



Earth Day 2009, April 22, will mark the beginning of the Green Generation Campaign! This two-year initiative will culminate with the 40th anniversary of Earth Day in 2010. With negotiations for a new global climate agreement coming up in December, Earth Day 2009 must be a day of action and civic participation, to defend the Green Generation's core principles:

- A carbon-free future based on renewable energy that will end our common dependency on fossil fuels, including coal.
- An individual's commitment to responsible, sustainable consumption.
- Creation of a new green economy that lifts people out of poverty by creating millions of quality green jobs and transforms the global education system into a green one.

To learn more about earth day and the green generation campaign please visit www.earthday.net/earthday2009

Attention Tribal Members

The Language Book and *Lost Nation The Ioway* DVD will be mailed out soon to those tribal members who did not pick it up with their distribution. Please be patient as this may take another week or two to be distributed to all members. If you have not received your package by Easter and did not pick up the book or DVD with your check then please call the Tribal offices @ 405-547-2402 ext. 257 and request to speak to Sally as you may have been accidentally overlooked. Thank you all for your understanding.

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THE CITY OF OKLAHOMA CITY EVENTS FOR EARTH WEEK



Start GreeningOKC by joining us for Earth Week events April 22-26

Oklahoma City's future is not just bright – it's green. Start "greening" Oklahoma City by planning to join us for Earth Week events, April 22-26. From free bus rides on Earth Day to a Party for the Planet at the Oklahoma City Zoo, there is something for everyone during this week long green celebration. More info and complete event listings. Also check back with us soon and view our new green Web site, which will offer green tips and lets you know what Oklahoma City is doing to green up.

Ride the Bus Free

METRO Transit will honor Earth Day by offering free bus and trolley rides from 5:30 a.m. to 7:30 p.m. on Wednesday, April 22. Bus service in Oklahoma City, Tinker AFB, Norman and Edmond is included in the offer. Get route information and learn how to ride the bus by visiting www.gometro.org or call 235-RIDE (7433).

Free Bike Riding Class

Not only is cycling good for the environment, it's also healthy, saves money and can be an enjoyable way to commute short distances. Learn the basics of bicycle riding by signing up for a brown bag lunch-and-learn at noon on Friday, April 24 on the east steps of City Hall. Stay for an optional 90-minute bike ride around downtown. Bicycle and helmet required. Call 297-3908 or e-mail lanc.gross@okc.gov to register.

Earth Fest at Martin Park

Visit Martin Park from 10 a.m. to 5 p.m. on Saturday, April 25 for Earth-friendly educational booths and free seminars.

- 10:30 a.m. Save the Earth with Little Blue
- 11:30 a.m. Cooking with the Sun
- 1 p.m. Earth Friendly Lawn Care
- 2 p.m. Recycling Rainwater
- 3 p.m. Composting 101

Kids can make recycled art all day long. Enjoy a hybrid car show featuring natural gas and electric vehicles from the City's fleet. Call Martin Park at 755-0676 for details.



Mercury-free thermometer giveaway

The first 100 residents that drop household hazardous waste off at the City's [Household Hazardous Waste Facility](#), 1621 S Portland, from 9:30 to 11:30 a.m. on Saturday, April 25 will receive a free, mercury-free thermometer. Don't forget your water bill stub to prove residency.

Recycle your tires, ammo and computers

A special [household hazardous waste collection](#) for ammunition, tires and computer equipment will be held from 9 a.m. to 1 p.m. Saturday, April 25 on the south side of the State Fairgrounds. Enter from Gordon Cooper Blvd. (Gate 5) off north May. The collection is open to Oklahoma City residents only. Recyclers must bring their current Oklahoma City water bill stub to prove residency. Televisions, wheels, rims and oversized tires such as equipment or farm implement tires will not be accepted.

Party for the Planet at the Oklahoma City Zoo

Leap into action and discover the importance of conserving wildlife and wild places. Enjoy fun, family activities, live music, giveaways and more from 11 a.m. to 3 p.m. on Sunday, April 26. Free with Zoo admission. For information call 424-3344 or log on to www.okczoo.com.



Kids For Kindness Earth Day Festival celebrating 10th anniversary

The Little River Zoo Kids For Kindness Earth Day Festival will celebrate its 10th anniversary noon to 6 p.m. Thursday at Reaves Park.

