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Prairie Band Potawatomi News

November 2003 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

Public meeting held to discuss fall aerial spraying on reservation

by: Suzanne Heck

A meeting, held on November 13, between Bureau of Indian Affairs (BIA) officials, PBPB employees and members, and other area residents got heated at times during the discussions concerning the upcoming aerial fall spraying to control noxious weeds that is scheduled to take place on certain parts of the reservation next week.

The meeting was held in response to complaints that the PBPB Tribal Council had received previously about aerial spraying from local residents. There are also ongoing concerns from PBPB's EPA Department and Lands Department who worry about what effects the aerial spraying is playing on the environment. Tribal Councilman Rey Kitchkummie was also on hand to voice his concern, and that of the Tribal Council, on several issues involving the aerial spraying. He also passed out some handouts that contained a letter to the BIA from the Tribal Council

concerning the aerial spraying and some other information.

The primary concern, voiced by several individuals in the audience during the meeting, was the possible harmful effects that chemicals expelled from the air may have on the land and lives of residents and what type of chemicals are being used and for what purposes. Individuals also wanted to know why ground spraying wasn't done more often and they wanted a schedule ahead of time as to when the aerial sprayer would be spraying.

Presentations by Wally Leander, BIA, Jamie Green, US Environmental Protection Agency, Joe Kennedy, Jackson County Noxious Weed Program, Roger Benson, Dow Chemical, and Floyd McElwain, McElwain Sprayers were given to answer some of those questions to the approximately 30 people who attended the meeting at the PBPB Stone/Rock Community Building.

Memorial Wall dedicated at Prairie Peoples Park

The Prairie Band Potawatomi Nation unveiled a memorial wall dedicated to 309 tribal members who served in the armed forces on November 26 at Prairie People's Park. The memorial is an expression of the Nation's everlasting tribute to veterans-past and present.

Members of the Prairie Band served their country well and achieved many battlefield honors, but they received little recognition for those accomplishments until now. All of the veterans demonstrated a quiet strength and unqualified courage to defend the liberties and freedom of all people.

Included on the memorial wall are nine tribal mem-

bers who were killed in action. By giving the ultimate sacrifice in the defense of their homelands, they made the world a better place.

Also included on the wall is one prisoner of war during World War II. Seventeen members who served in the first World War; 95 who fought in World War II; 79 in Korea; 99 in Vietnam; and 9 in Desert Storm.

The dedication was hosted by the We Ta Se American Legion Post 410 and the Prairie Band Potawatomi Nation. In the Potawatomi language, We Ta Se means: One who is brave.

Zach Pahmahmie elected area vice president at NCAI

Submitted by Jackie Mitchell

Zach Pahmahmie, Prairie Band Potawatomi Chairman, has been elected as the regional Vice President representing the Southern Plains Region. Zach was nominated by and selected by representatives from Kansas and Oklahoma tribal leaders. Zach replaces Jim Potter, Tribal Treasurer, who has been the representative for the last two years. The NCAI executive board is comprised of four officers and twelve regional vice presidents. It is a great honor to have our tribe represented on the NCAI board of directors. Congratulations Zach.



Zach Pahmahmie

This is the 60th annual convention for NCAI with a theme of "Sovereign Nations, One Enduring Voice". The convention has drawn over 3,000 tribal leaders representing over 210 tribes to Albuquerque, New Mexico. The NCAI is the nation's oldest and largest Indian organization in the country. The NCAI has been on the forefront of American Indian federal policy development, fighting for tribal rights through legislative advances. The conference includes a wide range of challenges in Indian Country including trust reform to taxation to tribal sovereignty protection.

The conference has included visits from top presidential candidates including General Wesley Clark, Governor Howard Dean and Congressman Dennis Kucinich. In addition, taped messages were forwarded from Senators John Kerry, John Edwards, and Joe Lieberman. Governor Dean expressed the realities of the Indian vote by stating that the Indian votes in South Dakota elected Tim Johnson, the governor in Oklahoma and ran Slate Gordon out of Washington. Indian votes have the potential to decide elections. It is essential that America is shown that Indians have a vote and can make a difference. Vote in the next election.

The Keynote speaker for the banquet will be Notah Begay, Navajo golfer. He has agreed to try to attend the next Boys & Girls Club golf tournament next September. His schedule is decided months in advance and he will try to come to the Potawatomi Reservation. Chairman Pahmahmie attended Stanford University with Notah.

Tribal leaders attending the NCAI conference include Zach Pahmahmie, Jim Potter, Gary Mitchell and Jackie Mitchell.

Still time to register to vote for Gaming Commissioners and per capita referendum issues

Submitted by: Voncile Mitchell

The Prairie Band Potawatomi Nation has 2,278 registered voters and 1,319 who are not registered. You still have time to register to vote in the upcoming election, which is for two gaming commissioners and to vote on the per capita referendum issues. The deadline to register is January 5, 2004 at 4 p.m.

Eleven tribal members have declared their candidacy for Tribal Gaming Commissioner and are listed to the right.

Candidate profiles will be featured in the December issue of the PBPB Nation Tribal Newspaper.

Information about the per capita ordinances are featured on page 3.

Declared Gaming Commission candidates

- Jona Potts-Rupnicki
- Georgie "Dolly" Potts
- Thomas Ogden
- Joseph Jessepe
- Scott Hopkins
- Sylvia Moss
- Vernon Mzhickteno
- Laveda Wahwotten
- Shawwna Wabaunsee
- Laura Abeyta
- Calvin Evans

Governor Sebelius ready to push expanded gaming in 2004

Submitted by: Randy Conroy

Racettracks

Kansas Governor Kathleen Sebelius is doing a great deal of advance planning this Fall in preparation for another shot at expanded gaming as the 2004 Legislature nears. Sebelius, eager to raise new revenues for the struggling Kansas state budget, recently formed a task force comprised of pro-gaming supporters. This task force's mission is to compare the various expansion of gaming proposals and make a recommendation to law-makers as to which plan best serves the needs of Kansans. The task force has been conducting forums throughout the State to gather information and more fully understand the impact more gaming will have in Kansas.

Overview of the various proposals

Kickapoo and Sac & Fox

The Kickapoo and Sac & Fox Nation have joined forces and proposed a new "destination" casino complex on property north of the Kansas Speedway in Kansas City, KS. The proposal calls for a new Compact with the State of Kansas to include revenue sharing. The Kickapoo and Sac & Fox have also made assurances to Wyandotte County to share revenues. The estimated investment by the two tribes is \$175 million. The Kickapoo and Sac & Fox face numerous hurdles to get off reservation land into trust.

The owners of the three main dog and horse race-tracks in Kansas, Bill Grace (Woodlands) and Phil Ruffin (Wichita and Pittsburg), have consistently failed to add slot machine gaming at their properties. However, they once again will attempt to push "slots at tracks" legislation this coming year. The track owner promise to pay 35-40% of slot revenues to the State and other entities. The leading bill last year allowed slot machine gaming at the three above-mentioned tracks, two smaller tracks in Southern Kansas, and one "at large facility" to be determined by the Governor. Sebelius has appeared to favor this proposal.

Phil Ruffin has also promoted a destination resort in downtown Wichita with similar revenue sharing with Kansas.

River Falls

A private company, River Falls LLC, has promoted a plan to build a destination resort in Wyandotte County, KS. The property is south of the Speedway and is similar in size and scope of the KSFN. River Falls would be the Management Company, while the State of Kansas would be the property owner. River Falls proposed a similar arrangement as Harrah's and the PBPB with the manager receiving a cut of

continued on page 3

Native American Heritage Month celebrated at the State Capitol



Mary Young, coeditor of the PBPB News, left, and Tribal Council member, Roy Ogden, right, helped Kansas Governor Kathleen Sebelius, celebrate Kansas Native American Heritage Month at the State Capitol on November 5. At the ceremony Governor Sebelius read a proclamation officially declaring November as Native American Heritage Month which was followed by other speeches from Kansas American Indians and State dignitaries. After the ceremony, Young and Ogden, along with some other Prairie Band members and employees, attended the day-long State/Tribal Relations Committee at the Capitol.

Elections for per capita ordinance coming up on February 25: Ballots to be mailed on January 12, 2004

Exhibit A

In accordance with Article IX, Section 2, of the Constitution of the Prairie Band Potawatomi Nation, Referendum.

The Tribal Council of the Prairie Band Potawatomi Nation is asking the voters of the Nation to vote on the following two issues that would amend the Tribal Per Capita Ordinance:

1. Should per capita distributions to tribal members be increased from 24% to 30% of net gaming revenue and should the allocation for tribal economic development be decreased from 43% to 37% of net gaming revenue?
2. Should the number of per capita distributions to tribal members be increased from two to four times per year?

At left is a copy of the actual questions you will vote on in the upcoming election concerning the per capita ordinances

FIRST QUESTION:

Should per capita distributions to tribal members be increased from 24% to 30% of net gaming revenue and should the allocation for tribal economic development be decreased from 43% to 37% of net gaming revenue?

YES

NO

A YES VOTE, amends the Tribal Per Capita Ordinance. A NO VOTE would not amend the Per Capita Ordinance, and the allocation percentages would remain at 24% for per capita distributions and 43% for tribal economic development.

Voting yes on Question 1 would amend the Per Capita Ordinance as follows:

ARTICLE III ALLOCATION PLAN

Section 1. The Prairie Band of Potawatomi Indians intend to dedicate the Net Gaming Revenues to the following purposes or programs as set forth in the percentages shown in this article III.

- (a) 30% percent of the Net Gaming Revenues shall be used to fund or supplement Tribal Government Operations and Programs.
- (b) 24% 30% percent of the Net Gaming Revenues shall be used for Per-Capita distributions to all eligible enrolled tribal members.
- (c) 43% 37% percent of the Net Gaming Revenues shall be used to fund tribal economic development, including but not limited to developing tribal business enterprises, business opportunities, goods and services that may provide employment to its members, and financial returns to the tribe and its members.
- (d) 1% percent of the Net Gaming Revenues shall be used to donate for Tribal and or non-Tribal charitable organizations or local government organizations providing services to the Potawatomi Indians.
- (e) 2% percent of the Net Gaming Revenues will be used to provide for the general welfare of the Tribe and its members.

Section 2. The Tribal Council shall have the authority to designate and move a percentage of funding in a category (Section 1 (a) - (e) to any other category in the fourth (4th) quarter of that fiscal year, if the funding in the category from which the money is being taken is not necessary for the stated purposes and the funding is required for the category into which the money is being transferred. Otherwise, the purposes and proportions for the expenditure of Net Gaming Revenues may be changed by a majority vote of the General Council, except as provided in Article VI herein relating to amendments required to obtain Secretarial approval of this ordinance pursuant to the (IGRA) Indian Gaming Regulatory Act. The percentage in Article III Section 1 (b) shall in no event exceed 24% 30%.

