

Sac and Fox Nation Police Department
From Sac and Fox Tribal Police Chief Bob Roberts



Safety Tips: Protect Yourself From Violent Crime

A list of tips for adults on staying safe

- Don't walk or jog early in the morning or late at night.
- When out at night, try to have a friend walk with you.
- Carry only the money you'll need on a particular day.
- Don't display your cash or any other inviting targets such as cell phone, handheld electronic games, or expensive jewelry and clothing. If you think someone is following you, switch directions. If they continued to follow you, in a vehicle drive to a Police Station, open store or restaurant or a lighted house, if on foot cross over across the street and go to a open business or establishment.
- Try to park in well-lighted areas with good visibility and close to walkways, stores, and people.
- Make sure you have your key out as you approach your door.
- Always lock your car, even if it's in your own driveway; never leave your motor running.
- Do everything you can to keep a stranger from getting into your car or to keep a stranger from forcing you into his or her car.
- If a dating partner has abused you, do not meet him or her alone. Do not let him or her in your home or car when you are alone.
- If you are a battered spouse, call the police or sheriff's department immediately. Assault is a crime, whether committed by a stranger or your spouse or any other family member. If you believe that you and your children are in danger, call a crisis hotline or a health center (the police can also make a referral) and leave immediately.
- If someone tries to rob you, give up your property-don't give up your life.
- If you are robbed or assaulted, report the crime to the police. Try to describe the attacker accurately. Your actions can help prevent someone eels from becoming a victim.

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

Native Employment Works (NEW)



Native Employment Works Funds Available Now

The Sac and Fox Nation Human Services Department is currently taking applications for Native Employment Works. NEW is a federally funded program that helps low-income households with expenses while attending school or if underemployed. We encourage you to apply at our office in Stroud or at the Shawnee Multi-Purpose Center. Please call us at the number on the bottom of this article, if you have any questions.

To qualify for NEW, you must be an enrolled member of the Sac and Fox Nation and reside within the Sac and Fox Nation jurisdictional boundaries.

The NEW program eligibility includes teen parents, unemployed parent(s) if attending school, underemployed parent(s), and other tribal members if they have one or more Sac and Fox children.

PLEASE BE PREPARED TO PROVIDE THE FOLLOWING:

- Tribal enrollment cards for all household members
- (Birth certificates for those without a tribal enrollment card)
- Driver's license if over 18 and not enrolled.
- Driver's license or photo ID for applicant.
- Social Security cards for all household members.
- School enrollment verification or employment verification.
- Proof of income – including paycheck stubs, Social Security or disability benefits, unemployment compensation, pension or retirement funds, etc. for all household members 18 years of age or older.

Other documents may be required based on your situation.

Sac and Fox Nation Human Services
920883 S. Hwy 99 Building A Stroud, Oklahoma 74079
Phone: 918-968-3526 • Extensions 2010 & 2011
Toll Free: 800-259-3970 • Fax: 918-968-0142

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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 ASSIT YOU WITH.

Water is a Gift...And needs Our Care

Office of Environmental Services**Water Quality Specialist-Dale Miller
We wouldn't take our hard earned money and burn it!!
So why do we let is leak down the drains...?
March 16-22, 2015
Environmental Protection Agency (EPA)-WaterSense Program
Fix a Leak Week

The Facts on Leaks:

- * The average household's leaks can account for more than 10,000 gallons of water wasted every year, or the amount of water needed to wash 270 loads of laundry.
- * Household leaks can waste more than 1 trillion gallons annually nationwide. That's equal to the annual household water use of more than 11 million homes.
- * Ten percent of homes have leaks that waste 90 gallons or more per day.
- * Common types of leaks found in the home include worn toilet flappers, dripping faucets, and other leaking valves. All are easily correctable.
- * Fixing easily corrected household water leaks can save homeowners about 10 percent on their water bills.
- * Keep your home leak-free by repairing dripping faucets, toilet flappers, and showerheads. In most cases, fixture replacement parts don't require a major investment.
- * Most common leaks can be eliminated after retrofitting a household with new WaterSense labeled fixtures and other high-efficiency appliances.

