



www.IowaNation.org

Phone: 1-888-336-IOWA

Official Publication of the Iowa Tribe of Oklahoma

Attention Tribal Members:

Also, tribal members be sure to check if your address are currently up to date , please contact Enrollment.
Higher Education Scholarship Program FALL DEADLINE: JULY 15TH – SPRING DEADLINE: DECEMBER 15TH
The Administration Offices will be closed February 18, 2013 reflecting President's Day.
The Administration Offices will be closed March 29, 2012 reflecting Good Friday.

Iowa Tribe Of Oklahoma
335588 E750 Rd
Perkins, OK
74059-3268
Phone: 1-888-336-IOWA

Bah-Kho-Je Journal

February 2013

Phone: 1-888-336-IOWA

Official Publication of the Iowa Tribe of Oklahoma

Bah-Kho-Je Housing Authority The Iowa Tribe of Oklahoma

335588 E. 750 Rd, Perkins, OK 74059 / Phone (405) 547-2402 / Fax (405) 547-4364
"Equal Opportunity Housing Authority"

Greetings Tribal Members,

The Iowa Tribe of Oklahoma has been awarded several mobile homes by FEMA. These homes will be **sold "As Is, paid in full before delivery of the home" to tribal members. If you own a home, you are not eligible for this program.**

If you are interested in purchasing a mobile home, please contact the Housing Authority office for an application. Please be advised on the following requirements:

The application must be filled out completely and all pertinent documents must be turned in with the completed application.

Only when application is complete will you be added to the waiting list.

The cost of the mobile home will depend on transportation cost from the FEMA location to the tribal member's location.

To purchase the mobile home, the tribal member **must have the full cost of the unit in the form of a cashier's check prior to delivery of the unit.**

In addition, the Tribe retains the "Right of First Refusal" if the tribal member decides to sell the mobile home within a five year period.

If you have any questions regarding this notification please feel free to contact the Housing Authority office at (405) 547-2402 ext 229 or ext 232.

Sincerely,
John Hayden
Executive Director

Attn: Tribal Members

The Business Committee is currently accepting applications for one (1) Gaming Commissioner Appointment to serve on the Gaming Commission Board. If you are interested in submitting an application go online to www.iowanation.org/jobs to fill out an application or you can go into the Human Resource office and fill out an application online. **This position is an honorarium paid position and not salary. Gaming Commissioners are not considered employees of the tribe and must not have a felony per Tribal and Federal Regulations. Gaming Commissioners must be able to obtain a key license.**

Gaming Commission

Iowa Tribe of Oklahoma Gaming Commission is the official tribal gaming regulatory agency of the Iowa Tribe of Oklahoma as established by the Tribal Gaming Ordinance. The Commission is composed of three members who shall be appointed by the Business Committee, none of whom shall be employees of the gaming enterprise. The members serve staggered terms and shall be paid an honorarium for meetings. No Gaming Commission shall participate as a player in any gaming activity conducted by the Tribe, nor, at the time of appointment, be a direct relative of any Business Committee member.

Summary of Responsibilities

The Gaming Commissioner is responsible to monitor the integrity of gaming in accordance with the Indian Gaming Regulatory Act, Tribal Gaming Ordinances and the State compact. The commissioners regulate, license and investigate all gaming activities on the Iowa Tribe of Oklahoma property and oversee surveillance and audit functions. Ensure reports are submitted timely and prepare annual budgets and justification for Business Committee review and approval. Ensure fairness and due process.

<p>Education and Experience: Gaming experience preferred but not required. Must have high-school diploma or GED equivalent. Ability to maintain deadlines and make decisions in a timely manner.</p>	
<p>Knowledge, Skills and Abilities: Must have understanding and desire to learn regulatory requirements of the Tribal, state, and federal regulations as mandated. Must be able to do some travel and able to attend monthly commissioner meetings. Requires good written and oral communication skills. Ability to effectively communicate with gaming personnel, the Business Committee, and gaming patrons.</p>	
<p>Additional Requirements: The Iowa Tribe of Oklahoma operates a drug-free workplace.</p> <ul style="list-style-type: none"> • Must submit to and pass applicable drug test. • Must pass criminal background check for a Key Gaming License. • Must not have a felony. 	

If interested, please go online to www.iowanation.org/jobs.



