

The Knights Auto Club 29th Annual Car Show

June 28, 2014
Boyscout Park
Shawnee, Oklahoma

For Information
Bud & Sherilyn 405-306-0160
Randy & Lisa 405-275-0241
Paul & Ruthanne 405-627-9468

ATTENTION TRIBAL MEMBERS

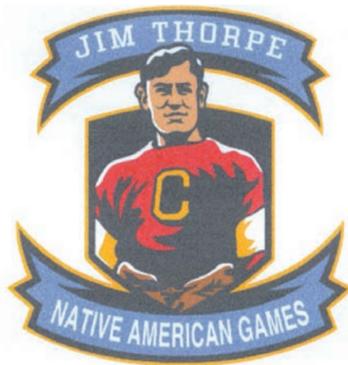
**A MEMBER OF THE TAX COMMISSION STAFF
WILL NOW BE AT
THE SHAWNEE MULTIPURPOSE CENTER
TWICE A MONTH.
THE TAX COMMISSION WILL BE THERE ON
THE FIRST (1ST) AND THIRD (3RD)
THURSDAYS OF EACH MONTH.
WE WILL BE ABLE TO BETTER SERVE TRIBAL
MEMBERS LIVING IN THE SHAWNEE AREA WITH
MOTOR VEHICLE REGISTRATION AND ANY
OTHER SERVICE THAT WE CAN ASSIST YOU WITH.**

earn **FREE** college tuition
it's Oklahoma's Promise

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

Jim Thorpe
Native American Games
Venue Locations
June 8-14, 2014



- OPENING CEREMONY – Firelake Arena (Sunday, June 8th)
- Stickball Exhibition – Firelake Pow Wow Grounds (Sunday, June 8th)
- Softball – Ballfields at Firelake (Monday – Tuesday, June 9-10th)
- Golf – Firelake Golf Course (Monday – Tuesday, June 9 -10th)
- Cross Country – Gordon Cooper Vo-Tech (Monday, June 9th)
- Wrestling – Shawnee High School (Monday, June 9th)
- Basketball – OBU & St. Gregory's (Tuesday – Thursday, June 10-12)
- Track & Field – OBU (Tuesday, June 10th)
- Beach Volleyball – OBU (Saturday, June 14th)
- Tennis – OBU (Friday & Saturday, June 13-14th)
- Martial Arts – OBU (Saturday, June 14th)
- All Star Football Game – OBU (Practices – Tues. – Thurs., June 10-12; Game – Fri., June 13th)
- Lacrosse Exhibition – OBU (Friday, June 13th)

Sac and Fox Nation Police Department Safety Tips from Tribal Police Chief, Bob Roberts



KEEPING OUR KIDS SAFE

Kids are going to fall, crash, slip and tumble. It's all part of being a kid, and we wouldn't want it any other way. But there are little things we can all do to ensure that kids avoid the more serious injuries that can lead to disabilities. It is the time of year that we all like to go to the lake so here are some tips on boating safety.

1-Always have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports. Make sure the life jacket fits snugly. Have the child make a "touchdown" signal by raising both arms straight up, if the life jacket hits the child's chin or ears, it may be too big or the straps may be too loose.

2-A large portion of boating accidents each year involve alcohol consumption by boat operators and passengers. To keep you and your loved ones safe, it is strongly recommended not to drink alcoholic beverages while boating. The same laws apply to operating a boat as the laws for driving your vehicle.

3-Infants and young kids are at a higher risk for hypothermia; so if you are taking a baby on a boat, just take a few extra precautions to keep your baby warm. If your children seem cold or are shiver-

ing, wrap them tightly in a dry blanket or towel.

4- Don't rely on swimming aids. Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device.

5-Explain some basic boat rules and have everyone follow them. Children need to understand and follow rules such as keeping their hands and feet inside the boat at all times and not running on a boat.

6-Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather. Teach children not to dive into open waters as you never know how deep the water is or what might be hidden under the surface.

7-Every child is different, so enroll your child in swimming lessons when you feel he or she is ready. Teach children how to tread water, float and stay by the shore.

Have a great summer, from the Sac and Fox Nation Tribal Police Department.

Food Distribution Program Updates

FDPIR Income Guidelines: New Deductions Expected to Boost Participation Nationwide

With our increased FY14 Net Monthly Income Standards, new income deduction rules were also approved in the CFR. Households that pay rent or utilities, regardless of amount, are now allowed a Standard \$300 Deduction of their Net Monthly Income that is measured against the USDA Net Monthly Income Standards. For elderly or disabled household members there is now a Medical Expense Deduction that can be claimed for all out of pocket medical expenses with no limit regarding the amount. Also there is a new Meal Deduction that can be claimed should a household member require the full time services of a home health worker.

For more information on these deductions or to see if you qualify please call (866) 622-2310 Shawnee Office or (800) 256-3398 Stroud Office.

Your Home for Aquatic Therapy in Green Country

Decreases joint pain | Reduces swelling in lower extremities | Improves circulation

DRUMRIGHT
115 E Broadway
918-352-3838



STROUD
323 West. Main St.
918-987-0608

Low impact recovery for high impact results.

www.greencountrypt.com — most insurance plans accepted — call today!

Sac and Fox Nation Food Distribution Program

CALL TODAY
TO SEE IF YOU
QUALIFY!!!

STROUD OFFICE
(800) 256-3398
SHAWNEE OFFICE
(866) 622-2310

If at least one member of your household is Native American, you reside within our service area, and you meet our income guidelines...
You May Qualify. Call Today!!!



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Administration, 1400 Independence Avenue, N.W., Washington, D.C. 20250-8110, or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-3339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

