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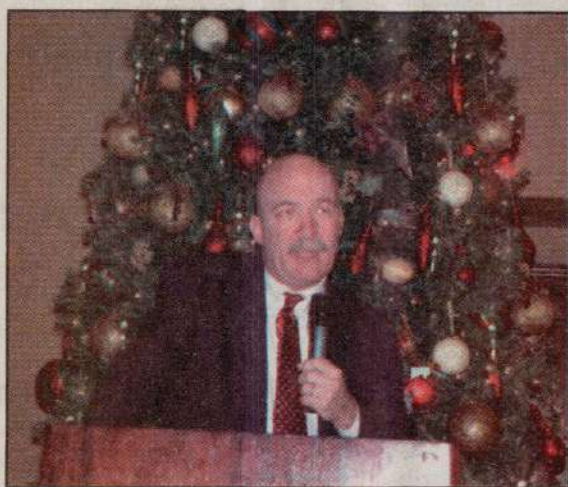
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Prairie Band Potawatomi News

January 2007 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

New Kansas Attorney General keynote speaker at police meeting held at casino



Paul Morrison, the new Kansas attorney general, gave the keynote address at the annual M Squad Christmas dinner hosted by the Prairie Band Potawatomi Nation (PBPB) Tribal Police Department on December 19.

The dinner, that had over 100 people in attendance, was held at Harrah's Convention Center and included representatives from law enforcement agencies in Northeast Kansas.

Sam Grant, PBPB Chief of Police, gave opening remarks which was followed by an invocation given by Terry Scott the former PBPB Chief of Police.

Following Scott was Morrison who told the audience that he was looking forward to working with the law enforcement officers. He said that he had a special place in his heart for northeast Kansas having completed an internship in Jackson County while he was in law school at Washburn University. Morrison graduated from Washburn University with a criminal justice undergraduate degree in 1977 and a law degree in 1980.

For the past 18 years Morrison has been the district attorney for Johnson County, Kan. He switched from Republican to Democrat in 2005 and successfully ran for attorney general unseating Phill Kline in the November 2006 election.

Daniel Kennedy designated Prairie Band Casino and Resort general manager



Daniel Kennedy has been designated the future general manager of the Prairie Band Casino and Resort by Tribal Chair Tracy Stanhoff at the all-employee Christmas party on December 21 at the Bingo Hall.

Kennedy was hired by the Prairie Band Potawatomi Nation (PBPB) in 2005 as part of the Casino Transition Management team to be head of Finance and Operations. Tribal member Peggy Houston makes up the other half of the team and is in charge of Guest and Human Relations.

Both Kennedy and Houston

have been working on the casino transition which is scheduled to take place in January 2008. Plans are for the Tribe to take over managing the casino and property from Harrah's Entertainment Corporation at that time.

Prior to his position with the PBPB, Kennedy worked for Mystic Lake Casino in Minnesota. He has over 10 years experience working in the Indian gaming industry.

Presently he and Houston have an office located in the lower level of the Government Center.

Former tribal chairman Lester L. Jessepe dies

Lester L. Jessepe, "Kee-wah-kuk," who presided as Tribal Chairman of the Prairie Band Potawatomi Nation during the 1960s and 1970s, died January 9, 2007 in Topeka.

He was born in 1928 on the reservation to Katherine Gabby and Honnell Jessepe and worked most of his life on behalf of the Tribe and in federal civil service positions. He also served in the Korean conflict and was given military honors by We-Ta-Se at Mount Hope Cemetery in Topeka.

In his obituary that recently appeared in the *Holton Recorder* (reprinted in full on page 11 of the *Potawatomi News*) it said that Lester worked to reaffirm the tribal government's status as a federally-recognized Indian tribe with Constitutional authority as a viable, self-governing entity. It also said that Lester was a staunch Native American rights activist and active in the struggles of Native American people, including the 1973 occupation of Wounded Knee, S.D.



Lester L. Jessepe

Photo by Mary Young

PBPB loses motor vehicle fuel tax appeal

A November 13 article from website *Indianz.Com* (10th Circuit dismisses *Prairie Band fuel tax case*) stated that the Tenth Circuit Court of Appeals has ruled against the Tribe regarding the motor vehicle fuel tax issue.

The court's decision supported a 2005 ruling by the U.S. Supreme Court that decided that the state of Kansas could impose a tax on fuel that is

distributed on the reservation.

The PBPB legal team appeared before the court on September 28 in Denver and at that time asked the Court to remand (send back) the *Wagon v. Prairie Band Potawatomi Nation* case. The official court ruling was filed on November 7 by Elisabeth A. Shumaker, Clerk of the Court.



Just a reminder that the
PBPB Government offices will be closed
on
Monday, February 19 for President's Day



Royal Valley High School Native American Pow-wow brings community together



Young dancers performed at the PBPB all-employee meeting on January 12 at the Bingo Hall. They were advertising the Royal Valley High School Native American Club pow-wow that was held the following weekend in Hoyt, Kan. The annual pow-wow is always a popular event and draws a large crowd of parents and other family and community members that come together to support the youth.



Vestina Nonken to represent PBPB in Holton Area Chamber of Commerce Hall of Fame



Vestina Nonken has been selected into the 2007 Hall of Fame for the Holton Area Chamber of Commerce as a representative of the Prairie Band Potawatomi Nation.

She will be inducted into the Hall of Fame on February 15 at 6 p.m. at the Evangel United Methodist Church, 227 Pennsylvania Ave. in Holton. Tickets to the event are \$25 each and can be obtained by calling the Chamber office at (785) 364-3963. She will also be featured in an upcoming issue of the *Holton Recorder*.

Vestina has served on the PBPB Tribal Council and is presently a member of the Prairie Band Potawatomi Indian Health Center Board. She resides on the Prairie Band Potawatomi reservation.

Important meeting notice

Bureau of Indian Affairs (BIA)
and
Office of Special Trustee (OST)
presentation

Who will inherit your trust assets?
What can you do now about it?

When: Thursday, February 15, 2007
Time: 12:30 p.m.
Where: Firekeepers Elder Center



2007 January message to the Nation from Tribal Chir, Tracy Stanhoff



Here's to a great 2007!

Tribal Council has many plans for the year. Tribal Council activities include:

- Facilitating the finalization of the Constitutional amendments, working with the Constitutional committee; calling in BIA Area Director Dan Deerinwater to assure that the amendments are reviewed by the BIA and fairly presented to all Tribal members and now voted on in a timely manner. The next step is that all eligible voters will receive a voter registration form from the Department of Interior. **You must complete and return this form to be able to vote in this special Secretarial election.**

- Reviewing Section 17 Board of Director applicants – thanks to those members who completed the application. After all applications have been reviewed, the pre-screening licenses obtained, and board member acceptance – an announcement will be made on those members.

- Engaging a leading American Indian owned architectural firm – AmerIndian from Minnesota and KlasRobinson, a firm that specializes in a casino enterprise “development” augmentation in order to develop our trust lands surrounding the new highway 75 and 150th interchange area. Tribal Council is actively seeking diversity in our enterprises that could utilize the draw of the Casino and/or the new interchange for profitability. Ideas for businesses that will be studied for the area will include retail, commercial and manufacturing. For example, this review will investigate the feasibility of businesses like a: truck stop; fast food franchise; coffee house; laundromat; Prairie Band “logo store”; cultural crafts center for local artisans; and other businesses that will provide additional tribal revenue and employment opportunities.

- I have met with utility experts on the possibility of harvesting and selling

the possible coal methane under the reservation – along with these meetings – Tribal Council has applied for a grant to study gas and business feasibility of this possible opportunity.

- On the State tribal tag case – we are awaiting 10th Circuit decision on the case – in the mean time we are initiating the pursuit of a legislative process to have the state recognize the tribal tags by enacting new state law.

- Councilwoman Jackie Mitchell, Treasurer Ryan Dyer and I attended the Governor's inauguration; Jackie and I stopped briefly to chat with the Governor and Lt. Governor after the ceremony. The Tribe has requested a meeting with the Governor to discuss improved state-tribal relations and our opposition to the prospect of expanded state gaming.

- Tribal Council with the assistance of the Health board has undertaken the process of renegotiating the 2004 Self Governance compact. We are also re-evaluating our health center policies and standards to provide us with the best shot at continuing to make self governance work.

- CSP guidelines are being reviewed and the old policies have been reinstated for the time being. **Tribal Council takes very seriously the welfare of our people and the need to help those that require a “hand up.”**

- The Shab-ch-nay project is well under way, we will be updating everyone on the next steps and agreements completed to re-confirm our jurisdiction over the land and set up our government operations and enterprises on that Prairie Band reservation.

- Our next Elder's Chat meeting will be held February 7 at 2:00 pm. – location will be either at the Government Center or Elder Center.

As always, I am available on an appointment basis to discuss anything a tribal member has on their mind, please call Verna Simon at 785-966-4008 to set up an appointment.

We're Moving Forward,
Tracy Stanhoff

PBP Health Center Phone System

The Health Center's phone system is set up to use an auto attendant to answer the phone. This type of system allows the Health Center employees to more efficiently treat our patients and to provide better customer service to you as your call goes directly to the department you want to speak with.

When you reach the Health Center by calling either the local 966 number or the toll free number, you will reach the auto attendant, where you are given several different options. Each option will connect you directly to the department you need to speak with. The options you hear are listed below. Please press the appropriate number to reach the department you wish to speak with.

Press 1 to make an Appointment
Press 2 to reach the Nurse's Station
Press 3 to reach the Pharmacy
Press 4 to reach the Dental Office
Press 5 to reach Medical Records
Press 6 to reach the Referral/Managed Care Office
Press 7 to reach the Administration Office

Please remember that the Health Center receives hundreds of calls per day and that

the department or person you wish to speak with may be serving other patients and that you may have to leave a voice mail message. Please be assured that your voice mail message will be handled as soon as possible by our staff.

If you experience difficulty with the phone system, please call Terry Smalley at 785-966-8302 and report the problem. We will find out what the problem is and have it corrected as soon as possible.

Important Notice

The Health Center will be
closed

Monday, February 19 (all day)

and

open

Tuesday, February 20 (all day)

Bank's eye view: Getting in fiscal shape

By Rex Frazier, Financial Officer—Denison State Bank

New Year's Eve provides the opportunity to evaluate our progress over the last year. To paraphrase Ronald Reagan, “Are you better off today than you were a year ago?” Here are some of the warning signs that you may be losing the battle of the fiscal bulge.

- Are you carrying a balance on your credit card from month to month?
- Is your credit card balance greater this year than last year?
- Have you used a home equity loan to pay off consumer debt over the past three years?
- Do you make major purchases based on the amount of the monthly payment instead of the purchase price?
- Are financial concerns a burden on your relationship with family members?

For those of you have made a resolution to get a better grip on you finances, let's look at some strategies to make this a successful resolution.

GET A FISCAL CHECK-UP: If you start a diet, it is very important to know your current condition. Work up a personal balance sheet. On one side of a sheet of paper, write down all that you own that is worth \$1,000 or more. Begin with money you have in checking accounts, saving accounts, 401 K accounts, stocks, and mutual fund accounts. Next add any real estate holdings, including the house you live in. Finally, put down all personal property like vehicles, ATV's, and jewelry. On the other side of your sheet, write all your debts. List your mortgage, home equity loans, car payments (make sure the car is on the left side of the page, even if you are making payments on it), student loans, credit cards

and any other debt you have. Subtract the total of your debts from your total worth. This is your net worth (if it is a positive number).

COUNT YOUR DOLLARS: Once you know your current condition, the next step is to figure out how many calories you are eating. The fiscal version of this is to know where your dollars are going. Spend one evening setting down with your checkbook to see how much money you are spending on gas, food, credit card payments, etc. When you know where your money has been going, look to see if spending exceeds income. If so, you have some significant reducing to do. If not, check to see where the money you made but didn't spend went. Was it into savings, investments, or where? Now you know where your money is going. Look to see if some categories are larger than expected. How much exactly is being spent to eat out each month? Are there unnecessary trips that will reduce the gasoline bill?

SET REALISTIC GOALS: Losing 25 lbs may be a healthy and realistic goal for a person weighing 225 lbs. It is probably not a healthy or realist goal for someone weighing 110 lbs. Saving \$6,000 a year for a vacation is fine for someone earning \$75,000. However, that is probably a goal doomed to failure for a single parent of two children making minimum wage. Setting unrealistic goals will doom your efforts to failure. Establishing and reaching realistic goals will build your confidence and excite you about setting and reaching larger goals. Losing 25 lbs is best done by setting 5 lb goals.

PAY YOUR SELF FIRST: To suc-

cessfully save money, you must set that money aside first. If you spend your money and save what is left, there is seldom anything left. However, if you set aside \$10 (or \$100) per pay check, you will be amazed that often your spending will decrease by the amount you saved. Having a savings account is one of the first things you should set up. I believe you should have at least \$1,000 in a saving account to help buffer yourself from life's emergencies. Trying to get a loan for a \$200 to fix a stove is not a fun thing to do.

PAY YOUR BILLS ON TIME (OR EARLY): Don't wait until the due date to pay your bills. Line your bills up with your income if possible. When you receive your paycheck, pay yourself and your bills. Money can seem to evaporate if you leave it in your pocket (or even pocketbook).

