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 or 913-588-0866

**Center for American Indian Studies**  
 Johnson County  
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 913-469-8500, Ex. 4570

www.aihrea.com



## From the Director

On May 6th & 7th, we held our 5th Annual Our Nations Energies Health and Wellness Pow Wow. This year we provided over 1200 FREE health screenings to people who attended the pow wow. Some of the screenings that were provided were:

- *Body Fat Percentage*
- *Blood Cholesterol*
- *Blood Glucose or "Sugar"*
- *Hemoglobin A1c (HbA1c) for Diabetes Management*
- *Blood Pressure*
- *Lung Function Test*
- *Vision and Hearing Tests*
- *FOBT*
- *Alzheimer's Disease*
- *Cancer Risk Assessment*
- *Heart Disease Risk Management*
- *HIV Screening*
- *Foot and Eye Exams*

In addition, we offered referrals for free mammograms, Pap smears, colon cancer testing, free medical care, and more. If a participant had a question about his or her screening results, we had an "Ask a Doc" station, where a participant could get an individual consultation with a doctor.



We are pleased to announce the 2011-2012 Miss AIHREA, Kyla Martinez, and Jr. Miss AIHREA, Alaina Barnes.

We would like to thank all of our participants and volunteers who made our event successful!

# 2011 AIHREA 5th Annual Pow Wow Winners

**Drum Contest** - 1st Southern Comfort – OK,  
2nd Wise Spirit – ND

**Hand Drum Contest 1 person** - 1st Charley Lewis,  
2nd Sofie Teller, 3rd Mikey Sioux

**Hand Drum Contest 2 person** - 1st The Teasers,  
2nd Beefstix, 3rd Wise Spirit

**Golden Age Women** - 1st Charlene Cozad,  
2nd Dee White Eye,

**Golden Age Men** - 1st Tim Robinson,  
2nd Dennis Young Bear, 3rd Gerry Hubbell

**Women's Cloth** - 1st Ria Thundercloud, 2nd Merry Sheridan

**Women's Buckskin** - 1st Jamie Jon Whiteshirt, 2nd Tessa Robledo,  
3rd Christian Frank

**Women's Jingle** - 1st Sharon Eagleman, 2nd Justina Bridge,  
3rd Angie Wahweotten

**Women's Fancy Shawl** - 1st Josette Wahwasick,  
2nd Matilda Williams, 3rd Kelly Walker

**Men's Northern Traditional** - 1st John Richards,  
2nd Shannon LeRoy, 3rd Darryl Frank

**Men's Southern Straight** - 1st Eagleboy Whiteshield,  
2nd Shude Victors, 3rd Dave Madden

**Men's Grass** - 1st Alex Pelkey, 2nd Skyler Nucosee,  
3rd Isiah Stuart

**Men's Fancy** - 1st Doug Scholfield,  
2nd Marquel Crawford, 3rd Shorty Crawford

**Men's Chicken** - 1st Brady Tapedo,  
2nd Charley Lewis, 3rd Chris Whitewolfe

**Junior Girl's Cloth** - 1st Tesha Robertson,  
2nd Elaine Frank, 3rd Cynthia LeRoy,  
4th Christina LeRoy

**Junior Girl's Jingle** - 1st Shaundeen Smith,  
2nd Maura Frank, 3rd Alexis Nodden, 4th Alaina Barnes

**Junior Girl's Fancy** - 1st Taylor Williams, 2nd Brennah Waheotten,  
3rd Alicia Scholfield, 4th Daina Robertson

**Junior Boy's Traditional** - 1st Ruben Little Head Jr., 2nd Josh LeRoy,  
3rd Ethan Robinson

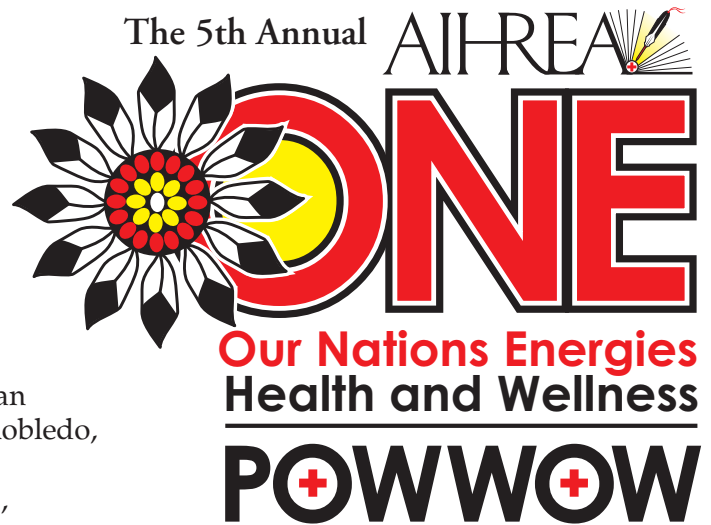
**Junior Boy's Straight** - 1st Bryson Whiteshirt, 2nd Brady Johnson,  
3rd Tristan Berryhill

**Junior Boy's Grass** - 1st Haga Pelkey, 2nd Jerome Barnes,  
3rd Mazimus Frank, 4th Justin Wolf Leader

**Junior Boy's Fancy** 1st Chaske Frank, 2nd Daniel Scholfield,  
3rd Anthony Platco

**The Honorable Ponka-We Victors Women's Cloth Special**

1st Ria Thundercloud, 2nd Jamie Jon Whiteshirt, 3rd Merry Sheridan



To see pictures of the winners and the pow wow, and learn more about our princesses, go to [www.AIHREA.com](http://www.AIHREA.com).

Pictures (top) Drum Contest Winner Southern Comfort, (middle) Junior Boy's Straight Winners, (bottom) Junior Girl's Cloth Winners.

