

Being Indian Is . . .

BEING INDIAN IS . . .

Having over 7,000,000 Blood Brothers and Sisters.

BEING INDIAN IS . . .

Watching John Wayne whip 50 of our kind with a single shot pistol and a rusty pocket knife.

BEING INDIAN IS . . .

Having every third person you meet, tell you about his great grandmother, who was a real Cherokee Princess.

BEING INDIAN IS . . .

Going to the PHS Hospital with a blood clot in your head and having the young doctor diagnose your problem as hepatitis, and prescribing APC's and rest as a cure.

BEING INDIAN IS . . .

Punching a "Honkey" in the mouth for calling you a "Blanketass."

BEING INDIAN IS . . .

Not laughing at your children when they mispronounce words in your Tribal tongue.

BEING INDIAN IS . . .

Never drinking alone.

BEING INDIAN IS . . .

Missing work at least two days a month because so many of your relatives and friends are dying.

BEING INDIAN IS . . .

Sad

BEING INDIAN IS . . .

Tough

BEING INDIAN IS . . .

Hard

BEING INDIAN IS . . .

To Cry

BEING INDIAN IS . . .

To Laugh.

BEING INDIAN IS . . .

Great

BEING INDIAN IS . . .

Beautiful

BEING INDIAN IS . . .

To Believe

BEING INDIAN IS . . .

Forever

Submitted by Alvis Smith, Sr.

American Indian Achievement Awards

Who are our heroes? In every community, there are outstanding Indians who are examples for Americans to take pride in.

The American Indian Art and Cultural Exchange and the 25th Millennial Planning Committee would like to recognize these outstanding Indians as part of a major celebration of the American Indian's 25th Millennial. Awards will be presented during National American Indian Awareness Week, October 10-16, 1976.

The Exchange is seeking nominations in the following categories:

Humanities

Religion, History, Peace & Cooperation.

Arts

Literature, Journalism, Linguistics, Music, Art, Theater.

Education

Law and Politics, Business and Administration

Science

Medicine, Public Health, Science, Mathematics, Engineering, Urban Planning, Ecology.

Special

Athletics and other categories not specifically mentioned above.

Non-Indians Who Have Contributed to the Advancement of American Indian Heritage.

Awards will be given in each of the categories only if the nominees merit it, and all awards may be presented in traditional categories as well as contemporary.

Outstanding American Indians may be nominated by an Indian organization, group or individual. Nominees will be notified by mail that they are candidates for the awards.

Winners from each category must be present or send a representative to the ceremony to receive their awards.

Selection of award recipients will be made by special committee of specialists in each category as well as the 25th Millennial Planning Committee which includes representatives from the United Indian Development Assn.; American Indian Actors Workshop; American Indian Scholarship Fund; and American Indian Magazine and Los Angeles Indian Center, Inc.

Organizations interested in nominating outstanding Indians should send the name of the nominee, tribe, category, address or other means of being contacted, a description of activities or participation in events that make the individual worthy of the honor. And most important, the individual must be one who uses his achievement to help others. American Indians throughout North America are eligible. (The art organizations should send a brief description of itself.)

Entries should be sent c/o The American Indian Art and Cultural Exchange, 10100 Santa Monica Blvd., Los Angeles, Calif. 90067 attention Bill Givens. Telephone number is (213) 553-1441 or 553-3240.

Indian Health Service Policy Revised

HEW has announced proposed revisions in the regulations governing contract health care services for federally recognized American Indians and Alaska Natives.

Contractors — hospitals and private practitioners — are used by HEW's Indian Health Service (IHS) to provide

care to eligible Indians in areas where it does not have its own facilities or cannot provide needed services.

In announcing the proposed revisions, Dr. Cooper pointed out that while it is the intention of the Congress that the funds it appropriates be used to provide health services to

Indians living on or near Federal Indian reservations, "near" is not defined in any of the laws and regulations under which IHS operates.

