



POTAWATOMI TRAVELING TIMES

Volume 22, Issue 12 • ABTE GBBON GISES • HALF THE WINTER MONTH • December 15, 2016

Family Invited to Speak About Addiction



by Val Niehaus

The Lybert family is made up of father Rick, mother Sandi, sister Ashleigh and Tyler, brother and former drug addict. They are no strangers to what drugs can do to an individual or to an entire family.

The Lybert family are the founders of Your Choice to Live, Inc. This is a non-profit organization that has been going strong since 2009. It has provided services to over 300 families and the family has spoken to over 85,000 youth

PRSRT STD US POSTAGE PAID WAUPACA, WI ERMIT NO 47 in 100 middle and high schools across southeast Wisconsin.

Their mission statement is: Your Choice-Live is a drug and alcohol awareness program for youth, presented by young adults who share personal experiences with the choices they made regarding drugs and alcohol during their school days. Some of our young speakers made a personal choice to stay out of harm's way at a time when just saying no seemed almost impossible. Other speakers found themselves trapped in a cycle of addiction. Our mission is to reach youth, before the drugs do, with the knowledge and skills to make the best choice, and the resolve to remain substance-free. Cited from the website www.yourchoicelive.org.

The Forest County Drug Task Force invited this family to come talk with the community Dec. 5-6, 2016. The Lybert family visited both the Wabeno School District (participating here were Wabeno, Laona, and Armstrong-Goodman districts) and the Crandon School District to tell their story to the students. They held a youth presentation for students grades 6-12 and later in the evening they had the "Wake Up Call" presentation for adults 21 years of age and older. Among other points, this evening presentation included an in-depth portrait of a teen's bedroom identifying the spots with "red flags" where a teen might hide their drugs. It also showed how common household items can be used as drug paraphernalia and the ways that teens may coverup or hide their drug and alcohol abuse. This part showed parents the real deal about what they should be looking for inside of their homes and, more importantly, their child's bedroom as signs of possible drug use by a child.

PTT was able to attend the presentation for the youth in Wabeno, and the auditorium was packed. There were 350 seats in that auditorium that were full, and, in addition, there were people standing as the family began their program. The presentation started with Tyler speaking to the students. He came off talking to them as genuine as can be. He said, "We are not here to fill your heads with statistics; we are not here lying to you or making up a bunch of stories. We are here to share stories, our stories. The choices you make in life are what is going to affect you later on in life. This presentation is to show you, whether you believe it or not, the choices you make today or tomorrow will affect your life forever."

Tyler started drinking at the age of 12. He moved on to smoking marijuana at age 13; by 15-16 he started doing prescription pills and by 17-18 he was doing heroin. He stated, "I never planned on being a heroin addict. No one ever plans on this. Everyone starts for a different reason, whether it's to have fun or to fit in. No one ever plans on going any further but they do, because of the choices that they make. When I was younger I

told myself I would never smoke pot, and I did. I promised myself I would NEVER touch heroin because it was poison and it's dangerous, but I went down that path and I couldn't say no. This is something that developed because of my choices and those choices led me on this path. The choices I made when I was 12 led me to being a heroin addict."

Tyler went on to talk about how these choices not only affected him but his whole family. His entire life purpose at the time was just to get high and he hated that fact. He stole from his grandparents, his parents, and his whole family because it was easy. He says, "I was this happy, hyper, fun-loving kid when I was little. But once I started doing drugs, it seemed that the further I slipped into it, the less I became who I was. I turned into this angry, violent little monster that did anything and hurt whoever to get what I wanted." He said, "I would wake up every morning terrified of what I had done the night before because most of the time I couldn't remember. Walking outside to see a mangled car and wondering, did I do that? I can't remember. I can't tell you how lucky I am that I didn't have to wake up in jail knowing that I killed a family. Because we know people who have done that. I can't tell you how lucky I am that I am still here."

continued on pg. 11...



OUR MISSION: Potawatomi Business Development Corporation (PBDC) will generate wealth and improve the quality of life for the Forest County Potawatomi (FCP) Community by making strategic investments, acquisitions and prudent asset management and community development decisions. Resources generated by PBDC and its holdings will help diversify the tribal economy that supports FCP's tribal government and help improve the lives of FCP tribal members. Through trust, support, integrity, and mutual respect, PBDC is committed to building an economic engine that will support FCP for generations to come.



