



Sac and Fox National Library Director, Kathy Platt and Principal Chief, George Thurman pose with a group from Bolivia recently on their visit to the Nation. (photo by Sandra Massey NAGPRA)

Indigenous Bolivians visit Sac and Fox Library

Kathy Platt, Director Sac and Fox National Library

Principal Chief George Thurman and Sandra Massey, Historic Preservation Officer, were on hand July 7 to help welcome three men and two women from Bolivia who paid a visit to the Sac and Fox National Public Library.

The five indigenous Bolivians, whose work relates to indigenous cultural preservation, were visiting the United States to see how North American Indians and members of other cultural groups go about preserving

and sharing their cultural heritage.

The visitors were escorted by the Tulsa Global Alliance under the auspices of the U.S. Department of State International Visitor Leadership Program.

The visitors included Gregorio Marcelino Callisaya Apaza, professor at the School of Linguistics, National University of San Andres; Milton Eyzaguirre Morales, head of the Cultural Promotion and Dissemination Office, National Museum of

Ethnography and Folklore; Marianela Machicado Machicado, educator at the Sariri Center for the Studies of Andean and Amazonian World View; Marcelino Machicado Montano, general project coordinator of the Jatha (Seed) Cultural Group; and Iris Anabel Ortega Balboa, educator and researcher at the Sariri Center for the Studies of Andean and Amazonian World Views.

The Bolivians received gift bags from the library and the Sac and Fox Language Department.

JOM Fun Day

A fun day was had by all at the Sac and Fox JOM Day during powwow week. Catherine Walker led a group of children with an arts and crafts session while Marlena Starr read books to the younger set.

The children were taught to make God's Eyes and dreamcatchers in addition to necklaces and bracelets for the wrist and ankle.

Each child was able to walk away with something he or she made.

Applications are in the library if you don't have a new library card. Visit the library's online catalog at <https://sacandfox.biblionix.com/atoz/catalog/>. Come and check us out!



The Sac and Fox Nation National Library had about 75 participants including parents and helpers in their craft classes during the annual "JOM Fun Day". They made God's Eyes, necklaces, keychains, bracelets, ankle bracelets and craftlace keychains. There was a very good turn out and every child walked away with something they made themselves. (photo submitted by Cathrine Walker, Historical Researcher)

IICOT To Host 35th Annual PowWow of Champions

Experience the beauty and richness of Native American culture when the Intertribal Indian Club of Tulsa (IICOT) hosts the 35th Annual Pow Wow of Champions August 17-19, 2012. The dance is located at the Oral Roberts University, Mabee Center, 7777 South Lewis, Tulsa, OK.

The Mabee Center will come alive in a colorful expression of dance, drum music, and song as members of tribal nations throughout the country gather to honor, strengthen, and share traditions with each other and the general public. The dance, spectator area, will be held in air-conditioned comfort. Over 300 dancers, dressed in full Native American dance clothes will participate throughout the weekend in ceremonies and dances, including Grand Entries, intertribal dances and dance competitions.

The Grand Entries mark the beginning of pow wow sessions, led by the Eagle Staff and the United States flag carried by a Native American Color Guard. The procession of dignitaries and dancers is a brilliant and constantly moving sea of color circling the arena to the rhythmic beat of drum and song. It is a photographers' paradise, watching the Grand Entry is exciting and awe-inspiring. It is impossible not to move with the rhythm

of the drum and be caught up in the energy. In the competitive sessions, dancers use the whole arena to exhibit their skills with grace and finesse while attempting to catch the judges' eyes with their personal style, footwork falling on the beat of the music, and striking dance clothes.

The PowWow of Champions will also feature an Arts and Crafts Mart with an excellent selection of traditional and contemporary jewelry, artwork, beadwork, paintings, quality handcrafted items, rarely seen in one location. Traditional foods will be a prominent part of this annual pow wow. Fry bread, corn soup, Indian tacos will be available as well as many other tempting and tasty items.

Step back into time - there is plenty of Free Parking. A souvenir program book that includes information on the different dance styles will be available for purchase. The doors will open at 5:00 pm on Friday, August 17 with dancing beginning at 6:00 pm. Saturday, August 18 and Sunday, August 19, the doors will open at 10:00 a.m. with dancing beginning at noon. The Pow wow of Champions is a family event and is an alcohol and drug free event. For further information, please contact (918) 378-4494 or 918-838-8276.

Native American Athletes to Compete in the London 2012 Olympics

By Cheryl Cedar Face - American Indian Library Association

Indian Country has an extra reason to celebrate today's opening ceremony of the 2012 Summer Olympics: four Native American women will be competing for a medal in London.

The women are competing one hundred years after Jim Thorpe won two gold medals at the 1912 Stockholm Olympics. If they win, they will join Billy Mills (Oglala Sioux), Duke Kahanamoku (a Native Hawaiian), and Jim Thorpe (Sac and Fox), as Native American medalists. Mary Killman, a member of the Citizen Band Potawatomi Nation of Oklahoma, will be competing in the Synchronized Duet Technical swimming event. She and her partner Mariya Koroleva qualified by placing 7th at the Federation Internationale de (FINA) Olympic Games Qualification tournament.

