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# Prairie Band Potawatomi News

November 2006 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

## We-Ta-Se holds memorial service and hosts pow-wow

By Mary Young

A memorial service and unveiling of names added to the war memorial monument was held on Saturday, November 11 at the Veterans Memorial in Prairie Peoples Park, west of Mayetta, Kan.



Above, a group photo of the veterans after the memorial service concluded.

The names that were added to the monument for 2006 are as follows: John H. Lewis and Robert Larue Shoptese who served in the Korean War; Steven Joseph Cook and Jon Francis Cooper who served in Desert Storm; and William Duke Nelson Flynn and Gary Eugene Nelson who served in the U.S. Army.

In addition, the American Legion Post 410, We-Ta-Se, invited the PBP Tribal Police and Fire Department to participate in the Veterans Day memorial service. They are honored along with the veterans because they sometimes

serve in dangerous situations just like those who serve in the armed forces and should be honored along with the veterans.

Also recognized during the memorial service was Post 410 life member, Lester Arnold, for his artwork on the war memorial site. He was commissioned to paint traditional designs on the memorial that could be seen at the ceremony.

Following U.S. Senator Sam Brownback's (R-Kansas) address to the crowd, a 21-gun salute was given in memory of those who were killed in action. Then, Ben Joslin played Taps on his trumpet. Following, Senator Brownback reminded everyone to remember the sacrifices of all veterans and to thank the veterans for those sacrifices.

Later that day, Post 410 hosted the Ninth Annual Veterans Pow-wow held at the Jackson County 4-H Building in Holton, Kan. For more on the pow-wow see page 10.

At right, Hedy Noland, head lady dancer, and Albany Potts, head man dancer, pose for the camera at the pow-wow.



## U.S. Senator Sam Brownback visits memorial at Prairie Peoples Park on Veterans Day



Above, in remembrance of those who died in all the wars, a wreath was brought in by Tribal Chair Tracy Stanhoff and U.S. Senator Sam Brownback (R-Kansas) which was placed by the war memorial monument. Behind Senator Brownback is Leroy Mzhickteno, WW II veteran, who escorted them into the area. Mr. Mzhickteno is the oldest member of the We-Ta-Se Post 410 and currently serves as the historian for the Post. This was the first time Senator Brownback had ever visited Prairie Peoples Park.

## Dental office now open for business at Prairie Band Health Center

The new dental clinic officially opened for business on November 15 at the Prairie Band Potawatomi Health Center.

Patients who are Prairie Band Potawatomi Nation members can schedule appointments by calling (785) 966-8201 at the dental office Monday through Friday from 8 a.m. to 11:30 a.m. and 12:30 p.m. to 3:30 p.m. except for Tuesday afternoons when the office is closed.

The dental staff, who came on board the first week in November, are Dr. Randy German, D.D.S., Debby Lowe, a registered dental hygienist, and dental assistants Andrea Wahwasuck and Gayle Lambrecht. Wahwasuck and Lambrecht are tribal members.

The office has several rooms including three dental chair examining rooms, a private examining room, a panel x-ray machine, a processor/sterilization room, a waiting room, private dentist's office, and a break room all located in the Health Center's north wing.

In related Health Center news, evening hours

are now available at the Medical Center on Thursdays by appointment only. To schedule an evening appointment call the appointment line at (785) 966-8201.

In addition, the radiology department now has the capability of sending digital images of the x-rays taken to other physicians in the area. Other services including the Medical Center, Diabetes Prevention, Pharmacy, Lab, Community Health Representative (CHR), and Social Services programs are running smoothly. The Emergency Medical Services (EMS) component is now also staffed.

The new 36,300 square foot building is located at 11400 158 Road, Mayetta, Kan. and opened for business on September 20. The building houses the PBP Medical Center, Social Services Dept. and CHR staff.



For a photo tour of the new Dental Office see page 7 inside the News



LEFT: Members of the dental office staff stopped for a pose before examining a patient (unidentified in the dental chair) on their first day of business. From left to right is Dr. Randy German, Andrea Wahwasuck and Debby Lowe.

Happy Holidays from the News staff



The News will mail out a week earlier than usual next month due to the holiday break.



Happy Holidays  
PBP Government Offices closed  
December 25, 26, 2006  
and  
January 1, 2007

## When Sonny comes marching home again ...Hurrah! Hurrah!

Tribal member Sonny Shoptese, who is seen in the photograph, right, was in full dress uniform during the Grand Entry of the 9th Annual We-Ta-Se Pow-wow held Veteran's Day weekend in Holton. Sonny just returned home after serving a year in Operation Iraqi Freedom.

His unit was with the National Guard based out of Lawrence, Kan. Also in the photo with Sonny to his right is Jim Darnall, and slightly behind Sonny is Leroy Mzhickteno. All three men are We-Ta-Se American Legion Post 410 members.



Don't miss  
Native American legal expert  
John Echohawk  
with the  
Native American Rights Fund  
who will speak on  
Cobell v. Kempthorne  
Individual Indian Trust litigation

When: Saturday, December 2, 2006  
Time: 9 a.m. to noon

Where: Harrah's Prairie Band Casino Convention Center (St. Lawrence/Sturgeon Room)

Who: Tribal members from the Iowa Tribe, Kickapoo Tribe, Sac & Fox Nation and PBP





## November message to the Nation from Tribal Chair, Tracy Stanhoff



As we come to the end of this very active year, Tribal Council activities include:

- Ryan Dyer, James Wabaunsee and I attended the State-Tribal relations committee meetings held the third week of September. Speaking on behalf of the Tribe, I spoke about the tribal partnership between the state and county concerning the 150<sup>th</sup> interchange project, and expressed how our portion on the costs of the project had escalated and how Tribal Council refused to pay any additional funds due to the limit of our original agreement placed with Jackson County.

We also discussed the motor fuel tax and state tag cases. The Tribe has stated numerous times before, that we would cooperate with whatever information the state needed in order to provide updated information about our tribal license plate owners. Tribal Council recognized that issuing tribal tags is near and dear to the hearts of the Prairie Band people and it is a sovereign right of our Nation to issue our own tags. We will continue to push for this right.

- I also traveled to the National Congress of American Indians Annual Conference that went well. Major new initiatives were discussed including reservation meth problems, the November elections, and tribal financial literacy and economic development.

- The four Kansas tribal chairs were also invited to attend a pre-election meeting with Congressional candidate and newly elected Representative, Nancy Boyda, who beat incumbent Jim Ryun. Boyda's win should assist the Tribe in our efforts to "stall" Republican efforts with the Pombo Bill which currently threatens the gaming rights of the Prairie Band and other Tribes.

- We welcomed the Association of Public Safety Communications Officials (APCO) conference to our Prairie Band Conference Convention facility. It is always great to have groups come in for a conference and to utilize our beautiful convention facilities that are helping to expand our business options.

- We also welcomed a tribal Diabetes Prevention Conference to our resort. Congratulations to Sebe Masquat and John Holtz for this wonderful event.

- Councilman Junior Wahweotten and I traveled to Washington D.C. to meet with the Department of Interior (DOI) to thank them for their recent upholding of the Sh-lah-nay Reservation status and their re-inforcement of the trust responsibility to the

Prairie Band via a letter to Speaker of the House Dennis Hastert while admonishing the DOI to continue to keep our Prairie Band Potawatomi's rights first and foremost in their efforts, not political rhetoric.

- Tribal Council along with the General Manager's and finance office held extensive budget hearings where we "line by line" went over the 2007 tribal budgets to determine how best we can budget and spend the Tribe's government and economic development allocations. Much pre-planning was spent regarding this effort including extensive financial analysis, a re-vamp of our government fleet policy and the interviewing of many tribal groups to obtain input on our people's priorities for our government expenditures.

- Economic development head, Don June, and I attended the National Minority Business Development Council's Annual Minority business conference where we investigated additional options for diverse economic development on our tribal reservation in Kansas. Stay tuned for more information regarding this quest.

- Dan Deerinwater of the Anadarko office of the BIA visited with our Tribal Council in Tribal Council chambers. As a result, our Section 17 Prairie Band Entertainment Corporation charter HAS BEEN APPROVED BY THE BIA. Tribal Council and the Gaming Commission are undertaking the next steps for implementation.

- Also as a result of Tribal Council meeting with Dan Deerinwater which also included members of our Constitution Committee, our Constitution amendments are moving forward - we will provide an update on the secretarial election shortly.

- The Nation also celebrated Veteran's Day with our Veteran's group, We-Ta-Se, holding a wonderful veteran's commemoration at the Veteran's Memorial plaza in our Prairie People's Park. Special guest was United States Senator, Sam Brownback, who assisted me in putting a wreath on the memorial in honor of our veterans.

- Congratulations to our new We-Ta-Se, Prairie Band Potawatomi Princess Kek Mitchell who was crowned during a great Veteran's Day Pow-wow in Holton.

As always, I am available on an appointment basis to discuss anything a tribal member has on their mind. Please call Verna Simon at 785-966-4008 to set up an appointment. We wish you and yours a healthy, happy start to this holiday season.

We're Moving Forward,  
Tracy Stanhoff

## From the office of Jim Potter, Tribal Secretary



Bo Sho' and Greetings to All:

I hope and pray this writing finds each of you and your families happy and in good health.

The following report was developed and made available to the tribal members in attendance at our 10/21/06 General Council (GC) meeting. It will become a regularly distributed report in our GC meetings and for publication in the Nation's newspaper. The Tribal Council felt it useful information to our membership to illustrate some of the activity and how some of the time is spent by the Tribal Council in the involvement of the Nation's business and governmental administration.

I sincerely hope you find this information useful and helpful in understanding more so the internal workings of our Nation's government. Should you have any question please don't hesitate to contact me through the contact information below.

With the holiday approaching I would like to take this opportunity to wish everyone a happy and bountiful Thanksgiving holiday.

Respectfully submitted,

Jim Potter  
(Wabaunsee),  
Tribal Council Secretary  
Phone No.: 785-966-4022  
Toll Free No.: 1-877-715-6789 Ext. 4022  
Email: jimpotter@pbpnation.org



Prairie Band Potawatomi Nation  
General Council Meeting  
October 21, 2006  
Tribal Council Secretary's Report

Bo sho'

I would like to take this opportunity to welcome everyone to our October 21<sup>st</sup> General Council meeting and to also thank each one of you for attending and taking an interest in our Nations Governmental affairs. The purpose of this report is to illustrate, communicate and hopefully convey more understanding to our membership for some of the activity and how some of the time is spent by the Tribal Council in the involvement of the Nations Business and Governmental Administration. The chart below gives statistical data for the last quarter concerning number of Tribal Council meetings conducted, time spent in session, number of actions taken and what type of actions were taken. Please keep in mind the chart below doesn't take into consideration meetings that were conducted for informational purposes or time spent on duties and responsibilities for individual Tribal Council members on an individual basis. Examples of some of these items are weekly informational meetings with Casino Management for updates and operational reports, weekly progress and update meetings with Casino Transition Team, efforts and communication for moving special projects forward i.e. Illinois Reservation Project, Motor Fuel Tax Issue, the battle to deter expanded state gaming, other Federal and State legislative issues that arise rather frequently. Lastly, this doesn't include time spent by individual Tribal Council Members on individual governmental activities.

Date	Resolutions Adopted	Resolution comments	Hours TC spent in meetings	# of TC meetings held	Actions - Motions	Actions - Consensus	Total Actions
July	26		36 hours 4 min	3	72	38	110
August	36		29 hours 25 min	8	93	40	133
September	28		20 hours 30 min	6	75	14	89
<b>Totals</b>	<b>90</b>		<b>85 hours 59 min</b>	<b>17</b>	<b>240</b>	<b>92</b>	<b>332</b>

Thank you again for your time and interest in today's meeting and encourage you to please contact my office should you have any questions.

Respectfully submitted,

Jim Potter,  
Tribal Council Secretary

## Bank's eye view: Annuities

By Rex Frazier, Financial Officer—Denison State Bank

The term "annuity" means a stream of payments. An annuity is an insurance contract set up to convert a sum of money into a series of payments. There are two major types of annuity contracts. An immediate annuity begins paying the owner shortly after the annuity is purchased and guarantees payments for a period of years or the lifetime of an individual or couple. The deferred annuity grows tax deferred until the annuity contract is converted into an immediate annuity or cashed in through either periodic withdrawals or a lump sum.

