PRGM

- A. The Program will be coordinated by the Environmental Health Dept. with the Clinic, WIC, and CHR Depts providing Program assistance.
- B. Child safety seats will be available to expectant mothers prior to the birth of the child, when a seat leased under Part I of this program is returned, when a hospital loaner seat is returned or at any other time a parent requires a seat.
- C. Information regarding the Program will be made available to eligible individuals by Oneida Health Center clinic and WIC programs.

HELPFUL HEARING HINTS

1. Speak distinctly and slowly.
2. Get the persons attention before:
 - a. asking questions
 - b. giving information
3. Be aware of background noise.
4. Look at the person when giving information or asking questions.
5. If the information is missed, rephrase.
6. Gum chewing, smoking, and eating interfere with speaking....be considerate.

YOUR CHILD AND EAR INFECTIONS

Middle ear infections (termed "otitis media") are the most common health problem of early childhood. American Indian children have ear infections more frequently than other children although we don't exactly know why. Middle ear infections occur when fluid collects behind the eardrum and harmful bacteria from the nose and throat begin growing and multiplying within that fluid. The inner ear, including the eardrum, becomes hot, red, and swollen. Pus or blood may also be present. A child usually will have an earache, fever, be fussy or irritable, and pull at the ears. If left untreated, middle ear infections may cause hearing loss and other medical complications such as meningitis or mastoiditis. Middle ear infections can be effectively treated with antibiotics, usually given in liquid form, for at least 10 days. However, the antibiotic medicine must be given as prescribed and for as long as prescribed. Otherwise, the bacteria causing the ear infection may begin multiplying again. Childrens Tylenol (Liquiprin or Tempra) given as prescribed may also reduce the pain and fever. Infants who are bottle fed should be held upright when feeding so that milk can't pool in the back of the throat and block the drainage of fluid out of the ear.

Prompt treatment when your child shows symptoms of a possible middle ear infection can prevent unnecessary discomfort now and permanent hearing problems in the future.

(From Webster's Dictionary...)

Audio: Of or relating to sound or its reproduction/hearing/sound reception
 Audiology: A branch of science dealing with hearing (therapy of individuals having impaired hearing.

AUDIOLOGY SERVICES
AVAILABLE AT ONEIDA HEALTH CTR:

- Hearing Aids
- Hearing Aid Testing
- Hearing Screening
- Hearing Aid Repairs
- Consultations

PHYSICAL THERAPY SERVICES AVAILABLE AT ONEIDA HEALTH CENTER

On June 4, 1983, Physical Therapy services were again made available at Oneida Health Center.

Physical Therapy is provided four, half days per week: Monday, Tuesday, Thursday and Friday, from 8:30 a.m. to 12:noon
 The service is provided by a highly qualified, broadly experienced Physical Therapist and is eligible for Medicare, Medicaid, and insurance payments. Fees are set by the clinic Administrator.
 Physical Therapy is provided for a wide range of disabilities and conditions. Often treated, are back pain, strains, sprains, post-surgical conditions, fractures of bones, burns, sore muscles, strokes, and other neurological conditions, arthritis, and other bone and joint disorders. Your doctor decides when Physical Therapy will be of benefit to you.
 To use the Physical Therapy service, one must be referred to it by his physician, dentist, or podiatrist. However, if you feel that you could benefit from physical therapy and your doctor does not suggest it, ask him about it. He has many things on his mind, and may not think of it. The clinic Administrator is proud to make physical therapy available as a service to you.



much of the course work. Independent study courses and credit for prior learning are also available.

Classes are held at the University of Wisconsin-Stevens Point on Fridays and Saturdays on a two weekends on, one weekend off format for ten weekends per semester. The students spend Friday nights in motels in the Stevens Point area and financial aids covers the cost of driving back and forth, their overnight lodging in motels and meals. Classes run late on Friday evenings, but the students still find time for recreation. Some bowl, some catch a movie, some party.

The Associate Degree Program can provide an individual with better job opportunities, improved self-esteem, a new outlook on life and new friendships. Many special services are offered to the students through the Native American Center such as specially designed courses, financial aid counseling, career counseling, academic advising, and individual tutoring.

The Native American Center has a friendly, warm atmosphere. Students feel comfortable coming to the office for tutoring or sharing a cup of coffee and conversation.

This program is designed to help ensure that Indian adults returning to school will begin to acquire the education needed in order for them to become professionals and leaders. The Associate Degree Program is providing quality education to enable Indian people to achieve their goals.

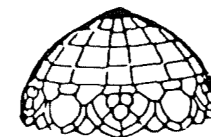
For further information, contact the Native American Center at (715) 346-3576 or write to the Native American Center, UW-Stevens Point, Room 206 Student Services Building, Stevens Point, WI 54481.

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Windows, Lampshades, Mirrors, Leaded Glass & Repairs



No charge for designs or consultations. Your design or mine. Any size.
 Prices starting at \$30.00 per square foot.

*t.j.Robbins 425 Jackson
 Green Bay*

Do you have cancer insurance?

To find out how you can get this protection and get your money back (less any claims) call:

**Wayne Doxtater
 869-2932**

Also offer complete medicare supplement coverage to help pay doctor bills that medicare does not pay.

Mark Andrews U.S. Senator for North Dakota

Senator Mark Andrews (R-ND) introduced critically-needed health legislation targeting Federal resources toward improving the poor health status of American Indians and Alaska Natives. President Reagan vetoed similar legislation in the waning days of the 98th Congress.

Andrews, the Chairman of Senate Indian Affairs Committee characterized Native Americans as "this country's most vulnerable population in terms of poor nutrition, continued exposure to unsafe water supplies and inadequate sanitation facilities, and who suffer from a greater incidence of kidney disease, hypertension, diabetes, tuberculosis, pneumonia and the influenza than all other American citizens."

