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Prairie Band Potawatomi News

January 2005 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

Ice storm hits reservation

essential personnel prepared and worked around the clock

By: Suzanne Heck

The New Year ushered in a long snap of bad weather that wreaked havoc on those living in northeast Kansas and across the United States. Locally offices and schools were closed for almost two weeks in an effort of keeping people safe and off the roadways from treacherous ice and snowy conditions.

Jackson County was declared a state of disaster emergency by the Kansas Governor due to severe icing conditions that took place in the first week of the New Year. An interlude of mild temperatures and melting ice renewed spirits the following weekend but on Monday, January 10 freezing drizzle began to fall that afternoon coating the ground with ice making roads and walkways extremely slick. It continued to drizzle, sleet, and snow on into the week and bitterly cold temperatures kept the ice intact and people inside.

Road & Bridge Director Tim Ramirez said that it was a good thing that businesses closed during the cold spell because the roadways were extremely dangerous.

On a day when the storm was in progress, reservation resident Mary Young reported that her yard looked like a lava flow of ice. "I've tried to go outside but it is a sheet of ice everywhere."

Tribal Police Chief, Terry Scott said that there hadn't been any major accidents reported during that time and that he had nothing but praise for the Road & Bridge crews.

He said the crews had attempted to keep the side roads sanded but that it was mainly the bitter cold temperatures that were keep-

ing the ice on the roads. "The paved roads are clear," he said. "They've done an awfully good job."

B.J. Darnall, who works for Road & Bridge, said that the department had strategized a plan to work crews in three shifts to keep the roads sanded and cleared. They, along with members of the Maintenance Department, also planned to have crews available to keep walkways and the parking areas cleared at the housing and government sites. In addition, resident driveways and other areas of access on the reservation were sanded as schedules permitted.

Tim Flanary, from the Emergency Services Department, said that there had been no major accidents to attend to and that there were very few power outages that had occurred.

"We had some tree limbs that caught on fire from electric lines," he said, "but other than that we had very few problems."

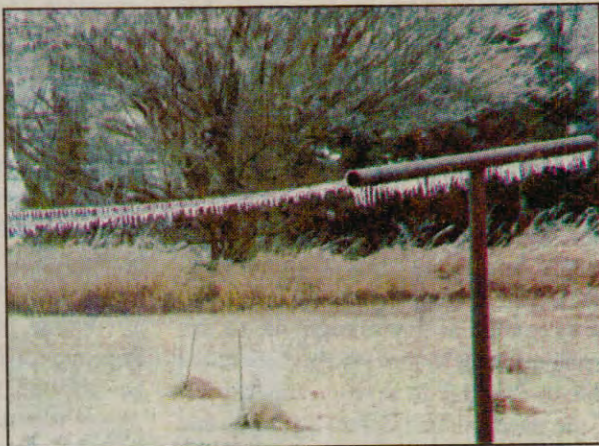
One of the reasons that things might have gone smooth was that a meeting to discuss the oncoming storm was called on January 4 between leaders of Road & Bridge.

Maintenance, Emergency Services, Law Enforcement, Housing, and Administration. At that meeting leaders outlined how their departments would coordinate efforts in preparation for any major power outage or disaster that could potentially occur.

Ramirez also said that the PBPB Road & Bridge had coordinated their efforts with Jackson County during the storm and that he had recently met with representatives from FEMA, the State, and the County and secured some financial assistance for the Tribe as the area had been declared a disaster by Governor Sebelius.

In other parts of the world bizarre weather patterns caused disasters like the Tsunami and mudslides in California.

The weather has been unusual here too. For example, two days after Christmas temperatures were in the 70s and one resident reported seeing seven robins on December 31 which usually is a sign of spring. More robins have been seen in the area since then even during the cold snap which makes one wonder if even nature itself isn't getting confused about the wild weather patterns.



The photo above shows a picture of Mary Young's icy clothes line and yard located on the reservation during the storm.

James Wabaunsee wins Tribal Council seat



James "Nabi" Wabaunsee

James "Nabi" Wabaunsee was elected to the Tribal Council at a special election held December 21 in the Stone Community Building.

Other members running in the election were Peggy Houston, Tom Tuckwin, and Tony Wahweotten.

James graduated from the University of Kansas with a Bachelor's Degree in Education with an emphasis in Exercise Science and also from the Mayo School of Health Related Sciences where he received a Master's Degree in Physical Therapy.

After graduating he came home and worked at St. Francis Health Center in Topeka, as the program coordinator for the PBPB Vocational Rehabilitation Program, and at the Holton Community Hospital.

In his profile statement James wrote: I believe that each Tribal Council member is a servant to the people. The Tribal Council has been chosen to guide our nation and provide for its members.

The Tribal Council must put those they lead before themselves. Our leaders uphold a standard for us to follow. The greatest skill of our leaders should be the ability to listen. And by listening, they can make decisions to benefit the people.

James was sworn in on January 7 at a ceremony.

See page four for more on the election.

Special General Council meeting to be held on March 12

A special General Council meeting will be held on March 12 at the Bingo Hall from 9 to noon concerning Casino transition.

At this meeting a decision will be made to schedule a final vote concerning Casino Transition. Recommendation is that a final decision be made at the July 16, 2005 Annual General Council Meeting or by referendum.

An agenda and notice of the upcoming meeting will be sent to the membership by mail.

In other news, Ryan Ross has resigned his position on the casino management committee effective February 8. Chair Zach Pahmahmie will be the contact person for Ross's position in the interim.



Ryan Ross



PRAIRIE BAND POTAWATOMI NATION
SPECIAL TRIBAL COUNCIL ELECTION
Mayetta, Kansas
December 21, 2004

COUNCIL MEMBER	MACHINE	HAND TALLY	TOTAL	%
PEGGY (NIOCE) HOUSTON	275	0	275	30.93%
TOM TUCKWIN	145	1	146	16.42%
JAMES "NABBY" WABAUNSEE	284	6	290	32.62%
RONALD (TONY) WAHWEOTTEN	177	1	178	20.02%

Small business grants program completed: proposals being judged

The classes are over and the small business proposals are completed. They are now being judged by financial experts who work in the Finance Department of the Nation's government. At press time plans called for announcing those who were selected to receive grants by the end of the month.

John Schilling, Tribal Business CEO, whose office is handling the small business grant program, said that approximately 45 members participated in the program and that half of those were from out of state and received their training by mail and computer correspondence.

Members who lived near or on the reservation attended several small business education classes taught weekly by educator and small-business owner, Cindy Orcutt. The classes

were taught in the Government Center's Training Room.

In order to apply for the grant tribal members had to adhere to certain requirements in order to qualify and compliance standards varied according to individual need and what state they reside in.

The Tribe was approved for the grant submitted by PBPB's grant writer, Diane Robb in 2003. It comes out of the federal Housing Urban Development (HUD) /Indian Community Development Block Grant Program and is renewable.

Dawn LeClere is the small business grant contact and can be reached at 785-966-4047.

Prairie Band gets new ambulance



A new ambulance that the Nation purchased recently is seen above getting the once over by a few of the Emergency Services staff. It is a state-of-the-art vehicle and is ready for emergency calls. To learn more about the new ambulance see the back page of this issue.

Mark Your calendars

February 23, Gaming Commission Election

March 12, Special General Council Meeting

July 16, Annual General Council Meeting

July 28-July 31, 12th Annual Potawatomi Gathering
(hosted by Nottawaseppi Huron Band of Potawatomi, Fulton, MI)

Government /Gaming Commission Candidates

Prairie Band Potawatomi News

Gaming Commission Election Candidates and Profiles Vote for two (2)



Dale Delg "Zhee-gon-o"

My name is Dale Delg and I am running to become a member of the Prairie Band Potawatomi Gaming Commission. I come to you with a promise that I will work hard to regulate gaming activities under Title 12 of the PBP Law and Order Code, as well as comply with the Indian Gaming Regulatory Act (IGRA).

I have worked for over 25 years in senior management level positions which will be a benefit in understanding complex gaming regulations as well as safeguarding our most important asset, Harrah's Casino revenues. I am

no stranger to writing complex policies and ordinances (tribal law) that guide employers to comply with stringent requirements to benefit Indian people.

As an active member of our Nation's business concerns, I am fully aware of our needs for new housing, medical assistance, education and employment for our own people. That is why I am committed to serve as your next Gaming Commissioner to exercise our gaming rights as Potawatomi people, and protecting our needed revenue for these basic needs.

Working with the National

Indian Gaming Regulatory Act (IGRA), National Indian Gaming Commission (NIGC), Kansas Gaming Compact, and Tribal Gaming Oversight Act will be a challenge that I'm prepared to accept with honor and trustworthiness. I monitor for compliance for background investigations, licensing procedures, casino surveillance, and gaming inspectors. I am confident in my own management skills, education and experience that I will do my best serving as Gaming Commissioner.

Here is my experience and background: graduated from Los

Angeles Valley College in 1968 in Business Management, thirteen years with the Los Angeles Teamsters Union as business agent, owned and operated my own real estate business for ten years, upholstery business owner, human resource director for PBP, Director for the Kickapoo Tribal Employment Rights Office. Please make sure you exercise your right to vote for the best candidate of your choice. I would appreciate your vote for me as Gaming Commissioner.

I'gwien



Joyce "Sog-mah-kwe" Guerrero

My name is Joyce Guerrero and I am asking for your support in this upcoming election for Gaming Commissioner. I was voted in office in 2002 and am currently serving my term. The Gaming Commission is a five member board and we work as a team as the primary regulators for gaming conducted by the Prairie Band Potawatomi Nation. We ensure that the gaming facilities are in compliance with the policies that were established from the tribal and state compact. Being on call 24 hours a day, 7 days a week and working regular office hours is typical for a Gaming Commissioner. Working closely with Inspectors on the gaming floor and office staff in the licensing process is also part of our duties. As treasurer, I work closely with the finance manager in finance transactions including payroll. Updating our payroll to direct deposit and electronic money transfers came about during my term as treasurer. We

prepare for the audits, and the annual budget for submitting to the General Council.

I have over twenty years of experience in the business workplace in Topeka, where I grew up. I completed Clarks School of Business after high school and attended Washburn University in 1975 for four years. From 1980 - 1982 I served on the Tribal Council. In 2002, when I was elected to the Gaming Commission, I was employed at Burlington Northern Santa Fe railroad. I worked in the accounting department doing numerous finance duties, mainly payroll and timekeeping. They approved a leave of absence for me to serve on the Commission. Recently the company union informed me of conditions that brought me to this decision to run in this year's election. I hope to continue to serve in this capacity for the Nation. I feel strongly that the gaming and regulatory knowledge

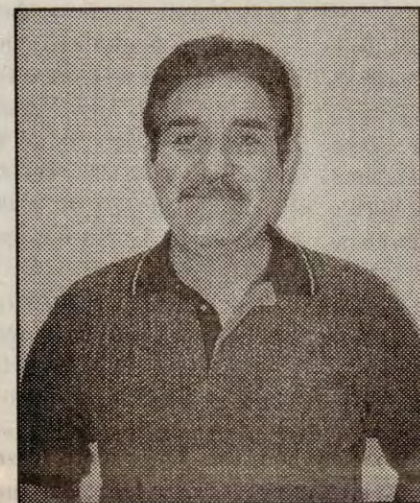
and experience I have received is beneficial in my Commissioner's obligations to protecting tribal assets.

If elected, I promise to continue to uphold the integrity of the Gaming Commission and to stay informed and educated on the ever changing technologies of gaming, to ensure that the regulatory procedures that are needed be put into place. To follow Title 12 of the law and order code of the Prairie Band Potawatomi Nation in Gaming Commissioner's responsibilities. I have been supportive of tribal development and our current employees illustrate that belief. I will continue to be open in communication with our general membership and Council members. I feel tremendous pride in introducing myself as being from the Prairie Band Potawatomi Nation to others. Not just because of the gaming. My mother, Agnes Wabski Kitchkommie, was raised here on this reservation and although out

of necessity, like many other reservation families, moved to Topeka for work. However, she never lost her attachment to her home place here on the reservation. She and my aunts, Dashee and Maggie, took pleasure in bringing us kids up to their old home place and reminiscing of their upbringing which could not have been easy having lost their mother at an early age and being part of a large family. I believe they instilled that same connection in my sisters and me as we continue to do for our children and grandchildren.

My dad was Joe Kitchkommie. Francis Kitchkommie and Dora Gokey were my grandparents. My mom's dad was Joe Wamego Wabski, her mother was Mary Ship-She-Kwe. I am Sog-Mah-Kwe and I would appreciate your vote.

Thank you.



James Jackson

My name is James Jackson. My parents were Robert and Lorene Jackson, both of whom are deceased. I've been a resident of the reservation for over 35 years and have currently resided in the second cluster site for the last 23 years.

