



## Binaakwe Giizis (Falling Leaves Moon)

Red Cliff Education Division Newsletter



### Fall Harvest



Thursday, October 30th we will be having our Annual Fall Harvest here at the ECC. **This will be a regular school Day.** We will have a day filled with kid activities that include: Pin the nose on the pumpkin, cookie walk, fish pond, ring toss, bag toss, and many more. **The activities will begin at 9:00am.** Parents are encourage to come. If you have any questions, please contact Jennifer Bresette (Ext. 257) or Cindy Garrity (Ext. 253).



### Congratulation 2014-15 Policy Council Members

Our new Policy Council for the 2014-15 school year include:

Home Base Representatives: **Kasie Gokee and Nicci Newago.**

Early Head Start Center Base: **Chelby Cameron**

Head Start Center Base: **Ashly Gurnoe and Jessie Defoe**

Community Rep: **Liz King and Autumn Montano**

The first Policy Council meeting will be October 9th @ 12:30 in the Mengwaa trailer located next the ECC.

**Any parent with a child in the ECC center or home base may attend the meetings.**

We will also have parent committee meetings where parents will be able to give Feedback about the program.



#### Inside this issue:

*ECC/Community Events Calendar*

*Classroom Announcements*

*Subs Needed*

*Upcoming Events*

*Resources (Ojibwemowin, health, Halloween Safety, etc.)*

*Job Posting*

*Menu*

#### Special points of interest:

- Bayfield Early Release Oct. 3rd
- Bayfield School Closed Oct. 6
- Bayfield Applefest Oct 3-5
- HS Field Trips to Erickson's Oct. 7-9
- ECC Picture Day Oct. 9th and 10th.
- Dental Varnish Oct. 22 and 29
- Fall Harvest (Regular School Day) Oct. 30, No Language Table



# Binaakwe-Giizis (Falling Leaves Moon) October 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 GED Classes @ ECC *JOM Mtg	2 *Language Table	3 Bayfield Early Release @ 12:45	4
5	6 *WIC Pickup *Tribal Council mtg *ZUMBA 5-6pm (Clinic) Bayfield School Closed	7 *WIC Pickup Maitingan to Erickson's HS Field Trip	8 *Migizi to Erickson's HS field trip *Rabies Clinic *GED Classes @	9 *Mashkodebzhiki to Erickson's HS field Trip *ECC Picture Day *Policy C. mtg 12:30pm *Language Table	10 ECC Picture Day *Home Base 	11
12	13 *WIC Pickup *ZUMBA 5-6pm (Clinic)	14 *WIC Pickup	15 GED Classes @ ECC *Maitingan to Bayfield Library	16 Language Table	17	18
19	20 *ZUMBA 5-6pm (Clinic)	21 Tribal Council mtg	22 *GED Classes @ ECC *Dental Varnish @ ECC *Mashkodebzhiki to Bayfield Library	23 Language Table	24	25
26	27 *ZUMBA 5-6pm (Clinic) *School Board Mtg	28	29 *GED Classes *Dental Varnish @ ECC *Clinic Health Fair *Migizi to Bayfield Library	30 *Fall Harvest (Regular school day) NO Language Table *Red Cliff Gate Night	31  Halloween	





# Agongos Binaakwe-Giizis

Home Based October news

## PICTURE DAY for Home Based Families

will take place on Friday, October 10<sup>th</sup>.  
Times will be announced in a flyer within  
the next few days.



## SOCIALIZATIONS!!



### *Dental Varnishes- Free dental screenings and varnishings*



*will be provided October 22<sup>nd</sup>, and 29<sup>th</sup>  
for all ECC families, including Home  
Based children. If you are interested,  
please contact Patt Kenote-DePerry  
(Health Manager) @ 715-779-5030  
ext. 256, or speak with your Home  
Based Teacher.*



**Friday October 24<sup>th</sup> 10-12 @ ECC-**  
**Meet the Great Pumpkin-** includes  
story, pumpkin activities, and safety  
information for Halloween (including  
reflective trick-or-treat bags)



**Thursday, October 30<sup>th</sup> 10-12 @ ECC-**  
**FALL HARVEST-** Many activities and  
games. Face painting. Meal will be  
provided from 11-12.

*If you have any  
questions or concerns,  
feel free to contact us!*

*715-779-5039*

*Amber -ext. 237*

*Amaris -ext. 238*

*Gena-ext. 236*

We hope everyone has a safe and  
happy Halloween. Reminder: Gate  
Night will be Thursday Oct. 30<sup>th</sup> with  
trick-or-treating in Red Cliff and  
Washburn. Friday the 31<sup>st</sup> will  
provide the opportunity to trick-or-  
treat in Bayfield and Ashland.

# Waabooz Room

We are looking forward to these next 3 years with your child! We enjoyed spending time with each child during transition time getting to know them and your families. Some transitioning is still going on for this month for a couple of our families. It's starting to get cooler outside so please make sure you dress your child appropriately for the weather each day because we try to get outside every day depending on the weather. We hope you all have a great Apple Fest weekend and a great Halloween!!!

Caitlin, Jamie, Fred & Maddie

Picture day on the 9<sup>th</sup> & 10<sup>th</sup>!

Fall Harvest on the 30<sup>th</sup>

HAPPY BIRTHDAY QIANA! 10/25





# Amik News

## What's Happening....


Another school year is in full swing now and the Amik room is busy!! There is so much learning happening each day that is overwhelming. It's amazing how quickly children grow and develop at this age. We are busy working on the following skills:

Following the classroom routines and schedule: This is the big one we are focused on. We are still settling into a predictable routine in our classroom. For this

reason, it is important to have your child here on time in the morning each day. We do the most learning from 8:00 am until 11:30 when it is nap time. We greatly appreciate your cooperation in this and we are so happy to see you each morning when you arrive.

Self-help skills: We are helping the children practice the basic routines for taking care of their own needs. This includes hand washing,

throwing things away, dumping their dishes after meals and resting on their mats. The little ones are doing awesome!! We are so proud of them. They are even understanding when the teachers use Ojibwemowin to instruct them what to do!

Remember it is perfectly normal and developmentally appropriate for your child to be emotional when you leave. They are simply saying "I love you and I will miss you" 

October 2014

Miss Beth, and Corky

Ext 225

### Reminders:

☺ As the season begins to change, we ask that you bring these items each day.

☺ Jacket

☺ Hat

☺ Warm change of clothes

### Ojibwemowin:

Fall/Autumn

dagwaagin

Please

Daga

Help me please

Wiidookawishin daga

## What's New...

We would like to welcome our new friend in our classroom. Kendall has joined us and we are so excited to get to know her. The other children have been very

kind and concerned for their new friend as she adjusts to the classroom.

Welcome Kendall!!! We are so happy you are here.





# MAKWA– newsletter

We are having a lot of fun, learning, and playing.  
We all know Biinitoon (cleanup) and working  
hard on ojibwemowin

Maggie has been a lot of help in speaking  
ojibwe. We are also working on Dagwaagin  
(Autumn) , and medicine wheel.



Our words for Binaakwii-Giizis:

Bawa'am = Harvest

Aniibish = leaf

Mishiimin = apple



We will be testing mishiimin, and different  
shapes, and a big surprise. Maggie and I are  
really enjoying our Chi– Makwa Class

Teresa and Maggie



## In The News Today...

Thanks to all the families for recognizing how important it is to transition your child into the classroom. The children are adjusting well and we are so proud of all the strides they have made during the month of September.

We will begin writing up lesson plans, doing observations and assessments on all the children. We will be incorporating your goals you have for your child into lessons daily.

For the month of October, our group lesson plans will focus

around Dagwaagii (fall time) and Halloween. The Fall Harvest will be on October 30th (there will be NO language table that evening).

We will practice cutting, stringing, counting, drawing, turn taking, self-help skills and more daily. We look forward to the new school year with each child!



ANIIBIISH

## October Calendar...

ECC Picture Day is scheduled for Thursday, the 9th and Home Base the 10th.

Fall Harvest is the 30th and families are welcomed to come in and enjoy the time with your child.

**PLEASE** be sure **your child is dressed for the weather and has extra clothes for the Autumn cold.**

**Kenyon** likes to ride the bikes.

**Manuel** like the scooters.

**Nicholas** uses the tongs to feed the animals.

**Michael** likes to use the stamps.

**Brandy** likes to use the markers.

**Hazel** likes to make the road and use the cars.

**Layla** likes the dolls.

**Adena** likes making crafts.

Karen & Nadine



# Mashkodebizhiki Class

Boozhoo. We are so excited to have started a new school year. All of the kids seem to have transitioned well into the new routine and we are looking forward to a very fun and productive year. Thank you to all of our parents for sending extra clothes for your children. Accidents happen and it is helpful to have clothes on hand.

We will begin reading "James and the Giant Peach" every day during nap time. Everyone is on a mat with the lights out and we read up to a chapter a day. It gives the kids a chance to use their imaginations. We regularly discuss things that we read in the book to help build memory and recall skills. Please take a little time to ask your child what happened in the book each day. Reading our chapter book is a part of the day the everyone looks forward to.



We will be doing a lot of talking about dagwaagi and the special things that come with it in the next month. Be sure to watch backpacks for Thursday summaries of what your child did in school that week. It is a good starting point when asking what they learned about and did. If anyone would like to contribute to our lessons or volunteer time to assist us in exploring our world please give us a call or just stop in.

Just a few little reminders...please remember to sign your child in and out each day and to call when they won't be here. Policy says that classroom teachers are to call parents when children do not come to school if notification hasn't been given. These calls are typically made during breakfast. Please let bus monitors or teachers know if there is paperwork in your child's backpack. With so much to do and only two of us it is hard to find the time to check bags every day. Thanks for your help!



We hope you enjoy the cool weather and the beauty and abundance dagwaagi brings with it. Stand back and appreciate how lucky we are to live in such a wonderful place.

Miigwech  
Ms. J and Ms. Jenn



# Ma'iingan Room

## What's Going On In The Ma'iingan Room?

Boozhoo everyone! We hope the school year is going good for you all. It's been a very busy start of the year so far, we are learning lots everyday. We are learning our self-help skills. Sharing, waiting our turn, waiting in a line, numbers, ABC'S, and name recognition. Throughout our day at school, we get very messy and dirty playing outside, so just a reminder to keep sending clothes to school

with labels on your child's clothes. We have an open door policy that grants any family members that would like to join your child, niece, nephew, and grandchildren for the day your very welcome to be part of our classroom.



