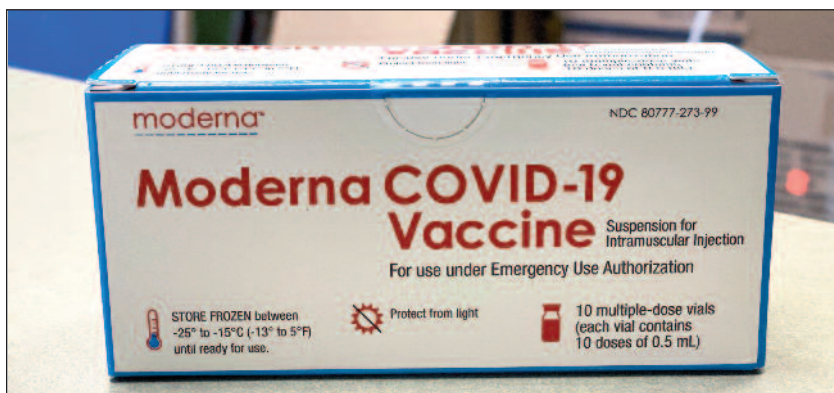




WE Health begins vaccinations



Submitted photos

Sarah Snetsinger, an RN from White Earth Home Health, recently vaccinated Chairman Michael Fairbanks. People can get updated vaccination information on the White Earth website at www.whiteearth.com and the White Earth Facebook page when it becomes available.

White Earth IHS staff were some of the first in Minnesota to get coronavirus vaccinations

By Dan Gunderson
Minnesota Public Radio News

During his visit to the Indian Health Service clinic in the village of White Earth on Dec. 15, Rear Adm. Michael Weahkee talked about the challenges of distributing the coronavirus vaccine to hundreds of tribal nations across the country.

“We’re in some of the most rural and remote locations in our country,” the IHS director said, “but we have worked for months to ensure this

distribution is seamless.”

As the coronavirus vaccine makes its way to states and tribal nations across the country, health care workers on reservations in Minnesota are among the first to be vaccinated. The Indian Health Service office in Bemidji, which serves tribes in Minnesota, Wisconsin and Michigan, was the first IHS office in the nation to receive the vaccine.

Kailee Fretland, the deputy lead of the fed-

See IHS Page 12



Photo by Gary W. Padrta

White Earth Health Center pharmacist, Commander DeAnne Udby gives the first Covid-19 vaccination to RN Ashley Lohnes on Dec. 15 at the White Earth Health Center.

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Remembering Irene Auginaush

Former White Earth District I Rep. Irene Auginaush, 68, of Rice Lake, died Dec. 5 at Havenwood Care Center in Bemidji, Minn.

Irene was the District 1 Rep. from 1996-2014. That made her the longest serving woman on the tribal council.

Left: One of her most memorable experiences as a council member was meeting President Obama. Pictured with the president is Irene, right, former Chairwoman Erma Vizenor and Irene’s nephew, Shane Auginaush (background).

You can read her full obituary on Page 18.

File photo

Anishinaabeg Today

The *Anishinaabeg Today* (AT) is the official publication of White Earth Reservation and is published once a month. Editorials and articles appearing in the AT are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the AT staff or the White Earth Reservation Business Committee.

The AT reserves the right to reject any advertising or materials submitted for publication. The submission of articles, and photos is encouraged, however, they are subject to editing for grammar, length, and malicious/libelous content. The Editor makes the sole decision of what is published in the AT and will not assume any responsibility for unsolicited material nor will the AT guarantee publication upon submission. **Deadlines are strictly enforced!** Deadline dates are printed on Page 2 in each issue.

The AT is distributed at no charge to all postal patrons living on White Earth Reservation, and by mail to White Earth Reservation members (who request the newspaper) living within the United States. One per household. The cost of a newspaper subscription is \$12 per year for non-members (including descendants) living off the reservation. **The AT can be read online for no cost at www.whiteearth.com.**

For more information call 218-983-3285 Ext. 5903, email: today@whiteearth-nsn.gov, fax: 218-983-3641, or write to:

Anishinaabeg Today
PO Box 418
White Earth, MN 56591

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Future Issues *

Deadline	Issue Date
Jan. 27	Feb. 3
Feb. 24	March 3
March 31	April 7
April 28	May 5
May 26	June 2

* Deadline and issue dates subject to change

#MaskUpWhiteEarth

Time to make the final push to win the COVID battle on Rez

By Carson Gardner, M.D.
and Dave Snetsinger

White Earth Emergency Operations Center

“Hey, we’re all gonna get vaccine now, right? So the masks really don’t matter anymore, right?” Nope. Not right. Masks, social distancing, hand washing, surface cleaning, staying home if sick, and following quarantine and isolation guidance are still really, really, *really* important. We could talk about vaccine, with the Pfizer vaccine already Ok’ed, and the Moderna vaccine about to be Ok’ed. But today let’s talk more about masks. It’s really simple. A recent modeling study by a very respected COVID research group, the Institute for Health Metrics and Evaluation, in Washington State came up with this comparison. It’s accurate as of just a few days ago.

♦ Between now and March 2021, COVID vaccine will likely save about 25,000 lives in the USA.

♦ Between now and March 2021, if 85% or more of us would just wear masks whenever we went out of the house—and at home if we have COVID—then almost 60,000 lives will be saved in the USA.

The math isn’t hard, Anishinaabeg. It’s just subtraction: take 25,000 from 60,000 and you get 35,000. *Between now and March 2021, mask wearing will save 35,000 lives more than vaccine will.*

Of course, don’t skip the vaccine! Over the long haul, in the next couple or three years, if 75% or more of us get vaccinated against COVID, it will stop the spread of COVID and save hundreds of thousands of lives. Remember the Imperial College (Oxford Cambridge) modeling study:

If nothing is done about COVID, then in the next couple

or three years at least 50% of the world’s population will get COVID, 7.5% of the world’s population will get seriously ill, 3.75% of the world’s population will get critically ill, and about 1% of the world’s population will die. 1% of 8 billion is 80 million. 1% of 300 million is 3 million. 1% of 10,000 is 100.

Recent research on the Pfizer vaccine and the Moderna vaccine says that both vaccines are 90-95% effective. That means we can, in the long haul, prevent 90-95% of those COVID deaths.

But it’s going to take much of 2021 to get enough people vaccinated in the world, in the USA, and on White Earth lands to stop COVID spread. *Until then, and especially between now and March, the main single way to save the lives of our elders and those with chronic diseases like diabetes, emphysema, heart disease, kidney disease, liver disease, and cancer is to wear a mask whenever we go out of the house.*

Every time. Every place. Every reason.

I have heard it said that, this year, going out in public without a mask is like cutting all the safety belts out of your car. You might get away with it; but you might hurt yourself and those you love. That is an upsetting, disturbing thought; but in December 2020 it is not surprising. It’s time we, together as White Earth community family, make the final push to win the COVID battle on Gaa-waabaabiganikaag. Masks are the first, best weapon of choice. Someone really smart also said winning the COVID battle is like a parachute jump: Prepare all you want. But when it really counts, “You’ve got to get it right the first time.”

#MaskUpWhiteEarth

Re-connecting with our culture is a start to healing

By Evelyn Bellanger
Pine Point, Minn.

In the past, our Native societies were structured to raise healthy children. And with the arrival of Western society, the intense colonization over the past 500 years, has been damaging to these traditions. Our Elders have been saying, ‘go back to the old ways.’

What our ancestors were teaching us, the children were not being taught this in the Boarding Schools. Instead, they were being severely punished; physically, emotionally, sexually, and spiritually. The children were punished for speaking their languages, all connections and ties with their families and culture were cut. They would learn new behaviors and when they came home, our people started noticing the alcohol and child abuse. They lacked parenting skills and would learn to hurt each other.

In some of the schools, the older children were given the authority to choose what punishment others would receive. The boys were taught and not allowed to show their emotions. At home, the young men would tell others that they were sissies if they cried. They had learned to stuff their feelings. Some of this would lead to domestic violence when an outlet was needed and this has become imprisonment for many, among other behaviors. There are many issues that we have today that can be connected to the Boarding school era.

In a remote Inuit community on the tundra of the Arctic Circle, a Harvard student, Jean Briggs lived for 17 months observing and documenting her time living with an Inuit family. She discovered the adults had an extraordinary ability to control their anger and how they take tantrum-prone toddlers and turn them into cool-headed adults. This community is working hard to keep this parenting wisdom intact. She attended a parenting class, where day-care instructors learn how their ancestors raised small children hundreds, perhaps even thousands of years ago. Across the board, all the moms

mention one golden rule: Don’t shout or yell at small children.

Traditionally, the Inuit saw yelling at a small child as demeaning. It is as if the adult is having a tantrum; it’s basically stooping to the level of the child. Goota Jaw, one of the members teaches the parenting class. Her own parenting style is so gentle that she doesn’t even believe in giving a child a timeout for misbehaving. “Shouting, ‘Think about what you just did. Go to your room!’” I disagree with that she says. That’s not how we teach our children. Instead, you are just teaching children to run away.” And you are teaching them to be angry. When we yell at a child, or even threaten with something, we’re training the child to yell. We’re training them to yell when they get upset and that yelling solves problem.

In contrast, parents who control their own anger are helping their children learn to do the same. Kids learn emotional regulation from us. Even if the child hits you or bites you, there’s no raising your voice? “No, with little kids, you often think they’re pushing your buttons, but that’s not what’s going on. They’re upset about something and you have to figure out what it is.

She asked, “if you don’t scold or talk in an angry tone, how do you discipline?” For tens of thousands of years, oral storytelling is used. It has been a key way that parents teach children about values and how to behave. So, absolutely, the Inuit no-yelling policy is the first secret of raising cool-headed kids.

This information and other observations are written in two books by Jean Briggs, “Never in Anger” and Inuit Morality Play. She died in 2016.

Re-connecting with our culture and going back to the old ways is a start to healing and believing that we can. There is a lot of anger in our lives, in the world, in our politics, schools, communities, and families and the world could learn a lot from our traditions. Listen to our elders.

5th Annual: White Earth Tribal 4-H Cultural Winter Camp

Saturday, January 30th & Sunday, January 31th, 2021
10:00am-5:00pm each day




Virtual this year!! Click on this link to sign up: https://umn.qualtrics.com/jfe/form/SV_8wglWvFJDhV84Tz

Celebrate Learning and Growing through Traditional Anishinaabeg Values



Everyone is welcome to attend virtual with your families this year, for an introduction to 4-H Youth Winter and Cultural Activities: Storytelling, fishing demo, food & nutrition demo, learn birding, cultural arts (sign up), theater, and as much winter fun as we can have on Zoom. Pour a cup of coffee, tea, or hot cocoa and gather your family around the computer! This event is a collaboration between the White Earth Tribal 4-H Program and Community Extension Service of the White Earth Tribal and Community College (WETCC).

The University of Minnesota Extension, Office of Youth Development, offers 4-H Community Programming serving the communities of the White Earth Nation. 4-H provides youth opportunities to learn, explore, and grow through leadership.

For questions on this event, please contact: Dana Trickey at 218-289-1193, tric0014@umn.edu; Or Tammy Bellanger at 218-935-0417 Ext 213, tbellanger@wetcc.edu



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Attention White Earth ENP clients

With the winter season here, please be patient with our drivers. Deliveries might take longer due to road conditions. If they cannot get in your driveway they will not drop off your meal. However, the driver will report the condition of your driveway to the proper team that can help. If you have someone that plows your driveway, please have them do so. Miiqwech for your help to make your meals get to you in a timely manner

For your safety and ours please make sure you have a cooler outside to put your meals in. Please remember to take the food out of the tin container and reheat it up to 165 F for 15 seconds in a microwave.

Miiqwech,
Take care & be safe
From the ENP staff

BECOME A RESPITE PROVIDER

Now accepting applications to fill a critical need! Help our foster parents by temporarily opening your home as a respite provider which provides our foster families the opportunity to take a needed break from the challenges that come with daily care giving. Contact us with any questions or if you're interested in applying!

White Earth Indian Child Welfare
Foster Care Program
P.O. Box 358
White Earth, MN 56591
Phone (218) 983-4647
Fax (218)983-3712



Katie Olson ext. 5501
katie.olson@whiteearth-nsn.gov

Rachel Harveland ext. 5525
rachel.harveland@whiteearth-nsn.gov

Amber Stech ext. 5542
amber.stech@whiteearth-nsn.gov

Misty Clark ext. 5541
misty.clark@whiteearth-nsn.gov

You can reach the Anishinaabeg Today at 218-983-3285 Ext. 5903 or email today@whiteearth-nsn.gov

News From Chairman Michael Fairbanks

Aaniin Boozhoo Gaa-waabaabiganikaag Niminwendam Waabaminaan!
Gichimanidoo-giizis.
Mino-Oshkibiboon.
Greetings White Earth Nation I am Happy to See You!
It is January.
Happy New Year.
Aaniish inaa akawe ninga-gaagiizomaag aadi-zookaanag miigwech manidoog.



Many moons ago after the first snowfall and Mother Earth was covered with a blanket of snow there were storytellers who would travel from lodge to lodge telling our creation stories. In our creation stories Nanaboozhoo is our teacher. Nanaboozhoo's mother is Winona, in Ojibwe means 1st daughter, to Nookomis, Grandmother Moon. Winona has twin boys Nanaboozhoo and Majiikiwis which translates to Badboy, hence the last name Badboy on our Ojibwe Nations. Also Nanaboozhoo has a half-sister named Awanookwe, Fogwoman which has another creation story. Each of these beings has various creation stories associated with them. It is our duty as Anishinaabe to seek them out to help us in our journeys on Mother Earth. This story I was told by one of my namesakes I will also tell you all.

Nanaboozhoo pulled them apart revealing a little fistful of mud; just enough for Nanaboozhoo to make land himself. Nanaboozhoo said, "Wazhashk! Wake up!" blowing life back into him.

Many moons ago our Mama Akiing, Mother Earth, was filled with chaos and unhappiness our Creator was unhappy about the people on Mother Earth Aki because they had become, selfish, careless and had no respect for the wellness of beautiful Mother Earth, water beings, plant beings, animal beings, as well as their own Anishinaabe brothers and sisters. So Creator decided to send the ocean beings and all other water beings across Mother Earth to be purified. So the great flood happened.

Nanaboozhoo took the mud and shaped it and he said, "I need a place for this to grow so Mikinaak, Snapping Turtle swam up saying, "It can grow on me, place it here." So he did and it grew into Turtle Island and all of the plants, insects and animals were able flourish and survive. MiiGwech Aadizookaanag.

Nanaboozhoo survives by using floating trees to make a raft for himself and many animals made it to him of which he pulled them to safety. As they floated around they waited for the water to go down but it didn't so he decided to do something to attempt to make land himself.

I hope this article finds you and your family healthy and well. Here it is 2021 already, and for many of us the New Year signals a time of renewal and hope. This past year was challenging on so many levels, with the most impactful being the Covid-19 worldwide pandemic. I want to acknowledge our friends and families who have lost loved ones. Creator, be with all of our families.

He called to Maang our Loon brother as he is an excellent swimmer and thought Maang could easily dive down and grab some dirt to make a new world. So Maang agreed and dove down. Maang was down for a long time all the animals and Nanaboozhoo looked at each other with eyes wide open waiting for him to pop back up. THEN FINALLY Maang popped back up very exhausted saying, "I could not reach the bottom it is too far."

Our White Earth Nation Emergency Operation Center (EOC) leads the Minnesota Chippewa Tribe in management and efficacy. Our EOC and White Earth Nation programs were the first to get and distribute the COVID-19 tests and had our testing sites up and running, which in turn, was a turning point in saving many lives through harm reduction procedures. We also received the vaccine and have distributed them to various programs aimed at the people with the most vulnerable health conditions first.

Then Nanaboozhoo looked around and seen Amik, Beaver. He said, "Amik you are a great swimmer will you try it?" Amik stepping up gladly jumping in the water diving in for even a longer time than Maang and Amik came up all bummed out too like Maang he didn't get any dirt.

Here at White Earth, we have seen this disease take loved ones too early. We have had to close or limit services both in our tribal government and businesses. We have also seen staff work hard to help their friends, families and co-workers. Our essential employees have time and again proven how essential they are. They include members of our EOC and Public Health who administer Covid-19 testing in our communities.

So all of the swimmers and divers all attempted and also couldn't get any dirt and then finally little Wazhashk, Muskrat with his little tiny voice said I will try it. And all of the other animals told him we do not have time for your attempt and you will fail also and they turned their backs in discussion about what to do next. During this little Wazhashk dove in on his own without anyone watching. He was also gone for a long time and then the other animals and Nanaboozhoo finally noticed he was gone realizing he had jumped in while they were in council. All they could do was wait. Then all the sudden the animals seen him pop up out of the water all lifeless pulling him onto the raft. Little Wazhashk fists were clenched together and

On another note, I am happy to announce that White Earth has distributed an additional \$1,000 from our remaining COVID-19 government funding to our membership to help relieve the economic stress that this pandemic has brought to our communities. Eligible members should have received these checks by the time you read this.

I am pleased to report that there is light at the end of the tunnel. On Dec. 15, the director of the Indian Health Services, Rear Admiral Michael D. Weahkee, visited the White Earth IHS Clinic along with Dan Frye, the Bemidji Area Director. The purpose of this visit was to roll out the Pfiser vaccine that had just been approved. White Earth along with the Red Lake and Cass Lake Service Units were the first in IHS to

See Chairman Page 17

WHITE EARTH NATION MAHNOMEN COUNTY ONE-CALL CENTER

218-936-2774

covid19@whiteearth-nsn.gov



Just a reminder that the ONE-Call Center is open Monday-Friday 8 a.m. - 4:30 p.m. and is staffed with professionals to answer general questions related to COVID-19. The ONE-Call Center also provides supportive services including constituent services, mental health, and nursing.