# CAICH Internships and Student Funding Opportunities!

CAICH hosted twenty-four interns for the summer of 2011. The CAICH Summer Internship Program is an eight-week program that is designed for high school, college, and graduate students. During this paid internship, students spend a majority of their time at the University of Kansas Medical Center in Kansas City, KS, and the remainder of their time with our partner organizations, including Johnson County Community College and the Kansas City Indian Center, among others. Students are mentored by a CAICH team member and gain valuable 'hands on' experience in research projects related to health issues in the American Indian community. Our fall newsletter will focus on the accomplishments of our interns and the experience they had.

CAICH also has funding opportunities for American Indian and Alaska Native high school and college student groups and organizations interested in health and health research professions. This funding can be used as start-up funds or to finance an existing student group or organization. Native student groups are eligible to apply for supplemental funding after their initial funding on a per-semester basis. The primary purpose of these funding opportunities is for a Native student group to improve their community's health and increase the number of American Indians and Alaska Natives in health professions or health research. For more information on the internship or funding opportunity, contact CAICH at 913-588-0866.



# Understanding Research

Clinical trials are research studies that involve people as participants. The research topics studied in clinical trials are usually health related. Whenever there is a study that involves human subjects, a group of people called a Human Subjects Committee or Institutional Review Board will review a pre-defined protocol to determine if the research study is safe and if participants in the study are being protected from harm. There are two types of clinical trials: interventional and observational.

During interventional studies, participants are given some type of treatment for a health condition, like cancer, a head injury, or smoking. The treatments can include a new medicine, a change in behavior, or a safety measure, such as helmets or seatbelts. During observational studies, researchers observe people without trying to make a change or give a new medication. The researcher lets events take their natural course and records them as they happen to learn more about what causes different health outcomes.



# AIHREA Partner News

## American Indian Health Student Association (AIHSA)

AIHSA celebrated Cultural Diversity and Earth Day on April 19, 2011, by hosting Mr. Samuel Sandoval (Diné) at the University of Kansas Medical Center (KUMC). Mr. Sandoval is a Navajo Code Talker from the Navajo Nation. He was born in Nageezi, NM. After completing high school at Mission School in Farmington, NM, he joined the United States Marine Corps in 1943. Mr. Sandoval is one of the last remaining Navajo Code Talkers who served in World War II. He received many honorable awards and medals, among them, the Congressional Silver Medal, awarded in 2000. The Navajo Code Talkers created an ingenious and unbreakable military code using the Navajo language. For example, the Navajo word for tortoise, "chay-da-gahi," was used when referring to a tank, and a dive-bomber, "gini," was a "chicken hawk," (a bird which dives on its prey). (Source: 2011 Navajo Code Talker Association). A total of over 600 Navajo terms were created by the end of the war and could be communicated in 20 seconds versus the coding machine, which took 30 minutes. The AIHSA event was successful and ended with a traditional Native lunch. Seventy-five guests from the KUMC campus, the Greater Kansas City Metro area, and the Lawrence community attended the event.

