

Inside this Issue

- Gaming Commission Election Profiles and Information - Page 2-3
- Language Immersion Classes with Bay Mill Instructors - Page 4
- Community - Pages 7
- Christmas on the Rez - Back Page



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Prairie Band Potawatomi News

December 2005 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

U.S. Supreme Court rules against PBPN on motor vehicle tax case and moves tribal tag decision back to lower courts

By: Suzanne Heck

By a vote of 7-2 the U.S. Supreme Court ruled on December 6 that the State of Kansas has the right to impose a tax on motor fuel that is sold on tribal land.

Following that decision, on December 13, the court addressed the tribal tag case pushing the case back to the lower courts through an order called grant, vacate and remand (GVR). The tribal tag case was filed by the State of Kansas shortly after the Supreme Court announced it would hear the motor vehicle tax case last spring.

Both decisions leave "the balance of interest test" still unanswered by the high court which leaves the question of who has final jurisdiction in the competing interests between the tribes, states and federal government.

Both decisions were a major disappointment to the PBPN and a written statement from Chairman Zach Pahmahmie, after each of them was rendered, was issued to the media.

Tribal and federal interests in promoting tribal economies should outweigh the state's interest in imposing the tax, even if it occurs off the reservation.
-Justice Ruth Bader Ginsburg

The motor vehicle tax case was over whether the Tribe would be required to pay state tax after buying gas from a non-Indian distributor (who is based off the reservation) and then selling it at a tribally-owned store. The Tribe argued that they shouldn't have to pay a state tax since they are a sovereign nation and because they already impose their own tribal tax on gas they sell which is used to improve roads.

The Supreme Court did not agree. In writing the majority opinion, Justice Clarence

Thomas said the 10th Circuit Court was wrong in ruling that the tax violated tribal sovereignty.

"Kansas law makes clear that it is the distributor, rather than the retailer, that is liable to pay the motor fuel tax," he wrote. "While the distributors are 'entitled' to pass along the cost of the tax to downstream purchasers...they are not required to do so."

Justices Ruth Bader Ginsburg and Anthony Kennedy disagreed. Ginsburg wrote that tribal and federal interests in promoting tribal economies should outweigh the state's interest in imposing the tax, even if it occurs off the reservation. She wrote that the fuel is "effectively double-taxed" and may force the tribe's gas station to operate at a deficit or go out of business. Both arguments had previously been presented by PBPN's legal team when they appeared before the court on October 3.

It is interesting to note, and the opinion of other media reporters, that the Supreme Court did not make a decision on the tribal tag case until the fuel tax case had been decided.

In response to the tribal tag decision, Chairman Pahmahmie said, "We are confident that under either the balancing test or discrimination standard, the 10th Circuit will reaffirm its decision that the state of Kansas is illegally prohibiting the use of the Nation's vehicle registrations."

The discrimination standard he referred to in his statement involves Kansas' lack of recognition of PBPN tags on Kansas highways and roads. The State law does, however, permit car tags issued by Oklahoma tribes and those of other states to legally operate on its roadways.

The PBPN has been fighting the tribal tag case since 1999.

A message from Tribal Chair Zachariah Pahmahmie Supreme Court infringes upon tribal sovereignty

On December 6, 2005, the U.S. Supreme Court upheld a Kansas fuel tax that infringes upon the sovereignty of our Tribe. In doing so, the Court glorified form over substance and permitted the State to violate tribal rights indirectly that the State could not violate directly.

The Nation filed this case to determine whether federal law prohibits the state fuel tax. The Nation's tribal government imposes its own fuel taxes, which are entirely used to build and maintain roads and bridges on and near its reservation. The imposition of the state tax makes collection of our tribal fuel taxes impossible. The 10th Circuit held that the state tax illegally burdens our tribal enterprise and government and that the tribal and federal interests outweighed the state interests.

The U.S. Supreme Court reversed. It refused to balance the interests of the parties, following a disturbing trend of judicial indifference to tribal issues under the Indian Commerce Clause. This decision basically leaves the Nation with a sovereign right without a judicial remedy. We will explore other options for protecting the tribal sovereign rights guaranteed by our treaties.

This photograph shows the PBPN Nation Station that is located on 150 Rd near Prairie Band Harrah's Casino. The gas station/convenience store has been the focus of the motor vehicle fuel tax case that recently went before the U.S. Supreme Court. PBPN's gift shop is also located in Nation Station after moving from Harrah's Casino in October.



Security door system installed at Government Center

Aluminum store front doors are being installed at the main entrances to the Government Center and a magnetic lock system will be activated on January 3, 2006.

Employees will be allowed access to and from the building through the use of computerized key fob system and the general public is being asked to check in at reception areas.

In the basement entry way a reception window is presently being constructed that will be manned by the Human Resources Department. This will allow a way that job applicants can reach the Human Resources Department more easily without having to go

through the main lobby of the Government Center.

Jim Shane, construction manager who is overseeing the installation of the security doors, said that the administration thought the security system was necessary as a means of protecting its employees and the building.

"The PBPN are just following a national trend of establishing better security for the Nation's personnel, records and files," he said.

The ITT Department will monitor the computerized security system daily for the Nation.

At left is Construction Manager Jim Shane who is overseeing the installation of the security doors that are being placed in the PBPN Government Center.

Don't miss the next General Council meeting to be held on January 21

Christmas on the prairie



The beautiful landscape of the Potawatomi reservation and the decorated porch for the Christmas season makes this photograph as pretty as a Christmas card scene. The photo was taken on the deck of Mary Young's home.



Government Center offices closed
December 26
December 30
January 2
January 16

Merry Christmas and Happy New Year

Jon Boursaw retiring as PBPN Executive Director



Jon Boursaw is seen above giving a presentation about the PBPN at one of the quarterly charitable contributions awards ceremonies. Jon gave many tours of the reservation to various groups during his six-year tenure as executive director. In addition, he oversaw weekly meetings between department heads and program leaders and acted as a liaison between administration and the Tribal Council.

Jon Boursaw is retiring as PBPN executive director at the end of this month after six years on the job.

He announced his resignation to Tribal Council on December 1 and wrote in an email to the PBPN staff: "Obviously it is hard for me to express to each of you how much I have enjoyed and appreciated our relationships. I cannot tell you in a brief statement what the past six years have meant to me and what we have accomplished."

At press time there had been no announcement about a replacement for the Executive Director position.

In related news, John Schilling, CEO of tribal business, will also be leaving on December 30.



Gaming Commission candidate profiles



Joseph W. Hale, Jr.

Hello, I am Joseph W. Hale Jr. I am the son of Joe Hale and Laverne Hale. I am happily married to Shayla Hale, and the proud father of

Mittina and Mshewe, and excited about another one on the way.

I am seeking your vote in the upcoming Gaming Commission election. I will be hard working and fair in all aspects of the gaming industry. Following Title 12 guidelines is important to help ensure that our gaming facility continues to be successful.

With my positive personality and way of thinking I will help maintain the progress that our Nation has made and will continue to make throughout the years to come. Teamwork will be a big part of the transition process for all parties involved. I believe that I have the knowledge and skills to help with the difficult decisions that our Nation will face.

Your vote will be greatly appreciated and you will not be disappointed with your support in my favor. I would also like to remind all our young people to register to vote and take part in all tribal elections. Thank you!



Dorothy Kiyukan

I greet you with a warm heart and a hearty handshake.

I am Dorothy Arleen Kiyukan "Wiche Quah" (Scootie), and I am the grand daughter of David Lewis and Minnie (LaClair) Lewis of Soldier, Ks. My mother is Julia Ann Lewis of Mayetta and my ceremonial parents are Francis-Bomana and Shirley Bernie of Marty, South Dakota. Though I have raised many children, my

two adult children are Julia "Qawshe" and Lawrence "Kiso Quah" Kiyukan and my adopted son is Percy Rainbow-Dion. I have seven grandchildren and am from the Thunder Clan Nation.

It is truly an honor and a blessing to come before each and everyone of you as an applicant for the Gaming Commission position. Today, I find myself highly educated, experienced and wondering how I can use my education, my talents and expertise to enrich the lives of our people. I am competent and knowledgeable in the field of administration and education. I have an impeccable work record, which is documented by my peers and supervisors. I have received training in accountability and assessment, conflict resolution and confrontation, evaluating employee performance, and crisis management.

I would bring to the gaming position strong leadership competencies, solid judgment, trouble-shooting and

decision-making abilities. I am computer knowledgeable, flexible, dependable, energetic, and open to learning current and new trends. The qualities and skills I possess make me vigilant and watchful when it comes to the needs of our people.

I earned a Master's Degree in Educational Psychology from the University of South Dakota and an undergraduate degree from Dakota Wesleyan University in Psychology and Human Services. I have received numerous awards and recognitions, some of which were highly competitive. The awards I have received bring with them great honors that have made me humble. Some of those awards include: National Indian Educator of the Year Award, the South Dakota Indian Educator of the Year Award, SD Governor's Executive Proclamation making October 28th "Dorothy Kiyukan Day" in the state of South Dakota, Dakota Wesleyan University Alumni of the Year Award, MIS Senior Graduation Special Recognition Award, along with many other awards and speaking engagements.

