

DOMESTIC ABUSE ACTION TRAINING MANUAL

“DOMESTIC ABUSE IS NOT AN INDIAN TRADITION!”

2nd Annual Oneida Men’s Open Six Foot and Under Plus One Basketball Tournament

Sebastian’s of Green Bay defeated Lac du Flambeau 89-74 to win the 2nd Annual Oneida Men’s Open Six Foot and Under Plus One Basketball Tournament on March 2nd at the Oneida Tribal School. Sebastian’s was led by Tournament Co-Most Valuable Player Chris Koehn’s 36 points. Lac du Flambeau was led by Co-M.V.P. Frank White’s 28 points. The top six places of the tournament were:

- Champions - Sebastian’s
- 2nd Place - Lac du Flambeau
- 3rd Place - Oneida
- 4th Place - Ladysmith
- 5th Place - Keshena Warbonnet
- 6th Place - Minneapolis High Society

The ALL Stars of the tournament will receive a jacket and they are:

- | | | | |
|-------------------------|------------------|----------------------|-----------------|
| Green Bay Lakers | - Melvin Evans | Lac du Flambeau | - Howard Wolf |
| Menominee Gas Co. | - Kurtis White | Oneida | - Paul Danforth |
| Blade Runner | - Mike Tozier | | - Dale Powless |
| Menominee Bingo Baggers | - Kurtis Peters | Menominee Warbonnets | - Tony Wilber |
| Mpls. High Society | - Greg Cavanaugh | | - James Knutson |
| Oneida Law | -Mike King | Sebastian’s | - John Krohn |
| Ladysmith | - Ernie Stevens | Co-M.V.P.’s | - Chris Koehn - |
| | | | Sebastian’s |
| | | | - Frank White - |
| | | | Lac du Flambeau |
| | - Conrad King | | |

Members of the Champion Team are:
 Dave Dahlke, Joe Shauer, John Krohn, Jimmy Arts, Tom Koehn, Chris Koehn, Jamie Mellotte.

Members of the 2nd Place Team are:
 Lac Du Flambeau
 George White, Frank White, Art Bell, Mike Allen, Vince Wolf, Gerry White, Howard Wolf, Ernie St. Germaine, Coach Jerry.

Very special thanks to the sponsors:
 Oneida One Stop, Norbert Hill Center, Oneida Recreation, Green Bay Trophy, Oneida Tribal School.

Also very special thanks to all the helpers of the tournament and it wouldn’t have been successful without your help.

Dan Ninham
 Tournament Director
 March 3, 1986

The Positive Indian Development Center Inc. is taking orders for the Action Training Manual titled: **“Domestic Abuse is not an Indian Tradition”**. This manual may be used for training Domestic Abuse Advocates and may also be used as a resource manual for personal use or in other agencies as well.

The contents of the manual include not only information on how to plan and present a workshop but also include sample workshop materials, information and statistics of the American Indian involved with Domestic Abuse and alternatives to positive living.

A **3 act Play** has been written to be used in conjunction with the manual or separately with the same title, **“Domestic Abuse is not an Indian Tradition”**. Please enter amount of scripts on the order form below that you would like to order.

Available soon! A **Domestic Abuse Handbook to Help the Abuser**. This handbook will include testimonies of former abusers, information to help the abuser with positive alternatives and solutions. Please use the order form below stating amount needed.

Filmstrips are for rent which explore the causes, characteristics and possible solutions to the problem of domestic abuse plus a decision-making film to help teens develop the decision-making skills.

A **Video** will be completed by the end of 1987. This will be on a historical view of the growth: Domestic abuse and the programs in Indian Communities that have counteracted the growth of abuse. This will be for lease or for purchase.

If you have any questions please, call 1-414-494-2961.

ORDER FORM FOR DOMESTIC ABUSE MATERIALS

NAME: _____ AGENCY: _____

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE: _____

#OF MANUALS: _____ AMOUNT ENCLOSED \$ _____ POSTAGE & HANDLING \$ _____

#OF HAND BOOKS _____ AMOUNT ENCLOSED \$ _____ Request for filmstrip rental listing

#OF SCRIPTS _____ AMOUNT ENCLOSED \$ _____

TOTAL AMOUNT _____ TOTAL AMOUNT \$ _____ Interested in Video?

Donations of \$15 per manual plus \$2 for postage and handling is requested. \$5 per handbook and per script is also requested.

Mail to: Positive Indian Development Center Inc.
 P.O. Box 11064
 Green Bay, WI 54307-1064

MODEL VOLUNTEER PROJECT

We are delighted to announce that we are again able to bring you the Model Volunteer Project. This is the 5th year of our efforts to recognize the volunteer service contributed by teens.

WHO: You should submit the name of any teens who have made a regular committment to volunteer work (for a semester or a summer) and who have fulfilled that committment.

WE: Prepare and provide you with a certificate for each teen accepted. We will also publicize the name of each teen recognized.

YOU: Agree to present the certificate in some public way.

WHEN: Names must be submitted to us prior to April 1. We will mail the completed certificates to you in May.

We think you know some teens who deserve this recognition. Please take a moment to complete the enclosed list and let us know about them.

Sincerely,
Nancy Phoenix

IT'S TAX TIME AGAIN!

There will be a Tax-aide Counselor to give FREE assistance to the ELDERLY in the preparation of Federal and State Income Tax and Homestead Tax Credit forms on March 11, 1986 (Tuesday) 1:30 - 4:30 p.m. at the Multi-Purpose Center.

Please call Arleen Elm at 869-2448 to set up an appointment.

LOW INCOME ENERGY ASSISTANCE PROGRAM FOR SUBSIDIZED HOUSING

The federal District Court recently directed the State of Wisconsin to change its policy on payment of energy benefits to persons in subsidized housing who pay heating bills directly to a fuel supplier.

If you are income eligible you may qualify for one-half of the regular benefit. If you have applied for this and have not received any word please contact this office. If you hve already received an initial check and would like to apply for the supplementary payment please contact your Income Maintenance Office.

At present time the LIEAP is expected to terminate as of April 30, 1986.

For Sale

14'x70' - 1974 Rollohome, 3 bedroom, new carpet, new hot water heater. Must be moved at buyer's expense; \$8,000. Call 869-2304

14'x70' - 1973 Windsor Trailer, 2 bedroom, attached garage, on Tribal land; \$10,000. Call 869-1420, ext.321

1979 Nova Custom, 6 cylinder, 59,000 miles, 4 door; \$2,500. Call 869-1420, ext 321. Can be seen at Norbert Hill Center

House for sale by owner, 3 bedroom Ranch, 2 car garage on 1 acre of land. Home is surrounded by woods and within reservation boundaries, Seymour School District; \$47,900. Call 869-1098 after 5 p.m. FMHA assumable

Land in Oneida on County 'J', 2.5 acres, landscaped w/well percs for mound system; \$16,900. Call 869-1434, Don & Kim Hill

Studio Couch Queen Size, makes into bed, Gold, good condition can be seen at Site II Apt. 407. Asking \$200.00 Call 833-7125

Wheelchair like new, 869-1415 on old Seymour Rd. Oneida



Tournament Champions Sebastian's of Green Bay



Second Place Team
Lac Du Flambeau Warriors



White of Lac Du Flambeau makes an easy extra point



Dan Ninham, Tournament Director, awards First Place to Sebastian's of Green Bay



Dan Ninham, Tournament Director, awards Second Place trophy to Lac Du Flambeau Warrior, Ernie St. Germaine



2 Tribal Members Jailed

Two Tribal Members were jailed early Thursday afternoon by the local authorities and transported to a maximum embarrassment facility at Port Plaza Mall in Green Bay.

A Judge for the National Cancer Society charged Kate Stevens, 35, of Oneida with being late for a chili dinner. Charges were filed by Vince Cornelius, Oneida. Vince also paid 25.00 court cost for having Stevens arrested and apprehended. Additional charges were filled by Tim Hughes against Kathy Hughes for allegedly being a friend of Stevens. Tim was assisted by a family friend in paying a \$25.00 court cost to the American Cancer Society.

Stevens and Hughes were required to raise bail money for their release. Hughes raised \$345.00 for the National Cancer Society and Stevens raised \$268.00. Both of these girls are to be congratulated for their crimes and bail raising, efforts.



Congratulations (Con't)

Congratulations to Carol and Bruce Cornelius on the birth of their son Bruce Gordon Cornelius Jr. born Feb. 27th, 1986 Jr. came into our world at 8 lbs. & 12 oz. Grandmother is Loraine Cornelius

Congratulations to Wanda Reed and Marty Stevens on the birth of their little Darling, Ashley Sue, on 2/20/86. 9 lbs. 8 oz. 21 inches. (Now you don't have to borrow Jessica so much. Ha!) Elaine

A SPECIAL THANK YOU

To my mother Irene Prevost. As my Birthday approaches I just wanted to say THANK YOU. You have given me the greatest gift of all, the gift of life and love. I LOVE YOU MOM!

GRACE

IN LOVING MEMORY OF FRANK BEAR
Who passed away March 5, 1979, 7 years ago. He was loved by many people. He was a man who was very special in many ways he is sadly missed by all.

Foster Care

To protect a child's roots is to protect his rights. His right to live and grow among people who fully understand him. His right to learn to respect his cultural heritage . . . and himself.

A child's own family is the best place for that to happen. But, sometimes there are problems that make foster care a necessary choice. Like physical and mental illness, chemical dependency, child abuse, neglect, desertion and sometimes children need foster care because of their own problems.

Foster care is not meant to be forever. A child usually continues to visit with his own family while in foster care. Our hope is that the family be reunited. We know its hard for foster parents to love a child and let him go. But, it helps to know that you protected that child's roots in his community.

It takes money to raise children, as well as time, effort and caring. The foster child's food, clothing, medical, dental, and his share of the household expenses are all paid for. So you don't need a lot of money, just enough income for your own family. What you do need, is a lot of love, patience, and desire to help a child in need.

Because every foster family needs to have a license, you will be working with a social agency that licenses foster homes and places children. Foster homes are licensed to make sure that children have a place to stay.

If interested in becoming a licensed Indian foster home or want more information, please contact:

ONEIDA INDIAN CHILD WELFARE DEPT.
ONEIDA COMMUNITY HEALTH CENTER
P.O. BOX 365
ONEIDA, WI 54155
(414) 869-2711

or Your local County Dept. of Social Services

HAPPY BIRTHDAYS

HAPPY BIRTHDAY to Yako Webster, February 28, Leia Webster February 25 and Arthur Skenandore, March 28
HAPPY BIRTHDAY to "DAD", Emerson Reed, on March 3rd.

