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Prairie Band Potawatomi News

February 2004 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

Wow! What a winter! -Winter storms strike reservation with a vengeance

by: Suzanne Heck

Winter just wouldn't let up in northeast Kansas after three major snow storms that struck within a two-week span left residents beginning to wonder if it was ever going to end.

Things began to get nasty on Sunday, January 25 when an ice storm left a half an inch of ice on the ground which was followed by a snow fall of up to four inches the following Monday. The hazardous weather caused several schools in the area to close both Monday and Tuesday including Royal Valley (RV) and the Kickapoo Indian Nations School where most PBPB reservation children attend.

Then on Super Bowl Sunday, February 1, another winter storm hit that dumped six inches of snow on the reservation. Snow began falling lightly early in the day but by the end of the football game and into the next morning six inches had been recorded. Royal Valley administrators again called off classes on Monday due to the treacherous road conditions.

People got a brief reprieve from bad weather until Wednesday night, February 4, when another major storm hit the area. This time over seven inches fell to the ground causing schools to close once again. Royal Valley was open briefly on Friday morning but by noon the threat of another snow blizzard caused RV to close.

And if that wasn't enough, heavy wind conditions the following Sunday caused major snow drifts across highways and roads that created extremely dangerous road conditions for northeast Kansas residents. A major car accident that occurred at the intersection of Highway 24 and Highway 75 on Sunday afternoon was a warning to motorists and the highway patrol that road conditions were extremely dangerous.

It didn't stop the PBPB Road and Bridge crew from working around the clock during all of these storms as well as personnel from Maintenance, Land, EPA, Real Estate and Housing. At the weekly meeting of the department heads of the Nation's administration on February 4 Jon Boursaw, Executive Director, urged department heads to ask their employees to help.

"We need people to help shovel snow and to help those who might be in need," Boursaw said. "If you can spare any employees, we could sure use their help."

At the February 11 meeting Tim Ramirez, Road and Bridge's director, reported that his crew had worked hard removing the snow and that they were being acknowledged for their efforts by members in the community.

For more about the storms and the Road and Bridge Department, turn to the back page.

Prairie Band Potawatomi Nation gives first-quarter awards to charities

The Prairie Band Potawatomi Nation (PBPB) Charitable Contributions Committee donated to several charities during its first-quarter award ceremony held on January 28 at the PBPB Bingo Hall.

Those selected for awards included: Delia Charter School; Haskell Future Tribal Leaders; Haskell Catholic Campus Center; Learning in the Community; Living the Dream, Inc.; YWCA Teen Pregnancy Prevention, and Wasauksing United Church.

The purpose of the PBPB Charitable Contributions Committee is to consider funding requests submitted to the PBPB and to make rec-

ommendations to the Tribal Council for those that they believe will benefit the community. The selection criterion used to determine awards is based on education, health and community services, environmental or spiritual wellness. Awards are given four times a year. The next award ceremony will be held in April.

The PBPB Charitable Contributions Committee consists of five PBPB Tribal members and the Tribal Council consists of seven members who are elected officials by the Nation.

For more information call Jim Garcia, Charitable Contributions Coordinator at (785) 966-4040.



In the photo above are members of the Learning in the Community, Topeka, along with the Charitable Contributions committee and members of the Tribal Council. Learning in the Community was one of the organizations to receive a donation from the PBPB. On the front row, from left: Rey Kitchkumme, Tribal Council member, and Christina Hart, Learning in the Community. On the back row, from left are: Jim Garcia, committee coordinator, Mary Carr, committee member, Betty Rice, committee chair, Wanda Treinen, committee member, Tribal Council members, Zach Pahmahmie, Steve Ortiz, and Jackie Mitchell and Rick Ellis, Director of Learning in the Community.

Ortiz congratulates new national IHS Director



Steve Ortiz presented a letter of congratulations and a Pendleton blanket from the Prairie Band Potawatomi Nation to the newly confirmed Director of IHS, Dr. Charles Grim, on a recent trip to Washington, DC.

Charles W. Grim, D.D.S., is a native of Oklahoma and a member of the Cherokee Nation of Oklahoma. As the Director of the Indian Health Service (IHS), he is an Assistant Surgeon General and holds the rank of Rear Admiral in the Commissioned corps of the Public Health Service. He was appointed by President George W. Bush as the Interim Director in August 2002 and received unanimous Senate confirmation on July 16, 2003.

As the IHS Director, he administers a nationwide multi-billion dollar health care delivery program composed of 12 administrative Area (regional) Offices, which oversee local hospital and clinics for Indian people.

Elections for Gaming Commissioners and per capita ordinances held on February 25. See results next issue.

Tribal Emergency Services responds to Code Blue at Harrahs

The tribe's emergency services were called to Harrah's on Saturday, Feb. 7 and responded to a Code Blue incident where they were able to stabilize the person until he could be transported to a Topeka hospital.

David Price, Chief of the Tribes EMS Department, said he was proud of his staff's quick response time and the way that they handled the cardiac arrest situation.

Senate Bill #9 back in Kansas legislature

Senate Bill #9, that would give tribal law enforcement officers the authority to enforce laws outside the reservation, appears to be one step closer to passing in the Kansas legislature.

to the Kansas Tort Claims Act;
● that the tribes waive their sovereign immunities to the extent necessary to permit recovery under the liability insurance.

A House Substitute for Senate Bill #9 was prepared and discussed on January 28 by the House Committee on Federal and State Affairs. The substitute bill would allow tribal law enforcement officers to have jurisdiction outside the tribe's reservation under the following conditions:

- that the tribes secure liability insurance in amounts specified in the bill;
- that claims brought against a tribe's law enforcement agency must be processed as if the tribe were the state pursuant

A first draft of the bill was originally recommended by the Joint Committee on State-Tribal Relations that includes representatives from the Kansas House and Senate and the four Kansas Native American tribes.

Tribal representatives are mostly in favor of the bill as it would allow tribal police agencies and officers the ability to assist state, county, or city law enforcement groups in enforcing the law or capturing criminals when off their respective reservations.

Reservation burglars caught with neighbors' tips

Information provided by local citizens made it possible for tribal law enforcement officials to identify and subsequently take into custody some burglars who had been stealing from homes on and around the reservation.

Tribal officers, armed with the suspect's name, were then able to locate property taken from one of the burglaries. A search warrant and an arrest warrant were issued for the suspect and subsequently, two other suspects were identified as having been involved in several burglaries on and around the reservation and they were taken into custody.

Tribal police were called by a Rez resident who told them about a suspicious person they had seen in their neighborhood. A few days later, tribal officers identified the suspicious person and through information provided by the resident's watchful eye they were able to place the suspect in the area of the burglary of another tribal member's home. Sometime later, another resident contacted the Chief of Police and provided additional information about the same suspect that placed him in the area of a second residential burglary that had taken place just off of the reservation.

**"Neighbors
watching out
for neighbors
works."**

**-Terry Scott, PBPB
Police Chief**

Authorities are now investigating two more suspects who are believed to be involved in disposing of the stolen property.

Chief Scott said that he was grateful to those residents who called in and that "neighbors watching out for neighbors works." He also urged citizens to report any suspicious vehicles or persons to the Tribal Police twenty-four hours a day at 966-3024.

PBPN Economic Development Program advances with new CEO and development of economic structure and plan

by: John Schilling

INTRODUCTION

The economic development of the Nation has been underway for some time, with advances made in areas such as roads/bridges, social services, housing, fire, police and emergency services and many other government operations. Still, both the General Council and Tribal Council have realized that a more formal and more aggressive economic development activity plan is now needed. To meet this desired goal, the Nation has formed an economic development and tribal business department.

I was hired as the CEO of Tribal Businesses and began employment September 22, 2003. I have a business background and have served as CEO of three different companies since 1983 until joining the PBPN staff. My career includes experience in developing new projects such as hotels, destination resorts and golf courses, and I have direct experience in new business start-ups. I led a joint venture of First Pacific Land, a Hong Kong based public company and St. Andrews Corporation, based in the USA, called FPR St. Andrews Ltd. I was Managing Director of this Far East operation and was based out of Bangkok Thailand. This company provided development, management and employee training for resorts and real estate projects throughout Asia. I am a native of northeast Kansas and a graduate of the University of Kansas in Lawrence.

My office is in the lower level of government center building. My telephone is 785-966-3924. I can also be reached by email at johns@pbpnation.org. Please feel free to contact me with any questions or ideas regarding economic development for the Nation.

ECONOMIC DEVELOPMENT OVERVIEW

MISSION STATEMENT

The mission statement for the Nation's economic development is still evolving and will be part of the overall economic development plan which will be submitted for approval by the Tribal Council to the General Council later this year. The preliminary mission statement is:

"The Prairie Band Potawatomi Nation will plan, develop and execute economic development which will enhance the overall quality of life for members of the Tribe—by improving the economic well-being of its members, by improving the reservation, by providing employment and business opportunities, and by helping to generate financial stability for future generations."

2004 GOALS/OBJECTIVES

Finalize overall plan for economic development for approval by Tribal Council and General Council.

- Hire Economic Development Specialist.

- Implement an effective communications program that provides the General Council, Tribal Council, employees and other pertinent parties with updates regarding economic development activities.

- Set and maintain the highest professional standards possible for all Tribal businesses and new economic development activities. This includes relationships with customers, employees, vendors and future business partners.

- Evaluate as many relevant development opportunities as possible and provide recommendations to the Council(s) on each opportunity.

- Support the expansion of the Casino/Hotel with any appropriate amenity businesses that can create new customers, enhance the stay of existing patrons, and provide positive cash flows.

- Finalize and implement a business plan for the gift shop operations.

- Employ appropriate business tactics and strategies to improve the "bottom-line" performance of the current Tribal enterprises.

- Provide training and opportunities for enterprise managers and employees to learn new skills and improve their job performance.

- Provide assistance in evaluating program opportunities to any of the Nation's departments or organizations.

- Provide business assistance to the Alternative Energy Committee regarding its evaluation of energy development for the reservation.

- Serve as a resource to Tribal members who are interested in starting or expanding their own business opportunities.

- Enhance the image of the Nation through relations with the media, other Indian Nations, other government entities and the general public through effective communications

regarding economic development activities and Tribal businesses.

TRIBAL COUNCIL/CEO STRATEGIC PLANNING

The Tribal Council and the CEO have already met several times to provide input to one another regarding economic development plans and to review current Tribal enterprises. Perhaps the most significant meeting was a 2-day Strategic Planning Meeting held in late October and early November. Concepts and ideas from this meeting are laying the groundwork for the Nation's Economic Development Plan and the formal structure needed to implement the Plan.

