

AIHREA



AMERICAN INDIAN HEALTH RESEARCH & EDUCATION ALLIANCE *Native Health in the Heartland*

NEWSLETTER SPRING 2011

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Meet our Executive Community Advisory Board

The Executive Community Advisory Board (ECAB) is a newly formed group that provides guidance on all projects for the Center for American Indian Community Health. The ECAB membership consists of American Indian community members representing the Four Tribes of Kansas and the Lawrence, Wichita and Kansas City Metro areas. The members of ECAB meet on a monthly basis and give input and comments on the Center's activities and current projects. Members are also responsible for reviewing all funding applications through our community and student grant programs and making funding decisions. Current members of the ECAB include Chet Eagleman, Sr (Ft. Peck Dakota), Dr. Charlene Flood-Johnson (Kickapoo), Josh Mihesuah (Comanche), Dr. Dawn Tallchief (Seneca), Judith Gipp (Hunkpapa Lakota), Brett Ramey (Ioway), Laverne Haag (Prairie Band Potawatomi / Ponca / Kickapoo), Congresswoman Ponka-We Victors (Tohono O'odham / Ponca), and Corey Hudson (Choctaw).

Chet Eagleman Sr. is a resident of Lawrence, KS, and is retired from the Bureau of Indian Affairs in Washington, D.C. He is the current Chair of the ECAB. He earned his Master of Social Work



at the University of Michigan and is retired from the State of Michigan Department of Community Health where he was the Director of Indian Health. His achievements include founding the Grand Rapids Inter-Tribal Council in Grand Rapids, MI, becoming the Indian Child Welfare Specialist for the BIA, being a champion northern traditional dancer, and being the best grandfather on the planet (according to his 3 grandchildren).

Charlene Flood-Johnson, Ph.D., is the Co-Chair for the ECAB. She states, "My main focus in accepting the position on the board was because as a student of life, I have noticed the high rates of certain diseases in the Native community. I was a diabetes coordinator for the Sauk and Fox Nation and also a grant reader for the Administration for Native Americans (ANA) located in Washington, DC. These two positions both dealt with reducing health disparities among Native Americans. I hope to help strengthen the Indian community, although it be in a small role, with my past experiences."



Joshua K. Mihesuah is a graduate of Oklahoma State University and was a university administrator for 27 years. He previously served as Director of Northern Arizona University's Native

American Student Services (NASS) in Flagstaff, among several other administrative appointments in higher education. He also served as Assistant Dean of Student Life and the Dean of Native American Students at the University of Arizona in Tucson. Mihesuah currently serves as a member of the Baldwin City School Board, the Baldwin City Safety Committee and is a member of the newly-founded Baldwin Economic Development Committee.



Dawn Tallchief was born and raised in Buffalo, New York. Tallchief received her associate's degree in general studies and bachelor's degree in psychology from the State University of New York at Buffalo and her Master of Education degree and her Ph.D. in Educational Leadership & Policy Studies from Arizona State University. She currently serves as the Assistant Director for the Office of Professional Military Graduate Education at KU. Tallchief is very involved in the Lawrence community and is dedicated to improving institutional processes that enhance and promote college student development and success for all students.



Judith White Temple-Gipp, is from the Standing Rock Reservation in North/South Dakota. Gipp holds two baccalaureate degrees from the University of Kansas (Exercise Science and Athletic Training, with a minor in Sociology), a Masters degree from the University of New Mexico (UNM) in Physical Performance and Development (Physical Science) and has completed course work for a



UNM doctoral program in Sports Administration. She is a faculty member in the Health, Sport and Exercise Science Department at Haskell Indian Nations University and has worked as the Program Director of the RED (Research, Evaluation and Dissemination) Center at Haskell and liaison for the ANLSAMP (All Nations Louis Stokes Alliance for Minority Participation) grant for STEM (Science, Technology, Engineering, and Math) disciplines. She currently serves as a Purdue University External Advisory Board member for the Sloan Foundation, and a Fulbright Program Advisor for the Institute of International Education.

