



# THE ABSENTEE SHAWNEE NEWS

www.astribes.com

Volume 35, No. 06

June 2025

## AST 477 Class of 2025 Graduation Banquet

The Absentee Shawnee Tribe 477 Department held a graduation banquet for the 477 Class of 2025 graduates on May 3. The event, held at the AST Multi-Purpose Building, was for active 477 participants that graduated from high school, college or vocational schools.

The graduates and members of their family were treated to lunch, cake and the presentation of honor cords and certificates. 477 staff Stephanie Martinez and Melinda Ferrell presented the cords and AST Treasurer Joseph Blanchard present-

ed the certificates.

Tribal member Wes Wilson was the keynote speaker. He is a certified Question, Persuade & Refer (QPR) trainer and a Nationally Certified Life Coach. He currently serves as a manager at the Southern Plains Tribal Health Board, where his work centers on suicide prevention, prescription drug advocacy and mental wellness.

"Us being here today, our ceremonies, our way of life – this celebration, these are all answered prayers from our grand-

parents and great-grandparents." Wilson said, "You being here today and you being successful, those are answered prayers. You've chosen to use your breaths to better yourself, to better your life, to strengthen for our Shawnee people."

477's mission statement is just that – to strengthen and help one become self-sufficient. Each graduate completed the goals set forth in the 477 program and now has the tools for success.

Briana Ponkilla, 477 Executive Director told the grads to keep setting goals

and rely on the support system they have. "Follow the path that works best for you. We're proud of you. You should be proud of yourselves." Ponkilla said, "Celebrate your accomplishment. Celebrate this time in your life."

If you want more information about the 477 Program or to see if you are eligible to apply for services, check out their webpage at <https://www.astribes.com/477-program>, call them at (405) 878-4545 or email: [477program@astribes.com](mailto:477program@astribes.com).



Top Left Photo (L-R): Front row - Eva Grass, Stormy Little, AST Treasurer Joseph Blanchard, Erika Blanchard. Back row – Nolan Shawnee, Silas Wahpekeche, Kanynn Kaseca. Top Right Photo: Melinda Ferrell presents Stormy Little with her graduate cord. Bottom Left Photo: Keynote speaker tribal member Wes Wilson. Bottom Right Photo: 477 graduate Nolan Shawnee poses with his family.

## Absentee Shawnee Police Recognition Week

The Absentee Shawnee Tribe recently designated the second full week of May as Absentee Shawnee Police Recognition Week. A resolution was passed April 16, 2025 creating the proclamation.

National Police Week is recognized in May and the Absentee Shawnee Tribe wanted to honor and recognize the AST Police Department for their support of our tribal community, especially the tribal youth.

The resolution in part states, "the Absentee-Shawnee Tribal Police Department is a vital piece to the safety of our tribal people and to our Tribe's Sovereignty, therefore the Absentee Shawnee Tribe of Indians of Oklahoma would like to celebrate and thank them for their work and dedication."

The AST Education Department helped spearhead the resolution. Education Director Tresha Spoon said this special week came to be as a way to get the tribal kids to trust the police, "We are trying to change the view of tribal police in our community."

The Education Department held several events to honor the AST Police. They provided them with breakfast, organized a luncheon with the EC, held a community meet and greet at Brendle Corner with members of the police department and took the afterschool youth to tour the AST police building.

AST Tribal Youth Program Coordinator Blake Goodman acknowledged the police staff at the luncheon. "We want to celebrate you guys for all the hard work that you do. A lot of times you get a bad rap in the community because of things you have to deal with but we appreciate you very much."

Tribal police officers perform the same work as local or state police departments while they continue to uphold tribal sovereignty. They are sometimes the first responders on scene yet their hard work often goes without any acknowledgement. The Absentee Shawnee Tribe is proud to recognize our tribal police department for all their hard work in protecting our tribal people and tribal lands.



Photo (L-R): AST Secretary Misty McGirt, AST Lt. Governor Diane Ponkilla, AST Governor John Johnson, AST Treasurer Joseph Blanchard Back row L-R, Captain Steven Crisp, Police Specialist II Linda Day, Patrol Officer James "JP" Neely, Safety Officer John Lantz, SORNA Investigator Rickey Jones, Investigator Jason Reid, Emergency Manager Levi Walker, Patrol Officer Jamon Reid. Not pictured – Director of Public Safety Brad Gaylord, Captain Jason Brinker, Patrol Officer Josh Bledsoe, Patrol Officer Lisa Williams, Patrol Officer Anthony Hicks, Patrol Officer Trevor Palmer, Patrol Officer Jeremy Spradlin.





GOVERNOR  
John Johnson



Lt. GOVERNOR  
Diane Ponkilla



SECRETARY  
Misty McGirt



TREASURER  
Joseph Blanchard



REPRESENTATIVE  
Anthony Johnson



GOVERNOR’S REPORT  
John Johnson, AST Governor

Hello Tribal Members,  
Summer is here and school is officially out. Congratulations to all the 2025 graduating seniors, all the college graduates and even the little kindergarten graduates. You have all done an amazing job and I am proud of you and all your achievements. Keep up the hard work and continue to grow your future.  
I attended the second annual Treaty Day in OKC at the state capitol. It was a huge turnout; many tribes from around Oklahoma were in attendance. With the

tribes/nations facing the unknown right now, it is important for all the tribes to work together and to get familiar with the treaties that were put into place many years ago. We must rely on those treaties now and make sure they are not being compromised.  
I also attended the Tribal Municipal Symposium in Hochtatow Oklahoma. The Choctaw nation is collaborating with the city municipal on a safety plan regarding the issues of the McGirt case and outcome. They will reach out to surrounding cities and tribes on these issues. If this becomes more wide spread I will look into a safety plan for us as well.

The 94th Semi-Annual was a good turnout even with bad weather. It was good to see you all there. If you was unable to attend you may view the full video on the AST website at [astribes.com](http://astribes.com). I look forward to seeing you all again in October.  
Should you have any questions please reach out to my office or you may call my assistant at the information below.  
Thank You  
John Johnson - 405-275-4030 ext. 3500 [governor@astribes.com](mailto:governor@astribes.com)  
Alvina Barnes - 405-275-4030 ext. 3501 [alvinab@astribes.com](mailto:alvinab@astribes.com)  
Thank you

LT. GOVERNOR’S REPORT  
Diane Ponkilla, AST Lt. Governor

Hello Everyone,  
Sending my Condolences and many prayers to all who have recently lost a loved one. Congratulations to the graduates of 2025 remember you have accomplished a big step into adulthood continue to strive for higher be proud and love yourself.  
I would like to apologize to the ones who felt like I was having a Director’s meeting during General Council. I wanted to let the department director’s under my oversight introduce themselves and explain what assistance was available to the AST Members. I am always available to answer questions and direct you to the appropriate department within the AST.

