

**Houlton Band of Maliseet Indians**  
**Natural Resources Department**  
**88 Bell Road**  
**Littleton, ME 04730**

PRESORT  
 STANDARD MAIL  
 U.S. POSTAGE  
 PAID  
 PERMIT #2  
 HOULTON ME

**Siqon** March 2010  
 Brenda Commander -Tribal Chief  
 Susan Young - Editor



*This newsletter is printed on  
 chlorine free recycled paper*



***In This Issue***

Looking at Nature Makes You Nicer . . . . . 1  
 2010 Young Native Writers Essay Contest . . . . . 2  
 BIA Water Resources Training . . . 2  
 Is Feeding Bread to Ducks Bad? . . 3  
 Fix a Leak and Save Some Green . 4  
 Earth Day Around the World . . . . 5  
 7 Steps to a Healthy House . . . . . 6  
 Spring Word Search Puzzle . . . . . 6  
 Healthy Homes Chart . . . . . 7  
 Story Time at Head Start . . . . . 8  
 Word Search Answers . . . . . 8



***Looking at Nature Makes You Nicer***

*Really!* A group of researchers at the University of Rochester in New York, have studied the effects of natural versus artificial environments and have discovered that nature actually makes us nicer.

Richard Ryan, professor of psychiatry, psychology and education at the University of Rochester and co-author of the study states “previous studies have shown the health benefits of nature range from more rapid healing to stress reduction to improved mental performance and vitality. Now we’ve found nature brings out more social feelings, more value for community and close relationships. People are more caring when they’re around nature.”

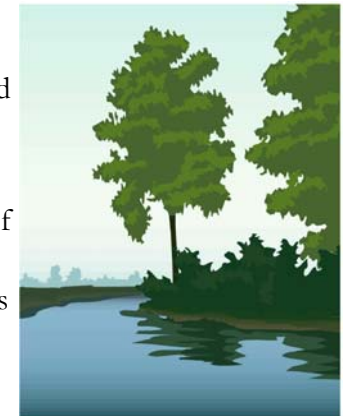
The research has also found that the time spent indoors does not negatively impact the benefits of nature. One does not need to take daily hikes through the woods to receive these benefits, something as simple as stopping to pay attention to the natural world we encounter every day can help. Nature’s psychological power is so profound, that studies have found that noticing or paying attention to a painting or photograph, or even looking at a potted plant can make a positive impact on a person’s attitude.

In one study, participants worked in a room with a few houseplants, or a room without. In each case, those individuals who were exposed to natural elements, digital or otherwise rated close relationships and community as more important than they had before the study. The more they paid attention to natural elements, the nicer they got. Those that focused more on the artificial elements the higher they rated selfish goals such as wealth and fame.

Professor Ryan also explained, “There was a change toward the social direction for people who were around plants and a movement away from that for people who didn’t have plants.” He continued “Human artifacts like city scenes led people to be less social. And being in the room with no natural elements had the same effect.” He hopes this research, which involved 370 participants, will make a difference when it comes to city planning, health care settings and work place environments.”

For more information about this study go to:

