

DeBahJiMon

A Publication of the Leech Lake Band of Ojibwe

V. XXVII N. 10 - January 1, 2006

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Leech Lake Band Successful at Receiving \$500,000 Grant To Renovate Facility Center

By Laura Ware, Grant Writer, Leech Lake Planning Division

The Leech Lake Band was recently awarded a \$500,000 grant from U.S. Housing and Urban Development to renovate portions of the Facility Center.

The Facility Center is one of the most important buildings now owned by the Reservation. This building has served as the 'heart' of the reservation since the mid-1960's, the time that it was built. It once was filled with a lot of life; hundreds of people received services out of this building; elders were always present; community organizations sponsored fundraisers, wakes were held; community meals were served; youth and adults played basketball and volleyball, our Tribal Executive Committee held meetings here. This was a place that all could turn to for information and services.

As the Leech Lake administrative arm began to grow; a need for larger and sometimes newer space became evident and many programs moved, and the Facility Center began to age. The Minnesota Chippewa Tribe and the BIA moved to newer buildings, as did the Elders Program. This important part of our governmental heritage is in danger of being lost because of extensive deterioration.

Today depending on the season, employees and visitors are either hot or cold; windows create severe drafts; people fall and get hurt on the crumbling

sidewalks which also creates a financial burden on the Tribal Council; the roof and siding need to be replaced as does water soaked insulation and rotten wood; ill-fitting single pane windows must be replaced to save on energy bills, and entry doors do not meet ADA standards and need to be replaced to accommodate our elders and the disabled; we must address hazard materials issues that are inherent to the facility; a fire alarm system is required, and new landscaping would be refreshing for all.

It has been estimated that it will take around \$769,365.00 to get the building back up to Leech Lake standards. Each of the above listed building rehab components will be contracted out to State certified and licensed contractors. We proposed to donate and utilize our existing labor force to conduct a certain portion of necessary demolition. We also propose to contract with an Architectural and Engineering firm to provide construction oversight and building inspection along with our internal Construction Management Team.

Currently the facility is home to 12 Divisions and/or Departments and 133 fulltime employees and one Native American owned business. There are no part-time employees at this time. Of this, 33% of the entire building space is occupied by divisional programs/ departments that are considered tribal



Cass Lake Facility Center built in the mid-1960's is in for a facelift. The Center will be remodeled and renovated to upgrade and meet building codes.

Photo by Patsy Gordon

government office space as defined by the ICDBG program. The Tribal Council has authorized a hard match and in-kind contribution of 35% of the total project costs to meet ICDBG requirements.

Upon completion of the renovation, the adjustments are expected to improve the environmental health and safety of our employees, constituents, and visitors; including emotional health of employees which will increase productivity.

This renovation will improve the building that has served as the heart of our organization and our Anishinabe people for a number of years. Wakes, basketball, public gatherings, and other community events will be held in a structurally and environmentally safe public facility.

Traditional Resource Inventory

By Gina M. Papisodora, Leech Lake Tribal Historic Preservation Office

The Leech Lake Tribal Historic Preservation Office (THPO) is conducting a Traditional Resource Inventory of areas that are important to tribal members on federal lands that are managed by the U.S. Forest Service and other lands that are utilized by band members for gathering of traditionally used resources.

The THPO has arranged for a Leech Lake Band member to

Continued on Page 4

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Obituaries

Alan Dale Gross

Alan Dale Gross, 62, of Cass Lake, MN, died Wednesday, December 14, 2005 at his residence, in Cass Lake, MN.

Funeral Services were held on December 18th at the Veteran's Memorial Building in Cass Lake, MN with the Rev. Lynn Orville officiating. A wake began on Friday at the Veteran's Memorial Building and continued until the time of the services. Interment is at the Thompson Family Cemetery in Cass Lake, MN under the direction of the Cease Family Funeral Home of Cass Lake.

