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Prairie Band Potawatomi News

October 2003 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

PBPN hosts Great Plains Indian Gaming Association Fall Quarterly Meeting National Indian Gaming dignitaries visit Nation

by: Suzanne Heck

Some of the biggest names in Indian gaming attended the Great Plains Indian Gaming Association's (GPIGA) Fall Quarterly Meeting held at the PBP Bingo Hall October 7-8. Among them were Ernie Stevens, Jr., chairman of the National Indian Gaming Association, Mark Van Norman, Executive Director, Phil Hogen, chair of the National Indian Gaming Commission, and J. Kurt Luger, Executive Director of the GPIGA.

"The reason the national folks are here," Luger said, "is that the tribes in the GPIGA are having a huge economic impact on the states they are in and are also becoming a substantial voting population."

Luger, an enrolled member of the Cheyenne River Sioux Tribe, should know having worked in Indian gaming for several years and for various politicians in North and South Dakota. Once the Chief of Staff for Senate Minority Leader Tom Daschle of South Dakota and for two other Dakota senators, he is well aware of the power that Native American tribes with casinos are having nationwide and in the political arena. For example, he said that presently in North Dakota approximately ten percent of the voting population is Native American and that the five tribes that have casinos there are also generating a payroll totaling over \$37 million dollars.

"Daschle and other politicians know we are a force," he said, "and they are advocating for Indian issues so that we will keep them in office." He also said that now that states are looking at deficits and in dire straits that they are looking to Indian tribes rich with casino monies to bail them out which is ridiculous.

"We have been nothing but a positive impact on the states," he said, "and this has been accomplished despite the fact that we are required to pay high costs for regulatory purposes at the national, state, and local level."

The regulations he means are those required by the NIGC at the national level, the gaming compacts at the state level, and the tribal gaming commissions at the local level.

"These regulatory groups cost tribes a lot of money and are unfair because we are held to higher standards than the non-native casinos are," Luger said. He cited as an example Donald Trump whose casinos do not have to go through the three-tiered regulatory process that Indian casinos do.

"Tribal casinos are running good clean games and the integrity of the Native American games have been maintained," Luger said. "The big rumor when we first opened was that the mob would be coming into Indian casinos to play dirty but this has not happened."

The GPIGA office that Luger operates out of is located in Bismarck, S Dakota. The GPIGA includes the states of Kansas, Iowa, Nebraska, South Dakota, North Dakota, Montana and Wyoming.

The two-day meeting was sponsored by the Kansas Tribal Nations and was kicked off with a Haskell Benefit Golf Tournament organized by PBPN member, Jerry Tuckwin. Ernie Stevens, Jr. in his opening remarks at Tuesday's meeting acknowledged Tuckwin as having been a strong influence in his life while he was attending Haskell in the early 1980s.

"He told me my priority in life should be to get a degree and to grow up in life," Stevens said. He also stressed to the crowd that they should be concerned with the recent election of Arnold Schwarzenegger as governor of California and how this might affect Indian people negatively.

The PBPN Gaming Commission staff acted as hosts during the two-day event. Members include Milton LaClair, chair, Ruth Vega, Vice Chair, Carrie O'Toole, Joyce Guerrero, and Calvin Evans.



J. Kurt Luger,
GPIGA Executive Director



Dignitaries visiting the Nation during the Great Plains Indian Gaming Association's fall meeting are from left to right: Phil Hogen, National Indian Gaming Commission Chairman; Sandra Keo, Sac and Fox Nation of Missouri Tribal Chair; J. Kurt Luger, Great Plains Indian Association Executive Director, and in back from left to right are: Mervin Packineau, Vice Chair of the Tribal Business Council for the Three Affiliated Tribes (Arikara, Mandan, Hidatsa); Ernie Stevens, Jr., National Indian Gaming Association Chair, and Mark Van Norman, Executive Director of the National Indian Gaming Association.

News Briefs

SB 9 Update

Discussions between legislators in the northeast Kansas counties and Tribal Council members of the four tribes have been taking place at several meetings this fall regarding how to work more cooperatively with each other on issues of law enforcement and zoning.

The discussions are in response to the proposed Senate Bill No. 9 legislation that deals with cross-deputization of tribal law enforcement officers at the County and State level and the fact that problems have emerged from what responsibilities officers from each jurisdiction have on each others land bases. The proposed discussion meetings are designed to enhance cooperation between all of the groups as a means of working together.

In a meeting between the PBPN Tribal Council and Jackson County Commission held on September 29 in Holton it was recommended by Jackson County Commissioner John Grau, that law enforcement personnel who actually work with the proposed legislation every day should be the ones to decide what is best in how to interpret the laws. It was also suggested that local agreements should be formed as a way to resolve problems that might occur between both groups and that broadening the dialogue between the other Kansas tribes and counties would also further understanding of legislative issues when they reach the state level.

Coal-Bed Methane: Potential and Concerns

The Prairie Band Potawatomi Nation Tribal Council recently asked the Nation's EPA Department to look into what impact coal-bed methane exploration would have on the environment after learning that several residents on the reservation had been contacted about leasing their land for that use.

What the Prairie Band EPA found out was that with coal-bed methane gas exploration there are large volumes of water discharged that contain excessively high salinity (salt) levels. They cited as an example the Southern Ute tribe located in Colorado who reported in March 2002 that the concentration of salinity in proposed water to be discharged is extremely high and could have significant negative effects of downstream water quality and aquatic habitat. The EPA Department also found that this sort of discharge or activity has the potential to greatly pollute water wells and groundwater that recharges wells within the area but that this type of activity would require federal and state water discharge permits.

The EPA group also reported that water is definitely a primary concern within Jackson County, due to the drought situations in recent years and that protecting natural resources, especially water is critical in looking for potential economic opportunities. They suggested that it does not appear that this sort of exploration would be in the best interests of safeguarding the water and land for the people of Jackson County.

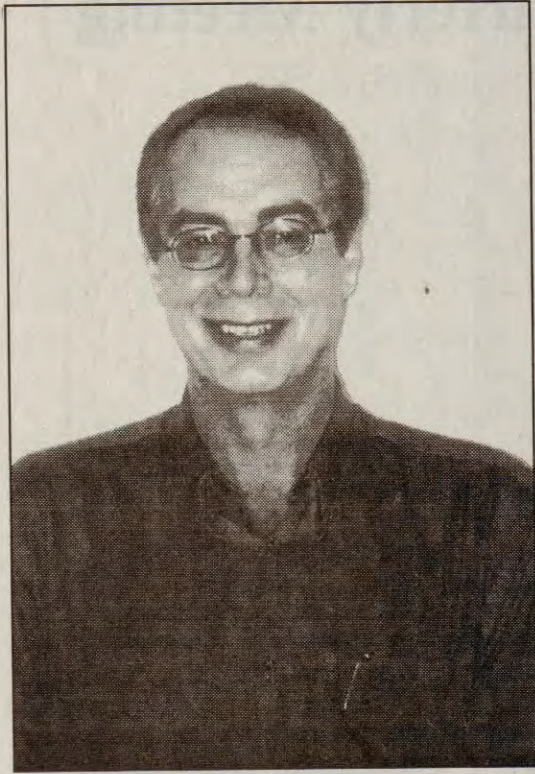
Enrollment swearing in ceremony honors Cecelia "Meeks" Jackson for 25 years of service



Cecelia "Meeks" Jackson, front row center, was honored for 25 years of service during the enrollment swearing in ceremony held on October 2 in the Tribal Council chambers. With her are the other appointed members of the committee including Marilyn Hale-Wakolee to Meek's left and LaVera A. Bell on her right. In back from left to right are Theresa Asselin, Jim McKinney, Lorene Thomas (alternate) and Louie Aitkens (alternate). Another member, Delores Abrams who was absent that day was sworn in the day before.