On Tuesday, May 13th was wear blue day in honor of AST Police Department and on Wednesday, May 14th the education department honored the Police Department with a luncheon. Thursday, May 15th and 16th I and Secretary McGirt assisted the Agriculture Department with starter vegetable plant distribution. There were a total of 201 starter plants distributed.  
I have not traveled any this month and attended a few meetings which were located at the AST complex. The Tribe is still monitoring the changes occurring with the US Stateswww Government and the affect it may have on the Tribes. Stay weather safe and check on elders and family members during these unpredictable times.  
Blessings to All



SECRETARY’S REPORT  
Misty McGirt, AST Secretary

Greetings Tribal Members,  
I hope everyone has been staying healthy and doing well. My apologies for my newsletter absence for last month it’s been a very busy time. We had General Council April 26 we had 107 tribal members attend it is always a pleasure to see everyone. My office had a coloring contest for the adults who attended General Council Ne yi wa to all who participated they were all beautiful. Our Agriculture Department had a Plant distribution

May 15-16. Our staff did really well with growing all the starter plants in the green houses we have and to help the community to get started in gardening. We had 201 participants that came by and picked up starter plants. We hope to see pictures of everyone’s gardens and look forward to seeing everyone at upcoming events we will be having be looking for information on the tribal website and Facebook page or if you have any questions feel free to contact us. The month of May was MMIP awareness month. I attended a remembrance walk held at the CPN’s May 19th. It was disheartening for governor Stitt’s recent vetoed of a bill that would

have helped fund and investigative unit to help solve cases that surround Missing Murdered Indigenous People. In 2015 he signed Ida’s law. His judgement has not been good for our Native American tribes in Oklahoma. The other Executive members and I are keeping up the news on the things Trump and Stitt are doing daily and working with other organizations and tribes to get through this.  
That is all I have to report at this time if you have any questions please call my office 405-275-4030 EX. 3505.  
Ne yi wa!  
Secretary McGirt

TREASURER’S REPORT  
Joseph Blanchard, AST Treasurer

Hello fellow AST Tribal Members, Family, and Friends:  
I’m not sure about you but this year is blazing by. School is out, kids have started their summer programs or sports, and folks are planning trips to the Zoo, lake, or out of state. Before I get too far into my report this month, let me be one of the first to extend “Congratulations!” to the Class of 2025. I know it was mentioned last month but in the last few weeks, I received word from several parents about their child’s success.  
This year’s group of graduates, that I am aware of, has the most student-athletes in our Tribes history. At last count, we have 6 young women who have signed “Letters of Intent” to continue their education and athletic careers at the college or university level. The thing that impresses me most about this group is their diversity, which isn’t just the traditional sports. Of course there is basketball but we also have the new sports golf, track and wrestling. At the 477 Graduation Ceremonies, I teased the families in attendance, “Y’all better tell your sons, nephews, and grandsons to get on the ball because the girls are kicking their butt.”

It should appear in this edition along with the QR code and link to sign up. Submissions will be received until the end of June and the information will be compiled then shared with the Executive Committee, ASEDA Board, and our membership. This data is highly important as we will utilize some of the information to direct and improve the Long-term Strategic Plan for the Tribe, gather input from members for future improvements, and create new dialogue for the direction the Tribe should be headed.  
Also, this past month, the Tax Commission voted to approve changes and updates to the license plate. However, they are asking members for their input on the selection of a new design. Once those results come back, they will submit resolutions for the EC to approve formally. As mentioned previously, we understand there may be some who don’t want to change so that has been incorporated into the thought process. At your earliest convenience, please submit your selection to let your voice be heard.  
In my latest meeting with Finance, we talked about the upcoming Mid-Year Budget Reviews, where we’re at in the annual Audit process, and the submission of our Indirect Cost (IDC) Proposal for Year 2026. This past year, we were able to submit the proposal early to get in the Que and negotiate the percentages prior to the end of December. This was the first time

I am aware that our Tribe had the rate in hand prior to the beginning of the Calendar year on January 1.  
As some will remember, the Budget Mid-Year Review was implemented in 2021 when I discovered that many of our Grants and other funding sources were not spending accordingly, then submitting an overabundance of Purchase Orders and Requests at the last minute in the Fall of 2020. We began this as a protective measure for all Programs to coordinate monthly expenses by creating a dashboard that shows the Administrator and direct EC Oversight how much remains in their budget reports they receive monthly. Honestly, it was a way for them to reconcile their own data with their submissions to confirm numbers matched and they could track their purchases.  
In conclusion, I want to say “Happy Father’s Day!” to all the Dads, Step-dads, Uncles, and Grandpas. The importance of your role as a mentor, advisor, and protector are highly important to the success of our families and children. Make sure your loved ones take you out for lunch or dinner. That is all I have for now and I look forward to the conversations and visits. Should you have any questions, do not hesitate to call my office or set up a meeting to speak with me directly.  
Neyiwa!  
Joseph H. Blanchard

REPRESENTATIVE’S REPORT  
Anthony Johnson, AST Representative

Hello Tribal Members,  
I hope everyone is well. May was a busy month for my office. We supported the tribe with our Cultural Preservation staff at tribal consultation events in Oklahoma City last month, celebrated “AST Police

Week” which was hosted by the Education department, and my office attended the May Town Hall event at the Little Axe Health Center that was hosted by our Health System staff. Thank you to all of our tribal, health system and casino employees, for all the hard work each of you do. June will continue to be a busy month as my office prepares to welcome a youth worker from the 477 Summer Youth Em-

ployment Program. Should you have any questions or need any assistance, please contact my office by phone or email.  
Phone: (405) 531-3512  
Email: [adjohnson@astribes.com](mailto:adjohnson@astribes.com)  
Sincerely,  
Anthony “Tadpole” Johnson  
Tribal Representative







Education Department: Tribal Youth Programs

Camp Nikoti Afterschool program youth are finishing the year strong. We are averaging 12-15 students each day to close the year. They have been working hard to get through testing and studying hard to prepare for it. They have also been playing games and enjoying their time playing outside.

We attended two different schools Indian club meetings over the past month. We went to Little Axe High Schools Indian Club meeting and brought snack and drinks to celebrate their seniors. We also went to Tecumseh's Indian club meeting and brought them snacks and drinks as well to celebrate their seniors. The Step grant bought each schools seniors a cake to celebrate them. We also attended the Little Axe Schools Tribal Consultation and their Indian Education Parent Committee meeting.

The Little Axe Soccer program has been slowed by rain this year. We had a strong turnout of 70 plus kids sign up to play which is up from last year. We have only been able to play 4 games so far this season, but hope to get at least three more games in to close the year. The season will finish up on May 31st.

The public safety club meetings over the past two months have gone really good. We had a guy that worked with the BIA Fire prevention program come out and speak with the youth about what he does. He shared with the youth all the different experiences he had gone through and all the different things that his job entails. He also allowed the kids to see his equipment and different tools that they use. The youth got to use one of the sprayers they use to help contain fires in small areas.