The Indian Health Care Amendments of 1985 extend authority for many of the major health care programs that are aimed at eliminating the severe health problems that currently plague the Native American population. Although a similar bill was passed by the House and Senate in the 98th Congress, the Administration vetoed the Indian health bill on the basis of a demonstration program in the State of Montana and a Congressionally-appointed commission on the organizational placement of the Indian Health Service within the Department of Health and Human Services. Neither provision is contained in the 1985 amendments to the Indian Health Care Improvement Act of 1976. The programs authorized by the Indian Health Care Improvement Act officially expired on Sept. 30, 1984, but have been extended for one year under the authority of the Continuing Resolution passed by the 98th Congress.

In introducing the Senate bill, Andrews stated, "Indian people suffer the lowest health status of all Americans. The possibility that an Indian child, born today, will not survive infancy is 11%

greater than his non-Indian counterpart. His mother will also face greater odds against surviving her pregnancy than do other American mothers. And, should that Indian child survive infancy, his chances of death from tuberculosis are six times that of other U.S. citizens, and 5 times as great for death from alcoholism. The fact is that 40% of all Indian people will die before they reach age 45."

In calling upon his colleagues to give their careful consideration to the Indian Health Care Amendments of 1985, Andrews noted that the legislation "will clearly determine the future of this country's First Americans."

TAX TIME IS APPROACHING.

**HAVE YOUR TAXES DONE
BY AN EXPERIENCED
(7 YEARS) TAX PREPARER:**

**CRAIG COTTRELL
833-7486
1311 GOOSETOWN
DE PERE, WI 54115**

**INDIVIDUAL RETIREMENT
ACCOUNTS TAILORED TO
YOUR FINANCIAL NEEDS.**

ONEIDA COMMUNITY HEALTH CENTER

HEALTH CENTER HOURS

All regular office hours of the Health Center are daily, Monday thru Friday, from 8:30 a.m. to 5:00 p.m., with the exception of the following:

DENTAL 1st MONDAY of each month ONLY
10:30a.m. to 7:00p.m.

Otherwise, Dental is open Monday thru Friday, 8:30a.m. to 5:00p.m.

OPTICAL Tuesday A.M.'s 8:30a.m. to NOON
For appointments with the doctor

Wednesday 8:30a.m. to 5:00p.m.
For pickup of glasses and adjustments ONLY (NO DOCTOR IS IN)

Thursday 8:30a.m. to 5:00p.m.
For appointments with the doctor

PHARMACY CLOSED WEDNESDAY MORNINGS UNTIL
1:00 p.m., otherwise, open daily
from 8:30a.m. to 5:00p.m.

HEALTH CENTER AFTER HOURS	869-2000
COUNTY RESCUE	469-9777
UTILITY/WATER FAILURE AFTER HOURS	788-1991
	OR
	498-3182

clip the above information listing and post it near your phone for ready reference

Dental is only open the FIRST MONDAY NIGHT OF EACH MONTH, from 10:30 a.m. to 7:00 p.m. All other days throughout the month, Dental will be open daily, 8:30a.m. to 5:00p.m.

If you need to speak to the dentist after hours, call the answering service (869-2000) and they will contact the dentist and have him return your call. *For Holiday or weekend dental emergencies when you are unable to reach our dentist, call the "Dental Emergencies" for holidays and weekends as listed in your Green Bay phone directory. The phone number is 432-2208.

As a result of a meeting held with Administration, the Dental Clinic will remain open on Monday evenings only ONCE PER MONTH. This will be the FIRST MONDAY OF EACH MONTH. If you need a dentist after hours on a Monday evening when dental is not open, please refer to the above information regarding "after hours" contacts.

If you need to speak to a Doctor after hours....

You may call the Health Center and receive a recording telling you to call our answering service (869-2000). When reached, the answering service will contact the particular Dr. "on call" for that day, and he or she will return your call. PLEASE MARK THIS PHONE NO. NEAR YOUR TELEPHONE!

COUNTY RESCUE is the ONLY authorized emergency rescue service contracted to provide coverage to the Oneida Reservation. Their number is 469-9777. If any other rescue service is called, payment of this service will be the responsibility of the patient or person concerned.

EMERGENCY UTILITY/WATER SUPPLY failures after hours should be directed to 788-1991 OR 498-3182. PLEASE...DO NOT CALL these numbers if your septic system fails. These numbers are for water supply failure only.

WE ARE HERE TO SERVE OUR COMMUNITY. KEEPING NOTE OF THE ABOVE NUMBERS & INFORMATION WILL ENABLE US TO CONTINUE SERVING YOU EFFICIENTLY.

A. A. MEETINGS

Every Wednesday at 7:00 p.m. in the kitchen of the Oneida Health Center. Every Thursday at 8:00 p.m. at the United Amerindian Center Outpost, 403 Kellogg St., Green Bay.

ALANON & ALATEEN MEETINGS

Every Wednesday at 7:00 p.m. in the Conference Room of the Oneida Health Center

A.A., ALANON, ALATEEN, COMBINED MTGS.

Every Friday at 7:00 p.m. in the Conference Room of the Oneida Health Center. Open meetings on the last Friday of the month.

EVERYONE WELCOME!

Address envelopes.
 Return to Activity Director for mailing.
 Total Time - flexible.

7. *Clean Greenware: Flexible Time.*
 Responsibilities:
 Clean greenware to be fired.
 Total Time - Flexible and not always weekly
8. *Take Residents Shopping: Friday morning, whenever possible for volunteer and need arises with a resident.*
 Responsibilities:
 Transport resident on and off Do Do Bus.
 Push wheelchair while shopping in mall. Bus ride paid for by nursing home.
 Total Time - Approximately 2 hours
9. *Emergency Help:*
 Responsibilities:
 Assist activity director with a variety of activities when need arises for activities on a short notice basis. Volunteer would be called the day prior to, if possible.
 Total Time - Depends on activity, but usually 1½ hours

* * * *

On Sunday, January 27, 1985, at 1:30 p.m., family and friends as well as all the residents of the Anna John Nursing Home were invited to the dining room here to help celebrate Bill Skenandore's 100th birthday. Cake, ice cream and coffee were served. Frank & Yvonne Skenandore made corn soup and spanish hamburgers for all in attendance. Woody Webster played the organ for all to enjoy. Two television channels came, 2 and 5. Channel 5 showed some of the residents, Mildred Kolar and Walter Webster, singing Happy Birthday to Bill. Many family members attended and it was a special treat for all who attended. After all, how many people do you know that are 100 years old?

