

Inside this Issue

- January 2003 General Council, Page 2
- Casino News, Page 3
- Law Enforcement Under New Management, Page 7
- Tribal Members in Iraq, Page 10



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Prairie Band Potawatomi News

March 2003 EDITION

A Report to the People of the Prairie Band Potawatomi Nation



Dr. Smokey McKinney is new Vice President Of Academic Affairs at Haskell

And PBP Nation has funded the latest in education technology at H.I.N.U.



Doris A. Potts

This story is twofold but it all ties together! Dr. Smokey McKinney, PBP Nation member, has been selected Vice President of Academic Affairs at Haskell Indian Nations University. McKinney shared the history of this selection with *Prairie Band Potawatomi News*, which ultimately led into more exciting news that Nation members will be proud to know!

Haskell Indian Nation University is also leading the way in technological education advances – thanks to Dr. Smokey McKinney. It was reported in March 2002 that Dr. McKinney had made a presentation before Tribal Council, requesting monies to support a new initiative in distance education, the process in which a student can take on-line college courses from one's own Rez – not having to leave home. The Tribal Council did authorize that support, and the resulting classrooms should be in place this fall!

Back to the focus of the original story – Dr. McKinney applied for this Vice President of Academic Affairs position almost a year ago. He shared that this has been a position of many turn-overs, creating a very unstable situation in this very important position. Department Chairs tried taking turns in heading up this position which waned after awhile. Dr. McKinney believes this position is central to the institution, as it involves half of the people there at Haskell, and all of Haskell revolves around it since instruction is the primary purpose of Haskell Indian Nations University.

To better understand the status of this new position, we asked Dr. McKinney to show us an organizational chart. Impressively, we found that this new position will put Dr. McKinney right under Dr. Karen Swisher, Office of the President, supervising seventy-eight faculty and staff members.

As Vice President for Academic Affairs, Dr. McKinney will oversee the following five instructional departments: College of Arts & Sciences, School of Business, School of Education, Academic Support Center, and the Institute of Distance Education at Haskell.

When Dr. McKinney came to Haskell four and a half years ago, as director of Haskell Indian Youth

Extension Program and instructing in the American Indian Studies areas, he saw how far behind in times Haskell was in the technology area. The technology area needed upgrading bad! Dr. McKinney helped start the Institute of Distance Education and began asking technology for changes that would improve instruction, and even take it beyond Lawrence.

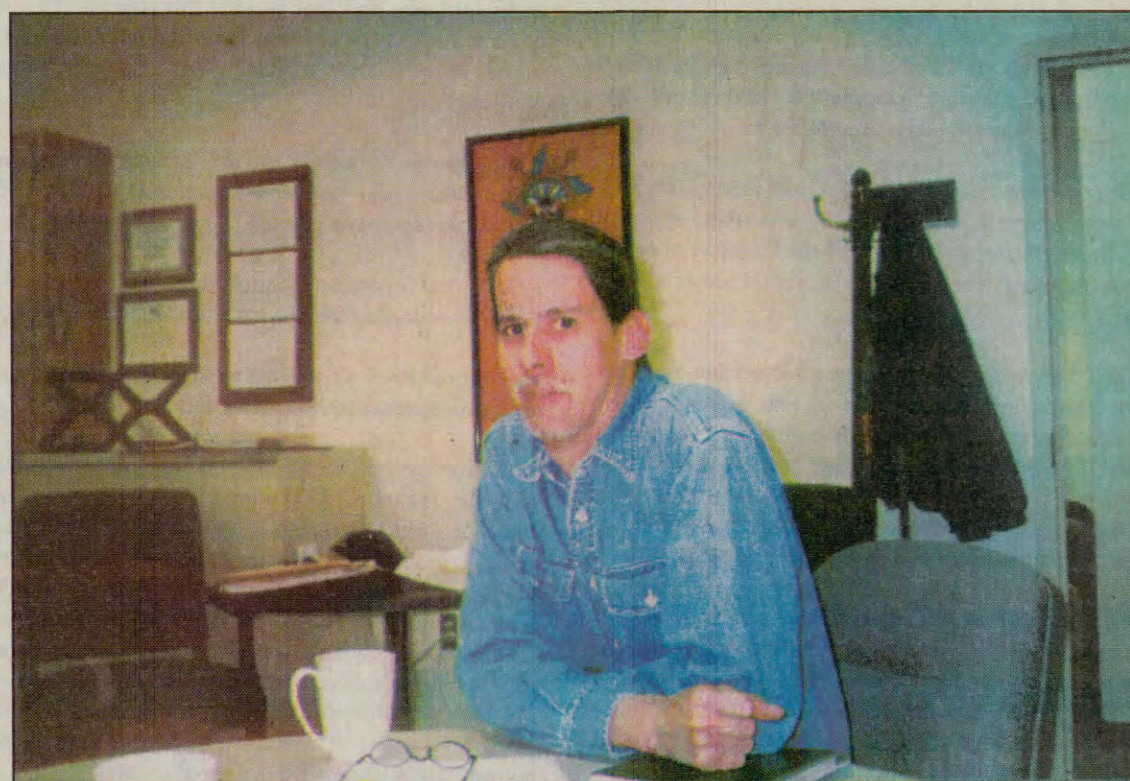
Then last year, Dr. McKinney came to the Potawatomi Tribal Council with a \$150,000 proposal request to fund this exciting and new initiative – a combination of Tandberg and Blackboard “referred to as a hybrid approach.” Most on-line and distance learning institutes limit student interaction to only a web-based approach. This hybrid approach allows real-time student interaction – it's as though the student is sitting right in class with the other students.

The other plus is that the system is compact and self-contained which allows for Haskell to send a couple small pieces of equipment to a special guest speaker, such as Vine Deloria, Jr. or Sherman Alexie, allowing the students to view a high-caliber presenter live.

Dr. McKinney said, “Our Tribe is on the cutting edge of technology right now! I don't think our Tribe really knows what they have funded.” He said he knows of hardly any other institutes – nationwide – that are involved in this advanced technology. He said this could increase the Haskell student numbers from the current 1,000 to 2,000 pretty fast without really affecting the campus.

In the January 2003 edition of *American Indian Report*, you will find in the Spotlight section, “Haskell to Begin Distance Education,” featuring Dr. McKinney in discussion of this exciting concept.

Dr. McKinney said the new Vice President of Academic Affairs position is still in a temporary status for one year, as HINU decided to rewrite the position description. He can and will apply for permanent status, as it carries more weight than a temporary position would, which is needed to stabilize the academic side of the organization within a 4-5 year projected time period.



Prairie Band Potawatomi Nation
General Council Meeting
Saturday, April 26, 2003
PBPN Bingo Hall
16277 Q Road, Mayetta, KS 66509
Agenda

Registration Opens @ 8:00a.m.

1. Call to Order @ 9:00a.m.
2. Invocation
3. Welcome – Tribal Chair Zach Pahnahmie
4. Approval of April 26, 2003 Agenda and additions.
5. Approval of January 18, 2003 Minutes- Secretary Steve Ortiz
6. Treasurer Report- Treasurer Jim Potter
 - [a] Approval of 4th quarter 2002 financial report
 - [b] Presentation of 1st Quarter 2003 Financial Report
7. Old Business:
 - [a] Contribution Committee guidelines approval- Rey Kitchumme
 - [b] 2003 PBPN Housing Plan-Tax Credits- Jackie Mitchell
 - [c] Healthcare –Choctaw Nation Health Consulting- Terry Rice
 - [1] Vote on continuing with Direct Healthcare services From Indian Health Service or PBPN providing healthcare services through P.L. 638 Contract/Compact for Healthcare.
 - [2] Vote to build a Healthcare facility [commit \$6 million set aside]
 - [3] Vote to include Topeka, Kansas as part of Holton Clinic service area.
 - [d] Casino Report on Tribal Members development- Patrick Browne
 - [e] Tribal Police Report Update - Handout
8. New Business: Open for topics.
 - [a] PBP Gaming Commission Update- Handout
 - [b] Shab-ch-nay Land Claim Update- Handout
 - [c] State of Kansas slots at the Race Tracks- Handout
9. Adjournment

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2003

NEW DATE

APRIL 27TH

BLACKFIRE

CONCERT

April 21st

SEE

PAGE 9

PBPN Supports Brad Hamilton in Continuing as Liaison

But, New Governor Appoints a New Person

Doris A. Potts

For Brad Hamilton (Wah-wak-sum), Director of the Office of Native American Affairs, March 28th will long be remembered as a day of departure from a position that he committed himself to for the past 8 years.

Brad served in the capacity as the Native American Affairs Liaison between the former Kansas Governor Graves and the four northeast Kansas Native Nations – Iowa Tribe of Kansas, Kickapoo Nation of Kansas, Prairie Band of Potawatomi Nation, and the Sac and Fox Nation of Missouri.

In January, the Potawatomi Nation sent a letter to the new Kansas Governor Sebelius, supporting Mr. Hamilton's continuance in this current position. It is not required to have native nation input for these official appointments. However, there was no consultation with the Potawatomi Nation's Tribal Council in regard to a possible dismissal of Mr. Hamilton and/or who would be appointed to replace Mr. Hamilton.

Mr. Hamilton said he was informed on March 18th that his services were no longer required in his liaison position.

Mr. Hamilton began in 1995 in an unofficial capacity as the adviser on native issues for Governor Graves. In 1996, he became the Governor's Liaison and was subsequently appointed as Director of the newly-mandated Office of Native American Affairs in 1999.



Mr. Hamilton (pictured above) is a Jackson County resident, serving as Chairman of the Jackson County Commission in Holton, KS. Serving in this dual role of Jackson County Commissioner and Director of the Office of Native American Affairs, he brought together “historical firsts” for the Potawatomi Nation with Jackson County and State of Kansas officials.

These government entities, PBPN Tribal Council & Jackson County Commissioners and PBPN Tribal Council & Kansas State Legislatures met in friendly dialogue forum for the first time to begin ironing out decades of dispute issues. Those issues included major areas of mutual interest such as: land into trust, cross deputization, jurisdiction, zoning, joint economic development ventures, taxation, and finalization of the 911 joint project.

Mr. Hamilton was asked what he felt his major accomplishments were during this 8-year period, responding with the following:

(Cont. on Page 9)

Newspaper MAIL ALERT

We have just been informed that some post offices do not separate the packages, the papers will go to one individual still banded.

We send out the *PBP News* as Bulk Rate mail. According to postal regulations, they have to be banded in various packages.

Tribal Members

If you have not been receiving your *PBP News*, contact your post office and inquire if they are sending out the newspaper still “banded.”

If you have received a package of newspapers, please return the newspapers to the post office. To correct this situation, you may have to write a letter to your post office requesting they separate the package.

A Chat with JACKIE MITCHELL - the only female member of the PBP Nation Tribal Council

Ma Dos

Tribal Council Member Jackie Mitchell might well be described as a hometown girl – better yet, a Rez woman! In Shania Twain's hit, *"She's not just a pretty face- she's on the Council – she's on the Board. She's a politician. She praises the Lord,"* Shania sings about women in general, filling many hats!

Today, that is what is required of women. Women are found in all walks of life. Women can be found in every challenging occupation throughout the world, including on today's battlefields.

Putting it right out there, Jackie has many hats that she wears: she is a wife; she is a mother; she is a grandmother; she is a friend of the Creator; she is a family member; she is an educator; and she is a politician.

I asked Jackie for this interview some time ago, because she is in a unique role as one of our elected leaders. She is the only female member of the Tribal Council, working with 6 men. These moccasins can't be easy to fill! How does she do it? Prairie Band Potawatomi News wants to know! All kidding aside, as Jackie takes this role very seriously.

Perhaps, it can be said that Jackie is accustomed to this role, beginning almost fifty years ago when she was the only girl in her family for several years with only brothers. That impacting role had to somehow mold her into what she is today – you're either going to sink or swim when born into that scenario.

Marathon swimmer that she is, Jackie took the education route to get what she wanted in life. Jackie holds two degrees – a bachelor and a master's degree in education. With her education intact, she went fast forward by getting the Early Childhood Education Program started on the Reservation, a grassroots

program that is a model program for early childhood programs everywhere.

Questions were generated with thoughts of giving you, the readers, a better idea of the real person behind the title, Jackie Mitchell, as it is the real inner self that speaks most vividly of a person. Let's go!

What is really important to you in life?

My family. My role as wife, mother and grandmother are my most important roles in my life. I think we were placed on this earth to enjoy our lives and my family is what makes me feel complete.

What role do you see for yourself on the Tribal Council since you are the only female?

My role is having an equal voice with the other six that serve on the council. Each council member has an equal voice and that is what our role is. This has been a big change coming from the education field, which are primarily women. But it is been a good challenge.

Being the only female on the Tribal Council, are there times that you feel you must represent the female perspective?

I think that I represent the female perspective all of the time because that is what I am first - a woman.

Are there times when you wished there were more women represented on the Council?

Our men are our traditional leaders and I fully support the men on our council and appreciate them each for what they bring to the council. The present council members each offer themselves completely for their jobs on the council and each brings a different perspective. I also feel that we have some very strong women within our tribe and am continually impressed with the women that I have known all my life and the women that I meet as the result of my being on council. There are many women that would be truly great leaders on the tribal council.

What are your most challenging situations as a Council Person?

Personnel issues are an area where I have some very strong concerns. I believe that every worker that is employed by the tribe should work hard and do their

job to the best of their ability. I feel that the majority of our employees are good employees and then there are those that spend the majority of their day complaining and griping about something or not doing the job that they are paid to do. Everyone has the right to complain and gripe but not on time that is paid by our nation. I feel that the council deals with many issues that might be avoided if everyone did their job at every level. Daily challenges bring new challenges daily, meaning that each day is unique and usually there is something new that we have not dealt with before. Dealing with different personalities and dealing with people that believe that they are right and not doing something for the right reason but for the personal benefit derived from this action is always a challenge. Regardless of the difficulty of the job, I truly enjoy my job and it came at a time that I needed a challenge. I ran for office when my beautiful son left this earth because I needed a challenge in my life to keep going and being on council provided that challenge.

Let's talk about Jackie? How do you see yourself as a person?

I strive to be centered to what I believe in and I try to live each day to the best of my ability. Every person should strive to meet the challenges of each day and greet each day with an appreciation for life. I attempt to approach each situation in a positive manner and strive to look for solutions to problems. Enjoying life and having a sense of humor is very important in dealing with life. I hope that when I am gone from this earth that people will remember me in a special way and I hope that I have had a positive effect on my community. I have worked hard my entire life and look forward to spending time at home after getting out of office. Staying home sewing, gardening and being with my family will be reward for my hard work. My approach to work is you work hard your 40 hours and then go home and be with your family. But do your very best in everything that you do.

Do you take your work home with you?

Yes and no. I am totally committed to my work and take it very seriously. At times the job is very stress-



ful as the council is charged with making many difficult decisions based on what is right for the people of our nation. I believe that I must be healthy in mind, body and spirit to enable me to do my job. Therefore, I strive to balance all aspects of my life including my job and my home life.

Sometimes, we meditate and wish we could just change this or that. It's all in fun and sometimes it really is wishful thinking. What would you change in the community if you had a magical wand?

I would make everyone appreciate what they have especially their families. I have learned that life is very short and we don't have time to waste. We are a very rich people and I don't mean money I mean rich with history and culture. I have lived on the rez all of my life and I appreciate what we have because I lived here when it was a poor and now when it is rich but it has always been the only place on this earth that I wish to be. That's life, a good life.

Dear General Council Member,

The following report is a summary of the minutes for the January 18, 2003

General Council Meeting prepared by the Secretary's Office, Joyce E. Lederer and Debra D. Oakleaf, Certified Shorthand Reporters recorded the minutes of the January 18, 2003 General Council Meeting. The minutes consisted of 225 pages and are available by contacting the Secretary's Office at the following toll free number 1-877-715-6789 ext. 4014 and providing proof of membership with the Prairie Band Potawatomi Nation. The minutes are intended for use by enrolled members only and are not meant for publication in any form of media with out written consent from the Prairie Band Potawatomi Nation Tribal Council. The minutes are available via e-mail (Secretary@pbpnation.org) upon proof of membership. Please submit any corrections to the minutes by April 10, 2003.

Megwich'

Steve Ortiz (Monwa'), Secretary

General Council Meeting

Registration started @ 8:00a.m. Tribal Chair Zach Pahmahmie called the meeting to order @ 9:00a.m. on Saturday, January 18, 2003 in the PBPB Bingo Hall. A total of 290 Prairie Band Potawatomi Tribal Members signed in for the day. Tribal Council attendees are: Tribal Chair Zach Pahmahmie, Vice Chair Gary Mitchell, Secretary Steve Ortiz, Treasurer Jim Potter, Council Member Jackie Mitchell, Council Member Rey Kitchumme, and Council Member Roy Ogden. Guests: Comptroller John Crites and Audrey Oliverius were present. Meeting Called to Order @ 9:00a.m. with 144 members present for a quorum.

Invocation given by Vice-Chairman Gary Mitchell. Tribal Chair Zach Pahmahmie addresses the General Council and welcomes everyone. Tribal Chair (ZP) comments discussion will be limited to three minutes per person per issue concerning the agenda items.