Some of the highlights from this meeting included:

- 1) The development of the mission statement.
- 2) A review of the economic development already in place on the Reservation and for the Nation.
- 3) Economic goals, objectives and strategies.
- 4) Economic action plans.
- 5) Specific business opportunities and ideas.
- 6) Organizational structure including new development corporation/board.

Economic Development Already in Place

Casino and Hotel Enterprises
Technology
Government Jobs
Investments
Agriculture
Land Purchases

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Prairie Band Potawatomi News

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 or disk in Microsoft Word or stop by the News office with your information.

Anonymous letters will NOT be printed in the paper.

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.

An Update from a Tribal Council Member

by: Jackie Mitchell

By the time you read this, we will have made important decisions including electing two gaming positions and deciding whether to increase per capita to 30% and whether to increase per capita to quarterly payments. Whatever way the election turns out, the important part is that the membership has made the decision. Congratulations to the two gaming commissioners. Our constitution allows membership to have an important input into the decisions that are made to support our government.

This July will be the tribal elections for four positions on the council including vice chairperson, treasurer, and two councilpersons. Gary Mitchell, Jim Potter, Roy Ogden and Jackie Mitchell presently hold these positions. Our constitution allows for all tribal members to have a voice in the election of officials within our government and we all need to take time to carefully think out these decisions. Our voices by our votes need to be heard to elect people that are the best for these positions. Many considerations need to be considered for casting our votes including the personal integrity of the candidates and their education and experience. Tribal Officials are required to perform many official duties including attending meetings and voting on decisions that affect our government for many years.

Tribal government is the key to a successful implementation of our nations goals and objectives. A strong government will insure that our people and assets are protected for the future generations of our tribe. Let your voice be heard by voting, by attending general council and talking to your elected officials. The Prairie Band Potawatomi Nation has made enormous growth over the last few years due to the fact that we have a successful gaming operation. Many tribes

continue to struggle to operate their governments without the financial benefits that our nation has. Many important decisions continue to need to be made to insure the continued prosperity of our people, vote for the right people in the upcoming elections. Let your voice be heard.

Boys & Girls Club

The Boys & Girls Club's new facility will be complete in the next few weeks. This new facility will offer an alternative for our children and our families. Many opportunities will be present for continued growth and providing safe and educational alternatives for the youth of our community. The pool and exercise areas will be state of the art facilities that offer a valuable resource for tribal members and the community. Many hard hours of dedication has been put into making this dream come true. The planners for this facility have included the dedicated staff, board of directors, other tribal support staff and Tribal Council. Support the Boys & Girls club and you will support the continued growth of our community. An open house will be held for all of us to celebrate the grand opening of this facility and it will help us to celebrate our accomplishments in our tribe.

Jackson County Commissioners/Tribal Council Meetings

Ongoing monthly meetings are being held with the Jackson County Commissioners. Many important matters are discussed and decided on at these regular meetings including the 911 agreement which consisted of approving guidelines to work together to provide for the emergency services to all of the Jackson county community and to the reservation. Other important topics include zoning issues, economic development and tribal law enforcement issues are discussed and

agreed and sometimes not agreed upon at these meetings. The February meeting included a lunch at our casino and a tour of the expansion. These meetings not only allow input from the surrounding community but an opportunity to work together with our local officials. The commissioners were impressed with the growth and expansion of our casino. The expansion will provide not only the membership but the community with added benefits including employment and more choices for personal entertainment.

The expansion is right on schedule and will be a showcase and destination resort complex that will provide a beautiful alternative for the many visitors that patronize our casino and provide the many financial benefits that provide for our nation continued prosperity.



Look for Tribal Council elections coming up in July

Seats available:

**vice chairperson
treasurer
and
two council
persons**

Housing

Many new residents have moved into the apartments and duplexes on 158th and L Road, providing a wonderful new home for single tribal members and families that are smaller in numbers. Tribal Council continues to provide for the future housing needs of our membership. These new units were planned to provide a safe and beautiful place to live and allow our children to grow and develop in. These are rental units and guidelines are being adhered to including paying monthly rents. The housing department meets with council on a monthly basis and gives updates on the status of all units and together we work through problems and provide solutions to the housing needs of our nation.

The next phase of the housing including manufactured homes in this area at 158th and L Road and 15 additional senior units. Plans are being made to build and complete this next phase. Please contact the housing department at 866 966 2756 or locally at 785 966 2756, if you have a housing need. The staff at the housing department is prepared to assist you in your needs.

The Tribal Council continues to work toward successful resolution of the needs of the nation. Each victory that the nation accomplishes protects the sovereignty of the Prairie Band Potawatomi Nation. It is a very exciting time for the nation and we can all be proud of what is happening with the nation at this time. If you have any questions or suggestions about any issue, please call any of the council. Jackie Mitchell, Tribal Council Member 785 966 4016 or toll free at 877 715 6789. Email at jackiem@pbpnation.org. Thank you for your continued support and allowing me to represent you.

Newspaper Information

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PBPN Economic Development Program

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Education
Housing
Job Skills Development
Staff Economic Development
Department Labor-Ready Workforce
Infrastructure, including Roads, Fiber
Optic, Sewer and Water Lines & 3-
Phase Power

Economic Goals, Objectives and Strategies

- Protect the Nation's Assets
- Grow the Nation's Assets
- Quality Job Growth
- Enhance Quality of Life
- Support Government
- Increase Per Caps
- Maintain traditional ways such as beliefs and language within our businesses.
- Develop businesses that support the casino.
- Promote tourism to the local area and the State.
- Provide opportunities to support individual members with their own businesses and jobs.
- Create large revenue generators.
- Provide better salary opportunities for Tribe members.
- Diversify our business interests—Enterprises must be profitable, without supplements.
- New business development costs should be recaptured within five years from startup.
- Developments such as retail centers, business parks and light industrial centers can be built with outside partners who meet our values, ethics, codes and building standards.
- Selection of contractors, suppliers and vendors we use will be weighted more in favor of those, which provide employment opportunities for Tribal members.
- Preferences will also be given to businesses that provide apprentice/training opportunities to Tribal members.
- Establish financial resources on the

Reservation such as a bank and Community Development Finance Institution.

- Utilize all means available to establish economic growth for the Nation, including qualifying as a Section 8a Company to take government contracts.

Each opportunity will be thoroughly reviewed to meet profitability standards and to meet our values and mission statement.

ACTION PLANS

CEO is to keep chronology of events of economic development to keep everyone informed.

CEO can take guidance, ideas and general input from any individual member of the Council or other interested parties such as General Council members and staff, but only takes "orders" from the Tribal Council as a whole body.

CEO will be recipient of all business opportunity/economic development ideas, will inventory these ideas and then meet with Tribal Council at regular intervals to provide briefings on these ideas. Council will then decide if CEO should pursue further research on these ideas.

CEO will provide the Tribal Council with regular email updates on his activities.

CEO will gather the findings regarding the 503 building in Topeka for presentation to Council, including financial pro-formas.

Gift shop will receive serious review for the grand re-opening as it relates to inventory, management, staffing and Harrah's relationship. Investigate ways to have gift shop still represent culture and tradition, express our good will for PR/education functions, but the main sales thrust will be to support casino marketing/player satisfaction goals.

Nation Station supplier will be negotiated with to provide fair prices for both parties.

All Bingo operations are to be

reviewed.

Business education of tribal members, especially the youth, should be evaluated and improved if necessary to prepare for their futures.

Develop a method to keep the General Council informed about economic development. Tribal Council and CEO to develop a communication plan to inform members of economic development plan—This may include using the newspaper, a briefing at General Council meetings and perhaps "town-hall" type meetings at place such as the Elder Center.

Develop a "position statement" which shows and tells the reader/listener/potential business partner, etc. who we are, what we do, how we're doing it, why we do it and why we believe it's the right thing to do.

Tribal Council is to be kept informed of all studies/major projects and receive copies/executive summaries of these works. This includes alerting Tribal Council with notification when meetings are being held to discuss development/business ideas.

We should take advantage of opportunities to supply our casino and other enterprise operations with services whenever possible—such as investigating the feasibility of a bakery, laundry, etc. These businesses should be researched with a broad market in mind, including servicing other Kansas Indian owned casinos, as well as area hotels, restaurants, and institutions.

CEO is to become aware of and have involvement as appropriate with new Health Center planning.

CEO to get Land Use Plan from EPA regarding 150 and 158 road plans from K-State project.

CEO to participate in planning with staff for Community Development Financial Institution and exploring starting a Potawatomi bank.

CEO is to review specific business opportunities as directed by Council.

Currently this assignment includes convenience stores, bakery, laundry, valet and commercial real estate.

CEO is to coordinate with Executive Director to auction the "stuff" out of Area 51, or otherwise dispose of it, and make it ready for a potential business to move in to.

CEO is to set up exploratory trips to Choctaws in Mississippi and Ho-Chunks in Nebraska to learn of their economic development.

CEO to work with Tribal Attorney to prepare documentation for a tribe wholly-owned development corporation, with its own Board that reports to the Tribal Council—the plan is to include a 1/3 distribution of net profits as per capita payments and 2/3rds back to the Nation to set aside for additional economic development needs.

Business Opportunities

The following is a list of different business opportunity ideas that the economic development office has received recently. Not all of these ideas can be studied at this time, but eventually will be evaluated. Most small businesses require that more people would need to be living in the immediate area, as high volume is the key to most successful retail businesses.

Bank
Truck Stop
Laundry/Dry Cleaners
Grocery Store
Condo's/Town homes
Bakery
Golf Course
Sod Farm
Nursery Lumberyard
Technology Businesses
Print Shop
Krispy Kreme
Fuel pellets
Ethanol Production
Wind Energy
Tobacco Blending
Limousine Service
Spa
Tennis Club
Daycare
Swimming/Water Sports Artist Studio

Meat Locker
Shoe Store
Restaurants
Motels

Organizational Structure

The most important task may be to put into place a development structure and development plan. Discussion and review is currently underway regarding the implementation of a Federally Chartered Corporation, wholly owned by the Tribe, which would serve as a holding company for economic development activity and Tribal enterprises.

The articles/bylaws have been drafted by the Tribal Attorney department and is under evaluation now, with the goal of initiating the legal formation of the company during the next few months. This Company would have a Board of Directors appointed and selected from the General Council and the Tribal Council.

Consideration is also being given to outside participation that would bring in experts in finance, banking, marketing or other fields of commerce/economic areas that would enhance our ability to be successful.

The overall structure should be in place for approval by the General Council later this year.



Attention

Tribal Construction Contractors & Individuals interested in construction work

Please provide your:

- 1) company name or your name if you are an individual interested in construction work
- 2) telephone, fax and cell phone numbers
- 3) address
- 4) whether you are a Tribal Member or other Native American Tribal Member
- 5) type of work you are interested in performing so we can identify potential work opportunities for your company or yourself for PBPN construction projects.