CHECK YOUR PROGRESS AND ADJUST YOUR GOALS: Hold yourself accountable. On a diet, you have a scale. With your finances, you have account balances. Are the debts decreasing at the rate you hoped? If not, where is that extra money slipping to? Did you set up a realistic budget? Are the debts decreasing faster than you hoped? Then congratulations. Be sure to celebrate your success. That is part of the fun of success. However, be wise in the way you celebrate. You shouldn't celebrate losing weight by having desert. Try to find non-monetary ways to celebrate your financial accomplishments.

As always, I look forward to answering any questions readers may have about this or any other subject. I can be reached at rfrazier@denisonstatebank.com or 1-800-633-2423.

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Or call (785) 966-4000**

Prairie Band Potawatomi News

**An Award Winning
Newspaper**

The *Prairie Band Potawatomi News* is a monthly newspaper of the Prairie Band Potawatomi Nation. Opinions expressed in this newspaper do not necessarily reflect the opinions of the Prairie Band Potawatomi News staff, the Tribal Council, Gaming Commission or the Nation.

The *Prairie Band Potawatomi News* encourages and welcomes letters, editorials, articles and photos from its readers. This publication reserves the right to reject, edit or condense items submitted. **We request your submissions by the 15th of each month.** Submit items by email (as an attachment) or disk in Microsoft Word or stop by the News office with your information.

Anonymous letters will NOT be printed or accepted. Letters which are libelous will NOT be published.

Please include your name, address, and telephone number where we can contact you should we need to verify information.

Photos submitted with news article will be returned after publication. Please print name on back of photo to ensure accuracy. Please include a stamped and self-addressed envelope with the photo.



Representatives from the Agape Christian Center located in Ottawa, Kan. came to the reservation on January 16 to present a plaque to the Prairie Band Potawatomi Nation as a way to honor them and to apologize for former wrong doings that have occurred to tribal people in the past. In the photo from left to right are James Wabaunsee, Tribal Council Member, Dwight Fredericks and Gene Patterson from the Agape Center, and Tracy Stanhoff, Tribal Chair.

Photo by Suzanne Heck

Job announcement

Tribal Attorney I

Closing Date:

Open until filled

The Tribal Attorney advises the Tribal Council and the Nation's departments on legal issues pertaining to the various ventures of the Nation as well as other matters of employment issues, contracts, housing activities and litigation. The Attorney protects the Nation from adverse legal consequences.

For a complete job description, to download an application, or to obtain other information, please visit the PBPB Human Resources website at:

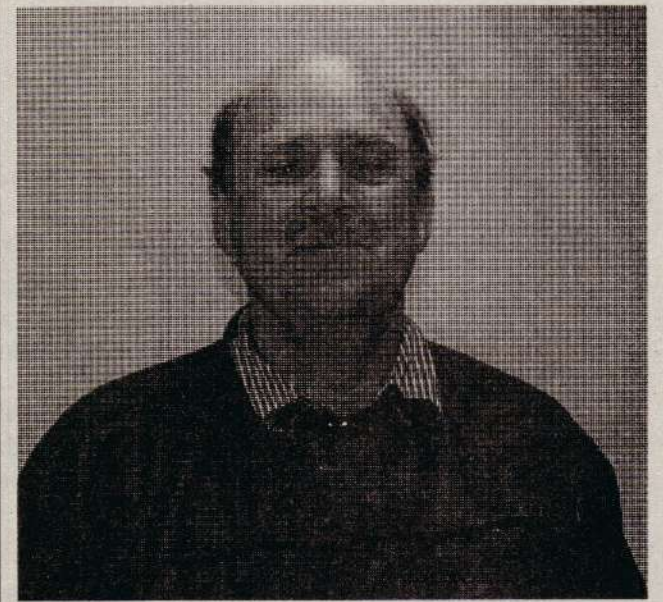
www.pbpnation.org/hr

or call

(785) 966-3060 or toll free

1 (866) 694-3937

Carl Matousek new construction manager



Carl Matousek has been hired as a construction manager for the PBPB. He previously worked for the Nation as Department of Land Manager.

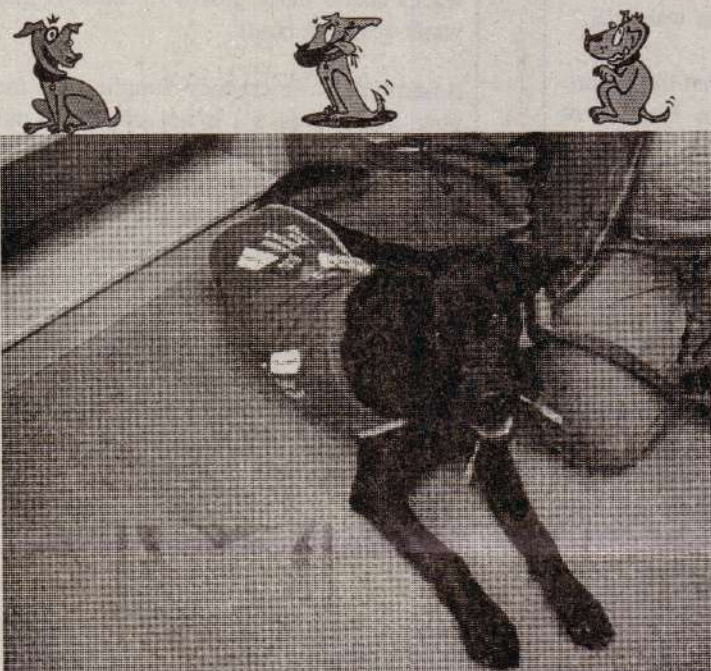
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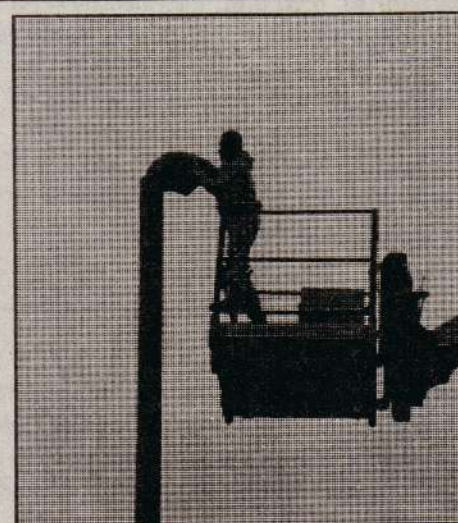
Prairie Band Potawatomi member



The Prairie Band people give to those in need



LEFT: One of the groups that will receive a charitable contribution for fourth quarter 2006 is the Kansas Specialty Dog Service (KSDS) headquartered in Washington, Kan. Seeing-eye dogs, like Chumko in the photograph, are raised by volunteers who train the dogs in their homes. Chumko, which is a Potawatomi name, was raised by tribal member Mike Jensen and his wife Julie. They have been involved with KSDS for several years.



ABOVE: Terry Fox was hoisted up high while changing a light bulb that was burned out at the We-Ta-Se building parking lot. RIGHT: Ronnie Dinger drove the rig that supported Terry in the air.

All in a day's work!
Maintenance Department
change parking light fixture at We-Ta-Se



Fourth Quarter 2006 Charitable Contributions List



- Parry Sound Friendship Centre (Parry Sound, Ontario Canada): \$5,000
- Marty Indian School (Marty, S.D.): \$7,000
- Kansas Specialty Dog Service, Inc. (Washington, Kan.): \$5,000
- Big Brothers Big Sisters of Topeka (Topeka, Kan.): \$15,000
- Lawrence Meals on Wheels (Lawrence, Kan.): \$2,000
- Topeka Performing Arts Center (Topeka, Kan.): \$4,000
- GaDuGi Safe Center (Lawrence, Kan.): \$2,300
- Living the Dream, Inc. (Topeka, Kan.): \$2,500
- Kansas Children's Service League (Topeka, Kan.): \$10,000
- Topeka Association of Retarded Citizens, Inc. (Topeka, Kan.): \$2,500

- Netawaka Rural Fire Dept. (Netawaka, Kan.): \$5,000
- DCCCA, Inc. Lawrence Outpatient (Lawrence, Kan.): \$5,000
- Honor The Youth Organization (Minneapolis, Minn.): \$5,000
- Native American Student Services (Lawrence, Kan.): \$5,000
- Washburn School of Nursing (Topeka, Kan.): \$10,000
- Delia Charter School (Delia, Kan.): \$2,500
- National Indian Child Welfare Association (Portland, Ore.): \$5,000
- Sacred Heart Catholic Church in Delia (Delia, Kan.): \$1,000
- NEK Center for Health & Wellness (Horton, Kan.): \$5,000

Total Contributions: \$98,800

Real estate and living in the world today: Buying a home

By Christina Barth, Realtor



Buying a home is one of the biggest investments people will make in their lives. The process can be financially trouble-free and emotionally rewarding. Emotionally, it's the personal satisfaction of owning a home that is gratifying in itself. Your home is

a place of your own to do as you please. Paint, decorate, and style as you like. Owning a home is a huge achievement. It will give you great fulfillment and a feeling of accomplishment when you invest into something you can call yours. Financially, instead of losing hard earned money every month due to rental fees, owning a home will save you a lot of money in the long run. By owning a home, you're not just throwing your money out the window. When you own your home, you are able to deduct the cost of your mortgage loan interest from your federal income taxes, and usually from your state taxes. Once you've owned your home for at least two years, you may be eligible to refinance your home. Waiting two years or so will allow a property to appreciate and gain equity. With time, the value of most

properties will go up. The mortgage payments already made will have lowered what is owed on the property. It's the difference between what you owe on a property and how much the property is worth that determines the amount of equity you can pull from a home. This process is what allows people the potential of refinancing. Refinancing a property lets you to do several things: you can either lower your monthly mortgage payments, consolidate bills and lower your debt, make home improvements, go on vacation, or use a home equity loan to purchase a new home, and use the first home as a rental property to excel profits from.

Unfortunately, refinancing typically does not work for trailers or mobile homes. Generally trailers and mobile homes depreciate in time and are less valuable as the years go by. Being mobile, they are measured up like vehicles. Manufactured homes are improving and can qualify if they are on slab or cement foundation with a crawl space or basement. However, only a few banks will finance them.

Don't get discouraged if you're not a first-time home buyer, your credit score is low, or you can't afford a down payment and closing cost.



There are several local home buying programs that assist with aid in buying homes. The purpose of home buying programs are to help people get financed for a home in areas that need improving, in hopes to improve the housing developments in their city. Most states have organizations that offer such programs as the

Topeka Opportunity To Own (TOTO) or Houses to Homes which is located in Kansas. The TOTO program will help qualified people in the process of purchasing a home for up to \$65,000 in a designated opportunity area. The areas are selected by the city as areas that need to be improved or have the most vacant properties. The TOTO program will then give a second loan up to \$25,000 to make repairs or any updates needed to the home like carpet, wiring, heating and air, windows, etc. Once

you've lived in the home for seven years, the program does NOT require you to pay back 80% of the \$25,000. The 80% disappears from the slate. If the home you purchase is outside the designated area, you are only allowed up to \$15,000 to make updates and repairs. Houses to Homes and other programs generally work the same way. Most programs have certain guidelines and stipulations, such as being based on income and household size. Overall, the programs offer satisfying benefits to help people get their foot in the door. For more infor-

mation and a listing of other programs in Kansas, visit the website Housing and Credit Counseling Inc. at <http://www.hcci-ks.org> or contact me. I will be more than happy to mail you more information on programs located in or near the Topeka, Kan. area.

If you live outside of Kan., please do yourself a favor and find time to do the research needed to find the programs available in your area. There are many programs available. So take advantage of the opportunities that are out there and buy the home of your dreams.

If you'd like more information on the programs I mentioned, or if I can be of any assistance to you or your family and have questions, please email me at cbarth@TopekaAreaHomes.com or call me at (785) 383-8500.

Have a wonderful New Year!





News from the Potawatomi Fire Department

Fire Department Briefs

BETWEEN DECEMBER 10, 2006 - JANUARY 14, 2007 THE FIRE DEPARTMENT RESPONDED TO THE FOLLOWING ALARMS:

- 12-10-06 at 1:20 p.m. units responded to a Fire Alarm at 15424 K Rd. at the Boys and Girls Club. The call was determined to be a false alarm.
12-16-06 at 10:25 p.m. units responded to a Medical Alarm at an address on 118th Rd. Units were cancelled in route by Jackson County EMS.
12-27-06 at 9:44 a.m. units responded to an alarm at 158 and K Rd. for hay bales loaded on a tractor trailer that had caught fire. The truck was disconnected from the trailer and bales were extinguished. Value of the hay destroyed was estimated at \$2,500.00 and estimated damage to the trailer was \$2,000.00.
1-3-07 at 8:34 p.m. units responded to a Medical Alarm to an address on E Rd. Units were cancelled in route.
1-6-07 at 3:27 a.m. units responded to 16344 Q Rd. at the Potawatomi Tribal Police Department for a blood draw.
1-6-07 from 10:00 p.m. until 2:30 a.m. units performed a stand-by with the Potawatomi Tribal Police for a DUI check lane on U.S. Hwy. 75 and 192 Access Rd.
1-7-07 at 9:03 a.m. units responded to an alarm at 9948 126th Rd. for a hay bale fire. Out of 100 bales only 35 bales were destroyed.
1-10-07 at 4:25 p.m. units responded to a large grass fire at 142nd and K Rd. Winds were gusty and fanned the fire burning approximately five acres. The department received mutual aid from Hoyt Fire Department.