My hobbies include playing fast-pitch softball, playing pool, and reading. I served on the PBP Tribal

Council from 1995-2000 and was in on the grand openings of our small casino and current casino. I was the liaison between the Tribal Council and the Gaming Commission for four years. I am very familiar with the Tribal/State Gaming Compact, PBP Tribal Constitution, and the National Indian Gaming Commission (NIGC).

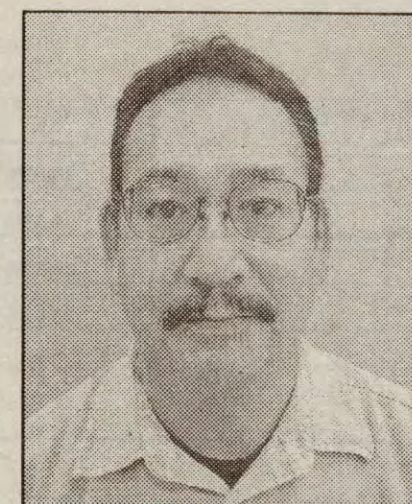
During the four years as liaison,

I was able to attend some training on Indian Gaming, Tribal Gaming Commission roles, etc. I learned that the Gaming Commission regulates the casino and does not manage the casino. They are there to protect the assets of the tribe and make sure that all gaming is fair.

I will not make any promises to anyone because that's all they would be-

-just promises. I know that it takes a meeting and a vote to pass or reject any issues brought before them. The only promise I can make is I will be fair on all licensing and gaming issues brought before the Gaming Commission.

I would appreciate your vote of confidence in February and wish everyone a Happy New Year.



Frank "Patisse" LaClair

My name is Franklin C. LaClair (Patisse), better known as "Frankie." My parents are Milton LaClair and Alvina LaClair. My paternal grandparents were William and Mary LaClair, and my maternal grandparents were Henry and Florence Wamego. I reside in Topeka, Kan. with my wife of 31 years, Barbara. We have three grown children: Rachael (She-Batch-Wa), William (Knoxsa), and Caroline (Kee-Wa-Na). My family has also been blessed with the recent birth of our first grandson, Jacob.

My background is in electronics. I received an Associate of Science degree from Haskell Junior College in 1973. I

have over 25 years of experience in computer and data communication services, which ranges from large system mainframes to personal computers and networks. I am currently employed at Harrah's Prairie Band Casino as the parts administrator for the Slot Performance Department. I have worked at the Casino for five and one-half years: one and one-half years as a slot technician and the last four years as 'the parts guy.' Some of my current responsibilities are inventory planning, control and budgeting; updating of Casino floor plans using AutoCAD; planning and procurement of coin-less slot technology; and all gaming

compliance issues associated with the slot department. Along with my experience with a broad range of computer hardware, I also have knowledge of various computer operating systems; inventory planning, tracking and control applications; procedural issues regarding customer service and quality assurance.

I see a need for better understanding of the advancements in gaming technology by our Gaming Commission. The current Gaming Commission has a basic understanding of electronic gaming devices, but with the improvements and innovations in electronic gaming technology and the pending implementation of

coin-less gaming at Harrah's Prairie Band Casino, the Tribal Gaming Commission will need to have a better understanding of the system concepts, system requirements and problems that will crop up. I feel that I can bring that technical knowledge to the Tribal Gaming Commission.

In closing, I can only stress that if I am elected to serve on your Tribal Gaming Commission, I will be at work on time, every day, to bring an impartial, objective consideration of the regulations that the Casino must comply with.

Thank you for your consideration.



Cindy LeClere

My name is Cindy LeClere and I would like to be your representative on the Tribal Gaming Commission. I am running for the first time for an elected position with our tribe. I can provide a fresh look and approach at gaming, address the issues, and keep tribal members informed. I believe that the Gaming Commission is responsible for more than the regulatory process. As elected officials they also have to protect the interests of the Nation. If I am elected, I will do my best for the people.

I grew up in the Topeka Indian community and moved to the reservation in 1978, where I live with my husband, Don Don LeClere. We have two daughters and five grandchildren. My parents are the late Charles (Cass) Harrison, Jr.

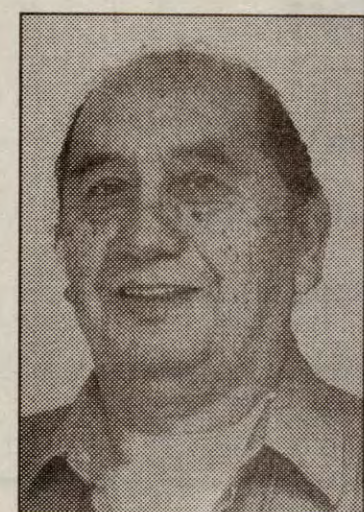
and the late Mayme (Hubbard) Mattwaoshshe and Jay Mattwaoshshe.

I graduated from Chillico Indian School and attended Kaw Area Vo-Tech, Washburn University and Haskell Indian Nations University. I started working for the tribe in 1993 as a part-time enrollment clerk and then as a receptionist for the Tribal Administrative Office. In 1995 I started the first (nongaming) tribal enterprise, the Senwigwam Craft Store and Smokeshop. In 1998, the business moved to the casino as the Prairie Band Gift Shop of which I am currently still the manager.

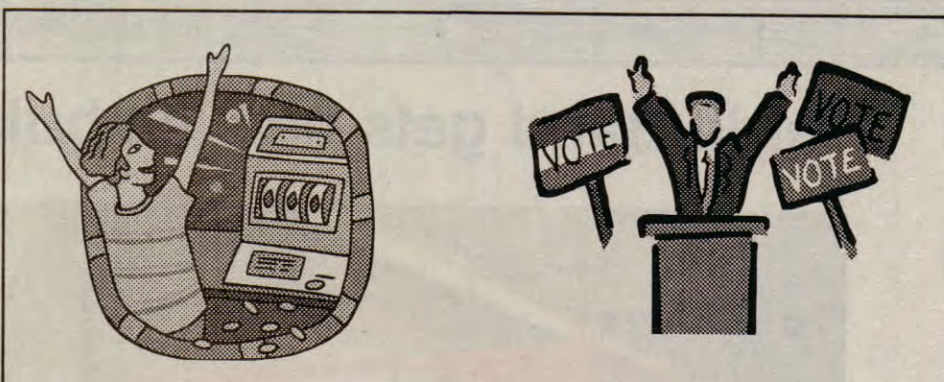
Happy New Year to all you voters! I'm Jay Matt and I'd like to be one of your next gaming commissioners.

I worked at Harrah's for over six years as a Black Jack dealer and I've seen a lot of things that Harrah's did wrong to the Indian and non-Indians both. If elected, maybe we can make a difference and help the Indians and non-Indians both because Harrah's is running over everybody. My wife always said to think positive-so I'm thinking positive -I'm going to win.

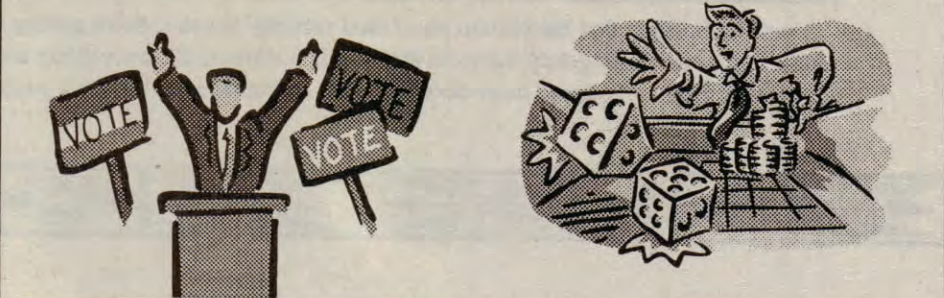
You've got to have heart and believe in what you're doing. You've got to stand up for what you believe in. Common sense helps a lot too.



Jay Mattwaoshshe



Don't forget that on election day only tribal members and invited guests are allowed in the election area at the Stone Community Building.

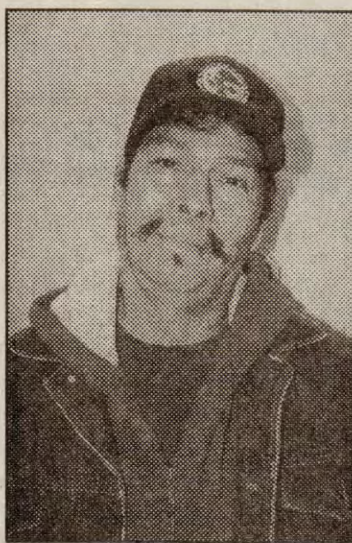


Government /Gaming Commission Candidates

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January 2005
Ttē Mko Kisēs



Eddie Joe Mitchell

My name is Eddie Joe Mitchell. I am running for gaming commissioner and ask for your support. I have spent most of my life on the reservation, but I have also lived in other places as well. I remember the days before Indian gaming when the tribe didn't have much. I lived here when the times were lean. I would still live here even if it went back to that.

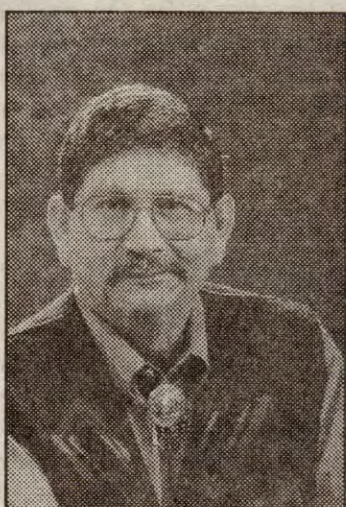
I try to help people whenever I can, in whatever way I can. I am not paid for most of the work I perform in this community. I do a lot of it because not many people will work for nothing. I feel we are obligated to help our people and not depend on others to do the work we need to do ourselves.

I have four years of college. My reading, writing and speaking skills are strong. I pride myself on being able to learn anything. I am self-taught in many areas. For example, I didn't know how to build bridges but I built them. I didn't know how to build houses but I built them. I didn't know how to counsel Native American prisoners but I helped them. I couldn't speak the Potawatomi language but I learned how to speak it adequately. I believe our people can do anything we set our minds to do.

I will stand on my integrity. I don't drink or use drugs. I have security clearance to work in maximum security prisons. I have worked in four different

institutions with hundreds of Native American prisoners. In this line of work, I had to produce my arrest record for the past 20 years. It came back with nothing on it. I will submit to any drug test or background check we have at anytime.

If I am elected gaming commissioner I will do the best job that I can do.



Gary Mitchell

I am running for Gaming Commissioner because I want to continue contributing positively to the Prairie Band of Potawatomi Nation. I have 15 years of experience in elective office, including a term as Gaming Commission Chairman. I firmly believe in standing up for the rights of the Nation and will contribute by enforcing the gaming regulations in our casino business. I bring a strong background in writing, research, communication, and the ability to understand the regulatory process and all gaming laws currently in place; therefore, I do not need a

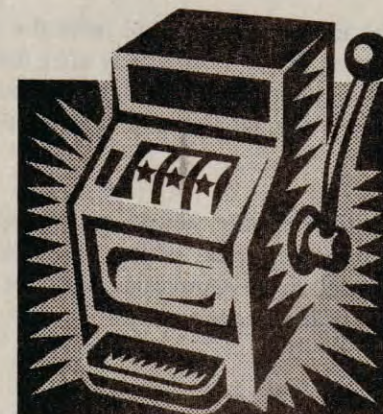
period of time to learn this position.

I have a bachelor's degree in political science from Washburn University in Topeka, Kan. and a master's degree in history from Baker University in Overland Park, Kan. Working hard to earn those degrees remain a proud milestone in my life. Within the past few years, I have written a comprehensive history of the Prairie Band of Potawatomi Nation, as well as five PBPB publications.

Above all, my family and traditional religious beliefs are center in my

life, supporting me through life's challenges. Being a life-long resident of this reservation and community, I know the struggles we have endured over the years. I will commit myself to this position, serving to enforce the gaming regulations that promotes and provides for a vigorous financial outlook for the Prairie Band of Potawatomi Nation. With these thoughts, I ask for your vote as Gaming Commissioner.

Thank You.



Carrie O' Toole

Hello, my name is Carrie Wabauensee O'Toole. I am asking for your support to continue serving and protecting the tribe as a Gaming Commissioner for the next four years. I've had the privilege of working as a Gaming Commissioner for the last three and half years for the tribe. I thank you for the opportunity to serve the tribe.

The Gaming Commission has the responsibility to be the primary regulators for the tribe over the gaming operations and protecting the tribe's gaming assets. This position is not always easy and carries great responsibility for all the Commission including the office staff, inspectors and Commissioners themselves. The gaming world is fast paced, changing with new technology and never ending politics; tribal, state and federal. I work hard in protecting the tribe, its gam-

ing assets and sovereignty for all the tribal members and community.