Deferred annuities come in two different forms. One is a fixed annuity. With a fixed annuity, the insurance company agrees to provide the owner with a fixed-dollar payment, often for the rest of the person's life. The owner receives the security of knowing he or she will receive the same amount of money regularly, regardless of market performance (assuming the insurance company remains financially healthy). The major drawback of a fixed annuity is that it doesn't account for inflation. Five hundred dollars a month today doesn't buy nearly what it did in 1986.

The other type of deferred annuity is a variable annuity. Variable annuities allow money to be invested in separate accounts (similar to mutual funds) in a tax deferred manner. Many variable annuity contracts offer a guaranteed minimum rate of return, even if the underlying separate account investments perform poorly. This can be attractive to people uncomfortable investing in the equity markets without the guarantees. However, since insurance companies in general do not write money-losing contracts, you will pay for each benefit

provided by a variable annuity. Therefore, look at the charges carefully. Variable annuities are often criticized since the commissions paid by this product are often high relative to other investment products.

Now that we have looked at the different types of annuities, let's look at some of the options you have for setting up the payments.

Life annuities - This provides an income for the life of the owner. For an additional expense, a benefit rider can be placed on another life (such as a spouse) whose life the annuity is wholly or partly guaranteed. It is common to buy an annuity which will continue to pay out to the spouse of the owner after death, for as long as the spouse survives. Another feature, known as life with period certain, guarantees a minimum payment period irrespective of death.

Guaranteed minimum death benefits (GMDB's) - This can be received only if the owner of the annuity contract dies. These GMDB's come in various forms:

- Return of premium (a guarantee that you will not have a negative return).
- Roll-up of premium at a particular rate (a guarantee that you will achieve a minimum rate of return).
- Maximum anniversary value (looks back at account value on the anniversaries, and guarantees you will get at least as much as the highest values upon death).
- Greater of maximum anniversary value or particular roll-up.
- These performance guarantees can be purchased individually, with higher costs for

guarantees that are riskier for the insurance company.

Section 1035 of the IRS code will allow owners of variable annuities to exchange one variable annuity for another without requiring the payment of income taxes. This will allow owners to change from an under performing company without suffering a tax hit.

Annuities have some very positive aspects. It can provide a person with income they can't outlive. They grow tax-deferred and have no federal withdrawal requirements. There are many alternatives for getting your distributions. There is no annual contribution limit and the money may come from any source.

Annuities also have some drawbacks. Fixed annuities are vulnerable to inflation and variable annuity income is unpredictable. Earnings are taxed at regular withdrawal rate. Variable contracts often have higher fees than comparable savings plans. Variable contract investment choices may be limited. Surrender charges and additional taxes may be imposed on early withdrawals. Commissions may be higher than on other retirement plans.

There are too many options with annuities to cover all of them in this article. Annuities serve a good purpose for some, but not all investors. Make sure you understand your investments before investing.

As always, I look forward to answering any questions readers may have about this or any other subject. I can be reached at rfrazier@denisonstatebank.com or 1-800-633-2423.

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## Prairie Band Potawatomi News

### An Award Winning Newspaper

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

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

**Anonymous letters will NOT be printed or accepted. Letters which are libelous will NOT be published.**

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

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





## She's here...she's there...she's everywhere

A glimpse of the working life of Tribal Chair Tracy Stanhoff



LEFT: Tracy welcomed attendees to the Association of Public Safety Communications Officials (APCO) Conference that was hosted by the Potawatomi Tribal Police Department October 15 - 17.

The conference was held at the Casino and Convention Center and included a workshop on Domestic Violence led by Rose Bone and Nis Wilbur of the PBPB.

We-Ta-Se Color Guard also posted colors for the opening ceremony on October 16 before Tracy spoke.

photos by Suzanne Heck  
& Mary Young



ABOVE: Chair Stanhoff (far right) giving an overview of tribal activities to employees at the all-employee quarterly meeting held October 13.



ABOVE: Tracy with her assistant Verna Simon before giving welcoming remarks at the Diabetes Prevention Conference held October 27-28 at Harrah's Convention Center.



ABOVE: Tracy being interviewed by WIBW TV 13 reporter Lindsay Shively on the day of the Indian Health Center's grand opening.



ABOVE: Tracy, far left, with friends and family of Indian Health Board member, Helen Sumner, fourth from left on the day of the Indian Health Center grand opening. Helen works in the Economic Development Department for the PBPB and moved back to the reservation after working for Indian Health Services (IHS) for several years.

RIGHT: Tracy, behind the lecturn, emceed the Charitable Contributions Ceremony on Nov. 13.



ABOVE: Chair Stanhoff greeting U.S. Senator Sam Brownback as he arrives at the Veteran's Memorial in Prairie Peoples Park. Tracy and Sen. Brownback participated in the memorial ceremony on November 11.

RIGHT: Tracy with the Tribal Council and Gaming Commission during the Health Center grand opening.



RIGHT: Tribal Chair Stanhoff being interviewed by Amanda Kinseth, Reporter for KSNT TV 27, on October 18.



### Prairie Band Potawatomi Nation Charitable Contributions Awards Ceremony held November 13

By Suzanne Heck

Schools and other non-profit organizations were among organizations that received donations at the Prairie Band Potawatomi Nation (PBPB) 3rd Quarter Charitable Contributions awards ceremony held Monday, November 13 at 9:30 a.m. at the Bingo Hall.

Members from the Tribal Council and the Charitable Contributions Committee recognized 26 organizations that were selected for the quarterly distribution. Areas focused on when determining the distribution of funds included groups involved in education, health and community services, environmental protection and preservation, and religious organizations that have an impact on the spiritual wellness and quality of life for all.

Some of the organizations that received awards are located near the Prairie Band Potawatomi Reservation. Among them were North Jackson USD #335 in Holton, Kan. who received a \$15,000 donation to help fund laptop computers for students, and the Pottawatomie-Wabunsee Regional Library in St. Mary's, Kan. who were awarded \$10,000 to assist them in computerizing their library card catalog system.

In addition, organizations from the Topeka area also benefited from the Prairie Band Potawatomi Charitable Contributions. A \$10,000 donation to the

United Way of Greater Topeka will help recruit new businesses to give to the United Way, the TDC Learning Center, Inc., received an \$8,000 donation to help fund child care costs for underprivileged families, a \$2,000 donation to the Topeka AID's Project will go toward developing a food pantry and testing/educational program, and the Friends of the Topeka Zoo will use a \$5,000 donation from the Tribe to help underwrite a river otter display. Other organizations in Topeka, too numerous to mention, also received donations.

Organizations in outlying communities also received help from the PBPB. The Ozawie Fire Department #7, Ozawie, Kan. received \$3,300 to help purchase a grass firefighting truck, Rose Hill USD #394, Rose Hill, Kan. got \$2,000 in assistance to help rebuild the school's baseball field, and the Resource Center for Independent Living, Inc., Osage City, Kan. received a \$5,000 for a program called "Peer Specialist" designed for people whose only source of income is Social Security.

Out-of-state organizations receiving donations included Kah-Bay-Kah-Nong, a Native American resource center located in Warroad, Minn. who will use the \$5,000 to help fund their Ojibwa Crisis Center and Food Bank plus a Human Rights Advocacy and Mentor program and the Native American Law Students Association in Denver who received \$600 to help with a golf fundraiser.

#### 3rd Quarter, 2006 Prairie Band Potawatomi Nation Charitable Contributions List

Pottawatomie-Wabunsee Regional Library (St. Mary's, KS)	\$10,000
Topeka AID's Project (Topeka, KS)	\$2,000
Topeka Active 20/30 Club (Topeka, KS)	\$5,000
Friends of the Topeka Zoo (Topeka, KS)	\$5,000
Rose Hill USD #394 (Rose Hill, KS)	\$2,000
TDC Learning Center, Inc (Topeka, KS)	\$8,000
Ozawie Fire Dept. #7 (Ozawie, KS)	\$3,300
RVHS Cheerleading Clinic (Hoyt, KS)	\$1,200
Latch-KeyBoard Project (Topeka, KS)	\$1,000
Junior League of Topeka Oktoberfest (Topeka, KS)	\$800
Project Plus SEKESC USD #609 (Topeka, KS)	\$2,000
American Heart Association Heart Walk (Topeka, KS)	\$1,000
35th Infantry Division Assoc. (Topeka, KS)	\$1,500
St. Paul School Alumni & Friends (St. Paul, KS)	\$2,000
Sunshine Connection of Topeka (Topeka, KS)	\$3,500
Mayetta Pioneer Days Association (Mayetta, KS)	\$1,500
United Way of Greater Topeka, Inc. (Topeka, KS)	\$10,000
Lawrence Indian United Methodist Church (Lawrence, KS)	\$2,000
Berryton Elementary School (Berryton, KS)	\$1,000
North Jackson USD #335 (Holton, KS)	\$15,000
Native American Law Students Assoc. (Denver, CO)	\$600
Kah-Bay-Kah-Nong (Warroad, MN)	\$5,000
Friends of Recovery & Oxford House (Mayetta, KS)	\$2,500
Resource Center for Independent Living (Osage City, KS)	\$5,000
Ms. Wheelchair Kansas Program (Topeka, KS)	\$2,000
Osage Mission-Neosho County Museum (St. Paul, KS)	\$1,000

### Real estate and living in the world today: identity Theft and Fraud

By Christina Barth REALTOR®

It's about that time of year when people begin to buy gifts to express to their loved ones how much they care. It's about that time when people start to feel giving, friendly, and excited about the holidays. But it's also the time of year when most identity theft and fraud takes place. Unfortunately a lot of the time, it's not only done by strangers but it's also done by family members and friends.

A person who has your personal information can:

- Get credit cards in your name
- Get approved for a loan
- Open new bank accounts and write bad checks
- Rent an apartment or home in your name
- Set up utilities and cellular services in your name
- Open up store accounts to make purchases in your name
- The list goes on and on

It can take months or even years before it's noticed that someone has used your identity. So learn ways to protect yourself. Learn how to prevent it from happening to you.

- Don't give your social security number out to just anyone. Most businesses will ask for the last four digits of your social security number instead of the full number for verification purposes.
- Never give out any personal information over the phone unless you initiate the call.
- Don't put your social security number or driver's license number on your checks. Don't put your social security number on your driver's license. If you lose your license, someone will have everything they need to know about you in order to be you. They will have your full name, date of birth, address, social security number, and so on.
- Monitor your credit card bills and bank account statements monthly. Keep all receipts.
- Don't pay bills online. Although paying bills online is convenient, it's even more convenient for hackers to get your personal information.

- Shred all papers that have your personal information on them, including credit card pre-approval letters, financial statements, and utility bills. Thieves have been known to go "dumpers diving" to retrieve personal information.
- Never carry extra credit cards, checks, or your social security card with you. Keep them at home in a safe hidden place.
- In public places individuals have been known to look over people's shoulders to get account numbers and pin numbers. They even listen in on phone conversations to get information. Be discreet and guarded at all times.
- Always take your credit card receipt when a purchase is made and never throw them away in public. Take bank receipts and credit card receipts home to shred.

Although you may think your home is a safe place, friends and family members have also been known to identify theft and fraud. Keep all your personal information picked up and not in the open. Keep all important documents located in one hidden place so nothing becomes missing without you noticing.

If you detect that someone has stolen your identity, act immediately.

- File a police report. Make copies of the report to send to requested agencies.
- File a complaint with the Federal Trade Commission
- Contact Creditor's Fraud Departments
- Contact the National Credit Bureau
- Notify your bank and credit card companies where the identity theft took place to cancel accounts.

Always be cautious about protecting your identity. Don't let someone pretend to be you!

Once again, feel free to send your questions and comments to: 6342 SW 21<sup>st</sup>, Suite 101 Topeka, KS 66615. I can also be reached at cbarth@TopekaAreaHomes.com or (785) 383-8500

Happy Holidays!





## Department & Program News

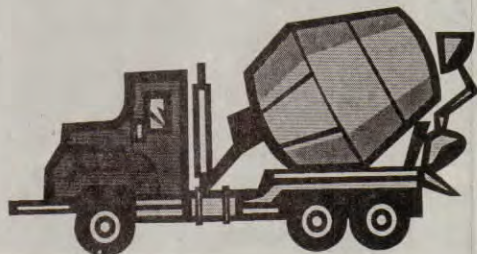
Prairie Band Potawatomi News

### Four homes placed near 158 Road and K Road Housing Department and Road & Bridge transform rez land

Road and Bridge crews came in, built roads and prepared the land for the houses



An old structure that sat on the property for many years will be eventually removed



The homes will be used for tribal members and their families who are in need of a place to stay while they are in transition. Call the Housing Department for details at (785) 966-2857.

