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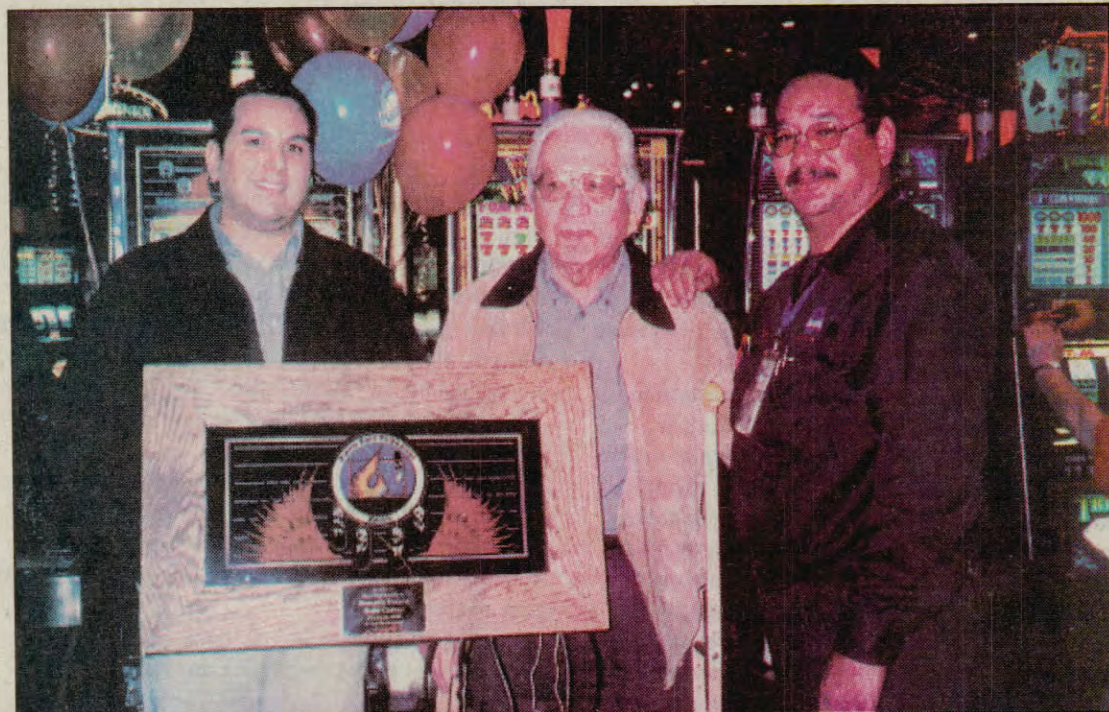


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Prairie Band Potawatomi News

January 2003 EDITION

A Report to the People of the Prairie Band Potawatomi Nation



Unveiling of the new slot product. Hardy Eteeyan made the PBP logo and Frank LaClair designed the fire wings. (L-R): Zach Pahmahmie, Tribal Chair, Milton LeClair, Gaming Commissioner and son, Frank LeClair, Harrah's Slot Technician.

Exciting New Slot Product Only at Harrah's Prairie Band Casino Arrived, Wednesday, January 8, 2003

To commemorate Harrah's Prairie Band Casino's 5th anniversary, 11 games with the Potawatomi Tribal logo will be featured and are located in various locations on the floor. The denominations are \$0.25, \$1.00, and \$5.00.

Be sure to tell our players
about our new products

Potawatomi Gathering 2003 Update

The Hannahville Indian Community
is hosting the Gathering this year.

The location is Wilson, Michigan—
just 13 miles west of Escanaba.

The dates of the Celebration are
JULY 31, 2003 to AUGUST 03, 2003.

We are currently taking names of Prairie Band
Potawatomi Nation Members who are interested in
riding up in one of the 5 buses we have reserved.



Sign up in Roy Ogden's Office
OR call (877) 715-6789 ext# 4107.
Please leave your name, message,
and a phone number where you can be reached.

(Departing from Mayetta on JULY 29th
Returning to Mayetta, on AUGUST 4th 2003)

Page 2, see "UNOFFICIAL MOTIONS" of January 2003 Special General Council Meeting.

Inauguration Festivities

By Mary Young

To kick off the Native American portion of the "Kansas Family Festival Day" festivities on Sunday, January 12, 2003, prior to the inauguration of the 44th governor of Kansas, Governor-elect Kathleen Sebelius made an appearance at 1 and 3 pm at the Kansas Expo Center-Heritage Hall.

Posting of Colors began at 1 pm with entertainment following, and representation from the four nations of Kansas including Haskell and the Kansas City Warriors Society. Jim McKinney was the emcee and the Little Soldier Singers were the invited drum, they opened with the Grand Entry, Honor Song and Flag song. The Royal Valley High School Native American Club dancers performed and the Potawatomi Princess, Ashley Whitetail gave a speech and Krista Catron, the Allied Tribes Princess, was introduced.

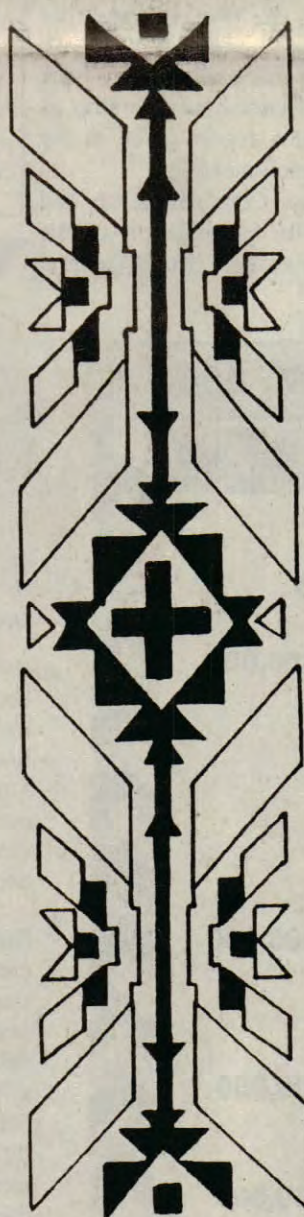
After the posting of the colors, Kathleen Sebelius addressed the audience by saying, "This is your land, how beautiful and diverse Kansas is, the people, talent and energies...and to participate in this new administration, I'm delighted to be here."

Sunday's festivities concluded at 4 pm.

Article continues on back page.



Gail Dupuis with Governor-elect Kathleen Sebelius going over the Native American portion of the "Kansas Family Festival Day" festivities on Sunday, January 12, 2003.



Bon Voyage: a Caribbean Cruise

By Mary Young

Contrary to reports that New Orleans is quite warm during the winter months, Marge Abney and Leroy Mzhickteno can attest to the fact that New Orleans was cold the first week of January when they took a Carnival Cruise to Jamaica where the temperature ranged from mild to "the hottest." Their cruise embarked at New Orleans to Grand Cayman but they only made it to shore at Montego Bay, a shopping haven if you like to shop and where you can get great bargains! Since Puerto Rico is the rum capital of the world, and Leroy could not refuse a bargain, he brought home some

rum cake.

Rough waters and two turn-arounds occurred while on board, two passengers experienced heart attacks. This did not put a damper on their trip or fun! Something was going on all the time such as the Las Vegas shows, casino or ordering pizza 24-hours a day. Marge stated that she did not win at the casino!

Although the ship was as long as three football fields and had nine floors, and 20 bars, Leroy said, "Some bars just did not have Bud Light!"

They traveled and dined with six couples from Topeka. Marge said there was gourmet food galore but the chefs knew nothing

of biscuits and gravy! Being deprived of this delicacy for seven days, she made biscuits and gravy for two days beginning with their arrival at the nearest Kansas City International (KCI) Airport restaurants.

Marge and Leroy had booked their passage at least three months in advance prior to their departure.

They also recommend, "Everyone should try to go on a cruise in their lifetime because it's a nice experience and it's fun." They also recommend that you start out with a four-day cruise.

Their next trip may be on the sister ship, Carnival Glory!



UNOFFICIAL MOTIONS OF JANUARY 18, 2003 SPECIAL GENERAL COUNCIL MEETING

The motions of the January 18, 2003 Special General Council Meeting are being reported in rough draft for those of you Prairie Band Potawatomi Nation members who are unable to attend the meetings. **Please note that these are the "UNOFFICIAL" motions.**

At 9:05 am, Chairman Pahmahmie announces a courtesy protocol for the day that included: try to minimize number of additions to agenda, 3-minute time limit at the microphone, and only one time at microphone per item.

Invocation given by Vice Chairman Gary E. Mitchell.

Quorum count 144.

Motions Made and Vote Results

Motion #1 – Juanita Jessepe asked that Social Service Board Activity update be moved up on agenda since it has not been addressed in the last few meetings – possibly prior to Treasurer's Report. Mildred Rohr seconded. Vote: Favor 96; Opposed 0. **Motion Passes.**

Action: Ms. Jessepe's Social Service Board Activity eventually gets pushed behind many other issues. During the day, Ms. Jessepe departs for the day, requesting that Chairman Pahmahmie announce that she did prepare handouts of the SS Board Activities.

Motion #2 – Angie Wahweotten made a motion to move Healthcare-Choctaw Nation Health Consulting-Terry Rice up on the agenda since Mr. Rice will only be in the area between 9 am and noon. Mamie Rupnicki seconds. Vote: Favor 86; Opposed 0. **Motion Passes.**

Action: Health Care Issue was moved up on agenda. However, Mr. Rice wasn't ever called on to respond to questions from the floor.

Motion #3 – Badger Wahwassuck made a motion to put Low Tax Credit Agreement issue signed by Jayne Garcia before the social services. Vote: Favor 103 for; Opposed 9. **Motion Passes.**

Action: This action was moved up on the agenda as requested.

Motion #4 – Joyce Guerrero made a motion to move Gaming Commissioner Report up under Treasurer's Report. Vote: Favor 92; Opposed 1. **Motion Passes.**

Action: This report gets moved up as requested.

Motion #5 – Laura Abeyta made a motion to add Tribal Police on to Agenda. It will be (a) under new business.

Vote: Favor 95; Opposed 0. **Motion Passes.**

Action: Tribal Police gets on the agenda. However, the quorum was lost during the afternoon before Ms. Abeyta could address this issue.

Motion #6 – Marilyn Hale-Wakolee calls for the orders of the day. She also makes a motion to approve the January 18 additions. Vote: Favor 108; Opposed 3. **Motion Passes.**

Motion #7 – Marilyn Hale-Wakolee made a motion to approve as a blanket order the revotes on motions passed from the October 19, 2002 General Council Meeting. (1-4, 6, 8, 9, 11-15, and 17) Vote: Favor 22; Opposed 89. **Motion Fails.**

Action: General Council disagrees because the revote prompted that there were issues that needed looked at separately and in more depth.

Motion #8 – Juanita Jessepe made a motion to add social services after the revote on motions have been cleaned up. Mildred Rohr seconds. Vote: Favor 112; Opposed 0. **Motion Passes.**

Motion #9 – Juanita Jessepe made a motion to vote on motions 2-9 (excluding 5, 6, & 7) as a blanket order. Vote: Favor 111; Opposed 0. **Motion Passes.**

Action: Blanket motions included the following:

- Motion #2 – approve the Agenda of 10-19-2002
- Motion #3 – approve the Minutes of July 20th, 2002 General Council meeting
- Motion #4 – approve 2nd Quarter 2002 Financial Report
- Motion #8 – that the Tribal Council develop, create a package, an economic development package that includes the two economic development commission positions that we have discussed in the past and present to the Tribal Council and General membership as soon as possible and a report given at the 1/18/03 General Council meeting
- Motion #9 – get Tax Commission up and running and ready for presentation to the General membership at the 1/18/03 General Council meeting

Motion #10 – Arlene Wahwasuck made a motion to approve \$50,000.00 donation to the Marian Clinic in Topeka. Pete Seymour seconds motion. Vote: Favor 87; Opposed 19. **Motion Passes.**

Action: A public ceremony took place on January 15, 2003 in public forum – see Related article.)

Motion #11 – Arlene Wahwasuck made a motion to approve a temporary contract position in 2003 for the Prairie Band Potawatomi Nation Committee for a health care services manager. Dale Delg seconds motion. Vote: Favor 94; Opposed 31. **Motion Passes.**

Action: This is a new temporary contract position that will be referred and administered through the Prairie Band Potawatomi Nation's Human Resource office.