Line 3

opponents file federal suit to try to block the pipeline

By Dan Kraker
Minnesota Public Radio News

Opponents of the Line 3 oil pipeline replacement project have filed a federal suit seeking to halt construction on the project, arguing that a key water quality permit granted by the U.S. Army Corps of Engineers in November failed to consider several environmental impacts.

The White Earth and Red Lake Nations, along with the Sierra Club and Honor the Earth, filed the complaint on Christmas Eve in U.S. District Court in Washington, D.C.

It seeks to overturn a permit that the Army Corps issued in November that allows Enbridge to discharge dredged and fill material into rivers and streams.

That was the last permit Enbridge Energy needed to begin construction on the controversial project, a 338-mile long, \$2.6 billion pipeline which crosses more than 200 water bodies and 800 wetlands in its path across northern Minnesota.

The lawsuit also asks for an injunction to halt construction of the pipeline, which began in earnest on Dec. 1, shortly after the Army Corps issued its permit.

The plaintiffs argue that the permit violates several federal laws and treaties, that the government ignored the project's environmental effects — including climate change and potential spills of heavy Canadian oil known as bitumen — and should have conducted a comprehensive environmental

review, called an environmental impact statement, or EIS.

Enbridge said it's reviewing the complaint. In a statement, the company noted that the Army Corps permit review "included robust public participation, including consultation with 30 tribes."

More than 3,000 skilled tradespeople work on Line 3 currently. The workforce is expected to grow to over 4,000 jobs. Proponents say the additional tax revenues would flow to northern Minnesota in a slow economy.

The project aims to replace an existing Enbridge pipeline that's corroding and requires regular repairs, with a new pipe along a different route across the state.

Enbridge has billed the pipeline's replacement as an "integrity and maintenance driven" project, arguing that a newer pipe would be less likely to leak and therefore more protective of northern Minnesota's waterways.

Opponents contend it would substantially exacerbate climate change by nearly doubling the amount of oil the current pipeline could carry. They also say it opens up new areas of the state to potential spills, and violates tribal treaty rights.

They've filed several additional lawsuits in state court, challenging the project's approvals by the Minnesota Public Utilities Commission, and permits issued by the Minnesota Pollution Control Agency.

Opponents are also expected to ask the Minnesota Court of Appeals for a halt on construction until those lawsuits can be heard.



W. E. TRIBAL ELDER SNOW REMOVAL PROGRAM

Because of COVID 19 this year we are not requiring you to complete the application unless you have never been on the plow list before and are new to the Program

We only need you to contact us to update your information such as: New address and Current Telephone number

Because of COVID 19 we will not be having the Snow plower come to the door for your signature

Please move your vehicles if possible as the plower needs plenty of room to push the snow to do a good job

Tribal enrolled member that are fifty-five years or older between now and March 2021 please call for an application

Apply at: White Earth Water & Sewer Department
P.O. Box 418
White Earth, MN 56591
Phone: 218-983-3202 - Fax: 218-983-4350

E-mail address: Matt.Smith@whiteearth-nsn.gov or Betsy.Smith@whiteearth-nsn.gov or Cindy.Weber@whiteearth-nsn.gov

Contact Matt Smith or Betsy by telephone or email if you have any questions

News From Secretary-Treasurer Alan Roy

White Earth Nation,

I hope that this message finds you in good health and in good spirits. The Tribal Council on Dec. 12 authorized a third round of COVID relief for members in the amount of \$1,000 that were mailed Dec. 30. It is important to support this relief because thousands of our members are still affected by the pandemic and many have been affected financially. Taking care of our families will always remain a priority.

If you received White Earth COVID assistance prior to this authorization, you will automatically qualify for the third check so a new application was not necessary.

The Tribal Council also authorized up to \$500,000 of Tribal Small Business Relief. Several Tribal small businesses will directly benefit from this assistance. Small businesses have been hit hard by the shutdowns. As a sovereign nation, the Tribe operates under its own jurisdiction which also affects businesses licensed by White Earth Nation. The Tribal Council has taken extraordinary measures to support small business to include business relief, operating hour regulations, and other measures.

Blessings and prayers are extended to White



Earth members and our families as we collectively endure these unprecedented times. I am very thankful for the actions of our Chairman and District Representatives to take care of White Earth members.

While 2020 has been a difficult year, it has been an honor and a privilege to serve Tribal families.

I wish you good health and safety.

WE Tribal and Community College signs Articulation Agreements with seven colleges and universities

White Earth Tribal and Community College (WETCC) has entered into Articulation Agreements with Bemidji State University, Metropolitan State University, Minnesota State University Mankato, Minnesota State University Moorhead, Southwest Minnesota State University, St. Cloud State University, and Winona State University, all who are institutions within the Minnesota State Colleges and Universities system (MnSCU), the largest system within Minnesota.

By entering into the Articulation Agreements, WETCC will provide eligible students an opportunity to be dually admitted in both WETCC and one of the universities listed. One great feature of the dual admissions program that is included in the agreements, will allow students who attend WETCC the opportunity to be admitted into the university as a junior after completing their AA degree at WETCC.

This agreement is a huge accomplishment for administration at WETCC and will open the door for students to easily transfer to a four-year college or university. "We thank Chancellor Devinder Malhotra

and Senior Vice Chancellor for Academic and Student Affairs Ron Anderson for the efforts made to bridge the divide between our colleges and make the transition to the Minnesota University system seamless for our students" said WETCC President Lorna LaGue.

"We are creating pathways that our students can follow by establishing these partnerships," said WETCC Academic Dean Brian Dingmann, "and hopefully, provide a more comfortable educational journey."

White Earth Tribal and Community College is a two-year institution located in Mahanomen. The College is dedicated to academic excellence grounded in Anishinaabe culture, values, and traditions.

WETCC has one of the lowest tuition rates in the entire state and has an open enrollment policy, providing accessibility for anyone to earn their AA degree. WETCC serves PSEO options allowing high school students to start their college journey and is open to tribal members and non-tribal members with a high school diploma.

Applicants needed for WE Enterprises Board of Directors

The White Earth Reservation Business Committee is looking to expand the pool of applicants for the WE Enterprises Board of Directors. Board members will be required to meet once a month to discuss the monthly reports of all White Earth Enterprises. Board members will also be responsible for finding strategic ways to operate profitable businesses.

Applicants must sign a Background Check Release Form and complete a White Earth

Enterprises Prospective Board Member Application. Applications are available at www.whiteearth.com. Completed applications must be mailed to: White Earth Reservation Business Committee, Attn: Executive Director, PO Box 418, White Earth, MN 56591. Applications will be accepted until the positions are filled.

All applications received during the initial search will remain in the applicant pool unless otherwise requested by the applicant.

Rez Briefs

White Earth Urban Office has new address

The new address for the White Earth Urban Office is 1730 Clifton Place, Suite 100, in Minneapolis. The telephone number is 612-813-1590 and you can reach Marcy Hart at Ext. 6639. The hours are Monday to Friday, 8 a.m. to 4:30 p.m., and they are closed on designated holidays. The White Earth Urban Housing Stability Program can be reached at 612-813-1590. You can reach John Huson at Ext. 6636 or Aleshia Goodwin Gutierrez at Ext. 6650. Clients need to call for appointments or ask for information by telephone only due to the coronavirus pandemic. Walk-ins will not be accepted.

Waubun School Forest open for winter fun

The Waubun School Forest is open for skiing, sledding, snowshoeing and walking. School rules apply on the property. Limit your time in the building to 10 minutes and keep to your own social group if there are others. Use hand sanitizer when entering, mask and distance. You will need to bring your own water and mask. No food is allowed in the building this year. Call 218-473-2575 if you have a question. Location is 2541 State Hwy 113 (9.2 miles east of Waubun).

WE Cultural Division offering traditional medicine

The White Earth Cultural Division is offering traditional medicine for individuals that need medicine in these changing times. You may contact: Merlin.Deegan@whiteearth-nsn.gov or call the EOC center at the Shooting Star Casino and request to get a hold of Merlin Deegan.

Circle Back Program referrals

If anyone needs to get a hold of the Circle Back Program to make a referral or to schedule a comprehensive assessment for adolescents, call 218-983-4693 or Ext 4693 or email leslie.fain@whiteearth-nsn.gov

White Earth Car Seat Prevention Program

- Is your child in need of a car seat?
- Are you wondering if your child needs the next stage car seat?
- Let us help to secure your child's future in the correct car seat!
- We are available for car seat education Monday through Friday; 8 a.m. - 4 p.m.

Please call Danielle Darco at 218-936-3285 Ext. 1324 or Bryanna Chilton Ext. 1259 to help answer any question you may have or to schedule an appointment.

Anishinaabeg Today Readers

Please let us know if you recently moved, or have moved in the past few years so we can cancel your old address. **Many papers are still being sent to old addresses!** Call the *Anishinaabeg Today* at 218-983-3285 Ext. 5903 or email today@whiteearth-nsn.gov.

WHITE EARTH TRIBAL HOME VISITING



Parents as Teachers.



Implementing Nurse Family Partnership and Parents as Teachers

We Have Openings!!

What is White Earth Tribal Home Visiting?

Together on each visit, we'll

WETHV is two programs in one. Family Resource and LIFE work together to serve prenatal to age 5 on the White Earth Reservation. The LIFE Program uses NFP and provides services to prenatally to 2 years of age. Family Resource uses the Parents as Teachers curriculum to help parents and children from age 2-5. We provide home visits on a monthly, bi-weekly, or weekly basis. We also provide monthly group connections, where we do activities and learn new things.

- Look at *your* child's development and talk about the parenting challenges you face right now.
- Think about family dynamics impacting your child's development, your parenting values and decisions.
- Build strong protective factors to keep you, your child and your family healthy, strong and resilient.

For more information and questions please contact:

LIFE - 218-401-2799 (Bryanna) PAT - 218-850-1061 (Kayla)

White Earth tax sites open January 25

White Earth Investment Initiative will open its Volunteer Income Tax Assistance sites beginning Jan. 25. The Shooting Star Casino tax site will be open Mondays through Thursdays, Jan. 25 through March 4, from 11 a.m. to 7 p.m. The Pine Point site (community center) will be open Fridays only, Jan. 29 through Feb. 19, from noon to 6 p.m. Appointments are required and can be made by visiting weii.website or calling 800-752-6579 after Jan. 19.

Alternatively, taxpayers could choose to receive their returns virtually and complete their review and e-file authorization via videoconference.

Visitors to the tax site are required to wear masks and practice social distancing. WEII personnel will be following all federal, state, and local COVID-19 guidelines, including frequent cleaning of tax stations. Taxpayers are asked to reschedule their tax appointments if they are not feeling well.

“We are very excited about opening the tax season and serving our clients,” said Sue Trnka, VITA Director for WEII. “2020 was a challenging year, but our volunteers and staff are well-prepared to help the community file their returns as efficiently as possible.”

Taxpayers should be sure to bring their photo IDs, originals or copies of Social Security cards for all persons listed on the tax return, and all tax documents (e.g., W2s, 1099s, etc.) along to their first appointment.

To keep taxpayers, tax volunteers and staff as safe as possible, tax operations will operate in a semi-virtual way during the filing season. At their appointment, taxpayers will provide identification, complete intake forms, and provide copies of their tax documents to VITA staff and volunteers. Returns will be prepared within seven business days. Taxpayers will need to return for a second appointment to review their returns with tax site personnel and sign a form authorizing WEII to e-file their

OPEN TO ALL

PROVIDING
Support
Refreshments
Traditional Medicines

STARTING
JANUARY 4,
2021
4:30-7:30 PM

WHERE
M- WHITE EARTH
T- MAHNOMEN
W- NAYTAHWAUSH
TH- RICE LAKE
F- PINE POINT

CONTACT
Edie Smith
Joshua Zornes
Patricia Porter
Karley Goodwin
218-983-3286 X 1297

WHITE EARTH AANJI'BIMAADIZI
CHANGING OUR LIVES; PROMOTING HEALING, LIVING AND BALANCE

OFFERING • Cultural & Spiritual Healing • Outreach • Advocacy • Re-entry Case Management • Care Coordination • Promote Wellness • Family Talking Circle • SUD Education • Community & Individual Readiness • Peer Recovery Mentoring • Treatment Coordination • Comprehensive Assessments • Basic Support • Safe Confidential Environment

“Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before.”

Volunteer Income Tax Assistance Calendar
Shooting Star Event Center & Old Pine Point School

Jan-Feb-March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 25 SSC Site OPEN 11am-7pm	January 26 SSC Site OPEN 11am-7pm	January 27 SSC Site OPEN 11am-7pm	January 28 SSC Site OPEN 11am-7pm	January 29 PPT Site OPEN 12pm-6pm
February 1 SSC Site OPEN 11am-7pm	February 2 SSC Site OPEN 11am-7pm	February 3 SSC Site OPEN 11am-7pm	February 4 SSC Site OPEN 11am-7pm	February 5 PPT Site OPEN 12pm-6pm
February 8 SSC Site OPEN 11am-7pm	February 9 SSC Site OPEN 11am-7pm	February 10 SSC Site OPEN 11am-7pm	February 11 SSC Site OPEN 11am-7pm	February 12 PPT Site OPEN 12pm-6pm
February 15 HOLIDAY SITES CLOSED	February 16 SSC Site OPEN 11am-7pm	February 17 SSC Site OPEN 11am-7pm	February 18 SSC Site OPEN 11am-7pm	February 19 PPT Site OPEN 12pm-6pm
February 22 SSC Site OPEN 11am-7pm	February 23 SSC Site OPEN 11am-7pm	February 24 SSC Site OPEN 11am-7pm	February 25 SSC Site OPEN 11am-7pm	February 26 SITES CLOSED
March 1 SSC Site OPEN 11am-7pm	March 2 SSC Site OPEN 11am-7pm	March 3 SSC Site OPEN 11am-7pm	March 4 SSC Site OPEN 11am-7pm	March 5 SITES CLOSED

*For appointments, go to weii.website or call 800.752.6579 after Jan 19
 *WEII tax sites are closed on Saturdays and Sundays.

*Appointments are for intake only; all tax returns will be prepared virtually
 *For assistance after March 6, call Sue at 218.844.7029

To keep our community safe, WEII will be following all COVID-19 safety guidelines. If you are not feeling well, please reschedule your appointment. Please practice social distancing at our sites. Masks must be worn during appointments.

MENTAL HEALTH SUPPORT

BECKER COUNTY & WHITE EARTH RESERVATION MENTAL HEALTH

ADULT/CHILDREN'S 24 HOUR CRISIS HOTLINE
CALL 218-850-HELP or 1-877-380-3621

IN LIGHT OF RECENT EVENTS, SUPPORT IS BEING OFFERED AT THE BEHAVIORAL HEALTH BUILDING IN NAYTAHWAUSH DURING THE FOLLOWING TIMES:

WEDNESDAY 1:30PM-4:30PM
THURSDAY 8AM-4:30PM
FRIDAY 8AM-4:30PM

IF YOU ARE IN NEED OF SUPPORT AND CAN'T MAKE IT TO THIS LOCATION, PLEASE CALL THE CRISIS LINE AT 218-850-4357

Detroit Lakes Polar Fest set for Feb. 4-15

Detroit Lakes, Minn. - Dates for Polar Fest 2021 have been officially set for Feb. 4-15. This annual festival provides opportunities to celebrate winter through various activities. Organizations and groups from around the area can submit events to be included in the calendar.

There's something for everyone, from food events to virtual presentations to outdoors activities. This year, activities will be adjusted to allow for social distancing and other safety measures.

Polar Fest is brought to you by Propel DL Inc, a 501(C)(3) organization whose purpose is to advance, promote, and enhance through educational, charitable and recreational programs, including but not limited to festivals and events, to promote and encourage prosperity in Detroit Lakes.

For more information, visit www.polarfestdl.com.



White Earth Distribution store is open for business

White Earth Food Distribution opened the store for your shopping convenience starting Oct. 1!

Monday-Thursday
8 a.m. - 3:30 p.m.

Please follow social distancing guidelines and everyone is required to wear a mask.

White Earth Nation has a Facebook page!
Visit us for the latest COVIN-19 updates:
www.facebook.com/WhiteEarthNation

WE Health Center's vaccine distribution plans

The White Earth Health Center is currently following recommendations provided from the Advisory Committee of Immunization Practices (ACIP) -- the CDC subgroup of clinical experts that provides review and recommendation to the CDC Director -- as well as direction from IHS clinical leadership at a national level. On Dec. 1, 2020, the Centers for Disease Control's Advisory Committee on Immunization Practices (ACIP) voted on recommendations for Phase 1a COVID-19 distribution.

The ACIP recommended, as interim guidance, that both 1) health care personnel and 2) residents of long-term care facilities be offered COVID-19 vaccine in the initial phase of the vaccination program. Accordingly, IHS-operated facilities will follow the ACIP guidance. During this phase of very limited doses of COVID-19 vaccine, we must follow the guidance of national clinical experts on who we offer the COVID-19 vaccine to. The White Earth Health Center does not have a long-term care facility so we

are targeting Phase 1b patients who are 65 years and older with high-risk medical conditions.