1. Juanita Jessepe makes a motion that we move the revote on motions of October 19, 2002 General Council Meeting as the first thing that we are going to do in order to clean that last meeting issue up. And then to make Social Services activity board the first item under old business. Motion 2nd by Mildred Rohr. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.
**For 96/ Opposed 0
Motion Carried**

2. Angie Wahweotten makes a motion to have Terry Rice (Choctaw Nation Health Consulting) available during the revote on healthcare motions of 10/19/02 for discussion purposes. Motion 2nd by Mamie Rupnicki. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For 86/ Oppose- 0
Motion Carried**

3. Badger Wahwasuck makes a motion to put housing tax credits on agenda after revote on 10/19/02 motions and before Social Services activity board. Motion 2nd by Mildred Rohr. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For- 103/ Oppose-9
Motion Carried**

4. Joyce Guerrero makes a motion to move the Gaming Commission report to item C under the Treasurer's report. Motion 2nd by Mamie Rupnicki. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For- 92/ Opposed 1
Motion Carried**

5. Laura Abeyta makes a motion to add Tribal Police to the agenda as item A under new business. Motion 2nd by Jona Rupnicki. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For- 95/ Opposed 0
Motion Carried**

6. Marilyn Hale-Wakolee makes a motion to approve the 1/18/03 General Council meeting agenda and additions. Motion 2nd by Roger Young. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For- 108/ Opposed 3
Motion Carried**

7. Marilyn Hale-Wakolee makes a motion to approve the October 19, 2002 minutes. Marilyn Hale-Wakolee withdraws her motion. **No Action.**

8. Marilyn Hale-Wakolee makes a motion for a blanket order for approving the minutes for October 19, 2002 for items numbered 1, 2, 3, 4, 6, 8, 9, 11, 12, 13, 14, 15, and 17. Motion 2nd by Arlene Wahwasuck. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For- 22/ Oppose 89
Motion Failed**

9. Juanita Jessepe makes a motion to approve Motion #1 of the 10/19/02 General Council meeting. Motion 2nd by Mildred Rohr. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote

**For- 112/ Oppose- 0
Motion Carried**

10. Juanita Jessepe makes a motion to approve Motion #2, 3, 4, 6, 8, 9 of the 10/19/02 General Council meeting. Motion 2nd by Mildred Rohr. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote

**For- 111/ Oppose- 0
Motion Carried**

11. Arlene Wahwasuck makes a motion to approve \$50,000.00 donation to the Marian Clinic in Topeka, Kansas to take care of the healthcare of our PBPB members living in Topeka. Motion 2nd

by Pete Seymour. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote

**For 87/ Oppose 19
Motion Carried**

12. Arlene Wahwasuck makes a motion to approve the October 19, 2002 motion #12 temporary healthcare services manager for the 2003 budget. Motion 2nd by Dale Delg. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For 94/ Oppose 31
Motion Carried**

13. Arlene Wahwasuck makes a motion to approve setting aside \$4,500,000.00 for a building and \$1,500,000.00 for equipment from the economic development portion of the PBPB Revenue Allocation plan for construction of a health facility in 2003. Motion 2nd by Dale Delg. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For 127/ Oppose 30
Motion Carried**

14. Arlene Wahwasuck makes a motion for the Tribal Council to write a letter of intent to 638-contract healthcare for the PBPB to the Oklahoma City Area Indian Health Service. Motion 2nd by Dale Delg. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For 98/ Oppose 28
Motion Carried**

15. Camilla Chouteau makes a motion to buy dentures (teeth) for Inez Dodds. Motion 2nd by Jay Mattwaoshshe Tribal Chair (ZP) calls for discussion. Inez Dodds explains the Holton Indian Health Service has contacted her since the last General Council meeting and will help her get some teeth. No action needed by the PBPB General Council. **Motion Withdrawn.**

16. Mary Wilson makes a motion to approve the 2003 Prairie Band Potawatomi Nation housing plan (Motion #17 from the 10/19/02 G.C. Meeting). Motion 2nd by Tony Wahweotten. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For 42/ Oppose 111
Motion Failed**

17. Badger Wahwasuck makes a motion that the Tribal Council be instructed to terminate the employment of Jayne Garcia Housing Director for gross misconduct and signing as owner of the Prairie Band Limited Partnership. Motion 2nd by Jim Darnell. Tribal Chair (ZP) calls for discussion. During discussion Badger Wahwasuck amends his motion to read "that Tribal Council mandatorily suspend Jayne Garcia without pay until the next General Council meeting and have an investigation concerning the signing of the tax credits program. Amended motion seconded by Jim Darnell. Tribal Chair (ZP) calls for the vote.

**For 68/ Oppose 92
Motion Failed**

18. Tony Wahweotten makes a motion to break for Lunch. Motion 2nd by Marilyn Hale-Wakolee. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For 75/ Oppose 2
Motion Carried**

19. Tribal Chair (ZP) asks for consensus to open the meeting after Lunch. No Objections stated. General Council Meeting reopens. Tribal Chair (ZP) calls for next order of business Social Services. Presenter Juanita Jessepe not available. Tribal Chair moves on to next agenda item.

20. Gwen Shunatona makes a motion to approve the 2003 PBPB Housing Plan. Motion 2nd by Galen Kabance. Tribal Chair (ZP) calls for discussion. During discussion Gwen Shunatona amends her motion to "approve the 2003 Housing Plan at \$5,000,000.00, excluding the Tax Credit Program". Galen Kabance reaffirms his 2nd to the amended motion. Tribal Chair (ZP) calls for the vote.

**For 136/ Oppose 0
Motion Carried**

21. Marilyn Hale-Wakolee makes a motion to approve the third quarter 2002 financial report, period ending September 30, 2002. Motion 2nd by Tony Wahweotten. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For 100/ Oppose 0
Motion Carried**

22. Marilyn Hale-Wakolee makes a motion to table the Treasurer's report for the 4th quarter of 2002 until April 2003 General Council meeting. Motion 2nd by Vestina Nonken. Tribal Chair (ZP) calls for discussion. Discussion held. Tribal Chair (ZP) calls for the vote.

**For 81/ Oppose 0
Motion Carried**

23. Tax Commission report given by Treasurer Jim Potter. **No Action taken. Handout provided to attendees.**

24. PBP Gaming Commission report given by Commission Vice-Chair Ruth Vega. **No Action taken. Handouts provided to attendees.**

25. Tribal Chairman Zach Pahmahmie informs attendees of Economic Development Plan and publication is provided to attendees. **No Action taken.**

26. Tribal Chairman Zach Pahmahmie informs attendees that the General Council meeting is adjourned @ 3:30p.m. **Quorum Lost.**

March 2003

Prairie Band Potawatomi News

Building Futures Today:**Mutual Funds**

By Donica L. Nanez

I will follow the white mans trail. I will make him my friend, but I will not bend my back to his burdens. I will be cunning as a coyote. I will ask him to understand his ways, then I will prepare the way for my children. Maybe then they will outrun the white man in his own shoes.

There are but two ways for us to go. One leads to hunger and death, the other leads to where the poor white man lives. Beyond is the happy hunting ground where the white man cannot go.
- Many Horses, Oglala Sioux

In the last column we discussed the reason why a person or a company would invest. This issue will be devoted to details of the types and classifications of mutual funds.

There are four basic types of mutual funds:

- **Stock:** Ownership of a corporation indicated by shares.
- **Bond:** Debt issued for a period of more than one year.
- **Hybrid:** Incorporates a mix of stocks and bonds.
- **Money Market (MM):** Referred to as a short-term because they invest in securities that generally mature in one year.

There are approximately 7,800 funds and 33 broad categories; most investment firms basically use five of these.

Aggressive Growth. Invest in high and small growth companies in volatile industries which all share above average profit growth. This means, usually but not limited to technology stock, which tends to grow quick and fast for short periods of time, and they also fall just the same as they rise.

Growth. The goal of this fund is to provide capital appreciation; this fund will also rise and fall more sharply than other more conservative funds. Primarily invests in common stocks of well-established companies, to increase the value of this investment and not generate any dividends.

Growth and Income. Attempts to combine long-term capital growth with steady income dividends for its shareholders. Also invests in common stocks of well-established companies but with the potential for both growth and good dividends.

Income. This fund seeks income by investing primarily in equity securities of companies with good dividends.

Money Market Funds. Contains four separate categories, which include; National tax-exempt MM funds, which seek income not taxed by investing in muni bonds with short maturities.

- **State tax-exempt MM funds.** Invests predominantly in short term municipal obligations of a single state, which are exempt from federal and state taxes for its residents.
- **Taxable MM government funds.** Principally in short term U.S. Treasury obligations and others issued by the U.S. government.
- **Taxable MM non-government funds.** This is a variety of money market instruments, including certificates of deposits (CD's) of large banks, etc.

The way a fund is classified is very important. Based on your age, income, degree of risk tolerance and other factors, you will be selecting a fund best suited to your individual needs. Also when putting together a portfolio (your selection of investments) it is essential that you have a complete picture of your financial situation. Finding your net worth, why you are investing, and what your expectations are of the future, how comfortable do you want to live.

The following is a summary of the timeframes in your life, and where and what categories to be in with your investing.

Early in Your Life. Your investing generally begins with your first full time job. Retirement is far into the future; modestly investing now, can earn you high returns in the future. Some Aggressive and Growth investing would probably be your choice.

After you establish your home life and are having children, saving for their college education and your own retirement are huge issues. You are cutting back on your Aggressive approach to investing and Growth should be your main focus.

High Income and Savings Years. After the children are grown, you've paid off most of your debts, and your income is higher, growth along with Growth and Income would be appropriate.

Retirement Years. You will need increased income from your investments, and you will need to reduce the risk in your choices. Growth and Income is your main focus. You may not be receiving much in the way of Social Security, and you need to add to your income.

Next, let's touch upon the subject of Risk Toler-

ance. All of us have this inside of us; emotions determine tolerance for risk and this plays a key role in our investment selection.

People have long thought that greed and fear drive financial markets. This is only partially correct. Most investors react less to greed and more to hope. Fear causes investors to ask, "How bad can things get?" but hope gets investors to look at possibilities from the top down and ask, "How good can things get?" See the difference?

Just like in the current market, most educated investors see this as a "blue light special" to buy all the choice stocks that are usually too high priced. In time things will return to a bull market where things are going great in the stock market; and everything is high priced. But for now, fear not the bear, and go against the your fear, as in the past, don't get left behind by poor judgment but go against the crowd and make your money pay off.

Money/work

Money should never be a reward on its own. Love, a sense of accomplishment, and appreciation for one's work should always be foremost. We all play a part and contribute to the whole. . . . The work ethic of Hawai'i is one of personal excellence. The power that comes from one's personal excellence is mana. Money does not increase one's mana. . . . Hawai'i works for mana, the West works for money.
—Patrick Ka'ano'i, Hawaiian Writer

REMINDER**GENERAL COUNCIL****April 26, 2003****9:00 am -****at the****BINGO HALL****16277 Q Road
Mayetta, KS 66509**

Tribal member Donica L. Nanez, and Jeff Pringle of Edward Jones gave an investment presentation at Tribal Council, Friday, March 21, 2003; topics included an overview of Edward Jones, basics of investing, financial institutions, and retirement and college funds.

Although an Edward Jones office will soon be located in Holton, the advantage and benefit of developing a business relationship with Mrs. Nanez and Mr. Pringle would be the fact that Mrs. Nanez is a tribal member and their office would better serve the tribal member community by educating all tribal members on the basics of investing.

Benefits to the tribe and its members:

- Work closely building a strong relationship with the tribe based on Edward Jones integrity and high ethical standards
- Seminars to educate members on basic principle of investing and money market accounts (interest bearing checking accounts)
- Schedule informal private appointments with each member who is interested in more information on our services
- Setting long-term goals based on individual needs

Mrs. Nanez's experience in the financial marketplace has been for over four years; she joined Edward Jones a few years back. In working for the IRS, she noticed a lack of trust within the Native American community; today she is working to help make the transition a little easier. Many years ago she asked an elder how she could help serve her people, the response was "teach our people what you know."

They will be returning to Kansas in the near future to offer seminars on various topics determined by Tribal Council.

**ALERT! TO ALL NATIVE AMERICAN UNDERGRADUATES AND RECENT GRADUATES:**

The U.S. Department of Education, White House Initiative on Tribal Colleges and Universities, is currently seeking Native American undergraduate students and or recent graduates to fill a paid internship position from June - August, 2003 in Washington, DC. Position needs to be filled ASAP. Please contact Toney Begay for more information:

Toney Begay
White House Initiative on Tribal Colleges and Universities
555 New Jersey Avenue NW Suite 408
Washington, DC 20208
tony.begay@ed.gov

More Gaming Competition in Kansas Likely

By Randy Conroy and Ryan Ross, Management Committee Members

The election of Governor Kathleen Sebelius has given expansion of gaming proponents momentum into this year's Kansas Legislative session. One of Governor Sebelius' campaign promises was to expand gaming as a new revenue source for the State. Thus far, she has not changed her opinion and is now actively supporting a bill that legalizes slot machine gaming at six locations throughout the State.

The bill with the most support thus far is Senate Bill # 226. SB 226 legalizes slot machine gaming at five Kansas racetracks - Wichita, Kansas City, Pittsburg, Anthony and Eureka. Many legislators feel another casino in Dodge City may be added to this bill to garner support in western Kansas. These new facilities will be called "racinos" - a combination of racetracks and casinos. SB 226 gives 20% of the casino win to the Kansas State general fund, or potentially up to \$100 million per year. The owner of the track receives 67.5% of the win to cover operating expenses, slot machine purchases, overhead, and profit. Governor Sebelius has given her support to this bill.

Many other bills are also being considered. Most offer some variation of SB 226; either with fewer or more locations, or with different divisions of the casino win. One bill attempts to legalize gambling in every convenience store, gas station, or restaurant. The Senate Federal and State Affairs committee has been charged with sorting through the gaming proposals and coming up with a consolidated bill. Hearings have been held at the committee level.

The Prairie Band Potawatomi Nation has been the most aggressive opponent of these bills. The Nation continues to retain the Hein Law Firm as its primary lobbyist. Last year, Ron Hein and his team, successfully defeated similar legislation that was approved in the House but died in the Senate. The most important change this year is the Governor's

position on gaming. Last year, then Governor Graves chose not to get involved in the gaming issue and remained neutral throughout the session. Sebelius' pro-gaming stance makes expansion of gaming more difficult to defeat.

The negative impact to Harrah's Prairie Band Casino, if this new legislation is enacted, could be dramatic. Our casino draws a significant portion of its patrons from the Wichita area. A new slot facility in Wichita could "steal" many of these patrons away from Prairie Band. The true impact of new competition will be based on a number of variables. Will a Wichita casino be merely a "slot parlor" or will it be a destination resort, with full amenities? Will the number of gamers grow as gaming become more socially acceptable and popular?

The Nation's approval of the hotel and event center expansion should also be considered an aggressive effort to minimize the effects of increased competition. Creating an even more attractive "destination resort" here on the reservation draws patrons to the Nation's casino. Ideally, the service and amenities offered at Prairie Band would outweigh the gaming experience at a racino in Wichita, and patrons would drive past Wichita and come to Prairie Band. With more competition on the horizon, the Nation's reinvestment into its casino and related amenities, in order to differentiate it from other gaming options, will be critical to insure a sustained level of future distributions.

Tribal members and employees are urged to voice their opinion to their Kansas elected officials regarding the opposition of expansion of gaming bills. To find out who your Kansas representative and senator are, visit the website at the address: www.kslegislature.org/redistricting.html. Correspondence to these officials is an effective way to sway opinions and ultimately, votes. Time is of the essence - please express your feelings today!

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Ask the Dentist

By Jessica Rickert, D.D.S., P.C.

Dear Dr. Rickert,
How does diabetes affect dental work?
Jenny from Michigan

Dear Jenny,

There are so many diabetic people who lead fascinating, busy lives. Yet, their lives are quite changed once the diagnosis of diabetes has been made.

People with diabetes have trouble regulating blood-sugar levels. The natural hormone INSULIN moves the blood-sugar glucose out of the bloodstream and into cells; the cells use the glucose for energy. Excess sugar in the blood causes the blood vessel walls to thicken and weaken. Normally, oxygen and nourishment quickly pass through the blood vessel walls into surrounding tissues, including the oral cavity. The thicker walls slow down this flow.

Type I diabetes affects young people and type II affects adults. The pancreas in these patients does not produce insulin correctly.

The blood sugar levels needs to be regulated, and this can be done in several ways. Weight-control, diet and exercise help to regulate blood-sugar levels. First, active muscles absorb glucose more efficiently. Second, obesity causes the cells to not respond properly to insulin. And, third, a patient's diet directly affects the blood-sugar levels, according to the amount of sugar the patient eat or drinks. Fourth, the medical doctor may have the patient use insulin or other drugs daily as the patient monitors the blood-sugar level.

Diabetics develop infections more easily and quickly throughout the entire body; and they do not

heal as well or as quickly as those without diabetes.

Diabetics have a greater incidence of more severe periodontal or GUM disease than the rest of the population. As many as 20% of the juvenile diabetics have some form of periodontitis. Without treatment, the body fighting this chronic infection can throw off the blood sugar levels even further, causing a cycle of worsening oral infection and wildly fluctuating blood-sugar levels.