SECOND QUESTION:

Should the number of per capita distributions to tribal members be increased from two to four times per year?

YES

NO

A YES VOTE, amends the Tribal Per Capita Ordinance to make per capita payments four times year. Note that this will not increase the total dollar amount of per capita distributions during the year. A NO VOTE would not amend the Per Capita Ordinance, and the per capita distributions would remain at two times per year.

Voting yes on Question 2 would amend the Per Capita Ordinance as follows:

Article II, Sec. 1(h) Per-Capita Pay Period: means the semi-annual quarterly period of time established by the Tribal Council that is used to calculate Net-Gaming Revenues actual and projected available for the Per-Capita Payment in the period. The two semi-annual four quarterly periods end on March 31st, June 30th, September 30th and December 31st of each year.

* * *

Article II, Sec. 1(r) Distribution Date/s: means those dates set by the Tribal Council for the distribution of a Per-Capita Payment. Those dates set by the Tribal Council are March 15th, June 15th, September 15th and December 15th, of each year.

Article II, Sec. 1(s) Eligibility Date: means the day a person's application is approved for Tribal Membership by the Enrollment Committee. The eligibility determination dates for distributions are February 15th, May 15th, August 15th and November 15th of each year.

Research from the Per Capita Office about the per capita questions



by: Susie Morgan

Researching the affects on tribal members of having a biyearly, quarterly, or monthly Per Capita distribution has turned up some interesting scenarios. We spoke with different agencies that offer various forms of assistance to gain insight into what sort of aid they offer, what criteria they use to determine eligibility, and whom they felt would be most affected by a change in the current disbursement schedule.

Members who use the services of the PBP Social Services program would see no changes, as they do not consider Per Capita payments as income. However, members who require state assistance would be affected. Currently, if a person qualifies for aid through the state program, he or she must reapply for assistance every six months as the payment counts as income and therefore disqualifies them for aid. They must fill out a ten-page application and go through the full process of reapplying for the aid to get back on assistance. Quarterly distributions would present a similar result for some families, though not affect those whose income is so low that they would still qualify even with the payments issued that often. Monthly distributions would only affect those whose income would exceed the state's maximum earnings limit to qualify for aid. Those persons would no longer qualify for state aid.

Veterans benefits and SSI benefits are determined differently than state assistance. The VA counts the payments as income, but divides them over the period of time between payments, and then uses that figure to determine the benefit owed to the member. The Supplemental Security Income benefit is determined by each state, and has rules of expenditure that are different from other agencies. Their formula for determining eligibility is done on a case-by-case basis, and it is therefore hard to predict what affect a change would incur.

The Commodities Program and Housing Program would see similar affects. Either a person or family would remain eligible due to low-income levels even with a monthly disbursement or they would be eliminated completely from qualifying due to a higher income level. For those members who are right at the high end of the income qualification guidelines, the extra payments would disqualify them from receiving further assistance. A monthly stipend would benefit those persons who need only a minimum of aid to get by each month, though it would most likely only replace what they are currently receiving in aid and not be "extra" money at their disposal.

During our research we discovered that each scenario depended on a member's personal circumstances and state in which they reside. The overview is what the research indicated would occur for most. In general, it comes down to whether or not members in need take advantage of the resources available to them, and if so, how often those resources are used. Some would benefit from a monthly payment if it would help get them off assistance, and others would see little to no change in receipt of assistance.

The only affect that can definitely be foreseen is the increased cost of producing the payments. The cost for extra staff, larger and sturdier equipment, maintenance of that equipment, postage, check stock, toner, and office supplies would markedly increase. The cost analysis shows a per distribution and yearly expense schedule, but does not show the actual cost of equipment replacement. The equipment currently used was meant for the biyearly schedule and would have to be replaced with better, sturdier equipment if payments were distributed more often. The associated cost would depend on the equipment needed for a different schedule.

POSSIBLE AFFECTS OF DISTRIBUTIONS ON TRIBAL MEMBERS

1. Social Services Benefits: Includes food stamp program, cash assistance, Section 8 housing, medical card, Aid to Dependent Children, daycare assistance, utility assistance. (Does not affect PBP Social Services recipients, payments not counted as income.)
 - a. Biyearly: During month of distribution, applicant receives a lowered amount of assistance or no assistance at all and must reapply (10 page application) the following month to be put back on assistance.
 - b. Quarterly: During month of distribution, applicant receives a lowered amount of assistance or no assistance at all and must reapply (10 page application) the following month to be put back on assistance.
 - c. Monthly: Applicant either no longer qualifies for assistance due to higher monthly income, or if applicant still meets income eligibility guidelines to receive assistance, he or she will have a reduced amount of assistance and will not have to reapply after each distribution.
2. Veterans Affairs Benefits: Cash assistance offered to disabled veterans.
 - a. Biyearly: During month of distribution, payment is divided by six, and benefit is reduced that amount each month.
 - b. Quarterly: During month of distribution, payment is divided by three, and benefit is reduced that amount each month.
 - c. Monthly: Benefit is reduced by that amount each month.
3. Supplemental Security Income (SSI) Benefits: Federal income supplement program designed to help aged, blind, and disabled people who have little or no income.
 - a. Biyearly: During month of distribution, recipient receives a lowered amount of assistance or no assistance at all.
 - a. Quarterly: During month of distribution, recipient receives a lowered amount of assistance or no assistance at all.
 - b. Monthly: Recipient may no longer qualify for assistance due to higher monthly income.
4. Commodities Program: Tribal food program.
 - b. Biyearly: During month of distribution, recipient receives a lowered amount of assistance or no assistance at all.
 - c. Quarterly: During month of distribution, recipient receives a lowered amount of assistance or no assistance at all.
 - d. Monthly: Recipient may no longer qualify for assistance due to higher monthly income.
5. PBP Housing Program: Assistance with down payments, moving expenses, deposits.
 - a. Biyearly: Frequency of distribution will have no affect on applicants, payments broken down over a 12 month period.
 - b. Quarterly: Frequency of distribution will have no affect on applicants, payments broken down over a 12 month period.
 - c. Monthly: Frequency of distribution will have no affect on applicants, payments broken down over a 12 month period.

If your household will be affected by the per capita distribution and increase issue it would be worthwhile to call Susie Morgan at 785-966-3993 or Jamie Reynolds at 3994 and talk with them regarding your situation.



Governor Sebelius ready to push expanded gaming in 2004

continued from page 1

the net profits. The proposed legislation would allow similar "management contracts" throughout the State with the number of contracts to be determined by the Governor.

Delaware Tribe of Oklahoma

The Delaware Tribe recently announced a deal with Wyandotte County to bring a destination resort again near the Speedway. The Delaware are a landless Nation that has been "reservation shopping" in a number of states with the goal of landing a casino.

Wyandotte Tribe

The Wyandottes also desire a Speedway casino to compete in the expansive Kansas City gaming market. The Wyandottes recently opened a Class II facility (roughly 175 slot machines) on historic land holdings in Kansas City, KS. They have also initiated lawsuits regarding the clear title to a large portion of Kansas City, KS with the goal of pressuring federal legislators to grant the Wyandottes land near the Speedway to resolve the land claim.

Video Lottery Terminals throughout State

If approved by Legislators this coming session, the Kansas Lottery may expand its scope and operate video lottery terminals at various locations

throughout the State. "Video Lottery Terminals" or VLTs are machines that look and play like traditional slot machines. The Lottery would reap the majority of the profits while paying private entities rent (at a dog track for example).

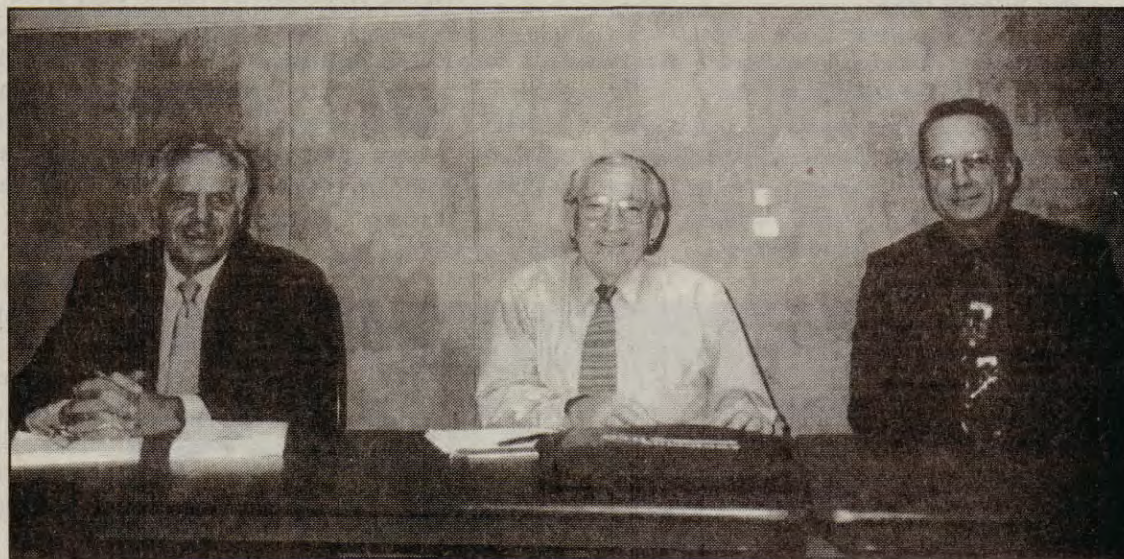
PBPN Strategy

With the large number of proposal, the final version that garners the most support will likely be a hybrid of two or more plans. For instance, last year the bill that was ultimately defeated in the Kansas Senate was a combination of the "Slots at Tracks" and "River Falls" proposals.

While the Legislature was adjourned over the summer, the PBPN performed significant amounts of research on the various proposals. None of the proposals being discussed bring new revenues to Prairie Band, however some proposals have less a negative impact than others.

The Nation has retained the Hein Law Firm as its principal lobbyists. Ron Hein and his wife Julie have successfully led the Nation's anti-expansion of gaming efforts for the past three years. A Legislative Committee, comprised of Zach Pahlmhamie, Steve Ortiz, David Prager, Ryan Ross and Randy Conroy, provides the lobbyists with quick and accurate strategic and technical information.

Chief of Police Terry Scott participates in Washburn Native American Law Panel



From left to right are Tyson Branyon, Choctaw, an associate judge for the Sac and Fox of Oklahoma, Dr. John Cross, Seminole, professor at the University of Oklahoma, and Terry Scott, Cherokee, PBPN police chief, who all presented at the Native American Law Panel on November 12 at Washburn University. Each presenter spoke about different aspects of tribal laws and Chief Scott focused on law enforcement on Indian reservations and the recent SB-9 legislation up for vote in the state of Kansas. The event was sponsored by Washburn's Human Services Dept, Criminal Justice Assn, and the Sociology/Anthropology Club.

