



"Among The Shawnee"

# The Absentee Shawnee News

FEBRUARY 2017

## INSIDE THIS ISSUE

Volume 28 No. 2

2-3 EXECUTIVE COMMITTEE'S REPORTS	8 AST HEALTH SYSTEM	23 FITNESS CENTER CALENDAR
4 ENROLLMENT DEPARTMENT	9 TAX COLLECTIONS	24-25 CAMPAIGN LETTERS
5 EDUCATION DEPARTMENT	10 REALTY DEPARTMENT	27 DOMESTIC VIOLENCE
7 ELECTION COMMISSION	11 TITLE VI MENU	28 EMERGENCY MANAGEMENT
	19-21 FEBRUARY BIRTHDAYS	38 FOSTER CARE

## From the Election Commission

*Tribal Members, the following persons have turned in packets for elective office.*

### EXECUTIVE COMMITTEE

#### Governor

Edwina Butler-Wolfe  
John Lee Soap, Jr.  
George Blanchard

Andrew Warrior  
Phillip Ellis  
Joseph Blanchard

#### Tribal Secretary

Atheda W. Fletcher  
John Raymond Johnson

### ELECTION COMMISSION

#### Election Commissioner

John Al LittleAxe

#### Election Secretary

Sherman Tiger

#### Commission Member #2

Alicia Miller

### **TRIBAL MEMBERS:**

There will be a re-organization on how tribal members line up when they come in to vote during elections. There will be only one (1) person, at a time, allowed at the registration table when registering to vote. There will be more detailed information published in the March Newsletter.

## **IF YOU'D LIKE TO SUBMIT AN AD OR ARTICLE:**

Give us a call at (405) 598-1279 or (405) 481-0558 or send us an e-mail to [stiger@astribe.com](mailto:stiger@astribe.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.**

# Executive Committee



**Edwina Butler-Wolfe**  
**Governor**



**Isaac Gibson**  
**Lt. Governor**



**John Johnson**  
**Secretary**



**Leah Bates**  
**Treasurer**



**Anthony Johnson**  
**Representative**

Monthly Executive Committee meetings can be watched online at [astribe.com](http://astribe.com)

## Governor's Report

Hello friends, neighbors, relatives and Tribal members at large!

The weather here in the Shawnee and Oklahoma area is proving to be a challenge for our local and state meteorologists in regards to reliably predicting what weather Shawnee and Oklahoma may be facing. A good example is weather forecast(s) received for our area indicated we would get freezing rain and ice and some snow. Based on that information the tribe closed as did many local schools and businesses. Yet the temperatures on Friday were not hazardous in Shawnee. This just goes to show how unpredictable our weather can be. I generally find that the Farmer's Almanac can give me a better idea of what we can expect in relation to weather.

### Budgets

The Executive Committee conducted an informal budget review and it was agreed to that both elected official and program budgets being paid by our General Fund would be decreased by 10% for 2017. The Indirect Cost budgets are to remain the same as the 2016 budgets. The General Fund and Indirect Cost budgets were placed under Resolutions, approved by the Executive Committee and are now in place. I appreciate the Finance staff who assisted with this process.

### Director's Meetings

The Director's Meeting was not held this month due to the federal/tribal holiday. The next Director's meeting will be held on Monday, January 23, 2017. I have requested that all Directors and Executive Committee attend this meeting so that we can address program questions and help the tribe to face the challenges within our tribal community.

We have nine Divisions at the Tribe under EC oversight. The Health Corporation(s) are now under Board Authority without any tribal oversight.

### Attorney General

Our current Attorney General resigned effective January 31st. Hobbs, Strauss, Dean & Walker, a nationally recognized Indian law firm, has provided legal guidance and direction to the tribe for the past 3.5 years. The tribe is taking bids to fill the role of Attorney General, a constitutionally required position, and we anticipate filling this need by or before the 31st.

### Other Topics/Expressions

#### *Happy Birthday & Anniversary*

To those who have had a birthday or anniversary I extend my warmest regards.

#### *Condolences*

To those families who may have lost a family member this month I extend my deepest condolences to you and your family.

### Meetings Attended for December and Mid-January

#### DECEMBER 2016

Meeting dates prior to December 21st were provided in the January newsletter.

*23-26th* Tribal Holiday

*29st* Special Executive Committee Meeting - 10:00 a.m.

*30th* All Nation's Bank Meeting - Shawnee - 4:00 p.m.

#### JANUARY 2017

*2nd* Tribal Holiday

*6th* Inclement Weather - Tribe Closed

*13th* Inclement Weather - Tribe Closed

*16th* Tribal Holiday

*17th* Met with the Dr. Shipley, All Nations Bank, President

*18th* Regular Executive Committee Meeting

The Directors Meeting is the third Monday of each month but due to the Martin Luther King Holiday, the next Directors Meeting will be held on Monday, January 23, 2017.

### DOT Negotiated Rulemaking Committee

The next DOT FAST Act Negotiated Rulemaking Committee meeting is to be held in Denver, CO. As you may recall I was unable to attend the last schedule meeting in Alabama due to weather and flight cancellation/changes.

If you are interested in learning more about the FAST Act DOT TTSGP Negotiated Rulemaking Committee this information may be found at: [fhwa.dot.gov](http://fhwa.dot.gov)

*Continued on next page*

### In Conclusion

I have 4 months left in Office and I find each day eventful and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

**Help me to make a difference – stand beside me and Let us Build for the Future (BFF) - united and together!**

Thank you for your support.

## Secretary's Report

Tribal Members,

As you all know, the Ramah Case Settlement has been paid to the tribe, and the finance department has started the distribution of Per Cap checks. As of today, the tribe has disbursed 2,177 Per Cap checks. Please help spread the word to anyone you know that was enrolled on or before 10/24/15 has yet to receive their Per Cap checks. Per Caps checks will be processed once a W-9 is submitted to my office. Please make sure your information is the same information within the Enrollment Department. If the two addresses do not match, the W-9 will not be processed. Once your information is verified, our office will send your paperwork to finance for processing. The Finance office will then process the check which will take up to 10 Business days and then it will be mailed to the address on the W-9 or you can pick up your check in Finance the Friday after the 10th Business day. (The address must be your physical address and NOT A PO BOX.) You can either fax or email your W-9 to my office: Fax 405-275-1922, email: [alvinab@astribe.com](mailto:alvinab@astribe.com). The Per Cap disbursement is a ONE TIME disbursement. The finance office will be sending out letters to out of state Tribal members, so if you know anyone out of state, please make them aware.

For children, once a final decision is made on their per cap checks, then an official letter will be sent out to parents with the detailed information. Make sure Enrollment has proper addresses for each AST minor and guardianship for point of contact.

For inmates, my assistant and the Treasurer's Assistant are researching each correctional facility. They are trying to find the correct way to send them their per cap money. All institutes are different and require different documentation for this process not to mention the processing fee. Please be patient we are working on getting every Tribal member their money.

I hope this helps with any questions you may have.

Thank You,  
John R. Johnson  
Tribal Secretary

**Absentee Shawnee Tribal Members:**

**Re-Elect**

***John Raymond Johnson***

**Tribal Secretary 2017-2019**



## Absentee Shawnee Housing Authority

***EXISTING TO SERVE NATIVE AMERICAN FAMILIES HOUSING NEED WITHIN THE COMMUNITY***



### **CURRENT PROGRAMS AVAILABLE**

- LEASE TO OWN HOMES
- LOW RENT HOUSING
- DOWN PAYMENT & CLOSING ASSISTANCE
- STORM SHELTER ASSISTANCE
- COLLEGE HOUSING ASSISTANCE
- EMERGENCY HOME REPAIR
- TRANSITIONAL HOUSING
- OVER-INCOME RENTAL HOUSING

**FOR MORE INFORMATION ABOUT OUR SERVICES**

**PLEASE CALL (405) 273-1050 OR COME BY THE OFFICE LOCATED  
AT 107 NORTH KIMBERLY IN SHAWNEE, OKLAHOMA.**

**WEBSITE: [WWW.ASHOUSINGAUTHORITY.COM](http://WWW.ASHOUSINGAUTHORITY.COM)**

# Enrollment Department

Hello all, here in enrollment we hope that everyone had a good holiday. Enrollment would like to inform everyone about the new way enrollment will operate. As stated in the last newsletter we will now be making appointments. The Absentee Shawnee Tribal Enrollment Appointment maker is a scheduling tool that is to be used to make appointments for the Enrollment Department. Making appointments is mandatory effective January 9, 2017. This is to ensure that the Enrollment staff set aside appropriate time to meet with individuals to discuss research, enrollment applications, and anything that may take some time in the office. We can ensure you are seen through this process. No appointment is necessary if you need a CDIB printed or are just turning in an application form. Walk-in's are welcomed on Wednesday's from 1 to 4 and all day on Friday's. Booking can be made on this website or by calling the Enrollment office. Enrollment will also now be accepting cards for payment when purchasing a CDIB card. We are very excited about the new changes and hope that we can now serve tribal members better. You may also access the appointment website through the tribal website on the enrollment page.

<https://squareup.com/appointments/book/6BWY3BHY57Q08/absentee-shawnee-tribe-of-oklahoma>

Enrollment has been informed that many out in the community believe that we are incapable of putting new photos onto CDIB Cards, Enrollment has a new camera for the sole purpose of CDIB pictures. If your photo is out of date when you to the office, we advise you to change your photo to a current picture. If your CDIB doesn't have a photo, we advise you that you need a new one. Enrollment will never deny any Tribal member the right to have a new photo taken. In Enrollment we want all records including your CDIB to be current. Please feel free to contact our office for any Questions.



Carly Dyer-Enrollment Director (405) 275-4030 ext. 6292

Kim Creek-Enrollment Clerk ext. 6288

## WE WANT YOUR DRUGS.

You can drop off your expired or unused prescription medications anytime at these locations:

### Shawnee Police Department

16 W. 9th Street  
Shawnee, OK 74804

### Tecumseh Police Department

109 W. Washington  
Tecumseh, OK 74873

### Cleveland County Sheriff's Office

128 S. Peters  
Norman, OK 73069

### Pottawatomie County Sheriff's Department

325 N. Broadway Ave.  
Shawnee, OK 74801

### Norman Police Department

201 B West Gray  
Norman, OK 73069

### Oklahoma University Police Department

2775 Monitor Ave.  
Norman, OK 73072

MyDNA is an Absentee Shawnee Tribal Project and is funded by SAMHSA (Substance Abuse and Mental Health Services Administration) in cooperation with the Southern Plains Tribal Health Board.



ABSENTEE SHAWNEE TRIBAL  
**HEALTH SYSTEM**  
Prevention, Progress, Pride.

# Education Department

## Absentee Shawnee Tribe of Oklahoma Education Department

2025 South Gordon Cooper Drive

(405) 275-4030 Ext. 6242 Toll free (800) 256-3341 Fax (405) 273-7938

[youthaward@astribe.com](mailto:youthaward@astribe.com)

Applications accepted:  
Jan. 1<sup>st</sup> –March 31<sup>st</sup>  
Finalists announced:  
May 2017

- \$1,000 Scholarship Big Jim Academic Achievement Award (Male)
- \$1,000 Scholarship Big Jim Academic Achievement Award (Female)
- \$1,000 Scholarship Big Jim Athlete of the Year (Male)
- \$1,000 Scholarship Big Jim Athlete of the Year (Female)

### **STUDENT INFORMATION**

Name: \_\_\_\_\_  
(LAST) (FIRST) (MI)

Enrollment #: \_\_\_\_\_

Address: \_\_\_\_\_  
(STREET) (CITY) (STATE) (ZIP)

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

### **HIGH SCHOOL INFORMATION**

High School Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Guidance Counselor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Sport: \_\_\_\_\_ Position: \_\_\_\_\_

Coach: \_\_\_\_\_ Phone #: \_\_\_\_\_  
(FIRST) (LAST)

All Absentee Shawnee High School Seniors are eligible and encouraged to apply.

