

Inside this Issue

- ❄ Snow Storm Update - Page 2-3
- 🎵 Native American Singers & Dancers- Page 4
- 🏆 Employee of the Year - Page 6
- 🪑 Gaming Chair Retires - Back page



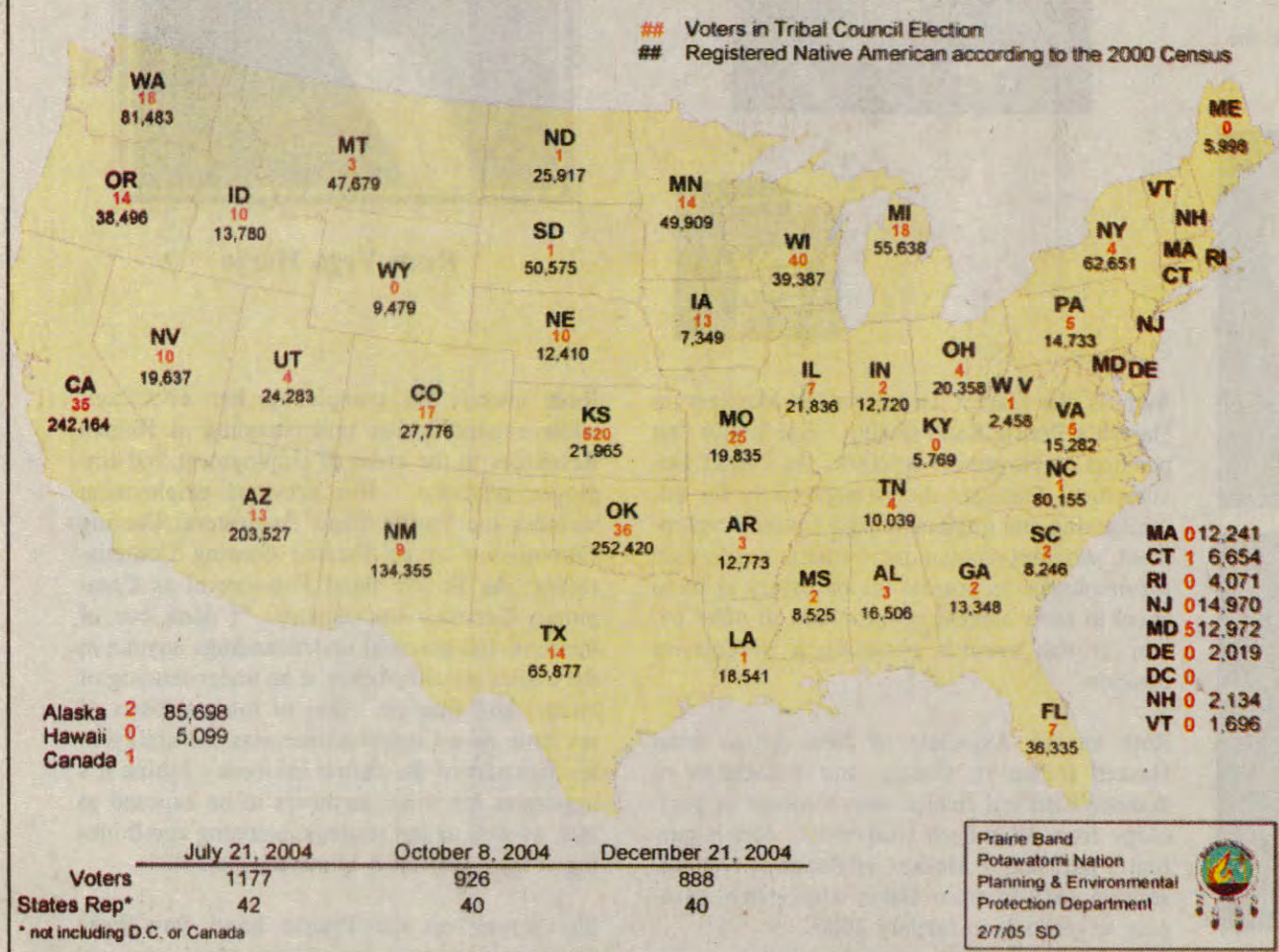
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Prairie Band Potawatomi News

February 2005 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

Count of Votes by State in the December 21st Tribal Council Election



Bingo Hall renovation complete: a look at the old and new

If you have not been to the Bingo Hall recently, you might want to check it out. The improvements are a delight to the eye with the new color scheme accomplished by 1st Nations Painting; the color "from almost purple" has been changed to blue, green, purple and yellow. Tony Wahweotten said he has painted the Bingo Hall eight or ten times and "knows just what needs to be done." He further said the color scheme was developed from the carpet.

Lester Arnold was on hand to retouch the artwork displayed on the walls. Hardy Eteeyan designed the PBPB logo but Lester painted the logo located on the east wall. Lester also painted the former logo located to the left of the current logo with his daughter Libby Dreascher. Libby painted the End of the Trail mural on the west side.

All the work was accomplished by D.W. Smart Construction, Inc., Fred Huhs Drywall, 1st Nations Painting, Dultmeier Concrete and Jim Shane of the PBPB Construction Department.



Above and below photos: prior to the sprucing up of the Bingo Hall. Note mural on the wall, this was the former PBPB logo.



Above and below: The "new look" in the Bingo Hall.



Above: Lester Arnold signs his artwork after the touch up. Below: Lester also painted the snack bar sign.



Spotlight on tribal member at Harrah's

Submitted by Gail Chandler, Harrah's Employee Relations



Ruth Vega Harjo

Ruth is the Career Development Manager at Harrah's Prairie Band Casino. She began that position on November 6, 2003. As Career Development Manager she is responsible for administering and implementing a career development program containing training curriculum for employees to possess the necessary skills to excel in their current position and to offer career growth towards obtaining a progressive position.

Ruth has an Associate of Arts degree from Haskell Indian Jr. College and a Bachelor of Science-Criminal Justice with a Minor in Sociology from Washburn University. She is currently pursuing a Masters in Business Administration (MBA) from Baker University, planning to graduate in January 2006.

As an employee of Harrah's Prairie Band Casino, she believes that the Tribe has come so far, from where they've been, particularly in the development of the government and the growth of infrastructure. One of her strengths is having the ability to facilitate between the Tribal members and the Tribal Council. "It's important for tribal members at the casino to feel comfortable with the elected officials and speak to them about what we have been learning."

Ruth intends on completing her education, while expanding her understanding in Human Resources in the areas of employment and employee relations. Her previous employment includes the Prairie Band Potawatomi Gaming Commission as an Elected Gaming Commissioner; the Prairie Band Potawatomi as Community Services Coordinator. "I think one of the most fundamental understandings anyone in the casino industry needs is an understanding of budget and finance. One of integral parts of my time as a Commissioner was the ability to see this part of the casino business. I think it's important for tribal members to be exposed to this, as well as the strategic planning and thinking at the upper level of management."

She serves on the Prairie Band Pow-Wow Committee as well as a Fiesta Mexicana supporter. Her husband is Roman, who also works at Harrah's Prairie Band Casino. She has three children, Mathias (14), Tsiarina (13) and Roman III (Boo-6). She is the daughter of the late Phyllis Nozhackum Vega and Ralph Vega. Ruth also has two brothers; Bert Vega, who works at the casino as the Slot Performance Manager and Paul Vega, who is the Budget Analyst with the Prairie Band Potawatomi Road and Bridge Department.

Road and Bridge Department News

By: Tim Ramirez, Director
PBPB Road and Bridge Dept.

Weekend rains, man ole man. The first weekend in February we got an inch and 1/2 then a couple of days later, 3 inches of snow. The temperature was up above freezing for what could have been two feet of white stuff. So now the ground is saturated and the following weekend we got another inch and 1/2 of rain with a low of forty-five degrees. I guess Mother Nature is giving the V plows the winter off. Last year we got drifts from all four directions.

For the most part, Road construction is shut down in the winter. Things do still get done. The two BIA Bridge projects are going good. This last wet spell took out both project sho-fly's, double 48 inch temporary construction detours. Dutch bridge on K road drains 9 square miles and Crow bridge on 158 drains 12.

Monday after the second rain the Dutch bridge was out and people were used to going that way. We put up barricades Sunday. The deck has six weeks cure on it and the bridge rails had only two. The BIA Road Engineer gave us permission to open this bridge to one lane. So we mobilized the track

hoe, small dozer, hoe pack/backhoe, mini excavator, motor grader, and dump trucks.

We used the good clay from the detour to backfill the abutment to the decks, rocked it with two rounds of AB-3 of 3 trucks. Got the semi and 40 foot trailer to haul the detour tubes back to the yard. So a good thing came out of all this rain. Now we're fixing those other numerous bad spots using K Road Quarry up by 16 Highway and Rolling Meadows down on 75 in Shawnee County.

It's all a part of the job we do. I must have got 20 "thank you's" at the last General Council for this Department's good job during the two ice storms and snow. It sure is a good feeling to get that pat on the back for the good job the men do. With the Casino a 24-hour operation, we do the same; it's the major funding source the gamblers and employees all show up. The priority is 150 Road from 75 Highway the blacktops to Tribal Fire, Police and the 5 clusters, then the main gravel roads, then the driveways and parking lots.

It's probably not over, the big snow of March 97 took 5 days to get everyone out.



A Road & Bridge truck is seen here plowing 150 Rd on the morning after the last snow storm.



Maintenance crews on the job



Some of the Maintenance Department stopped to pose for the camera while they were shoveling snow at the Boys & Girls Club after the February 8 snow. From left to right is Jonathan Melchior, Mark CallsHim, Gary Buskirk and Perkins Whitetail.



This photo shows the men hard at work shoveling a sidewalk located on the north end of the Boys & Girls Club.

A big thank you to all the departments and crews for keeping our roads and walkways as safe as possible



Perkins Whitetail is seen in the photo above and below shoveling snow from the We-Ta-Se parking lot.





Land Management Department: caretakers of the land

By: Suzanne Heck



The gray-colored clouds combined with the moist feel of the cold air that hit me as I got out of the car suggested that the snow forecasted was on its way.

As I entered the Land Management Department (LMD) building, Dan Dyer, LMD director, was inside at his office computer tracking a wide red band on a weather radar screen that showed that the snow storm was near.

With Dan was Chris Decoteau and Shawn Wadkins who were also hunching down to see the screen and the three of them were discussing the tasks for the day that lay ahead.

It looked like the LMD crews would be in for a hard day's work because they are the ones in charge of removing snow at Harrah's Casino. They work nonstop around the clock until a snow storm ends or the snow is reasonably removed so that the cars can come and go at the Casino.