He was born February 21, 1943 in Cass Lake where he was raised by his parents Alvin and Emily (Thompson) Staples. He attended vocational school in Ft. Worth, TX where he earned a welding degree. He was once married to Janet Fairbanks of Walker, MN. They had a daughter Marlene Marie. He returned to Cass Lake where he worked for several years for Wheeler's until they shut down. He was married to Shirley Raisch Headbird, they had together Alan, Jr. and Alana Kay. They moved to Minneapolis where he drove over the road trucking for several years. He was an avid golfer and hunter until his health prevented him from playing physically. He later moved into the Four Seasons Apartments where he had many friends. He enjoyed visiting people, was an avid reader and loved TV sports and reality shows. He spent the last two years of his life taking

care of his parents, visiting them daily to bring their mail and newspapers and donuts on Wednesdays. He took pride in doing whatever errands and chores they needed him to do. Even though he had a gruff exterior, he was our large stuffed teddy bear. He will be deeply missed by his family.

He is survived by his father: Alvin Staples of Cass Lake, Brother: Patrick (Debbie) Staples of Newtown, ND, Sisters: Judy (Dennis) Harper of Cass Lake, Elizabeth Staples Aitken of Bemidji, Kay (Douglas) Jackson of Bemidji, Rebecca (Mike) Olson of Eden Prairie, 9 children; Marlene (Leroy) Gross of Cass Lake, Alan (Julie) Gross, Alana Gross, Robert "Jappy" (Maureen) Headbird, Roberta "Boona" Headbird, Robyn (Neil) Buckanaga, Sarah Wind, Sheri "Pie" (Blaine) Headbird, Sandra "Amy" Headbird all of Minneapolis, 24 grandchildren, 8 great grandchildren and his special niece Becky Staples and her children-Paul and Colby of Newtown, ND and numerous nieces and nephews and cousins.

He was preceded in death by his beloved mother, Emily, his sister, Heb Church and nephew Michael Staples.

Honorary casket bearers were Henry "Crock" Harper, Kenny Hough, Sr., Willard "Booger" Lausche, Eugene "Dopey" Budreau, granddaughter-Teddi Wind, Joann Staples Baum, Alan "Bos" Boswell and all of his golfing, hunting, and trucking buddies.

Active casket bearers were his grandsons - Billy Headbird, Sage Seeyle, Ryan Buckanaga, Bobby Headbird, Danny Wind and Kenny Hough, Jr.

Joseph Lee Drumbeater

Joseph "Joe" Lee Drumbeater, 52, of Virginia, MN, died Sunday, December 11, 2005 at the University Medical Center in Hibbing, MN.



Joe was born to William and Julia (Mitchell) Drumbeater on January 16, 1953 in Cass Lake, MN. He attended Remer High School, and then moved around the country. He settled in Minneapolis, MN in 1975, and eventually moved to Virginia in 2000. He was skilled in beadwork, painting and sketching, enjoyed fishing, playing guitar, gambling, and liked to attend pow-wows and camp out at them. His heritage and his family were very important to him.

He is survived by two sisters, Roxanne Drumbeater (George Mitchell) and Marilyn Drumbeater (Bruce Anderson); one brother, Thomas Drumbeater; and by numerous nieces, nephews, and cousins.

He was preceded in death by his parents; brothers, Charles and Patrick Drumbeater; and sister, Caroline Kesick.

A traditional Native American wake will began on Wednesday, December 14, 2005 at 5:00 p.m. at the Veteran's Memorial Building in Cass Lake, MN and continued until time of services. Services were held on Friday, December 16, 2005 at 11:00 a.m. at the Veteran's Memorial Building with Steve Jackson officiating. Interment is in Boy Lake Cemetery. Arrangements were made by Thomas-Dennis Funeral Home of Cass Lake and Walker.

Vicki Ann Johnson

Vicki Ann Johnson, 52 of Cass Lake died Tuesday, December 20, 2005 at her home.



Memorial Services were held on December 24, 2005 at St. Peter's Episcopal Church in Cass Lake, MN with Rev. George Ross officiating.