Another **REMINDER** is to please **KEEP** home toys **HOME**. I encourage your child bring a favorite stuffed animal that he/she can lay with during nap time. If that's a comfort for your child but too many incidents with toys getting lost. We want to prevent that from happening at school. Miigwech for sending your child to school everyday ! We also encourage you to check your child/ children's back packs.

Miigwech ! Ms. Alicia  
Ms. Patsy



# Migizi



Boozhoo! Wow we have been Busy! We are learning our numbers, letters, safety in school and out of school, proper grip on a crayon, what our first name looks like, writing our first names, sharing, turn taking, listening, following directions, how to sit at circle time, patience, and much more. Our days are very busy!

It is very important to have your child come to school on the bus each day. Routine and constancy are a must, by doing this it helps your child succeed in school now and in their future.

Reminders....

ECC picture day for center based children is Thursday October 9, 2014.

Fall Harvest is Thursday ) October 30, 2014

(Both are child days)

## **Mino Dibishkaa**

**In September to...**

**Xoe Braun Nakita**

**Aron Makoons & Oliver**

**In October...**

**Caleb**

**Linda & Diann**



# Attention ECC Families

Head Start Federal Performance Standards state that all food items served to or sent home with program children are to be prepared in a state inspected kitchen. Items prepared in private or home kitchens cannot be accepted. This includes special treats made for holidays, birthdays or “just because”. Items can be purchased from a store and can be served if they are unopened and/or individually wrapped. **OR, parents can contact our awesome cooks to arrange a day/time after 2:00pm to prepare food under the supervision of amazing food service staff!**

Performance standards also state that foods served must be high in nutrients and low in sugar, salt and fat. We are happy to accept healthy snack options such as yogurt, individually wrapped string cheese, pretzels, sugar free pudding or uncut/unpeeled fruit. **Another option is to send non-food items such as stickers, pencils, bubbles, or other small, age appropriate toys.**

We appreciate your understanding and cooperation. Together we can help keep our children happy, healthy and safe. **Teaching our children healthy eating habits now will benefit them for the rest of their lives.**

If you have any questions or concerns please feel free to contact your child's classroom teacher, Lori Duffy at ext 229, or Patt Kenote-DePerry at ext 256.

Miigwech



# SUBS NEEDED!!

- \*Do you love working with and caring for children?
- \*Are you reliable?
- \*Do you love to be in a supportive and fun environment?

The Red Cliff Early Childhood Center is looking for substitutes (both classroom and kitchen setting).

Please stop at the ECC anytime  
(89830 Tiny Tot Drive-Red Cliff)  
for subbing information.

Call 779-5030

Visit our website at [www.redcliffecc.org](http://www.redcliffecc.org)

#### PARENTS:

Subbing during the day is a great way to get involved in your child's education and ECC activities. This opens the door to many learning and working experiences. To be a sub, you must complete a "sub packet" (background information, TB Test, Drug test, Shaken baby training, SIDS training and a minimum of 8 hours shadowing in the classroom/kitchen).

Please stop by the ECC anytime and ask for a "sub packet"



# ECC Picture Day



The ECC will be having Picture Day October 9th and 10th. Each Family will receive a \$10.00 package along with a disk so that families can print more on their own. Pictures will be taken at the ECC.

Thursday, October 9, 2014 for *Center Based*  
and  
Friday, October 10, 2014 for *Home Based*

If you have any questions, please contact Cindy Garrity @ 779-5030 ext. 253





## **Head Start Fall Library Field Trips**

<b>October 15</b>	<b>Ma'iingan classroom</b>
<b>October 22</b>	<b>Mashkodebizhiki classroom</b>
<b>October 29</b>	<b>Migizii classroom</b>
<b>November 5</b>	<b>Ma'iingan classroom</b>
<b>November 12</b>	<b>Mashkodebizhiki classroom</b>
<b>November 19</b>	<b>Migizii classroom</b>

**We plan on arriving at the Bayfield Library at 9:30 and returning to the ECC around 10:45.**

- ❖ **great read-aloud/story hour**
- ❖ **pick out books for each classroom**
- ❖ **family literacy resources**
- ❖ **literacy activities**







# Fall Festival

Join us as we celebrate Fall and all it's beauty at the ECC!! We will have games, special activities for the children and a feast!! Center and Home Based families invited!!

- \*Face Painting
- \*Cookie Walk
- \*Pumpkins!!
- \*Fish Pond
- \*Feast

Thursday,  
October 30th  
9:00am



Parents are invited and welcome to attend this event. This is a regular school day. Any questions, call 779-5030 ext 253.



# RABIES CLINIC

DATE: Wednesday, October 8, 2014

TIME: 9:00 AM – 2:00 PM

LOCATION: Red Cliff Fire Hall

Your pet must be at least 3 months old to receive their first rabies shot. (6 – 9 weeks old for other vaccines)



For more information, contact Sue DePerry at (715) 779 – 9771

**FREE RABIES SHOTS** for dogs and cats will be available. The Red Cliff Tribal Animal Control Ordinance requires that dogs must be vaccinated for rabies and licensed.

There will be other vaccines available as stated below. Pet owners will be responsible for the cost of these additional vaccinations & deworming.

*\* NOTE: follow-up/booster vaccine costs at our clinic will be different than those listed here! \**

For Dogs:	<b>Rabies (R)</b>	<b>FREE</b>
	Distemper/Parvo (DHPPL <sub>4</sub> )	\$13.00
	Lyme disease (L)	\$27.00
	Bordetella (Kennel Cough) (B)	\$12.00
	Deworming (Pyrantel)	\$5.00

For Cats:	<b>Rabies (R)</b>	<b>FREE</b>
	Leukemia/4-way (RCCPLV)	\$22.00
	Deworming (Pyrantel)	\$5.00







**DD Network**

*The Developmental Disabilities  
Network, Inc  
presents*



# The "Imaginative Journey"

**Friday, November 14th**

**The AmericInn, Hwy 2 Ashland**

**8:30-3:30—Lunch included**

The day will include stories, including the unfolding story of our present time and lay out a framework for the journey that lies ahead for people living with the diversity of disability and all of us who are part of the story.



**Beth Mount**



**Activate—See personal initiative as part of a larger call**



**Amplify—Discover capacities & strengthen vision**



**John O'Brien**



**Innovate—Generate social inventiveness**

**Associate—Inspire community**



**\$40/person. Limited Scholarships available.  
See the Registration Form.**

**Deadline to register is November 1st, 2014**







## About the Storytellers



**Beth Mount, PhD** has worked for four decades toward the ideas that every person with a disability can be a valued member of community life. Her groundbreaking work related to Personal Futures Planning promotes the positive future and images of people with disabilities throughout the globe, and demonstrates that all of us count and all of us fit somewhere.

Learn more about Beth's work at: [CapacityWorks2](http://CapacityWorks2)

**John O'Brien** learns about building more just and inclusive communities from people with disabilities, their families and their allies. He uses what he learns to advise people with disabilities and their families, advocacy groups, service providers and governments and to spread the news among people interested in change by writing and through workshops.

He works in partnership with Connie Lyle O'Brien and a group of friends from 15 countries. He is a Fellow of the [Centre for Welfare Reform](http://www.centreforwelfarereform.org) (UK) and is an Associate of the [Center on Human Policy, Law & Disability, Syracuse University](http://www.inclusionpress.org) (US), inControl Partnerships (UK), and the Marsha Forest Centre (Canada). Download papers at the above links, or at [Inclusion Press](http://www.inclusion.com/jobrien.html), <http://www.inclusion.com/jobrien.html>



### The Imaginative Journey on November 14th Registration Form

Also found at: <http://ddnetworkinc.org/>

Registration deadline: **November 1st, 2014**

One Registration Form Per Person

Name: \_\_\_\_\_ Agency (if any) \_\_\_\_\_

Street Address/City/Zip: \_\_\_\_\_

Phone (day) \_\_\_\_\_ Phone (evening) \_\_\_\_\_

Email address: \_\_\_\_\_ @ \_\_\_\_\_

**Choose from the following: Registration fee is \$40 per person, includes lunch\* and materials.**

- ☐ I am a youth or an adult with a disability and would like to request a **Registration Fee Scholarship**. I am sending a completed registration form.
- ☐ I am sending a personal check with my completed registration form (or forms, one for each registrant)
- ☐ I am sending an Agency check with a completed registration form for each registrant.
- ☐ I am sending an Agency Purchase Order (PO) and completed registration forms for each registrant. DD Network FEIN is 39-1684093.
- ☐ I am sending a completed registration form for each registrant and indicate "Agency Purchase Order to follow." DD Network, Inc. will bill agency for all registrants.

Make check payable to: DD Network, Inc. Mail registration and payment to:

**DD Network, Inc.**

**Attn: Patti—Imaginative Journey**

**PO Box 8335**

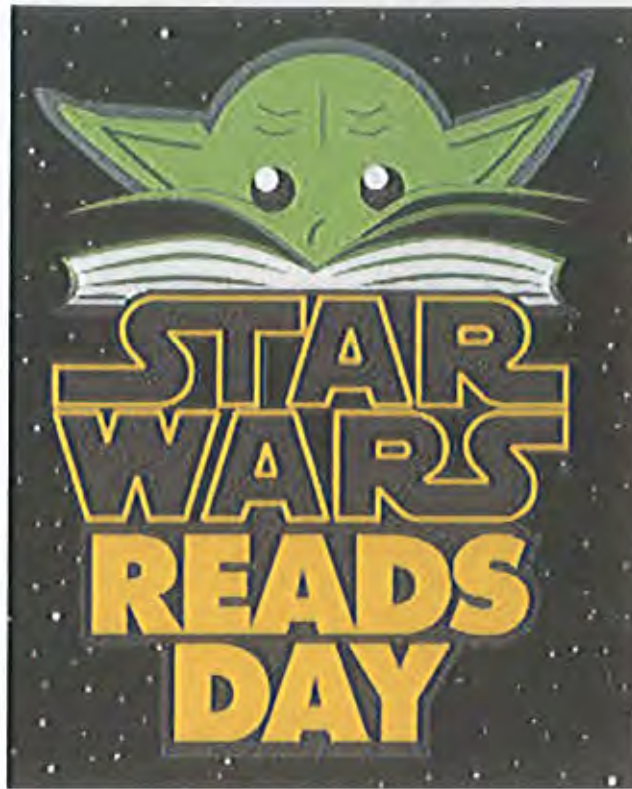
**Madison, WI 53708-8335**

Sorry, no registrations by phone, fax or email. No refunds but substitutions are okay.

