



White Earth Tribe to vote on Medical Marijuana



Cannabis (marijuana) has been shown to have many health and emotional benefits, including helping with insomnia, PTSD, Epilepsy, some forms of cancer, and many other health related issues.

BY WINONA LADUKE

On August 18 the White Earth Tribe will have an election. There are two things on the ballot – the District Three Representative: with a choice between Cheryl Jackson and Umsy (Eugene) Tibbetts, and Medical Marijuana. That's right, White Earth, is going to vote on legalizing medical marijuana, according to the Tribal Council Meeting Notes of July 16.

That would mean that White Earth would be the second tribe, after Red Lake (in northern Minnesota), to legalize Medical Marijuana. That will make these medicines more accessible in the north. Currently there are only four medical marijuana dispensaries in Minnesota, owned by two Twin Cities based corporations.

Red Lake's regulations will allow for a longer approved list of diagnoses and will include cannabis in flower form, something not available under state regulation. Opioid addiction recovery is one of the eligible conditions.

"I hope it helps the opioid crisis, we got hit hard with that," Kevin Jones, of the Chippewa Cannabis Party, said. "I hope that changes a lot of it and helps families bring parents, aunts and uncles back to where they were before. It won't bring the ones we lost back but will make a new path for the ones on that journey today."

Why is it important? It's important because of the nine medical marijuana dispensaries in Minnesota, only two are up north – one in

Hibbing and one in Moorhead. Those are pretty far apart. That makes it hard if you actually would benefit from cannabis legally. Now let's get clear, this spring both the Harvard Medical School and Mayo Clinic did big stories on the benefits of cannabis to treat a wide variety of medical conditions. These include Alzheimer's disease, ALS, HIV/AIDS, Cancer, Crohns Disease, glaucoma, PTSD stress and more. It seems like Native people should get those benefits, but the closest medical marijuana dispensaries are in Moorhead or Hibbing.

Medical Marijuana

The Cannabis sativa plant and it's derivatives are used to relieve serious and chronic symptoms. Cannabis sativa contains many active compounds, but two are of interest for medical purposes: THC (delta-9 tetrahydrocannabinol) and CBD (cannabidiol). THC is the primary ingredient in marijuana that makes people "high".

There are, of course side effects: some of them include increased heart rate, dizziness, impaired concentration or memory, slower reaction times, increased appetite (known as the "munchies") and in youth, it's also a dopamine suppressor (that's the enzyme that motivates you).

– CONTINUED ON PAGE 8 –

A family death can be fatal blow for Native higher education

BY LEE EGERSTROM

A study conducted at the University of Minnesota finds that students of color, and especially Native American students, are far less likely to finish college educations when they have experienced a death in the family.

While some academic institutions are developing programs to reach adult learners who have interrupted their educations, the new research is a call for colleges and universities to develop policies for helping these students who have drifted away.

"The findings show that it's important to design college policies that consider and support all aspects of students' lives, including their own health and the health of their families," said Naomi Thyden, an epidemiologist and PhD candidate at the University's School of Public Health.

Thyden, formerly with the Minnesota Department of Health, was the lead researcher in the study. Collaborators included Nicole M. Schmidt and Theresa Osypuk, faculty with the Division of Epidemiology and Community Health, and the Minnesota Population Center.

Their findings were recently published in the academic journal *Annals of Epidemiology* in an article "The unequal distribution of sibling and parent deaths by race and its effect on attaining a college degree."

Thyden said in an interview her research interests focus on institutional policies and racial and ethnic health disparities.

This project's research started long before the coronavirus pandemic struck early this year. But now, she said, the impact of COVID-19 on families and students "makes the research all the more timely."

Using data from a 1997 study starting with 13 to 17 year-olds and 2013 data of 29 to 32 year-olds, the researchers found:

- 13.8 percent of Native American, 9.1 percent of Asian, 8.3 percent of Black, 5.0 percent of Hispanic and 4.2 percent of white youth experienced a family death in the tracked years.

- Young adults (age 19-22), when a parent or sibling died, were about half as likely to graduate from college.

- Adolescents of high school age when a sibling or parent died seemed to be less affected with finishing college degrees.

The researchers suggested the latter may be because the adolescents had time to recover from grief before starting college.

Thyden said surprising discoveries included looking at 29 to 32 year-olds. "People had time to go back and finish, but they hadn't.

"It was like a window of opportunity had closed."

People think of health as an individual issue, Thyden said. "It really is a community-wide issue. You may be healthy, but it can have effects on you if your community isn't healthy."

That becomes more relevant now with the coronavirus pandemic causing disproportionate illness and death within racial and ethnic minority communities, she said.

The study was supported by the National Institutes of Health and the Minnesota Population Center, with a grant from the Eunice Kennedy Shriver National Institute of Child Health and Human Development.

– CONTINUED ON PAGE 9 –

Health care can be expensive, especially as we age.

If you have trouble paying for
your Medicare, you may be able to get help.



Medicare Savings Programs can help pay some
health care costs, and the Extra Help program can
cover some prescription drug costs.



Save money for yourself and for your tribe.

Call Minnesota's **Senior LinkAge Line®**
to find out more.



Native Vote 2020: The Primaries and the Tribal Elections

BY WINONA LADUKE

I don't actually have a dog in this fight, I am technically a member of the Green Party, not a Democrat or a Republican. I may not be fond of the candidates running for President – Joe Biden and Donald Trump – but what I do know is that I am going to vote, and this year it really matters! And it's not going to be easy to vote. Pandemic voting, lack of local polls in our tribal communities, and snafus with ballots mean that we will really need to be attentive and make sure that our voting rights are upheld. The best way to do that is to register early, and just do it. Vote! August 18 is the White Earth Nation Tribal Election, and August 9 is the Democratic primary.

Why Vote? Because your vote counts. It's an irony for sure. Santee philosopher John Trudell used to always point out that they did not give Native people the right to vote until we were 1% of the population. You can be sure that we would not have elected Andrew Jackson or Knute Nelson if we could have voted. However, nationally and statewide, we are beginning to flex some power and it shows.

The Native American population is 6.8 million, according to U.S. Census Bureau information from 2018. While that is relatively small compared with the U.S. population, which is nearly 330 million, the Native American population has more than doubled the growth rate of the U.S. From 2000 to 2016, the U.S. population grew 14%, while the American Indian and Alaskan Native population experienced 35% growth. Those Native people are going to vote, and a lot of those people are in rural areas where Republicans have come to feel comfortable because Native people have not voted.

The election of Tim Walz and Peggy Flanagan (Ojibwe) has certainly changed Minnesota's politics, and that's for the best. After all, prior to the Walz/Flanagan Administration there was no strong push for cooperation between state agencies and tribal governments. Now, just attending a Minnesota Indian Affairs Council meeting, one can witness a dialogue between forces which were adversaries in former administrations. Times are changing, and it's time to work together – we are in a crisis and more will come.

Nationally, as progressive and younger voters come to the polls, upsets continue. Politics has been pretty much an Old Boys Club until recently. In 1981, 94% of Congress was white, compared with 80% of the U.S. population. By 2020, more than one-in-five voting members (22%) of the U.S. House of Representatives and Senate are racial or ethnic minorities, making the 116th Congress the most racially and ethnically diverse in history. 90% of the newly elected people of color are Democrats. And it makes a difference.



There's some visionary leadership moving this country's politics. Minnesota is one of those leaders, and Lt. Governor Flanagan has been part of that change along with many of her colleagues, of all colors. Nationally, the changes are very visible, including the most visionary leadership in decades, and it's coming from women of color – take Alexandria Ocasio Cortez and Deb Haaland as examples. Freshman Democratic Rep. Alexandria Ocasio-Cortez handily defeated her challenger this past month. It was formerly held for years by veteran Democrat Joe Crowley, who Ocasio-Cortez defeated in a major upset in the 2018 midterm elections.