In addition to being a Commissioner I've been married to Jim O'Toole for twenty years and we have four children and live in Mayetta. Our children are Kateri and Chris who are both students at Lansing Community College in Michigan. Kavan and Lara are students at Royal Valley High School. We are members of St. Francis Xavier Church in Mayetta, KS. I have volunteered on several Indian Education committees including JOM, Impact Aid and Title VII for more than 12 years; have been on the Mayetta Fire Department as a fire fighter and EMT-B for seven years; and actively support students in their extra curricular activities and community events. I'm also the eldest daughter of Drusa Wabauensee and the late Will

Wabauensee.

The stability of the tribal government makes a difference in tribes' continued success and ability to provide for its tribal members as seen with our tribe and the other tribes I have met during my term as a Commissioner. I've enjoyed learning about the changes in gaming and meeting with other people in the tribal and gaming field. I've been an active member of the NTGCR (National Tribal Gaming Commissioner and Regulators) as a representative for our region for the past three years. The Commission is also members of the NIGA (National Indian Gaming Association) and GPIGA (Great Plains Indian Gaming Association). I attend both the meetings and training when possible to keep informed, establish network resources and try to keep current with other agencies.

The success of running our Tribal government and gaming operations is by investing in our tribal members who are vital to our future. The Tribe needs qualified and educated members to run the different tribal programs, economic development and at the gaming operations in every department and level. Those positions are from every starting position up to the CEO/director/elected tribal official. The tribe needs members to get their experience and education where they live and bring back to the tribe to better the tribe with their knowledge and support.

If you have any questions, comments or suggestions please contact me at carrie056@yahoo.com. Once more I ask for your continued support as Gaming Commissioner and thank you.



Steve "Monwa" Ortiz

While serving as PBPB Secretary I have kept my skills current with regulations concerning the operation of our Casino and its regulatory operation.

I have attended the Tribal Gaming Academy in 2000 and 2004 and received certificate of completion for being trained in the History & Overview of Tribal Government Gaming, Commission Responsibilities, Jurisdiction, & Authority, Casino Finance & Risk Management, Slot Regulation & Protection, Table Games Reg. & Protection, Compliance Officer Operations, Background Investigations, Licensing Hearing Procedures,

Surveillance & Game Protection.

Also, I have attended Surveillance Training at the Great Plains Indian Gaming Association conference held on the Kickapoo Nation in Kansas. I have served as a member of the National Indian Gaming Commission taskforce on Health and Safety Standards for Indian Tribes throughout the United States. I have a Bachelor's of Business Administration degree from Washburn University of Topeka, received an Honorable Discharge from the United States Marines Corps, held management positions with major corporations such as IBM-Administrative Assistant, Kansas Power & Light-Area Manager,

Hallmark Cards, Inc.- Section Manager, Prairie Band Potawatomi Nation-Tribal Secretary. With these experiences I learned the difference between management decisions and regulatory decisions. As a Commissioner I plan to continue updating my gaming regulatory skills and will take a more active role in participation with the Great Plains Indian Gaming Association and the Nation Indian Gaming Association relating to the regulations of Class II and Class III gaming activity and training. I will work cooperatively with PBP Gaming Commissioners, the PBP Gaming Commission Executive Director and Gaming employees to ensure a smooth

and consistent operation of the Prairie Band Potawatomi Gaming Commission to protect our Nation's core business. I will work to protect the assets of our gaming operation, protect the integrity of our games and keep criminals out of our gaming operation.

Throughout my years as Secretary I have had a working relationship with Ernest L. Stevens Jr., NIGA Chairman, John McElroy, Executive Director Kansas State Gaming Commission, and with Harrah's various General Managers who operated Harrah's Prairie Band Casino over the past six years.



Charles "Naw-ne-me-nukshuk" Wahweotten

My name is Charles (Naw-ne-me-nukshuk) Wahweotten. I am running for a position on the Potawatomi Gaming Commission. I have seen many positive changes since the introduction of Class III Gaming and the management agreement with Harrah's Entertainment. This successful endeavor with the Tribe and Harrah's started about ten years ago when negotiations began. This is about the same time our first Gaming Commission was established. We, the Tribe, had seen only a few business opportunities before the partnership with Harrah's. The Tribe struggled throughout history prior to this. The Tribe did have its culture to hang on to. Of course, that was about all that we had. I would like to see the continuation of successful profits, a continuation of a strong tribal cultural background, and economic development for our reservation. One way to ensure the success of our future is by representation on the Potawatomi Gaming Commission. A Commissioner regulates by recognizing and making sure that no one is cheating or stealing from us. A Commissioner also should be able to recognize deviations in controls and to make sure the controls are adhered to so that we can continue generating profits for our future.

FAMILY

My grandparents on my dad's

side were Ray Wahweotten and Elsie Wahwasuck. My grandparents on my mom's side were Charles Thomas and Lillian Shopteese Thomas. My parents are Ron Wahweotten and Laveda Thomas Wahweotten. I have three brothers, Mark, Tony, and Ray, and one sister, Tina.

EXPERIENCE

I have been very fortunate to start on the "ground-floor" of the casino operations. I began my gaming career eight and one-half years ago in June 1996 as a Gaming Inspector. I went on to perform several management positions from there. First, I worked as a Table Games Supervisor. I then became a Slot Performance Supervisor. My current position is an Assistant Slot Shift Manager.

Harrah's and the Tribe have made a Management Agreement. A very important part of that agreement is that Harrah's promote and develop tribal members. I have taken advantage of this opportunity. I have come to realize the training that is given to the Harrah's employees and management is very beneficial to the success of the operation. This training is unique because the tools that Harrah's demonstrates to the employees can be used outside of the business in other types of work. It can even help in everyday life, too. Examples are role modeling, setting

goals, being fair and consistent, and even negotiations.

Prior to working at the Casino, I attended Haskell Indian Nations University. I graduated from Haskell in 1988. I had no money and still wanted to pursue my education. One way to acquire more money for education was the GI Bill. I enlisted into the US Army in March 1989 and spent a few years in Europe. I returned to work at Haskell in 1993 and worked in the Student Activities Department until 1996 when my gaming career began.

EDUCATION

As stated above, I graduated from Haskell Indian Nations University in December 1988 with an Associates in Liberal Arts Degree. I expect to graduate from Friends University in July 2005 with a Bachelor's Degree in Business Management.

VOLUNTEER

There have been several places that I have volunteered within the last several years. I have volunteered to help the Potawatomi Boys and Girls Club on occasion. One experience even took me to the Fiesta Mexicana. We sold Indian tacos in the hot July sun. Another area where I have volunteered is at the Potawatomi Elder Center. I have helped to serve food and clean up. I have even been known to give lessons on the pool and snooker table at the

Potawatomi Elder Center.

CONCLUSION

Now that you all know a little more about me, I would appreciate representing our Tribe in the February election for Gaming Commissioner. If you are undecided on which candidate you want to vote for, think of the candidate that has actual gaming and management experience. I have worked four and one-half years as a Gaming Inspector and four years in management. I have knowledge of table games and slot machines. These are the main areas of revenue. There are many ways in which people can steal or cheat. I have a desire to learn even more ways in which people will try and steal and cheat so that we can deter this from happening. In the meantime, I will continue to represent our Tribe and Harrah's as the Assistant Slot Shift Manager. I am here every weekend after midnight on the graveyard shift. Don't worry if it is a holiday, I am there on all holidays too. Come by and see me. If you are out of state, you may email me at chaswah@yahoo.com if you have any questions. Harrah's has trained me to acknowledge important people. I will do my best to make you feel at home at our Casino. The Harrah's Prairie Band Potawatomi Casino.



2005 Notice of Election for Gaming Commission

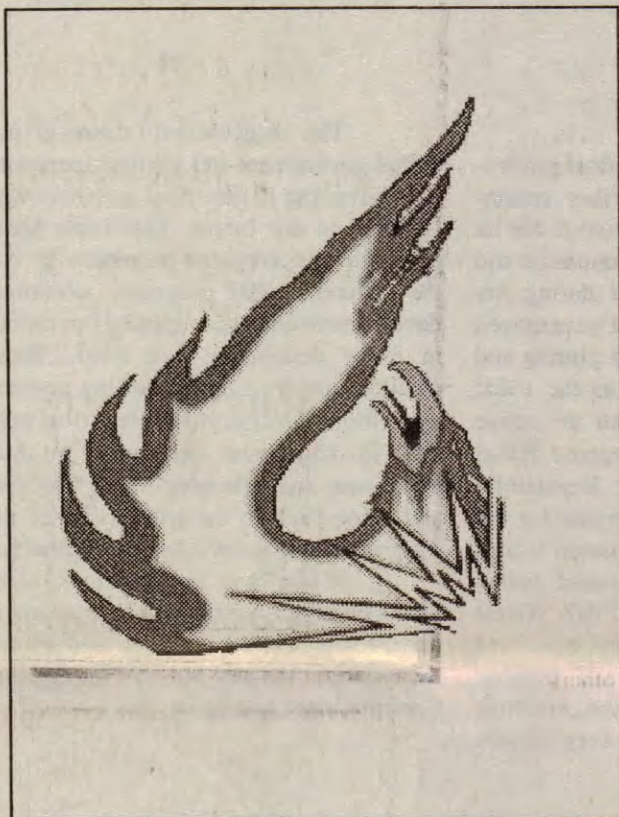
Members of the Prairie Band Potawatomi Nation are hereby notified that an Election will be held on February 23, 2005 for the purpose of electing (2) members of the Gaming Commission. The term of office for each position is four (4) years. This election shall be conducted in accordance with the Constitution and Election Ordinance of the Prairie Band Potawatomi Nation. Automated Election Services of Rio Rancho, New Mexico will assist the Election Board with this Election.

Election Results

Ballots will be tabulated in an open meeting for Tribal Members conducted by the Election Board beginning at 9:00 a.m. on Election day at the old stone community building. Tabulation of ballots will continue until all ballots have been tabulated and the results of that tabulation have been recorded.

The Election Board shall issue the preliminary election results immediately after the conclusion of the tabulation. Protests of the election results may be filed up until 4:00 p.m. on February 28, 2005.

Certified election results will be posted at the appropriate Tribal offices, as well as, being released to all appropriate media at the conclusion of the election.



Gaming Commission Election Calendar

January 3, 2005- 4:00 p.m.

Last day to register to vote

If you are not registered

January 14, 2005

Ballots mailed to all registered voters

February 23, 2005- 9:00 a.m.

Election Day

Ballots tabulated and results reported

February 28, 2005- 4:00 p.m.

Last day to file protest of the election

Ballot Distribution

Ballots will be mailed to all registered voters no later than January 14, 2005. All ballot distribution packages will contain a preaddressed return envelope for mailing ballots back to the Election Board.

All ballots must be received in the Election Board Post Office Box in Mayetta, Kansas no later than 9:00 a.m. on the date of the election, February 23, 2005.



**Prairie Band
Potawatomi Nation
Election Board
P.O. Box 128
Mayetta, Kansas
66509**

Election Board

Voncile Mitchell.....(785) 966-3911
Julia Barber.....(785) 966-3910
Ruta Mendez.....(785) 966-3912
Fax Number.....(785) 966-3913
Toll free.....(877) 715-6789

Tribal Council election highlights

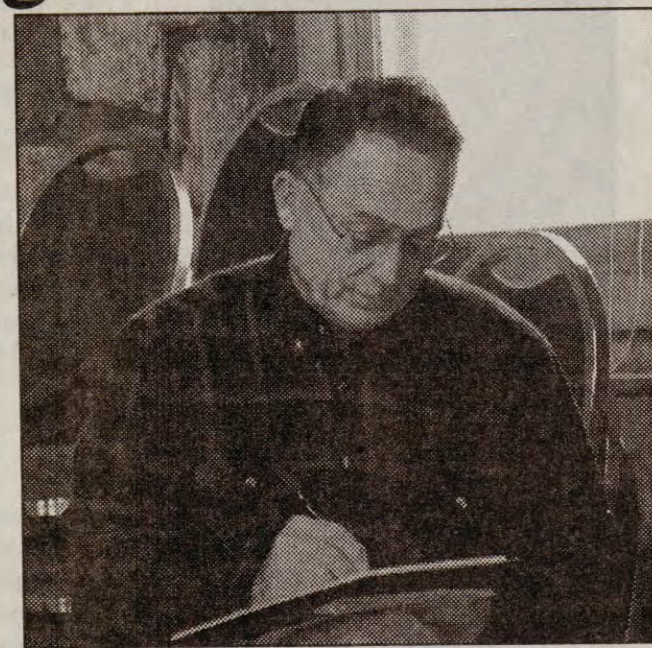


At left is a photo from election day that was held right before Christmas.

From left to right is Tim Sanchez, Marty Hamlin, Joe Mendez, Leslie Marshno, Kim Henry and Terry Scott. Christmas garland lined the election committee table that day to give the day a more festive feel.

