Phone: 918-968-3526 • 920963 S. Hwy. 99, Bldg. A • Stroud, OK 74079 • Vol. 42 • No. 6 • June 2020



## **S&F Employees Package Food Baskets for Elders**

by Mike Brown

Following approval by the Sac and Fox Nation Business Committee. Chief of Staff Audrey Rose Lee coordinated the filling and delivery of a first wave of food baskets to 300 tribal elders living in Lincoln, Payne and Pottawatomie Counties May 20-22.

Members of the Sac and Fox Nation USDA Food Distribution Dept. transported fifteen pallets of multiple food items from Firelake Foods in Tecumseh to the Sac and Fox Nation Community Building where Sac

and Fox Nation employees filled boxes with the food items.

Those items included: potatoes, flour, shortening, vegetable oil, sugar, tea, coffee, bread, assorted fruit, frozen chicken breasts, hamburger meat, rice, oatmeal, assorted fresh vegetables, salt and pepper and bottled

Sac and Fox employees followed up by making "honk and drop" deliveries at tribal elders' residences in the Stroud, Davenport, Cushing, Prague, Meeker and Shawnee areas.

## **Casinos Re-Open After Weeks-Long Shutdown**



A member of the security team at the Sac and Fox Nation's Black Hawk Casino in Shawnee, Okla. checks the temperature of Sac and Fox Nation Principal Chief Justin F. Wood on May 15 prior to a final walk-through in preparation of the casino re-opening. Others present for the walk-through included: Sac and Fox Gaming Commission Director Rodney Casteel, Interim Casino General Manager Brad Presley and Internal Audit and Compliance Officer Melissa Garland. See more (Photo by Mike Brown) photos inside.



Sac and Fox Nation Committee Member Robert Williamson, right, speaks with Sac and Fox Principal Chief Justin Wood and Sac and Fox Second Chief Don Abney during a final walk-through at the Sac and Fox Casino on May 15 just prior (Photo by Mike Brown) to the casino re-opening.

## Sac and Fox Nation Announces **COVID-19 Economic Support** For All Enrolled Tribal Members

During a Special Business Mail: Sac and Fox Nation Meeting held on May 21, the Sac and Fox Nation Business Committee approved the Sac and Fox Nation COVID-19 Economic Support Program. In response to the COVID-19 pandemic, this program will provide economic support to all enrolled tribal members.

During the meeting, the Business Committee voted unanimously to allocate \$6,875,500.00 of the Coronavirus Aid, Relief, and Economic Security (CARES) Act funding to the Sac and Fox Nation COVID-19 Economic Support Program. The program is intended to provide economic support for tribal members during the COVID-19 public health emergency. Funding will be disbursed in two installments to all enrolled tribal members. Payments will be sent in June 2020 and September 2020. Program details are as follows: Eligibility:

- Enrolled members of the Sac and Fox Nation as of June 1, 2020.
- \* Provide updated mailing information.
- \* Provide current mailing address via email, fax, or mail: Email: covidrelief@sacandfoxnation-nsn.gov

Fax: 918-968-4528

Attn: Finance Department 920963 S. Highway 99 Stroud, OK 74079

- \* For the June 2020 payment, updated mailing information must be submitted by June 8th, 2020 at 4:30 p.m.
- \* For the September 2020 payment, updated mailing information must be submitted by September 8th, 2020 at 4:30
- \* If updated mailing information is not provided, payments will be mailed to the most recent address on file with the Enrollment Department. If there is no change to the mailing address, there is no need to submit information.

Distribution Schedule:

- \* All enrolled members of the Sac and Fox Nation age 18 or older will receive two payments of \$1,000.00:
- \* \$1,000.00 payment distributed in June 2020.
- \* \$1,000.00 payment distributed in September 2020.
- \* All enrolled members of the Sac and Fox Nation under the age of 18 will receive two payments of \$250.00:
- \* \$250.00 payment distributed in June 2020.
- \* \$250.00 payment distributed in September 2020.

\* All payments will be mailed.

"The Business Committee recognizes our tribal members have immediate needs during this unprecedented time," said Principal Chief Justin F. Wood. "These payments will assist our tribal members as we face the COVID-19 public health emergency. Our tribal members are facing unforeseen financial needs and risks because of the pandemic."

This economic support is in addition to the Sac and Fox Nation COVID-19 Relief Program for Elders approved by the Business Committee on April 29, 2020. The COVID-19 Relief Program for Elders provided a one-time disbursement to all enrolled Sac and Fox tribal citizens who are age 55 or over. The Sac and Fox Nation is also delivering food and supply baskets to elders residing in the Sac and Fox Nation's jurisdiction, as part of the Sac and Fox Nation Title VI Elders Program.

The Sac and Fox Nation received \$21,318,227.90 of CARES Act relief funding on May 19, 2020. The Business Committee is working to finalize plans for the remaining CARES Act funds. Further information will be provided as it becomes available.

## **Juaquin Hamilton Brings Ancestors** With Him to the Powwow Microphone

(Editors Note: The Gathering of Nations is the largest powwow in the United States and North America. It is held annually on the fourth weekend in April, on the Powwow Grounds at Expo NM, in Albuquerque, New Mexico. Over 565 tribes from around the United States and 220 from Canada travel to Albuquerque to participate. Sac and Fox Nation Historical Researcher and Ambassador Juaquin Hamilton was to begin serving as permanent master of ceremonies for this year's event. However, the event was canceled due to the Covid-19 pandemic. Hamilton is looking forward to serving as event announcer in April 2021. The following feature is published here with permission from Gathering of Nations officials.)

by Tara Gatewood

The bellowing sound of the powwow announcer is a major element of the Gathering of Nations (GON). Since its beginning a cast of knowledgeable and passionate culture keepers have helped keep the dance circle flowing.

This year, the GON is honored to welcome a new voice to their team of skilled announcers, Juaquin Hamilton who is a member of the Sac and Fox Nation of Oklahoma. Ready to step into this honored position, he says he's experienced the powwow from different approaches or better yet, many different moccasins, including sitting at the drum on the floor as a dancer. He's also served as a dance and drum judge as well as, an arena director. The 2020 GON is his time to gift some of his upbringing to the celebrated

dance circle. "I get to share some of the stories and some of the things that were shared with me by my grandfathers and some of those MC's that made the way for me and encouraged me."

This new voice to the announcer table also represents the Pawnee, Otoe, Chevenne, Kiowa, Apache and Tonkawa nations. Hamilton has been around powwow all his life and was raised in Pawnee, Oklahoma. And for 20 years he's called Shawnee, Oklahoma his home. He is also the Historical Researcher for the Sac and Fox Nation where he oversees his tribe's tribal archives.

His work career gives him the ability to continually learn about his tribe's history - something that he uses to fortify his foundation of respect and an understanding. He says our Native cultures are our survival. Reflecting on those that continually come together at Gatherings he added. other tribes have this same type of deep understanding of the importance of culture and celebrate their rich histories by keeping them alive and triving in the dance arena even down to their clothing and movements.