Brett Ramey's (no picture available) work is a reflection of his upbringing in a cultural crossroads. He is the first generation of his family raised in a city away from both his mother's reservation (Ioway) and a small farming community in Northeast Kansas where his father's family farmed for five generations. For the past decade he has been working with young people around the world to reconnect to land-based knowledge and traditional food systems while living in urban areas. He shares those stories through photography, presentations, and on-the-ground garden and public art projects.

Laverne Haag is Potawatomie, Ponca, and Kickapoo. She works with the Prairie Band Potawatomi Nation Alcohol and Drug Program as a certified alcohol and drug counselor. Laverne has her Bachelor of Arts in Human Services with an emphasis in Addictions Counseling from Washburn University in Topeka, KS. She has also received her Master of Social Work at Washburn University. A few accomplishments Laverne has under her belt are as follows: Laverne is proud to say she kept up the Potawatomi language, culture, and traditional ways of life.



Also, she has worked with the Healing to Wellness Court Advisory Team for the Prairie Band Potawatomi Nation. Laverne has 6 foster children and 1 biological child, ages 10-18.

Ponka-We Victors (Tohono O'odaham Nation/ Ponca Tribe of Oklahoma) is a lifelong resident of Wichita, Kansas, and is currently serving as the first Native American woman in the Kansas House of Representatives (103rd district). Ponka-We received her bachelor's degree in biology from Newman University and her Master's of Public Administration from Wichita State University with an emphasis in Public Policy.



Corey Hudson states the following: Halito! (Hello) My name is Corey Matthew Hudson. I am an honored graduate from Haskell Indian Nations University. I am married with 3 children. I am a mentor, counselor, teacher, husband, father, brother and leader. I am very determined and compassionate in what my goals are for us as Native People. We need to rise up for our ancestors and become warriors of today. Rise Up! Together we can accomplish anything.



AIHREA
AMERICAN INDIAN
HEALTH RESEARCH
& EDUCATION
ALLIANCE

From the Director

5th Annual Our Nations Energies (ONE) Health and Wellness Pow Wow!

We are excited to be getting ready for our 5th Annual Our Nations Energies (ONE) Health and Wellness Pow Wow! This year's event promises to be bigger and better than ever! We had our first pow wow in 2007, when we decided to combine a competition pow wow with a health fair. We provided only 26 health screenings the first year, but in

only four years, we grew to provide over 800 screenings at last year's event. This year, we hope to break 1000! We will be providing the following health screenings this year: blood cholesterol, blood pressure, blood sugar, body fat percentage, body mass index (BMI), cancer risk assessments for both men and women, cognitive function in older

adults, diabetic foot checks, hearing, heart disease risk assessments, hemoglobin A1c (HbA1c) for diabetics, HIV, lung function, vision, and waist circumference. In addition to our screenings, we have medical doctors available to answer any questions you may have. We look forward to seeing you at this year's pow wow! (See "Upcoming Events" and our website – www.aihrea.com - for more information.)

CAICH Education and Student Funding Opportunities!!

CAICH currently has several educational opportunities for high school and college students, including a summer internship and funding for student organizations. CAICH is currently accepting applications for the 2011 Summer Student Internship Program. The Internship program is set up for high school students and college students over the summer months. This is a paid internship and students will work the majority of hours at KUMC and will spend time working with several partner organizations. Students will also work with a mentor (CAICH team member) and gain valuable 'hands on' experience on research projects related to health issues in the American Indian community.

CAICH also has funding opportunities for American Indian and Alaska Native high school and college student groups and organizations interested in the health careers/professions or health research professions. This funding can be used for start-up funds or to fund an existing student group or organization. Native student groups will be

eligible to apply for supplemental funding after their initial funding on a per semester basis. The primary focus is for a Native student group to improve their community's health and increase the number of American Indians and Alaska Natives in the health professions or health research.