The ACIP will continue to provide guidance as to the priority sub-groups of patients most at risk from COVID-19 disease who should first receive the COVID-19 vaccine and once official recommendations are published by CDC the White Earth Health Center will continue to follow these recommendations in prioritizing those we care for and serve. We look forward to the weeks and months ahead as the supply of COVID-19 vaccine becomes available and all patients can be offered the vaccine if they so choose. Until then, please understand we are working diligently to prioritize those most at need and are following national clinical expert guidance.

The White Earth Health Center will post updates on its Facebook pages. We are currently working on a waiting list for patients who are interested in receiving the COVID-19 vaccine.

WECARE links families to needed services

WECARE (White Earth Coordination, Assessment, Resource and Education), a program under White Earth Public Health provides an efficient and effective way to link families on the White Earth reservation to the services they need.

The project is focused on improving care coordination, enabling connections between mental health, home health, education, early childhood programs, and human services in an accountable care-like organization. Clients complete a universal intake assessment indicating their interest in a wide range of needs and community services, creating an electronic alert referral for appropriate programs to address the social determinants of health.

The WECARE integrative 2Generational approach is focused on improving health outcomes and reduce the level of poverty encountered on the White Earth Reservation. This is achieved through,

- 1) Culturally - specific comprehensive case management for integrative care coordination and supportive services
- 2) Support adult caregivers into workforce and/ or post-secondary pathways
- 3) Increase social capital through monthly gatherings
- 4) Resource management for families
- 5) Evaluation of family participation and family goals achieved

Anyone can partake in a WECARE assessment, but to be eligible to participate in the 2Gen program, you must have a need in either; childcare, employment, education, mental health, and/or housing. 2Gen families are encouraged to participate in monthly family nights, where a cultural speaker provides a cultural family activity. During the COVID-19 pandemic, WECARE has moved the monthly family nights vir-



tually to continue staying connected.

The ultimate goal of the WECARE program is to enable all agencies to work in partnership with the client at the center of the care team. Staff across agencies will be better equipped to provide the necessary referrals, supports, and services to reduce health risks and increase overall health and well-being on the White Earth Reservation. Coordinating care will reduce confusion and inefficiency involved with different systems working with clients.

Because clients are actively involved in developing their care plan, there is heightened accountability for all stakeholders involved, including partner agencies, clients, and their families. Client-driven data that is collected will also help analyze their existing programs and services to help them continue to make decisions that reflect what the community needs.

If interested in completing a WECARE assessment or interested in joining the 2Gen program, please contact:

Taylor Soyering (WECARE Pathway- Navigator)
Taylor.Soyering@whiteearth-nsn.gov
218-401-3208

Kali Lhotka (WECARE Pathway- Navigator)
Kali.Lhotka@whiteearth-nsn.gov
218-401-3185

Taylor Vonderharr (Program Evaluator)
Taylor.Vonderharr@whiteearth-nsn.gov
218-401-3210

MnDOT launches 'Name a Snowplow' contest

ST. PAUL, Minn. -- The Minnesota Department of Transportation is seeking creative, witty and fun names as part of a new effort to name eight snowplows in the agency's fleet -- one snowplow for each MnDOT district in the state.

Name ideas can be submitted on the MnDOT website. **The submission form will be open until Friday, Jan. 22**, and all Minnesotans are invited to participate. The link will also be shared on MnDOT's

social media channels.

In February, MnDOT plans to share some of the best name ideas and invite the public to vote on their favorites. The eight names that get the most votes will then make their way onto a snowplow in each district.

Follow @mndot on Instagram and Facebook, and @MnDOT on Twitter.

White Earth Council of Elders

By **Lucille Silk, Chairperson**

White Earth Reservation Council of Elders

The Elders of this Nation would like to say Mii Gwetch to all programs that have provided service to us, even those that did not respond. We are especially grateful for the food delivery folks that brought meals to the Elders. Thank you for the Christmas gift and again for the delivery folks that made sure they were delivered before Christmas despite the weather. Thank you to the Elder Nutrition manager for securing the gifts and all those that put them together.

A big thank you to Mike Bevins for his volunteer service in plowing the churches after the snowfalls, he does not receive any payment for this and we are so grateful. Also, thank you to Geraldine Bellanger for having the church sprayed for bugs at her own expense. There are many others that have either volunteered their time and monies for things that we may not know about and we want to give a big shout out and thank you to them too. We have many Santas out there doing good deeds and we want to acknowledge your kindness. We appreciate all of you!

Life has been tough for many families this past year, and it is not over yet. Please adhere to the guidelines that have been set up for the safety of our people on the White Earth Reservation.

Remember to wear a mask when among others, keep a six-foot distance and wash your hands often. It breaks our heart to hear of so many of our Ojibwe people that have died because of Covid-19. By attending large gatherings and not following the safety guidelines, you can become positive to this disease and bring it home to your families. Remember, our Elders are more susceptible to Covid-19 as their immune systems are not as strong due to other illness that they may have. There is a positive to this pandemic as vaccines are coming, but we need to be vigilant with safety measures.

We are still getting lots of calls for minor repair needs such as plastic on windows, hazards with light fixtures, washer or dryer repairs, doors damaged by wind, etc. We had talked about day labor that could do some shoveling of sidewalks or helping with other minor repairs. We realize that many programs are not in operation, but we understand that many others are working from home.

The other common misconception is that communication is going out on the network, but we keep telling programs that most Elders do not have access to Facebook, therefore if there is a cut-off date, many Elders will miss out. There is a grave communication gap that does not have to happen.

Whatever happened to the telephone, as most of us have one, or the moccasin telegraph? It almost appears that we are banging our heads on the wall to no avail. No one is listening!

Elders are once again concerned with their health care, especially dental services. It does no good to call in to get an appointment as we are told that they are booked out three months, we are not even given the option of on-call waiting when broken appointments happen. As an Elder, dental needs happen quite frequently as we age. Also, it is difficult to get a referral out to a specialist for other critical needs when necessary, even if they have their own insurance.

We are again requesting that our own Elder Nutrition Centers be opened for meals and for those that have home deliveries. We thank the Shooting Star Casino for the past service, but it is way past time that our own Centers be available to us. We realize that we cannot eat meals there, but we can call in for pick up in person when not approved for home delivery. This would cut down on all those meals that are going out from the Casino. The majority of Elders would rather have meals from their own Centers.

We hope to once again begin work on the Elder Affairs Commission, that will address many of the growing needs of

See Elders Page 17

COVID-19 impacts education on the reservation

By Anna Gratzer
American University

It was a cold February morning in the sovereign nation of White Earth, Minnesota's largest Native American reservation, when Joseph Parisian first heard of the novel coronavirus.

An outbreak of a new disease on the far side of the globe couldn't have seemed further away from the 17-year-old's nature class at the Circle of Life Academy, where 150 students attend the largest kindergarten to twelfth grade school on the 1,295-square-mile reservation.

Isolation was no protection, however, two and a half months later, when the school Joe had attended for ten years closed their doors for a two-week break, his in-person high school education ended. For the community he lives in, like many other Native American communities, it began one of the greatest challenges they've faced in living memory.

"The coronavirus is absolutely the biggest challenge that Circle of Life Academy has ever faced," said Superintendent Jenna Leadbetter. Circle of Life Academy is one of 52 schools operated by the Bureau of Indian Affairs, all of which have remained closed since late March.

Leadbetter attributes the notice of the school's indefinite suspension of in-person classes to a higher quality of online education in the fall. The teachers had the summer vacation to prepare for virtual learning and make home visits to ensure every student is comfortable with their school-supplied laptops and hotspots.

Joe traded the well-lit hallways lined with his classmates' artwork and senior class photos for his crowded household. Instead of communal classroom tables, he and nine his siblings sat in the living room during the school day. The fifth oldest, he balanced helping around the house with his completing school-work.

"Life has become kind of dull," Joe said. "There's too much free time."

He has not seen his friends since his school closed, and his classes only teach the most critical learning goals for manageability.

The close-knit family spends their excess of free time with one another. "It is different out here. The kids all get along; they don't fight. We're a Tribe," said the children's father, William.

The worst of the pandemic hit the family of 12, six months after their strict quarantine began, in September.

"I just kept pushing and then one day I woke up and realized it wasn't just a cold," Joe's 22-year-old sister, Tia said. While the entire family had symptoms of COVID-19, it was the oldest member of the family, William, 64, who was in the gravest condition.



After several days of illness, he was hospitalized and put on a ventilator for two weeks. "I just took it all in. The doctors told us he could've died," Joe said. The COVID-19 mortality rate is two times higher for Native Americans than White people in the state of Minnesota.

Nearly two months later, William is not fully recovered. He no longer has the novel coronavirus in his system, but he suffers from chronic fatigue and a compromised immune system. He returned to his full-time job as a sanitation worker several weeks ago, where he believes he was infected with the novel coronavirus.

Cases continue to rise throughout the reservation. To date, 519 individuals have tested positive for coronavirus of the reservation's approximate 9,000 inhabitants. The White Earth Community Center offers walk-in rapid antibody testing and PCR testing three days each week. The White Earth Emergency Management Team urges families to stay home during the surge of positive tests, they said in a statement this week.

Most of the reservation, including bars, restaurants, and the White Earth Tribal & Community College is closed. However, White Earth's main source of revenue, Shooting Star Casino, is open 24-7, which some community members fear is a high-risk area for spreading the virus.

Circle of Life Academy works diligently to support their students and their families in isolation. "There is this big wrap around hug of support for kids," said Leadbetter.

One-hundred percent of their students qualify for free-and-reduced lunches. To nourish their students during the pandemic, the school buses continue to drive their regular routes. Instead of transporting students, however, the drivers provide breakfasts and lunches to students through Meals on Wheels.

Though Minnesota has one of the lowest high school graduation rates of Native American students in the nation, all fourteen of Circle of Academy's seniors, including Joe, are on-track to graduate this spring. Joe plans to attend college next year and study engineering.

"The Anishinaabe are a resilient people," said Leadbetter.

Anishinaabe Arts Initiative grant applications are now open

Anishinaabe Arts Initiative grants are open to Native American artists in all arts disciplines residing in the following counties: Becker, Beltrami, Cass, Clearwater, Hubbard, Itasca, Lake of the Woods, Mahnomon, or Roseau.

This grant offers funding for costs associated with the exhibition, performance, or production of a creative work, purchase of materials or equipment to create works of art, educational opportunities in the arts (excluding academic credit), and proposals for projects or opportunities to enhance the career of an individual artist. Eligible proposals must be adaptive to restrictions that exist during the current global pandemic.

Maximum Award: \$1,000

Application Deadline: January 15, 2021

Create a login and apply online at r2arts.org, or use our Paper Grant Application option – print, fill out, and mail applications to: Region 2 Arts Council, P.O. Box 693, Bemidji MN 56601. For questions or assistance please email us at staff@r2arts.org, or leave a message at 218-751-5447 or (toll free) 800-275-5447. Our office may be closed due to COVID restrictions yet our staff is available and ready to support you.

Region 2 Arts Council Anishinaabe Arts Initiative (AAI) Grants are made possible by the Anishinaabe Arts Initiative through support from the Region 2 Arts Council and with funding from the McKnight Foundation.

White Earth Public Health

FITNESS CHALLENGE

Congratulations to all our obstacle course participants. We had 42 entries in the contest!



Adults were awarded sets of walking sticks and kids were awarded snow sleds!



Minnesota Chippewa Tribe Finance Corporation

Home Loan Program: Regular, Moderate, Construction & Renovation Loans

Home loan applicants must be American Indian enrolled in the Minnesota Chippewa Tribe and must be owner occupied. Applicants must also meet other requirements such as; reasonable credit risk, have a stable employment history, and meet State and FHA credit underwriting guidelines.

Business Loan Program: Micro Loans \$500-\$5000, Business Loans \$5000-\$150,000 and Commercial Real Estate Loans \$5,000 - \$150,000

All loans will require security/collateral and personal guarantees for principals and/or third parties. The owner/borrower must have a minimum 10% equity in total business capitalization. Interest is based on risk rating of applications, rates will be between 4% - 7%. Borrowers are required to have a reasonable credit history and a written plan for repayment. All applicants with any type of loan must have a business plan detailing how the business will operate and perform. Technical assistance is available.

Applications:

Applications are taken at our home office located at 15542 State Hwy 371 NW, Cass Lake, Minnesota. Or call for an appointment at 218.335.8582. You may visit our website at www.mctfc.org to download application and requirements. We also provide home-buyer training, assist clients with home inspections and construction counseling.

HAVE YOU BEEN INJURED:



Nycklemoe & Ellig

ATTORNEYS AT LAW

Hurt at work or in an auto accident?

Call JOSEPH R. ELLIG & VAN R. ELLIG

"Our family helping your family since 1925"

Slipped & fell or attacked by a dog?

**Fergus Falls
218-736-5673**

*Licensed in Minnesota and White Earth Tribal Courts

A message from White Earth WIC

WIC is still open! Call to schedule an appointment today. All appointments are being completed via phone.

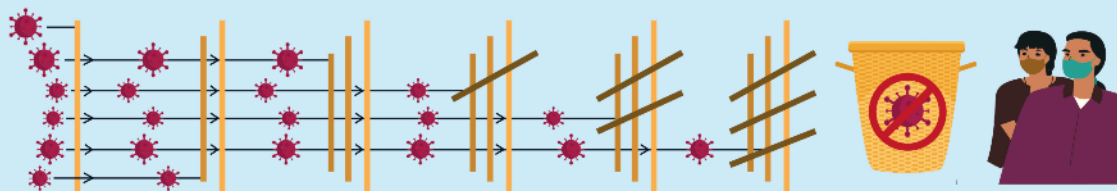
You can reach WIC Monday - Friday from 8 a.m.-4:30 p.m. at 218-204-0399.

Weaving a Basket for Safety Against COVID-19

As winter approaches and COVID-19 cases rise, it is important for our community to know about the steps we can take to keep ourselves and our families safe from COVID-19.

Think of these safety steps like a woven basket. No single step will stop the virus by itself. But if we combine different steps like we combine woven strands, we can make a big difference in making our communities safe.

Weaving a Basket with Six Safety Strategies for COVID-19



Mask Usage	Social Distancing	Frequent Handwashing	Cleaning and Disinfecting	Contact Tracing	Frequent Testing
Correct use of face masks at all times when around people who do not live in your household.	6 feet apart at all times when around people who do not live in your household.	Regular and correct washing of hands with soap and water or hand sanitizer.	Daily cleaning and disinfecting of surfaces and frequently touched objects in the home.	Your local health department's efforts to track new infections.	Ask your doctor or local health department about testing anytime you may have been at risk for COVID-19.



Effective November 13, 2020
Source: CDC

Update notice from White Earth DMV/License Dept.

We want to thank every one of our customers adjusting to the new procedures in place to process your licensing needs during this pandemic. We are striving to keep you healthy as well as staff. All vehicle renewals and vehicle registrations will be done via phone and mail in service.

Mailing Address: WEDMV, PO Box 418, White Earth, MN 56591

Phone Number: 218-983-3285 Ext. 5705

Fees for Vehicle Renewals/Tabs: We send out renewal notices with plenty of time to get them in the mail before the expiration date.

Passenger Vehicles (non-SUV):

2012/older - \$26.00	2017 - \$76.00
2013 - \$31.00	2018 - \$91.00
2014 - \$36.00	2019 - \$121.00
2015 - \$46.00	2020 - \$136.00
2016 - \$61.00	2021/22 - \$161.00

SUV (Sport Utility Vehicle) Pickups, Tahoe, Etc

2012 - \$36.00	2018 - \$111.00
2013 - \$46.00	2019 - \$141.00
2014 - \$56.00	2020 - \$171.00
2015 - \$66.00	2021/22 - \$196.00
2016 - \$81.00	Any SUV 2005 or older
2017 - \$91.00	\$26.00

Make check or money order payable to WEDMV. IMPORTANT: Send in your renewal notice so we know the plate number of the vehicle your renewing or write it on the check or a note enclosed.

Fees for Registration (Plates, Title Transfer, & Stickers)

Passenger Vehicles	2017 - \$94.50
2012 - \$42.00	2018 - \$110.25
2013 - \$47.25	2019 - \$143.75
2014 - \$52.50	2020 - \$157.50
2015 - \$63.00	2021/22 - \$183.75
2016 - \$78.75	

SUV	2017 - \$110.25
2012 - \$52.50	2018 - \$131.25
2013 - \$63.00	2019 - \$162.75
2014 - \$73.50	2020 - \$194.25
2015 - \$84.00	2021/22 - \$220.50
2016 - \$99.75	

Please call our office at 218-983-3285 Ext. 5750 so that we may instruct you what needs to be sent in. We cannot accept a photocopy of a vehicle title. A vehicle title is a legal document that verifies legal ownership of your vehicle.

Vehicle Purchasing and Sales Tax

Vehicles that require licensing to drive on Minnesota roads are not taxable when sold to enrolled members of White Earth Reservation if both of the following conditions are met:

- The purchaser lives on the Reservation and
- The sale occurs on the Reservation. A sale occurs on the Reservation if papers are signed on the Reservation, payment is made on the reservation, or the vehicle is delivered to the purchaser on the Reservation.

1. Complete the purchaser section on the title; make sure to include your full name, date of birth and address.

2. If you have a lien on the vehicle complete the section with the lien holders name, address, and date you took out the loan on the vehicle.

3. If the previous registered owner (name printed on title), had a lien on the vehicle, be sure that the lien release is attached to the title (if applicable), or duly released on the certificate of title (if applicable).

4. Mail in the completed title, photo copy of your valid driver's license and proof of insurance to the White Earth Department of Motor Vehicles; pay the required fees to complete the transfer.