PBDC Attends RES New Mexico to Support Council Member VanZile

Members of the PBDC Board of Directors and Executive Management team attended the Reservation Economic Summit (RES) in Santa Fe, N.M., November 14-17 in support of PBDC's Board Liaison and FCP Council Member VanZile. VanZile was recognized in the National Center for American Indian Enterprise Development's (NCAIED) prestigious 40 Under 40 Awards, presented during a

formal event at Buffalo Thunder Resort & Casino on Wednesday, Nov. 16. The 40 Under 40 Awards recognizes 40 emerging American Indians from across Indian Country who have demonstrated leadership, innovation, and dedication, and made significant contributions in business and/or their community.



Pictured above: Council Member VanZile accepting her 40 Under 40 award.



Pictured above: Council Member VanZile and PBDC Board Chairman Kevin Allis competing in the RES NM Golf Tournament. The PBDC team took home the win at this year's tournament!



Pictured above: Council Member VanZile at the NCAIED's 40 Under 40 Awards dinner.

PBDC Hires Facilities Director



PBDC recently hired Joe Tesch as Facilities Director. Tesch is responsible for overseeing and managing the maintenance of facilities and grounds of the 14 acres and 14 buildings located within the Wgema Campus in Milwaukee. This includes the oversight of office services, facility management, and building related services; maintaining and negotiating service agreements with subcontractors; and managing building space allocation and layout.

Tesch was previously involved in facilities management at Wgema Campus but left for a period of time to pursue other opportunities. He is excited to be back doing what he loves!

Happy Holidays from the Staff at PBDC!

PCCH General Manager Celebrates Milestone

submitted by Darcy Bradley, PCCH Marketing Director

CARTER, Wis. (Nov. 10, 2016) - While surrounded by members of FCP Executive Council, Potawatomi Carter Casino Hotel management and family, General Manager Frank Shepard was honored for his 25 years of loyalty and dedication during a special dinner to recognize his milestone.

On Nov. 10, 1991, Frank Shepard was hired as the security director of the Carter Casino. As years passed and the facility continued to grow, so did Shepard. He became a "go-to" expert in his position. Fellow gaming executives across the country were educated on game protection, more specifically, card protection as Shepard took his knowledge to Las Vegas.

After 19 years as the security director, Shepard was made the acting assistant general manager. From there, he quickly moved into the position full-time until he became the general manager, a little over three years ago.

The team members at Potawatomi Carter Casino Hotel want to congratulate their General Manager Frank Shepard on his milestone.



Potawatomi Carter Casino Hotel is owned and operated by the Forest County Potawatomi. Located on Highway 32 in Carter, Wis., the Casino offers plenty of gaming opportunities with slots, bingo and table games. The Hotel and Conference Center provide a getaway for guests where they can truly enjoy the Casino's natural surroundings. Open 24/7, Potawatomi Carter Casino Hotel truly makes the north woods even greater.



Deadline for the Jan. 1, 2017 issue is Wednesday, Dec. 14, 2016.

POTAWATOMI TRAVELING TIMES

8000 Potawatomi Trail • PO Box 340 • Crandon, WI 54520 phone: (715) 478-7437 • fax: (715) 478-7438 email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

FCP EXECUTIVE COUNCIL

Chairman:

Vice Chairman: AL MILHAM

Secretary: JAMES A. CRAWFORD

Treasurer: JOSEPH DANIELS SR.

Council Members: BROOKS BOYD HEATHER VANZILE NAJA

Member of the Native American Journalists Association PTT STAFF

Managing Editor: WINDA COLLINS

Office Manager: MICHELLE SPAUDE

Reporter/Photographer:

VAL NIEHAUS

Graphic Artists: KRYSTAL STATEZNY

RACHEL ZABOROWSKI

Apprentice:

Potawatomi Traveling Times (*PTT*) is a twice-monthly publication of the Forest County Potawatomi Nation. Editorials and articles appearing in the *PTT* are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the *PTT* staff or the FCP Nation. *PTT* encourages the submission of Letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content. The *PTT* reserves the right to reject any advertising, materials or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the *PTT* and will not assume any responsibility for unsolicited material nor will the *PTT* guarantee publication upon submission. *PTT* will not guarantee publication of materials submitted past deadlines posted in the *PTT*. No part of this publication may be reproduced without the written consent of the Editor.

New Secretary Sworn In

by Val Niehaus

The runoff election that was the decider for FCP Secretary was held Nov. 26, 2016. Lorna Shawano (incumbent) and James A. Crawford were the two running for this position. After the

votes were tallied, the winner was James A. Crawford.

Congratulations to Crawford and best wishes to Shawano in whatever path she chooses to take!



(above) Newly-elected Secretary James A. Crawford is sworn in by Judge Chris Daniels.