In the Minnesota state election, candidates like White Earth Secretary Treasurer Alan Roy – running against long time incumbent Senator Paul Utke – represents a potential gain for Native voters this fall. Utke was a primary sponsor of the Anti-Protest bills targeting Native and other Water Protectors, in the last legislature. With the rise of Water Protectors and now the Black Lives Movement, anti-protest bills certainly pose a danger to civil liberties, and target Native people. Since the powerful protests at Standing Rock and the Keystone XL pipeline, over 20 states introduced legislation attempting to silence peaceful protesters – specifically targeting pipeline activists on the frontlines of the fight for climate justice. These so-called "critical infrastructure" laws increase penalties for people speaking against fossil fuel pipelines, like Enbridge's Line 3.

The bills are designed to intimidate individuals, communities, and organizations from lawfully exercising their First Amendment and other fundamental rights. They criminalize trespassing on oil, gas, utility, railroad, and other properties – including those under construction – as a gross misdemeanor punishable by one year in jail and a \$3,000 fine. Trespass "with the intent to disrupt the operation or provision of services" of the pipeline or utility would be a felony punishable by up to five years in prison and a \$10,000 fine.

The bills would allow a court to order anyone convicted of such offenses to pay for "the costs and expenses resulting from the "crime". Utke was a supporter of the work on Missing and Murdered Indigenous women, but has not been supportive of many appropriations or legislative items in favor of Native people.

In Cloquet, City Council seat in Ward 5 is up in an August 11 primary, with Lyz Jaakola (a Fond du Lac tribal member, music and culture teacher, and musician) faces former Mayor Dave Hallback and Dennis Painter. The city has faced layoffs at the Diamond Match plant, and more economic shifts are to come in the pandemic and post pandemic world, and may need some fresh eyes to solve long term challenges. Elsewhere in Bemidji, two Native women are facing off in a City Council election, against two others, in a town where the Native community is exercising more political power. Audrey Thayer and Laura Fairbanks are facing off for a Ward 1 seat.

And at White Earth, two candidates – Cheryl Jackson and Umsy Tibbetts – are squaring off in the tribal election on

August 18, on a ballot which also includes a medical marijuana referendum. At any turn our tribal communities and our cities, and the country face some major challenges ahead, as we plan for what will be a very different future. I for one think that future needs to have Native people at the table, not on the menu.

Now just because you are a Native doesn't mean that you advocate for Native issues. Take Representative Steve Green for instance, who represents Clearwater County and Clearbrook – with well over 9000 Native voters. His voting record has been spotty at the least, and as a representative, he supports Line 3 and pipeline expansion, as well as opposing the allocation of state funds to support White Earth's recovery of land illegally taken by the state and Clearwater County.

Representative Green, on the appropriation, "said he is a member of the White Earth Nation. He said that he did not want to take the property, now privately owned, off the tax rolls. As a tribal member, I can tell you that property taxes are killing us," Green told local reporters.

Take some time and review the candidates, it matters. There's a big push nationally to get out the vote. And Minnesota votes will count. We had the highest turn out of any state in the 2018 mid term election, and now we have a chance to put people in office again. Nationally, Native people represent one of the fastest growing populations, but 34% of our eligible voters, well over a million of us, have not registered to vote.

Now would be a good year to get out there and vote!

This is a personal opinion article and does not represent Honor the Earth or voter registration initiatives.

For more information about Native voter registration, see: www.nativevote.org, www.powwouthemmn.com or rockthevote.org.

THE CIRCLE is a 501(c)3 non-profit newspaper and is governed by a board of directors from the American Indian community.

MANAGING EDITOR
CAT WHIPPLE

BOARD OF DIRECTORS
CHAIRPERSON/TREASURER

JOY PERSALL

VICE-CHAIR

ROBERT ALBEE

BOARD MEMBERS:

MELISSA BUFFALO

ROBERT LARSEN

NOAH MIWA

SHIRLEY SNEVE

JANE STEFFEN

The Circle is dedicated to presenting news from a Native American perspective, while granting an equal opportunity to community voices.

The Circle is published monthly by The Circle Corporation, PO Box 7506, 3045 Bloomington Ave, Minneapolis, MN 55407. Editorials and articles are the sole responsibility of the authors, and do not necessarily reflect the opinion, attitude, or philosophy of The Circle. The Circle does not endorse any product or service accepted as advertising, and reserves the right to reject any advertising, material, or letters. The Circle encourages the submission of Letters to the Editor, which must include the writer's name and address. Letters may be edited for language and length.

NO PART OF THIS PUBLICATION MAY BE REPRODUCED WITHOUT WRITTEN CONSENT OF THE PUBLISHER.

Member of Minnesota American Indian Chamber of Commerce and the Minnesota Newspaper Association. Circulation: 10,000

THE CIRCLE ADVISORY BOARD: DAVID BICE, BRENDA CHILD, KELLY DRUMMER, HEID ERDRICH, JIM LENFESTEY, LAURA WATERMAN WITTSTOCK

612-722-3686 • www.thecirclenews.org • thecirclenews@gmail.com

YOU ARE STRUGGLING?

MAT Program

At Indian Health Board, our providers have been successfully caring for patients since the Stay-at-Home executive order was signed by Governor Tim Walz. We want you to know that **we are still here** for you during these stressful times, and that we are offering Medication Assisted Treatment services. We believe that our community members on the road of recovery need us during this times.

What to expect at our clinic:

- Current patients continue care
- New patients work with an integrated team to receive culturally-responsive care in a judgement free environment
- Address mental, physical, emotional, and spiritual needs of each person by taking note of where patients are living, who they're around, and access to cultural support in the community

We invite you to make an appointment!

Call the MAT services care coordinator at
612.295.2314

If you're seeking psychiatric care, call
612.721.9800



INDIANHEALTHBOARD.COM

Minnesotans cheer Washington team's name change



Top: AIM co-founder Clyde Bellecourt (third from right) outside the Minneapolis American Indian Center, after a press conference in July on the Washington NFL team's decision to change its team name and logo after years of protest. Bottom: Lt. Gov. Peggy Flanagan speaks about the name change. (Photos by Christine T. Nguyen/MRP News.)

BY NINA MOINI/MRP NEWS

Outside the American Indian Center in Minneapolis on July 13, Clyde Bellecourt leaned on his walker as he watched a few people tacking a sign to the outside of the building. It reads: "We are still here."

For decades, Bellecourt has been at the forefront of the pressure campaign to get the Washington NFL team to change its name. He said he knew this day would come.

"It's been a long struggle, but you know we never give up," he said.

Bellecourt grew up on the White Earth reservations in north-central Minnesota. His Ojibwe name translates as "the thunder before the storm." And Bellecourt's been a booming voice since he co-founded the Minneapolis-based American Indian Movement in 1968.

Bellecourt also helped start the National Coalition Against Racism in Sports and Media, which is also based in the Twin Cities.

David Glass, who now serves as the coalition's president, said the movement to change the Washington franchise name had gained a lot of steam since 1992, when Washington played in the Super Bowl at the Hubert H. Humphrey Metrodome. About 200 people showed up for a protest that year.

"Fast forward to 2014, we had the largest rally protest in sports history here at the University of Minnesota" when

Washington played the Vikings at TCF Bank Stadium, he said. "We had upwards of 5,000 people join us. And that's law enforcement giving us those numbers."

Lt. Gov. Peggy Flanagan, the first Native American woman elected to statewide office in Minnesota, and only the second nationally, said the depictions of Native Americans in names, logos and mascots are harmful.

"When you erase, when you keep our people stuck as relics of the past, when you don't acknowledge that we are a contemporary people who are still here, who are very much alive and who will always be here, the policies you pass, the things you do to us and not with us can be pushed aside," she said.

Following weeks of protests denouncing racism across the country following the police killing of George Floyd in Minneapolis, companies like Nike and Amazon removed the Washington team's merchandise from their online stores.

Bellecourt said he's hopeful that younger generations will continue to hold accountable companies and teams with racist mascots and names.

"Black lives matter, but so do Indigenous people's lives," he said. "We're going to strengthen our bond,"

Washington team owner Dan Snyder has not yet announced what the team's new name will be.

Minnesota Public Radio News can be heard on MPR's statewide radio network or online.