In celebration of Earth Day, the festival focuses on teaching children humane treatment of animals, the planet and each other. The Little River Zoo, in partnership with the City of Norman, coordinates the free annual festival with assistance from more than 40 local organizations.

The festival provides musical and dance entertainment and a variety of children's activities and attractions. Booth activities include art projects; a petting zoo, Moon Bounce, teachings on recycling, clean air and water, creating birdfeeders, tree planting and a ladybug release. Children visit each booth and after completion they graduate and become Official Kids For Kindness for Planet Earth. They are presented with a graduation certificate and a cup of live ladybugs, donated by the Oklahoma State University department of entomology, to take home to release in their yards.

Joining the day's festivities are musicians from the Norman High Jazz Band, entertainers from McMichael Music and Sonder Music, dancers from Los Ninos de Espana y Mexico and All About Irish, demonstrations by Tai Chi and Tae Kwon Do students and many mascots.

For more information, call the Little River Zoo at 366-7229, or City of Norman Parks and Recreation at 366-5472, or visit www.littleriverzoo.com.

Four Arrested in Killings of Eagles and Other Protected Birds

Undercover investigation reveals significant black market for feathers and other bird parts

Four men have been arrested by special agents of the U.S. Fish and Wildlife Service as the result of an undercover investigation into the illegal killing and trade of bald and golden eagles and other protected birds, as well as their feathers and parts, the Justice Department and the Fish and Wildlife Service announced today. The men are charged with alleged violations of the Bald and Golden Eagle Protection Act, the Migratory Bird Treaty Act, and the Lacey Act.

Arrested were Ricky Sam Wahchumwah, of Granger, Washington, Alfred L. Hawk Jr., of White Swan, Washington, William Wahsise, also of White Swan, Washington, and Reginald Dale Akeen, also known as J.J. Lonelodge, of Anadarko, Oklahoma.

The charging documents allege that the individuals were involved in killing eagles and selling feathers and other bird parts in violation of federal law.

According to an affidavit filed along with the complaints, special agents working undercover were able to document the sales of protected migratory bird parts. One complaint alleges that a single covert purchase from Hawk Jr. yielded a bald eagle tail, two golden eagle tails, one set of golden eagle wings, four red-shafted northern flicker tails, four rough-legged hawk tails, and two northern harrier tails for a total of \$3,000. According to the documents, Hawk, Jr. and Wahsise allegedly hunted and killed three bald eagles the morning of the sale, by sitting near some wild horses killed to bait and attract eagles. A third complaint alleges that Wahchumwah sold one golden eagle tail in violation of the law. The sworn affidavit accompanying the complaint states that Wahchumwah sold the tail to an undercover special agent for \$500.

A fourth complaint, filed in the District of Oregon, alleges that Akeen made several sales to an undercover agent, including two fans made from juvenile golden eagle feathers worth over \$3,000.

"As with so many instances regarding the conservation and use of our natural resources, the illegal actions of a few selfish individuals have the potential to hurt the interests of the majority of people who respect the resource," said Paul Chang, Special Agent in Charge of Law Enforcement for the Service's Pacific Region. "It is alarming that eagles, sacred to many, could be at risk because of the illegal greed-driven actions of relatively few individuals."

For example, a recent survey of 129 historic golden eagle nesting sites in Washington revealed that only 48 are currently occupied. Of those, only half are producing young.

Eagles and other protected migratory birds are viewed as sacred in many Native American cultures and the feathers of the birds are central to religious and spiritual Native American customs. By law, enrolled members of federally recognized Native American tribes are entitled to obtain permits to possess eagle parts for religious purposes but federal law strictly prohibits the sale of eagles or their feathers and parts under any circumstance. The Fish and Wildlife Service operates the National Eagle Repository, which collects eagles that die naturally, by accident or other means to supply enrolled members of federally recognized tribes with eagle parts for religious use. The Service has worked to increase the number of salvaged eagles sent to the Repository and make it easier to send birds to the facility by providing shipping materials at no charge. The Repository obtains eagles from state and federal agencies as well as zoos.

The agency encourages anyone who finds an eagle carcass or eagle feathers or other parts to contact a Fish and Wildlife Service law enforcement office.

