



The Truman

Equal Opportunity * Diversity * Special Emphasis Program Newsletter

November 2016 Issue 20

GREETINGS FROM THE SEEM

Greetings,

I want to pause and say Thank You to all service members and civilians for their devotion and selfless service to our Nation and Missouri National Guard.

Each and every one of you bring a uniqueness to this organization that makes it great.

As you read this Truman edition, please reflect and pay homage to the many contributions and sacrifices all American made for our great nation.

Forever Grateful,

MAJ Deborah A. Smith
State Equal Employment Manager

★ ★ ★ ★ ★ ★
Greetings from the
SEEM

National American
Indian Heritage
Month

Distinguished
Individual: Molly
Hootch

American Indian
Sites in Missouri

Native American
Pow Wows & Events

History of Veterans
Day

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Prematurity
Awareness
Month

Recipes: Pumpkin
Muffins & Artichoke
Parmesan
Sourdough Stuffing

FOH & EAP
Spotlight





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National American Indian Heritage Month

2016 Theme: Serving Our Nations

National American Indian and Alaska Native Heritage Month celebrates and recognizes the accomplishments of the original inhabitants, explorers, and settlers of the United States.

This year, the Society of American Indian Government Employees has selected the theme “Serving Our Nations.”

One of the early proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian.

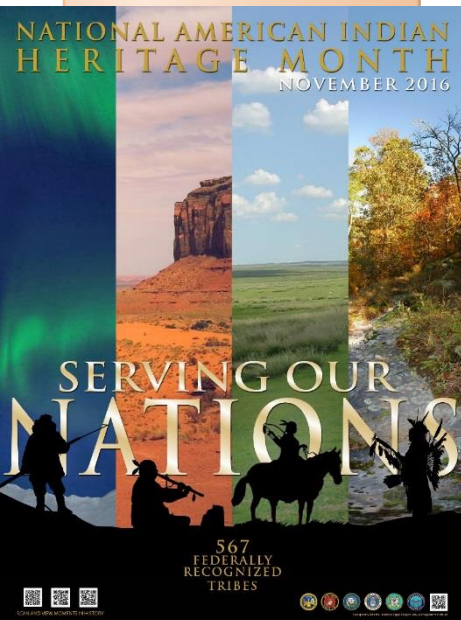
In the early 1900s, he persuaded the Boy Scouts of America to set aside a day to honor the first Americans.

In 1915, the Congress of the American Indian Association approved a formal plan to celebrate American Indian Day. Reverend Sherman Coolidge, an Arapaho tribal member, asked the country to formally set aside a day of recognition.

In 1924, Congress enacted the Indian Citizenship Act, but took no action to establish a national American Indian Day.

It wasn't until 1986 that Congress passed—and President Ronald Reagan signed—a proclamation authorizing American Indian Week.

In 1990, President George H. W. Bush designated November as National American Indian Heritage Month.





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National American Indian Heritage Month

2016 Theme: Serving Our Nations

After 100 years of efforts to establish it, National American Indian and Alaska Native Heritage Month is celebrated to recognize native cultures and educate the public about the heritage, history, art, and traditions of the American Indians and Alaskan Natives.

The nation's population of American Indians and Alaska Natives, including those of more than one race, was 5.4 million in 2014, making up about two percent of the total population.

By the year 2060, the population of American Indians and Alaska Natives is expected to be 10.2 million.

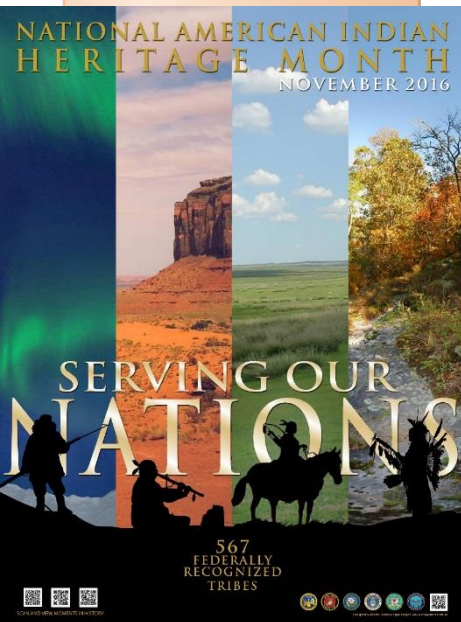
Today, 26,995 American Indians serve in the Armed Forces, making up 1.2 percent of the military population.