Minnesota food shelves, already busy, brace for bigger demand



Malisamai Vue packs a cart with food and personal hygiene products at Gethsemane Lutheran Church in north Minneapolis. Vue and other volunteers with A Mother's Love often serve between 30 to 60 people per day. (Photo by Christine T. Nguyen/MPR News)

BY NINA MOINI/MRP NEWS

The COVID-19 pandemic has created huge demand for free or reduced-cost food across the state as Minnesotans have lost jobs and children missed out on school lunches. Food shelves anticipate even more people will rely on them to get enough to eat.

On July 21, Biantu Sheriff looked over milk, macaroni and cheese and other items in a cardboard box she picked up outside of Gethsemane Lutheran Church in north Minneapolis.

"I have three kids and really need diaper, formula and wipes for them," she said.

Sheriff is working fewer hours after the COVID-19 pandemic shuttered schools abruptly in March. Since then, like thousands of Minnesotans, it has been harder for her to make ends meet.

Then, at the end of May, after Minneapolis police killed George Floyd, rioters damaged several businesses including the Cub Foods on Broadway Avenue, which had to close.

"It all of a sudden after the riot, it became a large food desert," said Jamar Nelson of A Mother's Love. The grass-roots organization partnered with Gethsemane church to set up a makeshift food shelf in the Cub Foods parking lot for about six weeks before the grocery store reopened in late July.

Gethsemane's pastor, Jeff Nehrbass, is back in his own church parking lot serving more people than he ever has in his 13 years providing food and other essentials to the community. Nehrbass said prior to the coronavirus, his church served roughly 2,000 north side residents per month – that increased by roughly 5,000 people during the pandemic months.

"After the George Floyd murder we were at 35,000 people and 259,000

pounds of food in the month of June," Nehrbass said.

City leaders say the need is growing by the minute at 36 food shelves run by churches and nonprofits.

Donations are critical. The city of Minneapolis says it doesn't have funds available to support food banks or food shelves.

Gov. Tim Walz recently allocated \$12 million in federal funding related to the COVID-19 pandemic to help meet demand across the state.

The CARES Act money that since late March has provided an extra \$600 in weekly unemployment checks. Should that aid go away as expected, locally run food shelves are anticipating an even greater need in the months ahead.

Second Harvest Heartland, a Twin Cities-based food bank, among one of the largest in the country, released a hunger report in June that anticipated unprecedented demand.

It said that before the onset of the COVID-19 pandemic, 1 in 11 Minnesotans struggled to afford food. By next month, it's expected that 1 in 8 Minnesotans will face hunger.

It's why Jamar Nelson encourages Minnesotans to keep giving what they can to local food shelves.

"This is going to be a long-time recovery, there is no makeshift fix that can do this, so communitywise, we need to continue to band together, and look out for those that are less fortunate of us, and do as much as we can to provide and remember that again, this is what community is about," Nelson said.

"I have so many examples of that in the last six weeks it's beautiful, it's really heartwarming."

Minnesota Public Radio News can be heard on MPR's statewide radio network or online.

Have **you** been affected
by sexual violence?

You are not alone.
Help is just a call or click away.



STRONGHEARTS
Native Helpline

StrongHearts Native Helpline
is a safe, anonymous, and confidential
domestic violence and dating violence
helpline for Native Americans.

1-844-7NATIVE (762-8483)
strongheartshelpline.org
Daily 7 a.m. to 10 p.m. CT

Trust. Speak. Heal.



This project is supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families in the Administration for Children and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

Cooperative enterprises may lead to “new normal” for Native businesses

BY LEE EGERSTROM

Business has been grinding to a halt in much of Indian Country, perhaps more than in the U.S. economy at large, prompting a Minnesota-based Native enterprise leader to warn we shouldn't expect change until Indigenous and hard-pressed communities make changes themselves.

“Let's face it, business opportunities were limited before the virus (COVID-19) hit. And the George Floyd death. And the collapsing economy since,” said Pamela Stranding, executive director of the Minnesota Indigenous Business Alliance (MNIBA).

MNIBA hopes to help Native communities band together, inspire individuals to become successful entrepreneurs, and build new business ventures by using community and cooperative development tools. Working with like-minded people within the cooperative movement and with Native groups in the US and Canada, MNIBA has prepared a guide to help community leaders use new and evolving co-op business models for startup enterprises.

The guide book, *Beginning the Cooperative Journey Together: A Guide to Indigenous Community Cooperative Development*, can be downloaded from MNIBA's website. Printed copies have been delayed with COVID-19 temporarily shutting down the Leech Lake Tribal College's design and printing operations.

It is time for Indigenous and minority communities to design and create their own local and community-centric enterprises, thus create a “new normal” for moving forward, Standing said.

“The old ‘normal’ isn't coming back. It wasn't that good for Indigenous people and communities of color anyway,” she said. No one can say how long it will be before face-to-face retail sales will be possible for many Native artisans and other producers of unique products. Supply chains are disrupted. Far more technology will be needed for local people to reach broad markets for goods and services.

Corrective measures can be taken by community enterprises and especially by individual producers and consumers banding together with colleagues to extend their reach, she said.

MNIBA's Cooperative Guide gives good descriptions of various kinds of cooperatives found in the US and Canada. They include consumer co-ops, farmer and independent small business co-ops, worker co-ops, and hybrid and “platform” co-ops.

The latter are described as “two emerging models, consumer-worker cooperatives and cooperatives focused on workers in the free-lance economy,” which include online, or app-based business ventures. Consumer-worker cooperatives have employees and consumers both owning and managing the cooperative – an evolving model being adapted to grocery and retail cooperatives.

Consumer co-ops would include mutual insurance companies and credit unions that are member-owned, which explain why one out of three Americans are co-op members whether they realize it or not. Farmer and independent small business co-ops, meanwhile, are not always small. CHS Inc., based in Inver Grove Heights, and Arden Hills-based Land O'Lakes are both farmer-owned Fortune 500 companies.

The Guide also identifies existing Indigenous-owned and operated co-ops in Alaska, Arizona, Georgia, Hawaii, Minnesota, Mississippi, Montana, New Mexico, New York, North Carolina, North Dakota, Oregon, South Dakota, Washington and Wisconsin.

Among Minnesota co-ops is Northern Eagle Federal Credit Union, which has 700 members of the Bois Forte Band, their non-member family members, and Bois Forte employees, including Fortune Bay Resort Casino and Nett Lake School employees. Another is the White Earth Reservation Federal Credit Union.

Native co-ops in adjacent states show how cooperative business models serve various communities and entrepreneurs. South Dakota and Wisconsin both have tribal-based credit unions, and groups such as the Owinja Quilters Cooperative at Pine Ridge in South Dakota and Intertribal Maple Syrup Cooperative for Native producers in Wisconsin.

Four miniature case studies recounts successes for cooperatives that can serve as models for other business developments. They include the Qualla Arts and Crafts Cooperative, the oldest Native co-op dating to 1946 serving Eastern Band of Cherokee artisans; Umpqua Indian Utility Cooperative that provides electricity, and other services for the Cow Creek Tribe in Oregon; the Oomingmak Musk Ox Producers Cooperative for clothing producers in remote coastal villages in Alaska; and Bois Forte's Northern Eagle.

The authors caution that developing cooperative enterprises is a lengthy process with several challenges. Among them is a distrust that comes from many existing co-ops with Eurocentric models that were used as part of the colonization process, and from a blurring of distinctions between cooperative and tribally-owned enterprises.

“We have not developed our own Indigenous stories, models and histories of Indigenous cooperative development to turn to for an example of ‘how-to’ and ‘best practices’,” they wrote.

Land and personal ownership issues can be tricky on reservations, they acknowledged. Confusion about membership may also persist with some tribal citizens assuming membership in a co-op is a sovereign, or tribal right not requiring voluntary membership and participation.

But, the authors write, a cooperative can make a good fit when people want to work together, communities have identified a need to diversify and strengthen local economies, communities want to be engaged in business ownership, the idea and model comes from within and not outside the community, and when it advances Indigenous language and culture.

Trying to help make a cultural fit, Standing (Cherokee) and others looked inward at the dominant Dakota and Ojibwe Indigenous languages of

Minnesota. There are words that make a good fit with cooperative business models, she said. But the word democracy – the key element in membership and governance of a co-op – does not appear in either of Minnesota's dominant Native languages or any other Native language that Standing and team could find.