The Enrollment Review Committee is the only tribal committee that must take an oath of office and is responsible for determining eligibility standards for tribal membership. On the staff in the Enrollment Office located in the Government Center are Grace Wahwassuck, Arlene Lingo, Joe Hale and Theresa Kitchkommie.

Meet the new CEO of Economic Development and other department directors



John Schilling
CEO for Economic Development

John Schilling came on board around the first of October and is already busy planning a Potawatomi Economic Summit Conference to be held in December in Milwaukee. The purpose of the conference is to provide a forum for exchange of information on economic issues between all eight Potawatomi bands. In between, he is reading and researching background documents of what Prairie Band members have said they wanted in the area of economic development and getting oriented to the tribe's business. He also oversees the current enterprises of the Nation including Harrah's Casino Gift Shop, Nation Station, and the Bingo Hall.

John's work experience includes being the former co-owner of a printing business in Lawrence. For several years he was the CEO of the Golf Superintendents of America and he spent five years with St. Andrews Corporation, an international management services that developed businesses in the United States and Asia. He has a diverse background in working with various cultures including the people of Thailand, Mainland China, Philippines, and Singapore to name a few.

He was raised in northeast Kansas and graduated from the University of Kansas in journalism with an emphasis in marketing. He resides in Lawrence with his wife who is an elementary school teacher.



Thomas E. Shopteese
Director of Alcohol & Drugs

Tom Shopteese began working as the Director of Alcohol and Drug on September 30 after a lengthy career with the Kansas Department of Corrections (KDC). He first began in security for the KDC then became a counselor for about 15 years. Later he was offered an appointment to work in the Family Reintegration Program where he worked until he retired. "I retired for a month," Shopteese said, "and then the opportunity to work in alcohol and drugs for the tribe came up so I went back to work."

Tom holds a bachelor's degree in Sociology/Criminal Justice with a minor in Psychology from Washburn University and is presently working toward being alcohol and drug certified.

Tom was born on the PBP reservation and is an enrolled PBP member. He lives in Topeka and has one son, Russell.



Yvette Washington
Executive Director of the
Boys and Girls Club

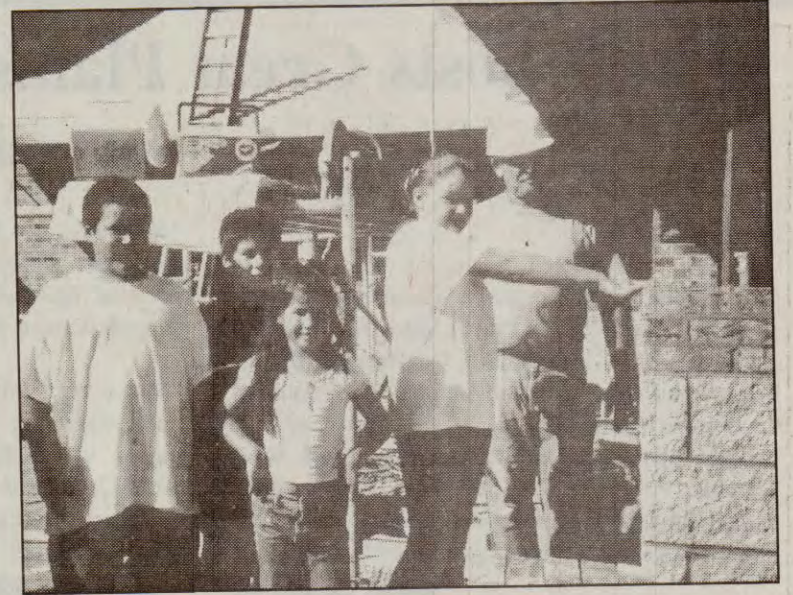
Yvette Washington began her duties as the Executive Director of the Boys and Girls Club on October 9. She has had previous experience with the Boys and Girls Club having worked as a tutor at the Club for the last two years as part of her work with Upward Bound out of Haskell.

Yvette holds a Bachelor's degree in General Studies from the University of Kansas and an Associate Arts degree from Haskell. She said her position with the Nation offers a unique opportunity since the new expansion is taking place and she is excited about its future potential. "I'm definitely looking for the expansion to bring in more of the community and kids," she said. "I hope to see it prosper and grow."

Yvette is an enrolled Navajo tribal member formerly from Tuba City, Ariz. She is also part Hopi, Seminole, and Cree. She lives in Lawrence with her son, Rainier, 4.

Laying the last brick!

Boys and Girls Club expansion
gets closer to completion



The photo above shows some Boys and Girls Club kids who got to take part in the brick-laying ceremony on September 23 that signified that a major phase of the expansion was completed. From left to right are Jerry Cadue, P-seg-win Tiscerenio, Raeven Wishteyah, and Liana Ayala. In the background is Larry Crutchfield of MKM Masonry who was the last one to lay a brick. Below Tribal Council member Rey Kitchkummie lays a brick that bears his name during the ceremony. Representatives from the Tribal Council, Boys and Girls Club Board and staff, and the Nation's Construction staff also laid bricks as well as the heads of the construction and architectural companies that are building the expansion.



PBPN Government Offices will be closed

Tuesday, November 11 for Veterans Day
Thursday & Friday, November 27-28 for Thanksgiving

Finance Department sees growth through the years

by Suzanne Heck and Mary Young

John Crites, director of finance, said it was kind of tough when he first came to work for the Nation in 1997. He said he wore a suit during his first two weeks but after having to wipe the dirt off his computer screen in his office every day and chasing the mice away, he opted for wearing khakis and a white shirt with no tie which is still his signature dress. He learned early on that things were different at the rez and he said he wouldn't have it any other way. For he's been rewarded for the days of dodging mice and eating dust when he sits in his professional office located in the Government Center where he works nowadays.

Jim Potter, Tribal Council treasurer, also remembers those early days and many days before Crites' time when all of the PBP administrative offices were housed on K Road where the Road and Bridge Department is now located. He recalled how the south side of the building where the garage was, and still is, always allowed for the Kansas prairie dust to sift in after being stirred by the cars that whizzed by on the dirt-packed road.

Potter, having worked in finance for the tribe off and on since 1979, said he remembered the

tribe's annual budget that ranged anywhere from \$750,000 to \$2 million from 1975 to 1996. He remembered that the funds came primarily from discretionary type projects like the HUD (Housing Urban Development) and the EDA (Economic Development Association) and said that the tribe didn't have any real enterprise until the Bingo Hall began around 1987.

That all changed, however, when the Casino opened in 1997. The Finance and Accounting Departments have grown proportionately with revenue and growth since then and they have adapted their systems to meet those changes. For example, Crites said that before he came on board there was no general ledger system and that the auditors for the tribe had to audit from approximately 30 different checking account registers. Part of Crites' job when he first began was to put a general ledger system in place and to computerize the accounting department which he did. In fact, Crites has been so successful at his work that he was recently appointed to the 2003 International Who's Who of Professionals for exemplifying achievement and distinguished contributions to the business community and he also sits on the Advisory Board of the Native American Finance Officers Association. The Finance staff has also grown from five to 23

during Crites' tenure. And, he's real proud of his staff. He boasted that five of them have accounting degrees, one has a degree in finance, and another has an associate's degree in finance. He said that nine are Native American and seven are tribal members of the PBPN. "We've got over 100 budgets that we have to deal with today with all the departments and grants that we have now," Crites said, "and my staff works hard to do a professional job on each and everyone of those."

To illustrate the growth in the tribe's government since 1998 over \$27 million has been spent on new construction and roads. The Nation owns several enterprises including the PBP Gift Shop, Nation Station, Prairie People's RV Park, PBPNation.org Internet Service Providers, a farming operation, and it operates several component units like the Bingo Hall, Boys and Girls Club, Head Start/Child Care, Wa-Te-Se American Legion, and the Gaming Commission.