We also did a community meet and greet with our Police Department as part of our safety club and Police Recognition week. We worked as a department to get a resolution passed to celebrate and recognize our AST Police department for all the work that they do. We got our Police Recognition week resolution passed to coincide with National Police Week, which was May 11th through May 17th. Our department worked to schedule events for each day of the week:

- Monday of that week we provided the PD with breakfast from Chick-Fila,
- Tuesday we did a wear Blue Day for the entire tribe to honor and celebrate our PD.
- Wednesday we organized a luncheon for the AST PD and Executive Committee. Our afterschool youth worked Tuesday afternoon to help make cookies, brownies, and a cake for the PD as well as helped Tresha, the Education Director, to make potato salad for the luncheon. The HR department provided gifts for each officer.
- Thursday we did the community meet and greet at Brendle Corner with Officer Jones and Officer Neely as part of the Public Safety Club Meeting for the month.
- Friday we took our afterschool youth to tour the AST PD building and our afterschool youth worked hard the entire week to make the AST PD pictures and crafts to show their appreciation for them and gave them to the PD.

Lastly we took our afterschool youth bowling on a Friday afternoon for all the hard work they put in during Police Recognition Week. We are super proud of them for the hard work, love, and appreciation they showed toward our AST PD. Thank you to everyone that helped support us and our AST PD during Police Recognition Week.



NOTICE

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

Please give us a call at (405) 598-1279 or send an email to media@atribe.com

All articles for the next month's issue are **DUE** by the **15th of the current month.**

Unfortunately we can only accept **ONE PICTURE PER BIRTHDAY PERSON**, not per birthday wish.





Absentee Shawnee Tribe of Oklahoma

**Building Blocks C.D.C.**

2025 S. Gordon Cooper Dr.

Shawnee, Ok. 74801

(405)878-0633 FAX(405)878-0156



**BUILDING BLOCKS**

CHILD DEVELOPMENT CENTER

AN ABSENTEE SHAWNEE ENTERPRISE

Building Blocks had an amazing May. ‘Muffins for Mom’s’ was a huge success. Thanks to all who came and celebrated our Marvelous Moms!

Friday, June 13<sup>th</sup> @ 3:00p.m. Building Blocks will have ‘Donuts with Dads’ in celebration of our Fantastic Fathers!

Sunday, June 15<sup>th</sup> is Father’s Day.





Building Blocks will be closed Thursday, June 19<sup>th</sup> in observance of Juneteenth.

Summer is officially here; Friday, June 20<sup>th</sup>. Remember to drink lots of water and wear sunscreen when doing outside activities. Enjoy the summer sunshine.

We are currently hiring staff, if you are interested in applying visit <https://www.astribecom/employment> for applications and to see what positions are available.

Building Blocks is accepting waiting list applications for all of our ages; 6 weeks through Pre-K/4 Year Olds. If you are interested in getting your child on our waiting list please call and we can email you a waiting list application or you may stop by to fill one out.

Have a Great June!

# Building Blocks Newsletter

June 2025

### What We Are Learning

This month our infant class is learning about different types of ecosystems. Our toddler class, along with the two – four year old classes will be learning about all things summer and taking a closer look at the ocean.

### News Around the Center

We have officially submitted for our National Early Childhood Accreditation!

We appreciate everyone that was able to come join us for our Mother’s Day event. All of the children had a blast making memories with their moms!

### Reminders

- June 4<sup>th</sup> & 5<sup>th</sup> – Zoo Field Trip
- June 13<sup>th</sup> – Dads rock father’s day event
- June 18<sup>th</sup> & 20<sup>th</sup> – Librarian visit, which will include STEM activities and story time.
- CLOSED – June 19<sup>th</sup> for Juneteenth

### Contact Info

Building Blocks III C.D.C.  
16051 Little Axe Drive  
Norman, Ok 73026  
405-360-2710  
BB3Admin@astribecom





## SKIP THE SUMMERTIME BLUES WITH THE RIGHT BANK

Summertime. It’s the perfect time to kick back and relax... that is, if you’re banking with the right bank.

Is your current bank everything you want it to be?

If not, you may want to take a look at AllNations Bank.

Here your transactions, both in branch and online, are quicker and easier than ever; whether you’re opening a checking, savings, or Christmas Club, looking at investments such as CDs, or applying for a home mortgage or vehicle loan.

If you’d like to learn more about the peace of mind that comes from banking with the right bank, visit our website at [www.anbok.bank](http://www.anbok.bank), call us at (405) 273-0202 or visit your local branch.



All Nations Bank

Member FDIC

2023 Gordon Cooper Dr.

Shawnee, OK 74801

(405) 273-0202

[www.anbok.bank](http://www.anbok.bank)

# AST ECONOMIC DEVELOPMENT SURVEY

SCAN ME



SCAN ME

SCAN ME



A B S E N T E E S H A W N E E

HOUSING AUTHORITY

107 N. KIMBERLY AVE. SHAWNEE, OK 74801    PHONE: (405) 273-1050 FAX: (405) 275-0678    WWW.ASHOUSINGAUTHORITY.COM

### About Us

Our duty and mission are to provide quality and affordable housing to Low Income Indian Families in our communities. Our entity establishes goals for the program annually that serve the housing needs of the Indian people.



OFFICE HOURS: MONDAY- FRIDAY  
8:00 AM - 4:30 PM

 Find us on Facebook

 Instagram



### 2025 Programs

- Low Rent
- Lease to Own
- Safe Shelter
- College Housing Rental Assistance
- Tiny Home Lease Purchase
- Over-Income Lease to Own
- Market Rate Rental
- Home Rehab Assistance Enrolled AST Only
- Down Payment Assistance Enrolled AST Only
- Homeless Prevention Assistance



SCAN QR CODE TO VISIT OUR WEBSITE FOR MORE SERVICES

PROGRAMS ARE DEPENDENT ON FINDING AVAILABILITY

### Comment Card

Absentee Shawnee Housing Authority strives to provide you with the best possible service, so please share any great experiences you encountered with our program, or if this has not been the case and we did not handle something to your satisfaction, let us know.



SCAN QR CODE TO SHARE YOUR COMMENTS

ALL PERSONAL INFORMATION WILL BE KEPT CONFIDENTIAL



Adult Services

Need Job Training?

Need help with reinstatement fees?

Need Behavioral Health Services?

Unemployed or Underemployed?

Need education assistance?

Homeless?

Need small business assistance?

Need Childcare?

Need assistance with clothes for new job?

Help with GED/HS Diploma?

AST 477

NOT INCOME BASED  
OPEN TO ALL NATIVE AMERICANS

QUESTIONS? 421 N. Beard St. Shawnee, OK 74801  
CONTACT US! (405) 878-4545 | 477program@astribe.com  
ONLINE APP: https://www.astribe.com/477-program

Scan for Application!

AST 477 PROGRAM

SHAWNEE, OKLAHOMA

477

The 477 Program is designed to provide resources and support to help individuals and families become economically self-sufficient while reducing the need for short-term social service intervention.

\*Must reside in Cleveland, McClain, Oklahoma or Pottawatomie Counties

\*Tribal ID Required

Youth Services

Child need school supplies? (JOM)

Extracurricular Expenses

Tutoring

Assistance with Drivers Ed?

Need education assistance?