Love All "8" of us & all "9" Grandkids!
HAPPY BIRTHDAY to Mike Bowman, March 1
HAPPY BIRTHDAY to Carol Cornelius, February 28.

HAPPY BIRTHDAY to Everette Cornelius, March 5.

HAPPY BIRTHDAY to Margaret Cornelius, March 10.

HAPPY BIRTHDAY to Tony Cornelius, March 15.

HAPPY BIRTHDAY to Randy "Knob" Parker, March 8.

HAPPY BIRTHDAY to Cliff Powless, March 4
From Rose Powless

HAPPY BIRTHDAY to "Mom" Carol Skenandore, April 23 - Love Family

HAPPY BIRTHDAY to Tony, 1 year, March 18
Love Family

HAPPY BIRTHDAY to Mom, February 28 - Vinnie

HAPPY BIRTHDAY to Dad, March 5 - Vinnie

HAPPY 30th BIRTHDAY to Bruce Danforth on March 8. It must be terrible to be that old and married to such a young girl! Hope you can keep up with her ole boy! From the Younger Set

WISHING my No. 2 son, Oscar S. Schuyler, Jr. a Happy 17th Birthday on March 9th

Love Mom

I would also like to wish my Son-in-law, Michael J. Eisch a Happy Birthday on March 18.

Love Mom Schuyler

HAPPY BELATED BIRTHDAY to Dennis Danforth, February 15 - Vinnie

HAPPY BELATED BIRTHDAY to Neal, February 21 - Vinnie

HAPPY 50th BIRTHDAY Gramma Helen Ann Webster! March 23. We all love you! Bolly Jack, Beth Ann, Phillip Eric, Nicholas, Jonas, Nathan, Benjamin, Kyle and Christopher.

HAPPY 28th BIRTHDAY to Sondra Marie Metoxen on March 20th, from your Dear Love-ly Sister, Debbie.

HAPPY BIRTHDAY to :

Everett Cornelius March 5th

Forry D. Cornelius March 5th

Vicki Cornelius March 4th

Margaret Cornelius March 10th

Tony Cornelius March 15th

Gloria Wheelock March 21
HAPPY BELATED BIRTHDAY to Ruth Kerker Feb. 16th, From your sisters.

HAPPY BIRTHDAY to Taryn Webster March 5th
Love Mom & Dad & Sunshine Peril
HAPPY BIRTHDAY to Anthony V. Engebos 1 year old March 18th.



It's really true your body's been here for a half a century! From Keven & Boys

CONGRATULATIONS

Congratulations to Sylvia Cornelius, Daughter of Dellora Cornelius, for her academic accomplishments at Seymour Central Junior High. Sylvia was named to the honor roll by Principal Valitchka who commented on her contributions of good behavior and fine achievement.

Todd Michael Antepenko arrived on Jan. 9, 1986 to Rodney & Wendy Antepenko.

Rodney graduated from a diesel school in Laramie, Wyoming and then married Wendy from there. He is La Pearl's grandson.

Cliff Powless wrote that he is now in "pretty good shape and back to work" after the successful right knee replacement.

Eva Marie Flying has been nominated "Good Student of the Week" by Ms. Peters. Ms. Peter states "Eva has done a great deal to help new students coming into the Middle School this year. She has been an excellent peer leader and has demonstrated this quality by her continual care and concern for others. Her response to adults is always courteous. Her sincere smile has done alot to make others feel welcome."

Eva is an eighth grade student, she is the daughter of Mr. and Mrs. John Paul Flying.

Great Grand Daughter of Ben & Ameila Jordan.

National Indian News

Indian Rights Group May Close Doors Forever:

The Indian Rights Association (IRA) in Philadelphia, the oldest Indian advocacy group in the country, may have to shut down its operation due to lack of funds. In a February 12 article in the **Philadelphia Inquirer**, executive director Melanie Beth Oliviero said, "If we cannot obtain the necessary funding, we will have to close down by Easter." It would take \$40,000 to get the association and its staff of two full-time people and one part-timer through the remainder of its current fiscal year, said Oliviero, "but we're finding it hard to come by." IRA was founded by two prominent Philadelphians more than a century ago to establish an organization to bring the abuse of Indian rights to the attention of the public. Today, IRA has a membership of less than 1,000. Oliviero said the organization had not sought government funding because "our reputation for fairness and objectivity in the Indian community is more valuable than federal money."

BIA Will Discontinue Direct Funding of NCAI and NTCA:

Interior Assistant Secretary Ross Swimmer has informed the National Congress of American Indians (NCAI) and the National Tribal Chairmen's Association (NTCA) that the Bureau of Indian Affairs will no longer continue funding the two organizations. In a January 27 letter to Reuben Snake, president of NCAI, and an identical letter to Richard LaFromboise, president of NTCA, Swimmer noted that the only BIA source for money provided to the national organizations was tribal program funding. Swimmer said he could not continue the practice of giving tribal program funds to the national organizations, when Bureau funding for these programs has been reduced and then cut further by the requirements of the Gramm-Rudman deficit reduction act. At a mid-year conference of the two organizations, February 10-12, in Washington, D.C., Swimmer told participants that the organizations should be supported by the tribes and the people they represent. Swimmer, in his letter to the two organization presidents, asked for recommendations for identifying and giving priorities to "the real problem on reservations which we want to solve." He added, "Let's get into the problem-solving mode. In the past there have been many, many tribes that have used the federal dollars to provide emergency employment on reservations, without planning for long range development and benefits, and on many of these same reservations, heavy unemployment continues today."

Tribe Rejects \$140 Million Settlement of Land Claim:

The Puyallup Indian Tribe of Washington rejected February 8 a proposed \$140 million settlement of land claims in and around Tacoma, Washington. Tribal members voted 236 to 158 against accepting the proposed settlement developed by city officials and others in the past year. Tacoma Mayor Doug Sutherland said he was "terribly disappointed." He added, "I don't know whether it's money or land, but there is no more. We've already gone beyond our capacity to deliver." According to a Knight-Ridder News Service story, up to 18,000 acres of land, including three tracts that compose the city's industrial area and its downtown core, figure in the dispute, rooted in treaties more than 100 years old. City officials fear that the threat of prolonged Indian lawsuits would cripple economic development in the city, which in the last year has become the fastest-growing port on the West Coast. The settlement process was started after the U.S. Supreme Court in 1983 upheld a lower court ruling that the Puyallups held legitimate claim to 12 acres of prime commercial properties in the Port of Tacoma.

Congressional Hearings on Indian Programs, Budgets are Scheduled:

The Senate Indian Affairs Committee has a February 18 hearing on the 1987 budgets of the Bureau of Indian Affairs (BIA), Indian Health Service (IHS), and the Indian programs of the Departments of Education and Housing and Urban Development. Interior Assistant Secretary Ross Swimmer will be one witness. The House Interior Appropriations Subcommittee has scheduled hearings on February 19 on the Interior Department's 1987 budget (Secretary Hodel, witness); February 26, the IHS 1987 budget and March 6, a hearing for non-governmental witnesses on the 1987 budgets of BIA and other Indian agencies. The House Interior and Insular Affairs Committee on February 19 will be a witness. The House Education and Labor Subcommittee on Human Resources will have a hearing February 24 on the reauthorization of the Administration for Native Americans.

WINNEBAGO TRIBE OF NEBRASKA REGAINS JURISDICTION OVER ITS OWN PEOPLE

Following a tense hand heated debate among members of the Nebraska Legislature, the Legislature has agreed to retrocede criminal jurisdiction over the Winnebago Reservation in northeast Nebraska. The January 16 vote was 25-21, precisely the number needed for passage. The favorable passage of LR 57 means the state will give back its criminal jurisdiction to the federal government. The Tribe will then exercise exclusive jurisdiction over misdemeanors committed by Indians on the Reservation.

A similar resolution was introduced last year. A local group dedicated to termination lobbied against it and the resolution never got to the floor for a debate or a vote on the merits. This year, strong support from a number of groups and state representatives made the critical difference in passage of the legislation.

Gambling was a central issue in the debate, the opposition's fear being that retrocession would translate into increased gambling on the Reservation and elsewhere. However, the sponsor of the legislation said that "there can be no more gambling (on the Reservation) after retrocession than before," adding that "retrocession was the fair thing to do for a people who wish to help themselves."

The Winnebago Tribe of Nebraska, the Bureau of Indian Affairs and the Nebraska State Patrol (a statewide police agency), have agreed to enter into a full cross-deputization agreement covering the Winnebago Reservation. The agreement will be effective July 1, 1986, the date of retrocession.

Bob Peregoy, NARF Attorney for the Tribe, said that when retrocession becomes effective in July, the Tribe will prosecute misdemeanors committed by Indians. "Off reservation crimes committed by Indians will continue to still be prosecuted in state courts, and felonies committed on the Reservation would be tried in federal court. Non-Indians committing crimes on the Reservation will be prosecuted in either state or federal courts. However, non-Indians cannot be tried in tribal court for criminal matters under any circumstances," he added.

The Native American Rights Fund (NARF) is a nonprofit Indian legal organization representing Tribes, groups and individuals throughout the United States.

Governor Praises Tribe For Their Self-Sufficiency Efforts:

Wisconsin Governor Anthony Earl was full of praises about the Oneida Tribe after a tour of their bingo center and \$10.5 million hotel now under construction. In an article by Green Bay Press Gazette newspaper, tribal economic developer Bruce King, told Earl that 80 percent of the Oneida's \$34 million annual budget is now generated internally with the remainder coming from federal and state aids and grants. He also told Earl the 202-room hotel, scheduled to open in June, would employ 160 tribal members and bring unemployment down to about 25 percent. He said the bingo center employs 150 tribal members. Earl said, "These kinds of economic self-sufficiency efforts and reinvestment are to be applauded."

New Indian Education Director Talks about Budget and Indian Children

Henrietta Whiteman, the new Bureau of Indian Affairs director of the Office of Indian Education Programs in Washington, D.C. told Mark Trahan, editor of Navajo Times Today, she wants "to ensue, as much as possible, within the constraints of Gramm-Rudman and future appropriations, quality education for American's first children." A Cheyenne Indian from Oklahoma, Whiteman said prior to coming to Washington she was vague about Gramm-Rudman. Her concerns now are the kind of effects it would have on the Indian child. "We're not looking at facts and figures," said Whiteman, "...I'm looking at the lives of Indian children." Later, she added, "Education, to me, is a very serious responsibility," Whiteman said the budget crunch will force Indian educators to be creative and assess their priorities. Whiteman said we haven't used our resources well in developing quality programs for Indian education. Whiteman admits it's going to be a transition for her as an educator to be a federal bureaucrat. Whiteman is responsible for a \$270 million budget and the operation of 166 schools. Whiteman is from the University of Montana, where she was a professor and the director of Native American Studies.

