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Prairie Band Potawatomi News

December 2006 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

John Echohawk speaks on critical issue at PBPN

By Gary E. Mitchell

John Echohawk, a national renowned lawyer who has worked for 36 years for the Native American Rights Fund (NARF) in Colorado came to the Potawatomi reservation to give a summary of the Cobell v. Kempthorne case on Saturday, December 2, 2006. In attendance were concerned tribal members from the surrounding area.

This case involves a class action suit where various Indian entities want a legal accounting of individual and tribal accounts held by the government which are commonly called IIM accounts. They cite mismanagement of the funds.

Echohawk said a generation of people went to Washington D.C. to complain about the Bureau of Indian Affairs accounting system, but nothing was ever done. Congress passed the 1994 Trust Reform Act, which chronicled the mismanagement of the government and mandated a legal accounting of each IIM account held by individual Indians and Tribes. But nothing happened everything in D.C. went back to normal, Congress allocated no money to the project which turned into a meaningless act.

Eloise Cobell, the lead plaintiff, who had worked hard for ten years at getting the legislation passed in 1994, grew frustrated at the turn of the events following the passage of the act. She said we needed to take the issue to court to enforce government responsibility. Echohawk said NARF had hoped it would be handled politically but knew the system was incapable of handling the problem. The courts were the only answer.

An Arizona Republic editorial agreed, stating: "The Interior Department, under both Presidents Clinton and Bush, has shown such

breath-taking ineptitude that the only answer is to take the job away and let the courts sort it out."

Over the years there have been about 500,000 IIM accounts, and Echohawk said the government has the control and are like bankers. But under their trust responsibility, they just haven't done their jobs. The litigation asked for a proper legal accounting for the government to comply with the law and to restate the account balance of each IIM account since they are understated now. The money is income from grazing, mining logging and oil drilling on Indian land. As the system was set up in 1887, the federal government collects the payments and distributes them to individual tribal members who have rights to the land.

Once in court in front of District Judge Royce C. Lamberth, the government couldn't get five sample IIM accounts up to speed. Lamberth held many administration officials in contempt for numerous delays. He eventually ruled that the Department of Interior breached its fiduciary duties by its massive and long-standing mismanagement of the IIM accounts.

The government didn't take challenging the issue of validity seriously, and Lamberth found them in contempt for not producing the necessary



John Echohawk with Tribal Chair Tracy Stanhoff.
Photo by Mary Young

records. "The government couldn't do the accounting since the records were in such disarray," said Echohawk. After Lamberth took a hard line approach with the government, they asked that he be removed from the case because, in their minds, he was biased and

prejudiced against the government. Echohawk said Lamberth was dismissed from the case. The Bush administration didn't want to take it to the Supreme Court under the guise of working it out and seeking resolution, but after the filing deadline passed, they also failed to do anything like past administrations.

To put the argument in perspective, in 1887, \$13 billion went through these accounts and adding interest to these figures, Echohawk said \$176 billion has gone through these accounts. In July of 2005, Byron Dorgan of North Dakota and John McCain of Arizona proposed a settlement bill, but had no monetary amount set. NARF has suggested \$27.465 billion based on the calculation that the government receives credit for paying 80% or only doing 80% of their job. Look-

ing at past government behavior, Echohawk said the government wouldn't want to pay the interest involved.

Echohawk said that \$8 billion is now mentioned but with two factors. One, the shares would go out like a per capita payment and each IIM account holder would receive a share. Two, a weighted system would go into effect to take in account the size and value of each IIM account.

But the government has argued for some stipulations such as 1) to begin a process to let beneficiaries manage a trust themselves; 2) no more liability for the government; 3) to develop a system of no more than ten owners on an allotment; and 4) all the tribes trust funds be settled. Echohawk called it a global settlement.

Echohawk said the tribes have more money involved than individual IIM account holders and have until December 31, when a statute of limitations ends, to challenge the Arthur Anderson accounting figures of how much the tribes have lost, after that they are stuck with these numbers. Tracy Stanhoff, Tribal Chairperson, said the Potawatomi Nation has voiced their objection legally.

All of this, according to Echohawk will come up in the 110th Congress starting in January of 2007, and he recommends settlement.

For more information on the Cobell case go to www.narf.org.



Important dates to remember

Merry Christmas and Happy New Year	December 25-26	Government offices closed Christmas
	January 1	Government offices closed New Years
	January 15	Government offices closed Martin Luther King Day
	January 20	General Council meeting

Region 7 Environmental Protection Agency meets with tribal leaders



Left to right front row: Junior Wahweotten, Wolfgang Brandner, Tracy Stanhoff, Ira Salvini, and Richard Rooth. On the back row from left to right: Jim Shane, Elizabeth Wendt, Virginia LeClere, Carlin Hafiz, and Debbie Bishop.

By Suzanne Heck

Representatives from Region 7 Environmental Protection Agency (EPA) paid a visit to the Prairie Band Potawatomi Nation to meet new tribal leaders Chair Tracy Stanhoff and General Manager Richard Rooth in Tribal Council chambers on December 8.

Virginia LeClere, Director of the PBP Department of Planning, arranged the meeting and then took the Region 7 EPA staff on a tour of the Department's facilities.

During the meeting Chair Stanhoff told the group that she was proud of the work that the Department of Planning had accomplished so far and that the Tribal Council was examining the possibility of developing renewable energy businesses for economic development in the future.

Region 7 EPA member Wolfgang Brandner said that the Tribe should be proud of their Earthship building, the wastewater treatment plant at the Casino, and the solid waste and recycling programs on the reservation. Ira Salvini added that he could remember when the PBP's

environmental protection services operated out of Road & Bridge and he publicly praised Tim Ramirez, Road & Bridge Director, for getting the EPA services started on the reservation.

In addition, Region 7 Tribal Programs Specialist Elizabeth Wendt said she began working with the PBPN five years ago as an intern and that she has a special affinity for the beauty of the land and the ecosystems that are on the land.

Also at the meeting from Region 7 were Debbie Bishop, EPA Specialist, and Carlin Hafiz, Management & Program Analyst. Region 7 EPA offices are located in Kansas City, Kan.

Other Prairie Band representatives at the meeting were Junior Wahweotten, Tribal Council member, and Assistant General Manager Jim Shane.

The PBP Department of Planning and Environmental Protection is involved in composting, abandoned vehicle removal, care of the orchard, and air and water quality programs, in addition to the other programs already cited.



Tribal member Melvin Lewis acted as the Fire Department's team captain during a prescribed burn recently on a house located on the reservation. Members of the Fire Department participate in several trainings throughout the year as a way to learn new techniques and to keep themselves prepared for the next fire or disaster.



December message to the Nation from Tribal Chair, Tracy Stanhoff



Merry Christmas and a Happy New Year!

Tribal Council is extremely busy working on behalf of the Nation. With this work and the assistance of a great group of Tribal employees and consultants the Tribe has enjoyed many major "victories" for our people. Tribal Council activities include:

- Meetings with Harrah's corporate executives to discuss the 2007 plan and revenue goals and the casino transition to self-management. Many challenges are being tackled and addressed during these meetings including increased competition from the Oklahoma Indian gaming market.

- A series of Tribal Council government budget meetings, including a Saturday Town Hall informational meeting for Tribal membership.

- Hosting of a presentation by one of Indian Country's foremost legal minds, attorney John Echohawk of the Native American Rights Fund. Mr. Echohawk gave a "brilliant" presentation on the status of the Cobell Trust Case and individual Indian trust account status with the U.S. Government. If you would like to review the latest in Cobell information, go to www.narf.org.

