Absentee Shawnee Counseling Services, 1301 SE 59th St, OKC, OK - 2 blocks east of I-35

Celebrate with a Real Christmas Tree

Oklahoma is home to numerous Christmas tree farms where you can personally select and cut down your own tree.

There is nothing like the scent and beauty of a real Christmas tree to get your family in the spirit of the holiday, add to that the experience of cutting your very own fresh tree and you have a special holiday memory in the making. Oklahoma Forestry Services, a division of Oklahoma Department of Agriculture, Food and Forestry, encourages purchasing a fresh Oklahoma-grown tree this season.

"Real Christmas trees are easy to care for and environmentally friendly," says George Geissler, Oklahoma State Forester. "Many Oklahomans are going green this year as they visit one of the many Christmas tree farms across the state to choose and cut their trees this holiday season."

This year, when debating whether or not to purchase a real tree, consider these facts.

• Christmas trees can be recycled into mulch and used in landscaping and gardening or chipped and used for playground material, hiking trails, paths and walkways.

• For every real Christmas tree harvested, two to three seedlings are planted in its place.

• Oklahoma Christmas trees are grown by local farmers on Oklahoma land that you visit to pick out your own tree. Approximately 85 percent of artificial trees sold in the U.S. are imported from China, according to the National Christmas Tree Association.

• A typical Christmas tree from an Oklahoma grower absorbs more than one ton of CO_2 throughout its lifetime.

• There are about 150 acres in production for growing Christmas trees in Oklahoma. Each acre provides the daily oxygen requirements of 18 people.

• The top selling Oklahoma-grown Christmas trees are: Virginia pine and Scotch pine. Nationally top sellers are balsam fir, Douglas fir, Fraser fir, Noble fir, Scotch pine, Virginia pine and white pine.

Caring for a fresh-cut tree

Stand and Water—Make a fresh cut trimming an inch or so off the base and immediately place in a bucket of water or your perfectly sized tree stand. Make sure the stand is big enough to handle the trunk without whittling the base; the outer layers are important for water absorption.

Thirsty Trees

Fresh cut trees can drink up to a gallon of water per day. Levels should be checked frequently to keep water above the base of the trunk.

Keep it Cool

Place your tree away from fireplaces, heat vents and sunlight and keep room temperature cool. The lights you place on the tree are another source of heat so consider using miniature lights which put out less heat.

Electrical Overload

Overloaded power outlets and faulty wires are the most common cause of fires during the holidays. Take a little extra care to check your lights and wires before lighting up your tree.

Pinch Test

Wonder if your tree is still fresh? Just pinch a few needles and bend a branch. If it snaps easily or drops lots of needles it may be time to remove it from your house.

The 'Gift' That Keeps on Giving

Once your tree is removed from your house consider the many ways it can keep on giving: mulch for park trails, compost, improve fishing habitat in a lake or pond or as backyard habitat for birds by decorating it with peanut butter and bird seed pine cones.

For more information on where you can purchase an Oklahoma-grown Christmas tree visit www.forestry.ok.gov/christmas-trees or contact the Oklahoma Christmas Tree Association at www.ok-christmastrees.com.

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Painkiller Addiction: Targets Indians

Painkiller Addiction: A Community Response

Nowhere is the national epidemic of painkiller addiction greater than in Native America. Oklahoma leads the nation in that addiction and related deaths, and that prevalence is very high among Native Americans. While the Federal and State governments have taken effective measures to curb the illicit supply of these drugs, no plan addresses the SAMHSA's estimated 245,000 painkiller abusers in Oklahoma, many of whom are Indians.

Tribal communities need to step up to the plate to address this critical issue before "a foreseeable progression of life events begins for a massive number of people," remarks Dan Cross, Executive Director, Absentee Shawnee Counseling Services - OKC. "People will lose jobs, lose homes because they can't pay rent. Families break up and Child Welfare steps in. Crime becomes a necessary option for people who would have never done those things before. Health care utilization goes way up, as does the need for social services. .. Tribal communities need to plan a response - now."

This summer Absentee Shawnee Counseling Services hosted the first forum on painkiller addiction in the state. Fifteen tribes were represented as well as the Oklahoma City Area Inter-Tribal Epidemiology Center, the Oklahoma City Indian Clinic and other agencies. Oklahoma Department of Mental Health and Substance Abuse Services Commissioner Terri White, Opioid Treatment Authority Ray Caesar, and Cross, were speakers and a Tribal Community Response Guide was distributed. The concensus was that an effective response to this crisis must be channeled in the most effective manner to avoid the massive destruction of this tsunami of addiction. A copy of this guide can be obtained at ascs-okc.com.

Traditional treatment has proven to be only 6-10% effective, according to SAMHSA. It begins with inpatient detox, which often has a long waiting list and disrupts home life and employment. "Our tribal programs use a highly effective SAMHSA evidence-based best practices that are 70-75% effective and skip inpatient detox," notes Cross. "There is no wait and we don't disrupt your job or home life. We accept Medicaid but all CDIB card carrying Indians will be treated at our clinic without regard for ability to pay. If an Indian needs help, regardless if they can pay, we will treat them." Call ASCS in OKC at 405-672-3033 or Keetoowah Cherokee Treatment Services in Tulsa at 918-835-3017 or go to ascs-okc.com for more information.

Contacts:
Dan Cross, Executive Director, ASCS, danb.cross@gmail.com, 405-672-3033, C:918-260-1096

NOTICE

Tribal Offices Will Be Closed December 20, 2012

11:00 am to 1:00pm

In Observance of

Employee Christmas Luncheon

ATTENTION TRIBAL MEMBERS

A MEMBER OF THE TAX COMMISSION STAFF
WILL NOW BE AT
THE SHAWNEE MULTIPURPOSE CENTER
TWICE A MONTH.
THE TAX COMMISSION WILL BE THERE ON
THE FIRST (1st) AND FOURTH (4th) THURSDAYS DECEMBER ONLY.
WE WILL BE ABLE TO BETTER SERVE TRIBAL MEMBERS LIVING IN THE SHAWNEE AREA WITH MOTOR VEHICLE REGISTRATION AND ANY OTHER SERVICE THAT WE CAN ASSIST YOU WITH.

HELP WANTED!

SAC & FOX NATION EMPLOYMENT OPPORTUNITES

THE FOLLOWING IS A LIST OF JOB VACANCIES WITH THE SAC & FOX NATION:

Controller (Stroud)
Education Director
Licensing Investigator (Gaming)
Compliance Officer (Gaming)
Substance Abuse Counselor(Juvenile Detention Center/Stroud)
Resident Advisor (Juvenile Detention Center/Stroud)
Economic Development Director (Stroud)
Surveillance Observer (s) (Gaming)
Finance Manager (Finance/Stroud)
Accounting Clerk (Finance/Stroud)
Payroll Technician (Finance/Stroud)
Substance Abuse Counselor (Stroud)
Assistant Cook (Stroud)
Facility Administrator (Stroud - JDC)
Capitol Security Officer (Stroud)
Cook I (Juvenile Detention Center/Stroud)

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, 920883 S Hwy 99, Bldg. A Stroud, OK 74079 or by phone (918) 968-4837