



ROZ RECYCLER

Prairie Band Potawatomi Nation-Planning & Environment

May 2012

What to do to get you home “energy ready” for summer —source California Energy Commission

Before it gets too warm, it's time to make sure you're ready for hot weather. This doesn't mean running out and buying the latest swim wear. It means checking your home's heat & air-conditioning system.

- First, change filters in your heating/cooling system, at least monthly.
- Next change your thermostat over to “cool” & test the system by turning the temperature down. If the AC does not turn on, first check to make sure no breakers are tripped. If you can't figure out the problem, call your heating & air repair technician. Call early to avoid an emergency call when the temperatures are soaring

& repair people are busy.

- If you AC needs replacement do it before the hot weather hits, repair tech will be very busy. And more than likely, some other things around your house may need attention. Air ducts may need tested for leaks & sealed. Attic insulation probably has compacted, you may need to add an additional 5-8". Windows & doors & other parts of the building envelope may need caulking & weather stripping. You can also use solar window film to keep out the heat.
- Consider changing your old thermostat to a programmable one. You can save up to \$100/yr by using a new set-back thermostat. If your thermostat is old & uses a mercury switch(glass tube filled with silvery substance) call environmental dept. to find out how to dispose of this toxic material.
- Consider installing a whole-house fan that uses cool air in the evening to cool the entire house & push hot air out of the attic area. Ceiling & whole house fans can help reduce the need for AC.
- Clean AC condenser unit & hose down coils so it has full air flow.
- Don't forget the car. Check tires filters & fluids.



How to use ladybugs in the garden Article from: The Reader's Digest

Ladybugs dine heartily on pests in flowerbeds and vegetable gardens yet never damage the plants, and the larvae are hungrier than the adults. But don't expect them to be a cure-all: ladybug's appetites are limited primarily to aphids, mealybugs, spider mites, scale, thrips, and whiteflies.

Attract ladybugs to your flowerbeds with marigolds, angelica, butterfly weed, yarrow, roses and goldenrod.

In the vegetable garden, good lures include cucumbers, peppers, eggplants, and tomatoes. **Buying ladybugs.** Home and garden retailers sell ladybugs. Start with about 100 ladybugs per 1,000 sq ft; if they have enough food and water, they'll stay and lay eggs in a few weeks. Release them in your garden in the evening when it's calm and they have dew to drink. If it's dry, sprinkle your plants first.

Place a handful of ladybugs around the base of a plant where you see pests and repeat every 20 ft. If purchased ladybugs arrive before there are insects for them to eat in the garden, you can store them for three weeks in the refrigerator. **Keep ladybugs at home** by offering a hibernation site. Pile dead leaves, hay, straw, or other organic mulch at the base of a fence or around plants to serve as winter lodgings.



Jase Wege, observing a fossil specimen.

Youth participated in the Spring break education session, featuring Kansas history as a sea. Students observed Kansas fossils through a microscope and learned the history of Kansas as a shallow sea.

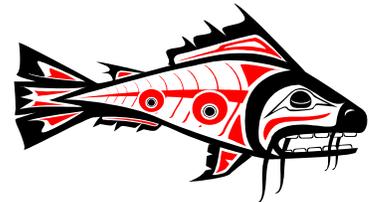
HAND FISHING SEASON by V. Potts

It is that time of the year again and if you know someone who loves this activity, you might be fortunate enough to enjoy the fruits of their labor. Hand fishing has always been a way of life for Potawatomi People. During this season, hand fishing provides us with nourishment, but also give us time to get together and enjoy the outdoors and make new memories with family and friends. I've always enjoyed tagging along and occasionally I would very nervously poke my hand in a hole to see if I could grab my own fish. But mostly I collected fossils and shells. If you have a story you would like to share, please send it our way. Part of protecting our environment as Native people has been through our story telling. Oral tradi-

tion has always been a part of Potawatomi's way of keeping their way of life alive for future generations. And if you would like to hand fish outside the Reservation, the State of Kansas is issuing permits for hand fishing (Flathead catfish only) from June 15 to August 31 at three locations:

- The entire length of Arkansas River in Kansas
- All federal reservoirs from beyond 150 yards of the dam to the upper end of the federal property
- Kansas River from its origin downstream to its confluence with the Missouri River

The cost of the permit is \$27.50 in addition to a fishing license. You can visit Kansas Department of Wildlife, Parks and Tourism to view details or call 785-296-2281. And please send your hand fishing stories to PBPB Planning & Environment Dept, so we can add this to our environmental stories/protection files.