Leak Detection:

- * A good method to check for leaks is to examine your winter water usage. It's likely that a family of four has a serious leak problem if its winter water use exceeds 12,000 gallons per month.
- * Check your water meter (read from left to right) before and after a two-hour period when no water is being used. If the meter does not read exactly the same, you probably have a leak.
- * One way to find out if you have a toilet leak is to place a drop of food coloring in the toilet tank. If the color shows up in the bowl within 15 minutes without flushing, you have a leak. Make sure to flush immediately after this experiment to avoid staining the tank.
- Faucets and Showerheads:**
- * A leaky faucet that drips at the rate of one drip per second can waste more than 3,000 gallons per year. That's the amount of water needed to take more than 180 showers!
- * Leaky faucets can be fixed by checking faucet washers and gaskets for wear and replacing them if necessary. If you are replacing a faucet, look for the Wa-

terSense label.

* A showerhead leaking at 10 drips per minute wastes more than 500 gallons per year. That's the amount of water it takes to wash 60 loads of dishes in your dishwasher.

* Most leaky showerheads can be fixed by ensuring a tight connection using pipe tape and a wrench. If you are replacing a showerhead, look for one that has earned the WaterSense label.

Toilets:

* If your toilet is leaking, the cause is often an old, faulty toilet flapper. Over time, this inexpensive rubber part decays, or minerals build up on it. It's usually best to replace the whole rubber flapper—a relatively easy, inexpensive do-it-yourself project that pays for itself in no time.

* If you do need to replace the entire toilet, look for a WaterSense labeled model. If the average family replaces its older, inefficient toilets with new WaterSense labeled ones, it could save 13,000 gallons per year. Retrofitting the house could save the family nearly \$2,400 in water and wastewater bills over the lifetime of the toilets.

Outdoors:

* An irrigation system should be checked each spring before use to make sure it was not damaged by frost or freezing.

* An irrigation system that has a leak 1/32nd of an inch in diameter (about the thickness of a dime) can waste about 6,300 gallons of water per month.

* To ensure that your in-ground irrigation system is not leaking water, consult with a WaterSense irrigation partner who has passed a certification program focused on water efficiency; look for a WaterSense irrigation partner.

* Check your garden hose for leaks at its connection to the spigot. If it leaks while you run your hose, replace the nylon or rubber hose washer and ensure a tight connection to the spigot using pipe tape and a wrench.

You can truly help protect our water and resources by following these simple and helpful steps.

This information and much more can be found at: www.epa.gov/WaterSense or (866) WTR-SENS (987-7367) (toll-free WaterSense Helpline).



Sac & Fox Nation

Low-Income Home Energy Assistance Program (LIHEAP)

LIHEAP runs from Nov. 10 – April 15 for heating assistance and from June 11 – Sept. 11 for cooling assistance

Sac and Fox Nation Human Services Department 918-968-3526

The Sac and Fox Nation Human Services LIHEAP Program is a federally funded program that helps low-income households with their home energy bills. LIHEAP can help you stay warm in the winter and cool in the summer. By doing so, you can reduce the risk of health and safety problems (such as illness, fire or eviction). We encourage you to apply at our office in Stroud or at the Shawnee Multi-Purpose Center. Please call us at the number to the left if you have any questions. The program runs from Nov. 10 through April 15 for heating and from June 11 through Sept. 11 for cooling.

To qualify for LIHEAP, you must be an enrolled member of a federally recognized tribe and reside within the Sac and Fox Nation jurisdictional boundaries.

PLEASE BE PREPARED TO PROVIDE THE FOLLOWING:

CDIB cards for all household members (birth certificates for those without a CDIB)

Social Security cards for all household members.

Driver's license or photo I.D.

Current utility bill or cut-off notice.

Proof of income-including paycheck stubs, Social Security or disability benefits, unemployment compensation, pension or retirement funds, etc. for all household members 18 years of age or older. Other documents may be required based on your situation.

LIHEAP Clients
Please allow 7-14 working days for your application to be reviewed, verified and processed for payment.
If you have a cut-off notice we ask that you make payment arrangements.
Thank you.

Sac and Fox Nation
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Toll Free: 800-259-3970