



www.IowaNation.org

Official Publication of the Iowa Tribe of Oklahoma

Reminder to our Tribal Members

February 18, 2013 The Iowa Tribe Administrative Office will be closed down for President's Day. Also, tribal members be sure to check if your address are currently up to date, please contact Enrollment.

A reminder for the Higher Education Scholarship Program

FALL DEADLINE: JULY 15TH – SPRING DEADLINE: DECEMBER 15TH

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



Bah-Kho-Je Journal

January 2013

Phone: 1-888-336-IOWA

Official Publication of the Iowa Tribe of Oklahoma

Four Bald Eagles shot; Stillaguamish Tribe puts \$10K Toward Reward for Killers' Capture-

Four bald eagles—three adults and a juvenile—have been found floating in a lake near Granite Falls in Washington State in an apparent cold-blooded killing, authorities say. The Stillaguamish Tribe has contributed \$10,000 to the reward fund for information leading to the apprehension and conviction of those involved.

Discovered on January 9, the birds appeared to have been shot out of the trees with a small-caliber rifle, for no apparent reason. Although there are many legitimate ceremonial uses of eagle parts, their talons and feathers were left intact,

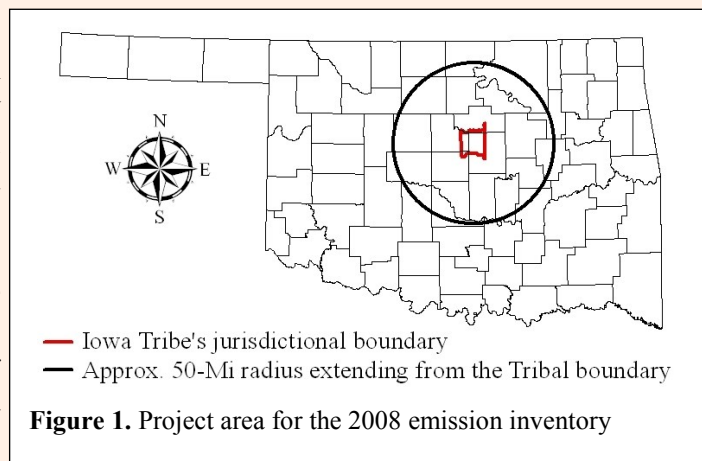
The Washington Fish and Wildlife Department, along with the Humane Society of the United States and Conservation Northwest are also offering reward money, bringing the total fund to \$13,750.



In the United States, the bald eagle and the golden eagle are protected under multiple federal laws, according to the U.S. Fish & Wildlife Service. Per the Bald and Golden Eagle Protection Act, felony convictions can lead to a maximum fine of \$250,000 or two years in prison. Civil penalties are also subject to thousands in fines and imprisonment. Bald eagles are also protected under the Migratory Bird Treaty Act and the Lacey Act. The bald eagle was removed from the Endangered Species federal list in 2007.