Documents to be included with application:

- Official High School Transcript
- Letter of Recommendation (Educator/Coach)
- Tribal Enrollment Card (copy)
- Resume of Accomplishments and Activities
- 500-word Essay: How do you feel your accomplishments (knowledge/training) will influence your future?
- Video (optional): no more than 10 minutes in length

# LITTLE AXE HEALTH CENTER OPTOMETRY ANNUAL BENEFITS & DISCOUNTS

## Absentee Shawnee Tribal Members with Vision Insurance:

All enrolled Absentee Shawnee Tribal members who have vision insurance will have their insurance billed for the exam and any prescribed optical products. The Tribal benefit will be used for the remainder of the cost for prescription eye glasses or contact lens, not to exceed the \$350.00 vision benefit through the ASTHS Contract Health Services. If the amount exceeds the \$350.00 benefit, the Tribal member will be responsible for the out of pocket expense.

**\*If an enrolled Absentee Tribal Member with insurance chooses to see an outside provider they will be responsible for notifying ASTHS Contract Health Services (405.701.7951 or 405.878.5850). Their benefit within the Absentee Shawnee Optometry Department will only allow for the amount within the \$350.00 that was left unused for the vision benefit year. (i.e. If you were seen December 31, 2016 your vision benefit year lasts until December 30, 2017.)**

## Absentee Shawnee Tribal Members without Vision Insurance:

All enrolled Absentee Shawnee Tribal members who do not have vision insurance must use the Absentee Shawnee Optometry Department to receive their eye exam at no charge and their \$350.00 tribal benefit for the cost of prescription eye glasses or contact lens. If the amount exceeds the \$350.00 benefit the Tribal member will be responsible for the out of pocket expense.

## Absentee Shawnee Tribal Members who live outside of the catchment area:

All enrolled Absentee Shawnee Tribal members who reside outside of the catchment area (Cleveland, Pottawatomie, Logan, Lincoln, and Oklahoma counties) may still utilize their tribal benefit only if they use the Absentee Shawnee Optometry department for their exam and/or prescription optical products. The allotted \$350.00 will be used towards prescription eye glasses or contact lens. If the amount exceeds the \$350.00 benefit the Tribal member will be responsible for the out of pocket costs.

\*These patient will need to ensure they have updated their chart. This is to include updated HIPAA and consent forms.

## Additional products/charges outside of the allowed benefit schedule:

**Any additional products/charges outside of the allowed benefit schedule must be paid for by the patient.** For example, patients who do not require corrective lens but chose to get colored contacts or non-prescription sunglasses these will be at their own expense. All charges will need to be paid for in advance following the payment guidelines posted in the office. **NO CASH WILL BE ACCEPTED.**

\*No combining of discounts allowed

\*Insurance benefits must be exhausted first before discounts can be applied.  
Patient's co-pay portion cannot be discounted.



LITTLE AXE HEALTH CENTER

LI-SI-WI-NWI HEALTH, INC.

OPTOMETRY

15702 East State Hwy 9  
Norman, OK 73026

NEW LOCATION: In the PlusCare Building by Thunderbird Casino

PHONE: 405.447.0300 FAX: 405.701.7080

## ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

### Domestic Violence and Sexual Assault Advocacy

The AST Domestic Violence/Sexual Assault Programs are on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to survivors at hospitals, police stations and throughout the legal system. The programs also serve as a resource center to the community by offering educational information and referrals.

### Transitional Housing

The AST DV Transitional Housing Program serves victims of Domestic Violence/Sexual Assault. Participants have up to six months to obtain education and job skills needed to begin a new life.

### Court Advocacy

Assists survivors with domestic violence court related costs (when funding is available) and appearances as well as filing for emergency protective orders (EPO) or restraining orders.

### Shelter Placement Assistance

The Absentee Shawnee Tribe's Domestic Violence Program works with other shelters within Oklahoma in order to help victims obtain safe housing. Emergency transportation for the victim and children may also be available.

### Housing and Utility Assistance

Assists victims of domestic violence, sexual assault, stalking, and/or dating violence in emergency situations. This assistance may allow for a victim to either receive housing or utility assistance.

### Referral Assistance

Assists with providing community resources to those who are in need of additional services outside the scope of the Absentee Shawnee Tribe's Domestic Violence Program.

### Community Outreach

The Absentee Shawnee Tribe's Domestic Violence Program offers educational trainings, informational displays, and community events in order to provide more awareness to both Tribal and Non-Tribal communities.

**For any questions regarding any of the above services please contact the Absentee Shawnee Tribe's Domestic Violence staff at (405) 273-2888.**

## A Little Note from The Tag Office

Did You Know.....

*Any name changes that may occur  
(i.e. marriage, divorce, etc.) need to be updated  
through enrollment, BEFORE any new  
registrations or renewals can be processed.*

# Election Commission

PLEASE fill out EACH BLANK completely and return by the Deadline.

## ABSENTEE BALLOT REQUEST

I, \_\_\_\_\_, hereby certify that I am or will be an Eligible  
(Print Name)  
Voter of the Absentee Shawnee Tribe on or before March 18, 2017. I cannot physically  
be present to cast my Vote at the **March 18, 2017 Primary Election**, therefore, I am  
requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): \_\_\_\_\_  
(first) (middle) (maiden) (last)

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

CDIB#: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

All **REQUESTS** must be returned to the Election Commission by the deadline of  
**February 26, 2017**

### Mail to:

Absentee Shawnee Election Commission  
P.O. Box 741  
Tecumseh, OK 74873

### Fax to:

**Fax # (405) 273-1337 (Do not fax to any other fax #)**  
Phone: (405) 275-4030 ext. 6271  
Toll free number 1-800-256-3341 ext. 6271

### Deliver in Person to:

Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot.  
This form may be duplicated for your convenience.

---

### ELECTION COMMISSION USE ONLY

Received: \_\_\_\_\_ Approved: \_\_\_\_\_ Disapproved: \_\_\_\_\_

If Disapproved (reason): \_\_\_\_\_

Denial Letter Mailed: \_\_\_\_\_ Ballot Mailed: \_\_\_\_\_

\_\_\_\_\_  
Election Commission/Representative

# AST HEALTH SYSTEM - FEBRUARY 2017

This year is off to a great start, and we're very excited about where your tribal health system is headed! The new specialty clinic has relocated to the former optometry office, opening space and access to more scheduling availability and smoother patient flow and experience. We are increasing our patients from several other tribes as well as seeing an increase in re-enrolled AST Tribal Members coming back to the tribe to access healthcare services!

In late November, the Absentee Shawnee Executive Committee passed a resolution to create and name members to the IHS compact negotiation team. The negotiation team is tasked with the review of our current health compact and annual funding agreement, gathering pertinent information and data required for negotiation with the IHS Oklahoma City Area Office, and bringing a viable final draft to the Executive Committee for approval. The negotiation team members have the knowledge, experience, and expertise to carry out these tasks and are extremely honored to be given a bode of confidence from the Executive Committee by being selected and confirmed by tribal resolution. Our health compact is one of the oldest in the IHS system and has not seen an update in nearly two decades. It is the understanding of the negotiation team that the negotiation process is not as contentious as it was in the early days of the Self-Governance program because of its newness in the 1990's. Today, our tribal health funding is solidified through Congressional appropriations, replacing the days of line item by line item negotiations. Only through a reduction in appropriations can Congress reduce tribal health funding to its base levels established years ago. Now there is meaningful dialog about health services, functions, activities and funding avenues between tribal representatives and the IHS through the government-to-government relationship. One of many goals in our negotiation process is to ensure all the health services, functions, and activities we provide through our health system are covered by the Federal Tort Claims Act (FTCA). This provides a level of protection for both our health system and the patients we serve. Being among the healthcare experts on our team, we are focused on reviewing the healthcare services, staffing schedule, and areas where the FTCA coverages need to be identified or realigned. The other portion of our negotiation team will address indirect cost rates, contract support cost reimbursement, formula funding, potential funding, and governance language within the compact and funding agreement. Tribes with larger health systems have undertaken the task of reviewing their compacts periodically to address changes in healthcare delivery and include any new services to be provided. You can have confidence the entire negotiation process is methodically approached, coordinated, and taken very seriously, as we understand the importance and impact an updated health compact will have for your health system.

The flu continues to wreak havoc upon our state, one of the hardest hit this year. Please continue to use good hygiene and if you become sick, limit your exposure to your family and co-workers during the onset of symptoms. It is not too late to get the flu vaccine and if you do become sick, seek medical attention as soon as possible to limit the effects of the flu upon you and your family.

We are thankful and very proud of our outstanding star performers again this month and thank them all for their contributions to our patients, their fellow employees, and the tribe! We are extremely happy to announce the Employee of the Year for 2016 is Mr. John McKinney, AST Health System's Maintenance Team at Shawnee's Clinic! He was voted as the Employee of the Year by his peers out of the previous 12 months of Employee of the Month Award winners – great job John, we appreciate your service and dedication! Employee of the Month in January for health was PA Todd Pelton, Primary Care; the Team of the Month was the AST Health System's Security Staff. The Special Leadership Award was presented to Mr. Darrol Davis, Transportation, for his service and selflessness in transporting patients during inclement weather to ensure they accessed vital services. Our AST Health System strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients!

## Additional health related information:

- **PlusCare Clinic/Little Axe area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic-near Thunderbird Casino/Norman). The phone number is (405) 447-0477. Hours of operation are M-F 9 AM to 9 PM with last walk-in accepted at 8:30 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas) with last walk-in patient accepted at 4:30 PM.
- **Shawnee Clinic Extended Hours/Shawnee area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members, Native American Veteran's, IHS eligible Native Americans, Medicaid/SoonerCare pediatric patients, and BCBS covered AST non-Native employees who are the ages of 2 years and up. If you are a new patient to our health system and are in need of our extended hours services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 2029 South Gordon Cooper Drive, Shawnee, OK. The phone number is (405)878-5850. Hours of operation are M-F 5 PM to 9 PM with last walk-in accepted at 8:30 PM, Saturday 9 AM to 5 PM with last walk-in accepted at 4:30 PM and closed Sundays and holidays.
- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and type of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447-0300.
- **AST/Service Health System Native American Veterans:** If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.
- **If you need CPR training**, please contact the AST Health System's Public Health Office at (405) 447-0300 for scheduling and training opportunities.
- **Contract Health Services (CHS)** interactive phone menu helps patients access the most appropriate service provider by calling (405) 701-7951 at the Little Axe Health Center. This feature will speed up access to the patients seeking services and

follow-up to their care. We also have Contract Health representatives available at our Shawnee location. Tribal members are able to call Ms. Flo Mann, LPN or Ms. Laurie Webber, LPN at (405) 878-5850.

- **Customer Service** line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured that this is the best way to have each situation addressed, with consistent updates from our Health Staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or question pertaining to your case.
- **The AST Anti-Bullying Prevention "HOTLINE"** is (405) 701-7987 during work hours 8-5, M-F, and for added confidentiality or after hours you may contact Mrs. Dara Thorpe at either (405) 701-7992 or via cell (405) 481-0815 to start intervention assistance for tribal youth. If it is an emergency or someone is at risk of harming themselves or others, please contact 911.
- **The Affordable Care Act Decision Tool** continues to be a valuable tool with helping you decide what you need to do for compliance with the act. Please see the ACA tab at the ASTHA Health Program's Website: <http://www.asthealth.org/aca> (Please visit our site today to find out what you need to do to protect yourself and your family)!
- **Emergency After Hours Pharmacy:** If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Wal-green locations in Shawnee and Norman. You will need to submit your prescription and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then they shall fill your prescription. You will have a 5-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health approved Walgreen service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, Oklahoma or 615 West Main Street, Norman, Oklahoma.
- The Little Axe Health Center Drive-Thru Pharmacy is also available for emergency fills, for tribal members only, from: 5:00 PM to 9:00 PM Monday - Friday, 9:00 AM to 5:00 PM Saturday & Sunday and holidays from 9:00 AM to 5:00 PM excluding Thanksgiving and Christmas.
- **Social Media:** You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.



ABSENTEE SHAWNEE TRIBAL

# HEALTH SYSTEM

Prevention. Progress. Pride.