Western Heights Indian Education Pow-Wow

March 2, 2013
 1 pm - 10 pm
 8401 SW 44th
 OKC, OK
 Info Call: Angela Williams 405.350.3420

Peoria Stomp Dance

March 2, 2012
 7p.m.-12p.m.
 Ottawa-Peoria Cultural Center
 Miami, OK 74354
 Info Call: Anette Black 918.540.2535

Spotted Bird Powwow

March 29—31, 2013
 Convention Center 1016 E Airport Industrial Rd
 Elk City, OK 73544
 Info Call: Charlene Star 580.309.1737

American Indian Youth Leadership Spring Powwow

April 4, 2013
 McCurtain County Sports Complex
 108 NW 5th St. Broken Bow, OK
 Info Call: Monica Billy 580.584.3365

Murrow Indian Children's Home Benefit Pow-Wow

June 29, 2013 2:00 pm - 11:30 pm
 Bacone College/Palmer Center, OK
 Contact Betty Martin, Stella Papiakitah
 Phone: 918.682.2586
 Email: murrowhomedirector@gmail.com
 BYOC-Bring Your Own Chair

44th Annual Kihekah Steh Pow-Wow

July 26 - 28, 2013
 Javine Hill Rd 52 W Ave & 193 St. north,
 Skiatook, OK
 Info Call: Donna Phillips 918.381.7996
 Email: dphillips2002@gmail.com

Gathering of the Nations

April 25—27 2013
 Albuquerque, NM
 Phone: 505.836.2810
www.gatheringofnations.com

MC:

Sammy "Tonkei" White- Anadarko, OK
 Dennis Bowen, Sr. - Tuba City, AZ
 Vince Beyl- Bemidji, MN
 Ruben Little Head- Lame Deer, MT
 (Roving) Jason Whitehouse - Madison Hts, MI

Invited drums:

Young Bear- Mandaree, ND
 White Tail - Macy, NE
 Rock Hill - Regina, Saskatchewan
 Thunder Hill - Weatherford, OK
 Iron Boy - Prior Lake, MN

2013 contest dancing

Over \$200,000 in Cash & Prizes to be Awarded
 32 Categories - Elder's 70+, Golden Age 55-69, Adults 19-54
 \$2,000 First Place All Adult Categories (19-54)
 \$5,000 First Place "WORLD CLASS" Northern Singing
 \$5,000 First Place "SOUTHERN CHALLENGE" Singing
 Women's Back-up - No. & So. Styles: \$1000 Winner-Take-All
 Maximum of 6 Registered with Drum
 Hand Drum Singing Contest (Saturday Afternoon)
 Men & Women Combined (No Age Limits) – 1st Place: \$500
 Dancers & Singer Registration Thurs 10am-3pm, Fri 10am
 Grand Entries: Friday: Noon & 7 pm • Saturday: Noon & 6 pm
A FAIR CONTEST FOR ALL DANCERS & SINGERS!

Up Coming Powwows



POWWOW *Etiquette*

Whether it is your first time at a powwow or you're a veteran of powwow events. Some times its just a good idea to know and be reminded of the Etiquettes of the Powwow world. This day in age, manners and respect seems to be dying out. So here a reminder and knowledge to those has been and never been to a powwow.

- 1: No alcohol, drugs or weapons allowed at powwows
- 2: Bring your own powwow chair, most powwows will not have enough seating for the public.
- 3: Benches in the arena are for dancers only. Dancers who wish to reserve a spot on the bench should place a blanket in that space before the dance begins. Please do not sit on anyone else's blanket unless invited to.
- 4: Be on time, especially if your dancing and its time for Grand Entry and contest.
- 5: Appropriate dress and behavior is required in the arena. If you are going to dance try to wear your appropriate regalia.
- 6: Listen to the Master of Ceremonies (MC) he is the one that announces Who and When to dance.
- 7: Respect the position of Head Man and Head Woman Dancer. Please wait until they have started dancing before you join in. Their position entitles them when to start each song or set of songs.
- 8: Show respect to the Flags and Honor Songs by standing during 'special songs' stand in placed until the sponsors of the songs have danced and done a complete circle and have come around you. If you are not dancing, remain standing quietly until the song is completed.
- 9: Only veterans are permitted to dance some veteran's songs, unless otherwise stated; listen to the MC for instructions.
- 10: The Flag Song, or Indian National Anthem, is sung when the American Flag is raised or lowered. Please stand and remove hats during the singing of this song. It is not a song for dancing.
- 11: Powwows are usually non-profit. It depends upon donations, raffles, blanket dances, etc. for support. Donations are encouraged as a way to honor someone. Any participant can drop money onto the blanket to aid in the powwow expenses. Support the committee and buy raffle tickets.
- 12: If taking pictures, asked the dancer first. Remember common courtesy and ask permission. Group photographs are usually alright to take, but you might want to ask the committee first.
- 13: If at any time you are uncertain of procedure or etiquette, please check with the MC, Arena Director, or head singer. They will be glad to help you with your questions.
- 14: Dance as long and as hard as you can. When not dancing, be quiet and respect the arena

Remember that in each area you travel to and visit, things can and will be slightly different than your area.

Different groups and have different customs and methods of doing things. Different is not wrong, just different. Be respectful of the uniqueness of each area.