On that day, which was February 8, from four to six inches fell on the reservation and it didn't end until around 10 p.m. The LMD's crews were out all day and into the night until they finished the job with their plows.

Removing snow at the Casino is just one of the many jobs that the LMD does. The seven-person department also oversees the 12,000 acres of land that comprises the reservation.

They farm 1,600 acres of land in corn, soybeans, and wheat and cut hay in the spring. They also carry out the ground spraying for noxious weeds program for the Bureau of Indian Affairs (BIA) and are in charge of several other farm-related jobs.

They also keep up to date on the latest farming techniques through their involvement with other pro-

grams and departments like the United States Department of Agriculture (USDA), Indian Nations Conservation Alliance, Intertribal Agricultural Council (IAC), and Kansas State



Dan Dyer, sitting, with Chris Decoteau and Shawn Wadkins behind him. They were tracking the snow storm that hit the reservation Feb. 8.

University Agricultural Department, to name a few.



Above John Rupnicki is seen in the Land Department shop. The LMD moved into their own building on K Road in 2002.

Another major goal of the LMD is to preserve the land as much as possible in its natural state. Recently 1,000 acres was placed into a Conservation Reserve Program (CRP) that maintains and preserves the land naturally.

Some of the department personnel attended a training not long ago to learn about a no-till method of farming that is designed to conserve water and soil. They have also tapped into natural resource programs like the USDA's Natural Resource Conservation Service (NRCS) to learn how to preserve the land for future generations.

Dyer, who has a B.S. in Environmental Science from Haskell Indian Nations University and is a BPBN tribal member, has developed a five-year plan for the LMD since he came on board about a year and a half ago.

The LMD was established in 1995 and has been an ongoing department of the Nation since that time.

Other members in the department besides Dyer, Decoteau and Wadkins are John Rupnicki, Paul Jessepe, and John Levier who are land laborers, Heather Daugherty who is the office manager and Ann Decoteau who works in the Realty branch of the department handling real estate transactions and land purchases on the reservation.

Tribal Council person Rey Kitchkumme

is the Land Officer for the Nation.

The land laborers and Dyer are also cross trained as wild land fire fighters and they all have Class A driver's licenses and CPR certificates.

Dyer said he has an effective team and that they try to work cooperatively with other BPBN departments. "The Nation's departments have a lot of overlapping missions," he said, "so it's important that we try to work together."

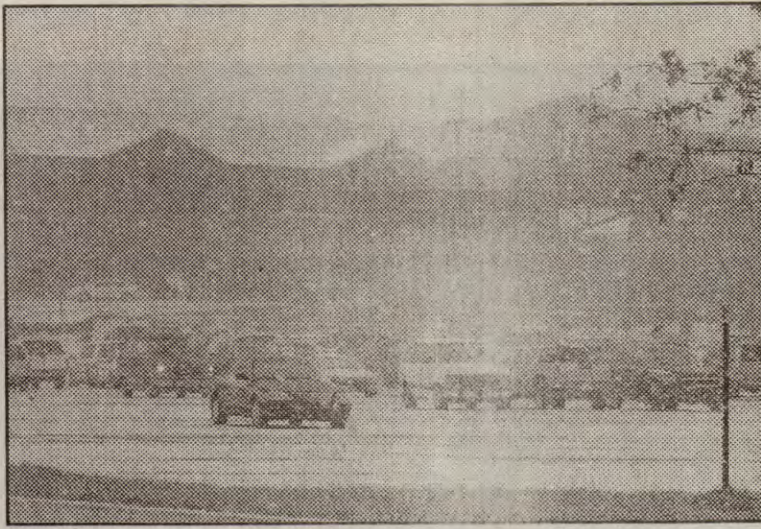
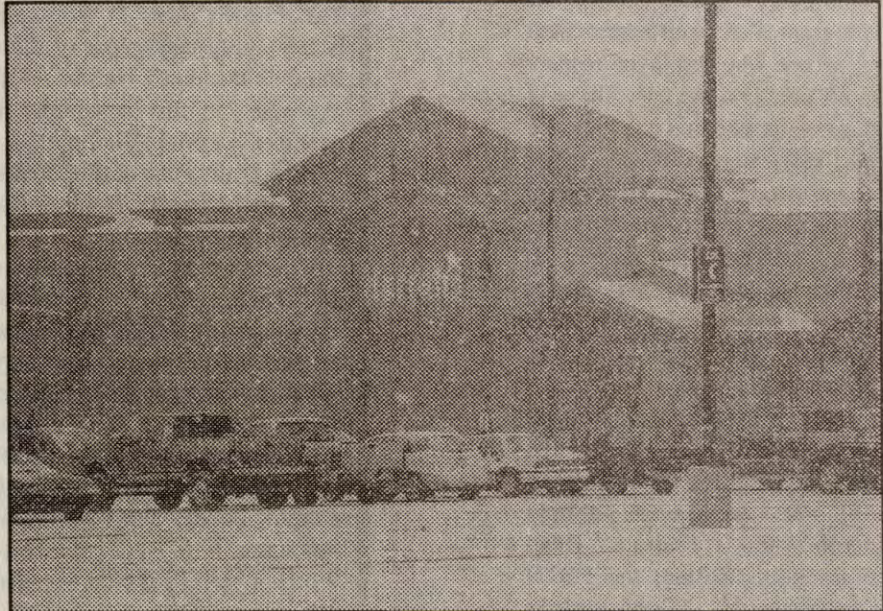
The LMD building is located across from



The Land Management Department: L to R: Heather Daugherty, Chris Decoteau, Dan Dyer, Shawn Wadkins, Ann Decoteau, and John Rupnicki. John Levier and Paul Jessepe also work for the Land Management Department but were not available the day this photo was taken.

the Elder Center housing site on K Rd and 150 Rd. The building was constructed between 2001-2002 and was totally BPBN funded.

By 11 a.m. on February 8 when the photos below were taken at Harrah's Casino the snow was coming down hard and already accumulating on the ground. It continued throughout the day finally ending that night. It is the Land Management Department's job to remove snow from the parking lots and other traffic ways at Harrah's Casino.



The next morning was a beautiful clear day as the photographs below show



photo by: Mary Young



Land Management Department Mission Statement

The mission of the Prairie Band Potawatomi Nations' Land Management Department is to protect and regain our tribal lands. To accomplish our mission, the LMD shall invoke the Prairie Band Potawatomi sovereignty and inherent right to our treaty lands. We will assert our paramount and superior claim to any grant or sale of tribal property to other entities-government or otherwise-and will regain our tribal properties through land acquisition.

The LMD is also responsible for the preservation of culturally significant sites; the conservation of the natural environment; the protection of land use for agriculture; and the assistance in the social and economic development of the Prairie Band Potawatomi Nation and our people.



When a man does a piece of work which is admired by all we say that it is wonderful; but when we see the changes of day and night, the sun, the moon, and the stars in the sky, and the changing seasons upon the earth, with their ripening fruits, anyone must realize that it is the work of someone more powerful than man.

-Chased-by-Bears (1843-1915)
Santee-Yanktonai Sioux

Department & Program News

Prairie Band Potawatomi News



Channel 27, a Topeka TV station, covered the event and are seen here visiting with Ryan Dyer and Zach Pahmahmie after the ceremony.



Photos above and right show Highland Park High School's TV Production Department that also received a donation.



4th Quarter Charitable Contributions draws Kansas Secretary of State



Above on the far right is Kansas Secretary of State Ron Thornburgh who is the honorary chair for the Torch Run that received a \$10,000 donation. To his left holding a Torch Run T-shirt is Gregory P. Askren, Kansas Highway Patrol Trooper and tribal member.

At left in the photo from left to right are Tribal Council members Jackie Mitchell, Ryan Dyer and Zach Pahmahmie.



Organizations that received contributions:

•Camp Kindle (Lincoln, NE)	\$20,000
•Shawnee Heights H.S. Navy JROTC (Topeka, KS)	\$4,800
•Haskell Future Tribal Leaders (Lawrence, KS)	\$5,000
•Kansas Endowment Association (Lawrence, KS) (KU Lied Center)	\$20,000
•Let's Help (Topeka, KS)	\$20,000
•Osage Nation Counseling Center (Pawhuska, OK)	\$20,000
•Metropolitan Ballet of Topeka (Topeka, KS)	\$5,000
•Delia Charter School (Delia, KS)	\$18,000
•Brown County NAC (Horton, KS)	\$3,000
•Women's Recovery Center (Topeka, KS)	\$20,000
•Seaman H.S. Band Boosters (Topeka, KS)	\$10,000
•Indian United Methodist Church (Horton, KS)	\$9,000
•Potawatomi United Methodist (Mayetta, KS)	\$3,000
•Randolph Elementary PTO (Topeka, KS)	\$8,400
•Sunflower Harmony Chorus (Topeka, KS)	\$5,000
•Living the Dream (Topeka, KS)	\$10,000
•Kansas African American Affairs Commission (Topeka, KS)	\$2,000
•Law Enforcement Torch Run (Concordia, KS)	\$10,000
•Native American Student Services (Lawrence, KS)	\$10,000
•Resource Center for Independent Living, Inc. (Topeka, KS)	\$20,000
•Community Hospital Onaga Health System (Onaga, KS)	\$20,000
•Learning in the Community (Topeka, KS)	\$20,000
•Hunter Health Clinic, Inc. (Wichita, KS)	\$20,000
•Highland Park H.S. TV Production Department (Topeka, KS)	\$10,000
•Royal Valley H.S. Cheer Squad (Mayetta, KS)	\$700
•Kaw Area Technical School (Topeka, KS)	\$20,000
•Haskell Food Services (Lawrence, KS)	\$20,000

At left are some members of the Seaman High School Band Boosters who demonstrated their talents before the crowd. Their group received a \$10,000 donation.

\$377,100 given at Charitable Contribution Awards Ceremony, January 26 at the Boys and Girls Club

Native American Singers & Dancers take first in 2005 Battle of the Plains

The Royal Valley Native American Singers/Dancers along with members from the Prairie Band Potawatomi Nation Boys/Girls Club, placed first in the 2005 Battle of the Plains dance competition held in Bartlesville, Okla. on January 22. The group also placed first in this competition last year.

Points were scored just as a contest pow wow. The group fielded 33 dancers in the competition. Total dancers including Tiny Tots totaled 40 from Royal Valley. Royal Valley had a total of 23 dancers who placed at the contest and scored 55 points. The New Dawn Dancers from Lawrence, Kan. won the consolation with 35 points, and the Operation Eagle Dance Group from Bartlesville won the consolation with 42 points.