The homes, that were pre-manufactured by Ward Craft Homes, were moved in on Nov. 14. Below is Dean Cairns from Ward Craft at the job site that day.



Foundations were poured and constructed

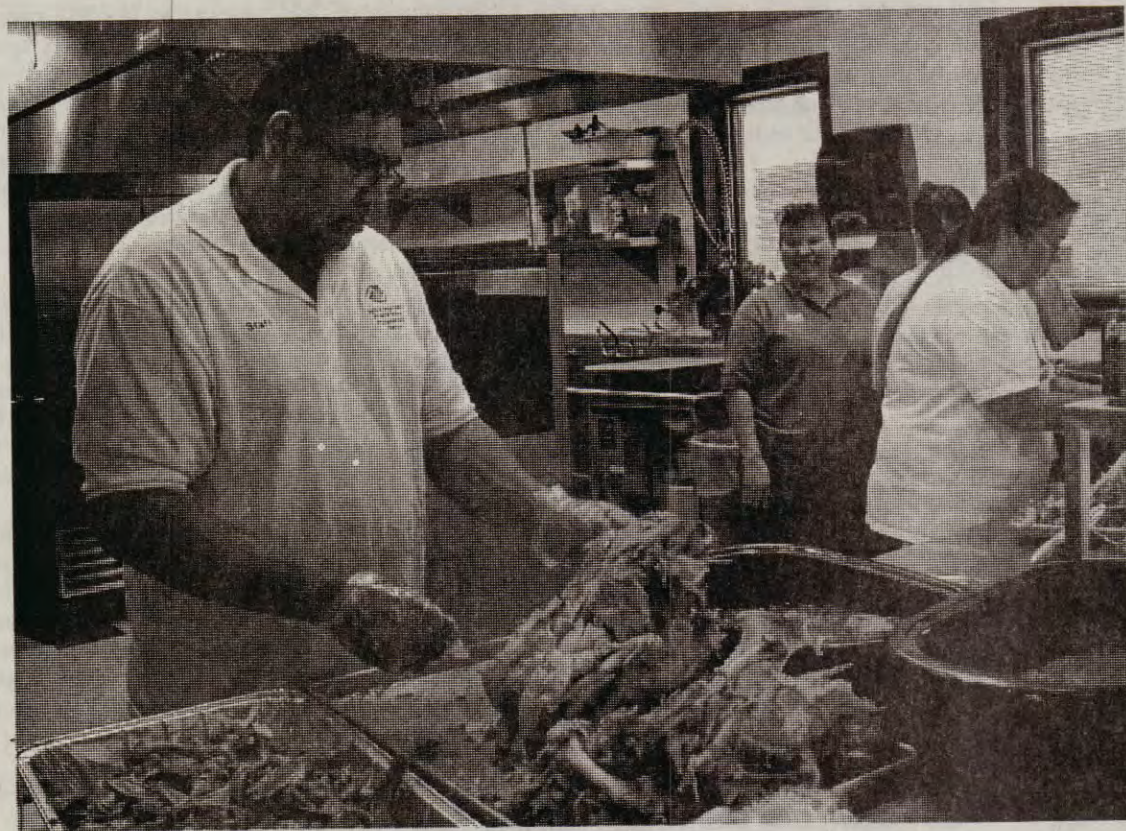


The homes were then rolled on to each foundation and should be ready for occupancy early next year.



Each home has 3 bedrooms and two baths and 1,176 square feet

### A Thanksgiving Feast



LEFT: In the foreground is Mario Kitchkemie carving a turkey that was served at the Boys & Girls Club Thanksgiving dinner held at noon on Nov. 22. In the background are other volunteer cooks who assisted that day. Children also helped prepare food for the feast the night before during a lock-in party at the Club. They shared their food preparations the next day with their families who all came together to eat dinner in the Boys & Girls Club gym.



### Harvesting our land



It was a 70-degree day of beautiful weather when the photograph, left, was taken on November 9 that shows the last of this year's corn crop being harvested by a member of the Department of Land Management.

According to Department of Land Manager, Carl Matousek, the Prairie Band Potawatomi cultivates around 1,400 acres of ground that primarily includes crops of soybeans and corn. In addition, the Land Management staff cuts hay, does a lot of ground spraying for weeds, removes snow at the Casino when needed and conducts research and environmental studies of the land.

Members of the Land Management staff besides Carl include Chris DeCoteau, Kevin Wood, John Rupnicki, John Levier and Chago Hale.

The Land Department is located across from the Prairie Village Housing Complex near the intersection of K Road and 150 Road on the reservation.

### Boys & Girls Club of the Prairie Band Potawatomi Nation announces new funding for a Diabetes Prevention Program

Submitted by Coleen Green

The Boys & Girls Club of the Prairie Band Potawatomi Nation is pleased to announce it has received funding for a new Diabetes Prevention Program. The Indian Health Service (IHS), National Congress of American Indians (NCAI), Boys & Girls Clubs of America (BGCA) and Nike, Inc. have partnered to create a program aimed at reducing the onset of diabetes among Native American youth. The program - On the T.R.A.I.L. (Together Raising Awareness for Indian Life) to Diabetes Prevention - is an innovative combination of physical, educational and nutritional activities that promote healthy lifestyles. T.R.A.I.L. is a 12-week incentive-based program that provides youth with a comprehensive understanding of healthy lifestyles aimed at helping to prevent diabetes.

The Boys & Girls Club of the Prairie Band Potawatomi Nation is pleased to have been selected as one of the 40 grant recipients to participate in this exciting initiative. Members draw from tribal traditions and history to learn about nutrition, food choices and the impact of diabetes. They then apply decision-making and goal-setting skills in the Physical Activity Challenge and engage in service projects to improve healthy

lifestyles in their communities. Woven throughout the program are self-esteem and prevention activities, and community and family involvement is encouraged.

Included in the partnership is a NikeGO on Native Lands grant that includes a physical activity training, curriculum, equipment, product incentives and evaluation. NikeGO on Native Lands motivates T.R.A.I.L. and Club members to achieve their goals and promote physical activity. NikeGO is Nike's signature U.S. community affairs initiative and the company's long-term commitment to getting kids more physically active. The program's mission is to increase physical activity in youth, offering them the support and motivation to become physically active, stay healthy and have fun. In its most recent fiscal year, Nike contributed more than \$10.5 million in cash and products and served more than 150,000 kids across the U.S. through its programs and partnerships.

Visit [www.nikego.com](http://www.nikego.com) for additional information.

If you are interested in finding out more information about "On the T.R.A.I.L. to Diabetes Prevention", please stop by the Club or contact Coleen Green or Raphael Wahwassuck at (785) 966-3031.





## Ben-no-tteh Wigwam Early Childhood Center News

### What do you think?

The Prairie Band Potawatomi Early Childhood Center recently asked 19 directors of tribal programs to complete the following survey. The questions were taken from *What Grown Ups Understand About Child Development: A National Benchmark Survey*.

**Q:** Some people say that a 6-month old, because he is too young, cannot be spoiled, no matter how much attention his parents give him. Others say that a 6-month old can be spoiled. Which do you agree with more?

**A:** Of people surveyed 68% felt that a 6-month old could be spoiled. **Appropriate answer:** A 6-month-old child is too young to be spoiled.

*When parents respond to their babies' needs for comfort and care, they are not spoiling their children. They are building a good foundation for the capable, caring people their children will become.*

**Q:** Picking up a 3-month old every time she cries?

**A:** Of those surveyed, 50% felt it would likely spoil the child and 39% of people replied with the **correct response**; picking up a 3-month old when they cry is appropriate and will not spoil the baby.

*It's impossible to spoil a baby by holding them too much, comforting them when they cry, or giving them too much attention. Nurturing and love, teaches them to nurture and love.*

**Q:** Rocking a 1-year old to sleep every night because the child will protest if this is not done?

**A:** Of those surveyed, 50% responded appropriately to this question. This will likely spoil a child.

**Q:** Letting a 2-year old get down from the dinner table to play before the rest of the family has finished their meal?

**A:** Of people surveyed 52% felt that this will likely spoil the child. The other 32% answered that this would be appropriate, which is correct.

*Toddlers are instinctively curious, wanting to run around and explore. Sitting down for extended periods is challenging unless they are engaged in something that has great appeal to them.*

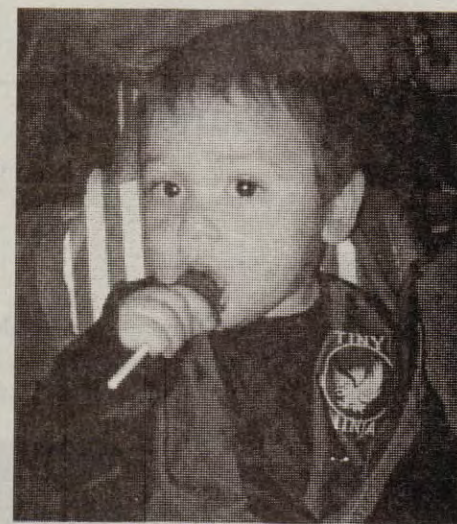
**Q:** Letting a 6-year old choose what to wear to school every day?

**A:** Of those surveyed 79% answered this question correctly, this is appropriate.

*Giving a child a task he/she can handle builds responsibility, helps prepare them for the real world, and develops self-concept.*

If you would like more information on child development, contact the Prairie Band Potawatomi Early Childhood Education Center, at (785)966-2707 or visit our website at [www.pbpnation.org/childcare](http://www.pbpnation.org/childcare)

Thanks to the childcare center staff for submitting the photos and articles in this section



### Worried about spoiling your baby?

"If you pick your baby up when he/she cries, you will spoil him/her." Have you heard this through the grapevine? Or from your family? The REAL TRUTH is that babies cry to tell us what they need—whether it's food, a dry diaper or just to be comforted. You cannot spoil your little baby by picking him/her up when he/she cries. The more hugs and warmth parents give their babies early in life, the better adjusted their children will be when they grow up. When you hold and soothe your baby, the chemistry in his/her brain actually changes. It helps him/her learn to soothe himself/herself as he/she grows older. When your children are hurt or feeling frightened, giving them hugs and reassurance which will help them feel more secure. These feelings of trust and security will make it easier for children to do things on their own as they grow older. *Without food, a baby will starve. Without love, a baby will starve emotionally. The food for baby's growth and development is physical touch, kind words, and tender loving care.*

### Photo snaps



Left & right: The Child Care Center had Halloween festivities and their annual harvest party this fall that is always a big event for Potawatomi families.



Left: LaVerne Hale, who looks like she has a festive "bat-hat" on her head is seen with her grandson during a trick or treat halloween event that was held at the Boys & Girls Club for the children. The bat was, in reality, a decoration that was mounted on the wall in the background.

### Social Services Department holds Jackson County Community Assistance Team meeting



By Suzanne Heck

The Social Service Department hosted the Jackson County Community Assistance Team meeting on November 8 in the department's new conference room that is located in the Social Services wing of the Health Center.

The group, comprised of members from various Jackson County Social Service agencies, meets monthly to collaborate about services and to offer updates about what their programs are doing as a way of providing better services.

Jim Beckwith, from the Northeast Kansas Area Agency on Aging, Hiawatha, Kan. coordi-

nates the group that also includes members from NEK-CAP, Inc., Fresh Start, Kaw Valley Center, and the Multi County Tobacco Prevention organization, to name a few.

Representing the PBP Social Services Department at the meetings are Larry Pickman, Dawn Masquat, and Jeannie Combs.

The group has been meeting for five years and used to hold their meetings in Holton. Recently, however, they have begun taking turns holding the meetings so that group members can see each other's facilities and to learn more about collaborating their services.

### Carol Shopteese and Michelle Levy to present workshop at National Indian Child Welfare Association Conference

Michelle Levy, MSW – University of Kansas School of Social Work and Carol Shopteese, LMSW, MBA will offer a workshop called "Hope and Hard Work: Developing ICWA Curriculum Through Collaboration," at the National Conference in April 2007.