The U.S. Fish and Wildlife Service is the principal federal agency responsible for conserving, protecting and enhancing fish, wildlife and plants and their habitats for the continuing benefit of the American people. The arrests announced today are part of an on-going investigation into the illegal killing of bald and golden eagles and other protected birds and the sale of their feathers and parts. The agency is conducting the investigation with the help and cooperation of state, federal and tribal law enforcement agencies.

The cases will be prosecuted by the U.S. Attorney's Offices of the Eastern District of Washington, the District of Oregon, and the Justice Department's Environmental Crimes Section. The maximum penalty per violation of the MBTA is two years imprisonment and a \$250,000 fine; per violation of the Bald and Golden Eagle Act is one year imprisonment and a \$250,000 fine for a first offense; and per violation of the Lacey Act is five years imprisonment and a \$250,000 fine. The charges and allegations contained in the complaints are merely accusations and the defendants are presumed innocent unless and until proven guilty.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit www.fws.gov.

For photos, video and more information on bald and golden eagles go to <http://www.fws.gov/pacific/lawenforcement/eaglelaws/>

<http://www.fws.gov/news/NewsReleases/showNews.cfm>

SPECIAL BUSINESS COMMITTEE MEETING FEBRUARY 4, 2009

Officers Present

Christie Modlin, Chairman
Perri Ahhaitty, Vice-Chairman
Eugene Big Soldier, Jr., Secretary

Staff/Visitors Present

Christy Hamby, Executive Assistant

It was noted that the Treasure is in another meeting and is coming soon. The Councilperson is on bereavement leave.

The Chairman declared a quorum present at 10:50 a.m. to conduct official business.

INVOCATION

Secretary Big Soldier offered the invocation

TRANSPORTATION

IRR-Lincoln County Road Project

Vice-Chairman Ahhaitty moved to approve Resolution 1-09-24, a resolution authorizing and approving an agreement between the Bureau of Indian Affairs and Lincoln County to complete a road project of four miles of roadway in Lincoln County, Oklahoma, known as the Chena Community Building Loop-Road project. Secretary Big Soldier seconded the motion. The motion carried with 2 yeas, 0 nays, and 1 abstention:

Tribal Court-Law & Order Code

Vice-Chairman Ahhaitty moved to approve Resolution 1-09-25, a resolution authorizing and approving the development of revising, amending and updating the Code of Laws of the Iowa Tribe of Oklahoma. Secretary Big Soldier seconded the motion. The motion carried with 2 yeas, 0 nays, and 1 abstention.

OTHER BUSINESS

BIA Monitoring Review Findings

It was agreed that due to not having a agreement this would be tabled at this time and could be approved in the near future by poll if needed.

Arledge 2007 Calendar Indirect Cost Proposal

Secretary Big Soldier moved to approve Resolution 1-09-26, a resolution authorizing an engagement agreement with Arledge & Associates for the purposes of the 2007 Indirect Cost Rate. Vice-Chairman Ahhaitty seconded the motion. The motion carried with 2 yeas, 0 nays, and 1 abstention.

Ioway Film Sequel Donation Request

The producers of the initial film would like to begin this sequel soon and request a donation, Secretary Big Soldier moved to approve a donation in the amount of \$2500.00. Vice-Chairman Ahhaitty seconded the motion. The motion carried with 2 yeas, 0 nays, and 1 abstention.

The meeting adjourned at 11:15 a.m.

CERTIFICATION

We, Christie Modlin, Chairman of the Iowa Tribe of Oklahoma, and Eugene Big Soldier, Jr., Secretary do hereby certify that the above are the minutes of a duly called meeting held on February 4, 2009 at the Tribal Headquarters and were approved at a meeting held on February 18, 2009 by a vote of 4 yeas, 0 nays, and 1 abstention.

IOWA TRIBE OF OKLAHOMA

The BAH-KHO-JE Journal is the official publication of the Iowa Tribe of Oklahoma.

The Iowa Tribe of Oklahoma is located 4 miles south of Perkins, Oklahoma on State Highway 177.

The BAH-KHO-JE Journal

Editor

Sally Lay

Tribal Officers

Chairman Christie Modlin

Vice-Chairman Perri Ahhaitty

Treasurer Judith Shores

Secretary Eugene Big Solider

Council Person Renee
Lincoln Prince

Send all correspondence
to:

BAH-KHO-JE Journal
Attn: Sally Lay
Rt. 1 Box 721
Perkins, Oklahoma
74059

slay@iowanation.org

Liked to be heard, I'm listening...