“We need everyone to understand it, but we don't need a (Indigenous) word for it,” she said. “It is in our DNA. Democracy is how Indigenous people have survived.”

So, is America at a tipping point in which business and community activity will not return to pre-2020 norms of behavior? Standing, for one, hopes so.

Community, cooperative development has worked before, close to home. A recent example followed the rural recession, often called “the farm financial crisis,” of 1982-87. Rural communities were in near-depression condition. Farmers and rural communities launched a number of new businesses, especially in Minnesota and North Dakota, creating new uses and markets for nearby farm crops while creating local jobs. Renville, in western Minnesota, was a hotbed for this development.

A local co-op leader wisely cautioned at the time, “Adrenaline is not a substitute for a good business plan.” Standing issues a similar caution now. Cooperating in a community is as old as the Indigenous population, but business plans and legal frameworks for cooperatives are new and constantly changing.

Communities can recognize needs, shared vision and values. They also must turn to experts in law, business policy and management to properly structure and direct new community ventures.

MNIBA is working with various Indigenous groups in the Southwest, Western states, and First Nations people of Canada; with supportive national and local cooperative groups and agencies (Cooperative Development Services, Cooperation Works); academic centers from Canada to New Mexico, with local academics, and with the Center for Cooperatives at the University of Wisconsin Madison.

As part of such partnering groups, it has been involved with conferences for child care cooperatives and in cooperative training and education programs for Native students.

The MNIBA Cooperative Guide is already serving as a nationwide teaching tool while it waits publishing in printed form. Hopefully, Standing said, a new generation of educated young people will be able to help Indigenous and communities of color develop community and cooperative enterprises to unleash cultural strengths and opportunities.

The Guide can be downloaded at: <https://www.mniba.org/programs/cooperative-development.html>.

THE CIRCLE SPONSORS



**THANK YOU
FOR SUPPORTING THE CIRCLE**

THANK YOU

TO ALL THE MINNESOTA LAWMAKERS WHO SUPPORTED

TOBACCO 21

BEGINNING AUGUST 1, 2020, THIS NEW LAW WILL PROTECT YOUNG LUNGS ACROSS THE STATE FOR GENERATIONS TO COME.

GOV. TIM WALZ AND LT. GOVERNOR PEGGY FLANAGAN

SEN. PAUL T. ANDERSON • SEN. KARLA BIGHAM • SEN. JIM CARLSON • SEN. ROGER C. CHAMBERLAIN • SEN. BOBBY JOE CHAMPION • SEN. GREGORY CLAUSEN
SEN. RICHARD COHEN • SEN. STEVE A. CWODZINSKI • SEN. SCOTT DIBBLE • SEN. KARI DZIEDZIC • SEN. CHRIS EATON • SEN. KENT EKEN • SEN. MELISA FRANZEN
SEN. NICK FRENTZ • SENATE MAJORITY LEADER PAUL GAZELKA • SEN. DAN D. HALL • SEN. FOUNG HAWJ • SEN. JEFF HAYDEN • SEN. JOHN HOFFMAN • SEN. JASON ISAACSON
SEN. JOHN JASINSKI • SENATE MINORITY LEADER SUSAN KENT • SEN. MATT KLEIN • SEN. CAROLYN LAINE • SEN. RON LATZ • SEN. MATT LITTLE • SEN. JOHN MARTY
SENATE PRESIDENT JEREMY MILLER • SEN. CARLA NELSON • SEN. JERRY NEWTON • SEN. SANDRA PAPPAS • SEN. ERIC PRATT • SEN. JERRY RELPH • SEN. ANN REST
SEN. JULIE ROSEN • SEN. CARRIE RUUD • SEN. DAVID SENJEM • SEN. ERIK SIMONSON • SEN. DAN SPARKS • SEN. PATRICIA TORRES RAY • SEN. BILL WEBER
SEN. CHARLES WIGER • SEN. MELISSA WIKLUND • REP. PATTY ACOMB • REP. JEFF BACKER • REP. KRISTIN BAHNER • REP. DAVE BAKER • REP. CONNIE BERNARDY
REP. ROBERT BIERMAN • REP. JEFF BRAND • REP. HUNTER CANTRELL • REP. ANDREW CARLSON • REP. LYNDON CARLSON SR. • REP. SHELLY CHRISTENSEN • REP. ANNE CLAFLIN
REP. JACK CONSIDINE JR. • REP. JIM DAVNIE • REP. RAYMOND DEHN • REP. LISA DEMUTH • REP. BOB DETTMER • REP. ROB ECKLUND • REP. HEATHER EDELSON
REP. STEVE ELKINS • REP. PETER FISCHER • REP. MARY FRANSON • REP. MIKE FREIBERG • REP. AISHA GOMEZ • REP. GLENN GRUENHAGEN • REP. BARB HALEY
REP. LAURIE HALVERSON • REP. ROD HAMILTON • REP. RICK HANSEN • REP. HODAN HASSAN • REP. ALICE HAUSMAN • REP. KAOHLY HER • REP. FRANK HORNSTEIN
SPEAKER MELISSA HORTMAN • REP. MICHAEL HOWARD • REP. JOHN HUOT • REP. SYDNEY JORDAN • REP. TONY JURGENS • REP. GINNY KLEVORN • REP. ERIN KOEGEL
REP. CARLIE KOTYZA-WITTHUHN • REP. MARY KUNESH-PODEIN • REP. SANDY LAYMAN • REP. FUE LEE • REP. JOHN LESCH • REP. TINA LIEBLING • REP. BEN LIEN
REP. LEON LILLIE • REP. TODD LIPPERT • REP. DAVE LISLEGARD • REP. JAMIE LONG • REP. DALE LUECK • REP. CARLOS MARIANI • REP. PAUL MARQUART • REP. SANDRA MASIN
REP. TIM MILLER • REP. KELLY MOLLER • REP. RENA MORAN • REP. KELLY MORRISON • REP. MARY MURPHY • REP. MICHAEL V. NELSON • REP. MOHAMUD NOOR
REP. LIZ OLSON • REP. GENE PELOWSKI JR. • REP. JOHN PERSELL • REP. JOHN PETERSBURG • REP. NELS PIERSON • REP. DAVE PINTO • REP. JEANNE POPPE
REP. JOHN POSTON • REP. LAURIE PRYOR • REP. RUTH RICHARDSON • REP. KRISTIN ROBBINS • REP. STEVE SANDELL • REP. JULIE SANDSTEDTE • REP. DUANE SAUKE
REP. JENNIFER SCHULTZ • REP. ZACK STEPHENSON • REP. MIKE SUNDIN • REP. BRAD TABKE • REP. DEAN URDAHL • REP. SAMANTHA VANG • REP. JEAN WAGENIUS
REP. AMI WAZLAWIK • HOUSE MAJORITY LEADER RYAN WINKLER • REP. DAN WOLGAMOTT • REP. TOU XIONG • REP. JAY XIONG • REP. CHERYL YOUAKIM



**KEEP
TOBACCO
SACRED**

In other words, if you smoke and don't use moderation, you can become a couch potato. Like many things, cannabis is best used in moderation, at least that's what they say.

So, get out and vote, either way. Legally, a tribe can do what the state does. In Minnesota, we have medical marijuana, we just don't have it anywhere near us. Besides that, tribal governments have an opportunity to be innovative and visionary, and the industry is booming. Take a look at an unusual superhero in the medical marijuana field, Oklahoma.

Look at a map of Oklahoma, yes, that conservative state, that the Supreme Court just recognized is Indian territory, well at least half of it. Oklahoma has a huge number of medical dispensaries. What's interesting about Oklahoma is that their medical cannabis laws don't specify a list of qualifying conditions. Since there are no qualifying conditions for medical cannabis in Oklahoma, the state has declared that all medical marijuana recommendations shall be given out "according to the accepted standards a reasonable and prudent physician would follow when recommending or approving any medication."

Oklahoma law states that all applicants for a medical marijuana license must be 18 years of age or older. However, special exception will be granted to applicants under the age of 18 who have approval

and signatures from two state-licensed physicians, as well as their parent or legal guardian.