You see it all in one place lie the GON is powerful, says Hamilton. "We as indigenous people in today's society are the descendants of those survivors that pulled through some of the hardest times ion Native American history. And it's very important for us to teach the younger generation about where we came from, who we are, what we represent and where we're heading."

He was also raised around the tail dance ceremonies, Native American Church and has been to Sundance. He ties these hubs of cultural strength to his love

and respect of singing. "Every ceremony and dance I've ever attended we use the drum and we sing. It feels good to sing our songs. A lot of these songs date back to our understanding of the beginning of time. A lot of them also date back to the mid-19th Century and we are still singing them today."

And, this energy also translates to the powwow drum - a space that Hamilton is also very familiar with. He is one of the founding voices of the Young-Bird singers who over the years has traveled the powwow circuit to many places. In 2002, this drum was nominated for a Grammy for the best Native American album. He knows when you sit on a drum you get to experience many things and see different of the world, even Hollywood.

"There's a feeling that we get as singers when we're singing these songs. Sometimes it's an emotional feeling. Sometimes

(Continued on Page 2)



Pictured is Sac and Fox Nation Historical Researcher and Ambassador Juaquin Hamilton. (Photo Submitted)

### Sac and Fox News

The Sac & Fox News is the monthly publication of the Sac & Fox Nation, located on SH 99, six miles south of Stroud, OK.

Mailing address:

Sac and Fox Nation Administration Building 920963 S Hwy 99 Bldg A Stroud, OK 74079 Phone: 918-968-3526 Fax: 918-968-4837

The Sac & Fox News is the official publication of the Sac and Fox Nation. Our mission is to meet all tribal members information needs concerning the Nation.

The Sac & Fox News is mailed free, one per address, to enrolled Sac and Fox tribal members. Paid subscriptions are available for \$12.00 annually.

Editorial statements, guest columns, and letters to the editor published in this newspaper contain the opinions of the writers. These opinions do not necessarily reflect the opinions of the Sac and Fox News staff or any elected official or department of tribal government or administration.

The Sac and Fox News reserves the right to refuse publication of letters to the editor. All editorials and letters to the editor become the property of the Sac and Fox News.

Submissions for publication must be signed by the author and include an address and contact phone number. They are limited to 300 words. The staff will not edit editorials or letters to the editor to fit the 300-word limit.

#### Deadline for the July issue is: Friday, June 19 at 4:30 p.m.

Reprint permission is granted, with proper credit to the Sac and Fox News, unless other copyrights are shown. Articles and letters may be submitted to the newspaper either by mail or Fax to the address provided above, - or by e-mail:newspaper@sacandfoxnation-

Address corrections & changes are accepted by The Business Committee at the address listed below.

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For information: 918-968-3526 x1060 newspaper@sacandfoxnation-nsn.gov Publisher: Sac and Fox Nation Member of Native American Journalists Assn - Since 1988 Member OPA

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> **Business Committee Mailing Address:** Sac and Fox Nation **Administration Building** 920963 S Hwy 99 Bldg A Stroud, OK 74079 Visit us on the webb @ sacandfoxnation.com click news

### **Obituaries**

## Tracey Lauren Ellis-Gashwazra

Tracey Lauren Ellis-Gashwazra, age 51, departed this life March 27, 2020. She was born January 15, 1969 in Ada, Okla. to Leroy Ellis and Mabel (Smith)

Tracey grew up in Shawnee, Okla. and graduated from Shawnee Public Schools. She served as 'Miss Sac and Fox Nation' her senior year. She attended Oklahoma State University, majoring in Secondary Education. She served as 'Miss Indian Oklahoma' before beginning her teaching career with Pauls Valley Public Schools.

While serving as Miss Indian Oklahoma, she met Howard Michael Gashwazra, and they started their family. She was preceded in death by her grandparents, Martin Smith and Martha Williams; parents, Leroy Ellis and Mabel (Smith) Ellis; sons, Aaron Scott Gashwazra and William Shawn Gashwazra.

She is survived by Howard Michael Gashwazra of Lexington, Okla.; son, Matthew David Gashwazra of the home; stepson, James Ellis of Pauls Valley, Okla.; brother, Merle Ellis and cousin,

Derrick Williams, both of Pauls Valley, Okla.; in-laws, Marvin Gashwazra and Katherine (Springer) Gashwazra and Shelley Gashwazra.

Wake services and a noon feast were held March 31, 2020 at the Sac and Fox Nation Community Building. Interment was at the Sulphur, Okla. Cemetery, under the direction of Roberts-Myers Funeral Home.



Tracey Lauren Ellis-Gashwazra

### **Gathering of Nations New Announcer**

(Continued From Page 1)

it's a happy feeling. And sometimes it puts us in a frame of mind where our spirit is uplifted, and we think about those ancestors that passed these songs down to us. It's just a beautiful feeling."

This inside view into being a singer at a drum comes out when he announces, especially when introducing the different drums that gravitate to the dance circle. It's a generational blend and at any given time, you are witnessing brothers, cousins, nephews, grandpas sitting together at the drum, he says. "It's a good feeling to sit at that grandpa drum and produce a beautiful energy for the dancers to dance to. Without our singers we're unable to dance. So, as an MC, I personally thank each singer that comes to a powwow and shares their music with us because, if they weren't there we wouldn't be able to dance."

Today, powwow is a social gathering for individuals to come celebrate life through song and dance. "We have dancers that come and put it all of the dance floor, share their styles and enjoy themselves," he says. And he knows a thing or two about stepping into the arena especially as a Southern Straight Dancer. "Being a dancer in the circle is a beautiful thing. I've been in there since i was three years old. It's an indescribable feeling. Sometimes I'm emotional thinking about the old stories that my grandpa or grandma shareed with me. Sometimes a song will just put me in a good frame of mind. Sometimes a song will remind me of a difference powwow. There's all these different feelings we go through as a dancer." Praying for others as you rotate around the arena is also something he says a lot of dancers do.

He says when he was a kid he had different individuals that he'd watch closely. "I would look up to my grandfathers and their fancy foot work like Abe Conklin from the Ponca Nation and Ronnie Harris from Sac and Fox. I thought they had a little flashy touch to their style. Not only did I look up to them for their dancing but, also how they carried themselves in tribal society.

And when it comes to being an announcer, he knows there are many plates you have to keep spinning. Powwow schedules, lists of drum groups, lists of veterans carrying in the colors and eagle staff, list of judges and a large list of announcements are all things that powwow announcers have to seamlessly weave together when they are on the mic.

"When you're sitting at the table of a powwow announcer there's papers every! And, you have to keep track of what's going on in the arena, while people are asking you questions from behind. And you have to keep track of the schedule and who's dancing next and who's singing, and how many groups are in the dance categories. Sometimes it can be hectic, but while you're doing all of this you have to keep your audience at the powwow so, you have to be knowledgeable in the history in all the categories and all the different singing styles. You also have to be humorous and prayerful."

He says his participation in his tribal society has given a lot of experience in keeping respect as the guiding principle, especially ceremony. "Being a part of yo9ur ceremonies, your ulture, yuou learn how to be respectful, you learn consideration, you learn compassion. So, when I'm at a powwow or I'm on the microphone, it's a reflection of who I am as an individual." Hamilton says this pretty much goes for all powwow announcers. "Most people who take part (in this role) learn this from where we come from."