Tuition Assistance

Need help finding a job?

Graduation Expenses

Help with GED/HS Diploma?

Need assistance for clothes with new job?

AST 477

NOT INCOME BASED  
OPEN TO ALL NATIVE AMERICANS

QUESTIONS? 214 N. Oklahoma St. Shawnee, OK 74801  
CONTACT US! (405) 878-4545 | 477program@astribe.com  
ONLINE APP: https://www.astribe.com/477-program

Scan for Application!

AST 477 PROGRAM

SHAWNEE, OKLAHOMA

477

The 477 Program is designed to provide resources and support to help individuals and families become economically self-sufficient while reducing the need for short-term social service intervention.

\*Must reside in Cleveland, McClain, Oklahoma or Pottawatomie Counties

\*Tribal ID Required

AST 477

Semester Completion Incentive Program

MUST BE AN ACTIVE 477 PROGRAM PARTICIPANT TO RECEIVE INCENTIVE

The AST 477 Semester Completion Incentive Program is designed to encourage and celebrate student success by providing a Gift Card for students who maintain a grade point average (GPA) of 2.0 and above.

Deadline to submit for each term are as follows:  
Spring Semester: 5pm on June 30<sup>th</sup>, 2025  
\*REPORT CARDS WILL NOT BE ACCEPTED AFTER DEADLINE

Eligibility:  
Students Pre-K through 5<sup>th</sup> Grade will receive a \$50.00 gift card.  
6<sup>th</sup>-12<sup>th</sup> Grade will receive a gift card based on Grade Point Average (GPA)

Process:  
When a report card is received, 477 Youth Case Manager reviews the report card to determine if it is complete and if the student is eligible for the award. The amount for students in grades 6<sup>th</sup>-12<sup>th</sup> will depend on the GPA level. The incentive award will be disbursed directly to the eligible student in person or by mail. Gift cards will be ordered in July. Each participant will be called once gifts cards come in. Report cards should be legible with School, Student Info and student grades. Screen shots or photos taken of the computer screen will NOT be accepted.


Choice of Gift Card:  
Amazon, Walmart or Best Buy  
Break Down:  
3.5-above= \$75.00  
3.0-3.4=\$50.00  
2.5-2.9=\$25.00  
2.0-2.4 =\$15.00

Email Grades:  
477program@astribe.com

AST 477

Participant

Success Story



Caelynn Blanchard

AST Tribal Member

I applied to the 477 Youth Program, which helped me secure a summer position in procurement. After the summer, 477 guided me to the Afterschool Program, where I was hired full-time to work with children. Upon graduating from high school, I considered attending college but decided to take a year off to determine my path. During that time, I consulted with my coworkers and my 477 case manager, who assisted me in enrolling in college. I have now completed my first year and thoroughly enjoyed the experience. The 477 Program has been instrumental in my journey, providing invaluable support and motivation toward my success.

FOSTERING HOPE FOR TRIBAL YOUTH

Just released: Our podcast, Among the Shawnee is now available to watch on YouTube. This inaugural video features the AST ICW team sharing their heartfelt stories and the urgent need for foster homes for our tribal kids. Tune into our first video podcast to learn more. Subscribe to our channel, Absentee Shawnee Tribe to watch. Podcast is also still available on Apple, Spotify, SoundCloud and the Absentee Shawnee Tribe website.

LEGAL NOTICE

LEGAL NOTICE

FILED in the Office of the Court Clerk  
APR 14 2025  
Absentee Shawnee Tribal Court Court Clerk

IN THE TRIAL COURT OF  
THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA  
SHAWNEE, OKLAHOMA 74801

In The Matter of the Adoption of: )  
Tristan Smith )  
DOB: ) Case No. JFA-2025 -02  
Minor Child. )

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

Devin Leitka being duly sworn upon oath states:  
That he is the petitioner in the above named case, and that on the 14 day of April, 2025, a Petition was filed in the District Court of the Absentee Shawnee Tribe of Oklahoma, requesting adoption over the above named minor child.  
With and after the exercise of due diligence, the petitioner states that she is unable to make personal service upon the natural father, within the jurisdiction of the Absentee Shawnee Tribe, and that petitioner wishes to obtain service upon the natural mother of said minor child by publication as provided by law. (AST CODE OF LAWS, Section 205 and Section 209)

Da A

PETITIONER

Subscribed and sworn to before me this 14 day of April, 2025.

Ashley Hudson

NOTARY PUBLIC

My Commission Expires: June 23, 2028

ASHLEY HUDSON

NOTARY PUBLIC

STATE OF OKLAHOMA

FILED in the Office of the Court Clerk  
MAY 14 2025  
Absentee Shawnee Tribal Court Court Clerk

IN THE TRIAL COURT OF  
THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA  
SHAWNEE, OKLAHOMA 74801

In the matter of )  
A.O.A ) Case No. CIV-2025-05  
)  
)  
)  
)

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

THE ABSENTEE SHAWNEE TRIBE OF INDIANS )  
SHAWNEE, OKLAHOMA ) §.  
Alecia Onzawahw-Atwara  
being duly sworn upon oath states:  
That she/he is the Plaintiff Alecia Onzawahw-Atwara above-named, and that on the 14 day of May, 2025, said Plaintiff filed in this Court a Petition for a name change; and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and that with and after the exercise of due diligence, said Plaintiff is giving publication that, Alecia Onzawahw-Atwara, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Alecia Onzawahw-Atwara

PLAINTIFF

Subscribed and sworn to before me this 14 day of May, 2025.

Ashley Hudson

NOTARY PUBLIC

My Commission Expires: June 23, 2028

ASHLEY HUDSON

NOTARY PUBLIC

STATE OF OKLAHOMA





Happy heavenly birthday  
momma! You should be here  
but you're not. I know you are  
watching over us. Thank you for  
being the best mother ever.  
Love always, Sherrie, Joplin,  
Jiliyan & Justin




Congratulations to 4A State  
Shot Put Champion Kiara  
Stallin. She had an undefeated  
season, conference champion,  
regional champion and now  
state champion 2025.

Congratulations!



Joseph Crossley, 79, of Shawnee, Oklahoma passed away Tuesday, May 6, 2025.  
He is a member of the Absentee Shawnee Tribe of Oklahoma.  
Joseph was born in Wichita, KS on November 11, 1945 and graduated from Rose Hill High School in 1963.  
In January 1963 he joined the Navy, received an Honorable discharge then in August 1966 went on to attend college at Wichita State University earning his Bachelor of Science in Industrial Engineering in 1973 and his Master of Business Administration in 1975. Shortly after he completed his degrees he started a family and moved to Texas. In Texas he worked for Texas Instruments. He was able to retire from T.I. at an early age and moved to Shawnee, OK.  
He was preceded in death by - his parents, Basil and Eleanor Crossley of Bethel Acres, OK; His sister-in-law Tessie Crossley, sister Ruth Harder and brother Orin Crossley.  
He is survived in passing by his brother Burton Crossley of Elmo, Tx and his sister Rachel Crossley of Choctaw, OK – along with his four children, Son, Jesse Crossley & wife Narda Crossley and their children Ricardo and Lennox Daughter Caroline Crossley & Bryan Suhy and their children Caelin, Brody, and Eleanor Daughter Cathleen Crossley & husband Mason Riley and their children Wren and Jean-Michel Son John Crossley & Megan Kinney; and other extended family members and friends.  
Joseph was a son, a brother, a cousin, a nephew, an uncle, a father and a grandfather. He will be missed.