(right) Lorna Shawano congratulates Crawford on his win.

CERT	TFICATIO	ON OF	ELECT	ION RE	SULTS:
R	tun-Off Ele	ection, I	Novemb	er 26, 20	016:

ELECTION BOARD

TRIBAL SECRETARY:

Lorna Shawano

James A. Crawford

81 votes

votes

This day of November, 2016 Attest:

Theres Johnson
Ballot Clerk,

Ballot Clerk

Ballot Clerk,

Ballot Judge,

Winter Weather Preparation

submitted by Chris Kalata, CH Emergency Preparedness Coordinator

Winter storms can range from a moderate snow cover to a blizzard with blinding, wind-driven snow that lasts for several days. Along with these storms comes the probability to lose power, heat and communication services for days at a time. Preparing your family in advance is essential for survival if you become stranded due to poor weather conditions.



Creating an emergency supply kit for your home, creating a three day stockpile of food and water for each person in

your home, and winterizing your vehicle are all important steps needed to survive if you become stranded in your home or, worse yet, on the road. Winter weather is unpredictable, not always allowing us time to prepare before it hits. We are already experiencing weather patterns that create dangerous conditions. We are in for the long haul through winter so let's make sure we are ready!

Preparing Your Home

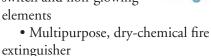
Prepare to heat your home during a power failure. Do not use a gas stove, charcoal or gas grill, or electric generator inside to heat your home as this may cause carbon monoxide poisoning.

Assemble an emergency supply kit for your home to include the following:

- Dry firewood for a fireplace or woodstove
 - Use kerosene for a kerosene heater
- Furnace fuel (coal,

propane or oil)

• Electric space heater with automatic shut-off switch and non-glowing elements



- Cash on hand and alternative charging methods for items you may
 - First-aid kit and instruction manual
- Flashlight or battery-powered lantern
 - Blankets
 - Matches
 - Battery-powered clock or watch
 - Extra batteries
 - Non-electric can opener
 - Snow shovel
 - Rock salt
 - Special needs items such as hearingaid batteries, medications,

important papersSpecial needs for

• Special needs for children such as diapers, toys, pacifier

Stockpile Food and Water

• Stockpile enough non-perishable food items for three days per person and pets in your household.

Stockpile one gallon of water per person and pets per day in your household for three days (three gallons of water per person and pet in the household).



- Stockpile special needs foods for children: formula, snacks, dry cereal.
- Remember to stockpile food and water for

your pets: cats, dogs, fish, lizards, birds, etc.

Winterize Your Home

- Install a smoke detector and a battery-operated carbon monoxide detector; before winter begins, test the detectors.
- Insulate your exterior water lines to prevent freezing pipes.
- Install storm windows and insulated doors.
- Install a thermometer in a frequently visited location and check the indoor temperatures regularly.



• Have your chimney, furnace and other heating utilities inspected by a professional before the winter season begins.

Have Essentials in Your Car

Assemble an emergency supplies kit and place it in your car in a plastic tote with a lid. Include the following items:

- First-aid kit
- A can and waterproof matches
- Windshield scraper
- Booster cables
- Road maps
- Cellphone and charger
- Toolkit
- Bag of sand or cat litter to pour on snow for traction
 - Battery-operated radio
 - Emergency road flares
 - Whistle
 - Tow rope
- Tire chains (only legal when used for safety)
 - Shovel
- Container of water and high-calorie canned or dried food and a can opener
 - Flashlight and extra batteries
- Canned compressed air with sealant (for emergency tire repair)
 - Brightly-colored cloth
 - Extra gas
- Emergency numbers and cash in a Ziploc® bag
- Extra winter clothes or blan-

Winterize Your Car

- Have your vehicle regularly serviced following the manufacturer's suggestions.
 - Replace worn tires.
- If possible, keep your gas tank close to full in order to prevent ice formation.
- Maintain high antifreeze levels and use wintertime windshield wiper fluid.

For more information on winter preparedness, contact the Community Health Emergency Preparedness Coordinator at (715) 478-4426.







Diabetes and You: All Medicines Matter!

submitted by Anne Chrisman, RN, Community Health

Are you juggling multiple medicines? Do you sometimes forget to take all of your medicines at the correct times? Do you wonder which over-the-counter medicines are safe to take when you have diabetes? Managing all your medicines when you have diabetes is very important for better health today and tomorrow. Your pharmacist and providers can help you understand your medicines.

How can pharmacists help, you ask? On average, patients see their pharmacists up to seven times more often than their providers. Pharmacists are often available all day when your provider may not be. Work with your pharmacist to make a

plan to manage your medicine.