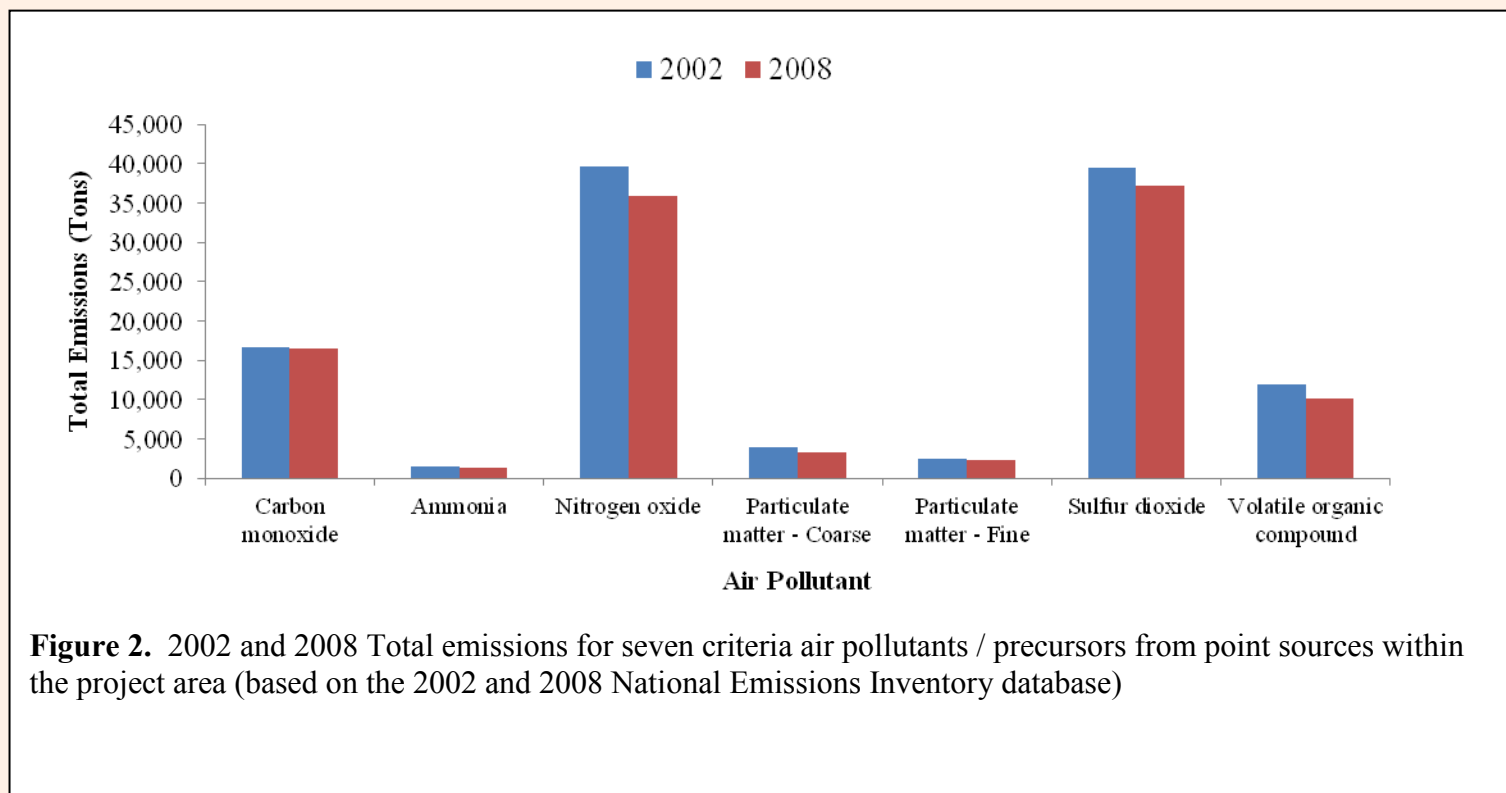
The birds have been sent to a lab of the U.S. Fish and Wildlife Service for forensic analysis in hopes of extracting bullets and gathering other evidence that could lead to the culprits, wildlife officials said. They were keeping the exact location of the grisly discovery under wraps while the investigation continues,

The Office of Environmental Services (OES) completed an EPA-funded air project in 2012. The purpose of the study was to update the Tribe's emissions inventory (EI), which provides an estimate of the amount of pollutants released into the atmosphere. The EI was based on the EPA's 2008 data (which is the most recent data available), and the project area included Iowa Indian Country and a 50-mile radius around the tribal boundary (**Figure 1**). The emissions were measured for seven air pollutants (**Figure 2**) for four source categories (point, non-point, non-road mobile and on-road mobile sources).



Project Summary for Point Sources:

The total 2002 and 2008 point source emission estimates for seven air pollutants are shown in **Figure 2**. The number of polluting point sources in the project area increased from 139 in 2002 to 191 sources in 2008. The overall total emissions for all seven air pollutants, however, decreased from 2002 to 2008 (**Figure 2**), which indicates an improvement in air quality regardless of the rise in the number of polluting sources. The EIs for the two sampling years will be used as baseline information and compared to future EIs to determine trends in air quality within and surrounding Iowa Indian Country. The results of the EI for the four source categories were documented in a final project report and are kept on file at the OES.



What's Next?

The OES was recently awarded another year of EPA funding to fill in the data gaps in our emission inventories. We are also expanding our inventory to include hazardous air pollutants, which are known or suspected to cause serious health problems, such as cancer, birth defects, weakening of the immune system, or having neurological and/or developmental effects. For more details about the Iowa Tribe's Air Program and projects, please contact the OES Department at (405) 547-5433.