*The Special
Tribal Council
Election was held on
December 21 at the Stone
Building.*

*On January 7 a
Swearing-In Ceremony
at the Bingo Hall
officially named James
"Nabi" Wabaunsee to the
Tribal Council.*



Terry Scott, Chief of the Tribal Police, busied himself with paper work while waiting for the votes to be counted during the election.



In the photo above cutting the cake at the ceremony is Verna Simon, administrative assistant.



In the center of the photo is new Tribal Council person James Wabaunsee shaking hands with a well-wisher during the Swearing-In Ceremony.



Refreshments were served following the Swearing-In Ceremony. Seen getting some food and facing the camera from left to right are Council members Jackie Mitchell and Rey Kitchkumme. To Rey's right is Laverne Hale, administrative assistant. The person with his back to the camera is unidentified.

photographs submitted by Pam Bowman

PBPN bison head displayed at Three Fires Steakhouse entrance in Casino



One of the Nation's buffalos is now proudly displayed outside the entrance to the Three Fires Steakhouse in the Casino. The photos above, taken on December 23, show at left David Simmons, David Cooper and Richard Kendall, all of Kendall Construction, Inc. from Topeka, who mounted the stuffed head on the wall. The right photo shows Alan "Boney" Pahmahmie, of the PBPN Road & Bridge Department and primary caretaker of the bison herd, who gave the animal a final sprucing before the scaffolding was removed. Boney said that the buffalo had been a six-year old bull.

Around the rez

The **Royal Valley Native American Club** held their annual powwow on January 15-16 in the Royal Valley High School gym. Over 200 dancers competed throughout the two-day event. Anita Evans, tribal member and teacher at the high school, is an advisor of the club.

The **Social Services Department** announces that a Kansas Low Income Energy Assistance Program (LIEAP) is available to help eligible households pay a portion of their home energy costs. Applications are available through Kathy Slimmer at the Social Services Department or through website www.srskansas.org link. Deadline for applications is March 31. The Social Services phone number is (888) 966-2932.

The **Housing Department** requests residents that need emergency assistance regarding their housing needs after-hours to please call tribal dispatch.

John Holtz, administrator of the **PBPN Health Center**, reported that the Health Center was open fulltime during the ice storm and that it would continue to serve the community in this way.

It's tax time and don't forget that Bill Morrissey, Accountant, will be coming to the **Fire Keepers Elder Center** all day on Mondays and in the afternoon on Thursdays beginning February 7 through April 14. Appointments are made on the half hour and can be made by calling Hope Adame at the **Early Childhood Education Center** at 785-966-2527.

Joy Yoshida is the new Activities Coordinator at the **Fire Keepers Elder Center**.

The **Prairie Band Potawatomi** was featured in the November issue of Insight Magazine for their participation in the grand opening of the National Museum of the American Indian.

The **Potawatomi News** staff would like to thank all of the employees who helped with the mailout of the December issue.

Linda Tecumseh, payroll clerk in the **Finance Department**, recently celebrated her 20th anniversary of working for the PBPN. Employees of the Nation would also like to thank her and the others in Finance for working during the ice storm.

Winter hours at **Nation Station** are Sunday-Thursday 6 a.m. -9 p.m. and Friday and Saturday from 6 a.m.-10 p.m.

You can get rid of an abandoned vehicle by calling the **EPA Department** as part of a clean up program they are implementing. So far they have picked up 68 vehicles. Call 785-966-2946 for details.

The **4th quarter Charitable Contributions Ceremony** is scheduled for January 26 at the Boys & Girls Club. Twenty-seven organizations are listed to receive donations totalling \$377,100. Jim Garcia is the Charitable Contributions Committee Coordinator and on the committee is LaVera Bell, Mary Carr, Wanda Treinen, Delores Abrams, and Betty Rice, chair.

Work continues on the **Prairie Garden Apartments** that are being constructed south of Prairie Village near the Fire Keepers Elder Center.

Got a birthday or other milestone you want others to share? Send your news in to the **Potawatomi News** by the 15th of each month.

Bingo Hall getting renovated



A last look at the Bingo Hall before the renovation began.



The carpet stripped and furniture removed.

The old Bingo sign is gone outside and the Bingo Hall is closed and getting a new facelift as seen in these photos. Plans call for a complete renovation of facilities which will provide a whole new look and feel for the place.

D.W. Smart Construction, Inc., Fred Huhs Drywall, 1st Nations Painting, and Dultmeier Concrete have been contracted to do the remodeling. Their crews and the PBPN Maintenance Department will do the work. The Bingo Hall is scheduled to reopen on February 2.

photos by:
Mary Young



Seen here scraping up the old carpet is tribal member Robert Padilla. He and several other men and women are working for the Maintenance Department on the remodeling.



In the photo above is from left to right Tom Dultmeier, Danny Smart, Tony Wahweotten, Fred Huhs, and Justin Spencer who are the contractors for the project and were conducting a safety meeting on the day this photo was taken.



Newspaper Information

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Mayetta, KS
66509-0116

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Mayetta, KS

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

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Prairie Band Potawatomi News

The *Prairie Band Potawatomi News* is a monthly newspaper of the Prairie Band Potawatomi Nation. Opinions expressed in this newspaper do not necessarily reflect the opinions of the Prairie Band Potawatomi News staff, the Tribal Council, Gaming Commission or the Nation.

The *Prairie Band Potawatomi News* encourages and welcomes letters, editorials, articles and photos from its readers. This publication reserves the right to reject, edit or condense items submitted. We request your submissions by the 15th of each month. Submit items by email (as an attachment) or disk in Microsoft Word or stop by the News office with your information.

Anonymous letters will NOT be printed or accepted.

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

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

To contact the PBPN Tribal Government:

16281 Q Road
Mayetta, KS 66509

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



Visit the Prairie Village Gift Shop

located in the hotel lobby
of Harrah's Prairie Band Casino

Open from 8:30 a.m.-12:00 p.m. daily

Meet the Finance Department

Prairie Band Potawatomi News

The Finance Department is now located in the former offices of the Gaming Commissioners, Election and Enrollment offices in the Government Center and has become more centralized. The Enrollment and Election offices are now located in the former Finance offices.



Jennifer Hale, Administrative Assistant



Julie Keleman, SP Project Accountant



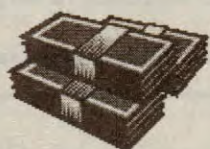
Joseph Mendez, Procurement Clerk



Leslie Marshno, Property & Liability



Susan Morgan, Supervisor



Staff bulletin board: anniversaries listed, etc.



John Crites,
Controller
and Director
of the Finance
Department.



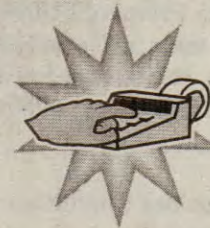
Janelle Archilta, Budget Clerk



John Crites (center) at the Boys & Girls Club 2004 Golf fundraiser with unidentified players.

Unavailable for
photos:

Meda Green
and
Wade Pahmahmie



Audrey Oliverius,
Assistant Controller



Celeste Weber,
Finance Clerk



James Garcia,
Procurement Agent
and Charitable
Contributions
Coordinator



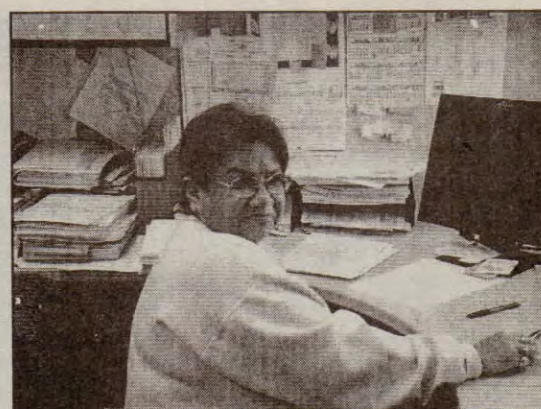
Jami Reynolds, Finance Clerk



Barb Cornelius, Treasurer Admin. Assistant



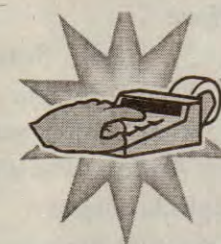
John Forrester, Accountant III



Linda Tecumseh, Payroll Clerk



Rosalie Mundy, Finance Clerk



Robin Shield, Budget Analyst



(L-r): Sylvia Johnson, Finance Clerk and
Mary Richardson, Bookkeeper



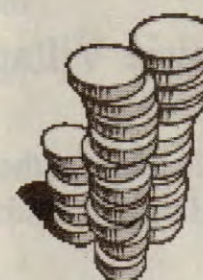
Yvonne Rodriguez, Accountant



Wendy James, Receiving Clerk



A quiz: whose desk is this? A) desk of an
accountant B) a contract specialist? C)
none of the above?



Conference room

A deserving tribute to Dr. Venida Chenault

Submitted by: Ma Dos

November 30, 2004 may be viewed as one of the most memorable days for Venida Chenault, as she went before a board of university scholars gathered to challenge and scrutinize the past three years of doctoral studies. This was the day that was earmarked by the University of Kansas for Venida to defend her dissertation research and doctorate entitled, "Violence and Abuse Against Indigenous Women."

Her ten year daughter, Zhoni, sat alone in silence for nearly two hours watching this monumental occasion as her mother, poised with confidence, responded to daunting questions. One can only compare the dissertation defense to the questioning a lawyer must respond to when defending a case before the Supreme Court.

Venida Chenault lived and breathed for this occasion as she researched, read, and wrote on a daily basis for the past three years completing requirements for her Ph.D. This accomplishment took six and ½ years to complete while she also worked full-time and raised her children. And, yes, there were the days when Venida wanted to "throw in the towel" as circumstances became overwhelming! With the support of family, friends, and a few little tears at trying times, Venida persevered!

Amidst all of the studying, Venida continued her most important role of being a #1 Mom to her supporting offspring: Josh Arce, an upcoming May 2005 KU law graduate, Derrick, Drew and Zhoni. This crew is happy to see their mother complete this challenging goal as can be attested to by her kids who are looking forward to more home-cooked meals.

In June 2004, Venida honored the family of the late Coralene Louise Keesis-Potts by accepting the adoptee role in a traditional adoption ceremony as she became "Mom" to Ed & Lloyd Potts, Barb Tims, Voncile Mitchell, and Doris A. Potts-Zyganuk (Ma Dos). All of these family members can be found in the background whooping up a cry of joy for Venida's accomplishment! She's already been referred to as "Dr. Mom."

Venida comes from a large family who never ceases to be amazed by her undertakings! She is the granddaughter of the late Lillian and Charles Thomas and the daughter of Etheleene Thomas, also deceased. She has blood and adopted relatives from both the Potawatomi and Kickapoo tribes who encouraged her throughout her studies.

In the acknowledgment page of her dissertation, she gave thanks to Creator for the many blessings bestowed upon her and her family and gave thanks to all of the traditional people, her friends and family for the prayers, love and support given to her and her family. She gave special thanks to her mother and grandmother for teaching her to be a strong Indigenous woman.

As you will recall in an earlier November article, Venida was awarded the prestigious Mellon Tribal College Faculty Fellowship that financially assisted her so that she could totally apply herself to her studies without the demands of going to a job. Once again, Venida was selected for that highly-competitive award by an independent advisory panel of Native scholars. Using this fellowship, she was able to hire faculty to replace her while she worked to complete her doctorate.



Topping this all off, in August Venida was selected as Vice-President of Academic Affairs at Haskell Indian Nations University beginning January 2005. Since she was so close to completing her doctorate, her acceptance of this position was based on HINU allowing her time to complete her doctorate which Haskell agreed to.

Returning to the Haskell campus in January 2005, Venida will be returning as Dr. Chenault, taking on tremendous challenges as the chief academic officer for the University. Anyone who knows Venida knows that there is no job too big for her to handle! In her new position, Venida will be responsible for all academic programs, faculty and departmental budgets in Academic Affairs.

Your big families say, "We love you and are most proud of your challenging accomplishment, Dr. Venida Chenault – Dr. Mom!"

Call for Presentations:

Fifth Annual Sequoyah Research Center Symposium

October 20-22, 2005

The purpose of the Sequoyah Research Center Symposium is to provide a forum for Indigenous speakers to address issues and ideas relevant to their lives and communities and to serve as an educational outreach to the general public. Thus we seek presenters for the fifth annual symposium.

We invite proposals for presentations from Indigenous writers, scholars, educators, attorneys, physicians, artists, publishers, journalists, and others on any topic relevant to the mission of the symposium. Friday and Saturday, October 21 and 22, will be devoted to presentations and discussions of issues. Thursday afternoon, October 20, will be devoted to performance. Thus we invite proposals for readings of poetry and prose, songs, story telling, and dramatic performances such as readers' theater and other productions that can be presented with a minimum of staging or properties. Although we specify no topics, we especially invite proposals that involve or concern Indigenous children.