Boys and Girls Club golf fundraiser a swinging success

Submitted by: Randy Conroy

The inaugural golf tournament fundraiser to support the Prairie Band Potawatomi Nation Boys & Girls Club raised over \$19,000.

The event was held at the Shawnee Country Club in Topeka on September 22. Gary Mitchell, Tribal Council Vice President and tournament organizer, commented, "I am very happy with the success of the tournament. We had to turn away teams at the end, a very good problem to have!"

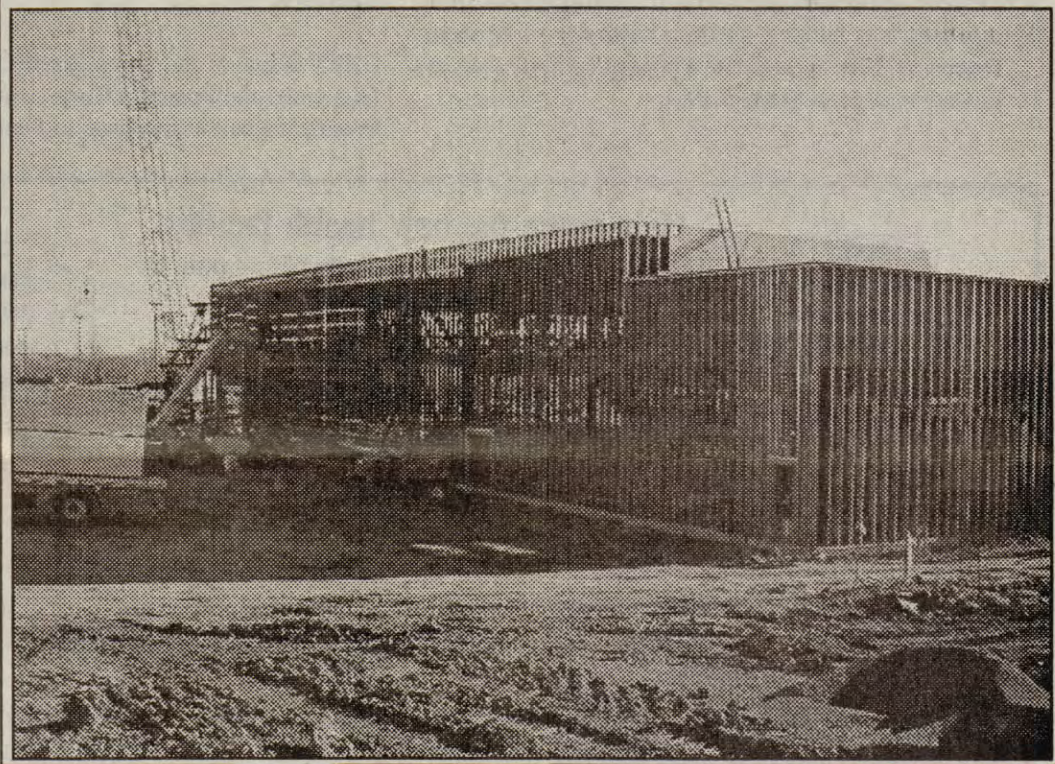
Mitchell expressed his thanks to the other tournament committee members- Paula Moore, Francis Shopteese, Laverne Hale, Jackie Mitchell and Randy Conroy.

The key to success of the tournament was the corporate sponsorships. "MPW, the General Contractor for our casino expansion, and the casino itself were the presenting sponsors," commented Mitchell. "It was nice to see companies that work for us on the Reservation contribute back to the Nation," said Mitchell. The tournament also had a number of individual teams with all teams required to have at least one woman golfer.

"It was nice to see companies that work for us on the Reservation contribute back to the Nation"
-Gary Mitchell

Mitchell said he'd like to see at least one fundraiser tournament per year in the future. "If we can make money on these fundraisers for the Boys & Girl Club or any other program, rather than only rely on gaming profits, we can do more for our members," concluded Mitchell.

Casino expansion The new event center going up!



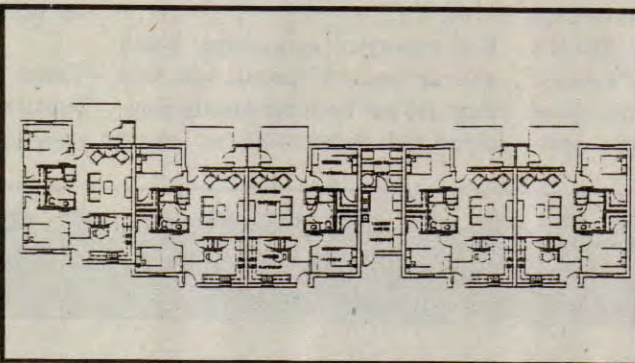
New Garden Apartments planned for senior citizens

158th and L Road addition also nearing completion

More housing will become available for tribal senior citizens thanks to another \$1.5 million worth of tax credits awarded to the Nation last month. The Nation will also kick in approximately \$450,000 for construction that is scheduled to begin early next year.

Plans are in the works to build the Garden Apartments, a 15-unit apartment complex. Three buildings will be located southeast of the Elder Center comprised of two five-unit buildings and one three-unit building that will also include a community room and whirlpool area. The complex will also come with the usual services for senior citizens including routine maintenance, snow removal, lawn care, and water meter reading.

The need for more senior housing was apparent after the Prairie Village Development duplexes became occupied immediately after they were built. They currently provide housing for 20 tribal elders and are located directly south of the Elder Center off of K Road to the east. The Garden Apartment Complex will be placed in between the duplexes and the Elder Center and will have walking paths for easy access to all three places.



A floor plan of one of the new Garden Apartments for senior citizens that is scheduled for construction early next year.

Tribal members 65 years and older are eligible to apply through the PBPN Housing Department. Rent amounts vary between \$25 and \$150 per month that are determined by income.

"The Nation is in a great position to get tax credits because they have land and funds available to match which gives us an edge up over private developers," said Jayne Garcia, Executive Director of PBPN Housing Department. "The Nation is more interested in providing housing for their people and not developing housing just to

make money like other developers in major cities do."

The most recent addition built with the help of tax credit funds is a housing addition located on 142nd Rd. Four and five bedroom homes were purchased by families and one is featured

in the community section of the paper.

158th and L Road Addition

Another housing addition being built at 158th & L Road will also soon be ready. Twelve duplexes are getting ready for occupancy and two apart-

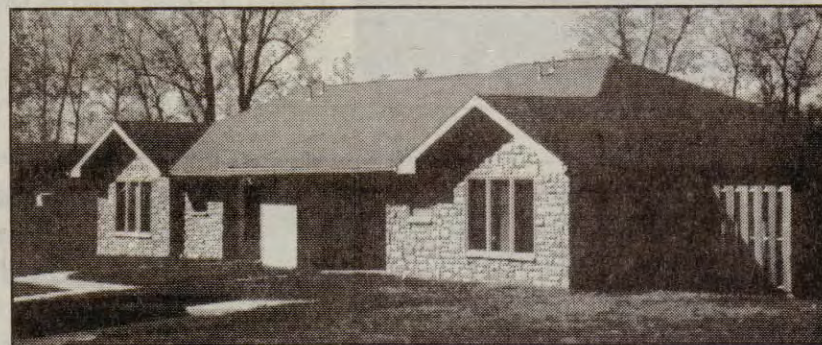
ment buildings with 8 units each are also being constructed.

Also planned immediately to the west of the apartments and duplexes is a second phase of the addition that will include 12 to 14 manufactured homes. Garcia said that most of the duplexes already have deposits from tribal members. She did want to let members know, however, that some of the apartments are handicapped accessible units and that at press time there were some still available.

A 2.5 million tax credit program previously awarded to the Nation allowed for the 158 and L Road development to be built.

General Council approved the tax credit program in April, 2003 after its merits and drawbacks were examined at length by the Nation's attorneys, government officials, and tribal members. Since that time the PBPN Housing Department has been building and leasing houses and duplexes to families who qualify for the program. One tribal member, Ron Dominguez, was able to realize his dream of coming back to his roots through the help of the Housing Department.

Other programs that the PBPN Housing Department administers are a Relocation Assistance program, a Down Payment program



Tribal members and their families are getting ready to move in to these duplexes located at 158 and L Road.

for new homeowners and a Renovation/Repair program.

Individuals interested in any of the above programs should contact the Housing Department located near K Road or by calling 966-2756.



This is one of two 8-unit apartments located just off of 158 and L Road that will soon be ready for occupancy.

Tribes receive CERT mobile training trailer

by: Suzanne Heck

In the event of a homeland disaster, area tribes will be more prepared thanks to the help of a CERT (Community Emergency Response Team) mobile trailer unit that was recently given to the nine tribes in Region VII that includes the Prairie Band Potawatomi Nation.

On October 21 at the Kickapoo Community Center tribal representatives within FEMA's (Federal Emergency Management Agency) Region VII, gathered to receive the keys to the trailer that contains equipment and supplies needed in the event of a disaster and which can also be used for training purposes.



From left to right are Jon Boursaw with Dick Hanje, FEMA Region VII Director, and Chief David Price standing in front of the CERT mobile training trailer that contains equipment for training or use in the event of a homeland emergency disaster.

PBPN Chief of Emergency Services David Price and Jon Boursaw, Executive Director, represented the Nation at the ceremony.

The trailer, that is being housed on the Kickapoo Reservation, will be available to each of the tribes. It contains equipment necessary to conduct CERT trainings and was created by the University of Missouri Extension, Fire and Rescue Training Institute that was funded by a grant from FEMA.

At the ceremony the trailer keys were presented to Kickapoo Chair, Steve Cadue from Dick Hanje, FEMA Regional VII Director. Other tribal representatives publicly thanked the group for the trailer and Chief Price gave Hanje a Potawatomi hat and shirt as a token of the Nation's appreciation. Following that, participants went outside to see the trailer and all that was contained in it.

In addition, a Region VII Tribal Emergency Management Coordinating Council has also begun between the nine tribes and FEMA. Members of the group meet periodically to discuss issues and will hold trainings. PBPN's Chief Price was elected vice president of the council and Joe McKinney, of the Kickapoo was elected president of the group.

The nine tribes included in the FEMA Region VII are the Iowa Tribe of Kansas and Nebraska, the Kickapoo Tribe in Kansas, the Meskwaki Nation of Iowa, the Omaha Tribe of Nebraska, the Ponca Tribe of Nebraska, the Sac and Fox Nation of Missouri, the Santee Sioux Tribe of Nebraska, The Prairie Band Potawatomi Nation, and the Winnebago Tribe of Nebraska.