Public Assist:

- 12-14-06 at 8:20 p.m. units responded to a lockout situation at 8227 156th Ln.
12-17-06 at 10:23 a.m. units responded to a lockout situation at 8196 156th Ln.

Calls to Harrah's Prairie Band Casino:

- Fire Alarm - 2
Standby Event - 2
EMS Calls - 10

Other Alarms:

- EMS Calls - 26
Medical Assists - 60
Lifeline Alarms - 1
Good-Intent Call - 6

Special Training

12-13-06 - Fire department members, along with other tribal employees, attended workshops on "Team Building." The workshop was facilitated by Dr. Michael W. Mercer, an industrial psychologist. Dr. Mercer has appeared on over 400 radio and TV talk shows including Oprah and Leeza.

12-15-2006 - Members of A-Shift performed *live fire training* on an abandoned home in the new temporary housing units at 158th & K Rd. Prior to burning down the old home fire fighters were able to practice ventilation training techniques and fire fighter survival training. Captain Rick Swogger conducted the fire fighter survival training. Each year the fire service continues to mourn the loss of so many firefighters who might have been saved if a few basic rules were followed. The drills practiced can train our firefighters in what to do if they should become disoriented inside a burning structure.

12-19-2006 - The Prairie Band Potawatomi Health Clinic hosted an afternoon training session with the Emergency Room Trauma Team from Stormont Vail Regional Medical Center from Topeka, KS. Under the leadership of Dr. William C. Bandy and Darlene Whitlock RN, doctors, nurses and paramedics of The Nation were instructed on the Trauma Activation Criteria and resources that Stormont-Vail now can offer after recently being verified as a Level III Trauma Center. A Flight Nurse and Flight Paramedic from Topeka Life Star air ambulance were also present. Life Star flew one of their Eurocopter Astar AS350B2 helicopters and was the first aircraft to land on the new pad at the clinic facility.

Upcoming Emergency Medical Technician trainings at the Fire Station

The Potawatomi Tribal Fire Department is offering the following courses on how to become trained as an emergency medical technician (EMT).

January 30, 6:00 p.m. Intermediate level EMT course: Upgrade your skills as an EMT that will allow you start IV's and use advanced airways.

February 19, 6:00 p.m. Entry level EMT course. (At press time this class was full).

For more information on these and any other public education programs that the department provides please contact course coordinator, Assistant Chief Tim Flanary or instructors Eric Ganson or Scott Fleming at 785-966-2164.

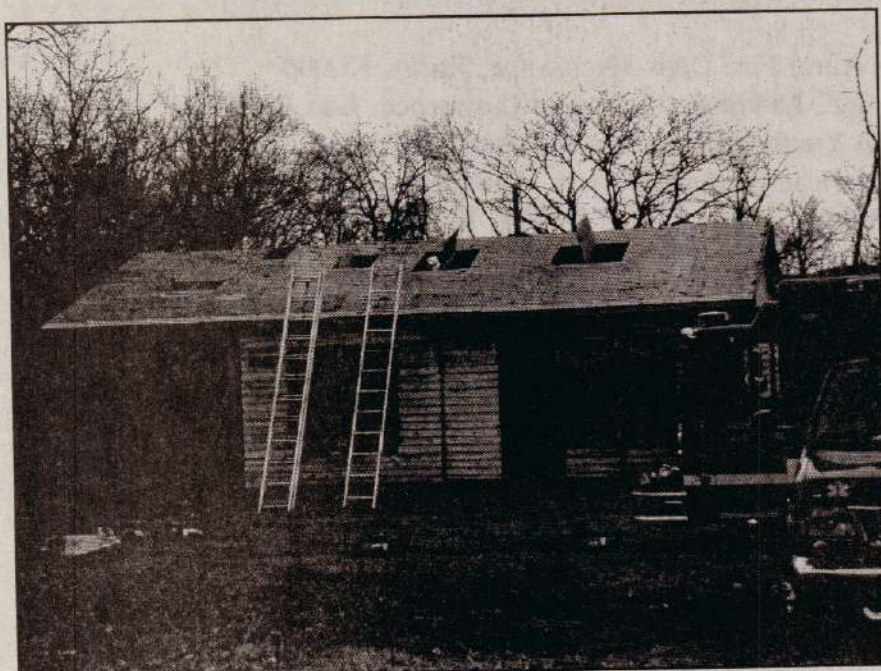


Tips on being safe from the Fire Department: Prepare for winter weather!!

While winter storms can strike quickly and without warning, there are many things you can do to prepare yourself and your family. Take the time to prepare now by having extra blankets on hand and making sure that you and your loved ones have warm coats, hats, gloves or mittens and water-resistant boots.

Assemble an emergency supplies kit for your home in case it is not safe to go out during a storm. Be sure to include bottled water (at least one gallon per person per day), non-perishable food and a can opener. The kit should also include a battery powered NOAA weather radio, flashlight, extra batteries and extra warm clothing. Assemble an emergency supplies kit for your car too and have the vehicle winterized before storm season.

Live fire training: ventilation and fire fighter survival training



The house, above, was the site for ventilation training and later for fire fighter survival training. Ventilation is where the firefighters cut openings in the structure to allow heat and smoke to escape.



Guided by Paul Juedes, left, and Captain Rick Swogger, right, George Wiecken enters the house to practice in the fire fighters survival training. Behind the air tank, John Rodecap also assists in the training.



Above, Paul Juedes is blindfolded and is seen touching the wall and reaching out with his left leg in search of the door to lead him to safety. This was the first time Paul had been in the abandoned house to practice in the fire fighter survival training.



Fire fighters receive excellent training

By Mary Young

Depending upon the type of fire, temperatures can reach 500 to 1000 degrees in a structure. The smoke can be so great that the fire fighter loses all visual. This is what the training was all about on December 15—self survival.

In a timed exercise, after the participants were blindfolded, the trainers walked them through the structure, twirled them around several times, and then released them. The goal: find the exit.

Because a fire fighter can get lost in a real situation, Captain Rick Swogger explained that the participants needed to rely on all their senses in this situation because they were "blind" and in a vulnerable state. He further stated that this training tool teaches the fire fighter to fall back on all of their training and most importantly, not to panic.

In the past, the Kickapoo Fire Department and Hoyt Fire Department participated in similar training provided by the PBPB Fire Department.



FEMA: Winter weather preparedness tips or preparing before the storm

(Reprint from PBP News October 2005)

The Federal Emergency Management Agency (FEMA) is encouraging everyone to take preventive measures to ensure their safety and reduce the risk of winter storm damage to property.

Know the terms used by weather forecasters so that you clearly understand the risk to your family and your community, including:

Winter Weather Terms

- **Winter weather advisory** - Winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists;
- **Winter storm watch** - Be alert, a storm is possible;
- **Winter storm warning** - Take action, the storm is occurring or will soon occur in the area;
- **Blizzard warning** - Snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill - seek refuge immediately;
- **Frost/freeze warning** - Below freezing temperatures are expected.
- **Wind chill** is a calculation of how cold it feels outside when the effects of temperature and wind speed are combined. A strong wind combined with a temperature of just below freezing can have the same effect as a still air temperature about 35 degrees colder.
- **Frostbite** is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite.
- **Hypothermia** is a condition brought on when the body temperature drops to less than 90 degrees Fahrenheit. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.

Preparing Your Family

- Assemble a disaster supply kit. Store drinking water, canned/no-cook food, non-electric can opener, first aid kit, battery-powered radio, flashlight and extra batteries where you can get them easily, even in the dark. Also include winter specific items such as rock salt, sand and other snow removal equipment.
- Prepare for the possibility that you will need to stay in your home for several days after a winter storm. Make sure that you have sufficient heating fuel as well as

emergency heating equipment in case electricity is cut off.

- House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions. Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them.
- Know ahead of time what you should do to help elderly or disabled friends and neighbors or employees.
- Dress in several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Outer garments should be tightly woven and water-repellent. Wear a hat, mittens and sturdy, waterproof boots. Cover your mouth with a scarf to protect your lungs from extremely cold air.
- Teach children how and when to call 911.

Preparing Your Home

- Install storm windows or cover windows with plastic, insulate walls and attics, and apply caulk and weatherstripping to doors and windows.
- Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.
- Have safe emergency heating equipment available—fireplace with ample supply of wood; small, well-vented, wood, coal, or camp stove with fuel; and portable space heaters or kerosene heaters.
- Maintain ventilation when using kerosene heaters to avoid a build-up of toxic fumes and always refuel outside. Keep all heaters at least three feet from flammable objects.
- Install and check smoke detectors/carbon monoxide detectors.
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves (in case a pipe bursts).
- Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow—or water, if drains on flat roofs do not work.
- Remove ice and snow from tree limbs,

roof and other structures after the storm passes.

If indoors

Stay indoors and dress warmly. Conserve fuel. Lower the thermostat to 65 degrees during the day and 55 degrees at night. Close off unused rooms. If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).

If outdoors

Dress warmly. Outer garments should be tightly woven and water repellent. Mittens are warmer than gloves because fingers generate warmth when they touch each other. Stretch before you go out. Keep dry.

Preparing Your Car

- Keep cars and other vehicles fueled and in good repair. Winterize your car by checking your car battery, ignition system, thermostat, lights, flashers, exhaust, heater, brakes, defroster and tires. Ensure that your car has adequate antifreeze, windshield washer fluid and oil and check regularly throughout the season.



- Place a winter emergency kit in each car that includes a shovel, windshield scraper, flashlight, battery powered radio, extra batteries, first aid kit with pocket knife, necessary medications, bottled water, high energy snack food, canned fruit and nuts, a nonelectric can opener, extra set of mittens, socks, and a wool cap, several blankets and sleeping bags, extra newspapers for insulation, plastic bags (for sanitation), matches, tow chain or rope, road salt and sand (or cat litter) for generating traction under wheels, set of tire chains or traction mats, small tools (pliers, wrench, screwdriver), booster cables, cards, games, puzzles, emergency flares and fluorescent distress flag or brightly colored cloth to use as a flag.
- If traveling by car during a winter weather advisory or winter storm watch, do so in daylight, don't travel alone, keep others informed of your schedule and route, and stay on main roads. Avoid driving during a winter storm warning or blizzard warning.

Winter driving

- Install good winter tires. Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions

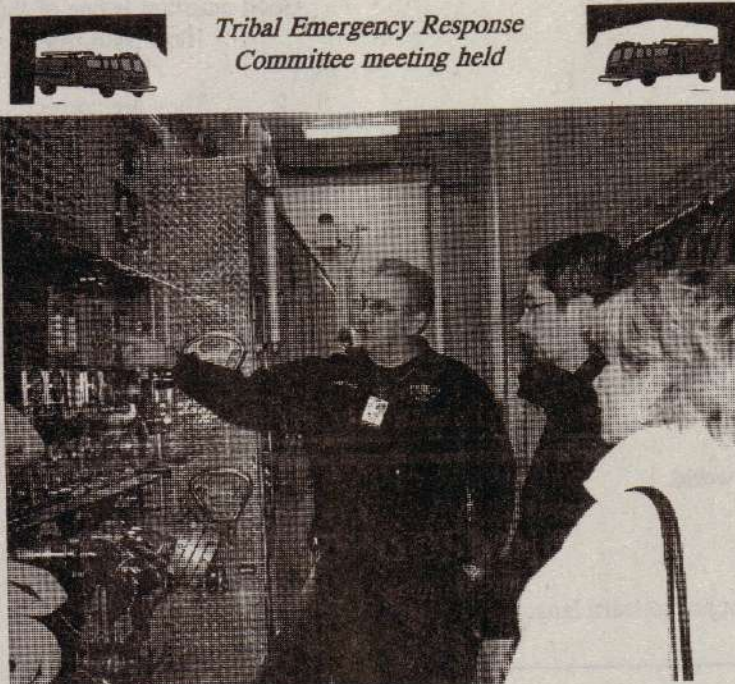
require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

- Maintain at least a half tank of gas during the winter season.
- Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during the daylight and, if possible, take at least one other person. If you must go out during a winter storm, use public transportation.
- Dress warmly. Wear layers of loose-fitting, layered, lightweight clothing.
- **If trapped in car during a blizzard**
- Stay in the car. Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.
- Display a trouble sign. Hang a brightly colored cloth on the radio antenna and raise the hood.
- Occasionally run engine to keep warm. Turn on the car's engine for about 10 minutes each hour. Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation.
- Watch for signs of frostbite and hypothermia. If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put person in dry clothing and wrap their entire body in blanket. Never give a frostbite or hypothermia victim something with caffeine in it (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.
- Do minor exercises to keep up circulation. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping. For warmth, huddle together.
- Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse.
- Be aware of symptoms of dehydration.