The workshop will present a promising practice model of university-tribal-state agency collaboration for the development and delivery of training on the Indian Child Welfare Act. It is anticipated that participants will develop an understanding of the curriculum development process and participate in learning activities that may be used in teaching others about the intent and effect of the Indian Child Welfare Act. Other considerations around curriculum development and training delivery will also be addressed during the workshop.

Carol said she was honored to have been selected as a workshop presenter and publicly wants to thank the Sac and Fox Nation of Missouri Tribal Council for promoting her passion, which is the Indian Child Welfare Act (ICWA). She is a strong advocate for the ICWA and believes all Indian children deserve to live in a safe, healthy, loving environment. Children and Family Service Review (CFSR) Assessment

In related news, Carol Shopteese has been designated as the Sac and Fox Nation representative to serve as a Systemic Work Group member for the Children and Family Service Review (CFSR) Assessment. As part of the statewide assessment process, Carol will have the opportunity to provide feedback and input and compare data with the State's system outcomes of safety, permanency, and well-being. The goal of the systemic work group is to understand how the current system performance affects those outcomes as well as use the information to improve the State's performance in the State child welfare system.

Ms. Shopteese will collaborate with Kansas Social and Rehabilitation Services (SRS) and provide information that assesses the strengths of the system component; the usefulness and relevance of the system component; gaps in current performance; and needs that are not yet or not fully addressed. The State process ensures compliance with relevant federal requirements (e.g. goals and objectives under title IV-B and IV-E) in the areas of initial staff training; ongoing staff training; and foster and adoptive parent training.

The opportunity will allow for Ms. Shopteese to provide insight for tribal programs and the chance to tell mainstream agencies and groups how Tribal programs are affected by federal and state regulations.

### Hit the road, Jack...

By Suzanne Heck

Jack, the horse, whose owners live on Q Road a little south of the PBP Tribal Police Department, got loose one day from his pen last month and Mary Young photographed him (in the photo right) as he was sauntering down 162 Road which leads to the PBP headquarters. Local folks, like Mary, who recognized the little pony, became concerned about his welfare and soon after seeing the little guy out of his pen called PBP's animal control officer Rick Burns who arrived at the scene and herded Jack into his truck to take Jack back home.

Some folks think that Jack might have gotten loose and was heading toward the new Indian Health Center looking for some of his old friends in the Social Services Department who used to work in a modular building that was located next to Jack's pen on Q Road.

After Jack returned to his pen that day he was greeted by his barnyard buddy, Chico, the donkey, who also made the *Potawatomi News* last April after being rescued by Officer Burns



who freed him from part of an outbuilding that had conked the little donkey on the head and pinned him during a storm. Luckily Jack and Chico are both surviving fine thanks to members of the Potawatomi community who care about the little fellas.

### "Tis the Season for Giving"

- Social Services Dept. held a coat drive the week of Nov. 6-10 to give to needy families
- A Community Blood Drive is scheduled for Dec. 1 to be held in the Health Center Conference Room





## Of community interest

### Fourth Generation Warrior Deployed to Iraq

Submitted by Tamara McClammy

Specialist (E-4) Ashley McClammy, the daughter of Will and Tamara McClammy (Topeka, Kan.), completed six months of training with her unit HHC108<sup>th</sup> AVN Kansas Army National Guard in Ft. Hood, Texas; prior to their eventual deployment in September '06 to Balad, Iraq better known as "Camp Anaconda". The unit will be under the command of General Russell "Ragin Cagin" Honore the acclaimed hero of Hurricane Katrina.

Specialist McClammy is a flight operations specialist (15P) and comes from four generations of veterans on both her paternal and maternal sides of the family. Both her great-grandfather Joseph Bergie (paternal) and great-great grandfather Grant Magnauck (maternal) served in the Army during WWI; however, neither of them was considered an American citizen at the time of their service. Magnauck later served in the Army again during WWII in North Africa and fought against the infamous "Desert Fox" Nazi General Rommel and the Italian dictator "Il Duce" Benito Mussolini.

Her grandfather William "Tolly" McClammy (paternal) served under General Douglas MacArthur in

the Philippines as a member of the renowned island hopping "Jungleleers" of the 163<sup>rd</sup> Inf. Rgmt. during WWII.

Her great-grandfather Joseph Lewis (maternal) served stateside in the Kansas Army National Guard. Her grandfather Charles Magnauck (Lewis-maternal) and great-uncle Joseph Grant Jessepe served during the Vietnam War.

Her father Will McClammy served under General "Stormin" Norman Schwarzkopf in Operation Desert Shield & Desert Storm as a paratrooper for the famed XVIII Airborne Corp. In addition to this rich tradition, Specialist McClammy has many uncles, aunts and cousins that have served or are currently serving in the armed forces. Specialist McClammy is honored to be following in the footsteps of her relatives and looks forward to getting the job done, "Hooah!!!"

Her family would like to ask for your thoughts and prayers during her deployment and hope for a safe and rapid return for all of the warriors that are in harms way.



Here's how to contact



Spc. McClammy, Ashley  
HHC Company, 1-108<sup>th</sup> AVN 36 CAB  
LSA Anaconda  
APO AE 09391



**Congratulations  
to  
Richard Parker, Jr.  
on graduating  
from  
Division 304  
Naval Recruit  
Training Command  
Great Lakes, Ill.**

### Vanessa Pahmahmie



conducted into  
**PHI THETA KAPPA  
International Honor  
Society  
Highland Community  
College this fall.**

**Parents: Alan "Boney"  
& Brenda Pahmahmie**



## Indians go undefeated



Left to right: Evan Evans, William Evans, and Nolan Pahmahmie.

By Anita Evans

The 2006 Sequoyah High School football team made school history as they completed their regular season with a record of 10-0. Three area players represent the Sequoyah Indians from Tahlequah, Okla. Prairie Band Potawatomi Nation tribal members William Evans, Evan Evans, and Nolan Pahmahmie are team members of the fighting Indians football team. William and Evan are the sons of Mando and Anita Evans. Nolan is the son of Jona Rupnicki and Alan Pahmahmie.

William is a 6-foot-2-inch, 230-pound senior. He plays on the offensive line and on defense he plays

defensive end. Evan is a 5-foot-11-inch, 210-pound sophomore. He plays center on offense and plays on the defensive line. Nolan is a 5-foot-9-inch, 160-pound junior who is a wide receiver and defensive back for the Indians.

The Sequoyah football team did make it to the playoffs but were defeated in the early rounds.

In related news, William was selected as a 2006 royalty candidate at Sequoyah High School during the homecoming celebration held October 27. The football team competed against Wyandotte that weekend and won by a score of 55-6.

## First Nations Golf Association Professional Golf Tour has Successful 2<sup>nd</sup> Year

CHILOQUIN, ORE. The First Nations Golf Association (FNGA) announces it's 2007 schedule after completing an exciting 2006 campaign.

The FNGA is an internationally recognized not-for-profit 501 (c) 3 organization that provides various golf opportunities to amateur and professional golfers of all ages, from youth to senior both male and female across Indian Country.

The FNGA Professional Tour recently completed its first full season and second season overall.

Five Championships events were played in 2006 with stops at the Las Vegas Paiute Golf Course, All-Indian Tour Championship, Las Vegas, Nev. The Wildhorse Resort Golf Course, FNGA Masters, Pendleton, Ore. The Oneida Warrior Championship, Green Bay, Wis. The Black Bear Resort Golf Course, FNGA Open Championship, Fond du Lac, Carlton, Minn. and the Seminole Hard Rock Championship, Ft. Lauderdale, Fla.

The FNGA Tour has 90 members representing over 52 Tribes and Nations from across North America.

The 2006 FNGA Champions are: Steve McDonald, Potawatomi - All-Indian Tour Championship and FNGA Open Championship. Joe Finley, Colville - FNGA Masters Championship. Steve Tooshkenig, Chippewa/Delaware - FNGA Oneida Warrior Championship, Miles Maillet,

Shoshone/Paiute - FNGA Seminole Hard Rock Championship. Along with his two victories McDonald also won the "2006 Player of the Year-Tour Champion" honors.

This year the FNGA honored Rod Curl, Wintu, a 22-year veteran of the PGA Tour, last year's honoree was Dennis Burr, Lakota Sioux, for their past achievements in golf.

The FNGA mission is to enhance and promote the game of golf in Indian Country. To share with Indian people an enthusiasm and appreciation for the game of golf. Jayson Ray, FNGA Executive Director, states, "We firmly believe, that golf is a game and sport of a lifetime that teaches many unique and traditional values such as honor, respect and good sportsmanship".

The FNGA has four distanced branches: 1) The Professional Tour and Amateur events. 2) Youth Golf. 3) Foundation and Scholarships. 4) Handicapping. The FNGA is committed towards making a difference within Tribal/Indian communities by conducting events and engaging the youth in these events and also by giving back resources through the FNGA's contributions program.

The Founding Sponsor of the FNGA is the Fond du Lac Band of Lake Superior Chippewa's.

### Top 10 players of the FNGA Professional Golf Tour points standings

- Steve McDonald, Potawatomi-Kansas
- Shreve Tso, Navajo-Arizona
- Steve Tooshkenig, Chippewa/Delaware - Ontario, Canada
- Demando Mingo, Choctaw-Mississippi
- Miles Maillet, Shoshone/Paiute-California
- Conrad King, Oneida-Wisconsin
- Jon Beaver, Dene-Saskatchewan, Canada
- Jayson Ray, Klamath/Modoc-Oregon
- Joe Finley, Colville-Washington
- Jay Julius, Lummi-California



**To learn more  
about the FNGA  
log on to  
[www.fnga.net](http://www.fnga.net).**

## 2005 SRC recipient reports



I would like to thank the Prairie Band Potawatomi Nation for its fellowship program. I was the recipient of the two year fellowship at the Sequoyah Research Center (SRC) at the University of Arkansas at Little Rock which started in the Fall of 2005. I am currently in my second year of the Prairie Band Potawatomi Fellowship and I will be graduating in May 2007 with my Master's Degree in Studio Art.

The Prairie Band Potawatomi Fellowship has been very beneficial in my graduate school career. It not only has allowed me the privilege of going back to school, but it has also helped me give back to the Native American community. I have worked on organizing the Press History Collection at the SRC, which houses the world's largest collection of Native American thought. I have engaged in developing Trail of Tears Indian Removal interpretive material under a contract between the SRC and the Long Distance Trails Office of the National Park Service. I have also been able to secure grants from the Bay and Paul Foundations in New York and the Arkansas Humanities Council to create animated films in the Cherokee and Creek languages as part of Native language preservation programs. I am active in spreading this program to other tribes as well. Additionally, I have been able to exhibit my paintings and drawings in galleries and competitions, including winning the Grand Prize Award at the National Trail of Tears Art Show and having a drawing housed in the prestigious Dr. J.W. Wiggins Art Collection.

As I prepare to enter my final semester of graduate study, I would like the Prairie Band Potawatomi Nation to know how much I appreciate the opportunity. It has been an enriching experience and I hope the program continues so other Native American students can benefit.

Thank you,  
Roy Boney, Jr.

The following are a few events Roy Boney participated in as a fellow at the Sequoyah Research Center:

**November 2006** "Frybread and Roses: The Art of Native Labor," traveling art exhibit Calif., Okla., and Mich. Exhibited two drawings: "Teacher Said I Couldn't" and "My Father's Hand (Cherokee Concrete)" in traveling exhibit that started in July in San Francisco, Calif., traveled to Tahlequah, Okla. in August/September, and runs through October/November in Wayland, Mich.

**October 2006** Sequoyah Research Center Symposium 2006, University of Arkansas, Little Rock, presenter: "Trail of Tears Animation." 2006 National Trail of Tears Association Annual Symposium, Springfield, Mo., presenter: "On a Spring Day: Trail of Tears Animation."

**September 2006** 2006 American Indian Graduate Center Conference Walking in Two Worlds, Albuquerque, N.M., presenter: "Native American Animation in Native Tongues." 2006 Cherokee Homecoming Art Show, Tahlequah, Okla., Judge's Choice Award for drawing "The Distinguished Senator Henry Dawes."