Motion #12 – Motion was by Arlene Wahwasuck and seconded by Dale Delg to set aside \$6 million for the health building. The Committee will come back to the April meeting with a plan on the building. Vote: Favor 127; Opposed 30. **Motion Passes.**

Action: Potter makes an important announcement before his Treasurer's Report. "There is nothing left in 2003 for Economic Development of the Revenue Allocation Plan – 0 left after the \$6 million set aside for the health facility." (In follow up inquiry regarding this statement, Potter says it is true, but that the money which had previously been earmarked for the 2 Economic Development positions had been set aside. These job descriptions went back on open posting on Friday, January 24, 2003. Potter said that no one was selected from the first candidate search which was giving priority to Nation members. The search is now a national search and we'll be looking beyond Nation membership to find suitable personnel.)

Motion #13 – Motion 13 was to have Tribal Council write a letter of intent to 638 contract health care to the Oklahoma City Area Indian health Service. (It was noted that this has already been done.) Vote: Favor 98; Opposed 28. **Motion Passes.**

Motion #14 – Motion 14, to buy dentures for Inez Dodds, was withdrawn by Ms. Dodds as IHS purchased them for her.

Motion #15 – Mary Wilson made a motion to approve the 2003 BPPN Housing Plan. Seconded by

After lunch, Potter gives the Financial Report. Crowd begins to dwindle; tensions have decreased. This report used to be "center stage." Now, once Potter puts out the lights for the Power Point financial report, the crowd slips out the back door.

All the morning Agenda additions pushed Potter's report to the last item of the day—leaving some items completely off of the agenda as time ran out!

Tony Wahweotten. Vote: Favor 43; Opposed 111. **Motion Fails.**

Action: See Motion #18 as Housing Plan was brought back for a revote.

Motion #16 – Badger Wahwasuck made a motion to mandate Tribal Council to suspend Jayne Garcia without pay until further investigation and following personnel policy procedures until the next meeting with a full report regarding the tax credit program. Vote: Favor 68; Opposed 92. **Motion Fails.**

Motion #17 – Break for lunch – informal unanimous dismissal.

Motion #18 – Gwen Shunatona made a motion to open up the housing plan and reconsider voting to continue services – the \$5 million plan. Ryan Dyer asked that an amendment to this be considered – minus the Tax Credit program. Vote: Favor 136; Oppose 0. **Motion Passes.**

(Secretary advised, or had an erroneous note.)

Motion #19 – Marilyn Hale-Wakolee made a motion to approve the 3rd quarter 2002 financial report, second by Tony Wahweotten. Vote: Favor 100; Oppose 0. **Motion Passes.**

Motion #20 – Marilyn Hale-Wakolee made a motion to table approving the Treasurer's Report until the April General Council Meeting, seconded by Vestina Nonken. Vote: Favor 81; Oppose 0. **Motion Passes.**

Quorum lost at 3:45; meeting adjourned.



Confusion Surrounds 2003 Housing Program at JANUARY 2003 SPECIAL GENERAL COUNCIL MEETING

Doris A. Potts

Reviewing the motions of the day, it can be said that housing was right there at the top of the list of controversial issues. For years, it's been said that more houses are desperately needed on the reservation. More houses are now being constructed for our members. At the January General Council meeting, General Council stopped the entire process for about two hours!

During the morning session, a motion was made to continue the 2003 Housing Program Plan. Discussion followed with Badger Wahwassuck repeatedly saying that Jayne Garcia had signed an agreement on behalf of the Nation which could have the adverse affect of diminishing our sovereignty, giving the State of Kansas powers that could supercede our authority as a sovereign entity which could ultimately mean land loss. She had no authority to sign this document.

General Council voted to discontinue the 2003 Housing Plan. The 2003 Housing Plan includes the senior citizen "Garden Apartments," a part of the Tax Credit Program.

Tribal Council Housing Liaison Jackie Mitchell repeatedly responded that there was a mistake in the signing. However, that is being taken care of with the proper signatures on the legal documents. There is no threat of the state taking our lands away. Tribal Council is obliging by their mandates of looking out for the best interest of the people when it comes to protecting our lands.

Nation members from the floor supported Mitchell, responding that the General Council would be out of line if G.C. began firing people. This is a human resource process. The Nation does have a formal procedure established for such a personnel matter. As a Nation, we would be setting ourselves up for all sorts of civil law suits the members said.

Wahwassuck could not garner the support he was seeking for the Housing Director termination request.

In the afternoon session, Gwen Shunatona spoke on behalf of the housing program. It benefits many people and it should continue – can it be brought back to the floor, so that the current on-going housing programs can continue to move forward.

Ryan Dyer asked for an amendment to that motion, asking that housing plans continue, minus the Low Income Tax Credit Program. Dyer expressed that more information is needed on the Low Tax Credit Program and it should be brought back to the April meeting. The 2003 Housing Plan was passed this time as per above stipulations.

Secretary Ortiz references, p. 304 of 10th Edition of Robert's Rules of Order, stating that an issue can be brought back if it was acted on hastily, ill-advised, or had an erroneous note.

Nation Attorney, Ralph Simon had a handout entitled, "How the Housing Tax Credit Program Works." That is included for the many of you that were unable to attend the meeting.

Also, the HOUSING DEPARTMENT UPDATE is being included so that you can see the housing development in progress.

To reiterate, a mistake in the signing of a document was made with the Housing Director signature on it. It is properly and legally being taken care of, so the document will be technically correct once proper signatures are in place. In the final voting tally, Nation members agreed that the current Housing Program should continue – less the Tax Credit Program until it is looked at closer in the April 2003 Special General Council Meeting.

Reminder: Government Office CLOSED Feb. 17, 2003

2003 PROPOSED HOUSING PLAN

Home Down Payment Assistance: 20% of purchase price not to exceed \$10,000 with applicant to pay \$1,000. Up to \$2,500 match for amt. paid over \$1,000. \$ 750,000 1 st time buyer \$ 250,000 not 1 st time buyer	\$1,000,000
Home Renovation/Repair: 87 under income (69 so far in 2002) 26 over income (24 in 2002)	\$2,000,000
Relocation:	\$ 100,000
Senior Garden Apartments 15 @ \$90,000 each, anticipate \$1,000,000 in tax credits	\$ 400,000
Transitional Housing Plan Includes rehab of one unit, construction of 3 manufactured homes (\$67,000 each), and program providing credit counseling and other services to low-income members	\$ 300,000
12 manufactured homes @\$87,000 each 3 bdrm, 1200 sq. ft., full unfinished basements, corner of L & 158 Rd. Low-moderate income families.	\$1,050,000
Administrative costs	\$ 150,000
TOTAL	\$5,000,000

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HOW THE HOUSING TAX CREDIT PROGRAM WORKS

A little history on the Housing Tax Credit Program

Congress established the housing tax credit program in 1986 (26 U.S.C. §§38 and 42) to encourage construction of low income housing, and it is a program of the Internal Revenue Service. The IRS delegated administration of the program to state governments. The state governments are allocated tax credits by the IRS each year, based on population (currently \$1.75 per capita).

The state governments then award those credits to developers of eligible low rental housing projects through a semiannual competitive application process. For new construction, annual credits equal to 9% of the total qualified costs of the project are awarded each year over a ten year period.

Investors in these housing projects then buy the tax credits from the developer and use the tax credits in a dollar for dollar reduction in the investor's federal income tax obligation. This equity investment by the investor makes it a part owner of the project, so that it is entitled to use the tax credits as they are awarded to the project each year. This investment yields an annual return on investment, after taxes, of approximately 7% to the investor.

The state governments receive only a small amount of money in application and monitoring fees for administering the local tax credit program.

PBP Nation Applies and is Awarded the Tax Credit Program

On July 3, 2002, the Prairie Band Potawatomi Nation applied for housing tax credits for the 12 single family homes constructed on tribal trust lands at the southeast corner of N Road & 142 Road, and for 12 duplex units (6 buildings) to be constructed at the southwest corner of L Road & 158 Road.

The state awarded the Nation's low income housing project tax credits in October 2002, in the amount of \$256,402 per year (\$2,564,020 total)

based upon qualified costs of the project. Only 10 projects out of 34 that applied received credits in that award cycle.

The total cost of the project is estimated to be \$3,150,000 and includes a 2,500 square foot community building near the duplexes, in addition to other amenities. The Nation will loan approximately \$1,250,000 to the partnership (consisting of the amount it already spent in constructing the 12 houses prior to the partnership being formed). The Nation believes that it can sell the \$2,564,020 in tax credits to an investor for approximately \$1,900,000, which is 75 to 80 cents on the dollar (the going rate nationally).

The application was put together by Tra-vois, Inc., a consulting firm that has been successful in dozens of housing tax credit applications for tribes around the country. Like other tribes and other developers around the country, the Nation formed a limited partnership to engage in this project, with the Nation serving as the general partner with complete control and administration over the rental housing project.

The Nation leased the trust land to the partnership (of which it is the controlling, general partner) for a term not to exceed fifty years and committed to make the duplexes available to low income tenants for thirty years. The Nation's 100% ownership of the land has not changed, nor has the Tribal Council delegated or assigned to anyone its authority regarding any agreements affecting the Nation's land. The homes and duplexes will be owned by the partnership for the next fifteen years of the project.

The beneficiaries of the tax credit program are tribal members and their families who occupy the low rental housing units (and who will be assigned the leases and can own the houses after 15 years). This use is entirely consistent with the Nation's Constitution that requires the Tribal Council to protect and preserve all tribal lands and to prevent the loss of such lands from tribal ownership. Leasing tribal lands for housing purposes for tribal members, with no possibility that ownership of the land will be lost, fulfills this Constitutional duty.

As the general partner, the Nation will manage and control the project, and be paid a management fee, and is eligible to receive a developer's fee of approximately \$200,000. The limited partner, the investor, will get the tax credits due to its designated 99.9% equity interest in the partnership during the 15 year project period.

In order to ensure that the investor, as the limited partner, gets full advantage of the tax credits, the equity structure outlined above is how housing tax credit partnerships are typically structured - since tax credits must be allocated according to ownership and are only useful to an entity that has federal income tax obligations.

At the end of fifteen years, the investor will withdraw from the partnership and the Nation will own 100% of the housing stock. At that time, the Nation has indicated that the houses, but not the duplexes, will be made available for ownership by the tenants for a minimal amount under a right of first refusal.

The tax credit program requires developers to elect the extent to which the housing units will be made available to low income individuals, with the choices being to rent at least 20% of the units to individuals with income less than 50% of the median income or to rent at least 40% of the units to individuals with incomes less than 60% of median income.

In our case, we elected the 40/60 option (for a family of 4, qualifying annual income is approximately \$30,750). The tax credit law also requires that projects commit to providing low rental housing for a period of not less than fifteen years to low income individuals.

The tax credit program limits the maximum rent that can be charged based on the size of the housing unit. In this case, a 3 bedroom unit's gross monthly rent currently cannot exceed approximately \$800 for a family of four. The rents that will actually be charged range from approximately \$200 per month for a two bedroom unit and \$250 for a 3 bedroom unit.

The investor for this project has not been selected yet, but that process should be completed in the next 60 to 90 days. Normally, a syndicator will find investors for these tax credits. Nationally, there are more than 100 syndication firms and corporations who are active in providing investment capital to housing projects under the tax credit program.

For example, Raymond James Tax Credit Funds, Inc., mentioned as a possible syndicator for the Nation's tax credits, has been particularly active in Indian housing tax credit programs. Investors in the Raymond James Fund include such companies as Fannie Mae, Bank of America, Wells Fargo, etc., all large corporations who have experience with Indian housing.

The twelve houses have been completed and the duplexes are scheduled for completion in the Fall of 2003. While only time will tell if the tax credit program is worth the effort, the short-term benefit of providing low rental housing to tribal members at a cost of 40 cents on the dollar to the Nation cannot be summarily dismissed.

Editorials/Opinions

Housing, Tax Credits, Grievances

I was really glad to see as big turn out for the 18 Jan.2003 General Council meeting. There was as much concern about the problems that we were facing in the future and that there was as much concern with what decisions the Tribal Council has made in the past few months, as to the housing situation and the tax credit situation for those that did not make the meeting this was one of the big concerns that people had and that yes this is a very big concern and how this will effect the Nation as whole.

