

# You Can Reduce Your Risk for Heart Disease

submitted by: LaDona Johnson CHR Coordinator



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.

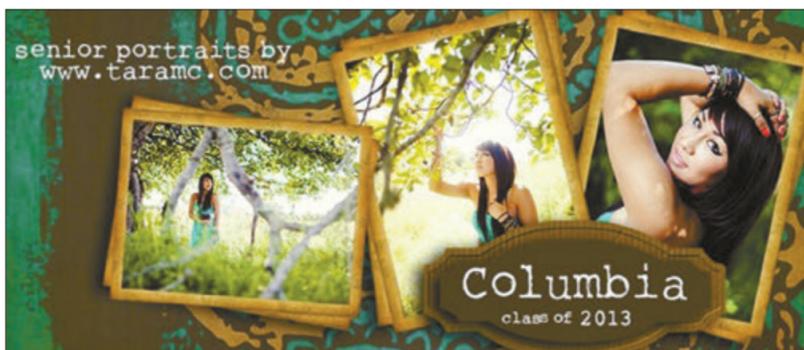
### Remember Your ABCS

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](http://www.millionhearts.hhs.gov)



## Columbia Mane Haupt Sac and Fox Tribal Member Chosen to be Senior Representative

Columbia Marie Haupt, an 18 year old senior and Sac & Fox tribal member, has been selected to be the “Senior Representative” for her hometown photographer. Columbia is the daughter of Shelley McKosato-Haupt (Sac & Fox) and John Haupt (Makah). She is the granddaughter of the late Hoke Mack McKosato (Sac & Fox) and Bette Free-McKosato (Iowa Tribe) of Perkins. She lives in Sequim, Washington where she plays high school basketball and plays right field and pitches for her high school softball team.

Columbia will be graduating June 2013! She has been very active in high school and in her community! Columbia has received Academic Honor Awards throughout her high school years; has participated in softball, basketball, soccer, volleyball, track and cheerleading. She was selected to the All-Star Cheer Squad at the UCA Cheer Camp. She received the MVP award for softball; was selected to the Babe Ruth All Star team and participated in the Babe Ruth World Series in Richmond, Virginia.

Columbia has spent several summers in Oklahoma with her family Pow-Wowing. She has also danced with her father's family in Neah Bay, Washington during their annual Makah Days Celebration.

Columbia has also been involved with her Youth Group. She has attended several summer Bible Camps and recently went on a Mission's Trip to an orphanage in La

Mision, Baja, Mexico.

When asked how and why Tara McGovern, owner and photographer of “Tara McGovern Photography” chose Columbia, this is what she had to say. “When I first met Columbia a couple of years ago while shooting cheer and basketball pictures she immediately stood out to me. She has such a confidence and style all her own, it is hard not to notice her. I always try to choose girls that I consider to be leaders or have a unique voice and who I think line up with the values and face of my business. For me, choosing a rep has so much more to do than with just looks and ability to model. I want girls who represent strength, who aren't afraid to express themselves, and who take on the world with a smile and courage. Columbia seemed to have a great circle of friends, which always speaks volumes about a person. Her coaches had nothing but praise for her when I mentioned that I was asking her to be my rep.”

Columbia will be receiving a free senior year photoshoot with her friends in exchange for agreeing to essentially be the “face” of “Tara McGovern Photography” for the 2013 senior ads.

Columbia's family would like to send a warm welcome to Ms. Tara McGovern for choosing Columbia to be the 2013 Senior Representative! We are extremely proud of Columbia and wish her all the best during her senior year!

## Sac and Fox National Library adds Award-Winning Native American Novel

The Sac and Fox National Public Library has added Louise Erdrich's novel *The Round House* to its collection.

The novel won the prestigious 2012 National Book Award, beating out a strong field of contenders in the Fiction category.

“I would like to accept this in recognition of the grace and the endurance of native women,” Erdrich said upon receiving the award in New York City last year.

Here's how NPR Books described the novel:

“In Louise Erdrich's latest novel, *The Round House*, an Ojibwe woman suffers a savage assault — she is raped and doused in gasoline. Her young son and his friends set out to find her attacker.”

Reviewer Alan Cheuse writes that this is Erdrich's best novel yet: “Never before has she given us a novel with a single narrative voice so smart, rich and full of surprises as she has in *The Round House*. The book is laced with emotional nuance, and demonstrates in painful detail the legal and cultural obstacles to prosecuting rapists on a North Dakota reservation.”

Another reviewer said the book will likely be dubbed the Native American *To Kill a Mockingbird*.

The library owns 19 titles by this highly regarded author who writes for both children and adults.

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The library also has purchased eight new DVDs including *The Dead Can't Dance*, *Shadowheart*, *The Land Before Time*, *Beaches*, *Mel Gibson's Apocalypto*, and *Dr. Seuss' The Lorax*.



Louise Erdrich

*The Dead Can't Dance* is touted as the “world's first Native American zombie film! This comedy/drama follows three Comanche men who discover they are somehow immune to a mysterious plague that is turning everyone else into zombies.”

The movie, written and directed by Rodrick Pocowatchit of Wichita, Kansas, won the Best Native American film at the Indie Spirit Film Festival.

Johnny Cash sings *Ballads of the American Indian: Bitter Tears* has been added to the CD collection.

Eleven new books and two new children's books.

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Applications are in the library if you don't have the new library card.

Visit the library's online catalog at <https://sacandfox.biblionix.com/atoz/catalog/>. Come and check us out!



# 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](http://www.diabetes.ihs.gov)

### ‘Twas the Month After Christmas

‘Twas the month after Christmas,  
And all through the house,  
Nothing would fit me, not even a blouse.  
The cookies I'd nibbled, the eggnog I'd taste  
At the holiday parties had gone to my waist.

When I got on the scales  
There arose such a number!  
Then I walked to the kitchen  
(less a walk than a lumber).

I remembered the marvelous meals I'd prepared;  
The gravies and sauces and beef nicely rared,  
The wine and the rum balls, the bread and the cheese  
And the way I'd never said, “No thank you, please.”

As I dress myself in my husband's old shirt  
And prepared once again to do battle with dirt—  
I said to myself, as only I can  
“You can't spend a winter disguised as a man!”

So—away with the last of the sour cream dip,  
Get rid of the fruit cake, every cracker and chip  
Every last bit of food that I like must be banished  
‘Til all the additional ounces have vanished.

I won't have a cookie—not even a lick.  
I'll want to chew only on a long celery stick.  
I won't have hot biscuits, or corn bread, or pie,  
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore—  
But isn't that what January is for?  
Unable to giggle, no longer a riot.  
“Happy New Year to all and to all a good diet!”

Anonymous

## THANK YOU

We would like to express our deep and sincere gratitude to Anita Stevens and everyone who contributed to the funds raised on behalf of the Wolf Clan in December. The Wolf Clan Indian house burned down in the August 2012 fire and has yet to be rebuilt, but the help all of you have given has already built up our spirits. Our loss has produced a great gain in knowing you have such kind and giving hearts!

Thank you to all who donated time, money, or food, those who cooked, and thank you to everyone whose appetites helped raise funds!



The Wolves