## February 2017 - Scheduled Closings

DATE:	TIME(S) CLOSED:	LOCATIONS:
Wed., Feb. 1 <sup>st</sup> (1 <sup>st</sup> Wed of month)	Noon to 5 PM	All AST Health facilities CLOSED *Shawnee Clinic Extended Hours re-OPENS 5 PM till 9 PM (last patient at 8:30 PM) *PlusCare Clinic re-OPENS 5 PM till 9 PM (last patient at 8:30 PM)
Mon., Feb. 20 <sup>th</sup> (President's Day)	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9 AM to 5 PM (last patient at 4:30 PM)

## March 2017-Scheduled Closings

DATE:	TIME(S) CLOSED:	LOCATIONS:
Wed., Mar. 1 <sup>st</sup> (1 <sup>st</sup> Wed of month)	Noon to 5 PM	All AST Health facilities CLOSED *Shawnee Clinic Extended Hours re-OPENS 5 PM till 9 PM (last patient at 8:30 PM) *PlusCare Clinic re-OPENS 5 PM till 9 PM (last patient at 8:30 PM)

\*\*In the event of a weather cancellation or delay affecting health services or if you are unsure if health is closed, **please call ahead.**  
Little Axe Health Center at (405) 447-0300, Shawnee Clinic at (405)878-5850 or PlusCare at (405)447-0477

\*\*\*Also, weather closures/delays will be posted on the Absentee Shawnee Tribal Health Facebook wall "Absentee Shawnee Tribal Health", Twitter @ASTHealth and on ASTHS website at www.asthealth.com.

# Tax Collections

## FY-2016 YTD TAX COLLECTIONS (Thru 12/31/16)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$6,629.54	\$5,925.93	\$6,695.50	\$1,102.06	\$11,858.67	\$3,055.61	\$5,189.41	\$233.28	\$406.29	\$4,533.76	\$4,285.55	\$26,558.02	\$76,473.62	2.78%
Gaming % of free cash	\$100,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$150,000.00	\$100,000.00	\$150,000.00	\$200,000.00	\$250,000.00	\$200,000.00	\$250,000.00	\$200,000.00	\$2,200,000.00	80.09%
Employee (1%)	\$20,005.91	\$10,776.88	\$7,398.58	\$10,826.58	\$14,605.02	\$10,799.58	\$11,170.30	\$7,282.34	\$7,690.76	\$13,470.79	\$22,690.04	\$12,313.85	\$149,030.63	5.43%
Severance (8%)	\$2,266.67	\$1,609.65	\$460.78	\$919.02	\$461.01	\$2,698.05	\$2,232.26	\$1,290.78	\$2,064.62	\$1,369.93	\$1,116.17	\$1,239.90	\$17,728.84	0.65%
Motor Vehicle	\$10,173.81	\$16,449.81	\$16,519.87	\$15,797.40	\$12,420.36	\$12,691.64	\$16,578.05	\$12,503.02	\$12,592.24	\$11,354.00	\$13,675.35	\$14,206.10	\$164,961.65	6.01%
Tobacco Refund	\$7,107.73	\$1,052.86	\$7,697.88	\$17,197.56	\$14,653.05	\$16,595.49	\$15,084.70	\$13,025.59	\$15,117.38	\$12,240.89	\$10,491.83	\$5,809.62	\$136,074.58	4.95%
<b>TOTAL TAXES</b>	\$146,183.66	\$285,815.13	\$238,772.61	\$195,842.62	\$203,998.11	\$145,840.37	\$200,254.72	\$234,335.01	\$287,871.29	\$242,969.37	\$302,258.94	\$260,127.49	\$2,744,269.32	\$2,744,269.32
Miscellaneous	\$223.45	\$145.00	\$300.00	\$275.00	\$65.00	\$205.00	\$120.00	\$221.46	\$122.50	\$200.00	\$105.00	\$515.15	\$2,497.56	0.09%
<b>TOTAL COLLECTIONS</b>	\$146,407.11	\$285,960.13	\$239,072.61	\$196,117.62	\$204,063.11	\$146,045.37	\$200,374.72	\$234,556.47	\$287,993.79	\$243,169.37	\$302,363.94	\$260,642.64	\$2,746,766.88	100% \$2,746,766.88

## Song Demo Studio Services Available

I can make a sound track for you're songs, or offer song writing help. Also for those that like singing Karaoke, I can change the keys to your tracks.

I can transfer your old LP albums to modern CD's and clean them & much more.

For free estimate call or text;  
**Phil Bradley (405) 585-8801**

# Realty Department

## Reminder:

- All trust land transactions must come through the Realty Office.
- Sales and/or any other trust land transactions must be authorized by the Realty Department and approved by the BIA.
- Any trust land transactions not involving the Realty Department are invalid.
- Please keep addresses current with the Office of the Special Trustee for Indians @ 1-888-678-6836. This will allow proper notification to be made to landowners on new leases and other information.
- Please keep addresses current with the Absentee Shawnee Enrollment Department. This allows the Realty Department to cross-reference landowner addresses with the OST.
- lease visit [www.indiantrust.com](http://www.indiantrust.com) whereabouts unknown/Oklahoma/Absentee Shawnee Tribe, to see if you or your relatives are on this list.
- Gift deed transactions will take time to get approved from the BIA.
- Negotiated sales must follow the proper procedures to ensure the transaction is considered for approval.
- A family member of a deceased landowner must initiate the probate process.

*If anyone has any questions, please contact the Realty Department @ (405) 275-4030.*

---

## PROBATE MISSION STATEMENT

The primary mission of the Division of the Probate is to compile inventories of the Indian Trust Assets and family information, and to coordinate the timely distribution of trust assets with the Office of Hearings and Appeals, Land Titles and Records Office and the Office of Special Trustee.

The Division of Probate gathers information regarding decedent's family and property and prepares it for adjudication by the Office of Hearings and Appeals (OHA). After OHA issues a probate order the Division works with other trust offices, such as the Office of Special Trustee for American Indians and the Land Titles and Records Office to distribute assets.

In order for this to happen, the family of the decedent will need to contact the Absentee Shawnee Real Estate Division (Probate) to start the probate process.

*Should you have any questions, please contact Lea Tsoataddle at 405-275-4030 ext. 6248.*

## AST FORUM

This Social Media Facebook page, AST Forum was set-up for Absentee Shawnee Tribal Members, Tribal Workers and associates. Purpose of web page is to have a Forum to discuss Tribal Issues and possible solutions, also to share Tribal and family events which may occur. AST Forum is a creation of Mr. Calvin White.

Currently there are 333 members of which may add new members to the group, I can only hope a good dialog and solutions will be discussed on the page. And maybe new friends will be made and old relatives will meet once again and find common ground, to make our Tribe just a little better.

Sherman Tiger  
Media Director



2% milk served daily

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ham Black eyed Peas Cornbread Apple Crisp	2 Baked Potato Ham, Chez, Onions Broc n Chez Pudding	3 Grits Bacon Toast	4
5	6 Chili Hot Dogs Onion, Chez Chips Peaches	7 Chicken Rice & Broc Casserole Tossed Salad* Plums	8 Beef Tips & Rice Veggies Cake	9 Goulash Greenbeans Bread Apricots	10 Scrambled Eggs Gravy Biscuits	11
12	13 Chicken Fried Steak LTOP Baked Beans Mixed Fruit	14 Roast Mashed Pot/Gravy Peas N Carrots Pears	15 Beans w/ Ham Cornbread Steak fries	16 Spaghetti w/meatsauce Tossed Salad* Bread Sticks/Jell-O	17 Cereal Boiled Egg Sausage Patty	18
19	20  AST Complex Closed	21 Chicken Salad Sandwich LTOP Chips/Pudding	22 Taco Casserole Ranch Beans Tossed Salad* Peaches	23 Salmon Patty Mac N Chez Coleslaw Applesauce	24 French Toast Sausage Patty Fruit	25
26	27 Hamburger Pork n Beans Pot. Salad LTOP/Mixed Fruit	28 Wieners N Kraut Bread Veggies Mandarin Oranges				

NOT GOING TO BE HOME!!!  
CALL AND LET US KNOW AT 405-275-4030  
EXT 6227 or 6270  
OR NOTIFY YOUR DRIVER

LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM  
BREAKFAST SERVED FRIDAYS 9AM TO 11AM

## EMERGENCY NUMBERS

EMERGENCY ASSISTANCE	911	Police, Fire, Ambulance
HEARTLINE EMERGENCY	211	State of Oklahoma
TRIBAL POLICE	405-275-3200	Absentee Shawnee
TRIBAL EMERGENCY MANAGER	405-740-1562 (Cell)	Absentee Shawnee
SHERIFF	405-273-1727	Pottawatomie County
CITY POLICE	405-273-2121	Shawnee
CITY EMERGENCY MANAGEMENT	405-273-5272	Shawnee
COUNTY HEALTH DEPT.	405-273-2157	Pottawatomie County
SHERIFF	405-701-8888	Cleveland County
CITY POLICE	405-321-1600	Norman
HEALTH DEPT.	405-749-1591	Cleveland County
OG&E	405-272-9595 1-800-522-6870	Report Power Outage
CANADIAN VALLEY	405-382-3680	Power Outage
DEPT. OF ENVIRONMENTAL QUALITY	1-800-522-0206	State of Oklahoma
HIGHWAY PATROL	405-425-4385	Road Conditions



# ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

PUBLIC SERVICE ANNOUNCEMENT

## IMPORTANT INCLEMENT WEATHER INFORMATION

**Norman, Oklahoma** – The safety of our patients and employees is paramount in any emergency or inclement weather situation, and the Absentee Shawnee Tribal Health System (ASTHS) recognizes the fact that inclement weather and other emergencies can affect ASTHS' ability to open (or remain open) for seeing patients and the employees' ability to get to work (or to get home). For our patients, we strive to keep the health system closed for the briefest period of time possible. However for impending inclement weather - we are offering the following suggestions for our patients:

1. Please be sure to call ahead with your prescription re-fill needs within the allotted timeframe (24 hour fill time).
2. Please be sure to pick-up your medications (during non-weather event days) from pharmacy so that you will not go without during inclement weather.
3. Please make sure your patient contact information is up-to-date (such as phone number and email addresses) for notifications.
4. **Please call ahead before** venturing out into bad weather to see if we are open or closed.
  - Little Axe Health Center (405) 447-0300
  - Shawnee Clinic & SC Extended Hours (405) 878-5850
  - PlusCare Clinic (405) 447-0477
5. Watch for AST closure announcements on OKC's local news channels.
6. Follow AST Health on Facebook at [Absentee Shawnee Tribal Health](#) for the latest announcements.
7. Follow us on Twitter @ASTHealth; or
8. ASTHS website [www.asthealth.org](http://www.asthealth.org)

With the anticipation of electricity outages, the ASTHS recommends to fully charge your cell phones beforehand. The ASTHS encourages all patients to please stay safe and weather aware.

Prevention. Progress. Pride.

SHAWNEE CLINIC  
2029 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
405.878.5850

LITTLE AXE HEALTH CENTER  
15951 Little Axe Dr.  
Norman, OK 73026  
405.447.0300

[WWW.ASTHEALTH.ORG](http://WWW.ASTHEALTH.ORG)

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.

# There is a welcoming place for women.



Studies show that women tend to ignore their own health while taking care of children and partners. But how can you take care of them if you don't take care of you? **Breast and pelvic exams, mammography referrals, bone density screenings and adult immunizations** are beyond important. They make you healthier. Better. More able to do the hard work that women do.

**LITTLE AXE HEALTH CENTER**  
15951 Little Axe Dr.  
Norman, OK 73026  
405.447.0300

**SHAWNEE CLINIC**  
2029 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
405.878.5850 • 1.877.878.4702 (Toll-free)



## PHARMACY SERVICES

### Your health is our first order.

Prescriptions, medical supplies, helpful advice. The trained pharmacists and supportive staff at each of our AST pharmacy locations are happy to serve you in person or on the phone.

Please allow 24 hours for refills. When you call for refills, have your medication numbers ready and use our automated system. If you'd like to receive a text when medications are ready, share your current cell phone number with a pharmacy staff member. It's also important to let us know about changes in address, phone numbers, insurance and other contact information.