Sponsors for the Royal Valley Native American Singers Dancers included: Anita Evans-sponsor/director, USD #337 Title VII Indian Ed. Program, Connie Peters, sponsor, Jim McKinney, master of ceremony and Joan Pahmahmie, bus driver/parent/Title

VII craft specialist.

PBPN Boys/Girls Club staff in attendance included Yvette Washington, PBPN

school and youth program were well represented by some fine young people who displayed respect at all times on the trip. She said that events like this one enhance the self-esteem of so many young people as they feel proud to display their dance skills.

Evans also wished to thank all the parents, aunts, uncles, and grandparents who attended the trip with the dancers.

"This support system is so important for programs like this to be successful," she said. She also wanted to publicly thank the Prairie Band Potawatomi Nation, the PBPN Charitable Contributions Committee, USD #337 and the PBPN Boys/Girls Club for their support of the organization.

The group organized thirteen years ago and most recently performed at the retirement celebration of Milton LaClair on February 2 at Harrah's Event Center.



Boys/Girls director and Cheryl Hopkins, staff member.

Dancer Placements

Tiny Tots

Mason Spoonhunter-Grass
Dane Spoonhunter-Grass
Kishno Bell-Jingle
Madison Green-Jingle
Pak-to-shuk Mitchell-Traditional
Zach Wahweotten-Traditional

Royal Valley Elementary School

Tamo Green-Jingle-1st
K-Rainer Brady-Grass-1st
1-Kwaki Spoonhunter-Fancy-2nd
*1-Hoga Pelkey-Grass
2-Ashleigh Hale-Fancy-2nd
2-Wahp LeClere-Grass-1st
2-Brennah Wahweotten-Fancy-1st
2-Natalie Fish-Fancy-2nd
2-Leonna Wilson-Fancy
3-Doug Green-Traditional-1st
3-Alicia Schofield-Fancy
4-Sylvana Levier-Traditional-1st
4-Cheyenne "Kek" Mitchell-Jingle-3rd
*4-Iriss Whitebird-Fancy



*connotes Boys/Girls Club member

Royal Valley Middle School

5-Andrea Alvarado-Fancy-3rd
5-Nadas Green-Fancy-Miss Kickapoo Nation-2nd
*5-Alex Pelkey-Grass-1st
*7-Isiah Shopteese-Grass-3rd
7-Ashli Gracia-Fancy
*7-Brittney Pelkey-Jingle-1st
8-Sydney Jessepe-Traditional-2nd
8-Evan Evans-Traditional-2nd
8-Wa-skeh Littleaxe-Grass-1st
8-Shanna Greemore-Fancy
8-Erin Pahmahmie-Traditional-3rd



Royal Valley High School

9-Carrie Garrison-Fancy-Head Girl Dancer
*9-Russell Shobney-Grass
10-Stephanie McClure-Jingle
10-Tara Mitchell-Jingle-2nd
10-Ella Garcia-Fancy-2nd
10-Tamara Pahmahmie-Fancy-Miss Potawatomi Nations-1st
10-Lindsey Houston-Buckskin-3rd
*11-Stephanie Shopteese-Miss Prairie Band Potawatomi Nation
12-Andrea Fowler-Fancy

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Prairie Band Potawatomi News

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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.

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

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

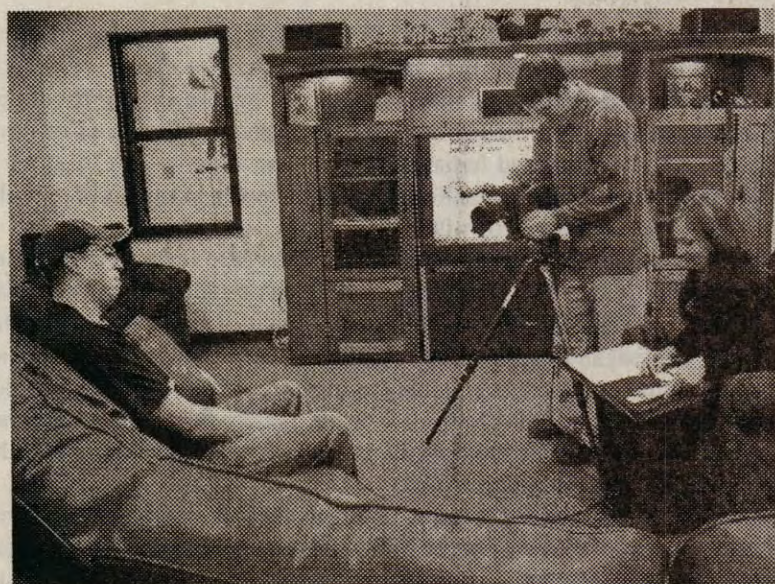
To contact the PBPN Tribal Government:

16281 Q Road
Mayetta, KS 66509

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

Nathan Hale featured as 'Kansas Hero' on Topeka television station

Boys & Girls Club Teen Director helps children learn and grow

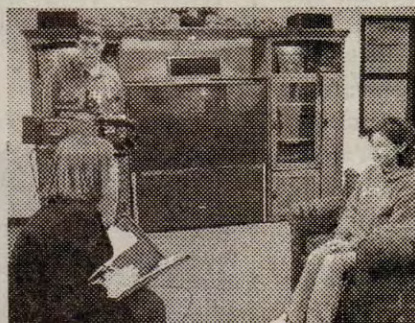


In the photo above is Suzy Jim, 10, who spoke to the reporters about Nathan. Below, Courtney Dodds, 11, is seen being interviewed by WIBW while they were here.



Part of the television spot showed these children enjoying watching a video at the Boys and Girls Club after school.

Nathan Hale, teen director for the Boys & Girls Club, is seen here being interviewed by Stephanie Wurtz and J.B. Bauersfeld, reporters from WIBW-TV Channel 13, for a feature segment that they air called "Kansas Heroes." Nathan was selected for his work and lifelong commitment to the Club. The spot aired on February 6 during the 10 p.m. News and also featured aspects of the Boys & Girls Club facility and some of the children at play. Nathan lives on the reservation and has worked professionally with the Nation's youth for four years.



If I can change one kid's life, it will make it all worthwhile to be here...

This is a good place to work because it's like a family---the whole community is a big family.

-Nathan Hale

Boys & Girls Club happenings

Boys & Girls Club raise funds for tsunami children

The PBPB Boys & Girls Club conducted a local fundraising drive to help tsunami children of South Asia and East Africa as part of a National Boys & Girls Club fundraising effort. The overall goal was to raise \$1 million dollars.

They hosted a chili and cinnamon roll fundraiser on January 21 at the Club and conducted a penny drive by placing penny canisters around the government center.

Coed volleyball league started

Eight teams are participating in a coed volleyball league at the Boys & Girls Club. Teams play on Sunday afternoons.

An open letter from the Boys & Girls Club Director, Yvette Washington

Greetings everyone,

I'm sending this message to people who have either previously volunteered at the Boys & Girls Club of the Prairie Band Potawatomi Nation in some capacity or to those who we believe have something valuable to offer our Club.

The staff is looking forward to a great year and we are in the planning stages of securing programs and special events for our youth during spring break, which is from March 21, 2005 through March 25, 2005, and for our summer program which will be from June 2005 to the first half of August 2005.

We stress five core program areas: character and leadership development, education and career development, health and life skills, the arts and sports, and fitness and recreation.

We serve the youth in our local community who are age 5 to 18. We are looking for lectures, various courses, group activities, cultural exchanges, interactive activities, mentors, games, some field trips, and volunteers. We are always open for suggestions and recommendations.

If any of you are interested in assisting in any way, please feel free to contact me at your convenience. I can be reached at 785-966-3031 from 9 a.m. to 6 p.m. Monday through Friday. Please forward this message to any individual or organization who may benefit our program. In addition, if our organization may assist you in your programs or activities please contact us.

Thank you for your time and interest in providing a fun and safe place for the children in our community!

Sincerely,
Yvette Washington
Director
Boys & Girls Club of the Prairie Band Potawatomi Nation
15424 K Road
Mayetta, KS 66509
phone: 785-966-3031
fax: 785-966-3018
email: yvettew@pbpnation.org



Boys & Girls Club Staff

- Vincent Bohnekemper
- Stephanie Greemore
- Nathan Hale
- Cheryl Hopkins
- Erin (Kumos) Hubbard
- Theresa Kitchkommie
- Patrick Mills
- Rachel Smelter
- Roy Spoonhunter
- Yvette Washington

The Rosalynn Carter Fellowships for Mental Health Journalism

The Mental Health Program of The Carter Center in Atlanta, Ga., announces six one-year journalism fellowships. The Rosalynn Carter Fellowships for Mental Health Journalism are designed to enhance public understanding of mental health issues and combat stigma and discrimination against people with mental illnesses. The fellowships begin in September 2005.

The program is open to print and electronic journalists with a minimum of two years of professional experience.

Each fellow will be awarded a \$10,000 grant and two expense paid trips to The Carter Center to meet with program staff and advisers.

Projects will be tailored to the experience and interests of the fellows, who will consult with the program's distinguished advisory board.

Fellows will not be required to leave their current employment.

"This program is an exciting component of our efforts to reduce stigma and discrimination against those with mental illnesses. I look forward to working with each of our fellows to promote awareness of these important issues."
-Rosalynn Carter

The application deadline is April 25, 2005.

To apply, write or e-mail:
Rebecca G. Palant, M.S.
The Carter Center Mental Health Program
One Copenhill
453 Freedom Parkway
Atlanta, GA 30307
ccmhp@emory.edu
www.cartercenter.org



NEW EDUCATION DEPARTMENT WEB SITE HELPS COMBAT PROBLEM OF DIPLOMA MILLS

U.S. Department of Education
Office of Public Affairs, News Branch
400 Maryland Ave., S.W.
Washington, D.C. 20202

www.oep.ed.gov/accreditation lists accredited colleges, universities and trade schools

Students and employers can now access a master list of accredited colleges, universities, and career and trade schools -- thus helping combat the growing problem of diploma mills -- thanks to a new Department of Education Web site unveiled today by Department officials, the Federal Trade Commission, the Office of Personnel Management and U.S. Reps. Mike Castle, Buck McKeon and Tom Davis.

"This new Web site -- www.oep.ed.gov/accreditation -- is an important tool to combat the growing industry of diploma mills that scam unsuspecting consumers and employers by offering fraudulent degrees," said Assistant Secretary of Education Sally Stroup. "On behalf of Secretary Spellings, I would like to thank Sen. Collins and Congressmen Boehner, Castle, Davis and McKeon for their support. This Web site is the first step in our continued efforts to increase awareness and provide useful information to the public."