The application is a proposal process requiring a narrative, budget, letters of support and fiscal contact. For more information on the internship or funding opportunity contact JB Kinlacheeny, Education Coordinator, at jkinlacheeny@kumc.edu or 913-588-3971





AIHREA Partner News

American Indian Studies Association

The American Indian Studies Association at Johnson County Community College is creating an alliance with KUMC's American Indian Health Students Association (AIHSA) on upcoming events. AIHSA is planning an American Indian New Year for the spring and AISA will be joining our friends in this venture. The two groups would like to get a student organization pipeline among JCCC, KUMC, and Haskell. This would expand our numbers as well as our involvement in the community. In the meantime, AISA is working on fundraising ideas for the AIHREA pow wow on campus in May, and other opportunities to raise money for American Indian scholarships. AISA is working on American Indian cultural awareness opportunities for the JCCC campus. The meetings are held the first Wednesday of every month at 2:00 at the Center for American Indian Studies at JCCC (Carlsen Center 223) and is open to all those interested. Please come and share your ideas and opinions!

Four Winds Indian Center

The Four Winds Indian Center elected a new president, Ms. Patty Battese. The center is reorganizing, having sold the building at 1423 Haskell Ave. Currently, Four Winds is renting office space and garden space from the new owner, Mark Schonberg. Improvements are being made to the building which include fixing the basement and the roof, painting, and refinishing the floors. The work is estimated to be completed by the summer. Four Winds anticipates they will have Vista workers by summer to help with capacity building and programming and are making plans for developing another garden this summer.

American Indian Health Student Association

The American Indian Health Student Association is a newly formed student organization at KUMC. Students from the KUMC Masters of Public Health program lead development of this organization in the fall of 2010. AIHSA hosted several events and worked on several projects over the course of their inaugural semester. Some events and activities included fundraising to sponsor a family for the holidays, end of the semester potluck, and planning for the next semester.

AIHSA is planning KUMC's first "Native New Year" in April 2011. Many Native Nations throughout the country consider spring to be the New Year, where Mother Earth prepares to sprout new life and bless us with her immense beauty. Springtime ceremonials emerge throughout Native Nations that sing, dance, and pray for a healthy beginning, prosperity, and abundant crops, game, and medicines. With that frame in mind, AIHSA will celebrate and pray for a prosperous year for the student body, faculty and staff, and the American Indian community at KUMC.

AIHSA has 6 members graduating from KUMC in May 2011- four students from the Master of Public Health program, one student from the School of Nursing, and one student from Clinical Laboratory Sciences. AIHSA will recognize the graduates at the end of the year dinner. They are JB Kinlacheeny MPH-Diné, Amber Ashley MPH-Diné, Stephanie Joseph MPH-White Mountain Apache, Stacy Braiuca MPH-Citizen Band Potawatomi, Melissa Ross BSN-Kickapoo, and Nicole McReeves BS-Kickapoo/Diné.

Johnson County Community College – Center for American Indian Studies

CAIS is currently working on a project focusing on traditional homes and dwellings. They hope to collaborate with tribal colleges in getting the project started. CAIS has also been working on a book on traditional tobacco, which includes traditional uses of tobacco, as well as tobacco stories from the oral traditions of many different tribes. The first draft of this book is now available to our All Nations Breath of Life quit smoking participants and will be available at the AIHREA pow wow. CAIS is also putting together videos of traditional uses of tobacco and tobacco stories to accompany the book and preserve traditional knowledge.

A major project on which CAIS will be working this summer stems from a cultural presentation they had last November, in which Samuel Sandoval, one of the few remaining Navajo Code Talkers, shared his experiences. CAIS and others at JCCC will be working with Mr. Sandoval to complete a book and film describing his life. Mr. Sandoval will also be donating many of his personal items from his days in the military to JCCC to be archived and displayed.

Haskell Indian Nations University – Healthier Haskell

Healthier Haskell is in its fourth year and is continuing to provide programs and activities for all ages. In January, the annual Kid's Camp was held and over thirty students participated. The students took part in an "anti-bullying" session and signed a pledge against bullying. The event was capped off with a swimming party followed by refreshments. Thanks to AIHREA and Frito Lay for their support in providing incentives.