POW-WOW NEWS

7th Annual UNITED TRIBES of Milwaukee Inc. TRADITIONAL POW-WOW Sat. & Sun. March 15 & 16, 1986 At the Richard St. Armory

For More Info. call Richard Watkins 414-289-9272 or Charlene Wheelock 414-643-6058

UW LACROSSE POW-WOW April 19 & 20, 1986 For Further Information Write to: Minority Affairs Office 223 Main Hall LaCrosse, WI 54601

4th ANNUAL BEAR RIVER POW-WOW LAC DU FLAMBEAU JULY 11, 12 & 13, 1986

FIRST BEAR RIVER POW-WOW BENEFIT MARCH 8-9 ALSO INCLUDED AN ALL INDIAN MEN'S BASKETBALL TOURNAMENT POW-WOW IN EVENING ON SATURDAY

For Further Info., Call Ernie St. Germaine 715-588-3303

ANNUAL DENVER MARCH POW-WOW March 21-22-23, 1986 and Rendezvous Market Denver Coliseum E. 46th Ave. & Humboldt St. (concrete arena SOUTH side of I-70) DENVER MARCH POW-WOW, INC. P.O. Box 19178 Denver, CO 80219

NATIVE AMERICAN AWARENESS DAYS POW-WOW Friday March 21, 1986 Northland College, Ashland, WI For more information Call 715-682-4531 Joe Rose ext. 204 Marge ext.238 Ron Maday ext.240 Beth Lynn ext. 239

3RD ANNUAL FEAST OF THE FLOWERING MOON Saturday, May 24 thru Monday May 26. Chillicothe, Ohio For more information write or call - Ross Chillicothe Convention & Visitor Bureau P.O. Box 73 Chillicothe, Ohio 45601 (614-775-4100)

8th Annual Cultural Week S.I.F.C. POW-WOW (Saskatchewan Indian Federated College) March 22 & 23, 1986 Saskatchewan Canada For more information Call 306-584-8333

TO ALL ONEIDA WOMEN

YOU ARE INVITED TO ATTEND THE ONEIDA CHAPTER OF THE **WOMEN REACHING WOMEN** SUPPORT GROUP

DATE: BEGINNING Tuesday, March 11-9:30 a.m. Thursday, March 13-6:30 p.m.

PLACE: ONEIDA COMMUNITY HEALTH CENTER CONFERENCE ROOM - TUESDAY (Downstairs)

ONEIDA HEADSTART ROOM - THURSDAY EVENINGS

IF NEEDED, CHILDCARE CAN BE PROVIDED BY CALLING AHEAD: CALL SHERRY AT 869-2711, CHEMICAL DEPENDENCY PROGRAM.

WOMEN REACHING WOMEN (WRW) IS A STATEWIDE VOLUNTEER ORGANIZATION CONCERNED WITH THE SPECIFIC PROBLEMS OF WOMEN AS THEY ATTEMPT TO OVERCOME PROBLEMS OF WOMEN AS THEY ATTEMPT TO OVERCOME AODA (Alcohol and other Drug abuse) PROBLEMS IN THEIR LIFE OF THE LIFE OF A LOVED ONE. THE PRIMARY PURPOSE OF THE ONEIDA WRW GROUP WILL BE TO SUPPORT ONE ANOTHER IN AN ATTEMPT TO MAINTAIN A HEALTHY AND SATISFYING LIFESTYLE THAT IS FREE OF ALCOHOL AND OTHER DRUGS.

Lenten Special Starts Immediately!

Fryday Fish Fry at Norbert Hill Center Cafeteria
11:30 a.m. to 7 p.m.

\$5.25 includes a trip to our soup & salad bar with either

5 pieces fresh lake perch with homemade tartar sauce
or
3 pieces of breaded haddock with drawn butter

All dinners served with french fries, rye bread & a slice of raw onion

FRIDAYS ONLY

FRIDAYS ONLY

FRIDAYS ONLY

FRIDAYS ONLY

Carry outs available at \$4.50
Choice of fish, french fries, rye bread, and tartar sauce

CALL AHEAD 869-1333

FREE CHEESE, BUTTER and CHOICE of OTHER COMMODITIES

* * *

Application and Distribution Norbert Hill Center — Oneida

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

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8	9	10
CURRENT GROSS YEARLY INCOME LESS THAN:	\$7,875	\$10,575	\$13,275	\$15,775	\$18,675	\$21,375	\$24,075	\$26,775	\$29,475	\$32,175
CURRENT GROSS MONTHLY INCOME LESS THAN:	\$ 656	\$ 881	\$1,106	\$1,331	\$1,556	\$1,781	\$2,006	\$2,231	\$2,456	\$2,681

Friday
March 21

10:00 A.M. — 11:00 A.M.
(if supply lasts)

PLEASE bring your own grocery bags!

APPLICANT must present DRIVER'S LICENSE, UTILITY BILL or ENVELOPE to verify residence.

NAVAJO RELOCATION COMPROMISE GAINS SUPPORT

WASHINGTON, D.C. (IPN) - A campaign by Arizona Reps. Morris Udall and John McCain to reach a compromise over the relocation of thousands of Navajos from the Hopi-Navajo Joint Use Area is gaining momentum, though it has yet to convince its major congressional opponent, Sen. Barry Goldwater.

Udall and McCain have circulated a bill that would trade \$300 million in Navajo mineral royalties for the right of the Navajo families to remain on the disputed land. Navajo Tribal Chairman Peterson Zah supports the compromise, but not all the details of the bill. The three other senators from the affected states, Dennis DeConcini (D-Ariz.) and New Mexican senators Pete Domenici and Jeff Bingaman, have also endorsed a compromise.

But Goldwater is "flat against its period," according to one of his aides. "As far as he is concerned the July 6 deadline is still on."

In a letter to Barbara Heget, Senator Proxmire wrote;

1) Repeal of the law establishing the Commission will not solve the problem. The requirement for relocation is the result of a final court order and to prevent the required move, the Congress would have to defy the Courts.

2) The situation in the region appears to be deteriorating. The younger Navajos and Hopis who might be easily induced to move have already done so. Those who remain are determined to fight and observers on the scene predict that violence will occur.

3) In the view of the General Accounting Office, the Navajo-Hopi Relocation Commission has done the best possible job under the circumstances. It would have been helpful if land transfer, rather than the construction of new homes, had been the path followed but this was not under the Commission's control. They did not have the authority to effectuate such a transfer.

4) It is unclear whether the Courts will ever be willing to reconsider their mandate, which appears to be completely unworkable.

As you can see, repeal of the Public Law will only abolish the Commission, not the mandate for relocation.

Hopi Tribal Chairman Ivan Sidney is also a strong advocate of the removal. He has threatened direct action to forcibly relocate the Navajos if the July 6, 1986 deadline, mandated by a 1974 congressional act, is postponed or rescinded.

The Navajo families who would be relocated under the federal law are estimated between 200 and 1215. Navajo Attorney General Claudine Authur has put the figure at 820. Most are traditional people with spiritual and cultural attachments to their homesteads and adamantly against the forced relocation. Many have threatened to physically fight the July 6 deadline.

"I do not know if there will be violence in July," McCain said, "but I do know we are in one hell of a predicament."

Congress has heard strong testimony that relocation is not working. Numerous families already relocated have suffered loss of homes bought for them by the Navajo-Hopi Relocation Commission. The commission has been criticized for not providing them with adequate counseling. According to Goldwater, the congressional hearings on the issue are so much "beating around the bush. The Navajos should move period."

But a recent editorial in the NAVAJO TIMES TODAY pointed out even if Goldwater succeeds in killing legislation this session, the senator is "retiring at the end of this Congress."

"The legislation would be a comprehensive agreement," the editorial said. "The people of the former Joint Use Area, both Navajos and Hopis, could rebuild their lives from the past decade of confusion."

Walkers and Trotters Annual Game

Oneida Tribal School
P.O. Box 365
Oneida, WI 54155-0365
414-869-2795 or 2070

The Oneida Tribal School is once again sponsoring our 5th Annual Oneida Walkers and Trotters Basketball game. Our "Famous" Walkers and Trotters will be playing our Oneida Tribal School 5th - 8th Grade Boys and Girls.

The Basketball game is scheduled for Saturday, April 12, 1986 at 2:00 p.m. in the Norbert Hill Center Gym. Admission is \$1.00.

For those of you who don't know who our Walkers and Trotters are and what makes them so "FAMOUS" let me tell you why. The Oneida Walkers and Trotters team is made up of our distinguished aged men in our community who must be over 30 years old or considered "Over the Hill."

There is a dress code enforced. Each player must wear a dress of appropriate length, wear a hat and/or high fashion hairdo, and tennies. All players must carry a purse at all times. Make-up is mandatory. Points will be taken away from total score if a player violates these rules.

Proceeds from this special fund raiser will go towards the end of the school year annual picnic and 8th Grade Graduation.

On behalf of the staff and students of the Oneida Tribal School we invite you to join in the fun and excitement of our game.

Hope to see you there !!!!!

Sincerely,
Debbie Reiter
Oneida Tribal School



Oneida Land Office Announcement

Approximately 55 acres of agricultural land for rent. Location is Olson Road in Town of Oneida. The property is available on a 5 year lease term to Tribal members at \$10 per acre, per year. Call the Land Office if interested - phone (414) 869-2214, extension 335.

NOTICE

Parent meeting for West De Pere
March 25th, 1986 at the Holy Apostles Convent
Time: 1:00 P.M.
Guest: Joe Mooney, BIA, for J.O.M.

Please attend as JOM funds are cut and it will affect our programs.

Sincerely,
Alberta Baird

ONEIDA PRINCESS COMMITTEE

The Oneida Princess Committee thanks all who supported our quilt raffle. Winners were picked at the "Honor the Youth" Oneida Powwow at the Civic Center on February 15.

Winners were as follows:

- Norma's quilt - Loretta Daniels
- Radio - Joyce Bougie
- Beaded Cross Necklace - Daisy Christjohn
- Tribal Emblem Keychain - Corinne Zhuckkhossee
- Gift Certificate from "Thrift & Gift Shop" - Elmer Denny from the "Voice of the Pines" Menomonee Drum.
- Gift Certificate from "Thrift & Gift Shop" - David Danforth from the "Red-tail Singers" Oneida Drum.