Today's proposed revisions would resolve this lack of definition of territorial scope. By adopting the "county option," a county which contains a Federal Indian reservation, a part of a reservation, or whose borders are adjacent to a reservation, or whose borders are adjacent to a reservation would be considered a contract health service delivery area for Indians residing within it. In addition, areas and communities outside such a county can be redesignated by the Secretary for inclusion or exclusion as contract service areas, after consultation with appropriate tribal or Indian governing bodies when certain criteria are met.

The proposed revisions would also provide uniformity in eligibility requirements. Indians who leave a contract health service area, and who are not students or transients, would be allowed up to 180 days to make other arrangements for health care before their eligibility for care by IHS contract providers would terminate.

Also, under the new procedures, an Indian in a contract health service delivery area who seeks non-emergency medical services would be required to first obtain authorization from the director of the nearest IHS Service Unit. This is required to determine if the requested services are needed, and if the individual is eligible for contract care. In cases where authorization may be denied, the individual would be able to ask IHS to reconsider its decision, and he would also have the right of appeal.

Want to Sell a Sax ?

Drag that musical instrument out of your closet and wipe the dust off because there's a band student somewhere who's itching to tune it up.

Deane Jolstead, Band Director at Madras High School, says there is a real need for any kind of used musical instruments. In fact he's got a whole list of kids who are interested in making a deal.

If you've been wondering what to do with that old instrument and the idea of some cash-on-hand appeals to you, then give Mr. Jolstead a call at the school (475-3888).

All Horse Breed Association

At a recent meeting held in conjunction with the All Indian

Finals Rodeo in Salt Lake City, November 3-6, American Indian horsemen formulated a horse breeders organization to deal with the problems and growth of horses raised by Indian people in North America.

The organization called the National American Indian Horseman's Assn. is currently sponsored and operating through its parent organization, the National American Indian Cattlemen's Assn.

A four-man steering committee has been appointed to formulate the association guidelines. The committee is made up of Ben Nighthorse of Elk Grove, Calif.; Dan Old Elk of Crow Agency, Mont.; John Tall Chief of Fairfax, Okla.; and Darrel Miller of Warm Springs, Ore.

The objectives of the organization are currently being worked on by the steering committee. Those objectives are:

1. Develop markets for Indian-raised horses.
2. Establish a national registry for American Indian horse breeders.
3. Provide technical assistance to its membership through clinics, workshops and training programs.
4. Provide a monthly newsletter to inform Indian horsemen of new developments in the industry.
5. Sponsor youth-oriented horse programs.
6. Establish an Indian-owned stallion directory.
7. Upgrade Indian-owned breeding programs.
8. Encourage members to register their horses.

The association hopes to work within the framework of existing breed associations to register individual animals, but will eventually issue additional registration certificates to horses raised by Indian people.

Interested Native American people who own horses are encouraged to contact: The National American Indian Horsemen's Association Headquarters 1660 So. Albion St. Suite 918 Denver, Co 80222 or call: (303) 759-5379.

How To Encourage Your Child To Use Drugs

1. Never eat together as a family.
2. Never have family traditions which occur weekly, monthly or annually that your children can look forward to.
3. Never listen to your children - talk at them but not with them.
4. Never let your children experience cold, fatigue, adventure, injury, risk, challenge, experimentation, failure, frustration, discouragement, etc.
5. Convince your children of the danger of drugs while you drink alcohol and smoke cigarettes.
6. Never give your children any spiritual training, but emphasize the ritual of religion, the outward appearance, and the letter of the law.
7. When confronted with the choice of either spending your time or money on a material pursuit or on a family activity, always choose the material object.
8. Continually tell others, in front of the child, what great things your "little boy is doing" - and always expect him to win.
9. Show your children that you disregard the "minor" laws of the land, or of your church because of "expediency" or because "no one will know."
10. Never correct your children appropriately, but uphold them before the law, school, church, and friends - "not my little boy."
11. Undermine the role of the father in the home - never have the father's influence in the home - stay together for the sake of the children - or better yet, get a divorce.
12. Go to the medicine cabinet for relief continually.
13. Always pick up after him - never let him take any responsibility.
14. Always solve his problems - make his decisions.