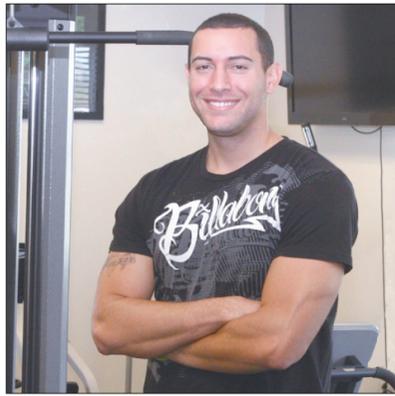




Sac and Fox Nation Juvenile Detention Center Open House: (Top from Left) Melissa Peros, Political Analyst SFN; Alana Owen, Reentry Program Manager JDC; Amber Wilbanks, Reentry Program Assistant and Michael Figgins, Oklahoma Legal Services. (Bottom from Left) Mariah Funk, Receptionist/Secretary and Jessica Saunders, Resident Advisor JDC (SFNews Photo)

From The Merle Boyd Center

Sac and Fox Nation Biggest Loser Exercise Challenge



Anthony Ramirez
Exercise Specialist MBC

Sign up with Exercise Specialist Anthony Ramirez before January 1st and

come to the MBC for initial weigh in before that date if possible!

This will be a 6 month incentive program directed to individuals that have an established chart with the Black Hawk Health Center and I will track your weight, body fat percentage and muscle mass. The numbers will be between you and me only, and I will inform each person of their place and how far they need to go one on one.

To sign up for the program call or email and if I am away from my phone please leave a voicemail and I will return your call as early as possible. Any questions please contact Anthony Ramirez at 918-968-9531 extension 3039 or anthony.ramirez@ihs.gov

Harpo Foundation Accepting Applications for Native American Artists Fellowships

The Chicago-based Harpo Foundation was established in 2006 to support artists who are under-recognized by the field. The foundation seeks to stimulate creative inquiry to encourage new modes of thinking about art.

The foundation is accepting applications for its Native American Fellowships at the Vermont Studio Center program, which supports the development of artists with the potential for intercultural dialogue. Each year, the program awards two residency fellowships to Native American artists at the Vermont Studio Center, an historic artist colony located along the Gihon River in Johnson, Vermont, a village in the heart of

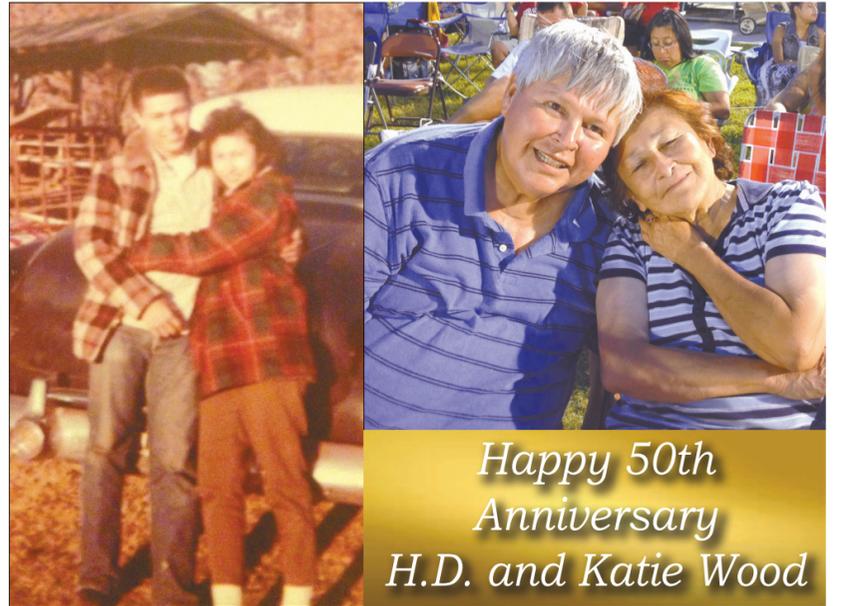
the northern Green Mountains. Each fellow receives a one-month residency, which includes room and board, a private studio, and a \$500 travel stipend.

To be eligible, Native American artists must demonstrate strong artistic ability, an evolving practice that is at a pivotal moment in its development, and a practice that engages a dialogue between the artist's indigenous world and the surrounding culture.