Preliminary inquiries or proposals maybe sent to Director, American Native Press Archives, 502 Stabler Hall, University of Arkansas at Little Rock, 2801 S. University, Little Rock, AR 72204-1099. You may also call 501-569-8336, FAX 501-569-8185, or e-mail ANPA at dfittler@ualr.edu.

Deadline for proposals is March 15, 2005.

Call for Nominations

of an Outstanding American Indian Woman

The National Congress of American Indian is publishing a book in 2005 that will identify 100 Outstanding American Indian Women. A committee for outstanding contributions made at the local, regional and/or national levels for Indian people will select individuals for the book.

Here's how to nominate an individual:

1. Prepare a cover letter which lists the nominee's name, tribe, birthday, address, phone, fax and/or email address.
2. Submit a resume or profile of the nominee living or deceased.
3. Submit comments of accomplishments and why you think this individual should be included in the book. Your comments may be included in the publication. Two pages per nominee: photo page and text page.
4. Mail a 5x7 picture of the individual nominated.
5. Include your name, address, phone number, email address and a notarized letter or memo giving Julie Johnson permission to publish. (You may withhold your name, just mail resume, comments, and photo).

Nomination deadline is March 15, 2005.

For more information please call Julie Johnson at 360-645-2548 or email juliej@olympen.com or write to PO Box 827, Neah Bay, Washington, 98357

EDUCATIONAL OPPORTUNITIES: Scholarships, Fellowships, Workshops

2005-2007 Prairie Band Potawatomi Nation Graduate Fellowship

Deadline: application materials must be received by **March 1, 2005**.

Description

The Sequoyah Research Center at the University of Arkansas at Little Rock and the Prairie Band Potawatomi Nation are offering a two-year fellowship to a qualified Native American student beginning his or her graduate studies in the fall 2005 semester. The Center promotes the teaching, research, and outreach missions of the university by providing access to and delivery of information regarding the Indigenous peoples of North America. To that end, the Center acquires, organizes, makes accessible, and preserves sources of knowledge of Indigenous peoples in all formats. The graduate fellow will be employed half-time on the Native Press History Project in the American Native Press Archives of the Sequoyah Research Center. Applications will be judged on the applicant's academic experience, commitment to Native American studies and research interest in related topics.

Qualifications

First, identify your specific graduate program at UALR. While we welcome applicants interested in studying in any of the forty graduate programs at UALR, we are especially interested in hearing from prospective students interested in applying to study:

Art
Health Services Administration
Journalism
Liberal Studies
Public Administration
Public History
Social Work
Education

Second, review the admissions requirements for the graduate program that interests you. You'll find details on these requirements through the UALR Graduate School web site at

<http://gradschool.ualr.edu/>

Fellowship Award

Fellows will receive \$16,000 for two academic years of research in the Sequoyah Research Center, or \$8,000 for each of two contiguous years, working half-time or 20 hours per week during the academic year. In addition, Graduate School tuition will be waived for the duration of the fellowship. Concurrent funding for graduate school programs is permitted and the SRC will assist students to also investigate other sources of financial aid.

- Fellowships must begin with the 2005-2006 academic year for a full-time graduate student at UALR.
- Fellows will be included in all professional Sequoyah Research Center events, including its annual Symposium.
- Selection of the Fellow will be made by the directors of the Sequoyah Research Center.
- The successful applicant will be notified in May 2005.

To Apply

Please visit the SRC website at <http://anpa.ualr.edu> to learn more about the Center. Apply in writing to: Sequoyah Research Center, 502 Stabler Hall, 2801 S. University Ave., Little Rock, AR 72204. In your letter of application be sure to include:

- Name, current address, tribal affiliation, and e-mail address (if available)
- College major and the institution granting your undergraduate degree
- A 250 word statement indicating your graduate plans and your reasons for applying for the fellowship

If you have questions about applying or need further information about the SRC, UALR, or Little Rock, contact Ruth Hegwood at (501) 569-8336 or e-mail jrhegwood@ualr.edu

Deadline

Complete application materials, including two letters of recommendation, must be received at the above address by **March 1, 2005**. Late applications will not be accepted.

Scripps Howard Institute on the Environment

Deadline: March 15, 2005

Hosted by the Center for Environmental Journalism at the University of Colorado at Boulder May 16-21, 2005. Explore critical environmental issues with science and policy experts at the foot of the Rocky Mountains. During the intensive one-week program you'll examine timely topics such as energy security, global climate change, ecosystem management and environmental impacts of globalization. The in-depth presentations, panel discussions, field trips and exclusive briefings with nationally recognized scientists and policy experts can become the basis for important stories. The Institute covers the costs of instruction, field trips, lodging and most meals. Participants or employers will be responsible for transportation costs. Full-time reporters, editors and freelancers may apply. Visit website for application instructions. **Contact:** Center for Environmental Journalism, University of Colorado at Boulder, 478 UCB, Boulder, CO 80309. Phone: (303) 492-4114 Fax: (303) 492-0969. cej@colorado.edu. <http://www.colorado.edu/journalism/cej>

Ted Scripps Fellowships in Environmental Journalism

Deadline: March 1, 2005

Ted Scripps Fellowships in Environmental Journalism at the University of Colorado, Boulder Study environmental issues at the foot of the Rocky Mountains. Applications are being accepted for the 2005-2006 academic year from U.S. journalists working in print or broadcast with a minimum of five years full-time experience. Reporters, editors, producers and freelancers are welcome to apply. Fellows will take classes, attend special seminars, take field trips, and engage in independent study at a university renowned for its environmental science and policy studies. The Boulder Valley is home to more than 300 Ph.D.s working in environmental studies and to several major federal laboratories engaged in research in environmental science, making the region an especially rich resource for learning. The Fellowship includes a 9-month stipend of \$44,000. For more information and an application, please visit website. **Contact:** Center for Environmental Journalism, University of Colorado at Boulder. 1411 University Avenue, 478 UCB, Boulder, CO 80309-0478. Phone: (303) 492-4114 Fax: (303) 492-0969 cej@colorado.edu <http://www.colorado.edu/journalism/cej>.

International Women's Media Foundation Announces: Fellowship for Journalists Reporting on Human Rights and Social Justice

Deadline: February 25, 2005

The International Women's Media Foundation invites applications for the Elizabeth Neuffer Fellowship, a new program that support women journalists who report on human rights and social justice issues. The fellowship combines research opportunities at MIT's Center for International Studies and other Boston-area universities with reporting opportunities at the New York Times and the Boston Globe.

The fellowship is named for a Boston Globe reporter who was a 1998 winner of the IWMF's Courage in Journalism Award. Elizabeth Neuffer was killed in May 2003 while covering the war in Iraq. The IWMF has established this project in collaboration with Neuffer's family and friends.

fer's family and friends.

The flexible structure of the fellowship will allow the fellow to design a program that combines academic research with practical experience covering human rights.

The fellow will also have a key role in the Elizabeth Neuffer Forum on Human Rights and Journalism, an annual program to be held in May. The fellowship will run from September 2005 to May 2006.

Successful applicants will be dedicated to a career in journalism in print, broadcast, or Internet media and show a strong commitment to sharing knowledge and skills with colleagues upon the completion of the fellowship. Excellent written and spoken English skills are required. Expenses, including air fare and housing, will be covered.

For further information and an application form, see the IWMF Web site -- <http://iwmf.org/programs/neuffer>

Ask the Dentist

By Jessica A. Rickert, DDS

Dear Dr. Rickert,
My dentist wants to check my saliva.
Why?
Mrs. Luzacki

Dear Mrs. Luzacki,

Saliva is a lot like life: its ebb and flow are mysterious and fascinating. There has been much research into the world of saliva at major universities. A dentist can use Saliva-Check (tm) to see how much water is in your saliva, the pH (acidity) of the saliva at rest and when stimulated, the amount and types of bacteria and viruses, and the kinds of enzymes and proteins in saliva. Saliva flow is also checked. The quality and amount of a patient's saliva can have a direct bearing on that patient's cavity rate and resistance to gum disease.

Digestion of the foods you eat starts in the mouth. Enzymes begin to break down the food as soon as you take the first bite. The thickness of the saliva determines whether or not food can be easily swallowed.

Many of the proteins in saliva are antimicrobial and antiviral depending on the number of the antigens in the saliva. There are tests to determine HIV, Hepatitis B & C, cytomegalovirus, Epstein-Barr and herpes simplex viruses. Recently, the presence of Helicobacter Pylori in saliva has been a reliable indicator of the presence of a peptic ulcer. Other markers can show diabetes.

Chemotherapy and radiation patients often suffer from acute fungal infections, and current anti-fungal medications may have unwanted side-effects. There is a natural peptide in saliva called MUC7 12-mer-D which kills 95% of Candidia albicans. This is being concentrated and shows great promise for patients undergoing chemotherapy.

All the minerals present in our bodies are also present in the saliva. This is a good thing because these minerals can be absorbed by the teeth, even reversing early decay.

Some laboratories are developing tests to detect cocaine, methamphetamine, opiate, PCP, alcohol and marijuana use in the saliva. This type of test would be easier for patient, doctor and law enforcement agencies.

There are four large salivary glands: one is in each cheek, and one is on either side of the floor of the mouth. And, there are many small, accessory salivary glands on the roof of the mouth and inside the lips.

Injuries to the glands can result in swelling which may resolve on its own. A stone can form in the ducts which drain the major salivary glands. Often, these can be detected before symptoms develop at the oral exam done every six months. The salivary glands are treated by the oral surgeons.

Patients who have little or no saliva suffer greatly. They often have cracks in the mouth tissue, sores, fungal infections, viral infections and diminished taste. Swallowing is difficult. There are several over-the-counter artificial salivas. BIOTENE (tm) is one.

To maintain healthy saliva, drink lots of water. Cut down on alcohol, smoking and caffeine. Eat raw fruits and vegetables, at least four servings a day. Get plenty of rest.



Exercise: did you know?

- Exercise can help older people feel better and enjoy life more, even those who think they're too old or too out of shape.
- Most older adults don't get enough physical activity.
- Lack of physical activity and poor diet, taken together, are the second largest underlying cause of death in the United States. (Smoking is the #1 cause.)
- Regular exercise can improve some diseases and disabilities in older people who already have them. It can improve mood and relieve depression, too. *Courtesy National Institute on Aging*



January is the Big Bear Moon or Ttē Mko Kisēs in Potawatomi.



Fried Bread Man

In this January issue of the *Prairie Band Potawatomi News*, the three children; Joe Fast Elk, Mary Swift bird, and Linda Sitting Arrow were asking one another about their holiday break. They all reported of going Christmas shopping in Topeka; at both Wal-Mart and K-Mart stores. The three children had seen the movie "Fat Albert" which was a comedy, and all enjoyed it. It's in the evening, we find the three young people sitting on logs around a blazing crackling fire, that Joe has prepared.



They are inside a comfy bark house. There is a new blanket of fallen snow that is on top of snow that fell before Christmas. The wind has blown, and created small snow drifts around the bark house, which makes good natural insulation. The children do a tobacco offering and become silent as they pray quietly. A warm fog appears that engulfs the three, and Fried Bread Man walks out of the cloud. "Bošho." He warmly smiles and walks to the three kids and shakes their hand, and wishes them a "Happy New Year," and then proceeds to sit down on a log.

Fried Bread Man clears his throat and speaks to the children. "It's good to see the three of you. We haven't talked since Christmas and New Years holiday. When does school start for you three?" asked Fried Bread Man.

"Our school starts on January 4, 2005," said Mary.

"I never thought I would ever say this, but I look forward for school to begin, it was getting kind of boring at home," said Joe with a smile.

Linda replied, "I'm missing my classmates at school and wondering how their holiday was for them."

"It was so nice to sleep in until 10:00 A.M.," said Mary. "The last five days I have been trying to get out of bed around 7:00 A.M. to

get back into practice of getting up early," Mary further reported.

"It certainly sounds like you three had a good holiday and are looking forward to get back to school," said Fried Bread Man.

"Again, I want to thank you three for helping the elders by giving them gift boxes for Christmas. You three will be blessed," said Fried Bread Man. "I would like to talk a little bit more about our winter season that is upon us. I mentioned before to remain respectful of this season. It is a season of quiet beauty but it can become unforgiving. We as Indian people should make efforts to be ready for the winter season. Many years ago before our modern conveniences, a family man was determined by his peers to be a go-getter, if he had a large pile of wood by his home. If the family man had a small pile of wood he was said to be lazy by his peers. Years ago, our people canned and dried food that we grew from our gardens to be eaten during the winter months. Our people made a lot of preparation. We should offer our tobacco.



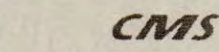
A tobacco offering should be done during our first snowfall. It's our belief that the fresh blanket of newly fallen snow cleanses mother earth; it takes away sicknesses. Many of our four legged animal brothers may be sleeping for the season. We should make every effort not to disturb them while they are sleeping. Our winged brothers fly south to warmer climates but return in late winter to signal our people by their honking and quacking, spring is not too far away.