A list will be kept by this department and shared with other PBPN departments and given to firms bidding PBPN construction projects to promote Tribal Member participation in PBPN construction projects.

Please send your responses to:

Prairie Band Potawatomi Nation
Patrick Feltman, Construction Manager
Government Center, Lower Level
16281 Q Road
Mayetta, Kansas 66509
Tel.: (785) 966-3901 Fax: (785) 966-3990
Email: patrickf@pbpnation.org



Fuel tax hearing to be held in Appeals Court

David Prager, PBPN attorney, will present an oral argument in the 10th Circuit U.S. Court of Appeals in Denver on March 9 over the issue of the sovereign right of an Indian Tribe to impose tribal taxes on reservation commerce with Indians and non-Indians.

The lawsuit, which has been in the courts for five years, should have a decision rendered in about a year. At stake are \$700,000 of tribal funds deposited in escrow in April 2002 and roughly \$300,000 of state motor fuel taxes already paid. The ongoing state fuel taxes at issue amount to roughly \$175,000 per year.

In January 2003 the District Court for Kansas ruled against the Nation, basically holding that because fuel is an imported "non-Indian product", that state fuel taxes can be imposed. The Nation then appealed the

decision to the 10th Circuit.

Prager said that although the Nation is the appellant, many aspects of this case are favorable to the Nation's position. The standard of review on appeal is favorable and the profile of the Nation's case is nearly the best that can be obtained for this kind of litigation. The Nation is imposing its own tribal fuel tax, the tribal tax is being used to maintain reservation roads, and the state tax burdens a tribal enterprise that embodies significant reservation value and makes it impossible for the Nation to collect its tribal tax.

Prager further stated that although the area of state taxes has been a difficult one for Indian Tribes over the past 20 years, the Nation will continue to fight these issues.

WE'RE LOOKING FOR SOMEONE AS UNIQUE AS YOU.



Accepting Applications

March 11th - 1:00-5:00pm
And the second Thursday of every month.

PBPN Government Center

16281 Q Road, Mayetta, Kansas 66509-8970

Apply online at www.harrahs.com or in person at Harrah's Prairie Band Casino, Human Resource Department, 12305 150th Road, Mayetta, KS 66509. For questions, please call 785.966.7663. Equal Opportunity Employer.

Harrah's
PRAIRIE BAND
CASINO



We-Ta-Se Post 410 and auxillary honor departing LeRoy Pelkey, Jr. at pow wow at Haskell



On February 14 members of the We-Ta-Se Post 410 gathered to honor LeRoy Pelkey, photo below, who will soon be sent overseas to Iraq. The pow wow was held for all veterans and their families. Several Potawatomi dancers were also on hand for the event.

In the large photo to the left in the front row left is Leroy Mzhickteno, Jon Boursaw, Francis Shopteese. In the back row left is Jim McKinney, Jim Darnall, Glen Levier, and Steve Ortiz.



Call for Veterans



On November 26th, 2003 the Prairie Band Potawatomi Veterans Memorial Wall was dedicated. There were 309 names of Veterans who had served in the United States Military from WWI through Desert Storm inscribed on the wall.

In our continued effort to acknowledge all Prairie Band Potawatomi Tribal members who may have served in the Armed Forces of America we ask that you forward a copy of their discharge papers to the WE-TA-SE office for verification and future inscriptions to be added on to the Memorial wall.

Send information to our office:

We-Ta-Se American Legion Post 410
15434 Q Road
Mayetta, KS 66509

Or contact us directly by calling 1-785-966-2580. E-mail: bozoh@pbpnation.org or jimd@pbpnation.org. Fax: 1-785-966-9853.

Here's what's happening at PBPN Emergency Services

Hazardous Material Preparations

- A trailer is being stocked with items that can be used for responding to possible hazardous materials accidents.
- Fifteen of the tribe's EMS staff are already nationally certified as HazMat technicians.
- The EMS staff has been designated as the first responders to a potential HazMat disaster should it occur in our area and they are working with Topeka and Jackson County EMS Departments in coordinating quick and efficient responses.

Classes being held at PBPN EMS Training Center

Wildfire Saw Course
EMT Intermediate
Course
EMT Course
CERT Training
CPR Training

Emergency Services Activities Calendar

March 1	Red Cross Month
15	Brain Injury Awareness Week
22	National Poison Prevention Week
April 1	National Youth Sports Safety Month
5	National Public Health Week
7	World Health Day
19	Week of the Young Child
26	Playground Safety Week
May 3	National EMS Week

For more information on emergency services activities go to website:

www.riskwatch.org



Bid Solicitation

2004 PBPN Pow Wow Celebration Committee

is seeking bids from individuals/ groups interested in the following:

Saturday Evening Meal Prep. Service—includes: Menu preparation, shopping for necessary food and supplies, cooking and serving meal as well as clean up of kitchen area. Successful bidder will need to provide cooking utensils, pots/ pans/ etc. and enough help to get the job done in a manner that will represent the Nation in a courteous and hospitable manner.

Custodial Services—Includes: Maintaining the Prairie People's Park throughout the pow wow beginning Friday afternoon through Monday morning clean up—picking up trash, emptying trash containers, insuring all bathrooms are well stocked and clean, providing trash bags to campers and drum groups and other miscellaneous duties. Successful bidder will need to provide enough help to insure all areas of the park are clean and well-maintained throughout the event.

Bids should include:

- Your name and contact number
- Work to be performed-include menu
- Examples of previous work similar to this
- Your bid price

SUBMIT BIDS
NO LATER THAN
4:00 PM
APRIL 2, 2004

Submit bids and questions to: Micki Martinez
966-3024 local - 866-715-6789 x-3999 toll free
powwow@pbpnation.org
16344 Q Road, Mayetta, KS 66509



TES holds wildfire power saw course

Snow did not deter Joe Morris, Potawatomi Tribal Emergency Service (PTES) lead instructor or Baz Tanner and Fred Roullier, the two instructors from Ronan, Montana in conducting the 3-day "wildfire power saw (S212)" class recently. As in the entertainment business, the show had to go on - all three instructors have a heavy schedule and are in demand to teach the various firefighting techniques.

Over 15 participants attended the 2-day classroom instruction with 1-1/2 days in the field, practicing what they learned as well as getting certified or recertified. Those who attended

were from the Kickapoo Fire Dept., B.I.A. Horton office, Topeka, KS AD, Iowa hand crew (OK), and staff from PBPNTES and Land Dept.

To become certified and qualified, the person has to learn how to make the various cuts and to make sure the tree falls in a marked area; there are three classifications and they all depend on the width of the tree.

- Classification A Faller: the tree is up to 12 inches in diameter
- Classification B Faller: the tree is be-

tween 12 - 24 inches

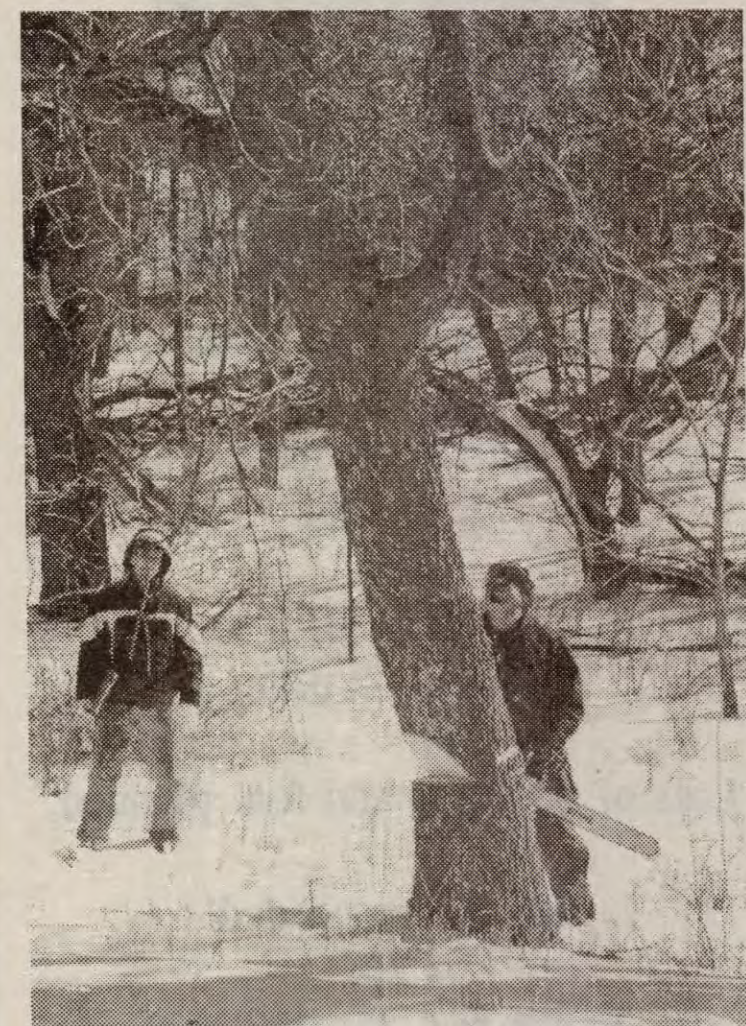
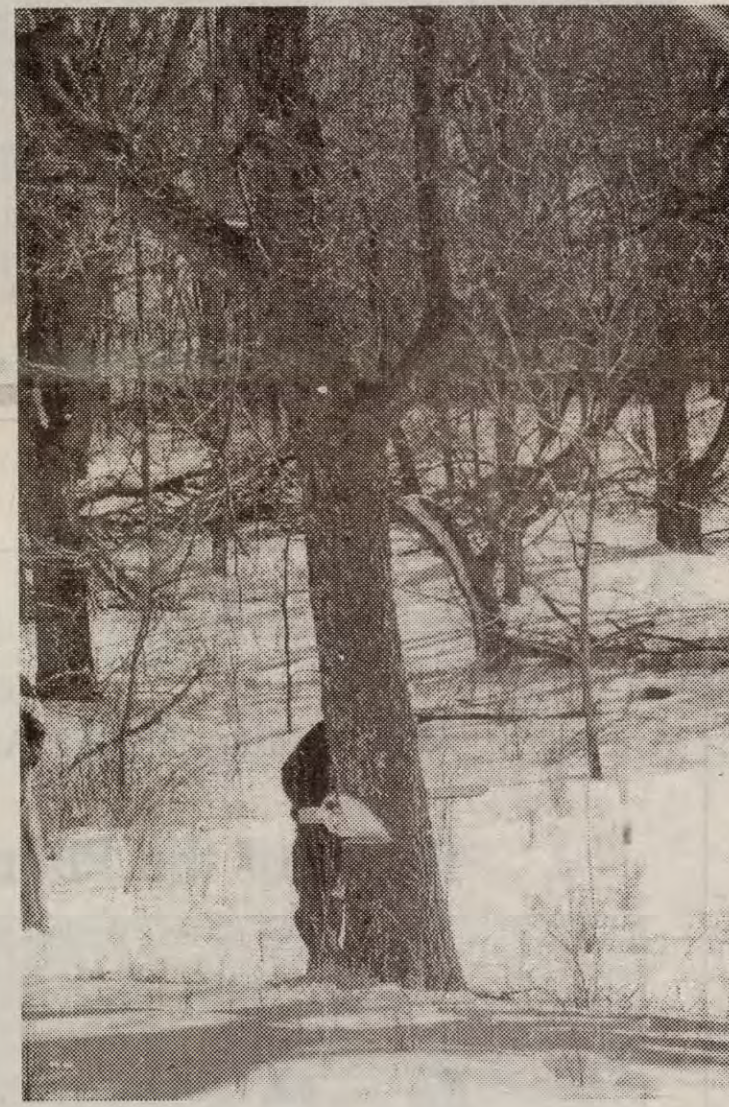
- Classification C Faller: the tree is 24 inches and above

The people have to know how to cut a tree properly and safely. And just as importantly, they have to know exactly where the tree will fall because out west, they would be cutting down sequoia and ponderosa pine trees.

