Senior Shye Johnson signed her letter of intent to run Cross Country at Minnesota State University.
DIRECTORY

TRIBAL POLICE  484-4844
FOR EMERGENCIES  DIAL 911

TRIBAL OPERATIONS

Tribal Center Offices  484-4678
• Attorney General Office  484-4678
• Child Support Services  484-9301
• Enrollment  484-9233
• Executive Offices  484-4678
• Facilities Management  484-9255
• Family Services  484-4444
• Fiscal  484-4678
• Higher Education  484-3157
• Historical Preservation  484-3185
• Housing/Realty  484-4972
• Human Resources  484-4678
• Information Technology  484-9245
• Language Preservation  484-3185
• Media Services  484-9439
• Natural Resources  484-3511
• Police  484-4844
• Prosecutors Office  484-4678
• Public Defender’s Office  484-9214
• Public Works  484-4600
• Senior Services  484-9224
• Victim Services Crisis Line  481-0334
* Answered 24 Hours
• Workforce Development  484-9501
• Youth Program  484-5369

MESKWAKI HEALTH SERVICES

Health Clinic  484-4094
• Contract Health Services  484-9406
• Benefits Coordinator  484-9404
• Medical Records  484-9431
• CHR Program  484-9419
• Diabetes Program  484-9414
• Behavioral Health  484-9482
• Pharmacy  484-9451
• Wellness Center  484-9271

MESKWAKI SETTLEMENT

School

• Primary  484-4990
• High School  484-9000

MESKWAKI ENTITIES

GAMING COMMISSION  484-1450
HOUSING AUTHORITY  484-6106
MESKWAKI CASINO  484-2108
TRAVEL PLAZA  484-9350
TRIBAL COURT  484-9300
MESKWAKI, INC.  484-3820
Pinnacle Bank (Mtown)  752-2393
Pinnacle Bank (Toledo)  484-7303

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

THE MESKWAKI NATION

349 Meskwaki Road
Tama, Iowa 52339
Phone: 641-484-4678 or 800-944-9503
Fax: 641-484-5424

“TO RELY ON THE KNOWLEDGE AND EXPERIENCES OF THE PAST, ALONG WITH THE WILL TO SURVIVE TO ADVANCE THE PEOPLE, CULTURE AND WELL-BEING OF THE MESKWAKI NATION.”

Chairman - Vern Jefferson
State, Local & Federal: Term expires November 2025

Vice Chairman - Drayton Roberts
Housing: Term expires November 2023

Treasurer - Yolanda Pushetonequa
Health: Term expires November 2025

Member - Clinton Bear
Enrollment: Term expires November 2023

If you have recently moved, please update your address with the Finance Office. Tax documents, checks, the MNT, and other notices are sent to tribal member’s addresses on file. Address change forms are available at the front desk of the Tribal Center and available for download on our website at:

WWW.MESKWAKI.ORG
(Click on the Government/Finance links)

Forms can also be mailed, faxed or emailed to you upon request.

NO CHANGES WILL BE ACCEPTED OVER THE PHONE.
If you have questions, please contact Jordan Bear in the Finance Office at 641-484-9202.

The Meskwaki Nation Times is a monthly publication available to all enrolled adult tribal members by mail. Meskwaki Media Services is a member of the Native American Journalists Association.

The deadline to submit articles for the next edition is:

FEBRUARY 21, 2022

Articles can be submitted via email to:
MEDIA@MESKWAKI-NSN.GOV

Or mailed to:
Meskwaki Nation Times, Shannon Mitchell - Editor, 1646 305th Street, Tama, Iowa 52339

All articles submitted are subject to approval and/or editing due to the space available.
COMMUNICATION EXCHANGE

A REMINDER FROM THE APPRENTICESHIP TEAM

We all will experience temperatures and wind speeds that our homes’ heating systems are NOT designed for, such as -20 to -25-degree temperatures with wind chills into -30 and up to -40+.

If properly designed and installed, these heating systems are sized to operate with a 0 degrees outdoor air temperature with a 70 degree indoor air temperature. Newer homes may struggle to maintain temperature, and older homes will probably NOT maintain temperature and the temperature may drop while the heating system is working at full capacity.

When the forecast is for these extreme conditions:

1. Please raise the temperature in your home, 2 to 4 degrees above your normal setting.
2. Take all programmable thermostats out of setback mode and set on a permanent HOLD.
3. If you have a furnace; check/replace the filter.
4. Keep attached garage doors closed.
5. Limit opening exterior doors.
6. Make sure air vents, registers, and radiators are not blocked or obstructed.

If the temperature in your home is dropping and your radiators are HOT with boiler systems or you have HOT air coming out of your vents with furnaces DO NOT PANIC. Please make sure that your heating system continues to operate.

If the temperatures drop in your home, IT MAY NOT BE ABLE TO RECOVER until temperatures rise and the wind diminishes. Our heating systems cannot overcome temperatures of -20 to -30 with wind chill up to -40+. Put your thermostat on hold at 70 degrees or higher.

To help minimize temperature loss you can boil water, make soup, or stews; they help introduce humidity and warmer temperatures into your home. DO NOT USE YOUR OVEN or a GRILL TO HEAT YOUR HOME.

Please check on neighbors and elderly residents during these extreme temperatures. Stay warm and safe this period of time and share this message with any of your family and friends.

The key is do NOT panic with slowly falling temps inside your home if you have heat coming out of your registers. It is probably doing all it can.

If temperatures fall rapidly in your home, call a professional right away.

We’re going to get through this, we’re Iowa tough. The steps above will help make sure your furnace gets through it too.

~ Randy Lowe, HVAC Instructor
Meskwaki Nation Apprenticeship

FROM THE TRIBAL CHAIRMAN

Hoat, My name is Vern Jefferson. My Meskwakai name is Kidegitebenetaka.

Spending my entire life growing up here on the Settlement, I appreciate the community I was raised in. My parents are the late Yvonne and Vernon Jefferson.

I have spent 23 years in neighboring law enforcement communities and still serve as a police officer. I have 12 years military experience serving in the Marines and Army National Guard with 1 year deployment to the Middle East, also serving as Vice Commander for the Robert Morgan Legion Post.

I am currently serving in the capacity of tribal chairman and appreciate the opportunity to do so. I would like to touch on my service to the community. Serving the elders in the community is a priority of mine. I would like to encourage team work through tribal entities as we are all working to be a successful community. Treating people with respect and dignity, as I was taught by my parents, is also important to me. Teaching the children the same, to help with their future, as they are our future leaders.

The position I hold is an important one. I would encourage an “open door” communication stand point. If there are topics anyone would like to discuss we can make arrangements to do so. Please feel free to reach out to the tribal secretary for such arrangements.

Thank you for your time.
WORKFORCE UPDATES

Hoa! As a new Recreation Center will be opening in 2023 our department is working on career pathways to employment. At the moment we are working with Iowa Valley Continuing Education in developing a workforce readiness program for child care. Our goal is to assist tribal community members to become workforce ready with the requisite knowledge, skills, abilities, and attributes. This is the start of many pathways that we will develop for our people. We will keep you all informed when these developments become available.