Tribal Administrator



January 31, 2013

RE: NEW MAILING ADDRESS FOR IOWA TRIBE OF OKLAHOMA

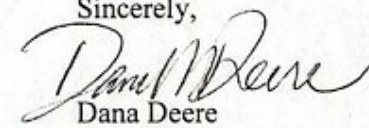
Dear Tribal Member:

The U.S. Postmaster notified the Iowa Tribe of Oklahoma that its mailing address has changed. The Tribe was given a transition period and this transition period is about to expire. The Post Office will no longer deliver mail with the old address: R.R. 1 Box 721 Perkins, OK 74059.

Please use the new address below for all future correspondence to the Tribe to ensure that your mail is properly received. This includes Tribal Assistance Applications and any other departmental applications, forms, and/or letters to the Tribe.

NEW ADDRESS:
Iowa Tribe of Oklahoma
335588 E 750 Road
Perkins, OK 74059

Thank you for your help and attention with this matter. Please feel free to contact my office if you have any questions concerning the address change.

Sincerely,

 Dana Deere
 Tribal Administrator
 Iowa Tribe of Oklahoma



Attention all Counselors, Principals and Administrators!

The All Nations Business Institute at Redlands Community College would like to invite your graduating high school seniors to attend the All Nations Summer Symposium! This five-day, fun-filled, event will help selected candidates to successfully transition towards becoming a college freshman.

WHO: May 2013 high school graduates who intend to enroll at Redlands Community College for the upcoming fall 2013 semester as a Business Major. If space is available, other majors will be considered.

WHEN: June 17th – June 21st, 2013

WHERE: Redlands Community College

WHY: The All Nations Summer Symposium will be a **FREE**, fun-filled, five-day, experience for selected May 2013 high school graduates who intend to enroll at Redlands Community College for the Fall 2013 semester as a Business Major. If space permits, other majors will be considered. During the course of these five days the selected candidates will stay at Cougar Crossing (our on-campus student housing) and take meals in at the Cougar Café. These five days will also be jam-packed with cultural experiences, social activities, career advisement, as well as introductions to Redlands administration and faculty. In addition, selected candidates will attend workshops specifically designed to build their academic skills set and provide the individual with everything they will need to succeed at Redlands Community College and beyond!

Qualified students will need **your** help to be eligible in order to attend this event. Please instruct your student to have the registration form filled out and mailed in by May 31st, 2013. They will also need a recommendation from either their high school counselor or Tribal Director of Higher Education to be eligible. Letters of recommendation also must be in by May 31st, 2013. Unfortunately, we will only be able to accept 20 students so please have all submissions in by May 31st. Students will be selected at random by a drawing.

If you or your students have any questions regarding Redlands Community College, The All Nations Business Institute, or the All Nations Summer Symposium, please do not hesitate to contact us as we would love to help in any way possible.

Sincerely,

Shannon L. Strain, Director
All Nations Business Institute
Redlands Community College
1300 S. Country Club Road
El Reno, OK 73036-5304
Phone: 405-422-1494

SAIGE 2013 Youth Program now accepting applications!

Society of American Indian Government Employees announces 2013 Youth Program and invites college students to participate. Native college students 18-25 years old are invited to apply for a fully paid week-long developmental experience at the SAIGE annual Training Program in Spokane, WA June 3-7, 2013. It will be held at the Northern Quest hotel owned by the Kalispel tribe.

Those who have recently graduated High School and are planning to attend college in the fall are also eligible. A great opportunity to meet professional native people and see the myriad of career paths available in federal, state and tribal governments.

<http://saige.org/test-youth-track-news-post/>



FAFSA Deadlines 2013-2014

Federal Deadline:

Online applications must be submitted by midnight Central Time, June 30, 2014. Any corrections or updates must be submitted by midnight Central Time, September 24, 2014.

Oklahoma: March 1, 2013 by midnight, Central Time. For priority consideration, submit application by date specified.

www.fafsa.ed.gov



[Avoid scams while searching for scholarships and grants.](#)

www.careerinfonet.org
www.fafsa.ed.gov



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

The Iowa Nation Headquarters
is located South of Perkins, OK
On state highway 1-77

Janice Rowe-Kurak Chairman

Bobby Walkup Vice Chairman

Lisa Switch Treasurer

Leslie Tanyan Secretary

Renee Lincoln Council Person



♥ Send correspondence via:
Email: ktehauno@iowanation.org
Phone, 405-547-2402 ext. 233

Fax 405-547-1092

Mail: 335588 E 750 Rd

Perkins, OK

74059-3268

Attention

: Bah-Kho-Je Journal



Interim Editor

Kent V. Tehauno



Cimarron Smoke Shop
 821 West Freeman Avenue Perkins, OK 74059
 Hours M-Sat 7am - 7:30pm Sunday 11am - 5pm
 Frank Murray, Shop Manager 405.547.5552