In addition to the regular programming events, Healthier Haskell has recently joined the "Let's Move in Indian Country" initiative supporting the First Lady's program to get America moving through the

Presidential Active Lifestyle Award (PALA) fitness challenge. The goal of the program compliments the goals of Healthier Haskell. PALA has a website and individuals are encouraged to join and log in their activities daily to lend support to the effort to get over 25,000 people signed up by August 2012 and join the PALA challenge.

Visit Healthier Haskell on Facebook for updates on events and activities or call Jim Thorpe Fitness Center at 785-830-2758 or email Al Gipp at agipp@haskell.edu.

Kansas City Indian Center

The Kansas City Indian Center (KCIC) is planning new activities for the community this spring. One event KCIC will announce is "Culture

Night." A cultural event will be held once a week and the community is invited to come and participate in an environment that promotes healthy exercise, fun activities, and forms a bridge between youth and elders. There will also be drum practice, and a dance club practicing pow wow dances, and a place to work on crafts beginning the first Wednesday of April. KCIC has partnered with the Kansas City Chiefs to provide a football clinic for Native youth in the KC metro area in April. The youth will have a chance to work with some well-known athletes, and practice on the Arrowhead youth field. KCIC is bringing the community together to learn from each other. Everyone is welcome to attend KCIC events and activities.



AIHREA Team Members Maura Garcia, Cherokee, Mattamuskeet; Julia White Bull, Standing Rock Hunkpapa, Cheyenne River Itazipco; Justin Begaye, Dine' at the Preventive Medicine Department Holiday Luncheon, December 2010.



Joe Pacheco, Cherokee, Quechua and Amber Ashley, Dine', MPH Students at the Preventive Medicine Department Holiday Luncheon, December 2010.



Joe Bointy, Kiowa-Comanche-Arapaho, dancing at the CAICH Dance Exhibition in November 2010.

Spotlight: AIHREA Member

Team Member: JB Kinlacheeny – Diné Nation

JB Kinlacheeny represents the Diné Nation. He is of the Naats'iilid Deeshchii'nii (Rainbow Clan-Start of the Red Streak People) clan born for the To'ahani (Near the Water People) clan. His maternal grandfathers are of the Nat'oh Dine'e Tachii'nii (Tobacco People) clan and his paternal grandfathers are of the Bit'ahnii (Within the Mountain Cove People) clan. His wife is of the Kinyaa'aanii (Towering House) clan and he has two children, Javonna and Jeris.

JB graduated from Haskell Indian Nations University in May 2009 with a BA in American Indian Studies. He entered the MPH program at KUMC in

August 2009 and will be graduating in May 2011, after successfully defending his capstone project focused on educational pipelines for American Indians in April with honors. JB was a Research Associate for CAICH during his graduate study and was recently promoted to Education Coordinator. He will be leading all of our educational outreach programs, based on his MPH capstone project. The classes offered in the MPH program helped JB gain skills in quantitative and qualitative research that profoundly helped him in projects at CAICH. JB has been working with CAIS in addition to CAICH, focusing on the traditional tobacco videos and the documentary for the Navajo Code Talker, Samuel Sandoval.

JB also assisted in the creation of the



American Indian student organization at KUMC, the American Indian Health Student Association (AIHSA). AIHSA concentrates on improving the health of American Indians. JB currently serves as the president of AIHSA and represents the organization on the KUMC Presidents' Roundtable and at campus functions and activities.

Spotlight: Community Advisory Board Member

Denise Todome-Lawrence – Kiowa and Comanche

Denise was born and raised in Lawrence, Kansas. She attended Concho Indian Boarding School in Oklahoma for 4 years, and graduated from Tahlequah High School in 1979. She was offered a music scholarship at Northeastern State University in Tahlequah and was a member of the marching band and orchestra where she attended for one year until a family member became very ill. She postponed her studies to take care of her family for several years thereafter. Later, she moved to San Jose, California, and attended De Anza College in Cupertino and pursued paralegal studies. She worked for several major law firms in Silicon Valley beginning in 1985 as a legal assistant, office manager, trainer, and later as a paralegal interning at the Rossi, Hamerslough, Reischl & Chuck law

firm, specializing in real estate, business litigation, commercial and business dispute cases, and appellate law. She is affiliated with the Santa Clara County Legal Assistant Association where she held a chair position for several years. Denise currently works for the law firm of Lathrop & Gage, LLP, in Overland Park, Kansas, where she has served for the past 4 years as a senior legal assistant and mentor. Denise is also a vocalist at her church, assists with her son's cub scout troop, and is a guest speaker on Native American issues at several elementary schools in the Overland Park, Kansas, and Lee's Summit, Missouri, districts.