<http://www.rochester.edu/news/show.php?id=3450>



ADDRESS SERVICE REQUESTED



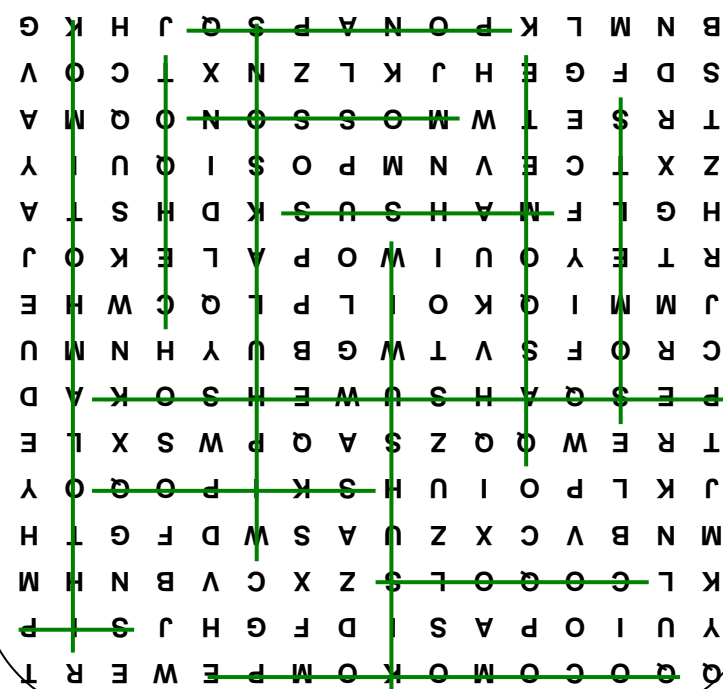
***Storytime at HeadStart***

Cara O’Donnell and Rhonda Smart from HBMI’s Water Resources Program headed over to Head Start in January of this year to read the story “It’s Mine”, a story about learning to share.



*(Clockwise From top left) Rhonda Smart, Cara O’Donnell, Samara Richards, Garrette Fitzpatrick, Even Berube and Dylan Raymond*

**Word Search Answers**



**Natural Resources  
 Department**  
**Telephone Numbers**  
**(207) 532-4273**  
**1 - 800-564-8524 (ME)**  
**1 - 800 - 545 - 8524**  
**Fax - 207-532-6883**  
**Cara O’Donnell - ext 212**  
**Matthew Edberg - ext 220**  
**Rhonda Jewell- Smart ext 221**  
**Sharri Venno - ext 215**  
**Sue Young - ext 202**

## 2010 Young Native Writer's Essay Contest

In February, the Holland Knight Charitable Foundation, in partnership with the Smithsonian's National Museum of the Native American, announced a call for essays in its fifth annual Young Native Writer's Essay Contest. This national contest focuses on the richness of Native American life and history and challenges youth to speak out on issues of importance to their communities. The contest, open to high school students from tribes all across the US, hopes to encourage young native writers to explore their heritage while becoming positive forces in their communities.

The topic for 2010, "Describe a crucial issue confronting your tribal community today. Explain how you hope to help your tribal community to respond to this challenge and improve its future."

The contest began in 2006 in Red Lake, Minnesota in response to the March 2005 event where a student at Red Lake High School shot five fellow students, one teacher, a security guard and members of his family before turning the gun on himself. The contest was founded in the hope that the Red Lake community would find healing by embracing its rich culture and traditions. The contest has grown to include high school students from all the US tribes.

Five finalists will be named in June 2010. Each finalist and their teacher will receive an all expense paid trip to Washington D.C. where they will participate in an honor ceremony at the Smithsonian's National Museum of the American Indians and tour the Cultural Resources Center where various tribal objects are viewed and studied. The finalists, along with their teachers, will attend Native American author symposiums, tour the U.S. Capitol and American University. Each winner will also receive a \$2,500 scholarship to be paid to college or university of their choice.

Students interested in entering this contest can visit the Holland & Knight Young Native Writers' Essay Contest Web Site at [www.nativewriters.hklaw.com](http://www.nativewriters.hklaw.com) for official contest rules and to read past winning essays.

All essays must be postmarked by **May 10, 2010** and mailed to:

Young Native Writers  
c/o Holland & Knight Charitable Foundation  
P.O. Box 2877  
Tampa, FL 33601-2877



### Are you interested in pursuing a career in the Water Resources field?

The Bureau of Indian Affairs (BIA) is now accepting applications for their all expense paid Water Resources Technician training program.

The training will be held at New Mexico State University in Las Cruces, New Mexico from **June 6 to July 2, 2010.**

Students who are selected and successfully complete the training program will receive a voucher good for a one year temporary, paid, full time position in HBMI's Water Resource program.

If you are a registered HBMI tribal member, have your high school diploma or GED and are planning to pursue higher education or career development we'd love to hear from you.

Please contact Cara O'Donnell

(207) 532-4273 ext. 212

[water@maliseets.com](mailto:water@maliseets.com)

or Sue Young

[ogs1@maliseets.com](mailto:ogs1@maliseets.com)

for more information or an application packet.

**Application deadline**

**April 23, 2010**

*All participants must sign a pledge to remain alcohol and substance free during the program.*



## Treat your house like a friend, and it will take care of you!

Here are more ways to keep your house healthy. You and your family can do these tasks every day, week, month, or year. Just write your goal dates at the top of the chart, and check off tasks as you finish them.

NOTE: USE ONLY DRY ERASE MARKERS TO WRITE ON YOUR PLANNER.