BLAKE'S BEES-PBPB Orchard's little helpers

PBPB Planning & Environment Dept. is pleased to announce the arrival of honey bees in the orchard. Beekeeper, Blake Garrison, has supplied the orchard with bees. Blake will maintain the bee colony and the bees will assist with local plant pollination. Bee pollination is critical to plant and human survival. The most important pollinator for agriculture purposes is the honey bee. The honey bee is a social insect that lives in hives of up to 80,000 individuals. The most important individual to the colony is the Queen. She can live up to four years and lay up to 2,000 eggs every several weeks.

HONEY BEE FACTS:

- Honey bees can fly at speeds of up to 15 MPH.
- An industrious honey bee may visit 2,000 flowering plants a day.
- Worker bees secrete beeswax from a series of glands located on their abdomen.
- The average honey bee colony can make 25 pounds of honey per year.

Please help our environment and keep the honey bees from any type of disturbance to their hives.

Kansas designated the honeybee as official state insect in 1976.



Sunscreen- Skin cancer prevention

EPA News Release 5/17/2012

Skin cancer is the most common form of cancer in the US among 20-30year olds. Approximately 76,000 new cases of melanoma, the deadliest form of skin cancer, will occur this year. "Skin cancer prevention and sun safety are important issues for EPA— our primary mission is to protect people's health and the environment" Gina McCarthy, adm. Assistant for EPA Office of Air & Radiation.

TIPS:

- Avoid sun from 10 am to 4 pm
- Use sunscreen SPF 15+
- Wear protective clothes, hat & glasses.

Although less common in individuals with darker complexion, skin cancer does not discriminate and is often fatal for individuals with darker skin.

For more information visit:

<http://www.epa.gov/sunwise>

Protect yourself

And the ones

You love!!



Summertime Tips Non-Toxic Pet Care



Ticks

To effectively remove the whole head and body, use a special tick scoop available at most pet stores. If you have to use a tweezers, don't twist or jerk the tick but carefully pull straight out from the head. Also, try not to squeeze the full portion and be careful to avoid any secretion. There are many non-toxic repellent products available at the pet store. Ask your veterinarian for details.

Fleas

Dab some petroleum jelly on a flea comb and comb your pet regularly

Use a gentle chemical-free shampoo containing; pyrethrin, pyrethrum or citrus oil to wash pets with fleas.

To prevent and repel fleas consider:

- Bathing pet in a mix of water and apple cider vinegar
- Regularly adding a drop of lemon oil or rosemary oil on the dog's collar.
- 6 lemons cut in half, boiled in a quart of water, cooled, then strain the solution into a spray bottle.

Spray fur, avoiding near the eyes

Mosquitoes

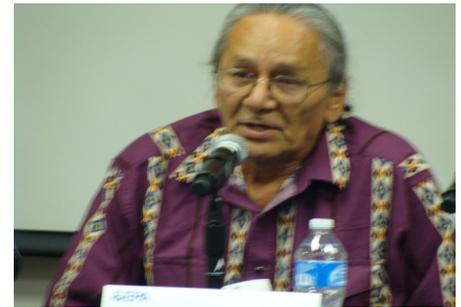
Lavender, peppermint and geranium essential oils can be dabbed between the dog's shoulder blades as a repellent.

Benny Potts, guest speaker at EPA-R7's Environmental Protection in Indian Country Training, March 14-15:

Part of a two day training at EPA Region 7 headquarters involved a panel of Native Americans. Benny Potts spoke to EPA employees about growing up on the Reservation and his experience at boarding schools. Benny's boarding school experience included the "belt line". This cruel punishment was inflicted upon children in boarding schools. Benny reminded people to listen and respect one another.