A recent study also demonstrated that root canals do not heal as well in diabetics; nor do extraction sites; and there have been problems with implants in diabetics who have not controlled their blood-sugar levels.

As diabetics lose their teeth, they begin to eat softer, processed food, which can cause difficulty in following an ideal diabetic diet. Again a cycle is set up, whereby eating less raw foods can cause the blood-sugar levels to fluctuate and the diabetes is not controlled, which leads to more tooth loss, which leads to eating less raw foods...etc.

Diabetics do not have to lose their teeth. I advise many patients that they have their teeth cleaned every three months, so that gum disease can be prevented and any other problem can be found when it is very small and quickly treated. Also, the daily oral hygiene we discussed in a previous column is absolutely necessary for diabetics; they must brush three times a day and floss once. Sometimes, I have them use special toothpastes or rinses. I also recommend that dental appointments be made in the morning, about one (1) hour after breakfast; and I ask that the diabetic bring a snack with them because sometimes they need it after the appointment.

With the correct diet, ideal weight, lots of exercise, meticulous oral hygiene and a little extra dental care, you can look forward to a full life and a full set of teeth.

adults, there has been a slight decrease in decay rates over the last nine years, and adults are losing fewer teeth to dental disease and trauma. Periodontal disease rates, however, have not changed since the 1991 oral health survey, where it was shown that Indian people experience higher prevalence and severity of periodontal disease than the overall U.S. population. The data reveal worsening oral health trends for many Indian preschool age children. Increasing access to preventive and curative dental care is a major health priority shared by Tribes, the Department, and the IHS.

"Dental disease is a significant health problem for Indian people of all ages, but the magnitude of the problem is greatest among very young children," said Dr. Michael H. Trujillo, Assistant Surgeon General and Director of the IHS. "Age-specific prevention programs can produce positive results such as better attendance at school and work, relief from dental pain and its effect as a distraction or barrier to learning - and it reflects good nutritional habits. The oral health trends identified by this report allow tribal leaders, the IHS, and other key stakeholders to develop policies and programs to make excellent oral health a reality for all American Indian and Alaska Native people."

American Indian and Alaska Native dental patients experience more oral disease than the general U.S. population, including both tooth decay and periodontal disease. Almost 32 percent of Indian adults (35-44 years) have advanced periodontal disease compared to only 12 percent of adults in the general population. Approximately 76 percent of preschool children (2-4 years) have experienced dental decay as compared to 18 percent of all U.S. children. For the general U.S. population there are approximately 1,500 patients per dentist, while there are more than 2,800 patients per dentist at IHS and tribal dental clinics. The average expenditure for oral health care in the IHS is about \$50 per person compared to about \$300 per person nationally. Currently only about 25 percent of Indian people are able to get access to dental services.

The IHS is the principal federal health care provider and health advocate for American Indian and Alaska Native people. It works with tribal and urban programs to provide health services to approximately 1.5 million American Indians and Alaska Natives who belong to more than 560 federally recognized Tribes in 35 states.

IHS-06-2003
March 7, 2003
FOR IMMEDIATE RELEASE
Contact: (301) 443-3593, FAX (301) 443-0507

WARM SPRINGS TRIBES and IHS Begin a Study to Prevent Mother-to-Child Transmission of Tooth Decay

A study to reduce tooth decay in young American Indian and Alaskan Native children was begun last week at the Indian Health Service (IHS) Dental Clinic that provides health care services to the Confederated Tribes of Warm Springs in Central Oregon. The study is being conducted by the IHS, an agency within the U.S. Department of Health and Human Services (HHS), in partnership with the Warm Springs Tribes. Tooth decay is the most common chronic disease in American children and adults, and is particularly severe among Indian children.

"Tooth decay is a serious health issue for our children and especially for American Indian children, who are four times as likely to suffer from tooth decay than other children when they are of preschool age," Secretary Thompson said. "This study will help determine whether a common drug can help to prevent tooth decay and reduce its impact on our children. IHS and the Confederated Tribes of Warm Springs deserve credit for this important collaboration."

Under the study protocol, mothers of infants will receive a dental varnish containing either an antimicrobial agent called chlorhexidine, intended to reduce the mother's oral bacteria, or a varnish placebo. The varnish will be applied by a dental professional during short, painless appointments. Tooth decay in children primarily results from a communicable infectious disease that develops after they acquire certain oral bacteria commonly found in adults. Due to the close contact between mother and baby, the infant usually gets these bacteria from

the mother. Earlier studies have shown that if mothers have fewer of the decay-causing bacteria, their children will likewise usually have lower levels of bacteria and less decay.

"This study represents an innovative approach to preventing tooth decay by focusing on the potential transfer of decay-causing bacteria from mother-to-child rather than on behavioral and nutritional issues," said Charles W. Grim, DDS, Interim Director of the IHS. "If successful, this study could lead to improved dental health for children throughout the country, in addition to greatly reducing the suffering and improving the self esteem of Indian children. I am very pleased that IHS is supporting this important primary prevention effort, and I commend the Confederated Tribes of Warm Springs Tribe and IHS dental staff for taking the lead."

Almost 30% of American children age 6-8 and one third of Americans over age 50 have active tooth decay. An estimated \$25 billion is spent annually in the U.S. to restore teeth affected by this bacterial infection. Chlorhexidine has been widely used in the U.S. for over 25 years as an antimicrobial for the skin and as a disinfectant for contact lenses. A private specialty pharmaceutical company is providing the medication needed to conduct the study. Plans for the study have been underway for three years. During this time the tribal leaders of the Warm Springs community have been informed on multiple occasions of all the details of the study.

"Because of the severity of tooth decay in children here, the Warm Springs Tribes have given us full endorsement to move ahead with this study," said Frank Mendoza, DDS, the pediatric dentist at the Warm Springs dental clinic. "Community leaders are as eager as the dental team to find an effective prevention that will improve the dental health of their children." Participation in the study is entirely voluntary both for communities and individuals. Each mother who chooses to participate receives extensive education on the potential risks and benefits, and signs an informed consent agreement before receiving the initial study medication.

Later this year two other clinics serving Indian communities will join Warm Springs in this study. Among the three sites the study will involve 600 mothers and their babies over an 18 month period.

IHS-07-2002
February 26, 2002
Contact: (301) 443-3593, FAX (301) 443-0507

Third Report Reveals Challenges Remain to Improve American Indian and Alaska Native Oral Health

The Indian Health Service (IHS), an agency in the Department of Health and Human Services (HHS), has released its third report on the oral health status and treatment needs of American Indians and Alaska Natives. Over the past two decades, information obtained from these dental patient surveys has helped the IHS and tribes develop innovative approaches to improving the oral health of Indian people. The third report is available at <http://www.ihs.gov/MedicalPrograms/Dental/index.asp>. The second report, completed in 1991, *The Oral Health of Native Americans*, is available from the link in this press release or at http://www.ihs.gov/PublicInfo/PublicAffairs/PressReleases/PressRelease_2002Release_7_Oral_Health_Survey.asp. The first report, published in MMWR, July 5, 1985, is available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/00000574.htm>

"Good oral health is essential to improving overall health and well-being," HHS Secretary Tommy G. Thompson said. "Two decades ago, the survey showed that the percentage of untreated tooth decay for Indian adolescents was 84 percent and today it is 68 percent. This is still a rate almost three times greater than that of non-Indian adolescents, and this report will help us target our efforts to address the disparities in oral health affecting American Indians and Alaska Natives."

For this recent oral health survey, the IHS collected information on approximately 13,000 dental patients ranging in age from 2 to 96 years. In some cases, the findings point to conditions that are continuing to improve, such as children's access to preventive dental sealants (63 percent of 8-year-olds have at least one sealant as compared to only 23 percent of all U.S. children of this age), and more Indian elders are keeping their teeth longer. In

IHS Oral Health Disparity Fact Sheet

(Feb. 2001)

For more information regarding health disparities trends, facts on health disparities, domestic violence, injuries, diabetes, mental health, alcoholism and substance abuse, heart disease and strokes, hepatitis, cancer, oral health issues and AIDS in Indian Country, see <http://info.ihs.gov/Health/HealthINDEX.asp>. This information will be found in the IHS Health & Heritage Brochure at this site. The following is an example of the type of information found at this location:

Health & Heritage Brochure Indian Health Service Health Disparities

ORAL HEALTH

ISSUE

Oral diseases continue to be a significant health problem in the American Indian and Alaska Native population. The three greatest oral health problems facing the Indian Health Service (IHS) and the people it serves are high dental disease rates, poor access to dental care, and severe dental health workforce shortages.

BACKGROUND

Indian people suffer from dental disease at rates 2 to 10 times that of the overall U.S. population; for Indian patients with diabetes the disparity is even greater. In FY 1999, tribal and IHS dental programs were able to provide care for about 25% of those who needed care. In contrast, about 60% of the population had an annual dental visit. In addition, access to dental care is limited because of a dental workforce crisis: approximately 22 percent of the dentist positions in the IHS are vacant.

SITUATION

In 1999, the IHS conducted its third program-wide survey of clinic users to determine the oral health status and treatment needs of the Indian population. Preliminary findings from the survey indicate that:

- 78% of children aged 2-4 years had a history of dental decay
- 56% of 8-year-olds and more than 75% of adolescents had dental sealants
- 68% of adults and 56% of elders had untreated dental decay
- 54% of adults 35-44 years and 84% of elders have periodontal (gum) disease.

OPTIONS/PLANS

In August 1999 the Director of the IHS announced an agency-wide oral health initiative. The initiative has two goals; increasing access to care and improving the oral health status of Indian people.

Strategies for FY 2001 include:

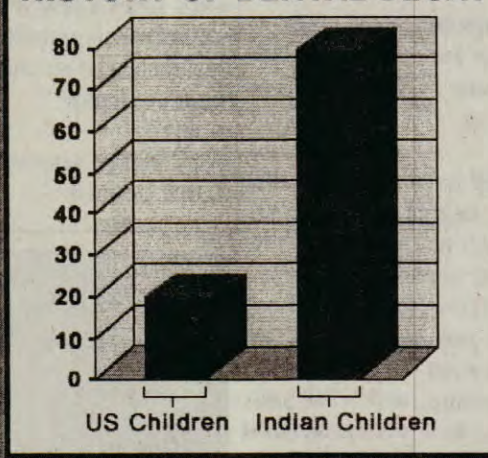
- Offer greater access to the loan repayment program for dentists as an incentive to seek employment with IHS and tribal programs. Reducing the dental vacancy rate will increase access to dental services for Indian people.
- Increase emphasis on community water fluoridation and dental sealants.
- Improve the infrastructure available to support dental care.
- Increase access to clinical preventive services for patients with diabetes.

ADDITIONAL INFORMATION

For referral to the appropriate spokesperson, contact the IHS Public Affairs Staff at 301 443-3593.

For more information, go to the IHS website: <http://info.ihs.gov>

PERCENT OF CHILDREN AGED 2 - 4 YEARS WITH A HISTORY OF DENTAL DECAY



Holton IHS and HINU Dental Service

By Mary Young

Holton IHS will refer patients to Haskell Health Center for dental services providing the patient is not eligible to see a dentist in Holton. Rounding out the estimated figure of patients that are referred out falls between 800 to 1000 per year.

Currently, Haskell has only one dentist; there are

two vacant positions that should be filled at the end of June. Dr. Haney is there to help out through a private contract; he was the former dentist for thirteen years. Statistics were unavailable as to how many patients HINU serves.

Of the six levels of care, HINU offers emergency care, primary (preventive) care and secondary care to everyone. For more information contact the HINU Health Center.

Photo: Enoch Kaulaity and Kit Mallon, hygienist.



Pre-diabetes

By Richard Pruiksma, MD, Holton IHS Clinic, 110 W. 6th Street, Holton, KS 66436, (785) 364-2176

As you already know, Native Americans are at high risk of developing diabetes, specifically type 2. What you may not know is that the development of abnormal glucose levels often starts about 10 years before a person is diagnosed with diabetes. According to the American Diabetes Association, damage to the body, especially the heart and blood vessels, is thought to start during this time. Given that the number one cause of death in diabetics is heart attack, working on preventing heart disease during this pre-diabetic state is especially important.

At the Holton Clinic we use two different tests to determine if a patient has pre-diabetes. One test is simply a fasting blood sugar and the other is a 2-hour oral glucose tolerance test. As the name implies, the second test takes two hours to run and you need to stay near the lab for the whole two hours.

Why have we started using the term pre-diabetes recently? We now have a clearer picture of how people with sugar problems go on to have diabetes type 2. We want people to know that they don't just have a sugar problem as "impaired" fasting glucose or "impaired" glucose tolerance implies, but that they have a risk of going on to diabetes. That's why we use the "pre" in pre-diabetes.

How quickly do people with pre-diabetes go on to diabetes? We now know that about a little over 10% of patients with pre-diabetes will go on to diabetes in 3 years time if nothing is changed in the person's lifestyle or medicines. The good news is that this risk of developing diabetes type 2 can be cut in half with changes in diet and increase in exercising. Some patients can even return their blood sugars back to normal.

We make one of the diagnoses of pre-diabetes nearly every week here in Holton. Weight loss, exercise, stress reduction, blood pressure control, appropriate diet and cholesterol control are all important steps to reducing these patients' risks for heart attacks or risks for developing diabetes mellitus type 2. Please don't wait for a diagnosis of diabetes for your wake up call. Pre-diabetes means your health needs to be worked on just as hard, as the damage is starting already.

More information on pre-diabetes can be found on the American Diabetes Association web site at www.diabetes.org/main/info/pre-diabetes.jsp.

Special Alert

The HHS Message of the Day (attached) is on the need to take steps to prevent and reduce the risk of diabetes in American Indians and Alaska Natives. Leading up to Diabetes Alert Day (March 25), Secretary Thompson is raising Americans' awareness of simple steps to combat the growing diabetes epidemic in minority populations. This week, he is asking American Indians and Alaska Natives to commit to preventative steps against diabetes that will lead to a healthier future as well as highlighting programs to help them.

Preventing Diabetes in American Indians and Alaska Natives

March 10, 2003

❖ **Diabetes has reached epidemic proportions among American Indians and Alaska Natives, with rates almost three times that for non-Hispanic whites of similar age. This health care disparity is unacceptable. It is time we all come together, get our message out and renew our commitment to close the diabetes health gap for American Indians and Alaska Natives.**

Today's Actions

❖ Leading up to Diabetes Alert Day (March 25), Secretary Thompson is raising Americans' awareness of simple steps to combat the growing diabetes epidemic in minority populations. This week, he is asking American Indians to commit to preventative steps against diabetes that will lead to a healthier future as well as highlighting programs to help them.

❖ Why is closing the diabetes health gap for American Indians and Alaska Natives so important?

- Diabetes is the fourth leading cause of death among American Indians and Alaska Natives. For the nation as a whole, it is the sixth leading cause of death.

- This health care disparity is unacceptable. We are committed to getting information and resources to doctors and families in those communities where the health gap exists.

- There is good news: American Indians who participated in HHS' clinical trial, the Diabetes Prevention Program, helped to show that it is possible to prevent or delay the onset of type 2 diabetes with moderate changes in diet and exercise.

- Moderate changes include being physically active for 30 minutes a day, five days per week, and making wise food choices such as reducing portion sizes, increasing the amount of fruits and vegetables and reducing the number of calories.

❖ Facts about American Indians and Alaska Natives and diabetes:

- Nearly one out of 10 American Indians has diabetes.

- American Indians and Alaska Natives are 2.6

times more likely to have diagnosed diabetes than non-Hispanic whites of similar age.

- Up to 50 percent of Pima Indians over age 35 have type 2 diabetes – the highest prevalence in the world.

- Overall 20.8 percent of American Indians and Alaska Natives ages 65 and older have diabetes. In some American Indian communities, over half of the elder population has diabetes.

- Diabetes is the number one cause of blindness, end stage renal disease and non-traumatic lower extremity amputations in American Indians and Alaska Natives.

❖ What is HHS doing?

- **IHS' Special Diabetes Program for Indians** – In December, Secretary Thompson announced \$100 million in grants for diabetes prevention and treatment services, many of which focus on prevention programs directed toward American Indian and Alaska Native children and youth.

- **Steps to a Healthier US** -- HHS is targeting diabetes with the Secretary's Prevention Initiative *Steps to a Healthier US* to prevent obesity and diabetes through community initiatives to achieve healthier lifestyles and prevent the onset of type 2 diabetes.

- **Increased Funding** -- The President's FY 2004 budget for the Indian Health Service (IHS) includes \$150 million for diabetes prevention/treatment grants, an increase of \$50 million over FY 2003 levels.

- **VA/HHS Collaboration** – Under a new agreement, the Department of Veterans Affairs and HHS will collaborate to improve health care for more than 165,000 American Indian veterans by increasing access and enhancing services.

- **HHS' National Diabetes Education Program** – This program emphasizes that modest lifestyle changes can do much to prevent the onset of type 2 diabetes. NDEP is partnering with the Association of American Indian Physicians to prevent type 2 diabetes in these communities.