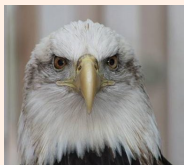
Iowa Mini Mart
 202 S. Hwy 177 Carney, OK
 Hours M - F 6am - 10pm
 Sat 6am - 10pm Sun 7am - 10pm
 Harvina Brigance, Store Manager 405.865.2595

BAH-KHO-JE
 Art Gallery and Gift Shop
 Hours: M-F 8a-5p
 405-547-4263
 3 Miles south of Perkins on Hwy 77

Classifieds

Have you bought a calendar for 2013 yet?
 If not, visit the **Bah Kho-je Xla Chi** (Grey Snow Eagle House) and pick one up!
 It has pictures of the eagles and only cost **\$10.00**.

All funds raised will go towards helping save eagles.
Buy yours today!



Would you like to go back to school?
 Are you having difficulty juggling your work schedule with family life?
 We provide child care assistance for all eligible Native American families.
 Let us help you achieve success!

Kaw Nation Child Care Development Fund Program
 101 Charles Curtis Drive
 Newkirk, OK 74647
 580-362-4114

Attention Tribal Members
 Our mailing address has changed to the following
335588 E 750 Rd Perkins, OK 74059

RR 1 Box 721 Perkins, OK

Is no longer in effect. This includes ALL Departments with in the tribal complex.

Bah Kho Je
 Words of the Month:

Moccasin - Ah gooh jay

Eat - Wah Dooj

Fruit - Wahgu

Corn - Wah dooje

Fire - Pay Jay

Free GED Class

Mondays and Thursdays Evenings
 5:30 PM to 8:30 PM
 Environmental Building by Perkins Family Clinic
 (Behind D'Marios and Car Wash on Highway 33, Perkins)

The Library has special teaching tools to help anyone who needs that extra help.

Class is now in progress but you may start now, students work at own pace and areas where help is most needed.

Class and materials are free and open to all people, age 16 and above. We help with testing fees.

For more information Please:

Kathleen Woods, GED Teacher
 405-377-0659 Home 405-612-2760 Cell
 grakat@sbcglobal.net

Sandy Tharp, Library Director @ Iowa Tribe Library
 405-547-2402 ext 213
 stharp@iowanation.org

Chris Hill, Iowa Tribe Education Specialist
 405-547-5721 ext 209
 chill@iowanation.org

WHAT IS NASNTI SUMMER SYMPOSIUM?



A **FREE** fun filled **FIVE DAY** experience for selected **May 2013 high school graduates** that will be enrolling at Redlands Community College in the fall semester as a Business Major (other majors will be considered if space permits).



The five days will be jam-packed with **CULTURAL EXPERIENCES, SOCIAL ACTIVITIES, ACADEMIC SKILL WORKSHOPS, CAREER ADVISEMENT**, and introductions to administration and faculty, everything you need to succeed at Redlands Community College and beyond!



The Summer Symposium will prepare students for an **EASIER TRANSITION FROM HIGH SCHOOL TO COLLEGE LIFE**.



The All Nations Business Institute Summer Symposium runs from **JUNE 17TH-JUNE 21TH**.



We look forward to seeing you at the 2012 Summer Symposium!

SUMMER SYMPOSIUM REGISTRATION

Registration for the 2013 ANBI Summer Symposium is open to Native American students who will be May 2013 high school graduates enrolling at Redlands Community College in the Fall 2013 semester, as a Business Major (other majors will be considered if space permits).

Name _____ Phone Number (____) _____

Address _____ City/State/Zip _____

Email _____ High School _____

Vehicle on Campus: Yes No (circle one) License Plate Number _____

Emergency Contact _____ Relationship _____

Daytime Phone _____ Work Phone _____ Alt Phone _____

2nd Emergency Contact _____ Relationship _____

Daytime Phone _____ Work Phone _____ Alt Phone _____

I understand that the registrant will participate in all phases of the Summer Symposium and off-site trips. I understand and agree to cooperate with all regulations. I (registrant) will not attend if not in good physical condition. In an emergency, when the provided contacts cannot be reached, I give permission for the Redlands Community College authorities to take any emergency measures deemed appropriate. It is understood that all reasonable efforts will be made to contact the emergency contact.

Race: African-American Asian/Pacific Islander Hispanic American Indian Caucasian Other

Tribal Affiliation _____

Have you taken ACT: Yes No (circle one) Scores: Math _____ English _____ Reading _____

Registration and Recommendation letter is due by May 31st, 2013
Recommendation letter may come from either a High School Counselor or the Higher Education Tribal Director

Mail Registration To: Redlands Community College
 All Nations Business Institute
 1300 S. Country Club Rd.
 El Reno, OK 73036

By registering you grant us the right to photograph and or tape record (audio/ video) your image and use of it in our publications, news releases, fundraising materials and website. I understand that the images may be used in promotional and other published formats, and will be the sole property of The All Nations Business Institute and Redlands Community College.



