

COUNSELING:  
WHAT IS IT ALL ABOUT?

Everyone experiences discomfort, stress and strain at times in life. Some people, because of their life situations, are faced with more problems than others. Counseling or therapy, is a process developed to help people overcome life's problems and the unhappiness they cause. Counseling does not eliminate the difficulties of living, nor is it by itself a solution when external conditions of life restrict the options available to a person in dealing with problems. Counseling does provide a safe environment for a person to gain insight into one's situation and explore options available.

Counseling recognizes that each person has the ability to grow and to know himself. Growth is a natural condition of being alive and is essential to wellbeing. When growth is blocked and a person is not free to be himself, a person experiences an inner sense of disharmony. Counseling explores the ways people limit their lives and undermine their freedom of action.

Counseling is not a process where the therapist "cures" a person or does something to a person. Rather, counseling is an educational process based on a client's active participation. The therapist's role is not that of a doctor, but of a teacher or coach, who acts as a guide in a person's efforts to understand the ways in which he hinders his own development and avoids possibilities for growth. The therapist will not support a person's fears of helplessness or powerlessness by doing things for the client that the client could do for himself. Rather, the therapist assists a person to gain control over his life and take responsibility for his own growth.

Probably the greatest confusion regarding what counseling is all about stems from the labeling of emotional problems as "mental illness". Unlike a bodily illness, which is something a person has, a "mental illness" is a way of being. Guilt, anxiety, depression, and hostilities are not diseases that can be cured, but feelings that have to be confronted and understood. A person can not "cure" the way he or she is; a person can

only change. Thus the goal of counseling is not only alleviate symptoms, but to facilitate solving those problems which brought the symptoms about.

A person can not expect counseling to take all troubles away. Counseling does not eliminate life's problems, but it does help a person face up to them. Counseling is a challenging and exciting life-expanding undertaking. Counseling does place a demand on a person. A person has to be ready to deal with things he or she would rather forget, to keep working even when he or she does not appear to be making progress, and to tolerate the anxiety of putting one's new understanding into action.

If you or someone you know has a question about counseling or feel there is a need, contact the Family Services Department at the Oneida Community Health Center, 869-2711.

**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:

KALIHWI-SAKS  
Oneida Tribe of Indians  
of Wisconsin  
P. O. Box 365  
Oneida, WI 54155

or call:

414 — 869-2083

KALIHWI-SAKS is distributed locally at the beginning of the month. Distribution nationwide is made at the end of each month.

**STAFF:**

Grace Koehler, Coordinator  
Hilda Alicea, Secretary  
Loren Moore, Press Operator

**COVER AND DESIGN:**

Original Artist:  
Mary LeMieux

Resemblance and Color:  
Loren Moore

Layout and Design:  
Grace Koehler and Hilda Alicea

**TABLE OF CONTENTS**

**FEATURES**

On My Mind Off My Chest . . . . . 2  
Bureau of Indian Affairs 1986 Budget Request  
is \$927.4 Million . . . . . 2  
Court Decides Indians May Kill Bald Eagles . . . . . 5  
Flambeau Tribe Won't Take Eagles . . . . . 5  
Presidential Commission Report on Reservation  
Economies For Sale at GPO . . . . . 5  
Bread and Freedom . . . Justice and Faith . . . . . 6

**ANNOUNCEMENTS**

Nationwide Photo Search . . . . . 7  
Red Cloud Indian Art Show . . . . . 8  
Northland College Pow Wow . . . . . 10  
Community Invited . . . . . 10  
Chicana/Native American Women's Symposium . . . . . 12  
For Sale . . . . . 13  
Happy Birthdays . . . . . 14  
Thank You . . . . . 14  
Job Opening . . . . . 15  
Poet's Smoke . . . . . 16

**DEPARTMENTS**

Oneida Headstart . . . . . 18  
Norbert Hill Center . . . . . 22  
Oneida Recreation . . . . . 23  
Education . . . . . 23  
Oneida Community Health Center . . . . . 24

MARCH ISSUE - VOLUME 5 - 1985



# On My Mind Off My Chest

Two men looked out of prison bars early one evening. One saw dull mud, the other saw vivid stars. Although this may sound very foolish, it is very representative of the basic personal feelings of not only the men in prison, but also of most people in this world.

The greater majority, I am sad to say, can see only MJD. Why? Because that's all they have ever been taught to see! Don't assume that blame is being placed on anyone. That is not the purpose of this writing.

The vast majority of men in here, upon some thought realise that the whole status structure of this institution rests solely on one-manship. This is entirely true for the majority of this earth too.

Instead of keeping it in big words, I will say it as this: Putting another person down to build one's self up. Sound familiar? Although this "bantering" is often said in a generally joking manner, its result is in fact very degrading. A person who has been told by his family all his life how "worthless" he is comes to prison to be told the very same thing. This is not always in face-to-face, verbal battles either. Most often it takes the form of vindictive backbiting, rumors, or even outright lies being told about a person. Why is this? A degree in psychology is not necessary. A person gets tired of feeling like a kicked dog. The only way they know of to lift themselves out of the mud and grapple their way up. The one abundant ladder we have is people, pressing each other into place, so they have to drag someone else down, in order to get higher themself. Although this may sound complicated, it is better put, "I see you higher than I, so in order for me to get to your level, I have to pull you down." With everyone pulling the other down, NO ONE gets up!!

At Christmas one of the favorite sayings used is, "Good will toward men." Is that really good will to complain behind someone's back, or shall I say gossip? Do we really have nothing else to talk about except the mistakes another person has made? The Christians in here, and everywhere, are just as guilty of this as anyone else. As if we haven't made enough mistakes of our own!

Jesus said these words, "Let the one of you who has not sinned cast the first stone." John 8:7. Don't words carry as much weight as a stone? If not more? Are we so upright that we can backbite and not be condemned for it?

This is something we ALL would do well to really think about. Am I so perfect that I can laugh at someone else's faults? Think about it!

Taken from *THE MESSENGER* - Fall 1984 - written by B. McCafferty

## Bureau of Indian Affairs 1986 Budget Request is \$927.4 Million

The President's 1986 budget request for the Bureau of Indian Affairs continues to stress the basic goals of strengthening tribal government, encouraging economic development and providing essential program services on the reservations. The \$927.4 million requested includes increases for school operations, tribal courts, welfare grants, services to newly recognized tribes, and the loan guaranty program under the recently amended Indian Financing Act. There will also be increases for support funds for tribal contracting of reservation programs, for water policy implementation in the northern plains and for cadastral surveys in Alaska to expedite the transfer of land to Native corporations and individuals. Two programs initiated in 1983, one to assist small tribes develop needed management skills and the other to provide "seed money" grants for reservation enterprises, will maintain funding levels increased in 1985 to \$4.9 million and \$9.8 million respectively. The request for \$47.6 million for law enforcement on the reservations similarly reflects an \$8.8 million increase received in 1985. The 1986 budget request represents a reduction of \$66.3 million from the 1985 appropriation of

### DEFINITION OF A MATURE PERSON

The Mature Person has developed attitudes in relation to himself and his environment which have lifted him above "childishness" in thought and behavior:

1. He accepts criticism gratefully, being honestly glad for an opportunity to improve.
2. He does not indulge in self-pity. He has begun to feel the laws of compensation operating in all life.
3. He does not expect special consideration from anyone.
4. He controls his temper.
5. His feelings are not easily hurt.
6. He meets emergencies with poise.
7. He accepts responsibility for his own acts.
8. He has outgrown the "all or nothing" stage. He recognizes that no person or situation is wholly good or bad, and he begins to appreciate the Golden Rule.
9. He is not impatient at reasonable delays. He has learned that he is not the arbiter of the universe and that he must often adjust himself to other people and their convenience.
10. He is a good loser. He can endure defeat and disappointment without whining or complaining.
11. He does not worry unduly about things he can not help.
12. He is not given to "boasting" or "showing off" in socially unacceptable ways.
13. He is honestly glad when others enjoy success or good fortune. He has outgrown envy and jealousy.
14. He is open-minded enough to listen thoughtfully to the opinions of others. He does not become vigorously argumentative when his views are opposed.
15. He is not a chronic "faultfinder".
16. He plans things in advance rather than trusting to the inspiration of the moment.

### JUST FOR TODAY

JUST FOR TODAY, I will try to live this day only, and not tackle my whole life problem

at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

JUST FOR TODAY, I will be happy. This assumes to be true what Abraham Lincoln said, "That most folks are as happy as they make up their minds to be."

JUST FOR TODAY, I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes and fit myself to it.

JUST FOR TODAY, I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

JUST FOR TODAY, I will exercise my soul in three ways; I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do--just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

JUST FOR TODAY, I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

JUST FOR TODAY, I will have a program I may not follow it exactly, but I will have it. I will save myself from two pests; hurry and indecision.

JUST FOR TODAY, I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

JUST FOR TODAY, I will be unafraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

OUT-PATIENT PROGRAM, continued...

and the illness. Through this acceptance, the denial of the problem is dissolved and the family and chemically-dependent person begin an effective recovery.

The new Outpatient Program will consist of 3 days per week; Monday, Wednesday and Friday, for a 4-week period. Wednesdays will be family day, spouse or significant other person will be encouraged to attend on this day. Our location is in the lower level of the new Health Center addition, at 824 EE Rd. & Freedom Rd. The program will begin March 4, 1985, 9:00AM thru 12:00 noon

1. The program's goals are to provide a continuum of chemical dependency treatment for families of the Oneida Community.
2. To provide a less restrictive, yet most beneficial form of treatment to people of the community desiring chemical dependency treatment on an outpatient basis.
3. To offer the family or significant other person of the chemically-dependent individual an opportunity for both education and personalized treatment through a family program and option of family therapy.
4. To provide the community, schools, and tribal programs a comprehensive educational service to aid in prevention, early intervention, and treatment of the chemically-dependent adult, adolescent and family members.