This year, six AIHSA members successfully completed course work at KUMC and graduated. Those members are Stacy Braiuca, MPH (with honors) - Citizen Band Potawatomi; JB Kinlacheeny, MPH (with honors) - Diné; Stephanie Joseph, MPH- White Mountain Apache; Amber Ashley, MPH- Diné; Melissa Ross, BSN - Kickapoo; and Nicole McReeves, BS in Clinical Laboratory Science- Kickapoo /Diné. Congratulations, graduates!

AIHSA would like to thank CAICH, AIHREA, Clendening Library, SEAD, SGC, GSC, FNESA, Haskell Indian Nations University, KU MPH program, KCIC, and AIC for a successful year. AIHSA looks forward to the upcoming year and expects an increase in membership, due to the acceptance and enrollment of more American Indian students at KUMC. The association will hold elections for new members in fall 2011 to fill positions for President, Vice-President, Secretary, and Treasurer and will continue to promote American Indian health equity at KUMC.

## Center for American Indian Studies (CAIS)

This past Veterans' Day (November 2010), Mr. Samuel Sandoval visited CAIS. Dr. Sean Daley and Ed Smith from CAIS and J.B. Kinlacheeny from CAICH showed Mr. Sandoval around for the day and apparently made quite an impression. Mr. Sandoval asked the staff at JCCC, CAIS, and Mr. Kinlacheeny to produce a documentary and a book describing his personal experiences as a Navajo Code Talker during WWII. In April, Mr. Sandoval visited JCCC for filming. The team went to New Mexico the second week of June for further filming of the documentary.



## Healthier Haskell

This past spring semester, Healthier Haskell continued its series of events under the leadership of Al Gipp, Haskell Indian Nations University Instructor and Coach, including a 125 Mile-a-thon, Men's Night, Spring Break Fun Run, and End of Year Run/Walk. Over 500 individuals attended these events. For the 2010-2011 academic year, over 16,000 individuals visited the Jim Thorpe Fitness Center, which is the hub of most of Healthier Haskell's programming. This summer, Healthier Haskell participated in the President's Active Lifestyle Award (PALA). For more details, contact Al Gipp at agipp@haskell.edu or call (785) 830-2758.

## Kansas City Indian Center (KCIC)

KCIC has new things to offer our community! KCIC is extending food pantry hours until 8 pm on Wednesdays and Saturdays by appointment only. It also has a utility assistance program for low-income Kansas City, MO, Native American families. Funds are limited each month and are provided on a first-come, first-served basis.

The center is also proud to announce its partnership with NIKE™. Nike N7™ and KCIC will be working together to promote healthy, active lifestyles through free sports clinics for our Native American youth. If you are interested, please call 816-421-7608 to sign up.

Here's something for families: KCIC hosts "Culture Night," which is a free, fun activity for the whole family. Check our website, [www.kcindiancenter.org](http://www.kcindiancenter.org), for upcoming events.



# Community Advisory Board News

## Community Advisory Board and Student Leader Advisory Board

The Community Advisory Board (CAB) and Student Leader Advisory Board (SLAB) met together at the University of Kansas Alumni Center in April. Dr. Charles Barnes, from Children's Mercy Hospital (CMH), gave a presentation entitled "Building Capacity to Reduce Children's Environmental Exposures in Child-Occupied Settings". Shortly thereafter, Christina Pacheco, Esq, and Shelly Bointy, MSW, gave a presentation enti-

tled "Moving Forward: How do we move past the Havasupai cases?" This presentation looked at the implications of obtaining genetics information without proper consent from Havasupai members. After the presentations, the CAB broke out into small discussion groups to discuss the "Building Capacity" presentation, breast health, and youth issues. These breakout sessions were facilitated by Dr. Barnes of CMH, Dr. Kim Engelman of KUMC,