* * * *

For the month of February, the Gift shop here will be featuring another special:

75¢ off all pillows marked \$4.00

50¢ off all pillows marked \$2.50

Come in early for best selections. Offer good while supply lasts. Also, come in and see our newest ceramic items for sale. Reasonably priced and great gift ideas.

Menominee Water Front Festival Parade

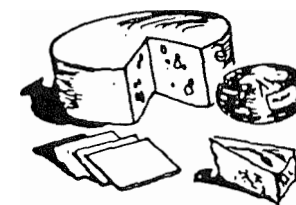
I am currently lining up units for the Menominee Waterfront Festival parade to be held in Menominee, Michigan on the 4th of August at 2 P.M.

I would like to take this opportunity to invite you to participate in our annual parade. We are hoping for your participation to make this years parade the biggest in the area. We are hoping to have over 200 units in the parade or possibly more.

We do have a parade fund set up to cover unit expense and we have had several area business people volunteer money for sponsorship.

If you would be interested in entering a unit in our parade, please let me know as soon as possible, so that we can put you on the parade list for updated mailings.

Russell S. Walker
 Parade Chairman
 533 10th Avenue
 Menominee, Michigan 49858



**FREE
 CHEESE, BUTTER
 and
 CHOICE of OTHER COMMODITIES**

****OUTAGAMIE COUNTY RESIDENTS ONLY****

**Application and Distribution
 Norbert Hill Center — Oneida**

Household size:	1	2	3	4	5	6	7	8	9	10
Current Gross Yearly Income Is Less Than:	\$7,470	10,080	12,690	15,300	17,910	20,520	23,130	25,740	28,350	30,960
Current Gross Monthly Income Is Less Than:	\$623	840	1,058	1,275	1,493	1,710	1,928	2,145	2,363	2,580

WEDNESDAY, FEBRUARY 27
 11:00 A.M. — 1:00 P.M.
 (if supply lasts)
 PLEASE bring your own grocery bags!

25th Anniversary!!!

On Friday Jan. 11th an Open House was held from 8 A.M. to 4 P.M. in celebration of the 25th Anniversary by the Regis Beauty Salon for Lillian Bischoff who as Manager in Green Bay opened the first Regis Beauty Salon and who has been active in the business both as Manager and regular beautician.

Today there are four Regis Beauty Salons in Green Bay which has been a flourishing business all these years.

Congratulations Lillian! We, your blood brothers and sisters are proud of you and your accomplishments.

signed E.R.B.

TO: JOHN KERSTETTER
MAYO MEDICAL SCHOOL

We are very proud and excited about having our cousin entering Medical School. We look forward to seeing you working here at our Oneida Tribal Health Center. Congratulations to you and your Mom, Margaret.

GO FOR IT!!!!!!!

Nori, Ruth, Loretta, Walter Jr.
Lloyd Powless & family
Oliver Beechtree & family
Sue Daniels

WISCONSIN INDIAN ARTIST AND THEATRE GROUP

The University of Wis-Milwaukee is having a celebration sponsoring Wisconsin Indian Artist and Theatre groups. The celebration will be held in November, 1985. Lis Strong and Rochelle Powless are members on this committee. At the present time we are looking for Indian Artists & Theatre groups that would join in the celebration from the State of Wisconsin.

The committee will meet on Feb. 15, 1985 at 11:00 a.m. in Oneida. We thought it would be good to involve interested Oneida Artists and crafts people in this meeting. Also, the committee wants to tour the Oneida Museum and see what kind of arts our people have done in the past.

A proposed meeting place is at the Oneida Museum.

The Thrift N' Gift House

LOCATED ON S. CTY LINE ROAD BETWEEN
ADAM DRIVE & G IN WEST DE PERE
OPEN 12-5 TUESDAY THRU SATURDAY
OR BY APPOINTMENT

RUTH SKENANDORE (414) 869-2171

Single bed complete	\$35.00
3 desks	\$6.00--\$20.00
3 dressers with mirrors	\$15,\$30,\$40
mitre saw	\$25.00
2 stereos with speakers	\$30.00 each
grinder	\$65.00
dry fire wood	
truck load delivered	\$50.00
Homemade baby quilts	\$10.00
Twin size quilts	\$25.00-\$30.00
Rummage	\$1.00 a bag or 10¢ each

CALL ANYTIME
869-2171
Ruth Skenandore



Anna John Nursing Home

Volunteers are continually needed at the Anna John Nursing Home to provide needed resident services. These services help to enhance the lives of the elderly here at the nursing home and provide as "close to home" living situations for those who live here. The following lists some areas in which volunteers are desperately needed. If you are interested in doing any of the following, have any ideas of your own or have any questions, please call Linda Collins at 869-2797 or 788-9629. If your time is limited, as is the trend today, you can still help out. Time slots are flexible to meet your schedule. both direct or indirect resident contact is needed. We, as members of the community, need to pull together and help out those who at one time or another in their lives have helped us. Please give me a call - it can be very interesting as well as rewarding.

