July 2017
Wakpa Ipaksan Oyate 55th Annual
Traditional Wacipi

Canpa So Wi (The month when chokecherries turning red) - July

HAPPY 4th

FUN AHEAD

Gayle Vazquez Miss Flandreau Santee Sioux. Daughter of Gayle & Oscar-Vazquez

Maya Anderson Jr Miss Flandreau Santee Sioux daughter of Eric Anderson, Granddaughter of Victoria Anderson and Great granddaughter of Betty Taylor.
Flandreau Santee Sioux Tribe Newsletter is a monthly publication by the Flandreau Santee Sioux Tribe.
Digital photos, text on diskette or other media is encouraged.
Flandreau Santee Sioux Tribe
Attn: Marcie Redday
Gayle Soward
P.O. Box 283
Flandreau, SD 57028-0283
or Call: 997-3891 ext 1251
Marcie.redday@fsst.org
gayle.soward@fsst.org

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In preparation of this newsletter, every effort has been made to offer the most current, correct, and clearly expressed information possible. Nevertheless, inadvertent errors in information may occur. In particular but without limiting anything here, the Flandreau Santee Sioux Tribe (FSST) and its employees disclaim any responsibility for typographical errors and accuracy of the information that may be contained in the Flandreau Santee Sioux Tribe’s Newsletter. The FSST also reserves the right to make changes at any time without notice.

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If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next available newsletter. We reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.

NEWSLETTER SUBMISSION GUIDELINES:
Submissions must be made in typewritten (or computer generated) format. They can be submitted directly to Marcie Redday in hardcopy, on disk or via email at: Marcie.redday@fsst.org or gayle.soward@fsst.org

The FSST reserves the right to edit submission for content and clarity when appropriate. Additionally, submissions not of a time sensitive nature may be delayed for inclusion until subsequent newsletters.
Sid & Sue Byrd
Memorial Tiny Tot Special
Special thanks the Tribe's devoted and dedicated pow wow committee: Jessica Hovland, Mike Weston, Mike Wakeman, Kristi Beitz. Pam Byrd volunteered at the registration table, it was deeply appreciated and helped out tremendously.
The Water Department of Natural Resources would like to invite one and all to grab your gear and join us for a free fishing derby at the South end of Flandreau City Park. Trophies will be given out for youth categories, and lunch will be served at noon to all registered participants!!

Questions? Contact: Tim Spade, Water Quality Specialist 605-997-5123 ext. 3 tim.spade@fsst.org Or: Liz Wakeman, BIA Water Technician 605-997-5123 ext. 2 elizabeth.wakeman@fsst.org

Flandreau City Park—1 mile East of Flandreau on Pipestone Ave. South Side of the Park.

In addition to the main fishing event, we are pleased to announce that the SD GFP will be providing equipment and staff for stations set up to teach kids about:

BB Guns—Show us your skills and learn some basic safety rules about handling and operation.

Archery—Get hands on instruction about the basics of handling a bow and arrow and target practice.
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>9am-4pm</td>
<td>Dakota lapi Summer Program</td>
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<td></td>
<td>1:30-3:30pm</td>
<td>Open Gym</td>
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<td>TUES</td>
<td>9am-4pm</td>
<td>Dakota lapi Summer Program</td>
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<td>Open Gym</td>
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<td>THURS</td>
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<td>Dakota lapi Summer Program</td>
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<td>9pm-12am *Student Activity Night (12-17 y.o.)</td>
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<td>FRI</td>
<td>9am-4pm</td>
<td>Open Gym</td>
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<td>9pm-12am **Student Open Gym (13-20 y.o.)</td>
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*Student activity night is open to 12-17 year old students.
**Student Open Gym will be basketball or volleyball. The participants must be 13-20 years old.
***Schedule is tentative and subject to change with little or no notice. Schedule changes will be posted to the Wicoicaga Otipi Community Center Facebook page and at the building.