Anyone interested in being a part of the Oneida Princess Committee, please contact Rick Hill, 869-2214 or Nori Damrow, Food Distribution.

MOUTH PROTECTORS HELP SUPPORT A WINNING SMILE

What do WALTER PAYTON, JOHN COLLINS, ROBERT PARRISH AND LARRY HOLMES have in common? Most obvious, is that all are established athletes. What you may not have noticed is that all of these famous sports figures wear mouth protectors. And there are many more like them, both professional and amateur alike.

Mouth protectors have been in use for at least 20 years. You may have seen them worn in contact sports, particularly in football. But based on new findings made by researchers in dentistry and sportsmedicine, there's a clear need for mouth protection even in those sports not traditionally considered contact sports. And many experts recommend that mouth area, including such activities as surfing, basketball, gymnastics, racket sports, skateboarding, and field hockey.

Mouth Protectors protect more than just the mouth area (teeth, lips, cheeks, and tongue) from injuries to the head and neck by cushioning blows that otherwise might cause jaw fractures or concussions.

Each year thousands of preventable injuries and even permanent disfigurement occur because mouth protectors are not worn. This is why anyone who engages in vigorous sports activities, like those listed below should wear a mouthguard, says dentists.

Acrobatics	Ice Hockey	Basketball
Lacrosse	Boxing	Martial Arts
Discus Throwing		Rugby
Field Hockey	Racquetball	Football
Shotputting	Gymnastics	Skateboarding
Handball	Skiing	Skydiving
Soccer	Squash	Surfing
Volleyball	Water Polo	Weightlifting
Wrestling		

These sports can seriously harm the head, face, or mouth as a result of head-to-head contact, hazardous falls, tooth clenching or flying pieces of equipment. A single, well-constructed mouth protector can be used for any of these sports, thus making it versatile and an inexpensive piece of equipment, especially in comparison with most other sports gear.

While no one mouthguard is ideal and all offer protection, mouth protectors do differ in comfort, fit and cost. Three types of mouthguards are available:

- 1) the ready-made or stock protector
- 2) the mouth-formed protector, and
- 3) the custom-made protector

Stock mouthguards are the most easily obtained (you can find them in any sporting goods store) and the least expensive. But their bulkiness and fixed fit may make them uncomfortable. They also can interfere with speech and breathing.

The mouth-formed protector is best fitted by a dentist, who usually shapes plasticized acrylic gel or thermoplastic material to conform to the contours of the teeth. These mouthguards are secure and well-fitted. Some mouth-formed protectors can even be refitted if they become loose. Those that have lining, however, will need to have the lining replaced if it hardens from exposure to oral fluids.

Dental researchers say that the custom-made mouthguard is the most satisfactory of the three types. It is best constructed over a cast (model) made from a dentist's impression of the athlete's teeth. Then a resilient material is fabricated over the model. Although custom-made protectors are slightly more expensive than other types of mouth protectors, the exceptionally good fit, comfort and overall quality that result make them well worthwhile, claim experts.

But perhaps more important than what type of mouthguard one wears is the fact that athletes should wear mouth protector -- during practice as well as during games. Even if you have few or no natural teeth remaining, say dentists, you should wear a mouthguard to cushion blows.

And women too, should wear mouth protection. Studies show that female athletes experience injuries similar to those which male athletes receive in similar sports. Mouth protectors can help prevent head and mouth injuries to ANYONE who participates in vigorous sports.

Not only will you save your smile, but you will be more likely to come out a winner when you use mouth protectors. After all, no one can play well when they're injured. and injuries to the head or mouth can prevent you from playing at all. To stay in the game and to stay ahead, wear protectors.

WE'VE COME A LONG WAY

The Oneidas of Wisconsin have come a long way - geographically, politically and financially. This will be the first in a series of articles about where we came from, what happened and where we are going. This article will discuss the geographic move of the Oneidas from New York to Wisconsin. The following four articles will include: the early political base of the Wisconsin Oneidas, political parties of the depression era, the effects the Dawes and Indian Reorganization Acts had on the Oneida People and concluding with the outlook for the future.

The Oneidas are members of the six nation confederacy of the Iroquois. The other tribes belonging to the confederacy are the Onondaga, Mohawk, Seneca, Cayuga and Tuscarora. The ancestral homeland of the Iroquois is New York state.

In the state of New York during the early 1800's there was a strong cooperative effort by land companies, government, churches and settlers to have all Native Americans removed to make room for their civilization. The forms of removal being either deception or physical removal or attempts at assimilation. All Iroquois tribes were affected by this push. Laws and treaties were signed to both protect Native Americans from unscrupulous land grabbers and to remove them to the unpopulated areas to the west.

The church was a strong factor in the psychological and physical removal of some Oneidas.

Eleazar Williams was the son of Eunice Williams, a Mohawk captive. He was reputed to be the "Lost Dauphin" of France - the heir to the French throne. Williams was appointed Lay Reader to the Oneidas in 1817 by Episcopal Bishop John Hobart. There is a great deal of controversy that surrounds his life. He is historically portrayed as a great leader and protector of the Oneida people or as power hungry and looking out for his own self interests, depending on the author.

One idea that Williams had was to unite all Iroquois tribes and relocate somewhere in the west. He persuaded five young Oneida chiefs to join him in his quest for union. Among these chiefs was Daniel Bread. At the age of 16, Chief Bread was recognized as a great orator and given an office created for him. During this time Williams had numerous meetings with Thomas Ogden, who had claims on the Oneida land and was trying to have Williams use his influence in removing the Oneidas to the west. It's unknown if these meetings had any influence on Williams idea of a relocated Iroquois union.

In 1821, Williams and a small delegation traveled to Wisconsin to obtain land. A strip of land was acquired through treaty from the Menominee and the Winnebago Nations.

When the delegation returned from Wisconsin they were met with strong criticism. The majority of the tribe was apposed to the move. The Oneidas wanted Williams assistance withdrawn but church authorities and the War Department were on his side. In 1822 a larger delegation returned to the Green Bay area to meet with the Menominee and Winnebago. They were both given goods amounting to \$750 in agreement with the 1821 treaty. The Winnebago left immediately but the Menominee renegotiated and the New York tribes were given the right to occupy common lands with the Menominee. The Oneida settlement was located on the east end of Menominee land on Duck Creek.

1823 saw the first band of Oneidas move from New York to Wisconsin.

NEXT ISSUE — The early political base.

Virginia M. Thornton

EMPLOYMENT OPPORTUNITIES ONEIDA RODEWAY INN COMMUNITY MEETING

PURPOSE: General Information Session

TOPICS: Hotel Project History And Progress
Pre-Employment Training Program
Philosophy
Jobs
Question and Answer Period

MARCH 19, 1986

7:00 P.M.

NORBERT HILL CENTER AUDITORIUM

EVERYONE WELCOME

DIETARY GUIDELINES FOR AMERICANS
March is National Nutrition Month -- a good time to take a look at how you eat. If you are like most Americans, your diet is probably inadequate in some way. To help us improve our diet, the U.S. government has prepared "Dietary Guidelines for Americans." They are as follows:

1. **EAT A VARIETY OF FOOD.** In other words, you should choose foods from each of the four food groups each day. The fruits and vegetables provide you with vitamin A, C, and folic acid fiber, and many minerals. Breads and cereals from the grain group supply B vitamins, iron, protein, calories and fiber. Protein, fat and iron are obtained from the meat group. Foods from the milk group are major sources of calcium. So to get all the nutrients you need, "eat a variety of food".

2. **MAINTAIN DESIRABLE WEIGHT.** If you are not at your desirable weight, your chances of developing some chronic disease are increased. Being overweight is associated with high blood pressure, heart disease, strokes, diabetes, cancer, and many other illnesses.

3. **AVOID TOO MUCH FAT, SATURATED FAT, AND CHOLESTEROL.** Eating extra saturated fat and high levels of cholesterol will greatly increase your chance of having a heart attack. To avoid extra fat, choose lean meats and low-fat milk products; and limit the use of egg yolks, butter and deep-fried foods.

4. **EAT FOODS WITH ADEQUATE STARCH AND FIBER.** Starch foods provide us with energy and they contain about 1/2 as many calories as fats. Starch foods that contain dietary fiber are called complex carbohydrates and they reduce symptoms of chronic constipation and other diseases of the bowel. It has also been suggested that diets containing adequate fiber may decrease your risk of developing colon cancer.

5. **AVOID TOO MUCH SUGAR.** Sugars provide calories, but VERY FEW other nutrients. This is important for people who are trying to maintain a desirable weight. When eating less food, as during dieting, you must eat foods that provide nutrients as well as calories, therefore, sugars are not a good choice. Also, sugar is a major cause of tooth decay so it is very important to brush your teeth after eating sugar and sugar-containing foods.

6. **AVOID TOO MUCH SODIUM (SALT).** A major hazard of excess sodium is for persons who have high blood pressure. Sodium is present in many beverages and foods that we eat so we should add little or no salt to food at the table. Try flavoring your food with herbs, spices and lemon juice.

7. **IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN MODERATION.** Alcoholic beverages are high in calories and low in nutrients. Heavy drinkers frequently develop nutritional deficiencies.

Why not work on a couple dietary guidelines each week in March? By April you'll be eating exactly what you need to stay healthy!

W I C GROUP

Below is the schedule for the next three WIC Groups:

APRIL:

Understanding your child's appetite.

Learn what you can do to help improve your child's appetite. Lots of food suggestions will be offered.

MAY:

Child Development

Discusses important mile-stones to look for in your infant or child's growth and development.

JUNE:

WIC Kids

A fun day for WIC families. We'll have games, snacks and entertainment for all. More details later!

**PARENT SUPPORT GROUP
MEETS EVERY MONDAY
AT THE SITE II COMMUNITY
BUILDING
6:30 PM
EVERYONE IS WELCOME!**

W I C PICK-UP DATES

Oneida Community Health Center:
824 Double E Rd.
DePere, WI

Monday, April 7 8-4:30 p.m.
Tuesday, April 8 8-4:30 p.m.

WIC GROUP: 10-11:00 a.m.
Monday and Tuesday

Green Bay Amerindian Center:
9th & Broadway Sts.
Green Bay, WI

Friday, April 11 9-4:00 p.m.

Late Pick-up Date:
Wed., April 16
Oneida Health Center
8:30 - 5:00 p.m.

(The Special Supplemental Food Program for Women, Infants, and Children is open to all eligible persons regardless of race, sex, color, creed, national origin or handicap)

FRESH FRUIT DIP

8 oz. Container of Plain Yogurt
2 t. Honey
1 t. Vanilla
1 t. Lemon Juice

Mix all ingredients together and serve with cut up fruit.