Department and program happenings



Above: Representatives from the federal and state level attended the first Core Command Committee meeting for 2007 of the Tribal Emergency Response Committee (TERC) held at the Fire Department on January 9. Members of the Core Command Committee are staff who will be contacted first in the event of a disaster emergency. In the photograph from left to right are Jim Shane and Fire Chief David Price from the PBP, Deborah Abner who is with the Kansas/Missouri Salvation Army, Pat Korte, Jackson County Emergency Management, and Lon Biasco, a Protective Security Advisor with Homeland Security.



Above: Fire Chief Price showing off the electronic devices that are on the tribe's state-of-the-art fire truck 651 to Lon Biasco and Deb Abner who took a tour of the fire station after the meeting.

Road & Bridge/Housing News



Above: The gravel road on the left side of the photo was recently constructed by Road & Bridge. It leads to the new transition homes that can be seen in the background. Four new homes are now located near the junction of K Road and 158 Road (paved road on far right) on the reservation. The homes will provide temporary residences for tribal members in need. For more information about the program call the Housing Department at (785) 966-2756.



Alicia Sellens, left, Tracy Stanhoff, center, and Rick Rector, right, stopped for a pose at an all-employee gathering on December 21 at the Bingo Hall. Alicia is with the Computer/IT Tech Department, Tracy is Tribal Chair, and Rick is with the Maintenance Department.

Department of Planning and EPA pick up trash along rez roads



Have pride: don't litter!

Several of the staff in the Planning and Environmental Protection Department took advantage of the mild weather on January 5 by picking up trash along 150 Road and 158 Road on the reservation. At left is Adele Thomas who works as an administrative assistant and at right is Vincent Hernandez who works in the wastewater treatment program.

Get involved and help better your community as a member of the Solid Waste Advisory Committee. Call Merle Green at (785) 966-2946 to learn how



Need to get rid of old pesticides, house or auto cleaners/products? Call (785) 966-2946.



Youth and childcare news and notes

Q & A's about Head Start programs

Submitted by Hope Adame, Family Community Program Manager

Here's some information from the National Head Start Association about two of the programs that the PBP Early Childhood Education Center uses.

What is Head Start?

Head Start is a federally funded child development program that serves low-income children and their families. It has two programs: Head Start (HS) and Early Head Start (EHS). The PBP Early Childhood Education Center is currently funded for 32 HS children and 12 EHS children/families/prenatal mothers.

How is the federal funding distributed?

Funding goes directly from the federal government to local grantees like the PBP. The federal government provides 80% of the annual cost to operate the programs and the remaining 20% comes from a "local match" or "in-kind" contributions. The PBP relies on family and community partnerships in the form of material donations, volunteer time and mileage for the 20% local match.

What is the funding total?

In the fiscal year of 2006 HS was allocated approximately \$6.8 billion-\$6.1 billion for HS and the rest for the EHS.

How many centers are there?

There are 19,806 HS and EHS centers (excluding family child care homes) that offer almost 50,000 classrooms. Tribal governments like the PBP make up 7% of the total. Other grantees and delegate agencies include community action agencies (33%), public/private school systems (16%), private/public non-profits, i.e. churches, non-profit hospitals (37%), and government agencies (6%).

What is the average cost per child?

The average cost is \$7,296; \$7,061 for HS and \$10,502 for EHS.

How many staff and volunteers are there nationally?

There are 216,663 paid HS and EHS staff and 1,360, 167 volunteers. Of those volunteers, 890,702 are former or current HS or EHS parents.

What do teachers get paid?

Teachers with bachelor's degrees average \$26,500; with associate degrees



Noted pediatrician and author T. Berry Brazelton, M.D. is planning to visit Ben-no-tteh Wigwam this year.



The new Prairie Band Potawatomi Early Childhood Education Center (ECEC) 2007 childcare rates

Submitted by Edie Wamego-Valdivia, Childcare Specialist

New PBP ECEC childcare rates will take effect February 1, 2007. The new rate was approved by PBP Tribal Council on December 20, 2006. Note that any late payments after February 1 will incur \$1.00 for everyday late and after seven (7), childcare services will be suspended.

February - March	\$100.00
April - June	\$150.00
July - September	\$200.00
October - December	\$250.00

Families that are at or below federal poverty guidelines will be eligible for the revised sliding fee scale.

For families who are enrolled in preschool ONLY - the cost is \$2.00 per hour. The hours for preschool are Monday-Thursday 8:30 a.m. to 11:30 a.m. and at this time no transportation is available.

Presently the PBP ECEC has a full enrollment and 62 children are on the pending list for ages 0-5. Applications are always accepted for future openings. They can be downloaded from the pbpnation.org site by clicking on the childcare link. Applications can also be mailed out by calling the center (785) 966-2527.



What do you think?

This month's survey was about brain development. Once a month during a weekly department meeting, Cecily Wabausee, ECEC director, asks directors in attendance to fill out a written survey about how they feel about various child-related issues.

Below are the true/false questions that were asked and the results of those who responded.

Basic brain connections are laid down before birth.

92% said true
8% said false

It is true:

During pregnancy, the basic architecture of the brain is formed. The different parts of the brain are in place (e.g. brainstem, thalamus, cerebellum). This initial development also provides basic brain functions that help the baby live.

Unlike other organs of the newborn, such as the heart, the brain is not yet ready to perform all the amazing functions it will eventually be able to do. It goes through a series of developmental stages. It is following birth that experience begins to have a greater effect on brain development than it did during pregnancy (although, certain experiences do influence the developing brain during pregnancy, such as maternal health and stress, intake of drugs and/or alcohol, and quality of maternal nutrition.)

Babies are born with the ability to learn all the languages in the world.

100% said true

They are correct:

Amazingly, infants are born with the capacity not just to learn language, but to learn

all languages. They are able to perceive the different sounds and patterns of speech of all languages in the world, for example, at birth, Japanese babies can hear distinction between "r" and "l"; although only the "r" sound exists in Japanese.

Between 6 and 12 months, babies begin to fine-tune their ability to perceive the speech sounds of their native language as opposed to non-native language.

Good nutrition is one of the best ways we know to aid healthy brain development.

100% said true

They are correct:

Iron deficiency has been clearly linked to cognitive deficits in young children. Iron is critical for maintaining an adequate number of oxygen-carrying red blood cells, which in turn are necessary to fuel brain growth.

Reading to a newborn infant is the best way to help a child learn to read in the future.

92% said true
8% said false

The correct answer is false:

It is important to recognize that providing a language rich environment for children is the most important. Reading to the child is one way to do this, but there are many other ways as well like talking and singing.

Information submitted by Tina Haefke and taken from Zero to Three; To take the complete "Brain Quiz" go to www.zerotothree.org

Boys & Girls Club News



Cheryl Hopkins, left, was awarded Employee of the Year for 2006 at the all-employee meeting on January 12. Cheryl has worked for the Boys & Girls Club since 1998 and is the Education Director. Handing the gift bag to Cheryl is Priscilla Martin who works in Human Resources.

Photo by Mary Young



FEBRUARY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Power Hour 4-5 pm Monday - Thursday Club Tech 4-5 pm RVJH Vs Jeff West Meet @ RVJH after School 8-10 years old T.R.A.I.L.S. 4-5 pm	2	3
4 Volleyball 2-5 pm Basketball 7-9 pm	5 Power Hour 4-5 pm Monday - Thursday Goals for Growth 4-5 pm SMART Moves 5-6 pm	6 Club Officers Meeting 8-10 years old T.R.A.I.L.S. 4-5 pm Tutoring 6-8 pm	7 Key Stone Club Meeting 4-5 pm SMART Moves 6:30 Tutoring 6-8 pm	8 Club Tech 4-5 pm 8-10 years old T.R.A.I.L.S. 4-5 pm	9 RVHS Basketball Leave @ 4:30	10 Haskell Basketball Game Leave @ 1:00 Bring Spending \$
11 Volleyball 2-5 pm Basketball 7-9 pm	12 Power Hour 4-5 pm Monday - Thursday Goals for Growth 4-5 pm SMART Moves 5-6 pm 7a & 7b Basketball all ages Meet @ Middle School	13 Key Stone Club 4-5 8-10 years old T.R.A.I.L.S. 4-5 pm Tutoring 6-8 pm	14 FAMILY NIGHT 5-7 PM	15 Club Tech 4-5 pm 8-10 years old T.R.A.I.L.S. 4-5 pm	16 RVHS Basketball Sr. Night Leave @ 4:30	17
18 Volleyball 2-5 pm Basketball 7-9 pm	19 Power Hour 4-5 pm Monday - Thursday Goals for Growth 4-5 pm SMART Moves 5-6 pm	20 Club Officers Meeting 8-10 years old T.R.A.I.L.S. 4-5 pm Tutoring 6-8 pm	21 Key Stone Club Meeting 4-5 pm SMART Moves 6:30 Tutoring 6-8 pm	22 Club Tech 4-5 pm 8-10 years old T.R.A.I.L.S. 4-5 pm	23 Chili Feed 11:00 am - 2:00 pm Boys & Girls Club	24
25 Volleyball 2-5 pm Basketball 7-9 pm	26 Power Hour 4-5 pm Monday - Thursday Goals for Growth 4-5 pm SMART Moves 5-6 pm	27 Key Stone Club 4-5 8-10 years old T.R.A.I.L.S. 4-5 pm Tutoring 6-8 pm	28 Key Stone Club Meeting 4-5 pm SMART Moves 6:30 Tutoring 6-8 pm			



Social Services receives donation at the employee's meeting



L-r: Hildred Vilander and Chris Wagner of Shawnee County Allied Tribes presented a \$300 check to Social Services Director Larry Pickman and staffer Janice Ownby. The money will go to the child welfare services program for resource materials. Photo by Mary Young

Tribal Victim Assistance Program grant awarded

By Diane Robb

The PBP Nation was awarded a grant for \$175,000 per year, renewable for up to three years from the Office for Victims of Crimes. The creation of the U.S. Department of Justice Crime Victims Fund was developed nearly 15 years ago, but it took many years for the federal government to pave the way for the Tribal Victims Assistance Program.

The purpose of the program is to assist tribal crime victims and immediate family members with immediate essential needs, emotional support, and assistance in understanding the criminal justice process subsequent to victimization.

To participate in the program:

- Must be an enrolled member of a federally recognized tribe.
- Tribal member must be a victim of a crime or an immediate family member of the crime victim with documentation that a crime was committed.
- Complete an application for assistance at the Tribal Police Department or with the Violence Prevention Program.
- Must be a resident of Jackson County, Kansas or an adjacent county.
- Requested services must be allowable such as: services that immediately respond to the emotional and physical needs of crime victims such as intervention; counseling; emergency food/housing/clothing; transportation; legal services and job placement services.
- Adhere to grant guidelines and application requirements.

The program will work in cooperation with the PBP Nation Family Violence Prevention Program. Domestic violence and sexual assault victims have the option of contacting the office that is most convenient to meet their needs. For further information contact Rebekah Jones at the Tribal Police Department 785-966-3024 or Rose Bone at the PBP Nation Family Violence Prevention Office at 785-966-8340.



St. Francis Recovery Center in Topeka holds workshop

The Recovery Center of St. Francis in Topeka periodically provides presentations for social workers and substance abuse counselors. Norman Arnold, CADC II, presented The Developmental Model of Recovery on January 12. L-r: Duane Olberding, St. Francis Recovery Center Clinical Coordinator, PBP Social Workers Dawn Masqua and Janice Ownby, Sac and Fox Social Worker Betty Rice, and Norman Arnold.

2006 Woman of the Year speaks at seminar

By Mary Young

PBPN Alcohol and Drug Program held a training seminar in the old community building on Q Rd. Invited guest speaker, Maria Stands, shared her life story on how she lost her values and traditions while she was in her addiction. She said she does not live in the past but sees her life as a rear view mirror of her journey. Her presentation included the reason for stress (we do not listen), the understanding of the Red Road Approach (values and traditions), and the importance of the Medicine Wheel (physical, mental, emotional, and spiritual aspects to be included in life on a daily basis). She further stated that she prays and reads her meditation book twice a day to help her. Prayer is important to her in her walk of life. She said if all her grandmothers did not pray for her, she would not be alive today.



Above, Maria Stands, Pine Ridge, S.D. posed for a photo.

Support groups in the community area

SUNDAY

Mayetta AA meeting—8:00 p.m., St. Xavier Catholic Church basement

MONDAY

P.A.R.R. In-house AA meeting—7:00 p.m., 18301 Highway 75, south door, Mayetta

Holton NA meeting—8:00 p.m., Evangel United Methodist, 227 Pennsylvania, west door

WEDNESDAY

We-Ta-Se AA meeting—7:00 p.m., 15241 K Road, Mayetta

Al-Anon meeting—7:00 p.m., First Christian Church, 5th & Wisconsin, upper level, Holton

THURSDAY

Al-Anon luncheon meeting—noon, P.A.R.R., 18301 Highway 75, south door, Mayetta

Holton AA meeting—7:00 p.m., First Christian Church basement, 5th & Wisconsin

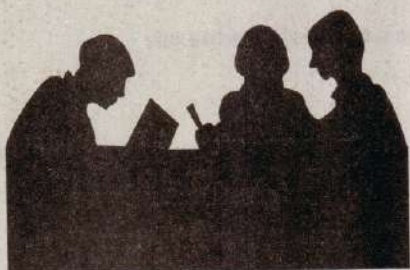
FRIDAY

NA luncheon meeting—noon, 15421 K. Road, We-Ta-Se meeting room, Mayetta

Holton NA meeting—8:00 p.m., Evangel United Methodist, 227 Pennsylvania, west door

SATURDAY

Holton AA meeting—9:00 a.m., First Christian Church basement, 5th & Wisconsin



Announcing a new

12-Step AA Meeting

P.A.R.R. Ranch
18301 Highway 75, South Door
Mayetta, KS

P. A. R. R. Ranch is announcing a new AA meeting starting on February 9 at 7:00 p.m. The 12-Step meeting will be a closed meeting. Light refreshments will be served.