Call us before sending in your paperwork because we can give you proper instructions on what needs to be sent in. In some cases we already have your drivers license and other pertinent information on file. You must be an enrolled member of White Earth or enrolled in another federally recognized tribe to register your vehicle with us, and you must be a resident.

Call us before sending in your paperwork because we can give you proper instructions on what needs to be sent in. In some cases we already have your drivers license and other pertinent information on file. You must be an enrolled member of White Earth or enrolled in another federally recognized tribe to register your vehicle with us, and you must be a resident.

THE DOCTOR'S CORNER

Welcome Dr. Noisy Hawk!

The White Earth Health Center would like to welcome our new clinical director, Dr. Lynelle Noisy Hawk.

Dr. Noisy Hawk is an enrolled member of the Oglala Lakota Nation. Her Lakota name is Kagnigapi Win, which translates to the Chosen Woman. She is half-Oglala and half-Hunkpapa Lakota. Her parents are the late Rev. Lyle Noisy Hawk and the late Mary Last Horse-Noisy Hawk. She is the proud mother of three children – Jaron, Aiyana and Evan.

Dr. Noisy Hawk is a family medicine physician who has been in practice since 2007. She received her bachelor's degree from South Dakota State University-Brookings and her medical degree from the University of South Dakota School of Medicine. Dr. Noisy Hawk is an alumna of the Indians into Medicine Program at the University of North Dakota and completed her family medicine residency through the University of North Dakota Family Medicine Residency Program.

As a physician and administrator, her passion lies in creating an environment where quality healthcare can thrive and be delivered to the patients she serves. Dr. Noisy Hawk loves to bead and attend cultural activities, including pow-wows and annual ceremonies with her family. She also enjoys traveling and spending time with her husband, Shawn Realbird. She is honored to be part of the White Earth Service Unit, serving as the clinical director.



Submitted photo

Dr. Lynelle Noisy Hawk is the new clinical director at the White Earth Health Center.

BECOME A FOSTER PARENT

Now accepting applications to fill a critical need! Open your home -> change a child's life forever. Contact us with any questions or if you're interested in applying!

White Earth Indian Child Welfare
Foster Care Program
P.O. Box 358
White Earth, MN 56591
Phone (218) 983-4647
Fax (218)983-3712



Katie Olson ext. 5501
katie.olson@whiteearth-nsn.gov
Rachel Harveland ext. 5525
rachel.harveland@whiteearth-nsn.gov
Amber Stech ext. 5542
amber.stech@whiteearth-nsn.gov
Misty Clark ext. 5541
misty.clark@whiteearth-nsn.gov

ICW address truancy and educational neglect issues

To: Parents, Guardians, and Students
Re: Truancy and Educational Neglect

Boozhoo,

My name is Laretta Blakely, Interim Program Director of White Earth Indian Child Welfare. I have served as Interim Program Director since September 2020, and I have been employed at White Earth ICW for 8 years in different capacities. I come to you with a respectful response to our ongoing truancy and educational neglect issues due to the worldwide COVID-19 pandemic.

The 2020-2021 school year been hard on all of us. It is not surprising that it comes with hardships and struggles, especially with access to education for our indigenous students. As administrators, educators, parents, and guardians, we are working tirelessly to successfully navigate this pivotal shift in our children's public and private education. I personally understand the barriers and hardships as we watch our children react to a new way of school life. I see the social, emotional, mental, and physical affects it has on them.

As expected, ICW's Truancy and Educational Neglect Department has been inundated with truancy referrals. During this pandemic, we realize the impor-

tance of positive support rather than punitive response. Of course, we all want our students to receive the education they are entitled to, but also recognize this pandemic is exacerbating already critical underlying issues and creating more barriers to educational access. Our goal during this time is to focus on services we can provide to families and students, rather than punitive actions that may not result in educational success of our students.

Therefore, the White Earth Nation has decided to suspend educational neglect petitions for the 2020-2021 school year. We are all affected by this worldwide pandemic, and we believe this is not the time to discipline our families who are struggling to get their children to participate in school. We offer our apologies to our families who have been anxious about this school year. Our Truancy Department is offering supportive services in response to these new referrals, with no court involvement. Please accept this letter as ICW's call to action in helping our White Earth people through this pandemic. We are all in this together.

Respectfully,

Laretta Blakely, MSW
 Interim Program Director Indian Child Welfare

Waubun School Honor Roll / 1st Quarter (corrected)

Senior High - A

Grade 9

Brooklyn Hoban
 Tia Bevins
 Calais Olson
 Leah Kent
 Madeline Bass

Grade 10

Logan Adams
 Justice Alvarado
 Leah Olson
 Kendra Syverson
 Abigail Baker
 Alyssa Berry
 Alaina Bevins
 Taylor Johnson
 Tyson McArthur
 Alicia VanPelt

Grade 11

Neegonee Burnett
 Loden Clark
 Sophia Bly
 Rylee McArthur
 Jordyn Zima
 Amber Kologi

Grade 12

Alayna Gary
 Noah Schneck
 Katelynn Keezer
 Alyssa Anderson

Senior High - B

Grade 9

Malachi Brower
 Jacob Burkhart
 Hallie Swanson

Grade 10

Donald Baker
 Eric Beaupre

Dakota Nelson

Grade 11

Kendrick Connor-Walker
 Chelsea Kologi
 Nevaeh Roy
 Samuel Zima

Grade 12

Estella Heisler
 Adam Kologi
 Danielle Richey
 Brandon Swedberg
 Jayzee VanPelt

Junior High - A

Grade 7

Brody Lhotka
 Zoey Lhotka
 Hudson McArthur
 Christopher Olson
 Cash Tibbetts
 Bailee Hoban

Grade 8

Aden Hoban
 Cleighton Hoban
 Savannah Keezer
 Jada Nelson
 Nicholas Baker
 Porsha Keezer
 Brynn McArthur
 Alexis Pazdernik

Junior High - B

Grade 7

Beau Somdahl
 Elsieanna Bellecourt
 Caprina Francis
 Blair Heisler
 Pacey Heisler

Grade 8

Owen Drinkwine
 Jayla Bellanger
 Gabriella Dinh
 Emma Lhotka
 Isaiah Olson
 Dakiya Smith

Please update your address!

Update your address with White Earth Enrollments even if you updated your address with White Earth Licensing (IDs), White Earth Election Board, or the *Anishinaabeg Today*.

Call White Earth Enrollments at 218-983-4643

** Let the newspaper know if you recently moved so we can cancel your old address.

Many papers are still being sent to old addresses!

Call the *Anishinaabeg Today* at 218-983-3285 Ext. 5903 or email today@whiteearth-nsn.gov

One-Call Center

The **One-Call Center** is currently in operation as a part of the Emergency Operation Center for the White Earth Nation. It is available to assist callers and respond to emails to provide resources and supportive services with a nurse, mental health and human services worker available Monday-Friday from 8 a.m. to 4:30 p.m.

**White Earth/Mahnomen County One-Call Center
 + Nursing + Mental Health + Human Services
 218-936-2774 // covid19@whiteearth-nsn.gov**

Contact the One-Call Center if you or someone you know need resources or contact info for:

Covid19 Triage #
 Nursing/Home Health Services
 Mental Health Services
 White Earth DMV Services
 Food Assistance
 Community Council contacts
 Emergency Energy Assistance
 Employment Services
 Veteran Services
 Elder Services
 White Earth Homeless Resources
 Enrollment Contacts
 Substance Abuse/Rule 25 Assessments
 General COVID-19 Questions
 General Questions Relating to WE Programs

Call For Move-In Specials!

WHITE EARTH CONGREGATE HOUSING

WAUBUN, MINNESOTA

White Earth Congregate Housing has immediate openings for 1 bedroom units. Must be 62 years of age or 18 years of age with a disability.

Rent includes water, sewer, garbage and heat. Rent is based on income. Certain restrictions apply

For complete information call DW Jones Management, Inc. 218-547-3307 or

www.dwjonesmanagement.com
 CREATING BETTER LIVING!

Equal Housing Opportunity TTY 711



You can reach the AT at today@whiteearth-nsn.gov



MAHNOMEN + BAGLEY
 STARCASINO.COM + 800.453.STAR

BLIZZARD BUCKS

LET IT SNOW AND WIN SOME DOUGH

FORECAST SHOWS WEEKLY DRAWINGS UP TO \$3,000

Every Sunday in January | 4PM-9PM

January Food Distribution Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8 Home Deliveries RL, Bagley, Ponsford, NTW No Distribution
11 Home Deliveries Mahnomen, Waubun No Distribution	12	13	14	15 Home Deliveries White Earth No Distribution
18 Closed for Martin Luther King Jr. Day	19	20	21	22 Home Deliveries Detroit Lakes No Distribution
25 Home Delivery Dates Subject to Change!	26	27	28	29 Inventory No Distribution

Office hours: 8 to 4:30
Distro hours: 9 to 3:30
Lunch: 12 to 12:30
Phone: 218-935-2233
Fax: 218-935-2235

**White Earth Financial Services & COVID19
 Wiidookodaadiwin – “We Assist Each Other”
 Closed to the public until further notice**

Staff available: Monday-Friday / 8 a.m.-4:30 p.m.
Phone: 218-935-2359 or toll free: 1-844-282-6580
 Call volume is at a high level, please leave your name and DOB with a brief message of your questions. Your concerns are very important to us. We strive for same day/next day return call.

Family Cases contact: Tina Swenson Ext 3265, Annie Erickson Ext 3309, Jeana Ketter Ext 3291, Jennifer Scott Ext 3313, Lori Savoie Ext 3274

Adult Cases contact: Shellie Racer Ext 3307, Lori Drift Ext 3312, Christy Wadena Ext 3709

Aged, Blind, Disabled contact: Crystal Fineday Ext 3306

Administrative Assistant: Aimee Hisgun Ext 3715, Wendy Johnson Ext 3305, Teresa Kappedal Ext 3715

Concerns or comments: Financial Service Manager, Amy Littlewolf Ext 3290

Mailing Address: PO Box 100, Naytahwaush, MN 56566

DROP BOXES AVAILABLE:

We have five **fax** locations to receive documents

Naytahwaush Sports Complex: 218-936-3104

Mahnomen Backgrounds Office: 218-936-2508

Detroit Lakes Workforce Center: 218-844-5811

Bagley Financial Services: 218-694-6507

White Earth Financial Services: 218-983-4294

IMPORTANT: SNAP/Cash/Emergency Applicants

Internet users/online applications: Applymn.dhs.mn.gov

No internet/no problem: Call our office and we will guide you through the application process.

If you have any questions regarding Public Assistance programs and the application process, please let us know.

Miigwech and stay safe

Mahnomen Tribal CC welcomes Santa



Photos by Craig Bower

The Mahnomen Tribal Community Council partnered with the White Earth Police Department and Community Service Officer program to make Santa's visit a safe, family-friendly event and to help guide traffic as needed.

The Mahnomen Tribal Community Council would like to thank the Mahnomen Boosters Club and the Feeding Our Families food shelf for their donations of candy. The event was held Dec. 20 on Main Street in Mahnomen.

Top: White Earth Police Sergeant Todd Wise, Mahnomen Tribal Community Council members Josh Zornes, Desiree Linden, Jessica Asher Phillips, Santa, and Brenda Weaver. Not present: Aimee Pederson.

Bottom: Brendan "Dano" Weaver tells Santa what he wants for Christmas.

IHS from Front Page

eral Indian Health Service vaccine task force, said its advance planning put the regional office at the top of the IHS distribution list. The office's ability to redistribute the vaccine to tribes across Minnesota, and in Michigan and Wisconsin, was key to its strategy, she said.

The vaccine arrived Dec. 14, and was stored in a super cold storage unit in Cass Lake.

"The vaccine came in at 8:30 a.m., and then we just kind of took a deep breath," said Daniel Frye, who runs the Bemidji regional office. "Everyone was excited. It was there, we've been waiting all this time, and then we just prepared and said, 'Now it's time to execute our plan. We've been waiting months for this, now let's do it.'"

Drivers delivered doses to several Native nations across Minnesota. And a Coast Guard helicopter carried the vaccine to tribes in Michigan and Wisconsin, in coolers with temperature data loggers that record the vaccine temperature every five minutes.

Later on Dec. 14, a handful of health care workers in Cass Lake were the first IHS staffers - and among the first people anywhere in Minnesota - to be vaccinated.

"One of the nurses, she got vaccinated and the first thing she said was, 'I'm going to be able to hug my mom again,'" said Frye. "She was to tears, it brought others to tears. It was one of the most emotional moments I've had in my life."

Ten IHS workers at the White Earth health center in northwestern Minnesota received the vaccine on Dec. 15, after a spiritual leader offered tobacco and prayers.

Security guard Robert Roy was among the vaccine recipients. He nonchalantly rolled up his sleeve when it was his turn.

"This will be your first dose," a nurse told him, as she loaded the vaccine and quickly injected his left arm.

"Didn't feel nothing," Roy said.

Within a few days 120 employees were given their first of the two-dose vaccine at the White Earth clinic. Across the country, the service expects to vaccinate all of its health care workers by early January.

"We feel confident that once the Moderna vaccine is reviewed and approved by the FDA that with the initial allocations of the Pfizer and Moderna, we'll be able to cover 100 percent of our employees," said Weahkee.

Nationally, Native nations have the option of coordinating with IHS or with states on vaccine distribution. In Minnesota, six tribes have chosen to get the vaccine from IHS and five have opted to work with the Minnesota Department of Health.

Bemidji IHS Director Frye said some tribal governments already have established systems for working with the state on distributing the annual flu vaccine, so it made sense for them to use the same system



Karen Kellerhuis, a nurse at the WE Health Center prepares to vaccinate IHS staff members on Dec. 15.



Photos by Gary W. Padrta

Top: Rear Adm. Michael Weahkee, director of Indian Health Service, speaks during a recent visit to the White Earth Health Center. **Bottom:** Merlin Deegan, White Earth Cultural Advisor explains how he blessed the medicine that was given to IHS staff members on Dec. 15.

to distribute the coronavirus vaccine.

For now, health care workers and elders are first in line to be vaccinated on reservations. But given the history of mistrust of the federal government in Indian Country - and historically underfunded health care systems - there is concern among Native American doctors that some tribal members might decide against getting the vaccine when it's more widely available.

"I get anxious about the fact that we already struggle with our patients. They already have lots of barriers to health care," said Dr. Mary Owen, who leads the Center of American Indian and Minority Health at the University of Minnesota Medical School in Duluth.

"[If] we manage to get them in for the first shot, how are we going to make sure they get in for the second shot? I know we've got to get it done. But I also can have a healthy dose of anxiety over 'Are we going to get this right?'"

Owen, who is also president of the Association of American Indian Physicians, said her organization is planning a push to raise awareness of the vaccine across Indian Country. Physicians across the country will be recording messages to post on social media starting next week, encouraging tribal members to get vaccinated.

White Earth Tribal Chair Michael Fairbanks said he thinks that, after seeing the pain and suffering COVID-19 has caused, people will be ready for the vaccine.

"We're all going to come around eventually that we're going to have to take it if we want any type of norm," he said.

"We talk about living our lives back to the way we used to. Until everyone gets vaccinated, that's when hopefully the numbers will drop dramatically and start seeing the light at the end of the tunnel."

Santa visits WE Head Start



Submitted photos

The White Earth Head Start Programs sponsored a Santa Day on Dec. 15 at the WE Head Start parking lot. Community families could choose to stay in their vehicles or take pictures with Santa. Everyone was given a treat bag.

Rep. Deb Haaland makes history as Department of the Interior nominee

When President-elect Joe Biden recently announced key members of his climate team, one nominee was particularly historic: Rep. Deb Haaland, D-N.M.

If the Senate confirms her as secretary of the interior, Haaland would be the first Native American to serve in a presidential Cabinet and would be the first Native person to oversee an agency that's played a major role historically in the forced relocation and oppression of Indigenous people.

"This moment is profound when we consider the fact that a former secretary of the interior once proclaimed his goal to, quote, 'civilize or exterminate' us," Haaland said, referring to an 1851 remark made by Alexander H. H. Stuart. "I'm a living testament to the failure of that horrific ideology. I also stand on the shoulders of my ancestors and all the people who have sacrificed so that I can be here."

"As the first Native American Cabinet secretary in the history of the United States of America, she'll be a true steward of our national parks, our natural resources and all of our lands. The federal government has long broken promises to Native American tribes who have been on this land since time immemorial. With her appointment, Congresswoman Haaland will help me strengthen the nation-to-nation relationship," Biden said.

Haaland spoke about her upbringing as a member of the Laguna Pueblo in New Mexico, saying her experiences have made her "fierce."

"My life has not been easy," she said. "I struggled with homelessness. I relied on food stamps and raised my child as a single mom. These struggles give me perspectives, though, so that I can help people to succeed. My grandparents, who were taken away from their families as children and sent to boarding school, in an effort to destroy their tradi-

tions and identities, maintained our culture."

Those experiences could help Haaland succeed in her new role, especially in addressing the climate crisis and the disproportionate impact of pollution on minority communities.

"As our country faces the impacts of climate change and environmental injustice, the Interior Department has a role to address these challenges. The president-elect's goals, driven by justice and empowering communities who have shouldered the burdens of environmental negligence, we will ensure that the decisions at Interior will once again be driven by science," Haaland said.

Joining Haaland at the announcement were other Biden climate nominees, tasked with carrying out his ambitious policy that would seek to move the country toward a carbon pollution-free power sector by 2035, including Former Michigan Gov. Jennifer Granholm, Biden's Energy Department secretary-designate, and North Carolina Department of Environmental Quality Director Michael Regan, nominated to lead the Environmental Protection Agency -- the first Black man so nominated.

