

Little Miss Sac and Fox Nation 2012-2013

Winter Nashel Johnson Ki-Wa-Si-Wa



Winter Nashel Johnson

As an enrolled member of the Sac and Fox Nation, Winter Nashel Johnson is happy to serve as this year's Little Miss. Winter is the twelve year old daughter of Anna Marie Johnson and Robert Johnson, Jr. Maternal grandparents are Ida Parish, youngest full-blooded member of the Sac and Fox Nation, and Tom Parish, a full blood member of Choctaw Nation from Atoka, Oklahoma. Paternal grandparents are Catherine Wilson, Sac and Fox of Shawnee, Oklahoma and the late Robert Johnson, Sr. Her great grandparents were George and Ruth Nullake, Sac and Fox; Phyllis Brown, Sac and Fox; William Lee Wilson, Absentee-Shawnee; Rev. Sampson and Mary Parish, Choctaw; George Eugene Johnson, and

Mary Helen Ramirez.

Winter resides in Shawnee, Oklahoma, with her mother and two sisters, Jaylen and Ciara. She is in the seventh grade at Meeker Middle School, where she participates on the basketball and softball teams, plays the flute in the school band, and is a spirited cheerleader on the middle school squad. With all her activities, Winter still manages to maintain a 4.0 grade point average! Her other hobbies include swimming, reading, and dancing at Native American celebrations across the state.

Winter is a member of the Thunder Clan and her name is Ki-Wa-Si-Wa, which means "rumbling thunder surrounding". She acknowledges her clan in her dancing by representing her blue clan color in her Indian regalia.

She has enthusiastically embraced her title of "Little Miss", and is honored to serve her tribe. Winter says "I want to thank all the people who encouraged me to participate in the Little Miss Pageant, especially my family. I also want to thank everyone who continues to support me throughout this year. I'm making a lot of new friends and having so much fun! I hope everyone enjoys this year's Sac and Fox Pow-wow as much I will!"

Winter's family is very pleased to share their pride in their beautiful Little Miss with the Sac and Fox Nation, and hope the Sac and Fox People will be proud of her as well.

On behalf of Winter, the Parish family says, "Thank You".

Aho



NYPD Camp (Native Youth Preventing Diabetes): Silas Guerrero, Exercise Specialist; Nykita Talton, Jayden Brown, Elizabeth Nanaeto, Caitlyn Nanaeto, Chloe Brown, Maxx Williams, Mekathiwa Blanchard, and Tamrin Davis. (Photo by Leah Carver Special Projects Mgr.)

Junior Miss Sac and Fox Nation 2012-2013 Tara Renee' Goodfox



Tara Renee' Goodfox is the 15 year old daughter of Arlen and Angie Goodfox. She is an enrolled member of the Sac and Fox Nation, belonging to the Fox Clan. She is also Pawnee, Otoe, Comanche, Delaware and Absentee Shawnee. Tara lives with her parents and older brother, Ryan, in Shawnee, OK. Tara also has an older brother, the late Tye Lightfoot. Her maternal grandparents are the late Paulette Coffey TallChief, Marvin Thurman

and Susan Bear and paternal grandparents are Abe and Debbie Dent. Tara feels very fortunate to have her maternal great grandparents in her life. They are Cheevers and Rosetta Coffey. Tara's maternal great grandparents are the late Marshall and Lola McClellan Thurman. Her paternal great grandparents are the late Lawrence and Mary Fields Goodfox, Jr. and Arthur and Cecilia Huguadora Lightfoot.

Tara will be in the 10th grade at Shawnee High School. She is an avid Baylor Women's Basketball fan. She enjoys playing basketball, where she was a starting guard for the Shawnee Lady Wolves freshman team during the past school year. She feels very fortunate to have been able to be a part of this year's 5A State Champions, Shawnee Lady Wolves Basketball team. She also enjoys spending time with her family and watching her brother play football and wrestle. She

enjoys playing basketball and being a trainer for the Shawnee Wolves football team. Tara loves to be with her younger brothers Tyler and Tye and younger sister Tylyn, as she thoroughly enjoys being the "boss". Words cannot express the love she has for all of her family and what they mean to her.

Over the years, Tara has held many titles. These titles include 06-07 Little Miss Indian Oklahoma City, 07-08 1st Little Miss Sac and Fox Nation and 09-10 Oklahoma City Pow-wow Club Princess.

Tara would like to thank the Sac and Fox Nation Activity Committee, Sac and Fox Nation Pow-wow Committee and the Sac and Fox Nation for allowing her this opportunity to serve as this year's Jr. Miss Sac and Fox Nation 2012-2013. "May you all enjoy this year's pow-wow. I wish you all safe travels. God Bless you all."