New "Lost Nation: The loway 2&3" Documentaries to Premiere at the University of Iowa Museum of Natural History on February 23

loway Tribal Members, Emmy® Nominated Filmmakers and Film Participants to Attend

IOWA CITY— Kelly and Tammy Rundle of Fourth Wall Films, producers of the Emmy® nominated documentary *Country School: One Room-One Nation* and the award-winning *Lost Nation: The loway 1* will premiere their new documentaries *Lost Nation: The loway 2 & 3* at the University of Iowa Museum of Natural History, Macbride Hall Auditorium in Iowa City on Saturday, February 23, 2013 at 6:30 p.m. Following the screening, loway tribal members and other film participants will take part in Q&A. This world premiere event is free.

When the loway were forcibly removed from their ancestral homeland of Iowa in 1837 to a reservation on the border of Nebraska and Northeast Kansas, loway leader White Cloud (The Younger) believed his people must relocate to survive. But intermarriage, broken treaties and the end of communal living led to a split in 1878 and the establishment of a second loway tribe in Oklahoma. Both tribes endured hardship and challenges to their traditions and culture to achieve successful land claims and self-determination in the 1970s. ***Lost Nation: The loway 2 & 3* brings the dramatic loway story full circle.**

"I believe all the tribes had their trail of tears, said Iowa Tribe of Oklahoma Tribal Elder Joyce Big Soldier-Miller. "They all suffered--all those Indians who made those treks away from their former homelands."

"It's always good to look at the past and remember that it does affect the future," said Iowa Tribe of Kansas and Nebraska tribal member Reuben Ironhorse-Kent. "The ancestors did the best they could with what they had."

loway Elders and tribal members join other Native scholars, historians, archaeologists and anthropologists to tell the dramatic and true story of the small tribe that once claimed the territory between the Missouri and Mississippi Rivers from Pipestone, Minnesota to St. Louis. The state of Iowa takes its name from the loway Tribe.

Special private events will take place for loway attendees during the premiere weekend. On Saturday, February 23 from 10 a.m. until 4 p.m. the Wickiup Hill Learning Center in Toddville, Iowa (40 minutes north of Iowa City) invite loway Tribal Elders and Tribal members to visit the new loway Exhibit. A special open-house hosted by the Office of the State Archaeologist, 700 S. Clinton Street in Iowa City will take place from 2 p.m. until 4 p.m. The loway and Oneota collections will be available for the tribal members to see and discuss. A private premiere reception will take place from 5:30 p.m. until 6:30 p.m. in the Exhibit Hall of the Museum of Natural History prior to the documentary screenings. On Sunday, February 24, 9:30 a.m. loway tribal members will meet with Cindy Peterson of OSA and be taken to the lowaville village site where the loway, including Mahaska the Elder, No Heart and Great Walker lived with over 800 others during the 1760s and 1820s.

The world premiere of *Lost Nation: The loway 2&3* is hosted by the Museum of Natural History, University of Iowa, 14 Macbride Hall, Iowa City, Iowa and will take place on Saturday, February 23, 2013 at 6:30 p.m. Admission is free. The films contain mature themes and historical images that may be disturbing to young children.

The documentaries will continue screening throughout the U.S. and will be released on a single full-featured DVD in April 2013. An alternative soundtrack in the nearly extinct loway language will be offered on the DVD. Broadcasts on Midwestern PBS stations are slated for 2013.

Lost Nation: The loway 2&3 received the generous support of the Iowa Tribe of Oklahoma, and the Iowa Tribe of Kansas and Nebraska. The project was partially funded by grants from Humanities Iowa and Silos and Smokestacks National Heritage Area, as well as humanities councils in Kansas, Oklahoma, Nebraska, Wisconsin, and South Dakota, and the National Endowment for the Humanities.



Iowa Tribe of Oklahoma

Sweat Ceremony



Thursday Nights 6:00pm

North side of Pow Wow Grounds

Chena Building



Contact:

**Eagle McClellan or Tyrone Springer 405-547-4325
Or Gary Pratt 405-747-4999**

We would like to invite everyone to join us on Thursday evenings for our sweat lodge ceremony. We set aside Thursdays for our substance abuse program, but we also welcome anyone who is in need of prayer and spiritual cleansing. We also conduct sweats upon request, perhaps birthdays, celebrations and even maybe loved ones who may not be feeling well.

Clothing suggestions are T-shirts, shorts, flip flops, etc. Towels are usually a good idea to bring as well, jewelry such as ear rings, rings, watches, are not recommended inside lodge. we always try to start between 6pm and 7pm. We usually provide a meal afterwards and everyone is welcome to come and eat with us.