This does open the door to an even greater problem in the future and the outcome with when we try to become a sovereign Nation once we accept the conditions that are on the contract with the State Of Kansas. It will allow Jackson County and any authority enter the Reservation at any time they feel fit, all this did not come out during the meeting, the tax credit money was one of the main issues sure the 2.5 Million over the next 15 years seem to be great but will it be worth risking our severity and let the State Of Kansas tell us how to live on the Reservation.

The other concern is who signed the agreement with the State Of Kansas and when it was signed, who gave this person the right to sign anyway this question was ask of the Tribal Council not only at the General Council meeting but a month earlier in a council meeting. The outcome was the same nothing was done the only answer that was given they have Due Process Rights I don't have a problem with that but what about the other employee's who have Grievance hearings request submitted and that some are almost a year old I know that there is one that has been submitted two different times and nothing has been done as to date the Tribal Council always state Policy & Procedures are to be followed well why wont they follow the same or are they exempt to them.

Prairie Band Potawatomi Personnel Manual Effective Date January 1 2002 Approved by Tribal Council, when a grievance is filed Management has 5 Working Days to respond back to the employee who filed and if they feel the outcome was not satisfactory they can re-file to the next higher step who is the Tribal Council liaison who has 3 Working Days to submit to the Grievance Committee, the Grievance Committee then has 10 Working Days to respond to the employee that filed, as to date the Grievance Committee has yet received any Complaints that have been Filed..

In Chapter 8, Sect. 4. Termination Misconduct for Cause Paragraph j. Falsifying or altering of Nation employment record(s) or report(s) application for employment, medical reports expense account, or shipping or receiving record(s) or other records.

So as for Due Process what about the 4 Filed Grievances that have been filed and has been taken to Council.

The Tribal Council stated during the first meeting with them that they were not aware of the Signature on the Document and that they would go back and correct it, For the Council unaware of this Document then why is a Tribal Council's Name on the Certificate for a Kansas Limited Partnership Dated 2 July 2002, And who is on the Prairie Band Limited Partnership# Is this Tribal Council and how can they transfer money to the Prairie Band Limited Partnership# if they are Tribal Council.

There is one comment that was made by one Council Member during their presentation about the Senior Replacement Homes Only Available on the Reservation they seem to forget to tell about the Elder Person in Wisconsin who received a Replacement Home, I have No problem with this but what about other Elders around the Country needing help to, it seems what is good for one should be good for all and not the select few Tribal Council has chosen.

There is one tool that all Tribal Members have the right to and that is" The Freedom of Information Act" any Document that the Tribal Council or any Organization has filed with the State or elsewhere they have the right to request at any time.

All Documents that was presented during the last General Council Meeting about the Tax Credit and other Issued were obtained in this way.

In closing I hope this helps Members see why all that was presented at the Meeting was not a witch-hunt but was trying to preserve our Rights and Culture for our Future Generation that they may have the same rights we have On Our Reservation now.

Jim Darnall 1-21-03

HOUSING DEPARTMENT UPDATE

Down Payment Assistance

- 111 applications were received in 2002
- Total funds awarded in 2002: \$587,494
- Homes were purchased in the following states:

40 Kansas	2 Missouri
5 California	2 Oklahoma
1 Texas	1 Kentucky
1 Minnesota	1 Illinois
1 Wisconsin	1 North Carolina
1 Florida	

- Down payment assistance was provided to 2 individuals aged 65 and over.

Reasons for denials:

- did not qualify for loans
- not a tribal member
- moved into other tribal housing
- applicants did not find suitable homes

Renovation/Repair Assistance:

- 193 applications were received in 2002.
- Total funds awarded in 2002: \$1,620,000 (this amount has not been entirely disbursed yet as construction has not been completed on each home)
- Home renovations were completed or have begun in the following states:

62 Kansas	1 Colorado
3 Florida	2 Wisconsin
5 California	1 Illinois
3 Oklahoma	1 Missouri
5 Texas	3 Michigan
1 Idaho	2 Oregon
3 Nebraska	1 North Carolina
1 Minnesota	

- Renovation/Repair assistance was provided to 22 individuals aged 65 and over.

Reasons for 19 denials:

- Did not own home
- Did not have ins. coverage on home
- Owned HUD homes
- Owned over-age mobile home
- Home owners were unable to begin renovation work at the time of approval for personal reasons.

Relocation assistance

- Relocation assistance was provided to 66 individuals in 2002.

Refinance assistance

- One application for refinance assistance was approved in 2002. Other applicants withdrew their applications.

HUD Homes Conveyance:

We have contracted with an attorney named Joanne Foster out of Seattle, Washington, to assist with conveying the 77 homes. Currently we are gathering information regarding amount owed on the homes, available mepa funds, and current owners and occupants. Surveys have been completed on the homes in Clusters II and III. The first homes to be conveyed will be the low-rent homes in Cluster III as the ownership of that property is clear. We hope to begin conveyances in March.

Rental Program

12 low-income tax credit homes have been completed and rented (142nd Rd)
5 Land acquisition homes have been rented. Three more will be renovated in preparation for rental.
10 senior duplexes in Phase I of Prairie Village have been completed and rented.
10 senior duplexes in Phase II of Prairie Village were completed and rented in December.
All tenants are up to date with rental payments.

Housing Construction

12 moderate income homes are under construction at 142nd and N Rd. The homes will be rent-to-own. They will be ready beginning in the early fall.
A 16 unit apartment building is under construction at 158th and L Rd. They will be one, two, and three bedrooms, and will be rented on a sliding scale.
Twelve duplex units are also under construction at 158th and L. They will be two and three bedrooms and will be low-income rentals.

Senior Manufactured Home Replacement Program

8 applications for replacement homes for seniors living in substandard housing on the reservation were approved in 2002. 2 homes have been delivered, four additional homes will be delivered in January, and the last 2 homes will be delivered in early spring.

2002 HOUSING ASSISTANCE PLAN APPROVED BY GENERAL COUNCIL

Apartments - 16 Units: \$1,000,000
Rental from \$250 to \$400/month
May be subject to adjustment
Based on income guidelines

Home Refinance: 40 at \$5,000 each \$ 200,000
To pay closing costs and points

Home Repair: 60 at \$20,000 each \$1,200,000

Home Down Payment: 90 at \$10,000 max \$1,150,000

Duplexes - none (ave of \$100,000 each)

Homes Lease/Purchase for Seniors
15 at \$90,000 each \$1,350,000

SUB TOTAL \$4,900,000

Add \$100,000 for administrative costs

TOTAL \$5,000,000

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 of Potawatomi News staff, the Tribal Council, Gaming Commission or the Nation.

The Prairie Band of 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 the month. You can email the news or send a disk (Microsoft Word preferable) or stop by the News office with your information.

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

Photos submitted with a news article will be returned after publication. Please include a stamped and self-addressed envelope with the photo.

PBP Nation employees congregate for Quarterly Staff Meeting

All lights were shining on the Employee of the Year, Aaron Hale, as he received the surprising announcement that he had received the prestigious honor. Smiling all the way, he slowly approached the microphone and said in a low and humble tone, "Thank you." That's it! (See article Aaron Hale Receives 2002 Employee of the Year.)

Mickey Martinez said he was selected from the pool of monthly candidates that had previously received employee of the months for 2002.

Executive Director Boursaw began meeting with general announcements:

- Construction Engineer, Pat Feltman, is meeting with the Harrah's construction team regarding the new construction project. That should be beginning by the first of April.
- There is a new type of energy efficient and quieter wall system being installed in the 158 & L Housing Project.
- The Boys & Girls Club Renovation Project is well underway and is now a restricted to "hard hat area" if you are around the facility.

In closing, Jon said, "We had a good year in 2002 and look forward to an even better year in 2003."

Alcohol & Drug Director Andrew Snake and Employee Assistance Director Elaine Mzhickten-Barr teamed up to give a Meth awareness presentation, saying that we have a problem with meth out here on the Rez.

Snake walked everyone through an entire little booklet which reinforced the learning with a cross-

word puzzle about Meth facts. Elaine said, "We're here to scare you about the dangers of meth-drug/alcohol abuse. The other day I heard someone here on the Rez was putting Drano in the recipe. Do you want Drano in your body?"

Boursaw closed with statements, encouraging everyone to voluntarily seek help if it is needed with an abuse problem. We prefer that you seek your own help in getting treatment!

Road & Bridge Director Tim Ramirez encouraged everyone to exercise caution when traveling the Rez roads as they have many big trucks on the roads daily with their many on-going construction projects. These big trucks can't stop quickly! Your safety is our serious concern! Also, approach the hills with caution as the trucks are everywhere out there!

EAP Director Donelin announced that January 22 is the official kick off of Earth Day at 10 am. We have to protect Mother Earth all that we can. Become involved in this priority activity!

Carrie Hastings, Child Care Director, announced that they had been awarded a \$70,000 "Touch Point" grant.

Laverne Hale had pow wow announcements. The Hale family is sponsoring the 49 Contest (a pow wow contest category) at this year's pow wow. They are looking for more groups/individuals to step forward and volunteer to be category sponsors. The plan is to do more fund-raising activities this year. Laverne said, "This will be a great pow wow as the contest money is great!"

The last topic of discussion was a talk on Diabetes which was given by Ahweta Parab, Occupational Therapist at Kansas University Medical Center.

April 26th is the date for this year's Earth Day

New Earth Day Chairman, Rey Kitchkumme, says, "The tone has been set for Earth Day. We have to focus on the events for that day as it is critical to being successful."

Ma Dos

Latane is hard at it again! January 22nd was the kickoff day for the 5th Annual Earth Day Celebration and Latane Donelin, EPA Director, is pulling the employees together in support of this annual community event.

Pleadingly, Latane said her department has spearheaded this annual event for the last 4 years. We need help - we just can't do it by ourselves. We want a partnership and unless we have help, we feel we can't carry the ball.

Latane and staff members all shared what activities were involved in the past four Earth Day activities: residential clean ups, educational resources availability, logo contest, tree and shrub giveaways, a walk, run, and bike event, scavenger hunt - all topped off with a meal served after the activities.

Latane asked and Rey Kitchkumme accepted - would he serve as Chairman of this year's Earth Day schedules. Rey asked for a volunteer secretary - no volunteer. Pat Feltman was asked if he would fill in this capacity. Mr. Feltman agreed to take notes. Sharon Bosse (Anderson) was asked to serve as the main contact person. If you want to volunteer to be one of those dedicated to protecting Mother Earth, contact Sharon Bosse at 785-966-2946.

The group decided that since there is only three months until this event occurs, meetings should be held on a weekly basis during this first month. The weekly meeting dates will be every Wednesday at 10:00 am in the Government Training Room. Everyone was encouraged to brainstorm for theme ideas, bringing them to the next meeting.

FOR RELEASE: January 27, 2003

Secretary of Education Rod Paige Announces Funding Increase for Tribal Colleges and Universities

Contact: Sonya Sanchez, Jane Glickman or Stephanie Babyak, (202) 401-1576

U.S. Secretary of Education Rod Paige today announced that the administration's Fiscal Year 2004 budget proposal will include a 5 percent increase for Tribal Colleges and Universities, bringing the total requested amount to \$19 million. The president has proposed funding increases for these programs for the past two fiscal years.

"President Bush recognizes the important role Tribal Colleges and Universities play in American Indian communities and that increased funds are necessary to ensure educational quality and equality for all Americans," said Paige. "These institutions will have the same access and opportunities as other institutions of higher education across the country."

"The nation's Tribal Colleges and Universities have an historic and unique role in American higher education, and they serve many Americans who might

otherwise be left behind," Paige added. "By taking this action, the administration reaffirms the special relationship of the federal government to American Indians and their sovereign tribal nations, and we renew our commitment to educational excellence for American Indian students."

In July 2002, President Bush met with Tribal College presidents at the White House where he signed an executive order that established the President's Board of Advisors on Tribal Colleges and Universities and the White House Initiative on Tribal Colleges and Universities.

The main goal of these programs is to assist eligible institutions of higher education to become self-sufficient by providing funds to improve and strengthen their academic quality, institutional management and fiscal stability. One-year planning grants and five-year development grants are awarded. Funds may be used for faculty development and improvement of academic programs, joint use of facilities, and student services.