Seminole Nation Honor Guard Pow-Wow

February 9, 2013
St. Gregory university, Shawnee, OK
Co-Host Comanche Little Ponies.
Gourd Dance begins @ 1pm. Grand Entry @ 7pm
Info call Rex Hailey 405.382.3900 or Alex Fish 405.432.7858

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

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

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 Pepiakitah
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

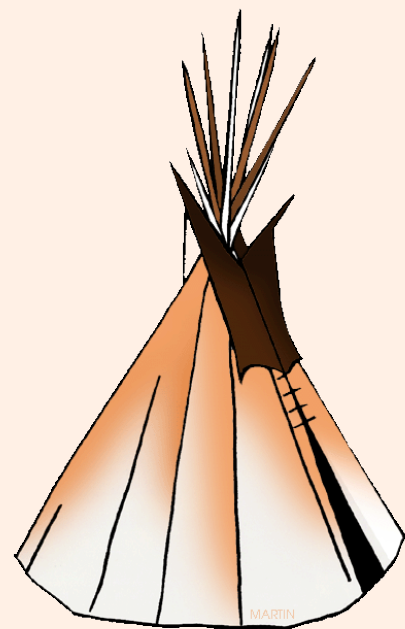
2013 contest dancing

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





phillipmartin.info

SPONSORS:
COMMUNITY
CULTURAL
CLUB

PLEASE JOIN US FOR
AN EVENING OF OLD
FASHION FUN!

6:00—CHILI/STEW
COOKOFF -
CASH PRIZES -
4 PLACES

6:30 - SUPPER
7:30 - HANDGAME

'PRETTY SHAWL'
CONTEST—DURING
FINAL ROUND
DANCE SONGS
3—CASH PRIZES

**Community Cultural Club
Handgame!**

FRIDAY, JANUARY 25TH
6 P.M. UNTIL ????

@ THE CHENA—
IOWA POWWOW GROUNDS
PERKINS, OKLAHOMA

50/50'S
CAKE WALKS
GAMES IN BETWEEN SETS
CONCESSION STAND
INFO: GARY PRATT @
405-547-4358 OR
JOYCE @ 405-547-4366—405-269-1561
BRING YOUR CHAIRS!

Drum/Singers:
Led by Don Patterson—
Chairman Tonkawa Tribe

Spokesman: Frank Carson

Hand Game Sticks:
Gr'pa Fred Big Soldier's
Keeper: Joyce Miller

Painkiller Addiction in Indian Country

The Ambush

Sam is a desperate man these days. Things were not always this way as he was an excellent student and athlete in high school, sustaining a back injury in football his senior year. He graduated technical school and was a valued employee at the local plant until he severely injured his back on the job.

His doctor prescribed opiate painkillers to curb the excruciating pain. At first, they took some getting used to but, as the doctor advised, he did get used to them and they did offer the relief he needed. But then he started needing more and more and, finally, the doctor cut him off telling him he was addicted and “med-seeking.”

In November 2011 the Centers for Disease Control announced that prescription painkiller addiction was a national epidemic. Oklahoma leads the nation in that addiction and related deaths and that prevalence is very high among Native Americans.

In response, the Obama Administration generated a plan to address the issue, *Epidemic: Responding to America's Prescription Drug Abuse Crisis*. The President's plan almost exclusively deals with shutting down the *supply* of these drugs for illicit use.

Almost nothing is planned for addressing the *demand* for these drugs, and what is addressed is prevention. No plan addresses the SAMHSA's estimated 245,000 painkiller abusers in Oklahoma, many of whom are Indians.

Like Sam, these are often people who often accidentally *got hooked* but found opiate addiction is very powerful. Traditional treatment has proven to be only 6-10% effective, according to SAMHSA. It begins with inpatient detox, which often has a long waiting



list and disrupts home life and employment. By shutting down supply, which is a good thing, we set up a situation where people become very sick and desperate – and in Oklahoma, we are talking about a massive number of people.

"This starts a foreseeable progression of life events," remarks Dan Cross, Executive Director, Absentee Shawnee Counseling Services - OKC. "People lose jobs, lose homes because they can't pay rent. Families break up and Child Welfare steps in. Crime becomes a necessary option for people who would have never done those things before. Health care utilization goes way up, as does the need for social services. A plan that shuts down illicit prescription opiate supply, in the face of this much addiction, without addressing the addiction, will lead to huge social problems. Tribal communities need to plan a response, now."

Cross continues, "Our tribal programs uses a highly effective SAMHSA evidence-based best practices that are 70-75% effective and skip inpatient detox. There is no wait and we don't disrupt your job or home life. We accept Medicaid but all CDIB card carrying Indians will be treated at our clinic without regard for ability to pay. If an Indian needs help, regardless if they can pay, we will treat them." Call 405-672-3033 or go to ascs-okc.com for more information.