I have been a college instructor for over nine years now, and I have served on the University of South Dakota Upward Bound Program as a bridge coordinator and counselor. I am the former president of the South Dakota Indian Counselor's Association. These assignments, along with working at Marty Indian School, have given me professional mannerisms that allow me to conduct myself with great integrity and sincerity in dealing with other professionals.

My professional portfolio will be made available to those of you who are interested in the many accomplishments I have achieved. You will be able to examine several professional artifacts in my portfolio shortly after Christmas. I will have my portfolio on display at the Firekeepers Elder Center dining room. Your vote and your continued support are greatly appreciated.



Tom Tuckwin

My wife and I have raised three daughters in this community. We have lived in Hoyt for nearly 25 years. I've been a manager for most of that time at a business in Topeka. I have an Associate's Degree in Electronics and over two years in Business Administration.

I was appointed to fill the Gaming Commissioner position shortly after the last election. I have thoroughly enjoyed this experience and feel that I work well with the other Gaming Commissioners and staff, as well as the Tribal Council members.

What does a Gaming Commissioner do? Simply put, he or she provides fair gaming for our guests and for the Tribe. This is done by following regulations. Input on these regulations is from the Indian Gaming Regulatory Act, Tribal State Gaming Compact, Title 12 (Potawatomi Law and Order Code), Minimum Internal Control Standards from the National Indian Gaming Commission, Tribal Internal Controls and Casino Internal Controls. These regulations cover all aspects of the Casino operation including the licens-

ing of Casino and Gaming Commission personnel, making sure the budget of the Commission is adhered to, all the proper audits are conducted and day to day policies and procedures are followed. The commission has many other responsibilities but these are some of the primary ones.

I have served as a Commissioner for the past nine months and can honestly say that I am just now becoming comfortable with my duties. I have become a Certified Gaming Commissioner through attending a series of seminars sponsored by National Indian Gaming Association (NIGA). These have been very beneficial in learning regulations, policies and procedures and meeting people with experience and a willingness to advise if it will help. I have also attended a seminar about Hearings which will be beneficial when we become self-managed in whatever form that takes.

One of my principal duties is overseeing the Gaming Commission staff. As I gain experience and familiarity with all of the inspectors I will also oversee them. These are some of the duties of being a Gaming Commission

member. This information is being presented to help some of you gain a little more knowledge. Just remember that a Commissioner's job is to regulate and that we do not have much say in personnel matters.

I have attended several of the meetings concerning transition of the Casino from Harrahs to the Prairie Band Potawatomi Tribe. Commission input is limited to the extent of advising on matters that pertain to regulation. There will be many difficult decisions to make in the next two years and I feel I can contribute to this process.

I am a responsible person with a strong desire to continue as a Commissioner. I know that I will not please everyone but I will do what is right and will work to the best of my ability. I want to thank the Tribal Council for the opportunity to serve on the Commission for this past year.

I appreciate each and every vote and thank all of you for your support.

Job Announcement

Casino Transition Manager

For a complete job description, contact the PBPB Human Resource Dept. 877-715-6789 or 785-966-3060

Position: Casino Transition Manager Department: Casino Management
Reports to: Prairie Band Potawatomi Nation Tribal Council Grade Level: 1
Date: 10/07/05 Exempt

General Summary Description:
Manages and represent the best interests of the Prairie Band Potawatomi Nation Casino operations. This includes but is not limited to Casino property operations, maintaining established controls, cost and quality standards pursuant as outlined by the Council.

Duties/Responsibilities:

1. Assist with transition and restructuring of the casino.
2. Completes and recommends operating budgets for casino.
3. Responsible for all casino operations including, developing, implementing and managing programs, processes and people in table games, slot operations, Food & Beverage, Convention Center and related operations to enhance the overall successful operations of the property.
4. Comply with all gaming regulations and review all issues with gaming commission.
5. Will make reports to appropriate Tribal authorities on Casino Operations or General Council as requested.
6. Recommends core management employee hiring and salaries.
7. Approves or recommends all casino-related contracts not in excess of \$50,000.00. Effectively negotiates agreements.
8. Audits and reviews casino activity accounting. Responsible for rectifying problems. Reconciles all casino distributions to Tribe.
9. Reports casino activities to appropriate Tribal authorities.
10. Investigates and negotiates potential financing arrangements for casino expansion or remodel projects. Effectively works with engineers, architects and project managers to coordinate architectural design, project scheduling and development, construction and proper Tribal oversight.
11. Comprehensively evaluates and revises casino employee policies to protect Tribal employment and sovereignty interests and to facilitate the effective casino operation.
12. Represents Tribal interests when dealing with legal issues.
13. Stays abreast of relevant casino-related industry trends and maintains network of casino industry contacts.
14. Meet with departmental directors and managers as necessary. Delegate authority and assign responsibilities as needed.
15. Maintains strict confidentiality at all times.
16. Insure that compliance of Indian preference is practiced at the casino.
17. Performs other duties as requested.

Minimum Qualifications:

Education
Minimum: bachelor's degree. Preferred: master's degree.
Field of Study: Finance, accounting, pre-law or related discipline. Ten or more years in Casino Operations, including Casino Cashiering, Marketing, and Finance preferred but not required.

Training and Experience

Minimum: Ten years. Preferred: Ten to Twelve years.

Additional Requirements:

- Licenses: Valid driver's license and must be insurable with the Tribe.
- Class III, Series B, Category 1 Tribal Gaming license.

Special Requirements:

- Typing skills.
- Telephone skills.
- 10-key calculator.
- Ability to operate general office equipment.
- Computer literate - Microsoft office.
- Working understanding of Generally Accepted Accounting Principals (GAAP).
- Ability to perform high-level financial modeling including Net Present Value (NPV) and Internal Rate of Return (IRR).
- Possess working knowledge of bond issues, loan agreements and credit agreements.
- Ten years previous executive team casino management experience, or other equivalent business experience.
- Professional work ethics, manner and appearance.
- Ability to communicate orally and in writing.
- Works cooperatively within office, Tribe and other agencies as needed.
- Must be punctual and dependable in regular attendance.
- Analytical Requirements: Assignments require almost continual analysis of figures, data trends and results of all kinds, which directly affect the policy of the company.
- Decisions and Judgment: Must use judgment to properly resolve employee disputes. Must decide upon recommendations to make to Tribal Council based on accurate information and in the best interest of the Nation.

Initiative: Complicated work with few precedents, performed independently, virtually without supervision.

Working Conditions: Supervision Exercised: Has approximately 1,000 indirect reports.

- Assigns/reviews work.
- Instructs or trains.
- Establishes schedules or sets objectives.
- Appraises employee performance.
- Recommends hiring and discharge.
- Supervision Received: Organizes own work with very little supervision.
- Travel Required: Five to 15 percent.
- Access to and/or use of confidential records.

Must be able to work in an environment containing high noise levels and bright lights.
Safety Hazards: Secondary smoke

DRUG-FREE WORKPLACE POLICY: Individual selected shall agree and abide by the PBPB Drug-Free Workplace Policy and consent to a drug screening PRIOR to employment.
PRIVACY ACT: This position must comply with all requirements and provisions of Subpart D of CFR, which implements the Privacy Act (5), USC 552a. (b)(1).

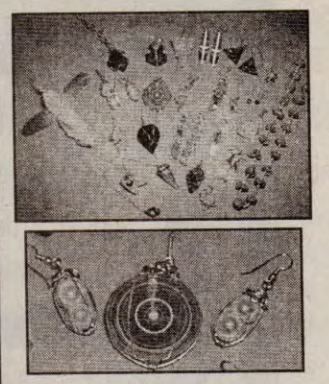
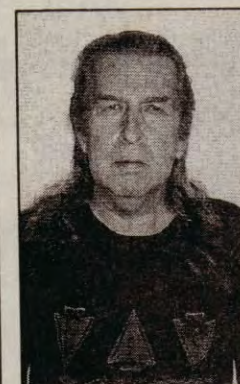
INDIAN PREFERENCE EXERCISED

Note: This job description should not be construed to imply that these requirements are the exclusive standards of the position. Incumbents will follow any other instructions, and perform any other related duties, as may be required. The Prairie Band Potawatomi Nation reserves the right to revise this job description at any time. The job description is not to be construed as a contract for employment.

Entrepreneur

Spotlight on Wayne Alan Darling

Crystal Quartz Depot, Inc.
210-867-5680
quartzsource@yahoo.com



What type of business or service do you offer?

Wholesale and Retail: Crystals, minerals and healing stones from around the world; aura photography; statues of angels, fairies, Native American, Egyptian, Celtic and other cultures; my book, *Fifth Dimensional Healing*; and hand-made healing jewelry I make.