Also related to the Finance Department are the per capita distributions that the tribal membership receives twice a year from the Casino revenue.

Additionally, Crites and Potter and their staffs also have to adhere to a mountain of federal and

state regulations. They are both highly familiar with the Government Accounting Standards Board 34 rules and regulations which issues guidelines and standards for public and nonprofit groups and they must also deal with a branch of the IRS known as the Indian Tribal Government (ITG) since Native American gaming has boosted the incomes of Native American people in per capita and through other means.

Crites and Potter are real pleased with the Nation's economic progress but are also looking at future possibilities at keeping the nation solvent. For instance, they are discussing the possibility of a tribally-owned bank charter or credit union, getting into public bond issuances which would make enterprises or investments more attractive to investors and they are presently making arrangements with the Bank of America to have a nationwide plan that will finance housing for tribal members who live off the reservation which is scheduled for 2004. Not bad for a couple of guys who used to chase the mice off their desks.

Elections for two gaming commissioners coming up February 25

-last day to file for candidacy November 7

Prairie Band Potawatomi Nation 2004 NOTICE OF ELECTION FOR GAMING COMMISSION

Members of the Prairie Band Potawatomi Nation are hereby notified that an election will be held on February 25, 2004 for the purpose of electing two (2) members of the Gaming Commission. The term of office for each position is for four (4) years.

This election shall be conducted in accordance with the Constitution and Election Ordinance of the Prairie Band Potawatomi Nation.

Automated Election Services of Rio Rancho, New Mexico will assist the Election Board with this election.

QUALIFIED VOTERS

To cast a ballot in this election you must:

- Be an enrolled member of the Prairie Band Potawatomi Nation.
- 18 years of age or older by January 5, 2004.
- Have a voter registration form on file with the Election Board no later than January 5, 2004 at 4:00 p.m. if you have never registered to vote.

QUALIFIED CANDIDATE

- A qualified candidate must:
- Be an enrolled member of the Prairie Band Potawatomi Nation.
- Be 25 years of age or older as of the date of the election.
- Agree to criminal background investigation conducted by the Kansas Bureau of Investigation / US Investigations for record clearance.
- NOT have been convicted of a felony within the five years prior to the date of the election.
- If elected, agree to the Drug-Free Workplace

Policy and consent to drug testing.

- Submit a Declaration of Candidacy Form to the Election Board Office no later than November 7, 2003 by 4:00 pm.
- Submit the \$150.00 non-refundable filing fee to the Election Board Office no later than November 7, 2003 at 4:00 pm. The Filing Fee must accompany the Declaration of Candidacy and must be paid by Cashier's Check or Money Order made payable to:

Prairie Band Potawatomi Nation

Cash or personal checks will not be accepted.

BALLOT DISTRIBUTION

Ballots will be mailed to all registered voters no later than January 12, 2004. All ballot distribution packages will contain a preaddressed return envelope for mailing ballots back to the Election Board. All ballots must be received in the Election Board Post Office Box in Mayetta, Kansas no later than 9:00 am on the date of the election.

ELECTION RESULTS

Ballots will be tabulated in an open meeting for Tribal Members conducted by the Election Board beginning at 9:30 am on Election Day at the old stone community building. Tabulation of ballots will continue until all ballots have been tabulated and the results of that tabulation have been recorded.

The Election Board shall issue the Preliminary Election Results immediately after the conclusion of the tabulation. Protests of the election results may be filed up until the close of business on March 1, 2004.

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

Gaming Commission Election Date February 25, 2004

ELECTION HIGHLIGHTS

Candidate Filing Date

November 7, 2003 4:00 pm. Declaration of Candidacy forms must be returned by this date and pay non-refundable Filing Fee.

Candidate Withdrawal

December 5, 2003 at 4:00 pm. Last date for Candidates to withdraw their names from the ballot.

Voter Registration Deadline

January 5, 2004 at 4:00 pm. Last Day for members 18 years of age or older to register to receive a ballot.

Ballot Mailing Date

January 12, 2004. Ballots Mailed to Registered Voters.

ELECTION DAY

February 25, 2004 at 9:30 am. Last day for Ballots to be received by the Election Board at 9:00 am at Mayetta Post Office.

- Ballots Tabulated
- Results Reported

March 1, 2004 at 4:30 pm

Last day to file Protest of the Election

Casino News

Nation announces second quarter charitable contributions

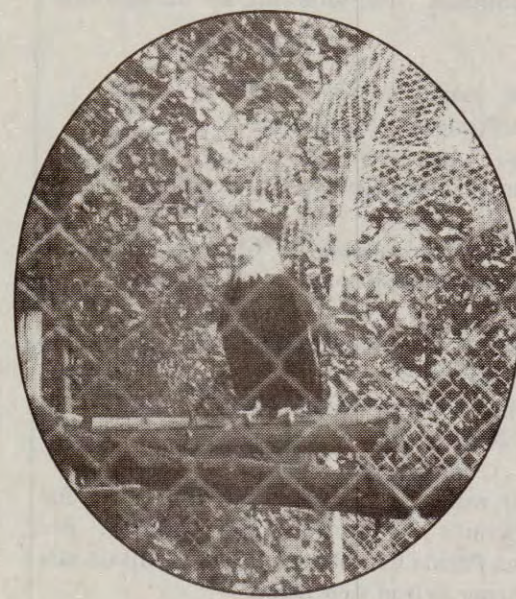


Charitable Contribution Committee and Tribal Council give Topeka Zoo a check in the amount of \$20,000 for Eagle Project. Back Row: (L-R): Roy Ogden, Mary Carr, Jim Potter, Rey Kitchkummie and Zach Pahmahmie. Front Row (L-R): Janelle Murk, Shirley Rice-Henderson, Betty Rice, Richard J. Wells, Director—Public Sector Marketing, and an unidentified person.

*We've always been
a people who share
our resources. We
have a heart and
compassion and we
like to give to those
who are around us.*

*-Jim Potter
Tribal Council
Treasurer*

Topeka Zoo, Eagle Project



Construction of two new eagle exhibits is underway at the Topeka Zoo; plans are to complete the exhibits by March 2004. The bald eagle and the golden eagle will be housed in these two structures. The Topeka Zoo is famous for being the first zoo in the western hemisphere to hatch a golden eagle in captivity. Unfortunately, one of the golden eagles was lost to the West Nile Virus. A charitable contribution of \$20,000 was donated to the Topeka Zoo for this project.

Other contributions during the second quarter included a total of \$53,900 to be paid to 16 recipients in the following categories: community service, culture, education, health, sports and recreation, and youth groups.

Casino expansion rooms named

by Jackie Mitchell

Names for the casino expansion rooms have been chosen to reflect our respect for history and all Bands of Potawatomi people. The names indicate our Potawatomi Brothers and Sisters and places of significance in our history. The names of these rooms will allow us to teach others about ourselves and our place in history. We are reminded about what we lost and where we were. It also shows the world how we have been able to survive and thrive in this world. The names do not include the Potawatomi language so that our words are respected and are not continually mispronounced by non-tribal people.

Guestroom Suites-8	Boardroom-1	Breakout Rooms-4
First Nation Suite	Algonquin	Council Bluffs
Forest Suite		Chicago
Huron Suite	Ballroom -1 large, 2 small	Green Bay
Citizen Suite		Prairie Du Chien
Gun Lake Suite	Large	Steakhouse
Pokagan Suite	Great Lakes	
Hannville Suite	-Large	Three Fires
Prairie Band Suite	Small	
	Sturgeon Bay Room	
	St. Lawrence Room	

According to Article III, Allocation Plan of the Per Capita Ordinance, 1% of the Net Gaming Revenues shall be used to donate to Tribal and or non-tribal charitable organizations or local government organizations providing services to the Potawatomi Indians. Article VI, Adoption and Amendment Section 1, states the following: This ordinance will become effective upon its approval by a majority vote of the General Council of the Prairie Band of Potawatomi Indians and this ordinance will become effective when approved by the Secretary of Interior or his representatives as long as required by law. This ordinance was Amended by PBP TC No. 2000-92, May 16, 2000; amended by Referendum July 24, 2002.