There are 34 Tribal Colleges and Universities in the United States, located mainly in the Midwest and Southwest. They serve more than 30,000 full-time and part-time students and offer two-year associate degrees in more than 200 areas with some providing bachelor's and master's degrees. They also offer 200 vocational certificate programs.

Aaron "Doo" Hale Employee of the Year 2002

Ma Dos

If you are lucky enough to meet Aaron Hale early in the morning as you clock in for work, you know your day will be off to a great jump start. This is just the type of guy Aaron is - he brings a special spark into your life. Aaron, also known as "Aaron Doo," is a guy with a most genuine and warm heart. He spreads that warmth to every life that he touches throughout the day.

The combination of his charismatic qualities sure makes for a great employee! He works as though his job is the most important job on the earth and that it has to be done to perfection and always with a smile while doing it!

Aaron Hale returns to his Nation after serving as a maintenance engineer the past nine years at Royal Valley School system. He said he felt he needed to reconnect with "his people." There were kids growing up and he was beginning to wonder whom everyone was.

He was selected as employee of the month for June. Micki Martinez, Employee of the Month Chair says that the way they select this person is by the committee reviewing the year's entire employee of the month, and then casting a secret vote.

In reviewing comments from his June nomina-



tion forms, the following traits were cited: good attendance, very pleasant person to be around, duties all done well, and outstanding recommendation from his supervisor - just to mention a few!

In a personal and quick interview, Aaron is asked, "What advice would you give to other employees that would like to receive this major honor? How did you get it?" He laughed and said, "I listen to Gary (Mitchell). He is always telling me to just work and work - keep busy. Once in a while, I will goof off just a little - not much though!"

PBPN GOVERNMENT DEPARTMENT LIAISON LIST

Liaison	Department, Committee & Board	
Jon Boursaw	Motor Fleet Building & Maintenance Information Technology	Grant Writer Transit Board
Zach Pahmahmie (New THCP/NAGPRA Officer)	Education Title IX Social Services Committee Constitution Committee Casino Transition Committee Tribal Historic Cultural Preservation (THCP)	Johnson O'Malle Education Committee Social Services Dept. NAGPRA
Gary Mitchell	Newspaper Gaming Commission Alcohol & Drug Program Potawatomi Addictions Recovery Resources (PARR)	Boys & Girls Club Pow Wow Committee PARR Committee
Steve Ortiz	Community Services Program (CSP) CSP Committee IHS Community Health Representatives (CHR) Casino Transition Committee	Buffalo Program PBPN Health Committee
Jim Potter	TERC Finance Nation Station Per Cap Economic Development Board	Bingo Gift Shop Fire Department Audit Committee
Rey Kitchkumme	Per Cap Enrollment Department Enrollment Sub-Committee Commodities Constitution Committee Charitable Contributions Committee	Elections Enrollment Committee Language Senior Program
Jackie Mitchell	Housing Authority New Housing Projects Head Start Policy Council Haskell Board of Regents	Human Resources Child Care/Head Start Boys & Girls Club Board
Roy Ogden (New Tribal Land Officer)	We Ta Se Branch of Land Management Land Management Committee Environmental Planning & Natural Resources	Fire Dept. Branch of Realty Road & Bridge
David Prager Ralph Simon	Police Dept. Tribal Court	TC Approved January 7, 2003

Social Services launches website

The Social Services Department is now on the Internet and can be accessed through a website called pbpnsocialservices.com or pbpnsocialservices.org. It is also linked with the nation's website pbpnindiantribe.com.

Featured in the website are the department's programs including E Wi mno-Netwat or Building Circles of Harmony, Family Violence Prevention, Vocational Rehabilitation, Tribal Youth, Community Services Program (CSP), Wraparound, Social Services and Child Welfare.

The E Wi mno-Netwat or Building Circles of Harmony pages also include information about the Olweus Bullying Prevention Program, a youth violence prevention program, being piloted in the Royal Valley School District this spring. The program is also linked to Royal Valley's website: html:skyways.lib.ks.us/schools/usd337/district.

"We hope people who want to know about the various programs offered in the Social Services Department will use the website for information," said Suzanne Heck, special projects coordinator who worked with Jones, Seel, Huyett to produce the site. "We hope to keep information updated on a regular basis on each program so that people will know what is happening in the Department."



Wahwasuck Recognized for Superior Academic Achievement



Submitted by Arlene Wahwasuck

Caleb Wahwasuck, a Prairie Band Potawatomi Nation Member, was recently inducted into The National Honor Roll for his achievements in exceptional academic and extracurricular activities. This honor will entitle Caleb to be recognized by colleges of his choice for his academic achievements. His name and biography will be published in the 2002-2003 Commemorative Edition of the National Honor Roll. The National Honor Roll will notify local newspapers, the governor of Kansas and Caleb's senator of his honor.

Caleb's grandparents are Francis and Arlene Wahwasuck of Horton, Kansas. His mother is Patricia Wahwasuck of Holton, Kansas. His maternal great-grandfather is Joseph Shipshee. His maternal great-great-grandfather is Tahdahwen, Caleb's namesake. Shabne is Caleb's maternal great-great-grandfather.

The photo above was taken during one of Caleb's extracurricular activity for a school project.

He collected donations for the Salvation Army during the 2002 Christmas holiday. His grandfather Francis, a veteran of World War II and the Korean Conflict, is making a donation.

Caleb is a sophomore at Holton High School. In his spare time, he enjoys playing the guitar, writing poetry, hanging out with friends and family, and pestering his brother, Jacob. After High School, Caleb plans to attend college at the University of Kansas and major in Business. He plans to own and operate his own business in the future.

It has been refreshing to see positive news of the accomplishments of the children of our tribe and other tribal members. It would be terrific to see more positive news in our tribal newspaper, especially articles that truly honor our future, the children.

Congratulations Caleb! Your family is very proud of you and your accomplishments. We wish you success in your future plans.

Retirement Ceremony in Honor of MSgt Mark D. Adame

Mark D. Adame, son of the late Sam Adame and Lavera "Babe" Belle, was honored with a Retirement Ceremony at Offutt Air Force Base in Omaha, NE on January 16, 2003. Mark has just completed twenty years of service in the Air Force.

Master Sergeant Mark Adame is the 55th Wing Chief Boom Operator and 338 Combat Training Squadron First Sergeant.

Mark was born on January 10, 1962 in Holton, Kansas. He grew up on the Prairie Band Potawatomi Indian Reservation in Mayetta, Kansas. He is a member of the Prairie Band Potawatomi Nation and an enrolled member of the Winnebago Tribe of Nebraska. He graduated from Royal Valley High School in Hoyt, KS in May 1980. Mark is married to the former Lisa Long of Ft. Worth, TX and they have 3 children: Brian, Sara and Sammy.

He entered the Air Force in November 1982. During his career, he worked in many areas of the Aircrew Operations career field. In 1998, he was selected as 15th Air Force "Flying Instructor of the Year - Boom Operator" and received the "General Robert 'Dutch' Huyser Leadership Award." In 2000, he went on to become the 55th Wing Chief Boom and First Sergeant for the 338 CTS.

Mark's **FLIGHT INFORMATION** includes: rated as Chief Aircrew; has over 4,397 flight hours; has 547 combat support hours; and has flown the following aircraft - B-52 G/H, KC/TC/WC/NKC 135A/C/E/R/S/T

MAJOR AWARDS AND DECORATIONS:

Meritorious Service Medal
Aerial Achievement Medal
Air Force Commendation Medal
Air Force Achievement Medal
Combat Readiness Medal
National Defense Service Medal
Armed Forces Expeditionary Medal
Outstanding Military Volunteer Service Medal

Mark and his family plan to retire in Omaha, Nebraska.

"We honor our veterans for their bravery and because by seeing death on the battlefield, they truly know the greatness of life." —Winnebago Elder



FORMER POTAWATOMI GATHERING PRINCESS LAUNCHES HER OWN MAGAZINE

Ma Dos

If you will recall back in 1995 when we were host for the All Potawatomi Bands Gathering, a beautiful 17-year old Wasauksing Potawatomi girl named Harmony Rice, daughter of Pazhe Rice, Parry Sound Island, Ontario - Canada, took the title as the 1995 Gathering Princess.

Many times, we look back and wonder what happened to our young royalty, asking where are they today? What have they done since their princess reign? Wonder no longer!

Today - still very young - 24-year old Harmony Rice, Publisher and Creative Director of SPIRIT Magazine, is in the fast lanes of Toronto, making her mark in native journalism and the business world along with partner, Jamie Monastyrski, formerly a writer for Indian Country Today.

In Toronto with its native population of 65-80,000 - numbers that we can't even imagine here - this young couple is out there amongst that crowd, thriving to make a change in this world! Combining their strong desire, zest, flair, and brazen attitudes, the new native magazine, SPIRIT, is speaking for itself.

Knocking your socks off, this young couple launched their premiere edition in November 2002 with a nude native couple on the cover - a definite first! That only enticed you into jumping into the article linked to that photo called, "In Your Face, Today's Aboriginal Family: Bold, Brave and Beautiful." Another article that had the power of reaching out and grabbing your attention was "Leadership: Are they spiritual enough?" All articles have the spirit of captivating your attention, leaving with you with thoughts of, "I want more!"

Publisher, Harmony Rice, said "SPIRIT magazine is about people like you who are ready for change, and that might mean something different to us all, could be social change, changes in your personal life, better music on the radio even. We don't walk around saying 'oh yeah, I'm going to change now.' There is a process. And it is happen-

ing all the time."

"SPIRIT Magazine is a forum for stories about the process of change. Stories about the indigenous peoples around the world and right here in Canada who are looking for change, stories about alternative ideas and about hell raisers. We are brave, we'd have to be, and we want to dive right into discussions on the environment, entertainment, art, sexuality and issues that are relevant to you in your life."

Revealing the characteristics of great story tellers, writer Jamie Monastyrski, Managing Editor, compares the magazine to a life experience. "Like having a baby, this publication had to be worked and toiled over until its final letter was crossed and dotted. And like our child, it will grow and mature until it takes on a whole new personality, learns its limits and then learns to tie its shoes. It's a member of the family now. We hope that it will surprise even us."

Harmony and Jamie are quite a pair - very intelligent, sharp, articulate! You could easily say, "They're downright cool!"

Starting so young, this couple will definitely be ones to watch for in the coming years, especially, as they cross over the lines into the United States. Support this innovative business venture as they make a name for themselves in the new world of Native magazine publishing!

Next issue's Release Date is March 21st! Articles to look forward to are: Our Brothas and Sistahs - Connections between the Aboriginal and Black community in history and their relevance today; Sexy Woman - aboriginal women now...talk about bold, brave and beautiful; and Candy from a Baby - A feature on Corporate relationships to Indigenous people around the world.

Subscription Information: \$20 for 4 issues (Canadian currency)
Send your name and address with check or money order to:
SPIRIT Magazine
P.O. Box 2
Parry Sound, ON P2A-2X2
CANADA

See SPIRIT'S first magazine cover on the Back Page.

PREACHER

TRAPPER, CARPENTER, and RACCOON HUNTER

A heritage, being passed on to a new generation

Special memories in my life - my brothers and I used to go with our dad, Maynard Potts, on his trap line, seeing many a critter and catching game such as mink, muskrat, coon, and beaver. These catches served as food for the table, money for clothes, and groceries.

But, watching dad stuck in my heart. I made up my mind that someday I'm going to be a trapper just like my dad and grandfather, Joe Bill Potts.

I've been trapping 40 or 50 years now. I'll do it until the Lord takes me Home.

We should encourage our Tribal Council to preserve our Reservation. Buy more land for wildlife and resources, so it can be passed on to the next generation.

Mountain man, ole Darrel, (my brother-in-law) has been trapping about 18 years and is a great help. He could be in a rest home, but chose trapping. Nolan and Husk, they're the next generation. Well, we're off to the Kansas Fur Auction, hopefully, returning with enough money from the sales to keep me off welfare line.

It's hard work, but a blessing from God!

Rev. Vernon Shkomack Potts

Gracie Ortega is competing for the title of Little Miss Lulac

Six-year old, Gracie Ortega, daughter of Shirley Jacobson & Roger Ortega and granddaughter of Charles and the late Virginia Jacobsen is vying for the title of Little Miss Lulac at this year's 27th Annual Sweethearts Dance, Ag Hall, Topeka, KS

The Sweethearts Dance will be on February 8th from 8-12 p.m., sponsored by the Topeka LULAC. Come out and support a very young tribal member in pursuing her first dream title! Live music by Mañana Bands!