My company also offers reiki and other healing energy treatments and classes; pyramid power healing sessions and classes; crystal and mineral healing sessions and classes; and astrological counseling. We exhibit at fairs and expos and have booths at healing centers and shops interested in our product line and services.

How long have you been in business?

I have worked with healing energies, stones and crystals for at least two decades. My company has been in business since 1997.

Tell the readers something about yourself.

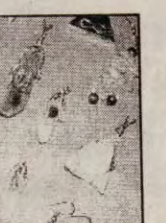
I am Wayne Alan Darling, 62 years old. My bloodline is from my grandmother, Julia Hale. Her son Reginald Darling was my father. My wife Tracy is Irish. We have a 7-year-old son, Arthur, and my stepson, Alexander. I have been honored to study with and share sacred ceremonies with elders in Australia, New Zealand and the Yucatan at sacred sites on my travels. My love of crystals and minerals and knowledge of how they can help us heal ourselves inspired me to focus on spreading this knowledge and making Mother Earth's treasures available to all people at affordable prices.

WHERE ARE YOU LOCATED?

San Antonio, Texas. Our company website is under construction.



Crystal Quartz
Depot, Inc.
210-867-5680





2006 Notice of Election for Gaming Commission

Members of the Prairie Band Potawatomi Nation are hereby notified that an Election will be held on February 24, 2006 for the purpose of electing one (1) member of the Gaming Commission. The term of office for the position is four (4) years. This election shall be conducted in accordance with the Constitution and Election Ordinance of the Prairie Band Potawatomi Nation. Automated Election Services of Rio Rancho, New Mexico will assist the Election Board with this Election.



Gaming Commission Election Calendar

January 3, 2006-4:00 p.m.
Last day to register to vote
If you are not registered

January 13, 2006
Ballots mailed to all registered voters

February 24, 2006-9:00 a.m.
Election Day
Ballots tabulated and results reported

March 1, 2006-4:00 p.m.
Last day to file protest of the election

Prairie Band
Potawatomi Nation
Election Board
P.O. Box 213
Mayetta, Kansas
66509



Election Board

Area code: (785) 966-

Voncile Mitchell, 3911
Julia Barber, 3910
Ruta Mendez, 3912
Fax Number, 3913
Toll free: (877) 715-6789

New Corner Bar opens at Casino



Tribal member Mark Matchie is seen above bartending at a new bar that recently opened inside Harrah's Casino. In addition to the new bar, is a renovated seating area located in the Fresh Market Buffet that used to be a meeting room but is now open to the public.

Photo by Mary Young

Representatives of Harrah's and BPN treated to special Christmas dinner theatre

Some representatives of Harrah's and the BPN were special guests at a Christmas dinner and benefit performance by Quality Hill Playhouse for the KANZA Mental Health Foundation & Huntington's Research that was held in Hiawatha, Kan. on December 11.

Mark and Lisa Adame, Vivian Gonzales and Mary Young attended the event on behalf of the Prairie Band who were recognized at the dinner for past charitable contributions donated to the groups and for the event itself.

Newspaper Information

Mailing address:
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Mayetta, KS
66509-0116

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Mayetta, KS

(located in the SW
Corner of the
We-Ta-Se building)

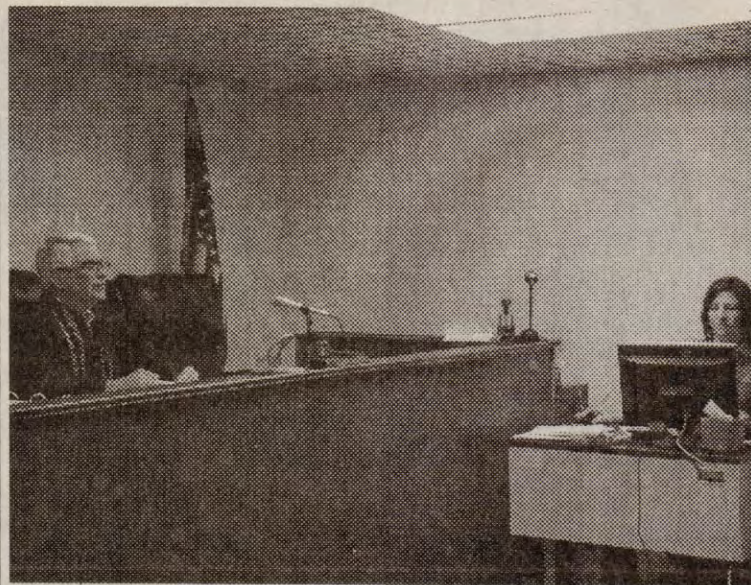
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Your honor...if it pleases the court



December 7 was the first day in BPN tribal court for Ezra Ginzburg, the Tribe's new prosecuting attorney. News coeditor Mary Young caught Ezra in action as seen in the two photos at right. He appeared before Tribal Court Judge Montie Deer who is in the far left photo with Royetta Rodewald, who is BPN's judicial administrator.

Interchange near casino going up!



The landscape is changing daily as construction continues at U.S. Highway 75 and 150 Rd near the casino. Large mounds of dirt can now be seen on both sides of Highway 75 that will eventually become an overpass that will make exits to and from the casino safer.



Don June began his duties as the new CEO of Tribal Business on December 12.

Answer from page 8: Rudolph is located in Dr. Wesley Clark's office located at 111 W. 4th in Holton, Kan.

Come see the new Native American gifts and other gift items at the BPN Nation Station

- Pendleton
- Native American jewelry
- Leanin Tree
- South Dakota Gold
- Pottery
- Zippos
- Convenience store items
- Hot food items and more

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 self-addressed envelope with the photo.

To contact the BPN Tribal Government:

16281 Q Road
Mayetta, KS 66509

Toll free: 1-877-715-6789
Or call (785) 966-4000

The BPN Tribal Police Department held their annual gift drive for foster children before Christmas and want to publicly thank all of the BPN community and employees for their donations.

The Land Management Committee is seeking prospective members to serve on the Committee.

Call Dan Dyer at 785.966.2737 for details



We-Ta-Se open house shows off displays of PBPB veteran memorabilia



At left is We-Ta-Se Senior Liaison Officer Francis Shopteese with color guard flags. To the right are some members of the Potawatomi Tribal Fire Dept. checking in and getting a raffle ticket at the open house.



Attendees enjoyed looking at the displays and reading about the vets.



Gary Mitchell's Potawatomi Home-Town Heroes was distributed and made for good reading at the open house.



The News stopped by the Road and Bridge Department recently and photographed Merriell "Meatball" Wahwassuck, above left, and Charles Seymour, above right, who work for Road and Bridge. "Meatball" is a welder and designed the entrance to Prairie People's Park, seen in the photo at right, and Charles works in administration.



Royal Valley High School Native American Club
pow wow
January 14-15

Royal Valley High School gym
Hoyt, Kan.



Veteran displays are located throughout the We-Ta-Se Building

15434 K Rd
Mayetta, Kan.
66509

From left to right in the photo above are We-Ta-Se Auxiliary members Alice Potts, Kitty Shopteese, Brenda Darnall, Lola Wilson, Rose Potts, Meeks Jackson and Gladys Hawley. The women were given a certificate of appreciation from We-Ta-Se Post 410 for providing the wide array of food that was served at the open house seen in the photograph at right.



Potawatomi Fire Keepers Elder Center January 2006

Monday	Tuesday	Wednesday	Thursday	Friday
Chili & Hot Dog Green Beans Cheese & Crackers Tossed Salad	Swedish Meatballs Fettuccini White Sauce Green Beans Fruit Salad / Roll	Roast Beef Potato & Gravy Mixed Vegetable Garden Salad / Bread	Oven Baked Chicken Cheesy Rice Casserole Steamed Broccoli Fruit Salad / Roll	Tuna Pasta Casserole Carrots Tossed Garden Salad Whole Fruit / Biscuit
Salisbury Steak Potato & Gravy Louisiana Green Beans Garden Salad / Bread	Chicken Stir-fry Brown Seasoned Rice Zucchini & Carrots Fruit Salad / Roll	Turkey n Swiss S.W. Broccoli & Cheese Cass Potato Salad Apples	Birthday Dinner Enchiladas Beans & Hominy Rice Tomato Salad & Salsa	Ham & Beans Buttered Noodles Peas & Carrots Cornbread
Beef & Spaghetti Green Beans Tossed Salad Jell-o / Garlic bread	Chicken & Rice Devon Steamed Broccoli Spinach Salad & Tomato Fruit Medley & a biscuit	Meatloaf Potatoes & Gravy Brussels Sprouts Carrot Salad / Roll	Brunch for Lunch Scrambled Eggs, Bacon Hash Browns, Fruit Biscuit & Gravy	Baked Fish Grilled Red Potato Mixed Vegetables Garden Salad / Bread
* Closed Martin Luther King Day	Chicken Breast over Tomato Pasta Tossed Garden Salad Cheddar Biscuit	Breaded Pork Chop Scalloped Potatoes Corn & Lima Beans Carrot Salad / Roll	Baked BBQ Chicken Macaroni Salad Mandarin Oranges Potluck Beans / Roll	Beef & Hominy Soup With Fried Bread Beef & Veg. Kabobs Over White Rice
Turkey Sandwich Vegetable Soup Spinach Salad Cheese & Crackers	Chicken Fajitas Rice and Beans Tomato Salad Fruit	Native Seniors 50+ Free Adult \$3.50 Child \$3.50 Lunch Hours 11:30-12:30 Menu Subject to Change.		