FSST Education Office 997-2859
Dakota lapi Ospaye 864-8887
FSST Recreation 573-4195
Solomon G Fleury

February 21, 1945- June 29, 2017

Aberdeen, SD-Funeral service for Solomon G. Fleury, Jr., 72, of Aberdeen will be 11:00 am, Thursday, July 6, 2017 at Carlsen Funeral Home and Crematory. Rev. Fr. Mark Lichter will officiate. Burial will be in Sacred Heart Cemetery with military graveside rites. There will be a rosary at 7:00 pm on Wednesday with a visitation from 4:00-7:00 pm at the funeral home. Solomon died Thursday, June 29, 2017 at his home.

Sol was born at Fort Thompson, SD, to Solomon Fleury, Sr. and Florine Touche-Zephier. He graduated from Immaculate Conception School 1965 in Stephan, SD, where he excelled in basketball and was a high scoring player. His team won the Catholic State Championship in 1963. He was drafted into the U.S. Army in 1965 and served in Germany. He was discharged in 1966 to care for his father. Sol married Gail Gray in 1967 and worked in Altoona, PA, putting up power high lines for a short time. He moved to Aberdeen and attended college at Northern State College in 1967. He served in the Army Reserves from about 1973 to 1974.

He and Sandra Wakeman married in 1979. Sol worked for the Indian Health Service in Aberdeen as a surveyor and draftsman for 33 years; retiring in 2000. After retiring from the government he worked as a driver for the railroad. Sol enjoyed many activities and competitive sports – basketball, archery, hunting, bowling, horseshoes, softball, and was very creative in a variety of arts and crafts.

Grateful for having shared Solomon’s life are his wife Sandra Fleury of Aberdeen; two daughters, Darci Fleury of Rapid City, SD and Kari Fleury of St. Cloud, MN; three sons Michael Fleury of Denver, CO, Kenneth (Tarah Martin-Gipp) Fleury of Aberdeen and John Fleury of Aberdeen; eight grandchildren, Morgan Visto, Brandon Visto, Madison Fleury, Bryson Fleury, Zaina Red Horn, Olivia Fleury, Uriah Fleury and Kenzi Fleury; one great-grandson, Desmond Visto and two sisters, Betty Cable of Cedar Vale, KS and Shirley Burgess of Tulsa, OK.

He was preceded in death by his parents, one brother Kenneth Fleury and four sisters Phyllis Fleury, Norma Jean “Jeanie” LeCompte, LaVonne Thompson, and Ramona Alexander. Carlsen Funeral Home and Crematory of Aberdeen has been entrusted with arrangements. www.Carlsenfh.com
Natural Resources and FIS students beautify FSST signs

Natural Director Elizabeth Wakeman, Natural Resources tech Jonathon Schrader, Amanda Fast Horse, Diane Makes Him First and Lamuel Armstrong
On top of the world
Flandreau man, son compete in half marathon on Mount Everest


By Dave Graves
Newsletter editor

Bruce Allen has already run a marathon at the bottom of the world, completing the Antarctica Marathon March 13, 2016.

In June he had plans to run one at the top of the world, the Mount Everest Marathon. He was accompanied on the three-week expedition by his 15-year-old son, David, who didn’t intend to do the marathon. That changed a couple time during their May 14 to June 2 adventure from the Sioux Falls Airport to the Lukla Airport in the Himalayas of Nepal.

After spending nearly two weeks gradually climbing toward Mount Everest Base Camp, the marathon’s starting point, David decided he wanted to run/hike the marathon route.

But at mandatory medical exam the day before the May 29 marathon, race officials ruled that David Allen hadn’t acclimated properly to tackle his first marathon, his father said.

David was sent down the mountain to compete in what would be his only second half marathon. Bruce could have run the marathon, but opted to stay with his son.

The trip was arranged through Cold Feet Adventure, which provided guides to carry the runners’ belongings, prepare meals and set up tents.

Many struggled with elevation

Members of the group, which numbered 22, regularly had their heart rate and oxygen levels tested, Bruce Allen said. “If David had another day to acclimatize he probably could have run” the marathon, Bruce said.

Several factors figured in David Allen not being accepted for the marathon.