GOAL DATE »	EVERY DAY	EVERY WEEK	EVERY MONTH	EVERY 6 MONTHS	EVERY YEAR
<b>STEP 1: KEEP IT DRY</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Turn on the bathroom fan while taking a shower or bath</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Close windows during heavy rain</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use a clean dehumidifier in the basement</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure outdoor drains let water flow away from the house</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Repair leaky windows and faucets</li> </ul>
<b>STEP 2: KEEP IT CLEAN</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Wash dishes and countertops</li> <li><input type="checkbox"/> Put trash in garbage cans</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Change bed sheets</li> <li><input type="checkbox"/> Vacuum or sweep floors</li> <li><input type="checkbox"/> Clean bathrooms and kitchens</li> <li><input type="checkbox"/> Clean pet bedding and litter</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rake leaves, dirt, and dust away from the house and bag it for garbage pickup</li> <li><input type="checkbox"/> Dust furniture and floors</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Put new filters in the vacuum cleaner</li> <li><input type="checkbox"/> Clean and wipe out the inside of the refrigerator</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean inside cabinets and drawers, under large appliances, or in the attic</li> <li><input type="checkbox"/> Donate, recycle, or throw away things you do not use</li> </ul>
<b>STEP 3: KEEP IT PEST FREE</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean up food after cooking and eating</li> <li><input type="checkbox"/> Keep food in closed containers in the kitchen</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Store all trash in garbage cans with lids</li> <li><input type="checkbox"/> Remove clutter, such as unused boxes and paper</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check and replace traps for pests</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Place traps for pests near walls, in the basement, under sinks, and in cabinets</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Repair holes where pests might get in</li> </ul>
<b>STEP 4: KEEP IT SAFE</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keep bathroom and kitchen floors dry</li> <li><input type="checkbox"/> Keep clutter away from the stove and heaters</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure stairs and walkways are free of clutter</li> <li><input type="checkbox"/> Throw away expired food</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Remove leaves, dirt, ice, and snow from walkways</li> <li><input type="checkbox"/> Make sure electrical outlets and appliances are working</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Replace light bulbs both inside and outside</li> <li><input type="checkbox"/> Ask your local waste site how to safely throw away expired medicines</li> <li><input type="checkbox"/> Test and replace batteries on carbon-monoxide and smoke detectors</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check and repair loose stair railings</li> <li><input type="checkbox"/> Update your family's fire escape plan</li> </ul>
<b>STEP 5: KEEP THE AIR MOVING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Turn on the stove fan while cooking</li> <li><input type="checkbox"/> Open windows (in warmer weather)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Run fans in bedrooms and living rooms</li> <li><input type="checkbox"/> Open windows and doors while cleaning</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean and dust heating and air conditioning vents</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Trim bushes and trees so they don't block windows or vents outside</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure vents for the dryer, furnace, water heater, and fireplace are working</li> </ul>
<b>STEP 6: KEEP IT POISON FREE</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use cold tap water for cooking and drinking</li> <li><input type="checkbox"/> If you smoke, empty ash trays, and smoke outside</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Store medicines, cleaners, and chemicals out of reach of small children</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean up loose paint chips and dust. Spray with water first.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your local waste site how to safely throw away old paints and other chemicals</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Place locks on outdoor sheds and the garage</li> </ul>
<b>STEP 7: KEEP IT MAINTAINED</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean up clutter or messes after eating, working, and playing</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Put trash outside on garbage pickup day</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean up the yard, porch, walkway, and driveway</li> <li><input type="checkbox"/> Check for signs of pests</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean window wells, gutters, and drains</li> <li><input type="checkbox"/> Make sure water heaters and furnaces are working</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check for signs of water damage or mold both inside and outside</li> <li><input type="checkbox"/> Check for peeling paint both inside and outside</li> </ul>

## Fix a Leak and Save Some Green

At one time or another we've all been plagued by the drip at the kitchen sink, or the toilet that just keeps on running no matter how many times we jiggle the handle. Not only are these things incredibly annoying, it wastes trillions of gallons of water annually and it takes a chunk out of our wallets. Stop for a second and think about it, if you are on a town water supply, you pay for the water to come to your house, and you pay for the water to leave and yet you haven't used any of it.

Did you know . . .