**LITTLE AXE HEALTH CENTER**  
15951 Little Axe Drive  
Norman, OK 73026  
**405.292.9530**

**Lobby:**  
Mon – Fri 8 a.m. to 5 p.m.

**Regular Drive-thru:**  
Mon – Fri 7:30 a.m. to 5:30 p.m.

**Extended Hours Drive-thru\*:**  
Mon – Fri 5:30 p.m. to 9 p.m.  
Sat – Sun 9 a.m. to 5 p.m.  
Holidays 9 a.m. to 5 p.m.

*(excluding Thanksgiving & Christmas)*

\*Extended Hours Rx Drive-Thru is available ONLY for PlusCare Clinic prescriptions and AST member emergency room visit fills.

**SHAWNEE CLINIC**  
2029 South Gordon Cooper Drive  
Shawnee, OK 74801  
**405.878.5859**

**Regular Hours:**  
Mon – Fri 7 a.m. to 5 p.m.

**Extended Hours\*:**  
Mon – Fri 5 p.m. to 9 p.m.  
Sat 9 a.m. to 5 p.m.  
Closed Sundays & Holidays  
\*Extended Hours Rx is available ONLY for Extended Hours Clinic prescriptions and AST member emergency room visit fills.

*Both pharmacies are closed the first Wednesday of every month from Noon-5 p.m.*

### 24-HOUR EMERGENCY PHARMACY ACCESS

If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) **approved Walgreens locations in Shawnee and Norman**. You will need to submit your prescription, and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then, they will fill your prescription. You will have a five-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health-approved Walgreens service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, OK or 615 West Main Street, Norman, OK

ABSENTEE SHAWNEE TRIBAL  
**HEALTH SYSTEM**  
Prevention. Progress. Pride.



ABSENTEE SHAWNEE TRIBAL  
**HEALTH SYSTEM**  
Prevention. Progress. Pride.



ABSENTEE SHAWNEE TRIBAL  
**HEALTH SYSTEM**  
Prevention. Progress. Pride.

## BEHAVIORAL HEALTH SERVICES

### A guiding hand on your shoulder.

Life comes with its share of challenges. As individuals, family members, friends, there are times when we all need some help to clear our minds and better the days ahead. The resources are here; the people are kind. If you need us, please call us, **8 a.m. to 5 p.m. Monday through Friday.**

**LITTLE AXE HEALTH CENTER**  
15951 Little Axe Dr.  
Norman, OK 73026  
405.447.0300

**BEHAVIORAL HEALTH**  
Rolanda Smith 405.701.7987

**SHAWNEE CLINIC**  
2029 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
405.878.5850 • 1.877.878.4702 (Toll-free)

**BEHAVIORAL HEALTH**  
Roberta Cooper 405.878.4716





ABSSENTEE SHAWNEE TRIBAL  
**HEALTH SYSTEM**  
Prevention. Progress. Pride.

From ASTHS Public Health Department:

## February is American Heart Month

February is American Heart Month and the Public Health Department would like to provide you with some helpful information about heart health and risk factors leading to heart disease. Heart disease is the leading cause of death in Native Americans. Some risk factors for heart diseases, such as genetics, we are not able to control. Most risk factors can be decreased or eliminated by making lifestyle changes. These lifestyle changes are not always easy to make but with some practice become easier. You can start by doing one or more of the following things:

- **Maintain a healthy blood pressure or control high blood pressures.** If you suspect high blood pressure, make an appointment with your health care provider. Measure your blood pressure at home for several days in a row, keep a record and take it with you to your appointment. Sometimes we have “white coat syndrome” and our blood pressures will always be elevated during your visit to the clinic. Your home measurements will help your provider better assess your blood pressure and plan treatment options.
- **Monitor and lower your cholesterol if it is elevated.** Our bodies have both “good” and “bad” fats and a proper amount of each is required to be healthy. We can maintain a good balance of each by eating right, but sometimes medications are also needed. Talk to your health care provider about your cholesterol levels.
- **Prevent or control diabetes.** Having diabetes greatly increases your risk for heart disease. Preventing or controlling diabetes will lower your risk. If you have diabetes, make sure to follow you and your provider’s treatment plan for controlling blood sugars.
- **Stop smoking.** Cigarette smoke and second hand smoke exposure increases the risk of heart disease and stroke. When you smoke it is not only harmful to you, but also to those around you. Your risk for disease decreases more the longer you abstain from smoking.
- **Limit alcohol use.** Excessive amounts of alcohol increases blood pressure, which increases the risk of heart disease, heart attack, and stroke. Use alcohol in moderation and always use alcohol responsibly.
- **Exercise regularly.** Get at least 30 minutes of moderate physical activity each week. Exercise keeps the body strong and contributes to healthy weight which lowers risk for heart disease. As always, consult your health care provider before starting any exercise regimen.
- **Eat healthy.** Eat smaller portions at meal time and choose nutritious, heart-healthy foods such as fruits and vegetables. Limit sodium and trans fats. Consult with your health care provider or a nutritionist for more heart healthy food options and nutritious food choices.
- **Reduce stress.** There are many ways to reduce stress. You can exercise, laugh, meditate, or even deep breathe. Getting the right amount of sleep also reduces stress. All of these stress reducers can help you reduce your risk of heart disease.

Ultimately, taking responsibility for your health is up to you, but there are programs available to assist you with making changes such as quitting smoking. Contact the Public Health Department for more information.

### It’s not too late to get a flu shot

It is not too late to get a flu vaccine if you haven’t received one yet. Flu season peaks from December to February so now is as good a time as any to get your flu shot. Everyone six months of age and older should get a yearly flu vaccination. Contrary to popular belief, the flu shot DOES NOT give you the flu. The most common reaction to the flu shot in adults is soreness, redness or swelling at the spot where the shot was given and usually only lasts a couple of days. Protect yourself from the flu and contact your health care provider for an appointment or visit the Plus Care or Shawnee Extended Hours Clinics for a walk-in appointment today!

#### References:

[http://www.cdc.gov/DHDSP/data\\_statistics/fact\\_sheets/fs\\_aian.htm](http://www.cdc.gov/DHDSP/data_statistics/fact_sheets/fs_aian.htm) <http://heart.arizona.edu/heart-health>  
[http://www.cdc.gov/dhdsp/american\\_heart\\_month.htm](http://www.cdc.gov/dhdsp/american_heart_month.htm)

# FEBRUARY 2017

## HEART HEALTH MONTH

What is heart disease? What are the signs and symptoms?  
Are you at risk for heart disease? Can heart disease be prevented?

Learn the answers to these questions and more and get a free  
blood pressure screening at one of the following events.

Friday, February 3rd, 2017\* 1:00-3:00 Little Axe Health Center lobby

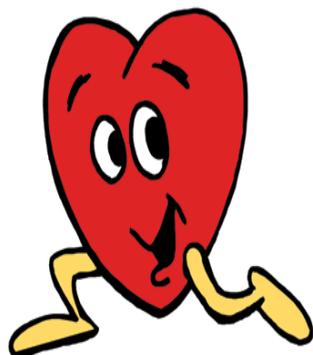
\*This is also Go Red for Women Day

Thursday, February 9th, 2017 11:00-1:00 Title 6, Shawnee

Friday, February 17th, 2017 1:00-3:00 Shawnee Clinic lobby

Thursday, February 23rd, 2017 11:00-1:00 Little Axe Resource Center

### Healthy Heart



### Healthy You

For more information contact Public Health Nursing 405-447-0300 ext. 7190 or 7997

## Heart Healthy Valentine's Day Tips

- Gift a poem or handmade Valentine instead of sweets
- Give a fresh fruit basket instead of chocolates
- If you do receive sweets or chocolates, enjoy them in moderation
- Go for a long, romantic walk & make it a regular habit. 30 minutes of activity most days of the week is healthy
- Prepare a candle lit dinner at home using a heart healthy recipe, or try an old favorite recipe with healthy ingredient substitutions
- If eating out, order one entrée to share: Restaurant servings are often enough for two-splitting will keep you from overdoing it
- Consider sending heart healthy snacks to children's school celebrations-even stickers, pencils or other inexpensive tokens instead of sweets

Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart

## *Augustine Spybuck Johnson*

On January 6, 2017, the creator called home our beloved Augustine “Oogie” Spybuck Johnson. She was a wonderful and dedicated wife, mother, sister, grandmother, aunt, and friend. Our hearts are full of gratitude when we say many thanks to family members, friends and neighbors for the acts of kindness and sympathy: visits, food, service, and kind words spoken to our family. We want to express special appreciation to George Blanchard for his guidance, words of comfort, and caring during this difficult time. The family would also like to express their gratitude to Ike Gibson, John Johnson, Anthony Johnson, Duke Blanchard, Jane Werst, Judy Bender, Leonard and Serena Foreman, Meredith Wapakeche, Donna Butler, Mary Johnson, AST Maintenance Department, and many others who helped prepare food and continue on with our traditional rites. It was such a blessing to her and us to have so many helping hands. Augustine will always be remembered for her love of family and friends.

Nee ya wa,  
Herb, Shannon, and Herbie Johnson &  
JoAnn Spybuck Watson and Margie Spybuck Kinsey

### *Augustine Spybuck Johnson*

**Born:** August 14, 1947    **Passed Away:** January 6, 2017

**Interment:** Family Home Place Cemetery  
Tecumseh, Oklahoma



## LAND BUY BACK PROGRAM

The Department of Interior recently advised they are expanding their schedule for implementing the Land Buy Back Program and adding 63 additional locations for the period of 2018 through 2021. This program began making offers in 2013. It has paid over \$740 million to individual landowners and restored the equivalent of nearly 1.5 million acres to tribal governments. This expansion brings the number of locations being planned for the program to 105. This total includes 96 percent of all landowners with fractionated interests and more than 98 percent of both purchasable fractional interests and equivalent acres in Program eligible areas. There are currently about 245,000 landowners holding approximately 3 million fractional interests across Indian Country.

The intent of the Buy Back program is to partner with tribal governments to stimulate new opportunities so that tribes can operate more efficiently, enter into community discussions and create plans that ensure lands stay in trust. The Program implements the land consolidation component of the Cobell settlement which provided \$1.9 billion to purchase fractional interests in trust or restricted land from willing sellers at fair market value within a ten year window. If a fractional land interest owner decides to sell their fraction you will receive a payment directly into your individual Indian Money (IM) account. The lands purchased through this process are immediately restored to tribal trust ownership to benefit the community and tribal members. In the upcoming months a Program representative will be communicating with our tribe on the process and its implementation.

Our tribe is on the new expanded Program list and members with eligible fractional interests are encouraged to call the Trust Beneficiary Call Center (Call Center) at 888-678-6836 and indicate whether you are a willing seller and/or to update contact information. By registering as a willing seller it does NOT commit you to selling your land, nor will it guarantee an offer will be extended; it merely identifies your interest and assist in advancing planning. **Individual landowners can contact the Call Center, Office of the Special Trustee or BIA office to learn more about your land and options available to you. You can also visit the Program site at: <https://www.doi.gov/buybackprogram/programimplementation-schedule>.**



## Let us help...



With your cooling bill this summer  
If you live in Pottawatomie or Cleveland counties  
and have a C.D.I.B. card you may qualify for the  
L.I.H.E.A.P Program

Come and apply  
Starting in May thru September  
2016

The L.I.H.E.P Program will pay for



All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

Department of Social Services  
(405) 275-4030, Ext. 6225

Annette Wilson, Social Services



## Education Department

The following are current programs administered by the Absentee Shawnee Tribe Education Department:

These are brief descriptions of current programs. Program guidelines are available in hard copy at the Education Department office or for download at [www.astribe.com](http://www.astribe.com).

- **Academic (K-12) Program:** assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- **Zahn Program:** established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program:** funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calendar year or per program.
- **Higher Education: Education Incentive Award Program:** funds for undergraduate degrees, one associate or bachelor degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
- **Graduate Scholarship Program:** funds for one master's degree or one doctoral degree, and can fund one graduate admissions test. This program has funding levels based upon full-time and part-time status.
- **Big Jim Youth Award Program:** annual incentive for High School Seniors for Academic Achievement and Athlete of the Year. Deadline for application submission is March 31<sup>st</sup> of each year.