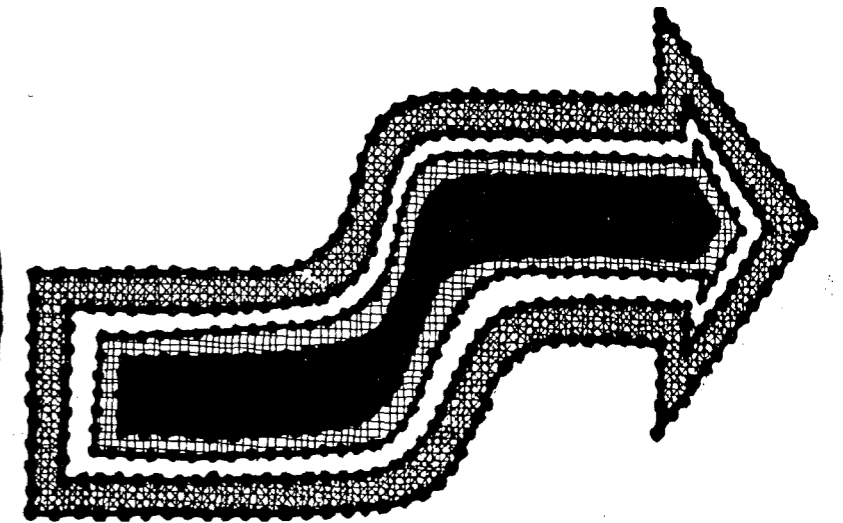
We are proud that we are able to provide this service to our own community.

For more information contact the Oneida Community Health Center Chemical Dependency Office at 869-2711.

Available staff members are: Marge, Anita, Marlene and Vic.



\$993.7 million. The two major areas of retrenchment are construction -- cut back \$43.2 million -- and the Johnson-O'Malley (JOM) program of education assistance to public schools -- reduced from \$25.7 million to zero. The JOM funds are distributed to public schools and school districts enrolling substantial numbers of Indian students. It is supposed to be used for special supplemental programs for the Indians. A BIA education spokesman said this program was considered expendable because similar supplemental assistance is provided in the public schools through programs funded by the Department of Education and the Department of Health and Human Services. He added that reports by the General Accounting Office and the Interior Inspector General have indicated, also, that in many cases JOM funds have been used for basic public school activities, not aimed at the unique needs of Indian students. Construction funding is requested only for ongoing projects, with no new starts planned for 1986. The reservation road construction program of the Bureau will be funded by a \$100 million allocation of contract authority from the Highway Trust Fund of the Department of Transportation. These funds are in addition to those in the BIA request. A change, mandated by Congress, in the way contract support funds are listed in the budget request makes a line item comparison with the 1985 appropriation misleading. In 1985, contract support funds totaling \$35.9 million were listed separately in their own line item categories. In 1986, the contract support funds are lumped together with program monies. This has the effect of making program increases seem larger than they really are and making it appear that some programs received increases when, in fact, they did not. Contract support funds are used for overhead or administrative costs of programs operated by tribal groups under contracts with the BIA.



BUREAU OF INDIAN AFFAIRS  
 F. Y. 1986 BUDGET REQUEST (IN THOUSAND DOLLARS)

	FY 1985 Approp. to date	FY 1986 Budget Request
School Operations . . . . .	177,265	189,778
Johnson O'Malley Education Assistance . . . . .	25,674	---
Continuing Education . . . . .	53,256	56,627
Education Contract Support . . . . .	13,073	---
EDUCATION . . . . .	<u>269,268</u>	<u>246,405</u>
Tribal Government Services . . . . .	25,936	30,801
Social Services . . . . .	104,984	113,677
Law Enforcement . . . . .	44,354	47,620
Self-Determination Services . . . . .	24,162	24,348
Navajo-Hopi Settlement Program . . . . .	2,773	2,886
Indian Services Contract Support . . . . .	14,935	---
INDIAN SERVICES . . . . .	<u>217,144</u>	<u>219,332</u>
Employment Development . . . . .	25,414	27,554
Business Enterprise Development . . . . .	15,688	15,934
Road Maintenance . . . . .	21,890	22,111
Econ. Develop./Employ. Contract Support . . . . .	2,675	---
ECONOMIC DEVELOPMENT AND EMPLOYMENT PROGRAMS. . . . .	<u>65,667</u>	<u>65,599</u>
Forestry and Agriculture . . . . .	84,932	90,693
Minerals, Mining, Irrigation and Power . . . . .	20,758	16,381
Natural Res. Dev. Contract Support . . . . .	4,460	---
NATURAL RESOURCES DEVELOPMENT . . . . .	<u>110,150</u>	<u>107,074</u>
Indian Rights Protection . . . . .	20,550	19,766
Real Estate and Financial Trust Services . . . . .	28,301	30,456
Trust Responsibilities Contract Support . . . . .	797	---
TRUST RESPONSIBILITIES . . . . .	<u>49,648</u>	<u>50,222</u>
FACILITIES MANAGEMENT . . . . .	<u>88,368</u>	<u>91,140</u>
Management and Administration . . . . .	48,260	46,418
ADP Services <sup>2/</sup> . . . . .	17,748	17,663
Employee Compensation Payments . . . . .	6,858	7,523
Program Management . . . . .	4,805	4,311
GENERAL ADMINISTRATION . . . . .	<u>77,671</u>	<u>75,915</u>
OPERATION OF INDIAN PROGRAMS (Total). . . . .	877,916	855,687
Construction . . . . .	98,574	70,245
Allocation to BurRec. . . . .	8,918	---
Road Construction (approp./reimb.) <sup>1/</sup> . . . . .	5,880	---
Payment to Utah Paiute Fund . . . . .	2,450	---
Indian Loan Guaranty & Insur. Fund . . . . .	---	1,485
TOTAL, FEDERAL APPROPRIATIONS . . . . .	<u>993,738</u>	<u>927,417</u>

<sup>1/</sup> Does not include \$100 million in contract authority from Highway Trust Fund.

<sup>2/</sup> New subactivity.

RELAPSE CHECKLIST, continued....

your defenses.

COMPLACENCY - "Drinking was the furthest thing from my mind." Not drinking was no longer a conscious thought either. It is dangerous to let up on disciplines because everything is going well. Always to have a little fear is a good thing. More relapses occur when things are going well than otherwise.

EXPECTING TOO MUCH FROM OTHERS - "I've changed; Why hasn't everyone else?" It's a plus if they do--but it is still your problem if they don't. They may not trust you yet, may still be looking for further proof. You cannot expect others to change their lifestyle just because you have.

LETTING UP ON DISCIPLINES - Prayer, meditation, daily inventory, A.A. attendance. This can stem either from complacency or boredom. You can't afford to be bored with your program. The cost of relapse is always too great.

USE OF MOOD ALTERING CHEMICALS - You may feel the need to ease things with a pill and your doctor may go along with you. You may never have had a problem with chemicals other than alcohol but you can easily lose sobriety starting this way--about the most subtle way to have a relapse. Remember, you will be CHEATING!! The reverse of this is true for drug dependent persons who start to drink.

WANTING TOO MUCH - Do not set goals you cannot reach with normal effort. Do not expect too much. It's always great when good things you were not expecting happen. You will get what you are entitled to as long as you do your best, but maybe not as soon as you think you should. "Happiness is not having what you want, but wanting what you have."

FORGETTING GRATITUDE - You may be looking negatively on your life, concentrating on problems that still are not totally corrected. Nobody wants to be a Pollyanna, -but it is good to remember where you started from--and how much better life is now.

"IT CAN'T HAPPEN TO ME." - This is dangerous thinking. Almost anything can happen to you and is more likely to if you get careless. Remember, you have a progressive disease, and you will be in worse shape if you relapse.

OMNIPOTENCE - This is a feeling that results from a combination of many of the above. You now have all the answers for yourself and others. No one can tell you anything. You ignore suggestions or advice from others. Relapse is probably imminent unless drastic change takes place.

-ANNOUNCING-

ONEIDA COMMUNITY ALCOHOL AND OTHER DRUG ABUSE OUT-PATIENT PROGRAM

The Oneida Community Health Center treats chemical dependence as a disease, an illness requiring a multidisciplinary approach to physical, emotional, spiritual, cultural, and social recovery. We accept that chemical dependence is primary (not a symptom of another illness), progressive (if left untreated, the illness worsens), chronic (the effects exist for a prolonged period of time) and fatal (without change, death will occur). We recognize through our experience that chemical dependence does not exist in isolation. Consequently we believe that chemical dependence is a family illness and that those individuals involved with the chemically-dependent person (whether adult or adolescent) experience varying degrees of pain and grief. We believe that this pain deserves attention and care.

Adhering to the philosophy of Alcoholics Anonymous, we translate our beliefs into action by using education, individual counseling and group therapy to initiate the process of acceptance of oneself

### THREE TYPES OF DRINKERS

#### A. SOCIAL DRINKER

1. A drinker who uses alcohol as a social lubricant and places little significant value on its effects.
2. Rarely becomes intoxicated.
3. Uses alcohol rather infrequently, by choice.

#### B. PROBLEM DRINKER

1. A compulsive drinker who has a psychological continual reliance on the effect of alcohol, to relieve physical, psychological or social pain.
2. Drinks in excess of the norm of society, but retains ability to control drinking or abstain.
3. May have interpersonal and/or marital problems, develop aggressive tendencies or experience financial problems.
4. May become involved in law violations and exhibits irrational behavior.
5. Still controls the amount of drinking voluntarily.

#### C. ALCOHOLIC

1. A person whose dependence on alcohol has attained such a degree that it interferes with physical or mental health, or social or economic functioning.
2. Has lost control over alcohol.
3. Becomes intoxicated quite frequently.
4. Views alcohol as the primary substance to reduce pain and prevent exposure to normal adjustment.

#### A CHECKLIST OF SYMPTOMS LEADING TO RELAPSE

While the individual himself must maintain the disciplines that insure sobriety, there are ways in which others can help. Nearly every person close to the alcoholic is able to recognize behavior changes that indicate a return of the old ways of thinking. Often these individuals and fellow A.A. members have tried to ward the subject, who by now may not be willing to be told. He may consider it nagging or violation of his privacy. There are many danger signs. Most alcoholics, if approached properly, would be willing to go over an inventory of symp-

toms periodically with a spouse or other confidante. If the symptoms are caught early enough and recognized, the alcoholic will usually try to change his thinking, to get "back on the beam" again. A weekly inventory of symptoms might prevent some relapses. This added discipline is one which many alcoholics seem willing to try.