Naadowehsoonh

Submitted by Stewart King
Wasauksing FN

Reference by *Anishinaabe* people to their Mohawk brethren as *Nadowe* (*Naadoweh*) conjures up images of danger, fear and for some a venomous, coiled and threatening rattlesnake.

Their formidable foes to the west, the Sioux, were equally feared and equally despised by our ancestors throughout time immemorial. They too were mortal enemies of the *Anishinaabe* and were every bit as proficient in battle as the Mohawk. It is commonly held that the name Sioux, attributed to this tribe, was French in origin.

Fluent speakers, familiar with stories handed down for many generations, insist that they were both known as *Nadowehsoonh*. In the time following the arrival of the fur trade, the Mohawk became the *Nadowe* and our historical enemies to the west became the *soonh*, or Sioux.

Anishinaabemowin, our mother tongue, continues to teach us of many things thought to be long lost in the acculturation process.

A critical look and contemplation of the word *Nadowehsoonh*, and thorough consultation of our fluent Elders leads us to expand our minds to accept the origins of this single word. A simple change of the spelling to read as *Naadowehsoonh* will enhance the description of this ancient and formidable life form.

We know *biidwehwehdong* means that 'he is sounding his voice as he approaches'. *Zegwehwehdong* implies that 'he has a fearful voice'. The 'weh' in *minwehwehgeh* identifies that 'a sound is being made', 'a good sound' or that 'he is making a good sound or good music'.

A literal translation of the words *Mansoonh*, *Mkadehwiisoonh* and *Mkwahsoonh* tells us that these respective words translate to 'Spirit-being', 'Black-bodied-being' and 'Bear-being'. All these words form a part of our culture and have their own stories associated with them.

Soonh would therefore describe 'a form of a living being'.

Binaadmaadzah describes 'that he comes on his own to fetch'. *Binaadin* tells one 'to come and fetch it'. *Naadmooshin* indicates 'come help me with this'.

True to the descriptive and precise custom of our language, *Naadowehwehsoonh* will then translate to 'the being that sounds his voice to come and fetch you'.

As woodland tribes the *Anishinaabe* established large summer camps near the mouths of select rivers emptying into a large body of water or lake. There they replenished their subsistence on the bountiful summer fishing. Game found further inland in the forests were left unmolested throughout these summer months to raise their young to maturity. Tribal custom prevented taking the life of a nursing four-legged mother. Autumn would see these families split from each other to locate as smaller units upstream to hunt and trap as their normal cyclical lifestyle. Furbearing animals all had new, luxurious winter coats and other game was healthy and fattened by abundant summer feeding.

Scattered individual family units located further inland were much smaller and not capable of defending themselves from proficient, swift enemy raiding parties as the much larger summer villages could. However, countless and trackless miles of individual streams and waterways afforded protection and anonymity to these *Anishinaabe* families. Their enemies needed a way to frighten these solitary families and flush them out of their hidden and secure encampments.

All-night fire-lit vigils, persistent loud drumming, songs of war, and frenzied dancing by their mortal enemies of the east and west terrified and forced these families to attempt relocation and to ultimately revealing themselves. All of this was a sagacious application of an age-old hunting tactic for a human quarry. Night-long fears of kidnapping and fitful cries for the woman and children of the *Anishinaabe* gave descriptive and accurate portrayal of the word *Naadowehsoonh*.

Bay Mills instructors conduct language immersion classes



Patricia Osawamick, left, is sharing a story in Nishaabemwin to Rhonda Hopkins during the immersion class on December 2. Director Sydney Van-Zile of the PBP Language/Culture Department said 21 students attended.



John Paul Montano joined the two story tellers Patricia Osawamick, left, and Rhonda Hopkins, right, as they took a break between sessions and posed for a photo.

December
Bear Moon
Mko Kisès



Upcoming immersion program dates
For Instructor Training Component
and Immersion Component:

Jan. 5-8	Jan. 19-22
Feb. 2-5	Feb. 16-19
Mar. 2-5	Mar. 9-12
Mar. 23-26	Apr. 6-9
Apr. 20-23	May 4-7
May 11-14	Jun. 8-11



PBPN Independent Living program back up and running in Rock Community Building

Jeanie Combs has recently been hired as the new independent living specialist for the PBPN branch office of Three Rivers, Inc.

Her office is located in the basement of the Rock/Community building and is operating in conjunction with the PBPN Social Services Department.

Three Rivers is an organization dedicated to promoting the self-reliance of individuals with disabilities. Its headquarters are in Wamego, Kan. and other branch offices are located in Clay Center, Manhattan,

Centralia, and Topeka.

Jeanie worked in the Wamego office before coming to the Prairie Band full time.

Three Rivers is partially funded by the Kansas Department of SRS and the US Department of Education Rehabilitation Services Administration.

Learn more about Three Rivers, Inc. by visiting their website at www.threeriversinc.org

PBPN Independent Living program services

- Information and Referral Services
- Independent Living Skills Training
- Peer Counseling Services
- Technical Assistance
- Individual Advocacy
- Community Advocacy
- Vocational Services
- Social/Recreational Services and Support Groups
- Personal Care Training
- Family Support Services
- Housing Services
- Medical Equipment Loan Program

Office hours are from 8 a.m. – 4:30 p.m.
Monday through Friday.



The front entrance of the Rock/Community Building is getting new steps and a ramp that will make the building ADA (Americans Disabilities Act) compliant. Inside the building bathrooms are being installed on the main floor. The Rock Community Building is one of the oldest buildings on the reservation and has been the site of many tribal elections and gatherings throughout the years. The building is located on Q Road and presently houses the Independent Living and Domestic Violence programs on the bottom floor.

Photo by Mary Young

PBP receives American Indians with Disabilities Grant to help Vocational Rehabilitation program

PBPN's Vocational Rehabilitation Program was recently awarded a \$1.5 million American Indians with Disabilities Grant with the U.S. Department of Education that will run for five years.

The PBPN was one of 22 tribes in the United States to receive the grant that will bring in education and training

dollars to PBP members with disabilities.

The PBPN Grants Department helped secure the grant for the Social Services Department.

Morris Taylor is Director of the Vocational Rehabilitation program and his office is located in the Social Services Department building at 16322 Q Road.

Applications for the Kansas Low Income Energy Assistance Program (LIEAP) will be taken January 17- March 31. Please do not try to apply for assistance before the January 17 date. Call Social Services at 785.966.2932 for details.

Progress of the Prairie Band Potawatomi Nation KSDS litter of puppies



Last May eight people received a puppy to raise for 18 months through the KSDS program. With the help of the late Jim McKinney, the puppies all received Potawatomi names. Tribal member Mike Jensen, who has one of the pups, said that they are all doing well and submitted the message seen right from one of the raisers.

"I know it was a difficult task for your tribal members to generate the eight names for the KSDS Labrador pups in the Prairie Band Litter. It is now my difficult task to somehow express my gratitude for your generosity and the blessing, honor and privilege you have given to me in this pup I have at my feet. I hope and pray that I will be able to guide this pup to her full potential in the short period of time that we have together."

"Asheni" and I shop and walk the stores and streets of Manhattan, Kan. Many people stop us and ask about the pup. KSDS and almost all ask about her name and its meaning. I never hesitate to mention the generosity of the tribe and what an amazing role these dogs will play enhancing the life of the handicapped or sight impaired person they are matched with in the future.

Your gift is great and my appreciation deep.

-Patricia A. Payne

A report about the Four Tribe's Child Protection Team (FTCPT) from Carol A. Shopteese, LMSW

The Four Tribe's Child Protection Team (FTCPT) met on December 1 at the PBP Government Center, with Melissa Whiteside, BIA Regional Child Welfare & Child Protection Specialist from the Anadarko office.

All four tribes were represented by their social workers and Social Services staff. Some of the PBP Vocational Rehabilitation Program staff and a school counselor from the Delia/Rossville district also attended. Ms. Whiteside commended the FTCPT for their work this past year. The facilitator provided a brief overview of the Ansell-Casey Life Skills Assessment Tool for working with children ages 8-18. The facilitator will work closely with the Four Tribes' social workers to implement this assessment tool into their agencies.

One of the primary requirements of each of the four Tribes is to develop a Child

Protection Team. The FTCPT was encouraged to work on a mission statement, to develop interagency agreements and to develop policies and procedures for the FTCPT.