Diploma mills operate outside the purview of the accreditation process and the Department of Education's oversight of federal student aid programs. Consequently, they threaten to devalue the genuine education credentials of millions of Americans.

It should be noted that some institutions have chosen not to participate in the federal student aid program and therefore do not have to be approved by an accrediting agency recognized by the Department. While these institutions do

not appear on the Department's list, they may be legitimate schools. Stroup encouraged consumers and employers to use the list as an initial source of information and to investigate further whenever an institution does not appear on the list.

Last January, after discussions with Sen. Susan Collins, Department of Education officials brought together federal and state representatives to discuss the most effective ways to combat the rising problem of diploma mills. Last May, Stroup testified before Congress on the problem of diploma mills and pledged a coordinated, ongoing effort by the Department along with other state and federal entities to address the issue.

In addition to the new Web site, the Federal Trade Commission announced a new publication, *Avoid Fake-Degree Burns* by Researching Academic Credentials-a resource for hiring managers and human resources professionals, with information on the Department of Education's database and other tools to help assess academic credentials.

The publication, available at www.ftc.gov/bcp/conline/pubs/buspubs/diplomamills.htm, also identifies red flags that indicate a job applicant's claimed academic credentials could be bogus.



American Indian Journalism Institute
Now Accepting Applications for 2005 June Session

VERMILLION, S.D.-The American Indian Journalism Institute, a training program for Native American college students, is now accepting applications for its new class in June.

The application deadline is March 31, 2005.

The Freedom Forum, a nonpartisan foundation promoting employment diversity in newspaper newsrooms, will fully fund and run the annual academic journalism program. The program, now in its fifth year, provides journalism training for about 25 Native American college students each year. This year's program will be held June 5-24, 2005, at the Al Neuharth Media Center at the University of South Dakota.

Graduates of the program receive four hours of college credit awarded by the university, including a \$500 stipend/scholarship from the Freedom Forum, paid when students return to college full time in the fall 2005.

Top graduates of the program receive paid internships as reporters and photographers at daily newspapers for the remainder of the summer. AIJI graduates also have an opportunity to join the staff of reznets.org, the online Native American college newspaper, as paid reporters or photographers once they return to school.

To be eligible for AIJI, students must be enrolled in a college and have completed their freshman year. Applicants must also be an enrolled member of a federally or state recognized tribe or be able to prove lineage if asked.

While tuition, fees, books, room and board are provided free, students must be able to provide their own transportation to and from Vermillion, S.D. They must attend the full program beginning Sunday afternoon, June 5, and ending Friday afternoon, June 24.

The application process:

Jack Marsh, the director of AIJI, said he prefers that students be nominated for the institute. Nominations can come from educators, mentors, elders or other interested parties. Students may also nominate themselves. If they do, however, it is recommended that one or more letters from a teacher, counselor or elder accompany their completed application.

Nominations should be made in the form of a letter addressed to: Jack Marsh, executive director, Al Neuharth Media Center, 555 Dakota St., Vermillion, SD 57069.

Nominations are also being accepted by e-mail at: jmarsh@freedomforum.org.

Native Waters traveling exhibit includes Potawatomi

by: Suzanne Heck and Mary Young

A traveling exhibit called Native Waters that features Native American tribes including the Potawatomi has been touring the Midwest this year.

In the exhibit the Potawatomi are featured as one of the 22 tribes who reside in the Missouri River basin. The exhibit is being placed in schools and cultural centers as a means of educating the public about the importance of the Missouri River water system.

Greg Wold, PBP's biologist who works in



The Lakota used a rawhide cylinder like this one to carry water from the streams

the Nation's Planning & Environmental Protection Department, assisted in the creation of the exhibit that was designed by the Native Waters Project at Montana State University in cooperation with the Science Museum of Minnesota, the Piegan Institute, and the University of Washington's Center for Indigenous Media.

The exhibit recently stopped at Haskell

Designed in the shape of a tipi, the audio area lets patrons hear stories about water from Native children and adults



Water is powerful. Especially when it starts moving.
—Potawatamink, Potawatomi Tribal Member

Indian Nations University where these photos were taken. Prior to that, the exhibit made regional stops at the Sac and Fox Tribal Museum in Reserve, Kan. and the Native American Heritage Museum in Highland, Kan.

In the exhibit are audio and video areas and interactive displays like a Missouri River LED map, a non-point source pollution marble game, and two displays on how to construct a watershed. The exhibit is designed to share cultural and scientific knowledge and offers multiple ways of understanding water—through art, symbol, metaphor, and science. The exhibit is complete when people interact within it.

The photo below shows the outer wall of the exhibit which is a mural of the Missouri River watershed



When patrons enter the exhibit they can pick up a Native Waters Kids Activity Booklet that explains items in further detail and it also contains educational puzzles and games for children.

The exhibit was scheduled to end at Haskell on January 31 and will next travel to Marty Indian School in South Dakota where it will be exhibited.

For more information about the exhibit log on to www.nativewaters.org or call (406) 994-3911.

Department of Planning & Environmental Protection and Nation dedicated to water quality programs

Recognizing that water is a precious commodity the PBP are ensuring that their water needs will be met in the future and that what they have is protected for future generations.

For example, last spring new waterlines were installed on the reservation that are providing more water pressure and support for future fire-sprinkler systems to be installed in new buildings on the reservation, like the proposed Indian Health Center to be on 158 Rd.

The Nation also constructed a new 300,000 gallon water tower at that time to replace RWD #3 tower that only held 70,000 gallons of water.

The Department of Planning & Environmental Protection is also dedicated to ensuring the quality of water on the reservation. For instance, some of the staff were trained how to monitor ground water through the help of USGS mobile water quality labs in June 2002 and a Tribal water supply project also began in spring 2003, funded by an ANA grant that provided technical data about water quantity and quality to guide decisions for a Tribal Water District.

The Department of Planning also operates a waste water treatment plant and a Government Center Package Plant that treats millions of gallons of water annually, with ultra-violet light chlorine disinfectant treatment respectively.

The PBP are also into looking in to alternative systems that are geared to improving the quality of water. Last summer a cross section of PBP government leaders and department personnel along with environmental engineers from Burns & McDonald traveled to western Kansas where they toured a Reverse Osmosis plant in Garden City.



From left to right are Don Novak and Rob Everard, Burns & McDonnell, Jim Shane, Greg Wold, Patty Potter, Roy Ogden, Perry Smith, Jim Potter and Lynn Freese. Smith and Freese of Wheatland Electric hosted the group who were on a tour of a Reverse Osmosis plant located in Garden City, Kan. Part of the plant can be seen in the background and in front of the group. The News staff accompanied the group on the alternative-energy tour that also included a visit to a Wind Energy plant in Montezuma, Kan. last summer.

Terry Scott, Chief of Tribal Police 2004 Employee of the Year

Terry Scott, Tribal Chief of Police, was named Employee of the Year at the all employee meeting held on February 4.

He was selected for his past contributions to the Nation and was chosen over eleven

other Employee-of-the-Month recipients.

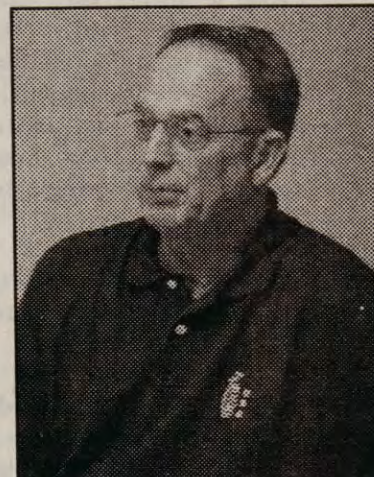
The photos below of Scott, were shot by the News staff at various times throughout the year and shows the variety of work that he does for the Nation.



In the photo above is Chief Scott on the far left, next to Chair Zach Pahmahmie at the SB-9 signing ceremony held in the Governor's office on April 28. Scott was instrumental in getting the SB-9 law before the Kansas legislature that allows tribal police officers to enforce state laws against non-Indian offenders on the reservation.



Scott was also active in community events last year. Here he is seen on the right participating in a law panel at Washburn University with two other Native American law experts. Scott has a Cherokee heritage and worked for the Highway Patrol for over 25 years before he began working for the PBP.



This photo was taken on the day that the PBP police force were sworn in as Kansas officers for the first time.



A wet Terry Scott was a target for the dunk tank at the The Challenge, a fundraising event, sponsored by the tribe's emergency services held last fall. The event raised money for the Foster Children Christmas Gift Drive which is administered by Tribal police.

Prairie Band Potawatomi Nation 7th Annual Earth Day Celebration

Logo Design Contest

\$100 Cash Prize for selected artwork

to be used on 2005 Earth Day T-shirts and posters.

Artwork must be submitted on 8 1/2 x 11 paper, and any form of medium may be used. Please write your name and contact information on separate paper.

Design may reflect one of the themes listed below or artist may create an original theme.

Respect It! Protect It!

What on Earth Are You Doing?

Who Says We Can't Change the World?

Think Globally. Act Locally.

Loving the Earth

I Need the Earth and the Earth Needs Me

Earth Day – Every Day

Clean and Green

Give Earth a Chance

One Earth One Family

One Earth One Spirit

One People One Planet

Deadline to submit design: March 11, 2005

Please submit entries to the PBP Planning and Environmental Protection Office
15434 K Road, Mayetta, KS 66509
(785) 966-2946

All submitted work will be displayed at the Earth Day Celebration.

Prairie Band Potawatomi Nation
7th Annual Earth Day Celebration
Sunday, April 17, 2005
Prairie People's Park, Mayetta, Kansas

Environmental Information/Activities, Tree/Shrub/Flower Bulb Giveaway,
Community Clean-up Projects, Golden Age & Youth Activities,
Run/Walk/Bike Ride, Community Awards and Recognition Presentation
and many more family-friendly activities!

News from Social Services

Tribal Police receive thanks from Social Services for Tribal Foster Care & ICWA Christmas Gift Drive

Some of the Social Services staff made cookies and other treats for the tribal police to thank them for administering the Foster Care & ICWA Christmas gift drive this year. The drive raised over \$4,000 worth of gifts for 30 tribal children between the ages of 1-17.

In the photo, right, are employees of Social Services and the Police. L to R are Rebekah Potts, Eric Hale, Sam Grant, Matt Johnson, Robin Guerrero, Sue Alleman, Kathy Slimmer, and Larry Pickman.