Oklahoma has as close to free market capitalism for medical marijuana as can be imagined. There are no restrictions on the number of permits to be issued, nor zoning restrictions. There are over 200,000 patients, more per-capita than any other state and licenses were issued for 2,168 dispensaries, 1,415 processors and 4,931 growers. The industry which started in 2018, is worth about \$350 million, and that money is spread across a lot of businesses, and a lot of patients.

In comparison, Minnesota's medical marijuana business is controlled by two companies - Minnesota Medical Solutions and Leafline Labs, both Twin Cities based. Vireo, the largest (Minnesota Medical Solutions Company) is headed by Dr. Kyle Kinsley, a former ER Doctor from Shakopee. According to a *Star Tribune* article, he first considered that "medical marijuana" might do a lot more for patients than the profligate alcohol and opioid use he witnessed every night. Business is good: the company is worth about \$350 million, with only a few dispensaries. Leafline Labs is the second cannabis producer, associated with the Bachman Nursery's business. Both have had good success - but access, particularly in the north country, remains limited.

While the business model of limiting



the industry to two corporations has regulatory benefits, cannabis has the potential to illustrate economic justice. That's to say, that Natives and other people of color could grow and own this business. Minnesota's model doesn't do that. In fact, low income medical patients can grow their own in Oklahoma, which would help a lot of people who suffer and need cannabis. As a cannabis grower who specializes in hemp (the non-THC plants) I find that growing your own gives you a better connection to your medicines.

In the larger context, the War on Drugs has put more people of color in jail historically for marijuana, than white people per capita. According to the American Civil Liberties Union, of the 8.2 million marijuana arrests between 2001 and 2010, 88% were for simply having marijuana. Despite roughly equal usage rates, Blacks are 3.73 times more likely than whites to be arrested for marijuana. Basically, 52% of the country's drug arrests, until recently, were for small amounts of marijuana. That stays on your record. Expunging records and legalizing cannabis would help a lot of tribal members.

This is an opportunity for a new economy. Over the past two years, White Earth has fallen behind other tribes in hemp regulation, but this may be an opportunity to step up for a new economy, one which heals, and brings income to the community. However you look at it, cannabis is a catalyst for change.

Whatever White Earth does, it's likely that cannabis will be legalized in a few years within the state, but it's really a question of what a tribe wants to do to share in that economy and those medicines.

Economic plans during a time of pandemic are hard to come by, but locally grown cannabis has not only economic potential but it can help heal communities in the depths of a physical/mental health crisis.

Dream Big!

For more information and special events, call us or visit our website!
 North of Custer, SD • Hwy. 16/385 • (605)673-4681
crazyhorsememorial.org • Follow us on social media!

CRAZY HORSE MEMORIAL®

©Crazy Horse Memorial Fnd.
Korczak, sc.
1/34th scale model

Native Performers,
Cultural Programs,
and Special Events (In Season)

The Native American Educational
and Cultural Center®

The Indian Museum of North America®

Legends in Light® Laser Show
(Nightly, In Season)

Looking at the findings as a community health matter, the authors said future research should look at reasons why a family death during college-age years makes it harder for students to graduate from college. And, researchers should look at other life experiences and college policies that might harm graduation rates for Black and Native American young adults.

They concluded that "racial disparities in mortality might affect social determinants of health of surviving relatives, and college policies are a potential intervention point."

Colleges and universities might want to look at what community colleges are doing to reach older students, Thyden said. Good numbers of women go back to school after pausing to raise young children, and older students of both genders do go back to community colleges to resume studies for career advancements.

This is especially important now with the COVID-19 pandemic because colleges and universities may be cutting student support programs to save money, Thyden said.

Bucking what likely may become a trend, Minnesota State has programs in place to help students who have disrupted their college educations, but its lead program isn't system wide.

MN Reconnect, a partnership between

FINDINGS FROM THE STUDY

- Young people of color experience more sibling and parent deaths than White youth.
- A family death at ages 13–22 is related to lower odds of getting a college degree.
- Impact of family death is larger during college years (ages 19–22) than ages 13–18.
- Racial disparities in mortality may contribute to racial disparities in education.
- College policies are a potential intervention point to weaken this link.

Minnesota State and the Minnesota Office of Higher Education, provides special services and benefits to help adult Minnesotans re-enroll in college to finish educations.

The program was started at a few community colleges in 2018 and was expanded in July to help students enroll for classes this fall at five additional schools.

Participating colleges include Central Lakes College (Brainerd and Staples), Dakota County Technical College (Rosemount), Inver Hills Community College (Inver Grove Heights), Lake Superior College (Duluth), Minneapolis College (Minneapolis), North Hennepin

Community College (Brooklyn Park), Pine Technical & Community College (Pine City), Riverland Community College (Albert Lea, Austin and Owatonna), and South Central College (Faribault and North Mankato).

The MN Reconnect program helps adult, returning students with a personal advisor for college and for career planning, with scholarships of \$1,000 per semester and other financial assistance that may prevent re-enrollment, and emergency financial assistance. It also helps with academic planning, accelerated degrees, gaining credit from previous learning, and with online and in-person tutoring.

In a July 2 announcement, the Minnesota Office of Higher Education (OHE) said the program not only addresses academic issues, "but social and basic needs such as child care, transportation, employment, food, and financial issues that can make all the difference in education outcomes."

Adult learners are confronted with balancing work, life and school responsibilities, the announcement said.

Dennis Olson, OHE commissioner, made passing reference to the current environment of the COVID-19 virus and its economic impact. "In these uncertain times for so many families, a program like MN Reconnect can offer the financial and emotional support adult students need to face the challenge and embrace the opportunity to return to college and complete their degree," he said.

Information on Thyden and colleagues' study on the unequal impacts on education achievement after a death in family can be found at <https://twin-cities.umn.edu/news-events/research-brief-black-and-native-american-youth-experience-more-family-deaths-may-reduce>.

Minnesota State information on the MN Reconnect program, and links to participating colleges, are available at <https://mnreconnect.com>.



COVID-19 Testing @Phillips Neighborhood

Indian Health Board and the Native American Community Clinic (NACC) have joined efforts to provide testing. Together, we are increasing testing and taking care of our Native American community.

Make an appointment by calling us at
612-721-9800

Your provider will contact you for an initial telehealth visit. If needed you will be scheduled for onsite testing, please follow the instructions for driving or walking up to the clinic garage.

Things know about the COVID-19 test and results:

- Testing follows CDC safety guidelines
- After the telehealth visit, we will schedule a test for Tuesday or Thursday
- Test site is at 1315 East 24th Street, Minneapolis, MN 55404
- Results may become available up to 48-72 hours and sometimes longer
- **Isolate yourself from elders and other vulnerable communities for at least 14 days.**

Your provider will review the results with you with a follow-up with you by a phone or video call. If you want more information call our clinic!

Daniel Polk: National Class Disc Golfer

Everyone may have a hidden talent. Oftentimes someone finds it by chance. Other times it may stay hidden. By continuing to practice the talent efficiently, one may master the gift.

Daniel Polk, 41, is a gifted professional disc golfer. He is from the San Carlos Apache, Quechan, and Diné Nations. He, his wife Dyani, and two daughters Nina and Tusweka live in Shakopee, Minnesota.

“I first learned the sport of disc golf in 2005 while I was in college at Haskell Indian Nations University,” said Daniel. “I played basketball there from ’00-’03. When I ended my collegiate career, I felt a little lost for a couple years not competing at a high level. I was definitely looking for something to do because I’ve been an athlete since I was a young child.”

One day Daniel and his girlfriend Dyani, now his wife, were driving around Lawrence, Kansas. “I noticed some people were throwing frisbees at a metal target. It looked like a lot of fun. Dyani said it was called frisbee golf,” added Daniel.

“I remember wondering about the game including how to keep score, how to throw, what were the rules in this



Daniel Polk, an A-Tier professional frisbee player, gets ready to let a frisbee fly. (Photo courtesy of Billie Sage Ashton.)

game,” said Daniel. “I was very curious but I just didn’t know where to start.”