Ms. Whiteside encouraged the FTCPT to share their experiences, skills and strengths. Betty Rice, LBSW, Social Services Director for the Sac and Fox Nation of Missouri, requested development of Continuing Education Units (CEU's) for attendance at the quarterly BIA meetings and/or BIA trainings offered throughout the year. Ms. Whiteside was receptive and will work through BIA to assist the social workers in obtaining their CEU's.

Foster care recruitment is a challenge for all four tribes and Ms. Whiteside encouraged attendees to continue to develop emergency and foster care homes on their reservations. The Kickapoo Tribe of Kansas

currently leads the four tribes with five tribally licensed foster homes. The four tribes continue to work together for emergency placements. One such collaboration occurred recently between the Kickapoo and Sac and Fox Nation social workers/foster parents. The social workers each stated how gratifying it was to have such an event occur.

Social workers know that these "moments" are few and far between in social work, but when they occur, it helps us to remember why we chose social work as a profession. It is also a good reminder that working together as a team is far better than being alone to solve the challenging events from day to day. Thanks to all the FTCPT members for their participation and hard work this year!



Recipe Corner

By Mary Young

This year, about a week before Thanksgiving, the first snowflake fell on the rez and then several weeks later, the temperature dropped to single digit readings. It seems that the season has arrived for stews and soups and oven baked recipes. The following recipes can be used in a crockpot or by stove method.

Green Chili Stew

Courtesy of *Just Crockpot Recipes*

- 2 lb. pork or beef
- 2 tb. oil
- 3 potatoes
- 1/2 c. onion
- 1 garlic clove, crushed
- 2 tsp. salt
- 1 oz. green chilies, diced

Cube meat, sprinkle with salt and fry until brown in oil. Dice potatoes and add to browned meat; slice onions and add, then garlic, salt, chilies and enough water to cover. Continue to add water if necessary.

Chicken Chili with Hominy

Courtesy of *Just Crockpot Recipes*

- 2 lbs. boneless skinless chicken breasts, cut 1 to 1/2-inch pieces
- 1 medium onion, chopped
- 3 cloves garlic, thinly sliced
- 1 can white hominy (15 oz.), drained
- 1 can diced tomatoes (14 oz.), undrained
- 1 can tomatillos (28 oz.), drained, chopped
- 1 can mild green chilies (4 oz.)

Combine all ingredients in crockpot; stir to blend all ingredients. Cover and cook on low for 7 to 9 hours, or high for 4 to 4 1/2 hours.

New Mexico Green Chili

Courtesy of *Just Crockpot Recipes*

- 2 tsp. olive oil
- 1/2 lb. pork loin (cut into 1/2-inch chunks and remove all visible fat)
- 3 small garlic cloves, finely minced
- 1 red onion, finely chopped (optional)
- 2 tb. flour (preferably masa flour)
- 2 tb. cornstarch
- 2 tb. water
- 28 oz. New Mexican chiles (roasted, peeled,

- seeded, and finely chopped)
- 1-2 tb. chopped jalapeno pepper (optional and preferably fresh)
- 1 tsp. cumin
- 1/8 tsp. salt
- 1/8 tsp. white pepper
- 2 3/4 c. chicken broth
- 2 large fresh tomatoes, pureed (or peeled and chopped) (optional)

In skillet, heat olive oil over medium-high heat. Saute pork until all pink is gone (about five minutes). Move meat aside and add garlic (and onion). As soon as garlic sizzles, stir together with pork. Put into crockpot on high.

In a small bowl, make thickener by adding water to flour and cornstarch. (Add another tablespoon of cornstarch and a tablespoon of water if you prefer a thicker sauce, but wait until later in the cooking to decide if the texture is what you want, or you may accidentally make it too thick). Add mixture to crockpot.

Add chiles, spices, chicken broth to crockpot. Bring to a low boil, then reduce heat and add tomatoes (puree the tomatoes if you like a very smooth sauce; peel and chop them if you like more texture). Simmer on very low heat, covered, for at least one hour (preferably all day).

Serve over plain or Mexican rice. Freezes well.

Crockpot Turkey with Garlic

Courtesy of *Southern Food U.S. Cuisine*

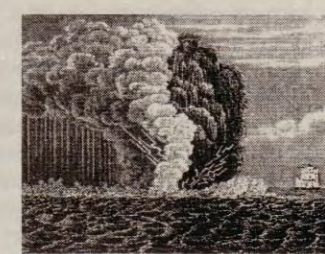
- 1 1/2 lbs. boneless turkey thighs, skin removed salt and pepper or lemon pepper to taste
- 1 tbs. olive oil
- 6 cloves garlic, left whole
- 1/2 c. dry white wine
- 1/2 c. chicken broth
- 1 tbs. chopped parsley

Season turkey with salt and pepper or lemon pepper. In a large skillet over medium-high heat, heat olive oil. Add turkey thighs; brown for about ten minutes.

Place turkey in slow cooker; add remaining ingredients. Cook high for 3 to 4 hours, or until turkey thighs are cooked through. Remove garlic cloves from pot. Mash a few and return to the slow cooker, if desired.

Please submit your favorite recipes to the PBPN 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!

PBPN EMS/Fire Dept. chosen as Disaster Management site for Jackson County



Through a charitable contribution, the American Red Cross purchased 275 cots and pillow sets and blankets from Wichita, Kan. for disaster victims or any emergency housing need. The PBPN EMS were chosen as the site for disaster management for Jackson County. The above photo shows EMS personnel as they transferred the donated items from the van to the Fire Department (l-r): Ferol Oxley, Paul Juedes, Tim Morse, and Heather Merchen. Not shown: Tim Flanary.

(Photo by

Clinic Hours

Monday/Wednesday/Thursday/
Friday
8:00 a.m. to 11:30 a.m.

Tuesday
8:00 a.m. to 11:30 a.m.
CLOSED TUESDAY
AFTERNOON

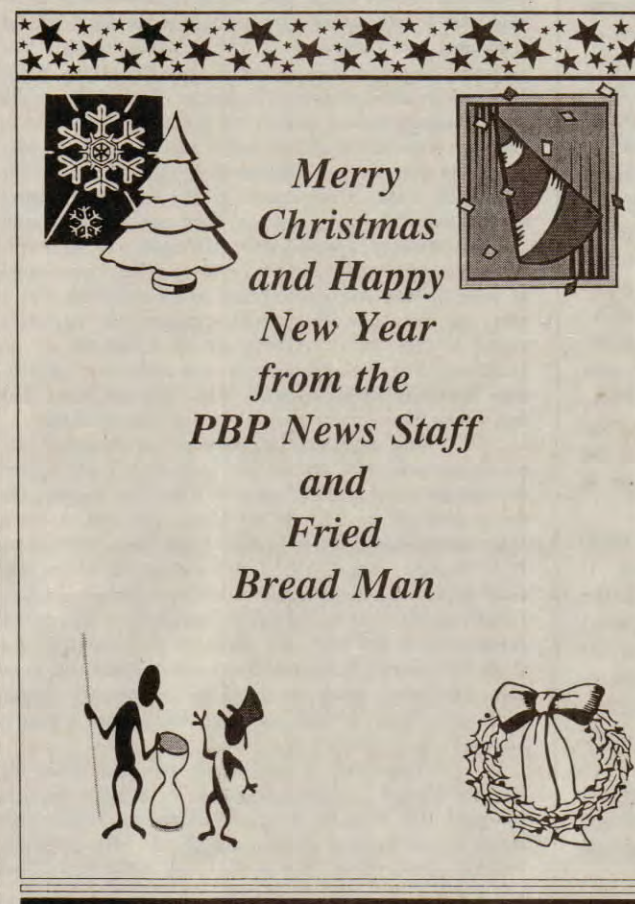
Phone: (785) 364-2176
Toll Free: (866) 694-6728

Pharmacy Hours

Monday/Wednesday/Thursday/
Friday
8:00 a.m. to NOON & 12:30 p.m.
to 4:15 p.m.

Tuesday
8:00 a.m. to NOON
CLOSED TUESDAY
AFTERNOON

Phone: (785) 364-2176 ext. 227
Toll Free: (866) 727-6330





Fatty Liver Disease

By Terry L. Harter, MD
Prairie Band Potawatomi Family Health Center
P. O. Box 190, Holton, KS 66436
785-364-2176, 866-694-6728

I have been asked to address fatty liver in this article. Our liver is a complex chemical processing plant. Among its many functions are: Detoxifying poisons, storing iron, storing vitamins, aiding in the digestion of fat, adjusting the level of cholesterol, adjusting the levels of triglycerides, storing glucose for short term use, producing glucose from fat, and production of many essential proteins. In all there are over 500 functions the liver performs.