United States Department of the Interior  
BUREAU OF INDIAN AFFAIRS  
SOUTHERN PLAINS REGIONAL OFFICE  
P.O. BOX 368  
ANADARKO, OKLAHOMA 73005

NOTICE OF AVAILABILITY  
OF  
AN ENVIRONMENTAL ASSESSMENT AND FINDING OF NO SIGNIFICANT IMPACTS  
FOR  
THE PROPOSED RIGHT-OF-WAY ROAD EXPANSION ON ABSENTEE SHAWNEE  
TRIBE OF OKLAHOMA TRACT 820-201-H, POTAWATOMIE COUNTY, OKLAHOMA

The Bureau of Indian Affairs (BIA) Southern Plains Regional Office announces the availability of and invites public comments on the Environmental Assessment (EA) & Finding of No Significant Impact (FONSI) for a proposed right-of-way (ROW) road expansion on Absentee Shawnee Tribal Trust property 820-201-H. The site for the proposed ROW road expansion is located approximately 3.6 miles (straight-line distance) northeast of the town center of Tecumseh, Oklahoma. The purpose of the proposed action will be to create access from the 2.50-acre 820-201-H allotment to a 40-acre Absentee Shawnee Trust Tract (820-201-C) to serve Absentee Shawnee Tribal Members. The proposed project will consist of extending an existing gravel road section 330ft east-west and 30ft north-south to reach the 820-201-C tract.

Based on the EA dated February 2024, which analyzes the potential impacts of the proposed action, it has been determined that the proposed action will not have a significant impact on the quality of the human environment, therefore, an Environmental Impact Statement is not required and a FONSI has been signed by the Regional Director, Bureau of Indian Affairs, Southern Plains Regional Office.

The EA and FONSI are available for review at the BIA Southern Plains Regional Office in Anadarko, Oklahoma. Arrangements to review the EA and FONSI should be made with Michael Hardsaw prior to your visit. Mr. Hardsaw can be reached at 405-933-3678 or via email at [michael.hardsaw@bia.gov](mailto:michael.hardsaw@bia.gov).

The FONSI is a finding on environmental effects, not a decision to proceed, therefore it cannot be appealed. 25 CFR 2.7 requires a 30-day appeal period after the decision to proceed with the action is made before the action may be implemented. Appeal information will be made publically available when the decision to proceed is made. **THIS IS NOT A SOLICITATION FOR BID ON CONSTRUCTION.**

Written comments and/or questions related to the EA and FONSI should be directed to:

Bureau of Indian Affairs, Southern Plains Regional Office  
Attn: Michael Hardsaw, Interim Regional Environmental Scientist  
P.O. Box 368  
Anadarko, OK 73005

PUBLIC HEALTH DEPARTMENT PRESENTS

# Elders Thursday's Fun Day!

JUNE 12th | 11 AM - 1 PM  
Little AKE Resource Center

JUNE 26th | 11 AM - 1 PM  
AST COMPLEX, Building #9

Please come and join the Public Health Department for fun games and crafts with health education topics.

For more information contact:  
Sianna Morgheim 405.447.0300 or [smorgheim@atribe.com](mailto:smorgheim@atribe.com)

JUNE 7  
Saturday

12:00PM  
2:30PM

Thunderbird Casino - Warrior Room  
15700 E STATE HWY 9 • NORMAN, OK

# CELEBRATE Community PROTECTIVE FACTORS

Native Children's Regalia  
Exhibition

MUSIC • FOOD • RESOURCES  
FREE ENTRY • ALL WELCOME

Hosted by: The Absentee Shawnee Tribe's  
Tribal Opioid Response, ICW, Ensuring Hope

INFO: [TOR@atribe.com](mailto:TOR@atribe.com)  
or [ICW@atribe.com](mailto:ICW@atribe.com)



# 4th Annual Starter Plant Distribution



The Absentee Shawnee Tribe will be closed  
Thursday, June 19th - Juneteenth



**COMMUNITY HEALTH**  
Centers of Oklahoma  
Family Health & Dental Clinics  
"A Mary Mahoney Grassroots Expansion"





PEDIATRICS

FAMILY PRACTICE

*YOU are why WE are here...make an appointment today!*

**405.395.0399**

**Shawnee Family Medical Center**  
130 N. Broadway, Suite #300  
Shawnee, OK 74801



HEALTHY START

BEHAVIORAL HEALTH

& MORE





## ASTHS June 2025 Monthly Update

### Measles Awareness

#### Measles cases in 2025

As of May 8, 2025, a total of 1,001 confirmed\* measles cases were reported by 31 jurisdictions: Alaska, Arkansas, California, Colorado, Florida, Georgia, Hawaii, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Michigan, Minnesota, Missouri, Montana, New Jersey, New Mexico, New York City, New York State, North Dakota, Ohio, Oklahoma, Pennsylvania, Rhode Island, Tennessee, Texas, Vermont, Virginia, and Washington.

There have been 14 outbreaks (defined as 3 or more related cases) reported in 2025, and 93% of confirmed cases (928 of 1,001) are outbreak-associated. For comparison, 16 outbreaks were reported during 2024 and 69% of cases (198 of 285) were outbreak-associated.

#### What is Measles?

Measles is a very contagious disease that is an airborne, extremely infectious, and potentially severe rash that can cause severe illness, complications and death. The disease is reportable in Oklahoma and is caused by the measles virus. Measles is also known as Rubeola, 10-day measles, hard measles, and red measles.

#### Why is there more measles activity?

Nationally, the rates of people vaccinated against measles have been high and stable since the Vaccines for Children (VFC) program began measuring vaccine coverage in 1994. In 2017, the overall national coverage for MMR vaccine among children aged 19–35 months was 92.7%. However, MMR vaccine coverage levels continue to vary by state, with 11 states in 2017 having MMR coverage levels of less than 90%. At the county or lower levels, vaccine coverage rates may vary considerably. Pockets of unvaccinated people can exist in states with high vaccination coverage, underscoring considerable measles susceptibility at some local levels.

Between January 1 and April 4, 2025, the Centers for Disease Control and Prevention (CDC) has been notified of 607 confirmed U.S. cases of measles in 22 jurisdictions and six outbreaks (defined as three or more cases), with the largest outbreak in Texas and New Mexico accounting for more than 90% of cases. Most of these cases were among children and adolescents who had not received a measles vaccine or whose vaccination history was unknown. Three measles deaths have been reported so far this year: one in an unvaccinated adult in New Mexico and two in unvaccinated school-aged children in Texas.