Daniel watched someone throw a disc farther than the whole football field. As he watched he could also visu-

alize himself throwing the disc long distance.

“Right then and there, I was hooked,” said Daniel. “I was so in shock and excited that I wanted to learn to throw an entire football field length before learning anything else. That is exactly what I did.”

Dyani had a friend named Henry Pohocsucut she knew from the university who played disc golf.

“Henry taught me the form in a stand still formation, where and how to pull the disc through, and what height to throw,” said Daniel. “He also taught me the X-step to build momentum to throw the disc farther, but not to use any steps until I controlled my pull through and height of the disc. I practiced this for a complete month.”

“My goals were to learn the form and throw at least a football field length,” said Daniel. “I went to my first course, Centennial Park, in Lawrence, Kansas. However, it was very different from throwing on a football field. I saw trees in the way, baskets not straight ahead and far away, some a little closer to the tee-pads, and water obstacles. I still remember I shot 30 over par after my first round. Even with that score, I still wanted to play.”

Daniel was an intermediate player in his first tournament when he won The Centennial Open in 2005. He also became a member of the Professional Disc Golf Association (PDGA) that same year. As an advance amateur player, he won his first A-Tier at the Colorado State Championships in 2006. Winning his first pro tournament at the Ale Asylum Open in

Madison, WI in 2010 followed. He continued improving and won the A-Tier as a professional in the Master Pro 40+ at the Des Moines Challenge in 2019.”

Then the COVID-19 pandemic hit the world.

“My competition came to a halt,” said Daniel. “I usually play a tournament every weekend during the disc golf season.”

When the regional in-state and out-of-state events were canceled, Daniel focused on off-season training as he does during the peak of the winter months.

“I had to adapt and make changes in order to keep up with my game and health,” said Daniel. “This is how I kept up with my training, health, mentality, and sanity.”

“As a few weeks went by, I started to go to the course to play, but I was playing solo rounds, using my hand sanitizer, social distancing when others were out, and learning how to just be outside and be safe,” added Daniel.

The mental toughness of competing at disc golf coincides with all individual sports. “Mentally, what I need to work on is learning to calm my nerves,” said Daniel. “Everyone has them. I need to discipline myself to work on the weakest shots in my game, like side-arms, forehand rollers, and always more putting.”

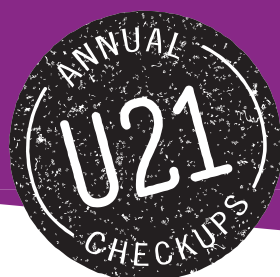
“The few accomplishments I had stuck out the most in my mind,” said Daniel. “It takes me back to where I started in this sport. I love and appreciate my journey in the sport of disc golf.”

Child and Teen
Checkups

**FREE
ANNUAL
CHECKUPS**
FOR THOSE UNDER 21

**KEEP YOUR
CHILD
HEALTHY**

GET STARTED AT
U21Checkups.com



Winning in Indian Country

In a departure from the usual “Political Matters” fare, this month’s column will feature good news. In the midst of the COVID-19 pandemic, economic collapse, homeless camps in Minneapolis city parks, and skirmishes between racial justice protesters and the cops (and the GesTrumpo in Portland, Ore.), the Supreme Court of the United States decided that much of eastern Oklahoma (“Indian Territory” on old maps) still is a federally-recognized reservation.

And the Washington “R”-word NFL franchise dropped their offensive team name in the face of pressure from some major corporate sponsors.

All in all, amazing developments.

First, there was the July 9 SCOTUS decision in *McGirt v. Oklahoma*, in which the justices, on a 5-4 vote, found that the Muscogee (Creek) Nation still retains sovereignty in eastern Oklahoma, including Tulsa, the state’s second-largest city.

The case was brought by Jimcy McGirt, who was convicted years ago in Oklahoma state court on three serious sex crimes. McGirt argued after his conviction that the state lacked jurisdiction to prosecute him because he’s an enrolled member of the Seminole Nation of Oklahoma. McGirt’s appeal,

as per the opinion of the Supreme Court, rests on the federal Major Crimes Act (MCA), under which Indians are subject to federal trials for certain crimes committed within “the Indian country.”

“State courts generally have no jurisdiction to try Indians for crimes committed in ‘Indian country,’” according to the court decision.

National Public Radio, in its coverage of the SCOTUS decision, pointed out: “The ruling will affect lands of the Muscogee and four other Oklahoma tribes with identical treaties. Civil court issues are also affected.

“It’s important to note that the case concerned jurisdiction, not land ownership.”

The NPR story quoted Kevin Washburn, dean of the law school at the University of Iowa, where he teaches a course on federal Indian law. He served as assistant secretary of Indian affairs, from 2012 to 2016, and is a citizen of the Chickasaw Nation of Oklahoma. He called the court’s ruling “a great decision.”

“For Indian people, their land is really important, and treaties are really important,” Washburn told NPR. “They’re sacred. And this reaffirms the sacredness of those promises and those treaties.”

He added, “Now and then there’s a great case that helps you keep the faith

about the rule of law. And this is one of those.”

The Muscogee (Creek) Nation issued a statement on the court’s decision: “The Supreme Court today kept the United States’ sacred promise to the Muscogee (Creek) Nation of a protected reservation. Today’s decision will allow the Nation to honor our ancestors by maintaining our established sovereignty and territorial boundaries. We will continue to work with federal and state law enforcement agencies to ensure that public safety will be maintained throughout the territorial boundaries of the Muscogee (Creek) Nation.”

On the exploitation of Native names and symbols – the practice known as “cultural appropriation” – the July 13 decision by the Washington NFL franchise to change its name and logo came as a kind of thunderclap. The American Indian Movement (AIM) and mainstream Native organizations have been campaigning for such a change over many decades.

I’ve written numerous articles for *The Circle* about this demeaning behavior, the abuse of Indian rituals and symbols for America’s fun and games. Many years ago, I went to the Metrodome and interviewed Cleveland Indians and Minnesota Twins players about the issue. There has been significant move-

ment in the prep and collegiate ranks, but the Washington decision represents the first time a major pro sports franchise has taken an enlightened step. Of course, the fact that the NFL franchise in the nation’s capital has employed a derogatory and racist epithet for its team was egregiously horrible.

Team owner Daniel Snyder had vowed that the “R”-word would endure forever; however, when FedEx, which won naming rights for the Washington football stadium, declared they would withdraw its sponsorship, the ground quickly shifted. Also, Nike, Amazon and other companies said they would no longer sell Washington-branded merchandise.

As someone said, money doesn’t talk – it screams. And Snyder bid a hasty retreat from the “R”-word.

The national social upheaval in the aftermath of the May 25 killing of George Floyd in Minneapolis likely motivated the Washington decision. It will be interesting to see how other pro sports franchises react to the changed landscape vis-à-vis the raised profile of the movement for racial justice. So far, the Cleveland Indians (which ditched the Chief Wahoo logo last year) have announced that they will reconsider the team’s name.

INDIVIDUAL STORIES ARE POWERFUL. SHARE YOURS.

Call MPR News to put your story on our airwaves.
We’re here to listen.

CALL 651-228-4800
TEXT 612-512-0111

Thank you.
MPRnews

For Joshua: An Ojibwe Father Teaches His Son, is a remarkable memoir

BY DEBORAH LOCKE

The late Richard Wagamese knew that liquor “owned him” and that as a drunk, he was unfit to raise his baby boy. The baby’s mother left with the baby to protect her son from his father’s alcoholic binges. Years passed; Wagamese became sober. He knew it was his responsibility as an Ojibwe father to

teach his child traditions such as finding wisdom from within, the importance of humility, and to convey to the boy that the earth and all people upon it were related and valuable.

So when his son was six, Wagamese wrote, “For Joshua: An Ojibwe Father Teaches His Son,” a remarkable memoir about climbing from a self-made hole of fear, substance abuse, homelessness and incarceration. The path to knowing himself and his purpose

on earth is dotted with exceptional people who see themselves in Wagamese, and throw life preservers his way.