Any time the liver is damaged or inflamed the condition is referred to as hepatitis. There are several ways in which the liver can be damaged. Germs can infect the liver. Chemicals such as alcohol, automobile anti-freeze, and dry cleaning agents are some of the more common causes of liver damage. Gallstones can block the drainage of bile from the liver and cause damage. Cancers frequently spread to the liver. And our own bodies can damage the liver in various ways. When the liver has been inflamed over a period of time scarring results. We call that scarring cirrhosis.

Non-alcoholic fatty liver disease is one way our bodies and our lifestyles can damage our liver. This condition appears to begin with the liver storing too much fat in the liver cells. When this process reaches a certain stage the liver becomes inflamed and begins to suffer damage. This inflammation and damage often becomes progressive and can lead to permanent damage, liver cancer, and liver failure.

Some experts report that up to one third of the general adult population have some degree of fatty liver disease. We don't know the exact cause of fatty liver disease but the people who are at highest risk are overweight, pre-diabetic, have high triglycerides, or are diabetic.

The most exact way to diagnose fatty liver disease is a liver biopsy. We often infer the diagnosis with findings on ultrasound pictures, CT scans and blood tests.

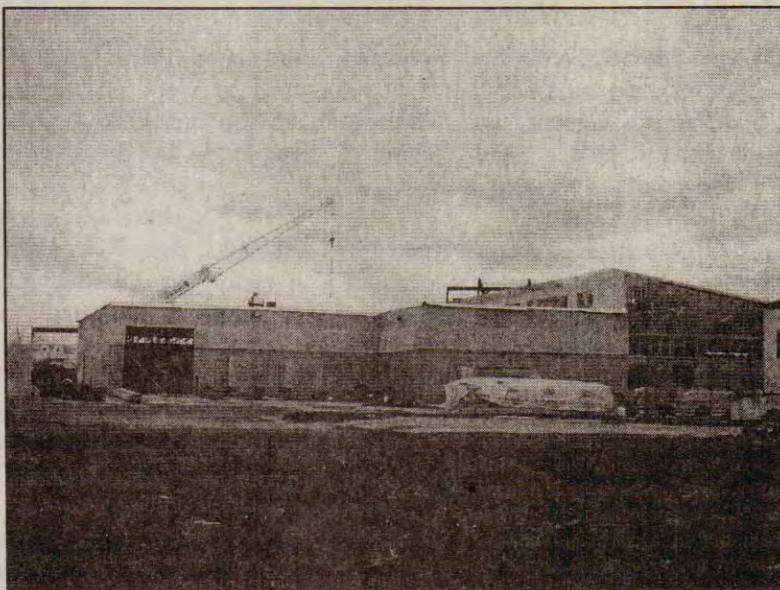
The current treatment of fatty liver disease is diet, exercise, weight loss, and avoidance of alcohol. Some diabetes medicines are showing promise in the treatment of fatty liver disease but are not of proven benefit.

Reps from CRAssociates visit the new clinic site



John Holtz, Clinic Administrator, center, gave CRAssociates, Inc. representatives Tom Burden, left, and Mike Starr, far right, a tour of the new health center under construction on 158 Road. CRAssociates, Inc. manages the health center operations.

(Photos by Mary Young)

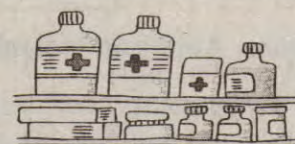


The above photo shows a west-side view of the new clinic when driving east on 158 Road. As the photo shows, the wood framing has been erected.

Introducing Sarah Turner Pharmacy Assistant



Sarah Turner has been with the PBP Family Health Center Pharmacy since August 2005 as the pharmacy assistant. She currently is working on becoming a certified technician.



Photos by Mary Young

Introducing Nancy Davidson Managed Care Coordinator



Nancy Davidson previously worked as the receptionist/medical records clerk at the PBP Family Health Center located in Holton.

For information on this program, you may contact Nancy at 800-441-6021.



Prostate Disease

By Terry L. Harter, MD
Prairie Band Potawatomi Family Health Center
P. O. Box 190, Holton, KS 66436
785-364-2176, 866-694-6728

In this issue is one tribal members account of his experience with prostate cancer. I thought I might write about the prostate and prostate cancer.

The prostate is a gland found only in men. It is positioned at the bottom of the urinary bladder and encircles the urethra. The prostate grows throughout the lifespan. This growth is stimulated by the hormone testosterone. In young men the prostate is about the size of a walnut. The purpose of the prostate is to secrete fluid that mixes with semen to improve fertility. The prostate also produces a protein called the prostate specific antigen or PSA.

The three most common disease processes to affect the prostate are prostatitis, benign prostatic hypertrophy, and cancer of the prostate. Prostatitis is an infection and inflammation of the prostate. This painful disease can afflict adult men of any age and it is usually treated with antibiotics. Benign prostatic hypertrophy is a process where the prostate gradually expands and causes constriction of the urethra and difficulty passing urine. This condition usually affects men over 60 and is treated with a specific type of muscle relaxant, medications which reduce the effect of testosterone, and if necessary surgery. Cancer of the prostate, like other cancers, is the uncontrolled growth of once normal tissues. This disease usually occurs in men over 50 and frequently has no symptoms until the disease is in advanced stages. There are several types of treatment for prostate cancer. The most important part of treatment is early detection.

Screening for prostate cancer is done by a blood test for the PSA and a digital rectal exam. Annual screening is usually done from age 50-70. Men aged 40-50 should consider annual screening if their grandfather, father, uncle, or brother have had prostate cancer. Men over 70 should discuss prostate cancer screening with their doctor. The normal range for the PSA is 0-4.0. All three of these prostate conditions can cause an elevation of the PSA. The PSA can also be elevated even if there is nothing wrong. The test is also not perfect; some men with prostate cancer will have normal levels of PSA. If the screening tests are suggestive of cancer the next step is to have an ultrasound and biopsies of the prostate. This is usually done by the Urologist in his/her office.

Prostate cancer is the second most common form of cancer in men in the United States. It is usually a relatively slow growing cancer. If the cancer is detected and treated before it has spread outside of the prostate it can frequently be cured. If the cancer has spread beyond the prostate prior to detection, the chances for cure are remote. Effective treatments to slow the growth and control the spread are available.

Prostate cancer screening is available at the PBP Family Health Center. I would encourage all men age 50 or greater to come in for an annual exam.

Warriors!! Know your PSA level

By John Tomey Shopieese

This is a message I feel compelled to write and share with my fellow tribesmen and is, for the most part, directed to Native American males nearing the age of 50 and over. Six months ago, I felt very comfortable with my health and was looking forward to the upcoming art shows in various Southwest locations where I would see many of my old friends and enjoy the beauty of the mountains, the blue sky and wonderful sunsets that have been ever present to those visiting the western part of this country.

I could deal with the chronic aches and pains from the broken bones of being a cowboy in the good old days and could take the rough and tumble during those adolescence years of my youth. After all, I was indistructible. In my middle age, I learned to live with the experience of the military and the frequent routine visits to the VA and Indian Hospitals in maintaining my routine and annual normal health problems. Being in Minnesota for the past few years, I developed increased chronic arthritis during the frigid winters but, again, this is expected in the routine of growing older. I did experience a myocardial infarction (heart attack) in my forties and almost didn't make it. I almost lived up to the data and statistics of the Indian Health Service, in that, the average life expectancy for Indian males was 42 years of age. I had no further experience with the heart attack and no major surgery was necessary. I had minor chest pains that was always related to my love for chili and the other good tasting things that are always not good for my health.

Nine months ago I thought I was having some chest pains and went into the emergency room of the local hospital. After several hours of exams and a C-scan, it turned out to be heartburn. However, the C-scan revealed something that the doctor said would require further scanning with an ultrasound. It was discovered that I had an abdominal aortic aneurysm (AAA). Within weeks I was preparing for major surgery and thought I could not begin to endure the slow process of recovery. This is almost the most traumatic evasive surgery the human body can undertake, but without the upscale health practitioners, top surgeons and only the best possible medical equipment available, there would be no chance of survival. The doctors told me that if this aneurysm had burst, and even if I could call an ambulance, I would never have made it to the hospital. I could relate to this very well as a very dear friend of mine in New Mexico had died of an aneurysm over a year ago leaving a 15-year-old daughter, he was very young at only 42. There are no symptoms of an aneurysm. You don't know you have it unless it is accidentally found by testing as mine was. For the most part that's about how some cancers are found, just by chance.

Two days after my surgery, on reviewing my pre-op physical with my doctor, and after I went through the worst possible scenario of medical surgery, the doctor told me my PSA in the blood test had shown a slight elevation which could mean cancer cells. What's a PSA? I asked: cancer cells! I can't explain the feeling that went through my already traumatically experienced body. I really didn't want to hear anything like this. The doctor explained that the PSA was reviewed and had shown a slight elevation of the normal figure which could have been caused by other things including the presence of cancer cells. Of course, it would not be known for sure without a biopsy.