BPBN Planning & Environmental staff, Craig Wahwahsuck, Adam Irvin & Klye Miller enjoy participating in Earth Day events.



Benny Potts, at EPA-R7 Headquarters.

Illegal dumping: Options are available for Reservation residents!

It is illegal to discard waste on others' property or along the roadside. Dumping not only seriously threatens our environment, but also has the potential to cause health problems for residents living nearby.

To deter illegal dumping practices, the Division of Planning and Environmental Protection offers the following options:

- There are several dumpster locations located throughout the Reservation for RESERVATION RESIDENT-USE only. The dumpsters can accommodate bagged household trash and some reasonably-sized miscellaneous materials.
- The Jackson County Transfer Station located on 166th Road is available to accept household trash and bulky items such as furniture and construction debris. The transfer station is open Thursday-Saturday from 8:00 a.m.

– 4:00 p.m. For a truckload, fees range between \$14.00 and \$17.00

- For a fee of \$50.00 Reservation residents can rent a 14-ft trailer for a period of 7 days to be utilized for home clean-up needs.
- The Division of Planning and Environmental Protection can assist with removal and transport of some bulky items such as electronics and appliances on a work order basis.

Potawatomi Law & Oder Code, Title 21-1 Solid Waste Management, 21-1-5, H.

Any person who disposes of solid waste in an open dump, not on his/her shall be liable for a civil penalty of two hundred and fifty dollars (\$250.00) plus court costs, to be assessed by the Potawatomi Tribal Court in an action filed by the Department after an opportunity to be heard.

Property, shall be liable for a civil penalty of two hundred and fifty dollars (\$250.00) plus court costs, to be assessed by the Potawatomi Tribal Court in an action filed by the Department after an opportunity to be heard.

HAZARDOUS MATERIALS:

- Latex & lead based paint
- Household cleaners & motor oil
- Agricultural chemicals
- Call number below for detailed list.

The above items can be taken to the Holton Recycling Center-**FREE OF CHARGE**, during the hours of 8-4:30, Tuesday to Saturday. Located off of K-16 HWY, just North of former Oldham's. Call 785-364-3459 for additional information.



14TH ANNUAL EARTH DAY CELEBRATION!!!



The PBPN annual Earth Day Celebration was held Sunday, April 22, 2012. Over 300 people attended the event, with 304 participants registered in a variety of fun activities. Attendees of all ages participated in the morning walk, run, and bike ride. Several vendors provided food, activities, gifts, and information throughout the day. The PBPN Language Department and Diabetes Prevention Program coordinated activities in the afternoon, including lots of laughter and excitement amongst the crowd. The day concluded with an awards presentation recognizing winners of events and the PBPN Environmental Heros.

ENVIRONMENTAL HEROS: THE KEVIN & MAUREEN THROSSSELL FAMILY, PBPN ELDER'S CENTER STAFF, TANNER SHOBNY, SHONESSI TISCARENO, HANNAH WAHWASSUCK. KEEP UP THE GOOD WORK!!

3-MILE RUN WINNERS

Overall Winners

Sognash Serna

Hannah Wahwassuck

0-10 Boys

1st Pak Hale (28:30)

2nd Komesh Spoonhunter

3rd Nue tinajero

0-10 Girls

1st Wabe Wishteyah (35:47)

2nd Marcella Wishteyah

11-17 Boys

1st Sognash Serna (20:36)

2nd Phlyte Wishteyah

3rd Trent Blaylock

11-17 Girls

1st Hannah Wahwassuck (29:10)

2nd Regina Wahwassuck

3rd Tootie Aitkens

18-39 Men-No participants

18-39-Women

1st Miyah Danielson (29:24)

40+ Men

1st Shon Jessepe (29:29)

40+ Women-No Participants

3-MILE BIKE RIDE

Overall Winners

Nahcs Wahwassuck

Melinda Williamson

0-10 Boys

1st Nahc Wahwassuck (14:32)

2nd Mario Dominguez

3rd Conner Collins

0-10 Girls

1st Jaianna Serna (18:44)