Tips to manage your medicine:

- 1. Take your medicines as directed. Talk to your pharmacist or provider if you have difficulties getting or taking your medications.
- 2. Keep a list of all the medicines you take and give your pharmacist and all of your health care providers a copy. Be sure the list includes:
- Medicines your provider has prescribed for you.
 - Vitamins and herbal supplements.
- Over-the-counter items, like aspirin, other pain medicine, or cold medicines that you can buy without a prescription.

- 3. Tell your pharmacist about anything new you learn after visiting your dentist, eye doctor, foot doctor, or another member of your health care team.
- Tell your pharmacist about any new health problems.
- Share new test results with your pharmacist.

How can medicine help your diabetes?

- Medicine can help to control your diabetes and blood sugar. Blood sugar that is too high or too low can cause problems with your teeth, eyes, and feet, as well as other serious health problems.
- Many people with chronic (lifelong) diseases like diabetes do not take their

medicines correctly. This puts them at risk of more serious health problems.

- There are more than 30 different medicines for diabetes. They can be taken by mouth, needle, or pump.
- People with diabetes may need many medicines at once to help them. Providers choose medicines to best meet people's diabetes needs.

If you or a family member would like help managing your medications, please talk to your pharmacist or call Community Health at (715) 478-4355.

Source: www.cdc.gov/diabetes/ndep/pdfs/ toolkits/working-together/152-all-medicines-matter.pdf

Fruit/Vegetable of the **Month: Pears**

submitted by Lisa Miller, FCP Community Health Dietitian

Pears are among the most popular fruits in the world, and it's no wonder why. They are sweet, delicious, and versatile. Eating a variety of fruits and vegetables is the foundation of a healthy lifestyle, and pears can be a wonderful part of your menu. You can include pears as snacks, in salads, as side dishes, and as desserts.

A medium pear is an excellent source of fiber, good source of vitamin C, and provides 190 mg of potassium with having only 100 calories per serving. They're sodium-free, fat-free, and cholesterol-free.

Fun Facts:

- Most United States pears are grown in Oregon and Washington.
 - Pears ripen best off the tree. Put

pears in a paper bag at home to ripen.

- Pears can be eaten raw or baked, cut up and served raw or baked in almost anything. Pears can be poached, sautéed, roasted or grilled.
- Pears do not freeze well unless they have been cooked first or if sugar has been added.
- When a pear is cut and exposed to oxygen, they turn brown (oxidize). Eat a pear soon after cutting or add a little lemon juice/water solution to slow down the browning.

Excerpts from http://usapears.org/ For more information on pears and

other nutrition topics, please contact Lisa Miller, RDN, CD, at (715) 478-4355 or cmh.FCPotawatomi.com.

Pear Sorbet

INGREDIENTS:

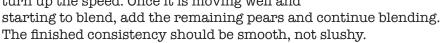
6 - 8 cups frozen pears ½ cup water

¼ cup turbinado (raw) sugar

DIRECTIONS:

Combine water and sugar in a small sauce pan. Bring to a boil, stirring until all sugar is dissolved. Cool.

Put 4 cups of the frozen pears and all of the cooled sugar/water into a blender (preferably a powerful blender). Start on low and gradually turn up the speed. Once it is moving well and



Pour into a pre-chilled glass or metal shallow container. Freeze until it is firm throughout, stirring once as it freezes. Within a couple of hours it will be firm enough to serve. If it freezes longer, it will become very hard, let it sit out at room temperature until it is soft enough to scoop (about 20 minutes, but check often). With an ice cream scoop, scrape across the top to form a scoop.

Enjoy!



According to the Centers for Disease Control and Prevention, diabetes is currently the leading cause of new cases of blindness, kidney failure, and amputations of the feet and legs not related to accidents in the United States. In addition, life-threatening complications such as cardiovascular disease, nerve damage, and possibly Alzheimer's have been associated with this disease. Source: www.fool.com



Dion Daniels, 11,

Forest County Potawatomi

Jeremiah Stewart, 13,

Chippewa



Kyla Beauprey, 11, Naganwedek Daniels, 13, Menominee/Potawatomi Forest County Potawatomi