Additionally, according to the DoD, there were 140,556 American Indian veterans as of March 2014.

Currently, there are 567 federally recognized American Indian and Alaska Native tribes and more than 100 state-recognized tribes across the United States.

Each have their own unique history, beliefs, governance structure and culture.

Source: www.deomi.org





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National American Indian Heritage Month

Distinguished Individual: Molly Hootch



In 1975, Molly Hootch, a 16-year-old Alaska Native, was one of 27 plaintiffs in a class action lawsuit against the state of Alaska. The suit was filed on behalf of all Alaska Native children in villages without high schools.

Students who finished 8th grade had to attend state-provided boarding schools hundreds of miles away from their homes in order to earn a high school diploma.

The plaintiffs stated that not providing local high schools violated the constitution of Alaska, which contained a clause obligating the state to establish and maintain a system of public schools.

They argued it was not beneficial for students to be away from their home, family, and culture for nine months out of the year.





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Distinguished Individual: Molly Hootch



Additionally, they asserted that by not providing local high schools to Alaska Native children, the state was perpetuating a pattern and practice of racial discrimination—a direct violation of the U.S. Constitution, federal discrimination laws, and the Alaska constitution.

Records were examined and confirmed the pattern: 95 percent of children coming from the villages without high schools were indeed Alaska Natives.

Eventually, a settlement that constituted the largest settlement in the history of American education litigation was agreed upon.

Hootch's name has become synonymous with equality in education for the state of Alaska. Many of these schools became known as Molly Hootch schools, in honor of her being the first name on the plaintiff list.



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American Indian Sites in Missouri

American Indian sites throughout Missouri reflect Missouri's early history. Learn about the original Americans and find out how Missouri Indians lived.

Author: Scott McCullough (an Osage Indian)

Although the common term is Native American, the fact is, anyone born in the U.S. is a native American. The correct term is, American Indian.

The History of American Indians in Missouri

Indians roamed Missouri long before Europeans arrived in the new world. There were no hogs or sheep or cattle or horses, and no guns . . . all of those things were brought by the invading Europeans. Missouri Indians, mainly the Illinois, the Missouri (yes, that is the correct spelling) and the Osage, were nomadic, moving from area to area with the crops and the availability of game.

Missouri Indians & the State's Namesake

The state of Missouri and the Missouri River derive their names from the Missouri tribe. In the language of the Illinois Indians, Missouri roughly translates to: "One who has dugout canoes." In their own language, the Missouri called themselves Niuachi, meaning: "People of the river's mouth."



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American Indian Sites in Missouri

The First Encounter with American Indians in Missouri

The French were the first to encounter American Indians in what is now Missouri. On 25 June, 1673, explorers Louis Jolliet and Father Jacques Marquette came across a village of Illinois Indians in the extreme northeast area of what became Missouri. The area, situated four miles north of Wayland, is marked by the [Iliniwek Village State Historic Site](#). The location of Missouri's oldest Indian sites is an important archaeological site because of its size and the quality of items preserved there. A walking trail crosses the site of an excavated Illinois Indian longhouse.

The Life of Missouri Indians

Life in the 1700s was raw and rough. For an example, visit a restored and authentically finished 1790-1815 French and Indian trading post and village, at [Fort Charrette Village and Museum](#), 10 minutes east of Washington, Missouri. The fort includes five log houses, one of which is believed to be the oldest log house west of the Mississippi River. All are furnished with 1700s American antiques. A historian gives a one hour tour— an appointment is required.



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American Indian Sites in Missouri

A Major Osage Indian Site in Missouri

The Osage tribe, part of the Great Sioux Nation, occupied areas south of the Missouri River, spreading into northern Arkansas and northeast Oklahoma. The [Osage Village State Historic Site](#) preserves the location of a large Osage Indian village, which was occupied between 1700 and 1775. It is on the *National Register of Historic Places*. The site features a self-guided interpretive trail and information about the Osage Indians. It is located six miles northeast of Nevada, Missouri.

Lewis and Clark and Missouri Indians

The Missouria were nearly wiped out in 1798 by the Sauk and Fox tribes from the north, and by smallpox brought from Europe. Lewis and Clark met with a small party of Missouria during their Corps of Discovery expedition in 1804. Dioramas and exhibits at the [Lewis & Clark Boat House, Museum and Nature Center](#) in St. Charles outline the historic journey. The museum in the [Boat House](#) illustrates the story of their journey and the American Indian tribes they encountered.