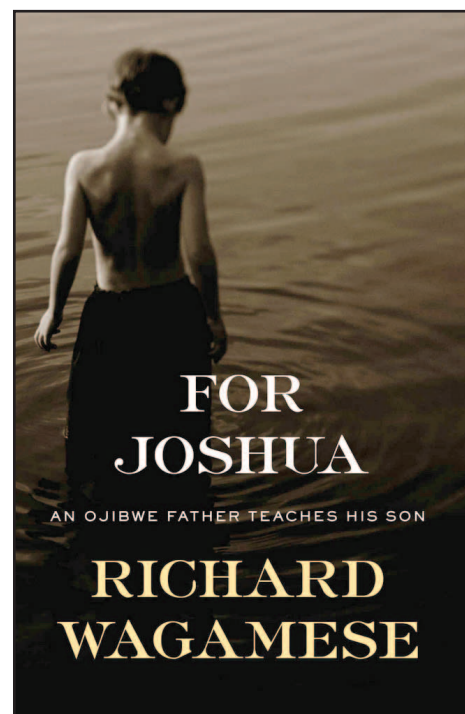
The story, which unfolds in Canada, is beautifully written: Wagamese was an amazing writer well deserving of the accolades and awards he accrued in his too-short life. The memoir conveys Wagamese’s childhood as a foster son who is ripped from the non-Indian foster family he loves and adopted by a distant non-Indian family who live in a racist community. That cruel separation increases the doubt, fear and despair that follow Wagamese for decades. Finally, a good friend named John brings Wagamese to a hill facing the Rocky Mountains and leaves him there for a four-day Vision Quest. The remainder of the book weaves traditional Ojibwe stories with what Wagamese figured out day by day at the top of the hill.

He figured out a lot, while seated in a small circle drawn by John, with only one blanket and a canteen of water. The bits of wisdom that Wagamese derived from himself, as well as later from the company of a group of non-using Indians, took him from a “Technicolor nightmare” to a “black-and-white reality. A reality that didn’t hurt anymore.” He wrote: “Over time they showed me exactly what John showed me, that I wasn’t bad, deficient, or unworthy – I was just a drunk who needed to stay sober in order to help himself.”

Certain scenes in the book really stand out. Alone and hitchhiking across Canada, Wagamese spent three nights sleeping under a bridge until he heard of a hostel in a small nearby town. He was welcomed there, joining eight travelers from throughout Canada. The group pooled its money, bought groceries and cooked over an open fire.

What made that fire and the people memorable for a lifetime was the way everyone looked out for each other. Then something wonderful happened, Wagamese wrote. The group of strangers returned to their tents and brought back a fiddle, guitar, harmonica, bongo drums, an accordion and a pennywhistle. Simple campfire songs were followed by ballads from Quebec, seafaring melodies from British Columbia, maritime ballads from Nova Scotia, foot-stomping Metis music from northern Alberta, and a Saskatchewan farmer’s songs of harvest, land and small-town dreams.

Folk songs filled the air about endless rail tracks, highways, dance halls and a lonely sundown. Story telling followed, about fields that ran forever



“For Joshua: An Ojibwe Father Teaches His Son”

Milkweed Editions
April 2020
240 pages

and land “so flat you could watch your dog run away for four whole days before he disappeared.” Many years passed before Wagamese realized the deepest lessons he learned from that night – lessons about belonging, unity and a shared love for land.

It takes a long time for truths to unfold in the book, the same way they unfold in a life. Wagamese learns the intricacies of building a sweat lodge and takes his first sweat. He touches his first ceremonial pipe and learns its parts and meaning. He grows to seek peace over conflict. As a child, Wagamese intimately knew the forests and rivers, but did not have a father to show him to be a caretaker of the land and everything on it.

“We didn’t know that simply being Indian by doing an Indian thing like fishing wasn’t enough,” he wrote. “We didn’t know that what made something the Indian thing to do were the teachings that guided the process.”

In a closing chapter made more poignant due to his death at age 61, Wagamese invited Joshua to find him. It won’t be hard, he wrote. “I’ll be on the land somewhere, feeling its heartbeat on the soles of my feet, knowing with each breath that it is home, that I am home, wherever I might be. Until then, my son, I love you.”

“For Joshua: An Ojibwe Father Teaches His Son” was published in 2020 by Milkweed Editions (\$24).



dsgw
ARCHITECTURE
enriching communities

ENVISION.
PLAN.
DESIGN.
EVALUATE.
DETAIL.
BUILD.
CELEBRATE.

Oshkaybewis.
We are Helping to Build Indigenous Nations.

(651) 784-7924
dsgw.com

Connect with us on Facebook!

VIRGINIA
TWIN CITIES
DULUTH

Native Votes Make a Difference!



Apply now to allow time
to receive and return
your absentee ballot to
vote safely from home.

Primary: August 11
General: November 3

Register to vote and
request an absentee ballot at:

mnvotes.org



Young grad works with Amnesty International on corporate crimes

BY HANNAH BROADBENT

Raven Ziegler is a young Native American woman who is making a big impact in her community as an activist and young graduate. She is a member of the Lower Brule Sioux Tribe (Kul Wicasa Oyate) in South Dakota. She completed her Master of Human Rights (MHR) degree in the spring of 2020.

Ziegler began working with Amnesty International this summer, where she works with the International Secretariat of Amnesty International in partnership with the University of Minnesota's Human Rights Lab. Ziegler conducts research on business and human rights accountability and corporate crimes.

She talked to us about the things that keep her going, inspired and motivated throughout these trying times.

HB. Tell us about yourself. What tribe are you and where did you grow up?

RZ: My name is Raven Ziegler (Wambli Okas'a Win). I am a Lakota Sioux woman from the Kul Wicasa

Oyate Tribe (Lower Brule Sioux Tribe). I grew up on my reservation throughout my childhood. Around age 12, I moved to Minneapolis with my family for access to better education.

HB. Why was going to school so important to you? In what areas of Human Rights and Advocacy do you focus on and why?

RZ: School is essential to my growth because it has given me the practical skills necessary to advance the wellbeing of my community. Despite accessibility barriers, I view education as an equalizer in the face of systemic oppression. As our community has understood for generations, knowledge is the single most powerful tool we have. The knowledge I've gained through higher academia is something that cannot be taken away from me. More importantly, it does not begin and end with me. I'm now able to take this knowledge I've learned from a uniquely privileged space and bring it back to my community. I'm able to help us decipher dense texts and strategize on how to best protect our rights. Although the accumulation of knowledge can happen in many

spaces, it has been most impactful in my educational journey.

HB. What inspired you to follow the path you are on now in human rights?

RZ: In May, I graduated with a Master of Human Rights from the Humphrey School of Public Affairs. I concentrated on the nexus of business and human rights, in order to gain the technical skills necessary to hold corporations who violate human rights accountable. This career move is heavily influenced by the continuous exploitation and environmental racism experienced within the Indigenous community.

HB. What things do you do to help you feel grounded and energized?

RZ: I am grounded and energized by the same space – my community. I'm endlessly inspired by our resilience, dedication and love we've invested into each other. We deserve to live in a world that recognizes, celebrates and protects our community. I'm hoping to help move us closer to that world.

HB. Now that you are done with school, what's your plan? Long-term



plans?

RZ: I have accepted a contractual research position with the International Secretariat of Amnesty International. I am working with the business and human rights team on the "Prosecuting Corporate Crimes" project – which looks at the boundaries of international law when

– CONTINUED ON PAGE 14 –



We're here with you.
We're here for you.

Hennepin County resource helpline

612-348-3000

8 a.m. to 8 p.m. – 7 days/week

If you've been impacted by COVID-19, get help with:

- Clothing
- Financial assistance
- Grocery and household supplies
- Medical care and equipment
- Medication

hennepin.us/covid-19



Community thanks AIM for protection



The Native American Community Clinic (NACC), University of Minnesota Community-University Health Care Center (CUHCC) and Native American Community Development Institute (NACDI) hosted a gratitude lunch for members of the American Indian Movement (AIM) who watched over the Philips and Seward Neighborhoods during the George Floyd protests, and protected the critical health centers and other businesses and non-profits in the community.

The lunch took place July 10 outside of the Minneapolis American Indian Center on Franklin Ave in South Minneapolis.