CERT is one of the four Citizen Corps programs that falls under the Freedom Corps which was enacted by President Bush in response to Sept. 11, 2001.

Dan Dyer is the new Director of Land Management



PBPN Land Management Director Dan Dyer is looking forward to the challenge in his new position. Dan, a recent graduate of Haskell Indian Nations University, obtained a BA in environmental science with an emphasis in biology. His coursework, soil conservation, watershed management, and integrated pest management are all applicable to this position.

As a tribal member and as an employee, Dan would like to see the Nation grow in a positive direction, to leave a legacy, something that will stand the test of time. With his position, Dan has an opportunity to integrate his cultural values into his work. For example, he said protecting crops is a relatively "new science" and the wave of the future versus the conventional method of spraying with chemicals whereas the implementation of the integrated pest management method will minimize the use of pesticides through natural alternatives. The idea is to be a steward of the land and work with the natural cycles rather than use the dominant society's idea to control. One other method is to utilize the integrated rangeland management concept; this includes an inventory, assessing and managing the land in a responsible way.

Dan also said he would like to see the nation become the economical, political powerhouse of northeast Kansas.

Government offices closed for
Christmas
December 24, 25, 26
and
New Year's
December 31, January 1, 2004

Web Site Addresses of Interest

PBPN Website
Links to Human Resource Dept., Tribal Court, Education Dept., Calendar of Events and the Boys & Girls Club
<http://www.pbpnation.org>
Prairie Band Potawatomi
[HTTP://WWW.PBPIndianTribe.Com](http://WWW.PBPIndianTribe.Com)
Administration on Aging
Programs & Resources for Native American Elders
<http://www.aoa.gov/AIN/default.htm>
Forest County Potawatomi
<http://www.fcpotawatomi.com>
Indian Health Services
<http://www.ihs.gov>
* NEW * Kansas Office of Native American Affairs (KONAA)
www.hr.state.ks.us/konaa/html/index.html
1-800-MEDICARE
www.medicare.gov
MEDICAID
[Http://cms.hhs.gov/medicaid/](http://cms.hhs.gov/medicaid/)
Native American Internet Resource
<http://indianz.com>

Name
selected at
special meeting
Dec. 17

Help name the new health facility!

Send in-writing entries by December 15, 4 p.m. to:

Josephine Bellonger
16281 Q Rd
Mayetta, KS 66509

email: jbellonger@pbpnation.org; phone: (785) 966-3961

Open
meeting!
All tribal
members
welcome

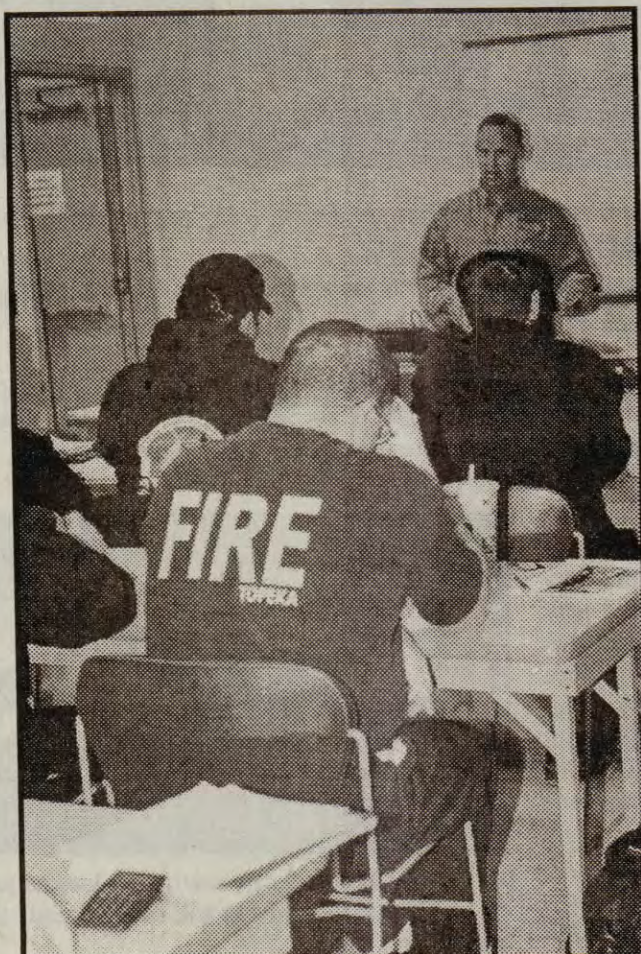
Saving the planet



Earthship Biotechture: What is an Earthship? The Earthship defined: The Earthship is a completely independent globally oriented dwelling unit made from materials that are indigenous to the entire planet. The major structural building component of the Earthship is recycled automobile tires filled with compacted earth to form a rammed earth brick encased in steel belted rubber. This brick and the resulting bearing walls it forms is virtually indestructible.

In collaboration with Greg Wold, PBPN EPA biologist, and tribal member Laverne Biggoose, Americorps, a group of volunteer students and Washburn University Human Resource faculty members began construction on an Earthship located on 142nd Road on October 31.

Hazmat training at the Fire Station



A series of classes on hazardous materials was taught at the PBP Fire Station this fall to several EMT's and law enforcement officers who work at the Nation and throughout the state. The students were taught about gas and oil spills, how to deal with chemical and nuclear weapons, and various acts of terrorism. Classes run approximately 15 weeks and are taught by a variety of instructors.

Teaching the class in the photo is Sam Konkel who works for the Sedgwick County Fire Department and is an instructor for the Kansas State Fire Marshall's Office.

Nation offers health screening for employees



PBPN employee Vincent Hernandez, at left, was one of 121 employees who went through one of three Employee Health Screenings held on the reservation in October.

Thirteen health care professionals and students from the University of Kansas Medical Center provided health-risk assessments to 121 employees who participated in the PBPN Employee Health Screening that occurred in October at various locations throughout the reservation.

The testings were a work-related benefit offered through PBPN's government as part of a wellness program to maintaining good health that measured blood pres-

sure, cholesterol, blood glucose, body mass index and fitness assessments.

After the screenings were completed the results were compiled into a report that was given to Nation personnel. From the data there were some surprising results.

For example, concerning blood glucose levels 13 people who said they had not been previously diagnosed with diabetes did test having

higher than normal blood glucose levels alerting them for further diabetes testing.

Concerning blood pressure, of the 90 people who reported not having ever been diagnosed with high blood pressure, 25 had high blood pressure readings which was another significant finding during the health screening.

There were 51 males and 70 females who participated in the screening.

Congratulations to the
The PBPN Education Department and other PBPN
departments who supported the beginning of a
Distance Education program with
Haskell Indian Nations University

We-Ta-Se Post 410 6th Annual Veterans Recognition Pow Wow

By Roy A. Hale

This pow wow was dedicated to all veterans who could not be here

American Legion Post 410, WE-TA-SE, held their 6th Annual Veterans Pow Wow in the 4-H Building, Holton, KS on November 15, 2003. Honored male veteran was LeRoy Mzhickteno, U.S. Army, World War II, who received the Purple Heart medal and other decorations during the War in the Europe Theater. Honored female veteran was Mary Ellen Clinton, U.S. Army, who served in Germany during the Vietnam conflict.

Potawatomi Prairie Band Princess, Shanna Greemore was the outgoing princess, and the newly selected princess for 2003-2004 is Sydney Jessepe. Good luck, and we hope to see Princess Sydney Jessepe in all forthcoming pow-wow's and other events in the near future. She will do well in representing the Potawatomi tribe.

The weather was beautiful for our pow wow and the attendance was great. The meal was served to everyone to enjoy. Thanks to our newly formed American Legion Auxiliary Unit 410 for the wonderful meal and refreshments.

Here are the winners of the raffle tickets that were drawn at the Vets Pow Wow:

- \$1,000 cash prize – Joe Jessepe, Mayetta, KS
- 27" TV, Sanyo, – Shirlene Seymour, Mayetta, KS
- Boom box radio – Betty Rice, Topeka, KS
- Pendleton blanket – Curtis Paul Masquat, Mayetta, KS

Lyons Veterans Day Parade

Post 410 Color Guard led the 2003 Lyons Veterans Day Parade on November 11, 2003 at Lyons, KS. Eight of the 86 members attended this event, the 50th anniversary of the Korean War. See photo at right.



We-Ta-Se Post 410 Leads Lyons Veterans Day Parade. Back row (L-R): Glen Levier and Jim Darnall. Front row (L-R): John Ferrari, BJ Darnall, Tim Ramirez, Frank Shopteese, Ralph Lundin, and Benny Potts.



Honoring the Veterans

Photos: BJ Darnall, We-Ta-Se Post Commander presented Certificate of Honor to LeRoy Mzhickteno and Mary Ellen Clinton.

Middle photo: Juanita Jessepe, Head Lady and Jim McKinney, Head Man lead the dancers at the pow wow.

Bottom photo (L-R): Roy Hale, Willis W. Knight, and Joe Jessepe.

Shanna Greemore
2003 PBPB Princess



Sydney Jessepe
2004 PBPB Princess

PHOTO SUBMISSION

This page only:

Photos submitted by
Micki Martinez,
Benny Potts, and the
PBP News staff.



A lesson in time: elders teach children how to dry squash



Cecelia "Meeks" Jackson and the late Alberta Marshno, far right sitting, taught a lesson on how to preserve squash to a classroom of 3 to 5 year olds at the Early Child Care Education Center on September 25. Language Director Sydney Van Zile was also on hand to teach the children some Potawatomi language and several other Childcare staff were on hand to assist the children with preparing the squash for drying. The children watched as the two elder women cut and strung the squash for drying and related to them how they learned the art of preserving squash when they were very young. Four days later after the squash had partially dried, the group braided or "looped" the squash for further drying where it was prepared for the children's Thanksgiving dinner held on November 24.



How to preserve squash

- Take squash and slice it open
- Scoop the seeds out
- Cut squash in circles
- Peel it to get rid of the green rind
- Put squash circles on a string and hang in a dry cool space
- After about four days bring prepare squash if it has dried
- Braid or loop the circles of squash together to store
- Prepare to eat



Recipe Corner

By Mary Young

Recipe Corner will focus on squash recipes this month in memory of all elder women who have shared the "old way" in preparation of food. Squash is one of the many native plants that is indigenous to the Americas.