He's been on the mic for about 6 years, starting in the fall of 2013. "Since then I've had MC's encourage me along the way. Some of them are not here anymore. People like Sammy White and Hammond Motah," he added. White was a regular announcer at GON for many years before he walked on. Hamilton also noted the

Goodstriker. "They encouraged me. It was always a good feeling to get that encouragement by those individuals. So, I carry all those good words, those encouraging words with me when I go to a powwow. Hammond and Wallace shared words with me on how to keep your audience with you they said, 'You too have to humor.' They encouraged me to not be serious all the time and make the audience laugh because it's good medicine for our people. They shared some of their jokes with me and I shared mine."

He says he's traveled many miles for

(Continued on Page 3)

## ANNOUNCEMENT

The Sac and Fox Nation Human Service Department is now accepting applications for FY' 2020 LIHEAP Cooling season for the months of May 1, 2020 through September 31, 2020. You can pick up applications from the Main Office/SMPC (please call to make an appointment and we can take the application to your vehicle) or off the Sac and Fox Nation website. If you have any questions please contact Carrie LaDeaux, Interim Human Services Director at 918/968-3526 ext. 2010 or email Carrie. Ladeaux@sacandfoxnation-nsn.gov.

## Happy June Birthday Elders!

Oresa June Wilson Frederick Allen Trammell Hilda Quintana Phyllis Marie Williams Charles William Wallace Becky Marie Martinez Cheryl Denise Wallace David D. Hocker Phyllis Ruth Ramseyer Roseanna Frances Preston David Paul York William Lloyd Grass Charlotte Estelle Lane Shirley Jean Garrison Ramona Ann Hilligoss Gary Wayne Hodgens Kimberly Kay Kahbeah Ramona Marie Johnson Jacqueline Allene Hol<mark>ly</mark> Lisa Louise Macy Alphues Christjohn Wilson Dawn Hawkins Horton Yvonne Allison Heminokeky Connie Paulette Rhodd Viola Kay Allen Paul Ray Hodgens Raymond L. Pennock Rodney Keith Delaware Christine McDonald Ronald Wayne Ahgoom David Roy Patten Brenda June Hutchens Stewart Matthew Brown Deborah Diane Wachter Francis J. Garcia Lamont L. Long

Richard Leroy Pawling

Larry Ernest Eldredge

Sharon Kay Noah Deborah Lou Smith Linda Sue Ellis Sharron McAllister Francene Wolfe John Wallace Nelson Angela Sue Wakolee Bobbe Ann Tipton Pearl Darlene Lovelady Roy Dale Longshore Clyde Saulsberry Vincent Lee Bruno Ronald Arthur Cummins Basil R. Yarbrough Dennis Alan Keo Mary E. Eldredge Billie Grass David Jon Mascorro Vickie Alice Brown Michael S. Trammell Tina Marie Mendieta Peter T. Miles Carole Ann Franklin Murna Lee Lack Linus Roubidoux Mary Sue Britt Sherri Leigh Tate Elizabeth June Wolftongue Emmett Francis Brown Peggy Melody Springer Howard James Murie Ronald Charles Goodeagle Larry James Ward Ronald Lee Galloway Constance Irene Whitlow Diane Elizabeth Coombs Lori Ann Penner

Martin Edward Franklin

### **Business Committee Meeting Minutes**

Please be advised that the following are official actions taken by the Business Committee in a Special Business Committee meeting held on April 29, 2020. These actions are to be followed up by the appropriate departments.

- Jacklyn K. King motion to approve the Special Business Committee meeting minutes dated March 19, 2020. Robert E. Williamson-2<sup>nd</sup>. VOTE: Justin-Yes, Don-Yes, Jacklyn-Yes, Jared-Absent, Robert-Yes. Motion carried.
- 2) Robert E. Williamson motion to ratify Straw Poll. <u>Resolution SF-20-146</u>, a resolution approving and authorizing the submission of an application to the United States Department of Human Health and Human Services (DHHS) Substance Abuse and Mental Health Services Administration (SAMHSA) for emergency funding to address mental and substance use disorders during COVID-19. Don W. Abney-2<sup>nd</sup>. VOTE: Don-Yes, Jacklyn-Yes, Jared-Absent, Robert-Yes, Justin-Yes. Motion carried.
- 3) Robert E. Williamson motion to ratify Straw Poll. <u>Resolution SF-20-147</u>, a resolution approving and authorizing the submission of an application to the United States Department of Human Health and Human Services (DHHS) The Center for Disease Control (CDC) for emergency funding supporting tribal public health capacity in Coronavirus preparedness and response. Don W. Abney-2<sup>nd</sup>. VOTE: Jacklyn-Yes, Jared-Absent, Robert-Yes, Justin-Yes, Don-Yes. Motion carried.
- 4) Resolution SF-20-148, a resolution approving and authorizing the submission of an application to the National Congress of American Indians for the COVID-19 Response Fund Grant for Indian Country. Robert E. Williamson-motion. Don W. Abney-2<sup>nd</sup>. VOTE: Jared-Absent, Robert-Yes, Justin-Yes, Don-Yes, Jacklyn-Yes. Motion carried.
- Resolution SF-20-149, a resolution establishing the Sac and Fox Nation COVID-19 Relief Program for Elders. Jacklyn K. King-motion. Don W. Abney-2<sup>nd</sup>. VOTE: Robert-Yes, Justin-Yes, Don-Yes, Jacklyn-Yes, Jared-Absent. Motion carried.
- Jacklyn K. King motion to approve the use of Treasury dollars to disperse \$150.00 per every living and enrolled Elder 55 and older, as of the date of this motion, April 29, 2020. Robert E. Williamson-2<sup>nd</sup>. VOTE: Justin-Yes, Don-Yes, Jacklyn-Yes, Jared-Absent, Robert-Yes. Motion carried.



He says, when the first time he gets to hold the mic for, the first time at this year's

powwow he'll be looking around with a

full heart and saying to himself, "Look

how many dancers are here, standing

in their dance regalia. Look how many

drums are here. We're all descends of

those survivors that fought for our land,

our rights and for their families. We all

have that blood that runs through us and

there's this sense of belonging. There's

a sense of happiness. We're one. We're

all together. We made it. And we're here.

And we're dancing and we're celebrating

life thorough song and dance."

(Continued From Page 2)

powwow and that it's always an honor to be connected to these tribal affairs. "It's always awesome to be a part of something so special and positive. It's very important or our young kids to be involved, to understand why we do what we do and to know the creation stories behind our dances, to know who composed certain songs and what they mean. It's a good feeling to be a part of that and share what I know with the people as an MC."

Something else that's pumping him up for this year's Gatherings is knowing he'll get to witness dancers from both the U.S. and Canada who've prepared all winter long, doing repairs and making new bead work. And the songs, he says he can't wait for the drums to break out the brand-new songs they've been composing all winter.