PBPN youth participate in Native American Junior Golf Association Championship

Ray Wahwasuck places second



Seen here is Ray Wahwasuck shortly after taking second place at the tournament. Ray's mother is Jona Rupnicki who works for the Nation at Childcare/Headstart.

By Steve McDonald

The Native American Junior Golf Association (NAJGA) recently participated in the second Annual National Native American Junior Golf Championship held in Santa Fe, New Mexico on July 29th - 31st.

A total of 24 NAJGA youth participated in the Championship and Developmental Camp.

Greg Brunin, Jared Drummond, Charissa Jessepe, Stryder Keo, Alex McDonald, Emily McDonald, TJ McDonald, Matt Nelson, Justin Pahmamie, Nolan Pahmamie, Joe Sharp, Blake Shinn, Malary Shinn and Ray Wahwasuck participated in the Championship and Israel Jefferson, Janea, Sabrina, Gracie Marcus, Brent, Lauren, Calvin and Dutt participated in the developmental camp.

The Championship was played on three tribally owned golf courses, Towa Golf Club, Pueblo de Cochiti and Black Mesa Golf Course.

In the 16 to 18 boys division Ray Wahwasuck finished tied for second with a score of 77, 79, 75 = 231. Ray was defeated in a playoff for second by Hunter Nickell from the Chickasaw Nation. Other NAJGA scores in this division were Greg Brunin, who carded scores of 78, 78, 83 = 239 to finish 7th, Joe Sharp who finished 10th with a score of 246 and Justin Pahmamie finishing 20th with a score of 274.

Jared Drummond finished 4th in the 14 - 17 boys division with a score of 87, 81, 86 = 254 and Matt Nelson finished 10th at 271.

Nolan Pahmamie took 2nd place in the boys 11 - 13 division with a score of 80, 85, 84 = 249. This is an outstanding accomplishment, as Nolan was the only NAJGA participant to bring home "some hardware" a beautiful trophy and other goodies. Nolan works extremely hard on his game and is a talented athlete, who also plays football and baseball at Royal Valley. Other NAJGA scores in that division were Stryder Keo, 6th place with a score of 275, Alex McDonald, 12th place with a score of 313, Blake Shinn 14th place - 319 and TJ McDonald 17th place - 351.

In the Girls 15 to 18 division Malary Shinn finished 4th with a score of 292 and Emily McDonald finished 5th with a score of 296. In the Girls 11 - 14 division Charissa Jessepe finished 3rd with a score of 383.

The developmental camp, which was organized and conducted by NAJGA, was highlighted by a visit from PGA Tour player Notah Begay III who gave a brief motivational speech and hit a variety of golf shots during his instructional clinic. Notah then held a photo and autograph session. Developmental Camp Co-Director and NAJGA Founder/CEO, JB Cisneros said, "The tournament championship and development camp was very successful, especially in terms of showing how the growth of the game has expanded in Indian Country. The enthusiasm that our youthful tribal members have for the game, reinforced by the support of the parents, grandparents and tribal nations displayed is very satisfying."

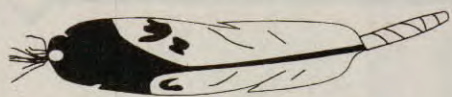
The NAJGA, in its third year of operation, worked in cooperation with the Native American Sports Council (NASC) to organize, plan and conduct the event, with the eventual long range plan for NAJGA to be the governing body of the tournament.

Assistant Tournament Director and NAJGA President Steve McDonald said, "Our youth are the benefactors of the NAJGA organization, the development camp and the tournament proper, they (the youth) are our future both on and off the golf course."

NAJGA is a not-for-profit organization that introduces youth to the game of golf by providing: equipment, instruction, course access and tournament play to those willing to learn. The NAJGA motto is the five D's: Dedication, Desire, Determination, Discipline equals getting it Done. Youth are not only learning how to play golf but also given an opportunity to develop and learn life skills such as goal setting, time management, teamwork, patience, diversification, communication, coping with adversity and drug/alcohol awareness and prevention.

In other summer tournament golf news....Defending Topeka City Junior Golf Champion Emily McDonald finished 3rd at the state Championship held at Lake Shawnee, in Topeka, Kansas. The Kansas Women's Golf Association sponsored the tournament. As a freshman, last year, at Topeka High, she finished 3rd in the state tournament.

Continue on page 7-Golf Championship



Talking Circles Chili Feed at the Fire Station October 8, 03



Mayetta Pioneer Days: Post and Unit 410 Participate

Vendors had a sunny day to show off their wares while spectators had a variety of food stands to choose from as well as observing and participating in the various events taking place. We Ta Se Post 410 led the Mayetta Pioneer Days parade on Main Street during a day of festivities on Saturday, October 4, 2003 while the Auxiliary Unit 410 threw candy from the float.

One of the main attractions during this event was the gazebo in the park; funded in part by the PBPN Charitable Contributions.



Unit 410 members: Back Row (L-R): Sandra Quintana and Juanita Jessepe. Front Row (L-R): Marilyn Brewer, Brenda Darnall, Rose Potts, and Meeks Jackson.

Re-election of We Ta Se Auxiliary Unit 410 Officers

Holiday, rain, thunder and wind did not keep the Unit 410 from holding their monthly meeting. The highlight of the meeting was the re-election to fill several positions. The following are the new officers:

President: Juanita Jessepe
2nd Vice-President: Mary Lewis
Secretary: Agnes McKinney
Treasurer: Sandra Quintana

Vivian Gonzales continues as Chaplain and Mary Young remains the Historian of the Unit.

Other News: Post 410 Honored

Veterans Pow Wow at Washburn University on Nov. 7, 2003 at 6 pm.

Post 410 will be traveling to Lyons, Kansas for their Veteran's Day parade on Nov. 8, 2003. Per the Lyons Parade Committee, Jim Darnall said this was an honor to lead their parade.

Annual Veteran's Pow Wow at Holton on Nov. 15, 2003.

If you have any questions, contact Jim Darnall or Roy Hale at 966-2580.

PRAIRIE BAND POTAWATOMI NEWS

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

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

Anonymous letters will NOT be printed in the paper. Please include your name, address, and telephone number where we can contact you should we need to verify the information.

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

PBPN Fire Station hosts open house during Fire Prevention Week



The PBPN Emergency Services staff held an Open House on October 10 in honor of Fire Prevention Week. They conducted tours of their state-of-the-art building and had displays of their equipment and fire engine vehicles and provided a chili/hotdog luncheon during the day. In the photo above are Chad Edwards and Melvin Lewis posing in the kitchen for the News.



NEWSPAPER INFORMATION

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Editorials, Opinions, and Letters to the Editor

Tribal Employment Rights for Potawatomis

By Dale Delg

In recent years our Potawatomi Nation has under gone a tremendous growth in the infrastructure and paving the way for new buildings and homes for our people. This is true self-determination and an exercise in self-reliance.

However, how many of our own tribal members where notified of the opportunity to bid on all of those projects? My guess is not to many were even aware of the bidding process or what projects where on the books. How can we as Potawatomi people insure that we get a fair chance at securing the construction bids and providing work and income for our families?

As many as 300 tribes in Indian Country today have exercised their sovereign authority to enact their own laws to protect and enforce Indian Preference in employment and construction contract opportunities. All tribal and generally most Americans are aware of the historical poverty, economic inequalities and the deplorable social conditions that exist on many Indian reservations then and today. The recent U.S. census data provided ample testimony to the human tragedy when its findings revealed that Indian people continue to be among the most poverty-stricken groups in the United States.