She was born March 13, 1953 in LaMoure, North Dakota the daughter of Walter and Loretta (Gentzkow) Johnson. She grew up in the Cass Lake area and graduated from Cass Lake High School. She owned and operated the Cass Lake Mini Mart. She enjoyed fishing, boating, yard work, going to the Vikings games and spending time with her special nieces.

She is survived by husband: Jerome "Jerry" Finn of Cass Lake, 4 sisters: Retta (Joe) Freeman of Walker, Mari (Randy) McClimek of Columbia Heights, MN, Jude (AJ) Altaher of Maple Grove, MN, Wanda (David) Chirhart of Sartell, MN, 2 brothers: Richard (Sara) Johnson of Raleigh, NC, Michael (Tiny) Johnson of Cass Lake, MN, and numerous nieces and nephews.

She was preceded in death by her parents, 2 nieces and stepfather Bill Reynolds.

Honorary Casket bearers were her nieces and nephews.

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Leech Lake Band of Ojibwe

6530 US Hwy 2 NW

Cass Lake, MN 56633

DeBahJiMon

A monthly publication of the Leech Lake Band of Ojibwe.
4,000 published monthly.

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January 15, 2006 deadline for articles is January 10, 2006.

George A. Smith

The Reverend George A. Smith, D.D., 90, of Bemidji died on, December 28, 2005, at North Country Hospital in Bemidji, Minnesota.



A memorial service for the Reverend Dr. George A. Smith was held on January 2, 2006, at Trinity Church, 3rd and Court Streets, Park Rapids, Minnesota. At Father Smith's special request, there was neither a visitation or a wake. Arrangements were handled by Anderson-Mattson Funeral Home, Mahnomon, Minnesota.

The Reverend George Alvin Smith, D.D., was born in White Earth, Minnesota, September 19, 1915, the son of Thomas and Nancy (Taylor) Smith. He graduated from Flandreau Indian School, South Dakota in 1935. In January 1936, he began reading for Holy Orders under the direction of The Reverend Francis Louis Carrington, L.L.D. Dr. Carrington presented George along with William Hanks for ordination to the diaconate in the Episcopal Church on June 13, 1941, and to the priesthood in June 1942. The Right Reverend Benjamin Tibbetts Kemerer, D.D. officiated at both ordinations.

George married Elizabeth Luhman on April 14, 1942, at Cass Lake.

George served numerous parishes and missions in northern Minnesota. He was active in many local, regional and national organizations. George retired from the active ministry in 1980.

He was preceded in death by his parents, a sister, Louise, and a son, Gale. He is survived by his wife, Elizabeth, three children – Kent (Mary), Bemidji; Claricy, Minneapolis; and Nancy (Craig) Falkum, Wabasha, Minnesota; three grandchildren – Paul and Robert Smith and Alexis Cobe, and two great grandchildren – Ashleigh and Arianna Smith.

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Protect yourself and your family with this free easy to use kit.

One per household.

FROM THE LEECH LAKE BAND OF OJIBWE



WISHING YOU ALL A
JOYOUS, HAPPY, AND
HEALTHY NEW YEAR
2006

If you will be going out for New Years Eve, Remember to Drink in Moderation, Buckle Up, Use a Designated Driver and **STAY ALIVE!**

Northwoods Coalition for Battered Women Receives Donations from Leech Lake Band of Ojibwe and from Shakopee Mde-wakanton Sioux Community

Northwoods Coalition for Battered Women (NCBW) has recently received donations from two Minnesota Tribes. This demonstration of generosity by the Tribes comes at a time when state and foundation grants can no longer meet the financial demands of sheltering those escaping domestic violence.

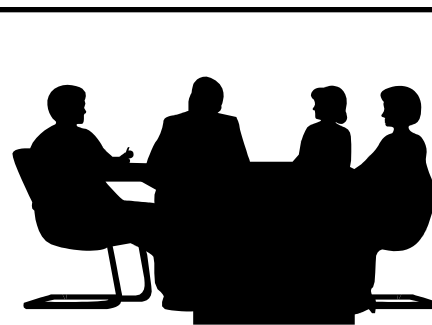
Leech Lake Band of Ojibwe has shown its continued support for victims of domestic violence with a charitable contribution of \$1,500. The Leech Lake Tribal Council has provided consistent support over recent years to Northwoods Coalition for Battered Women, going beyond financial donations to include gifts for silent auctions, donated walleye for a fish fry held this year, and attendance at local awareness events. There appears to be a strong commitment to assisting domestic violence victims needing to access shelter services.