- Continuing to meet with our Constitutional committee representatives regarding the upcoming secretarial election on the proposed Prairie Band Constitution amendments.

- Traveling - Vice Chair Rey Kitchkumme and I traveled to Washington D.C. to meet with our Tribal attorneys and lobbyists during the last week of the "lame duck" Congressional session. We also attended a National Indian

Gaming Association strategy session on defeating the "Pombo" and "McCain" bills that would have severely hurt Indian Gaming and our Tribe. We also met with Speaker of the House elect Nancy Pelosi's staff to discuss Prairie Band specific legislation that would have hurt our Shab-eh-nay Reservation. The Tribe had major victories in our efforts as we worked to avoid in any final bills or resolutions of the 109th Congress.

- Traveling - Treasurer Ryan Dyer and I traveled to Shabbona to visit with local officials. All meetings were extremely positive, we will be moving forward on all intergovernmental agreements necessary to our jurisdiction over our Shab-eh-nay Reservation lands in Illinois.

A big thank you to all of the groups who held Thanksgiving luncheons. Our Gaming Commission and our Head Start groups are to be commended on the tasty, delicious potluck feasts they served. It is always great to be able to take a moment to celebrate the season.

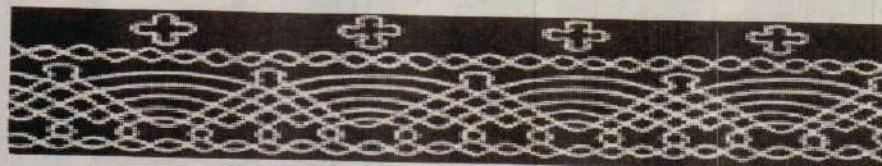
And a great thanks to all who have come to visit my office during my first year serving our people. I have had a wonderful time in getting to know all of you, discussing the issues, and listening to your needs and priorities. I am looking forward to a great 2007.

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

Shabbona Project Chronology of Events Part 4

November 2006	In light of heavy "politicizing" of Shab-eh-nay Reservation and the Tribe's efforts to negotiate agreements with our county representatives, the Tribe's expert attorneys and political consultants recommend that the Tribe take a very quiet stance during November's elections. County and Tribe take a "breather" on negotiations to await election results.
November 2006	Democrats win the U.S. House of Representatives and Senate. Speaker of the House Dennis Hastert will be replaced by Minority Leader Nancy Pelosi. Major victory for the Tribe's Congressional efforts.
November 2006	Democrats win majority of DeKalb County Commissioners. Democrats very favorable to Tribe's efforts.
December 2006	With the assistance of the Tribe's expert political lobbyists, Tribal Chair Tracy Stanhoff and Vice Chair Rey Kitchkumme travel to Washington D.C. for final week of "lame duck" Congressional session. Chair and Vice Chair attend National Indian Gaming Association strategy session. All of Indian Country works to defeat last minute bills and "riders" which could seriously effect Indian Gaming Tribes - especially our Shab-eh-nay Reservation efforts. Tribe calls upon Chair Stanhoff's "old friend" - Speaker of the House Elect Nancy Pelosi to assist in stopping any bill that could harm our Tribe. Thanks, in part, to Nancy Pelosi's staff, Tribe is not affected by any legislation in the 109 th Congress. Major victory for Tribe.
December 2006	Chair Stanhoff, Vice Chair Kitchkumme and Treasurer Ryan Dyer travel - at different times - to visit with DeKalb County, Village of Shabbona and local leaders, all visits very positive, negotiations to begin in earnest again after the start of 2007. Draft Sheriff agreement delivered to a positive response. Shabbona Business Association very supportive of Tribe and wants Shab-eh-nay Reservation development. Business Association drafts resolution in support of Village annexation of the Tribe's reservation. Tribal attorneys advise Tribe to stay away from this annexation issue for the time being, until serious legal jurisdiction issues can be contemplated by such a move. Articles on annexation discussion appear in local papers.



Shabbona Chronology Timeline from Tribal Council



Bank's eye view: Trimming the tree without expanding your credit limit

By Rex Frazier, Financial Officer—Denison State Bank

'Tis the season to overindulge. Come January 1, television channels will be flooded with Curves and Ab Lounger commercials. They will appeal to the realization setting in with many of us that we ate too much over the last month. Food isn't the only way people overindulge during December. Many people also overspend during the holidays. As a former wrestling coach, I can tell you the easiest ways to lose weight is to never gain it in the first place. The same applies to debt. Debt not incurred is the easiest to pay off. However, some of the joy in life comes from sharing a wonderful Christmas meal with your family and seeing the joy on children's faces when opening Christmas gifts. With that realization in mind, let's look at eight suggestions from Consumer Credit Counseling Service to let you have your Christmas joy without a New Year's financial hangover.

Make a list and check it twice: Follow Santa's example. Make a list of all the people you need or want to buy gifts for, including babysitters, teachers, mail carriers, etc. Be sure to include money for Christmas cards, postage, wrapping paper, decorations, and holiday entertainment.

Develop a spending budget: Write down household and personal expenses for November and December. Subtract that total amount of expenses from your monthly take-home pay. The amount left over is a starting point to determine how much you can afford to

spend.

Consider creative gift-giving: Consider gifts that have a personal touch, such as homemade gifts like crafts, wood carved toys, or prepared foods. Don't forget fruit baskets, which are both healthy and economical. You can also make a gift of your time and talents. Make a coupon book for babysitting, foot massage, or doing the dishes.

Look for shopping deals: Check out retail sales, special discounts and coupons in circulars or newspapers. The internet can be a powerful tool for comparing prices. Consider purchasing holiday decorations in bulk and splitting the costs with friends and family members. One place to shop that many overlook is their own closets. While re-gifting may be a treacherous practice, it can also be effective. I am not advocating that you do as I did when I was 7 and make gifts of my Hot Wheels that were no longer neither hot nor wheeled. However, a K-State fan receiving a KU lamp in the office exchange, may find a more suitable recipient. Please keep in mind that a gift's value is judged by the worth to the person receiving it, not by the cost to the person giving it.

Avoid last-minute shopping: Shopping under stress can lead to more spending. Plan your shopping trips in advance and shop as early as possible. My wife begins her Christmas shopping on Dec. 26. (Of course, here is where you don't want to buy fruit bas-

kets.) Avoid convenience shopping, which usually costs more.

Pay with cash when possible and spend wisely: Stick to your spending limit! Pay with cash when possible and leave your credit cards at home to avoid temptations for unplanned and unnecessary purchases. If using credit is a must, limit purchases to one card and don't use more credit than you can afford to pay off in 90 days or less.

Avoid the post-holiday debt hangover and don't overspend: Tally the receipts from all holiday expenses, including gifts, postage, meals, entertainment and decorations. Once you've completed your shopping list, **stop shopping!** The amount of time spent shopping usually is correlated to the amount of money spent shopping.

Act your wage: Set reasonable spending limits for gifts (e.g. \$50 per child, \$10 per nephew/niece) based upon your budget. While you should not exceed those limits, you don't have to spend up to them either. If you find a great gift for your father that is exactly what he wants, spending an additional \$20 won't make him like it any more.

I wish all of you the happiest and safest of holidays. As for what tops my Christmas wish list, there is nothing I would like more than to hear from you with any questions you might have. 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.



Human Resources Department sponsors Teambuilding and Teamwork Seminar for employees



Michael Mercer, Ph.D., gave a day-long seminar on December 17 in the Bingo Hall. He has appeared on the Oprah Winfrey show and given seminars for the Central Intelligence Agency (C.I.A.). He lives in Chicago.