FRESH VEGETABLE DIP

1 C. Plain Yogurt
3/4 C. Lite Mayonnaise
1/2 t. Lemon Juice
1/2 t. Salt
1/2 t. Paprika
1/4 C. Chopped Parsley
1 small onion, minced
1 Clove Garlic, minced
Chives (optional)
1/4 t. Curry Powder
1/4 t. Worcestershire Sauce

Mix all ingredients. Chill for several hours to allow flavor to blend. Serve with fresh vegetables.

W E L C O M E !

HUMAN SERVICE FACILITATOR:

George Skenandore

The position of Human Service Facilitator (HSF) is now a reality in Oneida. This position is the result of years of effort to ensure the continuity of Human Services to Oneida citizens. The HSF will be Oneida's liaison with both Brown and Outagamie Counties as well as the State of Wisconsin in Human Service matters. The HSF specific goal will be to ensure that Oneida citizens receive human services equal to any other citizen. Additionally, the HSF will educate County and State Human Services providers as to Oneida needs, cultural heritage, and future aspirations.

The Human Service facilitator position is now filled by GEORGE SKENANDORE, an Oneida. George went to grade school in Pulaski and graduated from West DePere High School. George went on to school, and graduated from the University of Wisconsin, Green Bay with a Bachelors Degree in Human Development and Psychology. While attending UW-GB, George worked as a guide at our Oneida Museum. After graduation, George took a position with Big Brothers and Big Sisters of Northeast Wisconsin as a Caseworker. He is now with US.

George began as the Human Service Facilitator on February 24, 1986. Needless to say, George has a lot of learning to do and is looking forward to the learning process. This position is a new position, so let us all get to know George and aid him in any way possible. George, who enjoys a wide variety of sporting activities, is planning to wed in May of this year.

George's office will be located in the Oneida Health Center and he can be reached at 869-2711. We, at the Health Center and in the Oneida community, welcome George, and are looking forward to working with him.

ATTENTION YOUTH!

The Hunter Safety Program is available for all youth 12-18 years old. It is a mandatory program by the State of Wisconsin in order to apply for a state license.

To hold a class we need no less than seven youth. The cost is \$3.00 with a \$1.50 refund if you successfully complete the class. The next class is tentatively set for March 3, 10, 17 and 24 from 6-9 p.m.

Sign up now at the Conservation Office (869-1420, ext. 321).

JOBS AVAILABLE

Oneida Tribe of Indians of Wisconsin

POSITION: Dental Assistant
LOCATION: Oneida Health Center
SALARY: Grade 9
(\$5.41-\$6.05/Hour)
CLOSING DATE: Until Filled

POSITION: Medical Receptionist
LOCATION: Oneida Community Health Center
SALARY: Grade 6
(\$4.68-\$5.23/Hour)
Dependent On Training And Experience
CLOSING DATE: March 9, 1986

POSITION: Emergency/Temporary Maintenance Worker
LOCATION: All Tribal Property/Buildings
SALARY: Grade 8 \$5.15/Hour
CLOSING DATE: Until Filled

POSITION: Accounting Clerk-Accounts Receivable
LOCATION: Oneida Accounting Department/Norbert Hill Center
SALARY: Grade 9
(\$5.41-\$6.05/Hour)
Dependent On Training And Experience
CLOSING DATE: March 9, 1986

POSITION: Medical Record Services Director
LOCATION: Oneida Community Health Center
SALARY: Grade 14
(\$14,400-\$21,029)
Dependent On Training And Experience
CLOSING DATE: Until Filled

EQUAL EMPLOYMENT OPPORTUNITY STATEMENT

The Oneida Tribe of Indians of Wisconsin does not discriminate on the basis of race, color, national origin, sex, religion, age and handicapped status in employment or the provision of services. However, individuals of Indian ancestry will be given preference by law in initial employment or re-employment.

APPLICATIONS/RESUMES SHALL BE SUBMITTED TO:
Personnel Office
Oneida Tribe of Indians of Wisconsin
P.O. Box 365
Oneida, WI 54155

Other Employment Outside the Oneida Tribe

Executive Administrator of Great Lakes Indian
Fish & Wildlife Commission
Bad River Reservation
Posted until March 14, 1986
\$38,000 to \$48,000
For more info. contact Patricia M. Zakovec at
1-715-682-6619

Executive Director of Indian Health Center,
Santa Clara Valley, California
3485 East Hills Drive, San Jose, CA 95127
Posted until May 31, 1986
\$22,486 to \$29,236
Call 1-408-259-2886

Extension Summer Minority Agent
Location to be determined by selected applicants
and the Extension but will be in Wisconsin.
\$850.00 per month, 3 month appointment
begins June 1, 1986 to August 31, 1986.
Posted until March 14, 1986
Send application to CES Personnel, 432 North
Lake St., Room 601, Madison, WI 53706 or call
606-263-1945-2770

Ass't Director for Program Development
\$20,000 to \$23,000 annual
Deadline April 15, 1986
Location - Madison
Application forms & Instructions can be obtained
from
Particia C. Anderson
Wisconsin Humanities Committee
716 Longdon St. Madison, WI 53706

Journalism Teaching Position
Salary commensurate w/education & experience
deadline April 8, 1986
Location: UW Eau Claire Wis.
Send letter of application, transcripts 3 letters or
recommendation & current vita to
Dr. James E. Fields, Chairman
Dept. of Journalism
UW Eau Claire, WI 54701

A Tenure Track Position in the Native Am.
Studies Center, Dept. of Anthropology.
Applications including vita, letter describing in-
terests and experience & 4 references should be
submitted by March 15, 1986 to
Marilyn Bentz -Director
American Indian Studies Center
GN-05
University of Washington Seattle, WA 98195

Position: Seeking several summer employees.
Applications available from the Upward Bound
office (see address below). Residence Hall
Director
Assistant Counselor/Instructor of Career and
Self-Development
Teaching Faculty for Art, Health and Safe-
ty/Physical Education, Mathematics, Reading,
Science, Social Science/Research, and Writing
(English)
Resident Hall Desk Staff
Resident Hall Counselors/Bridge Counselor
Employment begins June 12, 1986, and ends
July 26, 1986, depending on funding. Bridge
Counselor position will begin June 6, 1986, and
end August 2, 1986.
Return completed application form and com-
pleted reference forms or send letter of applica-
tion, resume and official credentials with letter of
recommendation by March 15, 1986.
CONTACT: Lawrence Waukau, Director of UP-
WARD BOUND, University of Wisconsin-
Stevens Point, Student Services Center, Room
202, Stevens Point, Wisconsin 54481; (715)
346-3337.

EASTER SPECIAL

Order Now

ONEIDA COMMUNITY CANNERY

Norbert Hill Center, Room 1144

Indian Corn — \$3.00 qt.
Corn Bread — \$4.00 loaf
CORN BREAD MUST BE PICKED
UP BY NOON, GOOD FRIDAY

We will take your orders
to make corn soup
and corn bread for Easter
Call for more information — 869-2737

Canning info. available
Monday — Friday
Open 8:00 A.M. — 4:30 P.M.

ONEIDA HEALTH CENTER LIBRARY

The health information you need can be found
at the Oneida Health Center Library. It is located
in the Oneida Health Center kitchen and is open
for browsing at any time -- simply contact some-
one in the Nutrition Department if you're in-
terested. Below is a list of just a few of the books
available to you:

A NEW LIFE:

By John Queenan, MD; Everything you need to
know about pregnancy, birth, and your child's first
year.

RIGHT FROM THE START:

by Gail Sforza Brewer. This book is helpful for
meeting the challenges of mothering your unborn
and newborn baby.

A CHILD IS BORN:

by Lennart Nilsson. Complete with pictures, this
book explains the drama of life before birth.

THE ALIVE & WELL MOTHER & BABY WORKOUT:

by Cynthia Block Shapiro. This book helps you
start an exercise program that will produce a
healthier, happier baby and a more radiant,
shapely you.

FEED ME! I'M YOURS:

by Vicki Lansky. A cookbook that provides direc-
tions on how to make delicious nutritious,
mother-tested baby food right in your own home.

CHECK THESE BOOKS OUT SOON! HAS YOUR WEIGHT GONE DOWN?

Come to ONEIDA EXERCISE CLASSES! The
classes include aerobics, strengthening, and
general conditioning. We now have two sessions:

Monday & Wednesday 4:45 - 5:30 p.m.
Tuesday & Thursday 4:45 - 5:30 p.m.

Classes are at the Norbert Hill Center in the Study
Hall. A .25¢ donation is requested for each class.
SEE YOU THERE!

★If you are interested in starting a class dur-
ing the day, please see Helen Brown,
Nutritionist-OCHC. Also, if you would like to
become an instructor, see Helen.

HEALTHY HEART COOKING CLASS

Interested in learning how to cook for a healthy
heart? A new cooking class is starting soon for
men and women of all ages. The 5-week
course includes principles of course eating!
Cost is \$5 for the 5 weeks. If interested, call
Helen Brown at the Oneida Health Center, at
869-2711.

T E E N S !

Are you interested in an exercise program
specially for teens? We are expanding our ex-
ercise classes and need to know if teens are
interested in exercising. If you are, call Helen
Brown and leave your name and phone
number.

VOLUNTEERS NEEDED

Do you like to cook, draw or are you interested
in learning more about nutrition? The nutrition
department could certainly use your help in:

- ★ Food Preparation
- ★ Organizing Recipe Files
- ★ Working on Nutrition Education Materials
- ★ Filing and General Office Work
- ★ Assisting in Summer Nutrition Youth
Groups

Call today -- we need you! Ask for Helen Brown,
Nutritionist...869-2711.

NUTRITION FUN DAY!

March is National Nutrition Month and the Nutri-
tion Dept. of the Oneida Health Center is hosting
a Nutrition Fun Day for school aged children,
March 26, 1986 (Wednesday) at the Norbert Hill
Center. Oneida Tribal School students will par-
ticipate in nutrition activities, games and sample
good tasting foods. At 4:00 p.m. an exercise ses-
sion will be open for boys & girls, ages 11-19.
From 4:45 - 6:00 the public is invited to sample
nutritious foods, have their diet analyzed and
learn from nutrition displays. See you at the
NUTRITION FUN DAY!

"MYTHS"

IF I WAIT LONG ENOUGH, HE/SHE WILL
COME TO THEIR SENSES.

IF I LOVE HIM OR HER ENOUGH, THEY'LL
LOVE ME BACK.

IF WE DON'T TALK ABOUT IT, IT'LL GO
AWAY.