Following is a list of common symptoms leading to "dry drunk", to possible relapse --or to what A.A. commonly calls "stinking thinking".

EXHAUSTION - Allowing yourself to become overly tired or in poor health. Some alcoholics are also prone to work addictions--perhaps in a hurry to make up for lost time. Good health and enough rest are important. If you feel well, you are more apt to think well. Feel poorly, and your thinking is apt to deteriorate. Feel bad enough, and you might begin thinking a drink couldn't make it any worse.

DISHONESTY - This begins with a pattern of unnecessary little lies and deceits with fellow workers, friends and family. Then come important lies to yourself. This is called rationalizing--making excuses for not doing what you do not want to do, or for doing what you know you should not do.

IMPATIENCE - Things are not happening fast enough. Or, others are not doing what they should, or what you want them to.

ARGUMENTATIVENESS - Arguing small and ridiculous points of view indicates a need to be always right. "Why don't you be reasonable and agree with me?" Looking for an excuse to drink?

DEPRESSION - Unreasonable and unaccountable despair may occur in cycles and should be dealt with -- talked about.

FRUSTRATION - At people and also because things may not be going your way. Remember -- everything is not going to be just the way you want it.

SELF-PITY - "Why do these things happen to me?" "Why must I be alcoholic?" Nobody appreciates all I am doing (for them).

COCKINESS - Got it made--no longer fear alcoholism--going into drinking situations to prove to others you have no problem. Do this often enough and it will wear down

## Court Decides Indians May Kill Bald Eagles

ST. LOUIS, Jan. 9 (UPI) - A Federal appellate court ruled today that centuries-old treaties give members of Indian tribes the right to hunt protected species, including bald eagles, on Indian reservations.

The ruling by the United States Court of Appeals for the Eighth Circuit said "eagles and other protected birds may be killed to obtain their feathers and body parts for religious ceremonies, but may not be sold."

NEW YORK TIMES - January 11, 1985



## Presidential Commission Report on Reservation Economies For Sale at GPO

The complete 200 page report and recommendations made for the President of the United States concerning Indian Reservation Economies is now available for sale at the Government Printing Office (GPO) in Washington, D.C. The report, completed recently by a special commission set up by the President, can be ordered for \$7.50 from the Superintendent of Documents, U.S. Government Printing Office at 202/783-3238. The GPO stock number is 040-000-00482-3. Allow three to four weeks for delivery.



## Flambeau Tribe Won't Take Eagles

Though court ruling allows it: Flambeau tribe won't take eagles.

A recent Federal Court decision relating to the Federal Endangered Species Act would allow Indian tribes to take bald eagles for non-commercial purposes.

Commenting on this decision, Tribal Chairman Mike Allen, Sr., stated this week that his people do not intend to take advantage of the court ruling.

"The eagle is considered by the Chippewa Indians to be a sacred bird, and in the past they have not even allowed tagging of the eagle on the reservation, as they believe it should not be captured by man," Allen stressed.

Previously the Tribal council decided that no campers would be allowed on the island at Ike Walton Lake, since it was known that an eagle was nesting there and the tribe felt every effort should be made to protect it.

# Bread and Freedom ... Justice and Faith

The United States 99th Congress assembled on Jan. 3, 1985. The members took their oaths of office and then continued their political maneuvers in support of legislation that they wish to see the President sign into law. There are differences of opinion; there are variances in their strategies. Some look to the White House for signals; some ignore signals sent from the White House. Early debates among Senators and Representatives are expected on the production of the controversial MX missiles, on the determination of a U.S. position in regard to the anti-government guerrillas in Nicaragua, on the development of a new federal farm program and on possible revisions of domestic housing and nutrition programs and the federal environmental protection policy.

A piece of legislation that seriously affects American Indians and Alaska Natives will also be introduced in the new Congress. However, that piece of legislation is very seldom mentioned in news articles, much less in the headlines, of current publications. That piece of legislation would reauthorize the Indian Health Care Improvement Act which was to have ended last September thirtieth and continues in existence only because Congress failed to pass an Indian health care appropriation last year and instead passed a Continuing Resolution that provides for Indian health care this fiscal year as it did during the last fiscal year.

The last Congress unanimously passed in both the Senate and the House a bill to reauthorize the Indian Health Care Improvement Act. That bill was strongly supported by Senators Lazalt of Nevada and Goldwater of Arizona, two of the President's close friends on Capitol Hill. It was championed by Senator Mark Andrews (R-ND) and Representative Morris Udall (D-AZ) chairmen of the Senate Select Committee on Indian Affairs and the House Committee on Interior and Insular Affairs, respectively. Nevertheless, the President vetoed that bill on October 19th.

Somehow, he seemed to overlook the fact that the American Indian Policy Review Commission in 1977 called that act "the most comprehensive Indian health legislation ever passed by Congress..., designed to eliminate medical backlogs, to bring Indian health to an acceptable level, and to encourage Indian

involvement in that process so that tribes can gradually assume control of health care."

Rep. Udall call that veto "nothing less than a disaster for Indian citizens." He and Senator Andrews have been working with their staff to prepare a new bill to reauthorize the Indian Health Care Improvement Act before the middle of May of this year when Congress is obligated by law to produce the First Budget Resolution of 1985. Authorizations for all appropriations are to be enacted before that time.

Now is the time for all concerned about adequate delivery of health care to Indians on reservations and in urban communities to contact their Senators and Representative in Washington, D.C. Support for the new legislative bill to reauthorize the Indian Health Care Improvement Act is essential. Strong support of the bill by members of Congress will influence the President to sign the bill into law. Probably, the Office of Management and Budget will still advise the President to veto the bill since that office prefers not to consider federal obligations but to cut back all expenses except those for military expansions. Therefore, it is vital for Congress to reauthorize enthusiastically "the most comprehensive Indian health legislation" that it has ever passed.

Meanwhile, the Office of Technology Assessment (OTA) through its Health and Life Sciences Division has begun a year long study of health technology and services in the context of Federal Indian health programs. OTA was established by Congress in 1972 to provide detailed analyses of technological issues upon request to Congressional committees. Last year the House Committee on Energy and commerce, Rep. John Dingell (D-MI), Chairman, and its Subcommittee on Health and Environment, Rep. Henry Waxman (D-CA), Chairman, as well as the Senate Select Committee on Indian Affairs, Senator Mark Andrews (R-ND), Chairman, and Senator John Melcher (D-MT), Ranking Minority Member requested this study.

ONEIDA COMMUNITY HEALTH CENTER

Presents

## PRENATAL CLASSES

Whether you are expecting your first baby or your fourth...Whether you are early in your pregnancy, or far along. We are concerned about the health of you and your baby. Your attendance will show your concern.

WHEN: Every other Wednesday  
MARCH 6th through APRIL 17th  
10:00 a.m. to 11:00 a.m.

WHERE: ONEIDA COMMUNITY HEALTH CENTER

WHAT: Films, information, discussion  
all about pregnancy and child-birth.

Please contact Lisa or Debbie at extension 243 or 254 so we may plan for your attendance.

### MARCH 6th

Fetal Development  
Dental Health during pregnancy  
Safety factors for mothers and infants.

### MARCH 20th

Nutrition  
Breastfeeding/Bottlefeeding

### APRIL 3rd

Minor discomforts  
Birthing alternatives

### APRIL 10th

Tour of St. Mary's Hospital

### APRIL 17th

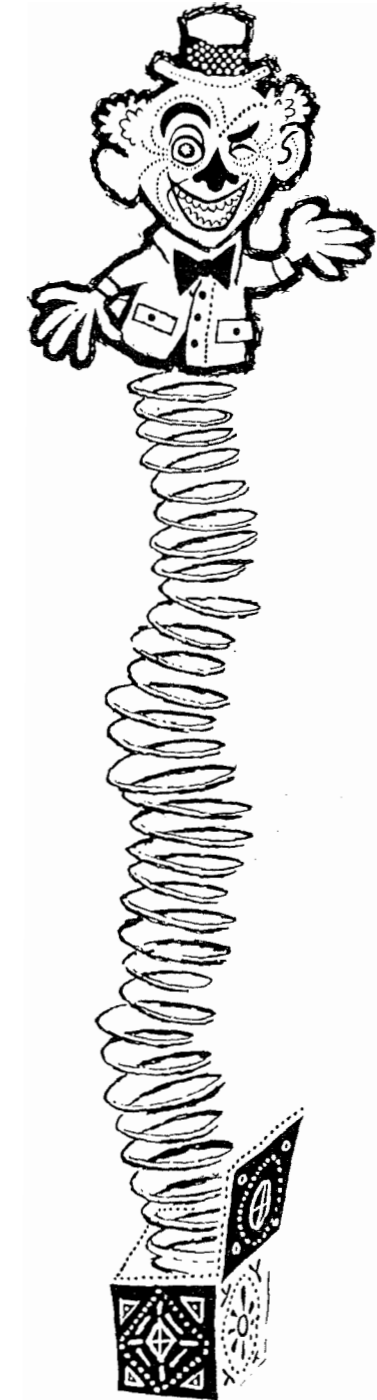
Labor and delivery

Materials regarding these topics are available or can be obtained for your review; do not hesitate to ask.

Snacks will be served and a doorprize will be given away at the final class for those mothers-to-be with the best attendance record. All mothers-to-be are invited!!

Please feel free to contact Debbie Danforth ext. 243, or Lisa Bowman-Owen, ext. 254 for

any questions or concerns regarding your pregnancy.



Your child's health is reflected in most areas of schooling and should be cared for by you and your physician and dentist. Any condition of a serious nature should be reported to the school. You should continue to emphasize personal hygiene and cleanliness. Diet is of prime importance. A good breakfast to start off each day is important. Follow through on eye and ear screenings and routine immunizations. Consult your child's physical education teacher concerning physical development and coordination and how you may assist.



See to it that your child has enough sleep each day and is properly dressed for weather conditions. The child should be kept home from school if definite signs of illness such as rise in temperature, a suspicious rash or a severe cough are noted. Send a note to explain absence when the child returns to school. Be alert for signs of poor vision, such as squinting, frowning or red, watery eyes. Faulty hearing can be indicated by earaches, chronic inattention or too frequent requests that statements be repeated.