Robert Lilligren, President/CEO of NACDI (on left) presents Frank Paro, President of AIM, with a check. A new mural (by artists Rory Wakemup and Natchez Beaulieu) was also unveiled (top photo).



prosecuting corporations for human rights violations. I'm a few weeks into the position and it has been incredible. This field is a decade old and we are closer than ever before to begin to hold corporations accountable for a myriad of violations – including environmental exploitation and violence against peaceful protestors.

HB. With all the current events happening in our city, what positive changes do you see already?

RZ: The mobilization of communities to protect and support each other has been exceptional. I've never felt more connected with Minneapolis. We are living through an example of how investment in community-led initiatives a viable alternative to traditional law enforcement can be.

HB. What is your hope for the Native community in Minneapolis? What do you see as the possibilities?

RZ: My hope for the Indigenous community in Minneapolis is that we finally get the space to move beyond survival mode. The centuries of trauma held in the Indigenous community (i.e. colonization, poverty, state violence) has impeded on our ability to live fulfilling lives collectively. I hope we will soon get to a space where we can be radically vulnerable without the threat of danger. I hope we will soon get the opportunity to live in our bodies and in this world peacefully.

Financing for Your Business



Audra Tonihka
Vice President of Lending

White Earth Investment Initiative
audra.weii@mmcdc.com
218-983-4020

This institution is an equal opportunity provider and lender.



Oak Ridge Manor

1199 Bahls Drive, Hastings, MN 55033
(651) 437-1367

NOTICE: OPENING THE ONE BEDROOM WAIT LIST
Seniors 62 years or older, rent based
on income for qualified applicants.

Applications may be downloaded at: www.commonbond.org
beginning at 9:00 AM July 21st, 2020 until 4:00 PM August 15th, 2020.
Completed applications must be received by mail or hand delivered
on or before August 15th, 2020.



All qualified applicants will be placed on the Waiting List
in the order they are received.



FOR RENT

Find your new home with At Home Apartments.
Call 651-224-1234 or visit AtHomeApts.com for an
apartment or town home. Equal Housing Opportunity.

Montessori American Indian Childcare Center

Position Announcement: MONTESSORI PRIMARY GUIDE

Immediate Opening. The Montessori American Indian Childcare Center is seeking a qualified AMI trained Montessori Primary Guide for children 3-6-years of age. Candidates should be excited to work in a community directed and culturally inspired Montessori pre-school.

For more info visit: www.americanindianmontessori.net

Executive Assistant, Como Friends

Work in support of Como Park Zoo
& Conservatory!

Full-time position with competitive
pay & great benefits.

Details at
<https://comofriends.org/about-us/employment-opportunities>

ADVERTISE ONLINE WITH THE CIRCLE

FULL WIDTH BANNERS:
FULL WIDTH TOP OF PAGE
\$300 PER MONTH
(1800 W X 150 H PIXELS)

THREE-FOURTHS BANNER:
UPPER RIGHT SIDE OF PAGE
\$ 225 PER MONTH
(468 W X 60 H PIXELS)

TOWERS:
DOWN THE SIDE OF PAGE
\$150 PER MONTH
(160 W X 550 H PIXELS)

CUBES:
DOWN SIDE OF PAGE,
\$75 PER MONTH
(160 W X 120 H PIXELS)

www.thecirclenews.org
612-722-3686



Pretty sure I'ma be calling Rezberry Housing for some repairs soon. Due to my last most unfortunate accident, I'm in a wheelchair for the first time in my life. The walls are going to be all scraped up and many bumps into doorways will need to be fixed, too. I'm trying to get the hang of basic geometry but I knew that before I broke my ankle. Not that long ago, I could dance and dance and dance all off-beat and I still made it look cool! Welp, lately I have had a long string of very devastating accidents on all appendages that has left me incapacitated for months, along with death

and isolation.

I cry, I question daily, "Why am I still here?" To suffer even more than I have thus far? Why? Then I see two pair of big brown eyes that shine on me with love every morning. Mitzi and her sister Bugg and feline brothers Tupac, Purrince, Lenny Katvitz and Tom Petty are what gets me out of bed...well that and the functional need to urinate. That's how I know I'm still around to be able to piss some people off. My life has meaning.

Pretty much all I pray for is a small break from loss and bereavement. I pray for all of our well-beings and what shreds of sanity we collectively have left after this assault on our way of lives. Make no mistake, we are at the point in the story where Bad vs. Good looks like Bad will win. Listen now! We do not have to Lemming off the edge of Republican terrorism thinking. We can always fight later, too.

Noo!!! I read a piece online that stated that we, the 'all of us' WE were born for this time in history as we know it to be now. Ha! Maybe that's where I get some strength from, witnessing the Fall of the Eye of Modor. (Choose your own metaphor) in real time. There used to be days when I

read books that had an ending, you could physically know it. But here and now we are in a fluid situation. To my mind that means we can write a utopian and not dystopian last chapter to this current disgusting, vile and criminal administration. WE can write right history. Come with me.

Back to me... poor ole bones, my surgeon told me I have bones like Styrofoam. Yah, this after another surgeon told me this past January I have the bones of a 90-year old woman. I cried, you bet I did, thinking of how much more active I used to be and being homebound as I am now. I have become a rare, fragile doomed flower, but one that can still bite your ass off and you will thank me for it. Ho-Lay! Carried away!

To my point: the Ill-wishes directed at me have failed...I'm still here. I carry no burden of hate, revenge or retaliation. You will deal with that in time, which I now freely admit I will pop some corn because I am so amused by just hanging around to see what happens next. Who needs so-called Reality TV shows these days? Just wake up (I mean that) and turn on the telly, if only to get the gist of today's confusing and absurd news.

Well, I never 'have to' and am rarely

asked to call out or name people that have helped me out in a direct way and those who offered help. I love calling them out to prove to myself that there are really good people in my life whose care and love helped me so I could be sitting so comfortably as I am right now in this moment. I do not take my loved ones for granted. They are gifts.

So, to my curmudgenous Ole Unk, A Mighty Hunter and Story-Teller, I say chii miigwech for hauling this ole broken body to and from my ankle surgery and so much more than that. I love and appreciate how you are always here for us relatives. You are our Rock.

To my non-blood relations I say the same, chii miigwech! I feel really isolated right now being homebound but ya'll have helped me more than you know. In the saddest, most heart-broken time in my life you took the time to let me know you care. I did pray for someone to help me out, and Geena said she would help me out, she saw my need and that I wasn't getting it from anyone else. Maybe they're sick n tired of looking after me, I get that, but really now! I'm not doing this for attention, just not wanting to die just yet. Hehehehe.

2020 CIRCLE AD RATES

DISPLAY RATES		
Ad Sizes	Width X Height	Net Rate
Full Page	10-1/8" x 12-1/2"	\$1,200
3/4 Page	10-1/8" x 9-1/4"	\$900
1/2H Page	10-1/8" x 6-1/8"	\$650
1/2V Page	5" x 12-1/2"	\$650
3/8 Page	5" x 9-1/4"	\$450
1/3 Page	6-11/16" x 6-1/8"	\$400
1/4H Page	5" x 6-1/8"	\$350
1/4V Page	3-5/16" x 9-1/4"	\$350
1/6 Page	3-5/16" x 6-1/8"	\$275
1/8 Page	5" x 3"	\$200
Business Card	3-1/4" x 2	\$75

Full color ads, add an extra \$150 per ad.

Classified Ads: \$30 per column inch. \$60 minimum.

Send ad copy to: thecirlenews@gmail.com (put "attention Ad sales" in head).
Call Cat at 612-722-3686 for more info and discounts.

"The Hub helped me connect to the resources I need."

Your best life, your way.

Whether facing an immediate concern or planning for the future, the experts at the Hub have years of experience helping people with disabilities, and the people who support them. A free resource for all Minnesotans. We serve all languages.

1-866-333-2466 disabilityhubmn.org Follow us on Facebook!

Disability

HUB

MN

**Protect your family.
Protect your elders.
Protect your Tribe.**



Mask up, Minnesota!

STAY SAFE MN

The Circle
NATIVE AMERICAN NEWS AND ARTS