The same census further showed that three out of ten of the poorest counties in American are located partially or wholly within Indian reservations. Current national employment statistics only add to these depressing sets of facts. They report that while American is enjoying one of its best economic periods in recent times, and despite the rapid economic development that is taking place on many reservations like ours, chronic unemployment rates on many reservations persists at staggering levels ranging anywhere from 25% to 85%.

Tribal leadership must realize that finding solutions to both the economic and social plight of their people must be found. They should understand clearly that tribal access to employment and other economic opportunities could play a major role in reversing these conditions. Tribal leaders should also be aware that past federal Indian employment

strategies have met with little or no success and that real solutions to tribal needs must come from within.

During the past three decades, Tribal governments have made tremendous strides in identifying and protecting the rights, resources and opportunities of their people. Tribes are effectively exercising self-governance to protect their water, timber, hunting, fishing and gaming rights in order to receive maximum economic returns and opportunities from the use of their resources while at the same time defining the scope of their sovereign authority and jurisdiction.

This same type of effective advocacy and assertion is also being used to remove barriers to and protect the employment and contracting rights of Indian people. Approximately 300 tribal governments have passed the strongest Indian preference laws and have established Tribal Employment Rights Offices (TERO's) to enforce these laws. Indian people have a unique and distinctive employment rights including the right to Indian preference in employment and contracting. The right to this preference comes from two major sources. Tribal Sovereign Powers, as sovereigns, tribes have the legal authority to regulate and control the employment practices of all employers conducting business on their reservations. This power enables Tribal Governments to require that all covered employers provide Indian preference in employment, contracting and subcontracting to qualified Indian applicants and contractors.

Federal Employment Law & Contracting Requirements; There are several federal laws that impose mandatory Indian preference on all federally funded contracts or grants which have been awarded to create benefits for Indian people. Employers who are recipients of such awards are required by federal law, as well as by contract requirements to provide qualified Indians with preference in all aspects of employment and contracting.

There are also several federal laws that recognize the unique rights of Tribal people and permit employers operating businesses on or near reservations to adopt Indian preference policies on a voluntary basis. Additionally, as minorities, Indian people are eligible for affirmative action hiring considerations and as Americans are protected by all U.S. equal protection and anti-discrimination laws and

executive orders.

This set of employment rights provides Indian people with more protection than all other Americans and legally entitles them to claim a large share of employment, contracting and other business opportunities on and near their reservations. While it is clear that Tribal governments have the authority to enact the strongest employment and contracting laws in the nation, history has taught tribes that passing such laws is not enough. In order to avoid the failures of the past, tribes have established a vigorous Indian preference enforcement program as a vital cornerstone of their employment rights strategy.

I currently manage such a program for the Kickapoo Tribe in Kansas as the TERO Director and have been successful in employment and awarding Indian preference construction contracts to Indian people, as it should be. My advocacy for Indian rights goes back to 1997 when I was hired as the Human Resource Director for the Potawatomi Nation and we obtained a 75% Indian workforce for the tribe over a short four-year period. Our Potawatomi people or Indians living on or near the reservation with a marketable skill or Indian owned business should have been given preference first.

The Potawatomi Nation's leadership must seek out and secure Potawatomi skilled workers and business people to gain their rightful share to Employment, Training, Business and all other Economic Opportunities on and near our reservation. If I were your Councilperson, I would make it a priority to pass such an Indian preference law. If you have concerns or questions about Indian Preference or my views, you may contact me at; daledelg@yahoo.com

PBP News Deadline is the 15th of the month.

If you have an upcoming event in December, the information has to be in the News office by November 15.

About Denison State Bank

According to the *Topeka Capital-Journal* of October 12, 2003, Denison State Bank, in Holton, has been named one of the three strongest banks in Kansas. This information was compiled by the Weiss Ratings Inc., a Florida-based ratings agency, who awarded its top A+ rating to the bank based on public bank information analyzed for first quarter 2003.

Prairie Band Potawatomi Nation

TOLL-FREE NUMBERS

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

Government Center
877 715-6789

Alcohol & Drug
866 966-2411

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

Housing
866 966-2756

Social Services
888 966-2932

Tribal Court
866 966-2242

Transit Program
(785) 966-3024 or
877 727-6743
(877-PBP-NRDe)

****NEW Web Site**
Kansas Office of Native American Affairs
(KONAA) www.hr.state.ks.us/konaa/html/index

News from the desk of Council Member Jackie Mitchell

It has been a busy and exciting summer. It has been very hot and we have had some rain to help our gardens. It has been a time of new beginnings, giving our babies their Indian names, weddings, pow wows and the gathering to name a few new beginnings. Now fall is here with the changing colors of the season. It won't be long before we are all bundled up fighting the cold of winter.

Expansion

The expansion groundbreaking occurred on July 25, marking the official beginning of construction. The process has been in the making for several months including many meetings with the designers and finalizing many details including water agreements with the local water district. The design will be a beautiful addition with many special designs specific to the Potawatomi people. The final expansion will be source of pride for tribal members and a resort destination for the patrons of the casino. Names for the additional rooms have been chosen. The suites will be First Nations Suite, Forest Suite, Huron Suite, Citizen Suite, Gun Lake Suite, Pokagan Suite, Hanneville Suite and Prairie Band Suite. The boardroom will be the Algonquin Room. The large ballroom will be the Great Lakes Ballroom and the two smaller rooms will be Sturgeon Bay Room and St. Lawrence Room. The four break-out rooms will be Council Bluffs, Chicago, Green Bay and Prairie du Chein. The Steakhouse will be the Three Fires Steakhouse. These names were chosen from several suggested by tribal members and reflect our history and our brothers and sisters from the other bands.

Gathering

The gathering was again a wonderful experience. The Hannaville Band were wonderful hosts that provided many activities for Potawatomi tribal members from across the country. Our tribal members were able to renew old friendships, see relatives and make new friends. Several of our tribal members were able to participate in the golf tournament and won some of the awards. Lyman Shipshee was one of the big winners at the tournament placing in the tournament and in two of the raffles. The gathering was a time for families to be together and enjoy being in a wonderful area. I was fortunate by being able to take my grandchildren Kish no and Keh dem ko along on the trip with us. Kish no enjoyed dancing at the pow wow in her new jumping dress. She's three and doesn't call it a fancy shawl outfit yet. The children on the gathering

were able to have a wonderful memory of the gathering including being a part of this wonderful experience. Memories that will last a lifetime for all of us.

It rained on us at the gathering and prevented Chris Cagle and John Anderson from performing on time. That was a bummer because of the late start; I took my grandchildren home to bed and missed this wonderful concert. Many gathering participants enjoyed this concert and the other featuring Litefoot and other groups for the younger tribal members. The Hannaville Band are to be commended for organizing a great gathering. The tours of the reservation were very informative and the school was a highlight. They have a state of the art school that is an exceptional showcase of what a tribal school should be.

Weddings

Many congratulations to the young couples that have recently gotten married. Everyone wishes Doris and Alex much happiness in Canada. Doris did an excellent job as editor of our tribal paper and we will miss her here in Kansas. Tonya Wahquahboshkuk wed Bobby Joe Brannon in Tennessee on August 23. It was a beautiful wedding and the family worked hard to organize the details. Her mother, Inez, made the wedding dress and bridesmaids dresses and all the decorations. It was a beautiful wedding. We also had a beautiful wedding, our first, at the Prairie Peoples Park. Minty and Terry were united in marriage and everyone enjoyed the wedding and reception. Congratulations to all in this new beginning.

Haskell

At the Board of Regents meeting, the announcement was made that Haskell would be involved in the new attempt by the Bureau of Indian Affairs to start to take care of the historical records. Haskell had a conference on this on September 23-25 to begin the process of preserving these important aspects of history. Haskell has been awarded some money to develop coursework to help in this area. This is a big move in cleaning up the mess that has occurred at the BIA throughout history. The conference was well attended by tribal leaders and employees from across the country.