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Another Osage Indian Site in Missouri

In 1808, under the direction of William Clark, Fort Osage was built as a trading outpost in the newly acquired Louisiana Purchase. It was there, in 1808, that Osage tribal leaders signed a treaty giving up all rights and claims to 52,481,000 acres in southern Missouri. Today, reconstructed using the original plans which still exist in Washington, D.C., [Fort Osage National Historic Landmark](#) is presented as it existed in the fur trading era of the early 1800s. Costumed reenactors demonstrate the lifestyles and activities of the period. Fort Osage is located on the outskirts of Sibley, along the Missouri River, 14 miles northeast of Independence.

By 1837, the Osage were in a state of poverty and near starvation. Today however, the Osage prosper, thanks to shrewd negotiations of their final treaties which gave the tribe the mineral rights to their oil-rich reservation lands in northeastern Oklahoma.



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A Cherokee Indian Site in Missouri

In 1838 and 1839, as part of the government's Indian removal policy, more than 20,000 Cherokee Indians were relocated from their ancestral lands, and force-marched westward. More than 4,000 Indians died as a result of exposure, disease and starvation. The Cherokee called this journey the Trail of Tears. The route crossed the Mississippi River into Missouri, just north of Cape Girardeau. The visitors center at Missouri's [Trail of Tears State Park](#), 12 miles north of Cape Girardeau, houses exhibits describing this forced relocation.

The History of American Indians in Missouri Exhibited Beneath the Gateway Arch

As the American westward expansion grew, contact and conflict with the western Indian cultures became more common. Artifacts of this interaction of cultures are displayed in the [Museum of Westward Expansion](#), beneath the [Gateway Arch](#) in St. Louis . . . the Gateway to the West.

Journey Back & Discover the History of Missouri Indians

Indians roamed Missouri long before the events discussed above. To journey even further back into history, try [Thousand Hills State Park](#), two miles west of Kirksville. Visitors can view American Indian rock carvings (*petroglyphs*) more than 1,500 years old. These petroglyphs are listed on *National Register of Historic Places*.



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American Indian Sites in Missouri

Looking for something even older? Visit [Graham Cave State Park](#), 25 miles east of Kingdom City, off of Interstate 70. Radiocarbon dating indicates the park's shelter cave was inhabited more than 10,000 years ago. Interpretive signs point out interesting discoveries; exhibits detail how the early inhabitants lived.

In addition to these specific locations, many museums throughout Missouri house American Indian information and artifacts. Indians were here thousands of years before us. Seek out their interesting history by visiting Indian sites scattered throughout Missouri and learn how America really began.

[https://www.visitmo.com/missouri-travel/missouris-indian-heritage.aspx?utm_source=bing&utm_medium=cpc&utm_campaign=MDT%20SEM%20\(SEMC-MO\)%20Leisure%20Art%20%26%20History&utm_term=missouri%20indian%20culture&utm_content=Indian%20Heritage](https://www.visitmo.com/missouri-travel/missouris-indian-heritage.aspx?utm_source=bing&utm_medium=cpc&utm_campaign=MDT%20SEM%20(SEMC-MO)%20Leisure%20Art%20%26%20History&utm_term=missouri%20indian%20culture&utm_content=Indian%20Heritage)



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Native American Pow Wows & Events



Trading Moon Pow Wow

Date: November 5

Time: 12:00 pm - 10:00 pm

Website:

<https://www.ucmo.edu/religiousstudies/powwow.cfm>

UCM Student Rec Center 500
S. Maguire Street
Warrensburg, MO 64093
United States

Wichita Kansas Intertribal Warrior Society Veterans Powwow

Start: November 12

End: November 13

Website:

www.theindiancenter.org

Mid America All Indian
Center 650 N Seneca
Wichita, KS 67203 United
States



Source: www.crazycrow.com



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History of Veterans Day

World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”



Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58 a.m., on November 11, 1918, two minutes before the armistice ending World War I went into effect

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.



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History of Veterans Day

The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

Whereas the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and

Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and

Whereas the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.



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History of Veterans Day

Later that same year, on October 8th, President Dwight D. Eisenhower issued the first "Veterans Day Proclamation" which stated: "In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible."

President Eisenhower signing HR7786, changing Armistice Day to Veterans Day. From left: Alvin J. King, Wayne Richards, Arthur J. Connell, John T. Nation, Edward Rees, Richard L. Trombla, Howard W. Watts



On that same day, President Eisenhower sent a letter to the Honorable Harvey V. Higley, Administrator of Veterans' Affairs (VA), designating him as Chairman of the Veterans Day National Committee.