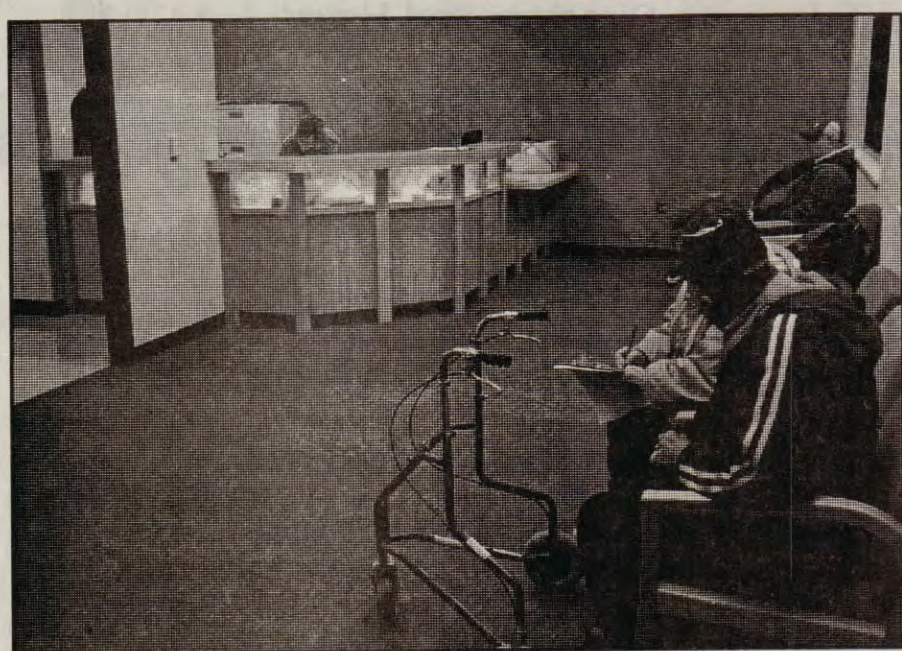
**August 2006** 1st Annual Cherokee Nation Armory Art Show, Tahlequah, Okla., exhibited two paintings: "The Burning of Stoneclad" and "Jeep Grand Cherokee."

**July 2006** Five Civilized Tribes Competitive Art Show, Tahlequah, Okla., exhibited painting "The Burning of Stoneclad," received award Honorable Mention in Painting.





## A tour inside the new Dental Office



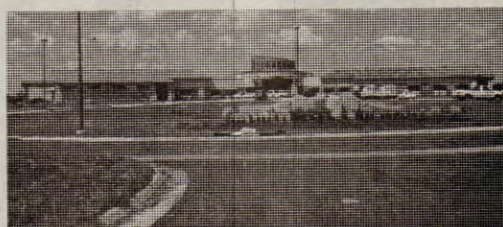
The waiting room had patients showing up at 8 a.m. on the first day that the Dental Office opened on November 15.

To schedule your appointment  
call  
(785)  
966-8201

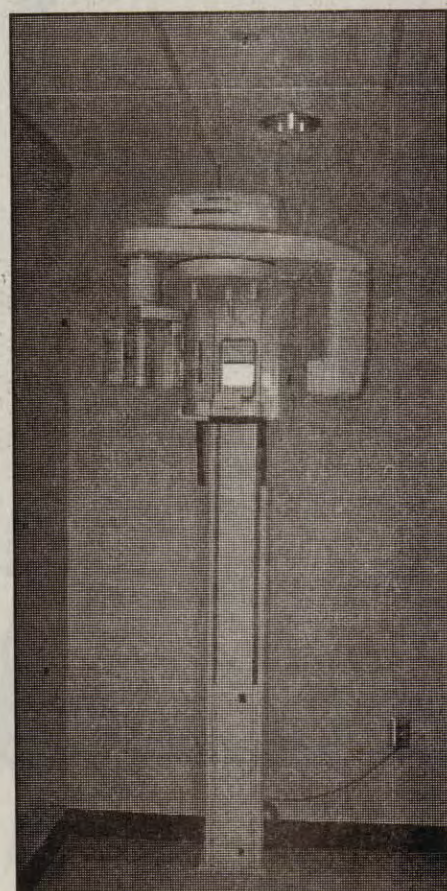
Dental office  
located in  
Health Center  
at  
11400 158 Rd.  
Mayetta, KS  
66509



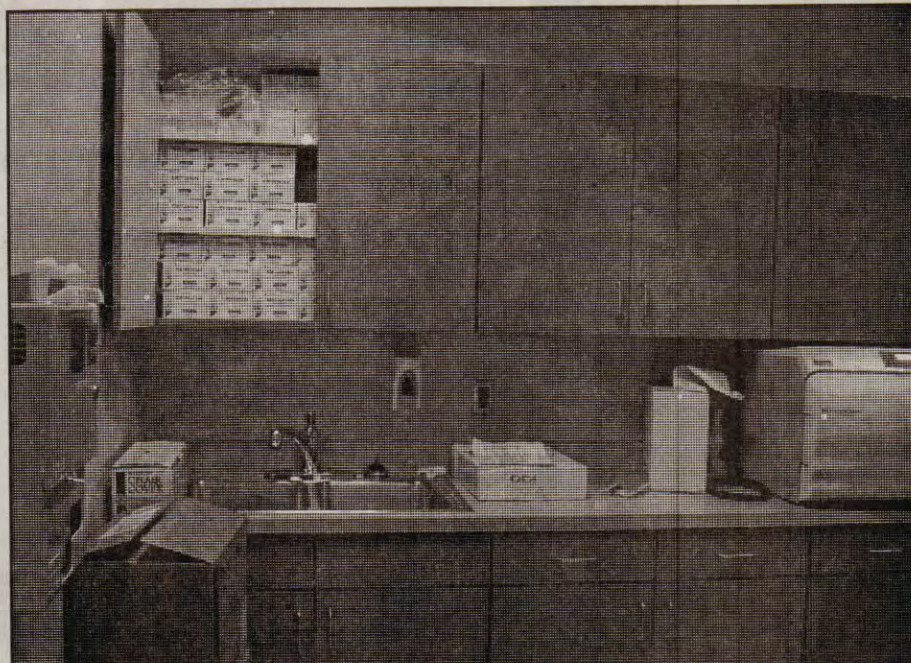
Meet the new dental staff. On the front row, left to right: Dr. Randy German and Debby Lowe. On the back row, left to right: Andrea Wahwasuck and Gayle Lambrecht.



Getting things organized. Above is Debby Lowe, a registered dental hygienist, who told the *News* that the Tribe had equipped and supplied the dental center with everything the staff needs and more.



X-Ray panel machine that is part of the state-of-the-art equipment.

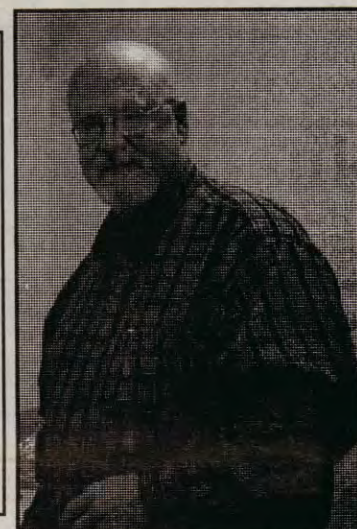


This room is called the processing and sterilization room. Note the supplies and sterilizing equipment in the cupboards and on the counter.



### About Randy German, D.D.S.

- D.D.S. University of Oklahoma
- Served in U.S. Army
- Private dental practice in Coldwater, Kansas for 10 years
- Several years experience working in the Indian Health Service Commissioned Corp of Public Health Service



## Family emergency preparedness: from the American Red Cross

Winter is approaching—now is the time to take stock on your disaster supplies

Reprinted from PBP News October 2005

Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond. A highway spill of hazardous material could mean instant evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services—gas, water, electricity and telephones—for days.

### To prepare your Disaster Supplies Kit:

There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Place the supplies you'd most likely need for an evacuation in an easy-to-carry—container. These supplies are listed with an asterisk (\*). Possible containers include a large, covered trash container, a camping backpack, or a duffel bag.

#### Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store one gallon of water per person per day. (two quarts for drinking, two quarts for food preparation/sanitation)\*
- Keep at least a three-day supply of water for each person in your household.

#### Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. \*Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples—sugar, salt, pepper
- High energy foods—peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or per-

son on special diets

- Comfort/stress foods—cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

#### First aid kit

Assemble a first aid kit for your home and one for each car. A first aid kit\* should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

#### Non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

#### Tools and supplies

- Mess kits, or paper cups, plates and plastic utensils\*
- Emergency preparedness manual\*
- Battery operated radio and extra batteries\*
- Flashlight and extra batteries
- Cash or traveler's checks, change\*
- Non-electric can opener, utility knife\*
- Fire extinguisher: small canister, ABC type
- Tube tent

- Pliers
- Tape Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

#### Sanitation

- Toilet paper, towelettes\*
- Soap, liquid detergent\*
- Feminine supplies\*
- Personal hygiene items\*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

#### Clothing and bedding

- \*Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots\*
- Rain gear\*
- Blankets or sleeping bags\*
- Hat and gloves
- Thermal underwear
- Sunglasses

#### Special items

Remember family members with special needs, such as infants and elderly or disabled persons.

#### For baby\*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

#### For adults\*

- Heart and high blood pressure medication
- Insulin

- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

#### Entertainment—games and books

#### Important family documents

- Keep these records in a waterproof, portable container.
- Will, insurance policies, contracts, deeds, stock and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

#### Suggestions and reminders

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in air tight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Rotate your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

#### To get started: Create a family disaster plan

- Contract your local emergency management or civil defense office and your local American Red Cross chapter and find out how to prepare for each.
- Meet with your family and discuss the types of disasters that could occur; explain how to prepare and respond; discuss what to do if advised to evacuate.
- Post emergency telephone numbers by every phone; show responsible family members how and when to shut off water, gas and electricity at main switches.
- Learn first aid and CPR.







Call 966-8290  
to schedule an appointment  
Dentist office hours  
8:00 a.m. to 4:30 p.m.  
  
CLOSED TUESDAY  
AFTERNOON  
  
WALK-INS ARE WELCOME  
MONDAY—FRIDAY  
FROM 8:00 A.M. TO 10:00 A.M.  
ONLY



At left, a photo of a dental chair  
in the new dental clinic.

## Prairie Band Potawatomi Health Center Telephone Directory and Hours

### Medical/Dental/Pharmacy Areas

Medical Center Main Number	785-966-8200
Medical Center Toll Free Number	866-694-6728
Medical Center Appointment Desk	785-966-8201
Dental Clinic Appointment Desk	785-966-8290
Pharmacy Main Number	785-966-8260
Pharmacy Toll Free Number	866-727-6330

Medical Clinic Hours  
Monday/Wednesday/Friday  
8:00 am to 11:30 am & 12:30 pm to 3:30 pm

Tuesday 8:00 am to 11:30 am  
CLOSED TUESDAY AFTERNOON

Thursday 8:00 am to 11:30 am & 12:30 pm to 6:30 pm  
(Evening hours for medical clinic by appointment only)

### Social Service Area

Social Services Main Number	785-966-8330
Drug & Alcohol Program	785-966-8350
Family & Domestic Violence	785-966-8340
Independent Living	785-966-8344
CHR Office	785-966-8360

## Viral Infections

By Terry L. Harter, MD  
Prairie Band Health Center, 11400—158 Rd  
P. O. Box 249, Mayetta, KS 66509

Greetings from the new Prairie Band Potawatomi Health Center. This is a beautiful new facility and the staff at the center want everyone to feel welcome here.

Cold and flu season is upon us and this seems like a good time to talk about respiratory viral infections. Viruses are extremely small parasites that invade our cells in order to replicate or divide. When they invade they cause damage to the affected cells and also activate our immune system. The respiratory viruses primarily invade the cells which line the nose, sinuses, throat and lungs. The damage they cause results in the symptoms of runny nose, sore throat and cough. The muscle aches, chills and fevers that frequently accompany a respiratory viral infection are primarily caused by the activation of the immune system. Respiratory viral infection can range from mild to life threatening depending on several variables.

There are several groups of viruses which can cause respiratory infection. Some of the more common groups which cause mild infections or colds are: rhinoviruses, coronaviruses, parainfluenza viruses, echoviruses and coxsackieviruses. The more serious respiratory infections are caused by influenza viruses, respiratory syncytial virus, and the severe acute respiratory syndrome virus. Most of these

groups of viruses have multiple mutations or strains of viruses. This means that there are hundreds if not thousands of types of viruses around that can cause respiratory infection.