The final decision will be coming soon concerning the South Lawrence Trafficway. It was expected to be the 32nd street

through the Haskell-Baker Wetlands. We have been busy gathering information to continually oppose this alignment. Indian people across the country has many ties to the Haskell community, our grandparents, parents and now are children are attending Haskell and this is an area that has significant cultural, educational, spiritual and environmental concerns to all of us. A highway through this area would cause irreparable damage to this area. Our choice would be the 42nd street route south of the river. On October 1, David Prager and myself had a meeting with Colonel Curtis about the final decision including the cost of the 42nd Alignment. This route has a long bridge that makes the cost so much higher than the 32nd through the wetlands. By making the route on 42nd thru a narrower part of the floodplain, this would mean the route would be comparable to the cost of the 32nd route. Colonel Curtis stated that a decision has not been made yet.

Housing

The Housing program continues to move forward. Families are moving into the homes of the second phase of the 142nd project. The apartments and duplexes on 158th and L road will be completed soon and families will be able to move in shortly. These additions will allow 38 families to move into new housing in the next few months. The seniors are all moved in to their new homes allowing for them to enjoy their time in new surroundings that offer relief from the heat this summer and the cold from the winter. The relocation and renovation programs have been proceeding. Along with this we have learned from our mistakes, a few tribal members had the misfortune to choose bad contractors and we have learned from this experience. We now have a list of good contractors that can be recommended to tribal members that are renovating. Many tribal members are moving into new homes with the down payment assistance. It is a wonderful housing program that is helping tribal members realize the dream of owning their own homes..

It is my pleasure to serve as a tribal council member and if you have any questions about any tribal business please call me at 877 715 6789 or 785 966 4016 or email me at jackiem@pbpnation.org. I will try to get back to you as soon as possible with answers to your questions.

GAMBOTTEK (Those who died)

Walter E. "Pahso" Cooper

Walter E. "Pahso" Cooper, of Topeka, died Thursday, Oct. 9, 2003, at a Topeka hospital. He was born April 30, 1925, at Mayetta, the son of John R. and Madeline Spears Cooper. He was a member of the Citizen Potawatomi Band and Pokagan Potawatomi Tribe of Michigan. He was an honored Native American elder and was actively teaching the Potawatomi language. He was one of the last fluent speakers of the Potawatomi language. Walter was an active member of the Shawnee County Allied Tribes. He had attended Our Lady of Snows Catholic Church west of Mayetta and Assumption Catholic Church in Topeka. He attended Marty Indian School in Mission, SD. He graduated from Emporia State Teachers College. He was a member of Kappa Sigma Epsilon Fraternity at Emporia and graduated Summa Cum Laude in 1949 with a degree in teaching. He was awarded a Master Teachers life long award from Emporia State. He was a principal at Scott City High School at Scott City, and also taught at Delia High and Haskell Institute. He attended KU and received a degree as a physical therapist. He retired from the Topeka VA Hospital in 1984 after 30 years of service. During World War II, he served in the South Pacific, battles of Saipan, Tinian, Okinawa and the invasion of the Marshall Islands. He also served during the occupation of Hiroshima, Japan, after the atomic bomb was dropped until the army took over. He was discharged on January 23, 1946. Walter was married to Augustine L. Mitchell in August of 1950 at Our Lady of Snows Catholic Church west of Mayetta. She preceded him in death on October 14, 1992. Walter's surviving family members include Rita Youngbird Topeka; three sons, Gary Cooper, Ross Cooper and Jon Cooper, all of Topeka; his sister, Catherine Simon, of Topeka; four granddaughters, Ashley and Jessica Youngbird and Melinda Williamson and Michelle Emmert, all of Topeka. Three great-grandchildren also survive. A son, Phil, preceded him in death in 1999. Walter chose to be cremated. Memorial services will be at 7 p.m. Saturday at Davidson Funeral Home in Topeka. A funeral Mass will be held at 9 a.m. Sunday at Our Lady of Snows Catholic Church west of Mayetta. Graveside inurnment services will be held at Ship Shee Cemetery at 10:30 a.m.

We-Ta-Se Post 410 served as Honor Guard. Roy Hale played taps and Jim Darnall, Frank Shopteese, Sunny Shopteese, Tim Ramirez, Phil Tatum, John Ferrari and Ralph Lundin honored him with a 21-gun salute.

Alberta Marshno

MAYETTA ~ Alberta Marshno, 81, of Mayetta, died Wednesday, Oct. 15, 2003, at her home. She was born Sept. 9, 1922, on the Potawatomi Reservation near Mayetta, the daughter of Fred and Josie Shobney Green. She was a member of the Prairie Band Potawatomi Nation and the Kickapoo Nation, and was a member of the Drum Religion. Alberta worked for the Royal Valley School as coordinator for the Johnson O'Malley Indian Education Program for twenty five years. She had worked at Harrahs Prairie Band Casino and was currently working for the Prairie Band Potawatomi Tribe teaching the Potawatomi language on the reservation. She married Francis "Nug" Marshno. He died March 2, 1989. She also was preceded in death by a daughter, Donnes Seymour, who died Sept. 22, 2001; two brothers, John McKinney and Arlando P. Green; and three sisters, Elizabeth Whitefish Masquat, Evelyn Whitefish Blakeslee and Stella Whitefish. Survivors include three sons, Joe Hale, Mayetta, Cecil Hale, Topeka, and Phillip Hale, Portland, Ore.; one daughter, Larene Thomas, Horton; and one brother, Paul "Cheek" McKinney, Dallas; nine grandchildren; and thirteen great-grandchildren, including a granddaughter that she raised, Joyce Twin, of Topeka, and her children, Robert Matchie, Jessica Matchie, Samantha Matchie & Javier Padilla. Drum services will be Friday evening and Saturday at the Dance Ground west of Mayetta with burial Saturday afternoon in the Shobney (Wahgo) Cemetery. Mrs. Marshno will lie in state until 3 p.m. Friday at Chapel Oaks Funeral Home in Holton.



Photo on left: N So Wah Quit—making his debut at the Gathering in Wisconsin, his mom is Michelle Yoshida.

Student of the Month



Kateri Rainbolt is the great-granddaughter of W.V. Battese and Pearlline Battese. Her school in Phoenix, Arizona has recently chosen her as student of the month for October. The following was written in the school's "Native Notes Newsletter:"

Kateri Rainbolt has been recognized for student of the month at Encanto Elementary School. She is a wonderful student. I enjoy teaching her because she listens, uses good manners, tries to do everything I ask; she is nice to be around and is very caring; in fact, she offered to buy our class a new playground ball with her own allowance money when ours became flat. Kateri is a day brightener! Carmen Roof/Encanto



Aug. 23, 2003 wedding: Tonya Wahquahboshkuk and Bobby Joe Brannon of Tennessee.

Happy Birthday
A special 95th birthday wish
to
Charles Jacobson
Who celebrated
On October 13, 2003

Government Closed

Nov. 11
Nov. 27 & 28

Dec. 24, 25, & 26 & 31

Jan. 1, 2004

October 16, 2003
Happy Happy
21st Wedding Anniversary
Ralph and Linda Tecumseh
Love your family & many friends

Area Churches

By Mary Young

Baptist

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

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

Pastor Terry Paine

Bethany Baptist Church

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

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

Catholic

Our Lady of the Snows Parish

5971 – 166th Rd, Mayetta

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

Native American Mass at Assumption Church

204 West 8th, Topeka, KS

Methodist

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

Rev. Floyd Nolin, Jr.

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

Pentecostal

Potawatomi Pentecostal Church

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

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



Curb side service—Rosemary Bergeron with unidentified customer.

ATTENTION: ALL TRIBAL MEMBERS & EMPLOYEES

The PBPn has negotiated a Corporate Discount to be extended to Prairie Band Employees, Tribal members, and their immediate families for Sprint PCS service.