- Coffee Social:** Held the 2nd and 4th Monday of the month.
Responsibilities:
Gather and transport residents to the dining room.
Serve coffee and treat provided by the nursing home.
Put cups away.
Return residents.
Total Time - Approximately 1½ hours
- Bingo:** Held every Tuesday or on a Saturday if a group of volunteers would like to come in.
Responsibilities:
Help to set up cards and chips.
Gather and transport residents to dining room.
Call bingo numbers.
Hand out prizes.
Return residents.
Total Time - Approximately 1½ hours
- Men's Club:** Held 1 time during the month. (Subject to availability of the volunteer). Prefer a male to head the group.
Responsibilities:
Gather and transport male residents to activity room.
Set up and begin games such as cribbage, cards, checkers, etc. of their choice.
Join in the fun!
Return residents
Total Time - Approximately 1¼ hours
- Goodie Cart:** Whenever convenient for volunteer. Perhaps members of an organization could get together to take turns. Would like to see this several times a week.
Responsibilities:
Set up cart to take to residents.
Transport cart thru nursing home selling goodies and other items to residents.
Receive payment and give change.
Return items to cabinet.
Total Time - Approximately 1 hour
- Put Together Newspaper:** Volunteer comes in 1 time near the end of the month.
Responsibilities:
Sort and staple nursing home newspaper.
Distribute 1 newspaper to each resident.
Total Time - Approximately 1 hour
- Write Letters:** Flexible Time.
Responsibilities:
Write letters for residents.

up. Use inflections. You want to awaken her interest in reading, not put her to sleep. And if you see your child getting tired, try to end on a cliff-hanger to get her back for more tomorrow.

Four-year-olds are ready for the beginning classics like the Brothers Grimm and Hans Christian Andersen. By that age, they can take wicked queens in their stride.

As you read to your child, don't be surprised when she starts to pick out letters and even words. She's making those connections between the sounds and the symbols on the page. Now it's time to get an ABC book and start to familiarize her with the alphabet.

The producers of "Sesame Street" found that kids who know their ABC's get into reading far more readily than kids who don't.

As your child picks up certain words, help her sound them out syllable by syllable and understand their meaning. Later, ease her into phrases and sentences.

"What! Teach her to read?"

Most of us who aren't teachers are apprehensive about doing anything that might jeopardize the teaching process. Don't worry. Many educators say we can't do any harm, and it is far better to teach her at the time she's ready. So go to it. Besides, one-on-one teaching is the best kind. I love Dr. Seuss, who said, "You really can't teach reading as a science. Love gets mixed up in it."

Other ways to help:

Encourage her to speak up. Good oral skills make good readers.

Open up her world. Give her something to talk about like a trip to the zoo, a concert, or a bus ride.

Label things in her room, like "Bed," "Truck," "Doll," so that she may the association.

Read street signs and names on packages in the supermarket.

As soon as she can write her name, get her a library card. And don't forget a trip to the local bookstore where she can pick out and keep her very own book.

And make the most of "reality reading." Leave handwritten notes for her on the refrigerator. Check road maps before a trip.

When all of the Borbecks went on vacation, we took turns reading from a book

telling us where we were going and what points of interest to look for. It not only made better readers out of the kids, it kept them from killing one another.

Newspapers are great incentives. She can read the weather map, TV listings, sports and comics.

Pick the right books for her age

Keep stoking the fire. First and second graders like jokes, riddles, humor, monsters, mysteries.

Third and fourth graders like the same things a little more advanced. They're also ready for magazines and dictionaries.

Fifth and sixth grade boys go for sports and mysteries, but girls are getting into romantic novels.

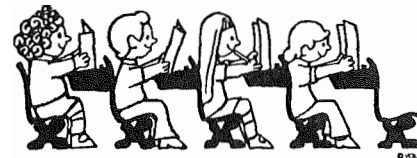
What to do about her reading things you don't approve of - "trashy" books, comics and the like? In my book, any book they read themselves is a good book. Even Spider-Man can eventually catch you in the web of War & Peace.

If your child doesn't respond to reading as early as you hope, don't be discouraged. Some are ready sooner than others. If your child has serious trouble reading in any grade, there are steps you can take, including remedial classes and reading clinics. Check your school for further help.

Start an adventure

I cannot begin to tell you what the love of reading will do for your children. It will open doors of curiosity. It will titillate their desire to see places they thought were make-believe. It softens loneliness, fills the gaps of boredom, creates role models and changes the course of their very lives.

My children started out reading Designer Labels. It certainly changed my life.



Job Opening

POSITION: Extension Summer Minority Agent

TERM OF POSITION: Four summer agent positions will be filled from among the persons responding to this announcement. These summer agent positions are designed to provide full-time practical and meaningful experiences in community-based Extension programming for qualified candidates who are members of a racial minority group and are interested in future permanent employment in county-based Extension positions.

LOCATION: The location for this summer agent position will be a county Extension office in Wisconsin. The exact location will be mutually determined by the person selected as the Extension summer minority agent and by UW-Extension.

SALARY AND OTHER BENEFITS: Salary will be \$850 per month. Other benefits include mileage and expense reimbursement in accordance with UW-Extension policy, comprehensive general liability coverage.

APPLICATION INFORMATION: The application deadline is Friday, February 22, 1985. An application, resume, and transcripts must be on file in the Personnel Office in 601 Extension Building at the below address by the application deadline. Selection will be made after that date. Those persons judged to be most qualified will be invited for an interview in Madison, Wisconsin at the expense of UW-Extension. The final selection decision is expected to be made by March 22, 1985 and all candidates will be notified of the decision.

CES Personnel
432 North Lake St., Rm. 601
Madison, WI 53706
(609) 263-1945/2770

Nominations for 1985 Board Appointment

Nominees are being sought for the fifty-two 1985 appointments to Boards housed in the Department of Regulation and Licensing; 25 professional and 27 public members are needed (of which, 15 are newly created positions).