To learn more about teambuilding go to
website:
www.DrMercer.com



Doing a role-play with Mercer is Larry Mosher (left), the new food and beverage director for Harrah's Prairie Band Casino. Mercer was demonstrating how important body language is in creating good people skills. Sessions were given to department leaders in the morning and non-supervisory staff in the afternoon.



Employees involved in one of the group sessions were (left to right) Jack Kitchkommie, Brenda Nozhackum, Ben Joslin, David Prager, and Lisa DeVader.

Learn more about PBPB's Human Resources at
their website: www.pbpnation.org/hr

Tribal police to participate in saturation checkpoints on the reservation during holidays

Submitted by Rebekah Jones,
Tribal Police Department

The Prairie Band Potawatomi (PBP) Tribal Police plans to participate in the Indian State National Alcohol Impaired Driving Mobilization and Awareness campaign set for the holidays from December 22 to January 2.

The campaign will include saturation patrols and check lanes on the reservation and is sponsored by the Bureau of Indian Affairs Indian Highway Safety Program (BIA IHSP).

The PBP also participated in the campaign that began last year.

The campaign proved successful. Overall, tribal and BIA law enforcement covered an area of approximately 29,000 miles with stepped up

enforcement. The agencies reported that during the holiday period 11 people died in crashes, 90 percent involving alcohol, according to Charles L. Jaynes, Program Administrator, BIA Indian Highway Safety Program and Governor's Highway Safety Representative to the Indian State.

"Native Americans are two to three times more likely to die or be seriously injured in a traffic crash than any other ethnic group," said Jaynes. "We are pleased to be sponsoring this effort in attempting to save lives during the holiday season."

"Driving impaired is a crime. Our partners in law enforcement will be working hard to get alcohol impaired drivers off the road, making travel safer for everyone," he said.

A message from Cheryl Walker PBPB Mailroom



Greetings to friends and relatives
of the Nation:

Just a reminder for your mail that you send to the Prairie Band Potawatomi Nation Government Center. Be sure and put the name of the person and department they are with on the outside of the envelope so that I can get it to the correct person. And, please, only one department or person per envelope.

Thanks from the mailroom and
Season's Greetings to all.



Co-editor Suzanne Heck, putting up the *Potawatomi News* sign in the hall at the We-Ta-Se building.

Extra! Extra!



Potawatomi News office has moved across the hall to the southeast corner of the We-Ta-Se building.

We are now located where Alcohol & Drug offices used to be. They have moved into the Social Services wing of the Prairie Band Health Center.

PUBLIC NOTICE TO ALL TRIBAL MEMBERS

The Prairie Band Potawatomi Nation is now in the process of soliciting applications from the Tribal Membership for the Prairie Band Potawatomi Entertainment Corporation Board of Directors. Any Tribal Member over the age of 18 is eligible to make application for the Board of Directors. All qualified candidates for the Board must be willing to complete full and complete background disclosure and be able to obtain a Class III, Category I Gaming License. In addition, the following excerpts from the Corporate Charter further identify the purpose of the Corporation, qualifying requirements for individuals to be appointed to the Board of Directors and their primary responsibilities.

Corporate Charter Excerpts

ARTICLE VII - CORPORATE PURPOSES

The purposes for which the Corporation is organized are:

A. to engage in any type of lawful business, enterprise or venture;

B. to provide for the efficient and effective utilization of the resources of the Nation in a manner which protects the long-term interests of the Nation;

C. to promote the economic development of the Nation;

D. to facilitate the segregation of Tribal governmental assets and liabilities from Tribal business assets and liabilities; and

E. to provide a vehicle for the Nation to accomplish the financing of projects used in the provision by the Nation of essential governmental services in the circumstances and to the extent specified in Section VIII.F.

ARTICLE XI - BOARD OF DIRECTORS

Subsection D.

The Board members to be selected shall have extensive experience and education, preferably in gaming, sufficient to enable them to perform their responsibilities as Directors at a very high level in the competitive gaming

business. At least a majority of the Board shall be members of federally-recognized Indian Tribes. Any person appointed to the Board shall have an open and public reputation for integrity and honesty. Further qualifications for a prospective Board member shall be at least two (2) of the following:

1. Identifiable experience in business management, personnel management and business administration;

2. Experience owning and running a business enterprise;

3. Experience as a member of a board of directors of a corporation involved in gaming, service industry or enterprise development;

4. Experience as a management level employee of a gaming enterprise;

5. Specialized training or educational achievement, which qualifies the individual for the available position.

Anyone may apply for a position as a Director of the Corporation, subject to the qualifications herein and such other qualifications as may be reasonably required given the importance of these positions to the Nation. The procedure for receiving and processing applications shall be made available to tribal members, members of other federally recognized Tribes and the public in general. No Tribal Council member, other than the Chairperson, no employee or agent of the tribal Gaming Commission, no elected official of the Nation and no employees of the Corporation shall serve on the Board.

Subsection E.

Duties of Directors. The Board is hereby vested with all management oversight, policy-making and related powers necessary to carry out the purposes of the Corporation and shall have such control and management of the business and activities of it as is contemplated by this Charter, which control and management shall not extend to the day-to-day management of the operations of the Nation's Business. The Directors may adopt such rules and regulations for the conduct of

their meetings and the management of the Corporation as they may deem proper, not inconsistent with tribal laws or this Charter. Service on the Board shall not be a full time obligation, but Directors shall devote such time and effort as required to fulfill their corporate duties. The Directors shall in all cases act as a Board, regularly convened, by a majority vote, and they may adopt such rules and regulations for the conduct of their meetings and the management of the Corporation as they may deem proper as long as such rules or regulations are not inconsistent with this Charter, the Bylaws and applicable Tribal or federal law. A Director's duties shall be performed in good faith, in a manner the Director believes to be in or not opposed to the best interests of the Corporation, and with such care as an ordinarily prudent person would use under similar circumstances in a like position.

There will only be (7) seven successful candidates and/or appointments to the Board of Directors, which will be appointed by the P. B.P. Tribal Council. Please utilize the contact information that follows if you have any questions or to obtain an application for these important positions.

REGULAR MAIL:

ATTN: Chairperson Tracy Stanhoff
Prairie Band Potawatomi Nation
Government Center
16281 Q. Road
Mayetta, Kansas 66509

EMAIL: TracyS@pbpnation.org

TELEPHONE: (785)966-4007



In review

2006 Potawatomi News

January
Chair Zach Pahmahmie resigns;
Tracy Stanhoff appointed interim chair

February
Tom Tuckwin elected to Gaming Commission

March
Casino transition managers hired
Kansas fails to get gambling bill passed for education finance

April
Fourteen file for Tribal Council
PBPB receives Red Cross Humanitarian Award

May
PBPB reclaim and announce purchase of Shabbona land in Illinois
General Manager team hired

June
Pow-wow held
Oxford House for PBP women opens

July
Potawatomi Gathering in Pokagon
Team Kansas to Indigenous Games

August
Tracy Stanhoff, James Potter, Junior Wahweotten sworn in to Tribal Council

September
Prairie Band Health Center opens

October
Hundreds attend grand opening of Health Center

November
Dental Clinic opens
US Senator attends We-Ta-SE ceremony

December
PBPB sponsors John Echohawk, Native American Rights Activist on Cobell Case





Ben-no-tteh Wigwam Early Childhood Center News

What do you think?

This month's survey was about school readiness. Once a month during a weekly department meeting, directors in attendance are asked to fill out a written survey about how they feel about various child-related issues. This month 12 PBPN directors answered surveys. Tina Haefke, LMSW of the Ben-no-tteh staff submitted this article.