Encourage the habit of vigorous daily activity. Active play builds strong muscles, which are basic to good health and posture. Join your child in active games and stress good sportsmanship. Encourage participation in creative activities and individual and team sports.

Children should be taught their full name, address and telephone number at an early age. Select the safest, most direct walking route to school and check to see that your child uses it. Explain any traffic hazards along the way. Teach your child to stop at the curb or at the side of the road; to look in both directions to be sure there is no traffic or that traffic has stopped before crossing; to WALK across the road in the crosswalk; and to obey a student patrol or adult crossing guard if there is one. Warn your child never to get into a car or

accept a ride with a stranger.

If your child has to travel to and from school on a bus, the fundamentals of bus safety -- to stand well back from the road while waiting for the bus; to always remain seated while the bus is moving; and to keep head and arms inside the bus at all times -- should be taught. When it is

necessary to cross the street to board the bus, teach your child to STOP, LOOK, and then WALK across the street to the bus only after the bus driver has signaled that it is safe. Children learn very quickly from experience. Why not ride a bus with your child and demonstrate the fundamentals of bus safety? If your child is permitted to ride a bicycle to school, be sure the child knows and obeys bicycle laws. The bicycle should be checked frequently to be sure the brakes are working properly and that the handlebars and seat are not loose.

Does your child "hate" a certain subject? Find out why. Your child may need extra help. Maybe your own aversion to a certain subject has caused it. Seek the reason behind the dislike, and then enlist the teacher's help so that you can work together to conquer it.

Learn as much as you can from the school principal and staff about school curriculum, teaching methods, club activities. Then you can give your child help that fits realistically into everyday learning programs.

FROM: CALIFORNIA TEACHERS ASSOCIATION  
and the NATIONAL EDUCATION  
ASSOCIATION

## Nationwide Photo Search

The Association on American Indian Affairs (AAIA) announced today the opening of a nationwide search for photographs depicting contemporary American Indian and Alaska Native life.

Photographs will be selected for possible use in nationally-distributed AAIA publications over the next several years, and are expected to feature in the Association's ongoing public education program. Entrants whose work is selected will be awarded a small fee upon use.

The photo search is open to Native Americans of all ages, with emphasis on amateur and student photographers. Entrants' portrayals of their own communities will be especially welcomed.

"We're delighted to have this opportunity to provide exposure for the work of Indian photographers while combatting stereotypes and misperceptions on the part of the general public," said AAIA Executive Director Steven Unger.

Work submitted must be publication-quality, black and white, 8 x 10 glossy prints. Each print must be labeled with the photographer's name, address, telephone number, tribal affiliation, and a brief identification of the photo subject, location, and date.

Entries must be postmarked by Friday, April 26, 1985. All submissions will be acknowledged, but no work can be returned unless accompanied by a self-addressed stamped envelope.

Photo search entries and requests for information should be addressed to: Ms. Mickey Revenaugh, Association on American Indian Affairs, 95 Madison Avenue, New York, NY 10016.

AAIA is a private, not-for-profit, national citizens' organization.

## 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  
10% DISCOUNT

CHARGE IT!!  
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.

# Red Cloud Indian Art Show

## \$11,000 in Awards for Indian Artists

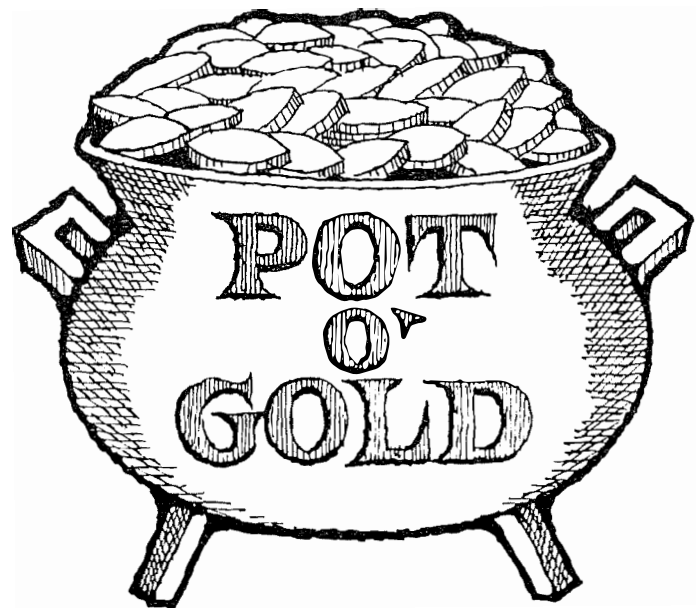
Benefactors of American Indian artists have provided more than \$11,000 in awards for this year's Red cloud Indian Art Show, which opens June 9 at Pine Ridge, South Dakota.

Now in its 17th year, the Red Cloud show is open to all native American artists -- Indian, Eskimo and Aleut -- eighteen years or older, and is the nation's largest show of its kind.

"All art works entered must be for sale, and each year 40 percent or more of the works displayed are sold," Brother C. M. Simon, S. J. director of the show, said.

No entry fees are charged, and the show is admission free to the public, June 9 through August 11.

Artists wishing to enter their works can get entry forms and details by writing to The Heritage Center, Inc., Red Cloud Indian School, Pine Ridge, South Dakota 57770.



### CHECKLIST FOR SAFE HOUSE, continued...

#### UTILITY & WORK AREAS

##### Gas, Water, Electric:

- Make sure adults and older children know how to turn off gas and water valves, main electrical switch.
- Keep extra fuses and flashlight near fuse box.
- Label fuse box and circuit breakers to identify outlets and fixtures they protect.

##### Appliances and storage:

- Properly ground washer and dryer.
- Clear combustibles of heat sources, including pilot lights, light bulbs.
- Lock cleaning fluids out of children's reach.

##### Workshop:

- Lock switches on power tools when not in use.
- Properly ground power tools.
- Use safety guards on power tools; arrange work area to keep cords out of your way when in use.
- Store tools out of reach of children.
- Store paint thinners, solvents in original cans or in safety containers.
- Place oily rags in airtight cans.
- Hang a fire extinguisher nearby.
- Make sure work area is well lighted and well ventilated.

#### GARAGE

- Keep floor free of oil and grease.
- Store flammables in safety cans.
- Keep well lighted, with switches at all doors.
- Organize storage space--don't make the garage a dumping ground.
- Keep all rubbish in covered metal containers until it can be disposed of.
- Store sharp-edged garden tools on walls with cutting edges just above floor level (to prevent guillotine effect, should they fall).

### KEEP THE KITCHEN A SAFE PLACE TO BE

Why do a "slow burn" over an accident that might have been prevented? Check the kitchen for possible hazards that could cause serious burns such as the following:

- \* Teach young children that the heating units or a range can be hot and may still be hot even after the units are turned off.
- \* Turn cookware handles to the side or back of the range during cooking to reduce the chance of hitting the item and knocking the hot contents over. Use insulated pot holders rather than cloth paper towels when handling hot cookware and cookware handles.
- \* Keep electrical cords from small appliances out of the reach of children and where someone cannot accidentally trip over them.
- \* Check for low-hanging tablecloths, an invitation to toddlers to pull hot foods down on themselves.
- \* Prevent scalding by lifting the far side of cookware lids first, suggests the Consumer Information Department of Corning Glass Works, so that steam escapes away from the face and hands.
- \* Avoid wearing loose-fitted clothing or dangling jewelry when cooking. Such items can get caught in appliances or catch fire over heating units of the range.
- \* Do not soothe a burn with butter as that will only cause blisters. Instead, soak the burned area in cold water. It helps to take the sting out and cools the area. If the burn is serious, seek medical attention.

Source: Chicago Fire Department, Bureau of Fire Prevention.

#### EXTENSION CORDS

- \* Be sure to read what is marked on the cord and its wrapper before you buy it.
- \* You should never keep an extension cord plugged in when it is not in use. This is dangerous to small children who may chew on the receptacle end and receive a risk of mouth burns, shock or death.
- \* Never use an extension cord that is cut, damaged, or repaired. A single exposed strand of wire as fine as a thread may give you an electric shock or burn.
- \* If a cord or plug is hot--don't use it. Unplug it and have a qualified person find out whether there is a problem.

# Checklist For Keeping Your House Safe

An hour or two of prevention can be a life-saver. Go through your house with this checklist, placing a check mark in the box if no action is called for. When you've completed the tour, make a schedule to have the problems corrected (or professional evaluations) and check off the box as the work is completed. Jot down your inspection date on the checklist and save for the next checkup.

## KITCHEN

### Floors:

- Check for worn areas, curled edges.
- Use only non-skid wax.
- Sweep or vacuum frequently.

### Appliances:

- Make sure work area is well lighted.
- Unplug appliances when not in use and when being cleaned.
- Keep appliances away from sink.
- Ground major appliances; provide individual electrical circuits for each.

### Stove:

- Keep a few pot holders near stove.
- Clean exhaust hood and duct frequently and regularly.
- Hang extinguisher near stove.

### Storage:

- Provide rack for sharp knives.
- Store large or heavy items on low shelves, lighter items up higher.
- Use stepstool (never kitchen chair) for reaching high shelves.
- Store poisons (this includes many common household items) up high.
- Never keep foods under the sink (pipes can leak or provide unsealable openings for bugs drawn by food).

## BATHROOM

- Equip tub and shower with non-skid mats.
- Install grab-bar on wall near tub.
- Check for plenty of soap holders.
- Keep medicines clearly labeled, in locked or very high cabinet.
- Keep electrical appliances away from tub, shower, and sink.

### Bathroom, continued:

- Never leave razor blades where children can reach them.

## LIVING & DINING ROOMS, BEDROOMS

### Floors:

- Check for frayed or curled edges on rugs and carpet.
- Make sure area rugs have non-skid backings or non-slip pads.

### Furniture, storage, lighting:

- Clear traffic areas of excess furniture and other obstructions.
- Make sure closet doors can be opened from the inside.
- Move clothes hooks in closets to above eye level.
- Place lamps near each bed, light switches at all entry/exit points.