Respiratory viruses are spread by inhaling microscopic water droplets that are carrying the virus or by direct inoculation. Spread by inhalation occurs when an infected person shares close quarters with uninfected persons. Direct inoculation typically occurs after a person touches a contaminated surface, such as a door knob or a counter top, with their hand and then touches the inside of their nose or their eye. The mouth does not seem to be a very common route for infection with respiratory viruses.

Once a person has become infected with a respiratory virus, the virus begins to invade the cells and tissue lining the respiratory tract. It can take from two to ten days for the symptoms of a respiratory illness to become apparent. With most viral respiratory infections the victim is contagious and spreading the virus before they realize they are becoming ill. Our immune systems are usually able to control viral infections in about a week. Some of the symptoms of the infection, such as nasal congestion and cough, may persist even though the

person is no longer contagious.

Research laboratories are able to identify almost all types of viruses that cause disease. These tests are rarely used in day-to-day practice because they are expensive and rarely useful in guiding treatment. We do have rapid and accurate tests to identify influenza viruses and the Epstein-Barr virus, the virus that causes mononucleosis. These tests are offered at the PBP Health Center.

We are currently limited in our ability to fight viruses with medications. Tamiflu and Relenza have been shown to shorten the course of influenza infections. There is some evidence that zinc lozenges may be of some benefit for some types of colds. Most of our current treatment for respiratory viral infections is aimed at relieving symptoms. Traditional antibiotics like penicillin have no effect on viral infections. Most respiratory infections will simply run their course and be done in a week or so. Occasionally a respiratory viral infection can lead to a bacterial infection of the sinuses, ears, or lungs. In these cases antibiotics may help the body eliminate the harmful bacteria.

Prevention remains the best way to

avoid respiratory infections. Influenza vaccine significantly reduces the risk of contracting influenza but has no effect on preventing other viral illnesses. Frequent hand washing especially after visiting public places can help prevent illness caused by direct inoculation. Covering our mouths when we cough or sneeze may help reduce the amount of virus in aerosol form and help protect others from being infected. Avoiding public exposure, especially during the first few days of an illness may also help protect others from illness. Avoiding large public gatherings during epidemics can also help reduce the spread of respiratory viruses.

Because these viruses spread before we know we have them and our lack of preventative vaccines, for the foreseeable future we will continue to have cold and flu season. We can protect ourselves to some degree with simple measures and if we do become ill we can also help protect others as well. Until we have better treatment or prevention, getting plenty of rest and plenty of fluids remains the best method to recover from viral respiratory infections. If you experience symptoms that last longer than 10 days, persistent fever, or severe head pain, see your health care provider to be evaluated for possible bacterial infection.

Previously printed in PBP News

### Lice Treatment Checklist

Submitted by Dave Cornelius, RN  
Public Health Nurse  
Holton Indian Health Service

This list is designed to help you think of ways to eliminate lice in your environment. First, consider this. Lice have evolved with man since prehistoric times. We do not get infested with lice from dogs, cats, cows, mice, or chickens. They only live on humans! They do not have wings that fly, and do not have legs capable of jumping. They crawl. So how do we get lice? We get lice from physical contact. Lice also spreads when we share hats, helmets, combs, hairbrushes, car seats, furniture, bedding and any other place they can easily crawl on and then attach to a scalp. They drink blood for food and thrive on the body tempera-

ture and moisture of the person hosting their existence. Lice reproduce by laying eggs in hair. The eggs or "nits" appear commonly about "1/4" from the scalp, are about as long as the thickness of a nickel and are not easily removed when you run two fingers along the hair. Nits appear to have a whitish color. They have been reported to live away from a human host for up to ten days under perfect conditions.

**What should I do to get rid of lice in my home?**

\_\_\_ Verify that you have lice by your healthcare provider. Once verified, these things will help you consider where lice or nits will be and how to get rid of them.

\_\_\_ Obtain Permethrin Lotion 1% from the clinic or your local drugstore. (It is available

over the counter). Follow the instructions on its use. **DO NOT USE IT FOR PREVENTION!** Meaning, if one family member has lice, do not use the lotion on the whole family unless they have lice verified. Remember: Permethrin Lotion is an insecticide. Use it only as directed.

\_\_\_ Wash all clothes, bedding, bath towels, etc., the infected person has come in contact with for the last two days. Hot water (130 degrees F) will kill the eggs. Dry the clothes in a dryer with the heat setting high for at least 20 minutes.

\_\_\_ Wash all hairbrushes, and combs, ties in hot, soapy water (130 degrees F). Alcohol and Lysol will also kill the eggs.

\_\_\_ Spraying insecticide on surfaces and furniture is controversial. Remember, insecticides are poisons. Again, hot soapy water, Lysol, or alcohol is effective in killing the eggs.

\_\_\_ Vacuuming the furniture, car seats, and floors is recommended treatment of floors and furniture. Logic: physically removing the eggs/nits from the environment.

\_\_\_ To treat items that are not washable (examples: stuffed animals, toys), put them in a trash bag and seal it for two weeks. This will block the eggs/lice from attaching to your family member's body.

\_\_\_ Continue to check the head of the infected person for ten days to prevent the hatching/spreading of unseen eggs.

If a family member is under the age of two, consult your health care provider for treatment options. Do not use Permethrin Lotion, Rid, Nix or other treatments.

Contact a health provider if you need assistance or have questions.





## Dr. Richard Pruikisma receives national recognition for providing quality diabetes care

*Diabetes Physician Recognition Program measures performance in key areas of diabetes care*

WASHINGTON-The National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) announced that Dr. Pruikisma of Holton has received Recognition from the Diabetes Physician Recognition Program for providing quality care to his patients with diabetes.

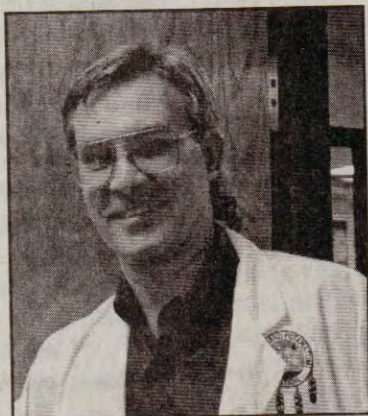
The Diabetes Physician Recognition Program was designed to improve the quality of care that patients with diabetes receive by recognizing physicians who deliver quality diabetes care, and by motivating other physicians to document and improve their delivery of diabetes care. To receive recognition, which is valid for three years, Dr. Pruikisma submitted data that demonstrates performance that meets the Program's key diabetes care measures. These measures include eye exams, blood pressure tests, nutrition therapy and patient satisfaction, among others. When people with diabetes receive quality care as outlined by these measures, they are less likely to suffer complications such as heart attacks, stroke, blindness, kidney disease and amputations.

"For a person with diabetes, the right physician can make the difference between living *with* diabetes as opposed to suffering *from* diabetes," said Robert A. Rizza, MD, President, American Diabetes Association. "Physicians who earn recognition through the Diabetes Physician Recognition Program have an established track record of providing excellent diabetes care. The listing of recognized doctors is the first place to look if you or a loved one has been diagnosed with diabetes."

To find out if your physician has been recog-

nized by the Diabetes Physician Recognition Program or for further information, please visit [www.ncqa.org/dprp](http://www.ncqa.org/dprp) or call (202) 955-1721. To order application materials, call (888) 275-7585 or order online at [www.ncqa.org/communications/Publications/dprppubs.htm](http://www.ncqa.org/communications/Publications/dprppubs.htm).

Diabetes is a serious disease that affects the body's ability to produce or respond properly to insulin, a hormone that allows blood sugar to enter the cells of the body and be used for energy. An estimated 16 million Americans have diabetes; it is the sixth-leading cause of death by disease in the U.S. and it has no cure.



Richard Pruikisma, MD

NCQA is a private, non-profit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations, recognizes physicians and physician groups in key clinical areas and manages the evolution of HEDIS, the tool the nation's health plans use to measure and report on their performance. NCQA is committed to providing health care quality information through the Web, media and data licensing agreements in order to help consumers, employers and others make more informed health care choices.

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information and advocacy. Founded in 1940, the Association has offices in every region of the country, providing services to more than 800 communities.



## PBP Health Center joins Special Diabetes Program for Indians in Celebrating "Decade of Success"

Prairie Band Potawatomi Health Center is marking November 2006 - National Diabetes Month and American Indian Heritage Month - by celebrating the Special Diabetes Program for Indians' "Decade of Success" in treating and preventing diabetes. Prairie Band Potawatomi Health Center received a Special Diabetes Program for Indians (SDPI) grant from the Indian Health Service (IHS) to address the problem of diabetes among Prairie Band Potawatomi tribal members.

"Diabetes has quickly emerged as one of the most serious and devastating problems of our time. American Indians and Alaska Natives carry the heaviest burden of diabetes among all U.S. population groups, suffering from the highest rates of diabetes and its complications."

The Special Diabetes Program for Indians, administered by the Indian Health Service, was created by Congress in 1997 to respond to the diabetes epidemic among American Indians and Alaska Natives. Almost ten years since its inception, the program is now the most comprehensive, far-reaching program for American Indians and Alaska Natives. The program has made a major difference in the quality of diabetes treatment and prevention by achieving improved diabetes care and outcomes, establishing primary prevention activities that are now commonplace, building significant infrastructure where there was none, and demonstrating innovative approaches and leadership.

The PBP is very fortunate to be a SDPI grantee. Through the SDPI grant, the tribe has been able to improve diabetes care in the community in many ways. For example, the program provides funds for a diabetes case manager and other clinic staff, clinical staff education, and helps to pay for the costs associated with patient referrals to registered dietitians and certified diabetes educators, as well as specialists in optometry, podiatry, ophthalmology, nephrology, and endocrinology.

With November being both National Diabetes and American Indian Heritage Month,

the Prairie Band Potawatomi Health Center is joining the nearly 400 other SDPI grantees in reminding American Indians and Alaska Natives about the importance of taking action now to protect tribes and future generations from the ravages of diabetes.

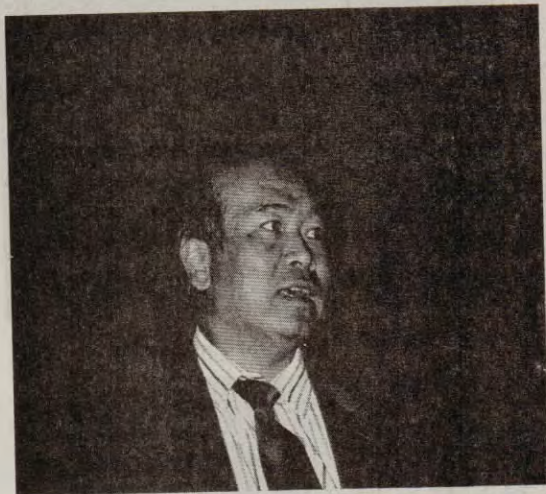
Preventing and controlling diabetes is proven, possible and powerful. This November, if you have diabetes, remember to see your health care provider and ask what your blood glucose (sugar), blood pressure and cholesterol numbers *are*, what they *should be*, and what *actions* you should take to reach your target numbers. If you don't have diabetes, you can help *stop* the diabetes epidemic in its tracks by staying at a healthy weight. If you are overweight, take steps now to lose 5 to 7 percent of your body weight by eating a lower fat diet and taking a brisk walk for 30 minutes a day, five days a week.

In addition to the SDPI program, the clinic also is a site for the Diabetes Prevention Program (DPP) grant from IHS. This grant program is designed to prevent patients diagnosed as pre-diabetic from becoming diabetic. Once a week for sixteen weeks the pre-diabetic patients attend classes that are designed to promote healthy activity and dietary intake practices.

For more information about the Prairie Band Potawatomi Health Center and its diabetes treatment and prevention activities, please call Steve Corbett at 966-8271 or visit its Web site at <http://www.pbpnation.org/clinic/Diabetes/Diabetes%20Program.htm>. For more information about the Special Diabetes Program for Indians, visit the program's Web site at: <http://www.ihs.gov/MedicalPrograms/diabetes/>

**November  
is  
National Diabetes Month**

## Working Together for Balance: a conference for American Indians/Alaska Natives with diabetes and their families was held October 27-28 at Harrah's PBP Casino/Convention Center



Kham Vay Ung, DPM, left, held the audience captive with his topic on the "Management of diabetic foot complications and preventing amputations" during two workshops he presented. During his presentation his slides were graphic but made a point that there need not be amputations with his treatment.