Also at the event was former EPA administrator Gina McCarthy, tapped to be Biden's national climate adviser, a new position in the Biden Administration.

The picks join Biden's historically diverse cabinet, following through on his promise to build an administration that "looks like America." To date, Biden has named more women and persons of color to his cabinet than has any previous administration.

Haaland is also joined by another barrier-breaking Cabinet pick, former South Bend, Indiana, Mayor Pete Buttigieg, who was nominated as secretary of transportation and would be the first openly gay cabinet secretary to be confirmed.



Photo by Bonnie Jo Mount/The Washington Post

Rep. Deb Haaland (D-N.M.) has been nominated to become the first Native American to serve as interior secretary.

Tips to makeover your favorite recipes

By Katie Hoban, RDN, LD
Registered Dietitian
White Earth Public Health

With a new year among us many set goals for a healthier start – with that in mind sometimes we think we need to throw out everything we are doing, but not always the case! Today I am going to share some tips on how to make your family favorite recipes healthier – with a few basic tips.

How to Modify a Recipe

Try these suggestions the next time you want to make over a recipe. Just remember, recipe modification is a trial-and-error process. If you don't like the way something turns out the first time, try readjusting it the next time until you find a version you like.

To Decrease Total Fat and Calories:

- Try reducing fat by one-fourth or one-third in baked products. This works best in quick breads, muffins and cookies but might not work as well for cakes.

- Use fruit purees (plum, prune or applesauce) for part or all of the fat in baked products. You may want to use a substitute for only half of the fat and see if you like the texture. Try substituting more fruit puree the next time you prepare the recipe.

- Cut back on added fat. Instead of cooking with added butter or margarine, use a nonstick pan, cooking spray or healthy oils (olive or canola oil) instead. sauté or stir-fry vegetables with little fat or use water, wine or broth.

- Skim excess fat from the top of soups, gravies and stews. You may need to let it cool to make removing the hardened fat easier.

- Choose healthier cooking methods that use less fat, such as baking, broiling, grilling, poaching, steaming or microwaving.

- Use reduced-fat sour cream or mayonnaise in place of regular sour cream or mayonnaise. Try using plain low-fat or nonfat yogurt or blended cottage cheese in place of mayonnaise in a dip. If a sauce made with yogurt needs to be heated, add 1 tablespoon of cornstarch to 1 cup of yogurt to prevent separation.

- Use skim or low-fat milk instead of whole milk. For extra richness, try evaporated skim milk.

- Choose lean meats, and drain excess fat after cooking it.

To Decrease Saturated Fat and Cholesterol:

- Use two egg whites or an egg substitute product instead of one whole egg.

- Use margarine instead of butter. Look for margarines in which liquid vegetable oil is the first ingredient. Remember to check the label for trans fat (hydrogenated vegetable oil). Using reduced-fat margarine might not work in baked goods, such as cookies.

- Use vegetable oils instead of solid fats. To substitute liquid oil for solid fats, use about one-quarter less than the recipe calls for. For cakes and pie crusts, use a recipe that calls for oil because liquid fats require special mixing procedures and different pro-

portions of sugar.

To Decrease Sugar:

- Try reducing sugar by one-quarter to one-third in baked goods and desserts. This works best with quick breads, cookies, pie fillings, custard, puddings and fruit crisps. Do not decrease the amount of sugar in yeast breads because it provides food for the yeast and promotes rising.

- Increase the amount of cinnamon or vanilla in a recipe to enhance the impression of sweetness.

- Consider using artificial sweeteners, such as Splenda. Follow the manufacturer's instructions for amounts to substitute. Some do not work as well in baked goods, while others may leave a bitter after-taste. They may change the volume or structure. For best results, use recipes especially tested for use with artificial sweeteners.

To Decrease Sodium:

- Start with a gradual reduction. If you reduce the amount gradually, you'll slowly adjust to the less salty flavor.

- Drain liquid from canned vegetables and rinse with water.

- Salt may be omitted or reduced in many recipes.

For example, omit added salt when boiling potatoes or pasta. However, do not omit the salt in yeast breads because it helps control the rising action of yeast.

- Choose fresh or low-sodium versions of products. For example, choose low-sodium soups, broths, soy sauce, canned vegetables and tomato products.

- Rely on herbs and spices rather than salt for flavor. Use garlic or onion powder instead of garlic or onion salt.

- Try fruit juice, water or wine as a cooking liquid instead of broth or bouillon.

To Increase Fiber:

- Choose whole-grain products more often. For example, use whole-wheat flour and bread, bulgur, whole-wheat pasta, brown rice, oatmeal, whole cornmeal and barley.

- Substitute whole-wheat flour for half of the all-purpose flour in a recipe. For example, if the recipe calls for 2 cups of flour, make 1 cup whole wheat. When completely substituting whole-wheat flour for white flour, use 7/8 cup whole-wheat flour for every 1 cup of white flour.

- Add vegetables to recipes (for example, chili, meatloaf, hamburgers and spaghetti sauce) and include the peel when appropriate. Add grated carrots or zucchini, or mashed squash or sweet potatoes, in muffins and quick breads. Add extra vegetables to quiche fillings, casseroles and salads.

- Add oatmeal to meatloaf or meatballs.

- Add beans (such as kidney, pinto or navy beans) to soup, chili or stew.

- Add fruits to muffins, pancakes, salads and desserts.

These tips along with many more healthy living tips can be found at NDSU extension at www.ag.ndsu.edu.

Check out the recipes on **page 23** for some classic recipes that have been given a healthy makeover.

Help is available to cope with elevated stress

The Holiday Season combined with the additional stress of COVID-19 have created elevated levels of mental health distress, substance abuse, and thoughts of suicidal. When life becomes too stressful, reaching out for support may become necessary. Follow the recommendations listed on the flyer to determine whether additional help is needed to regain positive mental health in your life. If you are in need of support to cope with the stress, contact White Earth Mental Health at 218-983-4703 or the Becker County/White Earth Mobile Mental Health Crisis Hotline at 218-850-HELP (4357) or 877-380-3621.

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

NIH National Institute of Mental Health
www.nimh.nih.gov
Follow NIMH on Social Media @NIMHgov
f t i g + in
NIH Publication No. 20-MH-8134

White Earth Indian Health Service Pharmacy

MEDICATION DISPOSAL BIN

Caution: ITEMS DEPOSITED IN THIS BIN CANNOT BE RETRIEVED !!!

Safely return your unwanted, discontinued, expired medications in this bin

Persons placing items in bin must be in legal possession of the items

Remove personal identification information from containers before depositing

See the following list for items that can and cannot be accepted

ACCEPTABLE ITEMS

Prescription and Over-the-Counter Medications from individuals including

- ★ Controlled Substances Schedule II-V
- ★ Liquids (no more than 4 ounces; 120mls)
- ★ Topicals such as Creams, Ointments & Patches



ITEMS THAT CANNOT BE ACCEPTED:

- ✓ Needles, Syringes, or Sharps
- ✓ Aerosols (including inhalers)
- ✓ Illegal drugs
- ✓ Drugs or waste from Health Care facilities
- ✓ Medical Supplies or Infectious Waste
- ✓ Hazardous Materials
- ✓ Trash

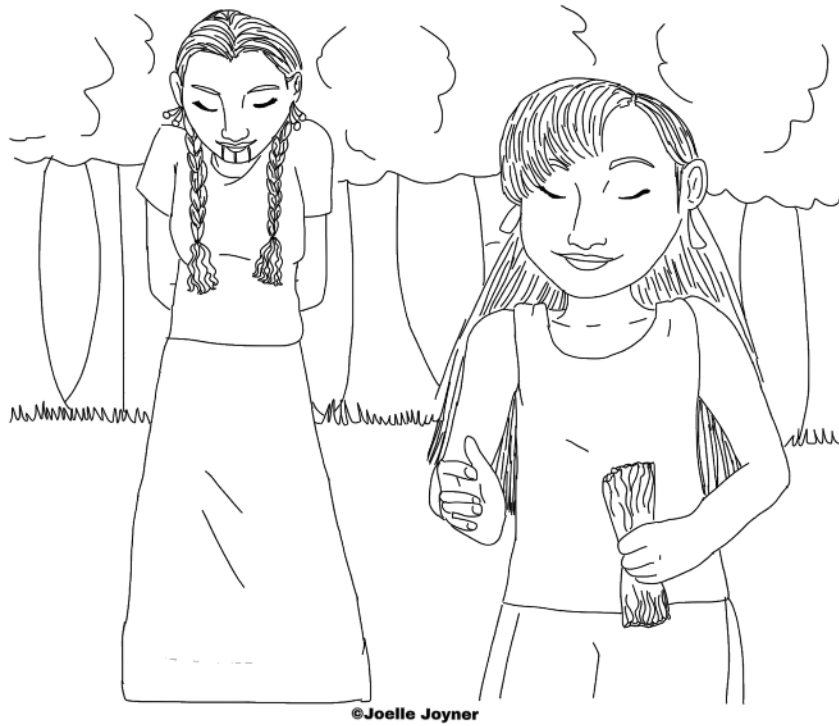


877-410-8550

anonymous crime and elder abuse tip line

Our smallest warriors, our strongest medicine

Overcoming COVID-19!



How do you say these words in your language?

Mother: _____

Daughter: _____

Health: _____

Pray: _____

Hope: _____

“Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID-19” is a book written for Indigenous (American Indian, Alaska Native, First Nations, Métis, and Inuit) children affected by the COVID-19 pandemic.

“Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID-19” should be read by a parent, caregiver, or teacher alongside a child or a small group of children. It is not encouraged for children to read this book independently without the support of a parent, caregiver, or teacher.

Above is one of the coloring pages. Here is a link to download the book: https://caih.jhu.edu/assets/documents/Our_smallest_warriors_our_strongest_medicine_spreads.pdf



Ginaawemaag
aninaan

FEED OUR FAMILIES

is now open to help those in need

(218) 936-6010

Deliveries Monday-Friday

If you are in need of a monthly supplement package, please don't hesitate to call.

We appreciate your patience while we work to deliver and provide as there is only one phone line at this time.

We will distribute to communities on the Reservation.

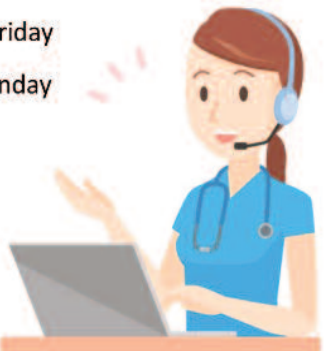
Nursing Call Center

White Earth employees who develop COVID-19 like symptoms need to be monitored by the Nursing Call Center. COVID-19 symptoms include:

- Fever
- Dry Cough
- Shortness of Breath
- Body Aches

Hours of Operation

6:30 am - 4:30 pm Monday - Friday
8:30 am - 4:30 pm Saturday & Sunday



If you work hours outside of this time and you develop symptoms, please notify your supervisor, stay home from work, and call during the Nursing Call Center Hours of Operation.

Employees will be monitored for 14 days. At a minimum, an employee will be required to stay home for 7 days and will need to be symptom free for 3 days. If the employee has a negative COVID-19 test or receives a diagnosis from their provider that is not COVID-19, the employee may be able to return to work sooner if able to.

Trappers need appointment for tags

Due to Covid 19 restrictions and office closings, all tribal trappers that need fur tags for fisher, otter, bobcat or pine marten will need to email Doug McArthur (doug.mcarthur@whiteearth-nsn.gov), Dustin Roy (dustin.roy@whiteearth-nsn.gov) and Sarah LaFriniere (sarah.lafriniere@whiteearth-nsn.gov) to schedule a meeting time.

Dustin will be taking appointments at the Mahnomen Natural Resource office and Sarah will be taking appointments at the White Earth RBC Headquarters and if neither are available Doug will take appointments at either location. When making contact **please email all three individuals** to make sure you get a response and a time and place that works best for all.

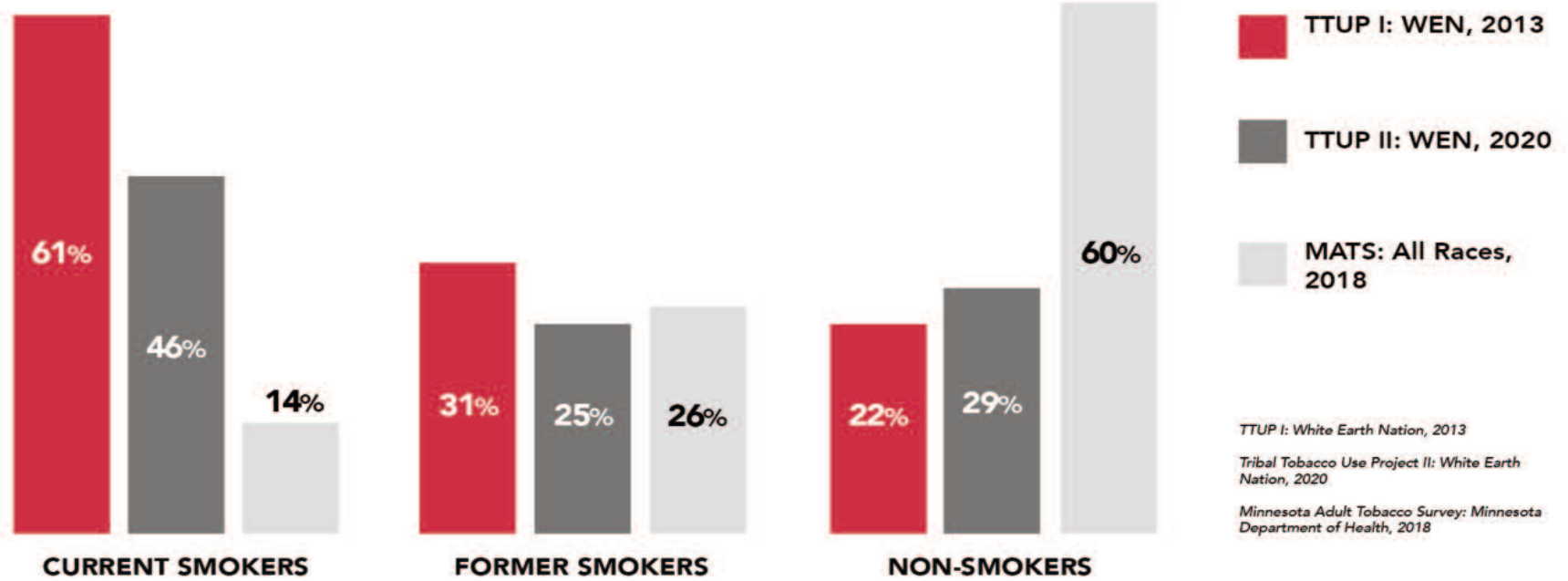
Just a reminder, all persons are required to have a mask, enrollment ID card, current valid harvest permit, the location of where the animal was harvested, and the actual animal that they are getting the tag for in their possession when meeting Natural Resource staff. Stay safe, social distance and have fun in the outdoors.

You can reach the *Anishinaabeg Today* at today@whiteearth-nsn.gov

TRIBAL TOBACCO USE PROJECT II

White Earth Nation Initial Key Findings

COMMERCIAL TOBACCO USE



- ▶ Current commercial tobacco use has decreased by 15% since 2013 but is still much higher in this community than in the total MN population
- ▶ Non-smokers have increased by 7% since 2013 but is still much lower in this community than in the total MN population

ATTITUDES ABOUT SECONDHAND SMOKE POLICIES



Think smoking should not be allowed at all in indoor work areas

IMPACTS OF SMOKING RESTRICTIONS



Current and former smokers report restrictions help them make a quit attempt



Current and former smokers report restrictions help them think about quitting

- ▶ According to 77% of WEN, smoking should not be allowed at all in indoor work areas. When limited to employed respondents, a majority (82%) believe that smoking should not be allowed at all in indoor work areas.
- ▶ Impact of smoking restrictions among current and former smokers reported that restrictions help them make a quit attempt (16%), help them think about quitting (19%), help them cut down on cigarettes (54%), and help them stay quit (2%).

This data was collected in White Earth between September 2019 to January 2020 by the White Earth Nation in partnership with the American Indian Cancer Foundation. Additional data and information will be available to the community soon.



Elders from Page 7

Elders on the White Earth Reservation. Also, as soon as safety permits, we will once again resume our monthly Elder meetings. In the meantime, we will hold special executive meetings by telephone when the need arises.

The executive board of the White Earth Elder Council would like to thank all members and the programs that provide service to us throughout the year for your patience and understanding during

these trying times. We do our best to answer calls and requests for assistance. We hope you had a very Merry Christmas and the best of wishes for the coming year, 2021.

Lucille Silk, Chair / 218-983-3768

Lawrence Crowell, Vice Chair / 218-252-9390

Stephanie Williams, Sec. / 218-983-3123

Chairman from Page 3

receive and administer the vaccine and were among the first in the entire Nation. The Pfizer vaccine has gone through rigorous testing and development, with more than 40,000 doses administered in clinical trials, and is more than 90% effective in preventing Covid-19.

While the pandemic and its impacts has gotten a lot of attention, this past year has seen other developments, regionally, and nationally:

A Medicinal Cannabis referendum was passed this past summer that authorizes White Earth to develop and implement a Medicinal Cannabis program. To date, a legal code has been developed and has been publicized for public comment. White Earth Tribal leadership, staff and management have also consulted with the Minnesota governor and the Minnesota Department of Health, with the goal of developing an agreement with the State!