### Electrical Outlets, appliances:

- Check for "octopus" connections.
- Run lamp and extension cords close to walls--never across open floor, or under rugs or carpet.
- Provide adequate ventilation space around TV and stereo to prevent overheating.

### Fire Hazards:

- Use glass screen for fireplace.
- Make sure chimney is equipped with spark arrester.
- Make sure wood or coal stoves are properly vented.
- Place smoke detectors near sleeping areas; check batteries regularly.

## STAIRWAYS

- Check that treads, nosing, carpeting are in good repair.
- Make sure handrail is sturdy.
- Never use area rug at the top of stairs --it's a slipping hazard.
- Keep all clutter off stairs.
- Light well, with switches at top and bottom.

June 9 through August 11, 1985

# Over \$11,000 in Awards

### **DIVISION I — Paintings**

Each artist may enter three pieces, using any one of the following media in each: oil, tempera, casein, encaustic polymer, acrylic. \$300 in Merit Awards.

### **DIVISION II — Paintings**

Restricted to works in water color. Each artist may enter three pieces. \$300 in Merit Awards.

### **DIVISION III — Graphics**

Pencil, pen & ink, cray-pas, pastel, crayon, wash, charcoal. Felt-pen works not acceptable. Each artist may enter three pieces. \$300 in Merit Awards.

### **DIVISION IV — Mixed Media**

For works using two or more media in any mixed technique. Each artist may enter three pieces. \$300 in Merit Awards.

### **DIVISION V — Three Dimensional Works**

Sculpture, carvings, three dimensional works, with exception of pottery, in any media. Weight limit: 100 lbs. Each artist may enter two pieces. \$300 in Merit Awards.

### **SPECIAL AWARDS**

IN ADDITION TO THE ABOVE MERIT AWARDS, \$2,000 has been provided for purchase awards. Purchase award works become part of the permanent collection of the Heritage Center, Inc. of Red Cloud Indian School.

THE EDWARD S. CURTIS purchase awards of \$2,500 to young Indian artists in honor of Edward S. Curtis, noted photographer.

THE BONNIE ERICKSON AWARD of \$100 for the best representation of children.

THE ALLAN & JOYCE NIEDERMAN AWARD of \$100 for the most traditional painting.

THE PEPION FAMILY AWARD of \$50 to the most innovative artist.

THE THUNDERBIRD FOUNDATION, \$5,000 in art scholarships to be awarded at the discretion of the judges.

THE TONY BEGAY MEMORIAL AWARD of \$50 in memory of Navajo artist, Tony Begay by Tom Woodward of Gallup, N.M. to the artist whose works depict the most explicit development of an Indian theme.

THE M. L. WOODARD AWARD of \$50 for the painting, drawing or sketch depicting the most explicit development of an Indian theme.

THE BILL & SUE HENSLER AWARD of \$50 for traditional representation in sculpture.

THE APLAN AWARD of \$100 for the outstanding young Indian artist, by Mr. and Mrs. Jim Aplan, Midland, South Dakota.

THE POWERS AWARD of \$100 for the best representation of Indian women, by William K. and Maria Powers.

### **ELIGIBILITY**

Any tribal member of the native peoples of North America (Indian, Eskimo, Aleut) 18 years or older.

### **SALES**

All works must be for sale. A fee of 20% of the selling price of each work sold will be collected by the Heritage Center to defray shipping and exhibit costs. If, in the judgment of the jurors, any entry has been purposely raised in price to avoid sale, they shall reject it. All works must remain on exhibit until end of show. Works not exhibited will be placed in stands for browsing and purchase.

### **SPECIFICATIONS**

All works in the first four divisions must be matted or framed. All works must be original and must have been produced by living artists within the past two years.

### **DEADLINES**

If you intend to enter artwork in this show please let us know by card or letter before May 1 how many works you intend to enter in each division. Artwork must be at Red Cloud Indian School before May 22. Firmly affix an entry form to the back of each work of art. See other side of this announcement for entry forms.

*Address all communications to Red Cloud Indian Art Show, Heritage Center, Box 100, Pine Ridge, South Dakota 57770. See other side for entry forms and identification labels. Additional forms sent on request.*

# Northland College Pow Wow

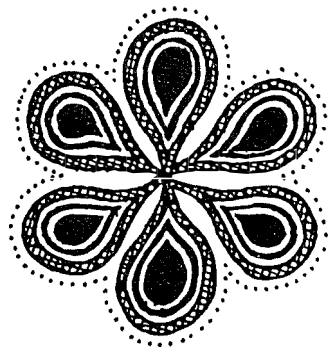
Friday, March 22, 1985

Native American Awareness Days

Indian Meal . . . . 5 PM

Dance . . . . . 7 PM

Sponsored by NAS Program & NASA



**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.**

## COMMUNITY INVITED

FISH FRY

Holy Apostle's Church  
2937 Freedom Road, Oneida

Dates: 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

## 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.

AVOID TOO MUCH FAT, continued...

cholesterol levels even if they eat low-fat, low-cholesterol diets.

There is controversy about what recommendations are appropriate for healthy Americans. But for the U.S. population as a whole, reduction in our current intake of total fat, saturated fat, and cholesterol is sensible. This suggestion is especially appropriate for people who have high blood pressure or who smoke.

The recommendations are not meant to prohibit the use of any specific food item or to prevent you from eating a variety of foods. For example, eggs and organ meats (such as liver) contain cholesterol, but they also contain many essential vitamins and minerals, as well as protein. Such items can be eaten in moderation, as long as your overall cholesterol intake is not excessive. If you prefer whole milk to skim milk, you can reduce your intake of fats from foods other than milk.

TO AVOID TOO MUCH FAT, SATURATED FAT, AND CHOLESTEROL.....

- \* Choose lean meat, fish, poultry, dry beans and peas as your protein sources
- \* Moderate your use of eggs and organ meats (such as liver)
- \* Limit your intake of butter, cream, hydrogenated margarines, shortenings and coconut oil, and foods made from such products
- \* Trim excess fat off meats
- \* Broil, bake, or boil rather than fry
- \* Read labels carefully to determine both amount and types of fat contained in foods

### SAVE YOUR HEART

A recent panel convened by the National Institute of Health, made recommendations on Cholesterol and Heart Disease. The panel stated average cholesterol levels among Americans were too high and contributed to the high rate of heart disease.

The experts set a desirable cholesterol level of less than 180 milligrams for adults in their 20's and less than 200 milligrams for people 30 and older. Typical middle-age Americans have cholesterol readings of 220-260 milligrams.

The panel urged aggressive treatment for people 30 and older whose cholesterol levels are above 240 milligrams.

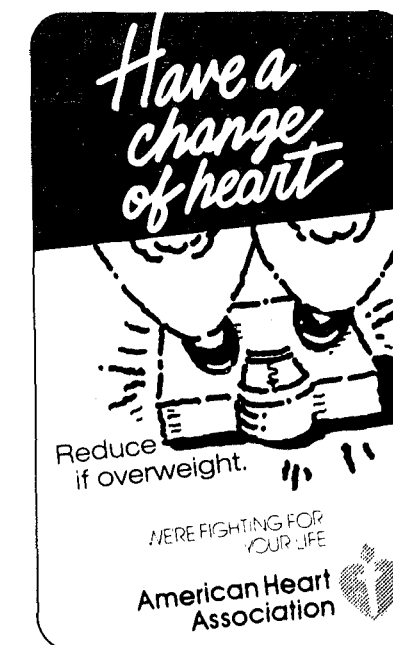
A recent study showed a 1% reduction in cholesterol could lower the heart disease risk by 2%. The panel said dietary changes should be the first step in reducing blood cholesterol. Drug therapy was recommended only if the strictest dietary measures do not produce desired results.

### WEIGHT LOSS PROGRAM

A weight management program for overweight teens (12-18 yrs of age) developed at the University of California, San Francisco, is being offered at the Oneida Health Center. The group leader, Helen Brown, Nutritionist, can be reached at 869-2711 for more information. The program, SHAPE-DOWN, promotes changes in food and exercise habits, self-esteem and weight. Teen assess their fat habits to thin habits.

SHAPEDOWN focuses on successive small change habits that add up to a change of lifestyle.

The program includes 10 weekly group meetings for teens and two parent meetings. SHAPEDOWN puts the teenager in charge of his or her own weight loss, but parents are given support and advice too. Parents also benefit from SHAPEDOWN by learning new food and exercise habits.



CHICKEN SOUP (Meal II)

Bring stock to boil. Add:

- 1/2 cup uncooked rice or 1 1/2 cups leftover cooked rice

Saute' in small skillet:

- 2 T. margarine or oil
- 2 Carrots, chopped
- 2 Stalks of celery, chopped
- 1 cup peas (optional)

Just before serving, add reserved meat (from "Meal I", and saut'eed vegetables to the stock and rice. Heat and serve.

SOME VALENTINE TREATS:

VALENTINE FROZEN YOGURT

(Soft frozen yogurt stands are popping up all over the country. Why not try your hand at it?!)

- 1 (8oz.) container of plain yogurt
- 1 cup strawberries, blueberries, or banana slices

Optional: Sweeten to taste

Whip this mixture in your blender or blend by hand, or with electric beaters. Put mixture into freezer for 1/2 hour. Remove and blend again. Repeat once or twice more, then pour into bowl or popsicle molds.

SUPER FRIDGE FUDGE

This is sweet, but it is full of wholesome ingredients!

- 1/2 cup (6 T.) honey
- 1/2 cup (7 T.) peanut butter
- 1/2 cup cocoa powder or carob
- 2 cups total, any combination of sesame seeds, sunflower seeds, chopped nuts
- 1/2 cup raisins or dates
- 1/2-1 cup shredded coconut

Heat honey and peanut butter. Quickly add cocoa powder or carob and stir. Remove from heat. Add seeds, nuts, coconut, and dried fruit. Pour into a square, greased pan and refrigerate to harden. Cut into squares. Keep stored in refrigerator.

GRANOLA BARS

Make your own! They are more nutritious, and cost less.

- 1/2 c. light corn syrup
- 2/3 c. (10 T.) peanut butter
- 3 c. granola, bought or homemade

GRANOLA BARS, continued.

Optional: 1 grated carrot, raisins, nuts, sunflower seeds.