Mary Spencer, First Nation Ojibway, will be competing in the 75-kilogram middleweight boxing event for Team Canada in women's boxing Olympic debut.

Spencer has been hailed as one of Canada's best bets for Olympic gold. According to her official website, Spencer is a three-time world champion and an eight-time national champion.

Tumua Anae, a Native Hawaiian, will be competing as the goalie for the U.S National Water Polo team. She began training with the National Team in 2010. Anae recorded sixteen saves at the 2012 FINA World League Super Final.

Adrienne Lyle, 27, is one of the youngest American dressage riders to compete in the Olympics. Lyle is a citizen of the Cherokee Nation. She earned a place on the American team after placing in the top four at the U.S. Equestrian Federation Dressage Festival of Champions and USEF Dressage Olympic Selection Trials on June 16th.

All four women are distinguished athletes competing not only for their countries, but for their Indigenous nations. Be sure to watch out for their events!

From The Merle Boyd Center

Diabetic Complications and Amputation Prevention

submitted by LaDonna Johnson CHR Coordinator



People with diabetes are prone to having foot problems, often because of two complications of diabetes: nerve damage (neuropathy) and poor circulation. Neuropathy causes loss of feeling in your feet, taking away your ability to feel pain and discomfort, so you may not detect an injury or irritation. Poor circulation in your feet reduces your ability to heal, making it hard for even a tiny cut to resist infection.

Having diabetes increases the risk of developing a wide range of foot problems. Furthermore, with diabetes, small foot problems can turn into serious complications.

Diabetes-related Foot and Leg Problems

*Infections and ulcers (sores) that don't heal. An ulcer is a sore in the skin that may go all the way to the bone. Because of poor circulation and neuropathy in the feet, cuts or blisters can easily turn into ulcers that become infected and won't heal. This is a common and serious complication of diabetes and can lead to a loss of your foot, your leg, or your life.

*Corns and calluses. When neuropathy is present, you can't tell if your shoes are causing pressure and producing corns or calluses. Corns and calluses must be properly treated or they can develop into ulcers.

*Dry, cracked skin. Poor circulation and neuropathy can

make your skin dry. This may seem harmless, but dry skin can result in cracks that may become sores and can lead to infection.

*Nail disorders. Ingrown toenails (which curve into the sides of the nail) and fungal infections can go unnoticed because of loss of feeling. If they are not properly treated, they can lead to infection.

*Hammertoes and bunions. Nerve damage affecting muscles can cause muscle weakness and loss of tone in the feet, resulting in hammertoes and bunions. If left untreated, these deformities can cause ulcers.

*Charcot foot. This is a complex foot deformity. It develops as a result of loss of sensation and an undetected broken bone that leads to destruction of the soft tissue of the foot. Because of neuropathy, the pain of the fracture goes unnoticed and the patient continues to walk on the broken bone, making it worse. This disabling complication is so severe that surgery, and occasionally amputation, may become necessary.

*Poor blood flow. In diabetes, the blood vessels below the knee often become narrow and restrict blood flow. This prevents wounds from healing and may cause tissue death.

Your Proactive Measures

You play a vital role in reducing complications. Follow these guidelines and contact your foot and ankle surgeon if you notice any problems:

*Inspect your feet daily. If your eyesight is poor, have

someone else do it for you. Inspect for:

Skin or nail problems: Look for cuts, scrapes, redness, drainage, swelling, bad odor, rash, discoloration, loss of hair on toes, injuries, or nail changes (deformed, striped, yellowed or discolored, thickened, or not growing).

Signs of fracture: If your foot is swollen, red, hot, or has changed in size, shape, or direction, see your foot and ankle surgeon immediately.

Don't ignore leg pain. Pain in the leg that occurs at night or with a little activity could mean you have a blocked artery. Seek care immediately.

Nail Cutting. If you have any nail problems, hard nails, or reduced feeling in your feet, your toenails should be properly trimmed.

No "bathroom surgery." Never trim calluses or corns yourself, and don't use over-the-counter medicated pads.

Keep floors free of sharp objects. Make sure there are no needles, insulin syringes, or other sharp objects on the floor.

Don't go barefoot. Wear shoes, indoors and outdoors.

Check shoes and socks. Shake out your shoes before putting them on. Make sure your socks aren't bunched up.

Have your circulation and sense of feeling tested. Your foot and ankle surgeon will perform tests to see if you've lost any feeling or circulation.

Information provided by the American College of Foot and Ankle Surgeons.

NOTICE

The Sac and Fox Nation Women's Auxiliary
will be holding a regular meeting on
Thursday, August 16, 2012 at the Multi-
Purpose Center in Shawnee at 6pm.
All interested women are encouraged to
attend. Topics: Election of Officers, Military
Care Packages and FY 2013 RAP Request.
Come help us support our Sac and Fox
Veterans.

SAC AND FOX TAX COMMISSION
REVENUE
June 2012

Tobacco Tax.....	\$28,420.40
Wholesale Tobacco Tax.....	\$63,335.81
Motor Vehicle.....	\$2,193.50
Sales Tax.....	\$13,622.90
Treasury.....	\$95.00
Oil & Gas.....	\$742.14
Gaming.....	\$118,871.52
TOTAL.....	\$227,281.27