Contact: **Dan Cross**, Executive Director, ASCS, danb.cross@gmail.com, 405-672-3033, C:918-260-1096

BENEFIT DANCE

WHEN: SATURDAY JANUARY 26TH 2013
WHERE: WHITE EAGLE CULTURAL CENTER

AGENDA

2:00 PM.....WAR DANCE
5:00 PM.....SUPPER BREAK
6:30 PM.....GOURD DANCE

SPECIAL GUEST: PONCA TRIBAL PRINCESS, GABRIELLE WARRIOR

STAFF:

MASTER OF CEREMONIES: ALVA ROUGHFACE
HEAD SINGER: BRIAN ADSON
HEAD WAR DANCER: TED (Ruskie) MOORE, JR.
HEAD LADY DANCER: JOYCE MILLER
HEAD GOURD DANCER: REV. TOM MORRIS JR.

Come celebrate with the new Ponca powwow/Celebration Committee on the first of many monthly benefit dances

There will be plenty of excellent raffles and concessions for your enjoyment and of course plenty of good singing and dancing

For more information contact Oliver Littlecook @ 580/765-2501

January is National Stalking Awareness Month.

Stalking is a pattern of behavior or a series of actions that make the victim feel afraid or in danger. Stalking behaviors can include any or all of the following: following or showing up at places the victim frequents; repeatedly calling the victim (including hang-ups); damaging the victims home, car or other property; sending unwanted gifts, letters, cards or e-mails; monitoring the victims mail, phone calls or computer use; using technology, like hidden cameras, or global positioning systems to track the victim; driving by or hanging out at the victims home, school or place of work; making threats to harm the victim, their family, friends or pets and any other actions that control, track or frighten the victim. Stalking is defined as a crime in all 50 states and the District of Columbia. Approximately 1.4 million people are stalked each year. About 1 in 12 women and 1 in 45 men will be stalked in their lifetimes. A stalker can be a complete stranger or someone the victim knows well. Most stalking victims have dated or been involved with their stalker. About 75% of stalkers are men stalking women, but men do stalk other men and women have stalked men.

A victim of a stalker may experience any of the following: feel fear of what the stalker might do; feel vulnerable, unsafe and not know who to trust; feel nervous, irritable, impatient or on edge; feel depressed, hopeless, overwhelmed, tearful or angry; feel stressed, including having trouble concentrating, sleeping or remembering things; have eating problems, such as appetite loss, forgetting to eat, or overeating; have flashbacks, disturbing thoughts, feelings or memories; feel confused, frustrated or isolated because other people don't understand why they are afraid. These are all common reactions to being stalked.

Stalking is unpredictable and dangerous. No two stalking situations are alike and there is no guarantee that what works for one person will work for another, but there are steps a victim of stalking should take.

Victims should trust their instincts and not downplay the danger they feel. Victims should take threats seriously. Danger is generally higher when the stalker talks about murder or suicide. Stalking victims should immediately contact a Victim Assistance Program for help. The Victim Services Unit at the Iowa Tribe of Oklahoma provides services to support victims of stalking.

We can help victims develop a safety plan, secure their home and person, document evidence of the stalking behaviors, apply for a protection order and make referrals to other needed services.

The Victim Services Unit has put together stalking kits which are furnished to stalking victims. The kits, designed to empower and protect victims, include the following items:

- A pre-paid cell phone so victims always have ready access to 911
- A flashlight for safety after dark
- A whistle to attract attention when help is needed
- A camera to document instances of harassment
- Rubber gloves and zip lock bags to gather 'gifts' left by the stalker
- Notebook and pen to document all attempts at contact and harassment
- A flip-pad to gather information on helping agencies and legal contacts
- A manila envelope to store any written correspondence from the stalker
- Stalking information sheets and guidebooks.

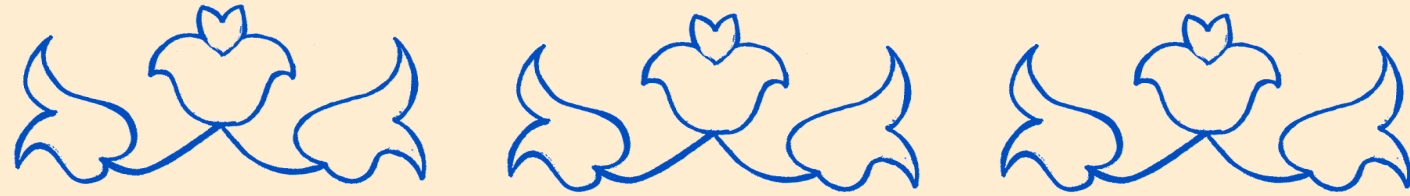
The Victim Services Unit also has peephole lenses, motion detector lights and dead bolt locks that are issued to victims as needed. The Victim Services Unit can be contacted weekdays at (405) 547-2402 and nights and weekends at (405) 547-5355. Advocacy and referral services are available to all members of the community.