Lavara Gilpin, 12, Forest County Potawatomi/Dakota Sioux Santee

Natalia Tuckwab, 11, **Sokaogon Chippewa Community**

Tana VanZile, 14, **Sokaogon Chippewa Community**



Troy Soldier, 12, **Sokaogon Chippewa Community**



Wahsnoday Pamp, 17, Saginaw Chippewa Indians



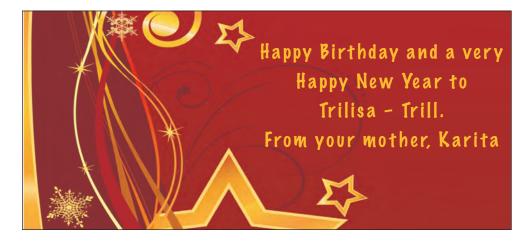
Shauna Christenson, 12, **Sokaogon Chippewa Community**



Selena Alloway, 13, Forest County Potawatomi



Serena Alloway, 13, Forest County Potawatomi





Dakota Access Pipeline Permit Denied

submitted by Travis Theisen, Martin Schreiber & Associates

After months of heated protests, the Army Corps of Engineers has denied a construction permit for a key section of the Dakota Access Pipeline in a major victory for the Standing Rock Sioux Tribe.

The decision officially halts construction of the controversial 1,172 mile project, which lies just half a mile north of the Standing Rock Reservation. The proposed route called for the pipeline to be built under a stretch of the Missouri River called Lake Oahe, prompting serious concern about the potential impact on sacred sites, burial grounds and water resources on and near the Tribe's reservation in North Dakota.

The announcement, which came on Sunday, Dec. 4, was cheered enthusias-

tically throughout Indian Country. In a statement, Standing Rock Sioux Tribal Chairman Dave Archambault II cheered the decision while also expressing caution regarding Donald Trump's incoming administration.

"We wholeheartedly support the decision of the administration and commend with the utmost gratitude the courage it took on the part of President Obama, the Army Corps, the Department of Justice and the Department of the Interior to take steps to correct the course of history and to do the right thing" ... "We hope that Kelcey Warren, Governor Dalrymple, and the incoming Trump administration respect this decision and understand the complex process that led us to this point. When it comes to infrastructure

development in Indian Country and with respect to treaty lands, we must strive to work together to reach decisions that reflect the multifaceted considerations of tribes."

Trump publicly supported completion of the project as recently as last week and owns stock in the company building the pipeline, Energy Transfer Partners.

Speaker Paul Ryan (R – Wisconsin) also tweeted his disapproval of the news, stating, "This is big-government decision-making at its worst. I look forward to putting this anti-energy presidency behind us."

What's next?

There has not been an immediate response from Sunoco Logistics Partners or Energy Transfer Partners whose chief executive, Kelcy Warren, has expressed an unwillingness to reroute the pipeline. However, the two firms have already asked a federal judge to issue a ruling that would allow them to complete the costly project.

The Army Corps of Engineers has announced that it intends to issue an Environmental Impact Statement and will seek "full public input and analysis" following its denial.

Despite the major victory, many water protectors have vowed to remain at the camp through the winter. With uncertainty surrounding the pending environmental review and incoming presidential administration, the future of the Dakota Access Pipeline and Standing Rock Sioux is still in murky waters.

NIGC Announces 2017 Tribal Consultation Sessions

submitted by PRNewswire-USNewswire

WASHINGTON, D.C. (Nov. 22, 2016) - The National Indian Gaming Commission (NIGC) announced it will hold a series of tribal consultation sessions across Indian Country from February through May 2017. The NIGC undertakes its upcoming consultation sessions as part of its ongoing commitment to meaningful consultation with tribal nations and in performance of its regulatory responsibilities.

The consultation will focus on: (1) Non-binding guidance for Class III minimum internal control standards (MICS); (2) rural outreach; (3) developing a strong workforce through training; (4) management contract regulations and procedures; (5) technical standards for mobile gaming devices; (6) modifications to fee regulations; and (7) grandfathered Class II gaming system regulations. The NIGC looks forward to engaging in significant dialogue with tribes as we begin to consider the Commission's current regulations and policies for this constantly growing Indian gaming industry.

Consistent with federal law and NIGC's internal policy, the NIGC places the utmost importance on meaningful consultation with tribal nations in the performance of its statutory duties. The Indian Gaming Regulatory Act (IGRA) provides the statutory framework to promote tribal economic development, self-sufficiency, and strong tribal governments. Tribal consultations are a vital tool for accomplishing this purpose. These consultations establish regular and meaningful collaboration with tribal officials in the development of federal policies that have tribal implications. In addi-

tion, tribal consultations strengthen the government-to-government relationships between the United States and Indian tribes.