In 1958, the White House advised VA's General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee's chairman.



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History of Veterans Day

The Uniform Holiday Bill (Public Law 90-363 (82 Stat. 250)) was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. It was thought that these extended weekends would encourage travel, recreational and cultural activities and stimulate greater industrial and commercial production. Many states did not agree with this decision and continued to celebrate the holidays on their original dates.

The first Veterans Day under the new law was observed with much confusion on October 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major veterans service organizations and the American people.

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



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Veterans Day Events Around the State

SW Missouri Veterans Day Parade

The 2016 Springfield Veterans Day Parade will be held on 5 November, 2016 starting at 10:00 am in Downtown Springfield.

<http://www.swmoveteransdayparade.com/>

BRANSON VETERANS HOMECOMING EVENTS NOVEMBER 5-11, 2016

The fifth annual Branson's Veterans Homecoming week kick off "Vets for Vets Celebration Show" With the Golden Sounds of the Platters, Gordy and Debbie George Strait Tribute Show and many other entertainers who are veterans. The celebration ends with the 83rd Annual Veteran's Day Parade.

For a full list of events visit www.bransonveterans.com/vetweek.html

St. Louis 2016 Veterans Day 5K Run and Parade

11/05/16, 9:00 AM - 1:00 PM

Location: Downtown St. Louis Tucker & 14th Streets

For more information on the race and parade visit https://www.stlouis-mo.gov/events/eventdetails.cfm?Event_ID=12941

National World War I Museum and Memorial

November 11, 2016 Friday 9:00 AM - 6:00 PM

100 W. 26th St., Kansas City, Missouri

Honor veterans on this special day as the Museum hosts a free public ceremony at 10 a.m and Walk of Honor Ceremony at 2 p.m.

<http://kansascity.eventful.com/events/veterans-day-/E0-001-097299872-2>



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Veterans Day Events Around the State

2016 VETERANS WEEK

2016 Veterans Week sponsored by Veterans United Home Loans
**TO HONOR REMEMBER
AND CELEBRATE MIZZOU
VETERANS**



FRIDAY, NOVEMBER 4

MIZZOU JOINT ROTC VETERANS DAY VIGIL

11:11 a.m. / Boone County Courthouse, 705 E. Walnut St.

Cadets and midshipmen from the ROTC units at Mizzou will form a detail to perform a vigil near the war memorials at the Boone County Courthouse. There will be a detail marching every hour from Nov. 4th to Nov. 5th. Coordinated by AFROTC, Detachment 440.

SATURDAY, NOVEMBER 5

MIZZOU JOINT ROTC ANNUAL VETERANS DAY PARADE

10:30 a.m. / Boone County Courthouse, 705 E. Walnut St.

The annual University of Missouri Veterans Day parade hosted by Air Force ROTC will begin at the Mizzou Columns traveling along Eighth Street to the Boone County Courthouse. Several Boone County veterans and community organizations will participate. A short ceremony will be held at the Boone County Courthouse immediately following the parade. Coordinated by AFROTC, Detachment 440.



MIZZOU VETERANS WEEK BANQUET

6:30 p.m. Reception / 7 p.m. Dinner / Stotler Lounge

Join fellow Mizzou veterans for a special dinner to celebrate Mizzou Veterans Week 2016. RSVP is required to veterans@mizzourians.edu or in person at the ROTC Veterans Center. Sponsored by the Mizzou Student Veterans Association and the Department of Student Life.

MONDAY, NOVEMBER 7

STUDENT VETERAN PANEL AND LUNCH

Noon - 1 p.m. / 5110 Memorial Student Union

Join us for a panel presentation by Mizzou student veterans as they share information on their transition to Mizzou. Free NRE lunch provided. Sponsored by the Mizzou Student Veterans Association and the Department of Student Life.

TUESDAY, NOVEMBER 8 - ELECTION DAY (NO EVENTS)

WEDNESDAY, NOVEMBER 9



VETERANS WEEK: BLOOD DRIVE

10 a.m.-2 p.m. / Stotler Lounge, Memorial Student Union

Be a hero and donate blood at the Veterans Week Blood Drive. Your help is needed to make this event a huge success! Sponsored by Mizzou Student Veterans Association.