The purpose of this announcement is to encourage qualified persons to apply for appointment. The offices available in 1985 are professional members of the Accounting, Architects, Professional Engineers, Designers, Land Surveyors, Barbers, Chiropractic, Cosmetology, Dentistry, Funeral Directors and Embalmers, Hearing Aid Dealers and Fitters, Medical, Nursing, Nursing Home Administrators, Optometry, Pharmacy, Psychology, and Veterinary Boards. Public member offices are available on the Accounting, Architects, Professional Engineers, Designers, Land Surveyors, Barbers, Bingo, Chiropractic, Cosmetology, Dentistry, Funeral Directors and Embalmers, Hearing Aid Dealers and Fitters, Medical, Nursing, Nursing Home Administrators, Optometry, Pharmacy, Psychology, Real Estate and Veterinary Boards.

A major goal of Governor Earl's administration is to attract competent, enthusiastic and dedicated citizens to serve the people of the State of Wisconsin. Women, handicapped and minority citizens are particularly urged to apply as Governor Earl seeks to assure their adequate representation throughout State Government.

To be considered for a gubernatorial appointment, applicants should submit a resume and letter indicating the specific board to which they would like appointment. These should be sent to Governor Anthony S. Earl, State Capitol, P.O. Box 7863, Madison, Wisconsin 53707, by February 15, 1985.

If anyone is interested, Lloyd Powless has offered any help in getting the information you may need.

INDIAN WAYS THAT RELATE IN
MEANING TO OUR TRADITION OF BAPTIZING BABIES

How was all life seen?

From the beginning.
All life was seen as good and holy and joined together.
The whole mystery of human life coming into the world
was held in great respect and reverence.

In *What Ways Was Life Prepared for and Received?*

Young women were prayed for and prepared carefully to be mothers.
They tried to remain strong, holding to a healthy diet, prayerfully
remembering their dedication to Life, to their People.

Babies were a treasure in the eyes of parents and grandparents.
They were a gift, the continuing Life of the family and band.
Grandparents asked for the children; long, healthy, useful lives:
Gifts which needed the help of a Vision.

"In the Indian way, infants were highly accepted as a gift from the
Spiritual Providence. The earliest Indians presented their infant
to the very old, aged great-grandfolks, for prayer, offering, and
as an act of Hope that the Great Spirit might come upon this child;
Meaning, may this child seek a Vision in purity, and may this child
be received by the Great Spirit for Medicine Powers.
It is the Grandparents who prepared a child for the seeking of
the Great Spirit for the Indian Medicine Powers." Clara Covington

(This is an excerpt from the book, "FINDING A WAY HOME", available
in the Oneida Library, Brown County Library, or from Nori Damrow.)

PROJECT REENTRY

. . . Are you a homemaker who, because of divorce, separation,
disability or death of spouse must now assume the role of family supporter.

GOOD NEWS!

NWTI is offering free workshops scheduled at various times and locations
throughout Northeastern Wisconsin. The Norbert Hill Center, Oneida, is
one of those locations.

- The workshops will help you:
- * Build self-confidence
 - * Develop a network of support
 - * Explore career/job options
 - * Improve job search skills
 - * Plan for the future

For more information, call NWTI (414) 498-5693. Ask for Project Reentry.

NORTHEAST WISCONSIN TECHNICAL INSTITUTE

Oneida Library

We have had quite a few parents come in
to the Library asking how can they help
their child read or read better, so here
is an excellent article by Erma Bombeck
for anyone who wants to help "Little
People" with a life long joy and educa-
tion, for as little as the time and ef-
fort they want to spend.

HOW TO ENCOURAGE YOUR CHILD TO READ

by Erma Bombeck

When you stop to think about it, most
of us were read to sleep. The faster we
nodded off . . . the better the book.

We didn't know how good books could be
until we grew up and started to read our-
selves.

Well, most of us did.

One out of every five American adults
is still being read to. They are func-
tionally illiterate. According to the
U.S. Department of Education, there are
23 million people who can't read a help-
wanted ad or this article. Sad to say,
many high school and college graduates
can't do much better.

So, how do you get your kids to read?
And keep on reading?

If you've read this far, you're halfway
home. It means you, as a parent, like to
read and want the same enjoyment for your
children.

When to start?

And the sooner you get started the bet-
ter. In our culture, you have to be able
to read to get an education. The educa-
tion starts sooner than you think. Sci-
entists say that a child acquires 50 per-
cent of the intelligence she'll even-
tually have by the time she's only four.
She adds another 30 percent by the time
she's eight. Fact is, between the ages
of eight and eighty, there's less brain
growth than from seven to eight. (As in
the rest of this article, when I mention
she or her, I also mean he or him.)

You're lucky. You have the child at
home all to yourself during her most
dynamic development years - the so-called
"peak learning years" when she is bursting
to grow.

Experts have discovered a couple of
common threads among children who read
well.

One was that their parents gave them
things to read and to write with, like
books, pencils and paper, just to get
used to them.

The other thread they share is that
their parents read aloud to them. Some
parents started the day their babies
were born.

I know newborns can't even see a book,
but something happens when a parent reads
aloud. The partnership begins. It
doesn't matter what you read the first
few months as long as she can hear your
voice and feel your warmth.

I once read a steam iron warranty out
loud. I was enlightened; the kid fig-
ured it was another fairy tale.

Time for Mother Goose.

Around six months, pick up Mother
Goose. Nursery rhymes all have wonder-
fully pleasing word combinations to de-
light her. And when she's able to see
well, make sure your book has pictures
with large, colorful, easy-to-grasp
illustrations.

Working mothers in the home and those
who have a second job deserve a few
minutes of quiet time to relax and share
a story with their child away from the
noise and interruptions.

When you move on to storybooks and
children's novels, be sure they're right
for both of you. C. S. Lewis, author
of *Chronicles of Narnia*, said, "A book
which is enjoyed only by children is a
bad children's book."

Three-year-olds love *The Three Little
Pigs*, *Little Red Riding Hood* and *The
Gingerbread Man*. Stories like these
tell a child that is you do what's
right and are brave and smart about it,
you'll come through.