#### What are the symptoms of measles:

Measles starts with a fever, soon after it causes a cough, runny nose and red, watery eyes. These early symptoms begin to appear about 7-14 days after a person is infected, but it can be as long as 21 days. Two to three days after symptoms begin, Koplik spots (tiny white dots) may appear inside an infected individual's mouth on the cheeks. Three to five days after symptoms begin, a rash of tiny, red flat spots appear, beginning at the hairline and spreading down the rest of the body over the next few days. When the rash appears, a person's fever may spike to more than 104°F.

#### Early nonspecific symptoms may include the following:

Symptoms may last for one to two weeks. Measles can be serious in all age groups, however individuals at higher risk for severe illness and complications include:

- Children younger than 5 years of age.
- Adults older than 20 years of age.
- Pregnant women.
- People with compromised immune systems.

#### How does the measles virus spread?

The virus can spread person-to-person through the air when an infected person coughs or sneezes. The virus can stay in the air for up to two hours after an infected person leaves an area and cause other people breathing that air to become infected.

Measles can also be spread by contact with nose and throat secretions from sick people, or by touching a contaminated surface. Infected people can spread the virus four days before their rash starts through four days after the rash appears.

It is so contagious that if one person has it, up to 90% of the people exposed to the sick individual will also become infected if they are not protected (previously infected or vaccinated).

#### What can someone do to protect against measles?

Measles can be prevented with an MMR vaccine. These vaccines prevent against three diseases: measles, mumps and rubella (sometimes chickenpox with MMRV). Someone is at risk for measles if they have not been fully vaccinated or have not had measles in the past.

The vaccine is recommended for all children at 12 to 15 months of age and again as a second dose at four to six years of age. If a person has not received a second dose of the vaccine between four and six years of age, it may be given at any age thereafter. The two doses of vaccine normally provide lifelong immunity.

If you have questions or concerns regarding the vaccine, we encourage individuals to speak with their trusted health care provider.

#### Is the measles vaccine effective?

Yes, it is very effective. Two doses of MMR vaccine are about 97% effective at preventing measles, and one dose is about 93% effective.

According to the CDC very few individuals who get two doses of measles vaccine will still get measles if exposed to the virus. If someone gets the measles, but is fully vaccinated, they are more likely to have a milder illness.

#### How do I know if I am protected from or vaccinated for measles?

If you're unsure whether you have received the vaccine, you can search for your records on our public portal, Shot Records (oklahoma.gov). If you think you received measles containing vaccine as a child but were born in another state, your vaccine record may be located in that state's vaccine registry. Also look for hard copy vaccination records that may have been saved from your childhood, such as in a baby book.

If you were born in 1957 or after and are unable to locate written documentation of an MMR vaccine, immunity (positive IgG result), or infection (positive IgM result or other confirmatory test), speak with your health care provider about what to do and if you need the MMR vaccine.

#### Does someone sick with measles need to isolate from others?

If an individual is diagnosed with measles, the health department will work with the individual to determine when it is safe to return to work/school/daycare/public settings. Usually, an individual can return when they have had a rash for more than four days.

#### What should I do if I travel somewhere with a measles outbreak and return home feeling ill?

If you are sick with a fever within 21 days after traveling, you should call your health care provider or local county health department. At that time, you should provide them with information on your symptoms, where you traveled and your vaccine history.

After returning from a trip, it is advised to pay attention to your health for three weeks after returning. If you think you have measles, please do not show up at any healthcare facility or health department without calling ahead of time. When you call ahead, explain your symptoms and travel history so they can tell you how they can see you while protecting other patients and healthcare providers in the building.

#### References:

Centers for Disease Control and Prevention. 2025. Measles Cases and Outbreaks. <https://www.cdc.gov/measles/data-research/index.html>  
Oklahoma State Department of Health. 2025. Measles. <https://oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/prevention-and-preparedness/infectious-disease-prevention-and-response/fact-sheets/Measles.pdf>

### CONSTRUCTION UPDATE

#### Shawnee Health Center

#### NEW SHAWNEE HEALTH CLINIC!

39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)

Groundbreaking held Mar 19, 2025 (Anticipate completion in late 2026)

#### May 2025 Health Employee Awards of the Month

**Employee of the Month:** Bonnie Collett, Medical Lab Technician

**Team of the Month:** Business Office

**Special Leadership Award:** Jordan Harvey, Pharmacy Manager (Shawnee)

Chris A. Larkin, MBA, FACHE, CHC  
Executive Director



Public Health Department

Car Seat Safety Check

Car Seat Checks & Installation Education

Car seats for those in need  
(Available until out)

Thursday, July 17th, 2025

2:00-6:00 PM

Little Axe Health Center

15951 Little Axe Drive, Norman, OK 73026

Cleveland County Health Department

ASTRIBE

Contact Rita Hunnicutt at 405.561.7868 or Rhunnicutt@astribe.com

BABY ON BOARD

ASTRIBE

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

FUN ACTIVITIES FOR EVERYONE!

LEAVES ARE FALLING. BETTER HEALTH IS CALLING!

FALL INTO WELLNESS

HEALTH FAIR 2025

FRIDAY, OCTOBER 3RD

FROM 2:00-4:00 PM

RAFFLES!

PUT ON A SWEATER AND COME GET BETTER!

DOOR PRIZES!

LITTLE AXE HEALTH CENTER

15951 LITTLE AXE DRIVE, NORMAN, OK

CONTACT: BEVERLY FELTON 405.701.7190 OR BFELTON@ASTRIBE.COM

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

SHAWNEE CLINIC LITTLE AXE HEALTH CENTER PLUSCARE

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

Prevention. Progress. Pride.

Look Out For Medicare Phone Scammers!

HOW TO DEAL WITH PHONE SCAMMERS:

1. DO NOT give your personal information out to anyone from an unrecognized number.

2. If you do end up speaking to someone, hang up immediately and block their number.

3. Visit [www.donotcall.gov](http://www.donotcall.gov) to add your name and number to the **DO NOT CALL** list. Let us know if you need assistance.

If You Have Medicare Questions We Can Help!

You have an insider with 15+ years of experience in Medicare right here at AST Health! Al Triggs takes care of hundreds of our elders and is standing by to take care of any of your Medicare-related needs.

Al Triggs

Contracted Benefits Advisor

Legacy Tribal Services

(918) 853-1211

Proudly Serving AST Citizens

30 Minute Sheet Pan Sausage & Veggies

4 servings ⌚ Prep time 10 min, total time 30 min 🍴 cal/serv: 366

Sausage, sweet potato, broccoli, and bell peppers seasoned with olive oil, garlic, Italian seasoning and roasted to perfection. This quick 30-minute meal is a low-carb, healthy and packed full of flavor dinner option that is also great for meal-prep too!