TO LIVE ALONE IS UNFULFILLING

I'LL NEVER FIND ANYONE ELSE.

THERE IS ONE MR. OR MS. PERFECT

GOOD SEX MEANS REAL LOVE.

A BABY WILL HOLD US TOGETHER

TILL DEATH DO US PART.

"Those are some of the myths that keep people in bad relationships," Milwaukee therapist Kathryn Rutishauser said during a three-hour workshop on addictive relationships. Rutishauser and drug and alcohol abuse counselor Marge Rock spoke to about 170 people Saturday at the Embassy Suites Regency Conference Center.

In an addictive relationship, Rutishauser said, a person becomes dependent upon someone who cannot meet his or her needs, someone who is emotionally unavailable, someone who is alcoholic, drug dependent, a workaholic, or married to someone else.

Addictive relationships follow the same cycles and dependencies as progressive alcoholism, she said.

In the beginning, there's a feeling of tremendous excitement and relief from loneliness. There is an increasing preoccupation with what the other person is doing, feeling and thinking. You become increasingly dependent on the other person, not wanting to do things without them.

Gradually, there's an increasing tolerance for bad behavior -- drinking, infidelity, physical abuse. You become progressively more tolerant of not having your own needs met. You begin to compromise your own values.

Their problems become your problems. You get them jobs, pay for their counseling, give them money and try endlessly to change them.

Like an alcoholic, the person in an addictive relationship deals in self-deception and rationalization, Rutishauser said.

"It's not that he doesn't love me, he's just afraid to make a commitment." The person in an addictive relationship overlooks faults and invests

in unfounded hope: "He has such potential; if he would just stop drinking, stay home, stop smoking pot, whatever." So you wait and wait and wait.

"There's a saying in A.A. that alcoholics don't have relationships, they have hostages" Rock said.

There are many pressures keeping people in such relationships. Sometimes a morbid fondness develops for the daily tension that envelop an alcoholic.

"Being married to an alcoholic is like having a car accident every day", Rock said.

People in such relationships are terrified of abandonment, afraid of what the family or neighbors will say, fearful of hurting their children, afraid of financial problems, reluctant to write off all the time given to a relationship, convinced the other person cannot survive without them.

If you are in an addictive relationship, Rutishauser said, "The most important thing is to go for help. Because of the nature of addiction, you cannot get out of it on your own."

Rock and Rutishauser suggested the following coping strategies:

- ★ Make recovery your No. 1 priority.
- ★ Build a support network of understanding friends.
- ★ Develop your spiritual side. Ask for help in the morning and give thanks at night.
- ★ Stop trying to manage or control others. Don't give help when it's not asked for or even if it is.
- ★ Cultivate yourself. Do something you were always afraid to do or always wanted to do and never could.

LETTER TO EDITOR

St. Louis, MO
Feb. 16, 1986

Kalihwisaks

Just a few lines for your news Kalihwisaks. That Melvin and Hileemu Jordan Sr. had their Wedding Anniversary 40th year and had a special Renewing of their Wedding Vows ceremony had special Guests Rick S. Tami Stevens of P.T.L. Radio & T.V. had about 350 Guest and their family and children at Berla Temple Church, Sunday Feb. 16th, 1986.

Thank you - Rejoicing in Christ
Melvin and Hileema Jordan Sr.

"PRECIOUS MEMORIES"

"Ever since you left us; Grandpa Parker and was welcomed into your new home; I bet you didn't know that you brought apart of ourselves with you. But, yet still left, is the other part of ourselves here. The one part, we have to live our every day life in. In which, where we lost you in because you're not here anymore. But, to us "here" means in our hearts. The place where you'll always be. Although, time went by and our heart is trying to mend the loss without you. We never stop to think for one day because there's always a thought for you everyday. And we can look back on those precious memories. You meant so much to us that those memories will always be precious. Yes, oh how they touch our sole. We never can let them go.

We remember you when you were at your best; Even when you were at your worst. We'll never forget that smile on your face everytime we saw you. We don't regret you leaving us, although it broke our hearts when you had to go. But, we all know you lived a long and happy life. So, we know you'll be happy up there, Precious memories, yes how we love you so. Precious memories we wish you didn't have to go.

We always have these memories that are very precious to us. And, therefor we're really not alone. But, we're missing you alot.

By: Jody Skenadore
Great Granddaughter

Andrew Parker passed away one year ago March 12th.

March 12, 1985

to

March 12, 1986

Will be one year without you.

NOTES OF THANKS

The family of Tammy Michelle Powless wish to thank all the family & friends who offered their prayers, support and food contributions & donations during our recent loss of Tammy. Tammy passed into the spirit world February 22, 1986.

The family of Lois Doran wishes to thank everyone for a helping hand during our grieving time., including all people with food donations, flowers & memorials envelopes. The Oneida Singers also did a beautiful job. Also speical appreciation towards Bellin & St. Vincent Hospice Programs and Brown County Social Service's Program for the excellent care & help they provided. Words cannot express our appreciation to all.

The Family of Lois Doran

VALENTINES NITE DANCE

With over 200 people in attendance, our Valentine's Dance was a success. There were games, good munchies and great music provided by Junction Express. A speical thank you goes out to John and Allision Powless for organizing the games and also Cathy Delgado for making the children's hour a success. Marlin Mousseau portrayed our clown for the evening and added a special flair. Our deepest appreciation also goes out to Don Wilson, Mike and Sue Smith, Shirley House and company and also Hazel Skenadore and Christine Skenadore for their fantastic decorations. Oneida One Stop, Oneida Bingo, Oneida Tobacco Enterprise, Norbert Hill Center and Charlie Leonard also added to the success of the dance with their generous donations used as door prizes and give aways. For all the many other people too numerous to mention, thank you for making the Valentine's Dance a night of fun and entertainment.

Appreciatively,
Human Service Support Group

Today many states have agreed to a Constitutional Convention for the purpose of amending the Constitution relative to balancing the budget. Although the thought rates merit, I fear that in reality it would be a very dangerous move.

Historically, following the Revolutionary War a Constitutional Convention was called to amend and update The Articles of Confederation. What happened? The Declaration of Independence and the Constitution we have today were adopted. This Constitutional Republic, the only government of its kind in the world, drafted by brave men of integrity, morals and conscience, was based on Christian principles and to be a government of LAWS and not of men. The new government was divided into three branches, the legislative, the executive and the judicial. The powers granted each branch were limited, the remaining powers not so delegated remaining with the several states and their citizenry. A separation of Powers Doctrine provided the necessary checks and balances necessary to make this new government work.

No sooner had this government been in place than evil Marxist minds began conniving to change it around to bring the people under the government and not have people over the government. In just a few generations these men became successful in changing, with Fabian subtlety, our government into a social democracy which we live under today. And those efforts continued.

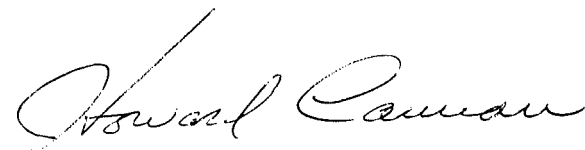
The movement was escalated under the Wilson administration under the influence of Edward Mandel House, Wilson's chief adviser, a proclaimed Marxist. In 1912 House published a book entitled "Phillip Dru: Administrator." In it he condemned the Constitutional Republic and upheld "socialism as dreamed of by Karl Marx" to support his plan for a one world government under socialism. Under House's influence the federal reserve system was instituted in 1913 thus making one of the Planks of the Communist manifesto into United States law. The I.R.S. is another example of his plan and influence.

Following World War I, House was nearly successful in bringing the U.S. into a one world government by creating the League of Nations and influencing the U.S. to join. A well informed and loyal senate, however, saw through the scam and thwarted the efforts. However, House retaliated by creating the Council on Foreign Relations (CFR) designed to influence our Nation's decision-makers toward a one world government under socialism. The Rockefeller bought the scam, gave the Council property in New York City for a headquarters and continues to fund it. The State Department was soon infested with CFR members and Reagan is so surrounded with CFR influences that his rhetoric and actions appear to be 180° apart. Although House passed on around 1927 his ghost lives on and haunts us yet today.

Professor Zbigniew Brzezinski of Columbia University, another proclaimed Marxist, published a book in 1970 entitled "Between Two Worlds." In it he also condemns our Constitution as being obsolete and presents a blueprint for a one world government under socialism to include the United States. Again the Rockefeller bought the scheme and organized the Trilateral Commission linking the U.S. and Canada to Japan and Western Europe in the next step to bringing about a one world government. David Rockefeller hired Brzezinski away from Columbia, making him the head of the Trilateral Commission. President Carter, now a member of both the CFR and Trilateral Commission, subsequently made Brzezinski his Head of Defense.

At a gathering in Philadelphia in 1976 celebrating the 200th birthday of the Constitution the Declaration of INTERdependence was unveiled. The document, drafted by Brzezinski, was endorsed and signed by some 124 senators and representatives who were in attendance. In so doing they endorsed the abolition of the very country we the people put in office and who are under oath to protect and defend. It is also believed that an entire constitution is in place awaiting a target date for a Constitutional Convention which may be as early as 1989.

In retrospect I would be very skeptical of a Constitutional Convention being called to (tongue in cheek) balance the budget. We could very well experience the end of what few freedoms we have left as well as our Nationhood. I would consider my greatest loss to be my religious freedom.



Howard Cannon

Alcohol & Murder (Con't)

The Los Angeles study revealed that alcohol was detected in 46 percent of the 4,092 murder victims and that 30 percent of the victims had alcohol levels that constituted legal intoxication. Twice as many male murder victims -- 51.3 percent -- had detectable alcohol levels in their bodies than female victims, at 25.8 percent.

Murder accounts for more than 1 percent of deaths in the United States, and the homicide rate for men is four times higher than it is for women. Those from 25 to 34 years of age are at highest risk, and the murder rate is highest among black men of that age group.

In studying the link between alcohol and homicide, the two studies found:

★ Victims of disputes were more likely to have been killed by family members and by stabbing (rather than firearms) and to have positive alcohol levels.

★ Victims of homicides related to drugs were more likely to have been killed by friends or acquaintances with firearms.

★ In Los Angeles, Latino victims as a group had the highest proportions of detectable alcohol (57 percent), compared with 47.7 for blacks and 34.6 for whites.

★ Alcohol was detected in 75 percent of people killed in bars and restaurants, compared with 38 percent of victims murdered in other places, the Los Angeles study showed.