Tara Renee' Goodfox

From The Merle Boyd Center

Kidney Disease - Nephropathy

submitted by LaDonna Johnson CHR Coordinator



A couple of months ago, I started submitting articles that deal with diabetes and the complications from this disease. The first month, the article was about diabetic eye disease; last month, neuropathy. The topic this month is on the kidneys. May you gain some information that will help you on your journey of better health.

Kidneys are remarkable organs

Inside them are millions of tiny blood vessels that act as filters. Their job is to remove waste products from the blood.

Sometimes this filtering system breaks down. Diabetes can damage the kidneys and cause them to fail. Failing kidneys lose their ability to filter out waste products, resulting in kidney disease.

How does diabetes cause kidney disease?

When our bodies digest the protein we eat, the process creates waste products. In the kidneys, millions of tiny blood vessels (capillaries) with even tinier holes in them act as filters. As blood flows through the blood vessels, small molecules such as waste products squeeze through the holes. These waste products become part of the urine. Useful substances, such as protein and red blood cells, are too big to pass through the holes in the filter and stay in the blood.

Diabetes can damage this system

High levels of blood sugar make the kidneys filter too much blood. All this extra work is hard on the filters. After many years, they start to leak and useful protein is lost in the urine. Having small amounts of protein in the urine is called microalbuminuria. When kidney disease is diagnosed early, (during microalbuminuria), several treatments may keep kid-

ney disease from getting worse. Having larger amounts of protein in the urine is called macroalbuminuria. When kidney disease is caught later, end-stage renal disease, or ESRD, usually follows.

In time, the stress of overwork causes the kidneys to lose their filtering ability. Waste products then start to build up in the blood. Finally, the kidneys fail. This failure, ESRD, is very serious. A person with ESRD needs to have a kidney transplant or to have the blood filtered by machine (dialysis).

Who gets kidney disease?

Not everyone with diabetes develops kidney disease. Factors that can influence kidney disease development include genetics, blood sugar control, and blood pressure.

What are the symptoms?

The kidneys work hard to make up for the failing capillaries so kidney disease produces no symptoms until almost all func-

tion is gone. Also, the symptoms of kidney disease are not specific. The first symptom of kidney disease is often fluid buildup. Other symptoms of kidney disease include loss of sleep, poor appetite, upset stomach, weakness, and difficulty concentrating.

It is vital to see a doctor regularly

The doctor can check blood pressure, urine (for protein), blood (for waste products), and organs for other complications of diabetes.

How can I prevent it?

Diabetic kidney disease can be prevented by keeping blood sugar in your target range. Research has shown that tight blood sugar control reduces the risk of microalbuminuria by one third. In people who already had microalbuminuria, the risk of progressing to macroalbuminuria was cut in half. Other studies have suggested that tight control can reverse microalbuminuria.

Treatments for kidney disease Self-care

Important treatments for kidney disease are tight control of blood glucose and blood pressure. Blood pressure has a dramatic effect on the rate at which the disease progresses. Even a mild rise in blood pressure can quickly make kidney disease worsen. Four ways to lower your blood pressure are losing weight, eating less salt, avoiding alcohol and tobacco, and getting regular exercise.

Drugs

When these methods fail, certain medicines may be able to lower blood pressure. There are several kinds of blood pressure drugs; however, not all are equally good for people with diabetes.

Diet

Another treatment some doctors use with macroalbuminuria is a low-protein diet. Protein seems to increase how hard the kidneys must work. A low-pro-

tein diet can decrease protein loss in the urine and increase protein levels in the blood. Never start a low-protein diet without talking to your health care team.

Kidney Failure

Once kidneys fail, dialysis is necessary. The person must choose whether to continue with dialysis or to get a kidney transplant. This choice should be made as a team effort. The team should include the doctor and diabetes educator, a nephrologist (kidney doctor), a kidney transplant surgeon, a social worker, and a psychologist.

Let's "Commit To Be Fit" and try to improve areas that affect our health. Watch your blood sugars, eat less salt, avoid alcohol and tobacco, and get regular exercise; our lives depend on it. Information provided by the American Diabetes Association, Monday-Friday, 8:30 a.m. to 8:00 pm EDT, Phone: 1-800-342-2383

FREE LUNCH
Door Prizes

- *Diabetes Education
- *Glucose Screening
- *Free Chair Massage
- *Cholesterol Screening
- *Blood Pressure Check
- *Heart Disease Info
- *Cancer Awareness
- *Safety
- *Basket Weaving
- *Behavioral Health
- *Child Abuse Awareness
- *Addiction Awareness
- *Tobacco Cessation
- *And Much More!!!
- *Former OU Football Players in person!!
- *And Much More!!!

Sac and Fox Nation



2012 Health Fair
Menwipemâthitânêy

Let's Get Healthy!

July 12, 2012
10am to 2pm

Sac and Fox
Community Building
7 miles South of
Stroud On Hwy 99

For More Info
Call the
Merle Boyd Center
918-968-9531