Denise has served on the CAB for approximately 2 years. "I have seen firsthand the results of improper health care for the elderly who live alone because they were either not fully aware of the risks involved and failed to seek out a health practitioner in a timely manner or they simply did not



know where to go or what to do. In my opinion, seeking the input of the Native community through the CAB is not only clever, but who better to ask than those who are sensitive to

our own people's issues? What a great way to help better explain how to reduce health disparities in terms our people understand and in a respectful manner."

Denise served as the AIHREA head lady dancer at our second annual pow wow in 2008. She enjoys singing gospel and jazz, dancing women's traditional at various pow wows, sewing, walking and spending time with her husband of 17 years and their 9 year-old son at their lake home in Lee's Summit, Missouri.

Spotlight: AIHREA Student

Joseph Pacheco – Cherokee and Quechua

Joseph Pacheco is a Susan G. Komen for the Cure Scholar in the Master of Public Health (MPH) program at KUMC and works as a Graduate Research Assistant with CAICH, where his work focuses on breast cancer research for both men and women. As the grandson of a breast cancer survivor and the nephew of a woman who lost a long, hard battle with breast cancer, Joseph is passionate about advancing breast cancer research. Joseph graduated from Northwest Missouri State University in

2010, with his Bachelors of Science in Pre-Professional Zoology. He aspires to go to medical school once he completes his MPH.

Joseph has always been fascinated with research, spending many of his younger days in his father's research laboratory. He is a strong believer that medicine should be proactive and not reactive and that health professionals should treat the person and not the ailment. Along with his fascination with research, Joseph has always been passionate about giving back to the community. In his spare time, Joseph works at the YMCA coaching and



teaching youth and adults how to swim. He also volunteers his time at Children's Mercy Hospital in the allergy and immunology research laboratory.

Joseph was born and raised in Kansas City, Missouri. He is both Cherokee of Oklahoma and Quechua of Bolivia.