"I'm really excited and humbled and so ready for being a new MC for the Gathering of Nations." In the past, Hamilton's voice has also helped bring in the GON gourd dance sessions. When he got the invitation to come on board as a permanent announcer last year he was honored. He shared GON had a southern announcer for many years, Sammy White. When he passed away and his chair stood vacant. Knowing he has some huge moccasins to fill Hamilton said, "I'm coming in a good way with good thoughts. I really looked up to Sammy. In my heart I'm going to do it in honor of him, in memory of him."

To come on board as a permanent announcer and as the youngest is a great honor, he says. And the bonus "I'll get to share the mic with some of my good friends." He said, he's worked with these gentlemen in different communities.

"They have welcomed me with open arms and it's all good." He added, "I really like it when individuals can work well with each other and respect each other to better the powwow." He said the men who he will get to sit with have paved the way for him and they include Dennis Bowen Sr., Vince Beyl and Ruben Little Head.

"These are the veterans, these are the professionals in the powwow world. To share that microphone and that stage with them is pretty mind blowing actually. To have the opportunity to speak on that platform in front of that many people there are many emotions going through me right now. I'm excited. I'm nervous. I'm happy. It's a big honor to be on that stage with this line up, these are big timers."



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Sac and Fox Dept. of Human Services
Sac and Fox National Public Library



Sac and Fox Nation Chief Justin Wood, left, and Black Hawk Casino Interim General Manager Brad Presley, right, are pictured Nicole and Terry Thompson of Willis, Texas who were the first in line for the May 15 re-opening of the Black Hawk Casino. (Photo by Mike Brown)



Shown from left prior to the re-opening of the Black Hawk Casino are Interim General Manager Brad Presley, Sac and Fox Gaming Commission Director Rodney Casteel and Sac and Fox Chief Justin Wood. (Photo by Mike Brown

## **JUNE AT BLACK HAWK CASINO**





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## Sac and Fox Nation Education Department News

Hello Everyone!
As of May 4th the Education Department is now open Monday thru Friday from 10:00 am until 2:00 pm. When coming back into the office on May 4th it was different and felt a little strange since being gone on March 18, 2020.

The way of things that we were custom to doing, we no longer can do things that

way anymore. We will have to change ways you may see some programs having to change as well. The public schools are looking at how they will handle the upcoming school year of 2020 -2021. Will keeping distance still be in place and will virtual learning distance be a continue option for families to consider verses sending their children back to the

classrooms.

The Education Department has been looking at all avenues of serving your child better. We would like to do a short survey on your feedback on your child/ children during the COVID/19 closing of school. One of our concern is IF this virus should happen again like some are saying that it could in the Fall, we want to be somewhat ready with schools being shut down. Many questions came up on the subject of how many of our Sac and Fox children had the equipment to continue their education through virtual learning. Did they have laptops, chrome books, or access to Internet? Some schools did furnish some technology equipment but there were some schools that did not have the resources.

It is very unfortunately that with the COVID/19 that our Sac and Fox High School Seniors missed out on their Junior and Senior Banquets, sporting events and walking across the stage on graduation night. Being a high school graduate is an important achievement in your life. You are an achiever. You have made the Sac and Fox Nation a proud Nation!! You are our future leaders of this great Nation!! The Sac and Fox Nation Education Department wants to CONGRATULATE!!!! THE SAC AND FOX SENIORS!! For their dedication of 12 years and accomplishing their goals. We are very proud of you!!

High School seniors do not forget that there is a senior incentive of \$200.00 from RAP Program. Students must submit a completed 12th grade graduation application and return the application to the Sac and Fox Nation's Education office within 60 days of graduation (August 30, 2020). Below is a checklist of what you need to turn into the Education Department:

1. Graduating application

2. Privacy Statement to be signed by student

3. W-9

4. Submit tribal enrollment card (CDIB) NOTE: FUNDS ARE AVAILABLE ON A FIRST-COME, FIRST-SERVE BASIS AND DOES REQUIRE THAT ALL THE ABOVE ARE INCLUDED WITH THE SUBMITTED APPLICATION.

Eighth grade graduates will need to follow the same rules as the senior graduates as listed above. Eighth grade incentive is \$100. College graduate incentive is \$1,000. Will need to follow the same rules as listed above.

All forms are on the Sac and Fox Nation website, if you need help with obtaining forms please call the Sac and Fox

Nation Education Department. 918 968-3526, ext: 2046 or 405 328-0402 cell number.

by Edwina Butler-Wolfe

UPDATE: CARES ACT – COVID-19 INDIAN EDUCATION

The CARES Act appropriated a \$30.75 billion called the Education Stabilization Fund for the Department of Education. Of this fund one-half of one percent is to be made available "to the Secretary of the Interior", with consultation with the Secretary of Education, for programs operated or funded by the Bureau of Indian Education (BIE). Which equal out to be \$153.75 million. There is no specific distribution or allocation of the \$153.75 million for BIE programs.

There was a listening session scheduled for April 24, 2020, with the U.S. Department of Education and U.S. Department of the Interior's Bureau of Indian Education but it was cancelled due to technical problems and was re-scheduled to April 28 and April 30, 2020. The timing of the cancellation was not favorable due to the comments were due on May 1, 2020. Which only gave the Education Department only days to complete our comments.

The submission of comments was referring to the Johnson O'Malley Program that the Sac and Fox Nation Education Department administers. We stated that our American Indian Students are in need of lap tops, chrome books, hotspot devices due to not having Internet service of being located in rural areas. We hope that BIE and Department of Education will take our comments into consideration. It was worth a try to get our concerns out, if we had not then they would have not known what our needs are here at the Sac and Fox Nation. We did make the deadline of May 1, 2020 but only to know later that they extended the deadline to May

I would like to thank some individuals here at the Nation: Sarah Brown, Audrey Lee, Business Committee for seeing this task was taken care of and sent off.

On another note I would like to say thank you to Nikki Hendricks and Pam Patterson on their help with the documents of needing Chief Wood's signature, that the Education Department needed to get out to schools and to Washington DC.

As everyone pulls together we will ALL make it through these rough times! If you have any concern please let us know.

Thank you, Edwina Butler-Wolfe 405 328-0402 cell number

## Congratulations to Our 2020 Sac and Fox Nation Graduates!

### **Matthew Butler**

My name is Matthew Butler, a senior from Meeker High School. I have completed two years of HVAC from Gordon Cooper Tech. I am an enrolled member of the Sac & Fox tribe and have been a part of the Indian Club at school. I love fishing and being outdoors. I plan on completing more HVAC training and onto college. I want to thank everyone who stood by and supported me throughout the years. It was a hard and bumpy road to get to where I am today. I am proud to graduate this year, and hope to still be a great guy in the future.



## Congratulations to Our 2020 Sac and Fox Nation Graduates!

### Rosemary Celeste Massey

Rosemary Celeste Massey is a Kindergarten graduate of North Rock Creek School of 2019 – 2020. Rosemary is 6 years old and is a Sac and Fox Tribal Member and her clan is the Wolf Clan. She enjoys playing outside, coloring and playing with her Barbies.