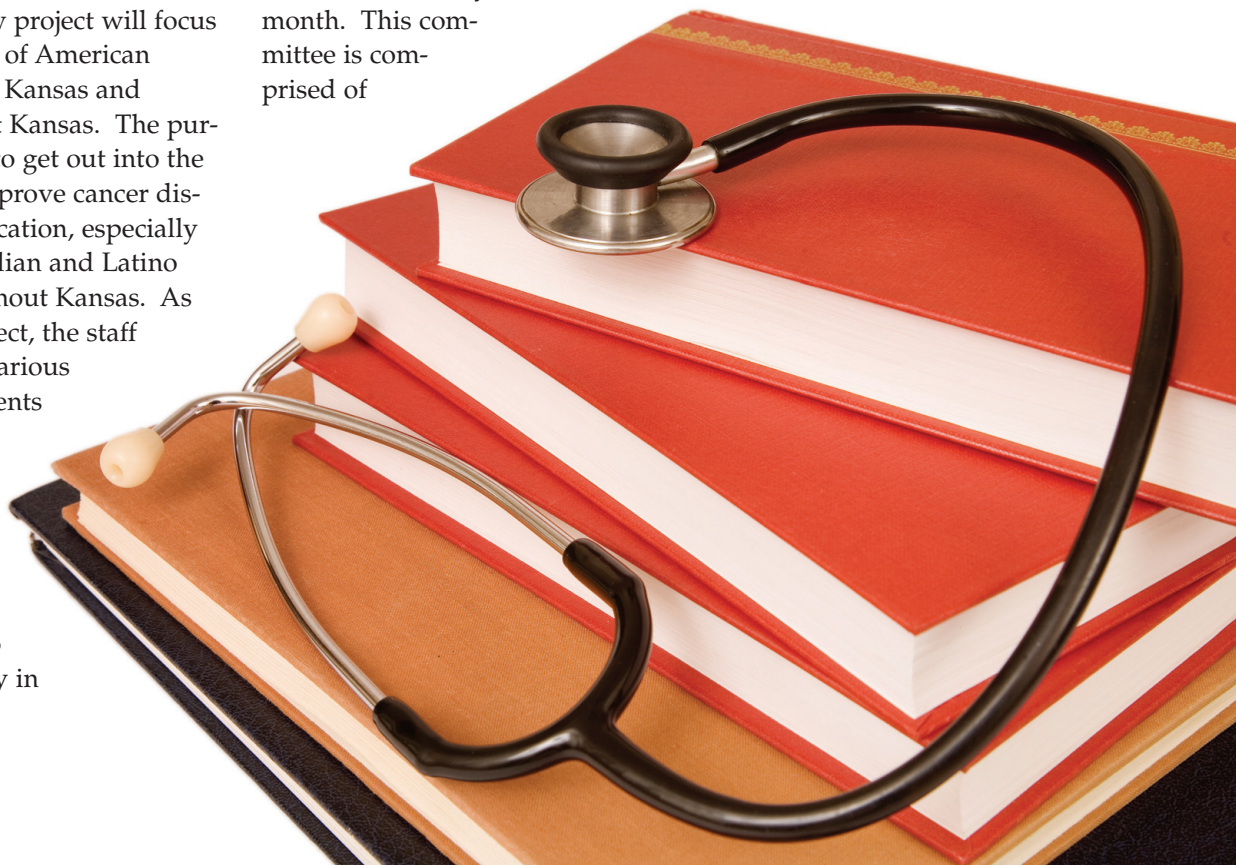
and Ed Smith of the JCCC Center for American Indian Studies, respectively. In July, the CAB and SLAB met at KUMC to discuss new initiatives in cancer research lead by Dr. Allen Greiner of the Department of Family Medicine. To learn more about these new cancer-related initiatives, look for our winter newsletter! If you are interested in serving on the CAB, please contact Angel Cully at [acully@kumc.edu](mailto:acully@kumc.edu) or call 913-945-7049.

