

Tick Time

By Gene Hoyt MD

Warm weather and increased outside activity greatly increases our risk of tick bites and exposure to significant and potentially fatal illnesses. While tick borne illnesses are most usually diagnosed during spring and summer, they can occur at anytime during the year. Tick related illness can mimic many other viral and bacterial illnesses and maybe less likely diagnosed in fall and winter seasons because of competing illnesses. History of outdoor activity in tall grass, hayfields, camping and hunting, wood cutting and even garden exposures may be very important to establishing a proper diagnosis.

In 2013, 368 cases were reported to the Oklahoma State Department of Health. The number seems low, not a real high risk you say, but remember there is no single quick diagnostic test for tick borne illness. Acute and convalescent blood tests reports may take weeks to obtain and be reported. Most tick related illnesses are treated presumptively. That is, if you have a history of tick bite or high risk of exposure because of outdoor activity and consistent symptoms you will be treated with antibiotics before any disease state develops. Your house pets, dogs, cats and friends and neighbors may unknowingly bring ticks into your home. Though indoor exposure is less likely than outdoors it can occur. Tick related illness may take up to 2 weeks to develop after a bite. Several distinct and different illnesses may develop from a single tick bite. Different types of ticks may be related to different bacterial illnesses which if treated early will respond to antibiotics. The newest tick illness to be defined in Oklahoma is the Heartland Virus. Viruses, like the common cold, and the new Heartland virus do not respond to antibiotics.

Lyme Disease is a tick borne illness commonly found in the Northeastern United States. Whether Lyme exists in Oklahoma is subject to question. The

causative bacteria B.Burgdorferi has never been culture proven in our State

If you are going outside, use a repellent. Many effective insect and tick repellents can be found at grocery, pharmacy and even convenience stores. If you get a tick bite TELL SOMEONE, it maybe come very important information 14 days later if you become sick. If a tick becomes embedded in your skin use tweezers not fingernail polish to remove it. Put the tick in a bottle with alcohol to preserve it should you become sick. Identifying the type tick can be very helpful in your diagnosis.

The Oklahoma State Department of Health provides the following tips:

- Wear light-colored clothing to make ticks easier to see.
- Wear long-sleeved shirts and long pants tucked into socks to deprive ticks of attachment sites.
- Wear closed toe shoes, not sandals.
- Hikers and bikers should stay in the middle of trails to avoid grass and brush.
- Check for ticks at least once per day, particularly along waistbands, hairline and back of neck, in the armpits and groin area. Remove attached ticks as soon as possible using tweezers or fingers covered with tissue.
- Use an insect repellent containing DEET on skin and clothing according to directions. (Insect repellents with permethrin should be used on clothing only according to directions.)
- Check with your veterinarian about tick control for your pets! Dogs and cats can get tick borne illness too, and they are a traveling tick parade, bring ticks into your home if not on a tick preventive regime.

For more information, visit <http://ads.health.ok.gov> and click on "Disease Information" then Tickborne and Mosquitoborne Diseases".

Gene Hoyt MD
Medical Director, Payne and Noble County Health Departments
Oklahoma State Department of Health



Ursula Hill
Sac & Fox • Newalla, OK

Dwight Whitebuffalo
Cheyenne & Arapaho
Watonga, OK

51st Annual Sac and Fox Nation 2014 Powwow Head Man and Woman Dancers

Notice From The Editor

Due to the printing schedule of the Sac and Fox News any event or public notice of meetings that is going to take place during the first week of the month needs to be *published in the previous months newspaper*. It is our aim at the Sac and Fox News to keep the Nation informed of every event possible.

Ken Johnson,
Editor Sac and Fox News

ATTENTION TRIBAL MEMBERS

A MEMBER OF THE TAX COMMISSION STAFF
WILL NOW BE AT
1st INDIAN BAPTIST CHURCH
CUSHING OKLAHOMA
1034 EAST WALNUT
ONCE A MONTH.

THE TAX COMMISSION WILL BE THERE
2nd THURSDAY OF EACH MONTH
WE WILL BE ABLE TO BETTER SERVE TRIBAL
MEMBERS LIVING IN THE CUSHING AREA WITH
MOTOR VEHICLE REGISTRATION AND ANY
OTHER SERVICE THAT WE CAN ASSIST YOU WITH.