Q: What percentage of brain is developed by age 3?
A: 90%, B: 70% or C: 40%?

A: Of those surveyed, 50% believed that 90% of the brain is developed by age 3.

Facts: The first year of life is critical in a child's brain development. The brain develops up to 90% of its capacity in the first three years. Infancy and toddler years are times of intense intellectual engagement as the brain undergoes dramatic development. Parents, caregivers, and teachers are critical factors in this development. As they protect, nurture, and stimulate the child, the brain's future abilities are being influenced each and every day. The ability to develop brain connections tends to disappear if not used often enough.

Q: A child who receives Early Head Start and/or Head Start services does better in school than other low-income children who do not receive the same service?

A: True, 100% of those surveyed agreed with this statement.

Facts: Children who receive Head Start and Early Head Start are less likely to repeat a grade and/or need special education services, more likely to graduate from high school, and less likely to be charged with a crime. In addition, parents are more involved and provide more support for their children's learning. These parents also make more progress in their own education and careers. These outcomes are not only good for our children but for our community. Quality early learning programs are an extraordinary investment and pay for themselves overtime by resulting in better schools, more educated workers, and less crime.

Q: Are the majority of children in our community served by a quality child care and/or early education placement?

A: Yes, 83% of those surveyed believe that the community is adequately being served.

Facts: We are fortunate to have a quality program in our community. Currently 94 children are receiving services from our programs. However, 76 children continue to be on our waiting list. Despite programs being available in our

state, many children statewide are not being served. Funding limitations and waiting lists make it difficult to adequately serve children in need. Families often turn to relatives and family home providers who may or may not have the resources necessary to provide high-quality early education experiences.

Q: Is it more important for a child, prior to entering kindergarten, to have better social/emotional skills or academic skills?

A: Social emotional skills, 100% of those surveyed agreed.

Facts: Good social emotional skills are indicators for school success. The basic needs of trust and a feeling of connectedness is at the core of our ability to learn. The child's ability to recognize and appropriately express emotions, follow directions, ability to look, listen and be calm, problem solve, and engage in interactive play determine the child's ability to learn the academics that will be presented to them throughout their education. These essential social emotional components are primarily developed in the first five years.

Q: All children come to school ready to learn?

A: Of those surveyed, 42% answered true while 58% disagreed.

Facts: Not all children come to school ready to learn. Studies show that lower-income and minority children fall well behind before they enter public schools, showing poorer performance in vocabulary, early reading, letter recognition, and early math by 3 or 4 years of age.

By age 5, a child's home and school experiences strongly predict whether a child will be a success in school and a productive adult in the community. These indicators are based on early brain development, social emotional skills, and the overall health of the child. Quality early childcare is essential to a child's achievement. Low adult to child ratios, qualified teachers, and continuing education as well as providing a safe and nurturing environment for a child are keys to success.

The above information is provided by *Making Kids Count*, *Kansas Action for Children*; *The Irreducible Needs of Children*, T. Berry Brazelton M.D., Stanley I. Greenspan M.D.

For more information on child development, contact Prairie Band Potawatomi Early Childhood Education Center, at 785-966-2707 or go to website: www.zerotothree.org



Micki Martinez getting gifts ready for the foster children. PBPN staff and tribal members donate time and money each year to make Christmas a little brighter. (2004 News photo)

Tribal police is sponsoring a gift drive for PBPN foster children this year and will deliver the gifts a few days before Christmas



Tribal Police Department staff teach course on how to drive safer



LEFT: Officer Larry Rodecap, standing far left, and Herbert Nance, standing center, both instructed a class of 23 people on December 8 in the training room of the Government Center.



We-Ta-Se receives membership awards

RIGHT: Mike Simmons, Commander of the First District of the American Legion (left) with We-Ta-Se Commander, Jim Darnall. We-Ta-Se won two awards from the district for having the most members and renewing early. They received the awards on November 17.



News from the Potawatomi Fire Department

Fire Department Briefs

FOR THE TIME PERIOD BETWEEN NOVEMBER 15, 2006 - DECEMBER 10, 2006. THE FIRE DEPARTMENT RESPONDED TO THE FOLLOWING ALARMS:

- 11-16-06 at 9:52 a.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.
- 11-18-06 at 9:17 a.m. units responded to a fire alarm at 12305 150th Rd. at Harrah's Prairie Band Casino. The call was determined to be a false alarm.
- 11-19-06 at 5:00 p.m. units responded to an alarm at 126th and Q Rd. on a rubbish fire.
- 11-24-06 at 1:49 p.m. units responded to an alarm at 7015 126th Rd. on a grass fire.
- 11-29-06 at 5:36 p.m. units were paged to 186th and U.S. 75 Hwy. for a motor vehicle accident. Units were cancelled in route due to the call actually being in Shawnee County at 86th and U.S. 75 Hwy.
- 12-7-06 at 2:30 p.m. units responded to an alarm at 150th and L Rd. on a grass fire.
- 12-8-06 at 8:43 a.m. units responded to a roll-over injury auto accident just north of 158th and N Rd. Minor injuries were reported.

Public Assist:

- 11-22-06 at 8:26 p.m. units responded to a lockout situation at 16344 Q Rd.
- 11-24-06 at 3:06 p.m. units responded to 16277 Q Rd. at the Prairie Band Potawatomi Bingo Hall for a suspicious odor. On their arrival, bingo hall staff stated they thought there was a possible propane leak. Units utilized a gas detector and found no presence of propane or a gas leak at the building.
- 11-30-06 at 8:26 p.m. units responded to a lockout situation at 142nd & G Rd.

Calls to Harrah's Prairie Band Casino:

Fire Alarm - 1
Standby Event - 3
EMS Calls - 4

Other Alarms:

EMS Calls - 20
Medical Assists - 34
Lifeline Alarms - 5
Good-Intent Call - 2

Public Education:

- 11-21-06 - Fire Department instructors provided a Healthcare Provider Basic Life Support Course to the staff of the Prairie Band Potawatomi Health Clinic. This course trained staff on the newly released 2005 American Heart Association curriculum.
- 11-22-06 - Fire Department instructors provided a CPR/First Aid Class to the teachers and employees of the Prairie Band Potawatomi Head Start Center.

Special Training:

Paramedics from PTFD had an opportunity to attend the National Native American EMS Conference in Las Vegas, Nev. November 6-10. This year's keynote speaker was Fire Chief/Paramedic Ken Bouvier, an administrator for New Orleans EMS. Ken gave a very gripping presentation regarding his agencies response to Hurricane Katrina, the aftermath and how our agency could prepare for a similar catastrophic disaster. Fire fighters also attended the National Native American Fire Chiefs Association meeting held in conjunction with the EMS conference.



During the holidays we would like to remind you to:

Stay safe and have a happy holiday season

From the PTFD

Holiday Safety Tips

As the winter months are upon us and the days grow colder, the Potawatomi Tribal Fire Department would like to put out a friendly reminder. Have your furnace and fireplace inspected and serviced by a trained professional. This will insure that you protect yourself and your family from the threats of any malfunctions. Some problems that could occur are; carbon monoxide leaks, flammable gas leak, blocked flue or chimney. Routine maintenance will increase your fuel efficiency as well as decrease your chances for disaster.