And I am still looking for tribal member participation. I'd like to feature family stories, memories, and history in upcoming newsletters. I am needing pictures and stories to feature tribal members, elders, and veterans. I'd also like to include a "To the Editor" section in future newsletters, please start sending me input and things you'd like to discuss/see or comment on.

You can send me ideas by e-mail at slay@iowanation.org or by mail

Iowa Tribe Of Oklahoma

Attn: Newsletter

Rt. 1 Box 721

Perkins, OK. 74059

Suggestions are always welcomed and greatly appreciated.

Please contact me at 405-547-2402 Ext. 257

Enrollment Request

The Iowa Tribe of Oklahoma's Enrollment Department respectfully request the following individual's to submit a copy of your social security card for the Minor Trust account as soon as possible. You may fax me a copy at 405-547-1039 Attn: Sally Lay or submit a copy by mail at:

Iowa Tribe of Oklahoma

Attn: Sally Lay

Rt. 1 Box 721

Perkins, OK. 74059

Also there are a few addresses that are out of date. To update your address or if you have any questions regarding this or any other matter please call me at 405-547-2402 *257 ~ Thank you all for your corporation~

Social Security cards needed

BEAR, ELISE ANN
BINFORD, ZETHAN DEAN
FALK, PEYTON GALLAGHER
FIELDS JR., SHANE CHRISTOPHER
GEORGE, KATHY MARIE
GILBERT, WHITNEY DANIELLE
HARPER, OLIVIA JASMINE
HARPER, RILEY WILLIAM
MCCLELLAN, KORDEL TRENTON
MILLER, DASIA MAE
MILLER, LEGUS NACHEPI
VENEGAS, ALEJANDRO JUANITO

Address update needed

MURRAY, KERWIN
SHORES-OCAMPO, GLENDA
SHORES, GERI
MURRAY, ROXANNE
SCHADLER, MILO
KENT III, FRANK
REED, LISA
REED, DUSTIN
REED, ROXI
TYLER, MICHELLE
PERSHALL, HAYLEE
PERSHALL, HATTIE
PERSHALL, SADIE

Wanted: Wildland Firefighters

The Iowa Tribe of Oklahoma will be conducting a pack test on April 13, 2009 at 8:00 A.M. A physical, to include a drug screen, must be completed and turned in by April 3, 2009 at the Iowa Tribe Public Safety Department, 1/2 mile west of hwy 177 on Complex Road.

The Pack test consists of walking a designated 3 mile course while wearing a weighted vest of 45 pounds. The walk must be completed within the allotted 45 minute time frame. The physical packet may be picked up at the Iowa Tribe Public Safety Department, (police Department), and may be completed at the Perkins Family Clinic or your own personal physician.

The Iowa Tribe has played an active part in the Wildland Firefighting program. Our firefighters have and will continue to operate in a professional and courteous manner while on assigned detail.

Since the programs inception in the year 2000, Wildland fire fighting has been our top priority. The Iowa Tribe has also played a significant role in other disasters such as the Hurricane Katrina Relief and The Space Shuttle Recovery. We invite all interested parties to participate in the program and join us in protecting our national resources and serving when help is needed.



The newest addition to the Fire Department:
Dodge RAM Truck

IOWA TRIBE OF OKLAHOMA

Current Job Openings

Mailing Address:
RR 1 Box 721, Perkins, OK
74059

Fax: (405)547-1092

jobs@iowanation.org

Phone(405)547-2402

<http://www.iowanation.org>

Equal Employment Opportunity Statement

The Iowa Tribe of Oklahoma does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability status in employment. However, individuals of Indian ancestry and Veterans will be given preference by law in initial employment or reemployment.