For more information, contact Helen Slattery at (785) 966-3010.



Attention—Linda Corvell

Please contact Dee Ann DeRoin at the following email address:
deedoc@earthlink.net.

Needs your correct mailing address.



Above: the site where the Alcohol and Drug Program held the "Values of our tradition and stress management" training seminar on January 17 and 18. Other programs are planned at the Rock Building.

Photo by Suzanne Heck

April is Alcohol Awareness Month

Courtesy of Kansas Drunk Driving Prevention Office, *The Advocate*, Winter 2006, Vol. 8, Issue 1

Since 1987, April has been designated as Alcohol Awareness Month by the National Council on Alcoholism and Drug Dependency (NCADD). National Alcohol Screening Day, Thursday, April 5, 2007, has been selected to encourage individuals to consult with substance abuse treatment professionals about their risks for alcohol abuse and addiction. There are more than 300 addiction treatment providers across Kansas. A private alcohol assessment may be taken online at www.alcoholscreening.org.

Another integral part of Alcohol Awareness Month is Alcohol-Free Weekend, which takes place the first weekend of April (April 6-8, 2007). Alcohol-Free Weekend is designed to raise public awareness about the use of alcohol and how it may affect individuals, families and businesses. For three days, all Americans are invited to engage in alcohol-free days. Those who experience difficulty or discomfort during this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous and Al-Non to learn more about alcoholism and its early symptoms. Essentially, it is a community consciousness-raising effort about alcoholism and health-related issues that may serve as a trigger to recovery.

Alcohol Awareness Month began as a way of reaching the American public with information about the disease of alcoholism—that it is a treatable disease, not a moral weakness, and that alcoholics are capable of recovery. As a national public awareness campaign, Alcohol Awareness Month has collaborated with organizations such as The Leadership to Keep Children Alcohol Free, a unique coalition of more than 30 Governors' spouses, Federal agencies, and public and private groups focused on preventing the use of alcohol by children ages 9 to 15. A primary focus of Alcohol Awareness Month over the past ten years has been underage drinking and the devastating effects it can have on our youth.

For more information, please visit www.ncadd.org; select programs and awareness activities.



High Blood Pressure

By Terry L. Harter, MD
Prairie Band Health Center, 11400—158 Rd.
P. O. Box 249, Mayetta, KS 66509

High Blood Pressure or more accurately Primary Arterial Hypertension is a common medical condition affecting around 50 million Americans. Hypertension becomes more common as we age so that by the age of 65 around two thirds of the population are affected. The primary cause of hypertension appears to be genetics or heredity. Lifestyle issues such as a sedentary lifestyle, obesity, high salt diet, alcohol consumption, stimulant use, and tobacco use promote and accelerate the development of hypertension.

Blood pressure is measured in units of millimeters of mercury and readings are obtained with the use of a stethoscope, a blood pressure cuff, and a sphygmomanometer. The original sphygmomanometers used a column of mercury to measure pressure. Today most healthcare providers use dial type manometers called aneroid manometers. The cuff is placed around the arm and inflated to a pressure that blocks circulation. With the stethoscope placed over the artery the pressure is slowly released. When the pressure is low enough to allow circulation to resume the blood makes a hissing noise with each heartbeat as it rushes past the area of partial blockage caused by the cuff. The pressure reading when this occurs is called the systolic pressure. The hissing noise continues as the pressure drops until the cuff no longer compresses the artery. The pressure when the noise stops is called the diastolic pressure. Both numbers are important.

Blood pressure is divided into four categories by the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. Normal blood pressure is defined as lower than 120 systolic and lower than 80 diastolic. Normal blood pressure is considered to be the pressure required to maintain adequate circulation of blood to the organs and other body tissues. Prehypertension is defined as lower than 140 systolic and lower than 90 diastolic. Stage 1 hypertension is defined as a range of pressure from 140 to 159 systolic and from 90 to 99 diastolic. Stage 2 hypertension is defined as pressures over 160 systolic and over 100 diastolic. Hypotension or low blood pressure is generally considered to be lower than 90 systolic however many people tolerate pressures lower than this with adequate circulation.

tion.

Hypertension contributes to almost all heart attacks and strokes and causes slow but progressive damage to the heart, blood vessels, kidneys, brain, and eyes. The heart is primarily a muscle and when the heart is forced to pump blood at pressures higher than required for adequate circulation it becomes enlarged, much like exercise causes other muscles to enlarge. While large skeletal muscles may be a good thing, an enlarged heart does not pump blood as efficiently as a normal sized heart. The walls of the arteries are also lined with muscles and when they are asked to contain blood at higher than normal pressures these muscles enlarge also. The result is thickened walls in the arteries and a narrowing of the inside diameter of the arteries. This leaves the arteries more susceptible to blockage by blood clots or cholesterol deposits. Thickening of the very small blood vessels interferes with the body's ability to exchange oxygen and nutrients at the level of the organs and tissues.

Scientists have identified several systems in the body that appear to be malfunctioning in people with hypertension. Decades of research has improved our understanding of these systems and has allowed the development of medications that can help correct these malfunctions. We currently have five classes of medications which help control hypertension. These classes are: Diuretics, Beta-blockers, Calcium channel blockers, ACE inhibitors, and Angiotensin II receptor blockers. Each of these classes work on different systems and have their own strengths and weaknesses. Frequently medications from two or more of these classes are needed to achieve adequate blood pressure control.

If you are found to have elevated blood pressure readings, your healthcare provider may recommend routine tests, repeat blood pressure readings, and lifestyle modifications. Testing can help identify correctable causes of hypertension, evidence of damage from hypertension, and additional risk factors for heart attack or stroke such as high cholesterol. Our blood pressure fluctuates from day to day and throughout the day. Obtaining blood pressures at different times gives a better indication of which stage of blood pressure you fit in. There is compelling evidence that exercising for 30 minutes a day, re-

ducing salt consumption, losing excess weight, avoiding tobacco, avoiding alcohol, and avoiding stimulants can delay the development of and reduce the severity of hypertension.

When lifestyle modification does not result in blood pressure control, medications are usually prescribed. It is important to take prescription medications as directed and to notify your healthcare provider if you experience any unpleasant or unexpected side effects. No single blood pressure medication is the best or most effective. It may take some trial and error to find the medication or combination of medications that control your blood pressure with the fewest or no side effects. Almost all cases of hypertension can be controlled but not cured with routine use of existing medications.

Hypertension has been called the Silent Epidemic because there are no reliable symptoms of high blood pressure. The only way to know whether you have hypertension or not is to have your blood pressure checked. The manometers at healthcare facilities tend to be fairly accurate while the readings from machines that do not incorporate listening with a stethoscope should be regarded as ballpark figures. I encourage all adults to have their blood pressure checked at least once a year. If you have hypertension, please try to follow your healthcare providers' recommendations and discuss any difficulties you are having. Controlling hypertension in everyone who has it can significantly reduce the number of heart attacks and strokes.



E.A.S.E. air terminal installed at PBPB Health Center

The Joe Electric Inc. erected a 52 ft. E.A.S.E. air terminal lightning protection tower that will protect any lightning strike within a 250 dia. of the Health Center. The National Lightning Protection Corporation is the provider of the lightning protection product.

Photos submitted by Terry Smalley

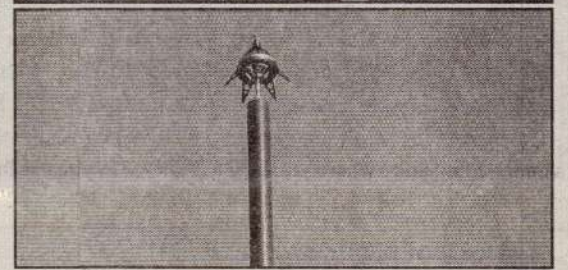
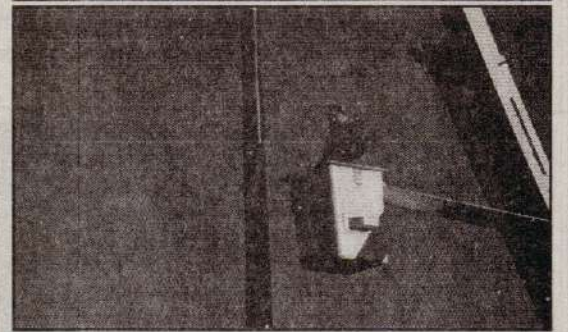
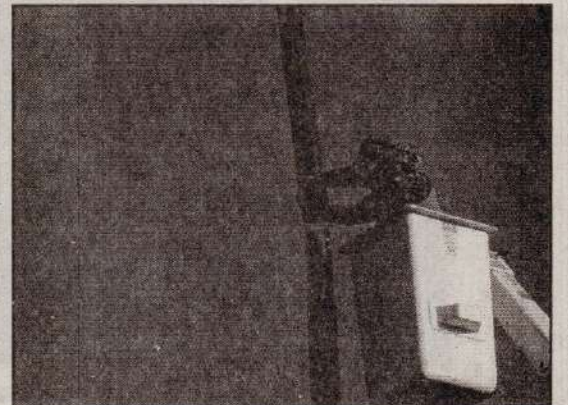
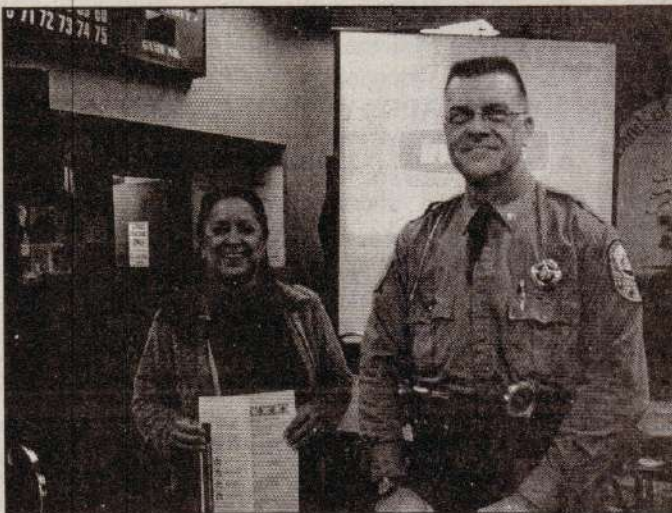


Photo by Mary Young

An informational presentation was held at the all employee meeting on the drug, methamphetamine



At left, Community Health Nurse Mina Neuburger and Lt. Marcus Koch prepared for their presentation at the all employee meeting.

Photo by Mary Young



"Take a stand against meth—not in my body, not in my house, not at my job, not at my workplace, and not in my Nation."

Take a stand! That could have been the title for the presentation by Mina Neuburger and Marcus Koch at the all employee staff meeting held on January 12. Their presentation was geared to the methamphetamine (meth) problem on the reservation and throughout the country. It is a reality: meth usage is a problem, harmful, and in Jackson County.

What are the facts and myths about meth?

- Using small amounts of meth can be safe. Myth
- You can quit using meth anytime. Myth
- A meth user is always seeking the original high. Fact
- Meth makes you lose a lot of weight. Fact
- People commit crimes in order to get meth. Fact
- Meth only hurts the user. Myth
- Meth does not cost a lot. Myth
- People who use meth sleep a lot. Myth
- Meth use can lead to domestic violence. Fact
- Meth is a new drug. Myth
- Meth can endanger and/or cause a person to not care about their children. Fact
- Meth can be made anywhere. Fact
- Meth use does not pose any environmental dangers. Myth

Lt. Koch heard about the Montana Meth Project (MMP) and researched the project. He

was able to obtain a DVD and showed it at the staff meeting. The scenes and words were not reenactments, but actual people who used meth. Most tried meth once and got hooked. The MMP was created because there was a meth problem and they wanted to do something about it. They utilized television and radio with public service announcements.

Lt. Koch took an oath and stressed to the staff, take a stand against meth—not in my body, not in my house, not at my job, not at my workplace, and not in my Nation. He said the Tribal Police are taking an aggressive stance to partner with the community to protect the people and property. This is a community problem and not just the individual.

As a nurse, Mina said she has seen the effects of meth usage on the reservation. She said that age is not a barrier, young and old are affected by meth usage. Unfortunately, newborns can be affected when the mother ingests meth during her pregnancy.

At the conclusion of the presentation, the PBPB Human Resource Department stated that random drug testing is in effect. Directors were told to contact the Human Resource Department and be aware and alert to any type of usage by employees on the job. Everyone is affected.

Tips for teens: the truth about methamphetamine Slang—Speed, Meth, Crystal, Crank, Tweak, Ice, Go-fast, Glass, Uppers, Black Beauties

Courtesy from Kansas Methamphetamine Prevention Project

Get the Facts...