In other news, in early December 2021, after incredibly interesting training and required coaching sessions with six individuals, the Workforce Education Coordinator, Stephanie, became certified as a Gallup Strengths Coach. The plan is to utilize Strengths assessments with PTEC participants to help ground them in personal knowledge about themselves to focus on and enhance their greatest assets. The PTEC season will begin in April, as it has in the past, and will now provide this assessment to participants through Workforce Development. PTEC (Promoting Tribal Economies and Community) will once again give participants on-the-job training experiences at Red Earth Gardens and Meskwaki Food Sovereignty, but will also help them explore educational and employment pathways as they move from the program to future endeavors. Be on the lookout for the flyer to tell interested individuals that it is time to apply!

In project management, the Project Manager Shosônis, is assisting in the development of a 477 plan. The plan allows for any federal formula-funded program intended for employment, training, and services that may enhance a tribal community member’s ability to become self-reliant. A program that can be included in the plan is the Tribal Temporary Assistance to Needy Families (TANF) a program that is not currently utilized by the tribe. We will be looking into the TANF program and if it does fit the needs of the community we will apply for funding so that in the future can be incorporated into the 477 plan. Shosônis also assists in the collaboration and development of career pathways as stated above and with new projects that will benefit our workforce and community development. We are hoping that we will be able to host another spring career awareness or a financial literacy event soon, however, we will keep you all informed.

New to our department is the Youth Education Coordinator, a position held by Avis Bear-Bass. She is working on developing a youth agriculture club and will be leading the Summer Youth Enrichment Program. Once these programs are ready to launch be on the lookout for information on how to participate. We are excited and look forward to what these programs can do for our youth and community. Stay safe and well.

~ Workforce Development Team

SETTLEMENT SCHOOL

GOING TO STATE SPEECH CONTEST

On Saturday (Jan 22), Meskwaki Settlement School had one group compete at the Large Group District Speech Competition in Pella.

Wakinyela Bear, Geanna Bear, Clayton Brown, Lenore Pushetonequa, Curtis Youngbear, and Irene Keahna competed in Television News where they did a historical newscast of September 11th, 2001. They received a “one,” which means they are advancing to the State Contest on February 5 in Cedar Rapids. Great job, Warriors!
COMMUNITY CONNECTIONS

AIR QUALITY MONITORING APP NOW AVAILABLE FOR IPHONE AND ANDROID

Air is all around us, and it is important to check the quality of the air that is around you and that you are breathing in. Poor air quality has been shown to have harmful impacts on humans. This is why improving air quality and making sure that air quality is up to healthy standards through testing is an important function of the Meskwaki Natural Resource Department.

Their vision is for everyone, everywhere to breathe clean, healthy air all the time. To help achieve this, they have created an app that you can download to your smartphone to help you keep track of the air quality around you on the Settlement.

They recently installed real-time air quality monitoring sensors at various outdoor locations round the Settlement. There are currently five sensors running 24 hours a day with more scheduled to be installed in the future. Each sensor estimates a variety of pollutants including dust, fine particulate matter, carbon dioxide, carbon monoxide, ozone, nitrogen oxide and others.

Through a website called Purple Air, MNR can now better monitor air pollution throughout the Settlement which corresponds to the EPA’s air quality index. You can use the data to monitor your air quality. Through the app and/or online, you can obtain health recommendations regarding the air you are breathing and can look at general patterns over time. You can also compare one monitor to another.

To install the app, log in to the app store on your android smartphone or Iphone and search for “Sensors MNR”. From there, you can download the app to your phone.

Alternately, visit the MNR website at www.meskwaki.org/mnr to see the air quality monitoring sensors in “action” through Purple Air. There you can zoom into the locations of each monitor and see the data in real time.

For questions or to learn more, contact MNR at (641) 484-3511.

FREE TAX PREP

The tax season is just around the corner and although COVID-19 has removed our ability to complete tax returns face to face, the volunteers for the Meskwaki site will still be helping this year at the Tribal Center gym. Individuals will complete the necessary paperwork and will then wait on the bleachers while the volunteers process the return. We have to follow this process as the sponsors of the program, AARP, require us to adhere to the national rules in place. If COVID numbers drop significantly in our area, then we can return to in-person appointments. The IRS started accepting returns on January 24, 2022. Services will begin on Wednesday February 9th. There will only be two days of service provided per week this year but we will try to accommodate others as much as possible. Appointment times will be Wednesday from 1pm – 8pm and Fridays from 9am – 4pm. Everyone will be expected to wear a mask for entry and follow all physical distancing guidelines.

Individuals can call the Tribal Center at 641.484.4678 to set up an appointment with the receptionist.

Individuals can plan on bringing all necessary documents including: photo ID, social security cards for anyone on the return, all tax documents including but not limited to: W-2’s (work), 1099-MISC (typically per cap, minor’s trust payouts, powwow winnings) 1099-NEC (contractor earnings), W-2G (gambling winnings), statement from casino to offset winnings if player’s card used, any other tax documents, direct deposit information including name of bank, account type, routing and account number, and a copy of your 2020 and 2019 tax return. We will also need to know if you and/or your dependents received the $1,400 stimulus payment in 2021 and any advance child tax credit payments. You should have received Letter 6419 from the IRS indicating any advanced payments received. This letter includes the total amount of advance child tax credit payments taxpayers received in 2021 and the number of qualifying children used to calculate the advance payments. People should keep this and any other IRS letters about advance child tax credit payments with their tax records. We will also need a current phone number to contact you for any questions.
**HIGHER ED**

**HIGHER ED UPDATES**

Hello everyone! We have been busy at MHEP receiving and recording grades from all our students from FALL 2021. We are very proud of the hard work and dedication that many students demonstrate each semester.

Abigail Buffalo is our featured student this month. She is attending the University of Iowa and is working on her BSN degree. We asked her why she decided to go to college, future goals and what she would advise future college students to think about. Abby says “I decided to go to college because in high school, I really wanted to have a career that involved working in the medical field, which is still true [today]. I chose the University of Iowa because it was close to home, but also they have great healthcare/medical field programs. In addition, since being at Iowa, I have learned about so many diverse backgrounds, and have met a ton of amazing people. I am currently majoring in Human Physiology, on the nursing – interest track, and minoring in American Sign Language. My future goals are to get my BSN, and then become a traveling nurse. Possibly traveling to different tribes so I am able to help Native communities. If you decide to go to college, although grades and attending class are EXTREMELY important, so is making friends, caring about your own mental health, and doing things outside your comfort zone. Academics is a huge part of college, but so is the experience!”

Way to go Abby! To all students, keep up the good work and stay strong!