Discount Includes:

- 9% Discount off ALL monthly recurring charges.
- Rebates and special PCS promotions may be available on a variety of wireless devices including voice handsets, all in one smart devices and wireless air cards for new line activations.

Our Account Representative will be available for new activations at the Government Center, South Conference Room on November 12, 2003 from 10:00 a.m. to 4:00 p.m.

Please contact the following for more information:

Jolene Thomas
Procurement Officer
Ph: 785-966-3938
E-mail: jolenet@pbpnation.org



Ask the Dentist

By Jessica A. Rickert, DDS

Dear Dr. Rickert, Can diet, environment and mother's health affect a baby in-utero and have any permanent affect on the teeth in the future? D. Bloom

Aren't the Ultra-sound pictures of a baby in-utero amazing? As doctors are able to more clearly gaze at the growing baby, the miracle of baby's development is astonishing.

The primary dentition (baby teeth) begins to form tooth buds at four months in-utero. Sometimes, newborns greet their parents with one or more teeth already erupted! The eruption pattern is a timed sequence of emergence of pairs of teeth, first lower, then upper which is generally the same for all infants, regardless of race, creed or color; it is written into the genetic code of Homo Sapiens. Amazing! The usual age for the bottom first baby tooth to erupt is about seven months old. All the baby teeth are erupted by age two and twelve or 3-years-old.

Around birth, the first permanent molar starts to form. The two front permanent incisors begin to form at 8-months-old.

The universe for the baby in-utero is his or her mother. Everything the mother does affects the developing baby, including the developing teeth. "Mother Nature" has designed pregnancy so that the baby's development will take precedence over the mother's needs. The baby will take what is needed for development, even if this means harm for the mother.

The teeth need minerals to lay down the crystalline structure, which forms enamel; these minerals include ash, calcium, phosphorus, magnesium, sodium, iron, and fluoride. Amino acids are needed to form the dentine and the nerve canals inside the teeth. If mom's diet is severely restricted, the baby teeth will be adversely affected. If something inter-

rupts this crystallization, the teeth can have a bright, white spot or tan and beige discoloration in the visible enamel. The teeth will be more susceptible to decay and breaking. Without adequate vitamins and amino acids, the roots cannot form ideally, and the teeth may become easily loosened. This is why pre-natal vitamins are so important as well as a diet rich in milk, fresh fruits, vegetables and protein.

Some mothers worry because morning sickness can be so severe that they may even lose weight early on; if the mom started as a healthy woman, the fetus will take from the mother what is needed for its development. So, I try to reassure moms-to-be not to worry, the morning sickness will pass and baby will be okay. If there is a major illness such as cancer and chemotherapy, the baby will be affected, including its teeth.

It is thought that little fluoride passes the placenta, so it is not recommended that pregnant moms be placed on a fluoride supplement, except if she needs the fluoride for her own teeth.

Excessive alcohol can cause Fetal Alcohol Syndrome and can harm the tooth buds, causing misshapen, weakened and even missing teeth; the enamel can be hypo plastic and discolored. Just this year, second-hand smoke has been shown to damage the baby's teeth, almost doubling the cavity rate compared to babies whose parents did not smoke. Nicotine and its byproduct, cotinine, weaken the baby's developing enamel in-utero and after birth. Cavities are caused by a bacterium, and the baby's immune system is weakened by second-hand smoke, making him or her less resistant to cavities.

Excessive drug intake can also permanently scar the baby teeth; this includes over-the-counter drugs, prescribed drugs and illegal drugs. Always ask the pharmacist before you take any drugs. Although most prescriptions will be okay, the tetracycline antibiotics can stain the developing teeth. Any illegal drug is highly unsafe for the baby, including its teeth.

Internet Health

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

Many Americans are getting increasingly comfortable with seeking health information online. What are these people looking for when they "get on the Internet."

Pew Internet and American Life Project* surveyed internet users and some of the health topics researched most commonly are:

- A specific disease or medical problem
- A certain medical treatment or procedure
- Diet, nutrition, vitamins or supplements
- Exercise or fitness
- Prescription or over-the-counter drugs
- Alternative treatments or medicine

Health seekers report that their relationships with their doctors change with their use of the internet as a health resource. We are supportive of our patients finding information on the internet for their medical problems or health interests. At the same time, we do encourage patients to spend their time on reputable and trustworthy sources however.

Sites that I recommend for health seekers looking for information on diseases or treatments are:

- www.familydoctor.org (The American Academy of Family Practice)
- www.ama-assn.org (The American Medical Society)
- www.immunize.org (Immunization Action Coalition (monitored by the CDC))
- www.noah-health.org (New York Online Access to Health)
- www.nih.gov/news/WordonHealth/ (latest medical news reviewed by National Institutes of Health)

Specialty sites that may be of interest to Native American readers include

- www.ihs.gov (Indian Health Service)
- www.diabetes.org (The American Diabetes Association)
- www.medisense.com (Sponsored by Abbott Laboratories for people needing tools for diabetes management)

*Found at www.pewinternet.org

Golf Championship—Continued from Pg 4

Emily finished 25th in the Girls State Class 6A golf tournament. In the City Team play events Emily won first place in the girls division three times this summer. Nolan Pahmamie played in the Boys State Tournament in Pittsburgh, Kansas. This was Nolan's first attempt at statewide competition; unfortunately, Nolan missed the cut by one shot.

PGA Professional and Prairie Band Potawatomi member Steve McDonald ranks third in the point standing for the "Jug Mc Spadden" award for the low stroke average among PGA Midwest Professionals, his scoring average is 71.77. Steve is currently in fifth place in the race for "Player of the Year" award by the Midwest Section of the PGA. Steve qualified for the PGA Club Professional Western Regional Champions, to be held at Indian Springs Golf Course in Lacy, Washington by finishing tied for sixth in the PGA Midwest Section Championship he shot scores of 71, 75, 72 = 218. Steve also has earned a birthn on the prestigious PGA Cup Match Team, pitting the best PGA Professional players from the PGA Gateway Section against the 12 best players from the PGA Midwest Section.

Support Groups

Topeka Area

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

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

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

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

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

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

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

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

Mayetta Area

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

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

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

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

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

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

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

Lawrence Area

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

ALERT: COLD WEATHER PRECAUTIONS

Check daily on elderly friends, relatives and neighbors who live alone. The elderly and very young should stay indoors as much as possible. Offer to shop for elderly friends and relatives. Just like in the summer with heat, it takes some time to get acclimated to cold weather. Wear layered clothing outdoors for better protection from the cold. Wear a cap to prevent rapid heat loss from an uncovered head. Cover exposed skin to prevent frostbite. While indoors, try to keep at least one room heated to 70 degrees. This is especially important for the elderly and small children to prevent hypothermia. Avoid drinking alcoholic beverages. Eat high energy foods along with warm beverages and soup. Sleep warm with extra blankets, a warm cap, socks and layered clothing. Avoid fatigue and exhaustion during cold weather. Overexertion, such as shoveling snow or pushing a car, can strain your heart. Carry extra clothing, blankets and high energy snacks, such as cereal or candy bars in your car for protection if car stalls. Keep the gas tank near full to prevent icing. Don't travel alone. Be careful when using fireplaces, stoves or space heaters to stay warm. Carbon monoxide poisoning and home fires are very real winter hazards.

Recipe Corner

By Mary Young

Favorite Recipes for Healthy Living cookbook has been sponsored by Indian Health Council, Inc. and funded by the California Department of Health Services California Nutrition Network for Healthy and Active Native American Families, USDA. The Native American community in San Diego put a cookbook together during two separate recipe contests, these are a few of those recipes. "The goal of the contests was to gather favorite recipes using the foods distributed by the Commodity Food Program."

