



Shown from left at the recently completed Schlegel Road-Eseco Road project site located southeast of Cushing are: Bureau of Indian Affairs inspector Elwin Wheeler, Payne County District #1 Commissioner Zachary Cavett, Don Russell, engineer, and Sac and Fox Nation representatives Stella Nullake and Jackie Williams.

Sac and Fox Nation, County Continue Partnership

Payne County District #1 Commissioner Zachary Cavett and Sac and Fox tribal leaders recently gathered to view the completion of a 4-mile asphalt overlay road improvement project in District #1.

Improvements were made to two

miles of Schlegel Road beginning at state highway 33 and extending south to Eseco Road. From Schlegel Road, Eseco Road was improved east to Garden Grove Road.

The Sac and Fox Nation provided federal Indian Reservation Roads Program funding for the cooperative county-tribal project in the amount of \$700,000.00.

Payne County District #1 contributed \$337,000.00 which covered engineering costs for the original plans and adjustments, inspections, right-of-way acquisitions, utility relocations, bridge work, drainage and road bed preparation using county labor and equipment.

The latest project is among several road and bridge projects completed in Payne County in recent years under partnership between the Sac and Fox Nation and the Payne County Board of Commissioners.

Sac and Fox Nation Veterans Meeting
 May 14
 Elders Bldg
 Stroud 5 pm

3 STEPS TO HEALTHY EATING



You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

To print out *My Native Plate* placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on *Printable Materials, Nutrition*, then *My Native Plate*.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Oklahoma Tobacco Helpline

1 800

QUIT NOW

ATTENTION

TRIBAL MEMBERS

Sr. Man and Sr. Woman Nominations Due

June 3, 2013

I, _____, Roll # _____ hereby nominate the following Man: _____

He should be the Sac and Fox Nation Sr. Man because: _____

I, _____, Roll # _____ hereby nominate the following Woman: _____

He should be the Sac and Fox Nation Sr. Woman because: _____

2013 SAC AND FOX NATION PRIMARY ELECTION

REQUEST FOR ABSENTEE BALLOT

THE ELECTION BOARD MUST RECEIVE THIS FORM BY DEADLINE DATE OF **JUNE 27, 2013**

(FOR YOUR CONVENIENCE, THIS FORM MAY BE DUPLICATED)

NAME (Please Print): _____
 (First) (Middle) (Maiden) (Last)

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

ROLL #: _____ DATE OF BIRTH: _____

SIGNATURE: _____ DATE: _____

All requests must be returned by mail (only) to the address below

SAC AND FOX NATION ELECTION BOARD
 P.O. BOX 240
 STROUD, OKLAHOMA 74079

PLEASE fill out EACH BLANK completely and return by deadline date.

ELECTION BOARD USE ONLY
PRIMARY REQUEST

RECEIVED: _____ APPROVED: _____ MAILED BALLOT: _____

DISAPPROVED: _____ REASON: _____

ELECTION BOARD

Georgia Blanchard: _____ Chairman	Berdina George: _____ Vice-Chairman	Letha Carter: _____ Secretary	Carrie Spang: _____ Assistant Secretary
Robert Williamson: _____ Member	Mike Harris: _____ Member	Peggy Ellis: _____ Member	Wilson Harjo: _____ Member
Anita Mack: _____ Member	Debra Mitchell: _____ Member	Kyle Nullake: _____ Member	Karen Spaid: _____ Member

(Approved: 2010 SFNEB MINUTES-May 17, 2010 / Revised: March 8, 2011)