~ Terri M. Scott, MHEP Director

**A reminder: MARCH 1- deadline for SUMMER 2022.**

**Cobell Scholarships available!** Visit scholarships@colbellscholar.org to apply on-line. (The same organization accepts applications for the American Indian Science and Engineering Society – AISES). Both merit based and need-based. The competitive Cobell Scholarship is annual. Non-renewable and available to any post-secondary (after high school) student who:

- Enrolled member of US federally recognized tribe
- Enrolled full-time in a nonprofit institution
- Competitive GPA
- Demonstration of unmet need

The scholarship program is broken down into four areas:

- Cobell Vocational and Trade School Scholarships
- Cobell Undergraduate Scholarships
- Cobell Graduate Scholarships
- Cobell Graduate Summer Research Fellowship

**Scholars Program Funding:** 1890 National Scholars Program provides full tuition, fees, books and a summer internship which may convert to:

- Full time employment with USDA after graduation.
- Deadline is February 15, 2022.

Send an email to: 1890nsp@usda.gov for more information. (Attendance at certain universities is required)

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**MNR**

### 30 DAY TRIBAL PUBLIC COMMENT NOTICE

The Sac & Fox Tribe of the Mississippi in Iowa is currently accepting Tribal Public Comments in regards to the proposed regulation: Sac & Fox Tribe of the Mississippi in Iowa, Tribal Water Quality Standards.

Copies of the proposed regulations are available at the locations below starting Feb 1, 2022:

- Tribal Center Front Desk
- Meskwaki Natural Resources
- www.meskwaki.org/mnr/

All Tribal Public comments in regards to the proposed regulation can be sent to inform.mnr@meskwaki-nsn.gov

Meskwaki Natural Resources will be accepting all Tribal Public comments including written statements, arguments and data on the proposed regulation. All comments must be submitted in writing.

In addition to the 30 day Tribal Comment period, a formal State public hearing is scheduled for March 18 5:00 pm to 6:00 pm at the Sac & Fox Tribe of the Mississippi in Iowa, Tribal Center: located at 349 Meskwaki Rd, Tama, Iowa. The hearing will allow for statewide comments, written statements, however a response will not be required at the time of the hearing. All comments submitted at the Hearing will be recorded and responded to accordingly by written response within 30 days of the close of the Public Hearing – April 16, 2022, 6pm.

The Tribal Public comment period is open for 30 days with the 1st day of the comment period starting Feb 1, 2022 with the closing date for Tribal Comments – March 2, 2022 at 4:30 pm.

The Public Hearing comment period is open for 45 days with the 1st day of the comment period starting on Feb 1, 2022 with the closing date for statewide comments – March 17, 6:00 pm.

All comments received will be responded to within 30 days of the closing of the Public Hearing April 16th 2022 6:00 pm.
HEALTH & WELLNESS

Healthy Recipe Contest
February 1st - 28th

Recipe submission to transfer by email or drop-off at the clinic. Submission must include your name, current phone number and healthy recipe. If possible, please include nutritional information (but not mandatory).

A prize of 15 points will be awarded to all SettFit participants who submit a recipe for the contest. (One submission only).

Anyone can enter, as contestants don’t have to be a SettFit participant to submit. There will be drawings for additional prizes for all those who submit a recipe. After all who enter will receive a free cookbook which will be created with all the recipes inside!

Deadline to submit: 2/28/22

MID-CHALLENGE
WEIGH-INS

162 people signed up for this winter’s SettFit Challenge!
We’re excited to see the progress they make during the 10 week challenge. Join the group’s SettFit page if you’d like to see their progress.

A REMINDER:
Those participating in the SettFit Challenge must weigh-in to be in the running for prizes!
Those who participate in the weigh-in will receive a free tee shirt.

February 15 and 16
• Tue: 6 am to 9 am at Wellness
• Tue & Wed: 9am to 12:30pm at Health Clinic
• Tue & Wed: 1:30pm to 5:15pm at the Health Clinic
(*Contact Jason or Jennifer if you need an alternate time to weigh-in.)

CHR DEPARTMENT OFFERS TRANSPORTATION SERVICES FOR HEALTH VISITS

Transportation is one of several services offered at the Meskwaki Health Clinic by the CHR department.

Here are a few reminders when requesting transportation:

ELIGIBILITY REQUIREMENTS- Current Meskwaki Health Clinic patients who live within 25 miles from the clinic.

Transportation services from the CHR Dept. should be considered only when all other options cannot be utilized. (Personal vehicle, family, etc.)

Patients requesting transportation must contact the CHR office 2 business days prior to scheduled appointment. Even with advance notice, transportation is not guaranteed. Transportation is dependent on availability of staff and scheduling.

CHR transpots are for medical appointments. Minors need to be accompanied by a parent/guardian.

CHR WILL NOT TRANSPORT:
- Patients who have an operable vehicle within the household with the exception of those having a medical procedure which would prohibit driving after.
- Patients in a medical emergency that would require an ambulance.
- Intoxicated patients
- Patients leaving a facility AMA (against medical advice)

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- Intoxicated patients
- Patients leaving a facility AMA (against medical advice)
DIABETES SELF-CARE CLASS

This program will cover diabetes self-care, topic seen below. Each class is shown via zoom and lasts 30 minutes. If this time does not work for you and you would like to take part in the program please contact Jennifer Scales at (641) 484-4094. Mark your calendars for program dates:

**February 8** at noon
HEALTHY EATING
Jennifer Scales, RDN, LD

**February 22** at noon
BECOMING OR STAYING ACTIVE
Jason Jefferson

**March 8** at noon
DIABETES BASICS
Alicia Barron, ARNP

**March 22** at noon
TAKING CARE OF YOUR HEART, EYES, TEETH, FEET, AND KIDNEYS
Anthony Glydwell, ARNP and Dr. Rebecca Gabriel, DDS

**April 5** at noon
DIABETES MEDICINES
Dr. Leighton Frost, MD

**April 19** at noon
DIABETES AND FEELINGS
Larry Newman, LISW, PMHNP

SUPPORTING CERVICAL CANCER AWARENESS

Turquoise Thursday is a national cervical cancer awareness campaign for Native people. American Indian Cancer Foundation invites Indigenous people of all ages to join us by wearing turquoise clothing and jewelry, and sharing photos on social media using the hashtag #TurquoiseThursday.

Native women are nearly twice as likely to develop cervical cancer compared to White women. Turquoise Thursday aims to educate people about the importance of early detection, and remind women to stay up to date on their cancer screenings. Because this national campaign happens on a digital platform, community members are able to participate from anywhere!

MESKWAKI HIGH SCHOOL SENIORS

This is a reminder to fill out your Graduate BIO and submit both a senior and baby pic for inclusion in the 2022 Graduate Booklet. Deadline for submission is May 2, 2022.

Visit https://www.meskwaki.org/higher-education-program/ to fill out the form!
How do I know if my relationship is healthy?

The questions below focus on romantic/sexual relationships, but they can apply to other kinds of relationships, too. Ask yourself these questions & get answers from your partner too.