Homelessness - In recent months White Earth has entered into partnerships with the Tiny Homes Project. The project will not only provide temporary housing for White Earth members, but associated wrap around services to residents to address barriers and issues that will help them into permanent housing.

National Election - This past November saw a

record number of Americans voting, with large percentages voting by mail. President Trump received more votes than any incumbent in American history, however, that was enough to defeat his challenger, President-elect Biden. He received 7,000,000 more votes than Trump and 306 electoral votes, which is well above the 270 votes he needed to win the Presidency. In Minnesota, Colin Peterson lost his seat to Republican Michelle Fischbach.

Reservation Business Council Changes - This includes the addition of Cheryl 'Annie' Jackson, who is a strong advocate for not only her District III constituents but also for all of White Earth. I am also very humbled and honored to be re-elected as your Chairman, and in that role I will always fight for the best interests of White Earth.

In summary, 2020 saw many changes to us as citizens, to our families, to our governments and to the world. There has been joy and heartbreak. It is my sincere hope that 2021 will be better. I again urge you all to wear your masks, socially distant from others, wash your hands, and most of all, check on your elders and family members. Tell them and show them that you care. Together we will survive. MiiGwech

Preventing falls during the long winter months

By **Connie Troska**

Dancing Sky Area Agency on Aging

Ice, snow, cold. If you live in Minnesota, you are used to these weather conditions for several months out of the year. However, as we age, each of these weather conditions takes on a whole new level of anxiety...the potential for falls. The consequences of a fall become more severe as we age.

There are several reasons why falls are a greater risk for an older adult. As we age, there is a decline in the sensation in our feet. If you have arthritis, diabetes, poor circulation, and other health conditions, the loss of sensation affects balance. If you take numerous medications, the risk of falls increases. Some side effects, such as dizziness, light-headedness, and dementia, increase the risk of falls. And many older adults "shuffle" their feet. Walking on snow and ice can be treacherous. And for older adults who don't get adequate exercise, muscles weaken, which can lead to falls.

We can help mitigate some of the hazards we may encounter that can cause us to fall. They include:

Plan ahead. If you don't need to go out in inclement weather, don't. Perhaps you can plan trips around the weather.

Allow time. Add extra time to get to where you are going. When you rush, it increases your chances of falling.

Vehicle safety. Getting in and out of a vehicle can

be hazardous, especially if the car is parked on snow or ice. It is easy for your foot to slip and for you to fall. Hold onto the door securely or ask for assistance.

Ask for help. If someone can help you navigate unsafe paths, ask for help. Identify the safest route or ask for help identifying the safest route.

Walk slow. It's cold out, but by concentrating on setting one foot securely on the ground before lifting the other can help you stay upright. Also, wearing appropriate footwear is essential. Shoes or boots with a textured sole provide the grip you need.

Keep your hands free. If you can, avoid carrying items. Use handrails when able to or hold someone else hand or use a walking aid.

Dress warm. When we are cold, our muscles tense up. By dressing warm, your muscles are more relaxed. Tense muscles can affect balance. As people age, they are most susceptible to cold in general. So, dressing warmer not only keeps our muscles relaxed, but it can also help an older adult fend off a cold emergency if they fall outside.

Have a form of communication ready. Do you have a cell phone to keep in your pocket? Do you have a Life-Alert system? Do you have a plan with your neighbors to watch out for each other? These are just a few of the ways that you can help keep yourself safe.

Fall prevention is important all year but deserves special recognition during the winter months. We cannot change the weather, but we can find ways to prepare and to be safe.

Howah Ads

REMINDER!

Howah Ads are \$5 with a picture or \$4 without.

All payments must be made in advance.

No exceptions

Happy **7th** Birthday
Molly Ann Kivi



Love,
Grandma
Helen

**The
Anishinaabeg
Today wishes
everyone a
safe, healthy
and happy
2021.**

Happy **"42"** Jim!
Looking good Bro!



From
the
Fam

Mahnomen November Students of the Month



Mahnomen School recently announced their November Students and Staff of the Month. **Top:** Dawson Darco, left, Majestic Murray, Katrina Deegan and Kale Goodwin. **Not Pictured:** Jayceon Stone, Aliviah Stock, Emaleah Vanderplaats-Giard, Damya Rose Ramsey, Alrick Accobee, Emma Accobee and Asondra Weaver

Left: Ben Dahlin - technology integration, left, and Myron Hendrickson - bus driver were named Staff of the Month.

Submitted photos

**You can reach the Anishinaabeg Today
at 218-983-3285 Ext. 5903
or today@whiteearth-nsn.gov**

Obituaries

Irene Auginaush

Irene Auginaush, 68, of Rice Lake, died Dec. 5 at Havenwood Care Center in Bemidji, Minn.

Irene was born June 26, 1952, in White Earth, to Joseph and Gertrude (Summers) Auginaush. She graduated from Bagley High School 1970, where she was the Snow Queen.



Irene went on to graduate from Bemidji State University with a degree in Early Childhood Education and later continued her education at Moorhead State University with online classes.

She worked at Fort Snelling for a year, and then later as one of the first teachers at White Earth Head Start. From 1996-2014, Irene was a District 1 Representative for the White Earth Nation. She was the longest serving Tribal Council woman with 18 years in the title. She became very well-known and made many connections; she even traveled to Washington, D.C. for her position and met President Obama.

Irene was very active in her community. She became a Lay Leader in the Episcopal Church. When she was younger, she played softball and basketball. Her softball team, the Demons, went on play in the State Championships where they took third place. She also coached girls' basketball in her younger years. Irene loved ricing, and was a traditional and jingle dancer. She started the Rice Lake Memorial Pow Wow and Walk as well as the White Earth Head Start Pow Wow.

Irene was very knowledgeable, outgoing, and determined person. She was an advocate for the Elders and for the young. She always encouraged young people to get their education and be active in the community. She was loved and respected by so many people. Most of all, Irene wanted to be remembered for helping people and the things she did for others and her community.

She is survived by her sons, Jerry Hvezda and James Hvezda Sr.; grandchildren: Joseph "Alex" Greene, James Hvezda Jr., Mandy Jean Hvezda and Shayla Hvezda; siblings: Evelyn Auginaush Thompson, William Auginaush Sr., Donald Auginaush, Raymond (Karen) Auginaush Sr., and Melody Auginaush; many loved nieces and nephews; many other relatives and friends; and her beloved cat, Giiwinaadizi.

She was preceded in death by her sons: Delmer "Tinker" (Amy) Hvezda Jr., Joey Hvezda and Jared Hvezda; and her parents, Joseph and Gertrude Auginaush.

Funeral services were held Dec. 10 at the Naytahwaush Sports Complex.

Interment: Samuel Memorial Episcopal Cemetery in Naytahwaush.

Arrangements: Cease Family Funeral Home of Bagley.

Messages of condolence: www.ceasefuneralhome.com

Dennis Gagnon

Dennis Gagnon, 75, of Bagley, Minn., died Dec. 11 at the Sanford Bemidji Medical Center.

He was born Jan. 1, 1945, in Bagley to William and Christine (Stevens) Gagnon. He was baptized and confirmed in the Episcopalian faith. He attended school in Bagley and entered the U.S. Army.



After his honorable discharge she married Susan Longchase on April 1, 1977, in Minneapolis. They lived in the Cities where Dennis worked for Weyerhaeuser Lumber and Bridgwell Company. They moved back to the Bagley area and Dennis worked for the Shooting Star in general maintenance. Due to health issues, he had to retire.

Dennis had a good sense of humor and loved to tease and tell stories. Family was very important to him, especially spending time with his family and grandchildren, as well as having family get togethers on the weekends. Dennis enjoyed fishing, ice fishing, ricing, trapping gophers, leeching, hunting, cutting wood, picking cans, shopping and doing laundry. Dennis' favorite thing to do was dancing and listening to music. He was a happy go lucky guy and will be missed by all.

He is survived by his wife, Susan Gagnon of Bagley; daughter, Tanya Gagnon of Bagley; son, Dennis Gagnon Jr. of Bagley; granddaughters: Samara Cloud, Destani Cloud and Infinity Gagnon all of Bagley; nephew and niece that they raised, William Longchase and Connie Longchase of Mahnomen; siblings: John Boy Gagnon, Leslie Gagnon, Renae (Steve) Hillard and Joe Earl Stevens all of Bagley.

He was preceded in death by his parents; siblings: Alfred, Billy, Bob, JoAnn, Judy, Louise and Charlie; nephew Billy Rice; and his son, Tyrone Longchase.

Funeral services were held Dec. 19 at the Cease Family Funeral Home Chapel in Bagley with the Reverend George Ross officiating.

Arrangements: Cease Family Funeral Home.

Messages of condolence: www.ceasefuneralhome.com

Donald H. Ryan

Donald H. Ryan, 90, of Ponsford, passed away peacefully Nov. 30 in his sleep. He was born in September 1930 in Muncie, Ind., and raised by his grandmother.

He attended school until the eighth grade and earned money doing odd jobs to help out. At the age of 17, he earned his GED and enlisted in the U.S. Marine Corps serving as a military guard for a few years. Don worked several different jobs over his life and studied hard to be an engineer for his career in California and became a printed circuit board designer.

He met his wife, Tiny in 1962 and her five kids. They moved to Minneapolis for a while and then to Rochester, N.Y., where they lived for 27 years. In 1992, they moved to Ponsford where they both made their home. He worked at Shooting Star Casino for a few years and also delivered home meals for the White Earth Elderly Nutrition Program.

Don loved being with his wife, Tiny and enjoyed hunting, fishing, riding his motorcycle, playing Keno with his wife and watching sports on TV having his popcorn and a beer. Don will be greatly missed by all who knew him. He can rest in peace with his wife, Tiny by his side again.

Don is survived by his step children: Pamela (Jim) Brooks, Deborah (Alvin) Homner, Leonard Brooks and George (Susan) Brooks; and several grandchildren, great grandchildren, nieces and nephews.

Don was preceded in death by his wife of 51 years Louise "Tiny" Ryan; step daughter, Sue Pinson; and grandson, Jasen Leach.

A memorial service and celebration of life for Don will be determined at a later date by his family. Please feel free to send cards, condolences or share a memory you have of Don with his family to: Family of Donald Ryan, C/O Deborah Homner, 5079 Ridge Rd., Williamson, NY 14589.

Donald Gene Stevens Sr. (Duck)

Donald Stevens Sr., 82, of Rice Lake, died Dec. 8 at the Sanford Medical Center in Bagley, Minn.

Donald Gene Stevens Sr. (Duck) was born June 20, 1938, in Bagley to Lawrence and Mildred (Hill) Stevens. Donald loved to be outdoors; he enjoyed fishing, hunting, trapping, gardening, and working on cars. Donald always had a smile and story to tell his family, friends and neighbors. He could be found at home listening to classic country music, watching his western movies, or drawing with his pencils, pens and colored pencils.

He called the Rice Lake area, "Southend" and White Earth his home. Donald truly cared about the land and the people who lived there. He will always be remembered as a hard worker, good friend, and loving father.

Donald is survived by his sisters, Connie Lafriniere and Yvonne Stevens; children: Debra Rabideau Stevens, Duane Stevens, Eugene Stevens, Linda Stevens, and Donald Stevens Jr., 15 grandchildren and numerous great grandchildren; special friend, Margaret Jackson; and many loving nieces and nephews.

Donald was preceded in death by his parents, Lawrence and Mildred; brothers: Lonnie Stevens, Ronald Stevens Sr., and Lawrence Stevens Jr.; and sisters: Rosella Beaulieu, Bonnie Lafriniere, Celestine Moose, Ida Mae Giard, Roberta Cox, MaryJane Murray and Violet Carpenter.

Graveside services were held Dec. 15 at St. Philips Episcopal Cemetery in Rice Lake.

Arrangements: Cease Family Funeral Home of Bagley.

Messages of condolence: www.ceasefuneralhome.com



Homer Glenn Hough Jr.

Homer Glenn Hough Jr., 80, peacefully passed away on Dec. 6 at his home in Laporte, Minn., from metastatic cancer.

He is survived by his children: Jeffrey (Peggy) Hough of Coon Rapids, Minn., Melanie Hough of Laporte and Stacy Goodwin (Charles Lussier) of Pennington, Minn.; sister, Lavina Brogger of St. Paul; and eight grandchildren and six great-grandchildren.

He was predeceased by his beloved wife, Karen; parents, Homer and Nellie (Waldrop); brothers: George, Jack and Joe; and sisters: Martha, Jeannette, Margaret and MaryAnn.



Due to COVID-19, a Celebration of Life will be in the spring/summer when we can gather graveside as friends and family for the interment of both Homer and Karen. A date and time will be arranged and announced at a later date.

Obituaries

Karen Marie Mortenson

Karen Mortenson, 73, of Waubun, passed away Dec. 4 at home surrounded by her loving family under the care of Hospice of the Red River Valley.

Karen Marie Mortenson was born July 30, 1947, in White Earth to Paul and Lucille (Erb) Beaupre. Karen attended Catholic school at the White Earth Mission School and Waubun High School.



On Sept. 26, 1964, Karen was united in marriage to Nels Mortenson in White Earth. They lived in Ogema, where they raised their three daughters. She kept busy by volunteering, sewing, cooking, and making memories with friends and family.

Karen worked for 32 years in the U.S. Postal Service. She worked as a postal clerk and then in 1993 she was sworn in and worked as the Ogema Post Master until her retirement in 2006. After her retirement, Karen and Nels moved to their home on White Earth Lake. She enjoyed spending time with her grandchildren, traveling, fishing, caring for her vegetable and flower gardens and enjoying a glass of wine with family and friends.

She devoted much of her spare time volunteering and being an active member in the Ogema VFW Auxiliary, Neighborhood Homemakers Club and Ogema Community Club. Karen was a member of the Most Holy Redeemer Church in Ogema and served with the ladies aide. She took pride in her community and was always ready to lend a helping hand.

Family members who survive Karen include her husband, Nels Mortenson; children: Marlene (Mark) Kelly of Cotuit, Mass., Paula (Adam) Rockstad of East Grand Forks, Minn., and Rebecca Mortenson (John Saladino) of Marston Mills, Mass.; siblings: Linda Gullard of Ogema, Cheryl Kjolberg of Waubun and Joel (Ruth) Beaupre of Detroit Lakes; grandchildren: Crystal Gunderson, Ryan Rockstad, Tyler Kelly, Liam Kelly, Sean Kelly and Jakob Gifford; and great-grandchild, Joseph Allen.

She was preceded in death by her parents; and twin brother, William Beaupre.

The family would like to thank White Earth Home Health and Hospice of the Red River Valley for their compassionate services.

Private family services were held Dec. 10 at Most Holy Redeemer Catholic Church in Ogema.

Interment: Ogema City Cemetery.

The funeral service was recorded and is available for viewing online.

Arrangements: Anderson Family Funeral Home of Mahanomen.

Online website: www.andersonfamilyfh.com

Judith Faye Beaulieu

Judith Faye Beaulieu, 70, of Roy Lake, passed away Nov. 29 at her home surrounded by her family. Her Indian name was "Miziweke," meaning - "all around the world woman."

Judith was born May 17, 1950, in White Earth, the fifth of 10 children to William and Christine (Stevens) Gagnon. Judith grew up in rural Bagley, Minn., attended school in Bagley, and later received her GED. She studied Forestry at Cass Lake Vo-Tech from 1991-1992.



Judith married Oscar A. Opegard in 1968, together they shared two daughters, Michelle and Christine. Judith and Oscar later divorced. In the spring of 1977, Judith met the love of her life, Ronald Leo Beaulieu Sr. They were united into marriage on May 4, 1978, in Sisseton, S.D. They made their home in Red Lake, Minn., and together they shared two children, Ronald Jr. and Nikki. Together they shared 29 grandkids and 57 great grandkids and counting. Judith had three grandkids that she held especially close to her heart - Elliot, Cheyanne and Ronald III. Judith greatly grieved the loss of her husband, Ron Sr. in March 2011.

Judith worked various jobs throughout her life - driving shuttle for the Shooting Star Casino and was a constituent for the White Earth Tribal Council, but primarily as commercial of fishing. The job she loved the most of all was being a homemaker. Judith loved listening to music and was a big fan of Waylon Jennings. She enjoyed dancing, fishing and hunting. Judith had a unique sense of humor and was always laughing and joking around.

She is survived by her children: Michelle Opegard and Christine Alvarado of Roy Lake, Ronald Jr. (Georgia) Beaulieu of Gonvick, Minn., and Nikki Beaulieu of Fosston, Minn.; step-daughters, Rona (Tinker) Beaulieu and Lisa Beaulieu of Red Lake; siblings: Dennis (Susie) Gagnon of Rice Lake, John Gagnon Sr. of Bagley, Renee (Steve) Gagnon and Leslie Gagnon of Rice Lake.

She was preceded in death by her parents; husband, Ron; siblings: Billy Gagnon, Shirley Gagnon, Joanne LaFriniere, Charles Gagnon and Louise Smith; grandkids: Lucia Beaulieu, Justin Harrison and Delany Beaulieu-English; and, nephew, Billy Rice.

Funeral services were held Dec. 4 with Reverend Jacki Bernacchi officiating at the Cease Family Funeral Home Chapel in Bagley.

Arrangements: Cease Family Funeral Home.

Messages of condolence: www.ceasefuneralhome.com

Dennis James Hisgun Sr.

Dennis Hisgun Sr., age 77, of Mahanomen, died Dec. 16 and began his journey at Essentia Health in Fargo, N.D.