The NIGC has advanced its core initiatives of staying ahead of the technology curve, protecting gamesmanship on the backs of tribes, promoting rural outreach, and creating a strong workforce, both within the NIGC and with its tribal regulatory partners. The Commission has developed these initiatives with the goal of faithfully upholding IGRA's purposes. Together, IGRA and the Commission's initiatives will continue to drive our daily operations as we move forward to fulfill our mission. "Tribal consultations are vital to our ongoing regulatory work. The law mandates that tribes be the primary beneficiaries of their operations. It is crucial to work handin-hand with our regulatory partners on a government-to-government basis to together preserve the integrity of Indian gaming," said Chairman Jonodev Osceola Chaudhuri.

The NIGC is committed to working with the primary regulators of Indian gaming – the over 6,000 tribal regulators in the field – as well as all relevant stakeholders to protect tribal assets and preserve the integrity of tribal gaming. The NIGC will continue its approach based on IGRA's statutory requirements to ensure that tribes are truly the primary beneficiaries of their gaming enterprises. You can find more information at http://www.nigc.gov/commission/tribal-consultation-2017.

The Indian Gaming Regulatory Act created the National Indian Gaming

Commission to support tribal self-sufficiency and the integrity of Indian gaming. NIGC oversees the efficient regulation of 497 gaming establishments operated by 244 tribes across 29 states. The Commission's dedication to compli-

ance with the Indian Gaming Regulatory Act ensures the integrity of the growing \$29.9 billion Indian gaming industry. To learn more, visit www.nigc.gov and follow us on Facebook and Twitter.



NOTICES

CULTURE

Language classes offered every Tuesday & Wednesday, 10 a.m. - 12 p.m., for FCPC and members at the FCP Cultural Center, Library and Museum. Open to all Potawatomi students, Language & Culture class every Thursday, 3:30 - 4:30 p.m. Transportation for youth provided.

HEALTH

Wellbriety - AA Meetings (#7169331 Area 74) every Monday at 6 p.m. in the lower level of the FCP Cultural Center, Library & Museum. Walking in a good way...a sober way. Anyone who is in recovery and searching for a sober way of living is more than welcome to attend! If you have any questions, contact Brooks Boyd at (715) 889-3530 or Isaiah Phillips at (715) 889-4945.

Do You Feel Like No One Understands You? You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, please get help! Crisis Line: (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week); Kids in Need: (800) 622-9120; The Get-2-Gether Peer Support Drop-In Center: (715) 369-3871; Run-Away Hotline: (800) 621-4000; (800) 273-TALK; TTY: (800) 799-4TTY or visit suicidehotlines.com.

NA Meetings "The Good Life" - Tuesdays, AODA Building, 5519 Wej mo gek Court, 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

PROGRAMS

Smoking Cessation Incentive Program - Open to FCP tribal members and individuals eligible for Alternative Care Program. Services include: appointments with nurses and CHRs to determine a quit plan, kit filled with items that aid in the quitting process, educational

materials and products, plus a reward upon completion of third smoking cessation ap-

To learn more about the program or to schedule an appointment, contact Sara Cleereman, R.N., at (715) 478-4889.

SPARKS Weight Management Program

SPARKS Weight Management Program - By appointment. S - Support; P - Program; A - Get Active, Stay Active; R - Reap the Rewards: feel better, be healthier; K - Know the basics of good nutrition; S - Stay focused on being healthy. Please call Lisa Miller, RD, CD, at (715) 478-4320.

Diabetes Education - By appointment. Including blood glucose monitoring, making healthy changes, psychosocial, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting. Please call Anne Chrisman, RN, at (715) 478-4383, or Cathy Chitko at (715) 478-4367.

SERVICES OFFERED

Employment Skills Program

FCP Economic Support has an employment skills program for tribal members with resources/tools to help them overcome employment barriers. We are here to coach and encourage individuals to recognize their skills and to find occupations related to those skills and interests. This program can assist in:

- A direct connection between DMV to obtain, reinstate and/or find out what is needed in driver's license reinstatement.
- Résumé development and résumé critiquing.
 - Mock interviews.
 - Work experience within tribal entities.
- Job-seeking skills and employment guidance/mentoring.

Resource Room — we now have two locations within the Family Resource Center (Old Tribal Hall). The room has four computers that are open to the community, and there are two computers located at the Family Service Building in the upper level.

These computers are equipped with the following software to assist in improving your job skills, completing or updating your résumé, brushing up on computer and typing skills, and for completing correspondence.