Firefighting can be very hazardous. In some instances, Morris said he has had to fly into the situation because that was the only way to get there. Also, a firefighter had been injured and

it took four hours to walk him out.

Actual saw training took place on tribally owned land and once in the field, the class broke up into three groups to gain power saw experience. Raymond Nioce is seen in the photos making a "face cut" and "back cut" to a "B" qualified tree; once the face cut is made, a piece of straw is placed in the cut to identify the location prior to the back cut. After the tree fell, Nioce completed the task by "limbing" or "bucking," that is, he trimmed the branches.



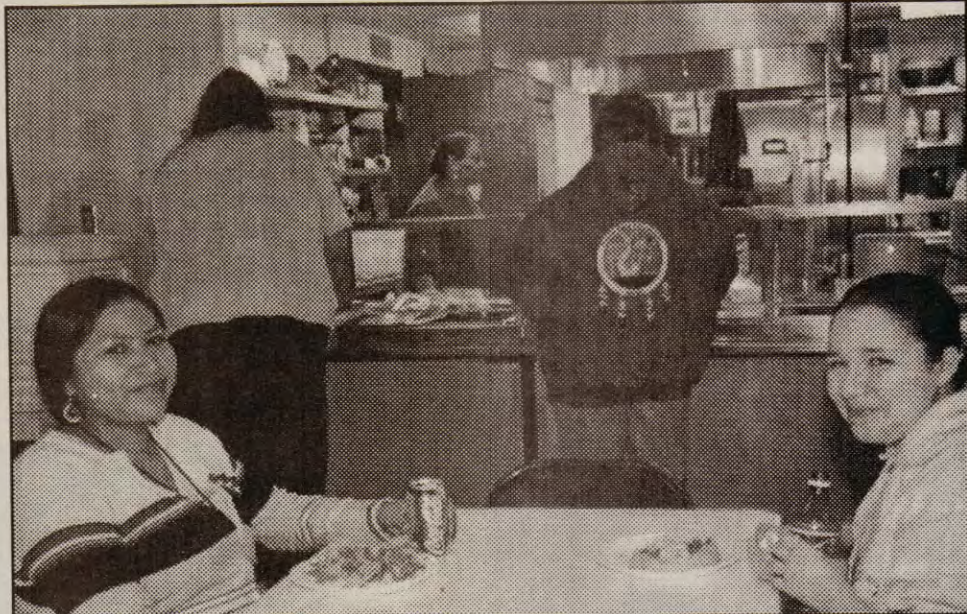


Boys and Girls Club Indian Taco Sale fundraiser nets over \$1,000



At left is Laverne Hale hard at work making fry bread during the sale. Laverne was recently elected President of the Board of Directors for the Club.

At right in the striped sweater is Yvette Washington, Executive Director, and Andrea Fowler, Boys and Girls Club member.



It was a successful day for the Boys and Girls Club staff and volunteers on Friday, February 13 when they held an Indian Taco Sale at the club from 11 a.m. - 6 p.m. Several people worked in shifts preparing the food while others delivered tacos to Harrahs, the Government Center and other places. A 50/50 raffle was also conducted by club members.



At left is Jim Shane, Patrick Feltman, and Dave Prager who stopped in for lunch. Shane and Feltman, are both involved in the construction of the new expansion of the Club and Prager is on the Board of Directors.

The right photo shows a tired Dumps Mitchell and Cheryl Hopkins who were taking a break from working in the kitchen. Both are on the Boys and Girls Club staff.



Prairie Band Potawatomi Nation Boys and Girls Club and Royal Valley Native American Singers/Dancers

Battle of the Plains Champions 2004



The Boys and Girls Club and RV Native American Club joined forces and won the Battle of the Plains dance competition held in Bartlesville, Okla. on February 7. Twenty-nine dancers and 24 adults attended the event. Points were scored just as a contest pow wow. Three points were awarded for first, two for second, and one for third. The PBPB group scored first with a total of 45 points and out of 28 dancers 20 of them placed in the competition. The New Dawn Dancers from Lawrence, Kan. placed second and Operation Eagle Dance Group from Bartlesville placed third.

Anita Evans, RV Native American Singers/Dancers sponsor, who submitted the photo above, said that the school and youth program were well represented by the young people and that they displayed respect at all times. She also thanked all the parents, aunts, uncles, and grandparents who attended the trip for offering their support at the event.

Boys & Girls Club Announcements

- Any boys interested in starting a youth drum group come to the Boys & Girls Club on March 3rd at 6:30 pm. Refreshments will be served.
- We will be having a Taco Sale fundraiser on Friday March 12th. If anyone would like to donate any hamburger, cheese, lettuce, or tomatoes it would be greatly appreciated. We will be selling tacos from 11 to 6.



**Boys and Girls Club
Expansion
Grand Opening
scheduled
for
April 10
10 a.m.-2 p.m.**

Lots of activities and fun planned.

Volunteers needed!

**Call:
Yvette at (785) 966-3031**

Talk to your teen about dating violence

by: Nis Wilbur

Do you have a teenager, or child about to become a teenager? Have you talked with them about healthy vs. unhealthy relationships?

Did you know 1 in 3 teenagers experiences partner violence? Will you think about that in terms of your child and their friends? What does it mean?

You would hope that you would know if your teenager was in an abusive relationship. You would also hope that they would talk to you if they needed help. However, that isn't always the case. I remember that when I was a teenager I didn't exactly tell my parents all my business. I had secrets. Reality is that being a teenager is partly about independence and breaking away from the nest. It's about learning who you are and making your own decisions, even decisions that may be unhealthy.

Teens stay in abusive relationships for many of the same reasons adults do: fear, love, low self-esteem, denial, and no support (or feeling like they have no support.). It's important that you talk to your teen about dating violence, even if you think it doesn't pertain to them or you think they aren't listening.

Remind your teen that you are there for them and help them build a safety plan: where do they go, who do they call, do they

have the money, or phone card for the call, etc...? They don't have to be in an abusive relationship, or even dating, to do this. A safety plan is a good tool to have for any unexpected situation that may arise. Teaching your teen what to do if they need help is a major step in protecting them. When they know what to do in an emergency they have self-confidence if an emergency occurs. This knowledge can be a deterrent to making unhealthy decisions.

It's not easy for adults to be in an abusive relationship, or to leave it, and it's even more difficult for a teenager because they usually lack the emotional maturity of adults. They also tend to lack the experience necessary to define an unhealthy relationship. Remember, not all abuse is physical. Let your teen know they are not responsible for the actions, or words, of other people and it is not their fault if someone is abusive to them.

Statistic: 62% of high school aged students think it's o.k. for a male to rape a female if she dressed "provocatively" on a date.

Statistic: Girls aged 16-19 are, statistically, the most abused women, according to a Department of Justice report.

Statistic: 25% of high school aged students report that they would have sexual intercourse, even if they didn't want to, in order to keep a relationship.

Teens and parents!

Dating violence happens more than it should!

Come learn about it at an informational meeting

March 9, 6-7 p.m.

at the

Boys and Girls Club

15390 K Rd

Mayetta, KS 66509

PBPN Family Violence Prevention Program

Help break the cycle of violence and abuse!

Youth Action Coalition needs community input at upcoming meeting March 18

The Youth Action Coalition (YAC) will hold a reorganization meeting on March 18 at the Boys and Girls Club from 6 to 7 p.m. The mission of YAC is to promote healthy lifestyles and create a safe environment for the Nation's youth, families, and community.

Susie "Nis" Wilbur, from the Social Services Department, said that reservation community members are urged to attend the meeting because organizers are interested in expanding the group to include more area residents than they have had in the past.

YAC began in the fall, 2002 as an offshoot to another community group called the Nation's Focus on Lifestyle (NFL) that was formed after a serious incident took place on the reservation that involved underage drinking by

youth. Meetings were held throughout the year and healthy lifestyle events like a Pledge Party and Pound-the-Car Party were mounted by YAC members as a way to call attention to the issue.

The program was originally developed by the Tribal Youth Program where an Underage Drinking Policy and Procedure plan was prepared for the Prairie Band Potawatomi by American Indian Development Associates, Inc. out of Albuquerque who are still involved in the program.

YAC includes representatives from Social Services, Boys and Girls Club, Employee Assistance Program (EAP), Alcohol and Drug, and the Royal Valley Native American Club.

For more information call Nis Wilbur at 966-0173.

Tribal Emergency Services gives defibrillators to Tribal Police



Fire Chief David Price, left, is seen here giving a defibrillator unit to Chief of Police, Terry Scott during an employee meeting recently. Emergency Services offered two of the transportable units to the police to carry in their vehicles in case of an emergency.

Tribal member enjoying EPA project and other work within the Nation

My name is Laverne Biggoose, a Ponca/Potawatomi from Lawrence, Kan. I am a junior at Washburn University studying Human Services. I am interning at the PBPN Drug and Alcohol Center. I am also interested in working with the Language program like my grandfather, the late Orlando Green. I am a liaison for the volunteer programs at Washburn called the Bonner Leadership Foundation, and LinC (Learning in the Community).

I became interested in the Earthship project that is connected with the tribe's EPA Department. The project sounded so "Indian." I was skeptical when I met Greg Wold, to be honest, because he was so enthusiastic about helping our Potawatomi Nation to embrace such an environmental concept and what a concept it is!

The condition of the earth tells me that someone should begin to take responsibility for what happens to it. Centuries ago the Indian people used what they could find to build shelter. When



Earth- there is
ship no fur-
home ther use
made for such
out of waste
recycled materials
materi- such as
als tires,
bottles,
cans etc., but to

recycle (not everyone does), then use them for building materials.