Methamphetamine affects your brain. In the short term, meth causes mind and mood changes such as anxiety, euphoria, and depression. Long-term effects can include chronic fatigue, paranoid or delusional thinking, and permanent psychological damage.

Methamphetamine affects your body. Over "amping" on any type of speed is pretty risky. Creating a false sense of energy, these drugs push the body faster and further than it's meant to go. It increases the heart rate, blood pressure, and risk of stroke.

Methamphetamine affects your self-control. Meth is a powerfully addictive drug that can cause aggression and violent or psychotic behavior.¹

Methamphetamine is not what it seems. Even speed drugs are not always safe. Giga-jolts of the well-known stimulants caffeine or ephedrine can cause stroke or cardiac arrest when overused or used by people with a sensitivity to them.

Methamphetamine can kill you. An overdose of meth can result in heart failure. Long-term physical effects such as liver, kidney, and lung damage may also kill you.

Before You Risk It...

Know the law. Methamphetamine is illegal in all states and highly dangerous.

Get the facts. The ignitable, corrosive, and toxic nature of the chemicals used to produce meth can cause fires, produce toxic vapors, and damage the environment.

Stay informed. In 2001, methamphetamine use sent more people to the emergency room than use of any other club drug. Over half of these cases involved meth in combination with another drug, such as alcohol, heroin, or cocaine.²

For more information, go to www.ncadi.samhsa.gov

The bottom line: If you know someone who uses meth, urge him or her to stop or get help. If you use meth—stop! The longer you ignore the real facts, the more chances you take with your life.

It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust.

Do it today!

Know the risks. There are a lot of risks associated with using methamphetamine, including:

- Meth can cause a severe "crash" after the effects wear off.
- Meth use can cause irreversible damage to blood vessels in the brain.
- Meth users who inject the drug and share needles are at risk for acquiring HIV/AIDS.

Look around you. Not everyone is using methamphetamine. In 2003, only 3.2 percent of 12th graders reported having used methamphetamine.³

Know the Signs...

How can you tell if a friend is using meth? It may not be easy to tell. But there are signs you can look for. Symptoms of methamphetamine use may include:

- Inability to sleep
- Increased sensitivity to noise
- Nervous physical activity, like scratching
- Irritability, dizziness, or confusion
- Extreme anorexia
- Tremors or even convulsions
- Increased heart rate, blood pressure, and risk of stroke
- Presence of inhaling paraphernalia, such as razor blades, mirrors, and straws
- Presence of injecting paraphernalia, such as syringes, heated spoons, or surgical tubing

What can you do to help a friend who is using meth? Be a real friend. You might even save a life. Encourage your friend to stop or seek professional help. For information and referrals, call the National Clearinghouse for Alcohol and Drug Information at 800-729-6686.



Overcoming adversity: Jerry Tuckwin, teacher, mentor, coach

By Gary Mitchell

Nothing seems simple growing up on an Indian reservation as Jerry Tuckwin's early life experiences will show.

His parents, Lewis and Elizabeth Tuckwin lived on the reservation for many years. They raised ten children, including Jerry who was born February 14, 1942 on a cold, windy, and snowy night. The family eventually moved to nearby Mayetta, but eight months later a tragedy changed the Tuckwin family's lives forever.

Lewis Tuckwin had grown tired of cutting wood for many years so he bought a new kerosene stove, but one day while lighting the new contraption, it blew up. The subsequent fire burned up both Lewis and Elizabeth Tuckwin, along with their daughter Patty. It could have been far worse if Jerry's brother, Brub (Lyle), and sister, Moke (Mercedes) hadn't got Jerry and his brother, Tom, out of the house. April 23, 1949 proved to be a devastating time for the Tuckwin family.

Out of this adversity, the remaining family did everything they could to stay together and make it as a family. For instance, Jerry's older brothers Paul and Mitch, worked for local farmers, his brother Brub went to high school in Delia, two older sisters went to Marty Indian School in South Dakota where Jerry would soon follow. They eventually moved in with Nelson "Mage" and Jane Puckkee.

One day his sister Moke and Floyd "Pink" Patterson drove him to Marty Indian School. Jerry recalled that they stopped and had a chicken dinner and he thought it was all fun. After arriving in South Dakota, Pink Patterson gave him a silver dollar, and he went to a movie at the school. After the movie was over, both of his relatives were gone. He again was devastated. A lonely, empty feeling came over 7-year old Jerry, but he had no choice but to adjust to the new environment. Sometimes adjustment meant taking his fair share of corporal punishment, a typical experience for an Indian child at a boarding school.

That Christmas, his brother Mitch, Mage and Jane Puckkee came to visit him. What they saw disturbed them. Jerry was in a raggedy condition. Mitch said to the school officials, "We sent him a winter coat and where is it?" They answered that they didn't want one kid to

have more than another. Mitch angrily told them that it was wrong to treat kids like animals and promptly loaded Jerry up in their vehicle and took him home. Jerry recalled staying at a hotel in Yankton, South Dakota on the way home where he was able to clean up.

Jerry remembers the positive influence Mage Puckkee had on his life. Mage was a teacher at one of the one-room school houses on the reservation and would make Jerry read, *Newsweek* and, tell him what he remembered from his reading. Jerry said at the age of nine he had made up his mind that he would follow in the teaching steps of this man. Later this was reinforced by another teacher, Tony Coffin. Another factor in his teaching ambition was watching how hard his brothers had to work and how their hands were split and bruised. Jerry decided there was something else out there, which for him was teaching.

Both Mage and Jane Puckkee told Jerry how important it was to put his mind, heart and intelligence into everything he did and only then would it be possible to accomplish something in his life. They implored him to get an education because with an education he had choices—without it he would only be able to settle for far less.

They not only taught him the value of learning and the possibilities of an education, but instilled the importance of religion in his life. His Aunt Jane told him over and over that if he had faith and spirituality in his life he would have everything. She also stressed to him how important it was to respect all religions. Jerry remembered those words many times in future days and years.

After going to school locally, Jerry went to Haskell, when it was a high school at age 14. It was hard for Jerry, then because he didn't weigh very much, which, led to other students picking on him that caused confrontations. Despite this, he made straight A's, and, settled into a fairly consistent pattern with school for nine months and going home in the summer to work for local farmers. He graduated from Haskell.

From there, Jerry went to the University of Wichita (called Wichita State today) on a track scholarship. His room, board and books were paid for by scholarship, but he had to pay for his meals. Back then, Jerry didn't have financial assistance

from the Bureau of Indian Affairs or the Tribe, but because of his summer earnings, he was able to eat.

His first year in college was one of personal turmoil. Jerry thought people were prejudiced toward him, but after a time he realized it wasn't true. Once again, he came to terms with those difficult feelings and adjusted as so many times in the past. Jerry said college was a great learning experience. He graduated in 1964. A man named Tommy Ward from the Bureau of Indian Affairs in Anadarko, Oklahoma sent him \$100 in his last year, which helped him buy his cap and gown. This was the only assistance he received during his college days. He had made it on his own.

Jerry said there were 28 relatives who came to his graduation. Jerry said one



Jerry Tuckwin at 2004 Boys & Girls Club Golf fundraiser.

Photo by Suzanne Heck

person who didn't make it was Bud Onzawah. Jerry had fond memories of Bud. When he was a young boy, Bud would bring milk, eggs and a loaf of bread to his house and Jerry really wanted him at this graduation that year because of this positive experience from his youth.

For a time, he taught at Desoto Public Schools and Haskell Institute where he coached men's basketball. Jerry enlisted in the United States Air Force in 1966. He was stationed at San Antonio, Texas; Champaign, Illinois; Tucson, Arizona and went to Vietnam in 1968. Jerry also married the former Terry Maupin during the early part of his military career. She proved to be an anchor during hard times

for him then and now.

While in Vietnam, he served in a reconnaissance unit and was amazed at the capabilities of the pilots and their planes when they went out on patrol. On these trips, the pilots were able to take pictures of enemy movements and bases. The technology was so advanced that they could take a picture of a dog tag on a soldier from afar.

Jerry said one day at Bien Hoa Air Base the white soldiers hollered at him "Hey Chief Tuckwin there's a Potawatomi chief here to see you," and Curtis Masquar, Jr. walked up. They got to spend an afternoon together visiting. Curtis Paul was in the U.S. Army and this visit gave him time to clean up and go to the mess hall where he wanted to drink milk. He had read that Jerry was there from a Haskell paper. Soon after, Curtis left to go back to his unit, but for a brief time he was able to visit with a fellow Potawatomi in a far off land.

But not all times were so positive. One night around 2 a.m. a rocket attack hit their base. The initial attack and its force pinned Jerry up against a wall, and he could hear the other men crying and screaming. There was fire and it seemed like his life flashed before him. Jerry was to see his brothers and sisters again, but he made up his mind that he wasn't going to die in that fire like his family had many years before. He prayed to God to show him the way and was able to get to a bunker 50 yards away. He left the military in July of 1970.

Jerry went back to Haskell in August of 1970 and stayed there for 32 years. He enjoyed coaching, assisting with the development of students and athletes and seeing them mature physically, socially and intellectually. It was rewarding to be around Indian people who could laugh even in the most troubling times. He said they had a more relaxed approach to life and appreciated the little things of life.

There were disappointments, too. He saw many with so much talent and potential but for some reason or another didn't realize it. Maybe some lacked desire, or maybe there were extenuating circumstances and some had to go home and work and to support their families. It bothered him to see such talent go to waste.

During his long teaching and coaching careers, Jerry received many awards, but he saw himself as a little person who didn't need headlines and only wanted to help others find a better way.

His advice to young people over the years was to work hard enough to achieve something and then work harder. If something fails, go back to the basics, because people can do more if they try harder.

His lessons didn't stop with students at Haskell; he had to learn some from within. In the summer of 2005 Jerry lost an invaluable asset to his life. Jane Puckkee died that summer. She was a woman who was fluent in the Potawatomi language (her Indian name was "Ah no mo kweh" - a name that once belonged to her grandmother). Despite her 96 years, she stayed extremely alert and could recall Indian names and stories from long ago. It was a traumatic time again for Jerry. This woman was a stabilizing force in his life, and now she was gone.

A week later, it was a hot 90-degree day, but Jerry still played nine holes of golf and came home tired and not feeling right. In times such as these, events happen fast, and before he knew it he had fallen to the floor. His wife Terry called 911 and administered CPR until the ambulance got there four minutes later. They pronounced him dead at one point, but experts helped to jolt him back into this world.

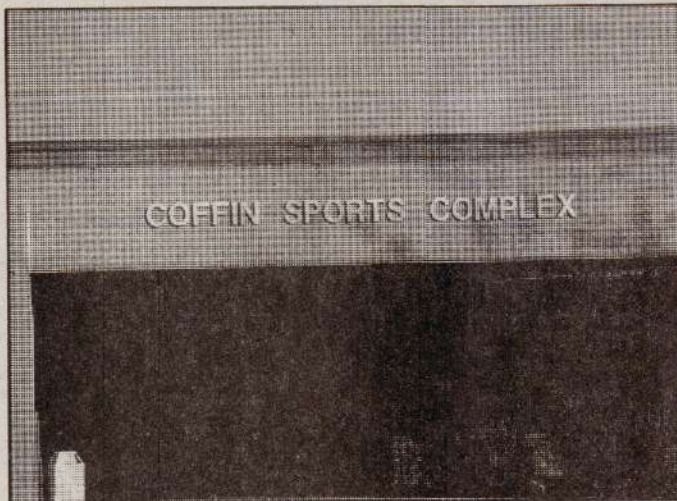
Jerry was semi-conscious for three days. When he awoke, the recovery process was hard. Before his heart attack, Jerry did everything on his own. Now, he had to depend on his wife, Terry, for help in doing even the simple things in life. It was a time of total dependence - something Jerry had never experienced before. It was a time to overcome adversity again.

He often wondered why God had spared his life and is still trying to figure that out. Jerry thought that it was meant for him to spend more time with his wife, his children, Shannon and John, and his four grandchildren. As so many times in his life, Jerry once again depended on his faith and a belief in God and prayer has worked in his recovery process.

Jerry Tuckwin deserves more time to contribute to the lives of Indian people. His life serves as an example of great triumph and grace in times of great adversity.

Gary Mitchell is a Prairie Band Potawatomi tribal member and chairman of the PBP Gaming Commission.