- **Research** – Since 1963, NIH's National Institute of Diabetes and Digestive and Kidney Diseases and the Pima Indians have collaborated on research in diabetes and related conditions. These studies provide an invaluable perspective on how the disease progresses and laid the foundation for preventing diabetes and its complications.

- **Native American Research Centers for Health (NARCH)** – The IHS, in association with NIH's National Institute of General Medical Sciences since 2001, has established 11 Research Centers focused on medical research relevant to Indian communities as determined by tribal leadership. All of the centers have a health promotion and disease prevention research component and three Centers are researching diabetes related issues. The \$4.8 million collaboration also brings American Indian and Alaska Native scientists and health professionals into the competitive research community.

Thought of the Day: "Health is not valued until sickness comes." – Thomas Fuller.



Fried Bread Man

The February issue of the Potawatomi Nation News, Linda Sitting Arrow received suggestions from Fried Bread Man about helping her dad, Clayton. Linda was given the suggestion of tobacco offerings and prayer to the Creator. He further advised Linda to continue with her diet and exercise, 'because her dad is beginning to take notice of her weight loss and healthy outlook at life.'

An evening meeting is beginning in the forest clearing; Joe Fast Elk is putting additional logs on the fire. Fried Bread Man, is telling the three kids, "Mr. Sitting Arrow is at the cross roads of his health, and is making a decision to do something positive regarding his diabetes mellitus."

Mary looks at Linda, and asks, "How is your dad doing, since the last time we met?"

"I have noticed a change in my dad."

"What kind of change?" asked Mary.

"One thing I have noted is Dad isn't so crabby. Three weeks ago he went to the Tribal Clinic for labs, medication refills and seen the doctor. We talked about our day at suppertime, as we were eating, Dad told us of his consultation with Nurse Wilma Bear. Nurse Bear informed him that the result of his cholesterol test is abnormally high. A healthy number should be under 200." Linda further reported, "Dad said his number is 316. Our clinic doctor met with Dad and was informed that he is a candidate for a massive heart attack in 10 years if he doesn't change his negative healthy style."

"Is there any other changes you noticed Linda?" asked Mary.

"Dad doesn't have seconds," said Linda. "Dad's evening snack has been a small individual plastic container of fruit from Safeway, with a 20 oz. glass of Diet Pepsi. Dad further mentioned his insulin dosage has been changed to clear and cloudy, whatever that means," said Linda. Fried Bread Man has a smile of approval as Linda is talking about her dad.

"Is your dad thinking about walking?" asked Joe.

"The only question Dad asks about waling, 'how many miles did your mom, younger sister Cassie and you cover today?' I guess Joe, we try not to press Dad into walking, that it may happen someday," said Linda.

GAMBOTTEK (Those who died)

Vivian Dominguez

Vivian Dominguez, 75, Topeka, died Monday, March 17, 2003, at a Topeka hospital. She had cancer.

She was born June 20, 1927, in Mayetta, to Mitchell and Susie LaClair Belaire. She attended school in Wahpeton, N.D. She lived in the Mayetta community before she moved to Topeka 50 years ago. She worked in the housekeeping department at Topeka State Hospital.

She was a member of the Prairie Band of the Potawatomi tribe and attended Our Lady of the Snows Catholic Church west of Mayetta.

She married Phillip E. Jessepe. They divorced. She married Mateo Dominguez. He died.

Survivors include four sons, Francis Jessepe, Boyce Jessepe and Ewart C. Jessepe, all of Topeka, and Ferris L. Jessepe, address unavailable; five daughters, Elvon-Mae Belaire, Karen S. Jessepe, Bonnie McDonald and Billie L. Jessepe, all of Topeka, and Lelia R. Jessepe, address unavailable; a sister, Jeanette Grier, Mayetta; 14 grandchildren; and 13 great-grandchildren.

Cremation is planned. No services are scheduled.

Penwell-Gabel Mid-Town Funeral Home is in charge of arrangements.

Jeffery Rice

Jeffery L. "Lil Smokie" "Sacto" Rice, 62, Topeka, died Tuesday, March 4, 2003, at a Topeka hospital.

Mr. Rice had owned and operated Jeff Rice's Auto Repair since 1984. He began racing automobiles in 1956 and was one of the few American Indians who had raced for five decades. His track name was "Lil Smokie." He also had worked for Steel Fixtures and for Santa Fe Railway for seven years.

He was born Dec. 11, 1940, in Holton, to Orville and Louise Wamego Rice. He graduated from Topeka High School in 1959 and attended Vocational Technical School in Tulsa, Okla. His Indian name was "Sacto."

Mr. Rice was a member of Assumption Catholic Church and World of Outlaws.

He married Barbara Jean Lambrecht on Sept. 9, 1960, in Topeka. She survives.

Other survivors include a son, Brian J. Rice, Topeka; a half-brother, Orville Rice Jr., Topeka; a brother, Raymond M. Rice, Vacaville, Calif.; and three sisters, Lavina J. Olson, Tulsa, Okla., and Elizabeth P. Bartlett and Sammie J. Starkey, both of Topeka.

Mass of Christian Burial will be celebrated at 10 a.m. Saturday at Assumption Catholic Church. Burial will be in Mount Calvary Cemetery. Mr. Rice will lie in state at Kevin Bregnan Family Funeral Home after 4 p.m. Friday, where a rosary will be recited at 6:30 p.m.

Memorial contributions may be made to Midland Hospice Care, 200 S.W. Frazier Circle, Topeka, 66606; or Lymphoma Research Foundation, 8800 Venice Blvd., Suite 207, Los Angeles, 90034.

"Linda, inquiring minds want to know, did you lose any weight this past month?" asked Joe.

Linda couldn't help herself and burst into a big smile. "Fried Bread Man, Mary, and Joe, I lost 10 pounds!"

"How many pounds have you lost combined?" asked Fried Bread Man.

"I have lost a total of 43 pounds!" said Linda. "My mom and Cassie have weight loss. Mom said she is planning to take Cassie to Kmart to buy her new clothes. We plan to do a slow job the last mile of our walk beginning next week," reported Linda. "The Sitting Arrow family thanks you Fried Bread Man."

Fried Bread Man smiled, and told Linda, "Your prayers, tobacco offerings, and faith helped your family. I can't take any credit for this because you have done the suggestion that was offered to you."

"Before we break up for the night, I want to tell you kids about the spring season:

"Spring is the season of new life. Green grass carpets the ground with attractive flowers and birds singing. You kids may have noticed our white farmer brother's cows are having calves. In the woods, there are many babies being born, and many female animals are carrying young. Please tell your friends and relatives not to bother our animal friends as they are raising their young. Spring is the time for thunderstorms. You must put out your tobacco offering when you hear the thunder for the first time. Be respectful of thunderstorm passing by not playing around. Before and should you kids go mushroom hunting, please do a tobacco offering before entering a timber. Remember not to be picking mushrooms for the sake of getting more than you need. Later in the spring it will be squirrel-hunting season. Again, put out your to-

Betty Ann Rogers

Betty Ann Rogers, 41, of Clarksville died Sunday, Feb. 2, 2003, at her home.

She was a native of Jacksonville, Fla., substitute teacher at Westside School at Coal Hill, and a member of Westpark Missionary Baptist Church at Ozark.

Survivors include her husband, Dion Sinden; two sons, James Rogers of Dover and Jeremiah Rogers of the home; mother, Rita Watson of Clarksville; father and stepmother, Robert Hall Sr. and Tessie Forsyth of Clarksville; two sisters and brothers-in-law, Melinda and Duane Norwood of Coal Hill and Tricia West and Tim Johnson of London; two brothers and one sister-in-law, Robert Hall Jr. and Heidi Forsyth of Tooele, Utah, and Jim Forsyth of Lehi, Utah; and four nephews, Dustin, Jacob and Zachary Sexton of Coal Hill and Jerrod Palmer of London.

Funeral will be at 2 p.m. Wednesday, Feb. 5, at Twin Oaks Missionary Baptist Church with Rev. Troy Vaughn officiating.

Burial will be in the Bethlehem Cemetery under the direction of Hardwicke Funeral Home. Active pallbearers will be Duane Norwood, Tim Johnson, Glenn Epps, Jerry Phillips, Gerald Palmer, and John Burke.

Honorary pallbearers will be Dustin Sexton, Jacob Sexton, Zachary Sexton, and Jerrod Palmer.

Michael Wamego

MAYETTA -- Michael A. "Sha ne si" Wamego, 34, Mayetta, was killed Friday, March 7, 2003, in an automobile accident on K road in Jackson County.

Mr. Wamego was a welder for the Potawatomi Road and Bridge Department.

He was born July 22, 1968, in Holton, to Algernon "Bozo" and Alberta Nagmo Wamego. He graduated from Royal Valley High School in Hoyt and was a lifelong resident of the Potawatomi Reservation.

Mr. Wamego was a member of the Prairie Band of the Potawatomi Tribe and the Indian Drum religion.

He married Rachel Rupnicki on March 28, 2002. She survives.

Other survivors include his father, of Mayetta; three sons, Zachary Wamego, Matthew Wamego and Taylor Wamego, all at home; three daughters, Tristyne Wamego, Sophie Wamego and Brianna Wabaunsee, all at home; 10 brothers, Darrell Wewenes and Larry Mitchell, both of Lawrence, Gary Mitchell, Eddie Joe Mitchell, Leo Mitchell, Randy Mitchell, Aaron Hale, Joel Charles and John LeClere, all of Mayetta, and Wakto Wewenes, Horton; and nine sisters, Jackie Mitchell, Sandra Mitchell, Lisa Wamego and Edie Wamego, all of Mayetta, Shirlene Seymour, Topeka, Gwenda Wewenes, Annie Wewenes, Kish Wewenes and Kanney Wewenes, all of Horton.

Drum Services will be this evening on the Danceground west of Mayetta. Burial will be after noon Monday at the Takaho Cemetery. Mr. Wamego will lie in state until 2:30 p.m. today at Mercer Funeral Home in Holton and after 3:30 p.m. today at the Danceground.

Claire Maines

HOLTON -- Claire Emily Maines, 71, Holton, died Tuesday, March 11, 2003, at a Topeka hospital.

Miss Maines retired from Oldham Sausage Plant in Holton and she earlier had worked at the Slimaker Dress Factory in Holton.

She was born May 31, 1931, in Mayetta, to Frank A. and Mary Battese Maines. She was a lifelong Holton resident.

Miss Maines was a member of Our Lady of the Snows Church in Mayetta and the Citizens Band of Potawatomi Nation.

Survivors include a sister, Thayle Keller, Holton; and a brother, Frank E. Maines, Mayetta.

Mass of Christian Burial will be celebrated at 10 a.m. Friday at Our Lady of the Snows Catholic Church on the Prairie Band of Potawatomi Nation Reservation west of Mayetta. Burial will be in Shipshewer Cemetery in Mayetta. A parish rosary will be recited at 7 p.m. today at Mercer Funeral Home in Holton. Visitation will follow the rosary.

Memorial contributions may be made to the American Diabetes Association and sent in care of the funeral home.

Wahweotten, Ellsworth Thomas DOD 2/2/03

bacco before you hunt. Remember to harvest enough to feed your family or for ceremonial use. Lastly, please don't climb young trees, let them grow."

Spring traditional activities will be discussed next month. This concludes the March issue of Fried Bread Man series.



February 25, 2003
Jim Darnall

On February 3, 2003 a Tribal Council person told a Tribal Member that the Housing Director Need Not Worry About her job as the Tribal Council will GUARANTEE THAT SHE WILL KEEP IT.

This is the power Tribal Council think they have when it comes to their friends who work for the tribe. Who gave them this power?

With the Tribal Council making comments like this it is time to get their attention and let them know who they are working for. The Council keeps saying that they need to follow THE POLICIES AND PROCEDURES and that they do not get involved in personnel issues, but with comments like this, that does not seem to be true.

The way the Council seems to be seeing issues is that two wrongs can make a right.

It has always been the tribes belief that our elders should be treated well and with respect. Yet the Housing Director recently sent our elders notification that she would hold a class to teach them how to use their electric appliances and that she wanted this completed before the appliance warranties ran out. Her degree seems to qualify her to help our senior citizens who after all are only experienced in use of a wood stove.

A tribal Council Member who based his reelection campaign on issues of Land Management apparently transferred from that position as he was not listed as the liaison in a January 7, 2003 fax to all departments. The new liaison is now under investigation for some possible illegal activity and the Land Management Director has been fired. What is wrong here, is this not the same type of issue, with illegal signatures, as was identified with the Housing Director and yet she has been guaranteed that she will keep her job?????????

Also at issue is the question of why the previous Tribal Council Liaison person is investigating Land Management and the new Liaison person, when the understanding that I have is that the potentially illegal issue actually happened during the time the investigating Council Member was the Land Management department head. The appearance to members who are aware, is the short term transfer

of Land Management responsibilities was only to have someone else unwittingly be at the helm when the questionable action was identified. It seems however, that this backfired and the Council Member newly assigned as Land Management department head was made aware of what was going on and declined his recent liaison appointment dumping it back into the lap of the prior administrator, who seemingly is continuing to investigate his own department.

This seems to be one more chance that the Tribal Council has to fix a mistake, or at least clarify the issue for Tribal Members, and yet as they have so often done in the past, they continue to try sweeping their mistakes under the rug, and hope they will go away.

Does any of this sound familiar and seem to bring back the past? It should as during the 2000 recall of the Tribal Chairperson, two people, now on the Council, used statements from the Prairie Band Potawatomi Nation Standards of Conduct and Ethics Policy and Procedures, such as, The personnel elected, employed or otherwise working for the Prairie Band Potawatomi Nation will become familiar with the scope, authority for, and the limitations of the duties for which they are responsible. Further, all personnel will have a working knowledge of the prohibitions of standards of conduct in accordance with the Prairie Band Potawatomi Nation Constitution and Bylaws set forth.

All personnel will maintain the highest standards of honesty, integrity, impartiality, loyalty, morality, accountability and respectability at all times in the performance of their duties, whether on official or unofficial time.

All personnel elected, employed or otherwise working for the Prairie Band Potawatomi Nation will be held accountable for their conduct while serving in the capacity of their official position. All personnel elected, employed or otherwise working for the Prairie Band Potawatomi Nation will ensure that discriminatory practices do not exist with the tribal services and programs and that equal opportunity prevails.

All personnel elected, employed or otherwise working for the Prairie Band Potawatomi Nation will not engage in any transaction which would bring discredit upon the Prairie Band Potawatomi Nation

and the enrolled members. This includes the requirement to avoid actions that reasonably can be expected to create a conflict or the appearance of a conflict of interest.

As I stated previously, it is time for tribal members to take control. If our elected officials won't take responsibility for their mistakes and make corrections to comply with our Nations Policies and Procedures, and protect our people, we need to do something about it and this reflects on our Nation as a whole. For example how did the Housing Director manage NCIC checks on some applicants for reservation housing, as I understand these checks can only be done by law enforcement.

Elections are coming, and each official running for reelection will take to the campaign trail to let you know what was accomplished during their four years in office, and yes good has been done, but a lot of unnecessary harm has also been done to our people and I encourage you to do your own research and look beyond the surface. Investigate how many of our people are in Director or Management positions, how many of the higher level jobs have gone to nontribal friends of officials who look down on our members.

In closing let's think of all Prairie Band Potawatomi People and of our future generations. We now have the opportunity to provide good housing and jobs, let's see that they go to our own people.

THE PRAIRIE BAND POTAWATOMI NEWS ACCORDING TO DORIS

By Arlene Wahwasuck
Captain, USPHS, Retired

"Prima Donna" is the first thought that came to mind when I read the news article in the February 2003 issue of the Prairie Band Potawatomi News entitled "Indian Health Service Official & Nation members, Captain Gloria J. Keesis Holder, Insulted by Four Tribes Health Advisory Board Officials." According to Webster's College Dictionary, a prima donna is a "vain, temperamental person who expects privileged treatment." I would hope that does not describe the Nation's member in the headline, although almost a whole page was devoted to describing perceived insults toward her and listing her accomplishments.

Since my name was mentioned in the article, I feel compelled to respond to the opinion of the writer with my opinion of the article as well my opinion of our tribal newspaper. It has been discouraging to read so much negativity in our tribal newspaper. In my opinion and those of small town editors of other small communities, newspapers can be used as a tool to build a community by letting readers know how great the community is that the paper represents. According to the editors of small community newspapers I spoke with, the editor looks for good news to promote the community in which they live and work. Unfortunately, many of the articles I have read in our tribal newspaper have been negative material. It's like reading the headlines of tabloids. The editor of the Prairie Band Potawatomi News uses this media to promote her own opinions. In this article only one viewpoint was presented. If the editor of a newspaper has an opinion about an issue, their opinion usually doesn't make front page news, but in the tribal newspaper it does!

The role of Indian Health Service (IHS) Consultants at the Area Office also needs to be clarified. The consultants are in their positions to serve Indian tribes, not to be self-serving or for tribal members to glorify. Normally, consultants from IHS Area Offices are to be invited in writing prior to a visit with tribal officials. It is unclear how Ms. Holder's visit occurred. Our Tribal Council members did not have knowledge of her visit, nor did they invite Ms. Holder for a visit.