- ♦ 10% of all homes in the US have leaks that waste over 90 gallons of water per day?
- ♦ A leaky faucet can waste more than 3,100 gallons of water per year?
- ♦ U.S. homes, on average, waste about 10,000 gallons per year due to leaky faucets, running toilets and other household leaks? That's enough to fill a backyard swimming pool.
- ♦ Nationwide, more than one trillion, you read that right, trillion (1,000,000,000,000) gallons are wasted each year by water leaks in American homes. That's the annual water usage of Los Angeles, Chicago and Miami combined.

Fortunately, many of these leaks are easy to fix, can be done by most do-it-yourselfers and pay for themselves almost immediately. We've listed some quick fixes, that will help you save water, save money and do your part to help the nation's water supply.

A good way to check for leaks is to look at your water usage. This is most easily done in winter since we tend to use less in the winter, but it can be done any time of year.

Check your water meter and write down the number. Go to work, the store or just don't use any water for two hours or more, that means, no flushing the toilet, no showers, no filling the ice cube trays. Check your meter again after wards and compare the readings. They should be the same. If not, then there is a good chance you have a leak.

Another method is to simply look at your water bill. If your family of 4 uses over 12,000 gallons per month, there is a good chance you have a serious leak problem in your home.

To check for leaking toilets, place a couple of drops of food coloring in the toilet tank. Wait approximately 15 minutes, if the water in the bowl has turned the color of your food coloring, you have a leak. Be sure to flush the toilet immediately after the test so not to stain the porcelain. If you don't have food coloring, you can use a dark colored juice like grape juice to do the test.

A faucet that drips once per second can waste about 3000 gallons of water per year. These drips are easily stopped by replacing worn washers and gaskets.

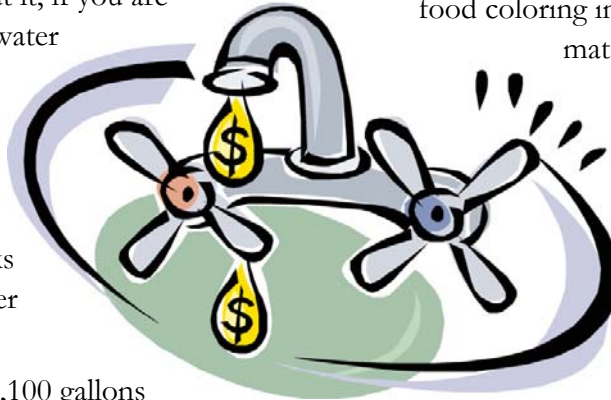
Showerheads that leak 10 drips per minute can waste over 500 gallons per year, enough to run 60 loads of dishes in your dishwasher. Most leaky showerheads can be fixed by tightening their connections with pipe tape and a wrench.

Outdoor water hoses are another culprit when it comes to wasting water. Most leaks come from hoses that were stored outside over the winter without having been drained first. Another prime source for leaks are worn or missing hose washers that allow water to leak out at the spigot. A new washer, a little pipe tape and wrench will give you a tight connection, stop the leak and save some cash.

There are also a number of new plumbing fixtures on the market that have been designed to reduce water usage and improve performance. These fixtures, marketed with the EPA WaterSense seal, will save water with each usage and will pay for themselves in no time.

For more information about the EPA WaterSense Seal, Fixing leaks, improving you water efficiency and games for the kids go to:

[www.epa.gov/watersense](http://www.epa.gov/watersense) or  
[www.epa.gov/watersense/fixaleak](http://www.epa.gov/watersense/fixaleak)



## Earth Day Around the World - Celebrating 40 years



Did you know there is more than one Earth Day celebrated each year?

Most people know the Earth Day that is celebrated on April 22. It was founded by U.S. Senator Gaylord

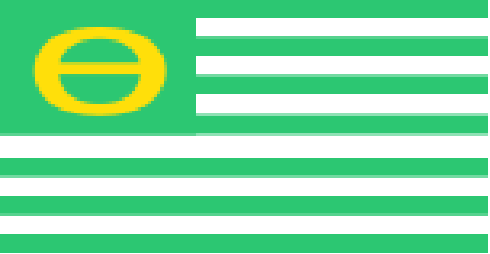
Nelson (D-Wisconsin) to inspire awareness and

appreciation for the Earth's environment back in 1970. It was his hope that a grassroots outcry about environmental issues might prove to the nation's leaders in Washington D.C. how distressed Americans were around the country and is celebrated in many countries each year. April 22, 1970 marked the beginning of the modern environmental movement, with approximately 20 million Americans participating. For the first time, many groups that had been fighting separate battles against pollution, loss of wilderness etc, found a common voice.