Tied as the best presenter with Dr. Ung, Chris Smith, the Diabetic Chef, right, posed with Beverly Holly, his assistant during the cooking demonstration. Chris writes articles for the *Diabetic Living* magazine and *Cooking with the Diabetic Chef* cookbook. Beverly also attended the two-day conference.



*Top rated speakers were evaluated by over 100 people who attended the two-day conference and are highlighted here.*



Julia Ross, MA, left, discussed carbohydrate addition, diabetes, nutrition, amino acid therapy and designing your own recovery plan. She authored two books: *The Diet Cure* and *The Mood Cure*.

### Contributors:

- American Diabetes Association
- Association on American Indian Affairs
- Wesley Clark & Nicole Meerpohl, Optometrists
- Eli Lilly and Company
- Arlene Wahwassuck
- Wal-Mart of Holton
- IHS Division of Diabetes Treatment and Prevention

A cooperative effort of  
Haskell Center; Iowa Tribe of  
Kansas and Nebraska; Sac and  
Fox Tribe of Missouri; and  
Prairie Band Potawatomi Nation

### Exhibitors:

Diabetes Prevention Program  
and the Four Tribes Women's  
Wellness Coalition

Photos by Mary Young



Sudah Yehuda Kovesh Shaheb, MD, left, conversed with tribal member Lily Hall between sessions. His presentation was on "prevention of obesity and diabetes, symbolic healing among Indians with diabetes, and diabetes among Indians as a form of social illness. A well-known world traveler, he has worked with Indians in the U.S., South and Central America.



In a general session, Devon Mihesuah, above, spoke on "Recovering our health through traditional eating" and in a breakout session her topics were on "Strategies for nourishing our children" and "How to start a garden." Devon has authored many publications including: *Recovering our ancestor's gardens: indigenous recipes and guide to diet and fitness*, *Repatriation reader: who owns American Indian remains*, *American Indians: stereotypes & realities*, *Indigenous American women: decolonization, empowerment, activism*, *Cultivating the Rosebuds: the education of women at the Cherokee female seminary 1851-1909*.





## Conclusion of Santa Claus (an old Indian legend)

Written by Loyal Shegonee  
Permission granted to reprint in the PBP News

Perhaps someday, if I'm fortunate enough to be blessed with one, I shall pass this legend on to my own son, maybe not with a lot of swearing, but surely with a gallon of frosty Kool-Aid, a flat of fresh, dew glistening strawberries and a dozen rings of piping hot fry bread.

The End

(Notes)

This Santa Claus story was written for Potawatomi children...when it is read to them or when they read it for themselves, I want them to recognize certain elements and parts that may relate to their memories, experiences and knowledge of their tribe and families...I also want them to be very thankful and proud of who they really are, our Indian children...having been raised in an Indian boarding school and having seen so many beautiful but very poor Indian children during my travels around the country, I want them to have this story as my personal Christmas present for each and everyone of them...I also tried to inject a bit of humor here and there, to ease the monotony and keep the children's attention so they don't get too bored...

I want to thank the author of, "Santa Claus is coming to town"...also Frank L. Baum, creator of "The Wizard of Oz," for using brief passages of their work in writing my Santa Claus story...

I also want to thank that special person who chauffeurs me around...not only did I get to my doctor's appointments on time, I was also supplied with good conversation, a listening ear, a trusty ole typewriter, but most of all, some very good, old-fashioned, unconditional friendship, it's all greatly appreciated...

I would also like to say a very special, "thank you!" and to wish a very "happy birthday!" to my very special friend, teacher and inspiration, JESUS...

Could you pour me some more Kool-Aid and pass me another fry bread? (L.S.)



## Recipe Corner

By Mary Young

A story about "food" for Recipe Corner.

### Eating food, digesting words

Submitted and written by Elizabeth Archuleta

While food is prevalent in Indigenous narratives, its connection to Indigenous epistemologies or knowledge production has garnered little to no interest from scholars. Food's import is especially significant in an era when people are increasingly disconnected from its origins and oblivious about its production. Supermarkets, restaurants, fast-food establishments, and pre-packaged foods have enabled individuals to take rather than to grow, produce, or more significantly, to give or to share food with others. To open a conversation that might address this gap, this paper begins to examine the meaning or knowledge attached to food by exploring how Indigenous peoples use food to create identity and to establish and maintain relations with strangers, community, and family.

Understanding how food establishes identity is best explained in the way communities use food as a tool to designate one as a guest or a host in a specific location such as a geographical region, a building, or a shared space such as New Zealand Maori's *marae*. Strangers become guests through a series of acts that provide them with choices that signal their intentions to be friend or enemy to their host.

Equally important are ritual protocols that use food to maintain relations with non-humans. Stories of food's origins remind us about the initial act of sharing when the creator made plants and animals available to humans as food. Tribes remember, honor, and celebrate this generosity through narrative and ceremony. Rhetoric and ritual connect humans with plants and animals and maintain relations based on respect and reciprocity.

Plants garner the same honor and respect as fish and animals, and similar practices exist to establish ongoing relations with important food sources. Cherokee author, Marilou Awiakta, describes the relationship between Cherokees' and corn as one that does not divide spirit from corn from human. Corn is inseparable from the spirit it embodies and the humans who preserve its integrity through knowledge derived from corn.

Food also allows us to maintain rela-

tions with our community. Cooking also reinforces familial bonds. For Navajo author, Luci Tapahonso, thoughts of home evoke the comforting smells of home-cooked food and the warm, familiar sounds of her Native language. In a Navajo Times article, she describes home as "The scents of bread, stews, pies and coffee [that] always wafted through the house." By sharing food with others, Tapahonso's mother demonstrates a Diné sense of responsibility tied to ethics and notions of justice. Narratives about the historical and religious construction of food generate rules that govern behavior and make hospitality synonymous with justice. Former Chief Justice of the Navajo Nation, Robert Yazzie, defines distributive justice in terms of feeding the hungry. He writes,

*There is a . . . Navajo justice concept which we must understand for a better comprehension of Navajo justice, and that is distributive justice. . . . Distributive justice is concerned with the well-being of everyone in a community. For instance, if I see a hungry person, it does not matter whether I am responsible for the hunger. . . . I have a responsibility, as a Navajo, to treat everyone as if he or she were my relative and therefore to help that hungry person. I am responsible for all my relatives.*

Yazzie refers to this responsibility as a value that becomes law, and this law translates into sharing resources in the community, including food, to ensure everyone's well being. Cooking and sharing food are tied to ethics, not only because these activities sustain life, but also because they ensure group survival.

Ontologically, food is tied to what it means to be Indigenous and the practices that uphold beliefs about one's self. Indigenous rhetoric about food helps to illustrate this claim. Rhetoric about food demonstrates how its spiritual and physical components establish identity and determine who is human. Being human requires that one participate in social relations, and this includes relations with plants and animals that become the food we eat. Rhetoric about food demonstrates how the act of sharing transforms food into what is typically thought of as a commodity into a gift exchanged across cultures. This act of exchange presents an opportunity to learn about Indigenous epistemologies passed down through economies that emphasize social relations rather than obligations that stem from the transfer of money. Finally, analyzing in rhetoric the culturally ascribed status of and knowledge attached to food illustrates that embodied in food are spiritual beliefs, values, rules of behavior, and laws.



## Thanksgiving message

Dear brothers and sisters in Christ and friends all:

What a privilege it is to have a saving knowledge of Jesus Christ. When you know Jesus Christ as your saviour, life is so much more enjoyable because you know personally who is responsible for all your blessings and so you can go to that person (in prayer) and thank him (Jesus) for who you are and what you have.

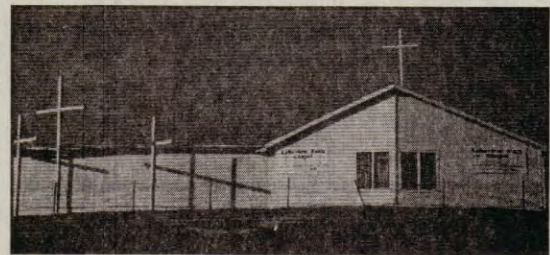
Here is what Psalm 100:3-5 says, "Know ye that the LORD he is God: it is he that hath made us, and not we ourselves, we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving and into his courts with praises: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations." (King James Version)

Oh friend, it is so important to be thankful, and it is so enjoyable to know who to thank. Thankfulness and holiness are siblings, and their father is God.

I am so thankful that God loved me and loves me so much that He gave His son Jesus who died for my sins and then rose from the dead. Since Jesus is able to save me and I have accepted His solution, I am qualified to go to heaven, and so I am so very thankful for eternal life above everything. I am of course also thankful for my family, my health, my freedom, my church, and for many other things.

May God bless us all and may we all be truly thankful.

Blessings! Pastor Steve Cappleman  
Lakeview Faith Chapel



The church on the hill:  
Lakeview Faith Chapel  
Located north on the reservation, 3-1/2 miles south of Holton on Hwy. 75.

## We-Ta-Se Veterans Pow-wow

### Head Pow-wow staff

#### Honored Veterans



Andrew Mitchell



Delphine Knoxsah

#### Master of Ceremonies



Dean Whitebreast

#### Arena Director



Perkins Whitetail

#### Head Boy Dancer and Head Girl Dancer



Russell Shobney



Faith Darnall



Above, afternoon Grand Entry.



Above, Ben Joslin playing Taps.



Below, Brittany Pelkey, right, the 2006 reigning princess, placing the crown on the 2007 princess, Cheyenne (Kek-Kaw-Quah) Mitchell, left.



Above, Judy Darnell, vendor, was on hand to offer gift ideas for the upcoming holidays.



Above, a mysterious dancer posed with the head lady dancer, Hedy Noland, between dances.



Left, Wisconsin Veterans from the Forest County Potawatomi Post 1, Nations of Warriors, attended the memorial service earlier at Prairie Peoples Park and are seen here enjoying the pow-wow (l-r): Apesanahkwat, Rebecca McGeshick, Raymond Cadott, and Wes Martin.

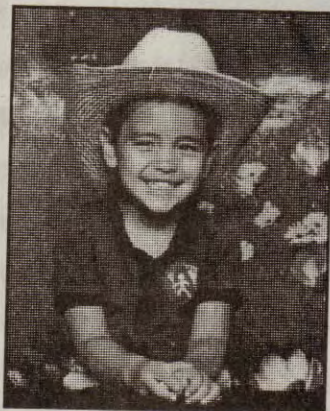
The membership of We-Ta-Se Post 410 would like to acknowledge the hard work done by all the Ladies of the Drum who helped cook the traditional supper for the Veterans at our 9th Annual Pow-wow. Igwien





## Ttiwenmo eginigȳen (Happy day you were born)

Happy Birthday,  
from Kevin Aitkens, dad and grandpa



Drake Louis Jones, 3  
December 1



L: Melissa (Aitkens) Goins, 31-Nov. 3  
R: Crystal (Aitkens) Jones, 32-Dec. 1

## Messages



Kevin Lee  
Mzhickteno  
b: November 27, 1965  
d: November 23, 1989

In loving memory of my sons  
Happy Birthday

When God called my sons  
to dwell with him above,  
I sometimes question the wisdom of his love.

For no heartache compares with the death of  
one's child  
who does so much to make our world seem  
wonderful and mild.

Still...I believe!