Ingredients

- 12-16 ounces Smoked Turkey or Chicken Sausage (about 3 cups)
- 2 cups sweet potato (diced into 1/2" cubes)
- 2 cups broccoli florets
- 1 cup bell pepper (chopped (any colors you like))
- 1 tablespoon Italian seasoning
- 2 tablespoons olive oil
- 2 cloves garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Step-by-step instructions

1. Pre-heat oven to 400F.

2. Slice the sausage into 1" rounds. Dice the sweet potatoes into small 1/2" cubes.

3. Add the sausage, veggies and minced garlic to a large baking sheet. Drizzle with olive oil and sprinkle with the Italian spices or your favorite spice blend. Seasoning with salt and pepper. Toss veggies with your hands until they are fully combined and coated with olive oil and spices.

4. Bake for 20 minutes, flipping halfway. Enjoy with rice, quinoa, in sandwiches or as is for weight loss!

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

Prevention. Progress. Pride.

Know Your Numbers with Jared Scott PHARMD - Hypertension Management

Managing your patients blood pressure is important. If you currently treat patients with concerns about high blood pressure (hypertension), refer them to to Jared Scott PHARMD to help stay on track with their health.

15951 Little Axe Drive Norman, OK 73026

2029 S Gordon Cooper Dr. Shawnee, OK 74801

405-447-7162

MScott@astribe.com

Average days to hypertension goal:

53

Up to 50% of heart attacks and strokes may be prevented with proper blood pressure control.

86%

Patients at goal with hypertension management

Normal blood pressure is 120/80

People with high blood pressure have an increased risk of having a heart attack or stroke.

Jared's Key Strategies:

- Lifestyle modifications
- Proper medication adherence
- Routine monitoring

Average systolic (top number) reduction:

19

Average diastolic (bottom number) reduction:

12





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN SALAD SANDWICH CHIPS TOM & CUCMBER SALAD	3 SMOKED SAUSAGE CABBAGE CORNBREAD APPLESAUCE	4 BURRITO SPANISH RICE REFRIED BEANS PINEAPPLES	5 HAM YAMS BLACK EYED PEAS CAKE	6 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
9 EGG ROLL VEGGIE FRIED RICE COOKIE	10 CHICKEN FAJITAS BELL PEPPERS & ONIONS TORTILLAS REFRIED BEANS	11 CHEF SALAD W TURKEY CRACKERS JELLO	12 MEATLOAF MASHED POT/GRAVY GREEN BEANS CUTIE	13 OATMEAL SAUSAGE PATTIES TOAST FRUIT
16 CHICKEN PATTY OKRA 3 BEAN SALAD BREAD/PEARS	17 MANWICH WAFFLE FRIES PICKLES/ONIONS JELLO	18 COLD CUT SANDWICH LTOP CHIPS COOKIE	19 JUNETEETH NO MEALS WILL BE DELIVERED OR SERVED	20 HAM ENGLISH MUFFIN FRUIT
23 HOT DOG POT SALAD BAKED BEANS APPLE	24 TATOR TOT CASSEROLE BRUSSEL SPROUTS CRISP	25 BBQ CHICKEN BREAD BEETS SALAD BAR*	26 PORK & POTATOES GREEN BEANS ICE CREAM	27 PANCAKES SAUSAGE PATTIES FRUIT
30 OPEN FACE TURKEY MASHED POT/GRAVY MIXED VEGGIES BREAD/FRUIT	<div><div>MENU SUBJECT TO CHANGE*</div><div>LUNCH IS SERVED FROM 11 AM TO 1PM BREAKFAST IS SERVED FROM 9AM TO 11AM</div><div>SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER</div></div>			<div>2025</div>

# HEALTH BUZZzz!!

## Mushrooms: A promising Ally in the Fight Against Dementia

Recent research has highlighted the potential benefits of mushrooms in promoting brain health, particularly in the fight against dementia. Certain varieties of mushrooms, such as lion’s mane, shiitake, maitake , contain compounds that may play a crucial role in improving cognitive function and protecting against neurodegenerative diseases.

Hericium erinaceus (lion’s mane mushroom) are especially notable for their potential to stimulate nerve growth factor (NGF), a protein vital for the maintenance and growth of neurons. Studies suggest that lion’s mane can support brain cell regeneration, potentially slowing the progression of cognitive decline in conditions like Alzheimer’s and Parkinson’s disease.

Additionally, mushrooms are rich in antioxidants, anti-inflammatory compounds, and vitamins, which help combat oxidative stress- one of the key contributors to dementia. These natural properties may help protect brain cells from damage and improve overall mental clarity.

Pictured below is a variety of medicinal and edible mushrooms such as lion’s mane, oyster, shiitake, and maitake. Incorporating mushrooms into your diet could provide a simple and natural way to support brain health. Whether in soups, salads, stir-fry dishes, or smoothies, adding these nutrient-packed fungi can be a delicious and beneficial addition to your daily routine.



(Roasted Shiitake Mushrooms courtesy of Foolproof Living Blog)

While more research is needed to fully understand the extent of their effect, the emerging evidence suggests that mushrooms could be a valuable tool in promoting brain health and fighting dementia.

If you or someone you know would benefit from the **Savvy Caregiver in Indian Country** or **Music & Memory** programs, contact **adpi@astribe.com**, or call **405-701-7906**.

Check out our web-page on the **Absentee Shawnee Tribal Health System’s** website, **asthealth.org**, click on **“Programs and Preventions”** and then click on **“Seeking Hope”**. You can sign up on line also!

MUSH love,  
Lacy Gillean  
Dementia Care Specialist







# VISCERAL FAT AND YOUR HEALTH

VISCERAL FAT IS LOCATED AROUND ORGANS IN YOUR ABDOMEN SUCH AS YOUR STOMACH, LIVER AND INTESTINES. THIS FAT HELPS PROTECT YOUR ORGANS, BUT TOO MUCH IS ONE FACTOR THAT IS ASSOCIATED WITH CHRONIC DISEASES SUCH AS HEART DISEASE, FATTY LIVER DISEASE AND OTHER RISK FACTORS SUCH AS INSULIN RESISTANCE, RISK OF LOW GOOD CHOLESTEROL, HIGH TOTAL CHOLESTEROL, HIGH TRIGLYCERIDES AND ELEVATED BLOOD PRESSURE.

A healthy diet can lower your visceral fat. This includes foods like low fat proteins, low fat dairy, whole grains, fruits and vegetables. This also means reducing foods with refined sugars, trans-fat, and other processed foods

Physical activity is a powerful way to lower your visceral fat. Even if you are not eating less calories than you burn, physical activity has the potential to reduce visceral fat. This should be aerobic based of at least moderate intensity. This could include brisk walking, jogging, pickleball, riding a bike, swimming, push mowing, active gardening, dancing and more.

<https://my.clevelandclinic.org/health/diseases/24147-visceral-fat>  
<https://diabetesjournals.org/care/article/26/5/1413/24457/visceral-adipose-tissue-cutoffs-associated-with>  
<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-024-19358-0>  
<https://pubmed.ncbi.nlm.nih.gov/28481662/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11013274/#SEC6-NUTRIENTS-16-01015>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3568069/>

COME GET YOUR  
VISCERAL FAT CHECKED  
AT THE DIABETES AND  
WELLNESS  
DEPARTMENT IN THE  
AST LITTLE AXE HEALTH  
CLINIC.