Social Services also publicly thanked Tribal Police with an appreciation plaque at the all-employee meeting on February 4



Stopping to pose at the 4th Charitable Contributions ceremony was Robin Guerrero of the Social Services Department with John Nave. John is on the Topeka City Council and attended the ceremony on behalf of the Living the Dream organization that received a donation.

Social Services Dept
16322 Q Rd
Mayetta, KS 66509
announces
that

they are now the access point for the region's SRS since the Holton SRS office closed.

Applications for Low Income Energy Assistance Program (LEAP) or filing with SRS are available in the office.

Brochures are also available on

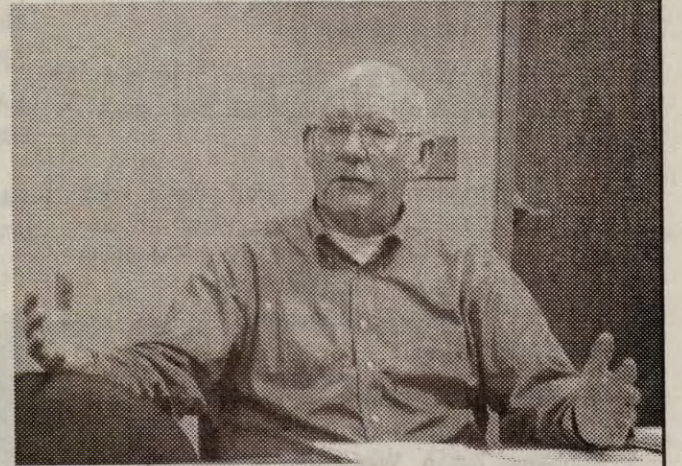
- child abuse
- reporting fraud
- working healthy
- receiving medical information

Social Services toll free: (888) 966-2932

Vocational Rehabilitation program receives training from Washington, D.C. Tribal VR expert



The photo at right is of Dick Corbridge, a Vocational Rehabilitation (VR) consultant from Washington, D.C., who visited the Nation recently to conduct a VR training session. Corbridge has over 40 years of experience in tribal VR programs.



A joint meeting between Corbridge, the PBPB VR, Kansas VR and CAP (Client Assistance Program) took place on the day this photo was taken. From left to right are Kansas VR Counselors Sharidy Fluke and Kent Shumaker, and CAP Director, Sharon Kears.



This photo shows the PBPB VR staff at the meeting sitting across from Corbridge. During the two-days Corbridge was here he also met with Tribal Council and other PBPB administrators to consult with them about the PBPB VR program.



Fire Keepers Elder Center Update



Fire Keepers Elder Center now owns a handicap van called a Vanteria as of Thursday, Feb. 3, 2005. The van can accommodate two wheelchairs for a total of twelve passengers including the driver and co-pilot. At press time, the first destination was unknown.

Training of the staff to operate the van began early in the morning with a video. Later, it was hands-on.

The photo at right: Carol DeWitt unlocking the wheelchair access door. Warren Wahweotten waits on the wheelchair to be lifted into the van.



Who will be the lucky winner of the star quilt drawing scheduled for March 5 at the Golden Age Ladies 8-Ball Tournament? The star quilt is part of a fundraiser taking place at the Fire Keepers Elder Center.



Photo at left: All eyes are on the television to learn the fine points of the Vanteria.



Those who are in training include: (photo at left, L-R): Tuttie Kern, Carol DeWitt, Joy Yoshida, Warren Wahweotten, Thedi Uhl, and Nona Wahweotten. Carol DeWitt is holding a wheelchair clamp.



March Potawatomi Fire Keepers Elder Center "2005"

Lunch Hours 11:30-12:30
Menu Subject to Change

	Tuesday	Wednesday	Thursday	Friday
Monday	Beef & Barley Soup Beef Sandwich Fruit Salad Crackers	Glazed Chicken Mashed Potatoes Steamed Zucchini Dinner Roll	Ham & Bean Casserole Steamed Broccoli Tossed Salad Corn Bread	Fish Sandwich Tomato Soup Cole Slaw Spinach Salad
Ham & Ch. Croissants Minestone Soup Fruit Salad Crackers	Meatloaf Potato & Gravy Green Beans Dinner Roll	Chicken Thigh Cacciatore Wild Rice Cauliflower Dinner Roll	Birthday Dinner Indian Tacos	Chicken Rice Casserole Zucchini & Carrots Tossed Salad Biscuits
Beef & Spaghetti Green Beans Tossed Salad Garlic Bread	Country Fried Steak Mashed Potatoes Steamed Broccoli Dinner Roll	BBQ Pork Sandwich Potato Salad Pork & Beans Waldorf Salad	Sweet & Sour Broccoli Chicken / Egg Soup Chinese Fried Rice Tossed Salad	Fish Sticks Macaroni & Cheese Brussels Sprouts Dinner Roll
Ham & Beans Sliced Carrots Corn Bread Chefs Salad	Pork Chops Mashed Potatoes Succotash Dinner Roll	Deli Sandwich Chicken Rice Soup Jell-o Fruit Salad Cheese & Crackers	Lemon Chicken Baked Potato Vegetable Casserole Dinner Roll	Closed Good Friday
Turkey Shepherd Pie Cottage Cheese Tossed Salad Biscuits	Chicken Tenders Grilled New Potato Broccoli Normandy Dinner Roll	Goulash Mixed Vegetables Tossed Salad Garlic Bread	Liver & Onions Mashed Potato Green Bean Casserole Dinner Roll	Native Seniors 50+ Free Adults \$3.50 Children \$2.00

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, Wednesday, 7 p.m. to ??, We Ta Se Building, 15434 K Rd.

Alanon/Alateen Unheard Voices, Monday at 5 p.m. at the We Ta Se Building, 15434 K Rd.

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 NA Meeting— Friday at 6:00 pm at the We Ta Se building, 15434 K Rd.

Domestic Violence Support Group every Tuesday at 6:30 p.m. to 8:00 p.m. at the Rock Bldg., 16233 Q Rd. Contact person: Rose Bone 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).



Elder Abuse

Submitted by Rose Bone

I am Rose Bone the new Family Violence Prevention Program Coordinator. I started work here on January 3, 2005.

I came here from Battered Women's Task Force in Topeka after spending several years working with the agency in several different capacities.

I started out as a crisis line volunteer, served two internships in childcare and social work, shelter worker, case manager and my final position was the Protection from Abuse Coordinator located at Shawnee County Courthouse.

Elder Abuse

What is elder abuse?

- Elder abuse is usually defined as the physical or psychological mistreatment of an elder and can include taking financial advantage or neglecting the care of an elder.



How do I determine if an elder is being abused?

Physical Abuse Indicators

- Frequent unexplained injuries (bruises, broken limbs, welts, cuts, and grip marks).
- Disorientation or grogginess. (may indicate misuse of medication by the caregiver).
- Unnatural fear and edginess in the presence of a caregiver.

Indicators of Neglect

- Malnutrition in an elderly person who cannot get food without help.
- Decline in personal hygiene.
- Disregard of elder in family affairs.
- Lack of needed medication or aids.
- Lack of material needs of life.

Psychosocial Abuse Indicators

- Exclusion of an elder from discussions on major decisions.
- Absence of emotional warmth toward the elder.
- Social isolation - whether physically or

emotionally isolated.

- Verbal assault (shouting, treating them like a child, degrading remarks, threatening.)

Material Abuse Indicators

- Cashing of checks or withdrawing of money from bank account without proper authorization from the elder

Bills and expenses continuously unpaid

- Standard of living not appropriate for an elder's income level
- Sudden sale of property belonging to an elderly person
- Sudden revision of the elder's will, naming a new beneficiary
- Disproportionately high contribution by the elder to house-hold expenses

Spiritual Abuse Indicators

- Not allowed to attend services or traditional functions.
- Items missing from the home that the elder values as traditional or spiritual items.

What can I do about elder abuse?

If you have concerns you can call

866-495-6980	Northeast region includes Jackson and Shawnee counties.
785-296-6980	Topeka.
800-922-5330	If after hours, call Statewide Protection Reporting Center.
966-2932	Kathy Slimmer, LCSW
966-0173	Rose Bone, FVPP
966-3024	Tribal Police

Every person—every man, woman, and child—deserves to be treated with respect and with caring.

Every person—no matter how young or how old—deserves to be safe from harm by those who live with them, care for them, or come in day-to-day contact with them. —Courtesy of 2005 American Psychological Association-online.

Fried Bread Man

In this February issue of the *Prairie Band Potawatomi News*, the three children, Joe Fast Elk, Mary Swift Bird, and Linda Sitting Arrow are talking about another fellow student in their fifth grade class. This student has been disruptive and cannot seem to pay attention in class. He seems to be always in trouble by being sent to the principals office or having to take time-out by doing errands for Ms. Red Horse. The kids are inside a comfortable bark house sitting on logs around a blazing crackling fire that Joe has prepared. There are patches of snow on the ground. A half moon shines in the clear night and the stars twinkle like diamonds. The children do their tobacco offering and become silent as they pray together.

A warm comforting fog engulfs the three, and Fried Bread Man walks out of the cloud. He greets each child, and shakes their hand, and wishes them "Happy Valentines Day" and then proceeds to sit on a log across from the kids. Fried Bread Man smiles at the kids and says, "It's good to see the three of you this month and how have you three been?"

Mary reports, "We had a good month."

"But we are concerned about a fellow student," said Linda.

"We have known this student since kindergarten," said Joe.

"Can you tell me more about the student?" asked Fried Bread Man.

"I can tell you Fried Bread Man. His name is Andrew White Wolf but everyone calls him Kebaswèn," said Mary. "He comes from a large family of nine kids. He is a middle child. The three of us have been classmates since kindergarten with Kebaswèn. We always thought he had lots of energy, but his school behavior has worsened in the past three years."

"Fried Bread Man, it's like he has a hard time to pay attention in class. He gets up and walks around and makes other kids laugh by being funny," said Linda.

"This year I feel bad for him. He's been getting sent out of class when he starts to act up," said Joe. "I still play with him during recess but after we go back to class he seems to have a hard time to calm down," said Joe.

"The three of us would like to help him but we don't know how," said Mary.

"Fried Bread Man, can you help us to help our classmate Kebaswèn?" asked Linda.

"Tell me something," asked Fried Bread Man, "why do they call Andrew Kebaswèn?"

"Because Andrew is full of mischief," said

Mary. "Andrew has had that nickname ever since he was a little boy. Everyone on the reservation knows him by that nickname," Mary further reported.