Duane Dale  
Mzhickteno  
b: Nov. 17, 1959  
d: June 3, 2002

## Congratulations Kek-Kaw-Zuah!

Love,

Mom,  
Grandma  
Misho  
Auntie  
Pat-kw-shuk  
Tara  
Luis  
Washek  
Shane



Happy 8th Birthday  
Katie  
on November 7

Love you!  
Your mom, dad  
and family



Happy 6th Birthday  
Isaac "Bubba" Ortega  
on  
November 30  
Love,  
Nanny and Uncle



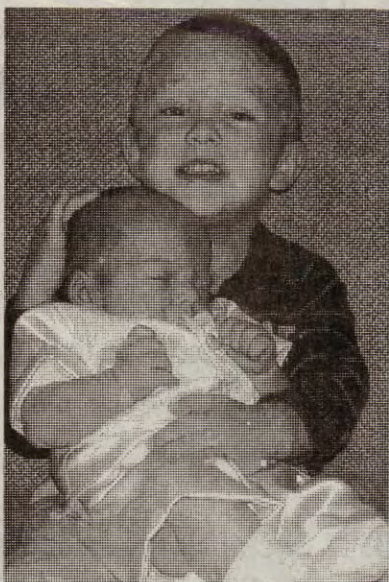
Send  
birthday  
greetings to  
the  
News and  
share your  
family  
celebrations  
with others



Message from Jim T. LeVier #6536  
to the following tribal members:  
Ada LeVier, Gary Buskirk, or Patrick Mahkuk  
please notify me as soon as possible

Jim T. LeVier #6535  
E.D.C.F. P.O. Box 311  
El Dorado, KS 67042-0311

## Ganiñt̄ek (Those who are born)



Creston Cummings, along with his parents  
Nick and Jackie Would,  
would like to announce the arrival of  
Hayden Gene

Born: October 10, 2006  
Stormont Vail, Topeka, KS

Weight: 8 lbs. 10 oz.  
Height: 21 in.

Grandparents: Jim & Linda Cummings  
Meriden, KS  
Jimmie & Tutti Kern  
Mayetta, KS



Welcome  
Lilian Grace Crowell

Born: October 27, 2006

Weight: 7 lbs. 10 oz.  
Height: 21 in.

Parents: Randy and Jessica Crowell  
Grandparents: Dion and Sandra Quintana  
Great Grandmother: Theresa Asselin



## Kanibw̄ñt̄ek (the one's that stood up together)



Heather Thackery and Lloyd DuBry  
married October 14, 2006  
Our Lady of the Snows Church, Mayetta, KS

parents of the bride: Laura & Leonard Thackery  
grandparents of the bride: Zelda & Logie Martinez  
parents of the groom: Bryl & Clarinda Nichols

## Potawatomi Fire Keepers Elder Center December 2006

				Friday
				Baked Fish Grilled Red Potato Brussels Sprouts Garden Salad / Bread
Monday	Tuesday	Wednesday	Thursday	
Liver & Onion Mashed Potato & Gravy Mixed Vegetable Rolls Orange Citrus Salad	Beef Vegetable Stew Buttered Egg Noodles Garden Salad Biscuit / Mixed Fruit	Baked BBQ Chicken Macaroni Salad Pork & Beans Rolls / Cantalope	Brunch for Lunch Scrambled Eggs, Bacon Hash Browns, Fruit Biscuit & Gravy	Chicken Rice Devon Steamed Zucchini Baked Apple Crisp Toast / Toss Salad
Goulash - Spinach Tossed Salad Apricot Jell-o Garlic Bread	Salisbury Steak Mashed Potato & Gravy Green Beans Roll - Tossed Salad	Bologna sandwiches Tomato Soup Fruit Cocktail Chefs Salad	<b>Elder Center Community Christmas Dinner 11:30 A.M.</b>	Tuna Noodle Casserole Broccoli & Cheese Spinach Salad Biscuit / Peaches
Hamburgers W/ Cheese BL & T. Butter Bean Soup Potato Salad / Fruit	Chicken & Dumplings Peas & Carrots Chicken Caesar Salad Biscuit / Mixed Berries	Turkey Shepard Pie With Mashed Potato Broccoli Normandy Toast / Toss Salad	Pork Tenderloin Roasted Potato & Gravy Mixed Vegetable Roll / Banana	Chili & Hot Dogs Green Beans Cheese & Crackers Tossed Salad
Closed Christmas Holiday		Meatloaf Mashed Potato & Gravy Green Beans Salad - Roll	Fried Pork Chops Orleans Style Rice Succotash Roll / Fruit	Salmon Patty Macaroni & Cheese Zucchini Sliced Bread

Lunch Hours 11:30-12:30

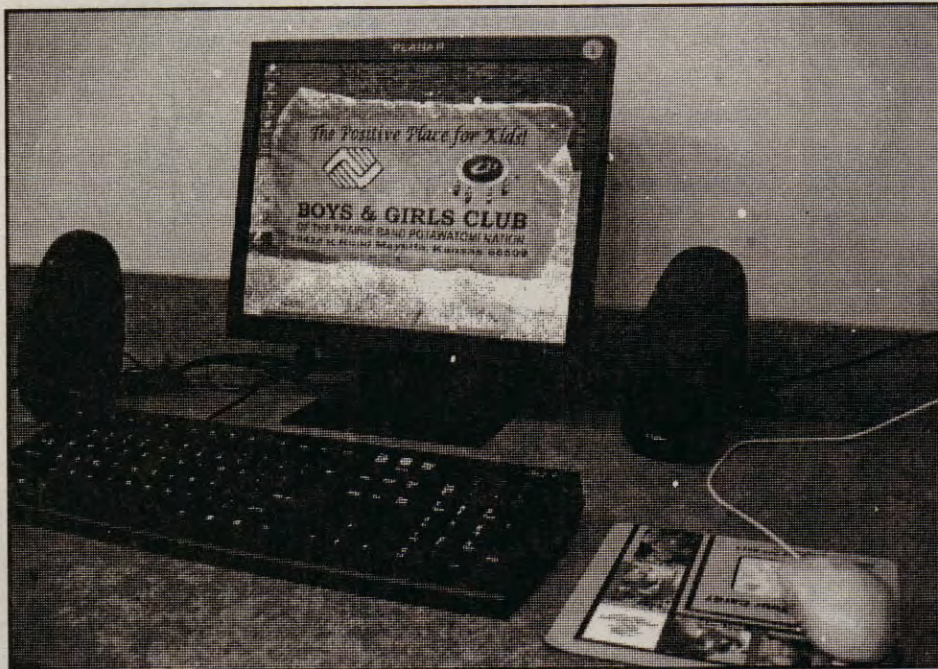
Native Seniors 50+ Free  
Adult \$3.50  
Child \$2.50

Menu Subject To Change





## New computer lab policy at the Boys & Girls Club



Submitted by Nathan Hale

With all of the benefits that the internet has to offer educationally and recreationally, there are also numerous dangers everywhere on the net. In an effort to offer our members and community members all that the internet has to offer while doing as much as we can to make it as safe as possible, we are going to be instituting a new computer lab policy in addition to new monitoring software.

The new software will allow us to monitor each computer's history by recording keystrokes, visited web sites, screen snap shots, and chat and Myspace type web site activity. It will also report when key words are found and will block web sites deemed inappropriate. This will help us recognize potential problems and offer an additional teaching tool with our Net Smarts program.

By November 27 everyone will be required to have read and signed the new computer lab policy before being allowed to use the computers. Anyone under 18 years of age will also require a parent's signature. We will also ask that all club members participate in Net Smarts classes that will occur on an ongoing basis throughout the year.

### Corrections!

In the October issue of the Potawatomi News on page 7 it was reported that Thamar (Williams) Morris was with the U.S. Army. It should have read that she was with the U.S. Navy.

In the article "PBPB members place and play in the Senior Olympics" on page 5 the name of Clifton Walder was misspelled and he should not have been listed as playing volleyball or softball. He also placed 3rd in horsehoes. In addition, Emery Hale was incorrectly listed as playing on the softball or volleyball teams.

The News regrets the errors.

## Boys & Girls Club calendar

DECEMBER 2006						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 RV Basketball Leave @ 5:00 pm Dropped off @ home by 10:00	2 Club Open for Youth 4:00-10:00pm
3 Volleyball League 2:00-6:00 Basketball 6-8pm	4 Karate @ 4:30-6:00	5 Jr. Keystone Club @ 4:30 Keystone @ 6:30	6 Haskell Women's Basketball Leave @ 5:30 pm dropped off by 10:00 pm	7	8	9 Club Open for Youth 4:00-10:00pm
10 Volleyball League 2:00-6:00 Basketball 6-8pm	11 Karate @ 4:30-6:00	12 RV Basketball Leave @ 5:00 pm dropped off by 10:00 pm	13 Smart Moves @ 4:30	14	15	16 Club Open for Youth 4:00-10:00pm
17 Community Christmas Party 2:00-5:00 pm	18 Karate @ 4:30-6:00	19 Jr. Keystone Club @ 4:30 Keystone @ 6:30	20 Smart Moves @ 4:30	21 End of Semester Last Day of School for Winter Break	22 BGC Christmas Party & Gift Exchange 7:30 am-4:30 pm	23
24 Club Open for Youth 4:00-10:00pm	25	26	27 DDR Tournament Club Open 7:30 am-4:30pm	28 3-on-3 Basketball Tournament Club Open 7:30 am-4:30pm	29 Cyberbowling Fundraiser Club Open 7:30 am-4:30pm	30 Club Open for Youth 4:00-10:00pm
31 New Years Eve Celebration More information to come - See Flyers!						

### Christmas Shoppe of Christ's closet

open  
December 1  
through  
December 25



8a.m. to 8 p.m.

If you need presents for other people and haven't the money to buy them, this is the place for you.

(located 1/2 mile east on 162 Rd. outside of Mayetta)

Call Pat Hainline, (785) 966-2625 or (785) 364-0268.

The businesses of historic Mayetta, Kansas invite you to an open house  
December 2, 3  
10 a.m. to 6 p.m.



### PRAIRIE BAND POTAWATOMI NATION



Is looking for a Tribal Attorney

Closing Date: Open Until Filled  
For a detailed job description visit our web site [www.pbpn.org/hr](http://www.pbpn.org/hr) or call toll free 1-866-694-3937.

Send resume/application & 3 letters of reference to:

PBPB Human Resources  
16281 Q Road  
Mayetta, KS 66509  
Fax 785-966-3062

INDIAN PREFERENCE EXERCISED



### Home for sale

9625 174 Rd.  
Mayetta, KS 66509

Beautiful private setting on 4.3 acres, 3 BR, 2 BA, 2 car garage, earth contact home, over 1600 square feet, cathedral ceilings, spacious open floor plan. Between M and N Roads. \$119,000. Contact Kathy Decker, (785) 554-7926 or email [kdecker5@cox.net](mailto:kdecker5@cox.net).



### Need some help with legal services?

Washburn Law Clinic legal interns are available to help in the law of tribal courts. (Under the supervision of licensed attorneys)



Call (785) 670-1191 for an initial screening interview.

### Do you have a loved one who suffers from the disease of addiction?

Come to  
Al-Anon meetings  
Mondays, noon to 1 p.m.  
beginning December 4  
PBPB Indian Health Center  
Social Services Conference Room

For questions call the Alcohol & Drug Program, (785) 966-8351, 966-8352, 966-8353

### Applications now being taken for the Jim McKinney Education Fund



For information visit website  
[shawneecountyalliedtribes.org](http://shawneecountyalliedtribes.org)



Call PBPB Social Services Dept.  
Alcohol & Drug program  
at (785) 966-8351



### Information Technology News from IT Manager, Ben Joslin

Giant Communications out of Holton has placed high speed wireless data equipment on the 158th water tower on the reservation, and can provide internet service reservation wide from there.

Tribal members receive a 20% discount when ordering the service. Also, Embarq can provide DSL service if you live within three miles of the phone switch located at 158th & K Road intersection.

Call Ben at (785) 966-4000 for details.

See the artwork of Louis Shipshew always on display at Harrah's Prairie Band Convention Center

Louis (1896-1975) was born on the Prairie Band Potawatomi reservation and received several awards for his art which are in museums in Oklahoma and Kansas.



Chief James White Cloud (Iowa) portrait by Louis Shipshew.

Some other works by Louis Shipshew are on display at the Native American Heritage Museum, a branch of the Kansas State Historical Society, Highland, Kansas.

Winter hours (December through February) at the museum are by appointment or special events.

Visit  
[www.kshs.org](http://www.kshs.org)

# WANTED

FUN, HARD WORKIN', POSITIVE MINDS, INDIVIDUALS

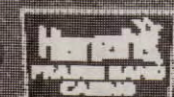
HIRING FOOD AND BEVERAGE SERVERS, COOKS, CASELERS AND MORE.

FOR MORE INFORMATION CALL

# 866-966-7887

# REWARD

A LEGITIMATE PAY VOUCHER PROGRAM



The Ultimate Gambling Experience

Owned by the Prairie Band Potawatomi Nation. Must be 21 or older to gamble. Know what you're doing. You start. Harrah's Rewards. Call 1-800-555-4000 or 785-966-8351. ©2006, Harrah's Entertainment, LLC.