Potawatomi influential at Haskell Indian Nations University



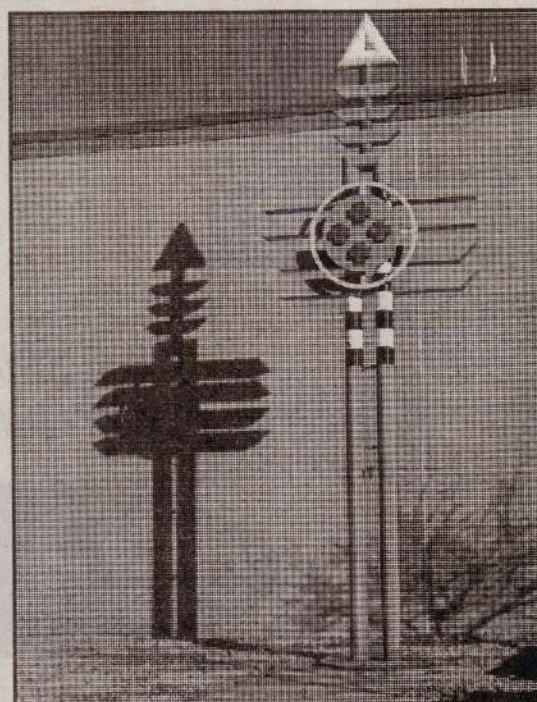
LEFT: The late Tony Coffin, who was a member of the Prairie Band Potawatomi Nation, was head coach of Haskell in 1945 and later became athletic director there. Coffin Sports Complex, that sits in the center of the campus, was named after him in 1981 and is a major hub of sports activities at Haskell. It also houses the American Indian Athletic Hall of Fame, some classrooms, and faculty offices.

Photographs by Mary Young and Suzanne Heck

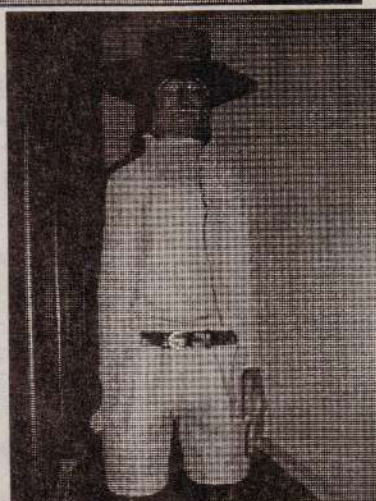
Other important contributors

- Jackie Mitchell is a member of Haskell's Board of Regents and several other tribal members have been leaders or on the faculty at Haskell.
- The Prairie Band have made donations to help renovate Haskell's Arch and other memorials and programs on campus.

RIGHT: Tony Coffin's son Doug is a well known artist. One of his sculptures called "Medicine Wheel Totem Pole" is on display in front of the sports complex. Some of Doug's sculptures are featured in major museums including the Smithsonian, Institute of American Indian Arts and the White House.



Barry Coffin, another son of Tony's, is a prestigious sculptor. Two of his works, "Margaret" (left) and "One Armed Bandit" (right) are owned by the Prairie Band Potawatomi and on display at Harrah's Convention Center.



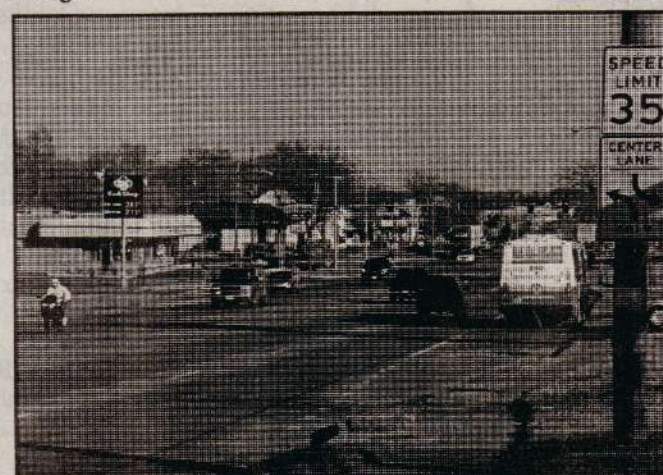
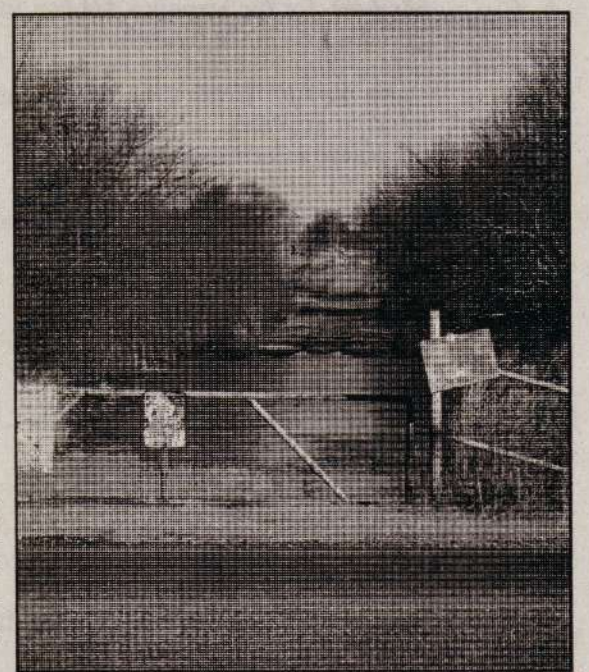
"One Armed Bandit"

Southwest trafficway proposed in Lawrence, Kansas is a concern to many Indian people

By Suzanne Heck

A major traffic route that would alleviate jammed roadways in Lawrence, Kan. has been proposed by federal and state engineers to run along a southwest corridor of Lawrence. The problem is that the route proposed will cut right through some historic Haskell property. Indian leaders and other citizens have been concerned about the proposal and have been fighting the issue for over 20 years. Those in opposition point out that the land is sacred to many Indian tribes and that it will have a major environmental impact on the land which is home to many migratory birds and wildlife.

At press time, there had not been any action taken regarding the trafficway and Haskell student groups and other grass roots organizers were still circulating petitions and asking for support to stop the road from going through.



ABOVE: This photo was taken on the south side of 31st street in Lawrence facing north. A gate marks the boundary of Haskell's property and is part of the land in question. Also in the photo is a dirt road that leads north into the campus in the background. If the trafficway is built along this route portions of the roadway seen would disappear. LEFT: The heavy traffic on Clinton Parkway (23rd Street) in Lawrence is a major reason some city planners want the new highway.



"Margaret"



The Oxford House on the Prairie Band Potawatomi Reservation has openings for PBPB women & descendants who are in recovery from alcohol and drugs.

Call PBPB Social Services Dept. Alcohol & Drug program at (785) 966-8351

Al-Anon meetings Mondays, noon to 1 p.m. PBPB Indian Health Center Social Services Conference Room

For questions call the Alcohol & Drug Program, (785) 966-8351

Potawatomi Gathering to be hosted by the Forest County Potawatomi

August 9-12, 2007

Coordinators for the Elders trip are Joy Yoshida and LaVerne Hale. Call (785) 966-4014 or email laverneh@pbpnation.org

Potawatomi Language Conference

August 5-8, 2007

Look for information about the conference in future issues of the *Potawatomi News*



Get fit at the health center!



Step Aerobics

Mondays and Wednesdays 4:50 p.m. to 5:50 p.m.

Leslie Marshno, instructor (785) 966-4037

email: LeslieM@pbpnation.org

PBPB Health Center
11400 158 Rd.
Mayetta, KS 66509

Other fitness equipment and programs available. For more information call Roy Spoonhunter at (785) 966-8270 or email: royspoonhunter@pbpnation.org

Request for bids 2007-2008 PBP Nation princess crown & sash

Bids taken for design and construction of crown & sash until February 21, 4 p.m. Deliver or mail to: Rebekah or Micki at 16344 Q Road, Mayetta, KS 66509. Selection will be made week of February 26. Crown & sash must be delivered no later than 4 p.m. on June 1. Include the following in the bid: artist name, tribe, and contact information; design outline; cost; photographic examples of similar projects by artist.

(Sponsored by the PBP Nation Pow-wow Committee. Call (877) 727-6743 for details)



PBP Pow-wow
June 8, 9, 10
Prairie Peoples Park
Mayetta, KS 66509

- dance contest
- drum contest
- PBP Princess contest



Recipe Corner

By Mary Young

Remember that old song, "Baby it's cold outside?" Well, this is the season for an old fashioned stew, casserole or pot of soup. We do have to remember that our winter season had a slow start. The recipe in this issue is loaded with high fat, high carb, and probably some trans fat but certainly delicious!

Chicken Stew

Submitted by Mary Young

In this recipe, you can substitute all you want.

1 fryer chicken (cut up)

Flour
Salt and pepper
Crisco
Rice
Chinese vegetables (can use canned vegetables)

Heat the Crisco until hot, meanwhile, coat the chicken with the flour, salt and pepper. Add chicken to the hot Crisco until the chicken is brown. Brown both sides of the chicken. Add water and simmer for an hour. Add rice and Chinese vegetables and simmer until the rice is done.

Please submit your favorite recipes to the PBPB Newspaper. Be sure to include your name, telephone number and/or address in case we have any questions. Until next issue, Recipe Corner would like to say wis-ne-men!

Education Department News

ALL STUDENTS CURRENTLY RECEIVING FUNDING THROUGH THE EDUCATION DEPARTMENT:

YOU MUST SUBMIT AN OFFICIAL TRANSCRIPT AT THE END OF THE FALL 2006 SEMESTER TO BE ELIGIBLE FOR FUNDING FOR THE SPRING 2007 SEMESTER.

WE WILL NOT ACCEPT A COPY OF YOUR GRADES.

TRANSCRIPTS MUST BE RECEIVED NO LATER THAN JANUARY 31, 2007.

INFORMATION OR QUESTIONS?
EDUCATION DEPARTMENT TOLL FREE 877-715-6789



We regret that no Elder Center menu was submitted to the News this month. For information contact (785) 966-0053.

It's that time of year: tax tips and other helpful resources

Submitted by Kitty Shopteese and Steven P. Murphy, Senior Tax Specialist/IRS~SPEC

Did you know that you can get a telephone tax refund?

The telephone tax refund is a one-time payment available on 2006 federal income tax returns, designed to refund previously collected long-distance federal excise taxes. It is available to anyone who paid long-dis-

tance taxes on landline, cell phone or Voice over Internet Protocol (VoIP) service after Feb. 28, 2003 and before August 1, 2006. Individuals who paid the long-distance telephone tax will receive the refund on their 2006 federal income tax return. If an individual does not have a traditional filing requirement or opportunity to benefit from other credits, they may file a Form 1040EZ-T to request the refund only.

For more information visit the tax site that is scheduled to open on January 29 at the Elder Center or contact any of the numbers below.

Free income tax assistance site to be available at Firekeepers Elder Center

Bring this Tax Information to complete your Income Tax Forms:

1. A copy of your 2005 tax return, if you have one.
2. Birth dates and social security numbers, for the taxpayer, spouse and any children in the household born before Dec. 31, 2006 are needed to claim the EIC. Bring the social security cards, if available, to ensure the necessary information is copied correctly onto the tax return.
3. W-2 forms from all 2006 jobs. Workers who didn't get W-2s should still come to VITA with final pay stubs, if available. Volunteers can assist in verifying income.
4. 1099-G form, if you received unemployment insurance benefits at any time in 2006.
5. 1099-INT, if you received bank interest in 2006.
6. All other 1098 and 1099 forms.
7. Any statements received from a mortgage company during 2006.
8. Any notices sent to the worker by the IRS in 2006.
9. Workers with Individual Taxpayer Identification Numbers (ITINs) should bring the ITIN card sent to them by the IRS. Workers need either an ITIN or an SSN for the Child Tax Credit.
10. W-2 G Gambling Income
11. 2006 (Homestead) Property Tax Form, name of landlord, address and phone number.
12. Voided check or savings account number where a refund will be direct deposited.

For individuals and families with low to moderate incomes

When: Beginning January 29, 2007

Times: Mondays: 9 a.m. - 4 p.m.

Thursdays: noon - 4p.m.

Where: Firekeepers Elder Center (basement)
15372 K Rd., Mayetta, KS 66509

Appointments preferred but walk-ins welcome.
For more information call (785) 966 - 2138



Save \$80 - \$300
in tax preparation fees



2007
Shawnee County Sites
Open January 29th
through April 16th

Bring Last Year's Tax Return!
See the checklist & come prepared.

Returns that are e-filed will have their full refund as soon as 8 days with a direct deposit to a bank account (or as soon as 15 days by mail).

This list contains both AARP-sponsored (Tax-Aide) sites and Volunteer Income Tax Assistance (VITA) sites.

There are several tax sites available in Shawnee County made possible through the community partnerships of:

- United Way of Greater Topeka
- K-State Research & Extension-Shawnee County

Service available to Indians and non-Indians

For more information and a complete list of sites contact:


Cindy M. Evans
County Extension Agent
K-State Research & Extension-Shawnee County

1740 SW Western Ave
Topeka, KS 66604


or call
(785) 232-0062



Ttiwenmo eginigyēn (Happy day you were born)






Happy Birthday
to
Shob-was-no-kwe
&
Bern-we-tek
Love, Mom



Happy Birthday
to
Sauz-wah
&
Kittie
&
Men-non-kwe
Love, Auntie Kumas,
Shobs & Bern

Kitty Barnes, 7
January 4

Bern-we-tek Hubbard, 6
February 21

Men-non-kwe Irving, 6
January 4

Sauz-wah Irving, 8
January 2

Shob-was-no-kwe
Hubbard, 8
January 10

Quash-ma
James Buskirk



Happy 1st Birthday
January 5

Mom and dad love
you very much!

Parents: Gary &
Jenny Buskirk




Happy
11th Birthday



Jeffrey Lee Goins III
on
January 10


From Misho
(Kevin Aitkens)

She
said:
Dear
Santa,
I want it
all!