**\*Please identify in writing any accessibility or special dietary needs and send with your form.**

**Call Deanna Yost at 715-373-5000 with questions or email: [dlyost@centurytel.net](mailto:dlyost@centurytel.net)**





## **Feel the Force at the Bayfield Carnegie Library!**

- Wed., October 8<sup>th</sup> 10:15 am: Special Star Wars-themed Story Hour with craft activity
- Thursday October 9<sup>th</sup> 3:30-7 pm: crafts and activities for kids
- Friday October 10<sup>th</sup> 4 pm: Star Wars LEGO contest with prizes (please RSVP to library by October 9)
- Saturday, October 11<sup>th</sup>, noon: Star Wars clones war movie showing

Call the library (715) 779-3953 for more information about activities, Star Wars displays, and movie details!

For more information about Star Wars Reads day please visit:

<http://www.starwars.com/news/star-wars-reads-day-strikes-back-october-11-2014>

Follow the library on Facebook:

<https://www.facebook.com/pages/Bayfield-Carnegie-Library/170055236418846>

**Ojibwe Language Tables are Held**  
**every Thursday from 4:30 to 7:00 at the ECC!**

*These language tables are designed to learn words and phrases to use with your children at home!*

**We have dictionaries and other books available for anyone who comes to language tables!**

*We are introducing ourselves, our children, and talking about who our families are!*

**We have notebooks and papers to read from**  
**to help all levels of learners!**

**Please come down and share a meal with us!**

**Child care is available after we eat!**

**Please call Kim Gordon or Amber LaGrew to sign up for childcare or call Reggie Cadotte for any additional questions!**



# MEETING NOTICE

## **Tribal Board of** **Education**

October 20, 2014

1:00pm

(New) Tribal Office

# **Red Cliff Early Childhood Center**

## **Regular Policy Council Meeting Minutes**

**Thursday, May 8th, 2014**

**12:30pm at the ECC Admin Trailer-Memengwaa**

PC Members Present: Jessie Defoe, Ashly Gurnoe, Liz King, Amanda Cadotte

Others Present: LaVonne Goslin, EHS director; Nicole Boyd, HS Director; Gina LaGrew, Enrollment/Transition Manager

Amanda called meeting to order at 12:35pm

Sign In Completed

**Minutes: April 10<sup>th</sup>, 2014**

Liz motioned to approve the minutes, Ashly seconded, all in favor, motion carried.

### **Financial Reports**

LaVonne and Nicole updated. Update on NHSDA and Facility maintenance increases and upcoming budget meetings with accounting.

### **Distribute ECC Program Summary Report**

Program summary distributed. Nicole talked about attendance and health.

### **ECC 2014-2015 Education Plan**

Nicole provided update and answered questions on Marianne's behalf. Ashly motioned to approve, Liz seconded, all in favor, motion carried.

### **2014-2015 ECC ERSEA Plan**

Gina provided update and answered questions and feedback. Ashly motioned to approve, Jessie seconded, all in favor, motion carried.

### **Update on Family Service manager & Transportation Supervisor positions**

Nicole provided an update that the interviews were completed and offers were made to both individuals. At this time the FS manager will be reposted.

### **Executive Session-EHS Personnel**

Ashly motioned to go into Executive session at 1:15pm, Liz seconded, all in favor, motion carried.

### **Regular Session**

Liz motioned to return to regular session at 1:22pm, Ashly seconded, all in favor, motion carried.

EHS Personnel-Liz motioned to approve the recommended disciplinary action presented by LaVonne. Jessie seconded, all in favor, motion carried.

Next regular PC meeting scheduled for June 17<sup>th</sup> at 12:30pm

### **Adjourn**

Ashly motioned to adjourn at 1:28pm, Jessie seconded, all in favor, meeting adjourned.



Red Cliff Early Childhood Center  
Policy Council Special Meeting  
Monday May 5th, 2014  
12:30 p.m.  
Memengwa Admin. Trailer

Policy Council Members: Jessie Defoe, Becca Miller, Liz King, Ashly Gurnoe.

Meeting Called to order @ 12:40 p.m.

Executive Session: Jessie motion to go into Executive Session at 12:44 Second by Ashly. All in favor, Motion Carried

Ashly Motions to come out of Executive Session at 1:03 p.m. Second by Jessie, all in favor, Motion Carried

Jessie Motion to go with Recommendation for Family Service Manager/Transportation: Becca Second, Motion Carried.

Ashly Motions to Adjourn, Second by Jessie, all in favor, Motion Carried

Meeting Adjourned at 1:05

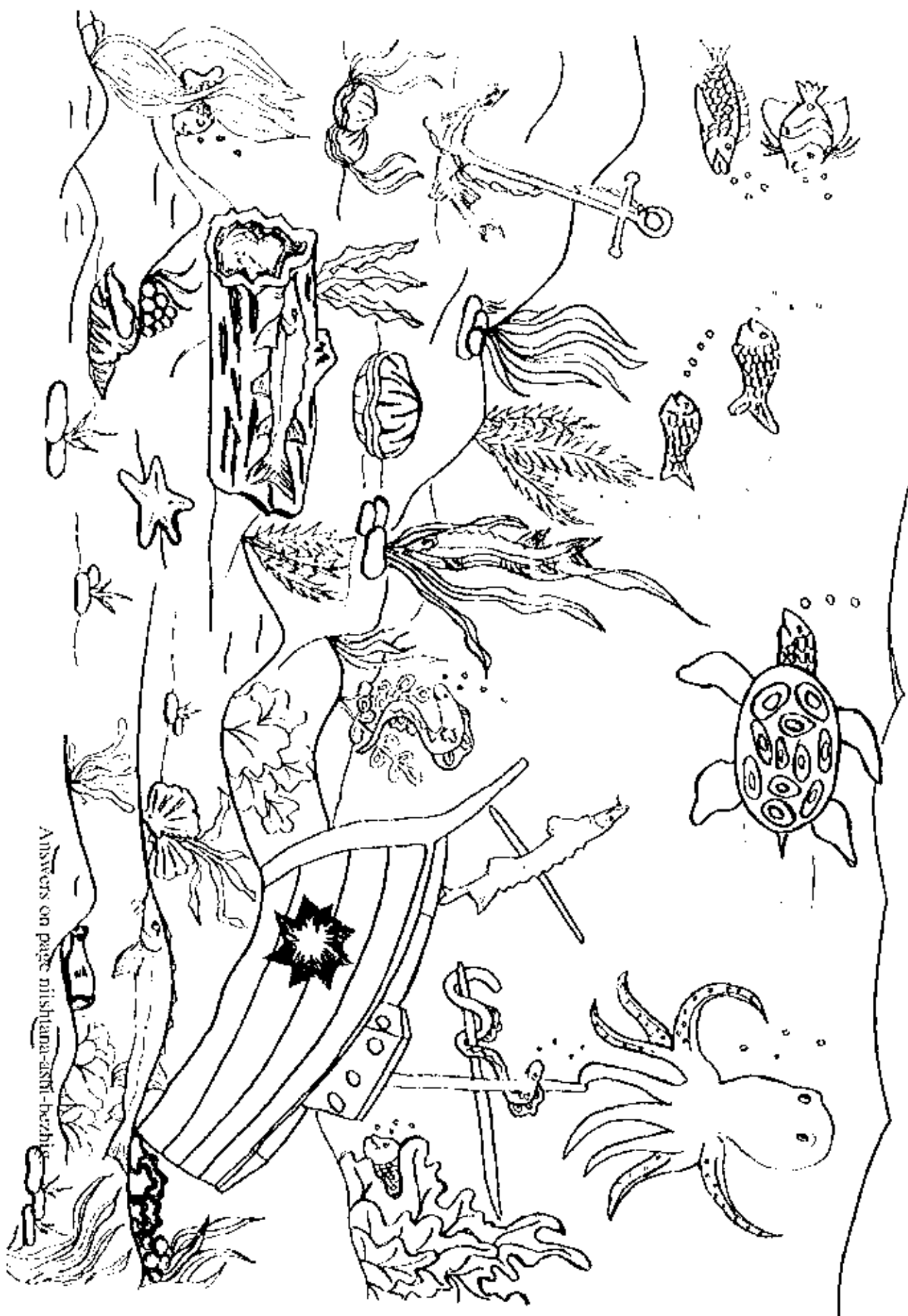


**waawaashkeshi (deer)**

**ayaabe (buck)**



Finding Namé! Can you find the naanan (five)  
namé (lake sturgeon) in the picture below?



--ashi-bezhig



## Halloween Health and Safety Tips



Autumn holidays like Halloween and Harvest Day are fun times for children of all ages, who can dress up in costumes, enjoy parties, enjoy fall fruits and vegetables, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

### Going trick-or-treating?

**S**

Swords, knives, and similar costume accessories should be short, soft, and flexible.

**A**

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**

Fasten reflective tape to costumes and bags to help drivers see you.

**E**

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H**

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

**A**

Always test make-up (<http://www.fda.gov/Cosmetics/ProductandIngredientSafety/ProductInformation/ucm143055.htm>) <sup>df</sup> (<http://www.cdc.gov/Other/disclaimer.html>) in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**

Look both ways before crossing the street. Use established crosswalks wherever possible.

**L**



Lower your risk for serious eye injury by not wearing decorative contact lenses.

(<http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/ContactLenses/ucm270953.htm>)

(<http://www.cdc.gov/Other/disclaimer.html>)



Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.



Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.



Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.



Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.



Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

## Expecting trick-or-treaters or party guests?

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables, and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

## For more information on Halloween safety

- Halloween Food Safety Tips (<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm187021.htm>)

(<http://www.cdc.gov/Other/disclaimer.html>)

- Help your children have a safe Halloween, from the food they eat to the parties they attend, from the U.S. Food and Drug Administration.

- Halloween Safety Tips (<http://www.cpsc.gov/cpscpub/pubs/100.pdf>)

(<http://www.cdc.gov/Other/disclaimer.html>)

Stay safe this Halloween with safety tips from the U.S. Consumer Product Safety Commission.

## Health-e-Cards

**All Halloween e-Cards** (<http://t.cdc.gov/ecards/browse.aspx?category=210>)

**Pumpkins and Ghosts e-Card** (<http://t.cdc.gov/ecards/message.aspx?cardid=593>)



(<http://t.cdc.gov/ecards/message.aspx?cardid=593>)

**Healthy Halloween e-Card** (<http://t.cdc.gov/ecards/message.aspx?cardid=517&category=210>)



(<http://t.cdc.gov/ecards/message.aspx?cardid=517&category=210>)



## Accenture American Indian Scholarship

Application for the academic year 2015-2016 is now open.

This is an undergraduate level scholarship for which applicants must possess a minimum 3.25 GPA; be an incoming college (undergraduate) freshman seeking a degree and career in fields of study including:

1. various engineering;
2. computer science;
3. operations management;
4. management;
5. finance;
6. marketing, and;
7. other business oriented fields.