All funding is based upon the availability of funds at the time of application.

**Attention:**  
Applications for fall 2016 must be received or postmarked by June 15, 2016.

All applications and guidelines are available at [www.astribe.com](http://www.astribe.com). Click on Services and select Education.

For more information, please call Tresha Spoon at (405) 275- 4030, Ext. 6242 or 1-800-256-3341 or email to [tresham@astribe.com](mailto:tresham@astribe.com).

# ABSENTEE SHAWNEE TRIBE TAX COMMISSION

2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
(405) 275-4030 • Fax: (405) 214-4225

## NEW REGISTRATIONS

- VALID OKLAHOMA DRIVER'S LICENSE
- VALID OKLAHOMA INSURANCE
- CDIB/ENROLLMENT CARD
- NOTARIZED TITLE
- NOTARIZED BILL OF SALE or PURCHASE AGREEMENT
- LIEN ENTRY FORM (if you are making payments)
- LIEN RELEASE FORM (if previous owner had lien)

**\*TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS\***

**Note:** You may be asked to provide supporting documentation for verification purposes.

## RENEWALS

- VALID OKLAHOMA DRIVER'S LICENSE
- VALID OKLAHOMA INSURANCE
- CDIB/ENROLLMENT CARD
- PREVIOUS YEARS REGISTRATION

**\*ANYONE MAY COME RENEW THE VEHICLE AS LONG AS THEY HAVE THE ABOVE LISTED DOCUMENTS FOR THE TRIBAL MEMBER\***

## TAG PRICES

1-4 YEARS	\$85
5-8 YEARS	\$75
9-12 YEARS	\$55
13-16 YEARS	\$35
17- OVER YEARS	\$15

## PENALTY

\$0.25 A DAY



ABSENTEE SHAWNEE TRIBAL

# HEALTH SYSTEM

Prevention. Progress. Pride.

## ASTHS 2016 Employee of the Year

The Absentee Shawnee Tribal Health System is happy to announce Mr. John McKinney, Shawnee Clinic Housekeeping/Maintenance, as the winner of the 2016 Health Employee of the Year Award.

Throughout the calendar year, health employees are nominated each month by fellow health staff, supervisors or even AST health patients for a “job well done”. An individual is selected out of the nomination pool and announced at each monthly town hall staff meeting. At the conclusion of the last year, all 12 Employee of the Month honorees were put to a vote by health staff, votes tallied and the winner was announced at this year’s January Town Hall meeting. Staff comments regarding Mr. McKinney’s achievement was “it was well deserved”, “it couldn’t have happened to a friendlier person” and “he always has a willing-to-help attitude”.

*Congratulations John!*



**TOTALLY #ADDICTED**

JOIN US AND **#UNFOLLOWTHECROWD**

It's pretty simple:  
when you're into  
cool stuff, you're not  
into drinking.

**WWW.MYDNA.ROCKS**

MyDNA Rocks  
@MyDNArocks  
mydnarocks

**MYDNA**  
DRUG-FREE NATIVE AMERICA

SAMHSA  
HEALTH SYSTEM  
spihb

MyDNA is an Absentee Shawnee Tribal Project and is funded by SAMHSA (Substance Abuse and Mental Health Services Administration) in cooperation with the Southern Plains Tribal Health Board.

## SMOKING CESSATION GROUP

**Facilitator:** Marvin Smith, LPC, LADC

Little Axe Health Center’s Behavioral Health Department (405)447-0300 or (405)701-7987

This service is offered on Tuesdays from 2:00 pm to 3:00 pm

**Start date:** To be determined (group dates are typically set once an adequate number of participants have signed up for services).

- Tobacco remains the leading cause of preventable death in the U.S.
- More than 16 million people have at least one disease caused by smoking.
- Smokers are 30-40 times more likely to develop type II diabetes than non-smokers.
- 5.6 million Children will die early due to smoking.

### Course objectives:

- Understand the economical, medical, and social effects of cigarette consumption.
- Gain knowledge of why people engage in tobacco use.
- Establish personal consequences associated to your use.
- Develop and gain coping skills to facilitate a smoke-free lifestyle.



# LITTLE AXE HEALTH CENTER

LI-SI-WI-NWI HEALTH, INC.

Prevention. Progress. Pride.

# FEBRUARY 2017 BIRTHDAYS

Alford, Dianne Susan  
 Alford, Laurie Leann  
 Alford, Makenzie Raychel  
 Alford, Nicholas Blake  
 Alford, Paul Henry  
 Almanza, Sacha Blue Renee  
 Arellano, Jennifer Lynn  
 Arzuefa, Oneonta Marie  
 Armstrong, Dusty Ridge  
 Asbridæ, Sandra Lilrene  
 Atwara, Honey Nicole  
 Barnard, Kevin Michael  
 Baffiest, Phyllis Leeann  
 Belden, Florene  
 Belden, Lois Little Creek  
 Bennett, Blaine Mattinaty  
 Berryhill, Valerie Lynn  
 Bettelyoun, Amber Dawn  
 Bettelyoun, Anthony Bryce  
 Bettelyoun, Lea Dawn  
 Bittle, Joshua Jacob  
 Blanchard Craig, Carolyn Jean  
 Blanchard Sr, Leland Dale  
 Blanchard, Aaron Gabriel  
 Blanchard, Cache Lewis  
 Blanchard, Caden Briar  
 Blanchard, Charles Eugene  
 Blanchard, Joshua James  
 Blanchard, Kellice Lee  
 Blanchard, Rikki Rechele  
 Blanchard, Sierrah Delyn  
 Blanchard, Taylor Jordan  
 Blanchard, Thurman Leon  
 Blanchard, Velma Mae  
 Bowles, Melissa Carole  
 Boyd, Laura Lynn  
 Bread, Charles Michael  
 Bread, Dina Adele  
 Breeding, Kinsley Reece  
 Brokeshoulder-Tyner, Tammy Lynn  
 Brown III, Curtis Jermain  
 Brown, Cody Wayne  
 Brown, Lisa Renee  
 Bryant, Isis Aponi  
 Bullen, Myles Robert  
 Campbell, Mikayla Jo  
 Carlson, Scottina Dakota  
 Carnes, Kylee Aleea Lynn  
 Carr, Adoree Celeste  
 Checofah, Eric Wayne  
 Cloud, Doris ( Elephant J )  
 Coddington, William Michael  
 Cooper, Dade Luke Allen  
 Copeland, Val Rochelle  
 Cottrell, Ryan Thomas  
 Cozad, Anastasia E-mah-doh  
 Creek-Harjo, Josiah Sage  
 Crider, Eric Russell  
 Crocker, Dorothea Carolyn  
 Csoma, Alexander Affila  
 Daugherty, Kenneth  
 Daugherty, Mikenna Hope  
 Daugherty, Serena Mae  
 Davis, Meaghan Paige  
 De Shazo, Heather Ann  
 Dean, Minnie Bear  
 Deardorff, Cynthia Ann  
 Deckard, Dakota Dale  
 Deer, Kylee Taryn  
 Deer, Michael Neil  
 Deere, Adina Ann  
 DeLodæ, Lena Ruby Rhianna  
 DeLodge, Ruby Leigh  
 Digilio, Brandin Anthony  
 Digilio, Bryon Andrew  
 Downs, Camden Blake

Downs, Cayden James  
 Dragoo, Micah Lashaun D.  
 Edwards, Kenneth Lee  
 Ellis, Ausfin Chase  
 Ellis, Jeremy Michael  
 Ellis, Jessica Lyn  
 Ellis, Leroy  
 Emmons, Brian Ross  
 Engledowl, Jasey Belle  
 Fenner, Kayana Isabelle  
 Ferrell, Ethan Shawn  
 Fixico, Stephen Anthony  
 Floyd, Jane Elizabeth  
 Foreman, Joshua Daniel  
 Foreman, Richard Eli  
 Frazier, Devon Leanne  
 Geissler, Stephanie Dayle  
 Gibson Jr., Ronald Lewis  
 Gibson, Kylakay Virginia  
 Gibson, Paige Nycole  
 Gibson, Paul Brian  
 Gillihan, Deziree Kristyne  
 Gilman, Juanita  
 Gomez, Wilma Sue  
 Goodman, Blake Samuel  
 Gransfrom, Gayla Sue  
 Grass, Avis Elaine  
 Grass, Wayne  
 Gravel, Olivia Jane  
 Hale, Talayah Marie  
 Haley, Sasha Mae  
 Hall, Matteson Roi  
 Ham, Jerred Mace  
 Ham, Rhonda Juliene  
 Harder, Ruth Ellen  
 Harjo, Benjamin Ray  
 Harper, Pauline Aileen S.  
 Hartfield, Jazlynn Shae  
 Harvey, Holly Marie  
 Hayes, Donna Kay Elkins  
 Hayes, Jocelyn Cynthia Lorene  
 Hernandez, Erica Ann  
 Herrera, Robert Manuel  
 Hibdon, Kendra Nicole  
 Hilderbrand, Amy Beth  
 Hill, Stephen Allen  
 Hood III, Warren Wesleyon  
 Hood, Dakota Zane  
 Hood, Moria Oloizia  
 Hunter, Audrey Della  
 Hunfington, Bradford Paul  
 Hurst, Joseph Douglas Skinner  
 Ibarra, Angel Antonio  
 Irvin, Nathaniel Konrad  
 Jimerson Jr., Robert  
 Jobe, Alexa Lee  
 Johnson Jr., Foster Calvin  
 Johnson Jr., Mark Benjamin  
 Johnson, Cleta Joyce Blanchard  
 Johnson, Cooper Allen  
 Johnson, Grayling Wade  
 Johnson, Henry Kirby  
 Johnson, Henry Kirby  
 Johnson, Jacob Jordan  
 Johnson, Marc Anthony  
 Johnson, Mark Benjamin  
 Johnson, Michael Jeremy  
 Johnson, Pauline Virginia  
 Johnson, Rahstin Allyn Sabbestiun  
 Johnson, Sandra Kay  
 Johnson, Tiffany Sheri  
 Johnston, Diana Sue Alford  
 Jones III, Timothy Dale  
 Jones, Willie Lee  
 Judkins, Ashley Ann  
 Keith, Andy Ronin  
 Kelly, Ryan Michael

Kennedy, Kade Andrew  
 Kickapoo, Derek Anthony  
 Kirby, Gage Robert  
 Kitchen, Amber Elisabeth  
 Knight, Natalie Jean  
 Krackenberger, Sharon Lea  
 Krejci, Ronald Dylan  
 Kupczynski, Joseph Martin  
 Lalehpavarvan, Ali Jordan  
 Laplant, Scotty Alan  
 Lasarge, Amos Dewayne  
 Lavell, Jade Daniel  
 Leafh, Mary Loyse  
 Lehman, Joenita Leigh  
 Lena-Tiger, Camille Dawn  
 Lewis, Elain Kay  
 Lewis, Pamela Lynn  
 Limbaugh, Jodi Kathleen  
 Little Axe Eckles, Debra Lynn  
 Little Axe Sr., Danny  
 Little Axe, Ronald Dean  
 Little Charley Jr., Scott  
 Little Creek, Larry Dwight  
 Littlebear, Brooklyn Shay  
 Littlebear, Grant Edwin  
 Littlebear, Laura Jan  
 Littlecreek, Cynthia Marie  
 Littlehead, Gary Lynn  
 Longhorn, Lindsey Marie  
 Longhorn, Nathan Neil  
 Lowe, Kara Michelle  
 Lowe, Taylor Makayla  
 Lumpmouth, Wynona Lee  
 Maddux, Jonathan Webster Tiger  
 Mahardy, Jeffery Andrew  
 Mann, Colby Lee Richard  
 Markwardt, Ethan Thomas  
 Marshall, Denia Kay  
 Martinez, Erica Inez  
 Martinez, Hayden Loa  
 Martinez, Jasmine Consuelo  
 Martinez, Shawnee Danielle  
 Masquas, Cora Irene  
 Masquas, Elysia Rose  
 Masquas, Joshiah Lee  
 May, Gina Lanette  
 McDaniel, Kelsey Layne  
 McDoulett, John William  
 McDowell, Farrell Ramon  
 McKane, Sidna Rae Lenee  
 McKinney, Ellen Marie  
 Medina, Elizabeth Ruth Ann  
 Medina, Trinity Lynn Tiger  
 Melton, Jaycie Taylor  
 Miller, Cari Denise  
 Miner, Veda Jorene  
 Minesinger, Joshua Brooker  
 Minesinger, Seth Wildcat  
 Mitchell, Benito Miquel Travis  
 Mohawk, Cherokee Cheyenne  
 Molina Jr., Charles B.  
 Moore, Alexia Saranda  
 Moore, Thomas Joseph William Randall  
 Morton, Joseph Ohland  
 Mount, Glenda Dawn  
 Murdock Jr., Steven Alan  
 Murdock Sr., Steven Alan  
 Musick, Michael Thomas  
 Nail, Gregory Thomas  
 Neely, Ethan Ray  
 Novick, River Elaine-Monique  
 Odell, Ronnie Lynn  
 Owens, Beau Wesley Laine  
 Owings, Abigail Rose  
 Panther-Davis, Tammie Rae  
 Panther, Lydia Denise