- Does your partner listen to you and respect your ideas?
- Does your partner give you space to spend time with your friends and family?
- Do you have fun spending time together?
- Do you feel comfortable telling your partner when something they do upsets you?
- Do you feel comfortable sharing your thoughts and feelings?
- Can you tell your partner what you like sexually?
- Does your partner make an effort to get along with your friends and family?
- Is your partner proud of your accomplishments and successes?
- Does your partner respect your differences?
- Can you talk to your partner about birth control and/or safer sex?

Relationships can be complicated. If you answered “yes” to all these questions, there’s a good chance you’re in a healthy relationship. If you answered “no” to two or more questions, you might be in an unhealthy relationship. Everyone deserves to be in a relationship where both people feel safe and are respected, trusted, and loved.

How do I get out of an abusive relationship?

If you’re in an abusive relationship, know you’re not alone and you deserve better. If your partner hurts you physically, emotionally, or sexually, remember: nothing you said or did justifies their behavior. Everyone gets mad sometimes, but talking things through is the way to deal with problems — not hurting you or putting you down.

When you break up or divorce an abusive partner, it’s important to have a safety plan if you’re afraid they might hurt you, your children, or other people you love. Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) to get support, advice, and check out their safety plan. If you’re in high school or college, find the safety plan at Love Is Respect helpful. If you are or feel like you are in immediate danger, get away from your partner and call 911.

https://www.plannedparenthood.org
**SENIOR SERVICES UPDATES**

My name is Christina Blackcloud and I am serving as the Interim Senior Services Director effective 01/19/2022. Many know me but there are many who may not. I am a mother of 3 children: Devon, Christopher, and Martha. I have 2 grandchildren and my life partner is Mike (Magoo) Keahna. We enjoy growing food and also making maple syrup.

Once my interim time ends at Meskwaki Senior Services, I will be returning as the Meskwaki Food Sovereignty Coordinator under Workforce Development.

I am honored and excited to be back in the Senior Center temporarily. I enjoy seeing all the familiar faces, happiness, and laughter throughout the building. I am a strong believer in communication and my door is always open.

In my Interim time, I will be carrying out 2 immediate projects: Senior Center Food Survey and Elderly Shovel Project. As we begin planning, you will see more information coming your way via facebook, flyers, or mailings. During this pandemic time, we are limiting in-person interaction.

As a reminder we have several ongoing services like FREE lunch, access to the Food Pantry, LifeAlert, NE Iowa Food Box Giveaway, and more. We are a great source for senior citizens/elderly information. If we don’t currently provide the service you are looking for, we will connect you with a resource who does.

Should you have any questions or concerns, please call the office. I look forward to hearing from you.

Warm regards,
~ Wanasattia

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**Meskwaki Senior Services**
Office Hours: 8:00 am to 1:00 p.m.
Phone: 641-484-9224

**Senior Food Pantry**
The Meskwaki Senior Services is here to help Senior citizens in the community. Any Meskwaki 55 years or older is qualified to use the food pantry.

Hours: 9:00 a.m. to 11:00 a.m. - Monday through Thursday
Please call Ramona (484-9222) to schedule appointment to come in.

**Title VI Lunches**
Have you ever wondered, how do I get added to the list for lunch meals?
Answer: Contact Ramona or Darcy to be added.

If you’ve you recently turned 55, please contact Ramona. She will assist in signing you up.

**Lunch Pick-up Hours**
11:00 a.m. to 12:00 p.m.
Please call before 10 a.m. if you need to cancel.

**Lunch Home Delivery**
11:00 a.m. to 12:30 p.m.
Please call before 10:00 a.m. if you need to cancel.

**North East Iowa Food Bank Boxes**
February 3, 2022
11:00 a.m. – 1:00 p.m.
All other days: 9:00 a.m. to 1:00 p.m.
Call if you need the box delivered.

**Caregivers Program**
Are you a Family Caregiver to any of the following?
- Caring for a Native Elder
- Caring of a native person (any age) with Alzheimer’s, dementia, and/or any related illness/injury
- Native elder providing care to a child under the age of 18 years old (Grandparents raising grandchildren)
- Elders (including parents) caring for an adult with a disability

If any of these apply to you, please contact Ramona.

**Senior Energy Assistance**
Eligibility
Must be 60+ years
Enrolled citizen of the Sac and Fox Tribe of the Mississippi in Iowa
Available to Tama and Marshall Counties only.

**Meskwaki Senior Services Survey**
The Meskwaki Senior Services Survey will open on February 7 and close on February 28. We want to hear from you! All participants will receive a custom designed t-shirt. The t-shirt will be distributed in March.

**Senior Committee Meeting**
February 4, 2022 at 1:00 p.m. We will be having our first senior citizen meeting of the year! The meeting will be held through a conference call. If you are interested in attending the meeting, please call 641-484-9224 for the call-in information. Committee Members:

* Chair: David Brown
* Vice Chair: Jane Keahna
* Treasurer: Betiko Walker
* Secretary: Ramona Sanache (temp)

**Request for Artwork**
The Senior Center’s walls are looking pretty bare and we need a design for senior food survey. We want to showcase our very own artists. If you want to create drawings with an Indigenous, Elderly, and food theme, we want to see it! There will be an incentive if your artwork is selected for the wall or food survey t-shirt. Please submit artwork by February 28th.

**Team**
* Christina Blackcloud: Interim Director
* Darcy Davenport: Office Manager
* Ramona Sanache: Senior Aide Representative
* David Brown: Food Service Worker
* Jerlyn Sanache: Food Service Worker
* Meranda Morgan: Food Service Worker
* Winona Kapayou: P/T Food Service Worker
* Anisha Dye: Driver
* Muranda Kapayou: Custodian/Driver

**MASKS ARE REQUIRED AT ALL TIMES INSIDE THE SENIOR CENTER!!!!**
See recent pictures from Senior activities on the next page!
FEVERURY IS TEEN DATING VIOLENCE AWARENESS MONTH

During the month of February, RISE is setting up times to meet with students to talk about teen dating violence. We are working to partner with ACCESS (Assault Care Center Extending Shelter & Support) to present at Meskwaki Settlement School, Marshalltown Community School District, and South Tama County Community School District. Our presentations will cover what teen dating violence is, what are signs that it is occurring to the teen themselves or their peers, as well as what options are available if someone is in such a relationship or believe a peer is in such a relationship. We would also like to bring awareness to parents and guardians as they can be more able to see the signs and step in to help.

What is Teen Dating Violence?

Teen dating violence is in a way, domestic violence. The difference is that the violence and abuse is occurring between teens in a romantic relationship instead of between people in the same family and/or household. This means the signs are very similar in both forms of violence. Teen dating violence and domestic violence is more than physical and sexual assaults. A relationship is violent, unhealthy, or abusive for many reasons. Teen dating violence and domestic violence include emotional abuse, sexual abuse, verbal abuse, physical abuse, and can include financial abuse.