L to R: Nolan Pahmahmie, Rev. Vernon Potts, Marshall "Husk" Holder, and Darrel Couch



Asbestos Health Hazard

By Mary Young

We have had and still have tribal members living in Montana. The attached story comes from Montana and was sent to *PBP News* with the intent that the writer's story be known so people can become aware of the existence of the health hazard, asbestos.

According to <http://www.mesothelioma-facts.com/whatis.shtml> website, "Asbestos is the name for a group of naturally occurring silicate minerals that can be separated into fibers. The fibers are strong, durable, and resistant to heat and fire. They are also long, thin and flexible, so that they can even be woven into cloth...What is common to many asbestos-containing products is that they were (are) used to contain heat (i.e. thermal insulation.) It is impossible to list all of the products that have, at one time or another, contained asbestos. Some of the more common asbestos-containing products are pipe-covering, insulating cement, insulating block, asbestos cloth, gaskets, packing materials, thermal seals, refractory and boiler insulation materials, transite board, asbestos cement pipe, fireproofing spray, joint compound, vinyl floor tile, ceiling tile, mastics, adhesives, coatings, acoustical textures, duct insulation for heating, ventilation and air conditioning (HVAC) systems, roofing products, insulated electrical wire and panels, and brake and clutch assemblies. Some of these products contained a very high proportion of asbestos, while others contained small amounts.

Asbestos is still a problem because a great deal of it has been used in the United States and elsewhere, because many asbestos-containing products remain in buildings, ships, industrial facilities and other environments where the fibers can become airborne, and because of the serious human health hazards of inhaling asbestos fibers."

"White House Budget Office Thwarts EPA Warning on Asbestos-Laced Insulation" by Andrew Schneider of the *Post-Dispatch* © 2002 *St. Louis Post-Dispatch* 01/13/03 states the "Environmental Protection Agency was on the verge to warn millions of Americans that their attics and walls might contain asbestos-contaminated insulation" but the "White House intervened and the warning has never been issued."

In reading the *Post-Dispatch* article, there apparently seems to be a run-around between two White House Agencies. The White House Office Management and Budget agency refers people to contact the Environmental Protection Agency and the EPA refers people to OMB. The article further states, "Both agencies refused Freedom of Information Act requests for documents."

The *Louis Post-Dispatch* article can be accessed at <http://www.stltoday.com> or try a President Bush and asbestos subject search. For more information regarding asbestos, contact the following: U.S. EPA - National Asbestos Hot Line: 1-800-368-5888 and the EPA Website: www.epa.gov (search for vermiculite).

Home Town Dying

By Mary Tevebaugh

Did I move back to a dying town because I think I am dying? Or because it is home? Did I move back to an inner voice that was saying those people are your own?

I often follow an inner voice, a voice that seems to make no sense. Following that voice has led me on some of my most rewarding life experiences. It has taken me to Wyoming, Oregon, Tennessee, the Flathead Indian Reservation, Hawaii, and now back home to Montana. When the voice speaks and I listen, things just seem to happen the way they are meant to be.

My most recent experience came about when I had to move. The Tribal Government bought the trailer court I lived in. I am not a tribal member so I had to go. It was not a matter of simply moving; the move involved finding a spot for my modular home. The trauma was shared by many others in the court and created a feeling of community as hardships often do. Division and racism became more important than working together. I sincerely believe any discrimination or oppression hurts the doer as much as the victim and eventually changes the culture that allows it. The inner voice told me it was time for change.

The minute I listened to that voice and accepted what it was saying, things started to happen. Within two months I had retired, bought my own little piece of property in my hometown and was moved. Things that were overwhelming fell into place. It was the right move. I am in the right place.

Things are not perfect. The town is dying, an estimate of 200 people have died from asbestos related disease. A vermiculite mine was once one of the main industries of the remote little town. W.R. Grace and Company knew of the health dangers back in 1956, but continued operations until the nineties. The company had information showing that the dust from the mine contained microscopic particles of tremolite. These little particles cause patches of hardened discolored tissue on lining of the chest cavity. Asbestos has caused serious health problems in various forms. Crayons that our children use contain it, men who work on automobile brakes are exposed to it; garden fertilizer and insu-

lation in homes are other common sources. The particular form of tremolite asbestos emitted over my hometown causes a rare form of cancer called mesothelioma. The average risk of this cancer is one in a million people in the United States. Doctors report 23 cases in this community of about 12,000. Since 1979, 169 deaths in Montana have been caused by mesothelioma. "Born by the grace of God, and died by the gods of Grace." quote from Gary Swenson, asbestos victim. I am one of the asbestos victims. My ex-husband is one of the ones who have died and two of my brothers have asbestos related disease.

A diagnosis shows that I have a spot on my lungs. Because I was exposed so many years ago I may be one of the lucky ones who have a high tolerance to it. I possibly have 10 years before I have to carry around an oxygen tank. There is no way to know; it could get worse tomorrow. The sentence is a little vague since only a few doctors are familiar with the diseases. The fact that it can sit for 40 years before it flares up means that during the next 30 years there could be many more cases. For the purpose of receiving any medical assistance or disability benefits, I am told I do not have significant damage.

The *Seattle Post-Intelligencer* newspaper, *McCall's* and *People* magazine all have run stories of the brave struggle of Gayla Benefield. Her story is similar to Erin Brockovich. The movie, *A Civil Action*, is a similar story and W.R. Grace is involved in both stories. As a result of Gayla's hard work, the town has been designated a Super Fund community. Large sums of money are now being spent for clean up and study. The town has not been declared a health emergency so there is little help for the victims. The community is currently writing congress to request they look into the situation.

The history of the town includes mining, logging, forestry and mainly hardy people with an intense love for the area. People here truly believe it is the best place in the world to live. The isolation, hard winter months, job insecurities are all just things independent people put up with in order to live in one of the few, almost pristine, wilderness areas.

Right now the town is divided over the asbestos issues. It is a topic few people discuss because opinions are so strong and there is no middle ground for discussion. The recent closure of the mill, which will have a devastating effect on the economy, is an added worry to the residents. The nature of the town is to pull together and survive. The town is faced with many hardships; many people will have to leave to find work. Suddenly, I find that with my limited retirement I am one of the few people with some security.

I think the hardest part is the division in the town. Some people deny that the asbestos is a real problem. There are many comments like

- "The ones who fight it are only after money from lawsuits."
- "The men who worked at the mine knew about it", or "They got good wages, there is danger to logging and other jobs here too."
- "So and so smoked and was at the bar all the time," with a tone that implies they deserve to die. Smoking harms the lungs and certainly is more dangerous with asbestos, but smoking does not cause asbestosis.

My son has a job that is very dangerous, but he chooses to do that job knowing the dangers. It would be a different matter if he were deliberately given equipment from his agency that would kill him. My daughter's high school job was at a gas station; part of her job was sweeping out the buses from the mine. She did not know that a minimum wage job could end up costing her life. My other children and grandchildren did not know that living in their hometown could be a death sentence. Women and children in the community did not know that washing their husband's clothes or hugging their father when he came home from work could cost them their lives. People who live in the community and had no connection with the mine have been exposed. People in other towns who purchased the products have been exposed. The difference is that W.R. Grace officials knew that they were exposing people to potentially deadly substance.

The saddest part is toxic exposure throughout the United States, not just my hometown. Big industry is causing the same problems in towns all over the country. If terrorists were killing as many people as our own companies are we would be in an uproar and ready for war. But for some reason we just accept what is happening. I know that I am one small person without a lot of courage. There is nothing I can do by myself. I didn't move back thinking I was going to change the world. I think part of what makes the *Lord of the Rings* movies so popular is the little insignificant hobbits saving the world against tremendous odds. But I don't have wizards or magic to help. Like the hobbits, I see the injustice. I think it could be the eventual death of the world as we know it if we don't stop it. Unfortunately, I am cowardly and I don't know what to do.

I have listened to the inner voice. I have moved back to my hometown. I see it as the town that won't die. I am not ready to die. I am still waiting for the inner voice to tell me what my role is. Maybe it is just being home and having the time to write and paint. I would like to think that I would have the courage to stand with those who say there has been injustice done. I am working on how to

Ask the Dentist

By Jessica A. Rickert, D.D.S.

Dear Dr. Rickert,
Being a diabetic, am I a candidate for implants instead of my partial plate? Explain procedure, cost, by whom and do dental plans cover it?
Jennie

Dear Jennie,
Implants are fairly new to dentistry; they are a wonderful improvement over partial and full plates. Implants are so close to the feel of natural teeth, because they are anchored in the jawbone itself. A natural tooth is a marvelous, fascinating biological wonder; humans can exert 300 pounds per square inch in force at the cusp tips. Thorough chewing is where digestion begins. The implant can closely approximate this.

The implant is a cylinder made of titanium, coated with hydroxylapatite. The implant is placed surgically into a socket in the jawbone; it is not screwed in. The osteoblasts are cells, which begin the healing process in bones, and they grow into and around the implant. The coating attracts and promotes cellular healing. The implant is enclosed in the bone and gums during these four to six months. When an x-ray shows that the bone has filled in, the gums over the implant is removed, and a healing cap is placed for several weeks. Usually an oral surgeon does this.

Then, the dentist places a post into the implant and a full crown is cemented onto the post. A full gold crown is highly recommended, but, of course, the patient wants a tooth-colored restoration, a porcelain-fused-to-gold crown, in the front of the mouth.

The implant is unlike a tooth in that it is rigid. A tooth actually flexes quite a bit when chewing. A natural tooth is suspended from the bone to the root via the periodontal ligament. This comprised of thousands of stretchy, cushiony fibers less than the

diameter of a hair, surrounded and filled with water. Being made out of rigid metal, there is not flex or give with an implant. Most patients do not feel this when they use the implants to chew, but the bite has to be perfect with no clenching or grinding from the patient. It is likely that an implant will last 10-20 years.

There are several reasons an implant might fail, but often it is because the junction where the implant meets the gums breaks down. Perfect oral hygiene helps prevent this, because the number and type of bacterial are lessened in the mouth. There can be implant failure with no known cause.

The cost of implants is approximately \$2200.00 per tooth; I do not know of any insurance plan that covers implants. I had a young patient who was congenitally missing ten adult teeth, which we had documented through x-rays when he was 6-years-old. At age 16, his parents and he elected to have implants placed, rather than having him wear a removable partial denture. I thoroughly documented every detail of his condition, but the insurance company repeatedly refused to cover any of his implants.

There are contraindications to having implants placed, and these include: diabetes, bruxism/TMJ, smoking, osteoporosis, advanced periodontal disease, past trauma to the jawbones, and various bone abnormalities. There is an evaluation before the implants are placed.

Many of my patients are thrilled with their implants, so if it is determined that you are a candidate, I encourage you to consider them. Enjoy your food and keep smiling!

Next time, I am going to discuss diabetes in greater detail. If you'd like to submit a question, write to "Ask the Dentist" in care of *PBP News*, P. O. Box 116, Mayetta, KS 66509.



The Martin de Porres Dental Center is located at 3164 East Sixth Avenue in Topeka. They are open Monday through Thursday, 7 am to 4:30 pm and closed on Fridays.

Marian Clinic and Martin de Porres Dental Center

According to a Marian Clinic fact sheet, "Marian Clinic is Topeka's unique response to community need" and a temporary solution to the IHS dilemma our tribal members face because they live outside the Holton IHS Clinic service area. A charitable contribution of \$50,000 was given to the Marian Clinic to help offset this situation.

Marian Clinic's mission statement is to "provide health care to people in Shawnee County who are financially unable to obtain it for themselves and their families. Guided by the charisma of the Sisters of Charity of Leavenworth. Marian Clinic strives for a preventive approach through education and wellness promotion. The Marian Clinic opened in January 1988 at the Medical Plaza Building located at 1001 SW Garfield Avenue in Topeka. The Clinic began as a primary care clinic with seed money from the Sisters of Charity and St. Francis Hospital & Medical Clinic.