If there was disrespect, it was on the part of the consultant and the editor of the PBP News, not the Health Advisory Board members or the Health Committee members. There was disrespect for the tribal leaders of the Sac and Fox and the Iowa who are not deserving of the anger and resentment so obvious in the article. There was disrespect for the Tribal Council from the Prairie Band Potawatomi Nation (PBP) Council members present who were inconvenienced by Ms. Holder's uninvited visit. The Health Committee members were inconvenienced by listening to Ms. Holder boast for 1 1/2 hours about her accomplishments in Contract Health Service (CHS) at the Holton IHS. She was not able to produce a written report of the stated accomplishments. Ms. Holder could have offered her assistance by informing the Health Committee how her services could aid with resolving ongoing contract health care issues.

Having a USPHS Officer disrespect our neighboring tribal leadership and the PBP leadership was an embarrassment for me personally since I am a retired officer of the USPHS. During my service to Indian tribes throughout the country, I served in the capacity of a consultant at two IHS Area Offices. My visits to tribal organizations were always respectful, conscientious, and by invitation. Integrity is one of the requirements of serving as an officer of the USPHS. Respect for tribal members is a requirement of serving them to the best of one's ability. Ms. Holder disrespected our tribal membership by stating the members would not read a brochure of information about accessing CHS at the Holton IHS. The brochure in question was finally

in draft form after at least 4 years of requesting the information by the Health Advisory Board and 26 years of service at the IHS Oklahoma Area Office by Ms. Holder. Additionally, Ms. Holder's attitude toward the Health Committee members during the meeting was very condescending. I applauded the interruption by one of our members. It was Ms. Holder who demonstrated rudeness since the Health Committee did not request her presence and a written report would have sufficed for the verbal barrage of arrogance she provided during the meeting.

The second article about Contract Health written by Doris Potts is praising the accomplishments of Barbara Tims, even referring to her as "Barb" in the article. Ms. Potts failed to notify readers who do not know of relationships in the community that Ms. Tims is her sister. Ms. Holder is her first cousin. Ms. Potts also failed to mention that our tribal members continue to be sued for nonpayment of medical bills originating from IHS referrals. If the Prairie Band Potawatomi News is to contain biased, family news then perhaps the newspaper needs to be renamed. Let readers know this newspaper is representative of the editor's opinions and mostly about her family.

In the past there has been little interest in health care. The way IHS provided health care for the past 50 years was acceptable or gripped about with little concern from a bureaucratic system. Now that the PBP Health Committee is proposing changes that will improve health care for the PBP, there is active interest by both proponents and opponents of the proposed changes. The new interest is great! The opinions of our tribal membership are welcome and considered by the Health Committee. As a matter of fact, the Health Committee has scheduled community forums to gain input from the community about the proposed changes. I hope our readers will attend one of the forums or let the Health Committee members know when a forum can be scheduled at your convenience.

In closing, my opinion is the management of our own health care by the PBP is a perfect opportunity to become a more sovereign Nation. I applaud those members who have the vision for their own health care facility and voted positively to make it a reality. Our Nation is ready to manage their own health care through a 638 Compact. A 638 Compact will authorize the PBP to receive the funding from IHS currently used by the Holton IHS. The PBP can then manage the funds according to the needs of their tribal members and according to input from tribal members. CHS is an example of a program that could be better managed by the PBP. When a tribe manages their own health care, the care and caring is not compromised by bureaucratic prima donnas or staff with ulterior motives. Our members deserve the best health care available, let's make it happen for today and for future generations by voting 'yes' to a 638 Compact to manage our own health care.

"Something to think about"

by Eric Sanderson

When things are not good, it is usually imagined that a review, or possibly a reorganization will make things better. No one ever asks whether the best is being made of a lousy situation.
—John Kenneth Galbraith

I have thought about Galbraith word's because in Social Services we are faced with a lot of "lousy situations." In fact, one could argue that is all we deal with. If there were no more "lousy situations," the Nation wouldn't need our services like the Community Services Program, the two Tribal Youth Programs, the Family Violence Prevention Program, Vocational Rehabilitation Program, and the Child Welfare Programs. But the Tribe does have these programs to deal with the many "lousy situations" which individuals and families must deal with daily. That is where the Social Services attempt to help restore a balance in the human condition of the Nation.

There are critics of the Department who feel that some of us fall short in providing help. Most often voiced are the lack of cultural sensitivity and professionalism that we bring to the job. Recognizing that we live in a free society where people are free to voice their opinion, they have a right to speak out. However, it does disturb me as the director of Social Services when misinformation about the Department's performance is printed in the Tribal Newspaper, the only collective voice and carrier of information to the entire tribal membership. For example, in the last issue an article was printed about a Community Forum that was organized by our critics to address "Charges against Eric Sanderson." The article was misleading because it did not portray all that really happened. This leads me to believe that Tribal Newspaper reporting is biased.

Critical analysis is appropriate, but what I cannot accept is that these articles do carry misinformation that is damaging to the Social Services Department. They are undermining to the point that many of us feel that individuals are being unfairly persuaded not to seek services. This should concern the Nation's community. If, for example, the paper might deter a family from our services where do they go? Where did they go four years ago when the Social Services Department did not exist? Did all of these "lousy situations" manifest when the Tribal Council

(Continued next page)

A response to Badger Wahwasuck's letter in the February, 2003 Newspaper:

Badger, you made inflammatory statements and accusations in the recent Tribal newspaper. I am responding so that our Tribal members know how I feel about these issues, and to give an accurate account of the real facts.

As a former public official who was not re-elected, you're the person who is making petty accusations of me "riding around with binoculars and trying to pick on Tim Ramirez and the Road and Bridge crew for some petty little thing just cause you don't like Timmy."

First off, let me publicly state that my duty as an elected public official is to make decisions in the best interests of our Tribal members, and to protect the assets and efficiency of the Tribe. As the appointed liaison for Road & Bridge, I do visit the department and fulfill my role to ensure that it is functioning properly. I do not try to intimidate employees, or make accusations based on individual personalities. I also question other departments such as the casino, to make sure the assets of the Tribe are safeguarded, and to try and help us get our maximum profits.

My second point deals with people speaking up at General Council meetings. With regard to you or anyone else speaking up at General Council, I encourage any General Council member to do so. I have always tried to answer questions honestly and accurately, and will continue to do that. However, when individuals are simply trying to "grandstand" and do not identify a real problem, or even have a proposed solution, then that person is wasting everyone's time.

My third point concerns the letter you published when you left office. You asked for the Tribe to avoid petty accusations and bring up real issues. I think people should also be willing to think up solutions to those valid issues.

Please follow your own advice, and bring up issues that really matter, not just petty accusations about, "person A not liking person B", or "people looking through binoculars." I need to devote my time to real issues, and come up with real solutions.

Roy Ogden, Tribal Council Member

Roy Ogden

PRAIRIE BAND POTAWATOMI NEWS

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

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

Anonymous letters will NOT be printed in the paper.

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

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

(Continued from previous page, Eric Sanderson) passed a resolution on June 23, 1999 creating the Social Services Indian Child Welfare Department? Probably not.

How many people are really dissatisfied with our service? No one knows for sure. But to set the record straight, I do know that there were no new complaints raised at the community forum. And, that the number of family situations discussed were three, not several as reported in the paper. The paper also omitted that Juanita Jessepe, the forum's organizer, purposefully mislead the group, and those she advocates for, about their rights to file a grievance because she was part of the Task Panel that submitted the grievance form to the Tribal council for approval in March of 2002. Ms. Jessepe's main argument has been that there has been no recourse for families who have been mistreated. Rather than help the community resolve complaints, she has chosen to raise new issues, and it appears that the Tribal Newspaper has endorsed her efforts every opportunity.

It is not upsetting that the paper printed that a community member said my bedside manners could use some work. That statement was made. What is dismaying, however, is that the paper chose not to report that the *same* person said they were "proud to have Eric Sanderson as their Social Services Director, and wouldn't want anyone else." By the applause from the group, there were many others who felt the same way, yet this information was left out of the article.

From the omissions and misinformation that I have mentioned above, it is hard to believe that the Tribe's newspaper editors operate in the best interest of all. I am troubled that they promote themselves as objective and fair reporters and I take issue that they offer a balanced point of view on what actually happens.

Remember those "lousy situations?" They are not going to go away. We are not going to be able to solve them all. Some of them are just going to have to be lousy. The Social Services Department may make a mistake handling those situations but we have worked hard to provide procedures to allow people recourse in the form of a grievance procedure. We also have to abide by the rules and regulations set forth by the Tribe's administration and the guidelines established by our other program funding sources, so sometimes the best is going to have to be made of that lousy situation. Making the best of a lousy situation is made all the more difficult by those criticize, yet offer no suggestions or alternative solutions. It is made impossible by a newspaper that caters to those critics.

Wraparound Training held for PBPB

By: Suzanne Heck

Several of the Nation's employees were trained to be team leaders in the Wraparound process being developed for implementation through the Social Services Department during the second week of March. During that time participants learned about the philosophy of wraparound and how to facilitate a team meeting through lectures and role-playing. The training was conducted the first three days by the Native American Training Institute, Bismarck, ND and by Drex Flott, Odyssey Group, and Eric Sanderson, Social Services Director, who co-trained the group on the last day.

The idea behind wraparound is for a team to come together and develop a strengths-based plan of care for a child. The team, usually comprised of a child's natural support group, which might include members of his/her extended family, pastor, or a tribal elder, for example, and selected professionals who provide services the child uses like a favorite juvenile justice provider or favorite schoolteacher. The process encourages the use of traditional healing or culturally competent practices along with the use of modern professional modes of service.

The wraparound process is designed for seriously emotionally challenged for children but it also works well in less severe cases. Case managers in the Social Services Department initiate it but it is the team leader who organizes and conducts the team meetings. The goal is to get as many team leaders trained from the community so that there will be a greater pool of care coordinators for families to choose from.

Tribal members who would like to participate in the next training please call Suzanne Heck at 966-0173.

Social Services case manager recommends to the child's caregivers through a referral about the Wraparound process and if the caregiver's agree, a team leader or care coordinator is assigned. The team leader then asks the child and the family who they might like to have on their team. For example, the team might consist of members of the child's family and friends along with cultural and spiritual advisors, and other support professionals, like the child's favorite teacher or juvenile provider. The team leader then organizes the group to come to the meetings where a strengths-based plan of care is developed. The numbers of meetings are determined by the child's need.

"The goal is to get a lot of the tribal community trained as team leaders," said Sanderson. "It would give us a greater pool to work with which would benefit everyone in keeping the tribe's youth at home on the reservation."

Sticks and Stones May Break

My Bones But.....

By: Nis Wilbur

'Amanda came to work with a black eye again. Poor girl, I feel so bad for her. My husband would never do anything like that to me. He would never abuse me. I wouldn't let anything that horrible happen to me. Why does she even put up with it?' Jackie* thought.*

We all know the verse "Sticks and stones may break my bones, but words will never hurt me" is nothing more than a comfort phrase our mom used to kiss away our pain when someone else would hurt our feelings. We may have believed it as children, but as we grew into adults we realized our mothers were wrong. Words DO hurt, and sometimes, they can leave us with scars too deep to heal.

Behind the doors of Jackie's home her husband constantly ridicules her; calling her ugly and stupid. He lets her know only HE could love her: who else would want to be with someone so fat? What he says: goes. Jackie must keep their home immaculate; even with their two children running amok! She must watch his shows on television, make the food he wants for dinner, and she can't always associate with people she would like because her husband is so jealous.

Her husband is the master of their castle and Jackie is nothing more than his metaphorical slave. He even takes the money she earns, giving her only a small shopping allowance, not letting her know he doesn't trust her to control the family finances.

Jackie, however, is an educated woman, and knows something is wrong in her relationship; she just can't describe exactly what it is. On one hand; her husband hugs her, tells her he loves her, and provides for the family. On the other; he will not listen to any of her advice or opinions when making family decisions, tells her she's lucky to have him, and blames her whenever anything goes wrong. Sometimes, when Jackie doesn't want to, or can't, give him exactly what he asks for, he'll threaten to leave. He says she's a bad wife. She's confused, and it's taking an emotional toll on her.

Despite what Jackie thinks, she IS being abused: emotionally abused. Her husband chooses to beat her with his words instead of sticks or stones. He manipulates their income as a way to hold Jackie down and lowers her self-esteem to a point where she is too intimidated to stand up for herself. It has become so ingrained into their relationship that Jackie probably sees the treatment she receives as "normal."

This behavior, however, is not normal. It's unhealthy and non-traditional. Many people believe it is 'Indian Love' or see name calling as a part of their marriage vows. They think that just because their partner isn't hitting them, they are not being abused. This is not always the truth. Just because your partner isn't leaving the bruises on your skin, doesn't mean they are not leaving them on your spirit. We learn as kids that the words "Go get me a switch" carry as much of a punch as the switch itself. Sometimes, it is hard to tell if we're being victimized because not all domestic violence is as visibly obvious as physical abuse. Domestic violence is not just black eyes and bruises. It is also intimidation, threats, and interrogation. It is humiliation and mind games. It is smashing things, isolation, and minimizing feelings. The list of emotionally abusive behavior goes on and on, and so does the headache.

The line between a healthy and an unhealthy relationship is a simple one: control. If you feel your partner is putting you down or ridiculing you as a way to control you or keep you from loving yourself, you are probably being emotionally abused. If you have to watch what your partner wants to avoid a major fight or can't exactly explain the problem in your relationship, you may be a victim of emotional abuse.

There are many sources of information on emotional abuse that are available to the public at no cost and that are very discreet. Websites are a great way to discover if you, or someone you know, is being emotionally abused, or being abusive. Help is out there. Only you can make the decision to reach out to grab that help. Below is a list of some informative resources that are here for you in the Northeast Kansas area:

- PBP Family Violence Prevention Program: 1-888-966-2932
- Kansas Domestic Violence and Sexual Assault Hotline: 1-888-363-2287
- YWCA Topeka Battered Women Task Force: 1-888-822-2983
- DoVes in Atchison: (785) 367-0363
- <http://womanabuseprevention.com/html/emotionalabuse.html>
- <http://www.nara-licensing.org/emotionalabuse.htm>
- <http://www.safechild.org/childabuse3.htm>

Unfortunately, for those that are victims, emotional abuse is NOT a criminal offense. It is, however, if your partner threatens to harm you, your children, or themselves. If this occurs, you need to call your local police department immediately. Many times, physical violence begins with the subtly of emo-

tional abuse.

Hopefully, Jackie will see the bruises her husband is leaving on her spirit and put a stop to it. She doesn't necessarily have to leave her husband, only get help to change their relationship. Otherwise, she may end up just like Amanda.

Emotional abuse is very difficult to talk about. It's a matter of the heart, and many people believe the way Jackie does. They do not understand the line between normal and not normal. They may not recognize the behavior, or turn the other cheek to their spouse's rudeness. Just as we learned as children to ignore the taunts of another by listening to our mother harp that nursery verse, we also learn to ignore the abusive behavior of our partner. This 'pretending it's ok' attitude needs to change.

It is our responsibility to ask for help, if we can just face our fears. We just need to remember: 'sticks and stones may break our bones, but words can destroy our spirits.'

**All names are fictional and any reference made is completely coincidental.*



(L-R): Shirley Rice, Heather Daugherty, and Nis Wilbur of the PBPB Family Violence Prevention Program on their way to present the teddy bears to the Potawatomi Tribal Police (Zhenkaoneneh Gemek) on March 18, 2003.

Zhenkaoneneh Gemek Under New Leadership

By Mary Young

Prairie Band Potawatomi Tribal Police are under new leadership since the official announcement came through February 26, 2003; Terry Scott is now the Chief of Police replacing Jim Battese. Chief Scott is also the Southeast Region Director for the Native American Fish & Wildlife Society.

Chief Scott has been a policeman for 38 years, almost as long as he has been married. He and Mrs. Scott have been married for 39 years and have three children and three grandchildren who mean a great deal to him. As a "church person", he believes that for an individual to be whole, they must have all three components: physical, emotional and spiritual well being.

Chief Scott's first job as a police officer began in 1965 at Wellington, Kansas where he said "Training amounted to being handed a badge and gun and learning was by making mistakes." Chief Scott went on to say law enforcement has changed. Today our officers go to Hutchison for an intense 14-week training period. He, himself, completed Police of Chief training in Ada, Oklahoma shortly after he was appointed.

Continuing his career in 1968, he became a recruit trooper for the Highway Patrol. Later in Garden City, located in western Kansas, he was promoted to sergeant and worked in the rural area for the first time. He said, "Before I went to work I had to take 'waving pills' because everyone waved at each other and they would think something was wrong if you didn't wave back." He further states, "This was very pleasant compared to Topeka where the

wave meant something else."