Happy 3rd Birthday
Sophie Jean Bosse
January 30


Love, Grandma Judy
and
Grandpa Eldon Darnell



Happy Birthday
Marcia (Lewis) Pavelkaon
January 7

We all love you.
Husband Ray, mom, dad,
brothers and sisters

Kanibwēttēk (the one's that stood up together)




Good day from Mactazee's family
(Kevin Rice)

We would like to thank our Nation.

All the friends and relatives who helped us prepare for his journey. Everything from food donations and your kind gestures of time were greatly appreciated. Our gratitude goes out to each and everyone of you who gave of yourself. There are not enough words to express how much each and everyone of you are appreciated.


May the Creator bless you in many ways and grant you many good blessings.

Igwien from our family




Thank you to the
Prairie Band
Potawatomi Nation
for sending me the
beautiful
flowers while I was
in the
hospital.

Meeks

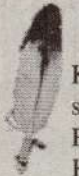


The wedding of
Lucy O'Bennick
&
Norwood (Woody)
Nocktonick
was performed
December 22, 2006
at the
Firekeepers
Elder Center

Roland Matchie
performed the ceremony




Kamboŋtēk (Those who died)



Kevin Rice

Kevin Hicks "Mac Ta Zee" Rice, 50, Topeka, died Dec. 24, 2006, at the family home after suffering a stroke. He was born Sept. 8, 1956, in Holton, the son of Orville Rice Jr. and Betty J. Mahkuk Rice. He graduated from Shawnee Heights High School and later attended Haskell Indian Nations University in Lawrence. Mr. Rice served in the U.S. Marines during the Vietnam War. He later was a graphic designer for various custom neon sign companies. He was a member of the Prairie Band Potawatomi Nation and the Native American Church in Kansas on the Potawatomi reservation. He also was a member of We-Ta-Se Post 410 of the American Legion in Mayetta. He married Rhonda Bonjour in 1980. They divorced. He married Cynthia Gordon in 1993. She survives. Other survivors include his parents, Orville Rice Jr. and Betty Mahkuk Rice, both of Topeka; three daughters, Amber Dawn Grimmett, Grantville, and Amy Gordon and Sierra Skye Rice, both of Lawrence; three brothers, Bradley O. Rice, Mayetta, and Christopher W. Rice and Calvin Masqua, both of Lawrence; three sisters, Shirley Rice-Henderson and Sylvia Johnson, both of Topeka, and Jeanette Little Sun, Pawnee, Okla.; three grandchildren; and many uncles, aunts, nephews, nieces, cousins, great-nieces and great-nephews. Native American Church Services were held Dec. 30 at the Native American Church on the Potawatomi reservation. Interment was in Mahkuk Cemetery with military honors provided by We-Ta-Se Post 410 of the American Legion. Memorial contributions may be made to Helping Hands Humane Society, sent in care of Brennan-Mathena Funeral Home, 800 W. Sixth, Topeka, KS 66603.


Courtesy of Holton Recorder 1/1/07



Lester L. Jessepe

Lester L. Jessepe, "Kee-wah-kuk," 68, Topeka, died Jan. 9, 2007, at his home. He was born Sept. 5, 1928, on the Prairie Band Potawatomi Reservation, the son of Katherine Gabby and Honnell Jessepe. Mr. Jessepe served in the U.S. Navy during the Korean conflict. He worked for the U.S. Postal Service and retired from federal civil service after 25 years. He then worked at the VA Hospital in Topeka, then transferred to Stormont-Vail Regional Medical Center, retiring after 15 years. He was Chairman of the Prairie Band Potawatomi Nation during the late 1960s and early 1970s, working to reaffirm the tribal government's status as a federally-recognized Indian tribe with Constitutional authority as a viable, self-governing entity. He was a staunch Native American rights activist and active in the struggles of Native American people, including the 1973 occupation of Wounded Knee, S.D. He also traveled in 1980 with an American delegation to Tehran, Iran, to negotiate the release of hostages held at the U.S. embassy there during the American hostage crisis, pledging to offer himself and his own personal freedom in exchange for the freedom of the hostages. He was a member of the Potawatomi Drum Religion, the Native American Church and the Catholic Church. He married Beulah Cooper on Oct. 12, 1951, in Holton. She died Sept. 10, 1988. Survivors include Clifford Jessepe, Bruce Jessepe, Leslie Jessepe, Evon Jessepe and Grace Jessepe, all of Topeka; three grandchildren, Adam Jessepe, Lenora Kreipe and Emily Kreipe; and four great-grandchildren. Wake services were held Jan. 13 at the Potawatomi Dance Grounds west of Mayetta. Funeral services were held Jan. 15 at Penwell-Gabel Parker-Price Chapel. American Legion We-Ta-Se Post 410 of Mayetta conducted military honors at Mount Hope Cemetery, Topeka. Memorial contributions may be made to the Lester L. Jessepe Memorial Fund, sent in care of Penwell-Gabel Parker-Price Chapel, 245 N.W. Independence, Topeka, KS 66608-1809. Online condolences may be sent to www.penwellgabel.com

Courtesy of Holton Recorder 1/15/07




John Harold Lewis

John Harold Lewis (Kan-nee-wit), 70, Mayetta, died Jan. 11, 2007 at a Topeka hospice. He was born Nov. 5, 1936, on the Potawatomi Reservation west of Mayetta, the son of John and Catherine LaClair Lewis. He had lived in White Cloud for many years before moving back to the Potawatomi Reservation. Mr. Lewis served in the United States Navy during the Korean War. He worked for various roofing companies and was a security guard in White Cloud. He was a member of the Prairie Band Potawatomi Nation, We-Ta-Se Post 410 American Legion in Mayetta and a member of Our Lady of the Snows Catholic Church. Survivors include his mother, Catherine Lewis, Mayetta; two daughters, Dodie Lynn Bassgall, Hays, and Janet Fry, Fort Myers, Fla.; two sisters, Phyllis Lewis Kaufholz, Mayetta, and Peggy Miller, Fort Myers, Fla.; and three grandchildren. He was preceded in death by five brothers and a sister. Mass of Christian burial will be held at 10:30 a.m. Jan. 16 at Our Lady of the Snows Catholic Church west of Mayetta. Burial will be in Shipshew Cemetery. A rosary will be recited at 7 p.m. Jan. 15 at Sister Therese Klepac Hall next to the church, with a wake to follow. Online condolences may be sent to www.mercerfuneralhomes.com

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January
is
Ttē Mko Kisēs
In
Potawatomi
Big Bear Moon

A word from
Lakeview Faith
Chapel

Dear brothers and sisters and friends all:

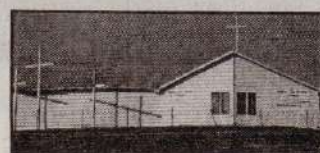
A Happy New Year to all of you and may Jesus be big in your hearts and lives in the year 2007.

This will be a year when more and more people will realize we are living in the last days before Jesus comes back to this earth. Because we are living in the end times we will experience end time events and we will be able to see that, even in the weather. Records will tumble, violent storms, extreme temperatures, both cold and hot will make the news. Earthquakes, mud slides, and other natural disasters will mingle with wars and rumors of wars to unsettle the world and strike fear in men's hearts.

Doom and gloom it is, without Jesus, but with Jesus, who walked on the water and calmed the storm, there can be the peace of God which passes man's understanding. No one has to fear anything or anyone except God. The fear of the Lord is the beginning of wisdom, and if we love Him and put our trust in Him, He will never leave us or forsake us. Proverbs, chapter three, and verses five, six, and seven would be good to hearken to in 2007, especially where it says, "fear the Lord, and depart from evil."

We have now been preaching the Gospel on the reservation, at Lakeview Faith Chapel, for over 23 years. We welcome everyone to come and worship God in Spirit and in truth with us; services are at 10:15 a.m. Sunday mornings and 6:30 p.m. on Sunday and Wednesday nights.

Blessings,
Pastor Steve Cappleman
Lakeview Faith Chapel





A step back in time



Early 1980s photo of baseball team (l-r): Jason Matchie, Kabott Hale, James (Mas) Hale, Aaron Hale, Duke Hooper, John (Don Don) Leclerc, Bob Hubbard, Johnny Jackson.
Photo submitted



Ladies sitting on the grass during the 70s (l-r): Cecelia (Meeks) Jackson, Elizabeth Hale, Erma Pequano, and Mary Laclair. Lady kneeling and child are not identified.
Photo submitted



Above: Rebecca (Simon) Young at the 1936 Rhinelander, Wis. exposition. Photo submitted

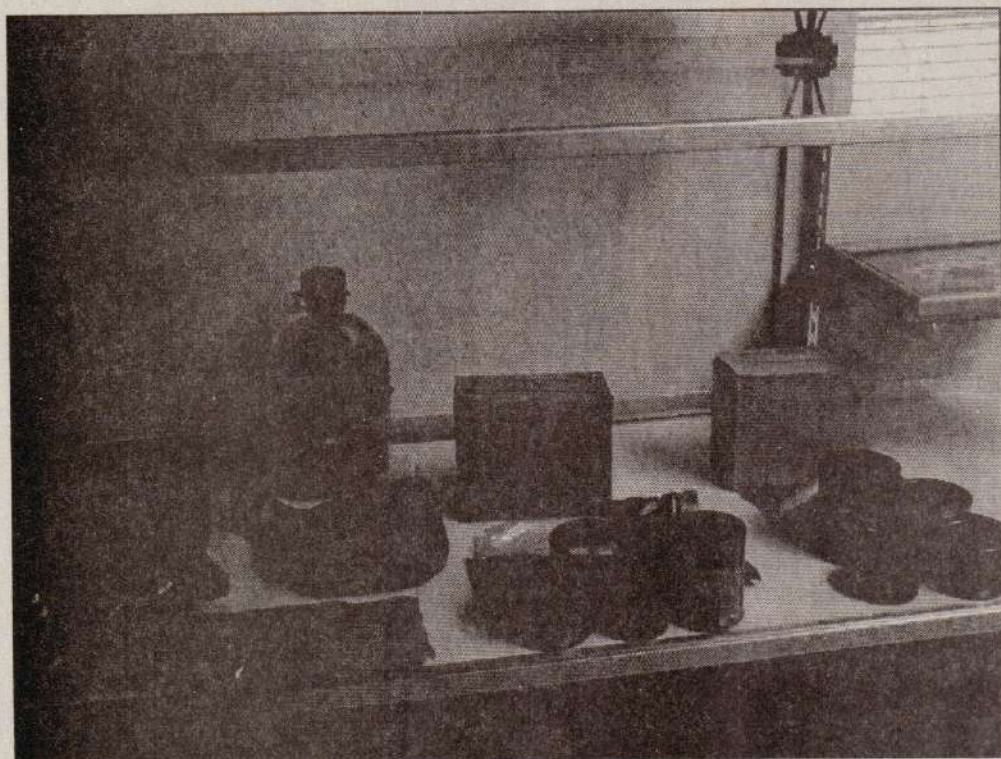


Above: Rebecca (Simon) and Amos Young holding daughter Alfreda. Photo taken at Harshaw, Wis. in the 1930s.
Photo submitted



Above: A graduation photo of Alice (Simon) Young. Photo submitted

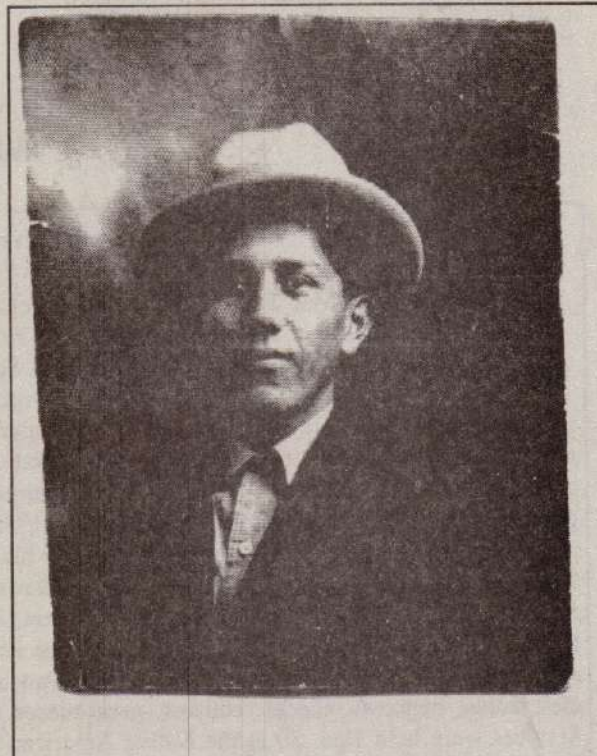
More nostalgia



Above: We-Ta-Se Post 410 received a collection of C-rations for their archives that was donated by PBP General Manager, Rick Rooth.
Photo by Mary Young



Above: Cecil Bourdon in uniform. Photo submitted



Above: Frank Blandin Shoughnasee. Photo submitted



Above: Kack Kack. Photo submitted



Above: John Shobney and hut. Photo submitted

Photos are courtesy of several tribal members too numerous to mention. The PBP News staff would like to thank all those who contributed.



Above: A 1912 photo of "Aunt Jane" (Puckee) on porch in snow. Photo submitted