## Executive Steering Committee

Within the past year, the Center for American Indian Community Health (CAICH) and the Family Medicine Research Team at KUMC have started developing community partnerships around cancer prevention and health disparities. This new project will focus on rural populations of American Indians in Northeast Kansas and Latinos in Southwest Kansas. The purpose of this work is to get out into the communities and improve cancer disparities through education, especially among American Indian and Latino communities throughout Kansas. As part of this new project, the staff has participated in various health promotion events throughout the state and is looking forward to even more this summer. In beginning this new project, we have received a lot of help and input from many in

the communities with whom we are working. To help direct our efforts toward meaningful programs, we formed a Community Executive Steering Committee, which will meet with us every other month. This committee is comprised of

community leaders from many parts of Kansas, including Lawrence, Horton, White Cloud, and Reserve. Thank you to all who have agreed to help!



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## Spotlight: AIHREA Member

### Julia White Bull – Lakota from the Cheyenne – River Sioux Tribe

Julia White Bull is Lakota from the Cheyenne-River Sioux Tribe and enrolled Standing Rock Sioux Tribe. Ms. White Bull has a five-year-old son named Ohitika (Brave) White Bull, and he is one of the most cherished people in her life. She graduated from Haskell Indian Nations University in May of 2010 with a degree in American Indian Studies, as she is very passionate about her American Indian community. Julia began working as an intern for AIHREA/CAICH in June 2010 and has grown to a full-fledged Research Assistant on the team. She is honored to work with a team that shares the same passions as she does, particularly helping all Native communities thrive.

Julia served as Miss AIHREA from 2009-2010. She had the opportunity to travel to many pow wows across the nation and represent the AIHREA title with honor and pride. She is also a successful All Nations Breath of Life (ANBL) quit smoking program participant and has been smoke-free since November 2010. This has been one of her most successful accomplishments, especially because she had smoked recreationally for 14 years. Julia now lives a more healthy and active lifestyle and dedicates her accomplishments to her son. As a part of CAICH, she is now helping others to quit as one of the facilitators for ANBL.

Julia is extremely knowledgeable



about the Lakota culture and is always willing to share her knowledge with others with and dignity. She teaches beading classes to youth in Lawrence,

Kansas, and surrounding areas. Julia is also passionate about preserving her Lakota culture by passing down her knowledge and skills about beading and values.

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## Spotlight: AIHREA Student

### Justin Begaye – Diné Nation

Justin Begaye is a recent graduate of the University of Missouri-Kansas City (UMKC) School of Social Work. This spring, he obtained a Master of Social Work degree. Mr. Begaye was part of an Advanced-Standing Masters Program where a student can obtain his or her Master's degree in one academic year. Justin obtained his Bachelor of Social Work from the University of Kansas School of Social Work in May 2010. He was a Research Assistant with the Center for American Indian Community Health (CAICH) for the past four years where he worked on a variety of projects while working towards his degrees.

Justin has led a hard life, raised by his mother and sister after his parents divorced at a young age. He has survived childhood abuse, trauma, and many atrocities related to social

injustices, from racism and suicide attempts to severe alcoholism. Due to these hardships, it has been difficult to achieve his life goal of going to college and succeeding. Finally, in August 2006, after one year of sobriety, he decided to try life one more time and attended Johnson County Community College. He transferred to the University of Kansas two years later and graduated in four years. He was admitted to UMKC, where he completed his Master's degree. Justin has his sights set on becoming a Licensed Clinical Social Worker so that he can be a therapist.

Ultimately, Justin wants to run for United States Congress. As a U.S. Congressman, he would draft legislation for his American Indian community and fight social injustices on behalf of all underserved populations.



He remains sober and has his graduate degree; because of this, he feels passionate about helping people

through similar situations. Justin seeks to empower others to succeed. Combating racism, homophobia, and all forms of social injustice is his specialty, and he hopes people find optimism in knowing his story. He credits his mother and his partner of nine years for saving his life and helping him to heal from the past so that he may help others for the future. He is a proud member of the Diné Nation.