Note: Sometimes weather can play a determining role if sweats will take place or not. Safety will always be the first priority for everyone, therefore, This will be at the discretion of the recreation department to determine if weather will allow for ceremony.

You Can Reduce Your Risk for Heart Disease

February is American Heart Month. If you have diabetes, you are at higher risk for having heart disease. You can improve the health of your heart. There are several risk factors for heart disease. Many can be prevented or controlled. Here are ways you can reduce your risk for heart disease:

Talk to Your Health Care Provider about Heart Disease

Share your health history. Get your blood pressure and cholesterol checked. Ask if taking an aspirin each day is right for you.

Control Your Blood Pressure and Cholesterol

High blood pressure is one of the leading causes of heart disease. If your blood pressure or cholesterol is high, take steps to lower it. Take small steps to eat healthier foods. Get more exercise. Take your blood pressure and cholesterol medicines as prescribed.

Eat Healthy

What you eat has a big impact on your heart health. When planning your meals and snacks, try to:

- Eat lots of fresh fruits and vegetables.
- Check the labels on your food and choose those with the lowest sodium. Too much sodium can increase your blood pressure.
- Limit foods with high amounts of saturated fat, trans fat and cholesterol. You can find this information on Nutrition Facts labels.
- Cook at home more often. Whenever possible, choose foods that are low in sodium or have no salt added. Limit sauces, mixes and "instant" products, like macaroni and cheese and hamburger dish mixes. Rinse canned foods, like canned meat, before using.

Get Moving

Obesity can increase your risk for heart disease and stroke. Being physically active most days of the week will help keep you at a healthy weight, and will help lower high blood pressure and high cholesterol. Try to walk at least 30 minutes on most days of the week. For example, you could take a brisk 10-minute walk, 3 times a day, 5 days a week.

Use Tobacco in Traditional Ways Only

Smoking and chewing tobacco greatly increases your risk for heart disease. If you smoke or chew, get help to quit. If you don't smoke or chew, don't start. Try to avoid secondhand smoke.

Remember Your ABCS

An easy way to remember how to reduce your risk for heart disease is to remember "ABCS". Talk to your health care provider about heart health ABCS. The heart health ABCS will help you avoid heart disease and live a longer, healthier life:

- Appropriate Aspirin Therapy for those who need it
 - Blood Pressure Control
- Cholesterol Management
- Smoking/Chewing Cessation

For more information on how to have a healthy heart, contact your health care provider.

Adapted from information found at www.millionhearts.hhs.gov

Love with all your heart.



February is American Heart Month. You can reduce your risk for heart disease. You can live a long, healthy life, and be there for your loved ones.

- Use tobacco in traditional ways only.
- Eat a healthy diet.
- Walk every day.
- Love with all your heart.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Positive Parenting Advice

Making Children Aware of Public Shootings

The recent public shootings, at Sandy Hook Elementary in Connecticut, the Mall in Oregon, and the Movie Theater in Colorado has brought on many questions that Parents now must face concerning the safety of our children and Families in public places.

Although it's not an everyday occurrence, these shootings are very tragic and are happening at an alarming rate.

"How do I answer questions about the recent shootings with my children when I don't have all the answers?" "How do I protect my Family/Children when this type of act of violence happens around them?" We too do not have all the answers to the questions that arise, but here are a few tips to help point Parents in the direction needed to make their Families aware.

First and foremost we must Love our Children. Telling your Children and Family members often and sincerely that you love them will only do good. Hugging your Kids when they leave your presence, or kissing them good night are great ways to show your love. Be generous of your time and affection toward your children. All Kids benefit from knowing they are Loved.

Honesty is the best policy, always be honest with your children when opening a dialog such as public shootings or any conversation. As Parents we must make ourselves aware of the truth and communicate that in a way that our Children can understand. Parents, you want your Kids to hear about a difficult situation from you rather than your Kids fellow classmates. Be kind and gentle when using your words to communicate with Children, you can say something like: "A sad thing happened at an elementary school in Connecticut. A man shot people at the school. Some of the people died. I don't know why this happened, but I am very sad about it. I wanted to tell you about it so that you would know what was going on and could ask me any questions that you have. I may not have the answers, but I can try. It's important to me to be honest with you even about difficult things and for you to be honest with me."

Review your home and school safety plans. Ask your child if they have ever practiced a fire drill or other type of safety drill at school? Talk with them about any drills they have done that may have involved them hiding, staying quiet, turning out lights, or locking the classroom door. Many schools practice these drills in preparation for this type of attack. Review with your child what they should do if someone was shooting a gun at their school, in public, or in your home. If your child is not sure what the safety plan is for their school, then email your child's teacher or principal to learn more. Once you know the plan, review it with your child. Let them know that this type of situation happens very rarely, but that it's still important to know what to do just in case. Remind them that if something happens at their school it is important to remain as calm as possible and follow their teacher's instructions. Parents must educate themselves.