Her future goal is to be a doctor when she grows up so that she can help people that are sick. Rosemary's is the daughter of Briana Wakolee and the late Raymond Massey. She has two brothers Tomi Calderon and Anthoni Calderon.

Her grandfather is Curtis (Dagwood) Wakolee and maternal-grandmother Henrietta Massey. Rosemary cannot wait for next school year, and she hopes that everyone is doing well!



## **EDUCATION DEPARTMENT NOTICE**

**Applications** for College - Vocational and Adult Education are on the Sac and Fox Nation Web site - Click on Education for downloads.

## Congratulations to Our 2020 Sac and Fox Nation Graduates!

### Stormie Diane Staley

My name is Stormie Diane Staley and I am a member of the Sac and Fox Nation. I am a senior and I'm graduating from Shawnee High School with a 3.87 GPA. I have been involved in Student Council throughout my high school career, and I am currently the Student Council president. I've been on the Principal's Honor Roll for 4 years, and received the Rotary Club Leadership Award.

Ive been accepted and enrolled into Oklahoma City Community College where I will get my associates degree in Digital Cinema Production. Once I have my associates, I will hopefully be able to attend the University of Southern California to get my Bachelors degree in film-making.

I am the daughter of Rose Stephens-Staley and William Scott Staley, and the granddaughter of the late Dolores Carter and James Edward Stephens.



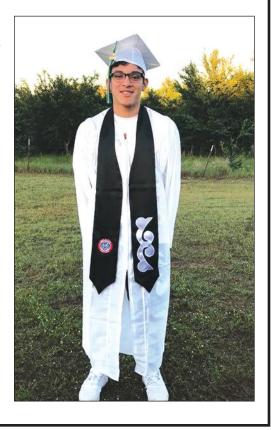
## Congratulations to Our 2020 Sac and Fox Nation Graduates!

### Duane D. Wildcat

Duane D. Wildcat is the son of Minnie Hopper and Dion Wildcat. He is the grandson of Joe and Juliet Hopper and Thomasine and Jay Wildcat. His hobbies and interests including playing baseball and basketball, and he enjoys being around family and friends.

Duane has been a member of both the Whippet baseball and basketball teams throughout his high school career, receiving numerous awards from both such as the Baseball Rawhide Award, the Set the Table Award and the Hosepiece Award, the basketball Mr. Versatility Award and the I Got Your Back Award.

Most recently, he was named to the 2020 All-Star Small East Class B Team in basketball. He is proud that even though his senior year did not end like anyone expected, he was still part of the 2019 Fall Baseball State Semifinalist Team, and the 2019-2020 State Basketball Quarterfinalist Team. After graduation from Varnum High School, Duane would like to go to college and obtain a Bachelor's Degree in Physical Education



## Food Baskets Delivered to Sac and Fox Tribal Elders



Sac and Fox Nation employees are pictured using teamwork to fill food baskets for delivery to tribal elders. (All Photos by Mike Brown)



Sac and Fox Nation Chief of Staff Audrey Rose Lee is shown in the Sac and Fox Nation Community Building speaking to some of the employees who helped prepare food baskets for delivery to tribal elders.



Workers are shown packaging safety face masks that were included in the elders' food baskets.



Sac and Fox Nation employees are shown unpacking food items for the elders' food basket program.



A Firelake Foods employee is pictured loading one of fifteen pallets of food into a Sac and Fox Nation USDA Food Distribution Dept. truck for transportation to the Sac and Fox Nation Community Building.



Sac and Fox Nation USDA Food Distribution Director Sam Spang and a helper are shown bringing pallets of food items into the Community Building for the elders' food baskets.



## Kids and Grandkids Are G-R-E-A-T!!



We want to feature the scholastic, academic and athletic awards or achievements of your child or grandchild of the Sac and Fox Nation!

Send all pertinent information, such as name of student, town, school and grade attending, explanation of award or achievement, and names of parents and/or grandparents, along with a current photo of the student to:

newspaper@sacandfoxnation-nsn.gov or: Sac and Fox News, 920963 S. Hwy. 99 Stroud, OK 74079



Sac and Fox Nation Maintenance Dept. personnel are shown loading food baskets for delivery to tribal elders' residences in Stroud, Davenport, Meeker, Cushing, Shawnee and Prague areas.

### HELP WANTED!

**SAC & FOX NATION** EMPLOYMENT OPPORTUNITIES

THE FOLLOWING IS A LIST OF JOB VACANCIES WITH

THE SAC & FOX NATION:

**Self-Governance Director Chief Financial Director** 

**Resident Advisor (Juvenile Detention Center)** 

**Land and Cattle Laborer** 

**Head Cook** 

**Economic Development Director** 

**Meal Delivery Driver (Part-time)** 

**Custodian - BHHC** 

**Custodian - Maintenance** 

**Licensed Clinical Social Worker - BHHC** 

**Transportation Driver** 

**Certified Pool Operator Manager** 

Lifeguard

Landscaper/Laborer

**ICW Specialist RAP Assistant - Part-time** 

Applicants must successfully pass an OSBI/National background check and drug screen. Preference in hiring is given to qualified Native Americans. Applicants claiming Indian Preference must provide a copy of their CDIB. For more information and to learn how to apply please visit our website at:

#### www.sacandfoxnation.com

or contact Human Resources, Sac and Fox Nation, 920963 S. Hwy. 99, Bldg. A Stroud, OK 74079 or by phone (918) 968-3526

### **Business Committee Meeting Minutes**

are now accessible on the Website and Facebook sacandfoxnation-nsn.gov

Sac and Fox Nation Office of the Secretary

## Announcement

Sac and Fox Nation

From: Jacklyn K. King, Secretary

Date: 05/21/2020

Fax:

Email:

Annual Governing Council Reports and Revenue Allocation Plan (RAP) Requests and Reports

Please accept this announcement as the official call for Annual Governing Council reports due by July 14, 2020

The Revenue Allocation Plan (RAP) requests and reports will be due by July 31,

Please submit the requests and reports to the attention of the Secretary, Office of Government by one of the following:

Mailing address: 920963 S. Hwy 99, Stroud, OK 74079.

918-968-1142

secretary@sacandfoxnation-nsn.gov



## Sac and Fox Nation Swimming Pool Rules and Hours





Check FaceBook For Updates on the Opening!!!

Pool hours are: 12 pm to 6 pm Tuesday through Sunday Closed on Mondays

(Children Under age 12 must be accompanied by an adult)

Admission prices are \$2.00 for the general public, \$1.00 for Sac and Fox Nation tribal members Season Pass Available Through the Maintenance Dept.

Private Parties are in the evenings from 6 pm until 8 pm Parties are required to fill out proper paperwork for rental agreements as well as for scheduling 24 hrs in advance and Full Payment Must be Received

> Arrangements will be administered through the Maintenance Department (918) 968-4271

Pool rental prohibited during the week of the Nation's Annual Celebration

Rental prices are \$75.00 (2 hours) for general public, \$50.00 for Sac and Fox Nation tribal members Certified Lifeguards with CPR/First aid training will be on duty No waiving of fees. No exceptions.