Hot Vegetable Skillet (A Pueblo Indian Recipe)

Courtesy of Native American Recipes with historical notes

1 medium onion, chopped 1 clove garlic, minced
1 Tbs. olive oil 2 small zucchini, sliced
1 cup canned whole kernel corn
2 cups chopped tomatoes with juice
1 green pepper, chopped 1 tsp. salt
1/2 tsp. dried oregano, crushed 1/4 tsp. cumin seed
1 tsp. crushed, dried red chili pepper (optional)

In a large skillet sauté onion and garlic in olive oil. Add remaining ingredients and stir to mix. Cover skillet and cook over medium heat 15-20 minutes. (Add a little water if mixture seems too dry.)

Baked Glazed Winter Squash

Courtesy of Native American Recipes with historical notes

2 1/2-3 lbs. butternut squash 1/3 cup brown sugar
2 Tbs. butter 1/2 tsp. cinnamon
1/4 tsp. nutmeg Pinch salt

Wash and peel the squash, trimming stem and bottom core. Slice in one-inch thick slices. Remove seeds and any strings. Arrange slices in a large baking pan - 13x9x2-inch. Cover with foil. Bake in 350° F. oven 45 minutes. In a small saucepan combine remaining ingredients and cook over medium heat, stirring till sugar dissolves. Remove squash from oven and discard foil. Pour syrup over squash. Re-

turn to oven uncovered and bake 15-20 additional minutes.

Baked Pineapple-Acorn Squash

Courtesy of Native American Recipes with historical notes

3 medium acorn squash
1 (8 oz.) can crushed pineapple, drained
1/3 cup brown sugar
4 Tbs. butter, melted (1/2 stick) 1 cup water
1/4 cup chopped nuts 1/4 cup raisins
1/2 tsp. cinnamon Dash nutmeg
Have the squashes lengthwise; scoop out seeds and membrane. Set aside. In a small bowl combine remaining ingredients and spoon even portions into squash cavities. Place squash in a 13x9x2-inch baking dish and pour a cup of water into dish. Cover dish with foil and bake in 375° F. oven 45-50 minutes. To brown slightly, remove foil and bake an additional 10-15 minutes.

Stir-Fried Squash

Courtesy of The Best of Mr. Food

1 tbs olive oil
3 cups sliced yellow squash
1 sweet onion, coarsely chopped
1 small red bell pepper, sliced
3 cloves garlic, minced
1/4 cup water
1/2 tsp salt
1/4 ground black pepper

Pour oil around top of a nonstick wok or large skillet, coating sides; place over medium-high heat (375°) 1 minute. Add squash, onion, and bell pepper. Cook, stirring constantly, 10 to 12 minutes or until vegetables are crisp-tender. Stir in garlic and remaining ingredients. Cook until squash is tender, stirring often. Serve immediately.

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

Fried Bread Man

The August issue of the Potawatomi Nation News, Fried Bread Man had shared some teachings about the summer months to Linda Sitting Arrow, Joe Fast Elk, and Mary Swiftbird. The season has rapidly changed to fall. The three people are sitting on logs with jackets and sweatshirts, around a blazing crackling fire. Mary looks at Joe and says, "You are getting pretty good at making our fires." Joe could only smile back at Linda and Mary. The setting is early evening the sun has set to the west and the moon and stars are shining brightly to the east and overhead. The three kids have been talking about school and the latest movies at the mall. Then their thoughts return to their purpose of the meeting. The kids become quiet. A warm fog appears that covers the children. Fried Bread Man walks out of the cloud. He smiles to the kids and sits down on a log and says, "It's good to see you three people. How have you been since our last visit?"

Fried Bread Man looks and smiles at Linda and asks, "How is your dad?"

Linda smiled back, and said, "Our dad has lost some more weight this past month."

"How much has he lost?" asked Mary.

"Dad returned from our tribal clinic after a visit from the dietitian last week. He told us he had lost eight pounds this past month."

Joe asked, "Linda, so how many total pounds has your dad lost?"

"All together, our dad lost 40 pounds," said Linda.

Fried Bread Man was smiling and excited at the good news. He said, "Linda, your family has done very well in regaining their health."

"Is your dad taking those antidepressants?" asked Mary.

"Yes Mary, dad is taking them first thing in the morning. We have noticed that our parents don't argue like they used to."

"Do you think the counseling has helped your par-

ents and their lack of communication?" asked Fried Bread Man.

"Our parents started couples counseling two months ago," said Linda. "Now our family is happy," said Linda.

"We have completed the summer season, and now it's fall," said Fried Bread Man.

"When does fall start?" asked Joe.

"Well Joe, it begins on September 22, 2003. During the fall season people harvest their garden crops and some of our people will be drying corn and squash. You must remember to give the best portions of your harvest to our elders and save some seeds for next year's planting. Also in the fall season, many of our animal brothers fur coats will match the fall season. They will be hard to see. The squirrels have been busy storing their nuts for the winter months. Many of our fawns that were born in the spring months are almost adult size. We as Indian people, let us to remember to always to be thankful, to our Creator. And to share our table with persons less fortunate. This concludes this month's issue. See you in December.



5 Easy Nutrition Tips

Courtesy of Your daily dose of health information selected by WebMD physician editors

Improving your nutrition does not have to be difficult. Start with one of these suggestions.

- Keep a bowl of fresh fruit available. If it's there, you're more likely to eat it.
- Eat breakfast. Spreading your food intake over the day is the best way to burn calories.
- Plan ahead for routine meals and snacks. People who eat regular meals get a more balanced, healthier diet and are closer to their goal weights.
- Pack your lunch the night before. If you don't eat breakfast or pack a lunch because you rush too much in the morning, set everything up the night before.
- Buy a healthy cookbook or food magazine. If you like to cook, this can help inspire you to cook healthier foods and meals.



December 2003

Monday	Tuesday	Wednesday	Thursday	Friday
Taco Salad Tortilla Soup Pinto Bean Salad Lettuce, Tomato	Pork Chops Scalloped Potatoes Succatash Dinner Roll	Sweet&Sour Chicken Fried Rice Steamed Broccoli Dinner Roll	Beef&Hominy Soup BBQ Beef Sandwich Tossed Salad Fried Bread	Baked Fish Potatoes & Gravy Steamed Zucchini Dinner Roll
Beef Stew,Noodles Steamed Carrots Chefs salad Biscuits	Liver & Onions Potatoes & Gravy Green Beans Dinner Roll	Deli Sandwich Chicken Rice Soup Jell-o Fruit Salad Cheese & Crackers	Birthday Dinner Sliced Pork Potatoes & Gravy Mixed Vegetables	Fish Sticks Macaroni & Cheese Green Beans Tossed Salad
Sloppy Joe Minestrone Soup Tossed Salad Crackers	Baked Chicken Baked Potato Broccoli & Cheese Dinner Roll	Cornbread Burger Bake and Chili Little Chefs Salad Whole Fruit	Ham Sandwich Potato Soup Broccoli Salad Crackers	Elder Center Christmas Dinner Feast
BBQ Pork Sandwich Chicken Noodle Soup Tossed Salad Crackers	Meatloaf Potatoes & Gravy Green Beans Dinner Roll	Closed For Christmas Vacation		
Chicken Pot Pie Steamed Carrots Buttered Noodles Biscuits	Spaghetti&M.Balls Green Beans Tossed Salad Garlic Bread	Closed New Years Eve	Lunch Hours 11:30-12:30 Native Seniors 50+ Free Adults and Non-natives \$3.50 Children \$2.00	

Potawatomi Elder Center



NEWSPAPER INFORMATION

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

Physical Location:
15434 K Road, Mayetta, KS
(southwest corner in the We-Te-Sa building)

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The Annual Great American Smoke-out

Submitted by Richard Pruiksmas, MD
Holton IHS Clinic, 100 W. 6th St., Holton, KS 66436
(785) 364-2176

Nov. 20 was the annual Great American Smoke-out. Finding ways to quit is something we always encourage, but especially at this time of year when there is the support of knowing other friends and coworkers are also undertaking this challenge.

We have long known that the earlier a person starts smoking, the harder it is to quit (Eighty percent of adult smokers started before they turned 18*), but we've not understood why till recently. Through information from the scans of normal adolescent brains, we now know that there is a major growth spurt in the brain in adolescence.** During this growth spurt the brain develops many new neurons it will eventually discard. At the end of adolescence it chooses which neurons (or pathways) it will keep. If these pathways function in the presence of extra nicotine during this critical period, then they will continue to be dependent on nicotine when the brain growth spurt is over. It is very hard to overcome this imbalance in the brain unless people self-medicate with nicotine products or see their doctor for medicines to correct this imbalance.

This problem is becoming devastating in Native American populations. A recent survey of Native American high school students attending Bureau of Indian Affairs schools showed that 87.7 percent of the students had tried cigarettes at least once, and 56.5 percent were current smokers.*** These children are permanently changing their brain.

We take this problem very seriously at the Holton IHS Clinic. We know that for every cigarette smoked, the average smoker will

shorten their life by 18 minutes. This adds up to about 13.2 years of life lost in each man who smokes and 14.5 years of life lost in each woman who smokes when we consider just the U.S. population. (The years of life lost are much higher in countries with fewer health care resources.)

Although not every patient will appreciate being asked about smoking or being advised to quit, smoking cessation does increase when doctors advise their patients to quit,**** so we will continue to make this part of our patient visits.



We realize smoking cessation is hard. The brain of the smoker is different than the non-smoker. Allow us to help bring your brain into balance before you try to deprive your brain of the chemicals it depends on. If you did quit on the day of the Great American Smoke-out, establish a reward system for yourself, arrange for social support and visit your health care provider for medical assistance to help get you through this stressful time.

* www.cdc.gov/tobacco/issue
**Strauch, Barbara, The Primal Teen, Doubleday, NY, NY, 2003
***www.cdc.gov/mmwr/preview/mmwrhtml/figures/m244a3t1.gif
****A clinical practice guideline for treating tobacco use and dependence: a US Public Health Service Report. The Tobacco Use and Dependence Clinical Practice Guideline Panel, Staff and Consortium Service Representatives. Journal of American Medical Association. 200;283:3244-3254.

Keys to Healthy Living with Diabetes

Courtesy of www.metrocreativegraphics.com

There are 17 million people in the United States who have diabetes. Unfortunately, 5.9 million of those don't know it. That's why diabetes is often known as the "silent killer." Without a blood test or evident symptoms, it is quite difficult to detect if you are suffering from the disease or disorder.

Diabetes comes in two types: Type I is a disease in which the body does not produce any insulin, most often occurring in children and young adults. People with type I diabetes must take daily insulin injections to stay alive. It accounts for 5 to 10 percent of diabetes. Type II is a metabolic disorder resulting from the body's inability to make enough, or properly use, insulin. It is the most common form of the disease. Type II diabetes accounts for 90 to 95 percent of diabetes. A greater prevalence of obesity and sedentary lifestyles in this country is quickly pushing diabetes to epidemic proportions.

