



Meeker students Trey Bemo, Paige Hogue, Cassie Harrison and Carly Pryor took second place in the song category at the Oklahoma Native American Youth Language Fair held at the Sam Noble Museum in Norman. (Photo Submitted)

Meeker Students Receive Honors At Language Fair

NORMAN – A group of Meeker students received honors at the ninth annual Oklahoma Native American Youth Language Fair, held April 4 and 5 at the Sam Noble Museum in Norman.

The competition drew more than 600 participants in grades Pre-K through 12 from across Oklahoma and from other states. Students competed in spoken language, language with song, poster art, book, multimedia or language advocacy essay categories.

Trey Bemo, Paige Hogue, Cassie Harrison and Carly Pryor, who participated in the Meeker Public Schools Sauk Language Program, took second place in the sixth through eighth grade Group Song category. Meeker students Angel Bemo and Taja Jackson received Honorable Mention in the Post Art Contest.

Panels of Native American elders, teachers, artists and authors from many different tribes judged the competitions. At this year's event, students competed in

32 different Native American languages, an all-time high for the Fair.

The Presenting Sponsors for the 2011 Oklahoma Native American Youth Language Fair were the Boeing Company, the Sam Noble Museum and The Cyril Fund. The Muskogee (Creek) Nation was a Contributing Sponsor. Additional support was provided by the University of Oklahoma Department of Anthropology, OU American Indian Student Life, the OU Native American Studies Program, the OU Department of History, and University Silkscreen.

Application materials and information for the 2012 Oklahoma Native American Youth Language Fair will be available for the museum's Native American Languages department in January. The Sam Noble Oklahoma Museum of Natural History is located on the OU Norman campus.

Additional information about the museum is available by calling (405) 325-4712 or on the Web at www.samnoblemuseum.org.

Muscle of the Month "Quads"

Sharlyn Kennon, Exercise Specialist *Black Hawk Health Center*

Muscle of the Month - Quadriceps

The quadriceps (also known as the quads) are located on the front of the upper thigh between the knee and hip. They are the largest muscle group in the body and are comprised of four separate muscles: the rectus femoris, vastus lateralis, vastus medialis and vastus intermedius. The primary function of the quadriceps is to extend (straighten) the knee, and the rectus femoris assists with hip flexion (pulling the knee to the chest).

The quads are extensively involved in daily activities like walking, climbing stairs, sitting and standing. Because this muscle group is so large, it has a high demand for oxygenated blood. Therefore, doing exercises that utilize the quads is the best way to improve cardiovascular (aerobic) fitness. Activities like walking, jogging, biking, stair climbing, swimming, elliptical cross-training, dancing, racquetball, and skating are few activities considered to be aerobic because they have one common denominator: they work the quads.

Strength training for the quads is important for maintaining stability of the knee joint. Exercises like squats, lunges, leg presses or leg extensions are recommended to increase strength and endurance. When

doing weight training exercises, remember to give the muscles at least 48-72 hours of rest between workouts. That gives the quads time to recover after they've been overloaded.

Improving flexibility in the quads is equally important when developing an exercise regimen. Stretching the muscles that support the knee helps prevent injuries. That's because flexible muscles are not as easily injured as tight muscles. Stretching can and should be done daily. Make sure you HOLD each stretch (don't bounce) in a static position for 15 seconds up to 1 minute. While stretching, you should feel MILD discomfort in the muscle. If it feels like something is about to tear or pop, back off of the stretch. When you overstretch, you create an automatic myotatic reflex that actually causes the muscle to recoil to protect itself from tearing or injury.

If you would like to learn specific exercises for the quads or want more information on how to get a personalized exercise program, please contact Sharlyn Kennon, Exercise Specialist, at 918-968-9531 ext. 208 or sharlyn.kennon@ihs.gov.

Vastus intermedius is located underneath the rectus femoris. www.medical-dictionary.thefreedictionary.com

Health Quote

Those who do not find time for exercise will have to find time for illness.
- Earl of Derby

Yahweh's Storehouse Food Distribution

3RD Monday of Each Month 6pm-8pm
Family of Faith Church
3 Miles South of Meeker on Highway 18
Photo ID and Proof of Residency Required
Serving Needy Families in Meeker,
Sparks, & Prague
Delivery Available to Home Bound Individuals
(405) 273-5331

NOTICE TO GRADUATING STUDENTS

The Sac and Fox Nation Education Department has placed the application form for the Education Incentive on the Nation's website at www.sacandfoxnation-nsn.gov for your convenience. As always, application forms are also available at the Education Department offices.

Students who may be eligible for the incentive include:

- Graduating 8th Graders
- Graduating High School Seniors
- Students who receive their GED
- Graduating College Seniors and Graduate Students
- Graduating Vocational Training Students

Education Incentive applications are due in the Education Department offices no later than August 30, 2011. Funding is made on a first-come, first-served basis so do not delay in submitting your application.

Please contact the Education Department at 918-968-0509 if you have any questions about the programs we offer. We are here to assist you with your education needs.

Mother's Day Dance

May 7, 2011

Agenda:

2:00 --- 5:00
Gourd Dance
5:00 --- 6:00
Supper
6:00 --- 7:00
Gourd Dance
7:00 --- 10:00
Intertribal / Traditional

Head Staff:

MC _____ Mike Harris
HS _____ Poncho Walker
HM _____ Thomas Morris
HL _____ Linda Bigsolder
AD _____ Russell Saunders/Scott Miller

Sac and Fox Veterans bring in the Flags

Raffles / Cake Walks / 50/50

Sac and Fox Nation Community Building
Not responsible for accidents or thefts

May 2011

SAC AND FOX NATION FOOD DISTRIBUTION PROGRAM

STROUD WAREHOUSE (918) 968-3030 1-800-256-3398
SHAWNEE OFFICE (405) 395-0063 1-866-622-2310

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	3 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	4 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	5 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	6 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	7
8	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 WAREHOUSE 8:30-2:30	13 SHAWNEE 8:30-2:30 LITTLEAXE 10:00-12:00 WAREHOUSE 8:30-2:30	14
15	16 CLOSED FOR SFN VICTORY DAY	17 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	18 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	19 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	20 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	21
22	23 LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	24 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	25 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	26 LATE NIGHT SHAWNEE 8:30-6:00 WAREHOUSE 8:30-2:30	27 CLOSED FOR INVENTORY	28
29	30 CLOSED FOR MEMORIAL DAY	31 CLOSED FOR INVENTORY				