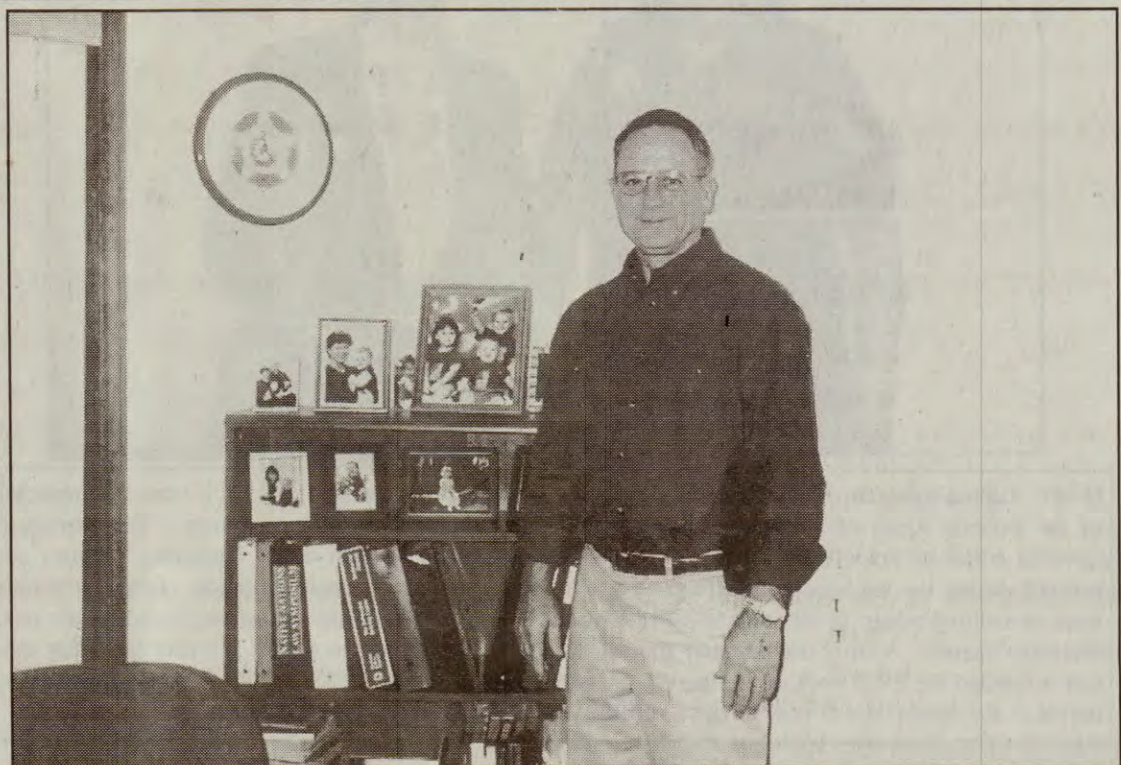
He also was in the Auto theft Program in Chanute, Kansas, later returning to Topeka as Lieutenant and in Patrol Field Operations. Soon after he was promoted to Captain, to be in charge of the northeast region of Kansas Highway Patrol for eight years. He then moved to Headquarters Command Research and Planning of Patrol for two years; there he was promoted to the Assistant Superintendent, in charge of 625 employees for the entire state until he retired after a couple of years. Currently, he is in charge of twelve officers, four dispatchers, one administrative officer, one records clerk and one K-9, "Remco," who is patrolled certified, meaning he can protect his handler. Remco is also a drug detection canine.

After his retirement from the Highway Patrol, he was offered a position with the PBPB Tribal Police. According to Chief Scott, he came to PBPB by accident, he was on his way to a cattle sale but stopped by the office to visit with the former Police Chief who was also his friend since his days as the under sheriff. After some thought, he accepted the offer and became a police officer for PBPB.

As the new Chief of Police, his goal is to build trust with the community; he is aware that many have had some bad experiences with the law. To accomplish this goal, establish and maintain integrity, he said, "It will be one step at a time because things and reasons were not done overnight, it takes time." He further stated, "He learned that to build and establish integrity is 'no higher than the integrity of the one in charge.'" Another statement he made was to "treat people like we would like to be treated or how we would treat our self."

During the time Chief Scott served under Jim Battese
Continued on page 8

Newly appointed PBPB Tribal Police Chief, Terry Scott.



(Zhenkaoneneh Gemek, Continued from page 7) these, a workshop training was going on with the Catawaba concerning a subject both were interested in and had been talking about. While at the training, he was invited to serve on the 14-member board; since then he has been the Native American Fish & Wildlife Society (NAFWS) director for two years. This ties in to his position because in the Potawatomi Law and Order Code, Title 18, Conservation Code, Section 18-4-3, PBPB Tribal Police, Fish and Wildlife Division, "The Chief of Police shall have executive authority and control of the Division and its employees." And, Section 18-4-4 states he is responsible for the collection of permit fees, forfeitures, and fines.

NAFWS involves 227 tribes in Alaska and the United States. This Society "exists for the protection, conservation and enhancement of Native American fish and wildlife resources. The Society's purposes are charitable, educational, scientific and cultural."

Chief Scott enjoys being in this organization and has had good experience with them and is proud to represent the tribe. He believes that "it is important to preserve our natural resources and to encourage the education of young people because they are the future resources of Native American tribes; and, it is best preserved by people who understand their heritage and culture to manage these resources."

A youth practicum will be held in the southeast region. The practicum is for Native youth only; those interested in resources and have motivation for hands on work with the National Guard in Louisiana should contact Chief Scott for more information. The purpose is to help re-establish the wetlands and to reintroduce the quail habitat.

In his position as the director, he can represent Indian tribe's issues on natural resources, a vital position for the people because the NAFWS is a strong voice. He has written a resolution to the national office to support the Haskell Indian Nations University's Baker wetlands. This will be on record that they oppose.

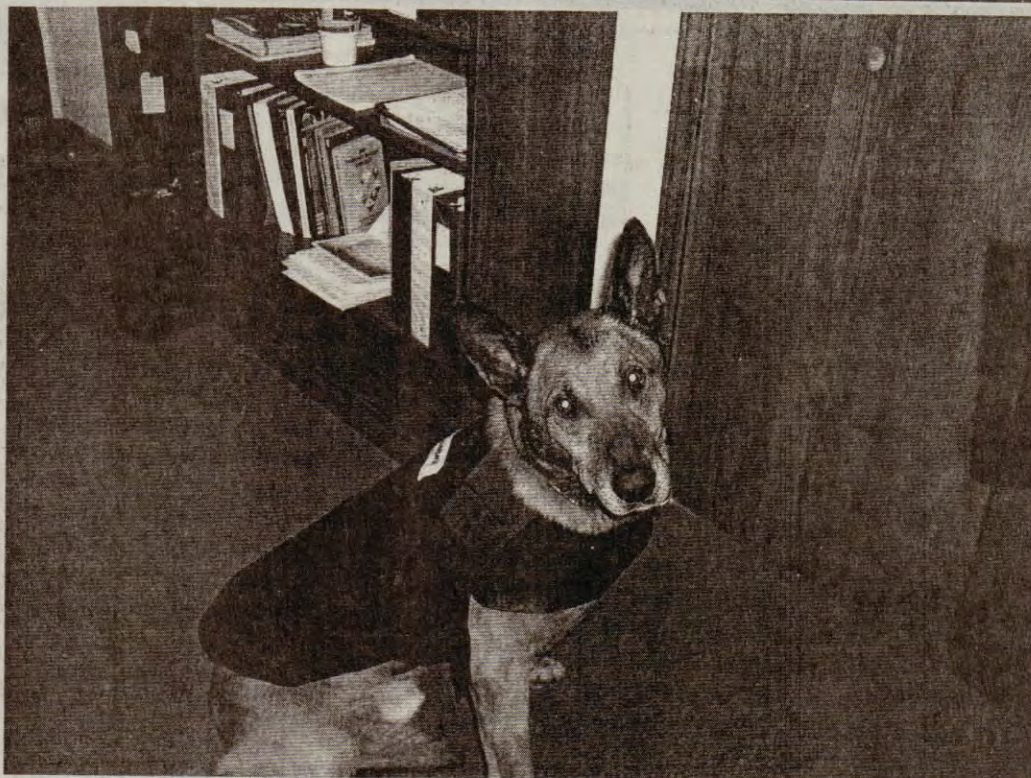
Chief Scott has provided information on law enforcement at the second Native Nations Law Symposium in 2001. He also provided information during a training workshop in Mississippi on how to recognize a meth lab. The forty that attended the workshop stated they were more knowledgeable and confident after the training.

An issue that he sees facing the Nation is that "As a sovereign Nation, can't be totally sovereign, in control of own affairs until in control of citizenship. If we farm out (issues that involve crimes committed by non-native, we should be able to take care of this situation.) law enforcement to other agencies, when we do that we lose control of a very important function to protect peace and the dignity of the Nation."

Enactment of Senate Bill No. 9 would give tribal law enforcement broader authority to enforce laws outside the reservation and against non-Indians but legislation continues to oppose this bill.

In the *Capital-Journal* of March 21, 2003, Rep. Becky Hutchins, R-Holton, is concerned that "the authority of Indian law enforcement officers could lead to more land being taken away into trust by Kansas tribes." And, "Indians could approach the federal government and argue that they are providing more services and therefore need a greater tax base, much the way a city annexes new territory, she argued." In the article, Chief Scott replied, "the state needs to grant his officers more authority."

Unfortunately, the Jackson County Sheriff, Daina Durham and Rep. Becky Hutchins fail to see the importance of broader authority for the PBPB Tribal Police in protecting the reservation community.



K-9 Officer Remco with his new bulletproof vest. The Topeka Boys and Girls Club raised monies to buy canine vest for various law enforcement agencies and PBPB Tribal Police was one of the recipients. Officer Robert Neill and Officer Remco are partners.



Second Annual Women's 8-ball Tournament

(L-R): Ruta Mendez, 2nd place; Carol DeWitt, 1st place; and Laura Abeyeta, 3rd place.

Elder Center News

It's been awhile since we had a story ready for the paper. A lot has been happening here at the Center. Its taken two (2) years but some things are finally being completed for the building. Mini blinds were finally installed in the game room and activity room. For the people that have been here you will not see aluminum foil on the windows anymore. The basement has a tile floor now, we are just waiting for the okay to have it scrubbed and sealed, then we can set up for the exercise activities again. Last month we went to the Shrine Circus in Topeka. Thanks to the Boys and Girls Club for including us in on the tickets.

Two Senior Ladies, Delores Abrams and Vivian Gonzales have started a Genealogy class and were having weekly meetings here at the Center on Thursdays after dinner. It turned out to be very popular and a request was made to make it available to people after work, so they are going to hold meetings at the Government Center for a month.

A Diabetic Support Group is being started here at the Center. Dave Cornelius, RN and Nancy Herrod, Health Educator from Holton Indian Health Service along with Shirley Wakole, Activities Co-

ordinator from the Elder Center will be working together on this. I will quote from their flyer: "The support group goal is to create/reinforce the diabetics commitment to gaining power over their situations with diabetes. You don't have to have diabetes to attend. Someone close to you may be dealing with diabetes; we encourage participation from everyone. We intend to continue the group as long as you want it."

We had 12 entries for our 2nd annual women's eight (8)-ball tournament, which was held 3/1/03. The first game started at 8:30 am, the last game ended at 9:30 pm. The winner's were:

- 1st place: Carol DeWitt
- 2nd place: Ruta Mendez
- 3rd place: Laura Abeyeta

The winners were awarded a trophy and the entry fee taken in was divided to pay each place. The first place winner has the honor of having their name engraved on the plaque we keep at the Elder Center to signify their win. Thanks to all entrants and practice for next year. Also thanks to the volunteers of the day: Julia Lewis, Teresa Asselin, Curtis Masquat, Warren and Nona Wahweotten, Tutti Kern, Midge and Sawi Masquat, Chup Johnson, Shaw-not Jackson, and Pam Johnson.

PROGRAM NEWS ITEMS

**DEADLINE:
15TH OF THE MONTH**

Caregiver Support Program

The Prairie Band Potawatomi Tribe was awarded the Area on Aging Title VI Caregivers Grant last April 2002. After several meetings on deciding what the goals of the grant were to be, the responsibility was given to the Elder Center. A primary need for our Center was to find help for our Elders to help keep them living in their own homes as long as possible. It was decided to hire two women who have been working with some of the Elders in their homes already, and expressed interest in wanting to work towards fulfilling our goal. They started the last week of October 2002. Glenda (Collins) Stenger was hired as the Coordinator to recruit workers, conduct the needs assessments and assure the program meets the requirements. Lavera (Babe Harrison) Bell was hired as a Caregiver; recently we hired another Caregiver, because of the workload. Her name is Marcie Degand. These Ladies

are doing a great job and what they are accomplishing is very appreciated by the seniors. These positions are contract jobs paid for out of the grant money, with no benefits and last only as long as the grant. Their title is Elder Caregiver. We cover Shawnee and Jackson Counties. A needs assessment is done to determine if and what kind of help the senior needs. At this time they have 36 enrolled in the program.

For more information on the Caregivers Program, please call or stop by to visit. Best time to call is between the hours of 8:00 am - 4:00 pm. If you are long distance, leave your phone number and we will call you back.

Elder Center: 785 966-0040
Nona Wahweotten, Elder Center Director

News from the Language Department

By Sydney Van Zile

We would like to remind you to fill out the Language Survey you received in the mail. Please return the survey as soon as possible. We do have a deadline of April 4, 2003 to enter your name into the drawing for a Black Mesa Pendleton blanket, vest, cosmetic case with a travel case, and a varsity bag. It's important to fill out and return the survey so we can find out a more accurate state of our language and how many speakers we still have left. We want to hear your opinions concerning what you would like to see in development of products for this department. If by chance you did not receive a survey and would like to participate, please contact the Language Department at 785.966.2138 and we will try to send you one.

In other areas of the department, we are happy to report that we are making progress on documenting and teaching our language. Later this year, we will have a grammar book of the Potawatomi language available to all tribal members free of charge. It took over two years to document and describe the major grammar rules of our language. The grammar book was written by Cecelia "Meeks-sâ-kwe" Jackson, Alberta "Neb-nek-to-que" Marshno, and Orlando "Masha" Green" in conjunction with a linguist from the University of Kansas, Dr. Marcelino Berardo, and the Language Department staff. We are proud of the hard work and contribution of knowledge these speakers provided for this book.

In addition to documenting the major grammar rules of the language, we have been teaching the language in two adult classes and at two schools. On Tuesday nights at 7:00pm, we offer a beginner's class where we have been learning to story Brown Bear. With this story we

are teaching animals, colors-which entail various forms of the color, and the story itself. On Wednesday nights at 7:00pm, the semi-fluent speakers come together to work on more advanced conversation and storytelling. We welcome all learners of Potawatomi at all levels of fluency to the evening classes, located in the Language Department.

As many of you parents and grandparents of students in K-8 at Delia or grades 1-6 at Royal Valley know, our two language teachers have been working hard to bring the Potawatomi language to our children. We have reached 175 students by the beginning of March. We will be teaching grades 7 and 8 at the end of March. Our two teachers introduced basic greetings, animals, and colors. Their efforts and hard work are really paying off. As an example of their hard work, after only 150 minutes of instruction over 3 days, the children at Royal Valley grades 5-6, knew the names for 10 animals with 91.6% accuracy! Hats off to those kids and to our teachers.

There are copies of the children's book "Jump Frog Jump" translated into Potawatomi. We are in the process of putting the story on tape to accompany the book so you can read along. Soon we will also have our calendar ready to go. Look for an announcement in the future. Please, remember that our calendar is based on our cultural view of the seasons, so our new year begins in spring and not January.

Scholarships available for students in travel, visitor industries

By RICK ALM
The Kansas City Star
Posted on Tue, Mar. 18, 2003

High school seniors and currently enrolled college students with a career interest in the travel and visitor industries can qualify for scholarships funded by Kansas City's hotel industry.

The Education Foundation of the Hotel and Motel Association of Greater Kansas City awards a dozen scholarships each year of up to \$1,500 per student.

Executive director Tom Holden said applicants must have a minimum 2.5 grade point average and demonstrate a career interest in one of several related fields, including hotel management, meeting planning, travel and tourism, and the culinary arts.

Holden acknowledged that the competition today for jobs in the hotel industry is tough after more than a year of travel depression and industry downsizing. Job openings that once attracted 20 applicants now typically draw 100 job seekers.

"There's a lot of people out of work," Holden said. "The hardest job in operating a hotel today is you might have a full house tonight and be down to 50 percent occupancy tomorrow. What do you do with your labor force? We've got to get people traveling again."

Holden is confident the industry will weather the downturn and bounce back strong.

Scholarship applicants who work in a related industry and those who attend or will attend one of the association's six college-member institutions are awarded extra consideration.

The member schools are the University of Missouri's Kansas City and Columbia campuses, Kansas State University, Central Missouri State University, Southwest Missouri State University and Johnson County Community College.

The association also operates a program to place career-oriented students in part-time hotel jobs.

The scholarship application deadline is April 4 for high school seniors and May 3 for enrolled college students. Applications are available online at www.kansascitylodging.org. For more information, call (816) 421-3646 or send e-mail to amy@kansascitylodging.org.



(L-R) Rubina Eteeyan, PBPB Human Resources Director with Karen Hall, DCI America presenter of the Roberts Rules of Order two-day workshop held at the Government Center. The workshop covered tribal by-laws, how to conduct a tribal council and general council meeting. Points expressed during the workshop: meetings to strictly go by the tribal constitution and agenda, if people want something added to the item should be placed at the bottom of the list or be placed on the next meetings agenda. Voting was another subject discussed, how it works with a 2/3 vote and what subject is needed for a 2/3 vote; there were pros and cons on this topic. The focus of the workshop pertained to the mechanics of how to run a meeting.