“We didn’t initially start taking Diamox (an altitude sickness pill) and he was feeling a little dizzy,” Bruce said. Plus, he hadn’t been eating much. “David is a picky eater. He didn’t eat like he should have; mostly Cliff bars.” Noodles were diet staples and eggs were the only protein that was served to the marathon group, Bruce Allen said.

Medical conditions of others in the group also had race organizers on edge and they weren’t going to take a risk with a 15-year-old, Allen said.

The day before the pre-marathon medical exam a lady died from a heart attack while in the caravan’s portable tea room.

Two others were sent down because of altitude sickness and another 10 were denied a chance to run because they were so dizzy that they couldn’t walk a straight line, reported Allen, a Prairie Striders member from Flandreau.

‘Hardest half marathon’

While the marathon started at Everest Base Camp, 17,600 feet above sea level, the half marathon started at 14,500. The races shared the same finish line.

Allen said rainy weather arrived a few days before the races, knocking out internet and cell phone service as well as bringing some snow to Everest Base Camp. But the skies parted on race day. Runners were greeted with clear skies, a dry course and moderate temperatures. Allen said he has to sports tech shorts and a short-sleeve tech shirt.

The course drops 2,000 feet from start to finish, “But it’s up and down. A lot of switchbacks on rocks. So it’s hard to get a good pace. I’m just glad I never twisted an ankle.”

“It was the hardest half marathon I’ve been a part of. There are very few spots you can actually get a straight run in. You’ve got to bounce from rock to rock. The terrain is tough. No two strides are the same. You can’t get a decent stride,” said Allen, who added there was a steep uphill section that was nearly a mile long and had everyone walking.

Extra conditioning pays off


When Allen traversed the 13 miles from Everest Base Camp to the camp at the half marathon start, it took him three hours at a fast-paced hike. So he was hoping for an official time of 2:30, but wasn’t disappointed by his effort May 29.

The first two runners quickly left the pack and finished in 2:18:53 and 2:33:15. Allen was eight minutes ahead of fourth place.

All four beat the course record, which was a rather slow 3 3/4 hours. “A lot of times in these kinds of races, the half doesn’t draw serious runners. We had a lot of serious runners in the half this time,” said Allen, who set a 2:53 marathon PR in Brookings in 2013. “After seeing how good I was doing, I was shooting for place.”

He said the runners that beat him were 10 to 20 years younger and 15 to 20 pounds lighter, so he was pleased with how he acclimatized.

Allen said part of his training was to carry a heavy backpack on all the group’s hiking. He had never been higher than 11,000 feet before the trip, but he did wear an altitude mask for some four- or five-mile treadmill runs. During the two weeks of acclimatization, there were nine hiking days, reaching a peak elevation of 18,200.

Try again next year?

The races are always run on May 29, the anniversary date of the first successful summiting of 29,029-foot Mount Everest in 1953.

Allen’s 2018 adventure marathon is already planned—the Inca Trail Marathon in the Southern Peruvian Andes. It bills itself “the most difficult marathon in the world.” But he is also considering giving the Mount Everest Marathon another shot, which is a week earlier, because he then wouldn’t need to adjust to the 13,800-foot elevation of the Andes.

While the Everest Marathon eluded him this year, he’s thankful for the time with his son. “That trip really expanded what David found out he could do.”
7 Tips to Help Prevent Dehydration in Elderly

1. Encourage your patients to drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.

2. Five 8-ounce glasses of water per day is a good bench for elderly. Although everyone’s needs are different, studies have shown that elderly adults who drink 5 glasses of water experience lower rates of fatal coronary heart disease.

3. Elderly should avoid coffee, alcohol and high-protein drinks, especially in large quantities, because they have a diuretic effect. This leads to a greater loss of body water, which can cause or exacerbate dehydration.

4. Make it easier for elderly to drink more fluids voluntarily. Encourage older adults to drink water, milk or juice with every meal, and keep favorite beverages nearby.

5. Elderly and their families should recognize the early warning signs of dehydration. Warning signs include fatigue, dizziness, thirst, dark urine, headaches, dry mouth/nose, dry skin and cramping.