## 2020-2021 Sr. Man & Sr. Woman Nominations

### Nomination deadline: June 5, 2020

I,	, Roll No	hereby nominate the following
		should be the Sac & Fox Nation Sr. Man because:
		hereby nominate the following
		. She should be the Sac & Fox Nation Sr. Woman
Mail nomination to: Activity Committee 920883 S. Hwy. 99 Stroud, OK 74079	OR	E-mail nomination to: carrieladeaux@gmail.cor



## 7th ANNUAL

## Family Fishing Day



This is an Educational Event

Come on out to the pavilion at Veteran's Lake!!

Bring the family and friends~All ages welcome!!!
\*Children must be accompanied by guardian at all times

### We will start at 10:00am:

- \* Lake Area Development Ideas
- \* Environmental Stewardship
- \* Fish Identification
- \* Water/Fishing Safety
- \* Family Fishing



### Hotdog Cook-Out Lunch !! 11:30-13:30

Date: 06/5/2020

**Friday** 



Thanks to NRCS/USDA for funding

### Included:

- ◆ Rod and reels —<u>Loaned</u> for event by ODWC (Must be returned to OES)
- ◆ Bait is PROVIDED
- ◆NO fishing license needed
- ♦ It's all FREE

\*Veteran's Lake entrance is just North of the Casino on the East Side

Contact person: Dale Miller 918-968-0046

Sac and Fox Nation
Office of Environmental Services
356263 East 926 Rd
Phone: 918-968-0046
Fax: 918-968-0049
E-mail: dale.miller@sacandfoxnation-nsn.gov

Inclement weather will cancel and reschedule.

**FNS HANDBOOK 501 EXHIBIT M** 

#### FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) FY 2020 NET MONTHLY INCOME STANDARDS (Effective October 1, 2019 to September 30, 2020)

The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP

#### **48 Contiguous United States:**

#### **Use this Amount**

Household Size	SNAP Net Monthly Income Standard		SNAP Standard Deduction		FDPIR Net Monthly Income Standard
1	\$1,041	+	\$167	=	\$1,208
2	\$1,410	+	\$167	=	\$1,577
3	\$1,778	+	\$167	=	\$1,945
4	\$2,146	+	\$178	=	\$2,324
5	\$2,515	+	\$209	=	\$2,724
6	\$2,883	+	\$240	=	\$3,123
7	\$3,251	+	\$240	=	\$3,491
8	\$3,620	+	\$240	=	\$3,860
each additional member				\$369	

#### Alaska:

#### **Use this Amount**

Household Size	SNAP Net Monthly Income Standard		SNAP Standard Deduction		FDPIR Net Monthly Income Standard
1	\$1,300	+	\$286	=	\$1,586
2	\$1,761	+	\$286	=	\$2,047
3	\$2,222	+	\$286	=	\$2,508
4	\$2,683	+	\$286	=	\$2,969
5	\$3,144	+	\$286	=	\$3,430
6	\$3,605	+	\$300	=	\$3,905
7	\$4,065	+	\$300	=	\$4,365
8	\$4,526	+	\$300	=	\$4,826
each additional member			\$461		

**FNS HANDBOOK 501 EXHIBIT M** 

#### FY 2020 FDPIR Income Deductions (see 7 CFR 253.6(e)) Effective October 1, 2019 to September 30, 2020

<b>Earned Income Deduction</b>	Households with earned income are allowed a deduction of 20 percent of their earned income.
Dependent Care Deduction	Households that qualify for the dependent care deduction are allowed a deduction of actual dependent care costs paid monthly to a non-household member.
Child Support Deduction	Households that incur the cost of legally required child support to or for a non-household member are allowed a deduction for the amount of monthly child support paid.
Medical Expense Deduction	Households that incur monthly medical expenses by any household member who is elderly or disabled are allowed a deduction in the amount of out-of-pocket medical expenses paid in excess of \$35 per month. Allowable medical expenses are provided at 7 CFR 273.9(d)(3).
Home Care Meal-Related Deduction	Households who furnish the majority of meals for a home care attendant are allowed an income deduction equal to the maximum SNAP benefit for a one-person household. The home care meal-related deduction amounts are as follows:
	48 Contiguous U.S. States = \$194  Alaska by Area Designations  • Urban = \$238  • Rural 1= \$304  • Rural 2 = \$370
Standard Shelter/Utility Expense Deduction	See 7 CFR 272.7(b) for area designations in Alaska.  Households that incur at least one monthly shelter or utility expense are allowed a standard income deduction (see chart below). Allowable shelter/utility expenses are provided at 7 CFR 273.9(d)(6)(ii).

**FNS HANDBOOK 501 EXHIBIT M** 

#### FY 2020 FDPIR Standard Shelter/Utility Expense Deductions Effective October 1, 2019 to September 30, 2020

Baseline by Region*		
Region	States Currently with FDPIR Programs	Shelter/Utility Deduction
Northeast/Midwest	Michigan, Minnesota, New York, Wisconsin	\$450
Southeast/Southwest	Arizona, Mississippi, New Mexico, North Carolina, Oklahoma, Texas, Utah	\$350
Mountain Plains	Colorado, Kansas, Montana, Nebraska, North Dakota, South Dakota, Wyoming	\$450
West	Alaska, California, Idaho, Nevada, Oregon, Washington	\$400

\*If the geographic boundaries of an Indian reservation extend to more than one region per the identified regional groupings above, then a qualifying household has the option to receive the appropriate shelter/utility expense deduction amount for the State in which the household resides or the State in which the State agency's central administrative office is located.

### ATTENTION TRIBAL MEMBERS

Committee/Boards/Commissions

**Openings** 

### **Rodeo Committee**

Plans, Coordinates, Schedules, Monitors and Executes Activities Associated with the Nation's Rodeo.

### **Indian Education Committee- JOM**

Promotes the welfare of Indian children and youth in home, school, community and Tribe; raise the standards of school achievement of Indian Children; and bring into closer relationship the home and the school so that the parents and the teachers may cooperate intelligently in the education of Indian children and

Must be parent or legal guardian of eligible JOM student.



Please submit Interest to Serve to:

Secretary, Jacklyn K. King **Business Committee** Sac and Fox Nation 920963 S Hwy 99 Stroud, OK 74079 secretary@sacandfoxnation-nsn.gov

### **July 2020**

#### SAC AND FOX NATION **FOOD DISTRIBUTION PROGRAM**

STROUD WAREHOUSE 918-968-3030 • 1-800-256-3398

405-395-0063 • 1-886-622-2310

SHAWNEE OFFICE

MON	TUE	WED	THU	FRI
		1 Elders Day Shipment	<b>2</b> Elders Day	CLOSED FOR HOLIDAY
6 SHAWNEE LN 12 PM - 6 PM	7 Elders Day	8	9	10
CLOSED FOR HOLIDAY	14	Shipment	16	LITTLE AXE TAILGATE 10 am - 12 pm
SHAWNEE LN 12P- 6 P STROUD LN 8 A- 6P	21	22	23	PERKINS TAILGATE 10 am - 1 pm
27	28	29	CLOSED FOR INVENTORY	CLOSED FOR INVENTORY

#### **HOURS**

STORE

**MONDAY - FRIDAY** 

CERTIFICATION 8:00 am - 4:30 pm 8:30 am - 2:30 pm HOME DELIVERIES ARE FOR HOMEBOUND AND/OR DISABLED ELDERS. CALL OUR STROUD OFFICE TO SEE IF YOU QUALIFY.