Tribal Youth Coordinator Addressing Under Age Drinking

Doris A. Potts

PBP Nation was chosen as one of the four pilot project sites to develop a comprehensive Under Age Drinking project for the Pacific Institute for Research and Evaluation. Based on the pilot projects, a design program will be developed for other native nations to model their UAD programs after.

The other three sites are: Pawnee Nation, Pueblo Zuni, and Pueblo Laguna. This is a process that has been developing since October 2001 when Eric Sanderson, Social Services Director, took part in a conference that addressed Under Age Drinking.

On March 4th, Steve Wall, consultant with American Indian Development Association met with Nathan Hale and the Youth Action Coalition to review a policy DRAFT designed to reduce and prevent under age drinking. This is only a stepping stone to curbing the real problem of under age drinking, but it is a very positive start.

Youth Action Coalition recently adopted a Mission Statement for a UAD grant request for \$100,000 which will soon be submitted: "TO PROMOTE HEALTHY LIFESTYLES AND A HEALTHY ENVIRONMENT FOR OUR YOUTH AND COMMUNITY MEMBERS." The statement was developed with room for expansion of services in mind.

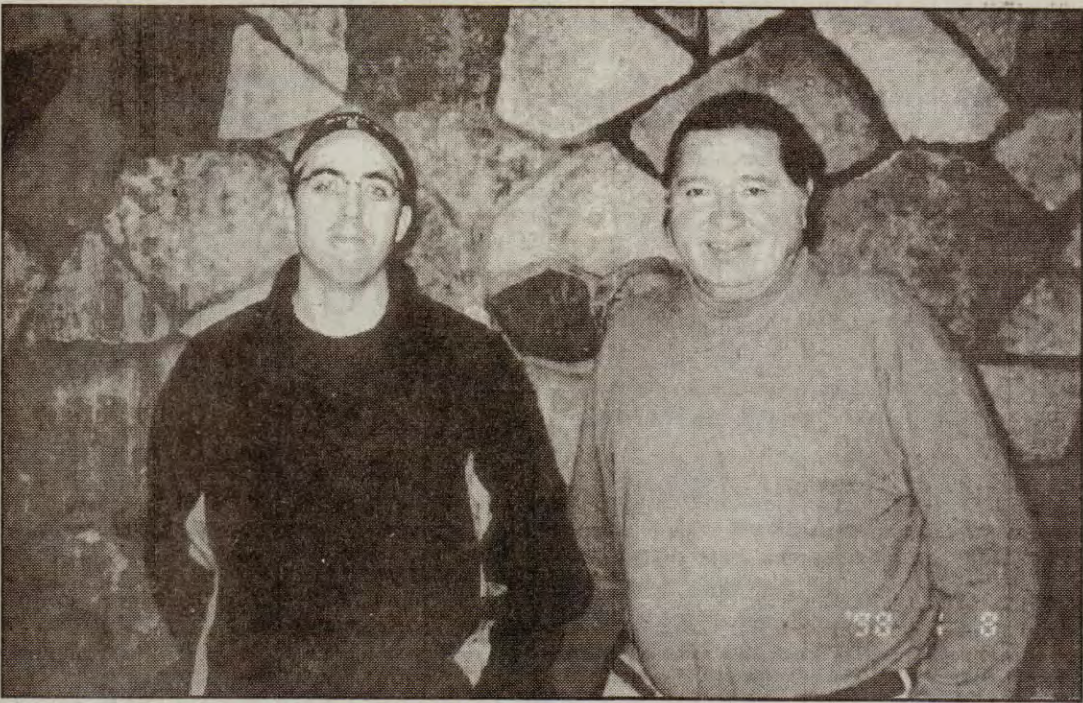
Findings report that the PBPN has a problem with under age drinking that affects the individual, family, and community. Within the youth circles, the issues

of UAD are based in peer pressure, a loss of the sense of family, and lack of education about alcohol. The problem is manifested in teen pregnancies, dropping out of school, negative school behavior, and lack of self-esteem.

The family's reaction to UAD has been one of denial or involvement. Some families consider UAD as a stage of life, hoping their children don't get caught up in it. Some feel hopeless - like there is nothing they can do to prevent it.

The youth often feel they can get away with it. Currently, there is confusion over what law enforcement can legally do pertaining to under age drinking cases. By updating the current tribal codes, the support groups can begin to more effectively deal with under age drinking. This is only one of the many benefits for accepting this offer to be a pilot project. In this process, our policy will be developed and officially adopted, and the Tribal Codes addressing under age drinking will be updated.

Recently, Nathan Hale held a Pledge Party that generated wide community participation, indicating there is a real desire out there to help our youngsters steer clear of becoming involved in drinking. Mr. Hale works directly with "at-risk youth" but he can be found with his head and heart in most positive youth happenings on the Rez - from basketball coach, to Indian Taco Eater Runner Up, chaperoning youth activities, and in general, being a great guy to work with! He's also being spread as thin as a sheet of paper in the process!!!



Nathan Hale, Tribal Youth Coordinator (l) and Steve Wall, consultant for AIDA (r)



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(PBPN Supports Hamilton cont.)

- When he began, Governor Graves knew there was no official dialogue between the native nations and the state of Kansas. Governor Graves knew that needed to happen. Those communication links had to be created. Hamilton accomplished this by setting up meetings between Governor Graves and the native nations at the request of the native nations.
- Hamilton established dialogue between tribal leaders and the SRS Cabinet Secretary, the Kansas Department of Transportation, and Kansas Department of Health & Environment - occurring every 6 months with SRS and as requested with the other agencies. Mutual areas of discussion with SRS included: Medicaid, foster care issues, and Indian Child Welfare Act.
- The Annual Law Symposium, a discussion forum for native issues from the legal perspective, was a very educational awareness tool attended by many local participants.
- The Governor's Interstate Indian Council, which was partially supported by the Potawatomi Nation, was another educational arena that enhanced communications between states and native nations. Mr. Hamilton's counterparts throughout the United States were brought together to share ideas and successful concepts being used to establish better working relationships between the state governments and the native nations.
- He worked relentlessly to get the state's newest building named in honor of the only native Kansan and the only American Indian to become Vice President of the United States, the late Charles Curtis, a Kaw descendant.
- Through the efforts of the Office of Native American Affairs developing the Joint Committee on State/Tribal Affairs, the tone of communication was much better between the state legislators and native nations. A big awareness, at the state level that didn't exist before, developed as a result of this communication and these educational meetings.

Mr. Hamilton expressed the fact that Governor Graves was committed to gaming "only with tribes." There was talk about gaming, but Governor Graves never pushed ahead with it. There was no expansion of gaming during Governor Graves administration. In fact, he joined with the tribes in a suit against the Wyandottes in their proposed gaming venture.

Under Governor Graves administration, Hamilton represented the state of Kansas at the National Congress of American Indian Conference for the first time.

At the PBPN community level, Hamilton is a member of the Native American Church, has been an active Board Member of the PBPN Boys & Girls Club since its inception, and felt much progress had been accomplished between the Jackson County Commission and the PBPN Tribal Council - work which will continue into the future for the benefit of the people of the surrounding communities.

The Jones Benally Family

Diversity is the word for the multi-talented Jones Benally Family. From the heart of the Navajo (Dineh) Nation, the Jones Benally Family performs traditional and inter-tribal Native American Dances. With a repertoire of over 27 different dances, they have acquired national and international acclaim.

Medicine man and world champion hoop dancer, Jones Benally, gives an explanation of each dance, enhancing the audience's appreciation of our rich Native American culture. Ornate, outfits, unique in symbolism, are all authentic and handmade. The eagle feathers used have been passed on for generations.

The Jones Benally Family's performances are visually exciting, educational and entertaining. They perform only the portions of the ceremonial dances that are allowable to be seen by the public.

Besides the Native American Dance Troupe, Jones Benally was an integral part of the movie "Geronimo." His daughter Jeneda and sons, Klee and Clayson, have a high-energy alternative rock band called BLACKFIRE, which also tours nationally and internationally.

APRIL

Adults \$3.50 Children \$2.00 Native Seniors \$Free Lunch Hours 11:30-12:30 Menu Subject to Change	1st Baked Chicken Stuffing Steamed Carrots Dinner Roll	2nd Meatloaf Potatoes & Gravy Green Beans, Salad Dinner Roll	3rd Shepherds Pie Cottage Peaches Tossed Salad Biscuits	4th Fried Catfish Baked Potato Zucchini & Tomato Texas Toast
7th Breakfast Sausage, Bacon, Scram Eggs, Biscuits & Gravy Fruit Salad	6th Pork Chops Scalloped Potatoes Brussels Sprouts Dinner Roll	9th Chicken Rice Casrol. Harvard Beets Tossed Salad Biscuits	10th Indian Tacos HAPPY BIRTHDAY	11th Chef Salad Minestrone Soup Orange Slices Bread Sticks
14th Chicken Noodle Soup Grilled Cheese Cauliflower Salad Fruit, Crackers	15th Lasagna Green Beans Tossed Salad Garlic Bread	16th Chinese Stir Fry White Rice Egg Rolls, Broth Cantaloupe Slices	17th Roast of Pork Potatoes & Gravy Carrots Dinner Roll	Closed Good Friday Have a Happy Easter
21st Fried Cube Steak Potatoes & Gravy Peas & Carrots Dinner Rolls	22nd Chicken Cacciatore Fettuccine Green Beans Garlic Bread	23rd BLT Sandwich Baked Beans Quiche Fruit	24th Roast Beef Broiled New Potato Broccoli & Cheese Dinner Roll	25th Tuna Casserole Broiled Plum Tomatoes Tossed Salad Bicuits
26th Liver & Onions Potatoes & Gravy Green Beans Dinner Roll	29th Chicken Fajitas Pinto Beans Spanish Rice Tomato Salad	30th Ham & C. Croissant Vegetable Soup Citrus Salad Crackers		

General Theme of Performance
Be Proud of Yourself

BLACKFIRE:
The Jones Benally Family
Performing at the
Royal Valley High School Gym
at 9 a.m., April 21, 2003
Grades 6-12

Currently working on scheduling a
community performance on the Rez
- Flyers will be posted -

BLACKFIRE
www.blackfire.net

Tacoho records
tacoho@hotmail.com
P.O. Box 1492
Flagstaff, AZ
86002

"On the Homefront"

USA Freedom Corps

Today, the USA Freedom Corps launched a new resource for people seeking to support our troops, their families, and their communities called "On the Homefront."

Background

While hundreds of thousands of men and women from all over America are serving in the armed forces and away from their homes, those on the homefront can be making a difference too. Many individuals and organizations are looking for ways to support our troops, their families, and our country.

Partnering with the Department of Defense, the USA Freedom Corps is offering resources to Americans who want to express their support for members of the military, and help their families in meaningful ways. Here are some of the ways to support our troops, give time and care to their families, and strengthen our communities.

These resources are available online at www.usafreedomcorps.gov.

Support Our Troops

There is a long tradition of writing letters and sending care packages to troops stationed away from home. To minimize delays and complications in getting this kind of support to our troops, the Department of Defense recommends the following:

- Through **Operation Dear Abby**, send e-mail messages to deployed troops of any Service from your home state (<http://anyservicemember.navy.mil/>).
- Through **Defend America**, sign an online thank you card for troops (<http://www.defendamerica.mil/nmam.html>).
- Through **Operation USA Care Package**, contribute to the purchase of a care package of items requested by troops such as sunscreen, disposable cameras, prepaid calling cards, and toiletries. (<http://www.usocares.org/home.htm>).

Help for Families

Families of reservists, National Guard men and women and active duty military may need extra help in meeting basic home and family needs during deployment. There are many ways individuals, organizations, and businesses can offer their time and resources to help families of deployed troops. Here are some of the opportunities now available through the USA Freedom Corps' new "On the Homefront" web resource:

- The local chapters of the American Legion, American Red Cross, Boys & Girls Clubs of America, BPO Elks of the USA, Camp Fire USA, National 4-H Headquarters, National Fraternal Congress of America, The Salvation Army, U.S. Chamber of Commerce, Veterans of Foreign Wars, and YMCA of the USA are among leading community service organizations providing ways for volunteers to help local military families.
- Working with the National Guard and Reserve, as well as with military bases, these organizations will match volunteers with families that need help in areas such as household repairs, spring cleanings or tutoring and direct those families to businesses and organizations that may be offering free or discounted services. Volunteers can also help families, including those who own small businesses, with specialized skills like major repairs, financial planning or legal services.
- Some of these organizations are also helping to take care of children, after school and on the weekends, whose families have a parent or caregiver stationed away from home. Organizations such as Boys & Girls Clubs of America, Camp Fire USA, National 4-H Headquarters, and YMCA of the USA are playing important roles in these efforts.
- Individuals can also make a difference at home by reaching out to share their time and compassion with veterans to say "thank you" for their service to our country and by volunteering with a Department of Veterans Affairs hospital or other facility.

Service In Communities

Individuals who want to help strengthen their community and America can do so through volunteer service. Some communities may need particular help to replace valued volunteers who have been deployed.

Local opportunities for volunteer service such as mentoring a child, teaching someone to read, working in a local police department or serving at a local food shelter can be found through the USA Freedom Corps web site at www.usafreedomcorps.gov or by calling 1-877-USA-CORPS. President Bush created the USA Freedom Corps office at the White House to foster a culture of service, citizenship and responsibility.

Cpl. Banks Vincil, Trk Co. 1st Marine Division Maint., UK 39703 Main, FPO APO 96426-9703

Vincil Banks is serving over in Iraq, he is in the Marine Corp, his position is unknown. Vincil is a Corporal and has served 3-1/2 years, he was on his last year till he was deployed in December. Vincil is an enrolled member of the Prairie Band Potawatomi Tribe in Kansas. He also is Kickapoo. Vincil and his family reside on the Kickapoo Reservation. Vincil goes by his Indian name Pum-wadum. Wadum's parents are the late Narcissus "Doc" Banks & Eleanor Banks. Grandparents are Donnis and Jim Keo of Horton, KS and the late Melvine and Buck Banks of Whiting, KS. He has many relatives and friends from the Kickapoo and Potawatomi Reservations that are supporting him and pray for his safe return home. If anyone would like to write him his address is above.



Submitted by Micki Martinez

For those of you who are keeping track of the news, looks like we had a close call this past month when members of a military maintenance crew were taken as POWs. My cousin Irene Cadue works in the 3rd Division, maintenance crew, she works on the launchers. Thankfully, it wasn't her unit. Irene was with the 1st Battalion, 39th Field Artillery, or 1/30 in Kuwait. Irene sent her grandparents an email before the war began, she said she had to wait for 3 hours to receive her items before going to Kuwait. Irene had said the army life keeps her busy; it gets lonely without her family. She said it is nice to know that her family is supporting her in this rough time.

Irene is the great grand daughter of the aate Ben and Irene Cadue of Horton. Her grandparents are Norman and Veronica Cadue of San Carlos Arizona. Irene's father is Louie Cadue from Oklahoma.

If anyone would like to write to her or send her a post card, just to remind her of home, this will keep her spirits up. Irene has asked for prayers; please keep her and all our military men and women in your prayers..

PFC Irene M. Cadue
C-1-39 FA MLRS
Intrinsic Action 02-02
APO AE 09302

**Potawatomi Men's Fastpitch**

On February 1st, we had a fundraiser breakfast at the Dance Grounds to raise funds for our team. We would like to thank all of you for your generous donations and your continued support. We thank our volunteers for always being there to help us. And, we especially thank the Tribe for their sponsorship.

Throughout the year we practice, and raise funds for the upcoming season. We play fastpitch in the city league in Topeka and we travel to tournaments. This year we participated in several tournaments, Indian and Non-Indian alike, including, Haskell Indian Nations Tournament, Oklahoma City All Indian Men's Fastpitch Tournament, The Annual State Tournament, Okmulgee Indian Tournament, Kansas City Men's Fastpitch Tournament, Tahlequah Indian Tournament, Sisseton Sioux Tribe Tournament, Topeka Invitational, Albuquerque Indian Tournament, and last but not least our own Annual Potawatomi Rez Tournament held on Labor Day Weekend. This year we played a total of 53 games and numerous practice games. In the upcoming season, we plan on playing more games, more tournaments, and expanding our numbers so

that we could have 2 teams comprised of the younger and first time players and the more seasoned players.

Our goal is to play and have a good time, practicing good sportsmanship at all times. We also like to win a few now and then. Our team is comprised of guys of all ages and there is no requirement that you know how to play as long as you have the desire to learn, you are always welcome to come out. We are very proud of our younger players who are fast becoming a force to be reckoned with. Some of our guys never had the opportunity to play organized sports in school, but you can't tell that by watching them. They are extremely dedicated and talented. Our team has been around now for 6 years and is coached by Curtis Masquat, Don Don LeClere and Louis Wabaunsee, all veterans of the sport.

If you haven't had a chance to watch a game yet, come out to the 3rd Cluster ball park this Spring and Summer and we guarantee you will have a great time. Also, watch for upcoming fundraisers and schedules. See you at the next game!