According to information obtained from the National Cancer Institute, PSAs are for Prostate Specific Antigen. The Prostate Specific Antigen is a protein produced by the cells of the prostate gland. The PSA test measures the level of PSA in the blood. The U.S. Food

and Drug Administration (FDA) has approved the use of the PSA test and other tests to detect prostate cancer in men age 50 and older. The PSA test is also used to monitor and check recurring cancer of the prostate usually during a six-month or annual checkup. The higher the PSA level the more likely it is that cancer is present.

This remains controversial as the PSA level alone does not give doctors enough information to distinguish between benign prostate conditions and cancer. However, the doctor will take the result of the PSA test into account and will decide whether to check further for signs of prostate cancer which most likely will result in a biopsy.

I had a biopsy and it came out positive that cancer cells were present. I was unfortunate to have a urethral infection the day after the biopsy and was in the emergency room and hospitalized for four days on antibiotics until the infection was under control. Shortly after, we reviewed the best possible plans for corrective surgery. It was decided to do a procedure recently developed in the 1990s called cryoblation or cryosurgery. A process of freezing the prostate in an attempt to get rid of the cancer cells. In view of my recent aneurysm surgery, the risk was high in having another evasive surgery in the removal of my prostate. The cryosurgery would provide a non-invasive surgical procedure in that the prostate would be frozen through the insertion of needles and injection of a freezing chemical forming freeze balls into the prostate. After freezing the prostate it would be thawed with other solutions and the process repeated two or three times during the procedure of about three to four hours. The length of hospital stay would only be overnight with rapid recovery, if successful, without the removal of the prostate. I did have a second opinion from the Mayo Clinic and they concurred with this plan. This is a fairly new procedure and there is little statistics in the longevity after the procedure. Even the Mayo Clinic had very little data on the logistics of the procedure. We went with this plan and after a minimum of discomfort afterwards, I feel so far that it was a success. There are some side effects that go along with any major surgery, and much of those are related to a prostatectomy or removal of the prostate. Not to say the cryosurgery is completely free of side effects. Of course, to be able to have this type of freezing procedure, all the numbers and circumstances must be there. The cancer must be an aggressive type, it must be in the early stages and must be isolated in the prostate. Not only did I meet this criteria, I had available some of the best medical professionals in this field and the best available equipment for testing on these diseases. I was one of the lucky ones again. From one warrior to another, I am encouraging you to start tracking your PSA if not already done so on an annual basis.

Prostate cancer is the most common cancer in men other than skin cancer. In 2002 the American Cancer Society estimated that 189,000 new cases of prostate cancer would be diagnosed and that approximately 30,200 men would die of the disease. Information on prostate cancer in the United States from 1973 through 1995 found that African-American men have about a 60 percent higher incidence rate of prostate cancer than white men and about a two-fold higher mortality rate than white men. Incidence rates increased 108 percent for white men from 1986 to 1992 and 102 percent for African-American men from 1986-1993. Increases in rates are believed to be related to use of the PSA blood test as a new screening tool.

These studies also show that the lowest incidence rates are found in Asians and Native Americans. However, of patients with localized or regional stage prostate cancer, Native Americans have the poorest relative survival of all racial/ethnic groups. African-Americans and white-Hispanics have the lowest five-year relative survival rates among patients with distant stage disease. As many men are effected of prostate cancer as women are of breast cancer. Prostate cancer lacks the national awareness and funding that breast cancer currently receives. See web-

site: Us Too! Prostate Cancer Education and Support-Minority and Underserved Populations.

Every three minutes an American man finds he has prostate cancer, over 222,000 men will be diagnosed, 30,000 men will die. It is my hope that this article will initiate some degree of awareness and to encourage you to start keeping track of your PSA through testing at your clinic. Medicare, if you are eligible, provides one PSA test per year if not otherwise available through local resources. Make sure your clinic provides an awareness program and support group for prostate cancer, including necessary medical information, equipment and funding to meet your health needs in prostate cancer awareness. How and where (tribe and reservation by location) these statistics on Native American males were obtained are unknown at this time. The possibility of having prostate cancer also increases if a member of your family had it such as your father or brother. But in my case no member of my family had prostate cancer.

With the legislative intent of self-governance for tribal health programs, it is hoped that tribal resources will participate in encouraging PSA and other tests be obtained at local clinics and appropriate funding be a part of the budget to fight this life-threatening disease. Local awareness groups should be considered and an awareness of prostate cancer be nationally supported by health officials in annual conferences as IHS, PHS, and the Department of Health and Human Services. Various Native American national organizations as NCAI, Self-Governance Tribes, National Indian Health Board and the Conferences on Aging should all be concerned to support and address these issues and provide such support groups, issues and material for distribution in ensuing agendas.

When more men are aware of this screening and testing, it is encouraged that early detection could be helpful in treating prostate cancer. Survivors have lived through this turmoil, as far as I can see, the battle has to be fought with early detection and treatment. On my recent three-month checkup after surgery, the PSA tests revealed no detection of the cancer cells and I will have an annual follow-up to track for possible recurrence. Hopefully, the future will consist of a register of men which will be a basis for a Warriors Society of Survivors who can extend a greater awareness of prostate cancer in Indian Country. Then we may all be able to enjoy those golden years while watching our grandchildren grow into adulthood. Meg-wich!!

2006 Native Researchers' Cancer Control Training Program

Oregon Health & Science University
Portland, OR

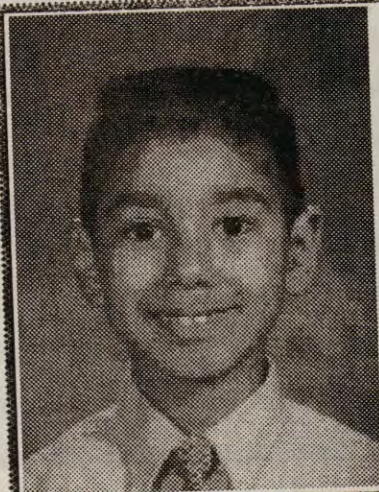
A three-week training program designed to help develop research skills for implementing and evaluating cancer control programs in Native communities will be held in Portland, Ore. from June 11-30, 2006.

For more information see website at www.ohsu.edu/nrcctp or send email at moriarty@ohsu.edu.



Ttiwenmo eginigyèn (Happy day you were born)

Ganiñtëk (Those who are born)



Happy Birthday, Adrian
7-years-old
on
December 15

Love, mom & dad &
little brother, Manuel "Meny" Villalba

We love you very much and God bless you!

Welcome
Elijah and Ian
born on
November 8, 2005
to
Justin Torres
&
Michelle Emert
&
little brother, Preston



Potawatomi couple identified

A message from
Chuck Jacobson

I received a phone call about the photo at right of an Indian couple that I couldn't identify and I wanted readers to know that after it appeared in last month's issue of the News I received a call from Marina Perot, an 87-year-old tribal member from Merrill, Wis. who was able to identify them. She recognized them as Joe and Angeline Cook (PBPB tribal member from the Skunk Hill area) and said that Joe and Angeline used to come to Kansas and visit friends and relatives including Ms. Perot's family (Emma Young).



Joe and Angeline Cook lived in Yellow River, Wis. Joe worked in logging camps as a log skidder and would lead a team of horses that pulled logs from the woods to the saw mill.

A belated Happy
Birthday to
Warren Young

From your family



Happy Birthday to the
three sisters
Alfreda Young
Delores Young
Mary Young

Happy
Birthday
Nephew
Daryl Lee
Williams

From your
"favorite"
Auntie Lou

Students in the News



Daniel J. Martinez received the highest award in Boy Scouts, the Eagle Scout award, at an Eagle Court of Honor on Dec. 3 at Highland Heights Christian Church in Tecumseh, Kan.

A member of Boy Scout Troop 49, he has completed 26 merit badges. He has served Troop 49 in various leadership positions, including patrol leader, assistant senior patrol leader, senior patrol leader, quartermaster, historian, and librarian.

Members of the PBPB have been helpful to Daniel in achieving his goals.

His parents are Micki & Leo Martinez.



Congratulations
to
Valerie LeeAnn Wakolee, 17
4.0 GPA from
Hope Academy,
Topeka
Proud mother:
Angela Wakole
Grandmother:
Marilyn "Num" Hale Wakole



Charissa Jessepe who is a sophomore at Horton High School is one of four Native American high school students given "The Eagle Feather Award" for the first quarter by Dee White Eye, LMSW, Native American School Counselor. This special award is only given to those students with excellent grades (3.5 GPA and above) and excellent attendance (no unexcused absences on their record). Charissa is active in volleyball, golf, the Native American Student Association and the Drama Club. She is the daughter of Carol Shopteese and Kenneth "Shon" Jessepe.



Congratulations, Josh
on receiving
a two-year scholarship
to
Highland Community College

Love your family
We knew you could do it!