And, be a degree seeking incoming college undergraduate freshman; and demonstrate character, personal merit and commitment to the American Indian Community locally and/or nationally through a series of responses to questions found in the online application. This opportunity is awarded to United States federally recognized American Indian and Alaska Native community members (students).

Note: All applicants are required to submit a Tribal Eligibility Certificate (TEC) and Financial Needs Form (FNF) which can be downloaded from the AIGC website. Full Online Application Instructions should be reviewed throughout the application process.

Please note that all applicants are notified by email via [FELLOWSHIPS@AIGCS.ORG](mailto:FELLOWSHIPS@AIGCS.ORG) of award or denial. No information will be provided via telephone. If awarded, you will receive information regarding further instructions and additional required verifying documents.

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### Award

Varies - Accenture Corp. makes final determinations

### Deadline

01/30/2015

### Supplemental Questions

1. High School Name
2. High School Graduation Date
3. High School Cumulative GPA (Unweighted)
4. Please return to this page after graduation to upload your final high school transcript that indicates your GPA on an unweighted 4.0 scale. AIGC will send you an email reminder to do so one week prior to the



deadline: Upload here or fax to 505-884-0427 (Please wait up to 10 business days for faxed documents to be added to your file)

5. **Accenture Personal Statement:** Please submit a well-written, creative, personal statement describing where you are in life (write about family, school, community, hardships, celebrations or whatever else you believe defines you at this moment in time), why you are a good candidate for this scholarship and how you expect to give-back to Indian Country throughout your lifetime. Be creative, tell a story, move your reader to laughter or tears, be honest, open and write from your heart.
6. List honors and awards received for 10th, 11th and 12th grades
  - Dates of Honor/Award
  - How has this award impacted your collegiate or career goals?
  - Name of Honor/Award
  - Why do you feel you were given this Honor/Award?
7. Please list up to 4 leadership roles and positions held in school, community, and/or employment while in high school
  - Give a brief explanation of your role and duties
  - How did you become a leader in this organization?
  - Leadership Role/Position
  - List the date(s) of of this leadership role/position
  - List the name or organization with which this role was/is affiliated
8. List up to 4 unpaid volunteer work or community service activities in which you engaged during high school
  - Approximate Number of Hours Served
  - Dates Involved in this service
  - Name of the organization for which you performed this service
  - Please detail the activities in which you were engaged
  - Service Leadership Positions/Recognitions, if any
9. Please provide the name of one newspaper in your local area for a press release
10. **ACCENTURE Community:** Please request an reference from a community member who knows you well enough to evaluate your community service and leadership potential.
11. **ACCENTURE Academic:** Please request a recommendation from someone who can speak to your academic strength and abilities.
12. Admission Letter from university or college: Upload here
13. Show 7 more

To apply, please sign in or sign up and complete an application.

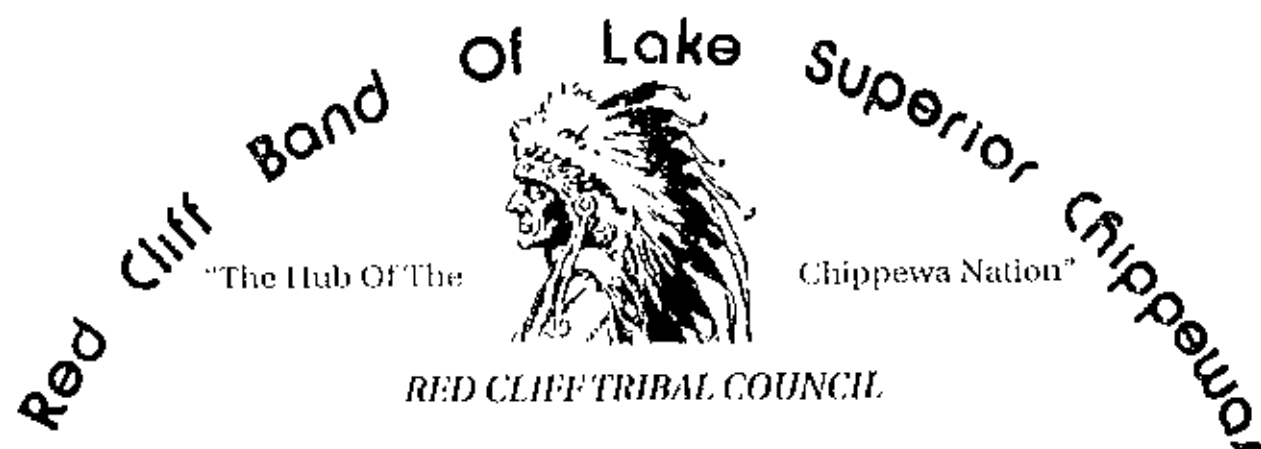
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LOOKING FOR SOMEBODY OR  
SOMEBODY'S TO BE THE  
RECORDING SECRETARY FOR  
THE MONTHLY SPECIAL  
COUNCIL MEETINGS

IF INTERESTED PLEASE  
CONTACT LAURA J. GORDON AT  
715-779-3700 EXT: 4228 OR  
EMAIL ME AT

[ljgordon@redcliff-nsn.gov](mailto:ljgordon@redcliff-nsn.gov)





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NEWS RELEASE

NEWS RELEASE

NEWS RELEASE

NEWS RELEASE

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*Dated September 12, 2014*

**TRIBAL COUNCIL IDENTIFIES CIGARETTE TAX REVENUE AS KEY  
TO ECONOMIC DEVELOPMENT INITIATIVES; ANNOUNCES THAT IT  
WILL SUNSET EXISTING ARRANGEMENT WITH PRIVATE  
RETAILERS**

The Red Cliff Tribal Council has announced that it will not renew existing agreements with private cigarette retailers on the reservation that remits to them nearly all revenue from its tax agreement with the State of Wisconsin. It has proposed a two year transitional agreement and announced plans to become the sole retail seller of cigarettes on the reservation as part of economic development initiatives that include development of a convenience store.

Following a tribal referendum on the subject, in 1988 the Tribe entered into a cigarette tax agreement with the state of Wisconsin that addressed the subject of the collection of state sales tax for the sale of cigarettes on-reservation to nonmembers. Since cigarette taxes are "precollected" from the distributor prior to sale to retailers for sale to the public, the agreement provided a mechanism through which to address the fact that such taxes should not be imposed upon tribal members, who are exempt from state sales taxes for purchases made on their reservation. Under the terms of the agreement, taxes from sales to nonmembers are collected and then rebated to the Tribe upon the basis of receipts provided by the retailers. In this regard, Red Cliff's situation is somewhat unique, since most Tribes are the retailers themselves with respect to all cigarette sales.

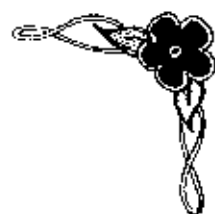
At the time the agreements were signed, the Tribe made an informal arrangement with private cigarette retailers. Under that arrangement, the Tribe agreed to refund the entirety of the cigarette tax rebate checks it received to the private retailers (the Tribe later receives a small payment from the state based upon reservation tribal membership population estimates). This informal arrangement with the private retailers was formalized beginning in 2006 and continued under successor agreements through 2011. Since the agreements expired, the Tribal Council has met with the private retailers in an effort to negotiate further agreements that would be acceptable to the retailers, but at the same time address the Tribe's increasing need to shore up

available streams of discretionary revenue to provide for the needs of the membership and address the tribal deficit. Those efforts have been unsuccessful.

Most recently, the Tribe has proposed an arrangement with the retailers that would split cigarette rebate tax revenue with private retailers on a 50/50 basis for a period of two years as the Tribe transitions into becoming the sole cigarette retailer on the reservation in connection with its attempts to develop a convenience store operation. Such an agreement would allow for a transition and would ease the impact upon private retailers, while recognizing the inequity in the present arrangement which permits private retailers to retain the lion's share of the rebate provided to the Tribe. In the Tribe's view, anything short of an equal split of cigarette tax revenue is simply unfair since the retailers are unable to obtain the rebate themselves and the receipts currently provided by retailers form the basis for most of the rebate.

Recently there has been a good deal of misinformation about this subject within the community. It is important that the tribal membership understand that the Tribal Council is acting in the best interests of the membership and has attempted to work with the retailers, but to no avail. Cigarette tax revenues are an important source of economic development revenue across Indian Country in Wisconsin. For instance, in 2012 cigarette tax revenue rebated to tribal retailers totaled over a half million dollars. Although we are one of the last Tribes to take action to shore up this important source of tribal revenue, failure to act will prevent the Tribe from progress on important tribal initiatives. Accordingly, we have informed retailers that if they do not accept the Tribe's latest proposal we will amend tribal law to establish the tribal government as the sole retailer of cigarettes on the reservation and allow us to proceed with important economic development initiatives that benefit the entire membership.





# OJIBWE MONTHS OF THE YEAR

**T**hese are the months that are commonly used in the dialectical area called  
Northwestern Ojibwe:

<b>January</b>	Gichi-manidoo-giizis Mii o'apii wendaadizid aw manidoo.	<b>July</b>	Aabira-niibino-giizis Mii aabitawiseg niibin.
<b>February</b>	Namebini-giizis Namebin ogii-shawenimaan iniw Anishinaaben.	<b>August</b>	Manoominike-giizis Mii o'apii manoominiked aw Anishinaabe.
<b>March</b>	Onaabani-giizis Mii o'apii onaanak.	<b>September</b>	Waatebagaa-giizis Mii o'apii waatebagaag.
<b>April</b>	Iskigamizige-giizis Mii o'apii iskigamiziged aw Anishinaabe.	<b>October</b>	Binaakwe-giizis Mii o'apii binaakwiid aniibiishan.
<b>May</b>	Zaagibagaa-giizis Mii o'apii zaagibagaag.	<b>November</b>	Gashkadino-giizis Mii o'apii geshkading nibi.
<b>June</b>	Ode'imini-giizis Mii o'apii giizhiging ode'iminan.	<b>December</b>	Manidoo-giizisoons Mii o'apii dibishkaad aw manidoo.

Apane ji-mikwendamang gaa  
piimiinigooyang Anishinaabe bimaadiziiwin

Nibwaakaawin - Wisdom

Zoongide'ewin - Courage

Manaaji'idiwin - Respect

Zaagi'idiwin - Love

Gwayakwaadiziiwin - Honesty

Debwewin - Truth

Dabasenidizowin – Humility

“Always remember our teachings!”