**ANNOUNCEMENT
GRADUATES for next issue:**

All graduating students, send in your information and photos for the April edition of the PBP News as soon as possible.

**PRAY FOR PEACE**

Our prayers go out to all the men and women who are bravely fighting overseas in the war against terrorism. To all the families who have lost loved ones, we offer them our deepest sympathy and our heartfelt condolences.

We ask the Creator God to wrap a blessed cloak of strength and comfort around our POW's and their families who are in need of our prayers now more than ever.

The bravery of these men and women who are fighting and dying on foreign soil to protect our rights to freedom of worship, the exercise of free speech, and safety against terrorism in American cannot be measured in words.

We wish them Godspeed for their safe journey back home.

Whether you are for ~ or against the war
we ask you to pray for peace.
May God help us all.

Juanita Jessepe & Family

POTAWATOMI FASTPITCH**"PBP Nish' Nah' Bah"****MEN'S FASTPITCH TOURNAMENT****June 13-14-15, 2003**

Same weekend as the PowWow

Ball parks at: 158th & K Road and 150th & M Road
On the Potawatomi Rez near Mayetta, KS

Entry fee: \$150.00

First 8 entries received play

Money Orders Only to: Potawatomi Fastpitch
c/o John "Don Don" LeClere
8113 156th Lane
Mayetta, KS 66509

Travel money based on 8 entries

1st-\$700.00 and trophy
2nd-\$300.00 and trophy
3rd-\$200.00 and trophy

DOUBLE ELIMINATION-ASA UMPIRES**Good Sportsmanship A Must**

Don Don 785-966-2335 (n) Curtis 785-966-2580 (d)

Local Hotels: Harrah's Prairie Band Casino - 785-966-7777
Holton Super 8 - 785-364-1988
Holton Red Roof Inn - 785-364-3172

GAMBOTTEK [continued]**Ellsworth Thomas Wahweotten**

Ellsworth Thomas Wahweotten, 91, passed away Sunday, Feb. 2, 2003.

A graveside service will be held at 10 a.m. Friday at San Luis Cemetery. The Rev. Robert Underwood will officiate and the local Honor Guard detachment will conduct military honors.

He was born April 1, 1911, in Horton, Kan. In 1884, the U.S. government established Indian boarding schools. He was in the second grade when he and his brothers entered one of these in Genoa, Neb. There, he and his brother Garnet learned to play the clarinet and played in the school band. Ellsworth graduated from the school in 1932, and when World War II broke out he and his brothers joined the U.S. Army. He and Garnet both toured Europe playing in the 686 Army Air Force Band. They formed the Indian 11-piece band and toured the Midwest when the war was over. They were

quite successful, calling their group "Chief Wah-we-otten and His Orchestra," earning Ellsworth the nickname "Chief."

He then went to Kansas City and got a job with the U.S. post office and met the love of his life, Luella Michael, in 1946. They married shortly after and raised two sons, Thomas and Robert.

Ellsworth retired from the post office after 25 years. He enjoyed daily walks and going to the Senior Citizen's Center in San Luis Obispo, [CA]. Ellsworth and Luella celebrated their 50th wedding anniversary in 1996.

On Dec. 22, 2000, Luella passed away. They were a close and loving couple, and Ellsworth never fully recovered from her passing.

He is survived by his son Tom; and grandchildren, Mark and Jessica of Arroyo Grande. He was preceded in death by his wife and son, Robert, in 1971.

Community College of Cosmetology presented the Spring Competition of 2003 at the White Lakes Mall on March 20, 2002. There were sixteen freshman students that entered the contest. Students that were presented awards were Jamie Knight, first place; Karen Scherping, second place; Creativity Award. Judges that presented the awards were Nancy Sweat, Director of the School, Eulavene Baker, and Christa Burlew. Charlotte Repp, LBSW, was the Freshman Instructor for the class.





Support Groups

Topeka Area

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

Native American AA — 8:00 p.m. Friday, 5th & Washburn, Potwin Church Bsm. Non smoking, Closed meeting.

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

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

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

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

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

Weigh Down Workshop—Experience God's deliverance from dieting and overweightness. Free orientation at 12:30 pm Thursday, White Lakes Plaza Apartments clubhouse, 3730 SW Plaza Drive. Call Elizabeth, 266-7318.

Mayetta Area

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

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

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

PARR Ranch—Open meeting, Monday at 7:00 pm

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

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

Nation Station

Hours of Operation:

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

Located at 12285 — 150 Rd.
Off Hwy. 75

BINGO

Hours of Operation:

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

(Closed Wednesday)

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

Located off Hwy. 75, Rd. 162

MUST BE 18 TO PLAY

Gift Shop

Hours of Operation:

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

Located in
**Harrah's
PBPB Casino**

Let It Snow, Let It Snow? Some Spring Signs Are Evident

By Mary Young

For those born on February 2nd, a belated Happy Groundhog Day to you!

Every year at Punxsutawney, PA, excitement from the followers of Punxsutawney Phil patiently wait to see if he sees his shadow from his special old oak stump. The famous groundhog, Punxsutawney Phil, is also known as "King of Groundhogs" and "Seer of Seers." At 7:25 a.m., Feb. 2, 2003, he saw his shadow, meaning there will be six more weeks of winter!

For those who do not necessarily follow Punxsutawney Phil's predictions may use a robin as their predictor. Unfortunately for the robin spotted past 62nd Street in North Topeka, on Feb. 10th, a freezing storm moved through northeast Kansas on March 4 creating a snow day for many businesses.

Woe to the flock of geese that began their trek north. Many had to take refuge in nearby ponds because of the March 4th storm.

Although there is evidence of snow on the ground, Kansas' crops need more precipitation. As many of you know, we also need the cold to combat airborne germs.

So, come on winter, let the snow fall!

AN IRISH FRIENDSHIP WISH

May there always be work for your hands to do;
May your purse always hold a coin or two;
May the sun always shine on your windowpane;
May a rainbow be certain to follow each rain;
May the hand of a friend always be near you;
May God fill your heart with gladness to cheer you. - Anonymous

IRISH BLESSING

May you always have...
Walls for the wind
A roof for the rain
Tea beside the fire
Laughter to cheer you,
Those you love near you
And all your heart might desire!
- Anonymous

Web Site Addresses of Interest

PBPB Website

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

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

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

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

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

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

Prairie Band Potawatomi Nation

TOLL-FREE NUMBERS

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

Government Center
877 715-6789

Social Services
888 966-2932

Tribal Court
866 966-2242

Alcohol & Drug
866 966-2411

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

**Government Center
CLOSED**

**Friday, April 18, 2003
Monday, May 26, 2003**

Area Churches

By Mary Young

Baptist

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

Sunday: 10 am – Sunday School
11 am – Worship Service

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

Pastor Terry Paine

Bethany Baptist Church

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

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

Catholic

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

New Pastor: Fr. Bob Hasenkamp

March 23rd—Mass at 2:00 pm. March 30th—Mass will be at 8:30 am. A potluck will follow every Mass. Be sure to check with Laura Thackery for any schedule changes. The church bazaar will be in Mid-September

Native American Mass at Assumption Church

204 West 8th, Topeka, KS

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

Methodist

Pottawatomie United Methodist
On O Rd. between 142 and 150 Rd.

Rev. Floyd Nolin, Jr.

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

Pentecostal

Potawatomi Pentecostal Church

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

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

THE BIBLE SAYS...

By Pastor Terry Paine

The Bible says in Matthew 24:6,7: "And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet. For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places."

In this text the Bible speaks of wars and rumors of wars—doesn't that paint a picture of our world today? Just look at the Middle-East and the threat of war there. Politicians talk about peace in our world, but I believe that there won't be peace until the "Prince of Peace" (Jesus) returns.

And so you might say, "Pastor, all this really worries me." Well, it shouldn't if you are a born-again Christian. All the signs we see today simply point to how close the return of Jesus is.

I'm not too concerned about the "undertaker." Instead, I'm looking forward to the "Uppertaker." That "upptaker" is Jesus, and I'm looking forward to spending eternity with Him.

We see in I Thessalonians 5:2 the SILENCE of His coming - "...as a thief in the night."

Next look at the METHOD of his coming. In I Thess. 4:16 the Bible says that those that are saved shall meet the Lord in the clouds of the air, and so shall they ever be with the Lord. It will be quick, the Bible says in a twinkling of an eye.

And last, but not least the MEANING of His coming. It says in John 14:3 "I will receive you unto myself." He's coming back to get the born-again believers.

Are you ready for Jesus' return? Do you know Him as your Savior? If not, oh beloved, why not call upon His name today and be saved.



NEWSPAPER INFORMATION

Mailing Address:
P. O. Box 116, Mayetta, KS 66509-0116.

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

FAX # (785) 966-3907
Mark "ATTN: PBPB News"

Doris A. Potts (785) 966-4047 e-mail: dorispotts@hotmail.com
and/or dorisp@pbpnation.org
Mary L. Young (785) 966-3948 e-mail: maryy@pbpnation.org

Haskell Indian Nations University

**4th Annual Muzik Festival
Lawrence, Kansas
April 12, 2003—4 pm—10 pm
Doors open (Haskell Auditorium)**

Chance Rush, MC

Majeadus (Metal), Tribe 2 Entertainment (Hip-Hop), Everlasting Salsa (Blues/Rock), Rocking Horse (Blues/Rock), Ethnic Degeneration (Metal).

Talent Show Contest

**Haskell Students: free with I.D.
Non-Haskell students with I.D.—\$3.00
General Public—\$5.00**

No drugs/Alcohol permitted

HOUSING ASSISTANCE PROGRAMS

are available nationwide to qualified tribal members through the

PRAIRIE BAND POTAWATOMI HOUSING DEPARTMENT

Housing Programs include:

- Down payment assistance
- Renovation and repair assistance
- Relocation assistance

For more information contact the PBPB Housing Department
toll-free at 1-866-966-2756
or visit our website at pbpnation.org/housing

Recipe Corner

By Mary Young

Harrison Hamuud requested a "Potawatomi Fried Bread" recipe. He would like to be able to make fry bread and share Indian Tacos with his family. With that thought in mind, there are many variations to a fry bread recipe and each cook will have their very own special touch. If five cook used the same amount of ingredients, each batch would taste different! To become an "expert" fry bread maker, it takes practice. Everyone who has ever made fry bread will have a story about their first attempts!

A Potawatomi, Verna Shegonee, who was willing to share her recipe, has submitted the first fry bread recipe:

2 cups of warm milk, too hot will kill the yeast
1 teaspoon salt
2 tablespoons sugar
1 tablespoon oil
1 packet of yeast

Mix everything together, add 5 cups of flour, more if needed
Let the mix rise twice to be fluffy.
Use only Crisco shortening, no corn oil to fry the dough.

Fried Bread

From Indian Cookin by Frances L. Whisler:

Make a soft dough, such as 1 cup flour 1 tsp. baking powder, pinch salt and a little grease. Add enough milk to mix. Cut this together. Drop by spoonful into hot grease, let fry until brown and crisp. Serve hot.

Fry Bread

Recipe from Indian Recipes compiled by the United Tribes Technical College Office of Public Information, Bismark, ND.

(Makes 3 flat, round loaves, about 10½ in diameter, 1/2"thick)

5 cups flour
2 tablespoons baking powder
1 teaspoon salt
1 tablespoon melted butter or margarine

2 cups milk
cooking oil for frying the bread

1. Sift 4 cups of the flour with the baking powder and salt.
2. Combine milk and melted margarine or butter.
3. Place flour/baking powder mixture into a large bowl, and add the liquid ingredients a little at a time, beating them in at first with an egg beater.
4. When the 4 cups have been worked into a soft dough with the milk, lightly flour a board with part of the remaining 1 cup of flour. Turn the dough out onto the board and knead lightly, working in the rest of the flour.
5. Divide the dough into three parts and shape each into a round pone about 1/8" thick and a diameter to fit the skillet to measure 1/4½ deep.
6. Heat the oil and brown the breads quickly, one at a time, until golden on both sides.
7. Spread with any meat mixture, jam, or stewed dry fruits. Cut into wedges and serve at once.

Previously printed in the PBP News, by Tim Oliver

Fry Bread: 50 servings

5 lbs. flour
2 cups sifted flour
10 cups water
1 cup dry milk
2 tsp. salt
6 T. baking powder
28 cups vegetable oil

Mix all ingredients together except for oil and sifted flour. Put the oil in a pot on high. Two cups sifted flour onto table. Ladle mixture onto table. Knead flour into mixture until firm. Repeat until out of mixture. Fry in the oil. Cool. Makes 50 servings. Oil left over is 25 cups.

Bachelor Fry Bread

The following recipe is for the bachelor or student, far from home, who is a tad deprived from his mom's or grandmother's fry bread and is desperately seeking a fry bread fix:

1 can of ready-made biscuit dough such as Pillsbury biscuits located in the dairy section, next to the eggs.

While you are heating the cooking oil to fry the

Fry Bread: (L-R, back row) Made the Old Way, Taco size, a man's individual piece. Front row: two individual pieces. Fry bread made by Doris Potts.



dough, flatten and form each individual biscuit. Once the oil is hot, brown both sides as quickly as possible.

Important, do not let the unopened can of biscuit dough set on the table without supervision or, you may have to scrape the dough off of the ceiling. Be cautious now, many bachelors have confirmed stories of bread exploding!

And, do not let anyone try to fool you with the following: fry a slice of regular bread in hot oil. This method is not considered fry bread even though it is fried in hot oil, lard or grease.

How to enjoy eating fry bread:

Enjoy fry bread as an Indian Taco, or with sprinkled sugar, powdered sugar, butter, a mix of peanut butter and syrup spread, or eat plain. Fry bread goes with any meal, preferably with soup or as an Indian Taco.

Fry Bread Web Sites:

To initiate a web site search for fry bread, type in

"fry bread." Results are about 117,300 containing the word fry bread; maybe not all are for the Native American staple!

<http://www.happycookers.com/wc.dll/recipes/divulge/B59955.html>
<http://www.recipegoldmine.com/swbrad/swbread25.html>
<http://www.kstrom.net/isk/food/frybread.html>
<http://visitmt.com/virtualvisitor/recipes.htm> This is more Bannock Bread than fry bread
<http://www.gallupnm.org/pages/recipes.htm>
<http://www.councilfire.com/ntvfoods.htm>
<http://www.folkart.com/newsletter/0100/page3.htm>
<http://rosecity.net/chokeee/recipes.html>
<http://waltonfeed.com/peoples/navajo/recipes/frybread.html>
<http://globalgourmet.com/food/special/2001/prairie/fry.html>

Please submit your favorite recipes to the PBP News. 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!

ANNOUNCEMENT!!!

May 2003 Graduates! For the next issue, please send in your information and photos for the April edition of the *Prairie Band Potawatomi News* as soon as possible!!!

THIS REZ IS YOUR REZ! THIS REZ IS MY REZ!!!

Ma Dos

All the way from Highway 75 to the west side Delia Road – including the northern and southern boundaries, we all have a responsibility to help in keeping our native territories beautiful!

For the past several years we have been celebrating Earth Day in a big way here on the Rez! But, why do we declare Earth Day only one day out of the whole year! Earth Day should be acknowledged every day of the year. It's like this - we should take ownership of our Mother Earth's care in a loving way – like we do any of our other material possessions!

Today, while driving along the road that I live on, which is N Road, I was appalled at all the trash along both sides of the road. I was thinking, "Dang, it's been some time since I've picked up along this road and now the neglect is clearly evident!"

It used to be that I'd make my walk time my pick-up-trash time, my prayer time, and my solitude time. While getting my physical work out by walking, I'd pick up trash, I'd de-stress by thinking through my day's trials, and I'd include prayers in that walk! It was all great stuff!

That little power time allowed me time to touch on all four aspects of well being: mind, spirit, body, and emotions. What happened to me that I no

longer do that?

The fact of the matter is that you get to the point of giving up because others pay very little attention to doing their part too. N Road is one of the roads that leads to a dumpster and although these dumpsters are great, we still have to pick up the trash that falls out of our cars on the way to the dumpster.

Back when we had deplorable road conditions out here, we had very little pride in how our community looked. I used to be one of those people that would throw trash out of the car window – confession time!

Now, I will not allow anyone in my vehicle to roll down my car window to throw trash out! It remains in the car until it can be properly discarded! Pride in my community has been replaced with an attitude change! I love "the new Rez look" that has transpired in the last twenty years. And I'm going to do my part in supporting the beauty and care given to Mother Earth!

One simple way to do this is by not throwing trash out the car windows! That's an easy first step! The other way is picking up trash up when you are out for an exercise walk – even if you choose to pick up only 10-20 pieces of trash at each walk! In one week, you will have picked up about 100 pieces of trash!

We have a Rez that we all should be proud of! Let's each do our part in maintaining the beauty of our Rez!



Earth Day is every day! If you drop any trash, pick it up!!! Mi gwitch!



EARTH DAY 2003 DATE HAS BEEN CHANGED!

The NEW DATE is APRIL27th—This will accommodate those that will be attending the SPECIAL GENERAL COUNCIL MEETING on April 26th.

Activities will start at 10:00 a.m. through 2:00 p.m.