"You three want to hear a story?" said Fried Bread Man.

"Tell us one," said the children.

This is a story of a trickster and why the quail make the "swoosh" sound.

The story begins:



MAKING MEDICARE MAKE SENSE

Answers To Some of The Most Commonly Asked Medicare Questions

Q: One Year Ago on December 8, 2003 the Medicare Modernization Act Was Signed Into Law. What Are Some of the First Year Accomplishments for Beneficiaries Under This Law?

A: Health and Human Services Secretary Tommy G. Thompson announced that there have been revolutionary improvements in Medicare and seniors should be confident that all of the new improvements are designed to help them and their health care, move into the 21st century. 2004 has been a year of firsts. It was the first time under Medicare that a new voluntary benefit -- the \$600 credit towards drug card purchases for low-income Medicare beneficiaries -- has helped more than a million beneficiaries in just six months. Nearly 6 million seniors or people with disabilities are now saving billions using a Medicare-approved drug discount card. Beneficiaries are getting discounts of up to 21 percent below the average price paid by all Americans on name brand drugs. The cards cover virtually all of the top 100 drugs and typically over 80 percent of all prescription drugs. Some low-income beneficiaries are also paying even lower costs through discounts on more than 200 brand-name drugs from drug makers who offer programs that "wraparound" the discount card. These beneficiaries are paying as little as \$5 to \$15 per prescription. And, recent surveys show that seniors who have signed up for the cards generally found the process straightforward and those who have used the cards are overwhelmingly satisfied with the new drug savings they have received. Also, figures show that drug prices remain stable. The cards are now even easier to obtain. Medicare beneficiaries now can enroll in the discount card that best fits their needs directly by calling 1-800-MEDICARE, 1-800-633-4227 or through www.medicare.gov.

Completed enrollment forms are now transmitted directly to the selected sponsor for prompt processing. For low-income Medicare beneficiaries who think they might qualify for \$600 in credit towards drug purchases when using their Medicare-approved drug discount card in 2005 who did not enroll in a card in 2004, still can enroll in a drug card and find out if they are eligible for \$600 in credit for 2005. We urge Medicare beneficiaries who are not currently enrolled to find out soon if they are eligible for the \$600 credit because every quarter of 2005 that goes by the eligible amount is decreased by \$150.

Besides the drug discount card that became available in June 2004 under the new law, a new Chronic Care improvement Program was implemented. This program is expected to reach about 150,000 to 300,000 beneficiaries enrolled in traditional fee-for-service Medicare who have multiple chronic conditions, including congestive heart failure, complex diabetes, and chronic obstructive pulmonary disease.

Beneficiaries who agree to participate will receive help in managing their conditions, following their physicians' plan of care and ensuring that they know about, and can take advantage of, Medicare-covered benefits that will help to reduce their health risks. Similar strategies have been widely and successfully adopted in coordinated-care health plans, which will receive higher payments in 2005 under the Medicare law for caring for patients with chronic illnesses.

Medicare beneficiaries have much to look forward to in the next few years, besides the new preventive benefits that will begin in January 2005. In January 2006, all people with Medicare will be able to enroll in plans that cover prescription drugs instead of using the Medicare-approved drug discount card. All Medicare beneficiaries will have the choice of enrolling in the new Medicare drug benefit, called Medicare Part D. Also, in 2006 Medicare Advantage plan choices will be expanded to include regional preferred provider organizations (PPO plans). PPOs have been a growing form of health insurance and are now the most popular type of coverage in the private market. Unlike HMOs, Medicare beneficiaries can choose a provider outside of the network in a PPO and only pay a little more in out of pocket costs. The goal of these regional plans is to bring more plan options to rural areas by grouping them with the urban areas that have traditionally attracted managed care plans under Medicare Advantage. So, beneficiaries will have more Medicare plan choices available to them they haven't had in the past. As always call 1-800-MEDICARE, for further Medicare questions.

SAMHSA announces new suicide hotline

The U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) today announced the launch of the National Suicide Prevention Lifeline 1-800-273-TALK. The national hotline is part of the National Suicide Prevention Initiative (NSPI)-a collaborative effort led by SAMHSA that incorporates the best practices and research findings in suicide prevention and intervention with the goal of reducing the incidence of suicide nationwide. In addition to the national hotline, a new website is being launched www.suicidepreventionlifeline.org.

In the United States, suicide currently is the 11th leading cause of death among all age groups, accounting for approximately 30,000 deaths annually. More than 100 crisis centers in 39 states currently participate in the National Suicide Prevention Lifeline. SAMHSA is committed to working with state and local organizations, such as the Mental Health Association of New York City, the National Association of State Mental Health Program Directors, and community crisis centers, to expand the availability of suicide prevention and intervention services.

The National Suicide Prevention Lifeline is funded by a 3-year \$6.6 million grant from SAMHSA's Center for Mental Health Services, which has been awarded to the Mental Health Association of New York City and its partners-the National Association of State Mental Health Program Directors, Columbia University and Rutgers University. The National Suicide Prevention Lifeline is a network of local crisis centers located in communities across the country that are committed to suicide prevention. Callers to the hotline will receive suicide prevention counseling from trained staff at the closest certified crisis center in the network. A nation-wide public education campaign to raise awareness about suicide and the national hotline is under development.

1-800-273-TALK



sesekoweshi

Community turns out for Judy Wabaunsee's retirement party: she will be missed greatly

Judy Wabaunsee, RN, dedicated 21 years to the health and well being of the community as she served at the former Indian Health Clinic and the Potawatomi/Sac and Fox Health and Wellness Clinic in Holton.

Gary Mitchell spoke to the many people that attended the retirement party held at the Bingo Hall. He said she was "a valuable asset to our community and has our respect."

He further stated that Judy influenced and inspired her children to go into the medical

field to help people.

Seeing the redwoods in California has been a life long dream of Judy's. To help make her dream come true, her family and relatives gave her luggage and train tickets to go to California.

Rosella "Snooks" Ramirez, Kickapoo Tribal Secretary, gave Judy a star quilt and said:

On behalf of the Kickapoo Tribe in Kansas, I would like to present this gift [a star

quilt] as a token of our appreciation to Judy Wabaunsee for her many years of dedication to the health of Native American people. Judy always greeted with a smile and made people feel at ease. When our babies were crying, when our elders were in pain. That's not always easy in the health care field when, as patients, our loved ones welfare takes precedence over being calm and professional. We would like to applaud Judy's fine work and commitment. People like Judy don't retire, they just

find something else to focus their talents on. Judy will leave a hard spot to fill, but great expectations to work toward.

Thanks Judy!



Photos above and below: Judy Wabaunsee with Rosella Ramirez. (Above and below photo by Mary Young)



Photos submitted by Jennifer.



Area Churches

By Mary Young

Baptist

**Prairie Band Baptist Outreach

Pastor Terry L. Paine, 104 Sin Del Dr., Holton, KS 66436 (785) 364-9333

St. Marys Bible Baptist Church

601 Durink, along Hwy 63, St. Marys, KS
Sunday school 9:30 am, Worship 10:30
Sunday eve. 6:00 p.m., Wednesday 7:00 p.m.

Bethany Baptist Church

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

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

Catholic

Our Lady of the Snows Parish

5971 - 166th Rd, Mayetta

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

Native American Mass at Assumption Church

204 West 8th, Topeka, KS

Methodist

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

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

Pentecostal

Potawatomi Pentecostal Church

4-1/2 mi. west of mi. marker 134

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

Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away." Acts 13:2,3.

In December, three years ago, our Pastor and sending church, St. Marys Bible Baptist, laid hands on us and sent us to begin a new church in the Mayetta area, Prairie Band Baptist Church. It has been with great joy that we have seen over 40 people come to know our Lord Jesus as Saviour in these last three years and to watch many that were already Christian grow and walk a closer walk with our Lord Jesus. Those of you that have come through the doors of our little church, have supported the tent meeting and other special meetings, have been a great joy to us, and we thank God for the opportunity to minister to many of you and be a part of your lives.

Time to close the doors:

Now, it is with many tears and a broken heart, that I give the sad report that we have had to close the doors of the building in Mayetta. The financial and personal burden on my family and I has become too great to bear any longer. We have went through a series of extreme personal expenses and problems this fall, (vehicle expenses and finally a breakdown of our van that caused us to have to buy another vehicle; dental problems that ended in surgery; and a wave of medical and personal problems) that kept us from being able to donate the necessary amount from our personal income to keep the building expenses paid. As I prayed, the Lord kept telling me it was time to do things differently. I fought this for several weeks and finally one night I woke Leslie up about 2:00 in the morning and told her that the Lord said it was time to close the doors. She thought I was just having a bad dream! But in reality, we have went through a very bad dream financially this fall, and we are left with no other option.

The next morning, (Sunday), I had to tell our little flock the sad news. This was one of the hardest things I have ever had to do. What wonderful people make up the little flock of Prairie Band Baptist Church! Our flock has not been bitter about our decision, but has supported us and helped us through a very hard six weeks.

Acts of kindness:

We teach our children that a local church is not a building, but the people that fill it. We have certainly learned this truth in a very personal way. The flock God allowed to come and fill

our building, are some of the dearest people I have ever had the privilege to know. They have cried with us, and supported us with prayer and so many acts of kindness, I cannot name them all. They helped us move and have been there for us all the way. I pray they all know how much Leslie, Yancy and I love them. And also that God will richly bless them for their faithfulness to the Lord, and to us.

If our decision has hurt or inconvenienced anyone, please accept our apology. I am not a perfect man. There is only one that is perfect, the Lord Jesus Christ. It is only Jesus that could promise, "I will never leave you, nor forsake you." I am merely a man, struggling to walk in some very big footsteps and to try to point people to the only one that they can trust to take them to heaven. If I have hurt anyone, I want you to know I'm very sorry.

Plans to continue mid-week Bible study:

Our plans are to continue to have a mid-week Bible study and prayer time in our home at 104 Sin Del Drive in Holton. We are planning to meet on Friday evenings at 6:30 p.m. (The place and time may change periodically, so please call us to know for sure at (785) 364-9333.)

We also want to encourage any of you to come to church with us at the following:

St. Marys Bible Baptist Church

601 Durink, St. Marys, Kansas

(The church sits along Hwy. 63)

Sunday School starts at 9:30 a.m.

Worship at 10:30 a.m.

Sunday evening services at 6:00 p.m. and
Wednesday Prayer Meeting at 7:00 p.m.

The Pastor there is Bro. Dean Scott. He and his wife Sue are both Cherokee and live in Delia. He has been at St. Marys for about ten years and is a great man of God. He has been a wonderful blessing to us, and would be a great blessing to you and your family also.

We do not know what God has for us in the future, actually none of us do. But until we do know, we plan to stay right here where God has put us and help and support those God will bring our way.

May God bless you all in the coming New Year and may you all find a closer walk with Him.

Recipe Corner

By Mary Young



Fry bread, soup and comfort food are called for during these cold, rainy, snowy and icy days. Or, a hearty meatloaf or casseroles baking in the oven as the wind howls outside while you are relaxing by the fireplace, watching the various shapes the flames take. And, just as the wood crackles and falls to one side, it's time to take the dog out for a quick run. *Recipe Corner* is going to conjure up recipes from the past, when restaurants were a treat, and when homemade bread was rising on the tabletop.

Suggestions from a reader: hearty stews

During the cold weather, try some egg noodles with celery, cut up pieces of chicken, and some onion with a little bit of salt and pepper. Also, have some hot rolls or frybread with it.

Another meal: try corn on the cob, carrots, potatoes, celery, fresh tomatoes or canned tomatoes and cut up pieces of beef stew meat.

Another favorite recipe: potatoes and hamburger with the seasoning of salt and pepper. Brown your hamburger then add some water and add your potatoes.

Roast Beef/Pot Roast

1 lb boneless, fresh meat
8-12 carrots
6 large potatoes
1 cup broth or water
salt
pepper
garlic
onion, celery, turnips (optional)

Cut off excess fat and rinse meat. Brown meat and place in roasting pan. Add vegetables and broth or water. Season well. Preheat oven 275° to 300°. Roast beef 20 min. per pound. Leftovers can be used for a stew.

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!



Registrar's Office
785-966-2995 or 785-966-3024

We finally have an office assistant: please welcome Nicole Martinez to the program (no relation). Nicole works with us for 20 hours a week, she has helped out tremendously, and she is able to register vehicles, take transportation calls in my absence. She has been getting us caught up on the secured titles. It is always nice to see the State of Kansas send us tribal members titles so that we can issue PBP Nation titles to the tribal members.

We have received returned titles, if you use a PO Box you need to call me and see if your title was returned. The post office will not forward your title to your post office box they are returned to our office and we put them in your file. If your lien holder requests the title then the lien holder will get the title.

So far we have issued 371 tags, 20 veteran's tags, 32 handicapped plates, 4 motorcycles tags, 16 personalized tags. We have sent out handicap ID cards if you have not received yours please let us know. Our handicap placards should be arriving in about 2 weeks.