Government

- Police Officer
- Dispatcher/Jailer
- Preschool Teacher
- Grant Writer
- Mentor/Tutor - Part Time
- Compliance Officer
- Housing Manager
- Temporary Assistant Teacher
- Infant Toddler Caregiver
- Head Mentor Tutor
- Preschool Teacher

Gaming Commission

- Gaming Commission Executive Director
- Internal Control Auditor

Cimarron Casino

- Security Manager
- Food & Beverage Supervisor
- Information Technology Manager
- Bartender/Server
- General Accounting Manager
- Slot Floor Person (Part Time)
- Cashier
- Slot Technician
- Surveillance Officer I
- Surveillance Officer II (Part Time)

Environmental Services

- Horse Barn Assistant



Coach Jeff McClellan and his basketball team WARRIORZ were undefeated this season. They played in the Perkins Park and Recs league they were the only all Native Team. As an incentive for being undefeated they were able to attend the Oklahoma City Thunder and Chicago Bulls basketball game March 18, 2009.



The first night of the cultural activities the JOM students learned basket weaving, Mary BigSoldier also JOM chairman taught the kids how to weave baskets. The kids were all very interested and each of them made their own basket.

The second night the JOM students learned about the Tee-Pee. The kids learned what the Tee-Pees were made from and how they were put up. Each kid was able to make one of their own.

DO YOU WANT TO BE A HOMEOWNER?



Pick Up Your FEMA Mobile Home Application Now
Or Call Bah-Kho-Je Housing Authority at
(405)547-2402ext.231
Ask for Renee Hagler



May 2009: Older Americans Living Today for a Better Tomorrow

The following article is courtesy of the Administration on Aging.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year's theme is "Living Today For a Better Tomorrow," and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.

By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable. Nearly 40% of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

Tobacco use increases the risk of heart disease and cancer and is the single most preventable cause of death in the United States. Older adults who stop smoking will gain immediate and long-term health benefits.

While it's important for older Americans to have good physical health, it's equally important that they maintain good mental health. Nearly 20 percent of

Americans age 55 and older experience depression and anxiety disorders.

Studies have shown that engaging in social activities within the community can greatly improve mental health. In fact, research has demonstrated a strong relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

The U.S. Administration on Aging and its National Aging Services Network support a number of successful programs throughout the country that are helping older adults live better today and in the future. These programs keep people independent and out of nursing homes through streamlined access to health and long term care information and options and provide home and community-based systems of services that include the support for family caregivers. These programs also encourage older people to remain active and make behavioral changes through the increased use of evidence-based disease prevention programs under the Older Americans Act as well as the use of preventive benefits available under Medicare.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area; promote community, state, and national efforts to serve older adults; and find ways to enrich the lives of older adults who touch your life. Additionally, actively search out ways you can involve your community's older adults in volunteer efforts, allowing them to share their wisdom and energy. By working together, we can improve the health and well being of our Nation's older adults and pave the way for better health as we age.

For More Information Contact the Iowa Tribe's:

Perkins Family Clinic	405-547-2473
Wellness Center	405-547-2402 ext.325
Title VI Program	405-547-2402 ext.256

Evin Pierce

MX News



Photo Credit: David Hunter

This past weekend Cooperland Raceway in Stillwater, Oklahoma kicked off the South Central qualifiers for the 2009 Loretta Lynn's. The nation's economic status is in turmoil but by the looks of the 514 total entries representing 15 different states and one from Canada it is obvious that motocross has the most dedicated fans of any sport. The week leading up to the qualifier Mother Nature paraded her sunshine and 70 degree temperatures until Old Man winter decided to show that the months of February and March in the Midwest is still winter. A major cold front blew in Friday evening dropping the temperatures into the mid 20's with the winds whipping 30 M.P.H. and wind chills dipping into the low teens. By race time riders weren't asking themselves if they thought that they would finish in the top 8 of their class to qualify to go on to the Regional Qualifier but would they survive at all. Riders were bundled up more for Snocross races rather than for motocross. Needless to say, Dale Schultz (Owner of Cooperland) had the track in great condition and ready for some fast bar to bar racing.