For complete program guidelines, information about previous fellowship recipients, and applications instructions, see the Harpo Foundation website. Deadline is February 15, 2015

Oklahoma Tobacco Helpline

1 800 QUIT NOW



*Happy 50th Anniversary
H.D. and Katie Wood*

Love, your kids, grandkids and great-grandson

December 2014 Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
1 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training 5 PM Cardio/core training	2 open 8-4:30 Anthony in Shawnee	3 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training 5 PM Lower Body Focus Training Class	4 12:15 Circuit Train 5 PM Upper Body Focus	5 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training
8 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training 5 PM Cardio/core training	9 open 8-4:30 Anthony in Shawnee	10 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training 5 PM Lower Body Focus Training Class	11 12:15 CIRCUIT TRAIN 2:15 Yoga 5 PM Upper Body Focus	12 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training
15 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training 5 PM Cardio/core training	16 open 8-4:30 Anthony in Shawnee	17 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training 5 PM Lower Body Focus Training Class	18 Closed 12-4:30 for In service training 5 PM Upper Body Focus	19 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training
22 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training Closing at 4:30	23 open 8-12	24 closed in observance of Christmas	25 closed in observance of Christmas	26 closed in observance of Christmas
29 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training 5 PM Cardio/core training	30 open 8-4:30 Anthony in Shawnee	31 11:15 SWEATIN' TO OLDIES 12:15 Circuit Training 5 PM Lower Body Focus Training Class	<i>Merry Christmas and Happy New Year</i>	

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog Fries Celery & Carrots Peaches	2 Spaghetti Green Beans Salad Garlic Bread Mandarin Orange	3 Fish Corn on Cob Cole Slaw Applesauce	4 Salisbury Steak Mashed Pots Zucchini Tropical Fruit	5 Biscuit & Gravy Sausage Boiled Egg Juice
8 Chicken Strips Mashed Pots White Gravy Carrots Pears	9 Pinto Beans & Hominy Corn bread Cabbage Fruit Cocktail	10 Chef Salad Crackers Tomato Soup Cookie	11 Pork Chop Scalloped Pots Green Beans Peaches	12 Hamburger Fresh Veggies Pea Salad Mand. Oranges
15 Fried Chicken Celery & Carrots Wild Rice Vanilla Pudding	16 Meatloaf Potatoes & Gravy Corn Green Salad Applesauce	17 Pork & Potatoes Squash Frybread Tropical Fruit	18 Liver w/onions Green Beans Green Salad Peaches	19 Pancakes Sausage Scrambled Eggs Milk
22 Ham Yams Gr Bean Cass. Salad Cherry Delight	23 Vegetable Stew Crackers Cheese Slices Pears	24 OFFICES CLOSED FOR THE HOLIDAY	25 <i>Merry Christmas to one and all!</i>	26 OFFICES CLOSED FOR THE HOLIDAY
29 Indian Tacos Fresh Veggies Salsa Peaches	30 Tuna Salad Beets Chips Jello w/fruit	31 New Years Eve Black Eyed Peas Potatoes Cornbread		

Join us at the first cooking class of the New Year!

Featuring:
Banana Bread Protein Muffins

Participants will learn how to turn this classic food item into a healthier option AND receive a prize for participating!

Merle Boyd Center
January 13 at 12:00 pm
January 14 at 11:00 am
(Limit 25 people)

Mon	Tue	Wed	Thu	Fri
1 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	2 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	3 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30 SHIPMENT	4 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	5 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30
8 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	9 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	10 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	11 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	12 SHAWNEE 8:30-2:30 LITTLEAXE 10:00-12:00 WAREHOUSE 8:30-2:30
15 LATE NIGHT WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	16 LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	17 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30 SHIPMENT	18 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	19 SHAWNEE 8:30-2:30 PERKINS 10:00-1:00 WAREHOUSE 8:30-2:30
22 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	23 SHAWNEE 8:30-12:00 WAREHOUSE 8:30-12:00 Employee Dinner	24 CLOSED FOR HOLIDAY	25 CLOSED FOR HOLIDAY	26 CLOSED FOR HOLIDAY
29 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	30 CLOSED FOR INVENTORY	31 CLOSED FOR INVENTORY		