Physicians provide a pro bono service to Marian Clinic and that is one of the reasons the Health Committee chose this facility. A sliding scale fee is charged by the Clinic's guidelines with the following services being offered: medical, dental and medical supplies. A women's health program is available "to provide physical, educational and supportive services for the unique needs of women" excluding obstetrics. They also have a social service unit that can be utilized. A tribal member can also receive a home delivery meal from Meals on Wheels for \$1.50/day. In the fall of 2002, the Clinic purchased a van for Topeka Meals on Wheels.

Both Marian Clinic and the Dental Center encourage patients to call and schedule an appointment and since they are separate programs, appointments need to be made at each facility. Also, due to the schedule of volunteer doctors, a walk-in patient may not be seen at the Marian Clinic. The dentists at the dental center are not volunteers but the patients are seen by appointment. New dental patients must contact the dental center at 233-2800 for the next enrollment date and to schedule an appointment. The dental center provides dental services for non-insured children and adults; charges are based on household size and income with a three-level price list. Dental care includes exams, cleanings, x-rays, restorations, simple extractions, fillings, sealant treatments and preventive education.

deal with the emotions and anger at what has been done to the community. One cannot just sit and be angry. Anger causes stress. The one thing I do know is that stress and anger can affect one's health. Accepting abuse and oppression also causes stress. I do not dwell on dying but on making each day better for living. After all stress can kill you.

As I wrote this article it came over the news that products from this mine have endangered from 15 to 35 million homes in the United States. The Bush administration stopped a public warning that was ready to be issued by EPA.

How would you feel if one of the 15 to 35 million homes is yours? My story has a different impact if you are one of the victims.

Quote from the web site for US Senator Patty Murray, <http://murray.senate.gov/~murray/releases/02/06/2002618AA55.html>: "Senator Patty Murray today introduced legislation to ban asbestos in the United States...Asbestos is still not banned and it is still not safe," said Murray. "Today men and women are dying because they handled asbestos or were exposed to products which contain asbestos. Some of those products still contain asbestos. While other countries have banned asbestos and protected their citizens, the United States has not and that's why we're introducing the bill."



January 2003

Prairie Band Potawatomi News

New Column: Building Futures Today

By Mary Young

To kick off the 2003 New Year, a new column will make its debut the January issue of the *PBP News*. Tribal member Donica Nanez will submit the column, "Building Futures Today." She has written several articles/editorials for the *PBP News* previously on long-term care.

Donica has worked for the federal government over five years and has been in the financial industry for over four years. She currently is working for a firm that is ranked number one, tenth year running according to the magazines, *Registered Representative* and *Fortune* including the firm J. D. Power & Associates.

As an introduction, Donica shared her lineage: her great-great grandfather was N-So-Wah-Quah (aka John Young) who was married to Zinnah-Kah, her great grandfather was She-Kone-Ness who was married to M-Ko-Quah-Wah, her grandfather was Ahn-Wap-Nah (Gilbert Harrison Shegonee) who married Melvina (Wewasson) Shegonee and her mother is Nim-Ni-Queh (Verna Marie Shegonee). The family name, Shegonee, means Sweet Water.

Building Futures Today: Investing

By Donica L. Nanez

When you see a new trail or a footprint you do not know, follow it to the point of knowing - Uncheedah

As a member in the financial industry and a tribal member, I would like to explain the terms and processes involved in investing. Although I work for a financial firm that is ranked number one in the field and is the only firm, industry wide that serves exclusively to the individual investor I will not be giving advice on what to buy or sell. My main objective is to help us as individuals to understand the various basic facets involved and use this knowledge to better secure a financial future.

Contrary to the idea of huge megabucks needed to initiate the investment process; the following is an example of how you can begin to invest for your future for the price of a cup of coffee. The follow-

ing example is a quick formula for those who frequent Starbucks to purchase a cup of coffee: \$1.50 per cup times 261 workdays would equal \$391.50 per year. Take the \$391.50 and invest into a preferred mutual fund for ten years and reinvest all dividends and capital gains earned from the shares purchased including the annual investment of \$391.50. This investment would yield \$23,502! This information was gathered from a hypothetical illustration during 1992-2002.

A point to remember is that all investments are subject to risk; the shorter the time period of your investments, the greater the possibility of loss. Investment programs cannot assure a profit nor protect against loss. Be sure to receive a prospectus regarding the funds you intend to buy; a prospectus contains more information regarding fees, expenses and risks.

According to *Barron's Dictionary of Finance and Investment Terms*, a mutual fund is operated by an Investment Company that raises money from shareholders and invests it in stocks, bonds, options, futures, currencies, or money market securities.

These funds offer investors the advantages of diversification and professional management. A management fee is charged for these services typically, between 0.5 and 2% of assets per year. Funds also levy other fees such as 12B-1 Fees, Exchange Fees, and other administrative charges. Funds that are sold through brokers are called Load Funds, and those sold to investors directly from the fund company are called No-Load Funds.

Mutual Funds come in many varieties. Some invest aggressively for capital appreciation, while others are conservative and are designed to generate income for shareholders. Investors need to assess their tolerance for risk before they decide which fund would be appropriate for them. In addition, the timing of buying or selling depends on the outlook for the economy, the state of the stock and bond markets, interest rates, and other factors.

Next issue we will be discussing more financial definitions and their meanings. If you have any questions concerning investments, contact the *PBP News*.

For immediate release (1-27-03)

NOTICE TO ALL TRIBAL CONTRACTORS OR LABORERS

The Harrah's Prairie Band Hotel and Event Center Expansion is nearing the contractor-bidding phase. All tribal affiliated contractors or laborers interested in becoming part of the project should make immediate contact with Ms. Juness Franson. Please forward Mr. Franson your credentials, previous work experience, and contact information.

Ms. Juness Franson
Harrah's Entertainment, Inc.
1023 Cherry Road
Memphis, TN 38117
Email: jfranson@harrahs.com

The deadline for contact by general contractors is February 15, 2003. The deadline for contact by sub-contractors or laborers is March 1, 2003.



The Prairie Band Gift Shop

Come in for a really great gift.

The Prairie Band Gift Shop, owned by the Prairie Band Potawatomi Nation, features items such as silver, turquoise, and Black Hills gold jewelry. They also have Pendleton blankets and clothing, Native American beadwork and many other great gifts and collectibles. We're located inside Harrah's Prairie Band Casino. For more information, call 1-785-966-7713.

Harrah's
PRAIRIE BAND
CASINO
harrahs.com

Owned by the Prairie Band Potawatomi Nation.

Grant Writing Workshop in Topeka, KS Feb 27-28, 2003

The Greater Topeka Chamber of Commerce and, Heartland Works, Inc. in partnership with Grant Writing USA, will present a two-day grant writing workshop. This is a repeat performance of last November's event in Reserve, KS. Tuition is \$249 per person for any registration before February 14, 2003. After that, \$289. Seating is limited to 35 participants, reservations necessary, tuition includes all materials, walk-ins are not allowed. Tuition payment is not required at the time of enrollment and purchase orders are welcome.

For more information contact: Grant Writing USA 702.739.9221

For instant enrollment, visit <http://GrantWritingUSA.com>

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

Thursday 7 pm Adult Bible Study
7 pm Children's Bible Church

Pastor Terry Paine

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

David Noland, Youth Sunday School Teacher
David preaches the months with 5 Sundays.

Catholic

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

Pastor: Fr. Bob Hasenkamp

Mass, second Sunday will continue at 2:00 pm with a potluck dinner to follow. The other Sundays, 8:30 am Mass with Father Duane followed by potluck coffee and doughnuts. No service on the first Sunday of the month.

Native American Mass at Assumption Church

204 West 8th, Topeka, KS

Mass will be at 2:00 pm with Father Duane with potluck to follow.

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

Which church are you?

Anyone who is willing to hear should listen to the Spirit and understand what the Spirit is saying to the churches. Whoever is victorious will not be hurt by the second death. Revelations 2:11 (New Living)

Church of Ephesus: But I have this complaint against you. You don't love me or each other as you did at first. (NL)

Church of Smyrna: Don't be afraid of what you are about to suffer...remain faithful even when facing death, and I will give you the crown of life. (NL)

Church of Pergamos: But I have a few things against thee, because thou hast there them that hold the doctrine of Balaam, who taught Balac to cast a stumblingblock before the children of Israel, to eat things sacrificed unto idols, and to commit fornication. (King James Version)

Church of Thyatira: ...thou sufferest that woman Jezebel, which calleth herself a prophetess, to teach and to seduce my servants to commit fornication, and to eat things sacrificed unto idols. (KJV)

Church of Sardis: ...you have a reputation for being alive but you are dead...Go back to what you heard and believed at first; hold to it firmly and turn to me again. (NL)

Church of Philadelphia: I know all the things you do, and I have opened a door for you that no one can shut. You have little strength, yet you obeyed my word and did not deny me. (NL)

Church of Laodicia: I know all the things you do, that you are neither hot nor cold. I wish you were one or the other! But since you are like lukewarm water, I will spit you out of my mouth. (NL)

Watch therefore: for ye know not what hour your Lord doth come. But know this, that if the goodman of the house had known in what watch the thief would come, he would have watched, and would not have suffered his house to be broken up. Matthew 24:42-43 (KJV)



HARRAH'S PRAIRIE BAND EDUCATION COMMITTEE REVIEW JANUARY 15, 2003

GENERAL STATUS OF TRIBAL EMPLOYEES

Number of Tribal Employees:	161
Number of Prairie Band Potawatomi Employees:	78
Number of Tribal Supervisors/Management:	31
Number of Prairie Band Potawatomi Supervisors/Mgmt:	20

INTERNSHIPS

Three full-time Tribal EEs continue their internships in Planning and Analysis, Information Systems; and Hotel.

ACE, TRACK ONE

ACE, Track I concluded December 18, 2002, with eight (8) Tribal employees.

ACE, TRACK TWO

ACE, Track II, will be initiated in the First Quarter of 2003, depending upon licensure. Currently, fifteen (15) EEs have applied; eight (8) are Tribal. Interviews were completed Monday, January 10.

ACE, Track II is a twelve (12) week training program consisting of Cross Training, ninety-six (96) Hours of Classroom Instruction, Mentoring and Community Service.

CASINO MANAGEMENT CLASS

The Introduction to Casino Management class at Haskell Indian Nations University is scheduled to begin Tuesday, January 21. Tentatively, seven (7) HPB Tribal EEs will enroll in the 3-hour college credit course.

Seven (7) completed the course for Fall Semester, 2002.

Recent Career Development Survey and Progress

26 Returned Survey

9 were PBP.

- 8 are content
- 9 are interested in advancing in management within 1 to 3 years

Transfers for year 2002

- Tribal - 23
- PBP members - 13
- Of the PBP members there were 3 promoted into Director/Management positions

Prairie People's Park is taking shape, including the new sign!





Fried Bread Man

The November issue of the *Potawatomi Nation News*, Fried Bread Man shared teachings to Linda Sitting Arrow, about losing weight and to feel better about herself. Our story returns to another meeting with Fried Bread Man, along with Joe Fast Elk, Mary Swift bird and Linda Sitting Arrow.

The fire is blazing and crackly. Joe offers a tobacco offering and prayer to the Creator for Fried Bread Man to appear. As Joe returns to the group, sitting around the fire, all three children have their heads down for a prayer of unity. Suddenly a warm mist appears and engulfs all three children. Fried Man Bread has been summoned and has arrived.

As the mist clears, Fried Bread Man smiles at the three children and says, "Thank you for calling me. I will give Linda suggested teachings tonight, and you both are welcome to listen. But before we get started, I would like to find out the latest on Linda's diet and exercise? Last time we got together was before the Thanksgiving Holiday. It has been 6 weeks. Linda will you tell us the latest?" asked Fried Bread Man.

The three individuals looked at Linda. Linda became very quiet, and then she started to speak. "Well first, I would like to thank the Creator and Fried Bread Man for the teachings. I completed the four-day tobacco offerings." Linda's voice became shaky and tears began to form in her eyes, as she continued to speak. "I prayed for other people to be helped and blessed. I prayed for myself last to eat less and feel better about my body image. But something happened during those four days."

"What happened?" asked Mary.

"Can you tell us?" Joe asked.

"After praying the first morning, I felt a weight was lifted off my shoulders. After feeling this, I began to smile and then cried. On the fourth morning the offering was made to the Creator to the east, just as the sun was rising, I felt something," said Linda.