6. Remember that foods high in water, like fresh fruits, vegetables and some dairy products, can help elderly meet their daily water needs. Encourage elders to eat foods high in water.

7. Fear of incontinence can diminish a elder’s urge to drink voluntarily. Therefore, encourage patients to drink more during the day and limit drinking before bed. Additionally, drinking small amounts of water throughout the day may help.-Drip Drop

If there is a change in your address ...

Don’t forget to update with
Marcie Redday

Don’t forget!
Senior Center Picnic

Friday August 11 at 5:00 pm

City Park Shelter

This Year’s Theme “Celebrate America”

Come dressed in Red, White & Blue

There will not be a noon meal served that day!
“Happy 94th Birthday to FSST oldest Tribal Member”

Naomi Jones 7/20/1923

Naomi Lives in Aberdeen. I have no pictures of Naomi, A Senior outing was planned to visit Naomi but due to Naomi feeling under the weather it was post phoned.

Happy Birthday in July
Rhea Canku 7/14
Melvin Renville 7/19
Tyrone Issac 7/21
Rosella Jones 7/26
Ardie Lovejoy 7/31

Lockers Future Still Unknown

Following a fire that destroyed the Flandreau meat locker on Thursday June 29 plans for the business moving forward is remains unknown.

“we’re still taking our time trying to figure it out.” Said locker owner Tyler Kills A Hundred. Plans for demolition of the building. Located at 114 W 2nd Ave. are not yet set. Pending further discussion with insurance company.

But Kills a Hundred says he’s hoping it can happen soon. The Butcher’s BBQ. Which the locker host each week has been temporary been relocated to the picnic area by the Flandreau Aquatic center. The lunch will continue as usual on Thursdays from 11-2pm or until food runs out.

A Go fund me page has been created to support the Flandreau Meat Locker during this time at www.gofund.comtylersarah-kills-a-hundred. Other fundraising efforts include an account for donations at first saving bank, and by searching underground threads to purchase a Flandreau Meat Locker T-shirt

“Education”
“Good Medicine”
Quote of Chief Red Cloud – Oglala Sioux Tribe
Grace Moore Senior Citizens Center
Fundraiser
T-Shirts for Sale

Sm-Extra Lg. - $15.00
XXLg. - XXXLg. - $17.00

Please stop by the GMSC and check out our T-Shirts!
If we don't have your size available, we can order it for you!!

Contact Information: Gayle Soward
Phone Number: (605) 997-2924 & Email: gail.soward@fsst.org
July Forth Word Search

ADAMS  AMERICA  BARBECUE  COLONIES  CONGRESS  DECLARATION  EQUALITY  FIREWORKS

FOURTH  FREEDOM  HOTDOGS  INDEPENDENCE  JEFFERSON  JULY  LIBERTY

NATION  PARADE  REVOLUTION  RIGHTS  STATES  THIRTEEN  UNITED

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Addiction Counseling

Evaluations- Walk-ins welcome or by appointment

Individual Counseling- Alcohol or drug addiction

Codependency Education/Counseling- Assistance for family members of addict/alcoholic

Inpatient Treatment- Assistance with paperwork and funding

Aftercare Group- Wednesday @ Noon

MRT Group (Moral Reconciliation Therapy- Criminal Thinking)- Tuesday @ Noon

CBISA Services (Cognitive Interventions for Substance Abuse), as needed

*Currently exploring need for Intensive Outpatient Program with a waiting list

Addictions Counselor: Elisa Kelley, MS, ACT
605-573-4164
Elisa.kelley@ihs.gov
ELEMENTARY K-4

Kindergarten
Crayola crayons (regular) (24)
Scissors
Large pink eraser (1)
Paint shirt
Pencil box (no bags)
Large box of Kleenex (1)
Resting Mat or Rug ONLY
Elmer’s Jumbo Glue Stick (6)
Package of napkins (1)
Clorox disinfectant wipes (2)
Back pack – large – no rollers
Prang/Cray. Water Color Paints
Headphones (optional)
Gym shoes