Butter a 9-inch square pan. In a 3-quart saucepan boil corn syrup for 1 minute only, stirring constantly. Remove from heat. Stir in peanut butter. Stir in granola, and grated carrot if using it. Work fast as it hardens quickly. Transfer to pan. Spread and pat in place with a spoon or dampened spatula. Cool for an hour before cutting into bars.

W.I.C. PICK-UP DATES

Oneida Community Health Center  
824 Double "E" Road  
DePere, WI

MONDAY, MARCH 4, 1985..8:00a.m. to 4:30p.m.  
TUESDAY, MARCH 5, 1985..8:00a.m. to 4:30p.m.

Outpost  
Corner of 9th & Broadway  
Green Bay, WI

FRIDAY, MARCH 8, 1985..9:00a.m. to 4:00p.m.

(LATE CHECK PICK-UP, ONEIDA -  
WEDNESDAY, MARCH 13, 1985)

AVOID TOO MUCH FAT, SATURATED FAT, AND CHOLESTEROL

If you have a high blood cholesterol level, you have a greater chance of having a heart attack. Other factors can also increase your risk of heart attack--high blood pressure and cigarette smoking, for example --but high blood cholesterol is clearly a major dietary risk indicator.

Populations like ours with diets high in saturated fats and cholesterol tend to have high blood cholesterol levels. Individuals within these populations usually have greater risks of having heart attacks than people eating low-fat, low-cholesterol diets.

Eating extra saturated fat and cholesterol will increase blood cholesterol levels in most people. However, there are wide variations among people--related to heredity and the way each person's body uses cholesterol.

Some people can consume diets high in saturated fats and cholesterol and still keep normal blood cholesterol levels. Other people, unfortunately, have high blood

6th Annual  
**UNITED INDIANS**  
OF MILWAUKEE, INC.  
TRADITIONAL  
**POW-WOW**

SAT. & SUN., MARCH 9th & 10th, 1985

AT

**RICHARDS STREET ARMORY**  
**4108 N. RICHARDS — MILWAUKEE, WIS.**

DOORS OPEN TO PARTICIPANTS AT NOON

POW-WOW SATURDAY 1:30-5:30 & 7:30 - 11 P.M.  
SUNDAY 1:00 - 5:00 P.M.

RICHARD WATKINS & CHARLENE WHEELOCK, CO-CHAIRMEN  
JOHN GAUTHIER — M.C.

LIMITED DRUM SPACE  
BY REGISTRATION ONLY — AFTER FEB. 15  
HOST DRUM — WOLF RIVER SINGERS

SAT. EVE. MEAL & SUN. BRUNCH FOR REGISTERED PARTICIPANTS  
TRADERS WITH INDIAN MADE CRAFTS WELCOME (LIMITED SPACE)

**PUBLIC INVITED**  
DONATIONS: ADULTS \$2.50  
PARTICIPANTS, ELDER & CHILDREN UNDER 12 — \$1.00

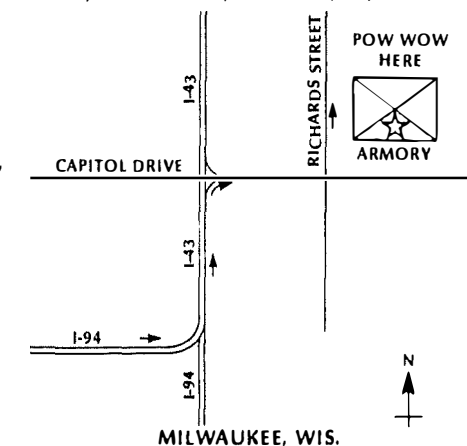
NO DRUGS — NO ALCOHOL PLEASE

FOR FURTHER INFORMATION CONTACT:

CO-CHAIRMAN — RICHARD WATKINS — 1846 N. HUMBOLDT, MILWAUKEE, WI 53202 (414) 289-9272  
CO-CHAIRMAN — CHARLENE WHEELOCK — 1812 S. 7TH ST., MILWAUKEE WI 53204 (414) 643-6058  
DRUM REGISTRATION — VALLEEN OR VANNY WHEELOCK — 1812 S. 7TH ST., MILWAUKEE, WI 53204 (414) 643-6058  
TRADERS — GEO. CARUFEL — 2205 W. SUNBURY CT., MILWAUKEE, WI 53215 (414) 645-1006  
FURTHER INFORMATION — BOB PETERMAN — 8210 RICHMOND CT., WAUWATOSA, WI 53213 (414) 258-3471

DIRECTIONS

From the South I-94 North to I-43, then I-43 to Capitol Drive Exit, then East 1 mile to Richards St., turn left & 1 block to Armory.  
From the West take I-94 East to I-43, then I-43 North to Capitol Drive.  
From the North take I-43 to Capitol Drive Exit.



# Chicana/Native American Women's Symposium

***Celebrating the Strengths of our Heritage***

**350 Years of Resistance**

**March 1-2, 1985**

**The Wisconsin Center  
University of  
Wisconsin-Madison**

**For more information contact  
Chicano Studies at 263-4486,  
Gwen at 255-7922 or Becky at 257-7283.**



## TOPICS INCLUDE:

*Feminism Within Our Cultural Perspective  
Cultural Pride, Mental Health & Spiritual Values  
Power, Struggle and Political Reality  
Treaty and Land Issues in the U.S. & in the Central American Conflict  
Racism: A Barrier to Health & Education*

## EVENTS INCLUDE:

*The Menominee Indian High School Singing & Dance Group  
CHISPA, a cultural and historical audio-visual presentation  
Photo Exhibits by Latina and Native American women*

## SPEAKERS INCLUDE:

*Rayna Greene, The Smithsonian Institution, Washington DC (Oklahoma Cherokee)  
Martha Cotera, Information Systems, Austin TX  
Annie Wauneka, Women's Affairs Office (Navajo Nation)  
Susan Harjoe, National Congress of American Indians, Washington DC (Cheyenne Creek)  
Inez Tovar, D.Q. University, Fresno CA (Chicana/Nez Perce)  
Susan Williams, Native American Rights Fund, Washington DC  
Elvia Rios, Texas Rural Legal Aid, Weslaco, TX*

*and many more!*

## W. I. C. NOTES

WHEN DO I CERTIFY MY BABY? There has been a slight change in the way WIC mothers are to get their new babies on WIC. As before, ANY baby born to a WIC mom is automatically eligible for WIC. Both breastfed and formula-fed babies need to get on WIC right after birth.

For all babies, the first step is to call us at WIC and let us know your baby's name, birthdate, weight, and length.

Breastfeeding mom's need to make a certification appointment to continue getting WIC checks. You do not need to bring your baby in with you. We just need the birth certificate, income, and family size.

Bottle-fed babies also need to have mom call and let us know when the baby was born. If, as soon as possible, you bring the baby's birth certificate and your income to the WIC officer, we can give you checks for formula.

We do need to weigh and measure your baby at 3 months of age. We will set up an appointment for you. This is not a certification appointment, but it is required. And we have a special gift for your baby at this appointment. Don't forget to bring your baby's picture for our bulletin board!

## OUTPOST CERTIFICATION

We are now certifying first time pregnant women and infants in Green Bay. We certify on the same Friday as WIC check pickup. We are ONLY certifying women and infants who are new to the WIC program. There will be no exceptions unless we have appointment times available. If you know a pregnant woman or infant who is not on WIC, please have them call our office for an appointment. The number is 869-2711.

Comments on Breastfeeding; by Lucille Cook, WIC Aide: "I decided to breastfeed because my doctor thought it would be good for me and the baby. He told me I would enjoy holding my baby and my mother also wanted me to try it because it was the best food for any baby. I was hesitant, but I tried it because I had so much encouragement. There wasn't WIC in those days, so breastfeeding was much cheaper. I tried breastfeeding and liked it because it was convenient and I felt closer to my baby. It was a special time for my baby and me.

At first, I felt shy about nursing; later I felt more natural about it and I would simply put a blanket over my shoulder. I'd take my baby to the park and to in-laws and breastfeed without any problem. I never felt tied down at all. I'm really glad I did breastfeed. I'll always think nursing is special and I hope all our WIC mothers will at least try it."

## BEAN SOUP

(Using WIC Beans)

Soak overnight or by quick method:

2 cups Navy or marrow (pea) beans  
2 qts. Water

Add:

1 Ham bone or several pork hocks (optional)  
1 Onion, chopped  
3 Stalks celery with leaves, chopped  
1 Qt. Tomato Juice or stewed tomatoes  
Salt & Pepper to taste

Simmer two hours or more until beans are tender. Add more liquid if necessary. Remove meat from bones, chop, and return to the soup.

## CHICKEN STEW (Meal I)

Combine in soup kettle:

5 Cups Water  
4 Chicken boullion cubes  
 $\frac{1}{4}$  cup Wine Vinegar  
Celery leaves  
1 Onion, chopped  
1 Chicken, cut in pieces  
Salt & Pepper to taste

Place in a tea ball or spice bag and add:

4 cloves      4 peppercorns       $\frac{1}{2}$  bay leaf

Simmer until chicken is tender. Near the end of the cooking time, add desired vegetables, such as:

4 Medium potatoes, halved  
4-6 Carrots, in large chunks  
1-2 cups fresh or frozen peas (add shortly before serving)

Remove spice ball. Remove to serving dish meaty chicken pieces and vegetables. Reserve some meat and most of broth for "Meal II". Refrigerate or freeze.

# ONEIDA COMMUNITY

COUNTY RESCUE is the only authorized emergency rescue service contracted to provide coverage to the Oneida Reservation. Their phone: **469-9777**

## A A MEETINGS

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

## ALANON & ALATEEN MEETINGS

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

## AA, ALANON & ALATEEN COMBINED

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

## B A D BREATH

Did you ever smell anyone's breath after he's been eating onions? WOW! But that goes away soon, and everything's OK again.

But what about the poor guy who *always* has bad breath? (Worse than onions, too!) It's because of the plaque and other germs that are living on his teeth and in his gums, with lots of food for them to eat.

Let's face it. How can anything smell good if it has germs living and dying in it?

What can you do about this smell in your mouth? Plenty. We'll talk about it soon, but we bet you've figured it out already. (HINT: it isn't mouthwash.)