Types of Teen Dating Violence

Emotional and verbal abuse tend to be about demeaning the person into believing they cannot function as a person and are worthless and cannot do anything right. The intent is to cause that person to rely more on the abuser, which makes it harder for the person to leave the relationship. Sexual and physical abuse tend to be about the abuser wanting to show their power over their victim and sometimes to show that the abuser is capable of causing great harm and even kill their victim. Financial abuse tends to be used to keep the victim from leaving. Lack of money makes leaving a relationship more difficult since it costs money to live. Financial abuse includes spending money and limiting access of money for a person in the relationship. Since teens tend to not live together, financial abuse is usually more common in adult relationships. However, some teens live together and financial abuse is possible. It’s just less common in teens. With these forms of abuse, come signs that the abuse is occurring.

Common Signs of Abuse

• Drastic change in mood
• Unusual bruising or injuries and/or the story changes on how the injury occurred
• Not being certain in their own memory
• Relying on their partner to tell them what’s right
• Withdrawing from others and preferring to be by themselves

Please call us if you believe or suspect that you are in an unhealthy or abusive relationship and give our number to anyone you believe should call us.

Our office hours are Mondays – Fridays from 8am -4:30pm. If anything is an emergency, such as an unsafe situation that is happening in the moment you are encouraged to call 911. They will refer you to us once you are safe.

~ Andrew Talbert, Victim Advocate, RISE program
PUBLIC NOTICE (OPEN)

NOTICE for the Public and Members of the Sac & Fox Tribe of the Mississippi in Iowa.

Indian Community Development Block Grant Imminent Threat (ICDBG-IT) funding provided under the American Rescue Plan Act of 2021 (Public Law 117-2) (ARPA)

Grant Number: 22RP1945820
Grant Award Amount: $1,035,000.00

Project Description – Construction of a twelve (12) unit apartment complex, which will help alleviate the housing shortage.

Conditional Award Letter

On January 25 2022, the U.S. Department of Housing and Urban Development (HUD) and the Eastern Woodlands Office of Native American Programs (E/WONAP) notified the Sac and Fox Tribe of the Mississippi in Iowa the ICDBG-ARPA project application was selected for funding. The ICDBG-ARPA grants available to prevent, prepare for, or respond to COVID-19. The general purpose and benefits to Meskwaki community are to reduce overcrowding, increase affordable housing, improve energy efficiency, and provide broadband accessibility for Telehealth, remote work, and on-line education. Approximate cost for twelve (12) unit apartment complex will be $2,250,000.00.

Funding sources from the following:

- HUD ICDBG-ARPA $1,035,000.00
- HUD IHBG $1,032,000.00
- HUD IHBG-ARPA $197,644.00

Proposed Construction timeframe:

Spring 2022 - Summer 2023

Considering COVID-19-related social distancing directives, and other prohibitions against large in-person gatherings, in person citizen meetings are not advised.

The Sac & Fox Housing Development will be receiving comments on ICDBG-ARPA Grant from February 1, 2022 until 5:00 PM on March 2, 2022. Please send written comments or questions regarding the plan to the following:

Adrienne Mauskemo
Sac & Fox Housing Development
301 Meskwaki Road
Tama, IA 52339
Email: am.sfha@meskwaki-nsn.gov

Accordingly, HUD is waiving 24 CFR § 1003.604(a) (2), 24 CFR § 1003.604(b) and 24 CFR § 1003.305(c) (3) and will not require Indian tribes to hold one or more meetings to obtain the views of residents before applying for ICDBG-ARP grant funding, or to certify that the applicant has met the requirements of 24 CFR § 1003.604(a) prior to submission of the application to HUD. Indian tribes will continue to be required, however, to meet the citizen participation requirements by publishing or posting information on their plans to use ICDBG-ARP grants, and accepting and considering comments, to the extent the Indian tribe determines that can be done without subjecting residents to unnecessary risks to health and safety. Such requirements to publish or post information for their plans must ensure effective communication with persons with disabilities.
APARTMENTS TO BE LOCATED HERE:
WINNERS OF THE 2021 GINGERBREAD HOUSE CONTEST

MALLOREE CHONESKA
CHANNING WHITEFISH
ELLAY WHITEFISH
SIRIUS JEFFERSON
ISABELLA BEAR
VIVIANNA WANATEE
DIEGO VICTOR
SOLARIS JEFFERSON
GIANTO JEFFERSON
On January 20, MSS Senior Shye Johnson signed a National Letter of Intent to run Cross Country at Minnesota State University in Mankato, Minnesota.

Shye and her family, siblings Ellay and Channing Whitefish and parents Steadman Brown and Stephanie Vest pose for a picture during the signing ceremony.

Shye poses with her coaches Aimee Bradley, Assistant Cross Country Coach, Tracy Sienknecht, Head Cross Country Coach and Dylan Kalinay, Girls Head Track Coach.

Shye happily signs her letter of intent.

Shye Johnson
Meskwaki Settlement School – Home of the Warriors

**JUNIOR HIGH YEARS:**
- JH Cross Country runner up Iowa Star Conference honors.
- 2nd place medalist.
- JH Cross Country Iowa Star Conference Champion
- JH State Cross Country Meet – Top 15 medalist

**FRESHMAN YEAR:**
- Iowa Star All Conference Cross Country honors - Top 10 medalist
- Cross Country District top 25 finisher
- Track Iowa Star Conference honors 800 meters
- Varsity Letter winner in Cross Country, Basketball, Track
- Academic excellence honors
- Supporting role in the Musical Seussical.
- Homecoming court attendant
- Unity/Student Council member
- Speech participant

**SOPHOMORE YEAR:**
- Iowa Star All Conference Cross Country honors - Top 10 medalist
- Cross Country District top 20 finisher
- Track Iowa Star Conference honors 800 meters, 1500 meters
- Varsity Letter winner in Cross Country, Volleyball, Basketball and Track
- Homecoming court attendant
- Unity/Student Council member
- Speech participant
- Honor Roll
- National Honor Society

**JUNIOR YEAR:**
- Iowa Star All Conference Cross Country honors - Top 10 medalist
- Cross Country District top 15 finisher.
- Cross Country State Qualifier
- State Cross Country participant
- Track Iowa Star Conference honors 800 meters, Long Jump
- District Champion 1500 meters
- District state qualifier Long Jump
- State Track participant in the Long Jump and 1500 meters
- State top 10 in the long Jump
- Varsity Letter winner in Cross Country, Volleyball, Basketball, Track
- Athletic Academic excellence honors
- KCRI Student of the Month honors. Nominated by staff member, selected by the TV Station of KCRI Channel 9 Cedar Rapids, Iowa
- Honor Roll, National Honor Society
- Unity/Student Council member
- Speech participant

**SENIOR YEAR:**
- Iowa Star All Conference Cross Country honors - Top 10 medalist
- District Cross Country top 15 finish
- Iowa Senior Select Cross Country qualifier and participant
- Varsity Letter winner in Cross Country, Volleyball, Basketball, Track
- Athletic Academic excellence honors
- Honor Roll, National Honor Society
- Homecoming Queen
- Unity/Student Council member
- Mentor for JH students
- Holds School records in the 1500, 800, 400m and relays as of her senior year. Only athlete to be a State qualifier in two sports for MSS.
- Certified Lifeguard, Certified swim instructor
- Volunteers to lifeguard for disabled children
SHARING TRADITIONAL MESKWAKI ARTISAN TECHNIQUES WITH THE YOUNGER GENERATION

The Meskwaki Community has a rich heritage of passing knowledge about their arts on to the next generation. As secondary art teacher at Meskwaki Settlement School, it was my privilege to witness adult artists sharing treasured traditional arts with students. A symposium for Meskwaki arts and traditions inspired me to bring Native artists into my classroom.