When the Earthship project is completed it will be used as a working model "water quality lab." I am going to continue to recruit Washburn students and faculty members to volunteer. I hope to see clusters of homes where tribal members can enjoy individual expression, little to no mortgage payments, utility bills, and lower costs of living.

We should all work in harmony with Mother earth to deal with the issues of taking what she has to give us, and giving back what she wants to receive.



alarm system for pumps at lift station should alleviate back up problem

In the top photo from left to right is Lloyd Harold, from JCI, the company that repaired the pump, and Tucker Buskirk, Vincent Hernandez and Latane Donelin, from the EPA Department.

In the photo below is Rick Rector, Maintenance, and Buskirk, who is looking on as Harold gets ready to place the pump in the ground.

The photo below right shows the Road and Bridge truck with crane that was used in the background with Brad Rice, driver, looking up in the center of the photo. With him left to right is Donelin, Rector, Harold, Hernandez and Buskirk.



Working together for the Nation!





Area Churches

By Mary Young

Baptist

Prairie Band Baptist Church
128 E. Main Street, Mayetta, KS
Sunday: 10 am – Sunday School
11 am – Worship Service
Pastor Terry Paine

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

David Noland, Youth Sunday School Teacher
David preaches the 5th Sunday of months.

Catholic

Our Lady of the Snows Parish
5971 – 166th Rd, Mayetta

Our Lady of Snows is on-line with a web page on history, calendar of events, mass schedule, photo gallery, and other important information. Please take a few minutes to visit our web page at <http://www.pbpindiantribe.com/snow/index.html> or go to the tribal web site home page and click on Our Lady of Snows icon. We would be glad to answer any questions about our parish.

Native American Mass at Assumption Church

204 West 8th, Topeka, KS

Methodist

Pottawatomie United Methodist
On O Rd. between 142 and 150 Rd.
Rev. Floyd Nolin, Jr.

Sunday: 9:45 am – Sunday School
10:30 am – Worship Service

Pentecostal

Potawatomi Pentecostal Church
4-1/2 mi. west of mi. marker 134
Rev. Vernon Potts

Sunday: 10 am – Sunday School
10:45 am – Worship service
7 pm – Evening Worship

THE BIBLE SAYS...
by Pastor Terry Paine

John 3:3—"Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God."

John 14:6—"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me."

When it comes to the ways of God, we have to trust "HIS WAY" - Jesus! We have to trust "HIS TRUTH" - Jesus! We have to trust in "HIS LIFE" (Jesus' life) that He sacrificed on an old rugged cross for you and me. God told the prophet Isaiah— "For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." (Isaiah 55:8,9) Man has thought up many "WAYS" to heaven. But God says His WAY is the ONLY WAY.

God preserved what He had to tell us about His way in the Bible. That is why it is such a precious book. The Bible tells us how the world and man were created. It tells us how man first sinned and was separated from God's presence. And it tells us of God's wonderful plan to bring us back into His presence. Many men have given their very life to see that God's Word could be passed down through the ages and into our hands to read and believe. It's promises are true! God's word is secure! You can trust it!

Jesus' simple but powerful statement in John 3:3 is completely true. He says, "Verily, verily." This means "Truly, truly." He wanted us to know what He was saying is ABSOLUTELY TRUE! You may say, "But, what does 'BORN AGAIN' mean?" My friends, the correct answer to that question provides the only entrance into the Kingdom of God (Heaven).

Here in John 3:3 Jesus was speaking in earthly terms about heavenly things. He did this to help us understand.

Most of us understand how our "first birth" was. Our first birth was a "natural," a "physical," an "earthly" thing that God, our creator, put into motion in the beginning. But the "second birth" is a "supernatural," a "spiritual," a "heavenly" thing, that can only happen when we trust in Jesus.

God loves us. He loved us so much that he sent His only begotten son—Jesus! Because God is all-knowing, He knew that man would fall into sin, and therefore could not be in His presence unless payment was made for our sin. Therefore, God the Father, God the Son (Jesus), and God the Holy Spirit made a "PLAN." The plan was that Jesus would have to come into this world as a human being, and give His life as the sacrifice for our sins. That was the only solution to the problem that man's sin would create. Because Jesus was the only "perfect sacrifice." We have to trust God's way, not man's way.

Not all religions teach that we must be born again through our belief in Jesus. What do you believe? Dear one, believe God. Only trust Him. Why not pray to Him today and ask the Lord Jesus to forgive your sins. And then believe that when He died on the cross it was to pay for your sins, so that they could be forgiven. Call on His name today and join the Family of God and know that you have a home in Heaven when you leave this world.



Support Groups

Topeka Area

AA (Alcoholics Anonymous) – For people who have a desire to stop drinking. For meeting schedule and times in the Topeka area: 354-3888

Native American AA Meeting — 8:00 p.m. Friday, SW 135 Buchanan.

Recovering Women's Group— 5:30 p.m. Monday, 725 Buchanan ring bell. Non smoking, closed.

Cancer Support Group – For people with cancer and their families; caregivers are encouraged to attend. 5:30 to 6:30 p.m. Monday at Pozez Education Center, 1505 S.W. 8th. Free. Information: 354-5225.

Gamblers Anonymous – For people seeking help for problem gambling, 7 p.m. Wednesday at St. Francis Hospital, 1700 S.W. 7th, 2nd floor, meeting room 6: 862-6666; 7 p.m. Friday at St. Francis Hospital, 2nd floor, meeting room 9: 862-6666; and 7 p.m. Wednesdays at Westminster Presbyterian Church, 1275 S.W. Boswell: (785) 339-3583.

Food Addicts Anonymous — For people who feel addicted to certain foods, such as sweets, and who want to abstain from eating them; uses a 12-step program, 3 p.m. each Sunday at Pozez Education Center, 1505 S.W. 8th, in Centennial Room D. Information: Michele at 233-1604. Internet: www.foodaddictsanonymous.org.

Weigh Down Workshop—Experience God's deliverance from dieting and overweightness. Free orientation at 12:30 pm Thursday, White Lakes Plaza

Apartments clubhouse, 3730 SW Plaza Drive. Call Elizabeth, 266-7318,

Mayetta Area

Open AA Meeting at Judy's Café, 104 E. Main Street, Mayetta, KS on Tuesday's at 6 pm.

Open AA Meeting, Wednesday, 7 p.m. to ??, We Te Sa Building, 15434 K Road

Alanon/Alateen Unheard Voices, Thursday, 7 pm at the We Te Sa Building, 15434 K Road

AA Meeting at St. Francis Xavier Church bsmt, 7:30 p.m. every Thursday and Sunday.

PARR Ranch—Open meeting, Monday at 7:00 pm, 18367—182 Rd.

Women's Voices—Thursday from 6-7 pm, at the We-Ta-Se building, 15434 K Road. Toll free 1-866-966-0173.

Kickapoo AA meeting— at the Kickapoo Senior Citizen Building at Friday at 8:00 p.m.

Holton AA Meeting — at First Christian Church, 5th & Wisconsin, Thursday at 7:00 p.m. 966-2178, 364-4479.

Holton AA Meeting—at EUM Church (1 block south of post office—enter south door), Wednesday at 7:00 pm.

Lawrence Area

Circle of Hope AA Meeting every Wednesday at 7 pm, Haskell Campus, Winnemucca Hall (south of the campus)



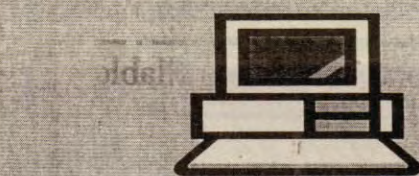
New Handicap Accessible Apartments

Two handicap accessible apartments are now available for tribal members with disabilities at Prairie Ridge, 158th & L Roads. The one and three bedroom apartments include:

- * Stove
- * Refrigerator
- * Dishwasher
- * Central Air/Heat
- * Paid Water & Trash
- * On-site Laundry Facility
- * Wheelchair Accessible Showers

1 Bedroom—\$160-\$200 (determined by income)
3 Bedroom—\$320-\$400 (determined by income)

Please call PBPB Housing Department toll free at 1-866-966-2756 for more information



Web Site Addresses of Interest

PBPN Website

Links to Human Resource Dept., Tribal Court, Education Dept., Calendar of Events and the Boys & Girls Club
<http://www.pbpnation.org>

Prairie Band Potawatomi
[HTTP://WWW.PBPIndianTribe.Com](http://WWW.PBPIndianTribe.Com)

Administration on Aging
Programs & Resources for Native American Elders
<http://www.aoa.gov/AIN/default.htm>

Forest County Potawatomi
<http://www.fcspotawatomi.com>

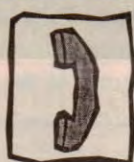
Indian Health Services
<http://www.ihs.gov>

* NEW * Kansas Office of Native American Affairs (KONAA)
www.hr.state.ks.us/konaa/html/index.html

1-800-MEDICARE
www.medicare.gov

MEDICAID
[Http://cms.hhs.gov/medicaid/](http://cms.hhs.gov/medicaid/)

Native American Internet Resource
<http://indianz.com>



Prairie Band Potawatomi Nation

TOLL-FREE NUMBERS

The following are the toll-free numbers that are available to the various departments at PBPB.

Government Center
877 715-6789

Alcohol & Drug
866 966-2411

Boys & Girls Club
866 727-6242
(866 PBP-NBGC)

****NEW****
Health & Wellness Clinic
866 694 6728
Pharmacy
866 243-6525
Managed Care (CHS)
800 441-6021

Housing
866 966-2756

Social Services
888 966-2932

Tribal Court
866 966-2242

Transit Program
(785) 966-2995 or 966-3024 or
877 727-6743
(877-PBP-NRIDE)

Congratulations Josh Rodewald

Josh Rodewald has signed a letter of intent to play football at Butler County Community College. Josh is currently a Royal Valley High School senior.

Josh's parents are Royetta and Tracy Rodewald.