The Potawatomi Tribal Fire Department asks families to practice proper candle safety:

Candles can provide a warm and festive atmosphere - but they can also be a fire hazard if left unattended or placed near anything flammable. The Home Safety Council encourages families to enjoy the warm and inviting atmosphere of candles while always keeping fire safety in mind:

- Never leave burning candles unattended. Extinguish all candles before going to sleep or leaving the room.
- DO NOT permit children to keep or use candles or incense in their rooms. Candles should only be used when a sober adult is present and awake.
- Never use lighted candles on or near a Christmas tree or other evergreens.
- Keep candles at least three feet away from any thing that can burn, including othe decorations and wrapping paper.
- Always use stable, nonflammable candle holders.
- Place candles where they will not be knocked down or blown over and out of reach of pets and young children.
- Always keep burning candles up high, out of the reach of children. If you have children in your home, store candles, matches and lighters out of their sight and reach.

Carbon Monoxide

Source: National Safety Council

What is it? Carbon monoxide (CO) is an odorless, colorless gas that interferes with the delivery of oxygen in the blood to the rest of the body. It is produced by the incomplete combustion of fuels.

What are the health effects? Depending on the amount inhaled, this gas can impede coordination, worsen cardiovascular conditions and produce fatigue, headache, weakness, confusion, disorientation, nausea, and dizziness. Very high levels can cause death. The symptoms are sometimes confused with the flu or food poisoning.

What can be done? Check appliances, obtain annual inspections for heating systems, chimneys, and flues and have them cleaned by a qualified technician. Open flues when using fireplaces, use proper fuel in kerosene space heaters, do not use ovens and gas ranges to heat your home, do not burn charcoal inside a home, cabin, recreational vehicle or camper, make sure stoves and heaters are vented to the outside and that exhaust systems do not leak, do not use un-vented gas or kerosene space heaters in enclosed spaces, never leave a car or lawn mower engine running in a shed or garage or in any enclosed space and make sure your furnace has adequate intake of outside air.

Don't ignore symptoms. Get fresh air immediately. Open doors and windows and go to an emergency room. Be sure to tell the physician that you suspect carbon monoxide poisoning.





Asthma

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

I have been told that having an asthma attack is similar to pinching your nose and trying to breath through a straw. Many people young and old have asthma. They can be breathing normally one minute and be critically ill the next. Over the last twenty years there has been an increase in the incidence of asthma. The reason for this is not clear.

Asthma is a disease of the airways or bronchial tubes in the lungs that causes reversible constriction of the airways. It is similar to allergies in that our body's immune system mounts an exaggerated response to everyday events and causes more harm than good. There is no single cause of asthma however it does tend to run in families. In order to control asthma it is necessary to understand what is happening in the lungs.

When we breathe, fresh air is transferred from the nose and mouth through the trachea to the bronchial tubes and on to the air sacks where oxygen is exchanged with carbon dioxide. The bronchial tubes have muscle lined walls which can shrink the diameter of the airway. The tubes are also lined with moisture and mucus secreting cells called goblet cells. The airways are also lined with a variety of cells of the immune system. Normally these features aid in normal breathing and help protect our airways from dust and germs. In people with asthma they become part of the problem.

The initial culprit in asthma is the immune system. The usual function of the immune system is to fight germs. If the immune system detects germs growing in the lungs it becomes activated. When the immune system in the lungs is activated it releases irritating chemicals designed to kill germs. These chemicals also cause the airways become irritated. When irritated, the lining of the airways become swollen and secrete more mucus. The muscles surrounding the airways are also stimulated to contract to help expel the germs and extra mucus. For unknown reasons the immune system of asthmatics become sensitized to airborne substances that are not germs as well as some foods and medications.



Terry Harter, M.D.

Asthma is characterized by attacks. During an asthma attack a victim's airways can shrink to a fraction of their original size and become plugged with mucus in a matter of seconds. Some asthmatics have attacks only intermittently when they are exposed to specific triggers or when their airways are already irritated by a respiratory infection or other irritants. These people breathe normally between attacks. Other asthmatics have chronically irritated airways and have daily difficulty breathing accentuated by episodic attacks. Asthma attacks can vary from mild partial restriction of air flow to severe complete obstruction of air flow. The severity of asthma and asthma attacks can be measured with a simple device called a peak flow meter.

A variety of medications are used to treat and control asthma. Beta-agonist medications such as albuterol and salmeterol mimic the effects of adrenaline and help the muscles surrounding the airways to relax. These are the most common medications used to treat asthma and are available in oral, inhaled, and injectable forms. Corticosteroids have a calming effect on the immune system and aid in reducing the swelling in the airways. They are also available in oral, inhaled, and injectable forms.

Leukotriene blocking drugs interfere with the irritating effects of some of the chemicals released by the immune system. These medications are used to prevent asthma and allergy symptoms and are only available in oral forms. Inhaled anticholinergic medications like ipatrobium are occasionally used to help dry secretions and open the airways. Theophylline is an older medication that helps open the airways and is available in oral and injectable forms. It is rarely used due to frequent unpleasant side effect. Some asthmatics benefit from taking allergy shots to quiet down their allergies. For severe asthma, some specialists employ methotrexate, a strong chemotherapy drug, to control the immune system.

Each person with asthma is unique. If you have asthma, it is important to work with your doctor to develop a treatment plan that helps control and treat your asthma. With adequate control asthmatics can enjoy a normal life, including athletics, and many of them can look forward to outgrowing this condition. Unfortunately, asthma attacks can be fatal and there is mounting evidence that poorly controlled asthma can lead to permanent lung damage. If you have questions or concerns about your breathing, come by the clinic and talk to one of our healthcare providers.

Putting both feet forward in the New Year

By Roy Spoonhunter and John Holtz

The New Year has always been a time for looking back to the past and more importantly, forward to the coming year. It is a time to reflect on the changes that we want to make and resolve to accomplish those changes.

The tradition of New Year's resolutions is not a modern concept; it goes all the way back to 153 B.C. The Romans named the first month of the year Janus, a mythical king of early Rome. With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before beginning of each year.

Today, two of the most popular New Year's resolutions are: 1) getting in shape and 2) losing weight.

Regular exercise is associated with more health benefits than anything else known to man. Studies show that it reduces the risk of diabetes, some cancers, increases longevity, helps achieve and maintain weight loss, enhances your mood, lowers blood pressure and can even improve arthritis. Exercise keeps you healthy and makes you look and feel better!

Fifty-five percent of adults are overweight, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. The two most important factors in sticking with a weight loss program are: set reasonable goals and stay focused. These are also the keys to success in shedding those extra pounds.



Health Center Fitness Room news

By Roy Spoonhunter and John Holtz

Interested individuals, who would like to get a head start on their New Year's resolutions of a healthy lifestyle, through fitness and exercise, should take the time now for a physical fitness test. Contact your personal trainer or stop by the Health Center Fitness Room and make an appointment to have a fitness test and exercise program designed just for you.

The hours of the Health Center Fitness Room have been extended. The new hours are 7 a.m. to 7 p.m., Monday through Friday,

on a trial basis. The equipment housed in the fitness room include: treadmills, elliptical machines, stationary bikes, light barbells, Swedish exercise balls and elastic bands. The equipment and exercise programs are available to all community members over 18 years of age. An orientation of the equipment is required before usage.

Roy Spoonhunter, the Diabetes Prevention Program Lifestyle Coach, is seeking ideas to help promote healthy lifestyle programs. If you or someone you know have ideas or suggestions, please contact Roy at (785) 966-8270.

Important Notice about Dental Clinic eligibility

Only enrolled members of the Prairie Band Potawatomi Nation are eligible for services at the dental clinic according to a decision made by the Prairie Band Potawatomi Indian Health Board on November 20.

For more information contact John Holtz at (785) 966-8301 or by email at jholtz@pbpnation.org.

Insomnia

Submitted by Mina Neuburger, RN
Community Health Nurse
Prairie Band Potawatomi Health Center

With all the hectic schedules that we all have during the holidays, do you have time to get the proper sleep?