Renewal time will be arriving next month, for those of you who will be renewing the cost is \$20.00 and please bring your valid insurance card. Office hours for registrations are 8:00 am to 3:45 pm Monday through Friday, closed holidays.

Transit Department Schedule and Fees

Transit goes to Topeka on Mondays and Wednesdays pick up starts around 8:30AM and returns around 2:00PM. If you need a ride please call 24 hours in advance so that we can schedule you in for the day.

.50 cents to local locations or to Mayetta each way

Elder local .30 cents
Elder price total .60 cents

\$1.00 to Holton, Hoyt, Topeka each way

Elder price .80 cents each way
Elders price total round trip \$1.60

Bus tickets are available

Regular

10 rides local tickets \$5.00

20 rides local tickets \$10.00

.50 local each way

\$1.00 out of area each way

Elders Prices

.30 local each way

.80 out of area each way

10 out of area rides \$8.00

20 out of area rides \$17.00

Children 6 and under ride at no charge and must be accompanied by an adult. Children need parental waivers before they can be transported if they are under 18 years of age. We have received telephone calls requesting us to transport children to school: we are not able to transport children to schools.

We have been lucky by not getting any heavy snow, if this should occur our buses will not be transporting. We will not put you or our driver's in danger with inclement weather.

If you have any questions, give us a telephone call and we will assist you in any way that we can.

Have a safe and happy 2005

Micki Martinez, Manager
Criss Etteyan, Driver
Lythia Shopteese, Driver
Nicole Martinez, Office Assistant

Generous employees receive thanks for giving to foster children gift drive

Submitted by: Rebekah Potts, Potawatomi Tribal Police Office Manager

Christmas morning was good for 30 tribal member children in foster care placements nationwide. Through the donations of the generous employees of the Nation, the Tribal Police Department collected gifts and cash worth over \$4000 for the children ranging in age from 1 to 17.

The Tribal Police Department expanded the project this year to include those tribal member children in placements outside the immediate area and relied on the UPS and FedEx man to play Santa for four of the children – one in Colorado, one in western Kansas and two in Missouri.


Local officers delivered the rest of the gifts from December 21 to Christmas Eve.

This is the third consecutive year we've been fortunate enough to be able to coordinate this project and are pleased it continues to be so successful.

We wish to thank each of the employees who made a donation for these kids – there are many and I can't list each individually here but you know who you are and you are appreciated – these are our kids and you took good care of them this year. I'd also like to give special recognition to those employees who donated their valuable and oh-so-limited time during this busy season to shop for and wrap all those gifts – we had a mountain of them and with your help we got it done just in time. Last, but definitely not least, I'd like to thank Robin in Social Services. Without her help in getting all the children's wish lists, we wouldn't have been able to customize our shopping and gifts to the individual child assuring that he or she received items that each will truly need and use.

Thanks again to everyone that participated either by donating, shopping, wrapping, or even just encouraging us in our efforts.

Here's
A
thank you
letter
from
Matt All,
Chief Counsel
to
the
Governor
of
Kansas
for
a
tour
of
the
reservation


KANSAS
OFFICE OF THE GOVERNOR
KATHLEEN SEBELIUS, GOVERNOR

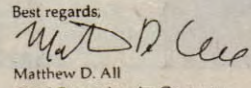
December 10, 2004

Jon Boursaw and David Prager
Prairie Band Potawatomi Nation
16281 Q Rd.
Mayetta, KS 66509

Dear David and Jon:

Now that my Indian Gaming Law class at the University of Kansas Law School has ended (except for the final), I want to take this opportunity to thank you for the tours you gave my class of the reservation and of the casino. I don't normally editorialize on the issues we discuss in class, but I began the class the week after our tours by saying something like, "If you want to feel good about Indian gaming, go to the Prairie Band reservation." I was extremely impressed by the sensible and forward-thinking development the Prairie Band has undertaken with its casino revenues. It is clear that the Prairie Band is thinking first about its community and most vulnerable citizens.

Congratulations on the great work you are doing, and thank you again for the educational experience you provided my class.

Best regards,

Matthew D. All
Chief Counsel to the Governor

Capital: 300 SW 10th Ave., Ste 2125, Topeka, KS 66617-1190
Voice: 785-296-3222 Fax: 785-296-3923 www.ksgovernor.org govtinfo@ks.gov

**Do a direct deposit for your per capita payments.
Fill out the form below and send it in.**



**PRAIRIE BAND POTAWATOMI NATION
PER CAPITA OFFICE
16281 Q RD
MAYETTA, KS 66509
(866) 277-3722 toll free**

DIRECT DEPOSIT FORM

DIRECTIONS: Fill in all blanks. Attach a voided check for Checking Account. Return all to the Per Capita Office at least 30 days in advance of the next payment. Please verify your routing and account numbers with your financial institution. Submitting this form does not guarantee Direct Deposit. Information submitted is kept confidential in a locked, restricted office.

MEMBER NAME: _____ ROLL#: _____

FINANCIAL INSTITUTION NAME: _____

FINANCIAL INSTITUTION PHONE NUMBER: (____) _____

PLEASE CHECK ONE: ☐ CHECKING ACCOUNT ☐ SAVINGS ACCOUNT PERCENTAGE _____%
(IF ELECTED)

FINANCIAL INSTITUTION'S ROUTING NUMBER: _____

ACCOUNT NUMBER: _____

SIGNATURE: _____ DATE: _____

IF YOU HAVE ELECTED TO SPLIT YOUR PAYMENT BETWEEN TWO ACCOUNTS, PLEASE ADD SECOND ACCOUNT INFORMATION HERE.

FINANCIAL INSTITUTION NAME: _____

FINANCIAL INSTITUTION PHONE NUMBER: (____) _____

PLEASE CHOOSE ONE: ☐ CHECKING ACCOUNT ☐ SAVINGS ACCOUNT

PERCENTAGE: _____% **YOUR TOTALS SHOULD EQUAL 100%.**

OFFICE USE ONLY

RN: _____

☐ T

DE: _____

☐ PCR

EN: _____

AP: _____ DN: _____ DD: _____

NOTE: _____

Revised 9/30/04



Flag Day ceremony to be held

Veterans of We-Ta-Se Post 410 will conduct a special burning of old flags on Flag Day, February 24, 11 a.m. to 1 p.m.
at Prairie Peoples Park

Bring old flags you would like to dispose of properly on that day or bring them beforehand to the We-Ta-Se Office, 15434 K Rd,
Mayetta, KS

Burning will take place behind the Veteran Memorial Wall weather permitting.
Call Jim or Roy at 785-966-2580 for details.

February Potawatomi Fire Keepers Elder Center "2005"



Tuesday	Wednesday	Thursday	Friday
Salisbury Steak Potato & Gravy Brussels Sprouts Dinner Roll	BBQ Wings Baked Beans Potato Salad Fruit	Meatloaf Potato & Gravy Green Beans Dinner Roll	Tuna Casserole Peas & Carrots Tossed Salad Biscuit
Monday Brot & Sauerkraut Baked Yams Vegetable Rice Casser. Tossed Salad	Chicken Fajitas Spanish Rice Refried Beans Tomato Salad	Philly Cheesesteak Sandwiches Baked Fries Fruit Salad	Birthday Dinner Roastbeef
Ham Sandwich Potato Soup Crackers Tossed Salad	Breakfast for Lunch Sausage, Bacon Eggs, Hashbrowns Biscuits & Gravy	Beef Stew Buttered Noodles Tossed Salad Biscuit	Parmesan Chicken Potato & Gravy Broccoli Normandy Dinner Roll
***** Closed Presidents Day	Beef Stroganoff Broccoli Spinach Salad Buttered Toast	Pork Chops Potato & Gravy Green Beans Dinner Roll	Chicken Stirfry White Rice Egg Drop Soup Waldorf Salad
Chili & Hot Dog Baked Fries Chefs Salad Cheese & Crackers	Native Seniors 50+ Free Adults \$3.50 Children \$2.00		Lunch Hours 11:30-12:30 Menu Subject to Change

Influenza vaccination expanded: flu vaccine available at the Clinic

As of January 19, 2005, the Dept. of Health & Human Services has expanded the guidelines to reach all who have not received an influenza vaccination. Vaccinations will be given as long as the supplies lasts at the Potawatomi/Sac and Fox Health and Wellness Clinic.

In the past, only the high risk groups were able to receive the flu vaccine.



Announcement

From the Education Department

Undergraduate scholarship amounts for spring 2005 will be the same as what was received for fall 2004.



Thank you

We would like to thank all our family, friends, and neighbors who brought food and words of kindness in our deepest time of sorrow. It was a little easier knowing so many people cared. The loss of Michelle was very hard for us. She is missed very much, and will be in our hearts always.

The family of Michelle Begay

Chago's Massage Therapy

517 SW Van Buren, Topeka, KS
(785) 845-2354



Specialization:

Swedish Massage (1 Hr.)	\$50
Swedish Massage (1/2 Hr.)	\$30
Chair Massage (20 Min.)	\$15
Reflexology (30 Min.)	\$30

and

Foot Reflexology, Therapeutic Massage, and Aroma Therapy.

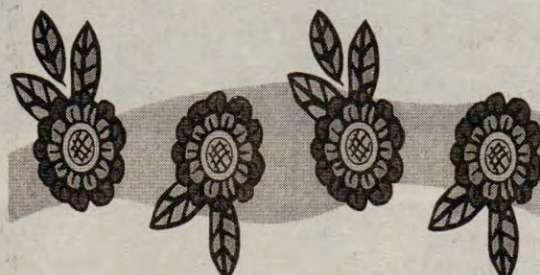


Card of thanks

To all my family, relatives, friends, tribal council, and healthcare providers for the many cards, phone calls, visits, balloons, beautiful plants, gifts, and loving care during my knee replacement surgery at St. Francis Hospital and recuperating at home.

Mege Wige!

Num (Marilyn Hale-Wakolee)



Congratulations



Honorable Mention

Emerine Kenote placed second in three categories at the Salish Kootenai College fall 2004 quarter art show. Emerine won in pottery, basket weaving and star quilt making.

Need assistance with Social Security or Disability applications or information?

Barbara Tims can assist and provide information after 4:30 p.m. during weekdays, weekends are also available.

Social Security and Disability Applications Assistance

To set up an appointment, call Barbara at (785) 966-2740.

Congratulations

4.0



4.0

A big congratulations to Carolyn Begay on her 4.0 G.P.A. Carolyn is majoring in Criminal Justice at Washburn University.

You make us very proud!

Mom, Dad, Anthony, Pudge and Coonie



Kamboŕtèk

(those who died)

Michelle Begay

Michelle Kewahgwin Begay, 34, Lawrence, died Dec. 17, 2004, in Lawrence.

She was born Feb. 7, 1970, in Topeka, the daughter of Wesley and Maxine Wabnum Begay. She grew up in Denver, Colo., where she attended Kennedy High School and was a member of the R.O.T.C. She had moved to northeast Kansas in June.

Miss Begay was a member of the Prairie Band Potawatomi Nation and the Drum Religion.

Survivors include her parents, Wesley and Maxine Begay, Mayetta; a son, Anthony Sandoval, Mayetta; two daughters, Michelle Alcon, Mayetta, and Simone Alcon, Denver, Colo.; a sister, Carolyn Begay, Topeka; two nieces, Maxine Coon and Hylwa-Este Coon; and numerous aunts, uncles and cousins.

Drum services were held Dec. 20 at the Dance Ground west of Mayetta. Burial were held Dec. 21 in Metwe-Shobney Cemetery.

Online condolences may be made at www.chapeloaksfuneralhome.com.

(Courtesy of Holton Recorder, Dec. 20, 2004)

In memory

John Daniel-James Lewis
Florida
October 17, 2004

In memory

Darlene Stanhoff
California
February 14, 2004

La Rue Thomas (Kissucke) Mzhickteno

La Rue Thomas (Kissucke) Mzhickteno, 74, died Sunday, Dec. 26, 2004, at Midland Hospice in Topeka after a 10-year struggle with Alzheimer's disease.

He was born June 12, 1930, on the Potawatomi Reservation at Mayetta, the son of Pete and Mary Ann Matchie Mzhickteno.

La Rue was a tribal member and a member of the Native American Church.

He is survived by his wife Jo Ann and four children, Brenda Darnall, and her husband, Jim Emmett, Vernon, Topeka, Steven, and his wife, Vickie, Berryton, and Larry, and his wife, Marguerite, Mayetta; 10 grandchildren, Lewis Creek, Jancy Romesburg, Karon Gardner, Christopher Mzhickteno, Lucy Creek, Corey Mzhickteno, Christie Mzhickteno, Rachel Mzhickteno, Aaron Mzhickteno and Jessica Mzhickteno; 11 great-grandchildren; and a sister, Pauline Persinger, Mayetta.