"What did you feel Linda?" asked Joe.

"I felt warmth and that the Creator had heard my prayer for help. Some words from the last prayer, went like this, 'Oh hear my prayer to you Creator, I am so weak and small, and still a child, please take pity on me, and help me to eat less and to like myself.' I closed the prayer by saying, 'as you have blessed me, I will continue to help other children who are overweight.'"

The two children, Joe and Mary, got quiet.

Then Fried Bread Man spoke, "Joe and Mary, you have witnessed a blessing from the Creator."

"I would like to ask one question," said Mary. "Linda how much weight have you lost?"

Linda, smiled, "Well so far, I have lost 21 pounds."

"Gosh Linda, how did you do that?" asked Joe.

"I did follow Fried Bread Man's suggestions and cut back on the portions at each meal. I stopped drinking regular soda pop and started drinking diet Pepsi. My mom and younger sister walked with me for 20 minutes four days a week around our village." Linda smiled again, "And do you know what else happened?"

"What happened?" asked Mary.

"My mom has lost weight too, by walking with me, and cutting back on her portions."

Joe asked, "Linda, what has your dad thought of this, you know, losing weight and the diet?"

"My dad's comment so far? 'My girl I am so proud of you!' And, my mother informed me that we would be going to Kmart on her next payday to buy some smaller clothes." Linda got quiet.

Fried Bread Man asked Linda, "Why are you so quiet?"

"It's my dad. I am worried about him being a Type II insulin dependent diabetic. He doesn't take care of himself."

Fried Bread Man said, "We can help him too. But you need to get stronger and receive additional teachings. Before we go home, I have something to say about portions of food," said Fried Bread Man.

"Last time I spoke about portions of food. I told you that our food intake for each meal should fit into our hand. I will tell you more about portions. If you cup both hands together to make a bowl shape, eat this amount of vegetables. Eat meat the size of your palm and thickness of your small finger. You can eat potatoes, corn, peas, rice, cereal, or beans the size of your fist. Finally, eat fruit the size of your fist."

Traditional gardening will be discussed next month, this concludes the January Fried Bread Man series.

Highlights from Diabetes Conference

By Richard Pruiksma, MD

I recently attended the Prevention of Diabetes in Native American Communities Conference in Denver, Colorado. Over 750 representatives from over 200 tribes attended the conference. In this article I want to share the highlights of the conference. The theme was "Turning Hope into Reality" and many of the new findings are giving Native Americans hope in overcoming the epidemic of diabetes that is occurring.

Four main factors in the development of diabetes mellitus type 2 are recognized by the International Diabetes Federation: 1) Lifestyle, 2) Genetics, 3) Fetal Nutrition, and 4) Stress. Not surprisingly, many Native Americans are trying to reduce the onset of diabetes in their own tribes by addressing one or more of these causes. I will review some amazing results that are now known about how Lifestyle and Stress affect diabetes mellitus type 2.

Lifestyle:

The Diabetes Prevention Program (DPP) was a nation-wide study of people at risk for diabetes (which included a subgroup of Native Americans), and the study was able to show over a 50% reduction in the onset of diabetes with 1) intensive exercise and 2) weight loss by using a low calorie, low fat diet. The success can also be stated in terms of an average three-year delay in the onset of diabetes mellitus type 2. What was special about the Native American subgroup was that the Native Americans, although slow to start an exercise program, were the most successful in keeping up the exercise long term and ended up with the most minutes per week of exercise of all subgroups (Average of 250 minutes/week). Although Native Americans have a higher prevalence of diabetes mellitus type 2, they have just as large of a percentage reduction in the development of diabetes with these lifestyle changes.

Stress:

Stress in Native American populations often includes Historical Grief and Trauma (ancestors in

forced boarding schools, loss of land, broken promises, etc.). This leads to an increase in stress hormones. The increase in stress hormones often leads to central obesity (a large waist rather than large hips), addictive behaviors, cholesterol problems, and diabetes mellitus type 2. Some tribes are using their Special Diabetes Program for Indians (SDPI) grant money to address this cause of diabetes. One thing that is not commonly known about the DPP study mentioned above was that each participant had a personal coach who was told to say:

"You can count on me to:

- Stand by you during hard times
- Always 'hang in there' for you and support you for all the years of the Diabetes Prevention Program."

Some presenters at the conference thought that this social support had as much to do with the successful prevention of the onset of diabetes as the instruction on lifestyle changes.

The SDPI has been in place for four years now and we are just entering the fifth year of five years of funding. The improvement of diabetes care that has resulted from the first four years of the SDPI can be summarized with one measurement. The average Hemoglobin A1C for diabetics across Indian Country improved from 9.3% to 8.0%, which corresponds to an average blood sugar changing from 220 mg/dL to 180 mg/dL. This size of change results in a large reduction in the number of patients needing dialysis of having heart attacks.

Shortly after returning from the conference, we received some good news. The President had signed a \$1.5 billion bill split evenly to fund the SDPI and diabetes type 1 research. This will extend the period of efforts on the part of the tribes and IHS to work on diabetes prevention and prevention of complications of diabetes until the year 2008. The rest of the country is looking to us for answers as the diabetes epidemic continues to face the whole country.

Dr. Richard Pruiksma can be reached at the Holton IHS Clinic at 785 364-2176. The Clinic is located at 100 W. 6th Street, Holton, KS (66436).

GINIGITTEK (Those who are born)



Tommy Rose Wheeler Wabaunsee
December 1, 2002 9 Lbs. 5 Oz.



Tommy Rose Wheeler Wabaunsee was born on December 1, 2002 at 7:26 am in Tacoma, WA. She weighed 9 lbs. 5 oz. Her mother Gayle R. Wabaunsee, Prairie Band, her father is Arno S. Tulee, Yakima, maternal grandmother is Rose (Pahmahmie) Patterson, Prairie Band, maternal grandfather is Thomas B. Wabaunsee, Prairie Band (deceased), paternal grandfather is Randy Tulee, Yakima. Tommy has many aunts, uncles and cousins. Welcome to the world, Tommy Rose! We all love you!

REMINDER

PRAIRIE BAND POTAWATOMI NATION Health Committee

Announces

**Regular Meetings at 10:00 a.
m.,
last Monday of each month,
2002**

**16281 Q Road, Tribal Govern-
ment Center,
Mayetta, Kansas**

GAMBOTTEK

Marcus Gutierrez, Jr.

Mass of Christian Burial will be at 10 a.m. Saturday at Our Lady of Guadalupe Catholic Church for Marcus Alan Gutierrez Jr., Belton, Mo., formerly of Topeka, who was killed Friday, Jan. 10, 2003, in a head-on collision on Missouri Route 150 in Lee's Summit, Mo.

He was born Oct. 29, 1978, in Topeka, to Marcus A. and Rosa Romero Gutierrez. He spent several years in Ottawa before he moved to Belton, Mo., about 18 months ago.

Survivors include his father, Marcus A. Gutierrez Sr., Bristol, England; his mother, Rosa Romero Gutierrez, Belton, Mo.; four sisters, Rosa E. Dunnivan, Ottawa, Christina A. Gutierrez, Lawrence, and Cecilia A. Gutierrez and Maria Antonia Kicker Gutierrez, both in Belton, Mo.; and two grandmothers, Rose Toledo and Maria S. Romero, both in Topeka.

Burial will be in Mount Calvary Cemetery. Mr. Gutierrez will lie in state after 2 p.m. Friday at Brennan-Mathena Funeral Home, where a Legion of Mary rosary at 6 p.m. will be followed by a parish wake service at 6:30 p.m. Friday.

Contributions may be made to the Marcus Alan Gutierrez Jr. Memoria Fund yet to be designated and sent in care of the funeral home.

Smith, Rose Mary DOD Jan. 20, 2003

Website "5 a Day"

**A health site provided by the
National Cancer Institute. It
recommends that people eat
five or more servings of fruit
and vegetables a day. Wwww.
dcpc.nci.nih.gov/5aday or
search 5 a day.
"5 a day" also has recipes.**

President G. W. Bush Signs \$1.5 Billion Diabetes Bill

Diabetes Research Wellness Foundation™, 1206 Potomac Street, Washington, DC 20007 diabeteswellness@diabeteswellness.net

On Tuesday, December 17, 2002, President George W. Bush signed into law H.R. 5738, providing \$150 million per year for diabetes prevention and treatment programs for American Indians over the next five years, totaling \$1.5 billion. Set to expire after fiscal year 2003, the President's signature extends the Special Diabetes Program through fiscal year 2008. Diabetes Research and Wellness Foundation applauds the President's action. Congratulations to everyone in the diabetes community who helped make this possible!

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 - 8:00 p.m. Friday, 5th & Washburn, Potwin Church Bsm. Non smoking, Closed meeting.

Native American AA Meeting - 8:00 p.m., 235 Buchanan. 357-6511.

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,

C.A.R.E. - For people seeking a Christian 12-step program, all addictions welcome, 7 p.m. to 8:30 p.m. each Friday at Inward Faith Outreach Ministry, 625 S.W. Polk. C.A.R.E. is a Christian Addiction Recovery Empowerment 12-step program.

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, Mayetta, KS

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

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 at 7:00 p.m. 966-2178, 364-4479.



Introducing New AA Meeting

**Open AA Meeting At Judy's Café
104 E. Main Street, Mayetta, KS**

Tuesday's at 6 pm

**Everyone Welcome—Come and
Check the Meeting out!**

January 2003

Prairie Band Potawatomi News

Gift Shop

Hours of Operation:

8:30 a.m. — 12 Midnight
(Seven (7) days a week)

Located in
**Harrah's
PBPB Casino**

BINGO

Hours of Operation:

**Monday through Saturday
Doors open 5:00 p.m.
Mini session 6:30 p.m.
Regular session 7:00 p.m.**

(Closed Wednesday)

**Sunday
Doors open 10 a.m.
Mini session 12:30 p.m.
Regular session 1:00 p.m.**

Located off Hwy. 75, Rd. 162

MUST BE 18 TO PLAY

Nation Station

Hours of Operation:

**Sunday through Thursday
6:30 a.m. — 10:30 p.m.
Friday and Saturday
6:30 a.m. — 11:30 p.m.**

Located at 12285 — 150 Rd.
Off Hwy. 75

Aerobic Class Begins

The holidays have come and gone, unfortunately not the weight we gained.

Come start getting in shape for those spring clothes!

Schedule:

**Tuesday's and Thursday's
at the Government Center
in the Training Room
at 5:15 pm.**

If you have any questions, please call Leslie Marshno at 966-4037.

PBP-NISH-NA-BAH Potawatomi Fast Pitch

**We're getting ready for the
season to begin to roll!
Watch for flyers and
Posters for our upcoming
fundraisers.
Support
Our team!**

Native Owned Vendors Wanted

**Prairie Band Potawatomi Nation 5th Annual Pow Wow Celebration
June 13-15, 2003**

**For Vendor information please contact:
Call 1-877-715-6789 ext 3999 leave message or
E-mail: Powwow@pbpnation.org**

Recipe Corner

By Mary Young

Recipe Corner will feature recipes to help fight heart disease and strokes and we hope you enjoy them. According to the Statistics Program from I. H.S., Rockville, MD, mortality rates for diseases of the heart is the highest. Look for more articles in the Health Section of the PBP News throughout the coming issues.

Reprinted with permission from the American Heart Association Quick and Easy Cookbook, Copyright © 1995 by the American Heart Association. Published by Times Books, a division of Random House, Inc.

Bran Muffin Breakfast Trifle

Serves 6; 1 cup per serving

3 cups coarsely crumbled low-fat bran muffins (about 3 medium muffins)
4 cups assorted fresh fruit chunks
2 cups nonfat or low-fat vanilla or fruit-flavored yogurt

1. Place half the muffin crumbs in a 2-1/2 quart glass bowl or airtight container. Arrange 3-1/2 cups of fruit on top. Cover with remaining muffin crumbs.
2. Spoon yogurt evenly over the top. Top with remaining fruit, cover and refrigerate for at least 6 hours or overnight.

Calories: 177 kcal, Protein: 6 g, Carbohydrates: 38 g, Total fat: 2 g, Saturated fat: 0 g, Polyunsaturated fat: 1 g, Monounsaturated fat: 0 g, Cholesterol: 2 mg, Sodium: 98 mg.