"Joe, do you think you could invite Kebaswèn to our next visit?" asked Fried Bread Man.

"I will certainly try to talk to him and extend an invitation," said Joe.

"Is there anything we can do for him in the meantime?" asked Linda.

"Yes, there is a way we can start to help Kebaswèn," said Fried Bread Man. "In fact, we can start this evening. We can do a tobacco offering and offer a prayer for Kebaswèn so that he can be helped," said Fried Bread Man.

The three kids make their offering and Fried Bread Man prays to the Creator to help Andrew White Wolf or Kebaswèn. After the prayer is completed, Fried Bread Man tells the three children, "Try to understand and be patient with him in school. He cannot help himself, but he needs extra help from his family, school, and the clinic."

"Maybe one day Kebaswèn can join our group," said Joe.

"Next month is the beginning of spring. Nature is waking up from her rest and new plant, animal, and winged life will begin its cycle," said Fried Bread Man.

"I know what you mean Fried Bread Man," said Joe. "I have been seeing flocks of ducks and geese flying north. They seem to be announcing to the people that spring is coming," said Joe. "It's good to see our winged friends the robins. You can hear them singing happily before you even see them," said Joe.

Mary said, "I like watching the robins as they play tug of war with the worms they are feeding on."

"Before we close, I would like to mention one thing to you three children," said Fried Bread Man. "Our next season is spring, the beginning of new life. It will be a time of spring rain. We should offer our tobacco when we first hear thunder or see lightning. If we are playing, cease our activity until the rain or storm passes. This way we offer our respect to the divine natures. The rain offers moisture to the ground in which plants are brought to life. We as people need water to keep us alive and should always be thankful for these small blessings."

Until next month, Fried Bread Man is concluding this month's article.

Mischief is Kebaswèn in Potawatomi.



Recipe Corner

By Mary Young

Meals and time seem to be synonymous when it comes to cooking a healthy and delicious meal, especially when other activities are scheduled in the same time slot. These recipes may just be what the cook is looking for, especially after a long day. The following recipes work during the week or weekend. According to the reader who sent them in, they are delicious and easy to make.

Courtesy and permission by the authors Linda Coffee and Bob Cale. For more information or to order the cookbook, go to the website: www.fouringredientcookbook.com and/or call (800) 757-0838.

Green Bean Salad

1 can (16 oz.) French style green beans drained
8 cherry tomatoes (halved)
4 fresh green onions (sliced)
1/2 cup fat-free French dressing

Combine ingredients. Chill at least one hour before serving. Serve on a bed of lettuce. Makes four 1/2 cup servings.

French Onion Rice

1 cup long-grain white rice
1/4 cup fat-free margarine
1 can onion soup, plus one can of water
1 can (4 oz.) chopped mushrooms

Lightly brown rice in margarine. Add soup, water, and mushrooms. Cover and simmer about 25 minutes or until liquid is gone. Fluff and serve. For less sodium, use fresh mushrooms instead of canned. Makes six 1/2 cup servings.

Savory Sunday Roast

2 lbs. lean chuck roast
1/2 pkg. onion soup mix

1 cup carrots (peeled)
2 cups potatoes (peeled and quartered)

Place chuck roast in roasting pan with lid. Sprinkle onion soup mix on top of roast. Place carrots and potatoes for about four hours.

Pineapple Orange Fluff

1 pkg. (3 oz.) sugar-free orange Jell-O
1 can (15 oz.) water-packed crushed pineapple juice (undrained)
2 cups buttermilk
1 container (8 oz.) Cool Whip Lite

Heat crushed pineapple and add orange Jell-O. Stir until Jell-O is dissolved. Cool for about 15 minutes. Add buttermilk and Cool Whip. Stir until blended, then refrigerate until firm.

Squash/Cranberry Concoction

Submitted by Suzanne Heck



This is a delicious way to use up that extra squash you have left over from last fall. It is best served warm and can be used as a side dish for meals or as a breakfast dish or for dessert. Pour it over ice cream or place a dollop of whip cream on top if you are not counting calories.

1 butternut squash
1 bag fresh or frozen cranberries
1 fresh orange or can of mandarin oranges
1 bag of cherries or 2 cups fresh
1 mango or pineapple, if available
1/2 cup water
1/2 cup corn syrup
1/2 cup Splenda sweetener or sugar

In a crockpot, place peeled and cubed squash, cranberries, cherries, mango, pineapple, and water. Heat on high for three hours. Add corn syrup and add substitute sugar to taste for sweetness. Cook on low for another hour. Serve hot. Makes 6 servings.

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

American Stroke Association

A Division of American Heart Association

Let's Talk About Lifestyle Changes To Prevent Stroke

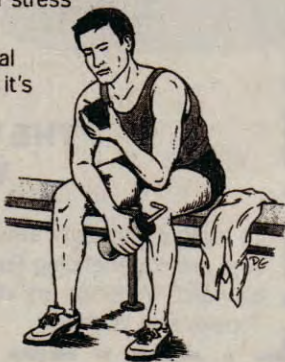
How can I make my lifestyle healthier?

You can do plenty to get your heart and blood vessels in shape, even if you've had a stroke. Healthier lifestyles play a big part in decreasing disability and death from stroke and heart attack. Here are the steps to take:

- Don't smoke.
- Improve your eating habits.
- Exercise regularly.
- Take your medicine as directed.
- Get your blood pressure checked and control it if it's high.

- Maintain a healthy weight.
- Decrease your stress level.

- Seek emotional support when it's needed.
- Have regular medical checkups.



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www.americanheart.org
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How do I stop smoking?

- Make an agreement with yourself to quit.
- Ask your healthcare professional for information and programs that may help.
- Fight the urge to smoke by going to smoke-free facilities. Avoid staying around people who smoke.

- Keep busy doing things that make it hard to smoke, like working in the yard.
- Remind yourself that smoking causes many diseases, can harm others and is deadly.
- Ask your family and friends to support you.

How do I change my eating habits?

- Ask your doctor, nurse or a licensed nutritionist for help.
- Be aware of your special needs, especially if you have high blood pressure, high cholesterol or diabetes.
- Avoid foods like egg yolks, fatty meats, butter and cream, which are high in fat and cholesterol.
- Eat moderate amounts of food and cut

- down on saturated fat, sugar and salt.
- Bake, broil, roast and boil (don't fry foods).
- Avoid most "fast food" and read nutrition labels on packaged meals.
- Limit alcohol to one drink a day.
- Eat more fruit, vegetables, cereals, dried peas and beans, pasta, fish, poultry and lean meats.

Ask the Dentist

Jessica A. Rickert, D.D.S.

Dear Dr. Rickert,
How important is it to wear a mouthguard during sports?
B-Ball Brian

Dear B-Ball,

Sports are a great way to stay fit and have fun. But, there is certainly a risk of injury whenever there are bodies slamming into each other, walls, balls and floors. Injuries to the face are common in any sport. Many injuries to the mouth can be avoided or lessened with the faithful use of an athletic mouthguard. Many states mandate the mouthguard be used in certain athletics such as football. The following sports should require the use of a guard: acrobatics; basketball; bicycling; boxing; extreme sports; field hockey; football; gymnastics; handball; ice hockey; inline skating; lacrosse; martial arts; racquetball; rugby; shot-put and discus; javelin; skateboarding; skydiving; soccer; softball; squash; surfing; volleyball; water polo; weightlifting; and wrestling.

Thousands of dollars in dental treatment can be avoided with the faithful use of a mouthguard. Also, trauma to the lips and cheeks is lessened with the mouthguard in place. Broken jaws have been avoided.

A mouthguard needs to be durable and tough.

It should be comfortable and properly fitted. There are 3 types of mouthguards:

- A ready-made or stock mouthguard.
- The "boil and bite" type which is formed in your mouth to your teeth.
- A custom-made mouthguard provided by the dentist.

Usually, the guard covers only the upper teeth, but there are reasons for the dentist to recommend a lower mouthguard and even situations when both jaws are protected. I do recommend the custom-made mouthguard, but it is more expensive. An adequate compromise is the "boil and Bite" guard, if you very carefully follow the directions.



If you take good care of the guard, it will last a long time. Be sure to brush it every night with regular toothpaste and toothbrush. You can soak it in an anti-septic mouthwash overnight, to kill the bacteria which can live in the plastic. Be sure to store it in a hard, plastic case. Avoid any hot temperature, even inside a closed car in the summer. The heat can distort the plastic.

If there are cracks, tears or holes in the guard, get a new one. The plastics come in many colors, even multi-colored and with sparkles. Many of my patients like neon stripes, and it is quite a surprise when they smile.

For more information go to "www.sportsdentistry-iasd.org".



Winter Tip Reminders

The mention of winter evokes images of sparkling snowflakes and skaters gracefully gliding across the ice. But winter can also be a time of illness and injury, if people fail to take adequate health and safety precautions.

Hypothermia

Hypothermia a drop in body temperature to 95 degrees or less can be fatal if not detected promptly and treated properly. In the United States, about 700 deaths occur each year from hypothermia.

While hypothermia can happen to anyone, the elderly run the highest risk because their bodies often do not adjust to changes in temperature quickly and they may be unaware that they are gradually getting colder. The condition usually develops over a period of time, anywhere from a few days to several weeks, and even mildly cool indoor temperatures of 60 to 65 degrees can trigger it. If you have elderly relatives or friends who live alone, encourage them to set their thermostats above 65 degrees to avoid hypothermia.

When the body temperature drops, the blood vessels near the surface of the body narrow to reduce heat loss. Muscles begin to tighten to make heat. If the body temperature continues to drop, the person will begin to shiver. The shivering continues until the temperature drops to about 90 degrees. Temperatures below 90 degrees create a life-threatening situation.

Signs of hypothermia include forgetfulness, drowsiness, slurred speech, change in appearance (e.g., puffy face), weak pulse, slow heartbeat, and very slow and shallow breathing. If the body temperature drops to or below 86 degrees, a person may slip into a coma or have a death-like appearance.

ance.

If you notice these symptoms in a person, take his or her temperature. If it is 95 degrees or below, call a doctor or ambulance or take the victim directly to a hospital. To prevent further heat loss, wrap the patient in a warm blanket. A hot water bottle or electric heating pad (set on low) can be applied to the person's stomach. If the victim is alert, give small quantities of warm food or drink.

There are several things you should not do to a hypothermia victim. Do not give alcoholic beverages. Do not give a hot shower or bath, since it could cause shock. Generally, do not try to treat hypothermia at home. The condition should be treated in a hospital.