 FEBRUARY 2013 						
Thursday is Fish Day						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>////////////////////</p> <p>Menu Subject to Change with Out NOTICE</p> <p>////////////////////////////////////</p>	<p>February 1st National Wear Red Day Presentation at Whitecloud from 2:30 to 3:30 Snack Foods will be served.</p>	<p>13th is</p> <p>Ash Wednesday</p> 		<p>1 French Toast W / SF Syrup Bacon / Apricots Tomato Juice 2% Milk Wear Red Day</p>	<p>2 GROUND HOG DAY</p> 	<p>3 LAST QUARTER</p>
<p>4 Spaghetti w/Meat Sauce Garden Salad Garlic Toast Fruit Cocktail Salad 2% Milk</p> <p>Shopping Trip to Shawnee Mall Friday Feb. 8th. Sign Up</p>	<p>5 Chicken-n-Noodle Garden Salad 5-Way Blend Wheat Crackers SF Peach Crisp 2% Milk</p>	<p>6 Corn Soup Boiled Potatoes Seasoned Green Beans Orange Sherry's Fry bread 2% Milk</p>	<p>7 Baked Catfish Pacific Blend Coleslaw Baked Cinnamon Apples 2% Milk Homebound Sack</p>	<p>8 Wheat & Carrot Pan Cakes W / SF Syrup Sausage Patties Apple Juice 2% Milk Elders Shopping Trip</p>	<p>9</p>	<p>10 NEW MOON</p> 
<p>11 Cheesy Lasagna Italian Blend Garden Salad Garlic Toast Strawberries 2% Milk</p>	<p>12 Baked Chicken Breast In Mushroom Gravy Rice California Blend SF Jello W/Peaches & Cool Whip 2% Milk Lincoln's Birthday</p>	<p>13 BBQ Brisket Sandwich On Wheat Bun W / Onion & Pickles Baked Lays Chips Coleslaw Orange Fluff 2% Milk</p>	<p>14 Tuna Fish Casserole Montego BayBlend Strawberry Fluff Wheat Roll 2% Milk Valentine's Day Homebound Sack</p>	<p>15 Bacon Quiche W/ Spinach & Cheese Banana Grape Juice 2% Milk</p>	<p>16</p> 	<p>17 FIRST QUARTER</p>
<p>18 Iowa Tribal Offices Closed</p>  <p>Presidents Day</p>	<p>19 Chicken Pot Pie Harvard Beets Garden Salad Pineapple Chunks 2% Milk</p>	<p>20 Pork-n-Hominy Potato Salad Seasoned Green Beans Fresh Apple Sherry's Fry Bread 2% Milk</p>	<p>21 Fish Sticks Broccoli Salad Scalloped Potatoes SF Chocolate Chip Cookie 2% Milk Homebound Sack</p>	<p>22 Bacon, Egg & Cheese Biscuit Fruit Cup V-8 Juice 2% Milk Sac N Fox Tailgate Washington's Birthday</p>	<p>23</p>	<p>24</p>
<p>25 Ham-n-Beans Potato Wedges Spinach Corn Bread SF Cherry Cobbler 2% Milk FULL MOON</p> 	<p>26 Chicken Salad w/ Lettuce & Tomatoes on Whole Wheat Bread Coleslaw Baked Beans Berry Perfect 2% Milk</p>	<p>27 Beef Pot Roast w/ Egg Noodles Seasoned Green Beans Carrots Strawberry Fluff 2% Milk</p>	<p>28 Parmesan Baked Tilapia Key Largo Blend Garden Salad Wheat Bread SF Chocolate Pudding 2% Milk Homebound Sack</p>	<p>All that I am, or hope to be, I owe to my Angel Mother. Abraham Lincoln</p>		