Chicken Jambalaya

Serves 6

Preheat oven to 350° F.

6 chicken breast halves (approximately 3 pounds), skinned, all visible fat removed
1 cup Homemade Chicken Broth or low-sodium chicken broth
1/2 cup chopped onion
1/4 cup chopped green bell pepper
1 cup white wine
1/4 cup chopped fresh parsley
1/2 teaspoon basil
1 small bay leaf
1/2 teaspoon thyme
1 cup uncooked rice
1/2 cup cubed low-fat ham
1 cup canned no-salt-added tomatoes, drained

1. Rinse chicken pieces and pat dry.
2. In a saucepan, combine broth, onion, bell pepper, wine, parsley, basil, bay leaf and thyme. Bring to a boil, stirring constantly. Remove from heat and set aside.
3. Place rice, ham, tomatoes and chicken in a large casserole dish. Pour herb sauce over all. Cover tightly and bake 25 to 30 minutes. Turn oven heat off; allow casserole to remain in oven for 10 to 15 minutes.

Calories: 354, Protein: 44g, Carbohydrates: 28 g, Total fat: 6 g, Saturated fat: 2 g, Polyunsaturated fat: 1 g, Monounsaturated fat: 2 g, Cholesterol: 104 mg, Sodium: 251 mg.

Hearty Baked Macaroni

Serves 6

Vegetable oil spray
1 16-ounce can tomato puree
1 cup water
2 teaspoons Italian herb seasoning
1/2 teaspoon garlic powder
1-1/2 pounds low-fat cottage cheese
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 8-ounce package elbow macaroni, uncooked
4 ounces part-skim mozzarella cheese, sliced

1. Preheat oven to 350° F. Lightly spray a 9-x-9x-2-inch casserole with vegetable spray.
2. In a small bowl combine tomato puree, water, Italian seasoning and 1/2 teaspoon garlic powder.
3. In another bowl, combine cottage cheese, onion powder and 1/2 teaspoon garlic powder.
4. Spoon 1/3 of tomato mixture into prepared casserole. Place 1/2 of macaroni, all of cottage cheese mixture and 1/3 of tomato mixture on top.
5. Add remaining macaroni and cover with remaining tomato mixture.
6. Cover and bake 1 hour. Uncover and top with mozzarella cheese.
7. Bake uncovered, 5 minutes, or until cheese is melted. Let stand for 10 minutes before serving.

Calories: 335, Protein: 27 g, Carbohydrates: 42 g, Total fat: 6 g, Saturated fat: 4 g, Polyunsaturated fat: 0 g, Monounsaturated fat: 2 g, Cholesterol: 19 mg, Sodium: 584 mg.

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!



February Potawatomi Elder Center 2003

3 Liver & Onions Potato & Gravy Sliced Carrots Dinner Roll	4 Sloppy Joe Chicken Rice Soup Tossed Salad Crackers	5 Sliced Ham Potato & Gravy Zucchini & Carrot Dinner Roll	6 Chicken Pot Pie Buttered Noodles Spinach Salad Deviled Eggs	7 Catfish Macaroni & Cheese Broccoli & Cheese Garlic Bread
10 Breakfast For Lunch Sausage, Bacon Eggs, Hash Browns Biscuits & Gravy	11 Meatloaf Potato & Gravy Green Beans Dinner Roll	12 Baked Chicken Fettuccini Alfredo Fruit Salad Carrots, Roll	13 Birthday Dinner Roast Beef HAPPY BIRTHDAY	14 Beef Stew Buttered Noodles Tossed Salad Biscuit
17 Closed President's Day	18 Cornbread Bake & Chili Tossed Salad Crackers	19 Oven Fried Thighs Potato & Gravy Mixed Vegetables Dinner Roll	20 Chicken Casserole Steamed Broccoli Tossed Salad Dinner Roll	21 Salmon Patty Macaroni & Tomato Steamed Zucchini Broccoli Salad
24 Chicken N. Soup Turkey Sandwich Rice Stuffing Cranberry Salad	25 Pork Chops Scalloped Potato Louisiana G Beans Dinner Roll	26 Goulash Brussels Sprouts Tossed Salad Garlic Bread	27 BBQ Pork Sandw. Potato Salad Baked Beans Coleslaw	28 Chicken Stir Fry Fried Rice Egg Drop Soup Pork Egg Roll

Adults \$3.50

Children \$2.00

Native Seniors \$Free

Lunch Hours 11:30-12:30

Menu Subject to Change

News from Nek-AAA News

January 2003, Issue 22

Excerpts from Nek-AAA News: Published by: Northeast Kansas Area Agency on Aging, 526 Oregon, Hiawatha, KS 66434

To make your voice heard...Governor-Elect Kathleen Sebelius has requested input from Kansas Citizens regarding government review. This is YOUR opportunity to give your thoughts regarding the importance of senior services and ways to trim the Department of Aging. The toll free number is: 1-877-579-6757. The phone is manned 1:00-8:00 pm Monday-Friday. You can leave a message. Or, go to: www.ks.gov/governor.com/performance.php and click performance review.

Also, call or write your legislators.

January is National Glaucoma Awareness Month: be sure to see when you last had your eyes checked!

February is American Heart Month: so take good care of your heart. That includes: checking your blood pressure and cholesterol; eating more fruits and vegetables; eating more whole grains; exercise; and weight control.

March is National Colorectal Cancer Awareness Month: You would pay 25% of the Medicare approved amount after your yearly Part B deductible for a flexible sigmoidoscopy or colonoscopy if the test is done in a hospital outpatient department.

Some "Heart Healthy" tips in honor of February's American Heart Month:

- Use 1% or skim milk instead of whole milk
- Instead of evaporated milk, buy the evaporated skim milk
- For cream cheese, choose the low-fat or fat free
- When a recipe calls for broth, use unsalted

- Try some sherbet, sorbet or non-fat frozen yogurt in place of ice cream

Time to clean out the cupboard and freezer:

Below are approximate storage times for food items:

Storage in the cupboard:	
White or whole wheat flour	6-8 months
Gelatin	18 months
Shortening	8 months
Crackers	3 months
Pudding mixes	12 months
Cake mixes	9 months
Brown sugar	4 months
Vegetable oil, opened	1-3 months
Peanut butter, opened	2-3 months
Toaster pastries	2-3 months
Spices and herbs	

ground spices	6 months
herbs	6 months
whole spices	1-2 years
Marshmallow cream, unopened	3-4 months
Storage time in Refrigerator:	
Evaporated Milk, opened	3-5 days
Eggs in a shell	2-5 weeks
Ground beef, stew meat (raw)	1-2 days
Cooked meat	3-4 days
Chicken pieces	1-2 days
Cottage cheese	5-7 days

Storage time in freezer:	
Baked quick breads	2 months
Baked muffins	6-12 months
Casseroles	1 month
Turkey or chicken, whole	12 months
Meat broth	2-3 months
Bacon	1 month
Frankfurters	1-2 months

Adapted from brochures: Kansas State Extension Service

Government Offices

CLOSED

**For
President's Day
On
Monday, Feb 17**

Web Site Addresses of Interest

**Prairie Band Potawatomi Nation
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)**

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

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

NEWSPAPER INFORMATION

Mailing Address:

P. O. Box 116, Mayetta, KS 66509-0116.

Physical Location:

16281 Q Road, Mayetta, KS (lower level, southwest corner of PBPB Government Center).

FAX # (785) 966-3907

Mark "ATTN: PBPB News"

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Mary L. Young

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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**

**Social Services
888 966-2932**

**Tribal Court
866 966-2242**

**Alcohol & Drug
866 966-2411**

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



Gov. Kathleen Sebelius and son hold plaque as the Pendleton blanket is being displayed. The plaque explains the reason why the "Keep My Fires Burning" Pendleton is symbolic to the tribe. Steve Cadue, Kickapoo Chairman and spokesperson for the presentations is holding a gift basket.



New Slots
Eleven Triple Diamond Games
Are on the floor throughout the Casino.
Anytime there is a PBPB symbol on the payline, jackpots are paid.
A variety of denominations can be played per game: 25¢, 50¢, \$1.00 & \$5.00.

Inaugural Services

By Mary Young

Inaugural services began Monday, January 13th at 9:30 am for the Interfaith Spiritual Services at Assumption Church at 8th and Jackson Streets in Topeka. Nicole McReeves, sister of PBPB's Tribal Chair Zach Pahmahmie, played the piano prelude and a special song. Each of the participants gave an encouraging word and prayer to the governor-elect.

Following the service, Governor-elect Sebelius walked out of the church led by several persons playing bagpipes through a row of firefighters and police officers to the Capitol for the Administration of Oaths and In-

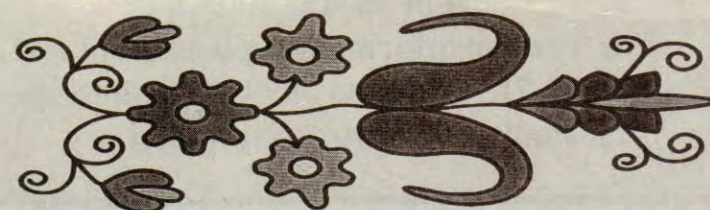
augural Address. One of the highlights of the event was the nineteen-gun salute by the 130th Field Artillery Brigade and the KC-135 fly-over by the 190th Air Refueling Wing, an emotional moment felt by the observers. One of the troop members of the 130th said, "Doesn't that make you proud to be an American."

The Governor assumes command of the Kansas Army National Guard, the Kansas Air National Guard, the Kansas Air National Guard, and the Kansas Highway Patrol. Each force is represented by an honor element consisting of one officer and nineteen personnel. A nineteen-gun salute is in accordance with official Military Protocol to honor a Governor of a State or Territory.

During the presentations by the representatives of the four nations of northeast Kansas, Tribal Chair Pahmahmie presented and draped the Governor with a "Keep My Fires Burning" Pendleton blanket with a plaque to explain why the blanket was symbolic to the tribe.

As the newly sworn in Governor, Kathleen Sebelius said, "Kansans are not afraid. The State and the people have risen to the challenge every time. Because of Kansas, the skies are not cloudy all day."

Tribal dignitaries in tuxedo and evening gowns attended the Inaugural Ball with dinner and dancing that was held at the Kansas Expo Center Exhibition Hall.



Charitable contribution presentation at Marian Clinic. (L-R): Jackie Mitchell, Council Member; Steve Ortiz, Secretary; Zach Pahmahmie, Chairman; Ping Enriquez, Marian Clinic Board Chairman; Rey Kitchkumme, Council Member; Roy Ogden, Council Member; and Camilla Chouteau, Health Committee Secretary.

News for Immediate Release:

Marian Clinic

Contact Person: Carolyn Zimmerman

Tribal council members of the Prairie Band Potawatomi Nation have presented Marian Clinic with a \$50,000 gift to support medical and dental services for the uninsured and underserved. A portion of the gift will be restricted to a fund available to members of the tribe in need of service, while the remainder will help fund general operations of the clinic.

In accepting the gift, Board Chairman Ping Enriquez welcomed tribal members to the circle of Clinic supporters and expressed appreciation for the opportunity for two organizations to enjoy a mutual benefit.

Tribal council members attending the presentation included Zach Pahmahmie, chairman; Stephen R. Ortiz, secretary; Rey Kitchkumme, Jackie Mitchell,

Roy Ogden, council members; and Camilla Chouteau, health committee member. A tour of the medical clinic followed the presentation.

Marian Clinic business hours are 9 AM to 3 PM, Monday through Friday. Appointments may be made for mornings, afternoons or evenings, depending on your need and the times a doctor is available.

To be a patient, you must be without health insurance and meet financial eligibility guidelines. To enroll, call 233-8081 during the hours above. For more information regarding Marian Clinic and Martin de Porres Dental Center see the Health Section of the PBPB News.

An Indigenous magazine exploring the issues that affect our world

SPIRIT

IN YOUR FACE
Today's
Aboriginal Family
Bold, Brave and Beautiful

Simon Ortiz
JANE GOODALL
ERIC SHWEIG
ADAM BEACH
Winona LaDuke
John Trudell

Leadership
Are they
spiritual
enough?

4.50
spiritmag.ca

sex art books music theatre

Please display until Mar.21

See page 5 for related article, "Former Potawatomi Gathering Princess Launches Her Own Magazine."