Dennis James Hisgun Sr. was born Sept. 18, 1943, in Sisseton, S.D., to Jonah T. and Melvina (Wanna) Hisgun. He attended school in Sisseton and graduated from Flandreau Indian School in 1962. Following high school, Dennis married Charlotte Greyowl and they were blessed with five children. The couple later divorced.



In 1971, Dennis began his career in substance abuse in Minneapolis, where he met Vernie McArthur. The two were united in marriage on Jan. 2, 1976, and were lifelong

soulmates. They were blessed with seven children. Dennis and Vernie moved to the White Earth Reservation in 1978 to make their home. He then continued his career in substance abuse as Director of the White Earth Chemical Dependency Program until his retirement in 2005. After a short time, Dennis came out of retirement to continue working for White Earth at the Oshki Manidoo Treatment Center as well as the MOMS and MATS programs up until his passing. Dennis was well known for his dedication to helping others who fought addiction. He had a special place in his heart for each and every one and touched the lives of many.

Dennis was involved with many programs and for

many years was board chairman of Mash-Ka-Wisen Treatment Center, Board president of UMICAD (Counselor training), original member of the Indian Health Board in Minneapolis, Chairman of the White Earth Pow-Wow Committee, volunteer EMT, among others. Family was everything to Dennis. He always looked forward to family gatherings, whether it was right at home or caravanning to The Black Hills. He had many interests, but what he cherished most, was his time with family. Dennis will always be remembered for the love and compassion he had for all.

Dennis is survived by his wife, Vernie of Mahanomen; daughters: DeLinda, Nancy, Nicole, Aimee (Moon) and Samantha; sons: Dennis Jr. "DJ" (Carlene), Seth Sr. (Jenelle), Lucas Sr. (Tesshelle), Aaron Sr. (Rachel) and Andrew Sr. (Justine); 48 grandchildren; 30 great-grandchildren; sisters, JoAnn Hisgun and Wanda (William) LaBatte; and many nieces and nephews.

He was preceded in death by his parents; daughters, Jacqueline and Iva; granddaughters: Ashley, JoLisa and Ivory; grandsons, Jordan and Noah; sisters: Elizabeth Hisgun, Ethel Spider, Oretta Szymanek, Norma Max and Shirley Deegan; brother, Wallace Eagle; his mother and father in-law, Bernard and Delphine McArthur; and many aunts and uncles.

A funeral service was held Dec. 23, followed by burial at St. Michael's Catholic Cemetery in Mahanomen.

The funeral service was recorded and is available for viewing.

Arrangements: Anderson Family Funeral Home of Mahanomen.

Online: www.andersonfamilyfh.com

Beverly L. Moyer

Beverly L. Moyer (Carlson) passed away peacefully into glory to meet her Saviour Jesus face to face, surrounded by her family on Dec. 10. She was born to Dorothy (Pearson) and George Carlson on Aug. 6, 1935, in Minnesota.



Beverly is survived by her loving husband of 64 years, Willard Moyer of Cochrane, Ont., along with her six children: Tim (Lucy) Moyer and David (Rosemary) Moyer of Cochrane, Rebecca (Sovaro) Meas of Toronto, Rhoda (Glenn) Martin of Moncton, N.B., Rachel (James) Cheng of Orangeville, Ont., and Stephen (Kelli) Moyer of Scotland, Ont. She is also survived by 20 grandchildren, 22 great-grandchildren; and her siblings: Betty McDougall, Richard Carlson, George Carlson and Mark Carlson, all of whom loved her and will miss her greatly!

Beverly left her home country to bring the gospel message to the people in remote northern Ontario as a missionary for 20 years. She then moved to Cochrane, where she spent the rest of her life dedicated to helping others and making quilts for the needy.

Beverly left her home country to bring the gospel message to the people in remote northern Ontario as a missionary for 20 years. She then moved to Cochrane, where she spent the rest of her life dedicated to helping others and making quilts for the needy. So in honor of her compassion for those in need, in lieu of flowers, the family requests donations be made to Christian Aid Ministries to help carry on her legacy of generosity. (www.christianaidministries.ca/donate)

A memorial service will be held in late spring 2021.

Obituaries

Linda Rogers Paiz

Linda Rogers Paiz, 67, of Waubun, died Nov. 30 at Essentia Health in Fargo, N.D.

Linda Lou Rogers was born June 15, 1953, in Oconto, Wis. She was the youngest daughter of George and Elizabeth (Rogers) Sabourin. She lived to the Minneapolis/St. Paul, Lakeview and Apple Valley, Minn., areas throughout most of her years. Linda furthered her education at Mitchell Law School, receiving a degree in Early Childhood Education.



While in Minneapolis, Linda worked as a lead in hotel housekeeping and was a wonderful teacher. She spent most of her career years working as a medical records technician, both in the Minneapolis area and later in Brainerd, Minn. Linda moved to Detroit Lakes and after a few years relocated to White Earth to be near family. She met Jeffery Bevins and they have been together for 20+ years. They enjoyed going out dancing, dining, and going to the movies.

Everyone that met Linda could easily see that she was a very tenderhearted and a genuine lady who never turned anyone away. She loved spending time visiting with friends and family. Linda also enjoyed garage sales, collecting knick-knacks and trips to the casino. She will live on in the hearts of friends and family forever.

As the last of her siblings, Linda is survived by her son, Brian Rogers of Detroit Lakes; daughter, Lori (Ronnie) Rogers of Parkers Prairie, Minn.; grandson, Brandon Pifher; granddaughter, Brianna Rogers; and many nieces, nephews and cousins.

She was preceded in death by her parents, George and Elizabeth; and many siblings.

A service was held Dec. 4 at the White Earth Community Center.

Interment: Calvary Cemetery in White Earth.

Arrangements: Anderson Family Funeral Home of Mahanomen.

Online website: www.andersonfamilyfh@arvig.net

Kenneth Lloyd Leu

Kenneth L. Leu, 75, Detroit Lakes, died Dec 16 at Sanford Hospital in Fargo, N.D.

Kenneth Lloyd Leu was born July 19, 1945, in White Earth to Floyd and Evelyn (Cogger) Leu. He began his schooling at the White Earth Mission School and completed it in Detroit Lakes. Following his schooling, he worked on his family's farm near Strawberry Lake. He served with the U. S. Army from 1967 – 1969. While in the Army, he served in Korea where he helped build under-ground bunkers for the president.



Following his discharge, he returned to the Strawberry Lake area where he worked building bridges with his father. Ken was united in marriage to Corrine Johnson on Aug. 14, 1971, in Detroit Lakes. They made their home in rural Detroit Lakes where he built bridges and worked as a carpenter. He worked for Gordon Construction for many years. Following his retirement in 2010, he worked at Menards and at the Waubun School.

Ken loved spending time with his grandchildren, family gatherings, hunting, fishing, playing bingo and picking mushrooms.

Survivors include his life partner, Corrine of Detroit Lakes; children: Jessica (Jeff Ehnert) Leu of Callaway, Ken (Angie) Leu Jr. of Frazee, Minn., Lavonne (William Mayberry) Stallman of Detroit Lakes and Scott Stallman of Moorhead, Minn.; grandchildren: Amber, Jason, Justin, Robbie, Jordan, Jacob, Robin, April and Jen; six great grandchildren; brothers and sisters: Beverly (Bud) Carlson of Richwood, Evelyn Moore of Callaway, Pam Lehmann of Richwood, Patti (Phil) Stallberger of Waubun, Darlene (Curt) Ballard of Ogema, Terry (Ellen) Leu of Mahanomen, Daniel Leu of Callaway and Micheal (Lucille) Leu of West Fargo, N.D.

He was preceded in death by a son, Robbie Stallman; sisters, Carol Linden and Sharon Lasker; and brothers, Ronnie and Lonnie Leu.

Funeral services were held Dec. 22 at the White Earth Community Center with Reverend Matt Meyer officiating.

Interment: Richwood Lakeside Cemetery with Military Rites provided by the Lake Region Veterans Honor Guard.

Arrangements: David-Donohewer Funeral Home in Detroit Lakes.

Online: www.daviddonehower.com

Calvin Lawrence Clark III

Calvin Lawrence Clark III, 38, of Pine Bend, Minn., died Nov. 21 at his home in Pine Bend.

Calvin was born Sept. 26, 1982, in Minneapolis to Calvin and Joanne (Brown) Clark. He was baptized in Pine Bend in 1997 and is a 2001 graduate of Fosston (Minn.) High School.



After high school, Calvin went on to complete four years of college at Northland Community and Technical College in Thief River Falls, Minn. Some of his hobbies included watching and playing sports and working out. He treasured working on cars with his dad and brother. Calvin was very active in his church, he valued attending bible study and went on three missions' trips to Chihuahua, Mexico. Calvin enjoyed spending time with his family as much as he could and driving down to the Cities to hang out with his sisters.

Calvin lived in Minneapolis from 1982 until 1995 and moved to Lengby until 2004. Calvin worked in the Cities until 2007, before moving to Bemidji, Minn. Calvin and his brother started a window washing business called "Bright Outlook," which they ran from 2014 to 2017. Calvin was currently working for the Oshki Manidoo Treatment Center in Bemidji as a drug and alcohol counselor.

Calvin traveled to Finland and was an airplane mechanic. Calvin was loving, caring, and kind to anyone he met. He always had a beautiful smile on his face and welcomed people with an open mind and a warm heart. Calvin was genuine, authentic, and gave the most amazing hugs. He was giving, devoted, honest, friendly, adventurous, and very easy going.

He is survived by his father, Calvin Dallas Clark of Lengby; sister, Beldonna Marie (Shadi) Chakouthi of St. Louis Park, Minn.; brother, Jesse James (Norma) Brown of Lengby; sister, Krys Louise Clark (Ian) Sherman of Minneapolis; and nieces and nephews: Beldonna, Liam, Fernando, Desiree Jr, Jasmine and Luna.

He was preceded in death by his mother, Joan Brown; grandfather, Calvin E. Clark; grandma, Darlan Clark; brother, Jacob Anderson; and sister, Angela Boudreau.

Funeral services were held Dec. 5 at the Naytahwaush Sports Complex.

Interment: Pine Bend Cemetery.

Arrangements: Cease Family Funeral Home of Bagley, Minn.

Messages of condolence: www.ceasefuneralhome.com

Sonja Faye Wichern

Sonja Faye Wichern, 49, of Duluth, Minn., passed away unexpectedly on Dec. 8 in her home.

Sonja was born Dec. 1, 1971, in Detroit Lakes to Earl Wichern and Irene Brown. Sister to Micheal, Patrick, Dawn, Barbara, Brian, Sandra and Samantha Wichern.

She was a determined woman that always wanted to see everyone having fun and smiling. She always dreamt big and always surrounded herself with family and friends. She will be forever missed.

Sonja is survived by her sister, Barbara; brothers, Micheal and Brian; children: Cynthia and Jason Geist, Austin Tellinghuisen and Darlene Lewis; and granddaughter, Nataya Geist.

Predeceased by her parents, Earl Wichern and Irene Brown; son, Alan Jr.; sisters: Sandra, Samantha and Dawn; and brother, Patrick.

Father Joseph Nassaney was the officiant.

Arrangements: David-Donohewer Funeral Home of Detroit Lakes

Special thanks: Detroit Lakes Floral

Mark A. Johnson



Mark A. Johnson died from the COVID-19 virus on Dec. 6 at Fairview Ridges Hospital in Burnsville, Minn. Mark was born on Oct. 28, 1960, in St. Paul.

He is survived by his wife, Shelli; son, Joshua; mother, Melverna Johnson (Blue); grandson, Jay Jay; brothers, Melvin (Mary) and Keith; and many relatives and friends.

Mark was preceded in death by his father, Jerry; and grandparents, Leander and Ida Blue of White Earth.

Interment will be at a later date.

Obituaries

Karen Townsend

Karen Townsend, 49, of Mahnomen, died Dec. 23 at Sanford Medical Center in Fargo, N.D.

Karen Townsend, the daughter of Nona and Franklin Townsend, was born Jan. 14, 1971, in Minneapolis. When she was a young child, her family moved to the White Earth Indian Reservation where she attended school in Mahnomen. Karen met Sam Ortley and the couple spent many wonderful years together until his death in 2018. She was employed at the Shooting Star Casino for many years, until due to health reasons, she was forced to retire. Her greatest treasure was her family and she cherished spending time with each and every one of them.



Karen loved the great outdoors, fishing, and spending time at the lake. She also enjoyed attending pow-wows and trips to the casino. She had a huge heart, was very generous and loved to help out whenever possible. Karen will be greatly missed by all who knew and loved her.

Karen is survived by her mother, Nona Townsend of Naytahwaush; children: Samuel Ortley Jr. of Bismarck, N.D., Drucilla Ortley and Nona Leise Clark both of Mahnomen; special nephew, Maurice Clark, who she lovingly raised like a son; brothers, Brian and Chris Clark; sisters: Betty Oppedard, Sharon Porter and Melissa Clark; granddaughters, Leenah and Lylah; and many other extended family members.

She was preceded in death by her father, Franklin Townsend; significant other, Samuel Ortley Sr.; son, Tyler Townsend; infant son, Deon Ortley; daughter-in-law, Danielle Hanks; and brother, Franklin Townsend Jr.

A public walk-through visitation was held Dec. 30 at the Anderson Family Funeral Home in Mahnomen. Funeral services will be held at a later date. A spring burial will be held at Island Lake Cemetery in rural Lengby.

Arrangements: Anderson Family Funeral Home of Mahnomen.
Online: www.andersonfamilyfh.com

Melvin L. "Tony" Bisson Jr.

Melvin L. "Tony" Bisson Jr., 81, of Champlin, Minn., passed away peacefully on Dec. 10.

Tony joined the Navy in 1959 on active duty until 1962 at which time he joined the Naval Reserves and served until his retirement in 1986. He had many special shipmates he served with throughout the years that became lifelong friends. He loved attending Naval reunions with his daughter, Naomi.



Tony worked for the City of Minneapolis for more than 30 years, the majority of that time working for the water department. When he retired in 1986, he began a second career as a bus driver for the Osseo Brooklyn Bus Company. His greatest honor was driving the President's own Marine Band on their 1989 tour, driving them from Washington, D.C., to San Diego over a two-month period. He retired a second time after another 30+ years of service. He made many special friends from both of these

occupations as well.

Tony was a member of the Salem Lutheran Church in North Minneapolis for many years. His family worked together at the Minnesota State Fair dining hall for decades, where he made the best Swedish egg coffee. Many friends and family members worked with the family as well.

Tony was best known for his pride in his military service, his devotion to his family as well as his Native American Indian heritage.

Tony is survived by his wife of 62 years, Margaret; daughters: Carrie Bisson, Naomi Helm (Greg Parker) and Colleen Pitleck (Tom); granddaughters, Abbey Dobratz (Jeremy) and Caitlin Erickson (Reid); great-grandsons, Odin and Kieran Dobratz; as well as many special nieces, nephews, friends and loved ones.

He was preceded in death by his parents, Opal and Melvin Bisson Sr.; and brothers: Malcolm, Martin and Gordon Bisson.

A private funeral service was held Dec. 22, with burial following at Fort Snelling National Cemetery.

A video of the service is available via the Washburn McReavy on-line obituary at www.washburn-mcreavy.com.

In lieu of flowers, please consider memorials in Tony's name to: Fleet Reserve Assn, c/o Ron Campbell, 5820 Oliver Ave S, Mpls, MN 55419 or the Minneapolis American Indian Center.

Joseph Charles Olsen

Joseph Olsen, age 73, of Naytahwaush, died Dec. 23 at the Mahnomen Health Center Nursing Home.

Joseph Charles Olsen, the son of Joseph Carroll and Marguerite "Marge" (Isakson) Olsen, was born May 26, 1947, in Fargo. He spent his early years in the Fargo area before moving with his family to Naytahwaush while in grade school. He attended Northrup Emmerson school in Naytahwaush followed by Mahnomen High school where he graduated with the class of 1965.



As a young man, fueling his love of nature and adventure, Joe worked on an Alaskan fishing boat for a time. He served with the U.S. Air Force from 1966 to 1970 during the Vietnam conflict. Upon his honorable discharge, he returned home to Naytahwaush and married Theresa Bunker Loud and they raised four children: Melissa, Valerie, Joseph Jr., and Andrew.

Over the years, Joe spent most of his career working in the great outdoors. He loved the woods and made his living logging, trapping, ricing and leeching. He also spent many hours hunting and fishing. Joe handcrafted many items, specializing in birch bark artistry. Although he gifted many to family and friends, Joe also sold his baskets throughout the nation. For many years, Joe proudly worked as a deputy sheriff for Mahnomen County.

He has been blessed for the past 17 years with the loving companionship of Jean Clark, with whom he shared his life. Joe cherished his family and loved to make others laugh. His sense of humor was a treasure he shared with all. Joe had many friends and will be dearly missed.

Joe is survived by his love, Jean Clark of Naytahwaush; sons: Joseph (Christina) Jr. of Waubun and Andrew (Amy) of Elbow Lake Village; daughters, Melissa Ojibway of Waubun and Valerie (Myron) Yost of Ogema; sisters: Mary (Doyle) Turner of Tulaby Lake, Susan Parisian of Waubun, Carol (George) Behrens of Bismarck, N.D., and Nancy Hodge of Minot, N.D.; 15 grandchildren, and 14 great grandchildren; and many nieces and nephews. He was preceded in death by his parents; and brothers-in-law, Leo Parisian and Russel Hodge.

Private family services were held Dec. 30 at Anderson Family Funeral Home.
Arrangements: Anderson Family Funeral Home of Mahnomen.
Online: www.andersonfamilyfh.com

Dale L. Blue

Dale Blue, 74, of Waubun, died Dec. 21 at Mahnomen Health Center.