The City of Houston produced a video on workplace shooting this summer that advocates a "RUN-HIDE-FIGHT" plan. Although it's geared for adults, it has some valuable post-9/11 lessons that can be used for parents when thinking about this topic for kids. The plan suggests that if possible you should first run for safety. If you can't, then you should hide from the shooter. If that's not an option then you should fight back against the shooter. The A.L.I.C.E. plan offers similar advice: alert, lockdown, inform, counter, evacuate. Although these plans aren't meant for children, as adults we all need to be educated on how to respond in the event we are faced with this type of situation.

As tough as a conversation this may be to have with Children, Parents must make their Families aware of all dangers the in best way possible. Parents have the difficult job of preparing Children and Families for the good in their lives and for the bad things in life. Positive Parenting is always a step in the right direction.

Iowa Tribe Social Services

General Assistance, Child Welfare Assistance, Supervised IIM Accounts, Family & Community Services, Adult Protective Services, and Child Protection.

405.547.2402



Alexis 14 years old

'We are dedicated to promoting the love and teaching of reading beginning with the youngest to the young of heart. Our library belongs to our people. It is for them and the community that our people live in that we strive to offer literacy, educational, computer skills, employment and health resources We are dedicated to promoting the love and teaching of reading beginning with the youngest to the young of heart. Our library belongs to our people. It is for them and the community that our people live in that we strive to offer literacy, educational, computer skills, employment and health resources'

Iowa Tribe Library

Recently First grader, 7 ½ year old, Lysis was asked how long she had been coming to the library. Her reply, “Three years. I love the library. The library is so inspirational!” When ask to explain she said, it was because there was so much to see and do – books and computers. Her favorite thing is getting to read out loud to Sandy, the librarian and helping out. Helping out is sometimes stapling Sonic Reading Logs and putting up books, but mostly choosing and getting to check out books.

Alexis, Ninth grader, 14 year old, says “The library inspires me to read more books and take time to read them.” Alexis comes to the library afterschool for homework help and look up resources on the computer for class-work.

What inspires you about the library or what can the library offer to inspire you and your family? Please take a few minutes and answer the library survey. Thank you.

Lysis 7 years old



Human Resources Introduces New Application Process

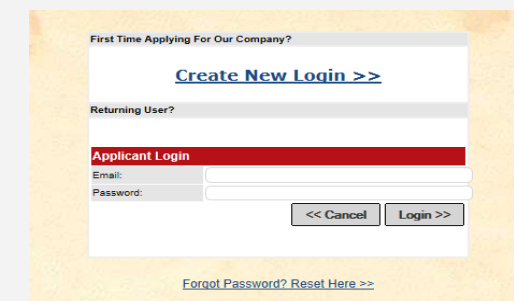
Starting with the 2013 year, the Human Resources is teaming up with Paycom to create a new applicant tracking process to better serve the Iowa Tribe of Oklahoma in satisfying their current employment needs. This new process will allow for each applicant to complete an application online for any open position that they wish. As other positions become available, the applicant can log in to the system, update their application as necessary and apply for a new position that they are interested in.

The new process will save the applicant time by allowing for them to control the flow of their application as well as having the ability to apply for a position 24 hours a day, 365 days a year. Any updates to their information or positions that are of interest are just a few clicks away. This in turn will save Human Resources time and help with the flow of information regarding what positions have been applied for and helping with the overall picture of the applicants that are interested in working for the Iowa Tribe of Oklahoma. All of these changes to the application process are ongoing. There will be a page for each entity that includes the Tribal Government, BKJ Solutions, Housing, Enterprises, the Smoke Shop and the Mini Mart.

Applicants can visit www.iowanation.org/jobs to view the openings for each entity. When a position becomes available that they might be interested in, they will follow the link within the job description to apply.



This will bring up the following page to start the process:



The applicant will then be able to input their contact information, education, work history, references and upload a resume. Once the application has been completed, each hiring manager will be notified of the new applicant and the hiring process can begin. Visit www.iowanation.org/jobs to view our current openings!

Iowa Tribe Library: 2013 Needs Survey

The Iowa Tribe Library working with JOM, Iowa Tribe Departments and Community is seeking your input to the following questions needed for a grant proposal.

1. What programs and services does the library need to offer that would best meet your needs and the needs of your family? Please circle all that apply and star all that would be most meaningful or important to you and your family. Suggestions and comments are encouraged as to why some programs are more important.