Frostbite

The parts of the body most affected by frostbite are exposed areas of the face (cheeks, nose, chin, forehead), the ears, wrists, hands and feet. Frostbitten skin is whitish and stiff and feels numb rather than painful. When spending time outdoors during cold weather, be alert for signs of frostbite and, if you notice any, take immediate action.

To treat frostbite, warm the affected part of the body gradually. Wrap the area in blankets, sweaters, coats, etc. If no warm wrappings are available, place frostbitten hands under the armpits or use your body to cover the affected area. Seek medical attention immediately.

Do not rub frostbitten areas; the friction can damage the tissue. Do not apply snow to frostbitten areas. Because its temperature is below freezing, snow will aggravate the condition.

Courtesy of Illinois Dept. of Public Health, www.idph.state.il.us/public/hb/hbwinter.htm

What about exercise?

- Check with your doctor before you start.
- Start slowly and build up to at least 30 minutes a session at least three to four times per week.
- Try new ways of exercising — dancing, weight training, warm-water exercise, tai chi or specialized videotapes for home activities.

Let's Talk About Lifestyle Changes To Prevent Stroke (continued)

How can I learn more?

- Talk to your doctor, nurse or other healthcare professionals. Ask about other stroke topics. This is one of many *Let's Talk About Stroke* fact sheets available.
- For more information on stroke, or to receive additional fact sheets, call the American Stroke Association at 1-888-4-STROKE (1-888-478-7653) or visit us online at StrokeAssociation.org.
- If you or someone you know has had a stroke, call the American

- Exercise reduces your risk of heart attack and stroke and makes your heart stronger.
- It helps control your weight and blood pressure, helps you relax and can improve your mood.
- Look for even small chances to be more active. Take the stairs instead of an elevator and park farther from your destination.

Stroke Association's "Warmline" at 1-888-4-STROKE (1-888-478-7653), and:

- ✓ Speak with other stroke survivors and caregivers, trained to answer your questions and offer support
- ✓ Get information on stroke support groups in your area
- ✓ Sign up to get *Stroke Connection Magazine*, a free publication for stroke survivors and caregivers

What are the Warning Signs of Stroke?

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headaches with no known cause

Learn to recognize a stroke. *Because time lost is brain lost.*

Today there are treatments that can reduce the risk of damage from the most common type of stroke, but only if you get help quickly — within 3 hours of your first symptoms.

Call 9-1-1 immediately if you experience these warning signs!

Do you have questions for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your healthcare provider:

What is the most important change I can make?

What programs are available to help me?

What if I go back to bad habits?

What kind of exercise can I do safely?

The statistics in this kit were up to date at publication. For the latest statistics, see the Heart Disease and Stroke Statistics Update at americanheart.org/statistics.

The American Stroke Association is a division of the American Heart Association. Your contributions will support research and educational programs that help reduce disability and death from stroke.

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American Stroke Association

A Division of American Heart Association

CMS Making Medicare Make Sense

Answers to some of the most commonly asked Medicare questions

Q. I have heard that Medicare just recently announced a timely demonstration that will help pay for antiviral medicines until May 31 of this year, for Medicare beneficiaries who get the flu. Tell us about this demonstration.

A. The Centers for Medicare & Medicaid Services is interested in finding out if providing coverage for antiviral medicines will reduce the impact of influenza in the Medicare community by reducing hospitalizations and serious complications of the flu.

By far, the best protection against flu is vaccination. However it can take two weeks for the vaccine to provide full protection. For this reason, Medicare is making additional coverage available for antiviral medications that can treat or prevent the spread of flu.

In general, the vaccination should be sufficient to protect you against the flu. Those who receive the flu vaccination, but are exposed to the flu within two weeks of vaccination, can use antiviral medicines until they are fully immunized.

Medicare will pay for the antiviral medicines for flu only if your doctor prescribes it.

Influenza antiviral medicines are drugs that suppress the ability of influenza viruses to reproduce. When used correctly, they can reduce the duration of symptoms and some complications from influenza virus infection.

Antiviral medications are used along with vaccines to prevent and treat influenza. They most often are used to control flu outbreaks in institutions, such as nursing homes or hospitals where people at high risk for complications from flu are in close contact with each other.

These medications may be given in syrup, caplet or tablet form. Consult with your doctor

about whether you should get antiviral medications for influenza.

How long antiviral drugs should be taken depends on how they are used. To prevent flu, antiviral drugs should be taken for as long as influenza viruses are circulating in a given setting. For example antiviral medications would be taken for the duration of outbreak activity in a nursing home. This could last for several weeks, depending on the extent of the outbreak. To treat flu, individuals must take an antiviral within two days of onset of illness and continue taking the medication for five days.

All Medicare beneficiaries are covered for antiviral medicines under the demonstration project. Those with traditional Medicare can take their prescription directly to the pharmacy. The usual Part B deductible and co-payment apply. The co-payment for antiviral medicines for treating flu is no different than with your other covered Medicare services. In addition, co-payments will help Medicare contain the overall cost of providing this coverage under the demonstration.

Those with Medicare drug discount cards must check with their drug card sponsor to see if they are participating in the demonstration. If your sponsor is participating, you can have your prescription filled as usual at the negotiated price. If beneficiaries have a drug card with the \$600 transitional assistance, their \$600 will not be charged. If you have a Medicare-approved drug card, and they are not participating in this flu antiviral demonstration, you may have the prescription filled at your local pharmacy without using the drug discount card and Medicare will still pay.

If you are in a Medicare Advantage Plan, you will have your prescription filled at the pharmacy just as if you were participating in traditional Medicare Part B. You will also pay the coinsurance as if you were participating in traditional Medicare Part B. Ask your plan for more information.

If you have a covered Part A hospital stay, and are given flu antiviral medicines they will be covered as part of the hospital stay.

As always call 1-800-Medicare which is 1-800-633-4227, or visit www.medicare.gov for answers to your Medicare questions.

More Winter Health Tips

In the most recent snow storm to hit the northeast corner of Kansas (Feb. 8, 2005), an estimate of six inches had fallen. Precaution is advised when shoveling snow, especially if you are one of the following:

- elderly
- have a chronic health problem
- you are not used to strenuous activity.

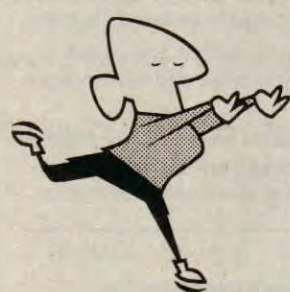


Perkins Whitetail, note the snow flying in the air.

Photo by Suzanne Heck

Snow Shoveling

- Never smoke while shoveling.
- Stop and rest while shoveling.
- Have someone monitor your progress and share the workload, they can also call for help if needed.
- Hire someone to help shovel or use a snow blower. But remember, the snow blower will not eliminate the health risk.
- Stretch arm and legs before shoveling, muscle injuries could occur.
- Where shoes with soles to prevent falls.



Get in shape! Aerobics

When: Mondays & Wednesdays
Time: 5:15 - 6:15 p.m.
Where: Stone Bldg (next to PBPB Government Center)
Instructor: Leslie Marshno (785) 966-4037
(possible cancellations during inclement weather)

Classes are free. Come dance and have fun



Gourd Dance Special
on
March 5, 2005
noon-10 p.m.

Big Gage Shelter House
in Gage Park,
Topeka, Kan.

Host Society
WE-TA-SE POST #410

Co-Host
THE WICHITA INTERTRIBAL
WARRIORS SOCIETY

To bring community awareness and attention for all veterans who are experiencing Post-Traumatic-Stress-Disorder issues from all wars. Veterans are receiving help from VA Hospital Units in Topeka and Wichita.



Got some news
to share?

Send it to:
Potawatomi
News
P.O. Box 116
Mayetta, KS
66509

deadline: 15th
of each month

July 16, Annual General Council Meeting



Thank You Letters

I would like to say thank you to everyone in the community and all of my fellow employees who expressed their concern and well wishes for me following my car accident in January.

It was a bad ordeal that was made a little better by knowing that so many people cared about my well-being. I appreciate all of the cards and flowers that were sent as well as all the phone calls I received. I would also like to thank everyone who offered up prayers for me. It is good to know that I am part of such a caring community. Thank you all.

I would also like to express gratitude to Donna Valdivia and Yvette Washington, both of whom were there at the scene after my accident. It was comforting during such a traumatic time to have familiar faces with me.

In particular, Donna went above and beyond, by taking charge of the situation and calling 911 and my family. Donna was with me throughout the entire ordeal, arriving shortly before my car caught on fire. Donna let me wait in her car for the ambulance and gave me her coat because I was cold. She even followed the ambulance to the hospital to be sure I was all right. Her presence throughout was reassuring. Donna remained calm and collected and I will always be grateful to her for being there that morning.

Sincerely and with heartfelt thanks,

Liana McGeer

I want to thank the many people that took the time to vote in our last Tribal Council election and especially the people that supported me. I will continue to support our people, our endeavors, and contribute to the welfare of our Nation.

In closing, I, also, would like to congratulate Nabi on his standing as a Tribal Council member. I wish him the best with his new responsibilities. I appreciate Peggy and Tom, too, in the fact that they are willing to serve and represent all members of the Prairie Band Potawatomi Nation during this time of tremendous growth and change.

Thank you,

Tony Wahweotten

December 28, 2004 will be a day to remember. I was scared, not at first, but when I walked into the Bingo Hall and saw all the people. I didn't want to cry because I don't cry pretty.

But thanks, mi-gwett and igiyen to everyone for the cards, gifts, and money, train ride.

Judy Wabaunsee



The Third Annual Potawatomi Language Conference

The Gift of Language
Giving & Sharing

When: June 6,7,8,9 2005
Where: Prairie Band Reservation, Mayetta, Kan.
Hosted by: The Potawatomi Language Restoration Project Inc.
P.O. Box 82, Mayetta, Kan.
Contact: Lou & Lisa Aitkens, ph: 785-966-2464
email: lou_aitkens@hotmail.com

We would like to extend an invitation to all who are interested in the Potawatomi language to come and join us. We will be sending out fliers with an agenda later with more detailed information.

If you plan to attend please notify us (no fees) so we may plan accordingly for the number of attendees.

Prairie Garden Apartments going up!



Contractors and Jim Shane of the PBPB Construction department are working through the winter to finish the new housing addition for senior citizens. The addition is located southeast of the Elder Center on K Road on the reservation.