March "2004" Potawatomi Elder Center

Monday	Tuesday	Wednesday	Thursday	Friday
Country Fried Steak Potato & Gravy Mixed Veg. Salad Dinner Roll	Chicken Fajitas Spanish Rice Beans, Tortillas Tomato Salad	Meatloaf Potato & Gravy Zucchini & Tomato Dinner Roll	Beef & Hominy Grilled Cheese Tossed Salad Fried Bread	Lasagna Green Beans Tossed Salad Garlic Bread
Ham & Beans White Rice Peas & Carrots Corn Bread	Thighs Cacciatore Baked Potato Mixed Vegetable Dinner Roll	Pork/Orange Sauce Vegetable Rice Steamed Broccoli Fruit Salad	Birthday Dinner Enchiladas	Tuna Sandwich Vegetable Soup Baked Tomatoes Cowboy Bread
Liver & Onions Potato & Gravy Mixed Vegetables Dinner Roll	Chicken Pitas Broccoli Soup Macaroni Salad Crackers	Hamburgers Baked Fries Beans, Coleslaw Lettuce & Tomato	Baked Chicken Grilled Potato Brussels Sprouts Dinner Roll	Ham Croissants Tomato Soup Tossed Salad Crackers
Chili & Hot Dog Macaroni Salad Green Beans Cheese & Cracker	Pork Chops Scalloped Potato Asparagus Spears Dinner Roll	Beef Pie Buttered Noodles Spinach Salad Biscuit	Parmesan Chicken Brown Rice Broccoli Normandy Dinner Roll	Baked Fish Potato & Gravy Spinach Dinner Roll
Sloppy Joes Baked Fries Cole Slaw Sliced Oranges	Salisbury Steak Potato & Gravy Carrots or Spinach Dinner Roll	Chicken Sandwich Chicken Rice Soup Sweet Potato Develed Egg Salad		

Lunch Hours 11:30-12:30

Menu Subject to Change

Native Seniors 50+ Free
Adults \$3.50
Children \$2.00

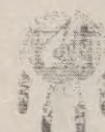


NEW BIBLE STUDY

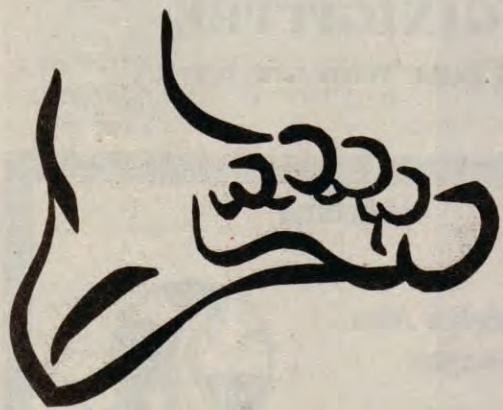
Introducing a new Bible Study on Thursday evenings—geared for women who work during the day.

Prairie Band Baptist Church.
128 E. Main Street
Mayetta, KS

If you have any questions, please call 966-0223.



www.lifelinesupport.org



Nail Care

Richard Pruiksma, MD
Prairie Band Potawatomi Health and Wellness Center
100 W. 6th Street, Holton, KS 66436
785-364-2176

Most people take care of fingernails and toenails without the need for visits to the doctors, but not everybody is so lucky. Pain that doesn't get better because of nail problems will eventually lead some people to the doctor's office. Let me share some tips that may help you avoid a trip to the doctor for nail problems.

The most common nail problem that I see in the office is an ingrown toenail. Most of the time ingrown toenails can be avoided by proper nail trimming. It's amazing how many people trim their toenails in the same manner as their fingernails and this is usually asking for trouble. No one told me how to trim toenails when I was young, and (thinking I should make my toe nails look like my finger nails) I had a few ingrown toenails myself. What greatly reduces the chance of ingrown toenails is to cut the toenails straight across. No curvy clippers like you use for fingernails. Making the nails straight across prevents the development of hooks at the sides of the nails. No one cuts the nail into a hook shape. This is something that occurs naturally when the nail is cut on the sides and I have seen many hooks that have developed in people who get these ingrown toenails. When a toenail becomes painful due to an ingrown toenail, the best way to improve the pain while the nail grows back out and the hook gets unstuck is to take oral antibiotics. Ingrown toenails usually cause red and swollen tissue on the side and the tissue is tender to

touch. This tenderness will improve dramatically within one or two days after starting antibiotics. We usually keep patients on antibiotics for a week and usually the nail will get past the ingrown point after that and no more antibiotics will be needed. Occasionally an infected ingrown toenail will not clear with the first antibiotic and a different one will need to be started.

The best time to cut nails is right after they have had prolonged contact with water, such as after a shower. This softens the nail and makes it less likely to crack during the cutting process. If the corners of the toenails seem too sharp after cutting them straight across, use a nail file to dull the point. Do not trim them back on the sides. When trimming fingernails, a curve is fine, and trimming cuticles or hangnails that catch on things is also okay. Try to avoid pulling out any hangnails as this usually breaks a very special barrier on the nail, and an infection often results. Most of the time this infection will resolve on its own without antibiotics, but it can be painful for a few days.

Sometimes problem nails run in families and this can occur despite their best efforts to trim them correctly. Sometimes the problems are in both the fingernails and toenails, but many times the problem just seems to be limited to the toenails. When a nail continues to get ingrown despite the best efforts at care, it may be time to have the nail removed. We do this operation in our office for those who have recurrent ingrown nails. If it is just one side that gives repeated problems, we will limit the removal to that one side of the nail. Sometimes both sides of the nail get ingrown repeatedly and we will remove the whole nail. We warn our patients of the tenderness that comes with nail removal. We treat the nail base with phenol to kill the growth plate, and this means the nail bed will be more tender to touch than the beds of the other toes which still have nails to protect them.

Diabetics should not wait for pain in their toes to bring them to the office as a serious infection in their toes may not be painful for them. During daily inspections of their feet, any redness, swelling or drainage should result in coming to the doctor immediately. We will start our diabetics on antibiotics right away, but may send them to a podiatrist for any procedures on their feet, including nail removal.

Proper Diabetic Footwear

Richard Pruiksma, MD
Prairie Band Potawatomi Health and Wellness Clinic
100 W. 6th St., Holton, KS 66436
785-364-2176

Proper footwear protects your feet and prevents foot problems in people with diabetes mellitus. As part of your self-management of your diabetes, please review the following recommendations before putting on your shoes.

Over time, your feet change in size and shape. Even throughout the day your feet change. Buy your shoes in the afternoon if possible because your feet swell as the day progresses. Measure your feet before each purchase of shoes. If an experienced shoe fitter is not available, you can fit yourself. Trace the outlines of your feet on paper and see how the outline of the shoes fit over your drawing. Allow adequate wiggle room for both the length and width of your feet. Many people have a difference in the size of their feet so make sure you check both feet.

Sturdy and comfortable shoes will do the best job of protecting your feet. Usually a soft leather shoe will do this best. Avoid high heels, sandals and pointed-

toe shoes. They put excess pressure on your feet.

New shoes should only be worn one or two hours per day during the break in period.

Always wear socks with your shoes. Wool and 100% cotton socks do the best at keeping your feet warm, dry and protected. Always change your socks at least once per day. Avoid socks with seams or patches as they may cause blisters or skin injuries.

Bare feet, whether walking around at home or at the beach will put you at risk of an injury that may never heal. In other words your next injury may be a permanent one. Remember that when you have diabetes, your body's ability to heal itself is greatly impaired.

For those patients with deformities or injuries of their feet, special diabetic shoes may be necessary. Please see your health care provider or podiatrist for assistance with these needs, as these special shoes are not available at regular shoe stores.



METHAMPHETAMINE IN KANSAS: HOW DANGEROUS IS IT AND WHAT IS BEING DONE TO ADDRESS THE PROBLEM?

Northeast Kansas Methamphetamine Prevention Coalition

Mayetta- Methamphetamine, or meth, is a powerful central nervous system stimulant with a high potential for abuse and dependence. It is illegally produced and sold in pill form, capsules, powder and chunks. The drug can be made in a makeshift "lab" that can fit into any suitcase. Locations where meth is produced are very dangerous because of environmental contamination and the possibilities of explosion. In addition, labs are very expensive to clean-up. The majority of meth users are employed. Meth use leads to workplace violence, increased absenteeism, higher turnover rates, increased worker's comp claims, and higher health insurance rates. Meth is not only dangerous to the user but leads to increases in theft and burglaries, domestic violence, auto accidents, neglect and abuse of children, and the spread of diseases.

Because the manufacture and usage of metham-

phetamine is a growing problem in the surrounding counties, the Northeast Kansas Methamphetamine Prevention Coalition has been formed. The group is working to develop an informational workshop that will be given to various organizations in the community. The workshop, titled "Methamphetamine: Current Trends and Promising Prevention Approaches", will be held at various locations around Jackson county in the next few months. Information covered will include: general meth information, history, effects of use, local statistics, signs and symptoms of use, methods and materials used in production of meth, clean-up procedures and statistics, how to spot and report a lab, a law enforcement perspective, prevention ideas for retail stores and rural areas, and a panel of recovering meth addicts and people affected by their use.

Proper Diabetic Foot Care

Richard Pruiksma, MD
Prairie Band Potawatomi, Health and Wellness Clinic
100 W. 6th St., Holton, KS 66436
785-364-2176

Proper foot care is an important part of diabetes self-management. To avoid serious problems, follow these tips:

Check your feet daily, tops and bottoms and especially between your toes. If you can't see the bottoms of your feet use a mirror. **See Nail Care article for nail clipping instructions.** If your eyesight is partially limited use a magnifying glass and have someone else trim your nails. If you are blind, have someone else check your feet daily and trim your nails as needed.

Things to look for in your daily inspection include:

- Skin color changes, especially red or purple.
- Ingrown toenails or the start of fungal infection in the nails
- Corns or calluses
- Blisters
- Cuts, scratches or cracks in the skin
- Open sores and especially if they are slow to heal
- Swelling anywhere from the ankle to the toes



See your healthcare provider or podiatrist immediately if you notice any foot problems or feel any pain in your feet or legs.

Walking is an ideal exercise for maintaining foot health. See the diabetic footwear article for what to wear when you walk.

Clean your feet daily. Wash your feet daily with mild soap or skin cleanser and lukewarm water in the morning or before you go to bed. Gently dry your feet carefully and completely with a soft towel, especially between the toes. Immediately after finishing your cleaning, use moisturizing lotion or cream (not between toes) to keep the skin from cracking. Avoid using products that contain alcohol. Look for lotions with Vitamin E or aloe. For severe dry or calloused skin, use products with lanolin or urea.

STOP the following to improve the health of your feet:

- Crossing legs while sitting
- Using garters
- Using heating pads or hot water bottles on your feet
- Smoking

Ask the Dentist

By Jessica A. Rickert, DDS

Dear Dr. Rickert,

I can't wait to have a barbell in my tongue. My parents asked my dentist to talk to me, and he just ranted on and on about how bad it was. I really want to do it, so what's the big deal?
Justin

Dear Justin,

The oral cavity and surrounding structures is a beautiful, complicated system perfected by Mother Nature. It multi-functions and is important in many human activities.

Piercing anywhere is actually body-mutilation. This, along with tattooing, has become very popular with teens in recent years. Another popular mutilation is tongue-splitting!