The Shakopee Mde-wakanton Sioux Community Donations Council sent \$1,000 for shelter supplies, one of the areas affected by recent

budget reductions. The Tribe is well known for its philanthropic efforts, but Northwoods Coalition for Battered Women was pleasantly surprised to see it extended the distance to reach victims of violence in northern Minnesota.

Along with such visible support received from these sources, Northwoods Coalition for Battered Women has seen a rise in local individual giving. Aside from financial contributions, the community has shown an outpouring of holiday gift giving for women and children residing at the shelter this season.

The community support of victims of domestic abuse is going a long way toward ensuring that services will be provided into the future. Community members deserve a public thank you for showing such a generous spirit, as well as a sense of responsibility for those they may never meet.



Leech Lake Band of Ojibwe Quarterly Meeting

Friday, January 6, 2006
10:00 a.m.

Inger Community Center
Inger, Minnesota

Lunch will be served.
Everyone welcome.



American Indian Affordable Housing Program

The Northwest Indian OIC, Inc. has obtained funding to assist low-to-moderate income American Indians obtain home ownership in Bemidji, Minnesota.

For more information or to apply, contact:
Northwest Indian OIC, Inc.
1819 Bemidji Avenue, Suite 6
Bemidji, Minnesota 56601
Phone: (218) 758-2022

Help Needed in Identification of People in Photograph Below

The elder on the right is assumed to be Chief Bug-O-Nay-Ge-Shig of the Leech Lake Band of Ojibwe. Anyone knowing the identities of the individuals in this picture, please contact Gina Papasodora at the Leech Lake Tribal Historical Preservation Office at 218-335-2940 or you can email her at llthpo@hotmail.com. The original photograph can also be seen at the Tribal Historic Preservation Office.



Traditional Resource Inventory

Continued from Page 1

accomplish interviews, documentation, and future field verification through contracting. Interviews with tribal individuals will be conducted to determine what resources are being collected and where they are located. This information is held in the strictest of confidence as per our agreement.

Information about the locations and nature of traditional resources will address the requirements of Section 106 of NHPA and NEPA, and ultimately help to guide the Forest in management decisions, which may affect traditional cultural properties (TCP's) or the availability of traditional resources.

This is in an effort to assist tribal members in the protection of traditional gathering. Our mission is to protect and preserve the vital resources that make up the fundamental cultural heritage of the Anishinabeg people here on the Leech Lake Reservation

on all lands managed by the Forest Service.

To show our appreciation for those that participate in our survey we will be holding a drawing upon completion of this project in July of 2006 this in addition to the initial \$25.00 Gift Certificate. There will be 50+ Prize drawings to be paid out in Che-We Mini Mart Gift Certificates totaling over \$1,500.00!

We would like to thank those that have already participated in the Traditional Resources Inventory and those that will be surveyed in the near future — The time has come where we must step forward to take control of the management of our resources! This may seem to be a small step but a very important one. It is actually larger than it appears. We must continue to remember that these were and are still Anishinabeg lands.

If you are a federally recognized band member and would like to participate in this survey, please contact the THPO at 218-335-2940 or 218-335-8095 to provide your information and affiliation.

The American Legion Post - Cass Lake, Minn.

By Daniel H. Gumphrey, Chaplain
– Cass Lake American Legion

"For GOD and COUNTRY". Does this sound like something you've heard before? Hopefully so, as it is the Motto of your local American Legion Post. Everyone will have his or her own rendition of this tune and his or her own perception of what this really means. The words are pretty clear, "For God and Country".