Panther, Shawn Dell  
 Parker, John Wendall Gage  
 Perez, Tesla Nichole  
 Perkins, Miranda Deann  
 Perry, Georgia Grace  
 Perry, Sierra Breanna  
 Peter, Kalina Nicole  
 Pine, Jeremiah Andrew  
 Ponce, Aisaiah Anthony Oscar  
 Pynch, Jesse Kellen  
 Quraishi, Ibraheem Bin Khalil  
 Raisbeck Jr., David Nathaniel  
 Raisbeck, Samantha Storm  
 Raisbeck, Samuel Walter  
 Ramirez III, Florenfino  
 Ramirez, Mariah Fay-Ann  
 Ramirez, Mafias Noah  
 Reyes, Isabel Fe  
 Richey, Kodi Rae Jolynn  
 Ridenour, Sydney Bree  
 Rigg, DeeAnn Onahwag  
 Riley, Hulbuffa Kotcha  
 Robbins, Blake Anthony  
 Robbins, Taylor Paige  
 Robison, Ariana Michelle  
 Roleffe, Cheryl Lynn  
 Roleffe, Madison Fox Grant  
 Roleffe, Madison Joy  
 Rowan, Damian Eugene  
 Runsabove, Honor Mae  
 Sams, Christine Lorraine  
 Sanchez, Kianna Paola  
 Seber, Peyton Eddie  
 Serena, Laveda  
 Shawnee, LaNavah JaN'ae  
 Sheets, Angela Christy  
 Simpson, Christian Jacob  
 Simpson, Cody Lee  
 Slate, Patricia Ann  
 Slayton, Brooke Danielle  
 Sloat, Douglas James  
 Sloat, Meika Ladon  
 Sloat, Newton D  
 Smith, Cynthia Diane Daugherty  
 Smith, Marvin  
 Smith, Samuel Ryan  
 Smith, Zackery James  
 Snake, Alvin Matthew  
 Snake, Julia DeAnn  
 Snake, Kenneth Lee  
 Snake, Lewis George  
 Snake, Stewart Lancer  
 Soap, Sally Clarice  
 Solomon, Billie Jean Tiger  
 Spoon, Edward Joe  
 Spoon, Justin Tyler  
 Spoon, Paisley Rennea  
 Spybuck, Garland Charles  
 Spybuck, Gavan Wayne  
 Spybuck, Roberta Ann  
 Stevenson, Jodean Ann  
 Stoudemire, Naviah DeAnne  
 Strain, Gerald Tousley  
 Stryker, Dogle Chad  
 Stryker, Laurel Brad  
 Sullivan, Aizah Vanesse  
 Sullivan, Marcus Lee  
 Sufton Jr., Jeremy Ray  
 Switch, Sabrina Lee  
 Switch, Sophia Michelle  
 Tahah, Barton Dale  
 Talfon, Dacia Arie  
 Talfon, Kaydince James  
 Taryole, Laura Lee  
 Tascier, Sarah Isabelle  
 Tello-Faz, Maria delaLuz

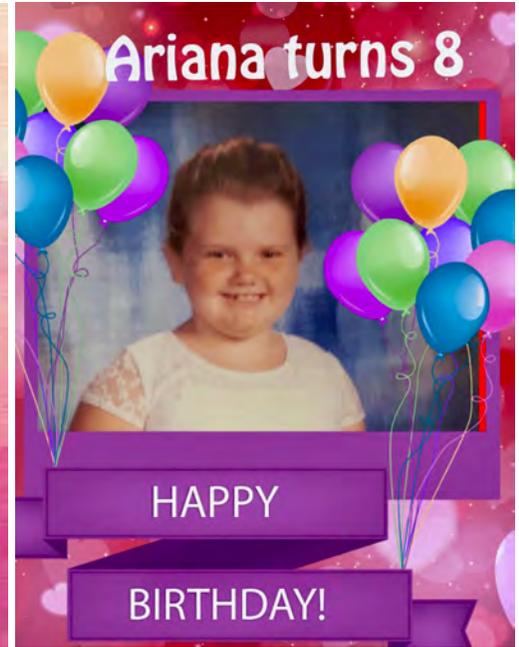
Terrell, Xavier Thomas Jackson  
 Thompson, Asher Bryce  
 Thorpe Jr., Edwin James  
 Thorpe Lena, Janice Gail  
 Thorpe, Edwin James  
 Tiger, Karman Rose Daylee  
 Tiger, Kevin Richard Dewayne  
 Tiger, Soaryn Edward Matthew  
 Tiger, Tammy Cindie Ladawn  
 Tiger, Tyler Matthew  
 Trussell, Sherry Lynn  
 Uchida, Denise Louise  
 Uchida, Kevin Micheal  
 Vaughn, Dylan Thomas  
 Wade, Justin Lee  
 Walker, Robert Stanley  
 Warrior, Anthony Louis  
 Warrior, Pamela Sue  
 Washington, Olvie Winston  
 Watkins, Destiney Shae  
 Watkins, Jayana Laneis  
 Watson, Adriana Renae  
 Watson, Brent Grynnae  
 Watson, Peyton Deshae  
 Wheeler, Emily Anne  
 Wheeler, Leah J.  
 Whims, Madison Mackenzie  
 White Thunder, Shelby Lynn  
 White, Christopher Alan  
 Whittaker, Caiden Skye  
 Whittaker, Joshua Jay W.  
 Wiley, Prince John Bowen  
 Wilkinson, Kaelynn Rayann  
 Williams, Brennan Marie  
 Williams, Kaylee Nicole  
 Williams, Kevin Bruce  
 Wilson Harjo, Reta Marie  
 Wilson, Adam Lee  
 Wilson, Mariana Danyel  
 Wilson, Melvin Wayne  
 Wilson, Zelma Jo  
 Womack, Che'le Caye  
 Wood, Judith A.  
 Wood, Ryan Ashley  
 Yamutewa, Chebon Dale



  
**Happy Birthday!**  
 TO MY PAPA,  
**MARVIN SMITH**  
 I Love You Lots,  
 Baby Landyn



Jasey Belle princess turns 9!!!



Ariana turns 8

HAPPY BIRTHDAY!

  
**Happy Birthday!**  
 to my beautiful nieces  
**CHELE WOMACK & STEPHANIE GEISLER**  
 Hope you both have a wonderful day!  
 Love Aunt Rhonda

*Happy Birthday Mom*  
*Velma Blanchard*  
 WE LOVE YOU!  
 MARVIN & SHERRY

*Happy 25th Birthday*  
*February 3rd*  
*Shelby Lynn White Thunder*  
 Love - Mom, Dad, Grandma, Grandpa, Sheldon, Shelsie, Bryson, "Mowgli", "Hambuga" and the rest of the Family.

**HAPPY BIRTHDAY**  
**PAIGE GIBSON & BART TAHAH**  
**FROM,**  
**UNCLE MARV & AUNT SHERRY**

  
**HAPPY BIRTHDAY!**  
**MARV**  
 We Love You,  
 Sherry, Jordan,  
 Jake, & China.

  
**HAPPY BIRTHDAY**  
**JANICE LENA!**  
 From Marvin & Sherry

  
**HAPPY BIRTHDAY**  
**Joshua Foreman**  
 Eat Lots of Cake!

• WISHING YOU A GREAT YEAR •

HAPPY  
*Birthday*  
BRENT WATSON

FEB.

1ST

• LOVE THE KASECA'S •

HAPPY  
VALENTINES  
DAY!

To my sugarbabies  
Kantynn, Kanynn & LynnLei Kaseca

Love You Bunches,  
Granny & Grandpa

**kw** GREEN  
MEADOW  
KELLERWILLIAMS.

REALTOR®  
**405-205-7922**

mjmaxwell@kw.com  
justlistedhomesinoklahomacity.com

1624 SW 122nd  
Oklahoma City Oklahoma 73170

157561 Each Office Independently Owned and Operated



Mary Jane Maxwell



## Thank You for Your Recycling Efforts

Thanks to all who participated in the recycling effort in 2016, OEH was able to collect over 6 tons of cardboard and over a ton of paper.



By recycling these materials, we have saved 6,440 kWh of energy, 16 barrels of oil, 93.6 million Btu's of energy, 7,000 gallons of water, 60 pounds of air pollutants, 17 trees, and over 57 cubic yards of landfill space.



With a great effort we can make 2017 an even better year for recycling and saving our resources. Thank you!



## Get the Party Started!

You can earn 10, 15, 20 percent or more in **FREE**† Mary Kay® products.

†Based on the actual sales total and the number of bookings from your event to use toward your choice of Mary Kay® products.

Party with a company women trust.

Creating products women love for over 45 years.

Get a **\$40** gift of beauty.

A good buy gets every woman's attention, especially when she can get \$75\* in the Mary Kay® products she loves for just \$35 when she hosts a party.

\*Suggested retail

Give the gift of girl time.

Pamper your friends with the feel-good fun of a Mary Kay® party.

It's all about you!

- Enjoy the personal attention.
- Receive a one-on-one consultation.
- Get skin care recommendations.



Party With a Cause

Host a party that benefits your favorite charity.



Contact me to find out more!

Delana Ayers

405-432-7405

<http://www.marykay.com/dayers4>

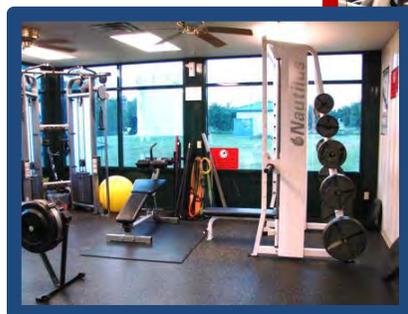
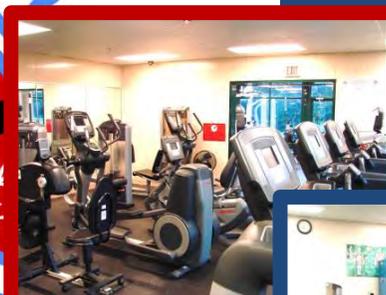
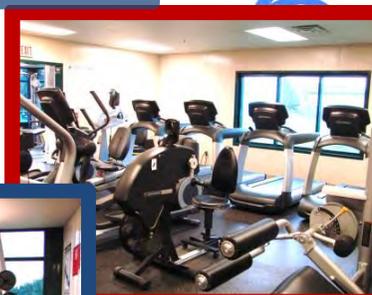


Buster Bread  
Fitness Manager



Chrissy Wiens  
Physical Activities Specialist

# The Absentee Shawnee Diabetes and Wellness



## Fitness Facility Hours of Operation

Monday - Friday

6:00 a.m. - 9:00 p.m.

## Fitness Facility Weekend Hours of Operation

Saturday

9:00 a.m. - 3:00 p.m.