Are you able to get to sleep?

Are you getting enough sleep.....

What is insomnia?

Insomnia is difficulty falling asleep, staying asleep, or poor quality sleep. It is associated with a number of health conditions such as: attention impairment, cognition and memory, poor performance at work and/or school, increased accidental injuries, higher rates of drug and alcohol abuse, higher rates of depression.

Here are some suggestions to help improve your sleep:

- Keep a schedule. Try to go to bed at the same time; this will help your body know when it is time to rest.
- Create a sleep environment. Decide what room temperature is right for you, minimize noise and light. Watching TV in bed is telling your body that you want to stay up.
- Unwind before getting into bed. Do what ever it takes, a warm bath, pamper yourself.
- Avoid stimulants like caffeine and depressants like alcohol before bedtime.
- Create the need for sleep. If need be you may sleep better at night by not taking that afternoon nap. If you exercise, we all do, try to do it at least four hours before you go to bed.



Recipe Corner

By Mary Young

Recipe Corner wishes everyone a very Merry Christmas and Happy New Year!

Posole (made easy!)

Submitted by Elizabeth Archuleta

2 cans of hominy
2 chicken bouillon cubes
4 pork chops browned and cubed
red chili powder to taste

Put all the ingredients into a slow cooker and put the heat on low. Let this cook all day, remembering that chili gets hotter as it cooks. Serve with fried potatoes and tortillas or some kind of flat bread.

Enchiladas

Submitted by Elizabeth Archuleta

2 chicken breasts cooked up until no longer pink (cut up)
8 flour tortillas
1 onion
1 jar mole sauce (find the kind with Mexican chocolate as an ingredient)
red chili powder
cheddar cheese (grated)
2 chicken bouillon cubes
4 T. flour

Brown the onion. Brown the flour in grease, stir in about 3 cups water, jar of mole sauce, and chili powder to taste. Add onions. Stir with whisk and let simmer on low heat, stirring to keep from sticking and adding water to keep from getting too thick. Grease baking pan. Put chicken and cheese in tortilla, roll up tortilla, put in baking pan. Stack your enchiladas side by side until pan is filled. Pour mole sauce over the top, sprinkle more cheese on top. Put in a 400° preheated oven for about 30-40 minutes.

Walnut Squares

(Almost candy - so rich and nutty)
Submitted by Marsha H.

1 egg
1 c. brown sugar
1/2 tsp. vanilla
1/2 c. flour
1/2 tsp. salt

1/8 tsp. soda
1 c. cut-up walnuts

Beat egg until foamy. Beat in brown sugar and vanilla. Stir flour, salt and soda together. Mix in walnuts.

Spread in well greased 8 in. sq. pan. Bake until top has a dull crust. Cut into squares while warm, then cool and remove from pan. Bake in a 325° oven for 25-30 minutes.

Cheese Cake (So Easy - No Baking)

Submitted by Kendra Puckett

1-8 oz. pkg. cream cheese
1 c. powdered sugar
1 c. cool whip
1 can cherry pie filling
Graham cracker pie shell

Cream the cream cheese and add the powdered sugar. Then add the cool whip and pour into the graham cracker crust. Pour the cherry pie filling over this and chill for 2 hours.

Sugar Cookies

Submitted by Therese Falls

2/3 c. shortening
3/4 c. sugar
1 tsp. vanilla
1 egg
4 tsp. milk
2 c. sifted flour
1-1/2 tsp. baking powder
1/4 tsp. salt

Thoroughly cream shortening, sugar and vanilla. Add egg; beat until light and fluffy. Stir in milk. Sift together dry ingredients; blend in creamed mixture. Divide dough in half. Chill one hour. On lightly floured surface, roll to 1/8 inch. Cut in desired shaped with cutters. Bake on greased cookie sheet at 375° about 6 to 8 minutes. Cool slightly; remove from pan. Cool on rack. Decorate.

Drop Sugar Cookies

Submitted by Therese Falls

Use the above recipe except add 1-1/2 sifted flour instead of two cups. There is no need to refrigerate the dough. Drop dough by teaspoon on greased cookie sheet.



Have you put on a few pounds?

Step aerobics

is presently being scheduled at the PBP Health Center
11400 158 Rd.
Mayetta, Kan., 66509

For days and times call:
Leslie at 966-4037

LeslieM@pbpnation.org
Roy at 966-8270

royspoonhunter@pbpnation.org
Steve at 966-8271

scorbett@pbpnation.org



Boys & Girls Club joins Department of Justice in sponsoring National Methamphetamine Awareness Day

The Boys & Girls Club of the Prairie Band Potawatomi Nation joined the Department of Justice and thousands of other agencies across the country in sponsoring National Methamphetamine Awareness Day on November 30.

Cheryl Hopkins, Education Coordinator, conducted special activities in coordination with the Tribal Police Department to help educate the youth about the harmful effects of methamphetamine use.

The goal of the day was to generate awareness about the damaging effects of meth abuse on individuals, families and American communities. Education and public outreach are key elements of the national drug control strategy, and National Methamphetamine Awareness Day played an important role in highlighting the nationwide effort of increasing awareness and decreasing demand for this highly addictive and dangerous drug.

"As a community-based agency, we have seen firsthand how drugs like meth can destroy lives," said Coleen Green, Executive Director of the Boys & Girls Club of the Prairie Band Potawatomi Nation. "We have been successful in educating the youth we serve about the danger of drugs by using prevention programs like SMART Moves, but the widespread and aggressive impact of meth requires an additional effort."

As part of National Methamphetamine Awareness Day, Attorney General Alberto R. Gonzales hosted a national event with federal, state, local and community leaders where they discussed the broader impact that meth production and use is having on communities. Across the nation, U.S. Attorneys, along with state and local leaders, are coordinating a variety of educational

events targeting their specific communities.

National Methamphetamine Awareness Day was a coordinated effort not only to reach potential meth users with a message of prevention, but also to educate current users about the programs available to them. In order to increase the reach of this critical message, more than 3,900 Boys & Girls Clubs across the country joined in the day-long effort. In response, Boys & Girls Clubs of America have posted information on its internal web site (www.bgca.net) encouraging local clubs to collaborate with other community-based organizations to raise awareness about meth abuse. There is also a list of resources that clubs can access.

As part of its ongoing effort to combat meth use, the Department of Justice has created a model methamphetamine educational presentation that is available to the public to be used by law enforcement, community groups and local leaders in addressing meth use in their communities.

The Boys & Girls Club serves more than 432 children from 6 to 18 years of age. It provides character-oriented programs administered by youth development professionals. For more information about the club contact Coleen Green at 785-966-3031.

Visit the
Department of Justice
Meth Awareness
web site:

<http://www.usdoj.gov/methawareness>

Giving the gift of life: blood drive held



ABOVE: At left is Rachel Tindall, a phlebotomist with the Topeka Community Blood Center, administering blood from Mary Jessepe who works in the PBP Community Health Representative (CHR) program. As thank you's, blood donors received a KU or KSU stuffed bear. The photo was taken during a blood drive held in the big conference room at the Health Center on December 6.

Photo by Suzanne Heck



Meet
Cindy Kelly
the
new behavioral
health services
social worker

Cindy Kelly, LMSW, began her duties on November 20 as a medical social worker at the Prairie Band Health Center.

Before coming to the PBP she worked at Haskell Health Center, Haskell Indian Nations University and the Holton Health Clinic.

Cindy is a member of the Ioway Tribe and received her education from the University of Kansas in Lawrence, Kan.