That study also revealed that alcohol levels were found in much greater proportions in people killed on weekends rather than weekdays. Of those killed on Mondays, 41.7 percent had been drinking; on Tuesday, 38.1 percent; Wednesdays, 36.1; Thursdays, 37.2; Fridays, 50.7; Saturdays 55.5; and on Sundays, 53.4 percent.

Neither study yet proves, however, that drinking is a direct risk factor for murder, warns Goodman.

"It has a lot of intuitive appeal and seems to make sense," he said, "but further studies must be done that show the level of drinking in the general population is much lower than among homicide victims before a conclusive link can be established."

WELCOME TO OUR PHARMACIST

A new Pharmacist started at the Health Center on January 21. His name is RICHARD (Dick) ROSIN. Dick was born here in Green Bay, has been married for seven years, and has a 7-month old daughter (Jennifer).

Dick enjoys most sports and favors bowling, softball, racquetball and camping.

Dick graduated from Madison in 1975, but is continuing his education through UW-Oshkosh where he is studying to obtain his Masters in Business Administration. His first experience in retail pharmacy was in Plover, WI just outside Stevens Point, but his most recent position was with St. Vincent's Hospital in Green Bay, where he has worked for the past five years. (Dick has also had some experience with the Poison Control Center at the Hospital.)

12 Steps to parenting (cont'd)

9. Don't prevent consequences your child receives for misbehavior outside of the home. Children learn quickly, if you let them.

10. Guide your child through life. Often, children need help with homework, social situations, future plans and complex feelings. Never give up trying to direct and redirect their energy.

11. Don't accept responsibility for your child's feelings or the outcome of your child's decisions. When your child succeeds or does poorly, it is hers or his to own.

12. Remember that your child is not less than, and no greater than you. Your role as a parent is to provide a foundation for a life to be built, and that foundation is strongest with love, direction and respect.

HAPPY BIRTHDAY TO Evelyn Smith on March 14, Sincerely, Donna
HAPPY BIRTHDAY TO Jenni Kurowski on March 6, From your SUPER-visor!
HAPPY BIRTHDAY TO Donna White on March 20th, from your SUPER-visor!

LEFT ALONE: SENT AWAY

I was left alone, sent away to an unknown destination on one of those not-too-clear days. The thoughts were running "round and round". . . Is this for real; I'm actually treatment bound.

I had no problem, my eyes were in a daze looking at the clouded sky. In the past it was such a scare... Now I wonder why I did not care. I had the money to buy my drink, the will power not to think. My relationship with alcohol took me to the cemetery to cry. Out of the house when I was dry, just to come home and make you cry.

There really was not a problem if I was drunk; because when I was drunk I had no problems to worry about.

The word "ALCOHOL" can show you the world. He can either show you DEATH, ALCOHOLISM, SUICIDE, JAIL, DIVORCE, OR PHYSICAL BREAKDOWN. His world is a dark domain in which you have to take steps to be clear of its way. It takes time, but it is better than being LEFT ALONE, SENT AWAY.

Author unknown

STUDIES INDICATE ALCOHOL MAY ADD TO RISK OF BEING MURDERED

Alcohol use may be a risk factor for becoming a homicide victim, according to two new studies of people murdered in Manhattan and Los Angeles.

Previous studies have identified race, sex, and age as factors in homicides.

The latest studies found that more than one-third of murder victims in the two cities were killed while they had alcohol levels high enough to qualify them as being legally intoxicated. Many of the others were found to have detectable amounts of drugs or alcohol in their bodies.

Because alcohol was more likely to be involved in murders in which the victim and suspect knew each other, the researchers who did the separate studies suggest it serves as a trigger for violent behavior.

Alcohol is known to act as a central nervous system depressant, so it may "release inhibitory control mechanisms and permit expression of aggressive or violent behavior," says Dr. Richard Goodman, epidemiologist with the Centers for Disease Control in Atlanta.

Goodman directed a recent study of 4,092 people murdered in Los Angeles County between 1970 and 1979. His study, and another 578 Manhattan murder victims were published in the February issue of the American Journal of Public Health.

The Manhattan study of murders, committed between January and December of 1981, showed that 38 percent of the male and 26 percent of the female homicide victims were legally intoxicated at the time of their deaths.

Murder victims who die during disputes, such as family fights, were more likely than victims of other types of homicides to have alcohol in their blood, according to Dr. Kenneth Tardiff, Associate Dean of Public Health at Cornell University Medical College in New York.

Tardiff, who directed the study, speculates that drinking lowers inhibition in both the victim and the murderer. "As a result," he says, "the victim may become verbally or physically abusive and provocative. Thus the breakdown in close interpersonal relationships manifests itself in lethal action rather than verbal or other means of resolution."

NO QUORUM FOR GENERAL TRIBAL COUNCIL

The General Tribal Council Meeting scheduled for March first lacked a quorum and therefore no formal meeting occurred. According to Oneida Tribal Constitution a meeting can be requested by any tribal members and may be granted by the Chairman. In the past, the practice has been to solicit 75 or more signatures of tribal members this also constitutes requirements for a meeting if the Chairman does not honor verbal request for a meeting. During the past several years tribal members who are interested in changing things in the tribe have successfully obtained petitions with at least 75 names and often times many more. This show of support, in part usually means there are enough interested to see some sort of a change.

The meeting was called to review the process adopted by the Business Committee for selecting boards and the process adopted by the Business Committee for selection of members on the Oneida Land Committee.

The Oneida Law Office will be submitting articles for future issues of kalihwisaks to address many concerns in the community, in our next issue. The concern in regard to board selection will be addressed.

ONEIDA TRIBAL SCHOOL

Dear Community Members,

On Sunday, March 2, 1986 the Oneida Tribal School had their Boom Box Raffle. The winners were as follows:

Boom Box - Pete Jordan
Bingo Pass - Beverly King
Bingo Pass - Barbie Cornelius
O.T.S. Hat - Carol Elm
O.T.S. Hat - Cherly Smith
O.T.S. Hat - Marvin Lucas

For those of you who have not picked up your prizes, please do so. Please see Debbie Reiter in the school office.

Also, on March 21, 1986 the Oneida Tribal School will be having a 50/50 Raffle and Bake Sale at the Irene Moore Activity Center. Please stop by the Bingo Building and support the school.

The staff and students of the Oneida Tribal School would like to thank the following people for their help on our Boom Box Raffle:

Joyce Moreno	Joann King	Beverly Ninham
Debra Floes	Julie Hill	Cheryl Smith
Roxanne Skenandore	Nancy Barton	Carole Liggins
Vicki Cornelius	Diana King	Mary Sheedy
Susan Summers	Iris Laes	Joan King
Corrine Zhuckkahosee	Gail Ellise	Maria Hinton
Adam Webster	Veronica Hill	Jeralyn Metoxen
Joy Cornelius	Bernice Moore	Nancy Powless
Marlin Mousseau	Sandy Hill	Kathy King
Sue Christensen	Sheri Mousseau	Lois Johnson
Debbie Reiter	Dan Ninham	Susan Ninham
Butch Summers	Kathe Arnold	

A SPECIAL THANK YOU GOES TO EVERYONE WHO BOUGHT TICKETS!!!!

Sincerely,
Sheri Mousseau, Principal



IRENE MOORE ACTIVITY CENTER GIFT SHOP EASTER CELEBRATION

Give that someone special a unique gift or gift certificate from our shop. We have many items to please all ages and special sales on now thru the end of March. There's always something new or different to choose from.

Besides our full line of game supplies, we have:

Handmade Indian Baskets	T-Shirts
Beadwork	Jackets
Quilts	Pipestone items
Picture Clocks	Ceramics
Greeting Cards	Indian Dolls

And our special feature "Silver and Turquoise Jewelry".

A Gift Shop raffle drawing will be held Easter Sunday
3 chances for a \$1.00
1st place - Footprints Wall Clock
2nd place - Ceramic Garfield 2 feet high
3rd place - Oneida Bingo Jacket

SHOP HOURS:
Tuesday through Sunday: 8 A.M. - 8:30 P.M.
Monday: 8:30 A.M. - 4:30 P.M.

★ Marijuana use leads to accelerated heart rate and related negative consequences for the circulatory system. As a result, use of marijuana may be particularly dangerous for people with heart abnormalities.

★ Since marijuana, like tobacco, is usually smoked, negative effects on the lungs and throat can be expected. Studies of human users report such sequences as laryngitis, cough, hoarseness, and bronchitis. Marijuana smoke contains large amounts of cancer-producing hydrocarbons than tobacco. Indications are that smoking marijuana has more serious consequences than smoking cigarettes in being susceptible to various forms of cancer and lung disease.

★ There also seems to be good evidence that marijuana use impairs the body's natural defense system against disease. While most of the studies have been conducted on animals, a modest decrease in our ability to fight disease could have wide-spread public health implications.

★ Long term or irreversible effects on adult intellectual and social functioning are still uncertain. However, there is increasing concern about the long term developmental effects of marijuana use on children and adolescents, who are particularly at risk from the drug's disruptive behavioral and physiological effects.

★ There is evidence that marijuana use may have reproduction consequences in that it affects the network of glands and hormones which are involved in the reproductive function. There is also some evidence that heavily daily use may reduce fertility in males and females.

★ There is also significant empirical evidence from clinicians which seem to indicate that marijuana use may seriously impair psychological functioning, personality development, emotional growth, and learning.

In summary; there is much that remains to be learned about marijuana and its effects, what we do know justifies a serious national health concern. In addition, many of the consequences of marijuana use have been observed from studying subjects that are young, intelligent, physically and psychologically healthy. In other words, the "cream" of our society. Younger persons, particularly those still in developmental stages and teens struggling with social, emotional, or psychological problems, are certainly at higher risk.

Further information is available from the Ninth Report to Congress on Marijuana and Health, National Institute on Drug Abuse, Rockville, MD 20856.

12 STEPS OF PARENTING

No one taught us how to be parents. We grow up, often being told that being a parent and having a family is a very precious part of life. Somehow, education on being a parent escaped us and we learned a little about everything except momhood or dadhood.

The following was written in hopes of easing the struggle and increasing the joy of being a parent...a very precious part of life.

1. Always make an effort to show your children how much you care. Communicate that message to them in all interactions, especially when they are having problems.

2. Maintain a positive mental attitude about your ability to be a parent. Trust your instincts and know where you stand.

3. Teach your children the importance of values and do it while they are young. The time to tell your children that you will not accept drunkenness is not the first time they come home high.

4. Don't rely on police or your child's school to be parents. They are already overworked and can't possibly care the way you do.

5. Set clear rules and limits for your children. Most kids do not have the ability to follow rules and limits they have set for themselves.