But wait a year before you try the
more sophisticated fairy tales like
Snow White and *Rapunzel*, with their evil-
minded people - a concept a tiny child
isn't emotionally prepared to grapple
with yet.

Go ahead - ham it up

When you're reading out loud, ham it

NORBERT HILL CENTER CAFETERIA . . .

BREAKFAST: 7:45-8:30 Carryout snacks available mornings and afternoons.
LUNCH: 12:15-1:30 Full line menu @ \$2.00 — Ala carte items available. Pay on the line or buy a ticket from the NHC Main Office in the morning.
DINNER: 4:45-5:30 \$3.00

\$2 LUNCH

FEBRUARY, 1985

Monday	Tuesday	Wednesday	Thursday	Friday
				FISHBURGER CREAM OF BROCCOLI & CAULIFLOWER SOUP FRUIT MEDLEY 1
TEXAS CHILI OYSTER CRACKERS FRIED CHEESE CURDS FRESH VEGGIES MARINATED IN ITALIAN DRESSING COTTAGE CHEESE & FRUIT SALAD 4	SWEDISH MEATBALLS MASHED POTATOES CARROT STICKS BREAD/BUTTER MILK 5	CHICKEN PATTIE ON BUN CHICKEN VEG. SOUP APPLE/PEANUT LETTUCE/MAYO SALAD CHOCOLATE MILK 6	HOT HAM & CHEESE SANDWICH PICKLES CELERY STICKS W/PEANUT BUTTER FRUIT SALAD W/RICE & WHIP CREAM 7	YANKIE DOODLE MACARONI STEWED TOMATOES W/CROUTONS PINEAPPLE RING W/BING CHERRIES BREAD/BUTTER MILK 8
SLOPPY JOES PICKLES/DIPPING VEGGIES CRISPY FRENCH FRIES GRATED CARROTS & PINEAPPLE IN LEMON JELLO MILK 11	HONEY GLAZE CHICKEN BUTTERED RICE CRANBERRIES BREAD/BUTTER MILK 12	TUNA CASSEROLE W/PEAS CRISP CELERY W/PEANUT BUTTER ROSY RED APPLE SAUCE BREAD/BUTTER 13	WIENERS/BUN PICKLES/CARROT STICKS VEG. SOUP RED & WHITE VALENTINE CUPCAKES 14	FISH STICKS TWICE BAKED RED PEAR SAUCE BREAD/BUTTER MILK 15
HAMBURGER PICKLES FRENCH FRIES FRUITY CHERRY JELLO CHOCOLATE MILK 18	CHEESE STRATA LIMEY PEAR SAUCE BUTTERED CARROTS BREAD/BUTTER 19	WIENERS IN SCALLOPED POTATOES CRISPY DELICIOUS APPLE SLICES BREAD/BUTTER 20	LASAGNA CRISP TOSSED SALAD PEACH HALF GARLIC BREAD 21	GRILLED CHEESE SANDWICH CREAM OF TOMATO SOUP APPLE/PEANUT LETTUCE SALAD MILK 22
TACOS LETTUCE, TOMATO CHEESE BUTTERED CORN FIESTA PEAR SAUCE 25	CHEDDER WURST ON BUN FRENCH FRIES CRISP SALAD APPLE RING 26	PORCUPINE MEATBALLS WHIPPED POTATOES DARK RED CHERRIES BREAD/BUTTER 27	CORN DOGS BEEF VEG. RICE SOUP DELICIOUS APPLE SLICES MILK 28	

Community Invited

FISH FRY
 HOLY APOSTLE'S CHURCH
 2937 FREEDOM RD., ONEIDA

DATES: Feb. 22, March 1, 15, 29
 TIMES: 11:00 - 1:30
 4:00 - 7:00 p.m.

DONATIONS: Adults \$4.00
 Sr. Citizens \$3.50
 Children
 6-12 \$3.50
 3- 5 \$1.50
 2 and under free

CARD PARTY
 HOLY APOSTLE'S CHURCH
 2937 FREEDOM Rd., ONEIDA

SUNDAY, Feb. 24, 1985
 Starting at 11:30 a.m.

Light Lunch Served

OPEN TO THE PUBLIC

For Sale

FRESH EGGS -- 50¢ per dozen
 Phone: 869-2593

1 - 19" Black & White Zenith TV \$20.00
 1 - 12" Black & White 1984 model \$45.00
 Phone: 494-2680

White Shawl with turquoise fringe \$40.00
 8 - (size 14) ribbon shirts \$25.00 each
 Beaded belt (30 waist) \$40.00
 Phone: 869-1012

FREE YARN:
 I have 2 garbage bags of yarn to who ever wants it. There are all kinds from baby yarn to rug yarn.
 First come, First gets it
 Leona Cornelius
 100 Artley Dr., Site 1

SNOW PLOWING
 Phone: 869-2322

SNOW PLOWING FOR THE
 Call 869-2457
 Asking for small donation ; pay to Rosemary Gregor at the Norbert Hill Center.

BABYSITTING
 Will do babysitting in my home weekdays, call 869-2426

BABYSITTING
 Mother of 2 will do babysitting in my home during the day - 1190 Wolf Dr. Site Hillside, call 833-6798 - leave message and phone number.

Civilian Conservation Corp.

Former members of C.C.C. breakfast meeting 9:00 a.m. every first Thursday of the month at Denny's Restaurant 2894 S. Oneida Street. Join us and meet your buddies from the C.C.C. Days. Join our Packerland Chapter 108. Further information call 494-4246.



Happy Birthdays

Happy Birthday Brian Skenandore February 2.

Happy Birthday Jeremiah Danforth February 13.

Happy Birthday Tabitha Danforth February 24.

Happy Birthday Barbara Hill-Hawkins February 16.

Happy Birthday Jean Goffard February 16.