81% of oral piercings are through the tongue, 38% are through either or both lips and 2% are elsewhere, such as the cheeks. There are many risks associated with the act of piercing itself:

- **PAIN & BLEEDING.** There is no anesthesia used during the piercing. This extreme anticipation of pain seems to attract many teens.

The mouth has many more blood vessels and nerve tracts than anywhere else in the human body. An oral wound causes prolonged bleeding, because a scab cannot form. Hospital rooms often have to repair the wounds caused by oral piercing and excessive bleeding.

Sometimes, there is permanent numbness in the the area of piercing, even 2 inches in diameter. Other kids have reported a permanent alteration in the way their food tastes.

- **INFECTIONS** are common in oral piercings because the mouth is full of bacteria. The "friendly" bacteria are meant to live on the tissue surfaces of the mouth. Piercing shoves them under the tissue, and beneath the surface is where the problems start. It is impossible to sterilize inside the mouth. Hopefully, the piercer uses an AUTOCLAVE to sterilize the piercing tools.

Hepatitis B and HIV/AIDS have been transmitted from one piercer to the next, when tools are not autoclaved.

The area around the piercing will swell; it can swell 2 or 3 inches if infected. This can make it impossible to swallow or even breathe.

- **HEART INFECTIONS** called sub-acute bacterial endocarditis can occur as the result of any wound in the mouth, if the patient has mitral valve prolapse and/or artificial valves. The same bacteria can destroy joint replacements. According to a study of 445 Mayo Clinic patients with congenital heart disease, nearly 1 of 4 developed an infection of the heart after body piercing had been done (not limited to mouth piercing).

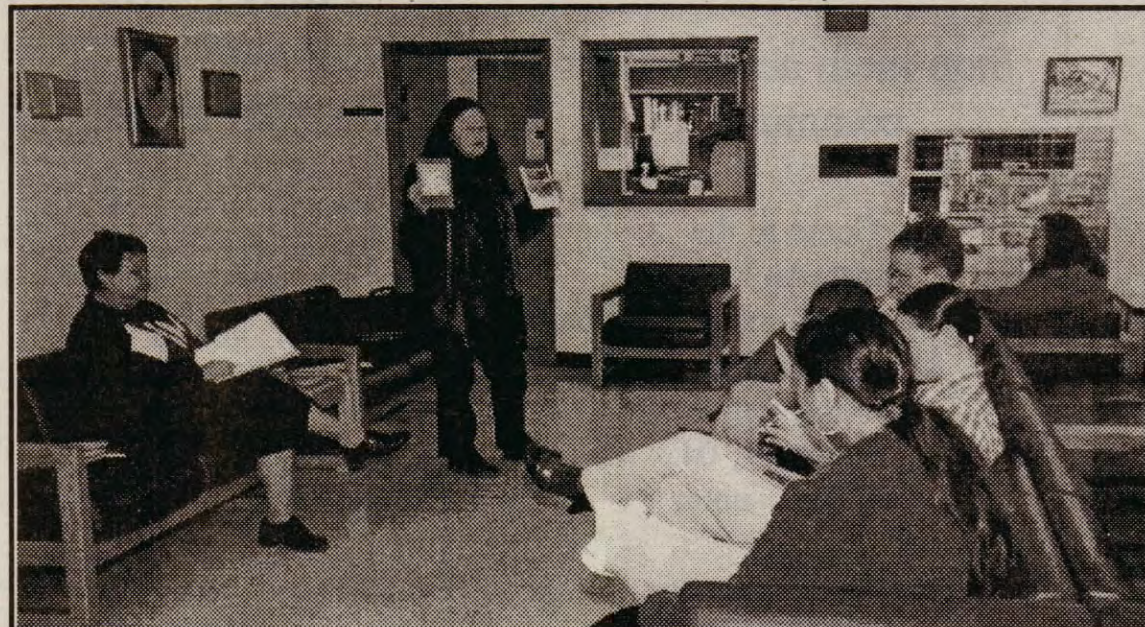
- **DENTAL PROBLEMS:** Jewelry in the mouth can chip or break your teeth and fillings and can erode your gums. Teens with barbells develop the habit of clicking the barbell against their teeth; those with lip or cheek piercings do the same, habitually. This can damage the nerve inside the tooth, resulting in root canals and crowns.

- * Speech may be temporarily or permanently altered.
- * Drooling may be temporary or permanent.
- * Patients never remember to remove oral jewelry, and this masks any dental x-rays that are taken, resulting in re-taking x-rays after the jewelry has been removed.

- **BODILY INJURY** has been documented when patients have swallowed or inhaled jewelry which came loose during the night. Surgeries have been done to remove jewelry from the lungs.

If eating & drinking are impaired for a long time, malnutrition can result.

Injuries from piercings and forked tongues are increasing. Dentists and oral surgeons are often asked to do the deed, but the American Dental Association has issued an edict that it is morally and ethically improper for dentists and oral surgeons to do so. The states have followed, warning that the dentist's license can be suspended, if he/she performs piercing or forking. I know teens love to shock and dismay their parents. Can't you just dye your hair purple and leave your mouth alone? I strongly urge you not to have intra-oral or perioral piercing or forking done. It's a permanent outcome of a passing fad.



Elaine Mzhickteno-Barr, Director of the Employee Assistance Program, is seen here conducting a customer relations workshop for the Health and Wellness Clinic. Elaine is also conducting other workshops on Drug Abuse Interventions in the Workplace and Family Setting, Native American Healing Strategies for Coping with Trauma and Loss, Sexual Harrassment, and the NE Kansas Methamphetamine Prevention Coalition, a group dedicated to stopping methamphetamine abuse in the community.



The Centers for Medicare and Medicaid Services: Medicare Question and Answer

MAKING MEDICARE MAKE SENSE

Answers To Some of The Most Commonly Asked Medicare Questions

Q: What is Medigap insurance?

A: Medigap" is the term used for Medicare supplemental insurance, which is sold by private insurers. Medigap insurance was designed to cover some of the "gaps" in coverage, for beneficiaries enrolled in the Original fee-for-service Medicare program. For example, Medigap policies may pay for deductibles, coinsurance and may even pay for some services that the Original Medicare program does not, such as prescription drugs.

In most states, your choices for Medigap insurance consists of ten options labeled Plans A - J. Each plan must cover a basic set of core benefits, but may also provide for coverage of extra benefits like prescription drugs or in-home care. The benefits for each of these ten plans are standard across all companies who sell Medigap insurance, so it makes it very easy to compare different companies. For example, the only difference between one company's plan C and another's is the price and how the price might increase from year to year. Beneficiaries should shop around and find a policy with an insurance company that best fits their needs at the best price.

The best time to purchase a Medigap policy is during the Medigap open enrollment period. This timeframe lasts for six months and begins on the first day of the month Medicare Part B begins for a beneficiary. In this region, this also includes beneficiaries who live in Kansas and Missouri who are under the age of 65 and are eligible for Medicare Part B due to a disability. During this six-month open enrollment an insurance company cannot turn down a beneficiary for coverage, place conditions on a policy, or change the price based on any past or present health problems. Beneficiaries are guaranteed these rights. Generally, once the six-month open enrollment timeframe has passed, beneficiaries are not guaranteed the right to purchase a Medigap policy and may not be able to get the plan they want or they may have to pay more.

However, during special circumstances beneficiaries still have guaranteed rights to purchase Medigap policies. Some of these special circumstances include, if a beneficiary is enrolled in a Medicare managed care plan, or another type of Medicare Advantage plan or an employer retirement plan and these types of plans decide to no longer provide insurance, through no fault of the beneficiaries. An-

other special circumstance would be if a beneficiary moves out of the service area of their Medicare managed care plan, or another type of Medicare Advantage plan and the beneficiary will now enroll in Original Medicare. In these situations, beneficiaries will be guaranteed the right to enroll in certain Medigap policies.

Also, It is important to note that if a beneficiary is past the age of 65 and covered under an active employer health plan based on current employment with an organization that employs 20 or more persons, or are covered under a spouse's active employee health insurance, a beneficiary can delay their enrollment in Medicare Part B. This will save their six-month open enrollment for Medigap until such time as they need it.

Q: What effects will the new Medicare Modernization Act have on Medigap insurance?

A: The new Medicare legislation signed into law on December 8, 2003 provided for a Medicare-approved drug discount card program, which will be available in June 2004, and a full drug benefit, which will begin in January 2006. The Medicare-approved drug discount card program will provide some savings on certain drugs, but it is important that beneficiaries who have a Medigap policy with drug coverage not hastily drop their Medigap policy in favor of one of the discount cards. Beneficiaries can compare the Medicare-approved drug discount card program on www.medicare.gov beginning in April. Beneficiaries can have a Medicare-approved drug discount card and keep their Medigap policy with drug coverage; however, only the Medigap policy drug coverage or the Medicare-approved discount card could apply at one time. A beneficiary cannot use both at the same time to help pay for the same prescription drug. However, for example, the discount card may be used once a beneficiary has reached the maximum drug benefit coverage of their Medigap policy.

Finally, it is important for beneficiaries to know that when the actual drug benefit goes into effect in January 2006, beneficiaries who are enrolled in a Medigap plan that includes prescription drug coverage will have a choice to make as to how they wish to receive their prescription drug benefits. A Medicare Q & A will be dedicated to the topic of the drug benefit closer to its implementation date.

For more information on Medigap, please call 1-800-Medicare (1-800-633-4227), or visit our award-winning website at: www.medicare.gov.

When to apply for Social Security and Medicare

Need to know when to apply for Social Security or Medicare? The following chart tells when to apply for Social Security at age 65+. Remember, it is important to sign up for Medicare three months before you turn 65, call your nearest Social Security office and apply. By applying for Medicare early, Medicare can begin the first day of the month you turn 65.

Year of Birth	Full Retirement Age	Year of Birth	Full Retirement Age
1937 & earlier	65 years	1955	66 and 2 months
1938	65 and 2 months	1956	66 and 4 months
1939	65 and 4 months	1957	66 and 6 months
1940	65 and 6 months	1958	66 and 8 months
1941	65 and 8 months	1959	66 and 10 months
1942	65 and 10 months	1960 & later	67 years
1943 to 1954	66 years		

Meet the New Clinic's Benefits Coordinator

Melanie Baker is the Benefits Coordinator for the new clinic that is located where the former IHS Clinic was located. Her responsibilities involve assisting all American Indian and Alaskan Native people in finding alternate resources, along with a variety of other duties as listed below:

- Assist with finding insurance; including, but not limited to the following: Medicaid, Healthwave, Medicare, Social Security, Disability, Health Contract and any other alternate resource(s) available.
- Assist with filling out and mailing required forms.
- If need be, she can accompany you to any required interviews regarding your assistance. (eg. Social Security and Disability require an interview)
- Answer questions.
- Member of the Customer Relations Committee.