Brandon Goodman  
Fitness Technician

The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.



McKenna Watson  
Fitness Technician

## AST Diabetes and Wellness Program

The goal of the diabetes and wellness program is to provide a supportive resource to tribal members who are currently diagnosed with diabetes, or at risk and seeking information and/or support for diabetes and personal health. The program will offer guidance on healthy lifestyle changes such as eating healthy, exercise tips including workout classes with our two certified trainers, and keys to reducing stress.

The AST Resource Center fitness room hours are:

Monday-Friday 6:00am - 9:00pm

Saturday 9:00am - 3:00pm

Sunday CLOSED

For more information on the many exciting opportunities available for our tribal community please call our clinic at 405-701-7977 or visit our website at [www.asthealth.org](http://www.asthealth.org) (Then navigate to our Diabetes and Wellness section under the services section.)



# February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>
<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Cardio Kickboxing</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
		<u>Core 'N More</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>Tabata Interval</u> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
<u>Strength Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		

**Fitness sessions will be available every Wednesday and Friday at the Little Axe Health Center**

"Core 'N More"- Core training mixed with strength and aerobic exercises to improve total body strength.



**Absentee  
Shawnee Fitness**

"Circuit Training"- A time efficient training system aimed at developing strength through pre-determined training stations.

"Cardio Kickboxing"- Aerobic training using kickboxing techniques to engage and strengthen the cardiovascular system.



"Tabata Interval"- A time-efficient aerobic training system aimed at burning calories and improving cardiovascular fitness.

**Diabetes and  
Wellness**

# PHILLIP S. ELLIS FOR OFFICE OF THE GOVERNOR



To my fellow tribal members,

My name is Phillip S. Ellis and I'm running for the Office of the Governor for the Absentee Shawnee Tribe of Indians of Oklahoma.

I was born November 28, 1962 as the first born son to Aileen (Little Axe) Ellis and Russell Ellis. My maternal grandparents were Frank and Edna Little Axe and my paternal grandparents were Charles and Joyce Ellis. I was raised in Shawnee,

Oklahoma and I've been married for 23 years with one daughter, Kimberly (Absentee Shawnee). I served in the United States Marine Corps and was honorably discharged. I hold a BS from Arizona State University and an MS from the University of Tulsa. My past professional work experience has primarily been in public accounting (both audit and tax) and with Native American governments (both administration and accounting). I was recently approved to take the CPA examination in Oklahoma by the Oklahoma Board of Accountancy; which I intend to complete within 18 months. Personally, to stay in shape and active I practice free style martial arts and occasionally play golf. I'm a member of the First Indian Baptist Church of Cushing.

Since August 2016, I've been employed by our Tribe working as a Financial Analyst in the Finance Department. Working for our Tribe has been both rewarding and given me the opportunity to take an active role in participating in our Tribe. But more importantly, it's allowed me to recognize the needs,

challenges, and problems facing us both from an internal and external standpoint. For example, how do we as a group save, protect, and promote our culture and our language? Or where do we as a group stand in providing for our health care needs now and in the future? How do we fund our ever growing financial needs? Or how do we improve the collaboration and communication among our programs and departments to better deliver services to ourselves? How are we going to adjust to the changes that are sure to come under President Trump? The needs, challenges, and problems are too many to list.

I strongly feel that I have the background, ability, and leadership style to work in a collaborative effort to lead our Tribe going forward. Moreover, I can work with a variety of people and organizations, both internally and externally, and understands the complexities of the 21st century while appreciating the unique culture that we possess. I will, and expect those around me, to work within boundaries of the Constitution of the Absentee Shawnee Tribe of Indians of Oklahoma and any applicable law that governs us. While at the same time taking advantage of preferences afforded us under law as a Tribe to further the goals and objectives of our Tribe.

Can I do it alone? No; I need you. I need your input and ideas. We, as a people, need you and your input and ideas. Over the coming weeks I'd like to meet as many of you as possible in person and get to know you, and you get to know me. I'd like for you to hear my ideas. For those of you may not be able to meet me in person I'm on Facebook, LinkedIn, or just sent me an e-mail. [Phillie28@hotmail.com](mailto:Phillie28@hotmail.com). I'd love to hear from you.

Warm regards,  
Phillip S. Ellis

# ATHEDA W. FLETCHER FOR TRIBAL SECRETARY



Dear Absentee Tribal Members:

My name is Atheda W. Fletcher and I am soliciting your support in my pursuit of the position of Tribal Secretary. I decided to seek this office because I realize that our Tribe has come to a critical crossroad. It is the time for us to join together to ensure our Tribe remains viable, successful and above all, works together to determine how we want to achieve goals that will secure our Tribal's future. My goal is to work diligently with our Tribal leaders to provide all of our Tribal Members more services and secure the future for our Tribal children and elders. Never has it been more important to elect a person who can represent your voice; someone who is willing to act in the Tribe's best interest and bring a higher level of cooperation and management to

the forefront. I believe that I am capable of meeting the challenge and I look forward to the work ahead.

A bit of history, my mother is an Absentee Tribal Member and her name is Martha Ellis Edwards. She is the daughter of Sargent Ellis and Anna Bullfrog. My mother and father honored tribal traditional, but realized that their children needed the ability to navigate both worlds; therefore, we were encouraged to seek higher education and training, and we did. My brothers, John Edwards, Lee Edwards and Glen Edwards, were strong supporters of our Tribe and served in various capacities.

My credentials include a Bachelor of Business Administration degree from the University of Central Oklahoma, Edmond, Oklahoma where I was successful in maintaining a high level GPA and a place on the President's and Dean's Honor Rolls. I

was also given the Multicultural Student Services Certificate of Academic Excellence. I give credit to the Absentee Tribe's Education Program for providing me with assistance in my educational pursuit. Without this assistance, I may not have been able to complete my education. It is this type service as well as others that I want to help preserve for our Tribal Members. I stand now to share my experience and skills with the Tribe.

My most recent professional experience included working for a Fortune 100 corporation for over ten years where I managed a multimillion dollar program and other high-level, high-value programs. My skill set well equips me with the ability to successfully manage the various programs that are the responsibility of the Tribal Secretary.

I joined the Thunderbird Entertainment Centers' Board of Directors one year ago, and I am learning through this experience just how important it is to be proactive in the protection of our Tribal assets.

If elected, I will work diligent with tribal leaders to ensure that the Tribe realizes maximum benefit from our assets. I am committed to work solely in the best interest of the Tribe. My goal is to support and work closely with our current and hopefully future governor, Edwina Butler-Wolf. I know that Edwina and I will make it our top priority to build a stronger and more prosperous Tribe.

I ask that you cast your vote for me in March, 2017.

*Atheda W. Fletcher*



# JOHN SOAP FOR OFFICE OF THE GOVERNOR

Hello Absentee Shawnee Tribal Members, My name is John Soap and I am a candidate for the office of Governor of the Absentee Shawnee Tribe. To let you all know more about me, I am the grandson of William Lee Wilson and the great-grandson of Harry Aaron Wilson (Uck-ko-duh-stuc) and Gertrude Elephant Wilson (Nah-she-wah-bah-mah). I was born in Shawnee at Mission Hill Hospital just across the street from our tribal complex. I started my childhood here in Johnson, Oklahoma going to school at North Rock Creek and Earlsboro kindergarten thru 2nd grade. In the third grade I was going to school at Acme when my parents divorced. My mother moved to Oklahoma City and my father moved to Houston Texas. Later my mother moved to Tulsa and I spent most of my elementary school years at Concho Indian School but I did go to school in Houston, OKC, and Tulsa because sometimes I would rather be with my parents and I would go home to be with them for half a semester or so. I went to Sequoyah High School in Tahlequah and graduated in 1984.

After I graduated from Sequoyah I got married and started a family in Dallas, Texas. I lived in Dallas working for myself as a tile contractor. I always wanted to come back to Shawnee from the day my parents' divorce was final when I was 8 years old. So I came back in 1996 and got a job right away working on the new cancer center at the then Shawnee Regional Hospital doing the tile work. I applied for Absentee Shawnee housing and was approved for a Mutual help home. My sons and I moved in November 1999. The AST Housing provided me my first stable home in my life, I am forever grateful. In 2005 I enrolled into Seminole State College, received my associates degree in 2007, went on to East Central University and received my bachelor's degree in 2009, and then went on to Langston University and received my Master's degree in 2013. The Absentee Shawnee Education Program assisted me all the way through my college education, I am forever grateful. I am fortunate to be able to give my Absentee Shawnee tribe a return on their investment. With the help of the Absentee Shawnee Health Systems, I am now a Licensed Professional Counselor (LPC) and most importantly, I am a billable provider for our clinic.

So as you can see the Absentee Shawnee tribe has helped me in the most positive way in my life and career. I love my tribe and I am very thankful for my tribe. With that said, I do not want to run a negative campaign. The Absentee Shawnee Tribe is a great tribe and we can even get better. We can do that with Teamwork in Leadership!!!

Here is a snapshot at my resume.

- School Board member Shawnee Public Schools 2015-present.
- Outpatient Therapist LPC,CRC Absentee Shawnee Tribe 2014-present
- Director of Vocational Rehabilitation Cheyenne and Arapaho Tribes Feb. 2014-June 2014
- Vocational Rehabilitation Counselor Delaware Nation 2011 -2014
- Vocational Rehabilitation Counselor Cheyenne and Arapaho Tribes 2010-2011
- Self-employed Tile and Marble installer 1984-2010
- Master's Degree in Rehabilitation Counseling from Langston University 2013
- Bachelor's Degree in Rehabilitation Counseling from East Central University 2009
- Associate's Degree in Behavioral Science from Seminole State College 2007

## AST CAMPAIGN LETTERS

As of press time, Media department has received many campaign letters from candidates, but in Media's communication with AST Election Commission NONE of background checks have come back.

Also We (Media) need either Campaign letters or articles in either word or pdf file to put in newsletter, We have received one letter from Andrew Warrior in a plain e-mail, we responded to Mr. Warrior, requesting such an file as of press time nothing was returned to us. It is up to candidates to write and submit letters for publication. It is not Media's responsibility to produce campaign letters.

Thank You  
Sherman Tiger  
AST Media Director



### Childhood Dental Facts

- Kids in prehistoric times likely did not suffer with tooth decay. The American Dental Association says this is because sugar was not a part of their diet.
- Tooth enamel is the strongest substance in the human body
- Unlike bones or other parts of the body, teeth are incapable of self-repair. This is why receiving fillings and other dental work is necessary to protect teeth from further damage.
- Tooth decay is actually classified as an infectious disease because it is caused by a particular strain of bacteria passed between multiple people.
- **Tooth decay remains the most common chronic disease among children ages 5-17 with 59% affected and an even higher percentage in Native American Children.**

### It's All About The Baby Teeth

A common misconception among parents is that the baby teeth are “practice teeth” and therefore are not important. To be honest, if your child has a lot of cavities or ends up losing their baby teeth early, this can affect their permanent teeth.

1 – **The baby teeth are placeholders for the permanent teeth.** The body naturally loses baby teeth in a certain order to allow enough room for the permanent teeth to come in. If the teeth fall out earlier, you disrupt this order and there may not be enough room for the permanent teeth.

2 - **Cavities in baby teeth can cause infections that can harm your child and damage the developing permanent teeth.** If the baby teeth are damaged, the damage isn't isolated to the

baby teeth. When a cavity reaches the pulp (the nerve) inside the tooth, it enters the bloodstream and can cause an infection.

3 – **Baby teeth allow the child to develop good oral hygiene habits.** It is much easier to teach a child the right brushing and flossing habits when they are young than it is to retrain an older child who has had bad habits for years. I do think parents should use the time before their children's permanent teeth come in to teach them how to take care of their teeth. This means brushing and flossing for them. Most children are not capable of properly brushing and flossing till age 9. **This means as the parent or care taker it is your responsibility.**

4 -**Unhealthy baby teeth can cause a child to have low self-esteem.** The most common place for cavities in children is in between the front teeth. If a little boy or girl has to walk around with brown spots on their front teeth, it can make them self-conscious and decrease their sense of self-worth.