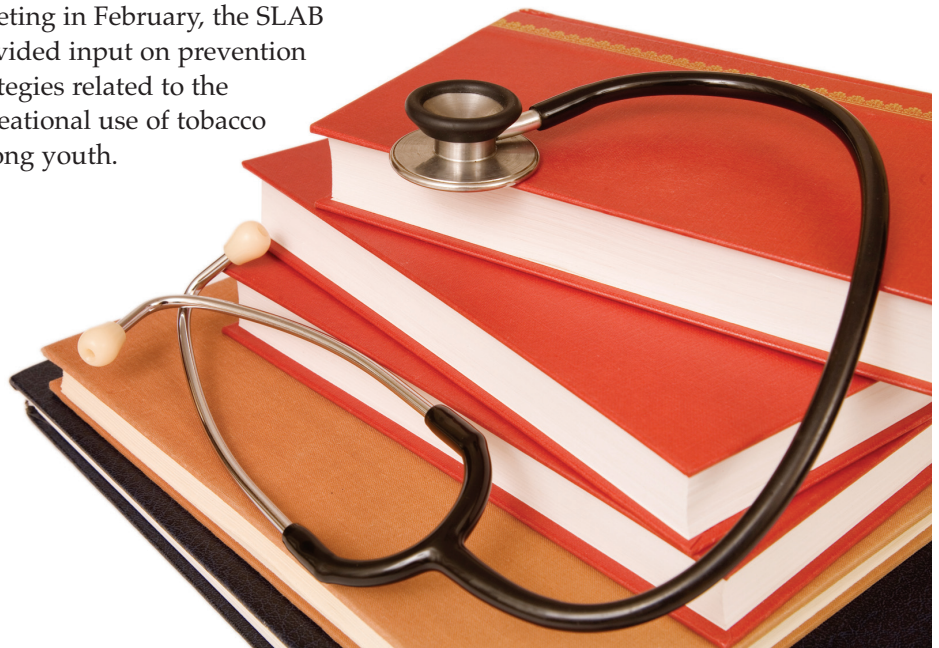
Community Advisory Board News

Community Advisory Board

The CAB met at Johnson County Community College on February 3, 2011. CAB members in attendance received an overview on the first year accomplishments of CAICH, with special attention to our educational outreach. Trish Long from KUMC gave a presentation on Healthy Living Kansas, a program that educates women about breast cancer screening, that has been talking with Native women in Northeast Kansas about barriers to screening and how they can address them to improve repeat mammography rates in the Native community. The CAB has formed a subgroup of women interested specifically in breast cancer and mammography, who will meet in a small group at each CAB meeting to provide advice on multiple breast cancer projects. If you are interested in serving on this special group or on the CAB itself, please contact Angel Cully at acully@kumc.edu or 913-945-7049.

Student Leader Advisory Board

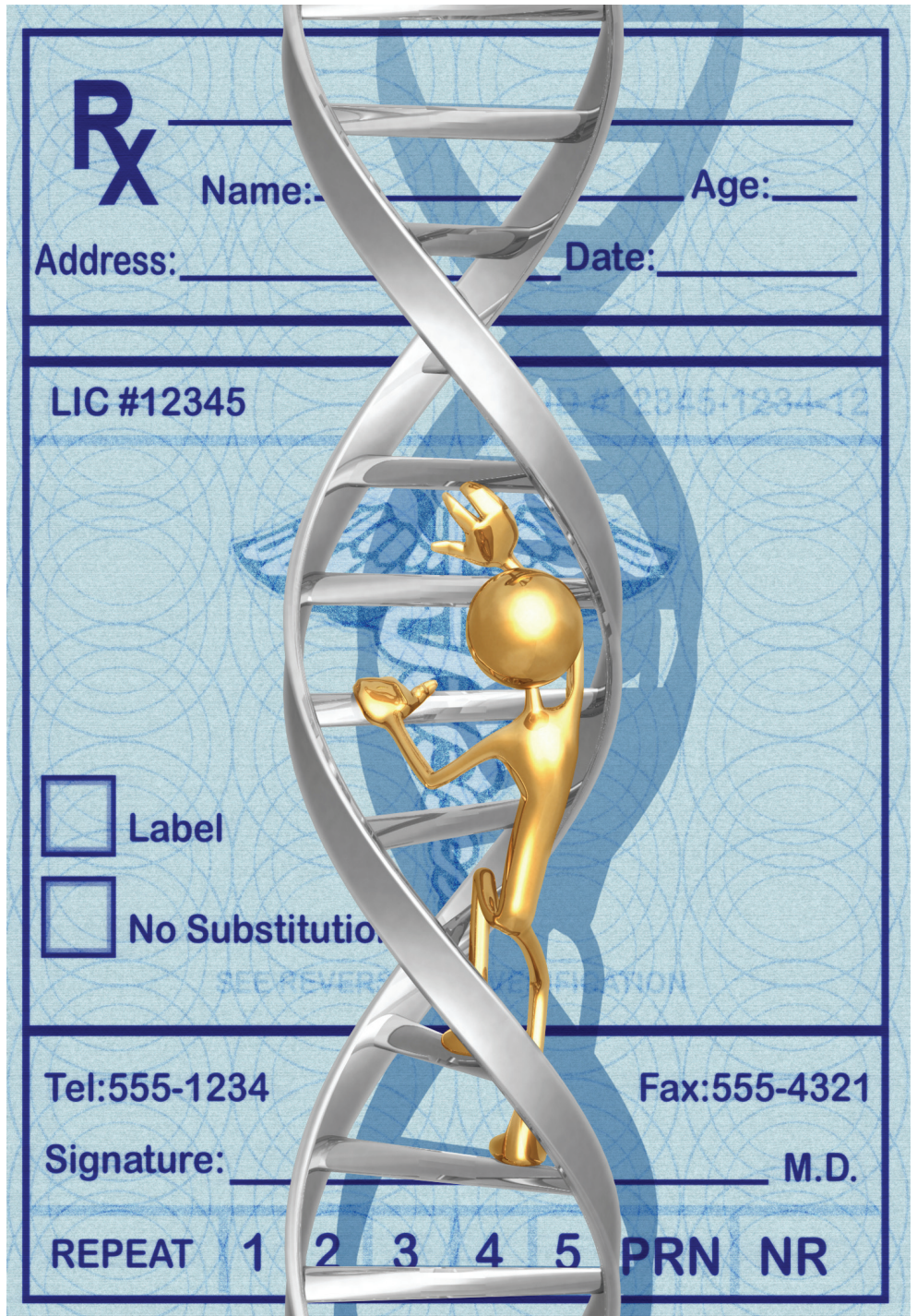
The Student Leader Advisory Board (SLAB) is a subgroup of the CAB who meet separately at CAB quarterly meetings. The SLAB is made up of junior high school, high school, and college students. At their most recent meeting in February, the SLAB provided input on prevention strategies related to the recreational use of tobacco among youth.