## TOOTHACHE

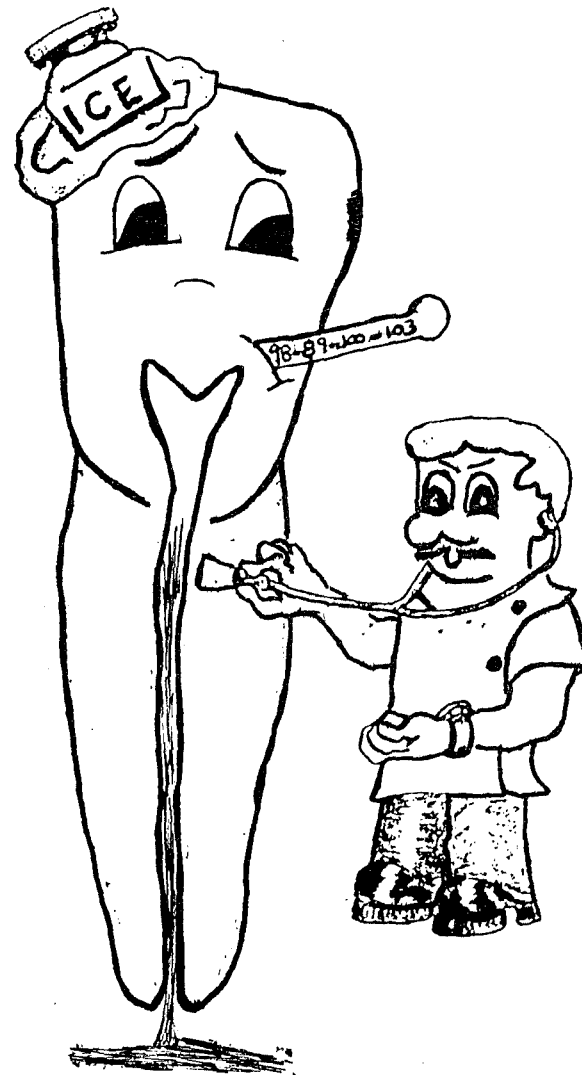
Just as an infection in your finger hurts, a toothache hurts, too. Only there's more pain because the pulp is surrounded by the hard dentin and enamel. So when the pulp gets red and swells up, it has no room to get larger, and it hurts a lot!

If the infection spreads past the root, it

# HEALTH CENTER

can infect the bone, and cause an abscess. That's trouble!

As you'll see later, this doesn't always mean that you have to lose the tooth.



# FOR SALE

## FRESH EGGS

50¢ per dozen  
Phone: 869-2593

19" BLACK/WHITE ZENITH TV - \$20  
12" BLACK/WHITE 1984 MODEL - \$45  
Phone: 494-2680

WHITE SHAWL W/TURQUOISE FRINGE - \$40  
EIGHT SIZE 14 RIBBON SHIRTS - \$25 each  
BEADED BELT (30 WAIST) - \$40  
Phone: 869-1012

## FREE YARN

2 garbage bags of yarn to whoever wants it. There are all kinds from baby yarn to rug yarn. First come, first serve.

Leona Cornelius  
100 Artley Dr., Site 1

## SNOW PLOWING

Phone: 869-2322

## SNOW PLOWING FOR THE ELDERLY

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

## BABYSITTING

Will do babysitting in my home week-days. Call 869-2426.

## BABYSITTING

Mother of 2 will do babysitting in her home during the day - 1190 Wolf Dr. Call 833-6798 and leave message and phone number.

\*\*\*\*\*

## ATTENTION!!!

Anyone who wants to know how to make "Yellow Dogs" and trip over fences call Wayne Cornelius at 869-2415.

# ONEIDA TOBACCO ENTERPRISE

Oneida ..... 869-2702  
Green Bay ..... 497-2242  
Freedom Road ..... 869-2468

## Shaklee Products

Products in harmony with nature. Personal care, cleaning, and vitamins.

Call  
Lloyd or Sharon Powless  
869-1314

## \*\* WELDING \*\*

Will do any type of welding.

Call **J&R Welding**  
869-2915

## ONEIDA ONE STOP

OPEN: Monday — Saturday  
6:00 a.m. — 10:00 p.m.  
Sunday  
7:00 a.m. — 10:00 p.m.

GAS • GROCERIES • CIGARETTES

CALL 869-1030

## ONEIDA HOME IMPROVEMENTS

Short Term Financing Available  
Year 'round Maintenance & Repair Work

Roofing  
Roof Repairs  
Decayed Wood Repaired  
Trailer Roofs Resealed & Coated  
Carpenter Work  
Room Additions

1813 COUNTY H

833-7509

# HAPPY BIRTHDAYS

HAPPY BIRTHDAY to Wynoka Bright Eyes Skenandore on February 23.

Love, your Godmother

HAPPY BIRTHDAY to:

Darwin Cornelius February 20  
 Neal Cornelius February 21  
 Gary Skenandore February 22  
 Carol Cornelius February 28  
 Ellie King February 28  
 Dale Skenandore February 26

HAPPY BIRTHDAY Yogi February 16  
 Cathy February 18  
 Gary February 14

HAPPY BELATED BIRTHDAY to Cool Breeze February 14.

C.M.

\*\*\*\*\*

HAPPY ANNIVERSARY to Lora & Ted Waupenay on February 15.

Love, your family

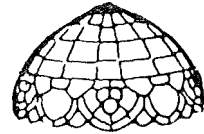


## Stained Glass by Terry

435-5594

Custom Designed

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

## Thank You

We wish to thank each and everyone for your kind expression of concern and encouragement during my recent stay in the hospital. Thank you for the cards, fruit, flowers, money and for your prayers and other gifts. Thank you Father Dolan, Father Smith, the Do Do Club, the VFW and all visitors, personally or by phone.

Roy House and Family

# ONEIDA RECREATION

## POOL LEAGUE FINAL RESULTS

	W	L
1. Rod Hill	29	22
2. Troy Hill	28	22
3. Ricky Hill	24	23
4. Moon Hill	21	16
4. Brian Denny	21	25
5. Mike Jourdan	15	9
6. Angela Danforth	11	6
7. Tony Kinzhuma	8	4
8. Bruce Doxtator	7	14
9. Frank Smith	4	4
10. Jeff Belisle	4	2
10. Fran John	4	2
11. Brian Kinzhuma	3	4
11. Noodles Denny	3	4
12. Leroy King	3	2
12. Bradley Skenandore	3	2
13. Jeff Webster	2	4
14. Bart Cornelius	2	2
14. Jerry Cornelius	2	2
15. Eddie Jordan	1	4
15. Greg Cornelius	1	4
16. Rod Denny	1	2
16. Jeff Kurowski	1	2
17. Robbie Webster	0	2
17. Shane John	0	2

Trophies for 1st - th Place  
 CONGRATULATIONS!!!

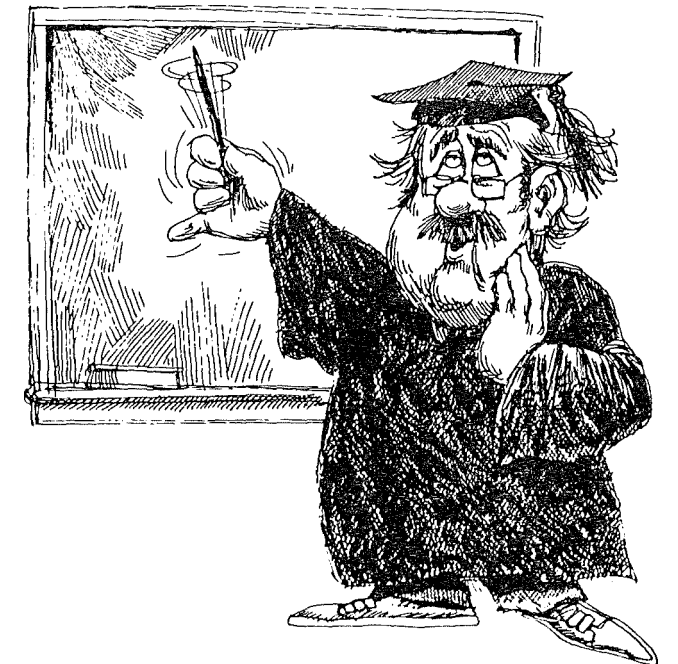
# EDUCATION

FY '85 JOHNSON-O'MALLEY/APPLETON

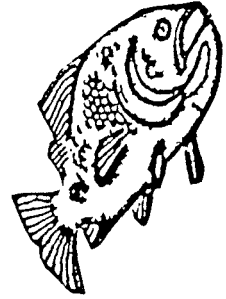
I received JOM FY '85 final distribution information yesterday 2/5/85. It appears that there has been a decrease in per capita distribution to JOM contractors in the amount of approximately \$9.19 per student. At the moment we are breaking out this final allocation and notifying all L.E.I.C.'s of their final FY '85 budget. Individual parent committee's will have to take a hard look at their existing budgets before we come back to you with our final add-on budgets.

Other final JOM FY '85 distribution notes include information that Appleton was not allowed entry to this year's contract. We are advised to, (a) resubmit next year, (b) include them within an existing L.I.E.C. during FY '86 or, (c) move to a single L.I.E.C. and simply count them next year.

From: Z. Ronald Skenandore, Education & Training Director



## NHC FOOD SERVICE FISH FRY



Fridays: 11:00 A.M. — 9:00 P.M.  
Carry-outs or In-house



Your choice of:

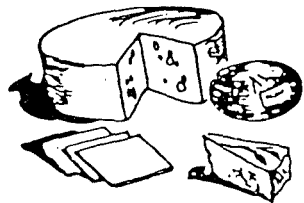
Perch, Haddock, Walleye or Frog Legs

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 — 869-2214



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!