First Grade (label with name)
Ticonderoga Brand Pencils (24)
Crayons (24)
Eraser (2)
School supply box
White school glue & glue stick
Scissors
Watercolor paints (set of 8)
Large box of Kleenex (3)
Clorox disinfectant wipes (2)
Vinyl Pocket folders (2)
Clipboard
Wide lined notebook
Paint shirt
Headphones (optional)

Second Grade
# 2 Ticonderoga Pencils (12)
Red pens (2)
Crayons
Markers - thick
White board marker (4)
Colored pencils
School glue (1)
Scissors
Water colors
Vinyl pocket folders (3)
Blue, Red, Green
Erasers (pencil top & pink)
Large box of Kleenex (2)
Pencil box (standard size)
Red Notebook (wide rule)
Blue Notebook (wide rule)
Glue stick (6)
Disinfectant wipes (2)
Headphones

Third Grade
Pencils
Large Erasers (2)
Red Pen
Markers (12)
Crayons (24)
Colored Pencils
Dry Erase Marker
Scissors
Glue/Glue Stick
Pencil box
Pocket folders (2)
Wired wide-line notebooks (2)
Highlighter
Large Box of Kleenex (2)
Disinfectant Wipes (1)
Headphones for Ipad
Stylus for Ipad

Grade 4
Pencils
1 folder
Headphones for iPad
Stylist for iPad
Scissors
Washable Markers
Crayons (small box)
Colored pencils
Notebooks (3)
Large box of Kleenex (2)
Large eraser
White glue (small)
Highlighters
Disinfectant Wipes (1 pkg)
Pencil case/bag
Whiteboard marker & eraser

2-4 Music
Pocket Folder
Pencil

PE: K-4 Recommended
Separate soft-soled tie tennis shoes to leave at school. Not mandatory

MIDDLE SCHOOL 5-8

Grade 5
Pencils
Large eraser
Red pen
Large box of Kleenex (2)
Colored pencils
Washable markers
Crayons (small box)
Ruler
Scissors
White glue (small)
2 pocket folders
Small pencil box or pouch
4 function calculator
3 Notebooks
Highlighter
Black dry erase marker
White board eraser
Clorox wipes (1) – large
Headphones

Grade 6
Pencils/erasers (24)
Red pens (2)
Colored pencils & crayons
Zippered binder pencil pouch
Scissors
Single subject notebooks (6):
1-red 1-green 1-yellow
1-blue 1-orange 1-purple
Pocket folders (7):
1-red 1-green 1-yellow
1-blue 1-orange 1-purple
1-black
Glue or Glue stick

1" 3-ring binder (1)
Highlighter
Headphones
Disinfectant wipes (1)

7th & 8th Grade Band
Percussion--1 pr. 5A drum sticks
Students using school owned
instruments will be charged a
yearly $30 usage fee.

7th Grade
Zippered binder pencil pouch
Erasers or eraser caps
Pencils (24)
Pens (red and blue)
Colored pencils (optional)
Kleenex (2 boxes)
Disinfectant Wipes (1)
Loose-leaf paper (2 pkg)
3x5 index cards
3" Red 3-ring binder
1" Blue 3-ring binder
1" Black 3-ring binder
2" Pocket Binder - Green
Binder dividers (optional)
Highlighter
Headphones

8th Grade
Zippered binder pencil pouch
Erasers or eraser caps
Pencils (24)
Pens (red and blue)
Colored pencils (optional)
Kleenex (2 boxes)
Disinfectant wipes (1)
Highlighter
Spiral Notebook (1)
3x5 ruled index cards
3" Red 3-ring binder
1" Blue 3-ring binder
1" Black 3-ring binder
2" Green 3-ring binder w/pocket
Looseleaf paper (2 pkg)
Binder dividers (optional)
Headphones

8th Grade Algebra *

For those taking HS algebra

Scientific calculator TI-30XIIS
Composition graphing notebooks (2)
.9 mm mechanical pencil
6" ruler (prefer metal)

Note: MS PE students
Need to bring a change of
shoes & clothes to allow for participation. Bring a towel &
personal care items for use after
gym class.