As a result, exercise should be a major part of your general health program as a diabetic. According to Dr. Russell D. White, MD, a contributor to The Physician and Sportsmedicine, a regular exercise program can help stabilize your blood sugar, reduce your need for insulin and medication, and keep your weight under control. Diabetes increases the risk of heart disease, but exercise can lower it. Best of all, exercise helps you get more out of life.

However, because of the risks associated with the diabetes, a complete health evaluation by a health-care provider should precede any new exercise program. He or she may also be able to recommend certain activities that are safe for your particular lifestyle.

Get Physical

In general, aerobic activities are some of the best ways to keep in shape and control the disease. Exercises like walking, jogging, biking or swimming can raise your pulse and make you breathe harder.

You'll get maximum benefits if you participate in 30 minutes or more of an activity at least three times a week. In addition, strength training (weight lifting) can also help improve fitness and heart health.

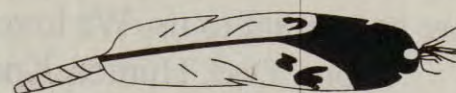
Safety Precautions

There may be some exercises you should avoid and health precautions you should heed. Here are some important pointers:

If you become dizzy or lightheaded when exercising in an upright position, swimming or biking are better than hiking or jogging.

If you have poor sensation in your feet, take special care to choose proper footwear and consider low-impact exercise (swimming, biking or rowing) rather than walking or jogging.

Check your blood-sugar levels before and after workouts and every 20 to 30 minutes during prolonged exercise (Many activities burn 500 to 600 calories an hour). If your blood sugar is under 100 mg/dL, eat a snack containing 15 to 30 grams of carbohydrate before you exercise. If your blood sugar is excessive (over 250 mg/dL for people with type II diabetes; over 200 mg/dL for those with type I), postpone exercise until you bring it down.



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. Friday, 135 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

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

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

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

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

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

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

Lawrence Area

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

Men are Victims, too

by: Nis Wilbur

About 572,000 women officially report being assaulted by an intimate every year. However, those working in the family violence profession know that this number is grossly inaccurate. Even the most conservative of estimates indicate that anywhere from 2 to 4.5 million women, of all races and classes, are battered each year and do not report their abuse. Two to four MILLION women! Just so you can picture how many people that is: the Census 2000 states there are only 4.1 million American Indian and Alaskan Natives living in this country.

So, is domestic abuse a problem?

Yes.

Is domestic abuse a problem in our community?

Yes.

Are women the only people getting abused?

NO!

The July 2000 Department of Justice report on the National Violence Against Women Survey (NVAWS) estimates that about 2.9 million men get battered each year, but only 13.5% of those men report. This is very interesting because it tells us that men get battered about as much as women, yet fewer report. Also, the violence men experience at the hands of their partner is often times more dangerous than the violence women are subjected to by their partner. The same survey shows that men are more likely to be threatened with a knife, stabbed, hit with an object, slapped, kicked, or bit.

Men, especially male victims, live very difficult lives. Current American culture has taught us that "men don't cry; they're tough!" They build our roads, fix our cars, and shingle our homes. On top of all that, they have to be sensitive, but not wimpy; smart, but not a smart-aleck; funny, responsible, understanding, etc., etc.....Can you feel all that expectation weighing them down? When a man is abused, that weight is doubled because, as they are trying to maintain their "John Wayne" image, their partner is violating them. Their batterer is just one more thumb pinning them to the post.

There is little information known about the male victim, but what we do know is that, often times, the system that has been devised to help is the exact system that hinders. Women batterers can, and do, use restraining orders as a way of emotionally abusing her partner. Abusive women will use "the system" to keep a man from their children, to get his money, and to give him a record that he does not deserve. Some female batterers will do almost anything to humiliate and control her victim, in some instances, even feign being raped.

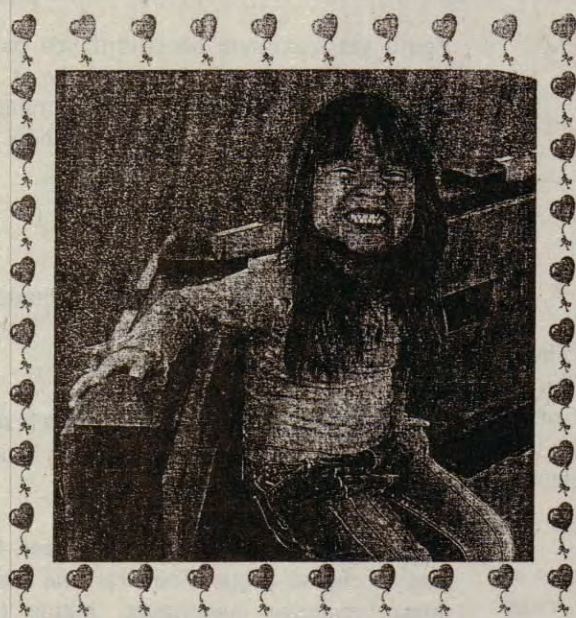
The above information is bad news for men, as a whole gender. Guys face a lot of preconceived notions and stereotypes, and often those stereotypes multiply if you are a minority. Men may experience abuse, but often don't report, due to the preconceived notions that society holds, such as the thought: "the man is always the batterer." However, there are people committed to ending domestic violence, no matter who the victim is.

The PBP Family Violence Prevention Program (FVPP) does not want to imply that all women are batterers or minimize the abuse that millions of women receive every day. We simply want to shed some light on the victim that rarely comes out of hiding: the man.

Our goal is to provide helpful services and information to the community about family violence, no matter who the victim is. Domestic violence crosses all races and social boundaries. Abusers do not care if you are white, black, green, or brown. They do not notice if you are 2, 16, 21, or 96, and it definitely doesn't matter if you are rich, poor, woman, or man. An abuser will often choose their victim, and it is never the victims' fault that they are being abused.

If you are a male victim, there is information and assistance especially for you. You can try any of the following: <http://www.batteredmen.com/index.htm>; http://www.noexcuse4abuse.org/http://home.earthlink.net/~elnunes/abinde_x.htm

If you do not have access to a computer, please call: PBP Family Violence Prevention Program: 1-888-966-0173 or The Domestic Abuse Hotline for Men: 1-877-643-1120 Access Code 0757.



HAPPY BIRTHDAY!

Tesla Touch-the-Sky Potts
November 22nd

You are the sweetest little girl on Earth and you
are so special to us. We love you very much!
Mom, Dad, Hunter, KnoWee, Patch

Letter to the Editor

My name is James L. Jamerson, and I'm on the Potawatomi roll. I am writing on the behalf of the United Tribes Indian Culture Group. We're located at El Dorado Correctional Facility in El Dorado, Kansas.

I am writing because my brothers and I need help. The administration at our facility is going to take our native grounds and move us to a smaller area to make way for a Christian spiritual center. When we first agreed to move we were told we would have the last say so in where we move but when the time came, that was not what happened. We were under the impression that we were going to get more land.

Have we or have we not heard that same scenario before? What the administration does not understand is that we have to have an area that is at least 50 x 50 to have adequate space to practice our religion on. We have to have room for a fire pit, sweat lodge, altar, and an area for us to place a drum. When pow wow time comes we need an area to dance. The area we have now is big enough to suit all of the needs I've listed above, but in the new area, we might have to worry about brothers falling in the fire pit while trying to dance.

There are also other serious issues. Just to name a few, we have to put our tobacco in a blender with sage before we offer it to Grandfather, we are not allowed to come together and a feast before we sweat, guards are handling prayer feathers and medicine bags when the rules state they are not allowed to handle our feathers and if they want to inspect a medicine bag they have to ask us to dump the contents in our hand, we are not allowed to have deer meat or buffalo meat at our pow wows. The list just goes on and on. What we need brothers and sisters is a tribal lawyer to come out and tell us what we're allowed to have and what our rights are.

If anyone is interested in coming out my brothers and I welcome you with open arms. Just write me at P O Box 311, El Dorado, KS 67042. Be sure to put my full name on the envelope and include my inmate number # 74123.

Sincerely,
James Jamerson, Secretary and Abyah Eteeyan, Chairman

GENEALOGY GROUP MEETS -- SHEPPO FAMILY BRANCHES CONNECT

Delores Niece-Abrams, Coordinator

October 21, 2003, The Genealogy Group met at the Elder Center for our first 7 pm evening meeting. Guest Speaker was Sherry Penland from Mission Viejo, Ca, who is a descendant of the Jack Shepard (Sheppo) family.

Sherry contacted our group through our email address early this year and was requesting information about the Jock Sheppo family and in particular Emily Louise Shepard. She had already collected much information about the family through U.S. Federal Census records and other family members, and was willing to share her information with other branches of the family.

Meanwhile, a young lady from Haskell University, Janice Ownby, who is also a descendant of the same family but a different branch also contacted us through email in her genealogy search.

The Genealogy Group was able to connect these two family branches and Sherry decided to travel to Kansas to meet Janice and do further research in the Mayetta/Topeka area. They both met at this meeting and shared family history.

We asked Sherry to share her experience on how to

use U.S. Census Records and internet websites for American Indian Genealogy Research. We now have a list of websites we will email to anyone who requests a copy.

Federal Census records are available for research at the Topeka Shawnee County Library on Ancestry.com. at no cost.

One of the goals of our Genealogy Group is to help families connect and share information and it was very satisfying to see this happen. Another goal is to collect and preserve any type of information that may have genealogical or historical information. These documents would be sorted, filed and saved for a future museum/cultural center. If anyone would like to donate old documents of any kind, please contact us.

We are working on a Genealogy Group website but in the meantime our email is abramsda@yahoo.com. We welcome suggestions for a genealogy column or meeting topic. Our next meeting will be held in January, 2004, and if you would like to receive an email notice when the exact date is determined, please send us your name and email address or telephone number.

Kids celebrating Red Ribbon Week



GAMBOTTEK (Those who died)

Mary P Flynn

Mary P. Flynn, 88, of Overland Park, KS, passed away October 29, 2003, at her home. There will be cremation with no services.

Mary was born March 3, 1915 in Mayetta, KS to George and Lucy Aitkens. She attended Haskell Indian Nations University in Lawrence, KS. Her husband, William D. Flynn Sr. in 2001, preceded her in death. She is survived by two sons, Hal D. Flynn and his wife, Vicki and William D. Flynn Jr., all of Prairie Village, KS; grandchildren, Lisa Flynn of Kansas City, MO, Jim Flynn of Albuquerque, NM, Elizabeth Cloud-Flynn of Overland Park, KS; and two great-grandchildren, Dylan and Hailey Flynn. Arrangements: Muehleback Funeral Home (816) 444-2060.