The Meskwaki Settlement School set aside a number of days for experts to come into the school and demonstrate skills in beading, ribbon appliqué, and woven bags. During a recent spring, men of the tribe worked with students to construct a wickiup, a structure of bent branches covered with woven mats or fabric that is used for ceremonies and other purposes.

One of my favorite demonstrations was by local artist Toni Lasley. She used her nimble fingers to demonstrate making beautiful reed baskets. She answered student's questions about the process as she worked. Toni makes many traditional arts, but is best known for her baskets.

A set of community members who visited my classroom and shared their knowledge of Meskwaki pottery were Donald Wanatee and his daughter Donnielle Wanatee. They helped the high school art students make pots in the style of Meskwaki artisans centuries old.

The type of pot the Wanatee family members demonstrated was fashioned by patting a hand-made pot with a paddle to create consistent thickness. Then the artist collared in the neck, added a “pie crust” edge to the lip, and etched hatched and crosshatched designs on sides. Students worked alongside the adult artists. When dry, the pots were bisque (low) fired, then fired in a burn barrel to simulate pit firing. For a number of years after the successful creation of pots with my high school students, sixth grade teachers asked me to lead their students in making Meskwaki-style pots.

Adrian Pushetonequa, who worked for a number of years as a graphic designer at Meskwaki Casino, brought in a portfolio of his art works. He shared a bit about his experiences as a student at the Institute of American Indian Arts in Santa Fe working as a designer. Mr. Pushetonequa's featured works included Meskwaki playing cards, animal designs that were woven into the carpet in the elementary wing of Meskwaki Settlement School, and an original oil painting that hangs in the entryway of the high school.

A few years ago, Meskwaki artist Dawson Davenport was a classroom visitor who spoke about his experiences as an artist and entrepreneur. He captured student’s attention by telling them that he got started by printing his designs on t-shirts, throwing them in a car, and selling them at powwows. Since that time he was commissioned to design a poster for Des Moines Art Center and ran a Native art store in Iowa City.

Mary Youngbear, Art Conservator and Curator at Meskwaki Cultural Center, worked with Meskwaki high school art students doing printmaking. The Iowa Women’s Hall of Fame recipient brought prints to share with students. Her message about the importance of each person's individual "voice," whether through spoken word, written words, or artwork, inspired the words and works of student artists.

It was my pleasure to work with the staff of Meskwaki Settlement School and these artists of the Meskwaki Community. The willingness of these artists to share their knowledge and gifts will carry their traditions through future generations.

~ Julie Bousum, secondary art teacher at Meskwaki Settlement School 2013-2018
MESKWAKI ART STUDENTS GAIN KNOWLEDGE FROM TRIBAL ELDERS

MSS Art students on one of their many museum tours

Leticia Garcia’s pottery took Best of Show at the 2019 Iowa Star Conference Art Fair

MSS 6th grade students firing pottery in the pit

Seth Keahna drawing from observation at the Meskwaki Museum

Woven bags created by Toni Lasley
OFFICER OF THE YEAR ANNOUNCED

Please join us in congratulating Officer Jason Gudenkauf on being selected as our officer of the year! Jason has over 17 years of public safety experience and 2 1/2 years with the MNPD. When Jason responds to a call for service, he brings a natural calming presence to every situation.

Jason is friendly, responsible, and has a continuous desire to improve. He is very involved in the community and has been involved with several important projects that have assisted in molding the positive identity and reputation of the MNPD.

Jason led the new tribal seal badge project and provided a lot of input on our new patrol vehicle design. Those projects are meaningful and represent the Meskwaki Nation with pride!

Jason serves many roles in the department. One role as a field training officer, teaching and being a role model for new officers. Another role is as a crisis negotiator, which allows Jason to safely and effectively handle crisis situations for the Meskwaki community.

Congratulations Jason! We are proud of you!

~ Jacob Molitor, Police Chief

*EXCLUDED SUBJECTS* These subjects are not permitted on the Meskwaki Settlement. Violations by non-natives are a Federal Offense. Violations by natives are a mandatory minimum 30-day sentence. Harboring an excluded subject is also a mandatory minimum 30-day sentence. We encourage you to report violations for the safety of the community.
EVERY TEAM MEMBER MAKES A DIFFERENCE
CULTURE, COLLABORATION & COMMUNITY
Please take a look at the positions currently available to you.

We offer competitive wages, great group benefits (health, dental, life), paid vacation, sick leave, disability income protection, retirement benefits and more.

(Indian preferences given in accordance with Sac & Fox Code, Title 9, Sec. 9-1303.)

Certified Police Officer
Meskwaki Nation Police Department

DUTIES & RESPONSIBILITIES:
• Provide law enforcement services to the tribal community, co-workers and public in a tactical, ethical, pleasant and courteous manner.
• Patrol settlement community to control traffic, prevent crime and disturbances of the peace, and to arrest violators and wanted persons.
• Respond to emergency and non-emergency calls and complaints involving fires, traffic situations, robberies, disturbances, public safety and other law enforcement issues, and provide appropriate law enforcement action(s).
• Must possess a thorough knowledge and understanding of the Sac & Fox Tribe of the Mississippi in Iowa.
• Must have the ability to establish and maintain effective, respectful and professional working relationships with subordinates, co-workers, supervisor(s), officials, community members and the general public.
• Must submit to and successfully pass an extensive criminal background investigation and receive Adjudication Certification.
• Must be able to perform duties in stressful, volatile situations.
• Must be willing to work varied hours.
• Must submit to and successfully complete background investigation.

ANNUAL SALARY: $22,464 - $34,153.60
POSITION OPEN UNTIL FILLED

Please visit: https://meskwaki.applicantpro.com/jobs

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

1. Email: applications@meskwaki-nsn.gov
2. Online: https://meskwaki.applicantpro.com/jobs
3. Mail: Sac & Fox Tribe of the Mississippi in Iowa
349 Meskwaki Road
Tama, IA 52339

Dental Assistant

DUTIES & RESPONSIBILITIES:
• Assisting the dentist and/or hygienist during a variety of treatment procedures including setting up instrument trays.
• Taking and recording digital dental radiographs (x-rays).
• Assist in setting up office in the morning and closing down in the evening.
• Collect and record treatment information in patient record.
• Assist in development of infection control protocol.
• Preparing, maintain, and sterilize dental instruments and equipment.
• Helping patients feel comfortable before, during and after dental treatment.
• Providing patients with instructions for oral care following surgery or other dental treatment procedures, such as the placement of a restoration (filling).
• Taking impressions of patients’ teeth for study casts (models of teeth).
• Pour, trim, and polish study casts (models of teeth).