FREE VETERANS WEEK FILM: FINEST HOURS

8 p.m. / Wrench Auditorium, Memorial Student Union

The Coast Guard makes a daring rescue attempt off the coast of Cape Cod after a pair of oil tankers are destroyed during a Mizzed in 1952. Sponsored by NSA/OPC, the Department of Student Activities, and Student Life.





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THURSDAY, NOV. 10

JESSE AUDITORIUM • 7 PM

• MEDAL OF HONOR RECIPIENT •

**KYLE
WHITE**

Sgt. Kyle Jerome White received the Medal of Honor for actions in Afghanistan on November 9, 2007, when he exposed himself to enemy fire in order to provide medical aid and save a comrade. After successfully earning a degree and gaining post-military employment, now he shares his story to inspire future generations of veterans and their family members.

Free tickets are available at the MU Veterans Center in the Memorial Union and the MSA/GPC Box Office in the MU Student Center.



University of Missouri

CAMPUS SPONSORS:
Student UPE 1, Veterans Center

STUFFTODO.MISSOURI.EDU

For ADA accommodations, contact Kelly Murray at 573-362-3760 one week prior to the event.





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DAY OF THE DEAD

WRITTEN BY:
The Editors of
Encyclopedia
Britannica

LAST UPDATED:
10-14-2015

<https://www.britannica.com/topic/Day-of-the-Dead>

Day of the Dead, Spanish Día de los Muertos, holiday in Mexico, also observed to a lesser extent in other areas of Latin America and in the United States, honouring dead loved ones and making peace with the eventuality of death by treating it familiarly, without fear and dread. The holiday is derived from the rituals of the pre-Hispanic peoples of Mexico. Led by the goddess Mictecacihuatl, known as “Lady of the Dead,” the celebration lasted a month. After the Spanish arrived in Mexico and began converting the native peoples to Roman Catholicism, the holiday was moved to coincide with All Saints’ Day and All Souls’ Day (November 1 and 2, respectively).



In Mexico, a ritual is held at sunrise as part of the Day of the Dead celebration.

© Getty Images



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Modern observances vary from region to region. In some rural areas, families adorn grave sites with candles, marigolds, and the favorite foods of deceased relatives in an attempt to persuade the loved ones to return for a family reunion. In urban areas, people take to the street for festive celebrations and indulge in the consumption of food and alcohol. Some wear wooden skull masks known as calacas. Many families build altars, called ofrendas, in their homes, using photos, candles, flowers, and food. The festivities are often characterized by black humour. Toys and food, including breads and candies, are created in the shape of symbols of death such as skulls and skeletons.



Day of the Dead toys, made of pottery and paper,
from Oaxaca, Mexico c. 1960

Courtesy of the Girard Foundation, Santa Fe, New Mexico



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November is Prematurity Awareness Month



To honor the 380,000 babies born prematurely each year in the United States and their families, prominent buildings and landmarks nationwide, including the Empire State Building in New York City, will be bathed in purple lights for Prematurity Awareness Month in November.

Prematurity Awareness Month is being supported by **Ally Brooke Hernandez**, singer and member of Fifth Harmony, who was born three months premature herself; Chef **Jacques Torres**, who will host a fundraising event as part of Light BKLYN Purple in New York City; and **Kelsey Nixon**, Celebrity Chef from the Cooking Channel and contributor to The Rachael Ray Show.

Premature birth (before 37 weeks of pregnancy) is the #1 killer of babies in the U.S., and the leading cause of death of children under age 5 around the world. Babies who survive an early birth often face serious and lifelong health problems, including breathing problems, jaundice, vision loss, cerebral palsy and intellectual delays.

Prematurity Awareness Month lightings include State Capitol buildings in Alabama, Pennsylvania, and Tennessee, as well as:

- Birmingham Zoo, AL;
- Union Plaza Building (downtown skyline), Little Rock, AR;
- All 5 river bridges spanning the Arkansas River;
- Hippodrome Theater, Gainesville, FL;
- Nationwide Children's Hospital, Columbus, OH;
- Howard Hughes Corporation Building, Honolulu, HI;
- Power & Light Building, Kansas City, MO;**
- Biloxi Lighthouse, MS;
- Pacific Science Center, Seattle, WA;
- The Auxilio Mutuo Hospital, Hato Rey, Puerto Rico.