2nd Hannah Potts

3rd Kiihto Thomas

11-17 Boys

1st Maktowzi Serna (16:18)

2nd Mikal Kitchkommie

3rd Isaac Dominguez

11-17 Girls

1st Brianna Wabaunsee (21:45)

18-39 Men

1st Justin Torres (14:53)

2nd Cody Nozhackum

3rd Travis Wanna

18-39 Women

1st Melinda Williamson (17:05)

2nd Saga Fairman

40+ Men

Dave Criqui (16:52)

40+ Women-No participants

3-MILE PREDICTOR'S WALK

Overall Winners

David Lee Daubon

Meeks Mahkuk

0-10 Boys

1st David Lee Daubon (:12)

2nd Mario Dominguez

3rd Nahcs Wahwassuck

0-10 Girls

1st Meeks Mahkuk (:45)

2nd Vanessa Gaona

3rd Autumn Wabaunsee

11-17 Boys

1st Jaycee Lewis (2:26)

2nd Trent Blaylock

3rd Cutlas Wishteyah

11-17 Girls

1st Rebekah Navarro (1:25)

2nd-S.Noriega,D.Morris,R.Wishteyah

3rd-Tootie Aitkens

18-39 Men

1st Travis Wanna (1:24)

2nd Jeremy Alvarez

3rd Cody Nozhackum

18-39 Women

1st Nevika Mahkuk (:51)

2nd Miyah Danielson

3rd Sas Thomas

40+ Men

1st Shon Jessepe (:40)

2nd Billy Matchie

3rd David Criqui

40+ Women

1st Maureen Throssell (:60)

2nd Rachel Masquat

3rd Arlene Wahwassuck





**Prairie Band Potawatomi Nation
PLANNING & ENVIRONMENTAL PROTECTION**

Virginia LeClere- Manager
 Sharon Bosse- Environmental Technician
 Bill Wilbur- Orchard/Composting/Solid Waste
 Craig Wahwahsuck- Solid Waste Coordinator/Wastewater
 Operator
 Kyle Miller- Solid Waste Assistant
 Charles Wakloe- Solid Waste Assistant
 Adam Irvin- Environmental Technician
 Verna Potts- Environmental Technician

PRSRRT STD

US POSTAGE PAID

MAYETTA, KS

PERMIT No. 10

WE'RE ON THE WEB!!

Phbndiantribe.com

Phone: 785-966-2946
 Fax: 785-966-2947
 15434 K Road
 Mayetta, KS 66509

RESIDENT

RURAL ROUTE 2

BOX HOLDER

MAYETTA, KS 66509

EARTH DAY QUIZ:

There were 157 participants in the PBPB Earth Day Quiz. Overall, participants did very well answering correctly, good job! However, only 25% of participants answered the following question correctly:

- How many gallons of water are wasted each day from the average toilet leak?
- **ANSWER: 500 GALLONS!**

Rural Water District #3 charges \$6.17 per thousand gallons of water. Over the course of one month, if a toilet is not fixed, this could cost you an additional **\$92.55** each month! Fixing leaks will not only help your pocket-book, but it helps to conserve water.



Elders say water is sacred. It has a spirit. See if you can decode a special message about water in this activity.

Look for the number below each empty box in the decoder alphabet. Then put the matching letter in the empty box.



18 5 19 16 5 3 20



20 8 5



23 1 20 5 18

A-1 E-5 I-9 M-13 Q-17 U-21

B-2 F-6 J-10 N-14 R-18 V-22

C-3 G-7 K-11 O-15 S-19 W-23

D-4 H-8 L-12 P-16 T-20 X-24

Y-25 Z-26

**ATTENTION ALL CUSTOMERS
RECYCLING ROUTE CHANGES**

Effective May 22, 2012

Clusters 1 & 2 will be included on the Tuesday recycling route. See summary below for details.

Tuesday Recycling Route

- Cluster 1,2,3
- Buffalo Drive/Pheasant Run
- Prairie Village Elder's Duplexes Apartments

Wednesday Recycling Route

- Scattered Homes
- N1 & N2 Lane

Thursday Trash Route-NO CHANGE

- **ALL CUSTOMERS**