You go from us
Into a beginning;
We rejoice for you
and wish you an
easy journey
out into the light.
The winds will speak
to us of you,
The waters will
mention
your name;
Snow and rain
and fog,
first light
and last light,
All will remind us
that you had a
certain way of being
that was dear to us.
You go back to the
land you came
from and on beyond.
We will watch you
from time to time.
Amen.

Suzette Haden Ekin
Native Tongue

Got some newsworthy items to share?

Send your news to:
by mail:

BPBN News staff
P.O. Box 116
Mayetta, KS 66509

in person:

15434 K Rd
Mayetta, KS
(southwest corner of
We-Ta-Se Bldg)

by email: maryy@pbpnation.org
suzanneh@pbpnation.org

(we return photos with SASE)



Congratulations
to
BPBN member
Joseph Seymour, Jr, 12 yrs
for
winning
the
Kansas
Chess Championship
(in the adult category)

submitted by: Mary (Thorpe) Soyez

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.



Ask the Dentist

By Jessica A. Rickert, DDS

Dear Dr. Rickert,
Does a baby bottle or a sippy cup affect a baby's teeth?

How excited we are when baby graduates from bottle or breast to sippy cup and then to a real cup... and soon that baby is driving YOUR car down the driveway.

Anything, which enters a baby's mouth, has the potential to do well or to do harm. That which does the most good is the mother's breast. Humans are born with an instinct and desire to suckle; this action not only brings nourishment to the child, but it also develops the muscles needed for speech development; suckling stimulates the bones in the lower face to grow to their genetic potential; suckling has a psychological calming affect. I do not think we should discourage a baby's suckling time, up to age 3.

We will discuss four items a baby suckles: 1. a bottle, 2. a pacifier, 3. the thumb, and 4. a sippy cup. The physical shape and make-up of the item suckled does impact the baby's developing mouth and teeth. A bottle and a pacifier are soft, and so do not have a lasting negative impact on the baby's mouth and teeth. I would recommend a pacifier, which is approved by the American Dental Association or the American Association of Orthodontists. It may even benefit baby to have extra time suckling.

The thumb and the sippy cup are hard and cannot change shape when suckled; the mouth has to change its shape to conform to the sippy cup or the thumb. Both can cause an open bite, where the top front teeth do not come together with the bottom front teeth, if the baby suckles many hours per day. I do not recommend unlimited use of the sippy cup or the thumb.

The thumb cannot be removed, so it is especially difficult for the child to stop this habit. Many thumb suckers use that thumb for 23 hours per day, even until the teen years. This can cause a pronounced open bite as well as a receding lower jaw. If an infant can be gently persuaded to take the pacifier, I would recommend this. If a 2-, 3- or 4-year-old is currently sucking their thumb, discuss

this with your dentist on how to stop the habit. (Or, I can answer this in another column.) If gentle persuasion does not work, I recommend that the subject be dropped for a while; do not badger the child.

What is of utmost importance is what is put into the bottle or sippy cup. Mother's milk is best, of course. I recommend only milk or water be used in the bottle or sippy cup. The baby does not need juices; it is more important for baby to eat the real fruit, pureed if necessary. Juices can be introduced when baby can handle a real cup, at about age 3. Never, never, never put any soda pop into the bottle or sippy cup!!! Never, never, never put kool-aid or punch into a bottle or sippy cup. The sugars in these beverages are 4 - 12 teaspoons per 8 ounces, and babies simply do not need this much sucrose. The sugar sucrose is the culprit in dental decay.

Milk also has fermentable sugars called lactose and galactose. This can coat the baby's teeth, if the bottle is put into the bed with the baby. Never put a milk bottle into bed with the baby, because this many hours of fermenting lactose and galactose can cause rampant decay, even in infants. I recommend holding baby on your lap, singing to him or her, until the bottle is finished. A few more minutes of rocking and gentle massage helps baby transition to sleep. Take the bottle away when baby is placed into the bed. If there is a need for a bottle or sippy cup in bed, just put plain water into it. Baby can suckle without any fermenting sugars lingering in the mouth.

We celebrate our baby's growing independence as he or she graduates from breast or bottle to sippy cup and when he or she throws away that pacifier and "blankie." Remember these moments when he or she is truly, independently entering adulthood... and leaving you behind.



IDENTITY THEFT

Every year, thousands of people and businesses are victimized by identity theft schemes. We are encouraging consumers to safeguard their personal information.

Consumers can take the following steps to minimize the risk of identity theft.

Order a recent credit report from the three credit bureaus once a year to check for fraudulent activity or other discrepancies.

Memorize your social security number and all of your passwords. Do not record them on any cards or anything contained in a purse or wallet.

Mail in your mailbox—remove it promptly.

Only if you initiated the phone call should you give personal information over the telephone, such as social security number, date of birth, mother's maiden name, credit card number, or bank personal identification number (PIN) code.

Never loan credit cards to anyone else.

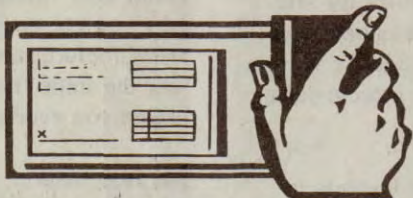
Shred pre-approved credit applications, credit card receipts, bills, and other financial information you don't want before throwing them in the trash or recycling bin.

Empty your wallet of extra credit or identification cards, or cancel the cards you don't use and keep a list of the active cards you use.

Never, unless you receive a secured authentication key from the provider, disclose account numbers, credit card numbers or other personal financial data on any web site or online service location.

Sign all new credit cards upon receipt.

Entering any interactive service when you subscribe to an online service, you may be asked to give credit card information. Beware of con artists who ask you to confirm your enrollment in the service by disclosing the password or the credit card account number that you used to enroll.



IF YOU HAVE DIABETES . . .

If you have diabetes, take care of your heart. Having diabetes means you are more likely to have a heart attack or a stroke — but it doesn't have to — if you manage your diabetes.

You can live a long and healthy life by managing your blood glucose (sugar), blood pressure, and cholesterol.

Over time, high blood glucose levels can damage vital organs such as your kidneys and your eyes. High blood pressure is a serious disease that makes your heart work too hard. And bad cholesterol, or LDL, builds up and clogs your heart arteries. Managing all three means a longer and healthier life.

ASK YOUR DOCTOR THESE QUESTIONS

- What are my blood glucose, blood pressure, and cholesterol numbers?
- What should they be?
- What actions should I take to reach these goals?

Use the Diabetes Record Form to write down the answers to these questions.

TAKE ACTION NOW

You can live longer for your family, improve your health, and reduce your risk of heart disease or stroke.

- Eat the right amounts of foods like fruits, vegetables, beans, and whole grains.
- Eat foods that are prepared with less salt and fat.
- Get at least 30 minutes of physical activity every day.
- Stay at a healthy weight— by being active and eating the right amounts of healthy foods.
- Stop smoking — seeks help.
- Take medicines the way your doctor tells you.
- Ask your doctor about taking aspirin.
- Ask your family and friends to help you take care of your heart and your diabetes.

DIABETES RECORD FORM

Goal

Take care of your heart by taking care of your blood glucose, blood pressure, and cholesterol.

Use this form to keep track of your blood glucose, blood pressure, and cholesterol numbers when you visit your doctor. Work with your provider, friends, and family to reach your goals.

BLOOD GLUCOSE (Sugar)

The A1C test—short for hemoglobin A1C—is a simple blood test that measures your average blood sugar over the last three months.

Suggested Blood Glucose Goal: Below 7 on the A1C test

TEST AT LEAST TWICE A YEAR

Date									
Result									

BLOOD PRESSURE

High blood pressure is a serious disease that makes your heart work too hard.

Suggested Blood Pressure Goal: Below 130/80

TEST AT EVERY VISIT

Date									
Result									

CHOLESTEROL

Bad cholesterol, or LDL, builds up and clogs your heart arteries.

Suggested Cholesterol Goal: LDL Below 100

TEST AT LEAST ONCE A YEAR

Date									
Result									

PH-00000000-00-0000
00/00/00

Greetings from the Language Department

Thank you for participating in the language survey. The complete results are going to be bound and handed out at the January General Council meeting.

For the state of Kansas there were 242 replies as listed below:

Topeka 97, Mayetta 48, Lawrence 13, Holton 8, Manhattan 6, Horton 5, Delia 4, Atchison, Hutchinson, Hiawatha, Scranton, LeCompton 3, Osage City, Soldier, Silver Lake, Wichita, White Cloud, Hoyt 2, and there were 34 single towns that responded.

To highlight the responses:

Would you like to learn how to speak Potawatomi: yes 202 no 13

Would you like to learn how to read and write Potawatomi: yes 200 no 23

If you speak, would you like to improve your ability: yes 121 no 11

How important is preserving the Potawatomi language to you? Absolute necessity 88

Very important 80 Important 51 Not important 3 No opinion 10 Don't care 1

With the question of "What kind of language preservation program should the Potawatomi Nation develop?" The top six responses were:

Classes for adults at different fluency levels: 145

Language material with audiotapes: 119

Immersion classrooms for preschool: 115

Immersion for school-age: 108

Immersion for adults: 99

Elder classes: 85

The question of "How would you like to participate?" the top responses were:

As a learner: 160

As a supporter of the program: 90

Willing to receive training in Potawatomi linguistics: 29

Willing to receive training in language teaching: 28

Native Diabetes Prevention Conference

February 2—4, 2004 Phoenix, AZ

Early Bird Registration fee
by December 19: \$225 USD

Regular Registration Fee:
\$250 USD

Visit
Health Promotion Programs
The University of Oklahoma
Outreach
555 East Constitution Street
Norman, OK 73072-7820
or see their website to register
online at hpp.ou.edu
or call (405) 325-1316

This survey shows a lot of interest that remains in the language and how the language is so important to the identity of the membership. In January you will be able to read some of the responses relating to identity. In the meantime, we are busy in the department revising a plan to address the needs of the membership in regards to this department. We know that more staff is needed to serve you and we hope that during the budget process, which is now in process, will come in our favor to add more staff. We know that the need for language materials and tapes are the number one request to this department. Working within the constraints of our present staff, we are doing our best to provide what limited material we have. Let your wishes be known to our tribal council so that we may fulfill your needs.

The state of the language is critical; the time to do this work is now. We have only 5-10 fluent speakers remaining with the youngest being in their 80's.

In order to educate the membership of the process of language preservation and revitalization, I will be writing monthly about the steps involved in revitalization of the language which include: language documentation, building our curriculum, teaching methods, training teachers, holding classes for our interested membership and all other efforts that lead to building a community of Potawatomi speakers.