Like the fathers of our United States Constitution and Bill of Rights, the fathers of our American Legion based the driving force of this New Legion of Veterans not solely on rights they thought they had earned on the Battle Field, nor solely on the legislative force they intended to wield as an organized group, and not solely on the self-serving demands they wanted to present to the people of America as a new unified force. Honoring God was also to become the driving force of the American Legion.

In their wisdom and consciousness, they realized that the guiding Spirit must be tempered with "God's" direction, love, compassion, and empathy. The Lord's grace was ingrained into the very fabric of this organization, and continues to this day throughout the entire world, where our American Legion Posts exist. Yes, right here in Cass Lake. "For God and Country" this credo exists. We, veteran members are reminded of our Motto at every monthly meeting by voicing our belief in our everlasting creed to these principals. In our preamble, the Post Chaplains opening and closing prayers are a ritual followed in every single meeting, dinner, or organized special events during the year.

But more than a simple prayer, is our continued pledge to honor our God, and bring his spirit into the framework of our daily lives. "For God and Country" is simply not a hip-hop caricature, it is real and it really says it

all. As the Post Chaplain of the Cass Lake American Legion, I am making a call to all Veterans in our area to take a more active role in our community. Each of you are members of a family. Many of you may be fathers, mothers, brothers, sisters, aunts, uncles, grandfathers, and grand mothers of our younger members of this community. You and I must lead by example for our younger people. You and I must take a more active role in assuming leadership roles in our community. You and I have a moral stake in our Cass Lake Community, and our local children need our help. Don't look around! I'm talking about each and everyone of you Veterans, whether you are a member of the American Legion or not.

TAKE – Don't SEND your children to church. We have a duty "For God and Country" which needs to be exercised far more directly than in the past. Take your young family members to church, and employ the leadership role that is expected of you. No one in this community is more important than your model role for these young people. Whether you accept it or not, our entire league of Cass Lake Veterans, which there are many of, can be a giant step in providing a guiding light to our young people. By example. You have worn the uniform of our country, and pledged your honor for the protection of the American Way of Life, and now you have a bigger job, wearing again the uniform of a family leader, nothing in God's eyes is more important in Cass Lake, than your continued good deeds of being a "Good" example. Nothing you do can bring you higher grace in this world. One hour per week is all that is asked. For you to honor our God, at the house of the Lord, and show by example just what and who you are. "For God and Country". We all have to do the very best we can, for the benefit of our families, our children, and yes, even for ourselves.

God bless every Veteran and every Veteran's family in the world, and especially at this time, in the Cass Lake area.

OPINIONS

REQUEST FOR QUALIFICATIONS FOR ENGINEERING SERVICES

Leech Lake Band of Ojibwe - RFQ-001-2006

The Leech Lake Band of Ojibwe (Tribe) is hereby soliciting Statement of Qualifications and Experience from qualified Civil Engineering Consultant ("Consultant") Firms to provide engineering services for planning, design, and construction administration for various Civil Engineering projects on the Leech Lake Indian Reservation. The Consultant may also be required to provide assistance in the development of Grant funding proposals for Civil Engineering Projects. The professional engineering services required under this solicitation include, but are not limited to, providing technical assistance to Tribal staff on an as needed basis; assisting in developing short and long range transportation plans; developing complete construction documents for transportation and other public works projects; monitoring construction work in progress; and providing required project reports.

The Consultant will work closely with the Tribal engineer staff to develop long-range transportation plans, grant funding proposals, design and/or draft conceptual, preliminary, and final improvement plans.

Selection Criteria will include recent experience in transportation and public works projects, reputation, demonstrated ability to meet schedules within budget, interest shown, quality of previous projects undertaken, familiarity with P.L. 93-638, as amended, consultant qualifications and TERO qualifications.

Three copies of Statement of Qualifications, including current SF 330, and 2006 Schedule of Rates will be received by the Reservation Services, Dept. of Public Works, 115 Sixth St. NW, Suite E, Cass Lake, MN. 56636. Please limit proposal length to 40 pages or fewer. Proposals will be received by 4:30 pm, January 18, 2006.

Questions regarding this solicitation should be directed to Steve Kleeberger, Director, Department of Public Works, at (218) 335-3736 or Annette Vaughan, Operation Manager, DPW, (218) 335-8214.