Understanding Research: What is Epidemiology and Why is it Important?

Epidemiology is one of the five classic subfields of public health, along with environmental health, social and behavioral health, health policy and management, and biostatistics. Epidemiology is defined as, “the study of the *distribution* and *determinants* of health-related states or events in *specified populations*, and the application of this study to control of health problems,” (Last JM) and is often considered the founding subfield of public health. Epidemiology is based on the idea that disease does not occur randomly. For example, lung cancer rates are much higher in smokers than nonsmokers. Epidemiologists try to understand why this is the case.

Epidemiology deals with large data sets of health information from different populations. Unfortunately, though there are many large data sets for different populations, very few exist for American Indians, making it difficult to get any reliable information on health in this community. CAICH is currently working with Haskell University and Salish Kootenai College in Pablo, Montana, to begin an epidemiologic study of behaviors of tribal college students that affect their health, including recreational tobacco use, diet and exercise, and alcohol use, among others. This study is called TCTABS or the Tribal College Tobacco and Behavior Survey and is beginning this spring. The goal of the project is to understand behaviors so that we can develop interventions to decrease behaviors that are harmful to students’ health.



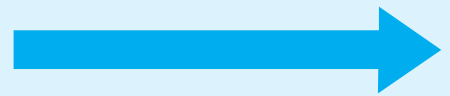


Healthy Living March 22 was National Diabetes Alert Day!!

The American Diabetes Association is rallying the public to “Join the Million Challenge” by encouraging people to help stop diabetes by taking the diabetes risk test. The Diabetes Risk Test is a simple test that asks questions about weight, age, family history, that are some of the risk factors for pre-diabetes or type 2 diabetes. The Diabetes Risk Test shows test-takers whether they are at low, moderate, or high risk for type 2

diabetes. American Indians have the highest rates of type 2 diabetes among all ethnic groups in the US. Awareness of and education on the prevention of type 2 diabetes is being promoted by the Special Diabetes Programs for Indians competitive grant program, the Diabetes Prevention Program, which is currently implemented at 36 tribal health care and Indian Health Service units in the US.

The ADA “Join the Million Challenge” began March 22 and runs through April 22. The goal is to get one million people to take the Diabetes Risk Test. If you haven’t taken the test yet, come to our pow wow on May 6-7 and you can take it with us and learn more about what to do if you are at risk for diabetes!



 American Diabetes Association.
ALERT! DAY



**From the National Diabetes Education Program:
 Diabetes, You Could Be At-Risk. Take the Test—Know Your Score!**

Diabetes means your blood sugar (glucose) is too high. How would you know? Are you often thirsty, hungry, or tired? Do you urinate often? Do you have sores that heal slowly, tingling in your feet, or blurry eyesight? Even without these signs, you could still have diabetes.

Diabetes is a serious disease. It can cause heart attack or stroke, blindness, kidney failure, or loss of feet or legs. But diabetes can be controlled. You can reduce or avoid these health problems. Take the first step. Find out if you are at high risk.