# Healthy Living: *What is second-hand smoke?*

Second-hand smoke, also known as environmental tobacco smoke (ETS) or passive smoke, is a combination of “sidestream” smoke, which is released from burning tobacco products, and

“mainstream” smoke, which is exhaled by a smoker.

A non-smoker can be exposed to second-hand smoke in homes, cars, the workplace, and public places, such

as restaurants, bars, and other social areas. In the United States, cigarettes are the most common source of second-hand smoke, followed by pipes, cigars, and other tobacco products.

## *Did you know...?*

Second-hand smoke contains over 7,000 chemicals. More than 60 of these chemicals are known to cause cancer. Each year in the United States, second-hand smoke is responsible for:

- About 46,000 deaths from heart disease in non-smokers who live with smokers
- About 3,400 lung cancer deaths in non-smoking adults
- Increased coughing, mucus, chest discomfort cases, and reduced lung function
- 50,000 to 300,000 lung infections (such as pneumonia and bronchitis) in children
- 7,500 to 15,000 hospitalizations of children annually for lung infections
- About 200,000 to one million physician visits for children with asthma
- More than 750,000 middle ear infections in children
- Increased risk of low birth weight babies in pregnant women

## *What can you do to avoid second-hand smoke?*

- Take a pledge to make your home smoke-free.
- Support legislation restricting smoking in public places, such as schools, hospitals, airports, parks, as well as private work places.
- Enforce no-smoking policies in restaurants, bars, and casinos.
- Do not allow smoking in your vehicle.
- Children are at greatest risk to second-smoke exposure, so choose smoke-free care facilities for your children and loved ones.



### *Resources:*

**National Cancer Institute**

Telephone: 1-800-4-cancer

Website: <http://www.cancer.gov/>

**American Cancer Society**

Telephone: 1-800-227-2345

Website: <http://www.cancer.org/index>

# Upcoming Events

**September 8, 2011: Sac & Fox Health Fair** at the Sac & Fox Community Building in Reserve, KS, from 10am to 2pm. For more information contact Fredia Perkins 785-742-7308 or fredia.perkins1@hotmail.com

**September 21, 2011: Prairie Band Potawatomi Nation Health Fair** in Mayetta, KS, at the Prairie Band Potawatomi Bingo Hall from 10am to 2pm. For more information contact Daniel Goombi at 785-966-8343 or DanielGoombi@pbnation.org

**September 24, 2011: Haskell University Welcome Back Pow Wow** at 6pm at the Haskell University Pow Wow Grounds. For more information contact Rex Cully at 785-749-8480 or rcully@haskell.edu

**November 3, 2011: 8th Annual American Indian Council Symposium** at the University of Missouri – Kansas City, from 8:00am to 5:00pm. For more information contact the American Indian Council at 816-471-4898.



*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.*

## Would you like to participate in our research?

**Quit smoking:** Are you a current smoker or know someone who wants to quit? The All Nations Breath of Life quit smoking program is currently recruiting American Indian/Alaska Native smokers who want to quit. We have groups throughout Missouri and Kansas, and we are starting groups in other parts of the country as well. If there is not a group in your area, we would be willing to start one. The All Nations Breath of Life quit smoking program honors traditional and ceremonial use of tobacco while helping people stop smoking recreationally. For more information about joining a group, starting a group in your area, or on how to become a facilitator, contact the Center for American Indian Community Health at 1-855-552-2424, ext. 1188 (toll-free).

**Tell us what Native identity means to you:** Native 24/7 is a new research project that we are launching. We will conduct interviews over the phone with participants from around the country over the next 24 months in an effort to understand Native identity. Participants in these interviews must be 18 years of age or older and must self-identify as American Indian or Alaska Native. Participants will receive a Native 24/7 hooded sweatshirt for their time. For more information about participating in these interviews, contact the Center for American Indian Studies at (913) 469-8500, ext. 4570.

**Lose weight:** We are starting a weight-loss program based on the Diabetes Prevention Program's "Lifestyle Balance" curriculum. We will be recruiting participants for this new research project soon in Lawrence, KS; additional sites for the program are possible. Look for us at upcoming events in your community to learn more about this new project or contact Shelley Bointy at mbointy@kumc.edu or 913-588-2708.