The Leech Lake Band of Ojibwe reserves the right to reject any and all proposals and to waive any irregularities or informalities.

NDN HUMOR

A bus carrying 20 ugly Indians on their way to the casino crashes into an oncoming truck and everyone inside dies. They get to meet their maker and because of the grief they have experienced, he decides to grant them one wish each before they enter Paradise.

They're all lined up and God asks the first Indian what is their wish. "I want to be gorgeous" and so God snaps His fingers and it is done.

The second Indian in line hears this and says, "I want to be gorgeous too". Another snap of His fingers and the wish is granted. One after another, each Indian asks to be made gorgeous. When God is halfway down the line, the last Indian guy in line starts laughing. As God gets closer to the last guys in line, this guy is rolling on the floor holding his stomach & laughing uncontrollably.

Finally, God reaches this guy and asks him what his wish will be. The last Indian calms down and says....."Make 'em all ugly again!"

LEECH LAKE BAND of OJIBWE HUMAN RESOURCES JOB ANNOUNCEMENT

ACCOUNTING

Two (2) Program Accts 01-09-06

COMMUNITY SERVICES

Plumber 12-27-05 / Carpenter 12-27-05 /
Carpenter 01-03-06

EDUCATION

Special Proj. Coordinator 01-03-06

HEALTH DIVISION

Patients Benefits Coordinator 12-27-05
Infant / Toddler C-PHN 12-27-05

HUMAN SERVICES

Human Services Director
Mental Health Therapist (LCSW)
Medical Doctor

PUBLIC WORKS

Mechanic (Temp position) 01-03-06

PURCHASING

Procurement Clerk 01-03-06

TRIBAL POLICE

Dispatcher 01-09-06

DIVISION of RESOURCES MANAGEMENT

Environmental Pol. Analyst 12-27-05
Conservation Officer Cadet / Trainee 01-03-06

YOUTH

SR Youth Activity Coordinator (Bena)
12-27-05
Family Service Advocate 01-03-06

EARLY CHILDHOOD DEVELOPMENT

Maintenance / Janitorial Technician 12-27-05
Entry Level Child Care Asst, Day Care
Teacher Assistant, Head Start

Native American Preference applies.

All open until filled unless indicated by a **closing date** (follows job title).

Application intake sessions are on Monday at 10:00am or 1:00pm at the Facility Center, Cass Lake, MN.
Call 218-335-3698 or 1-800-631-5528 for more information.

Violence Against Women Act Awaits President's Signature with Language in Support of Tribal Initiatives

NCAI Press Release

Major Victory for Indian Country and Native Women

WASHINGTON—December 19, 2005—The U.S. House and Senate voted Saturday to reauthorize 1994's Violence Against Women Act (VAWA) legislation (HR 3402), which creates grant programs and other initiatives to help victims of domestic violence. For the first time, the bill includes a tribal title that increases the resources available to tribal governments to combat the abuse of Native women. In the bill, Congress acknowledged that the federal government's trust responsibility creates an obligation to assist tribal governments in protecting Indian women.

"I commend the U.S. Congress and the National Congress of American Indian's (NCAI) Violence Against Women

Task Force for ensuring this legislation was sent to the President's desk," said NCAI President Joe Garcia. "Statistics clearly show a deeply rooted problem in protecting women in Indian Country and this legislation will give tribal governments the tools they need to protect our women, whom our cultures hold in very high esteem."

According to the Bureau of Justice Statistics of the Department of Justice (DOJ), American Indian women are at high risk of homicide, including domestic violence with homicide being the 3rd leading cause of death for Native women. Of Native American women murdered, over 75 percent were killed by a family member, acquaintance or someone they knew. Seventy percent of American Indians who are the victims of violent crimes are victimized by someone of a different race. In drafting

the new legislation, Congress also found that one out of every three Indian and Alaskan Native women are raped in their lifetime and experience the violent crime of battering at a rate of 23.2 per 1,000, compared with 8 per 1,000 among Caucasian women.