Easy Chowder

Roberta LaChusa, Mesa Grande

- 1 cup canned salmon
- ½ cup celery, chopped
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- 1 clove garlic, minced (optional)
- 1 – 3 Tbsp. Butter
- 1 can potatoes undrained and mashed into chunks
- 1 cup canned carrots, undrained
- 2 cups chicken broth or 2 cups water with 2 tsp. chicken bouillon
- 1 tsp. salt
- 1 tsp. pepper
- ½ tsp. dill weed, fresh or dried
- 1 can creamed corn
- 1 can evaporated milk

Saute celery, onion and green pepper in butter until onion is transparent. Add all other ingredients except corn and milk. Simmer 20 minutes. Add corn and milk. Heat and serve. Serves 4 – 6.

Meat & Rice Main Dish

Josie Briseno, San Pasqual

- 1 can beef or chicken
- 1 can whole tomato, chopped
- 1 can corn
- 1 can green beans
- ½ onion, chopped
- Pepper to taste
- Garlic, minced for flavor
- 2 cups rice
- 4 cups water

Mix all the ingredients (except the rice & water) together and heat. Cook the rice according to the

directions on the package. Pour the first mixture over the rice and serve.

Beefy Vegetables with Steamed Rice

Lela Gabbard, Pala

- 1 cup beef or 1 lb. Ground beef
- 1 can whole corn
- 1 can green beans
- 1 can tomato sauce
- ½ tsp. garlic powder/salt
- ½ tsp. onion powder/salt
- 2 cups rice
- 4 cups water

Rice: Add water to rice and bring to a boil. Cover and cook on low for 20 minutes without removing lid. Let set for 3 minutes. Arrange rice on platter like a donut ring. Set aside.

Vegetables: Clean beef and place in 2 qt. pot with seasonings until hot. Drain corn and green beans and add to meat along with tomato sauce. Cook until hot. Pour in center of rice and serve.

Prepare vegetables while rice is cooking. This recipe only takes 25 minutes to prepare! Serves approximately 6 – 8 people.

Applesauce Bread

1st prize bread/starch Anna Rodriguez, San Pasqual

- 2 cups flour
- 2 tbsp. Baking powder
- 1 tsp salt
- 1 tsp cinnamon
- ½ butter, softened
- ¾ cup sugar
- ½ cup brown sugar
- 2 eggs
- 1-2/4 cups applesauce

Sift first 4 ingredients, set aside, cream butter and sugars until fluffy. Beat in eggs one at a time, beating well after each. Stir half the dry ingredients into the sugar mixture and then half of the applesauce. Repeat.

Pour into greased and floured 9 x 5 x 3 loaf pan. Bake at 350 degrees for 1 hour.

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

NOVEMBER 2003

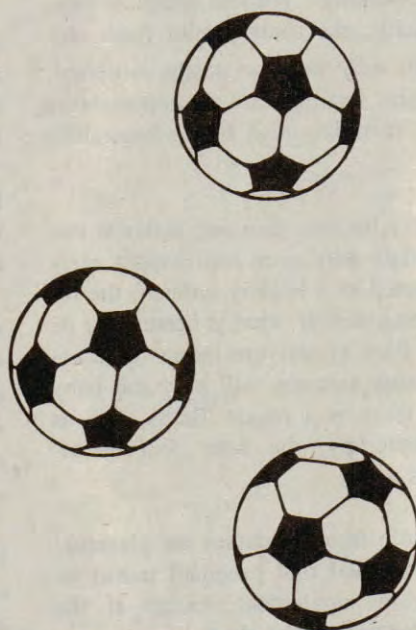
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sausage, Eggs Biscuits, Gravy Fruit Salad	Country Fried Steak Potato & Gravy Broccoli Normandy Dinner Roll	Spaghetti & Beef Green Beans Tossed Salad Garlic Bread	Chicken Fajitas Pinto Beans Spanish Rice Tomato Salad	Salmon Patty Scalloped Potatoes Peas & Carrots Corn Muffin
Liver & Onions Potato & Gravy Zucchini & Tomato Dinner Roll	Closed For Veterans Day	Baked BBQ Chicken Grilled Potato Brussels Sprouts Dinner Roll	Birthday Dinner Roast Beef Potatoes & Gravy Fruit Salad	Tuna Sandwich Tomato Soup Macaroni Salad Cheese & Crackers
Lasagna Green Beans Tossed Salad Garlic Bread	Pork/Orange Sauce Vegetable Rice Steamed Broccoli Fruit Salad	Meatloaf Potatoes & Gravy Italian Green Beans Dinner Roll	Chinese Stir Fry White Rice Egg rolls, Broth Cantalope Slices	Elder Center Thanksgiving Dinner 12:00 to 1:00
Hamburgers Baked Fries Creamed Peas Tossed Salad	Thighs Cacciatore Baked Potato Mixed Vegetable Dinner Roll	Ham & Beans White Rice Carrots Corn Bread	Thanksgiving Holiday	

Happy Thanksgiving FROM THE POTAWATOMI ELDER CENTER



LUNCH HOURS 11:30-12:30 SENIORS 50+ FREE ADULTS \$3.50 CHILDREN \$2.00 MENU SUBJECT TO CHANGE

It's a Kick! A day with the Potawatomi youth soccer teams



"Stay on it Coyotes!"
"Run upfield now."
"Come in and get some bish."

These were some of the phrases heard from the coaches for the Potawatomi teams during the Holton Recreation Commission's Youth Soccer League games held one fall Saturday morning in September. Four teams played that day divided by ages comprised of two pre-K/K teams, a 1st and 2nd grade team and one 5th and 6th grade team. A lot of parents, aunties and uncles and other relatives and

friends were also on hand to help cheer on their favorite players at each of the games and to offer their support.

The kids learn new things and how to become good sports. They really enjoy the games and getting involved.

-Roy Spoonhunter

Christi Ingels said she has four kids on various teams throughout the Holton league and that the introduction of the Potawatomi teams to the league since they began is really exciting and fun.

The Potawatomi teams were first organized by Roy Spoonhunter and Virginia LeClere and other members of their family as a means of getting their son, Kwaki involved in soccer. They said after they organized the team that several other Potawatomi members and their kids expressed interest in getting on a team. It grew so popular that a total of four teams were

formed. "We've had great response," Spoonhunter said.

Two other tribal members, John Levier and Joe Wishteyah are alternate coaches for the teams. Spoonhunter, Levier and Wishteyah all help coach the kids at every game and try to teach them about soccer and good sportsmanship-like conduct.

"The kids learn new things and how to become good sports," Spoonhunter said. "They really enjoy the games and getting involved."



Shirley-Rice Henderson is seen here giving some pointers to her grandson, Anthony Canady who plays for the Little Eagles, a pre-kindergarten/kindergarten team.

PBPN Youth Soccer Teams

*Little Eagles
Bears
Little Buffalos
Coyotes*



Raeven Wishteyah not only plays on The Bears but also serves as a flag girl as seen in this photo.



Introducing the Coyotes



The Coyotes Team: Front row left is P-Seg-win Tiscerenio, Shonnesi Tiscerenio, Naomi Rogovin, Jerry Cadue, Sylvanah Levier, Nadas Green, Suzi Jim, Jade Wahweotten and Marquis Hernandez. On the back row left is Chuck Henderson, Patrick Mills, Joe Wishteyah, Sydney Jessepe, John Levier, Dustin Hundertfund, Roy Spoonhunter, and Stevie Wahweotten.



Enjoying the day while watching one of the soccer games is Kumos, left and her mother, Jan Hubbard, right who are sitting in back. In front left to right is Victor "Bemwetek," Shobwas Hubbard, and Pami-Nes Hubbard.



After each game competing teams give the high five to opposing team members. Seen here are the Coyotes who lost their game that day but are still showing good sportsmanship. Games are held at the Country Side fields in Holton and the Potawatomi teams are a part of the Holton Recreation Commission.