## BODZIIOO N:U AN-SHINAABEG

\_\_\_\_\_ INDIZH.N.KAAZ

\_\_\_\_\_ N:NDODDEM

\_\_\_\_\_ INDOONIIBAA

\_\_\_\_\_ IZHINIKAAZO NIWI'IW (NINAABEM)

\_\_\_\_\_ ODOODEMAN

\_\_\_\_\_ OONIIBAA.

	1	2	3	4	5
Child/Children	Bezhigo niniijaanis	Niizhiwag niniijaanisag	Nisiwag niniijaanisag	Niiwiwag Niniijaanisag	Naaniwag Niniijaanisag
Girls	Bezhigo ikwezens	Niizhiwag ikwezensag	Nisiwag ikwezensag	Niiwiwag ikwezensag	Naaniwag ikwezensag
Boys	Bezhigo gwiiwizens	Niizhiwag gwiiwizensag	Nisiwag gwiiwizensag	Niiwiwag gwiiwizensag	Naaniwag gwiiwizensag
Grandchild/ren	Bezhigo Noozhishenh	Niizhiwag noozhishenyag	Nisiwag noozhishenyag	Niiwiwag noozhishenyag	Naaniwag noozhishenyag
	Eyaawag / Eyaawagwaag				

Ages

1	ningo bibooney	Nindaanis / Nindaanisag
2	niizho bibooney	Ningozis / Ningozisag
3	niso bibooney	Noozhishenh / Noozhishenyag
4	niiyo bibooney	
5	naano bibooney	
6	ningodwaaso bibooney	

**Sample with one child:**

Boozhoo niij anishinaabeg!

\_\_\_\_\_ indizhinikaaz

\_\_\_\_\_ indoodem

Miskwaabiikaang indoonjibaa

Bezhigo ninijjaanis eta.

Bezhigo (ikwezens / gwiiwizens)

\_\_\_\_\_ izhinikaazo (nindaanis/ningozis) miinawaa \_\_\_\_\_ bibooney.

**Sample with two children:**

Boozhoo niij anishinaabeg, \_\_\_\_\_ indizhinikaaz, \_\_\_\_\_ indoodem, Miskwaabiikaang indoonjibaa.

Niizhiwag ninijjaanisag.

Bezhigo ningoziis miinawaa bezhigo nindaanis. (Niizhiwag ningoziisag / Niizhiwag nindaanisag)

\_\_\_\_\_ izhinikaazo ningoziis miinawaa \_\_\_\_\_ izhinikaazo nindaanis. (\_\_\_\_ miinawaa \_\_\_\_\_ izhinikaazowag (ningoziisag / nindaanisag))

\_\_\_\_\_ bibooney ningoziis miinawaa \_\_\_\_\_ bibooney nindaanis. (\_\_\_\_ bibooney \_\_\_\_\_ miinawaa \_\_\_\_\_ bibooney \_\_\_\_\_)

**Sample with three children:**

Boozhoo niij anishinaabeg, \_\_\_\_\_ indizhinikaaz, \_\_\_\_\_ indoodem, \_\_\_\_\_ indoonjibaa

Nisiwag ninijjaanisag.

(Niizhiwag ningoziisag miinawaa bezhigo nindaanis / Nisiwag ningoziisag / Nisiwag nindaanisag / Niizhiwag nindaanisag miinawaa bezhigo ningoziis)

\_\_\_\_\_ miinawaa \_\_\_\_\_ izhinikaazowag ningoziisag.

Ishwaaso glizis daso bibooney \_\_\_\_\_ miinawaa niyo bibooney \_\_\_\_\_

\_\_\_\_\_ izhinikaazo nindaanis. \_\_\_\_\_ bibooney.





## **ECC Attendance Reminders**

- **Daily Attendance is required-while we do not have a truancy policy, this is real school with real expectations that your child will be here daily.**
- **Please contact us every time your child is absent-Teachers will call you daily if you do not call when your child is absent, family services or Directors may also follow up.**
- **Classes start at 8am-it is important that your child arrives at 8am so they do not miss important parts of their day; routines are very important and some of the funnest and most important things are at 8am!**
- **Home base families are expected to have a minimum of weekly visits-please set a schedule with your home base teacher and try to stick to it. 😊**
- **Leave a message anytime on the main phone at 779-5030**
- **Encourage your family and friends to bring their children to school every day! We are preparing children and families for a future filled with successful education-this is only the beginning!!**
- **In the event your child is not coming to school and we have attempted to work with your family regarding the continued absences, they can be exited from the program. We can only service children when they are at school. We always have a growing waiting list of children who would like to receive services.**



## Attend Today, Achieve Tomorrow



#schooleveryday

Study after study confirms the value of high-quality early childhood education for developing the cognitive, social, and emotional skills that children need to succeed in kindergarten. But unless children attend our program on a regular basis, they are not likely to benefit fully. Early childhood education helps to build another essential skill: showing up on time, every day, to school and eventually to work.

Did you know that missing just 10% of the school year in the early grades can leave many students struggling throughout elementary school? Or that by 6th grade, missing that much school is strongly linked to course failure and even eventually dropping out of high school? That's just 18 days — or two to three days per month. *Every* school day counts, and *everyone* can make a difference: educators, afterschool programs, mayors, businesses and parents.