Out of the first gate of the weekend in the Supermini 2 14-16 class was Kawasaki mounted #594 **Evin Pierce**, 14, from Billings, Oklahoma. Things warmed up real quick as Evin pulled the holeshot and went on to finish a disappointing 6th in his first moto. Evin had led the first 3 laps and was starting to check out until stalling his motor and after a number of attempts restarted in last working his way back up to 6th. "Yeah, I made a mental mistake," said Evin. "I went into the corner in too high of a gear and hit the gas and stalled it. I felt really good out there too. I just need to regroup and get ready for my next race." Evin racing both the Supermini 1 (12-15) class and the Supermini 2 (14-16) class went on to battle hard all day pulling 3 out 4 holeshots and banging bars every race with Monster Energy Team Green rider **Matt Inda** from Reseda, California and **Jacob Baumert** from Buckner, Kentucky on his Rockstar Energy Suzuki eventually finishing 3rd overall in both of his classes qualifying for the Youth Regional at Lake Whitney in Whitney, Texas June 20th - 21st. "This was a big confidence builder for me," explains Evin. "It's disappointing that I didn't win. I have been working really hard with Robbie Smith of Robbie Smith MX Schools and I think that it is starting to pay off." Evin added. "I will be going to the GNCC National at Oak Hill in Texas and I hope that I can impress a few people and maybe pick up some help but I don't know because of the way that things are going with the economy these days." Evin said. "I would like to thank DZ Graphics and Mike Duran Racing for the help they do for my dad. He has rheumatoid arthritis making it very difficult for him to be here so without their help here at the track I wouldn't be here but I am really excited about going on to the Regional's though."

April 2009

Iowa Tribe Title VI Menu and Elders' Activities

Monday	Tuesday	Wednesday	Thursday	Friday
March 30 Spaghetti w/mushrooms Green Salad Capri Vegetables Mandarin Oranges Milk	March 31 Sitter-cise 1 - 2 Vegetable-Bean Soup Grilled Cheese Sandwich Celery and Carrot Sticks Apple Crisp Milk	1 Pork-n-Hominy ½ Boiled Potato Seasoned Green Beans Fry Bread Mandarin Oranges Milk	2 Health Support Group 1 – 2:30 Chicken Breasts New Potatoes Brussels Sprouts Salad Cookies Milk	3 P-up/Deliver Commodities Boiled Egg Cereal Orange Tomato Juice Biscuits-n-Gravy Milk
6 Fish Sticks Broccoli Macaroni Cheese Salad w/ dressing Mixed Fruit Milk	7 Sitter-cise 1 - 2 Roast Beef w/ Gravy Mashed Potatoes Spinach Biscuit Splenda Peach Crisp Milk	8 Beans w/ Ham Sliced Onions, Peppers, Relish Spinach & Mandarin Orange Salad Corn Bread Berry Mix Milk	9 1 – 4 Craft Day Turkey Enchilada Guacamole on Lettuce Mexican Corn Sugar Free Jell-O Milk	10 Pancakes Sausage Strawberries Cranberry Juice Milk
13 Chicken Rice Broccoli And Cheese Casse- role Green Salad Strawberry Fluff Milk	14 Sitter-cise 1 - 2 Tuna Salad on Whole Wheat Toast Lettuce Leaves Sliced Cucumbers Fruit Salad Milk	15 Beef w/ Corn Soup ½ Boiled Potato Green Beans Fry Bread Fresh Fruit Milk	16 Health Support Group 1 – 2:30 Meatloaf Mashed Potatoes Carrots Salad Wheat Bread Fruit Cup Milk	17 French Toast w/ Strawberries Bacon Orange Juice Milk
20 Goulash Mixed Vegetables WW Bread Tropical Fruit Salad Milk	21 Sitter-cise 1 - 2 Pork Chops Scalloped Potatoes Garlic Bread Green Beans Tapioca Milk	22 Salmon Patties Brussels Sprouts Sweet Potatoes Biscuits Peaches Milk	23 1 – 4 Craft Day Canadian Bacon Pizza Garden Salad Pea Salad Berry Fluff Milk	24 Scrambled Eggs Ham Toast Grape Juice Apricots Milk
27 Spaghetti w/ mushrooms Green Salad Capri Vegetables Mandarin Oranges Milk	28 Sitter-cise 1 - 2 Vegetable-Bean Soup Grilled Cheese Sandwich Celery and Carrot Sticks Apple Crisp Milk	29 Chicken Breasts Mashed Potatoes w/ Gravy Broccoli Berry Yogurt Parfait WW Bread Milk	30 Fish Sandwich Baked Fries Coleslaw Berry Fluff Milk	1 Oatmeal Boiled Toast Blueberries Cranberry Juice Milk

**The Iowa Tribe
 Would like to wish
 Everyone a very**



The BAH-KHO-JE Journal
 Rt. 1 Box 721
 Perkins, OK 74059