CHR Driver

DUTIES & RESPONSIBILITIES:
• Transport eligible patients to hospitals, dental clinics or specialty clinics.
• Pick-up and deliver prescriptions or medical supplies for patients.
• Pick and deliver supplies or equipment to/from Meskwaki Clinic.
• Assist with various informational clinics held for patients and community members.
• Enter data in accordance with reporting requirements.
• Enter data in accordance with reporting requirements.
• Other duties as assigned.

Requirements:
• High School Diploma or G.E.D.
• Must possess a valid driver’s license with good driving record.
• Must be currently Iowa Law Enforcement Academy (ILEA) certified as a Police Officer with no breaks in employment.
• Must possess a thorough knowledge and understanding of Tribal Sovereignty, and applicable local, state and federal laws, statutes and ordinances.

HOURLY SALARY: $23.45
POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/
**Police Officer (Non-Certified)**

Meskwaki Nation Police Department

**DUTIES & RESPONSIBILITIES:**
- Provide law enforcement services to the tribal community, co-workers and public in a tactical, ethical, pleasant and courteous manner.
- Patrol settlement community to control traffic, prevent crime and disturbances of the peace, and to arrest violators and wanted persons.
- Respond to emergency and non-emergency calls and complaints involving fires, traffic situations, robberies, disturbances, public safety and other law enforcement issues, and provide appropriate law enforcement action(s).

**REQUIREMENTS:**
- Must be at least 21 years of age.
- Must have a High School Diploma or equivalent (GED).
- Must meet the Iowa Law Enforcement Academy requirements and be able to successfully complete the pre and post Iowa Law Enforcement Academy requirements and become a Certified Police Officer in the State of Iowa within one year of hire, OR must meet the Bureau of Indian Affairs (BIA) Police Academy requirements and become a BIA Certified Law Enforcement Officer within one year of hire.
- Must successfully complete the Department’s pre-academy evaluation period prior to Iowa Law Enforcement Academy or BIA Police Academy enrollment.
- Must possess knowledge of police administration and management principles and practices, including optimum use of human and material resources.
- Must possess knowledge and understanding of Tribal Sovereignty, and applicable local, state and federal laws, statutes and ordinances.
- Must possess knowledge of local, state and federal law enforcement policies.

**ANNUAL SALARY:** $23,254.40 - $34,819.20

**POSITION OPEN UNTIL FILLED**

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/
**Human Resource Specialist**

**Human Resources**

**DUTIES & RESPONSIBILITIES:**

This position will support the Sac & Fox Tribe of the Mississippi in Iowa’s strategic plan, and Human Resources Mission. The Human Resources Specialist will perform a wide range of routine and complex Human Resource functions such as: assisting and independently managing the day to day operations of Human Resources, providing excellent customer service to all employees and public, and maintenance and update of files, policies and procedures. Works in partnership with the HR Director and other team members to develop, improve and implement HR process and programs.

- Prepare job postings announcements, update recruitment files, coordinate help wanted advertising, respond to questions from applicants, schedule interviews, participate in interviews as requested, initiate background checks, reference checks, coordinate pre-employment testing and drug screening and lead new employee orientations. May extend employment offers and prepare hiring statistics.
- Assist departments in tracking FML usage each month, update leave tracking spreadsheet and monitor expiration of leave. Assist with FML eligibility determinations and preparing required FML paperwork and forms to ensure compliance.
- Respond to questions about policies, procedures and personnel issues. Interpret policies, research and resolve issues. May conduct policy research and assist the HR Director in drafting policies and procedures.
- Oversee the performance evaluation system. Follow-up on late reviews and assist departments with tracking evaluation due dates.
- Assists departments with compensation program needs. Work with supervisors to establish new positions and job reclassifications.
- Carry out various human resources programs for employees.
- Participate in developing department goals, and objectives
- Keep database up to date with employee information.
- Participate in benefits administration to include claims resolution, change reporting, and approving invoices for payment.
- Maintain, records, reports, and logs all information regarding applicant flow procedures.
- Complete projects that are assigned using efficiency in time and process.
- Participates in staff meetings and attends other meetings and seminars as required.
- Maintain the highest standards of confidentiality.

**REQUIREMENTS:**

- Associate’s Degree in Business, Human Resource Management or Liberal Arts. Four (4) years of Human Resource generalist or specialist experience required OR an equivalent combination of education and experience. One-year experience working in a Tribal organization preferred.
- Prefer Bachelor’s Degree
- Prefer ability to speak or understand the Meskwaki language.
- Prefer PHR (Professional in Human Resources) and/or THRP (Tribal Human Resource Professional) certification, must be willing to obtain either certification within the first year of employment.
- Must have a driver’s license with an insurable driving record.
- Must possess strong written and verbal communication skills.
- Be knowledgeable and proficient in P.C. word processing, spreadsheet, Internet and e-mail.
- Demonstrated knowledge and experience in teambuilding and teamwork.
- Must submit to and successfully complete background investigation.

**SUPERVISION:**

- Will be supervised by the Human Resources Director.

**SALARY:** $41,995 - $66,248

**POSITION OPEN UNTIL FILLED**

For full job descriptions & information visit: [https://meskwaki.applicantpro.com/jobs/](https://meskwaki.applicantpro.com/jobs/)
NEW STAFF

ALEX FRANKILA
Environmental Technician, MNR

Hey! My name is Alex Frankila. I recently took the Environmental Technician position at MNR. In this role I will be working closely with the Air and Water Quality programs, and help keep the air and water on the Settlement up to a good quality!

I moved here from Michigan where I got my BS degrees in both GIS and Biology: Conservation, Ecology and Evolution from Central Michigan University. I am super excited to get into the waters here on the Settlement, as I am a huge fan of rivers, especially protecting them.

Before I accepted this position I was a field technician surveying for freshwater mussels in Central Oregon with The Xerces Society.

Happy to be here and happy to help!

SARAH HANSEN
Dental Hygienist, Health Clinic

My name is Sarah Hansen and I live in Dysart. I have been married for nine years and have four children. I have been a dental hygienist for 24 years and love my job. In my spare time I like boating and fishing. As a family, we love to travel.

I am excited to meet you all. If you haven’t scheduled your dental visit yet, please do so soon!

MARK BEAR
Police Commissioner, MNPD (Interim)

Hello, my name is Mark Bear and my Indian name is Ne-bi-de.

I will be taking on this newly created role aimed at enhancing tribal member involvement and oversight within The Meskwaki Nation Police Department.

I have 12 years of law enforcement experience including supervisory experience in this field. As a tribal member who resides on the Settlement, I will be able to advise our police department on how they can further enhance the relationship with the community, how we can better involve the community with services and overall enhance quality of service.