## JOB OPENING

POSITION: Summer employees - Applications available from the Upward Bound office

Summer Director of Residence Life: should possess a Master's degree in Guidance or a related field, successful administrative experience, familiarity and/or experience with the problems of educationally disadvantaged and/or minority students, and ability to work well under conditions of emergency and stress. Some theoretical and practical background in educational and personal counseling would be an advantage. Project Counselor, Instructor of Career and Self-Development and Assistant Director: should have a Master's degree in counseling and training and experience in secondary level education. Teaching Faculty for Reading, General and Advanced Mathematics, Life Science, Physical Science, Social Science (History, Geography, Economics, Government, etc.), Communications, Physical Education, Art, Writing, Typing and Seminar Leader in Human Growth and Development: Teaching staff must be licensed in their field; secondary level teaching experience preferred. Residence Hall Desk Staff: experience in receptionist duties and clerical work preferred. Tutor Counselors: should have at least two years of postsecondary education (graduate students preferred), have energy, enthusiasm and creative initiative; have adaptability and patience; have a friendly and outgoing demeanor.

Employment begins June 12, 1985, and ends July 27, 1985, depending on funding. One tutor-counselor position will begin June 5, 1985, and end July 27, 1985.

Send letter of application, resume and official credentials with letters of recommendation by February 28, 1985. Applications received after February 28, 1985, may not be considered.

CONTACT: Lawrence Waukau, Director of UPWARD BOUND, University of Wisconsin-Stevens Point, Student Services Center, Room 202, Stevens Point, Wisconsin 54481; (715) 346-3337.

### CASSETTE TAPES ONEIDA LANGUAGE LESSONS — \$6.00

Cassette tapes are available at the Oneida Language Office, Sacred Heart Center, room 4316, 869-2274. The office also has taped stories and other materials which have appeared in the KALIHWI-SAKS.

ALSO: BEAR BOOK a \$12.00 collection of bear stories from Oneida's during WPA project in 1939.

### Shenandoah Books, etc.

- Older, Collectible
- Bought and Sold
- Title Search for Out-of-Print Titles

133 E. Wisconsin Avenue  
Appleton, Wisconsin

Hours: Mon.-Wed. 10-7, Thurs. 10-8,  
Fri. 10-9, Sat. 10-5, Sun. 10-2

"Browsers always welcome"

# Poet's Smoke

The following poems are taken from THE MESSENGER - Fall 1984. We hope you enjoy them.

## "Silence Of The Heart"

The days pass slowly in this  
lonely hell  
All emotions of good lost, yet  
hatred and anger swell,  
Cold, thin air carries along the  
stench of broken spirits  
The souls of those lost inside  
this steel maze.

No songs are sung, no kind words  
are shared

Eyes stare out of nameless faces,

The burning fires of the mad, the scared  
In the night hear the screams of  
minds blown apart  
The final futile beat before the  
Silence of the Heart!

By Rick Langenfeld

\*\*\*\*\*

## The Bottle In My Pocket

I carry a bottle in my pocket  
A shameful reminder to me  
Of the fact that I am an alcoholic  
And I will never be free  
This bottle has no magic  
And it isn't a good luck charm  
But I use it to protect me  
When elephants walk and demons swarm  
I don't need any identification  
For all the world can see  
The relationship that exists  
Between my bottle and me  
When I put my hand in my pocket  
Searching for a nickel or a dime  
The emptiness there reminds me  
I spent it all for this bottle of wine  
I'm reminded too of the emptiness  
That is mine day after day  
And I know I'll need another bottle  
To drive the loneliness away  
And another for the remorse and sorrow  
That are mine alone to bear  
Sitting alone in a darkened alley  
Crying out to a God who isn't there  
So I carry a bottle in my pocket  
A shameful reminder to me  
Of the fact that I am an alcoholic  
And doomed to a life of misery.

By H. Hight Elk

## Society

Innocence is with  
Which we buy knowledge  
Trust that with  
Which we buy wisdom  
Character is with  
Which we earn respect  
If by chance we have retained  
Innocence, trust & character  
Along with having gained  
Knowledge, wisdom & respect  
Then might we one day have  
Love Also?

By C. E. Cooper Jr.

\*\*\*\*\*

## My Mom

There's very few like you, Mom,  
Seems you always  
find a way  
To fill my heart with joy  
each passing day  
It doesn't matter what I  
say or do  
Seems you're always there to  
help me through . . .  
You always have time enough  
to spare  
When I'm in great need for you  
to be there  
Mom, your kind words  
of cheer  
Are always loving and  
so sincere  
I love you, Mom, and my  
friend  
As time passes, will never  
end . . .

M. G. Roggenkamp - WCF

\*\*\*\*\*

## Everytime

I stop  
Smoking  
I feel  
As if  
I can't find  
My teeth

By Larry Beshara

Head Start Questionnaire Continued.

16. How do you feel Head Start has effected your education? \_\_\_\_\_  
\_\_\_\_\_
17. Who is Arletta Kurowski? \_\_\_\_\_
18. What age were you when you had your first child? \_\_\_\_\_
19. How many brothers/sisters from your family attended Head Start?  
Name \_\_\_\_\_ Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
20. Do you have newspaper chippings, pictures, or art work saved since you attend Head Start? Yes \_\_\_\_\_ No \_\_\_\_\_ If so, would you be willing to share the material with us for the Reunion Book? NOTE: I would need the material by March 31, 1985.
21. Are you aware of anyone who attended Head Start in the past 20 years who are now deceased, if yes, please state name \_\_\_\_\_
22. Is there any thing else you would like to share with us? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
23. Will you and your parents plan to attend the 20th Anniversary Reunion of Head Start on Saturday, April 27 at the NORBERT HILL CENTER, in Oneida? Yes \_\_\_\_\_ No \_\_\_\_\_  
If Yes, How many persons from your family will be attending?  
Name \_\_\_\_\_ Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Oneida Head Start 20th Anniversary  
Reunion Celebration

Please Return To: Oneida Head Start  
P.O. Box 365  
Oneida, WI 54155

QUESTIONNAIRE

1. Name \_\_\_\_\_ Maiden \_\_\_\_\_
2. Present address \_\_\_\_\_
3. Phone \_\_\_\_\_ Age \_\_\_\_\_
4. Parent's name \_\_\_\_\_
5. Parent's address \_\_\_\_\_
6. Last grade completed in school \_\_\_\_\_
7. Do you currently have children attending Head Start now? Yes \_\_\_\_\_ No \_\_\_\_\_
8. What are their names? (see question #7) \_\_\_\_\_
9. What are you doing now, school, job, etc? \_\_\_\_\_  
\_\_\_\_\_
10. As an alumni from Head Start what do you remember as the most eventful moment?  
\_\_\_\_\_  
\_\_\_\_\_
11. Head Start has changed in many ways over the years. What do you feel are the best changes? \_\_\_\_\_  
\_\_\_\_\_
12. If you are planning to attend the 1985 Head Start Reunion, how far will you have to travel? \_\_\_\_\_
13. Who were your teachers in Head Start? \_\_\_\_\_
14. Where did you attend Head Start, What year? Tribal Building \_\_\_\_\_  
Episcopal Church Mission \_\_\_\_\_  
Sacred Heart/Norbert Hill Center \_\_\_\_\_
15. Have you had the opportunity to visit Head Start since you graduated, if so, when and what are your opinions? \_\_\_\_\_  
\_\_\_\_\_

CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism,  
he learns to condemn,

If a child lives with hostility,  
he learns to fight,

If a child lives with ridicule,  
he learns to be shy.

If a child lives with shame,  
he learns to feel guilty.

If a child lives with tolerance,  
he learns to be patient.

If a child lives with encouragement,  
he learns confidence.

If a child lives with praise,  
he learns to appreciate.

If a child lives with fairness,  
he learns justice,

If a child lives with security,  
he learns to have faith.

If a child lives with approval,  
he learns to like himself.

If a child lives with acceptance and friendship,  
he learns to find love in the world.

Dorothy Law Nolte



# ONEIDA HEADSTART

- HELPING CHILDREN FEEL SAFE -

## The Issue

We teach our children about stranger danger, bike safety, poisons in the home, and fire prevention; but children have no source of information regarding personal body safety.

## The Statistics

There is a growing concern over sexual abuse of children. Children are far more likely to come into contact with a situation arising out of inappropriate touch from someone they know than from a stranger.

- \* 1 in 4 girls will be sexually molested before the age of 13.
- \* 1 in 8 boys will be sexually molested before the age of 16.
- \* 85% of the molesters are not strangers, but are people the children know.
- \* 10% of the children who are assaulted are under 5 years of age.
- \* More children between 8 and 12 report sexual assault than teenagers.
- \* 11 years is the average age of the sexually abused child.

## Education Is A Beginning

We can begin to address this problem through education. Our children can be taught about body safety. They have a right to feel safe and be safe at all times.

## The Curriculum

Start with 4 basic premises:

1. All children have a right to feel and be safe all the time.
2. Children need to learn effective techniques to enable them to protect themselves from inappropriate touch.
3. If children are not feeling safe they, and those who care about children, need to do something about it.
4. Nothing is so awful that you can't talk about it with some caring adult.

## Parental Involvement

Parents need to be aware and involved in addressing the issue of sexual exploitation of children. Excellent parent resources are available to assist parents in reinforcing some of the educational activities the school may elect to undertake. Community groups may act as catalysts to sponsor community forums on the issue, provide funds to purchase consumable educational supplies for the classroom activities, and lend their support and energies to enable effective programs to become a reality.

20 Years of Head Start

(1965 - 1985)

Reunion Celebration

WHERE ARE YOU??

Plans are underway for the celebration of twenty years of Head Start!

"Celebrate The Oneida Tribe Commitment To The Children"

Where: Oneida Head Start Center  
located under the gym at  
The Norbert Hill Center  
3000 Seminary Road  
Oneida, WI 54155

When: April 27, 1985  
12:00p.m. - 8:00p.m.

Who: All Head Start children  
from 3 years to 24 years

What: Art exhibit, Awards, Food,  
Social Indian Dancing,  
Language Art Award (write  
a story about when you  
were in Head Start), Picture/  
Slide Display

Please detach and mail or drop off at:

Oneida Head Start  
P.O. Box 365  
Oneida, WI 54155

Phone: 414-869-2792  
Hours: 8:00a.m. - 4:30p.m.  
Monday - Friday

---

### Registration Form

Name \_\_\_\_\_ Maiden Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ Year Attended Head Start \_\_\_\_\_

PLEASE ATTACH THE HEAD START QUESTIONNAIRE. THANKS.