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November is Prematurity Awareness Month



November 17 will be recognized around the globe as the 6th annual World Prematurity Day (WPD). More information is available on **Facebook**, where families and volunteers can share stories and videos about babies born too soon. **Add your voice** and sign-up on Thunderclap to automatically post a message of support and awareness of prematurity to your social media community. **Change your profile picture** by adding a WPD profile picture on Facebook and Twitter, helping to raise awareness without saying a word. **Go Purple!** by wearing purple or get more creative by covering your home, car or office – be sure to snap a photo and join thousands of people around the world by posting it to social media with #givethemtomorrow and #worldprematurityday.

The March of Dimes is the leading nonprofit organization for pregnancy and baby health. Launched in fall 2016, our **Give them tomorrow** campaign unites the efforts of the March of Dimes, corporations, organizations, and individuals to raise awareness and fund the fight against premature birth.



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Pumpkin Muffins



About this Recipe

Yield: 12 muffins

Recipe
Provided by
Denelle
Martin and
Nancy
Patterson, Gila
River Indian
Community
FDP, Sacaton,
AZ

Source:
www.deomi.org

Baking Mix

4 cups all-purpose flour
4 cups whole wheat flour
1½ cups instant non-fat dry *milk*
¼ cup baking powder
1 teaspoon salt

1. Mix all ingredients together.
2. Keep in airtight container at room temperature.
3. Stir mix before using.

Ingredients

- 1½ cups baking mix (see page 15)
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- ¼ cup egg mix + ½ cup water (or 2 eggs)
- ½ cup vegetable oil
- 1 (15.5 ounce) can pumpkin
- ½ cup raisins or chopped prunes
- ⅓ cup walnuts, chopped

Directions

1. Preheat oven to 400°F.
2. Spray muffin pan with nonstick cooking spray or use paper liners.
3. In a large bowl, combine baking mix, cinnamon, ginger, and nutmeg. Add eggs, oil, and pumpkin.
4. Gently stir in raisins and walnuts. Stir until smooth, but do not beat.
5. Fill muffin cups half full. Bake at 400°F about 20 minutes.



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Artichoke Parmesan Sourdough Stuffing



Ingredients

- 1 pound mushrooms, rinsed, ends trimmed, and sliced
- 1 tablespoon butter
- 2 onions (3/4 lb. total), chopped
- 1 cup chopped celery
- 2 tablespoons minced garlic
- About 2 cups reduced-sodium chicken broth
- 1 loaf (1 lb.) sourdough bread, cut into 1/2-in. cubes
- 2 jars (6 oz. each) marinated artichoke hearts, drained and chopped
- 1 cup freshly grated parmesan cheese
- 1 1/2 teaspoons poultry seasoning
- 1 1/2 tablespoons minced fresh rosemary leaves or 3/4 tsp. crumbled dried rosemary
- Salt and freshly ground black pepper
- 1 large egg

Directions

1. In a 12-in. frying pan over high heat, cook mushrooms, butter, onions, celery, and garlic, stirring often, until vegetables are lightly browned, about 15 minutes. Pour into a large bowl. Add a bit of broth to pan and stir to scrape up browned bits. Add to bowl.
2. Pour 2 cups broth into bowl and add bread, artichoke hearts, parmesan, poultry seasoning, and rosemary; mix well. Add salt and pepper to taste. Make a well in stuffing. Add egg and beat with a fork to blend; mix egg with stuffing.
3. Preheat oven to 325° to 350° (use temperature turkey requires; see Note below). Spoon stuffing into a shallow 3-qt. (9- by 13-in.) casserole. For moist stuffing, cover with foil; for crusty stuffing, do not cover. Bake until hot (at least 150° in center) or lightly browned, about 50 minutes.

*Make ahead: Up to 1 day ahead, make stuffing, put in casserole, cover, and chill. Allow about 1 hour to bake.

**Note: For turkeys 10-13 lbs., oven/bbq temperature should be 350°; for turkeys 14 lbs. and over, oven/bbq temperature should be 325°.

About this Recipe

Yield: 12 servings (10 cups)

Source:
<http://www.myrecipes.com/recipe/artichoke-parmesan-sourdough-stuffing>



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TOPIC OF THE MONTH

Tobacco Cessation

For More Information:

<http://foh.psc.gov/library/toolkits.html>

IN THE SPOTLIGHT - WEBINAR



LIVE WEBINAR OF THE MONTH:

Setting Boundaries During the Holidays

VISIT: www.foh4you.com

Topic Highlights:

*Common holiday stressors *Discovering and setting your limits *Reining in relatives and saying no to pushy people *Get the help you need; don't be afraid to delegate



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DECEMBER 2016