She said that she had received referrals in her first week and was looking forward to working for the PBP.

KU defeats K-State: 110 to 60

By Mary Young



Above: Laura Thackery, left, with Mina Neuburger holding the bears they won.

If you asked the question, what do these numbers mean, well, you are on the right track. These scores are the result of a very important contribution Laura Thackery and Mina Neuburger made at the Health Center. Terry Smalley donated blood at the most recent blood drive and was rewarded with a teddy bear. Since she is not from the area, she planned on giving the bear away and then decided to auction the bear off. To make the bidding more interesting and competitive, someone donated a rival bear. The game was on! Everyone tried but Laura won the KU bear for \$110 and Mina the K-State bear for \$60. The monies all went for the annual Tribal Police gift drive for PBP foster children. The Health Center "adopted" two foster children and the auction helped them achieve their generous goal.

Congratulations all!

Education Department News

ALL STUDENTS CURRENTLY RECEIVING FUNDING THROUGH THE EDUCATION DEPARTMENT:

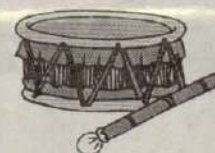
YOU MUST SUBMIT AN OFFICIAL TRANSCRIPT AT THE END OF THE FALL 2006 SEMESTER TO BE ELIGIBLE FOR FUNDING FOR THE SPRING 2007 SEMESTER.

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

The Shawnee County Allied Tribes is no longer accepting applications for the James McKinney scholarship. Look for offerings in 2007.



Morningstar Program Annual Sobriety Pow Wow and Celebration of "All My Relations"

December 31, 2006
10 a.m. to 11:30 p.m.

Pierson Park, 55th & Metropolitan,
Kansas City, KS
For more information contact Stacy Braiuca
(816) 421-7608

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 - 4 p.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



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

NOTICE Volunteer Tax Assistors

Will Prepare:

Form 1040 EZ
Form 1040 A
Form 1040 with Sch A, B, C-EZ, D, EIC, R & SE
Form 1040-V
Form 1040-ES
Form 2441 (Child & Dependent Care Credit)
Form 8812 (Additional Child Tax Credit)
Form 8863 (Education Credits)

Will NOT Prepare:

Schedule C (Profit or Loss from Business)
Complicated & Advanced Schedule D (Capital Gains & Losses)
Schedule E (Rents and Royalties)
Form SS-5 (Requests for Social Security Number)
Form 2106 (Employee Business Expenses)
Form 3903 (Moving)
Form 8606 (Nondeductible IRA)
Form 8615 (Minor's Investment Income)

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.



Ttiwenmo eginigyén (Happy day you were born,



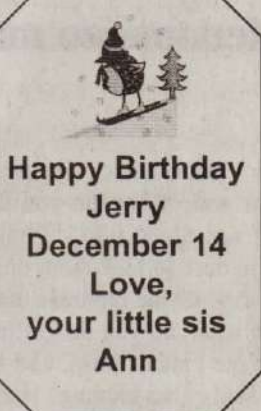
Happy 18th Birthday
Ella
on
December 17
We love you.

Love Chris, Mom, Ashli,
Anthony, and Nathan



Happy Sweet 16
Ashli
on
December 29
We're proud of you.

Love Chris, Mom, Ella,
Anthony, and Nathan



Happy Birthday
Jerry
December 14
Love,
your little sis
Ann



Messages

Correction!

In the last issue of the *Potawatomi News* on page 11 the birth announcement of Hayden Gene Cummings should have read that the parents are Nick and Jackie Cummings not Nick and Jackie Would. The *News* regrets the error.

Congratulations to Judy Darnall



2007
Vice President
of the Mayetta
Area Business
Association



Boys & Girls Club
has lots of activities planned for
Christmas break.
Call (785) 966-3031 for details.

Early Childhood Education Center Closed:

December 22 & Jan. 2 (staff trainings)
December 25-26 (Christmas holidays)
Jan. 1 (New Years Day)

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

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



Join the Prairie Croppers
Winter Crop 2007
for scrapbooking fun
Saturday, January 20, 2007
10 a.m. to 10 p.m.
Harrah's Prairie Band Casino
Registration fee: \$25.00
contact: prairiecroppers@yahoo.com
or call (785) 554-0912

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

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

Christmas happenings



December 16 Yolanda Solis Fundraiser
Boys & Girls Club
11:30 a.m. to 5 p.m.
December 17 Boys & Girls Club Christmas Party
2 to 5 p.m.
December 20 Firekeepers Elder Center Christmas Dinner
11:30 a.m. to 12:30 p.m.
Christmas Party
6:30 p.m. to 9 p.m.
December 21 All-Employee Christmas luncheon
Bingo Hall
11:30 a.m. to 1 p.m.

January 2007

Potawatomi Fire Keepers Elder Center

Monday	Tuesday	Wednesday	Thursday	Friday
***** Closed New Years Day	Swedish Meatballs Fettuccini White Sauce Green Beans Fruit Salad / Garlic Bread	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 Lima 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 Baked Apples	Birthday Dinner Enchiladas Beans & Hominy Rice Tomato Salad & Salsa	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	Brown Sugar Meatloaf Potatoes & Gravy Brussels Sprouts Carrot Salad / Roll	Brunch for Lunch Scrambled Eggs, Bacon Hash Browns, Fruit Biscuit & Gravy	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 / 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	Liver & Onions Mashed Potato & Gravy Creamed Peas Tossed Salad / Roll	Lunch Hours 11:30-12:30 Menu Subject to Change. Native Seniors 50+ Free Adult \$3.50 Child \$2.50	

Kamboftëk (Those who died)

Elizabeth Dorothy "Bobby" Harness

Elizabeth Dorothy "Bobby" Harness, 79, Topeka, formerly of Mayetta, died Nov. 23, 2006, at a Topeka hospital. She was born April 27, 1927, in Mayetta, the daughter of Joe and Mary June La-Clair Eteeyan. She attended school in Genoa, Neb. Mrs. Harness moved to Topeka from Mayetta many years ago. She was a member of the Prairie Band Potawatomi Nation. She married Virgil Harness. He preceded her in death. She also was preceded in death by a daughter, Ingrid Harness; and two brothers, Archie Eteeyan and Bill Eteeyan. Survivors include five sons, Warren "Hardy" Eteeyan and Donald Allen, both of Mayetta, John Navaro and Jeffrey Harness, both of Topeka, and Edward Barns, Macy, Neb.; a daughter, Rose Eteeyan, in New Jersey; a sister, Julia LaClair, Mayetta; 20 grandchildren; and 21 great-grandchildren. Graveside services were held Monday afternoon at Prairie People's Cemetery on the Potawatomi Reservation west of Mayetta. Memorial contributions may be made to the Bobby Harness Memorial Fund, sent in care of Mercer Funeral Home, P.O. Box 270, Holton, KS 66436. Online condolences may be sent to www.mercerfuneralhomes.com