"This legislation will open doors for Native women to life-saving tribally based services," said Sacred Circle National Resource Center for Native Women Director Karen Artichoker. "It will also provide the essential resources for tribal governments to respond to the horrific levels of violence perpetrated against American Indian and Alaskan Native women on a daily basis. We applaud Congress for responding to the needs of Native women."

For more information about violence against Indian women or VAWA, please visit www.ncai.org.

ENTERTAINMENT

at the lights



January 17 & 18
Comedian
Ron White

7:00pm
\$45/\$60 - Advanced Tickets
\$80/\$95 - Day of Event



January 26
Comedian
Sammy Karahaw

7:00pm 8:00pm
\$20/\$35 - Advanced Tickets
\$25/\$35 - Day of Event



February 2nd & 3rd
The Top Trivia Show
Frank, Sammy & Deano

7:00pm
\$5/\$10 - Advanced Tickets
\$10/\$15 - Day of Event

Purchase Tickets Online!

HOT SEAT HAVEN

Thursdays - Saturdays January 5th - 28th

Being in the hot seat will never feel so good!
Play the amazing and exciting slots. Win, Win, Win!

Total Daily Give-Away
\$3,000

Two (2) Hot Seat Winners Each Hour Will Receive:
6pm - 9pm \$100 10pm - 11pm \$300
9pm - 10pm \$200 11pm - 12am \$400

Register from 6pm - Midnight each
drawing day for the casino

\$1,000

Midnight to 1:00am Cash drawing!

From here it's all yours. Daily draw for
Your Mycard Casino Airhouse
Win big prizes every
week from 11:00am to 12:00am



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TUESDAYS - 7:00PM



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Comedy!

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Marcelle Armstrong and her \$40,000 souvenir check.

Pine River Woman Hauls Away \$40,000

CMA Press Release

WALKER, MN - On Sunday, December 18th, 82 year old Marcelle Armstrong, of Pine River, MN, won the \$40,000 "Holiday Haul Away" grand prize at Northern Lights Casino in Walker, MN.

Armstrong was shocked after she heard her name. "I had prayed for a million dollars and this was close. This is a Christmas miracle", she said excitedly. Armstrong requested that she get 40 copies of her picture so that she could include them in her Christmas cards that she was preparing in her hotel room at the casino. The next morning Armstrong was already

This New Year, Resolve to Fight Childhood Obesity

David Orbuch, Allina Hospitals & Clinics

MDH Press Release

On Jan. 1, millions of Minnesotans will once again journey down a familiar path — the path of New Year's resolutions. But next year needs to be different. We need to do more than achieve our personal goals. We need to come together to improve the health of our communities. We need to come together to address a looming health care crisis that threatens to decrease life expectancy for future generations of Americans for the first time in 100 years. We need to come together to fight childhood

looking for her picture on the wall.

Northern Lights Casino, Hotel & Event Center is owned and operated by the Leech Lake Band of Ojibwe. The Band also owns and operates White Oak Casino, Deer River, MN, and the Palace Casino Hotel, Cass Lake, MN.

Last month, Kenneth Litzau, of Bemidji, MN won the \$54,550 Cash before Christmas" grand prize at the Palace Casino.

obesity. During the past three decades, the childhood obesity rate has soared — more than doubling for preschool children ages 2-5 and adolescents ages 12-19, and tripling for children ages 6-11. Obese children are at increased risk of heart disease, hypertension, diabetes, various cancers and mental health issues. In 2002, \$96.2 billion was attributed to medical spending for overweight and obese individuals — approximately 9.1 percent of total U.S. medical expenditures. These costs will only continue to increase. Obesity is influenced by many factors, including lifestyle, genetics, cultural norms, economic status and environment. For example, a recent Institute of Medicine report, "Food Marketing to Children and Youth: Threat or opportunity," identified a significant link between the powerful effects of marketing and the rise in childhood obesity. These findings are not surprising. Marketing works. And, regrettably, it encourages our kids to make poor food choices, with detrimental health effects. Another recent study by the University of Minnesota examined the use of food as an incentive for academic performance, as well as selling food to support fundraising activities.