I am looking forward to creating and carrying out projects that offer opportunity for community input and involvement as well as encourage the already successful outreach efforts of the officers of The Meskwaki Nation Police Department.

My family consist of my wife Jordan Bear, my sons MaCael, Marcus, Percy and my daughter Anistyn.

I enjoy hunting and fishing, exercise, time with my father and watching my kids compete in sports.

I look forward to the challenges that lie ahead, I know there will be many, but I do believe in us as a community and know we are more than capable of getting involved with such important doings, like police work. When the opportunity arises, please get involved, I will need your help.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger (4 oz, 0c) &amp; Toppings (0c)</td>
<td>Wheat Bread (2 slices, 2c)</td>
<td>Salisbury Steak (3 oz, 1c)</td>
<td>Beef/Bean Burrito (1, 2.5c)</td>
<td>Hamburger/Potato Soup (1 cup, 1.5c)</td>
</tr>
<tr>
<td>French Fries (1/2 cup, 1c)</td>
<td>French Fries (1/2 cup, 1c)</td>
<td>Roll (1 oz, 1c)</td>
<td>Spanish Rice (1/2 cup, 1.5c)</td>
<td>Crackers (6 crackers, 1c)</td>
</tr>
<tr>
<td>Steamed Cabbage (0c)</td>
<td>Steamed Cabbage (0c)</td>
<td>Mashed Potatoes (1/2 cup, 5c)</td>
<td>Garden Salad (1 cup, 0c)</td>
<td>Cooked Squash (1/2 cup, 1c)</td>
</tr>
<tr>
<td>Banana Vanilla Pudding Parfait (1/2 banana, ¼ cup pudding, 3 walm, 2c)</td>
<td>Steamed Mixed Veggies (1/2 cup, 5c)</td>
<td>Gravy (1/4 cup, 5c)</td>
<td>SF Lime Jell-O w/ Pears (1/2 cup, 1c)</td>
<td>Mandarin Orange (1/2 cup, 1c)</td>
</tr>
<tr>
<td>Rice w/ Pork Soup (3/4 cup, 1.5 c)</td>
<td>Lemon Pepper Cod (3 oz, .5c)</td>
<td>Chicken Alfredo (3/4 cup, 2c)</td>
<td>Chicken Soup (1 cup, 1c)</td>
<td>Deli Ham (3 oz, 0c) Subs w/ Bun (1, 3c)</td>
</tr>
<tr>
<td>Frybread (1/2, 1.5 c)</td>
<td>Rice Pilaf (1/2 cup, 1.5c)</td>
<td>Breadstick (1 stick, 1.5c)</td>
<td>Steak &amp; Barley Soup (1 cup, 1c)</td>
<td>Brussel Sprouts (1/2 cup, 1c)</td>
</tr>
<tr>
<td>Green Beans (1/2 cup, 0c)</td>
<td>Steamed Carrots (1/2 cup, 0c)</td>
<td>Steam Mixed Veggies (1/2 cup, 5c)</td>
<td>Steamed Peas (1/2 cup, 1c)</td>
<td>Banana/Strawberry Mix (1/2 cup, 1c)</td>
</tr>
<tr>
<td>Bagels (1/2 cup, 1c)</td>
<td>Toppings (0c)</td>
<td>Cutsies (1, 1.5c)</td>
<td>Sliced Peaches (1 cup, 1c)</td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Vegetable Soup (1 cup, 0c)</td>
<td>Chicken &amp; Veggie Stir Fry (1 cup, 5c)</td>
<td>Fish (3 oz, 1c) w/ Wheat Bun (1, 2c)</td>
<td>Turkey Pot Pie (1 cup, 3.5c)</td>
<td>Sloppy Joes (3 oz, 1c)</td>
</tr>
<tr>
<td>Wheat Crackers (6, 2c)</td>
<td>Jasmine Rice (1 cup 1.5c)</td>
<td>Toppings (0c)</td>
<td>Cooked Spinach (1/2 cup, 1c)</td>
<td>Wheat Bun (1, 2c)</td>
</tr>
<tr>
<td>Pineapple (1/2 cup, 1c)</td>
<td>Garden Salad (1 cup, 0c)</td>
<td>Asparagus (1/2 cup, 0c)</td>
<td>Fruit Cocktail (1/2 cup, 1c)</td>
<td>Steamed Sweet Corn (1/2 cup, 1c)</td>
</tr>
<tr>
<td>Strawberry Jell-O Cake (2x2, 1.5c)</td>
<td>Fresh Fruit Cup (1/2 cup, 1c)</td>
<td>Grapes (1/2 cup, 1c)</td>
<td></td>
<td>Mixed Berries (1/2 cup, 1c)</td>
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<tr>
<td></td>
<td>SF Chocolate Pudding (1/2 cup, 1c)</td>
<td>Tarter Sauce (1.5c)</td>
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<td></td>
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<tr>
<td>Spaghetti (1/2 cup, 2.5c) w/ Meatballs (2, 0c)</td>
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<tr>
<td>Breadstick (1 stick, 1.5c)</td>
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<tr>
<td>Cauliflower (1/2 cup, 0c)</td>
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<tr>
<td>Spinach (1/2 cup, 1c)</td>
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<tr>
<td>Apple Salad (1/2 cup, 1c)</td>
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<tr>
<td>Tomato Soup (1 cup)</td>
<td>Black-eyed Peas/Ham Soup (3/4 cup 1.5c)</td>
<td>Buffalo Roast (3 oz, 0c)</td>
<td>Chicken &amp; NDN Corn Soup (1.5c)</td>
<td>Tunas (3 oz, 0c) w/ Wheat Bun (1, 2c)</td>
</tr>
<tr>
<td>Hot Ham &amp; Cheese (0c)</td>
<td>Wheat Crackers (2c)</td>
<td>Bikaa (1/2 cup, 1 c)</td>
<td>Bakite (1/2, 1c)</td>
<td>Macaroni Salad (1/2 cup, 1c)</td>
</tr>
<tr>
<td>Wheat Bread (2 slices, 2c)</td>
<td>Broccoli (1/2 cup, 0c)</td>
<td>Green Beans (1/2 cup, 0c)</td>
<td>Strawberries (1/2 cup, 1c)</td>
<td>Cucumbers (1 cup, 1c)</td>
</tr>
<tr>
<td>Apple Slices (1/2 cup, 1c)</td>
<td>Pineapple Chunks (1.2 cup, 1c)</td>
<td>Orange (1, 1C)</td>
<td>Cake (2x2, 2c)</td>
<td>Apple Sauce (1/2 cup, 1c)</td>
</tr>
<tr>
<td></td>
<td>Cottage Cheese (1/4 cup, 0c)</td>
<td>Whole wheat roll (1oz, 1 C)</td>
<td></td>
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</tr>
</tbody>
</table>

Meals are subject to change without notice
SF – Sugar-Free

Birthday Meal

Meals are served with 2 % milk (1c)