Happy 2nd Birthday & Valentine's Day
Toleka Marie Melchert February 14, 1985.
From Mom & Dad.

Happy Birthday Galen Parker February 19.
From Frank, Liane & Tolek's.

Happy Golden Birthday to Jolene Parker
February 11. Love, Mom.

Happy 76th Birthday to "Pa" Charles
January 27th. From Verna & kids.

Happy Birthday to Nori Damrow February 27.

Happy Birthday to Isabell Denny February 28.

Happy Birthday Grandpa Prevost February 11.
Love, Linda, Jason, Melissa.

Happy Birthday Cheyenne Powless February 27 (5 years old).
Love Mom & Grandma, Grandpa, Aunts, Uncles & Cousins.

Happy Birthday Grandpa Powless February 27.
Love, Cheyenne, Tita, Winona, Sherilyn.

Happy Birthday to our DAD. Love, Georgia,
Bud, Genea, Big Tony, Cheryl, Big G.

* * * *

Congratulations to Yvonne M. Jordan and
Merlie Cornelius on their recent engage-
ment. Best wishes!

NEW HOURS



ANN'S WORLD OF

INDIAN ARTIFACTS JANUARY 15 - APRIL 15:

10:00 a.m. - 6:00 p.m. TUESDAY THRU SATURDAY

CLOSED SUNDAYS & MONDAYS

ANN FEATURES A COMPLETE LINE
OF TURQUOISE, PENDLETON
BLANKETS, BASKETS, DOLLS,
LEATHER GOODS, INDIAN GREETING
CARDS, RUGS, NOVELTY ITEMS, AND
MUCH MORE.

(COMPLETE SILVER REPAIRING)
WILD RICE — \$6.95 LB.
INDIAN CORN — \$1.25 QT.

14 KT. GOLD MEN & WOMEN RINGS,
CHAINS, CHARMS & EARRINGS.

HWY. 29 — 4 MILES WEST OF ST.
MARY'S HOSPITAL — WATCH FOR
TEEPEE FRAME.

SENIOR CITIZENS CHARGE IT!!
10% DISCOUNT LAYAWAYS!!

Ann Skenandore

* ANN IS BUYING *

Oneida made baskets and some bead work.
See me on Mondays. Hwy. 29 — 4 miles
West of St. Mary's Hospital. WATCH FOR
TEEPEE FRAME.

Norbert Hill Center

WHAT'S NEW AT NORBERT HILL CENTER?

Well, we have a new coat of paint in the dining area! We need local artists to display their works for sale and warm our walls with their talent. It will give you a chance for your work to be seen and sold and it will enhance the decor of our dining room.

Remember breakfast and lunch buffet only \$2.00. Evening meal \$3.00 (includes dessert). Try our new salad bar - \$.10 an ounce. Hot fresh soup daily only \$.60 a bowl and our famous sandwiches \$.80. Ala carte items available any time. We also do catering for parties. Have you considered holding your wedding dinner here? We are reasonable and tasty. Ask the Ness's.

Order homemade bread, sweet rolls or cookies.

Fridays, and daily during lent - Perch, Frog Legs, Haddock, Walleye or Chicken. \$4.25 includes crispy french fries or creamy potato salad, Hawaiian coleslaw and a chocolate mint. Homemade rye bread and butter with salad bar - \$5.75.

Our new number is 869-1333. Join the "Bunch for Lunch" at Norbert Hill Center!!!!!!

NHC FOOD SERVICE FISH FRY

Fridays: 11:00 A.M. — 7:00 P.M.

Carry-outs or In-house

Your choice of:

Perch, Haddock, Walleye or Frog Legs

Each plate consists of:

Potato Salad or French Fries, and Cole Slaw

Cost per plate: \$4.25

Feel free to call ahead: NHC Food Service — 869-1333

Oneida Food Distribution

There are two separate programs issuing food to needy families on a regular basis.

1. The SURPLUS COMMODITIES or CHEESE GIVEAWAY program is coordinated by county. You receive in the county you live if you are eligible. Outagamie County residents should call Sister Diane at 869-2166; Brown County residents call 497-3599 to find out locations and dates for issuance of food.

If you receive food stamps or SSI you can still be eligible for this program.

2. The FOOD DISTRIBUTION PROGRAM is food in lieu of food stamps. The Food Package is worth about \$80.00 per person per month. You can receive Food stamps or our Food Package each month - not both. Call Nori Damrow at 869-2752/833-6842.

These are two separate programs. We have no relationship to each other.

I hope this will clear up some of the confusion. If you need more information feel free to call the appropriate phone number.



ONEIDA RETIREMENT COMMUNITY

The Oneida Retirement Community is asking for donations of the following items:

Exercise bicycle
Vacuum cleaner
Sewing machine
Draperies & curtains
Plants
Quilting frame

If you would like to donate any of these items, please contact Sister Barbara Berthiaume at the Norbert Hill Center. The number is:

869-1206

Thank you very much.

Oneida Headstart

The Oneida Early Childhood Program is taking Pre-registrations for the 1985-86 school year.

There are two locations: 401 9th Street, Green Bay (telephone 433-0291) and Norbert Hill Center (869-2792).

A child must be at least 3 years old before September 1, 1985 to be eligible for consideration for the Oneida Center. A child must be at least 4 years old before September 1, 1985 to be eligible for consideration for the Green Bay Center.

We hope to have the Home base program for younger children in both Green Bay and Oneida again next year.

If you are considering having your child in the Early Childhood Programs next fall, please call for the Registration Forms now. Space is limited.

* * * * *

BAKE SALE
FEBRUARY 15 - DOORS OPEN @ 3:00
IRENE MOORE ACTIVITY CENTER (Bingo)

This bake sale is to raise funds for the 20th Anniversary of Head Start. Donations are being accepted from the community and are to be dropped off at the Head Start Center February 14 & 15 by 12:00 noon.