STORE AM INVENTORY 8:00 am - 8:30 am STORE PM INVENTORY This institution is an equal opportunity provider. 2:30 pm - 4:30 pm



## NOTICE CAMP CLEAN-UP

In preparation for Pow-Wow, there will be two Camp Clean-Up Days: May 8 and June 19

Please have trash ready for pickup by the roadway and larger items please mark with an X so we know to go into the camp for disposal. If you have limbs around your camp please pick them up so we can mow around the campsite.



## **Container Gardening is a Great Place to Start for Novice Gardeners**

by Trisha Gedon Oklahoma State University Agricultural Communications Services

For some folks, gardening is a mystery – perhaps even intimidating. Some want-to-be gardeners may believe they don't know enough about it to try, or are simply convinced they don't have a green thumb

For those who don't know a rose bush from a tomato plant, there is still hope. David Hillock, Oklahoma State University Extension consumer horticulturist, said anyone can garden, no matter their skill level or the size of the landscape.

"Obviously, big, elaborate gardens and landscapes take time and talent. But, if you start slowly, maybe with just a tomato plant, a pot of herbs or even a few colorful annuals, you're bound to have success," Hillock said. "Starting small and slow also is a great way to get kids interested in horticulture. It's easy to get started gardening by planting a dish garden, container garden or a succulent garden."

A dish garden is a type of container garden, typically made with shallow dishes or bowls and with multiple plants in one container. The great thing about a dish garden is that different species of plants can be mixed and matched. However, Hillock said to make sure the plants have similar water and light requirements.

Hillock also said the dish must have enough room and proper growth medium to support the plants. In addition, keep drainage in mind.

"Don't use a layer of gravel in the bottom of the dish. This actually will hinder water movement away from the roots," he said. "The media used for a dish garden will vary, depending on the type of plants. Choose something that drains well, but holds adequate moisture. The soil also shouldn't be very fertile, as this encourages rapid growth."

The great thing about dish gardening is the plants used generally stay small or grow slowly. A popular plant group for dish gardening is succulents, for example. Succulents don't need as much depth as other plants because they can tolerate shallow rooting and longer dry spells. Don't make the mistake of planting a succulent with a plant that likes moist soil and high humidity.

Container gardening is another option for beginners, and it opens up even more possibilities than dish gardens.

"Some people may think container gardens are just for flowers or small shrubs, but you actually can grow a wide variety of edibles, including vegetables and herbs. Herbs or a tomato plant are great choices for novice gardeners," Hillock said. "Although container gardening includes many of the same elements as traditional gardening, it isn't nearly as

Business Committee Meeting
Minutes are now
accessible on the Website
sacandfoxnation-nsn.gov
and Facebook

### Why the 'nsn.gov' Designation?

From time to time, a question has been asked as to why the Sac and Fox Nation uses such a special exclusive (and longer) native sovereign nation dot gov Internet designation and name:

The "nsn dot gov" (nsn.gov) designation carries with it more significant levels of legitimacy, trust, and authority than a commercial, "dot com" domain name.

"NSN DOT GOV" confirms that it is an official government website that has been certified, verified, and recognized by the United States Government.

Of course, commercial sub-entities and public political subdivisions of tribal government may also use a commercial dot com designation for commercial-oriented purposes.

Truman Carter

time consuming, which makes it perfect for those just getting interested in gardening. Basically, once the flowers, herbs or vegetables are planted, all you have to do it keep it fertilized and watered."

Keep in mind that Oklahoma's summer heat quickly can dry out the potting soil in the containers, so be vigilant with proper watering. The extra time spent watering compensates for the lack of time spent weeding.

Another bonus of container gardening is not only does the plant being grown add something to the landscape, the container itself can add texture, color and whimsy. Hillock said to get creative when selecting the container.

"Think way beyond the basic flowerpot. Find something that reflects your interests and personality," he said. "If there's a pair of old rainboots taking up space in your house, take them outside, fill with soil and plant something in them. Have the kids outgrown that old toy dump truck or wagon? Fill them with plants. Repurpose an old galvanized tub into a planter. Gardeners are limited only by their imaginations."

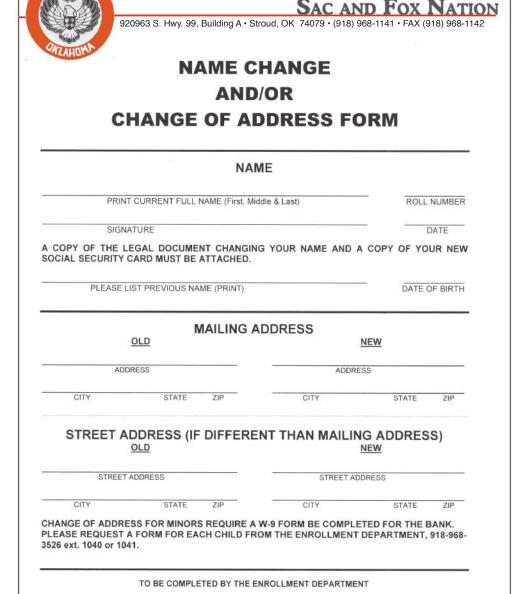
As with dish gardens, drainage is a key factor with container gardens. When potting soil becomes waterlogged, the plants often will experience root rot and die. Simply drill a few holes in the bottom of the container and the issue is resolved.

Visual interest is a big part of gardening and easily can be created with containers by planting a tall plant in the middle and filling in the space around it with smaller plants. Finish the look by choosing a few plants that will drape over the edges of the container.

Hillock said yet another advantage of container gardening is that the container is portable. The containers can be moved around the patio to create different looks. And, if relocation is in the future, the containers can make the move, as well.

"Young folks, or those with a few more years of life experience, who haven't gardened for one reason or another, really should consider a dish or container garden," Hillock said. "You just never know what you're capable of until you get a little dirt under your fingernails."







### **2020 Nutrition Services Schedule**

Date Electronic File Was Updated



Staff Initials

### **Cooking Classes**

Cooking demonstrations showcase low-carbohydrate and low-sodium budget friendly recipes. All classes are held in the Merle Boyd Center unless otherwise posted. Class times are 11-12pm and 12-1pm, both cover the same information.

January: Thursday, January 9<sup>th</sup>
February: Thursday, February 13<sup>th</sup>
March: Thursday, March 12<sup>th</sup>
April: Thursday, April 9<sup>th</sup>
May: Thursday, May 14<sup>th</sup>
June: Thursday, June 4<sup>th</sup>

July: Thursday, July 2<sup>nd</sup>
August: Thursday, August 13<sup>th</sup>
September: Thursday, September 10<sup>th</sup>
October: Thursday, October 8<sup>th</sup>
November: Thursday, November 12<sup>th</sup>
December: Thursday, December 10<sup>th</sup>

Date Sac and Fox News Was Notified

### **Grocery Store Tours**

Tours provide tips for successfully navigating the grocery store, reading and understanding nutrition labels, healthy shopping on a budget, and nutritious recipe ideas. Tours are available for individuals and small groups **by request only**.