The first grammar book of the Potawatomi language will be available in January. Let us know if you would like a copy and we will add you to our mailing list. You can reach us at svanzile@pbnation.org or calling the department 785-966-2138. From our department to your home, we wish you a happy holiday season.



Land of Oz at Nation Station. This crew won 1st prize in the group category of the Halloween costume contest.

Halloween on the Rez



This "devil with the red dress on" is Carol DeWitt near a display at the Elder Center.



Not noqwa Wabaunsee, Keirsten Matchie and Paknahgah having fun at the Boys & Girls Club.



Training! Training! Training!



Several of the PBPN employees participated in a two day workshop called Protecting Confidential Tribal Records on October 29 and 30 in the Training Room at the Government Center. The staff learned how to comply with the Freedom of Information Act and about the impact of the new Patriot Act. The workshop was sponsored by the Human Resources Dept.

A glimpse into the new Parr Recovery House



Residents of Parr Recovery House moved into their new home this fall and the above photo shows one of the rooms of a resident who showed some real creativity in decorating his room. The new home can house up to 10 residents and has two living areas and several bedrooms. An open house was held on November 7 where residents and director, Helen Slattery, showed off the new quarters and served a barbeque dinner.



Nolan Pahmahmie

Correction

In last month's issue of Potawatomi News we incorrectly identified Nolan Pahmahmie, seen left, as Ray Wahwasuck in a photo caption. Nolan placed second in the 11-13 age division Native American Junior Golf Association Championship and Ray Wahwasuck took second in the 16-18 boys division. We apologize for the error.



Ford Foundation Fellowships for Minorities

Eligibility Requirements:

*U.S. citizen or national

*Native American Indian, Mexican American/Chicana/Chicano, Alaska Native (Eskimo or Aleut), Native Pacific Islander (Polynesian or Micronesian), Black/African American, or Puerto Rican

*Planning a career in teaching and research at the college or university level

Stipend and Allowances:

*Predoctoral-\$17,000 to the fellow, institutional allowance of \$6,000 for three years

*Dissertation-\$21,000 for one year

*Postdoctoral-\$40,000 for one year, \$1,500 employing institution allowance, to be matched by employing institution

*All awardees have expenses paid to attend at least one Conference of Ford Fellows

Application Deadline Dates:

Predoctoral-November 19, 2003

Dissertation-December 3, 2003

Postdoctoral-December 17, 2003

For further information and applications contact: phone: (202)334-2872, fax:(202)334-3419 E-mail: infofell@nas.edu

See website for complete eligibility information
<http://national-academies.org/fellowships>

Web-based applications may be filled out and submitted



Cell phones can spark danger at the gas pump

Courtesy of the Falls City Journal, Falls City, Nebraska, Friday, October 10, 2003

The Shell Oil Company recently issued a warning after three incidents in which mobile phones (cell phones) ignited fumes during fueling operations.

In the first case, the phone was placed on the car's trunk lid during fueling; it rang and the ensuing fire destroyed the car and the gasoline pump.

In the second, an individual suffered severe burns to his/her face when fumes ignited as he or she answered a call while refueling the car.

And in the third, an individual suffered burns to the thigh and groin as fumes ignited when the phone, which was in his pocket, rang while he was fueling his car.

You should know that:

- Mobile phones can ignite fumes of fuel.
- Mobile phones that light up when switched on or when they ring release enough energy to provide a spark for ignition.
- Mobile phones should not be used in filling stations, or when fueling lawn mowers, boats, etc.
- Mobile phones should not be used, or should be turned off, around other materials that generate flammable or explosive fumes or dust, i. e. solvents, chemicals, gases, grain dust, etc. To sum it up, here are the four rules for safe refueling: turn off engine; don't smoke; don't use your cell phone - leave it inside the vehicle or turn it off; don't reenter your vehicle during fueling.

working on a campaign to try and make people aware of fires as a result of "static electricity" at gas pumps. His company has researched 150 cases of these fires.

His results were very surprising:

1. Out of 150 cases, almost all of them were women.
2. Almost all cases involved the person getting back in the vehicle while the nozzle was still pumping gas.
3. When finished, she went back to pull the nozzle out and the fire started as a result of static.
4. Most had on rubber-soled shoes.
5. Most men never get back in their vehicle until completely finished. This is why they are seldom involved in these types of fires.
6. Don't use cell phones when pumping gas.
7. It's the vapors that come out of the gas that cause the fire, when connected with static charges.
8. There were 29 fires which the vehicle was re-entered and the nozzle was touched during refueling from a variety of makes and models.
9. Seventeen fires occurred before, during or immediately after the gas cap was removed and before refueling began.

Renkes stresses to *never* get back into your vehicle while filling it with gas. If you absolutely *have* to get in your vehicle while the gas is pumping, make sure you get out, close the door, *touching the metal*, before you ever pull the nozzle out. This way the static from your body will be discharged before you ever remove the nozzle.

Bob Renkes of Petroleum Equipment Institute is

For information, visit <http://www.pei.org>.



A new addition to the new addition



Nathan and Jennifer Hale and baby son, Isaac moved into one of the new homes in the 142nd road complex that they recently purchased from the Nation. They previously lived in a rental home in a nearby community and were paying \$425 for a two bedroom, one bath home that was built around 1900. Their new home, seen above, has four bedrooms, three full baths, a finished basement and all new appliances. The Hales were able to finance their new home through the Nation's Housing Department and are paying a comparable price to what they paid in rent for their former home.

In the 142nd Road addition there are twelve two-story homes similar to the one in this photo that are all occupied by tribal members and their families. Homes were sold to families with minor children, individuals who didn't currently own a home or to tribal members who were residing in substandard or dilapidated homes or in overcrowded conditions.

Marines return after serving in Iraq



Lance Corporal Westley "Sag-tuk" Banks, left, and Corporal Vincil "Pum-Wadum" Banks, right, both served in the Iraq War and were home this summer visiting their families. The two are first cousins and the grandsons of Mr. and Mrs. James Keo of Horton, Ks. Photo submitted by Donnis Keo.

**Don't forget
the Potawatomi News
deadline is the 15th
of each month.**

Red Ribbon Week taking a stand against illegal drugs and alcohol



Tribal Council members, parents, Early Childhood Education Center staff, and children all celebrated the beginning of Red Ribbon Week by releasing balloons in front of the Center on Monday, October 27. Tribal Chair Zach Pahmahmie read a proclamation and cut a red ribbon prior to the balloon release seen here to mark the beginning of the week that consisted of a community rally, a Crazy Red Hat Contest, a poster and community campaign, a Sock it to Drugs Day and a drug free Halloween day. The children also created a song for the occasion and the Center was decorated with red ribbons and other colorful displays throughout the week that signified a unity against illegal use of drugs.

Red Ribbon Week is a nationwide effort designed to stop the spread of illegal drugs. The PBP Early Childhood Center has been involved in Red Ribbon Week activities for the last three years and also works with the Royal Valley School District on various Red Ribbon projects throughout the week.

OTHER COMPANIES MAY BE LAYING OFF.

PRIMERICA IS EXPANDING.

Come see what our opportunity can mean to you.

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Premierica Financial Services
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Lawrence, KS 66049-3898
Bus: 785-856-0991
Cel: 785-331-6329

Representing: Primerica Life Insurance Company
Executive Offices: Duluth, Georgia
Check us out online at www.primerica.com

The Primerica Opportunity is not a salaried position.
Primerica representatives are independent contractors
with Primerica Financial Services, Inc.

PRIMERICA
A member of Citigroup

The Huron Christmas Carol to be presented by Potawatomi United Methodist Church

submitted by: Jim McKinney

The Potawatomi United Methodist Church, 14413 O Rd is celebrating 100 years in 2003. A Christmas play called The Huron Christmas Carol will be presented on December 7 at 7p.m.

The Christmas Story will be told differently in that instead of shepherds on the hillside, it will feature hunters in the forest; instead of kings presenting gifts to the newborn baby, chiefs from the four directions will bring offerings to honor him; and, instead of the

baby being placed in a manger, the child will be placed in a cradleboard.

The production is based on a Huron Christmas Carol authored by a Jesuit Missionary in 1643 for the Huron Indians in Canada who sought to tell the ancient story in a cross-cultural context.

Admission is free and everyone is welcome. Cameras are permitted and refreshments will be provided following the program.

Area Churches

By Mary Young

Baptist

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

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

Pastor Terry Paine

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

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

Catholic

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

Our Lady of Snows is on-line with a web page on history, calendar of events, mass schedule, photo gallery, and other important information. Please take a few minutes to visit our web page at <http://www.pbpcatholic.org>

www.pbpcatholic.org or go to the tribal web site home page and click on Our Lady of Snows icon. We would be glad to answer any questions about our parish.

Native American Mass at Assumption Church

204 West 8th, Topeka, KS

Methodist

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

Rev. Floyd Nolin, Jr.

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

Pentecostal

Potawatomi Pentecostal Church

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

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

Calling all PBPJ Art Students!

2004 Oklahoma Johnson O'Malley Conference Art Competition Contest

"Our Students Will Soar in 2004"

The art contest winner will have their artwork displayed on the program cover and T-shirt for the 2004 Oklahoma Johnson O'Malley Conference.

Open to eligible JOM students, grades 7 through 12

1st prize \$100
2nd prize \$75
3rd prize \$50
4th prize \$25

Deadline for entries is December 15, 2003
For more details contact Kristen in PBPJ JOM Office at
(785) 966-3041



Passport to Culture

By Mary Young

A passport to culture was the theme for the Unity Council of Topeka's "Celebration of Cultures Festival" held at the Maner Conference Center located at the Expocenter in Topeka on October 18, 2003. Guests were able to take their passport to each booth, ask a question, and get the passport stamped to enter the various drawings.

What could you expect at the festival? Besides learning and experiencing the different cultures, the main ingredient to the festival was the good food and entertainment. If you were in search of a job or thought of starting your own business but did not know how, you had the opportunity to visit the job fair and seminar, "How to start your own business."

Many cultures were represented at the festival: African American, Chinese, Filipino, Greek, Indian, Italian, Irish, Jewish, Mexican, Native American, Scottish, Swedish, and Thailand to name a few.

What was needed was the opportunity to purchase a gift from the various groups represented.

Objective and Mission of the Unity Council of Topeka

"The objective of the Unity Council of Topeka is to create interest in and understanding of one another by celebrating our unique differences. The Celebration of Cultures Festival was founded in 1998 to increase awareness of and exposure to the various cultures of the area.

The mission is to invite, educate, promote and celebrate diversity throughout Topeka and around Shawnee County."

For more information, log on to www.uctopeka.org.



Multicultural Sing



Filipino Dance



Mexican



Irish



East Indian



Prairie Band Potawatomi



African-American



Irish