Dale L. Blue was born June 14, 1946, in White Earth to Lester and Gladys (Sargent) Blue. He grew up in the Twin Cities metro and graduated from North High High School. Dale furthered his education at technical college before entering the U.S. Army and serving during Vietnam. Following an honorable discharge, he returned to Minneapolis. Dale attended the University of Minnesota and began work as a social worker.



While living in Minneapolis, he met his soulmate, Judy Heath. They were united in marriage in 1973. The couple made their home in the North Metro and Dale worked as an engineer for Pentaire Company and later Tennant Company. Although Dale and Judy divorced after many years, destiny would bring them back together several years later. They lived in the Minneapolis area for some time before moving back to the White Earth Reservation to be closer to family. Dale was currently working at the Mahnomen Public School as a Paraprofessional.

Dale enjoyed football, especially the Minnesota Vikings, country music, and going to the casino. He was very charismatic and a great storyteller with a wonderful sense of humor. He loved spending time with family and cooking great meals for them. Dale also was very proud of his Native heritage and culture and he truly respected and appreciated his Native roots when going to pow wows.

Left to mourn Dale's death is his soul mate, Judy of Waubun; daughter, Connie (Mike) Platzer of Buffalo, Minn.; grandchildren: Tene (Cody) Aston of St. Cloud, Minn., Cammie Gagnon of Buffalo, Derek (Emily) Jacobson of Zimmerman, Minn., and Jarod "Bear" (Sarah) Platzer of Foley, Minn.; nine great-grandchildren plus one arriving soon; sisters, Phyllis (Jeff) Wark of Naytahwaush and Janet Blaisdell of Brooklyn Park, Minn.; and several nieces, nephews and extended family.

He was preceded in death by his parents; and siblings: Renie Blue, Larry "Squirrel" Blue, Dawn Meyers, Marilyn Whaerton, Ron Blue Sr. and Lester "Butch" Blue.

Private family services were held Dec. 29 at Anderson Family Funeral Home.
The funeral service was recorded and is available for viewing online.
Arrangements: Anderson Family Funeral Home of Mahnomen.
Online: www.andersonfamilyfh.com

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Brandon Jackson

Summons of Petition and Hearing Notice

Court File No. CC19-0245

YOU ARE HEREBY notified that on December 30, 2020, a Petition to Transfer Permanent Legal and Physical Custody was filed with the White Earth Tribal Court regarding your child in file CC19-0245. An admit or deny hearing on the matter is scheduled for January 27, 2021 at 1:30 p.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Erica Landon

Summons of Petition and Hearing Notice

Court File No. CC19-0245

YOU ARE HEREBY notified that on December 30, 2020, a Petition to Transfer Permanent Legal and Physical Custody was filed with the White Earth Tribal Court regarding your child in file CC19-0245. An admit or deny hearing on the matter is scheduled for January 27, 2021 at 1:30 p.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Renee Tibbetts

Summons of Petition and Hearing Notice

Court File No. CC19-0644, -0645, -0646, -0647

YOU ARE HEREBY notified that on September 1, 2020, a Petition to Transfer Permanent Legal and Physical Custody was filed with the White Earth Tribal Court regarding your children in files CC19-0644, -0645, -0646, -0647. A pretrial hearing on the matter is scheduled for January 27, 2021 at 2:45 p.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Jackie Black

Summons of Petition and Hearing Notice

Court File No. CC19-0970, -0971, -0972, -0973, 0974

YOU ARE HEREBY notified that on November 3, 2020, a Petition for Suspension of Parental Rights was filed with the White Earth Tribal Court regarding your children in files CC19-0970, -0971, -0972, -0973, 0974. A pretrial hearing on the matter is scheduled for January 29, 2021 at 10:30 a.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Any Man Coming Forward as the Father of the Child of Stephanie Marie Stone

Summons of Petition and Hearing Notice

Court File No. CC20-0614, -0615, -0616, -0617

YOU ARE HEREBY notified that on October 1, 2020, a Petition for Suspension of Parental Rights was filed with the White Earth Tribal Court regarding your children in files CC20-0614, -0615, -0616, -0617. A pretrial hearing on the matter is scheduled for January 29, 2021 at 2:30 p.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Stephanie Marie Stone

Summons of Petition and Hearing Notice

Court File No. CC20-0614, -0615, -0616, -0617

YOU ARE HEREBY notified that on October 1, 2020, a Petition for Suspension of Parental Rights was filed with the White Earth Tribal Court regarding your children in files CC20-0614, -0615, -0616, -0617. A pretrial hearing on the matter is scheduled for January 29, 2021 at 2:30 p.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Gary Lafountain

Summons of Petition and Hearing Notice

Court File No. CC20-0651

YOU ARE HEREBY notified that on December 30, 2020, a Petition for Suspension of Parental Rights was filed with the White Earth Tribal Court regarding your children in files CC20-0651. An admit or deny hearing on the matter is scheduled for February 3, 2021 at 1:30 p.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Lynette Darlene Hill

Summons of Petition and Hearing Notice

Court File No. CC20-0651

YOU ARE HEREBY notified that on December 30, 2020, a Petition for Suspension of Parental Rights was filed with the White Earth Tribal Court regarding your children in files CC20-0651. An admit or deny hearing on the matter is scheduled for February 3, 2021 at 1:30 p.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Cassie Littlewolf

Summons of Petition and Hearing Notice

Court File No. CC17-0706, -0708

YOU ARE HEREBY notified that on October 9, 2020, a Petition for Suspension of Parental Rights was filed with the White Earth Tribal Court regarding your children in files CC17-0706, -0708. A pretrial hearing on the matter is scheduled for January 29, 2021 at 10:15 a.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

David Jack Jr.

Summons of Petition and Hearing Notice

Court File No. CC17-0706, -0708

YOU ARE HEREBY notified that on October 9, 2020, a Petition for Suspension of Parental Rights was filed with the White Earth Tribal Court regarding your children in files CC17-0706, -0708. A pretrial hearing on the matter is scheduled for January 29, 2021 at 10:15 a.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of:

Any Man Coming Forward as the Father of the Child of Erica Landon

Summons of Petition and Hearing Notice

Court File No. CC19-0245

YOU ARE HEREBY notified that on December 30, 2020, a Petition to Transfer Permanent Legal and Physical Custody was filed with the White Earth Tribal Court regarding your child in file CC19-0245. An admit or deny hearing on the matter is scheduled for January 27, 2021 at 1:30 p.m. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: December 30, 2020
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT TRAFFIC COURT

In the Matter of Naysia Lynn Thompson;
DOB: 06/23/2003

Summons for Appear in Court

Court File No. T20-0704

YOU ARE HEREBY notified that on January 20, 2021 at 10:00 a.m. an Initial Hearing on the traffic citation will be held at the White Earth Tribal Court at 35500 Eagle View Road Ogema, MN 56569. You are asked to contact Court Administration at 218-983-4648, ext. 5757 to receive a copy of the citation. If you fail to appear for this hearing, the Court may find you in default and/or held in contempt of court.

Dated: December 28, 2020

Please contact Court Administration to make arrangements to appear by phone due to Covid-19.

Attention New Homeowners & Existing Homeowners

If you are in need of a Well and Sewer System for your house/ trailer home you can contact White Earth Water & Sewer for an application as we receive grants.

Requirements to qualify for the grants are:

- * Tribal Enrolled member
- * Reside on the White Earth Reservation
- * Show proof of land (Land Deed/Tribal Land agreement) and proof of homeownership
- * 18 years of age or older
- * Must have electricity, heat source, and interior plumbing to the home
- * Income verification (some existing home owners grants require)

Contact us at 218-983-3202

Sugar Bush Residents Notice of Township Filing/Election

Notice is hereby given to the residents of Sugar Bush Township that the annual filing for election of officers opened January 1, 2021. The following positions are to be filled at the election on March 16, 2021.

SUPERVISOR / 3-YEAR TERM
TREASURER / 2-YEAR TERM

If you wish to file for candidacy please file with the township clerk or 218-849-0882. **The deadline for filing is January 15, 2021 at 5 p.m.**

Janice Chilton, Clerk
Sugar Bush Township

In Need of Septic Pumping?

If you need your septic system pumped call the White Earth Public Works Department at 218-983-3202.

Enrolled elder (55 years & older) - \$25

Enrolled member (54 years & younger) - \$80

Non-enrollee (any age) - \$115

Non-White Earth Businesses - \$120

(Must live on White Earth Reservation)

Olson Farms

Beef for sale \$2.25/lb. hanging weight. Sold as 1/4, 1/2 or full. Call Danny at 218-849-4481 or Ryan at 218-849-6296.

Residents of Mahnomen County

MAHUBE-OTWA Community Action Partnership, Inc. is seeking an individual to fill a vacant seat on its Board of Directors. This individual will represent the low-income residents of Mahnomen County.

The term of office is through September 30, 2022. Interested persons of Mahnomen County wishing to serve can complete an application found on the MAHUBE-OTWA web site at www.mahube.org.

For additional information, contact Executive Director Liz Kuoppala, at 218-248- 5963.

Deadline to apply is Friday, January 22, 2021.

Attention: White Earth Veterans

Our Snow Removal Program is showing appreciation to our service men in the White Earth Area to get their driveways plowed at their residence at no charge.

We would need a colored copy of your W.E. Enrollment card, letter of Purple Heart, Medal of Honor and a note stating Disabled Veterans (30% or more). Bring the application, letter, and enrollment ID card to our office @ Water & Sewer or email it to Betsy or Cindy. If you have additional questions, please give us a call and we would be happy to help you 218-983-3201.

White Earth Water & Sewer Department

P.O. Box 418, White Earth, MN 56591
Phone: 218-983-3202 - Fax: 218-983-4350
E-mail address:
Betsy.Smith@whiteearth-nsn.gov or Cindy.Weber@whiteearth-nsn.gov

WE TRIBAL COURT TRAFFIC COURT

In the Matter of **Carolyn Anne DeGroat; DOB: 04/30/1982**

Summons for Appear in Court

Court File No. T20-0347

YOU ARE HEREBY notified that on January 20, 2021 at 10:00 a.m. an Order to Show Cause Hearing on the traffic citation will be held at the White Earth Tribal Court at 35500 Eagle View Road Ogema, MN 56569. You are asked to contact Court Administration at 218-983-4648, ext. 5757 to receive a copy of the citation. If you fail to appear for this hearing, the Court may find you in default and/or held in contempt of court.

Dated: December 28, 2020

Please contact Court Administration to make arrangements to appear by phone due to Covid-19.

WE TRIBAL COURT TRAFFIC COURT

In the Matter of **John Melvin Sargent Jr.; DOB: 01/14/1985**

Summons for Appear in Court

Court File No. T20-0708

YOU ARE HEREBY notified that on January 20, 2021 at 10:00 a.m. an Initial Hearing on the traffic citation will be held at the White Earth Tribal Court at 35500 Eagle View Road Ogema, MN 56569. You are asked to contact Court Administration at 218-983-4648, ext. 5757 to receive a copy of the citation. If you fail to appear for this hearing, the Court may find you in default and/or held in contempt of court.

Dated: December 3, 2020

Please contact Court Administration to make arrangements to appear by phone due to Covid-19.

In Memory

Missing My Twin Sister - Carol Neeland (1/8/20)

Daryl Neeland

Classic recipes with healthy makeover

Slow Cooker Tater Tot Hotdish

Ingredients

- 1 lb. ground turkey, cooked
- 1 small onion, diced
- 16 oz. bag frozen mixed vegetables
- 14.5 oz. can cream of mushroom soup, reduced sodium
- 5.3 oz. container plain greek yogurt
- 1 Tbsp. garlic powder
- 8 oz. tater tots
- 3 Tbsp. colby jack cheese, shredded

Instructions

1. Brown ground turkey in a skillet. Add onion and cook until translucent.
2. Add ground turkey and onion mixture, vegetables, soup, yogurt and garlic powder to slow cooker.
3. Stir to combine.
4. Top with tater tots and sprinkle with shredded cheese.
5. Cook on low for six hours or on high for 2-3 hours in crock pot or bake for about one hour in a 350-degree oven until the mixture begins to bubble.

Yield: Six servings. Each serving is 230 calories and 18 grams Carbohydrates.

Recipe Makeover tips: The Slow Cooker Tater Tot Hotdish incorporates a variety of lean protein sources like ground turkey, greek yogurt and low-fat cheeses which are lighter in fat and sodium.

Broccoli Bacon Salad (Lower-fat Version)

Ingredients

- 1 large bunch fresh broccoli, stems and tops, chopped
- 1/3 c. fresh celery, diced
- 1/3 c. scallions, tops and bulbs, chopped or onions
- 40 red seedless grapes, halved
- 1/2 c. golden seedless raisins
- 4 slices bacon, cooked, chopped
- 1/3 c. unsalted pecans, chopped

Dressing:

- 2 Tbsp. extra-virgin olive oil
- 4 Tbsp. cider vinegar
- 5 Tbsp. mayonnaise
- 1 tsp. salt
- 1 tsp. pepper

Instructions

1. *Optional – see below parboil the broccoli in a large pot of boiling water for three minutes. If don't plan to par-boil just skip to step 3!
2. Remove broccoli from stove, drain and run broccoli under cold water for one minute (make sure the broccoli is still crunchy).
3. In a large bowl, combine the first five salad ingredients and dressing.
4. Chill for at least two hours.
5. Fold bacon and pecans in right before serving.

Yield: 6-8 servings. Each serving is 270 calories and 28 grams Carbohydrates.

Recipe Makeover Tips:

- Parboiling the broccoli to reduce bitterness of raw broccoli, especially since sugar was eliminated from the original recipe to reduce calories. Also, parboiling brings the green color out.
- Adding grapes. The original recipe did not call for grapes, which adds volume, color and flavor, and reduces calories.
- Reducing the amount of mayonnaise used by adding more vinegar and olive oil. This reduces total calories and fat, and also adds healthy monounsaturated fat in the form of olive oil.
- Using less bacon. The original recipe calls for eight bacon slices; the modified recipe calls for four slices. You also can use turkey bacon.
- Adding unsalted pecans to make the recipe more interesting. You also can use sunflower seeds, but stick to the unsalted ones in either case.

White Earth descendant uses 'watermelon snow' to better understand climate change

By Jeremia Schrock

Not many people know about “watermelon snow,” but Caroline Brisbois does. Brisbois, a White Earth descendant and a graduate student at Alaska Pacific University, is researching snow algae, the single-celled green algae that blooms on glacial surfaces during summer.

The term “watermelon snow” comes from the reddish-tint that blooming algae gives to the snow it inhabits. “In the harsh, frozen environment of a glacier, vital nutrients and water often only become available when snow and ice melts,” Brisbois said.

It’s the blooming of snow algae that causes more melt than any other glacial impurity. It’s the significant role this blooming plays in melt that has drawn scientists to study snow algae, using new data in glacial melt models, runoff predictions, and the overall cooling effect of glaciers and icefields for the planet as a whole.

“The more we know about the ecology of glacial organisms, the better we can assess and quantify the



Submitted photos

Upper left: White Earth descendant Caroline Brisbois is a graduate student at Alaska Pacific University researching snow algae, the single-celled green algae that blooms on glacial surfaces during summer. **Above:** The bulk of Brisbois’ field work has focused on the Eklutna glacier near Anchorage.

melt rate and surface area loss of glaciers and icefields across the globe,” Brisbois said. Her project is meant to add to the current knowledge about snow algae in Alaska by exploring its distribution and relative abundance, as well as developing a better understanding of its effects on climate change.

While Brisbois has made use of remote sensing tools, studying algae on a glacier isn’t all satellite and aerial photography. Sometimes you just have to go to a glacier yourself. The bulk of Brisbois’ field work has focused on the Eklutna glacier near Anchorage. This glacier, nestled in the Chugach Mountains, is the primary source for Anchorage’s drinking water and its runoff is used to help power the Eklutna hydroelectric dam.

The last time Brisbois went to the glacier for field work she and her team gave themselves roughly nine-hours to complete their work. “Everything takes a little longer than you expect because you are outside, in the snow, making sure you are keeping yourself and everyone else safe from sun exposure and other glacial hazards,” she said. The worst part is feeling the need to get everything done as quickly as possible “especially because you don’t get to just go back the next day and fix a mistake or keep working,” she added.

Brisbois has been out to the Eklutna glacier several times since her research began, most recently in April of this year. However, it was a trip to the glacier last summer that proved to be the most difficult and also slightly harrowing.

“We did hike off the glacier one time last summer, but that turned out to be a 16 hour and 22 mile journey of bushwhacking, river crossing, and route finding from the glacier surface to the Eklutna Lake parking lot,” Brisbois said. “We decided not to go that route ever again!”

This material is based in part upon work supported through the Alaska Space Grant Program.

Brisbois studies Alaskan glaciers to better understand global warming. She is the daughter of Ron and Jennifer Brisbois of Falcon Heights, Minn., and is the granddaughter of Gabe and Mary Ann Brisbois from the Pine Bend area.

Helping feed the community



Photo by Terry Darco

Students from the Mahanomen High School FFA chapter recently volunteered to hand out food boxes at the Feed Our Families food shelf in Mahanomen. The group is under the direction of Curt Francis and Jenna Bendickson who are working on a schedule where students can volunteer each week by packing boxes as well as load food boxes in cars.

Rotarians spread holiday cheer



Photo by Jenna Leadbetter

The Detroit Lakes Breakfast Rotary recently handed out new books to reservation and surrounding community families with school-aged children in the Circle of Life Academy parking lot.