

# Recycling: How BIG is your FOOT print?

Submitted by Andrew Anderson, Environmental Technician 918-968-0049

You can make 20 cans out of recycled material with the same amount of energy it takes to make one new one.

In a lifetime, the average American will throw away 600 times his or her adult weight in garbage. This means that each adult will leave 90,000 pounds of trash for his or her children.

The average American throws 3-5 pounds away daily. That is one billion pounds of waste each day in the U.S.

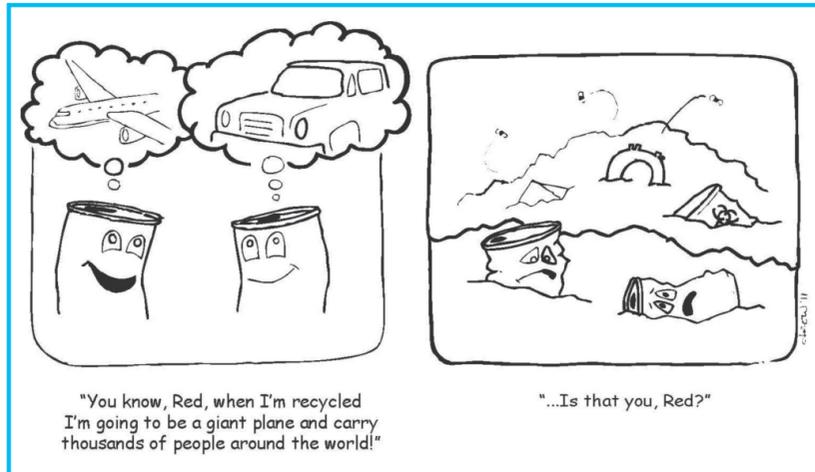
Americans make up 5% of the worlds' population and create 50% of the worlds'

garbage.

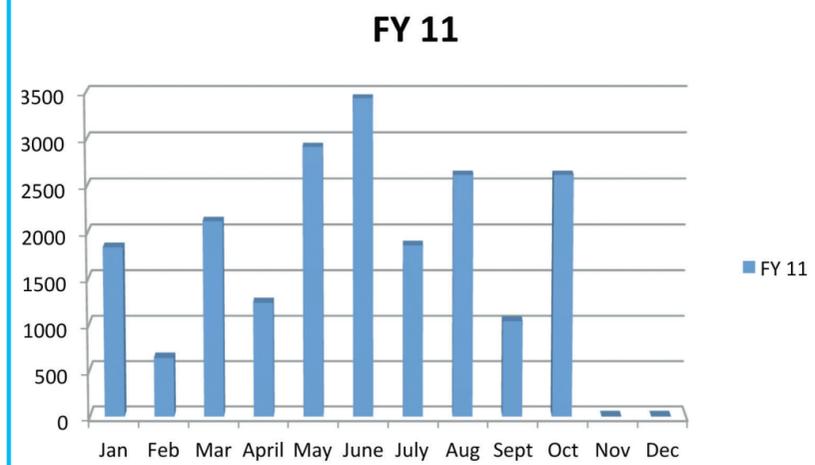
Americans throw away enough office and writing paper annually to build a wall twelve feet high stretching from Los Angeles to New York City.

Every Sunday in a major city, more than 500,000 trees are used to produce the Sunday newspaper.

We throw away enough iron and steel to continuously supply all the nation's automakers. Americans throw away enough aluminum every three months to rebuild our entire commercial air fleet.



## Don't Forget To Recycle



Total lbs. as of Oct. 19<sup>th</sup> 2011: 20340 lbs. That is 3613 lbs. more than what we collected for the whole year in 2010! Keep up the great work every one!



Russell Saunders, Maintenance, does some last minute touch-up on the new Sac and Fox Nation's swimming pool. (Staff Photo)

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## 1st Annual All Indian

# JOSH WILLIAMSON MEMORIAL

## Men's Basketball Tournament

Sponsored by the Sac & Fox Pow Wow Committee

1st place : Jackets

2nd place : Hoodies

3rd place : T-Shirts

**MVP & TOP GUN AWARDS**

# November 19, 2011

## STROUD 66 COLLISIUM

Stroud, Oklahoma

Graham Primeaux (405) 886-9451  
gprimeaux@shawnee.k12.ok.us  
Robert Williamson (918) 290-0554  
saukdaddy@yahoo.com  
Mason Williamson (918) 290-0625  
mason.williamson@sacandfoxnation-nsn.gov  
Shanarae Boyd (918) 968-3526  
shanarae.boyd@sacandfoxnation-nsn.gov

**\$150.00** entry fee  
(no refund)  
10 man roster  
Double elimination

# VETERANS DAY POWWOW

## SAC & FOX VETERANS

### ...: HONOR GUARD ::..

# Nov 11, 2011 (FRI)

(S&FN Community BLDG 5.5 miles South of Stroud on HWY 99)

**HEAD STAFF**

MASTER OF CEREMONIES: RUSSELL SAUNDERS  
HEAD SINGER: PONCHO WALKER  
HEAD GOURD DANCER: SAM SPANG

**GOURD DANCE PROGRAM**

1:00 PM GOURD DANCE  
5:00 PM SUPPER BREAK  
6:15 PM GOURD DANCE

ALL COVERED DANCE, NO SPECIALS PLEASE

DOOR PRIZES FOR VETERANS!!!

SAC & FOX NATION IS NOT RESPONSIBLE FOR ACCIDENTS OR THEFT

**November 2011**

**SAC AND FOX NATION**

**FOOD DISTRIBUTION PROGRAM**

STROUD WAREHOUSE (918) 968-3030    1-800-256-3398  
SHAWNEE OFFICE (405) 395-0063    1-866-622-2310

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	2 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	3 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	4 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	5
6	7 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	8 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	9 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	10 SHAWNEE 8:30-2:30 LITTLEAXE 10:00-12:00 WAREHOUSE 8:30-2:30	11 CLOSED FOR VET-ERAN'S DAY	12
13	14 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	15 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	16 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	17 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	18 SHAWNEE 8:30-2:30 PERKINS 10:00-2:00 WAREHOUSE 8:30-2:30	19
20	21 LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	22 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	23 SHAWNEE 8:30-10:30 WAREHOUSE 8:30-1030	24 CLOSED FOR HOLIDAY	25 CLOSED FOR HOLIDAY	26
27	28 LATE NIGHT SHAWNEE 8:30-6:00 WAREHOUSE 8:30-2:30	29 CLOSED FOR INVENTORY	30 CLOSED FOR INVENTORY			

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