Know your risk of having diabetes now. Answer these quick questions. For each Yes answer, add the number of points listed. All No answers are 0 points.



QUESTION

	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? (See chart on following page)	5	0
Are you under 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you 65 years old or older?	9	0
Add Your Score		

These questions are from the American Diabetes Association's "Diabetes Risk Test."



AT RISK WEIGHT CHART

Height	Weight (Pounds)
5'8	177
5'9	182
5'10	188
5'11	193
6'0	199
6'1	204
6'2	210
6'3	216
6'4	221



KNOW YOUR SCORE

If you scored ...	then your risk is . . .
10 or more points	High for having diabetes now. Please bring this form to your health care provider soon. If you don't have insurance and can't afford a visit to your provider, contact your local health department or come to our pow wow on May 6-7 and we can help you find free or low-cost health care!
3 to 9 points	Probably low for having diabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for diabetes.

I SCORED 10 OR MORE: HOW CAN I GET TESTED FOR DIABETES? Come to our 5th annual Health and Wellness Pow Wow and we can help you!!

If you have...	then do this...
Individual or group	See your health care provider. If you don't have a provider, ask private health insurance your insurance company about providers who take your insurance. Deductibles and co-pays will apply.
Medicaid	See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.
Medicare	See your health care provider. Medicare will pay the cost if the provider has a reason for testing. If you don't have a provider, contact your local health department.
No insurance	Contact your local health department for more information about where you could be tested or call your local health clinic.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of

Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations. For information on preventing

and controlling diabetes, call 1-888-693-NDEP(6337); TTY: 1-866-569-1162 or visit www.YourDiabetesInfo.org.

Upcoming Events

May 6-7th, 2011. 5th Annual AIHREA Our Nations Energies Pow wow at Johnson County Community College.

NEW CONTEST THIS YEAR!

"Healthy Pow Wow Food" contest will be held at this year's AIHREA pow wow. Contest is open to all (food vendors, pow wow participants). Must provide a list of ingredients, preparation instructions, and have a dish to sample for judging. No Indian Taco entries will be accepted. The winner will receive a cash prize and a trophy. For more information, contact Shelley Bointy at mbointy@kumc.edu.

2011-2012 Miss AIHREA Pow Wow Princess Contest/ Miss & Jr. Miss.

Miss AIHREA requirements:

Ages 17-22. 2.5 GPA. Entry form with a picture and a 250-500 word essay on why you want to be Miss AIHREA. Miss AIHREA will be awarded a \$500 scholarship. The scholarship can be used at any community college, or university in the US. The scholarship can be used for tuition fees, books.

Jr. Miss AIHREA requirements: Ages 10-16. Entry form with a picture and a 100-250 word essay on why you want to be Jr. Miss AIHREA.

Contestants will be judged on public speaking, dancing ability, and an interview with judges. Please contact Julia White Bull for more information at (913) 588-3785, or jwhitebull@kumc.edu.

Do you have an event you would like to advertise or have us attend? If so, contact our Community outreach Coordinator Angel Cully at acully@kumc.edu or 913-945-7049.

Would you like to participate in our research?

NEW quit smoking groups through the All Nations Breath of Life program will be starting in Lawrence, White Cloud Holton, and Wichita to help any Native person who wants to quit! This is a program designed specifically to honor Sacred Tobacco by helping people stop smoking recreationally. For more information about how you can join one of these groups, contact CAICH at 913-588-0866 or CAIS at 913-469-8500, ext. 4570.

As part of efforts to promote breast cancer prevention among Native women, we are sponsoring events for Native women to celebrate women's health and get a mammogram. Event dates are: June 28, 2011 – Kansas City; July 21, 2011 – Lawrence; September 2011 – Hiawatha, Kansas (date to be announced). If interested, contact Stacy Braiuca at sbraiuca@kumc.edu or 913-945-6947 for details.

To partner and collaborate with American Indian peoples, nations, communities, and organizations to improve the physical, mental, emotional, and spiritual well-being of American Indians throughout the U.S. through quality participatory research and educational programs.



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