Praise in traditional Parenting

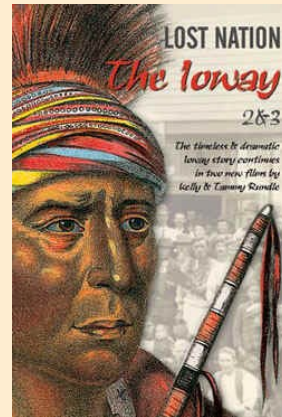
Ability to Encourage the Behavior

The purpose of this session is to give parents the ability to encourage the behavior they like to see in their children. By relying on the cultural strengths exhibited in the old ways, parents can begin to be positive parents through the appropriate use of praise. Praise played an important role in traditional parenting. It was both verbal and non-verbal and was incorporated into custom and ritual. It involved the extended family. Praise from elders was the most important. Sometimes it was a special look, touch, or smile. Grandma looked at a child with her face and eyes full of Pride it was like an unspoken compliment. The respect shown to children was another form of praise. By being respected, being included, and being praised, the child grew strong inside.



Attention Tribal Members:

IOWAY 2&3 FILM



Due to the filmmakers grant requirements, they were unable to give us an advance copy of the DVD Film “Ioway 2&3” for a private showing to the Tribal Members in December. There was only one date that was proposed by the film makers and unfortunately this date was not feasible.

However, the Business Committee does plan on having a private showing once the dvd’s arrive in January/ February 2013. The distribution date is set by the filmmakers.

The Business Committee has ordered dvd’s for tribal members 18 years and older to be distributed at the private screening for Tribal Members. Date to be determined. We will notify tribal members via mail when the showing is scheduled.

Respectfully,
The Iowa Tribe Business Committee



Cimarron Casino in Perkins, Oklahoma are making improvements for our guests to enter the casino on the west side of the building.

—Give us some “Warhoops” and “Lulus” upon completion.

Sign up for the Champion Player’s club card

- Free Membership**
- Earn points to use toward instant Free Play**
- Bonus Rewards in the Mail**
- Special offer for your birthday**
- Exclusive Champions Player’s Club promotion and events**
- 10% off food purchases at the Cimarron Grille**
- Receive \$5 off a round of golf at the Cimarron Trails**

New members will receive \$10 Free Play!

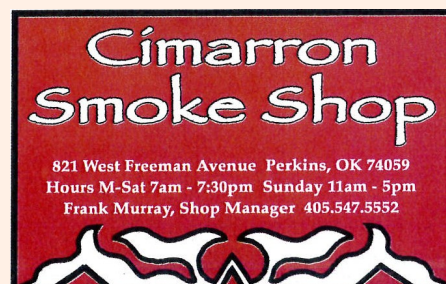
Also, don't forget to ‘LIKE’ us on Facebook.

Cimarron Casino are 24 hours a day, 7 days a week!

Members must be 21 years of age or older

Cimarron Casino
821 W. Freeman
Perkins, OK 74059

405.547.5352

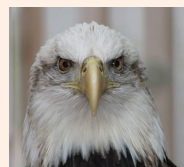


Classifieds

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

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!



Notice

We are asking our tribal members To contact Enrollment or the Journal Editor If they have Served or are active military

Complete with the following:
Name
Military Branch
Year(s) Served

We are currently updating our Information
Phone: 405-547-2402
Mail: 335588 E 750 Rd
Perkins, OK
74059-3268

Bah-Kho-Je
Words of the Month:
ANIMALS

Wolf - Suntán
(*Soon than*)

Raccoon - Mingke
(*Ming kay*)

Deer - Ta
(*Tah*)

Email, Mail, or Fax your advertisement to the following.

RT 1, Box 721
Perkins, OK 74059
Att: Journal
Or call 1 888 336 Iowa,

for more information and rates.
Advertise your company today!

All advertisement is subject to approval by the Iowa Tribe of Oklahoma' Business Committee. If deemed inappropriate or unacceptable, a refund will be issued

Tribal Assistance Program Household
has increased to
\$1,000.00 for January – June;
and
\$1,000.00 for July –December.

The applications are available at www.iowanation.org that reflect the increase.

Free GED Classes

For more information:

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

SandyTharp, Iowa
Tribe Librarian
405-547-2402 ext 213
stsharp@iowanation.org

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

GED evening class @ Environmental Building
This is an on going class that meets twice weekly for 3 hours each week. Classes meet on Mondays and Thursdays Evenings 5:30 PM to 8:30 PM
@ the Environmental Building (EOS) by Perkins Family Clinic. (Almost behind D'Marios and Car Wash)
All sessions are 'come & go', and are geared for your own pace, and open to anyone seeking a high school diploma.
You must be 16 years old to attend.

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