# Spring IS IN FULL SWING



Ah, sounds like spring is in full swing! 🍓🥬 Strawberries and asparagus both hit their peak around the same time, so you’ve got some seasonal gold there.

Strawberries and asparagus offer a plethora of health benefits that are sure to delight your taste buds and nourish your body. Strawberries are packed with antioxidants like vitamin C, which promote healthy skin and a strong immune system. They are also a great source of fiber, aiding in digestion and keeping you feeling full longer. Asparagus, on the other hand, is a nutrient powerhouse rich in vitamins K, A, and C, supporting bone health, vision, and boosting immunity. The combination of these two delicious foods not only adds a burst of flavor to your meals but also provides a range of nutrients essential for your overall well-being. So go ahead and indulge in these fantastic fruits and veggies – your body will thank you for it!

Are you thinking about cooking with them together?

## Strawberry Asparagus Salad


**Ingredients:**

- 1 ½ Cups of Strawberries, quartered
- 1 Bundle of Asparagus
- ½ Cup of Feta Cheese Crumbles
- 1 Cup of Lamb Lettuce (Any leafy lettuce will work)
- 2 Tbsp of Olive Oil
- 3 Tbsp of Strawberry Vinegar
- Salt


Cut Asparagus in small pieces and blanch for 3-5 minutes, let cool. Combine cooled asparagus with strawberries and leafy lettuce in bowl. In separate bowl, combine olive oil, strawberry vinegar, and salt. Pour over salad and mix. Top with crumbled feta cheese.

Looking for more healthy recipes ideas?  
Reach out to the Diabetes & Wellness Clinic  
405-701-7984





# Know Your Native Options



## 2025 Medical & Dental Open Enrollment: May 1, - June 13, 2025

➤ **Opt Out:** AI/AN members are not required to enroll in SoonerSelect. It is optional. No action is necessary unless you want to join a SoonerSelect health or dental plan. If you do not opt in to SoonerSelect, you will remain on SoonerCare and nothing will change. You will not lose SoonerCare coverage.




➤ **Opt In:** AI/AN members are eligible to opt in to SoonerSelect. You can enroll in a SoonerSelect health plan, dental plan, or both. Please note that the opt-in for health and dental plans are separate processes. AI/AN members may receive services that have not been traditionally covered under SoonerCare. These extra benefits vary by health and dental plan.

*Note: Non-Native SoonerCare family members must select a medical and dental plan before open enrollment closes or the member will be auto-enrolled.*

**Two Ways to Enroll:**

- 1) Contact an **OHCA Choice Counselor** via the SoonerCare Helpline At **1.800.987.7767, Option #5.**
- 2) Visit **mysoonerhealth.org** to view, compare, and pick a plan that’s right for you.

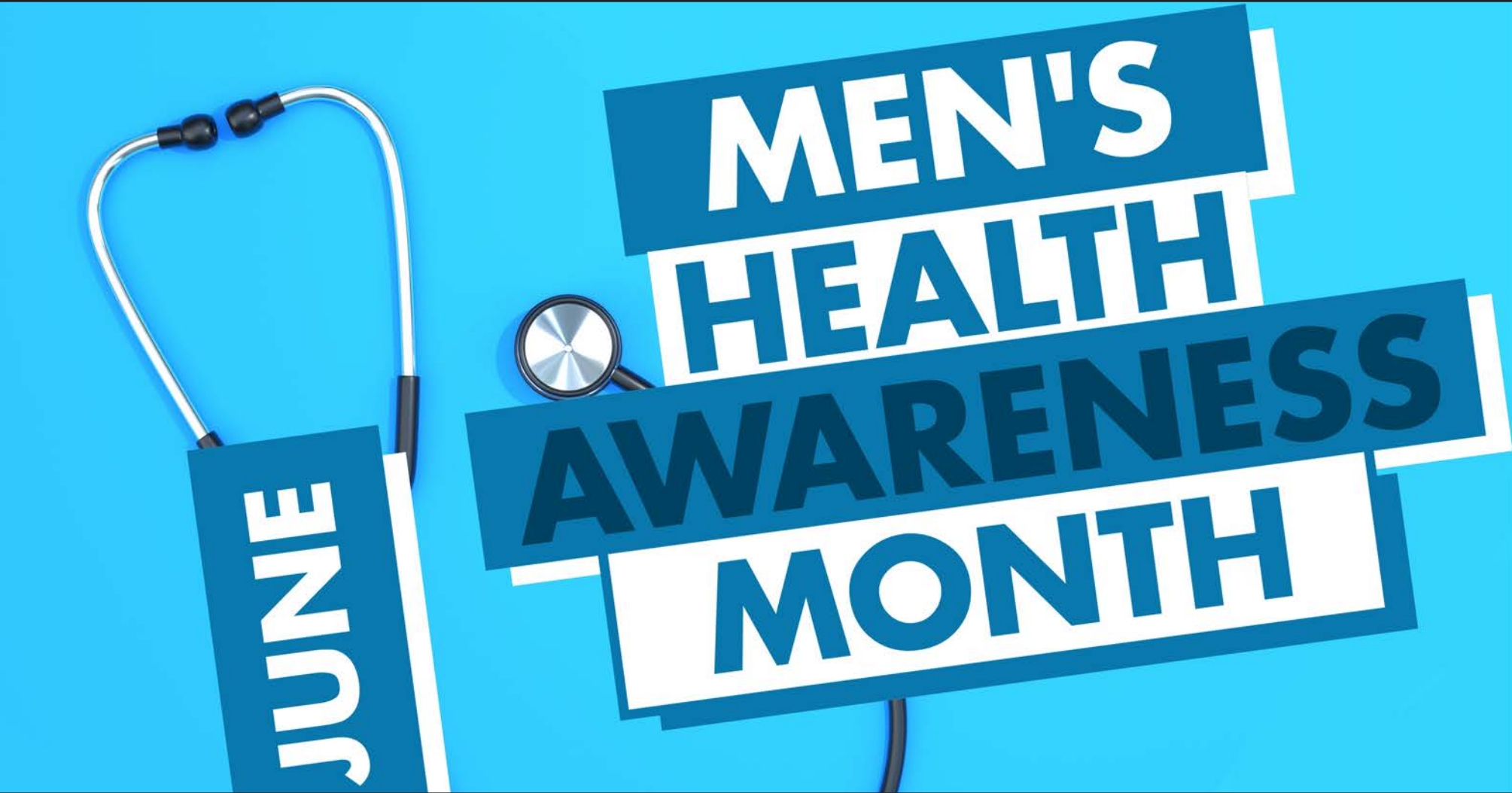
*Please be advised, Patient Benefit Advocates cannot enroll members in SoonerSelect Plans but can help navigate the process.*



### HEALTH SYSTEM

Prevention. Progress. Pride.

Contact a Patient Benefit Advocate  
Little Axe Health Center 405.447.0300  
Shawnee Clinic 405.878.5850  
[www.asthealth.org](http://www.asthealth.org)



# JUNE MEN'S HEALTH AWARENESS MONTH