The research revealed that these seemingly benign traditions may contribute to higher rates of obesity.

These and numerous other studies emphasize that dietary habits begin during childhood and establish the foundation for a lifetime of eating. They tell us we have to foster and sustain environments where healthy choices are the easy choices. It is time for the health care system, schools, local communities, government, parents, the media and the food and beverage industry to come together on behalf of the health of our children.

In 2006, let's reverse the childhood obesity trend. It starts at home. Resolve to help your children make healthy choices by making them for yourselves. Cut down on pop and other sugary drinks and snacks. Turn off the TV and move your body more. Eat more fruits and vegetables. Pay attention to portion size. It extends to the schools. Resolve to talk with your child's teacher about the kinds of foods made available to the children in their classrooms — from vending machines and as fundraisers, birthday treats and rewards for good behavior. And most of all, resolve to open your eyes. Pay attention to the way unhealthy food choices permeate the cultural landscape. I'm not suggesting Captain Crunch should go the way of Joe Camel. What I am saying is that

Continued on Page 7

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- ③ GET YOUR CAR TODAY
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Credit Approval

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This New Year, Resolve to Fight Childhood Obesity

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all of us, as parents, educators and as citizens, owe it to our children to face this problem now.

Orbuch, the author of this article, is executive vice president, Corporate Responsibility and Community Relations at Allina Hospitals & Clinics.

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County Board Disallows Petition for Bear Island Cartway

Gail DeBoer, Staff writer, The Pilot-Independent

Cass County commissioners disallowed a petition Dec. 20 by Bear Island property owner Michael Rollins to designate a public cartway across private property on the island's east shore to his property on the west. The motion by Commissioner Jim Dowson was supported by all board members except Bob Kangas who abstained due to Conflict of interest.

During the hour-long public hearing, Rollins and his attorney, Wilbert Hendricks, presented arguments why the board, acting as the Unorganized Town Board, should approve a cartway across property owned by Ivan and Lois Krueger. The Kruegers and their attorney, Tim Grande, were there to argue against.

A 1970 plat shows a trail running west to east across the island. When the trail was actually built, however, it did not follow the plat but veered onto private property at two points, including the Kruegers'. They own 26 acres and 135 feet of shoreline purchased about 23 years ago from John Coleman, the original developer. Until 1998, the Kruegers allowed property owners on the island's west side to use the trail for foot traffic. That year they closed the trail, after having some problems with trail users. Rollins bought his property in 1997. Although he and others on the west side have docks there, high bluffs have made it difficult to bring building supplies and equipment to their property. Building a road would also be expensive and environmentally tricky. At times, westerly winds make it dangerous to leave the island by boat from the west. The

east shore gives better and safer boat access.

Since 1999, the case has been argued in court several times. The most recent ruling last May by District Court Judge David Harrington dismissed Rollins' and neighbor Ron Peterson's claims they should be allowed access via the trail across the Kruegers' property.

Hendricks told the board that Leech Lake's public navigable waters are legally comparable to roads on land. According to state statute, a cartway must be able to connect to a public road, and navigable waters are, in essence, a road. County Attorney Greg Bloomstrom said he and Hendricks "have a difference of opinions as to whether navigable waters are a public roadway. There is no way to connect to a public road!" Grande said that, to establish a cartway, state statute requires there be some public interest. "The only interest here is Rollinses," he stated. Also, he went on, "The Kruegers aren't the answer to their problems. People bought their properties knowing there would be these problems."

Peterson countered that he bought his property in the knowledge that there was an easterly access; but that access was closed by the Kruegers. Rollins urged the board to make up their own minds and not depend on the opinions of "\$200 an hour lawyers," a comment that acting board chair Jim Demgen interrupted with his gavel.

Dowson cited several reasons for his motion to disallow the petition. They included Bloomstrom's legal opinions; environmental and cultural concerns expressed by the Leech Lake Band of Ojibwe; and letters from six other property owners who oppose the petition, most based on environmental issues.

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