We are asking for baked goods, finger foods such as individual potato chip & dip wrapped, individual cheese & crackers wrapped, pies, cookies, etc. Thank you for your support.

Oneida Recreation

Our Monday night basketball league has concluded the 1st half of play. It was an exciting half with the team of the Chiefs winning the 1st half. The team was 7-1. The Chiefs team was captained by Mike King. His players were: Ed King, Buggs Danforth, Bruce King, David Powell, and Geno Danforth. Included on this team but they only played 1 game or none were Kevin Cottrell, Darrell Zephier and Pete King. Congratulations!!!!

If anyone would like to see some good basketball games feel free to come down to the Sonny King Gym on Monday nights. The 1st game starts at 6:00 and the last games conclude by 9:30. There is 3 games every Monday.

Oneida Language

1985 Oneida Language Calendars featuring the Oneida Singers is available in the Oneida Bilingual Program for \$2.00 each. Pick up or send check or money order made out to the Oneida Bilingual Program and we will mail them to you, or send address with check where you wish them to be sent.

Oneida Housing Authority

"The Oneida Housing Authority, located at the corner of Commissioner and Doxtator Streets, Oneida, Wisconsin 54155 will be accepting sealed bids for Phase II of the Housing Modernization Project up to 2:00 p.m., Friday, February 15, 1985, and at that time will be privately opened. Description of Work: Furnish and install sitework, concrete work, miscellaneous metals, paneling, vanities and smoke detectors in various existing housing units. Bids will be received as one complete contract. Bidders may obtain one complete set of the bidding documents from Surplice Associates, Inc., 2761 Allied Street, P.O. Box 308, Green Bay, WI 54304/ 499-1488, upon depositing \$25.00 or an acceptable plan deposit card. The deposit will only be refunded to bidders who return the bidding documents and his deposit will be returned."

* * * * *

The Oneida Housing Authority hereby solicits proposals for the development of an Indian Housing project using the Turnkey method of construction. We are inviting proposals from all developers, Tribal or Non-Tribal. Indian respondents will be provided preference in the determination of contract award. The project will consist of 25 duplexes in the following breakdown:

- 30 - 2 Bedroom
- 19 - 3 Bedroom
- 1 - 4 Bedroom

In addition, a 600 square foot of administrative building shall be provided. The Project is to be located in Brown County, dwelling units are to be constructed on sites which are owned by the Oneida Housing Authority and will be leased to the selected Developer during the period of construction.

The written proposals must be delivered to the Oneida Housing Authority, Corner of Commissioner and Doxtator Street, Oneida, Wisconsin no later than 4:00 p.m. CST on, Friday, March 8, 1985. THE DEVELOPERS PACKET CONTAINING FULL PROJECT INFORMATION AND DETAILED SUBMISSION REQUIREMENTS IS AVAILABLE FROM: ONEIDA HOUSING AUTHORITY, P.O. Box 68, Oneida, WI. BY DEPOSITING A \$100.00 FEE.

If you have any questions regarding this matter, please address them to Surplice Associates Inc., P.O. Box 308, Green Bay, WI 54305.

Education

SMITHSONIAN WILL SELECT 30 INTERNS FROM HIGH SCHOOL CLASSES OF '85

The Smithsonian Institution is offering five-week internships to 30 students who will graduate from high school this year. Seniors may apply for positions in various departments and offices in the Institution, in areas including archaeology, biology, public affairs, photography, history, veterinary science, art, carpentry, library science, and computer science.

Students chosen for the program will each receive a living allowance of \$450. The interns will spend Tuesday through Friday in the host office, learning first-hand about career and academic possibilities. In addition to these duties, the interns will tour sites that many visitors to Washington, D.C., do not see: such as places as the Organization of American States and Embassy Row. As part of the program, the interns will hold seminars to explain to the group both their assignments and the function of the host office.

Acceptance is based not as much on academic achievement as on a demonstrated interest in a particular subject area or career; the program has been designed to enable students to pursue their special interests while working with museum professionals.

In addition to the living allowance, interns who come from outside the Washington area will receive housing in a nearby university dormitory. The Institution will also reimburse their transportation to and from Washington.

INTERN '85 will offer two separate sessions of the program: session one from June 10 through July 12 and session two from July 15 through August 16.

For applications and complete information, high school seniors should telephone (202) 357-3049 or write INTERN '85, Office of Elementary and Secondary Education, Smithsonian Institution, Washington, D.C. 20560.

Applications must be requested by March 18, 1985.

EXPENSE-PAID VOLUNTEER POSITIONS AVAILABLE IN CONSERVATION AND RESOURCE MANAGEMENT

The Student Conservation Association, Inc. announces that it is accepting requests for applications for the 1985 Park, Forest and Resource Assistants Program which will place 900 volunteers in land management positions in 225 national parks, forests, resource management areas and private conservation areas throughout the United States.

These positions will enable selected individuals to get worthwhile first-hand out-door educational experience in natural resource management which often improves their chances of obtaining paid positions in this field.

Positions are offered on a competitive basis for men and women 18 years of age or older. Interest in serving in the program is in most cases the only other prerequisite for eligibility. Positions are currently available for next spring, summer and fall.

In the Park, Forest and Resource Assistants Program (PFRA) men and women spend between 10 and 12 weeks performing projects similar to those of professional Resource Management personnel. Assignments range from giving interpretive programs for park visitors to conducting field research to backcountry patrols to performing cultural resource surveys. The SCA provides each PFRA participant with a travel grant and a stipend to cover food and living expenses. Free housing is also provided by the area.

Interested people should send a postcard requesting a "1985 PFRA Program List" and an application from the Student Conservation Association, Inc., P.O. Box 550, Dept. NA Charlestown, New Hampshire 03603. The telephone number is (603) 826-5206.

The deadline for receipt of applications for SUMMER Park, Forest and Resource Assistants Program is March 1.