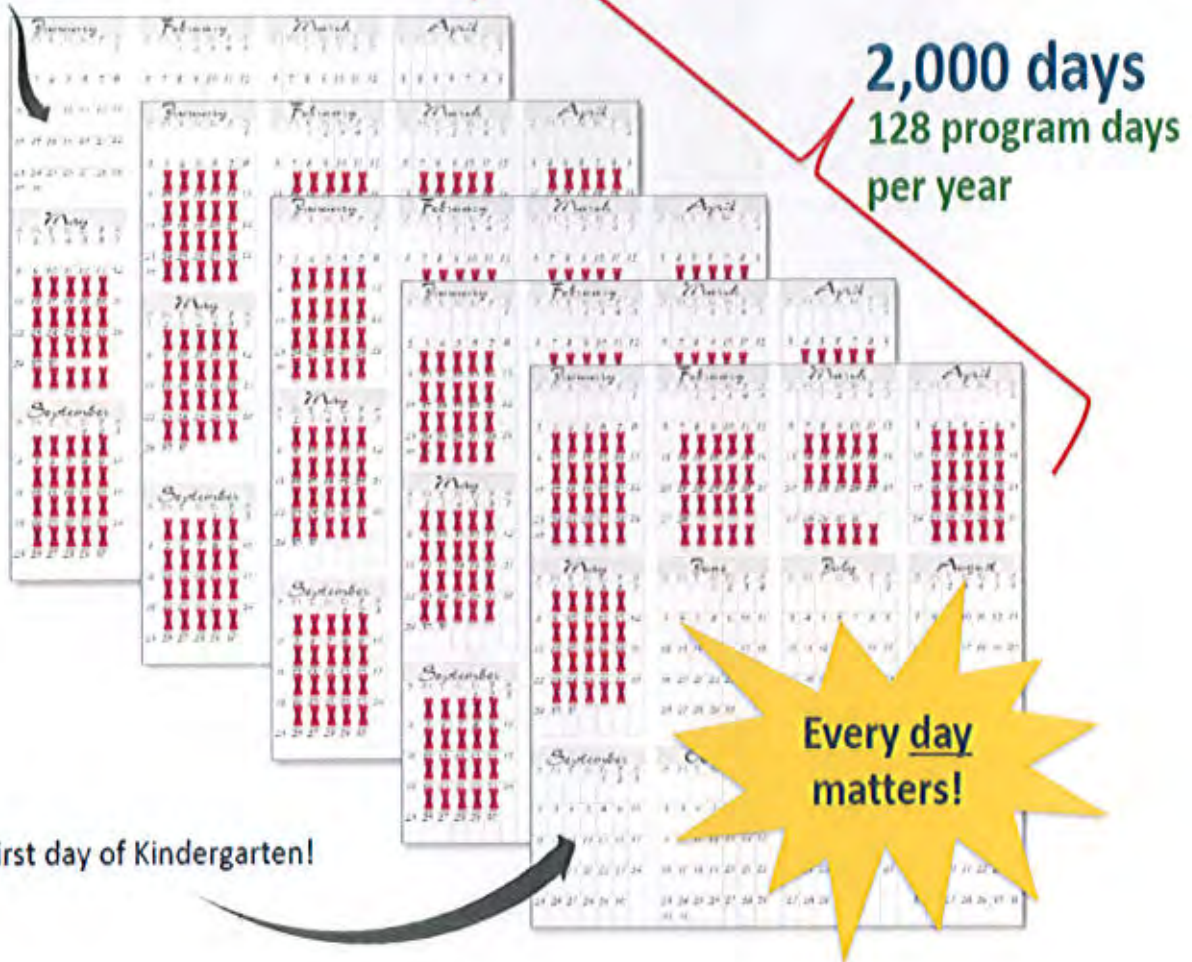


Parents,

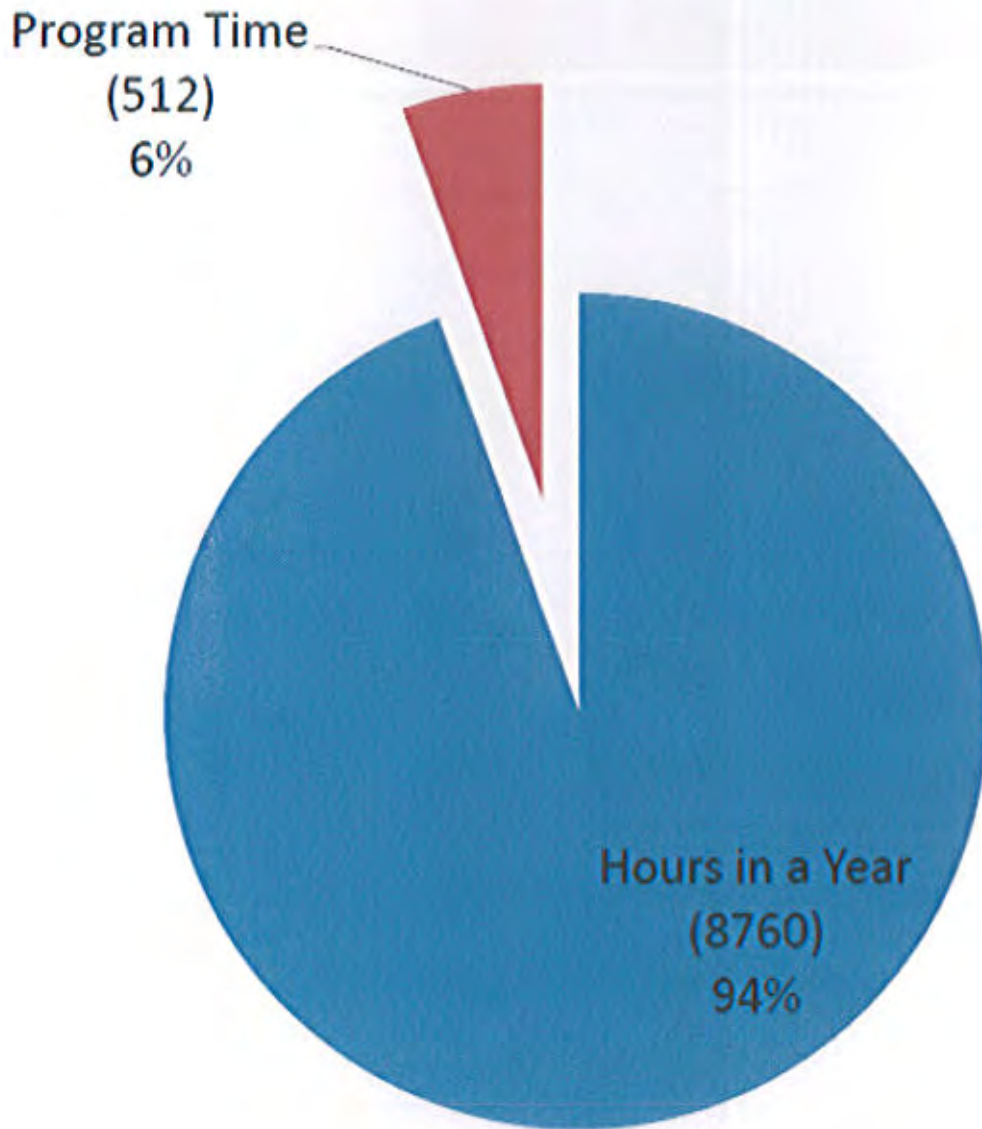
Getting your child to school on-time, every day, unless they are sick, is something that you can do to ensure your child has a chance to succeed in school. While others can help, you are the bottom line. You can promote good attendance when you:

- Establish and stick to the basic routines (going to bed early, waking up on time, etc.) that will help your child develop the habit of on-time attendance.
- Talk to your child about why going to school every day is critical and important unless they are sick. If your child seems reluctant to go to school, find out why and work with the teacher, administrator or afterschool provider to get them excited about going to school.
- Come up with back up plans for who to turn to (another family member, a neighbor or fellow parents) to help you get your child to school if something comes up (e.g. another child gets sick, your car breaks down, etc.).
- Reach out for help if you are experiencing tough times (e.g. transportation, unstable housing, loss of a job, health problems) that make it difficult to get your child to school. Other parents, your child's teacher, principal, social worker, school nurse, afterschool providers or community agencies can help you problem solve or connect you to a needed resource.
- If your child is absent, work with the teacher to make sure she or he has an opportunity to learn and make up for the academics missed.

Born!



Every day...every hour...  
*every moment matters...*





## Model Schedule

Children thrive when they are getting the sleep they need every day. The more consistent their schedule, the easier it is for them to slip into sleep. When their schedule varies more than 30 to 60 minutes, it creates jet lag and makes it harder for them to fall asleep and stay asleep. Try to maintain the same schedule 7 days a week.

Sample Schedule

If a child needs to wake up at:	6:30 am	7:00 am	7:30 am	8:00 am
Breakfast	7:00 am	7:30 am	8:00 am	8:30 am
Morning snack	9:30 am	10:00 am	10:00 am	10:30 am
Lunch	Noon	Noon	Noon	Noon
Snack	2:30 pm	2:30 pm	2:30 pm	2:30 pm
After, school activities				
Dinner	5:30 pm	5:30-6:00 pm	5:30-6:00 pm	5:30-6:00 pm
After, dinner activities				
Start bedtime routine for kindergarten and grade 1	6:15 pm	6:45 pm	7:15 pm	7:45 pm
Asleep kindergarten and grade 1	7:00 pm	7:30 pm	8:00 pm	8:30 pm
Start bedtime routine for grades 2-5	7:15 pm	7:45 pm	8:15 pm	9:00 pm
Asleep grades 2-5	8:00 pm	8:30 pm	9:00 pm	9:30 pm



### DEVELOPED BY:

Mary Sheedy Kurcinka  
Author of: *Sleepless in America*  
and *Raising Your Spirited Child*  
[www.parentchildhelp.com](http://www.parentchildhelp.com)

and

Kim Mueske  
School District 196 Teacher



© 2008 Mary Sheedy Kurcinka

Parents of a successful student have a secret...

they protect their child's sleep.



[www.parentchildhelp.com](http://www.parentchildhelp.com)



## Why Sleep Is Important

Research demonstrates that children who get more sleep:

- Have higher grade averages.
- Perform better on reasoning and mathematical skills.
- Have higher reading scores.
- Experience fewer accidents.
- Get along with others better.
- Focus.
- Get sick less frequently.
- Are less likely to be overweight.

## How Much Sleep Do Children Need?

- Children 5 to 6 years of age need an average of 11 to 12 hours of sleep in a twenty-four hour period.
- Children 7 to 11 years of age need an average of 10 to 11 hours of sleep in a twenty-four hour period.
- Adults need an average of 8.25 hours of sleep in a twenty-four hour period.



## You Know A Child Is NOT Getting Enough Sleep If He/She:

- Does not wake up on his own in the morning.
- Loses it over "little things".
- Experiences stomach or head aches.
- Is crabby, anxious, or uncooperative in the morning.
- Craves carbohydrates.
- Can't get along with others.
- Has trouble staying on task.
- Talks excessively.
- Is hyper – especially at bedtime.

## You Know A Child IS Getting Enough Sleep If He/She:

- Is cooperative in the morning.
- Listens well.
- Stays focused on tasks.
- Can easily solve problems with you.
- Gets along well with others.
- Eats well at meals.
- Is able to cope with changes in routine or surprises.
- Is healthy.
- Falls asleep easily at night.

## Power Rest

Power rest time is a daily part of most kindergarten classes. It is during sleep that children put into long term memory the things that they've learned. Power rest has also been shown to enhance attention, focus, impulse control and the ability to manage emotions. Power rest is so important that in Japan, even high school students and employees at Toyota headquarters are invited to nap during the lunch period.

On weekends consider a power nap right after lunch for 20-30 minutes. Every member of your family can benefit.

**Children who don't wake up on their own in the morning need an earlier bedtime.**

## Tips For Bedtime:

- Have a regular routine each night (brushing teeth, books, songs and stories, visiting, back rub)
- Bedtime should be about the same time 7 days a week. (No more than an hour different on the weekends)
- If a child's bath excites him, avoid bathing at bedtime.
- No TV or computer in the bedroom
- Limit "screen time" (TV, video games, computer) to 30-60 minutes a day –No screen time in the evening before bed.
- Take time to connect at bedtime.  
A calm child falls asleep more easily and stays asleep.



## Misbehaving or Missing Sleep?

The 2004 Sleep in America poll revealed that almost everyone, on average, is not getting the amount of sleep they need. Preschoolers are getting 10.4 hours of sleep, but 11-13 hours are recommended for children ages 3 to 5 years.

Jodi A. Mindell, PhD, chair of the 2004 Poll Task Force said, "It is clear from the poll results that we need to focus as much on the sleeping half of children's lives as we do on the waking half. Children are clearly not getting enough sleep."

One surprise is that 27% of preschoolers consume caffeine. Children who drink caffeinated beverages sleep less than those who don't.



Well-known parent author and educator, Mary Sheedy Kurcinka, in her book, **Sleepless in America**, asks, "Is your child misbehaving or missing sleep?" Kurcinka says, "Behind every power struggle, every temper tantrum, every instance of misbehavior, there is a feeling and need—too often that need is sleep. It's easy to miss the connection between the poor behavior and lack of sleep, thrown off by the whining, the attitude, and tears." When a child's misbehavior is the result of missed sleep, you really can make a difference. Check behaviors that apply to your child.

### Emotions

How well is your child coping with frustration, dealing with surprises, and managing anger? Look for these reactions:

- ☐ Unsatisfied; nothing is right, no matter what you offer
- ☐ Upset by changes in routine or surprises
- ☐ Experiences frequent stomach or headaches
- ☐ Difficult to calm or comfort
- ☐ Losing it over little things
- ☐ Irritable and cranky
- ☐ Easily frustrated
- ☐ Easily overwhelmed
- ☐ Anxious and resistant

Well rested children are on a more even keel. Transitions go more smoothly.

### Social Situations

- ☐ Experiences hurt feelings easily
- ☐ Has difficulty being patient
- ☐ Suffers from separation anxiety
- ☐ Is bossy and demanding
- ☐ Loses it if told "no"
- ☐ Has difficulty solving age-appropriate problems, or talking things through
- ☐ Easily forgets the rules or wants to debate them
- ☐ Is irritated by siblings and peers, especially in late afternoons
- ☐ Is not open to your guidance

If your child argues with you or others, lack of sleep may be the issue.



## The Body

How well does your child control body and movements? Is your child's movements smooth and energetic or "wired?"

- ☐ Clumsy with frequent accidents, falls and injuries
- ☐ Frenzied, hyperactivity
- ☐ Wild at bedtime; can't fall asleep even when tired
- ☐ Hits, throws things, or shouts
- ☐ Gets sick more often than other children
- ☐ Craves carbohydrates or sugar
- ☐ Lethargic; can't seem to do what is usually capable of doing
- ☐ Seems unable to stop from breaking rules

Sleep can help your child slow his body, honor rules, be less accident prone, stay healthy, and fall asleep more easily.

## Attention, Focus, and Performance

- ☐ Loses focus, wanders from one activity to another
- ☐ Needs your attention and help to stay on task
- ☐ Seeks stimulation to keep going—annoying siblings or pets, wants to watch TV, especially in the late afternoon
- ☐ Is forgetful
- ☐ Struggles to make decisions
- ☐ Doesn't listen
- ☐ Has difficulty performing at peak level or resists participating altogether
- ☐ Talks excessively
- ☐ Finds it difficult to work without disrupting others

If your child is struggling to stay focused and pay attention, lack of sleep may be the culprit.

Count up the number of items you marked. Many children act these ways for other reasons than sleep, for example, they have sensitive temperaments or are slow to

develop self-control. But if you checked many items, the problem may actually be lack of sleep.

Well rested children are more likely to behave themselves. They can more easily be independent, helpful, and cooperative. Tired children get into trouble more easily. When children are exhausted, it is rare that they will tell you. Watch carefully; your child's behavior will show you.