- Turbo Typing interactive, fun practice available to increase your hand/eye coordination and typing speed.
- Quick Skills hands-on, self-paced to learn and enhance your computer skills of Microsoft programs such as Word, Power-Point, Excel and Access.
- WinWay Résumé Deluxe it's easy to develop a résumé with more than 14,000 ready-to-use templates, more than 100,000 job-winning phrases and more than 350 different design themes. When complete, the auditor will evaluate your résumé.
- WisCareers Website career exploration guide and opportunities on computer programs. Complete a variety of assessments based on interests, work values, career skills and workplace skills; help coordinate your work values into an exciting career; check out a variety of technical schools and colleges; use a guided program to set up your portfolio

The FCP Economic Support staff is also available to assist with any of these computer programs. For additional assistance, please contact us at (715) 478-7206, 7292 or 7295.





December 2016 Calendar of Events

Community Health

- 12/13 WIC: HWC, 8 a.m. 4 p.m.
- 12/15 Fruit/Veggie Taste Test Day: HWC Main Lobby, 1 3 p.m.
- 12/21 Diabetes Luncheon: Museum Lower Level, noon 1:30 p.m.

Family Resource Center

- Healthy Relationships: Mondays, Dec. 12, 19, 10 a.m. noon.
- FRC/CHOICES: Mondays, Dec. 12, 19, 3:30 5 p.m.
- Play Shoppe: Contact FRC for dates and times.
- Circle of Sisters: Wednesdays, Dec. 14, 21, 28, 1 3 p.m.
- FRC Girls 10-17: Wednesdays, Dec. 14, 21, 28, 3:30 5 p.m.
- Community Women's Talking Circle: Thursday, Dec. 15, 1 p.m.
- PIP: Thursdays, Dec. 15, 29, 10 a.m. noon.
- Open registration for Nurturing Fathers parenting class: 13-week curriculum; two-hour, one-on-one sessions.

Child care is available for all classes except Play Shoppe, which is a parent/child interaction activity. Please RSVP if child care is needed. Call (715) 478-4837 with questions about any programs.

CHOICES Program

- Youth 10 12: Mondays, Dec. 12, 19, 3:30 5 p.m.
- Youth 13 17: Tuesdays, Dec. 13, 20, 27, 3:30 5 p.m.
- Youth 7 9: Wednesdays, Dec. 14, 21, 28, 3:30 5 p.m.

Youth will be picked up from Crandon school at 3 p.m. and delivered home between 5 and 6 p.m. Call (715) 478-4839 for more info.



POTAWATOMI CARTER C-STORE/SMOKE SHOP

Open 24 Hours/7 Days a Week

Hwy. 32, Carter (across from casino/hotel) (715) 473-5100

Lybert Family

...continued from pg. 1

Tyler tried everything to get sober. He tried treatment centers, inpatient and outpatient; suboxone; and methadone but all of these different things never worked for him. He thought to himself after trying all of these methods that maybe if none of them are working, perhaps he should just die. He stated, "Maybe if I just die my family can finally get some peace. I would start to pray that I wouldn't make it to the next day because I couldn't take on what I was doing to my family. My family finally kicked me out, and I went to live in a drug house down in Milwaukee. I wanted to kill myself. I was at my breaking point. I wanted to die. I then got a phone call from my Mom saying, 'You have two options. You can keep doing what you're doing. And if you do, we never want to see you again. You can't call us anymore, you can't visit us anymore. No more family holidays, no nothing, you are done. If you decide to get help, we will be there for you and support you 100 percent. The choice is yours."

With that said, Tyler went into an inpatient treatment for 5 ½ months. He has been sober now since 2008 but stresses it is always a battle every day to maintain that sobriety. Despite that, because of the choices he is now making in his life, he says he has never lived a happier and more fulfilling life. He said, "There is no high greater than being sober. I am married now, I have a son, I own my own business, I'm in school, I've gone skydiving, deep-sea diving. I've done all these awesome things because I am sober. Life could not be any better than it is now! If I could choose to go back, I would have never taken that drink. I would have never done those drugs. I would have lived my life sober because it is so much more fun! There is no drug that will give you the high of jumping out of a plane at 13,000 feet. Life is so much more of a natural high than what any other drug can give you. Don't listen to your friends or try to fit in; just be who you are and strive for the goals you want to accomplish in life. Make that choice."

Next in the presentation, his sister Ashleigh spoke about the choices she made in high school and how she took a totally different path than Tyler. She had a friend who was killed one night in a car accident because of the person who was driving her home. He was intoxicated and her friend died as he walked away. From that moment on, Ashleigh chose to never drink or do any type of drug that would inhibit her sober mind. She then spoke about how Tyler's choices affected her life and how she felt she had to give up on the brother she loved so much because she couldn't keep living that life with him.