Just a reminder

Health Center (100 W. 6th) will be closed
Friday, February 25
&
Monday, February 28

New Health Center (510 Kansas) opens
Tuesday, March 1

located in Holton, KS

Call toll free: 866-694-6728 or 785-364-2176
to schedule an appointment

Haskell Indian Nations University Parade of Colors honors veterans at basketball games



The We-Ta-Se American Legion Post #410 were invited to be in a Parade of Colors Veterans Homecoming at Haskell on February 12. In front is Emery Hale holding the Eagle Staff. Other tribal color guards were also invited to participate.

The We-Ta-Se Color Guard, seen left holding the flags, led the Parade of Colors that took place before the Haskell men's basketball game and after the Lady Indians game.



Tribal member
wants a lady penpal!

Jimmy T. Levier, #6536
EDCF PO Box 311
El Dorado, KS 67042



Flag Ceremony
by
We-Ta-Se Post #410
on Flag Day
February 24, 2005
11 a.m.
Prairie Peoples Park

Ganiŕtèk (those who are born)



Cayenne Nasky Wahquahboshkuk

Born: Thursday, November 18, 2004
Time: 8:49 am
Weight: 5 pounds and 12 ounces
Length: 17 1/2 inches
Parents: Samantha Wahquahboshkuk and Gregory Nasky



Veronica Jayne Lukens

Born: January 18, 2005
Parents: Rhoda and John Lukens
Monroe, N.C.
Grandparents: Rodger and Darlene Young
Edgewater, M.D.
Great Grandparents: Jim and Agnes McKinney
Mayetta, KS

Ttiwenmo eginigyè (Happy day you were born)



Happy Belated 2nd birthday
on January 3, 2005
to our
sweetie Nsowahkwet
Love
Mama, Yaya, Nene & sister



Happy
Birthday,
Liana
February 24



Love,
Mom

More

Prairie Band Potawatomi Nation
Pow Wow Celebration
June 10-12, 2005
Mayetta, KS

- Drum Contest \$12,500
- Dance Contests \$34,850
- Plenty of camping-limited RV space
- 4 Person Golf Scramble
- Rez Ride Motorcycle Run

for more information go to www.PowWows.com

Community

12th Annual Potawatomi Gathering
hosted by
NOTTAWASEPPI HURON BAND OF POTAWATOMI
July 28-31, 2005
Check in day-July 27, 2005
on the reservation
2221 1 1/2 Mile Road
Fulton, MI 49052
Phone: 269-729-5151, Fax: 269-729-5920

News

Congratulations
to
Ashleigh Shohn
1st place
in local and state science fairs & cultural
award
Circle of Nations School
Wahpeton, ND



Area Churches

By Mary Young

Baptist

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.

Prairie Band Baptist Outreach
Pastor Terry L. Paine, 104 Sin Del Dr.,
Holton, KS (785) 364-9333

St. Marys Bible Baptist Church
601 Durink, St. Marys, KS
(The church sits along Hwy. 63)

Sunday School: 9:30 a.m.
Worship: 10:30 a.m.
Evening: 6:00 p.m.
Wednesday: 7:00 p.m.

Catholic

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

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

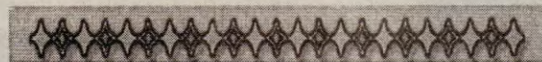
Potawatomi United Methodist
On O Rd. between 142 and 150 Rd.
14413 O Road
Rev. Howard Sudduth

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

Rev. Howard Sudduth, pastor, and the members of the Potawatomi United Methodist Church at 14413 O Road, would like to announce to the Indian community that we have changed the spelling of Potawatomi to the more commonly accepted spelling with only one letter "t" at the beginning, in keeping with our desire to be more of a part of the reservation community. At the same time, we wish to extend a personal invitation to anyone seeking a church home to our church on O Road. Any and all persons are welcome.

Pentecostal

Potawatomi Pentecostal Church
4-1/2 mi. west of mi. marker 134
Sunday: 10 am - Sunday School
10:45 am - Worship service
7 pm - Evening Worship



THE BIBLE SAYS

By Pastor Terry Paine

"Though I speak with the tongues of men and of angels, and have not charity, (love), I am become as sounding brass, or a tinkling cymbal." (1 Corinthians 13:1)

If you read Chapter 12 of 1 Corinthians, the Apostle Paul gives evidence of the people's "lack of love." Then Paul goes on in Chapter 13 to "define" REAL LOVE (or charity).

The Bible tells us that Love is more important than all the other spiritual gifts that are used in the church. Great faith (acts of dedication or sacrifice), and even miracle working power, will produce very little without love.

Love makes our actions and gifts useful. Although people have different gifts, love is available to everyone.

Sometimes people confuse "LOVE" for "LUST". Unlike lust, God's kind of love (an Agape Love) is directed "OUTWARD" towards others, not "INWARD" toward ourselves. Agape love is utterly unselfish! This

kind of love is not natural! It is only possible if God helps us set aside our own desires and instincts, so we can give love, while expecting nothing in return. Thus, the closer we come to Jesus, the more love we will show to others.

In John, chapter 21, verses 15-17, Jesus asked Peter three times if Peter loved Him. The first time Jesus asked, "Lovest thou me more than these?" Jesus was asking Peter if he loved Him more than his close friends, James and John; more than his brother, Andrew; more than his love of fishing (he was a fisherman by trade); more than anything this world can offer. Peter answered back, "Yea, Lord; thou knowest that I love thee." It was then that the Lord Jesus said to him, "Feed my lambs." Before Christ would commit his lambs (the small and weaker ones) to Peter's care, He wanted to know (and wanted Peter to know), if he loved Christ with "Agape" love. (The self-sacrificial love that God has for us, and that a good Pastor or parent! should have for the younger and weaker ones in his flock or family.)

The second time Jesus asks Peter the question "Lovest thou me?" he focused on Peter alone. This time when Peter answers yes, Christ says, "Feed my sheep." (The older and stronger ones). Jesus cares for us older folks too!

The third time Jesus asks, the word "love" is translated in the Greek as "Phileo" (signifying affection or a brotherly kind of love.). Jesus is in effect asking, "Are you even my friend?"

Jesus doesn't settle for quick, superficial answers. I wonder how you and I would respond if Jesus asked us face-to-face, "Lovest thou me?" could we truly answer yes? Do we really love Jesus? Are we a true friend to Him? Jesus said, "If you love me, keep my commandments." Are we following God's commandments, or our own way?

Jesus loves us with Agape Love. He sacrificed all to give you salvation. It is a free gift, but we must accept that gift! ; Have you called upon His name to be saved? Why not do that today? Why not fall in Love with the Savior today?



Kamboŕtèk (those who died)

Kendall M. Rice

Kendall M. Rice, 73, Minneapolis, MN, died Saturday, Jan. 15, 2005, at St. Louis Park, MN.

He was born October 14, 1931, at Quinter, KS, the son of John and Edith (Nahquabe) Rice.

Mr. Rice was a member of the Prairie Band Potawatomi Nation and Native American Church.

His parents; brothers Andrew, William "Bill", and Eddie; sisters Lillian, Audrey, Darlene, Dallas and Marie preceded him in death. At his request, he was buried next to his children Lloyd Morris and Rose Lynn.

Survivors include his wife Lillian of 56 years; four sons, Richard, Arnold, Sherwin, and William; one daughter Victoria (Mimi), one adopted daughter Myrna Medicine Horse; 19 grandchildren and ten great-grandchildren.

Visitation was held on Sunday at the Upper Midwest American Indian Center in Minneapolis, MN. Funeral services were held on Monday, at the home of Arnie Rice in Hayward, WI. Mr. Rice was interred at the Johnson Family Cemetery Partridge Lake at Star Lake, WI.



Nebne Kisès

February is Sucker Fish Moon



Back page / Gaming Chair Retires

Prairie Band Potawatomi News



Group photo of Post 410 members, Ernie Stevens, Jr. and Milton LaClair. Above photo (L-r): Jim McKinney, Jim Darnall, Ernie Stevens, Jr., Milton LaClair, Francis Shopteese, and BJ Darnall.



Surprise retirement party: Milton LaClair retires

Ernie Stevens, Jr., National Indian Gaming Association (NIGA) Chairman, likened Milton to a living legend among the great chiefs such as Chief Crazy Horse, Geronimo and Red Cloud. "When you think of these chiefs you think of Milt." He also hoped Milton would be able to attend the NIGA conference in San Diego this year to accept the National Regulator of the Year award, this award is the highest ranking award to be given in gaming. Stevens further stated, "If Milton is unable to attend, I will bring the award to him."

Guest speaker Patrick Browne, Harrah's Senior Vice President and General Manager, said "On behalf of our employee team, thank you for promoting harmony, regulatory leadership and business climate of trust."

Presentation of plaque and flag

To commemorate Milton's retirement, Mark Adame, the new Gaming Executive Director, presented a plaque to him and BJ Darnall, Post 410 Commander, presented the flag. The certificate read as follows: "This flag was flown onboard an RC-135 RIVET JOINT (RJ), tail #135 in support of Operation Northern Watch, patrolling the skies over northern Iraq. 488th Intelligence squadron Royal Air Force Mildenhall, United Kingdom, September 2002, signed Curtis R. Wells, SMSgt, USAF, RIVET JOINT Airborne Mission Supervisor."



Gary Mitchell, Master of Ceremonies.



Plaque and flag presentation: (L-r): Mark Adame, BJ Darnall and Milton LaClair. Melissa Tecumseh is in the background.

(Photo by Suzanne Heck)



(L-r): Zach Pahmahmie, Ernie Stevens, Jr., Gary Mitchell, and speaker John McElroy.
(Photo by Suzanne Heck)



Honor dance.

(Photo by Suzanne Heck)



Little Soldier Singers.



Father and daughter, Andy and Jackie Mitchell, attend the celebration.

Photos by Mary Young



(L-r): Ernie Stevens, Jr. and Zach Pahmahmie.



Waiting for the festivities to begin. (L-r): Arlene Lingo, Gwen Shunatona and Vestina Nonken, relatives of Milton. Andy Mitchell is walking in the background.



Rey Kitchkumme with Joetta Walrod. Joetta also celebrated her birthday.



Many people attended the retirement party. They lined up to congratulate Milton.



Steve and Delores Ortiz enjoying the occasion. Sarah Patterson is seated behind them.



Evan Evans getting ready to do a special dance.



Jim Potter smiles for the camera. In the background is Steve Ortiz and family.



Ryan Dyer enjoying a good joke.



Meeks Jackson helped to celebrate Milt's day.



Harrah's Casino was represented with (L-r): Blake Garrison, Jr. Wahweotten and Mike Jackson.