Drum service will be Wednesday night at the Dance Ground on the Potawatomi Reservation in Mayetta. Visitation will be at 7 p.m. Thursday at Penwell-Gabel Southeast Chapel. Cremation will follow the service.

Memorial contributions may be given to Helping Hands Humane Society, 2625 NW Rochester Rd., Topeka, KS 66617.

Floyd S. (Pewamo) Wamego

Floyd S. (Pewamo) Wamego, 76, of Horton, died Sunday, Dec. 26, 2004 at a Topeka hospital.

He was born November 21, 1928, in Mayetta, the son of Henry and Florence Walters Wamego. He lived in Townsend, Wis., for 10 years before moving to Horton 40 years ago. He was a member of the Prairie Band and served in the U.S. Navy.

Mr. Wamego worked as a logger in Wisconsin. He worked in landscaping and as a baker in the Horton area. He also worked for Skinner Nursery in Topeka.

Survivors include five daughters, Pamela Sue Daniels, Florence St. Clair, Debra Danielson and Denise Huett, all of Wabeno, Wis., and Sylvia Moss, Mayetta; two sons, Arlen Wamego and Dean A. Whitefish, both of Wabeno, Wis.; a sister, Alvina LaClair, Mayetta; and many grandchildren.

Services will be 1:00 p.m. Thursday at Mercer Funeral Home in Holton. Visitation will be from 6:30 to 8:30 p.m. Wednesday evening at the funeral home.

Memorials may be made to the Floyd Wamego Memorial Fund in care of the funeral home.
Courtesy of the Holton Recorder (Dec. 27, 2004)

From (NAIGSO) The Native American Indian General Service Office of Alcoholics Anonymous Web Site.

Oh Great Spirit

Whose Voice I Hear in the wind.
Whose breath gives life to the world.
Hear me.

I come to you as one of your many children.

I am small and weak,
I need your strength and wisdom;
May I walk in beauty.

Make my eyes behold the red and purple sunset;
Make my hands respect the things that you have made,

And my ears sharp to hear your voice.
Make me wise so that I may know the things

That you have taught your children;
The lessons that you have hidden in every leaf and rock.
Make me strong . . . not to be superior to my

brothers but to able to fight my greatest enemy . . . myself.

Make me ever ready to come to you with straight eyes so that

When life fades as the faded sunset,
My spirit will come to you without shame.

- Anonymous



Emergency Services Dept. : on the move

As 2004 was coming to a close, the Emergency Services Dept. was gearing up to begin the new year with a custom built truck designed by Tim Flanary. He and crew members from each shift formed a committee to decide what they considered the most important and vital functions that were needed in the ambulance. The Medtec PD 168, Pro-Duty has been customized to the needs of this department.

Tim said the ambulance is not only good looking but is functional because most ambulances are not easy to work out of during an emergency. He further stated that the ambulance was designed with patient and crew in mind.

In comparison to the fleet ambulance, the new ambulance gives the patient a smoother and comfortable ride. It has a better lighting system and more storage and seating space than the old one did. It also does not require the engine to be running to utilize the necessary components such as heating, cooling; this will eliminate the medicines from spoilage.

Congratulations Mary LeClere!



The Martin Luther King Living the Dream Organization selected Mary LeClere to receive the "Clementine "Prim" Martin Community Service Award" in recognition of her contribution to her community." Mary was honored on January 15, 2005 at the Ramada Inn Downtown, Topeka. The awardees are individuals who work "behind the scene."

The following is an excerpt from the award ceremony:

Mary was very instrumental in organizing the department into its current configuration as a full-time fire department and advanced life support ambulance service. She was involved with the volunteer fire department as an emergency medical technician. It was during this period that Mary and then-fire chief Jim Darnall began to see the need for full time fire and medical protection of the Potawatomi Reservation. The PBPB Fire Department now operates 24-hours a day, seven days a week with nearly 30 full-time employees and 9 fire/ems vehicles in service.

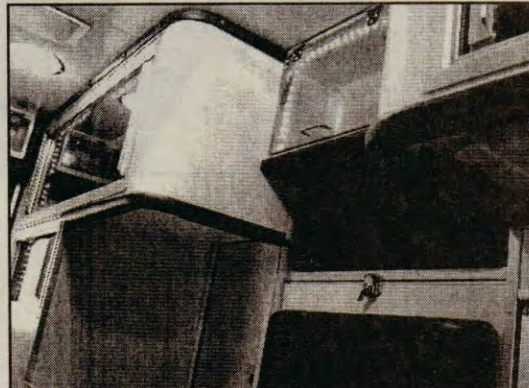
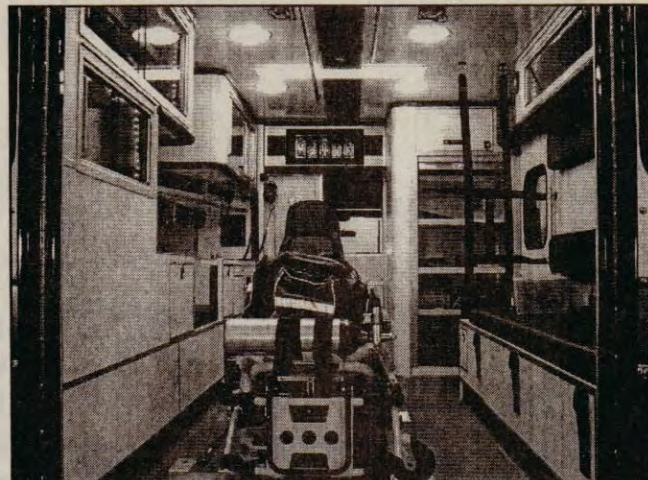


(L-r):
The
old
and
the
new.



Above photo: (L-R) Tim Flanary and Chief David Price inspecting the new ambulance. The new ambulance replaces the older Advanced Life Support ambulance and is owned by PBPB. The older ambulance will be returned to Fort Riley GSA fleet.

Photos at left: the lighting system in the ambulance is more than adequate.



Comanche Nation Fire Fighters of Lawton, OK were invited to help PBPB Fire Dept. cut line (brush) in preparation for the controlled burn to take place in January or February.



PBPB Emergency Service Dept. crew training with the Ground Water Monitor (GWM). The crew is able to continue fighting the fire without having to go directly into a dangerous situation with the GWM; it is placed near the fire with a couple of hundred feet of hose that is connected to the engine. An unsafe scene would be anything in a closed container such as Hazmat, propane and oxygen bottles.

Winter storm fire safety

Because there are potential dangers during the winter season, the following information provided is through the courtesy of the National Weather Service Forecast Office and of the U. S. Fire Administration.

Home safety:

- Heating fires are a major cause of residential fires. Turn off portable heating devices when you are away from home or retire for the evening. Have your fireplace and chimney professionally inspected before winter.
- Carbon monoxide is most likely to accumulate inside homes during winter. Check your heating systems and ensure your home has proper ventilation. Install a UL listed Carbon Monoxide detector that sounds an alarm.

Heating safety:

- Kerosene heaters may not be legal in your area and should only be used where approved by authorities.
- Do not use the kitchen oven range to heat your home. In addition to being a fire hazard, it can be a source of toxic fumes.
- Alternative heaters need their space. Keep anything combustible at least 3 feet away.
- Make sure your alternative heaters have "tip switches." These "tip switches" are designed to automatically turn off the heater in the event they tip over.
- Only use the type of fuel recommended by the manufacturer and follow suggested guidelines.
- Never refill a space heater while it is operating or still hot.
- Refuel heaters only outdoors.
- Make sure wood stoves are properly installed, and at least 3 feet away from combustible materials. Ensure they have proper floor support and adequate ventilation.
- Use a glass or metal screen in front of your fireplace to prevent sparks from igniting nearby carpets, furniture or other combustible items.
- Be careful when using candles. Keep the flame away from combustible objects and out of the reach of children.
- Some smoke alarms may be dependent on your homes electrical service and could be inoperative during a power outage. Check to see if your smoke alarm uses a back-up battery and install a new battery at least

once a year.

- All smoke alarms should be tested monthly. All batteries should be replaced with new ones at least once a year.

Gas safety:

- Smell and listen for leaky gas connections. If you believe there is a gas leak, immediately leave the house and leave the door (s) open.
- Never strike a match. Any size flame can spark an explosion.
- Before turning the gas back on, have the gas system checked by a professional.
- Some types of fire related hazards present during and after a winter storm:

Alternative heating devices used incorrectly create fire hazards.

- Damaged or downed utility lines can present a fire and life safety hazard.
- Water damaged appliances and utilities can be electrically charged.
- Frozen water pipes can burst and cause safety hazards.
- Leaking gas lines, damaged or leaking gas propane containers, and leaking vehicle gas tanks may explode or ignite.
- Generators are often used during power outages. Generators that are not properly used and maintained can be hazardous.

The following are reminders:

Winter weather preparations:

- Keep ahead of the winter storm by listening for the latest weather statements, watches and warnings.
- Your vehicle should also be ready. Get it winterized, before the onset of winter weather.
- Be equipped for the worst. Carry a winter survival kit in your car, especially when traveling in rural or open areas. Try to travel with others.

When driving:

- Yield to snowplows, and give them plenty of room to operate.
- If your vehicle becomes stranded, stay with it until help arrives.
- Do not try to walk for help during a blizzard, you could easily become lost in the whiteout conditions.

Outdoor activities:

- If you will be outside during storms or extreme cold, dress in layered clothing and

(Winter storm continued at right)

Snow Dangers

Carbon Monoxide
Courtesy of www.keidel.com, copyright Keidel Supply Co., Inc., 2001, Cincinnati, OH

Snow storms not only make driving conditions dangerous, but can present a danger to you and your family as well. Drifting snow can partially block chimneys, flues and vents - including the air intake/exhaust system of furnaces and hot water heaters.

If this happens, these fuel-fired appliances can malfunction and allow Carbon Dioxide levels to increase to dangerous, and sometimes fatal levels.



if you suspect a blockage or other malfunction
DO NOT Turn On Exhaust or Vent Fans

because they remove the air (and oxygen) allowing Carbon Monoxide to build to higher levels.

DO open WINDOWS and Doors to get as much fresh air into the house as possible.

Perform a visual inspection as soon as possible after a heavy snowfall to determine if winds have caused drifting near the exhaust system outlet. If it is possible, brush snow away from these vents. If you cannot clear the obstruction, don't wait for the snow to melt ... call your local fire department for assistance.

Carbon Monoxide

Carbon Monoxide is a colorless, odorless gas produced by burning any fuel.

During normal combustion, each atom of carbon in the burning fuel joins with two atoms of oxygen - forming a harmless gas called carbon dioxide. When there is a lack of oxygen to ensure complete combustion of the fuel, each atom of carbon links up with only one atom of oxygen - forming carbon monoxide gas.

Carbon monoxide interferes with the blood's

capacity to carry oxygen. Once in the lungs, Carbon Monoxide quickly passes into the bloodstream and attaches itself to hemoglobin (oxygen carrying pigment in red blood cells). Hemoglobin readily accepts carbon monoxide as much as 200 times as readily as oxygen, forming a toxic compound known as carboxy-hemoglobin (COHb).

By replacing oxygen with carbon monoxide in our blood, our bodies poison themselves by cutting off the needed oxygen to our organs and cells, causing various amounts of damage - depending on exposure.

According to the Journal of the American Medical Association (JAMA), Carbon Monoxide is the leading cause of accidental poisoning deaths in America. 1,500 people die annually due to accidental carbon monoxide exposure, and additional 10,000 seek medical attention.

Danger Signs

Low levels of carbon monoxide poisoning (with COHb levels of 10%) result in symptoms commonly mistaken for common flu and cold symptoms - shortness of breath on mild exertion, mild headaches, nausea, grogginess, lethargy, and inappropriate tiredness. As the levels increase (COHb levels of 30%) the symptoms become more severe - dizziness, mental confusion, severe headaches, nausea, fainting on mild exertion. High levels (COHb of 50% or more) produce unconsciousness and death.

If you experience any of the symptoms noted above: (Grogginess, lethargy, inappropriate tiredness, or flu-like symptoms) get out of the house and get fresh air immediately.

If your Carbon Monoxide monitor sounds an alarm, open your windows and leave the house. If you are feeling drowsy or dizzy, call 911 from your neighbor's home. You may need medical attention for Carbon Monoxide poisoning.

Winter Survival Kit for Cars:

Courtesy of Illinois Emergency Management Agency and the Illinois Disaster Education Action Committee

Blankets/sleeping bags; high-calorie, non-perishable food; flashlight with extra batteries; first aid kit; knife; extra clothing to keep dry; a large empty can and plastic cover with tissues and paper towels for sanitary purposes; a smaller can and water-proof matches to melt snow for drinking water; sack of sand or cat litter; shovel; windshield scraper and brush; tool kit; tow rope; booster cables; water container; compass; road maps; and candles to help keep you warm.