However, did you know there is another Earth Day known to as the equinoctial Earth Day? It occurs on the vernal equinox (first day of Spring) each year. It was first introduced in 1969 by peace activist John McConnell and was first celebrated on March 21, 1970. When he first came up with the idea, McConnell envisioned it as a day for celebrating the wonder of life on Earth. He chose the vernal equinox since on that day the hours of daylight and nighttime are equal around the world creating balance, what better day to join in harmony to celebrate the earth. Each year the United Nations celebrates Earth Day on the vernal equinox, which usually falls on or around March 20. On February 26, 1971, U.N. Secretary-General U Thant issued a proclamation in support of Earth Day. "May there be only peaceful and cheerful Earth Days to come for our beautiful Spaceship Earth as it continues to spin and circle in frigid space with its warm and fragile cargo of animate life." At the moment of the equinox, it has become tradition to ring the Japanese Peace Bell which was donated by Japan to the United Nations.

The April 22 celebration has continued growing over the years. Earth Day 1990 mobilized 200 million people in 141 countries lifting the status of environmental issues on

to the world stage, giving a huge boost to recycling efforts worldwide and helping pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro. In 2000, the Internet helped link activities around the world, and united over 5,000 environmental groups reaching out to millions of people in 184 countries. Activities varied from a talking drum chain that traveled from village to village in Gabon, Africa to hundreds of thousands of people gathering on the National Mall in Washington, D.C. Earth Day 2007 was one of the largest celebrations to date with estimates of a billion participants from thousands of places like, Kiev, Ukraine; Caracas, Venezuela; Tuvalu; Togo; Manila, Phillipines; Madrid; Spain; London and New York.

 The original Earth Day flag shown here, was created by cartoonist Ron Cobb and published in the Los Angeles Free Press on November 7, 1969, then was placed in the public domain. The symbol is made up of the letters E for environment and O for organism. Later flags used a theta (Θ) because of its use as a warning symbol, or the peace sign.

A newer Earth flag shown here, has also been used to symbolize Earth Day although it has not been formally adopted.



For more information on Earth Day check out the resources used in this article:

[www.en.wikipedia.org/wiki/Earth\\_Day](http://www.en.wikipedia.org/wiki/Earth_Day)

- or -

[www.animals.about.com/od/wildlifeconservation/f/whenisearthday.htm](http://www.animals.about.com/od/wildlifeconservation/f/whenisearthday.htm)

*Interesting fact...*

Earth Day takes place in the Spring in the Northern Hemisphere, and Autumn in the Southern Hemisphere



# 7 Steps to a Healthy House

Now that Spring is just about upon us, it's time to start opening the doors and windows, going out for a walk and generally doing more things that are considered healthy for us after the long winter. Our homes need attention too to stay safe and healthy. Treat your house like a friend and it will take care of you. A few minutes a day following these simple steps can make a big difference in the health of your home and family.

### Step 1: Keep it Dry

- ◆ Close windows during heavy rains
- ◆ Make sure kitchen and bathroom drains are clean and working

### Step 2: Keep it Clean

- ◆ Change bed sheets
- ◆ Vacuum or sweep floors
- ◆ Clean bathrooms and kitchens
- ◆ Clean pet bedding and litter
- ◆ Dust furniture

### Step 3: Keep it Pest Free

- ◆ Store all trash in garbage cans with lids
- ◆ Remove clutter, such as unused boxes and paper

### Step 4: Keep it Safe

- ◆ Make sure stairs and walkways are free of clutter
- ◆ Throw away expired food

### Step 5: Keep the Air Moving

- ◆ Run fans in bedrooms and living rooms
- ◆ Open windows and doors while cleaning

### Step 6: Keep it Poison Free

- ◆ Make sure tops on all medicines, cleaners and chemicals are closed. Store them out of reach of pets and small children.

### Step 7: Keep it Maintained

- ◆ Put trash outside on garbage pickup day
- ◆ Clean up yards, porches, walkways, and driveways

See the page 7 for a chart that will help you make your home a healthy one.