HIGH SCHOOL ON BACK

HIGH SCHOOL 9-12
*General supplies for ALL*

Ear buds
Note cards (100 ct)
Large box of Kleenex (2)

**Art I & II**
Erasers 1" plastic or art gum
1 kneaded eraser
2 soft pencils
Paint shirt
Soft cotton rag

**Band**
1 Pair All Black Band Shoes
1 Pep Band T-shirt ($15)
Percussion-1 pr 5A drumsticks

Student's using school owned instruments will be charged a yearly $30 usage fee - percussion also.

**Chemistry**
Scientific Calculator (TI-30XIIS)
(Graphing Calculator recommended)
Notecards (turned in 1 semester)
1" or 1 ½" 3 ring binder (1)
Loose leaf paper
2 Pocket folders
Colored pencils

**CSI**
Scientific Calculator (TI-30XIIS)
or (Graphing Calculator recommended)
Notecards (turned in 1 semester)
1" or 1 ½" 3 ring binder (1)
Loose leaf paper
2 Pocket folders
Colored pencils

**Spanish I, II, III**
3 ring binder (1)
Loose leaf paper
Pens & pencils

**Physics**
Scientific Calculator
(Graphing Calculator recommended)
Notecards (turned in 1 semester)
1" or 1 ½" 3 ring binder (1)
Loose leaf paper
2 Pocket folders
Colored pencils

**Geometry**
2 Composition books quad ruled
6 inch metal ruler
Pencils
Correcting pen (red)
*Scientific calculator – TI-30XIIS
Good quality bow compass

**Algebra**
2 Composition books quad ruled
Pencils (12)
6 inch metal Ruler
Colored pens
*Calculator – TI-30XIIS

**Algebra II**
Binder
Notebook
Loose Leaf paper
Pencils
Correcting pen
Graphing Calculator – TI84/83
Book Cover

**Pre-Calculus**
Binder
Notebook
Loose Leaf paper
Correcting Pen
Graphing Calculator-TI84/83
Pencils (12)
Book Cover

**Pre-Calculus II**
Binder
Notebook
Loose Leaf Paper
Correcting Pen
Graphing Calculator-TI84/83
Pencils (12)

**Senior Applications of Math**
Notebook
Folder
Loose leaf paper
Calculator-TI30/Casio
Pencils

**9th Grade English**
1-3 ring binder- 1 ½ - 2"
Loose leaf paper (500 sheets)
Black/blue ink pens for all year
3 - pocket folders
1 - composition notebook

**Child Dev / Wellness & Nutrit.**
2 - pocket folders
Loose Leaf paper
Ink pens

*NO SUBSTITUTIONS*

Note: HS PE students need to bring a change of shoes, shorts and a t-shirt to allow for participation. Bring a towel & personal care items for use when needed after gym class.
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<th>Lunch</th>
<th>Dinner</th>
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<td>Fish Sandwich, Macaroni Salad, Sliced Tomato’s Apple Crisp</td>
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<tr>
<td>5</td>
<td>Barbecue Chicken Wings &amp; Legs</td>
<td>Mashed Potato’s Sausage Patties &amp; Cheese Sauce, Tossed Salad, Macaroni Salad, Sliced Tomato’s Apple Crisp</td>
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<td>Swedish Meatballs</td>
<td>Lasagna, Macaroni Salad, Sliced Tomato’s Apple Crisp</td>
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<tr>
<td>7</td>
<td>Wisconsin Cheese Soup &amp; Lentil Soup</td>
<td>Chicken Salad, Macaroni Salad, Sliced Tomato’s Apple Crisp</td>
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<td>8</td>
<td>Tuna Salad, Snicker Fruit Salad</td>
<td>Barbecue Chicken Wings &amp; Legs, Mashed Potato’s Sausage Patties &amp; Cheese Sauce, Tossed Salad, Macaroni Salad, Sliced Tomato’s Apple Crisp</td>
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<td>Ham Salad, Kielbasa, Tuna Salad, Polish Kielbasa</td>
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