If you would like to set up a time to meet with Melanie and discuss alternate resources or if you have any concerns, complaints, questions, or suggestions regarding your care at the Clinic, feel free to call or email. She is available Monday—Friday 8 am—4:30 pm.

(785) 364-2176 ext. 16 or (866) 694-6728
Email: mbaker@pbnation.org
100 W. 6th St., Holton, KS 66436

**Prairie Band
Potawatomi /
Sac and Fox Health and
Wellness Clinic**
100 West 6th Street
Holton, KS 66436

Telephone Numbers
785 364-2176
785 364-2177
785 364-2178
785 364-2179

TOLL FREE NUMBERS
866 694-6728

Pharmacy
866 243-6525

Managed Care (CHS)
800 441-6021

FAX
785 364-3691



Have you read a good label lately?

Let's check the labels from two leading salad dressing brands:

Brand No. 1: "Fat Free" touts the label. The ingredients are as follows: Tomato soup (water, tomato paste, food starch-modified, sugar, wheat flour, salt, dextrose, less than 1% sodium benzoate as a preservative, onion powder, spices, citric acid, natural flavoring), sugar, water, vinegar, spices, cellulose gel (microcrystalline cellulose), propylene glycol alginate, xanthan gum, potassium sorbate.

Calories: 60, total carbohydrate: 14g or 5% (14g of sugar).

Brand No. 2: a regular dressing. The ingredients are as follows: Soybean oil, water, blue cheese (milk cheese culture, salt, enzymes), vinegar, sugar, salt, contains less than 2% of natural flavor, xanthan gum, with potassium sorbate and calcium disodium edta as preservatives, phosphoric acid, polysorbate 60, propylene glycol alginate, dried garlic, dried onions, lactic acid, artificial color.

Calories: 120, total carbohydrate 1g (sugars <1g).

Should you be attending Overeaters Anonymous and using the "gray sheet," sugar would have to fall as the fifth ingredient to be considered "safe," or okay to use. As you can see, although brand No. 1 is fat free, it does contain 14g of sugar; sugar ranks second on the list of ingredients.

Brand No. 2 contains 13g of fat but only has 1g of sugar and the sugar ranks five.



If you are watching your carbohydrate and starch intake and reading labels, remember, sugar would be fifth starting with the first ingredient.



Beware of wheelchair fraud!

TV ads that promise "free" wheelchairs or scooters are one of the fastest growing scams in Medicare fraud. They may just want your Medicare number so be wary and ask only your doctor to recommend all medical services and equipment.

(Native American Caregiver Support
Technical Assistance Program)



How Much is How Much in Food Portion Size?

According to Theresa Becker, RN, MS of the Kansas Senior Press, "Where we have failed is understanding proper serving sizes" which contributes to the obesity epidemic. She further states that the public is in denial; who already believe that they have been educated about a healthy diet!

She offers the following proper guidelines:

- The proper amount of meat in a serving is 3 ozs., about the size of a deck of cards.
- The correct size for an apple is about the size of a tennis ball. A whole banana is two servings of fruit.
- If you like cheese, the correct serving size is one ounce (one slice of presliced cheese or the size of four dice.)
- A serving size for ice cream is about the size of a tennis ball.
- One cup of mashed potatoes is about the size of your fist.
- One teaspoon of butter is about the size of your thumb.
- One ounce of nuts can fit in the palm of your hand.

Recipe Corner

By Mary Young

Stories and memories that are shared at the kitchen table create many books. *Recipe Corner* will share the recipes, but the reader will have to make the memories! We also have had requests for more diabetic recipes; we hope you enjoy these.

Diet Hot Spiced Tea

Leslie Sumner Paine

12 c water
1 tsp whole cloves
4 sticks cinnamon
6 tea bags
¼ c lemon juice
1 c unsweetened pineapple juice
1-1/2 c unsweetened orange juice
sugar substitute = ¾ c sugar

Combine water, cloves and cinnamon and simmer covered for 5 minutes. Remove from heat. Add tea bags to the hot liquid and steep for 5 minutes. Remove tea bags and spices. Add juice to the tea and mix lightly. Tea may be cooled to room temperature and stored overnight in refrigerator, if desired. If refrigerated, it should be reheated before serving. Add sugar substitute and lemon if desired. Serve 1 4-oz. punch cup per serving. 2 servings are equal to 1 fruit exchange.

Chicken 'n Vegetable Skillet

Courtesy of *One Year of Healthy, Hearty & Simple One-Dish Meals*

1 10-oz. package frozen Brussel sprouts, thawed
2 whole chicken breasts, cut into strips
dash salt
dash pepper
1 tbsp vegetable oil
½ c chopped onion
1-1/2 tsp lemon juice
¾ tsp crushed basil
2 c tomatoes, coarsely chopped

Put Brussel sprouts in a colander and run hot water over them; drain and halve. Set aside. Remove skin from chicken; season with salt and pepper. In a skillet, heat oil and cook chicken strips and onion

on medium-high heat until done. Stir in Brussel sprouts, lemon juice, and basil. Reduce heat and cook for 10 minutes. Stir in tomatoes. Cook for 2 minutes more. Exchanges per serving: 2 meat, 1 vegetable

Fluffy High-Fiber, Low-Fat Pancakes

Courtesy of *The New Family Cookbook for People with Diabetes*

1 c low-fat (1 percent fat) buttermilk
½ c quick-cooking rolled oats
2/3 c miller's bran (unprocessed, uncooked wheat bran)
1 large egg, or ¼ c egg substitute
¼ c whole wheat flour

2 tsp sugar
¾ tsp baking soda
¼ tsp salt

Combine the buttermilk, oats, and bran in a large bowl. Let stand 5 minutes. Add the egg and beat until blended.

In a small bowl, mix the whole wheat flour, sugar, baking soda, and salt until blended. Add to the bran mixture and blend until all the flour is moistened.

Prepare a hot skillet or griddle with non-stick pan spray. Pour in about ¼ cup batter for each pancake. Cook about 3 minutes, or until bubbles form on the top and the edges are dry. Turn and cook the pancakes about 2 minutes more. Exchanges: 1-1/2 starch, ½ fat

EXCHANGE LISTS: What are they?

They are groups of foods that contain roughly the same mix of carbohydrates, protein, fat, and calories. You need foods from all six lists for complete nutrition.

- Starches and Breads
- Meats and Meat Substitutes
- Vegetables
- Fruits
- Milk
- Fats

Please submit your favorite recipes to the PBN 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!



An open letter to Tribal members from Tim Ramirez, Road and Bridge Director

The true reason for running a straight 24 hours was 150 road (Casino Road) to Highway 75 and to get workers from the reservation to their jobs. With modern reliable equipment and trained experienced CDL drivers and equipment operators this task was well under control in tackling the Road System and Bingo and Government Center parking lots.

This season is not over yet. We have had 15 inches of snow, ice storms, and drift blown from all four directions; west and north are common, east and south are rare. From the South came 46 mph gusts.

During the storms we used three plow trucks with sand and salt spreader using 30% mix, three graders using snow chains and v-plows, loaders, backhoes, tractor plow buckets, hand shovels, ice and snow melt chemicals, mechanics, snow plow and grader blade changes, fuel, welding repair of busted plow parts, snow chain repair, scouts to save long trips and three other trucks to re-stock sand and salt material.

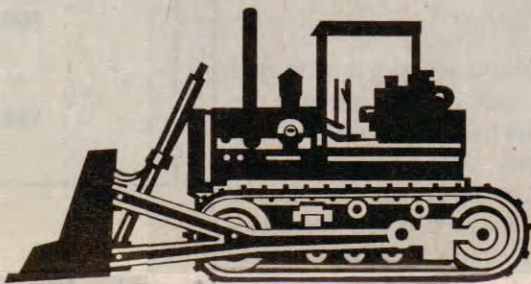
All of the all-weather roads are open; some dirt roads are still shut. We took phone calls from tribal dispatch of those needing help; used 4-wheel drive trucks to pull folks out, which we do even during the calm times. The buffalo fence crew kept the Nation Station cleared for pump customers and we cleared snow and ice on senior homes' drives, up to the clinic in Holton, and around the K road complex.

We got many thank yous. Nation Station gave the night crews left overs, a Tribal member fed us vegetable soup and fried bread for lunch, and the gift shop gave us 32 hats, half that were red, half blue with the tribal logo.

Just as any Transportation Department there were costs associated with this season, which is not over yet. Overtime was actual hours worked because of Administrative Days. I myself want to commend this Department's workers for earning the reservation's thank yous and doing the, sometimes, dangerous job.

I salute you.

Tim Ramirez
Director of PBPB Road and Bridge Department



photos by: Mary Young



Thank you Road and Bridge crew

- Tim Ramirez, Director – Grader V-plow, Truck Plow Sander
- Warren “Hardy” Eteeyan, Crew Boss – Truck Plow, Sander, Scout
- Charles Seymour, Admin
- Ahnah Wahwassuck, Purchase orders, Personnel Records
- Angie Bell, Purchase orders, Time keeper
- Dennis “Festus” Eakin, Grader V-plow
- Lawrence Pahmahmie, Grader V-plow
- Bill Jim Jr., Truck Plow, Sander
- Scott Eteeyan, Truck Plow, Backhoe
- Tony Mahkuk, Truck Plow, Backhoe, Parts runner
- Elliot “Wah” Masquat, parking lots, sidewalks
- Willie Potts, Truck Plow, Grader
- Billy Price, Truck Plow, Backhoe, Sander
- Merriell “Meatball” Wahwassuck, Welder, repair, Head Welder
- Larry Picard, Weld repair
- John Wahwassuck, Radio repair
- Benny Potts, Truck Plow, Sander
- BJ Darnall, shovel senior, load trucks
- Philip Jim, shop help
- Alan “Boney” Pahmahmie, Nation Station, Senior homes, Buildings, Fence Crew Foreman
- Daylan Mzhickteno, Parking lots, buildings
- Mike Shobney, Truck plow, Head Mechanic
- Brad Rice, Mechanic
- Robbie Griffith, Truck Plow, Sander, Mechanic
- Greg Nasky, Mechanic
- Virgil “Wamp” Shopteese, Tire Repair
- Henry Pahmahmie, Truck Plow, Sander, Scout
- Joe Shobney, Truck Plow, Electrical Wiring
- Bob Arnold, Truck Plow, Sander
- Joe Wishteyah, Truck Plow, Sander
- Tim Wahweotten, Parking lots, Buildings, Seniors
- Anthony “Wahpi” Hale, Parking lots, Buildings, Seniors
- Bruce Moss, Parking lots, Buildings, Seniors
- Jon Wahwassuck, Welder repair

Thank You

- Bully Pahmahmie
- Tribal Police Department
- Tribal Fire Dept/EMS
- Tribal Council