For more information about Healthy Housing visit [www.health.ri.gov/healthyhousing](http://www.health.ri.gov/healthyhousing) or call 1-800-942-7434



## Spring Word Search Puzzle

Find the **Maliseet Words** hidden in the puzzle:

- Blood root - **Wiphulaksons**
- Daybreak - **Cehqot**
- Fiddlehead - **Mahsus**
- Flood - **Kompe**
- Flower - **Pesqahsuwesok**
- Freshwater Fish - **Ihtolamhotimok**
- Frog - **Coqols**
- Green leaf - **Skipoq**
- Muck - **Mosson**
- Outdoors - **Qocomok**
- River - **Sip**
- Smelt - **Somelt**
- Spring - **Siqon**
- Stone - **Ponapsq**
- Sunny - **Kisuhsuwiw**
- Thaw - **Qasqomete**

Q Q O C O M O K O M P E W E R T  
 Y U I O P A S I D F G H J S I P  
 K L C O Q O L S Z X C V B N H M  
 M N B V C X Z U A S W D F G T H  
 J K L P O I U H S K I P O Q O Y  
 T R E W Q Q Z S A Q P W S X L E  
 P E S Q A H S U W E H S O K A D  
 C R O F S V T W G B U Y H N M U  
 J M M I Q K O I L P L Q C W H E  
 R T E Y O U I W O P A L E K O J  
 H G L F M A H S U S K D H S T A  
 Z X T C E V N M P O S I Q U I Y  
 T R S E T W M O S S O N O Q M A  
 S D F G E H J K L Z N X T C O V  
 B N M L K P O N A P S Q J H K G

# Is Feeding Bread to Ducks Bad?

For most of us, our first experience with birds involved grabbing the stale loaf of bread and heading down to the lake, river or park to feed the ducks. While feeding the ducks is fun and this seems like a great way to get rid of that old bread, it actually is unhealthy and even potentially dangerous to our feathered friends.

As you may know, bread, chips, crackers, donuts, popcorn and other items are great sources of carbs and eating too much of these items can result in weight problems and malnutrition in humans. Same holds true for the ducks, they're a great source of carbs but offer little nutritional value to the birds, it's junk food. While a little in moderation is fine for us all, we may be one of many families feeding the bread to the birds thereby creating a situation where the bulk of the duck's diet is coming from these unhealthy bread products.



So why is bread bad for ducks? Not only is it fattening making it harder for ducks to fly and evade predators, it can lead to other health issues.

**Diseases:** Feeding bread can increase the spread of disease in duck populations in two ways. Moldy bread can cause aspergillosis, a fatal lung infection that can wipe out entire duck and waterfowl flocks. Carbohydrate-rich diets also cause greater defecation. The bird droppings are full of bacteria that are responsible for a number of diseases including avian botulism.

**Attracting Pests:** The bread left over after the ducks are full can attract many unwelcome animals such as rats, mice and insects that can harbor diseases that can be transmitted to humans.

**Pollution:** When there is a lot of soggy bread remaining, this can cause odors and lead to greater algae blooms that can clog natural waterways. This can also concentrate pollutants and eventually eradicate fish and other life in the area.

**Overcrowding:** When there is an overabundance of food available, ducks and other waterfowl will lay more eggs causing the pond or lake to be overcrowded. This can lead to increased territorial aggression and make it difficult for the birds to locate healthier natural foods.

**Duckling malnutrition:** In areas where the ducklings are raised on an abundant source of bread like foods, they do not receive adequate nutrition for growth and development and they will not learn to forage for natural foods as easily.

**Loss of Natural Behavior:** As ducks become accustomed to their human handouts, they lose their fear of humans and become more aggressive in order to get food. This can cause them to cross busy roads in search of food, or it can cause interruptions in their migration schedule. Some birds delay heading south and some stay all winter relying on the artificial food supply.

So does this mean stop feeding the ducks? No, it just means you should change your habits for the sake of the birds. Ducks and other waterfowl that rely on natural foods such as aquatic plants, seeds, grasses and insects will be much healthier and live longer lives than those who rely on humans for handouts. So, if you wish to continue feeding the ducks, instead of grabbing the bread try to give them some of the following instead:

- ◆ Grapes cut in half
- ◆ Cracked corn, barley, oats, birdseed or other grains
- ◆ Frozen peas that have been defrosted
- ◆ Duck pellets available from farm supply stores

for more information check out

[www.birding.about.com](http://www.birding.about.com)

## HAPPY EARTH DAY APRIL 22, 2010