## Help Your Preschooler Sleep

- Have a regular and consistent sleep schedule.
- Provide a relaxing bedtime routine of 15-30 minutes of calm activities (reading, talking, or quiet playing) that end in the room where your child sleeps.
- Arrange for a room that is cool, quiet and dark – and without a TV. Shorter sleep times are associated with more TV watching, raising a flag about TV sets in bedrooms.
- Surprisingly, some children have difficulty getting to sleep when they are OVER-tired, so try to start your bedtime routine when you see the early signs of tiredness.



### Sources:

Kurcinka, M.S. (2006). *Sleepless in America*. New York: Harper Collins.

The sleep of america's children. Retrieved May 1, 2006, National Sleep Foundation web site: [www.sleepforkids.org](http://www.sleepforkids.org)

This document can be made available in alternative formats, such as large print, Braille, or audio tape, by contacting your county Extension office. (TTY 1-800-947-3529)

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October, 2006

# Dental Care for Infants. Yes, infants.

August 13, 2014 0 Comment

## ***Dental experts are rethinking how early dental care should start***

**By Dr. Stephanie McGann, DMD FAGD. Columnist, The Times**



### Keep On Smilin'

Dr. Stephanie McGann, DMD FAGD Recent directives from the American Academy of Pediatrics and the American Academy of Pediatric Dentistry have recommended that children be seen for the first dental visit by age 1.

Tooth decay is preventable and educating parents and caregivers on how to care for baby's first teeth is the key to a lifetime of zero cavities. A study in the Journal of Pediatrics highlighted how early dental visits can actually save families money. This study showed that children who had their first visit by age 1 had 40% lower dental costs in the first 5 years than children who did not benefit from early dental visits.

Baby teeth are essential to proper childhood development. Good nutrition is related to healthy diet and proper chewing of food. Pain from tooth decay can prevent a baby from latching onto a nipple or eating properly. Untreated tooth decay can lead to infection, loss of teeth and in some very unfortunate situations even serious illness or death.



The development of proper speech is influenced by the teeth. The proper development and eruption of the permanent teeth depends on the baby teeth holding the space for them.

Another scientific paper in the Journal of Pediatric Dentistry revealed that children who are not seen for their first visit until ages 2 or 3 are more likely to require fillings and emergency dental visits. Emergency dental visits for very young children are difficult for everyone.

## What happens at a year one visit?

The first visit will include a demonstration of how to provide oral care for a baby's gums and first teeth. At that visit we will discuss the need for fluoride supplements. Children in homes with well water have different needs than those children who have community fluoridated water supplies. We provide an opportunity for questions about children's oral care. We may place a protective varnish on those first baby teeth to help protect them from tooth decay. A visual dental exam will always be part of this visit.

If your child is still using a bottle there is a risk of baby bottle tooth decay. Pacifier use will be reviewed at the visit also. A caries risk assessment will determine how often your infant should be seen by the dental team. Most importantly, this visit will allow plenty of time for parents to ask questions about their children's oral health.

Dentistry has come a long way. Gone are the days of only treating something only when it hurts. Dentists today are part of the entire healthcare team and by focusing on prevention we can insure children can grow up healthy and reach their full potential.

*Dr. Stephanie McGann, who has more than two decades of dental practice experience, is a resident of the Unionville area and along with her partner, Dr. Marie Scott, operates The Brandywine Smile Center, a family-friendly dental practice in Concordville. Dr. McGann has opened a new practice in Valley Township, Rainbow Valley Dental. She is a Fellow of the Academy of General Dentistry.*



# Early Years

WORKING TOGETHER FOR A GREAT START



## KID BITS

### Safety first

Help your child stay safe at school with these clothing tips. Make sure she wears shoes that fit properly and either tie or have Velcro. They're less likely to cause accidents than floppy shoes like sandals or clogs. Also, avoid baggy clothes and cords or strings on clothing that can get caught in playground equipment.

### Words that fit

Boost your youngster's vocabulary by asking him to guess words he'll hear when he goes somewhere. *Example:* "Can you think of three words they'll use at the birthday party?" (*presents, cake, candles*). Then, suggest a few more challenging words, like *helium* and *piñata*. Try this in a variety of situations (grocery store, visiting Grandma).

### Family traditions

Traditions can strengthen relationships and bring your child comfort. Notice which activities your family shares regularly, and stick with ones your youngster especially enjoys. They might be as simple as blowing good-bye kisses through the school bus window. Or they could involve a special holiday dish or a Saturday morning ritual.

### Worth quoting

"Play is the highest form of research."  
*Albert Einstein*

### Just for fun

**Q:** Why does a flamingo hold up one leg?

**A:** If he held up both, he'd fall down.



Red Cliff Band Headstart Eco  
Delores Gokee-Rindal, Head Start Director

## Better behavior Through loving discipline

As your child grows up, it's natural for him to challenge you. Sometimes, it seems easier to just let him have his way. But all youngsters need limits, and they need parents to guide them.

Discipline works best with a balance of love, respect, clearly defined rules, and understanding. Here are some secrets of effective discipline.

### Make the rules clear

Your child will behave better when he knows what to expect. Talk about family rules, explaining the consequences clearly. For example, for a rule such as "Take care of belongings," you might tell your youngster that if he leaves his bike out, he doesn't get to ride it the next day. As he learns to read, write down the rules and put them on the refrigerator as a reminder. *Tip:* Children are more likely to remember the rules if there are a few broad ones, rather than many specific ones.



### Be consistent and firm

You can expect your youngster to "test" the rules from time to time. When he does, try to stand your ground and apply the set consequences. Being firm and consistent lets him know that you mean what you say.

### Give positive feedback

Focus more on what your child does right than on what he does wrong. This will encourage him to try even harder to behave. When you see behavior you want repeated, let him know. *Example:* "I like how you cleaned up your room." ♥

## Strengthen little fingers

These hands-on activities can help your child develop the muscles she needs for handwriting, using scissors, and other fine-motor tasks:

- Let her thread beads onto pipe cleaners to make bracelets and rings.
- String a piece of yarn between two chairs. Your youngster could use clothespins or binder clips to hang doll clothes on her "clothesline."
- Show her how to roll clay into small balls. Then, she can connect the balls with toothpicks to build a sculpture. ♥





## S-t-r-e-t-c-h your child's attention

Youngsters often like to zoom from one activity to the next. But as your child gets older, a longer attention span will help her learn in school. You can increase her ability to focus with these ideas.

**Build up gradually.** As a rule of thumb, your child should be able to focus for the number of minutes matching her age plus one minute. Start there (have a 4-year-old work on putting away toys for 5 minutes),



and increase a minute at a time as she seems ready.

**Look and listen.** Turn everyday activities into tasks that require concentration. In the car, you might ask her to look for words on signs that start with the first letter in her name. Or have her listen for a particular

word or phrase in a song on the radio and clap each time she hears it.

**Make it a game.** Work together to make up a series of movements, adding a new one on each turn. For instance, you could begin by touching your toes. Then, your youngster has to touch her toes and add another motion, like spinning around. She'll need to pay close attention to remember the sequence of movements.♥

### ACTIVITY CORNER

#### Waiting games

Waiting is part of our everyday lives. The next time you hear "How much longer?" try one of these ideas to occupy your child.



1. Take the change out of your pocket, and let your youngster sort it. Tell him the names of the coins, and talk about how they're alike and different. "The quarters and dimes are both silver. But the quarters are big, and the dimes are small."

2. Work on counting forward and backward. For an extra challenge, have your child try counting from a number other than 1. For instance, if you say, "7...", he would continue, "8, 9, 10."

3. Do an alphabet search. Look around and find the letter A on a sign or poster. Take turns finding the letters in order until you reach Z.♥

### PARENT TO PARENT

#### A calming effect

My daughter Anna always seemed to be bouncing off the walls—at home, at school, just about everywhere. I didn't know what to do.

Since my sister's son is also very active, I asked her for advice. She suggested that Anna get as much exercise as possible. So we try to go for a walk or play in the park almost every day. On other days, I take her to ride her bike or play running games with the other kids on our block.

I've noticed that Anna is especially "wired" when she's overtired, so I make sure she gets plenty of sleep. The difference these changes have made to her behavior is wonderful—and I'm calmer, too!♥



## How people feel

If your child knows how to talk about his emotions, he'll be able to control them better. He'll also find it easier to understand how others feel. Help him recognize and share his feelings with these suggestions:

● Together, make a list of emotions (surprised, excited, mad, disappointed). Then, look through magazines and photo albums, and talk about how people in the pictures might be feeling. Ask your youngster to explain

how he picked each emotion. *Examples:* "The hockey player is *excited* because he won a trophy." "She is *upset* because she spilled chocolate milk on the carpet."

● Let your child hear you use specific words to describe family members'

feelings. You might say, "I feel *grumpy* because I haven't eaten," or "I know you're getting *frustrated* trying to teach the puppy tricks."♥



### OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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## Sleepless in America: Is This Child Misbehaving or Missing Sleep?

Published by: HarperCollins

By Mary Sheedy Kurcinka

[www.parentchildhelp.com](http://www.parentchildhelp.com) [kurcinka@parentchildhelp.com](mailto:kurcinka@parentchildhelp.com)

### Sample schedules:

Age	Tiny toddler 12-18 months	Toddler 19-36 months	Preschooler 3-5	School age 6-12	Adolescent 13-19	Adult
Ave. sleep needs	14-15	13-15	11-12	10-11	9-25	8-25
Wake time	7:00	7:00	7:00	7:00	6:30	6:00
Breakfast	8:00	8:00	8:00	7:30	7:00	7:00
Activities	8-10:00	8-11	8:30-11:30	8:30-12:00	8:00-12:00	8:00-12:00
Nap	10:00-11:30					
Lunch	12:00	11:30	12:00	12:00	12:00	12:00
Nap	2:00-3:30	11:45-1:45	12:30-2:00	Power nap?*	Power nap?*	Power nap?*
Activities	3:30-5:00	2:00-5:00	2:00-5:00	12:30-5:00	12:30-5:00	12:30-5:00
Dinner	5:30	5:30	5:30	5:30	6:00	6:00
Activities	6:00-7:15	6:00-7:15	6:00-7:45	6:00-8:00	6:30-8:30	6:30-9:00
Bedtime routine starts	7:15	7:15	7:45	8:00	8:30	9:00
Asleep	8:00	8:00	8:30	9:00	9:15	9:45
Total sleep	14	13	12	10*	9-25	8-25

\*Power nap is 20-30 minutes in length

\*\*Younger school age will need closer to 11 hours of sleep – adjust sleep time to 8:00 PM



# Healthy Living *with* Diabetes



## What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

*Healthy Living with Diabetes* does not replace existing treatments, but rather complements the treatments a participant receives.

## Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

**What's in it for me?** People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

## New Workshop for ANY adult with Type 2 Diabetes!

### Red Cliff Health Center

**Thursdays, Oct 2-Nov 6, 2014**

**1-3:30 PM**

**Class is free! \$10 optional book**

**Call 715-292-6400 ext 0 to register**

Sponsored by Bayfield County Health Dept. and ADRC of the North  
For more info, call the Health Dept. at **715-373-6109**

## Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 175,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs (e.g., lost wages) of \$2.7 billion (2009 data for Wisconsin).



**wiha**  
Wisconsin Institute  
for Healthy Aging

**For more information, contact:**

Wisconsin Institute for Healthy Aging  
1414 MacArthur Road, Suite B  
Madison, WI 53714

Phone: 608-243-5690  
[info@wihealthyaging.org](mailto:info@wihealthyaging.org)

Check out our other healthy living programs by visiting us online at:  
[wihealthyaging.org](http://wihealthyaging.org)



# Handwashing: A Family Activity

## Keeping Kids & Adults Healthy



**Handwashing is an easy, inexpensive, and effective way to prevent the spread of germs and keep people healthy.**

For kids, washing hands can be a fun and entertaining activity. It is simple enough for even very young children to understand. Handwashing gives children and adults a chance to take an active role in their own health. Once kids learn how to properly wash their hands, they can—and often do—show their parents and siblings and encourage them to wash hands, too.

Parents can help keep their families healthy by:

- Teaching them good handwashing technique
- Reminding their kids to wash their hands
- Washing their own hands with their kids



### Improving Health

- Handwashing education in the community:
  - » Reduces the number of people who get sick with diarrhea by 31%
  - » Reduces diarrheal illness in people with weakened immune systems by 58%
  - » Reduces respiratory illnesses, like colds, in the general population by 21%

### Saving Time and Money

- Handwashing is one of the best ways to avoid getting sick and spreading illness to others.
- Reducing illness increases productivity due to:
  - » Less time spent at the doctor's office
  - » More time spent at work or school



### Helping Families Thrive

Children who have been taught handwashing at school bring that knowledge home to parents and siblings. This can help family members get sick less often and miss less work and school.

*Despite widespread knowledge of the importance of handwashing, there is still room for improvement. A recent study showed that only 31% of men and 65% of women washed their hands after using a public restroom.*

**For more details, visit [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).**



Department of Health and Human Services  
Centers for Disease Control and Prevention



# Enjoy meals with your family

## Create family routines

- Serve breakfast, lunch and dinner at about the same time each day.
- Give your child a chance to make good choices with their meals.  
Provide healthy food choices at each meal and let your child to decide how much to eat.
- Children like to eat with others. If possible have at least one meal a day where everyone in your home sits down and eats together.

## Let your child help in the kitchen

Children like to eat what they help cook and they will be learning skills that will last a lifetime....

Give your child a job to do:

- Set the table or help cook.
- Wash fruits and vegetables.
- Measure and add ingredients to dishes or stir foods together.



## Make a plan

- Make a plan for the week and include serving leftovers at least once.
- Make a grocery list based on your plan and don't forget to include foods for breakfast and lunch.
- Before you shop check your pantry, refrigerator and freezer to see if you already have some of your needed ingredients.
- Shop for as much as possible at one time. You will be surprised how much stress you get rid of when you know what you are eating ahead of time.
- Keep canned vegetables, fruits, and pasta in your cupboard and frozen chicken breast, or other meat, and vegetables in the freezer that can be used for quick meals. Put together an easy meal on those busy days.





# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.**

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



# Meal Planner

Planning for the week will make it easier to eat a healthy, homemade meal most days.

- 1) Write your menu for the week.
- 2) Include at least one vegetable or fruit at every meal.
- 3) Look in the pantry to see what ingredients you already have.
- 4) Make a list of what you need to buy.
- 5) Go to the grocery store with your list and stick to it.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Lunch							
Dinner							
Snacks							





# RED CLIFF BAND

## of Lake Superior Chippewa

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### :: Job Openings ::

#### Current Openings

Job Center of Wisconsin displays open job orders maintained by the Job Center of Wisconsin.  
[Link to Job Center of Wisconsin](#)

#### Current Openings for the Red Cliff Tribe

[Youth Activities Coordinator Assistant](#)  
**DEADLINE: October 3, 2014 @ 4:00 p.m.**

[Fish Biologist](#)  
**DEADLINE: October 10, 2014 AT 4:00 PM**

[Pediatrician](#)  
**DEADLINE: JULY 2, 2014 AT 4:00 PM OR UNTIL FILLED**

[Air Quality Project Manager/Technician](#)  
**DEADLINE: September 10, 2014 AT 4:00 PM or Until Filled**

[Medical Assistant- Limited Term Employment/Fill-in](#)  
**DEADLINE: Open Until Filled**

[Dental Assistant Fill-In](#)  
**DEADLINE: Open Until Filled**

[Relief Manager \(1-3 Positions\)](#)  
**DEADLINE: Open Until Filled**

[On-Call Snowplow/Equipment Operator\(s\) and General Laborer](#)  
**DEADLINE: Open Until Filled**

[Custodian/Maintenance On-Call Assistant](#)  
**DEADLINE: Open Until Filled**

[RCECC Subs needed flyer 2014](#)  
**DEADLINE: Open**

#### Current Openings for Legendary Waters Resort & Casino

[Legendary Waters Resort & Casino - Accounts Payable Clerk](#)  
**DEADLINE: Until Filled**

[Legendary Waters Resort & Casino - House Keeping](#)  
**DEADLINE: Until Filled**

[Legendary Waters Resort & Casino - Hotel Manager Trainee](#)  
**DEADLINE: Until Filled**

[Legendary Waters Resort & Casino - Wait Staff](#)  
**DEADLINE: Until Filled**

[Legendary Waters Resort & Casino - Line Cook](#)  
**DEADLINE: Until Filled**

[Legendary Waters Resort & Casino - Controller](#)  
**DEADLINE: Until Filled**



**Legendary Waters Resort & Casino - Staff Accountant**

**DEADLINE: Until Filled**

**Legendary Waters Resort & Casino - Snack Bar**

**DEADLINE: Until Filled**

**Legendary Waters Resort & Casino - Hotel Night Auditor**

**DEADLINE: 10/2/2014**

**Legendary Waters Resort & Casino - Drop Team Member**

**DEADLINE: 10/6/2014**

**Current Openings for Red Cliff Housing Authority**

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# OCTOBER 2014

## BINAAKWII-GIIZIS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAANO-GIIZHIGAD
<b>1B RICE CRISPIES, BLUE-BERRIES, TOAST, CC</b> <b>L SALSABURY STK, M POT., CARROTS, BUN, TROP FR SALAD</b> <b>S APPLE BLOSSOMS*</b>				<b>2B CORNFLAKES, OR-ANGES, MUFFIN, YGT</b> <b>L HAM, MAC/CHEEZ, PEAS, PINEAPPLE, CC</b> <b>S FROZEN YOGURT/CR.</b>
				<b>MENU SUBJECT TO CHANGE</b>
<b>6B PANCAKES, TROP FRUIT, TRK BACON</b> <b>L TORTILINI, CORN, PEACHES, CC, SALAD</b> <b>S CRACKER/CHZ</b>	<b>7B KIX, BERRIES, CC, ENG MUFFIN</b> <b>L CHIX W SOUP, PBJ, CARROTS, YGT, PEARS</b> <b>S PBJ SAND.</b>	<b>8B RICE CHEX, BANANA, BAGEL/CR CHEESE, YGT</b> <b>L IT BEEF HD, GR BEANS, M ORANGES, SALAD</b> <b>S PICKLE / ROLLUP*</b>	<b>9B CHEERIOS, APPLE, YGT, TOAST</b> <b>L PRK CHOP BK, RICE, M ORANGES, CC</b> <b>S RICE CRISP/MILK</b>	<b>MILK SERVED WITH ALL MEALS</b>
<b>13B MALT MEAL, MUF-FUN, PEACHES, CC</b> <b>L SCALLOP CHIX, CORN, BUN, TROP FRUIT, SALAD</b> <b>S CINN. TOAST/MILK</b>	<b>14B HB OATS, APPLES, YGT, TOAST, JELLY</b> <b>L BEEF STIR FRY, VEG-GIE, RICE, M ORANGES</b> <b>S PIZZA ROLLS/ JUICE</b>	<b>15B CORN CHEX, OR-ANGES, BAGEL, PB</b> <b>L TUNA HD, PEAS, PEARS, CC, SALAD</b> <b>S NUTRIA GR./MILK</b>	<b>16B RICE CRISPIES, BANAN, TOAST, YGT, JEL-LY</b> <b>L TOMATO SOUP, GRILCZ</b> <b>PINEAPPLE, GR BEANS</b>	
<b>20B EGG, TRK BK, TOAST, PBJ</b> <b>L PIZZA, SALAD, PEA/ CARROT, PEARS</b> <b>S CRACKER/CHZ</b>	<b>21B CORNFLAKES, PEACHES, YGT, BAGEL</b> <b>L ORANGE CHIX, RICE, M ORANGES, M VEGGIE</b> <b>S RICECAKE/STRMILK</b>	<b>22B KIX, BERRIES, CC, CINN BR.,</b> <b>L SPAGHETTI, CORN, SAL-AD, FR COCKTAIL</b> <b>S CANDY CORN/NILLA*</b>	<b>23B HB OATS, BANANA, TOAST, PBJ</b> <b>L HAM, BABY R, PINAP-PLE, CARROTS</b> <b>S BERRIE PIZZA</b>	
<b>27B FR STICKS, BLUE-BERRIES, CC, TRK BK</b> <b>L CR CH BISCUIT, PEA/ CARROT, M ORANGES</b> <b>S GOLD FISH/ JUICE</b>	<b>28B RICE CRISPIES, PEARS, YGT, CINN BR</b> <b>L HAMB SOUP, GR BEAN, PEACHES, CC</b> <b>S CARROTS/ DIP</b>	<b>29B CHEERIOS, PEARS, CC, TOAST</b> <b>L CHIX PATTIE, FF, YGT, BERRIES, PEAS, SALAD</b> <b>S CHZ PUMPKIN GRIN*</b>	<b>30B CORNFLAKES, PEACHES, TOAST, PBJ</b> <b>L HAM/SCALLOP POT, FR COCKTAIL, BUN</b> <b>S BERRIE/ YOGURT</b>	