Courtesy of Holton Recorder 11/27/06

Pauline I. Jensen

Pauline I. Jensen, 83, Holton, died Nov. 24, 2006, at a Holton nursing home. She was born June 10, 1923, in Circleville, the daughter of Marlin and Mabel Wilkerson Johnson. She graduated from Circleville High School in 1941 and received a teaching degree from Washburn University. Mrs. Jensen worked for Farmers State Bank in Circleville. She worked as a substitute teacher at Holton High School and later was the English teacher for 17 years. She retired in 1990. She was a member of Evangel United Methodist Church in Holton. She also was a member of the PEO Sisterhood in Holton and the KNEA Teachers Association. She married Francis Jensen in May 1949 in Topeka. He survives. Other survivors include three sons, Jack Jensen and wife Allison, Houston, Texas, Howard Jensen, Wathena, and Mike Jensen and wife Julie, Mayetta; a sister, Nolah McCahon and husband Wilson, San Francisco, Calif.; a brother-in-law, Bud Geis, Circleville; seven grandchildren; two great-grandsons; and many nieces and nephews. She was preceded in death by a sister, Virginia Geis; and a brother, Ken Johnson. Funeral services were held Nov. 27 at Evangel United Methodist Church in Holton. Burial was in Holton Cemetery. Memorial contributions may be made to EUMYF, sent in care of Mercer Funeral Home, P.O. Box 270, Holton, KS 66436. Online condolences may be sent to www.mercerfuneralhomes.com

Courtesy of Holton Recorder 11/27/06

In Loving Memory of Thelma May Frost

Born:
May 26, 1914
Topeka, Kansas
Died:
November 5, 2006
Victorville, California
Funeral Service:
Tuesday, November 14, 2006, 1:00 p.m.
New Life Chapel
Hesperia, California
Private Interment:
Pioneer Memorial Cemetery
San Bernardino, California
Pastor Bill Burnett, Officiant

Untitled by Laura Shegonee
The hair turned silver
Upon her regal head.
And tired does she often get
And again takes to her bed.
So fragile is my lady
And tiny when she stands.
And weakly does she hold the cane
In her vein-lined hand.
The eye-sight isn't very good
She can't see my concerns.
As her legs get stiff and weaken
Whenever she tries to turn.
If I could, I'd really like
To roll back the time
To days of old, when strong she was
To do all she can.

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

Mass: 8:30 am on 1st, 3rd, and
4th Sundays
2 pm on 2nd Sundays

For additional information go to tribal website
home page and click on Our Lady of Snows

icon.

Methodist

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. 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

Twenty Times Forever

Once it was to be Forever. Once it was all
new.

It was exciting, it was so cool.
Once we started out, it was only us two.
Later we knew changes would be made.
Changes that included diapers, bibs, bottles,
laughing, crying.
And many restless nights, changes made us
New.

New individuals, but living as one.
Still together, still learning, still struggling,
still pursuing, still living.
It was Forever. We grew from two, to five—
almost six.

Now we are nine, but we should be ten.
Twenty is Forever.
Forever because we don't have you!
I love you. We miss you. We love you.
Forever!



In loving memory of
**Eldon Beau
Knight**
Born:
November 21,
1947
Died:
December 28,
1986

Loving you always,
Judi
Clarissa
LaTisha and Sunny
Darian
Dalton
JaShaun
Cambree and JaRiah



Thinking too deep: elders are our true teachers Reflections of a Menominee man

By Richie Plass

Scholars, educators and many other people in various professions look at Native Americans in many different ways. I have met some in my travels who know things about our heritage and culture, and even though they are not Native American, they understand. Their understanding comes from their ability to listen. To me, this is very important when someone of our culture asks me questions. I really try to see if they are listening and accepting what I am saying. Most times they are, but when they don't, disaster sets in.

These past few years I have questioned my own credentials. I have been told by some people that if I had a degree I would be better accepted in the work I do. I have even thought about going back to school and getting a degree. But then I start to listen to myself. That's when my own form of disaster sets in.

There are many, many Indian people across Turtle Island who are highly educated and whom I have the utmost respect. Matter of fact, I am in awe of many of these people. But I am more impressed and get very tongue-tied when I meet an elder. To me, these people are the true teachers. Plus, I know of many of these people who at a late time in their lives went back to college and earned their degrees. I am very impressed with this and I praise them for their dedication, hard work and tenacity. Just sitting next to these people you feel their spirit and energy. To me this is true connection.

But I have always tried to remember what I have been taught and what I have learned these short 55 years on earth. I have an associate's degree and did go onto to school after high school. But because of the direction my life took many years ago, I just never had the desire to continue on. Little did I know that my life was going to be my teacher.

Being professional is just that, being professional. As a young feller growing up on the rez, about the only professionals I thought I knew were football players. I had no clue that my parents were professionals as were other family members and people I knew. I just thought everyone had, "jobs" so they could feed their families. Now days I have come to see so many professionals in many different facets of life.

When I travel across the country and I get to someplace I have never been before, I always try to watch people and try to guess what their professions are. More often than not, I get it all wrong. The reason I know this? I do the unthinkable....I ask. Isn't that a banner idea? Asking someone what they do or have done in their life. I have met a shoemaker, a meat cutter, one of the original Navajo code talkers, teachers, iron workers, artists, politicians.... just about all walks of life. And here's why I ask.

I like to look into someone's eyes and watch them as they share parts of their life with me. Especially the elders. And not just the elders of our culture, there are others. Like when I met the shoemaker. At the time I was working at a NAPA Auto Parts Store in Green Bay and this older gentleman walked into the store. As he was sitting at the count

er I asked him, "Excuse me, but I have a question for you. What did you do?" He looked at me kind of weird and said, "Well, I ordered some parts and I'm here to pick them up." I laughed and said, "I'm sorry, let me rephrase that; I can tell you are retired, so what did you do in life?" He leaned back, looked at me kind of long, and said, "I was a shoemaker." I said, "No kidding! Here in Green Bay?" He said, "Yes sir." I replied, "Wow...were you good at it?" He looked at me even more weird and said, "Well, I put three kids through college."

He and I spoke for another fifteen or twenty minutes. It was so interesting to hear his stories. By then he had the auto parts he had come in for and right before he left he looked at me and said, "Now, can I ask you a question?" I said, "Sure thing." Next, he said, "Why did you ask me that question, about what I did in life?" I told him, "Well, sir, in our culture you would be looked at as an elder. And we are taught that the elders are our teachers and sort of our answer books. I just wanted to see what you did and why." He got up from his stool and extended his hand out. As I reached out to shake his hand, he said, "Thank you, young man, no one has ever asked me that question, not even members of my family. You really made my day and I feel kind of proud all of a sudden." I thanked him back and never saw him again. This happened the summer of 1980.

Today when I speak, teach or write, I use my life as my reference. I try to read as much as I can on the news not only in Indian Country, but also what is happening in the world. Then, when I get asked to speak, I always ask what they would like me to speak on. Even today, I sometimes need to do some research on things that I'm not clear on, but that is what I was taught. Matter of fact, one of my favorite teachers today is my 4-year-old grandson. He sees life through a set of eyes and emotions that are pure. He has yet to learn stereotyping, hatred and prejudice. Even though he's around it every day of his life, he's more concerned with going to school, playing with his friends and little brother and playing with his, "Power Rangers". But he is by far one of the best story tellers I know.

He tells me stories of the owl family in his tree, how he played piano when he was 11, even though he's only 4 right now, and how much he loves me. Life can't get any better than that.

Everyone has different goals in life. I've changed mine so many times over the years, I still don't know what I want to be when I grow up! But you know what? That's okay for me. Know why? Because the best lesson I learned has two elements. The first one is to ask questions and the second one is to listen to the answers. Sound too simple to you? Well, as one of our most respected elders of our tribe once said, "You know, what we do here ain't rocket science. It's actually very simple."

So, now I'm ready....have any questions?



Arlene Wahwasuck & Francis



Vestina Nonken



Delores Abrahms



Meeks Jackson



Bernadette Lewis and Delores Porter



Andy Mitchell
with
great-
granddaughter



Roy Hale and
Sarah Patterson



Joy Yoshida with grandchild



Laveda Wahweotten



Juliette Lewis and granddaughter



LaVera Bell



Vivian Gonzales



Alvina LaClair