### **Dietitian Appointments**

Receive personalized counseling from a nutrition expert! Learn ways to improve your diet in order to help with the following:

- Lowering blood sugar
- Lowering blood pressure
- Improving cholesterol/triglycerides
- Managing food allergies/IBSDecreasing inflammation/joint pain
- Increased energy levels
- Improved sleep
- Weight loss or gain
- Improved mental health
- Eating healthy on a budget

To RSVP for cooking classes, grocery store tours, or individual appointments, please email josh.nooner@ihs.gov or call 918-968-9531 x3042.



JOSH NOONER, MS, RD/LD

918-968-9531 X3042

## **RAP Assistance Application Forms Provided Here**



#### SAC AND FOX NATION RAP ASSISTANCE APPLICATION

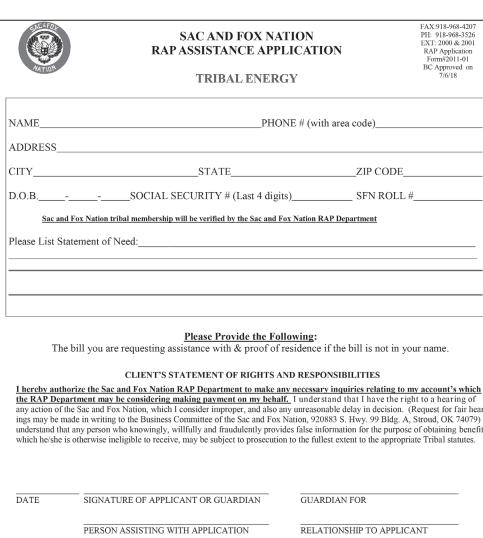
FAX:918-968-4207 PH: 918-968-3526 EXT: 2000 & 2001 RAP APP Form#2011-01 BC Approved on 7/6/18

**EMERGENCY APPLIANCE** 

NAME	PHO	ONE # (with area code)
	STATE	
D.O.B	SOCIAL SECURITY # (Last 4 dig	its) SFN ROLL #
	Sac and Fox Nation tribal membership will be verified by the	Sac and Fox Nation RAP Department
Please List S	tatement of Need:	
(3) Estimat	Please Provide the Feeters from Lowes Home Improvement with a manage stated.	
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	PERSON ASSISTING WITH APPLICATION	RELATIONSHIP TO APPLICANT
DATE	RAP SPECIALIST I	

MATION	RAP ASSISTANCE APP  DENTAL	LICATION	N	RAP APP Form#2011-01 BC Approved on 7/6/2018
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You must	receive an award letter <u>PRIOR</u> to receiving any H services prior to an award letter being issued, you			
	CLIENT'S STATEMENT OF RIGHTS A			
the RAP Depa any action of th hearings may be 74079) I under	orize the Sac and Fox Nation RAP Department to make a rtment may be considering making payment on my beha be Sac and Fox Nation, which I consider improper, and also e made in writing to the Business Committee of the Sac and estand that any person who knowingly, willfully and fraudule lits which he/she is otherwise ineligible to receive; may be so bal statutes.	alf. I under stan any unreasonabl Fox Nation, 920 ently provides fa	d that I have the rigingly de delay in decision. (20883 S. Hwy. 99 Bldgalse information for the	ht to a hearing of Request for fair g. A, Stroud, OK e purpose of
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SAC AND FOX NATION



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	PERSON ASSISTING WITH APPLICATION	RELATIONSHIP TO APPLICANT
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	Sac and Fox Nation tribal membership will be verified but tstatement of Need:	<del>-</del>
You must	**NOTE** receive an award letter PRIOR to receiving any F services prior to an award letter being issued, ye	Health services requested above. If you receive ou are responsible for the charges.
the RAP Department and action of the hearings may be 74079) I underst	CLIENT'S STATEMENT OF RIGHTS A rize the Sac and Fox Nation RAP Department to make a rtment may be considering making payment on my beha e Sac and Fox Nation, which I consider improper, and also a made in writing to the Business Committee of the Sac and stand that any person who knowingly, willfully and fraudul its which he/she is otherwise ineligible to receive; may be soal statutes.	any necessary inquiries relating to my account's which alf. I understand that I have the right to a hearing of any unreasonable delay in decision. (Request for fair I Fox Nation, 920883 S. Hwy. 99 Bldg. A, Stroud, OK ently provides false information for the purpose of
DATE	SIGNATURE OF APPLICANT OR GUARDIAN	GUARDIAN FOR



RELATIONSHIP TO APPLICANT

PERSON ASSISTING WITH APPLICATION

RAP SPECIALIST

DATE



Internet Safety Tips For Parents and Guardians:

# Dealing with Social Media In Today's Digital Age (Part 1)

by Lt. Raymond "Chip" Smith Sac and Fox Nation Police Dept.

We've all been there as parents, guardians, responsible adults, some of us as cops; our kids just won't put those darned phones down. "What are they doing on those things all day, and sometimes night?"

Some of us have had to pick up the pieces of your child's spirit and self esteem after a terrible bout of cyber-bullying. Some of us have seen those same children turn to drugs, other addictive behavior, or self-harm because of that same cyber-bullying.

It is also estimated that 85-90% of all Child Sex Trafficking is facilitated in one way or another over one of the various platforms of Social Media. For all the scary tales of the "Dark Web", there are ten Back Page or Craig's List style sites that operate out in the open for all eyes to see; You just need enough knowledge to know where to look.

That makes it even harder for those of us who are "Technologically Non-Gifted", such as myself. Today, we will start to learn about how to begin to be proactive when dealing with the younger gen-

eration and technology.

Step 1 is simple, yet, for most of us this will be the hardest part. Talk to your child about the apps, social media platforms and websites that they frequent on the web. Be honest and seek honesty from them. Explain to them that your concerned about Social Media content and, this will be the hardest part, LISTEN. Listen to their feedback, don't judge what they say. Put all of that info into your internal filter and filter out the important parts for you as a parent.

Ask the hard questions, even if it makes you, and them, uncomfortable. Figure out what Social Media platforms they use and add those apps to your phone. Add your children on those Media Apps and monitor their activity and posts. Some Apps, such as SnapChat, are designed for one-on-one contact; but you can still monitor the child's Story for disturbing/ irregular posts. If you only take one thing away from this first part of this series, please let it be this; begin the process of monitoring your teen's Social Media content. It only takes a few minutes and could save your child from some pain and suffering in the future and help build a stronger bond between the two of you for the future.

With Oklahoma's Promise, the Oklahoma Higher Learning Access Program, 8th, 9th, and 10th grade students whose family income is \$50,000 or less can earn FREE COLLEGE TUITION

Apply online at www.okpromise.org or Contact the Oklahoma State Regents for Higher Education by e-mail at okpromise@osrhe.edu or by phone at 1-8-858-1840 (225-9152 in OKC)

Get an application from your counselor