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Biscuit & Gravy Sausage Boiled Egg Juice
4 Sauerkraut & Sausage Green Beans Bread Peaches	5 Goulash Corn Garlic Bread Pears	6 Fried Chicken Scalloped Pots Mixed Veggies Pineapple	7 Brown Beans Spinach Cornbread Mandarin Orange	8 Pork & Potatoes Zucchini Frybread Jello w/fruit
11 Hamburger Fresh Veggies Potato Wedges Fruit Cocktail	12 Sweet & Sour Chicken Eggroll Rice Tropical Fruit	13 Fish Coleslaw Corn on Cob Applesauce	14 Chicken Fried Steak Mashed Pots Carrots Peaches	15 Cereal Toast Bacon Boiled Egg Milk
18 Hot Dog Mac & Cheese Green Beans Pineapple	19 Meatloaf Mashed Pots Carrots Apple	20 Chicken Salad Green Salad Chips Fruit Cocktail	21 Chili Carrot Salad Cornbread Pears	22 Ham Potato Salad Green Salad Bread Tropical Fruit
25 Chicken Pot Pie Crackers Peaches	26 Grilled Cheese Tomato Soup Green Salad Cookie	27 Spaghetti Green Beans Garlic Bread Mandarin Orange	28 Salmon Patty Fries Carrots Hush Puppy Pears	29 Breakfast Burrito Hash Brown Orange Juice Applesauce

Sac and Fox Casino Snack Bar Menu

10:00 a.m. – 11:00 p.m.

Stroud 918-968-2540

DAILY SPECIALS MONDAY -FRIDAY

Hamburger	\$4.00	Grilled Chicken Sandwich	\$3.00
Cheeseburger	\$4.50	Crispy Chicken Sandwich	\$2.00
Bacon Cheeseburger	\$5.00	BLT	\$2.00
Taco Burger	\$2.00	Pretzel	\$2.00

Extras: bacon, chili, cheese, dressings .50 extra

Hot Dog	\$2.00	Nachos	\$3.00
Chili Cheese Dog	\$3.00	Loaded Nachos	\$4.50
Polish Dog	\$2.00	Frito Chili Pie	\$3.50
Hot Link	\$2.00	Crispy Taco	\$1.00
Corn Dog	\$2.00	Bowl-O-Chili	\$1.50

Tater Tots \$1.50 (takes 15 min)

Salads		Tornados 2 for	\$2.00
Green Salad	\$3.00	Sausage Egg and Cheese	
Grilled Chicken Salad	\$4.50	Southwestern Chicken Cheese	
Crispy Chicken Salad	\$4.00	Rancho Beef Steak Cheese	
Taco Salad	\$4.00	Pepperoni Cheese	
Side Salad	\$1.50		

Wrapsters 2 for	\$3.00	Grandma's Cookies	\$1.00
Buffalo Wing Chicken		Chocolate Chip	
Philly Cheese Steak		Chocolate Brownie	
		Peanut Butter	

Candy \$1.00

M & Ms Plain & Peanut • Kit Kat - Skittles • Milky Way • Twix • Snickers
• Reeses Peanut Butter Cups



August 2014

Sac and Fox Nation Food Distribution Program

STROUD WAREHOUSE (918) 968- 3030 1-800-256-3398
SHAWNEE OFFICE (405) 395-0063 1-886-622-2310

Mon	Tue	Wed	Thu	Fri
				1 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30
4 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	5 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	6 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	7 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	8 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30
11 SHAWNEE 8:30-2:30 WAREHOUSE	12 SHAWNEE 8:30-2:30 WAREHOUSE	13 SHAWNEE 8:30-2:30 WAREHOUSE	14 SHAWNEE 8:30-2:30 WAREHOUSE	15 SHAWNEE 8:30-2:30 LITTLEAXE 10:00-12:00
18 SHAWNEE 8:30-2:30 WAREHOUSE	19 SHAWNEE 8:30-2:30 WAREHOUSE	20 SHAWNEE 8:30-2:30 WAREHOUSE SHIPMENT	21 SHAWNEE 8:30-2:30 WAREHOUSE	22 SHAWNEE 8:30-2:30 PERKINS 10:00-1:00 WAREHOUSE 8:30-2:30
25 LATE NIGHT WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	26 LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	27 SHAWNEE 8:30-2:30 WAREHOUSE	28 CLOSED FOR INVENTORY	29 CLOSED FOR INVENTORY