His parents were up next to talk about what they had to do and how they had to watch their son do this to himself. It was an extremely long struggle for 11 years. It was tremendously tough to watch these parents talk about their son who made these choices and how they basically told him, you no longer exist to us unless you get the help you need. This is the ultimate form of love that any parent can give a child because they are risking losing him to save him. Because of their decision to force him to make that choice, Tyler went on to get the help he needed.

If you or anyone you know is dealing with any type of drug problem, it is never too late to help. Tell someone about it. If you are a teen, you can go to your teacher, guidance counselor, principal, aunt, uncle, cousin, anyone. The first step is letting someone know that somebody has a problem and that they need help and support. If you want to know more about the Lybert family, you can visit their website as listed earlier in the article.

PTT was unable to attend the night session for adults but Tom Robinson, Forest County Sheriff's department detective sergeant, said, "The presentation went really well with the parents. Not only did they ask a lot of good questions but some even shared their own personal stories about addiction and how it had affected their families. Many walked away with more knowledge and a better understanding of drugs and what to look for."

> Plan Ahead for a Safe and Sober Ride <

Law enforcement agencies throughout the country will be running roadside sobriety checkpoints throughout the holiday season, including the Drive Sober or Get Pulled Over campaign organized by NHTSA. Here are some simple steps to get home safely from your holiday party or gathering:

- Plan ahead! Don't wait until you start drinking to figure out how you're getting home.
- Add contact information for local cab companies or car services into your phone or keep it handy. Many companies even offer special fares during some holidays, so check ahead.
- Download and pre-populate your information for ride-sharing apps to make it easy to hail a ride at the end of the evening.
 - Identify a designated driver for the evening and STICK WITH IT.
- Have options! Plans can change, so identify a back-up plan for a sober ride home before you leave for the night.

Source: www.scramsystems.com/holiday-drinking-and-duis-resources-from-scram/

FOREST COUNTY POTAWATOMI TRIBAL COURT

IN THE MATTER OF CHANGE OF NAME OF:

NOTICE OF HEARING

Alexander Jacob Schreiber

Case No.: 16-NC-0173

DOB: 01/10/1995

NOTICE IS HEREBY GIVEN that the above-captioned matter shall be heard in the Forest County Potawatomi Tribal Court on the matter of the application of **Alexander Jacob Schreiber** for permission to change his name and legal designation to **Alexander Jacob Bodde** and for the consideration and determination of any further relevant matters. PLEASE TAKE NOTE:

WHEN: WHERE: 2:30pm on January 9th, 2017

Tribal Courtroom

2nd Floor, FCP Executive Building

5416 Everybody's Road, Crandon, Wisconsin

DATED THIS 13 DAY OF November, 2016

BY THE COURT

Associate Judge Jeryl L. Perenich

FCP Tribal Court





BUSINESS CARDS CALENDARS CARDS
CERTIFICATES ENVELOPES FLYERS FORMS
INVITATIONS LABELS LETTERHEAD LOGOS MENUS
NEWSLETTERS POSTCARDS POSTERS



POTAWATOMI TRAVELING TIMES

8000 Potawatomi Trail » PO Box 340 Crandon, WI 54520 » (715) 478-7437 times@FCPotawatomi-nsn.gov www.FCPotawatomi.com we can
customize

your wedding and graduation invitations!

Rising Sun Daycare Holds Mini Powwow

by Autry Johnson, PTT Apprentice

Rising Sun Daycare had its first official Summer's End Powwow for the youth on Nov. 22. It was a one-day event with drum group Young Warriors who sang for the youth, family members, staff and dancers that attended.

Ira Frank and Waleli Frank were head dancers of the powwow; they both show-cased their style of dancing and regalia. Also in line with the dancers were local FCP royalty: Lovey VanZile and Precious VanZile. Both were proud to showcase their regalia and dance-styles to the youth as well.

With approximately 15 dancers that included children, it was really nice to see youth take part in a cultural event at such a young age. There were really good songs, with youth giving really good leads at the drum with Young Warriors,

the good dancers, and the community to watch and enjoy.

After the powwow ended, Rising Sun staff served a lot of festive food that they had prepared: turkey, cranberries, mashed potatoes, fry-bread, and more. Everybody enjoyed the feast and were thankful for the food and the powwow.

Rising Sun Daycare would like to thank FCP Language and Culture, FCP

Education, the elders, dancers, parents, and other community members who participated. They also would like to thank the three veterans who participated in grand entry and prayer: Billy Daniels Jr., Brian Franz, and JR Holmes. Rising Sun Daycare would like to give a huge thank you to the parents for their support of the children now and for their future.

