- a. Native American Culture: Language, art, gardening, song, writing, pottery, dance, storytelling, cooking, sewing, beading, weaving, jewelry, drumming, history, baskets.
- b. Career and Employment: computer skills, resume, job seeking
- c. Adult Education – GED certification classes
- d. Health and life skills
- e. Tutoring and/or Homework help

Suggestions: _____

2. What types of resources do you feel that the Library needs to better meet your needs and the needs of your family? Please be as specific as possible.

- a. Books and Materials _____
- b. DVD's _____
- c. Music _____
- d. Online Databases _____

Suggestions: _____

3. Please tell us about yourself.

- a. Your age _____
- b. Age of members of your family _____
- c. Your tribal affiliation or heritage. _____
- d. Your city of residence _____

Comments: _____

This form may be sent by interoffice mail, hand delivered, emailed or faxed to the Iowa Tribe Library, stsharp@iowanation.org Fax number: 405-547-1090 **Thank you for your time.**

Dieticians Approval _____		MARCH 2013	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY FISH DAY
<p style="color: red; font-weight: bold;">Menu Subject to Change Without Notice</p>			
<p>4 Sloppy Johns Garden Salad Macaroni Salad Sliced Pickle & Onion SF Cherry Crisp 2% Milk</p>	<p>5 Meat Loaf Scalloped Potatoes Winter Blend Hot Wheat Roll SF Banana Pudding 2% Milk</p>	<p>6 Steam Fry Boiled Potato California Blend Sherry's Fry Bread Apricots 2% Milk</p>	<p>1 Tuna Salad w/ Wheat Bread or Wheat Crackers Lettuce & Tomatoes Broccoli Salad Fresh Apple 2% Milk</p>
<p>11 Soft Turkey Taco w/ Lettuce, Tomatoes & Onion Chuck Wagon Blend SF Blackberry Cobbler 2% Milk</p>	<p>12 Roast Turkey Breast Sweet Potatoes Seasoned Green Beans Hot Wheat Roll Pineapple Chunks 2% Milk</p>	<p>13 Grilled Chicken Nachos w/ Beans, Lettuce, Tomatoes & Cheese along with Sour Cream, Guacamole & Salsa Santa Fe Blend Strawberries 2% Milk</p>	<p>1 Ham & Boiled Egg Tomato Slice Wheat Toast Fresh Orange 2% Milk</p>
<p>18 Pot Roast w/ Carrots & Potatoes California Blend Hot Wheat Roll Strawberry Fluff 2% Milk</p>	<p>19 Baked Pork Chops In Mushroom Gravy w/ Rice Zucchini & Tomatoes Garden Salad Peaches 2% Milk</p>	<p>14 Shrimp Creole Green Garden Salad Hot Wheat Roll Apple Crisp 2% Milk</p>	<p>8 Grits Sausage Links V-8 Juice Fruit Cocktail 2% Milk</p>
<p>25 Cold Turkey Sub w/ Lettuce, tomatoes & pickles Baked Cheetos Coleslaw Fresh Orange 2% Milk</p>	<p>26 Angus Burgers w/ Lettuce, Tomatoes, Onions & Pickles Broccoli Salad SF Lime Pear Jello 2% Milk</p>	<p>20 Indian Taco w/ chili beans, lettuce, tomatoes, onions, salsa, peppers and sour cream Cinnamon Apples 2% Milk</p>	<p>15 Bacon Scrambled Eggs Home Style Potatoes Wheat Toast Apricots 2% Milk</p>
<p>27 Salad Bar Day Chef Salad Chicken Salad Macaroni Salad Fruit Salad 2% Milk</p>	<p>21 Tilapia Key Largo Garden Salad Tropical Fruit 2% Milk</p>	<p>22 Cream of Wheat Strawberries Sausage Links Tomato Juice 2% Milk</p>	<p>9</p>
<p>31 Easter Sunday Easter SUNDAY</p>	<p>24 Palm Sunday</p>	<p>10 Day Light Savings Time Begins</p>	<p>3</p>
<p>29 IOWA OFFICES CLOSED SAC & FOX Tailgate</p>	<p>30</p>	<p>16</p>	<p>2</p>
<p>28 Salmon Patties Carrot Coins Cream Style Corn SF Peach Crisp 2% Milk</p>	<p>23</p>	<p>17</p>	<p>3</p>
<p>23</p>	<p>24</p>	<p>18</p>	<p>4</p>

COMMUNITY CULTURAL CLUB HANDGAME

Was hosted on January 25, 2013. Chili cook off winners were:

- 4th Place: Kelene Deer
- 3rd Place: Alyssia McKosato
- 2nd Place: Stella Wilson
- 1st Place: Deleen Miller

There were a total of 10 entrants, 5 Judges – selected at random, from the visiting crowd that attended and scored on a scaled of 1 to 10 for determining criteria, such as Aroma, Consistency and Taste. All the Judges seemed to enjoy doing this fun activity, and folks are asking when we are going to do this again, and to at least have another Handgame.