6. Maintain your own supportive relationships. Your children cannot meet your emotional needs for support, nor can they establish needed parent-child boundaries.

7. Make sure your home is safe, secure and a positive environment. This includes appropriate privacy for all members of the household.

8. Follow through with consequences for your child's misbehavior. Make sure the consequences are immediate and relate to the misbehavior...not to your anger.

ONEIDA HEALTH CENTER NEWS

COUNTY RESCUE is the ONLY authorized emergency rescue service contracted to provide coverage to the Oneida Reservation. Their phone 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.

Clip & Post near Phone

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 (downstairs)

A.A. ALAnon, ALAteen, COMBINED MEETINGS

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 IS WELCOME!

PATCHWORK COUNSELING HURTING POOR CHILDREN

A shortage of guidance counselors in American schools is forcing poor children who are "good college candidates" to drop out of high school and thus fencing them out of the American dream.

"There is considerable waste of human talent in the way our schools are operated today," said Howard House II, chairman of the board's Commission on Precollege Guidance and Counseling, which issued the report titled "Keeping the Options Open".

"Youngsters who would make good college candidates are dropping out of school, the report said." Children are failing to learn, not because they lack ability, but because they lack encouragement and support. **These are preventable tragedies in thousands of young lives.**

Because of recent tightening of school budgets, counseling increasingly has been viewed as expendable, it said, and even was "largely ignored in the recent national debate on education."

The report cited to a two-tiered system of education. One leads to opportunity through advanced education and interesting careers, it said. The other -- for "second-level citizens", or poor children -- imposes limits operates on reduced expectations and thus discourages them.

"If more students are to be given a reasonable chance to fulfill their potential, counselors need to spend time on activities that guide students toward improved self-understanding, better use of their academic talents and increased knowledge of the options available to them," the report said.

The report said college and career counseling should begin early and "not be limited only to those who express the expectation of going to college."

The report was based on information from students, counselors, teachers, principals, directors of college admission and financial aid, community leaders, parents and others from California, New Mexico, Kansas, Massachusetts, Illinois, North Carolina, Florida and Washington, D.C.

MARIJUANA REVISITED

Regardless of the ongoing public debate and controversy about marijuana, there is scientific evidence available that indicates that marijuana use is a major public health problem in the United States. A great deal has been learned about the acute and chronic effects of marijuana use as outlined below:

★ Acute marijuana intoxication impairs learning, memory and intellectual performance. It is a marked impediment to classroom performance. Nearly all of the studies which have measured performance while "high" indicate that marijuana interferes with transfer from short term to long term memory and intellectual performance that impairs thinking, reading comprehension, arithmetic problem-solving and speech.

★ Marijuana intoxication produces serious acute effects on perception (limits vision) and skilled performance (impairs coordination) which affects such everyday tasks as driving and other complex tasks involving judgement and motor skills.

GOD'S LOVE - IT'S REAL!

If there is one truth more than another which I deeply wish we could somehow make real to the minds and hearts of people today, it is that God loves them; that the one and only true Deity, the infinite Creator whose almighty arms embrace the starry spaces, and in whose hands our very breath is, loves us all without exception, and loves us each in individual distinction. That is the most profoundly elevating and comforting news which ever flashed from the throne of the Most High and broke like a super sunrise on planet Earth.

When once that superlative wonder grips the mind and is gratefully responded to, one's whole outlook is transformed. God, the universe, history, mankind and human life, all assume new meaning. There is a new light in the mind, a new song in the heart, a new calm in one's spirit, a new restfulness amid adversity, a new horizon stretching before one's inward eyes and a new confidence concerning the unfolding future.

The love of God to men is the high pinnacle of biblical revelation. Everything else is a climbing up to it. Our Lord Jesus is the peak expression of it. The cross is the intense focal-point of it. The redemption of man is the most extraordinary demonstration of it. The Gospel, with its "who so ever" message of blood-purchased salvation, is the magnanimous outflowing of it. Those of us who have been to Calvary and have found there the love that is bigger than our biggest sinning, the grace that forgives transgressions beyond counting, the pierced hands that give release from the heaviest burden of guilt and the precious blood that washed away the ugliest stains--how can we ever cease singing of the love that sought us, and the blood that bought us, and the compassion that brought us back to the great heavenly Father? It was there at the green hill outside a city wall that we first heard the heart-beat of an infinite love in the bosom of the Eternal; and with utter gratitude we have been singing of it ever since.

Loren A. Moore

ANN'S WORLD

OF

INDIAN ARTIFACTS

10:00 A.M. - 6:00 P.M.

Wednesday - Saturday

10:00 A.M. - 6:00 P.M.

Sunday

CLOSED Monday & Tuesday

Till April 1, 1986

"NEW STOCK ARRIVED"

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

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

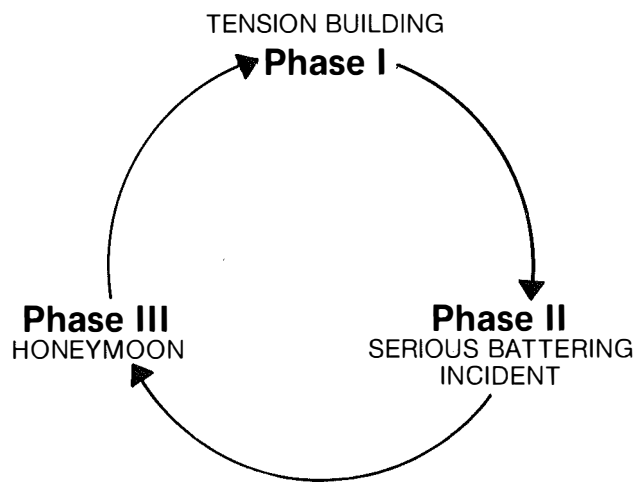
HWY. 29 — 4 MILES WEST OF ST. MARY'S HOSPITAL — WATCH FOR TEEPEE FRAME

SENIOR CITIZENS
10% DISCOUNT

CHARGE IT!!
LAYAWAYS!!

Ann Skenandore

The Cycle of Violence



What is it?

What can I do to stop it?

Where can I go to get help?

Abuse is neither constant nor random.
3 phases vary in time and intensity.
Phases tend to occur with increasing frequency and increasing severity if cycle is not broken.

MAN	PHASE I TENSION BUILDING	WOMAN
<p>Minor battering incidents occur, includes much verbal, psychological abuse.</p> <p>He doesn't control his behavior, abuse increases.</p> <p>He may be aware of his inappropriate behavior, but does not take responsibility for it.</p> <p>Afraid that she will be disgusted, and leave; increases his jealousy. Possessiveness increases in hope that brutality will keep her captive.</p> <p>Frantic, more control. Misinterprets her behavior, takes withdrawals as rejection.</p> <p>Outside events can affect this stage.</p> <p>He feels uncontrollable.</p>	<p>Becomes nurturing, compliant, will stay out of his way.</p> <p>She accepts the abuse as being directed against her; she doesn't believe she should be abused but does believe that what she does can prevent his anger from escalating.</p> <p>DENIAL</p> <p>Provides a sense of safety. Deny anger. Rationalizes that perhaps she deserves abuse, it could be worse. Blames external factors, work, alcohol. Deny that escalation will occur. Deny terror, fear of increase of battering. Believes she has control. Frantic, withdrawal. Tension becomes unbearable. She attempts to alter his behavior as a way of providing safety.</p>	<p>He becomes loving, contrite, begs forgiveness, promises it will not happen again. He may truly believe he will never batter again, and truly be sorry. He believes he has taught her a lesson, she will never act up again. He will give up drinking (if he drinks). He pleads with and attempts to guilt the woman and engages family to do the same. He knows he needs her, if she isn't there he will have to take responsibility for his actions.</p>
MAN	PHASE II SERIOUS BATTERING INCIDENT	WOMAN
<p>Almost always occurs privately.</p> <p>His rage feels overwhelming.</p> <p>Batterer justifies behavior.</p> <p>Trigger — almost any event, internal or external when he needs the release. May occur with drug or alcohol use to allow easier release.</p> <p>May deny incident occurred.</p> <p>Blames her, she "caused" the incident.</p> <p>After the battering, both minimize severity and rationalize the event.</p> <p>If police are called, he may appear cool and calm when they arrive.</p>	<p>In long term battering, she may try to bring on an incident. (She can't control a battery's occurrence, she can try at least to control when it occurs). She senses the inevitability of a battery.</p> <p>She is anxious, depressed, sleepless, over/under eating, fatigue, tension headaches. She has only one option, to hide.</p> <p>Sense of futility of trying to "resist" further battering.</p> <p>Women do not seek help unless severely injured, usually not until a day after.</p> <p>She may call police. When police arrive, it may appear that woman is attacking them or protecting her husband. This is a survival skill.</p> <p>Shame, I've allowed this to happen to me. Disbelief.</p>	<p>Victimization is complete. Women translates his depression and extreme need for her as deep love. She feels responsible for what happened. She believes in the permanency of the marriage, and believes it is her responsibility to keep it together, is an easy prey for guilt. She believes if she stays, he'll get help. She wants to believe that she will no longer have to suffer abuse. Original dream, how wonderful it is, that this is what her man is really like. Her self-esteem has been shattered. She needs to believe she is needed and wanted.</p>

PHASE III HONEYMOON MAN

He becomes loving, contrite, begs forgiveness, promises it will not happen again.
He may truly believe he will never batter again, and truly be sorry.
He believes he has taught her a lesson, she will never act up again.
He will give up drinking (if he drinks).
He pleads with and attempts to guilt the woman and engages family to do the same.
He knows he needs her, if she isn't there he will have to take responsibility for his actions.

WOMAN

Victimization is complete.
Women translates his depression and extreme need for her as deep love.
She feels responsible for what happened. She believes in the permanency of the marriage, and believes it is her responsibility to keep it together, is an easy prey for guilt.
She believes if she stays, he'll get help.
She wants to believe that she will no longer have to suffer abuse.
Original dream, how wonderful it is, that this is what her man is really like.
Her self-esteem has been shattered.
She needs to believe she is needed and wanted.

— WHAT TO DO —

If you are caught up in this vicious cycle, seek help right away. The women and children of such a cycle will live in constant fear of "when will it happen again", and it will. Violence is a family problem. Children who witness such acts will grow up to be batterers or come to accept this behavior as normal, yes normal!

TAKE THAT FIRST STEP!

CALL **869-2711**

Ask for: Marlin Mousseau
or stop in at the

ONEIDA DOMESTIC ABUSE PROGRAM
ONEIDA COMMUNITY HEALTH CENTER