Merry Christmas
with love
Shamoga Seymour

From Jesse & Jaiden

Kamboñtëk (Those who died)

Algernon "Bozo" Wamego

Algernon "Bozo" Wamego, 71, Mayetta, died Nov. 17, 2005, at his home. He was born Sept. 29, 1934, on the Prairie Band Potawatomi Reservation west of Mayetta, the son of James and Edith Thompson Wamego. He attended Marty Indian School and lived most of his life on the Potawatomi reservation. Mr. Wamego had served in the U.S. Marines during the Korean War. He was a heavy equipment operator for CC&M Construction, Quality Excavating and Herrman Excavating, all in Topeka, and in recent years he had worked for Potawatomi Road and Bridge. He was a member of the Prairie Band Potawatomi Nation. He married Alberta Marie Nagmo. She preceded him in death on Nov. 16, 2001. He also was preceded in death by a son, Michael Anthony Wamego, in 2003, and a stepson, Andy Mitchell, in 1984. Survivors include two daughters, Lisa Marie Wamego and Edie Wamego, both of Mayetta; three stepdaughters, Jackie Mitchell, Shirlene Seymour and Sandra Mitchell, all of Mayetta; five stepsons, Larry Mitchell, Minneapolis, Minn., and Gary Mitchell, Eddie Joe Mitchell, Leo Mitchell and Randy Mitchell, all of Mayetta; a sister, Dorothy Vanderwilde, Topeka; a brother, James Wamego Jr., Mayetta; many grandchildren; two great-grandsons; and many other great-grandchildren. Mass of Christian burial was held Nov. 21 at Our Lady of the Snows Catholic Church west of Mayetta. Interment was in Takahko Cemetery. Mercer Funeral Home in Holton is in charge of arrangements.

(Courtesy of Holton Recorder 11/21/05)



Melvin (Piat-sat) Thomas

Melvin (Piat-sat) Thomas, 82, formerly of Delia, died Nov. 27, 2005, in Topeka. He was born Feb. 19, 1923, the son of Charles K. and Lillian C. Shopteese Thomas. He graduated from Haskell Institute in Lawrence. Mr. Thomas spent most of his life on the Potawatomi Reservation near Delia. He was a member of the Kickapoo Nation and Prairie Band Potawatomi Nation. Survivors include an adopted father, Andy Mitchell, Mayetta; a sister, LaVeda Wahweotten, Hoyt; two brothers, Charles Thomas, Delia, and Dale Thomas, Brimley, Mich.; and an adopted brother, John Pewamo, Topeka. Traditional services and a wake will be held Dec. 1 at the Danceground Building at 150th and K Road west of Mayetta. Burial will be Dec. 2 in the Danceground Cemetery. There will be no public viewing. A book will be available to sign at Mercer Funeral Home until 2:30 p.m. Dec. 1. Mercer Funeral Home in Holton is in charge of arrangements. We-Ta-Se served as Color Guard.

(Courtesy of Holton Recorder 11/30/05)



Marjorie L. Wabskie

Marjorie L. Wabskie, 73, Topeka, died Nov. 30, 2005, at her home. She was born June 29, 1932, in Mayetta, the daughter of Simon P. and Lucille LaClair Shopteese. Mrs. Wabskie had been a nurse's aide at St. Francis Hospital. She later worked at Topeka Convalescent Center until her retirement. She was a member of the Prairie Band Potawatomi Nation and the Catholic church. She married Donald Wabskie in 1954 in Topeka. He died April 25, 2003. Survivors include three sons, Ray Lee Wabskie, Donald Wabskie Jr. and Gary Wabskie, all of Topeka; four daughters, Donna L. Vega, Luella A. Wabskie, Carol Poland and Diane Wabskie, all of Topeka; a brother, Frank Shopteese, Mayetta; a stepbrother, Joseph Kabance, in New York; two sisters, Maxine Parkinson, Topeka, and Carol Jean Kitchkommie, Mayetta; 14 grandchildren; and 19 great-grandchildren. Funeral services were held Dec. 3 at Brennan-Mathena Funeral Home. Interment followed in Shipshewer Cemetery.

(Courtesy of Holton Recorder 12/5/05)



Area Churches

By Mary Young

Baptist

Bethany Baptist Church

821 New York Ave., Holton, KS (785) 364-4379

David Noland, Youth Sunday School Teacher, preaches on months with five Sunday's.

Prairie Band Baptist Outreach

P. O. Box 206, Holton, KS 66436. Pastor Terry Paine, (785) 364-4259

Catholic

Our Lady of the Snows Parish

5971 - 166th Rd, Mayetta, KS

For mass schedule, calendar of events, history and photo gallery, go to the tribal web site home page and click on Our Lady of Snows icon.

Methodist



Lakeview Faith Chapel
Steve Cappleman, Pastor

Greetings and blessings to everyone:

Some two thousand years ago an angel said, "Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David, a Saviour, which is Christ the Lord." — Luke 2:10-11 King James Version (KJV)

Pottawatomi United Methodist

On O Rd. between 142 and 150 Rd., Mayetta, KS
Rev. Howard Sudduth

Sunday: 9:45 a.m. Sunday school
10:30 a.m. Worship service

Pentecostal

Lakeview Faith Chapel

3-1/2 mi. south of Holton, KS on U.S. 75, Pastor Steve Cappleman, (785) 364-2416

Sunday: 9:30 a.m. Sunday school
10:15 a.m. Worship service
6:30 p.m. Youth group
6:30 p.m. Sunday evening worship
Wednesday: 6:30 p.m. Bible study

Potawatomi Pentecostal Church

4-1/2 mi. west on 134 Rd. from U.S. 75, Mayetta, KS

Sunday: 10:00 a.m. Sunday school
10:45 a.m. Worship service
7:00 p.m. Evening worship

What a wonderful thing it is to have a Saviour! God, truly, gave us the greatest gift that any one could receive. Have you received this gift personally? Have you opened the present? I would encourage anyone who hasn't, to ask Jesus Christ into their hearts, confessing their sins, and asking forgiveness. Romans 10:13 (KJV) says, "For whosoever shall call upon the name of the Lord shall be saved." No one can give eternal life except Jesus Christ.

May each and everyone have a very Merry Christmas, and may 2006 be a happy and blessed year for all.

Blessings! Steve and Nancy Cappleman

Timothy Warren Wahweotten



Timothy Warren Wahweotten (Wah-yotten), 22, Mayetta, died Dec. 12, 2005, at a Topeka hospital. He was born Sept. 30, 1983, in Topeka, the son of Warren A. "Junior" and Gina L. Masqua Wahweotten. He graduated from Kickapoo Nation School in Powhattan in 2003. He had spent most of his life on the Potawatomi Reservation. Mr. Wahweotten worked for the Prairie Band Potawatomi Road and Bridge Department/ Bison Crew. He was a member of the Prairie Band Potawatomi Nation. Survivors include his parents, Junior and Gina Wahweotten, Mayetta; his grandparents, Warren and Nona Wahweotten, and grandmother, Geraldine Shopteese Masqua, all of Mayetta; a great-grandmother, Isabelle Thomas, and a great-grandfather, Jay Mattwaoshshe, both of Mayetta; three sisters, Amber, Krystle and Jade Wahweotten, all of the home; and two brothers, Andrew and Stevie Wahweotten, both of the home. A wake will be held home; and the evening of Dec. 15 at the Danceground Building west of Mayetta. Drum services will be held Dec. 16 at the Danceground Building. Burial will be held the afternoon of Dec. 16 in the Danceground Cemetery. Mr. Wahweotten will lie in state until 2:30 p.m. Dec. 15 at Mercer Funeral Home in Holton.

(Courtesy of Holton Recorder 12/15/05)



Folks at the Firekeepers Elder Center were kept busy making ornaments for this tree that was made for the Christmas season. Above, from left to right, is Bernadette Lewis, Delores Porter and Darien Fuller who was visiting from Texas during the holidays. Ornaments consisted of Indian drums, canoes, dishbags, Gods Eyes, and mocassins that were all created as part of the activities program at the center.



Christmas plants, like the one at left, were displayed in various places around the reservation.



Mary LeClere, who works for the Fire Department, decorated their department tree using an EMS/fire theme. The fireman ornament, seen directly at right, is an example of Mary's decorative work.



Photos by Mary Young and Suzanne Heck



Where is Rudolph located in our community? Look for the answer on another page in this issue of the News.



Poinsettias were found in many buildings and public spaces on the Potawatomi reservation.



From left to right is Cheryl Walker with her daughter and grandchildren. From left to right is Cheryl, Amber Walker, Anthony His Law, and Ahshoni Stanley who all attended the Mayetta Pioneer Days Association Christmas Craft Show on December 10.



This veteran Santa was a part of the table decorations at the We-Ta-Se open house.



Joy Yoshida, left, and Nona Wahweotten, right, were having fun going through the ornaments that were made this year at the Firekeepers Elder Center. In the background is Bernadette Lewis.



Here's a map of major roads and points of interest on the PBPN Reservation