5 – **They help children eat nutritious food.**

We can't stress enough the importance of taking care of your child's baby teeth. Keep in mind that cavities are caused by bacteria, and tooth decay is a serious disease — **One of the most common diseases in children!**

**Native Americans suffer from the poorest oral health of any population in the United States, with staggering rates of untreated tooth decay among children.**

**This statistic is not here stay, if we have our way.**

Join us in our quest to ensure every child has a

***Healthy Smile!!!***

For more information or to make your child an appointment, please contact the Little Axe Health Center's Dental Clinic at (405) 447-0300, Ext. 7964 because there's no time like the present to make a child smile.

Brought to you by  
Little Axe Health Center Dental Clinic  
15951 Little Axe Drive  
Norman, Oklahoma 73026



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

**Honoring Our Past  
With Promise for  
Our Future**

**LIFE is Beautiful  
Living Meth Free**



**National Suicide  
Prevention**

**1-800-273-8255  
(TALK)**



**Absentee Shawnee  
Health Systems  
Shawnee & Little Axe**

# DOMESTIC VIOLENCE DEPARTMENT

## ATTENTION PARENTS: FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

### What is teen dating abuse?

Teen dating abuse describes actual or threatened acts of physical, sexual, psychological, and verbal harm by a partner, boyfriend, girlfriend or someone wanting a romantic relationship. It includes violence between two young people in a current or former relationship and can occur among heterosexual or same-gender couples. It can also include using the internet, social networking sites, cell phones, or text messaging to harass, pressure, or victimize.

### Conversation Starters:

Talking about teen dating violence to the youth in your life is vital. These conversations can begin in middle school.

What makes a healthy relationship?

What do you want in a relationship?

What are the relationships like that you have witnessed at school or among friends?

Have you witnessed any acts of violence?

Have you seen someone using Facebook or text messages to insult, monitor, or control any of your friends?

What would you do if you witnessed or experienced dating violence?

How could you help someone in an abusive relationship?

What is a healthy relationship?

Why is respect important to having a healthy relationship?

### 5 Facts about Teen Dating Violence

1. Roughly 72% of eighth and ninth graders are in a dating relationship.
2. According to the National Domestic Violence Hotline, an estimated 1 in 3 high school relationships involve some sort of physical, emotional, or sexual abuse.
3. Each year nearly 1.5 million high school students in the United States experience physical abuse from a dating partner.
4. Approximately two-thirds of teens in an abusive relationship never tell anyone about the abuse.
5. Nearly 4 out of 5 girls who have been physically abused continue to date their abuser.

### ARE YOU OR DO YOU KNOW SOMEONE THAT IS GOING OUT WITH A PERSON WHO...

- is jealous, possessive, checks up on you or won't accept breaking up?
- tries to control you by being bossy, making all the decisions, has to have it his/her way all the time?
- screams, yells, puts you down in front of your friends, tells you that you are stupid or ugly?
- scares you, makes you wonder if you have done something wrong to make him/her react like this?
- is violent, grabs, hits, pushes, or shoves you?
- pressures you for sex or tries to force you into having sex?
- has a history of bad relationships and blames the other person?
- abuses alcohol or drugs and pressures you to take them as well?
- keeps you from seeing or talking with family and friends?

### Early warning signs that your relationship may eventually become abusive:

- Extreme jealousy
- Controlling behavior
- Quick involvement
- Unpredictable mood swings
- Alcohol and drug use
- Explosive anger
- Isolates you from friends and family
- Blames others for his problems or feelings
- Cruel to animals or children
- Verbally abusive
- Uses force during an argument
- Abused former partners
- Threatens violence

*For more information please contact the Absentee Shawnee Tribe's Domestic Violence Department. If you or someone you know says "yes" to ANY of the above or if you have any questions you may contact someone at 405-273-2888 for help.*

### You can also visit:

[www.stayteen.org](http://www.stayteen.org)

[www.breakthecycle.org](http://www.breakthecycle.org)

[www.teendvmonth.org](http://www.teendvmonth.org)

[www.datingabusestopshere.com](http://www.datingabusestopshere.com)

[www.dosomething.org](http://www.dosomething.org)

### GET INVOLVED

**Wear Orange on February 14, 2017** to show support for teen dating violence Awareness Month. You can wear orange shirts, nail polish, ribbons, jewelry, shoes or anything else you can think of! Tell people why you are wearing orange.

# EMERGENCY MANAGEMENT

## Cyber Security

**Cyber Security:** We may not realize that our actions online might put us, our families, and even our country at risk. Learning about the dangers online and taking action to protect ourselves is the first step in making the Internet a safer place for everyone. Cybersecurity is a shared responsibility and we each have a role to play.

Cybersecurity involves preventing, detecting, and responding to cyber incidents. Unlike physical threats that prompt immediate action—like stop, drop, and roll in the event of a fire—cyber threats are often difficult to identify and comprehend. Among these dangers are viruses erasing entire computer systems, intruders breaking into computer systems and altering files, intruders using your computer or device to harm others, or intruders stealing confidential information. The range of cyber risks is limitless. Threats, some more serious and sophisticated than others, can have wide-ranging effects on the individual, community, organizational, and national level. These risks include:

- Organized cybercrime, state-sponsored hackers, and cyber espionage can pose national security risks to our country.
- Transportation, power, and other services may be disrupted by large scale cyber incidents. The extent of the disruption is highly uncertain as it will be determined by many unknown factors such as the target and size of the incident.
- Vulnerability to data breach and loss increases if an organization's network is compromised. Information about a company, its employees, and its customers could be at risk.
- Individually-owned devices such as computers, tablets, mobile phones, and gaming systems that connect to the Internet are vulnerable to intrusion. Personal information may be at risk without proper security.

### **Before A Cyber Incident**

You can increase your chances of avoiding cyber risks by setting up the proper controls. The following are things you can do to protect yourself, your family, and your property before a cyber incident occurs.

Only connect to the Internet over secure, password-protected networks.

Do not click on links or pop-ups, open attachments, or respond to emails from strangers.

Always enter a URL by hand instead of following links if you are unsure of the sender.

Do not respond to online requests for Personally Identifiable Information (PII); most organizations – banks, universities, companies, etc. – do not ask for your personal information over the Internet.

Limit who you are sharing information with by reviewing the privacy settings on your social media accounts.

Trust your gut; if you think an offer is too good to be true, then it probably is.

Password protect all devices that connect to the Internet and user accounts.

Do not use the same password twice; choose a password that means something to you and you only; change your passwords on a regular basis.

During a Cyber Incident: Immediate actions: Check to make sure the software on all of your systems is up-to-date.

- Run a scan to make sure your system is not infected or acting suspiciously.
- If you find a problem, disconnect your device from the Internet and perform a full system restore.
- Report the incident. Local Police or federal agencies may be able to provide assistance and investigate the incident

### **At Home**

Disconnect your device (computer, gaming system, tablet, etc.) from the Internet. By removing the Internet connection, you prevent malicious actors from being able to access your computer and perform tasks such as locating personal data, manipulating or deleting files, or using your device to harm others.

If you have anti-virus software installed on your computer, update the virus definitions (if possible), and perform a manual scan of your entire system. Install all of the appropriate patches to fix known vulnerabilities.

### **After A Cyber Incident**

- File a report with the local police so there is an official record of the incident.
- Report online crime or fraud to your local United States Secret Service (USSS) [Electronic Crimes Task Force](#) or the [Internet Crime Complaint Center](#).
- Report identity theft to the [Federal Trade Commission](#).
- If your Personally Identifiable Information (PII) was compromised, consider other information that may be at risk. Depending what information was stolen, you may need to contact other agencies; for example, if someone has gained access to your Social Security number, contact the Social Security Administration. You should also contact the Department of Motor Vehicles if your driver's license or car registration has been stolen.

Resources for further information: A few agencies are, Dept. of Homeland Security, Federal Bureau of Investigation, US Secret Service Electronic Crime Task Force, DHS Stop.Think.Connect Campaign, Dept. of Justice, Internet Crime Complaint Center

###

Free FEMA Cell phone app: WEATHER THE STORM – Download to receive Weather Alerts, Safety Tips, Shelter Information, and Photos. Available in Apple App Store and Google Play <http://www.fema.gov/mobile-app>

Contact information:

Emergency Management Coordinator can be reached at the Tribal Police Department 405-275-3200, cell phone number 405-740-1562, and at this email address: [lday@astribe.com](mailto:lday@astribe.com)



*Birthday & Graduation Dance  
In Honor Of  
Shelsie Mae White Thunder  
“HiKiWiNiKis” “Nakomenoh”*



**April 15, 2017**

Thunderbird Casino Event Center  
(Norman, OK)

Gourd Dance @ 3pm

Supper Break @ 5pm

Dance to Follow

**HEAD STAFF**

MC: Eugene “Hammer” Blackbear Jr

HS: Charles “Neka” Logan

HMD: Deion Henry

HLD: Courtney Cozad Plumley

Honored Grandparent’s: Kenneth and Serena Daugherty

Honored College Graduate: Devin Leitka (HINU)

Honored High School Graduate: Macklyn Leitka (LAHS)

Co-Host: Comanche Little Ponies

AD’s: John Soap and Billy Youngbird

**Special Contest**

Woman’s 18 & UP Buckskin and Cloth Combined

1st \$300 2nd \$200 3rd \$100

2 Consolation Places of \$50 each

In Honor of Shelsie Mae White Thunder

Men’s 18 & UP Grass and Chicken Combined

WINNER TAKE ALL

In Honor of Devin and Macklyn Leitka

**For More Information Please Contact Sandra Blanchard @ 405-432-9595 or  
Shelby White Thunder @ 405-317-2496**

**\*\*\*Family is NOT responsible for ANY thefts or accidents. NO drugs or alcohol allowed\*\*\***

## Exercise and Diabetes

Aerobic exercise is a great way to help control type 2 diabetes. Yet, you may not be reaping all the positive benefits of an effective type 2 diabetes exercise plan using just aerobic exercise. Aerobic exercise is terrific though— it can improve heart health and lower your risk for heart attack or stroke. However, strengthening your muscles is another important part of staying healthy when you have type 2 diabetes.



When you exercise with weights or other forms of resistance, it can be especially helpful for controlling your blood sugar. Resistance training also helps human skeletal muscles to become more sensitive to the body's natural insulin. As you begin to develop more skeletal muscle your blood sugar levels may become less elevated. More muscle tissue may lead to greater glucose uptake and increased insulin sensitivity!

### Resistance Training for Diabetes

When you perform strength exercises that target large muscle groups, your body uses glucose from your bloodstream to energize them. This helps clear out excess sugar from your system. Developed muscles also store excess glucose more effectively, and that helps regulate blood sugar, even when you're at rest.

According to the Centers for Disease Control and Prevention (CDC), strength training also helps build stronger bones. Strength training promotes weight loss — an important goal for many with type 2 diabetes —

because the more muscles you have, the more calories you burn.

Keep in mind that strength training is just one part of a well-rounded fitness program. In addition to strength training twice a week, the U.S. Department of Health and Human Services recommends that adults also get at least 150 minutes of moderate-intensity aerobic exercise, such as walking, jogging, swimming, or cycling, each week.

While both aerobics and strength training are helpful when you have diabetes, a long-term program of both produces the greatest health benefits for blood glucose management and weight loss.

# ABSENTEE SHAWNEE TRIBAL MEMBERS

## APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)

(A ONE TIME YEARLY PAYMENT OF \$150.00, PER RESIDENCE)

### ELIGIBILITY

- ENROLLED ABSENTEE SHAWNEE TRIBE
- 18 YEARS OF AGE OR OLDER
- UTILITY BILL IN YOUR NAME AND/OR SPOUSE'S NAME (SPOUSE MUST RESIDE IN HOME)
- TOTAL RESIDENCE INCOME (MUST NOT EXCEED A MONTHLY NET PAY OF \$2,800.00)

### REQUIRED DOCUMENTATION:

- SOCIAL SECURITY CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE
- CURRENT 30 DAYS INCOME VERIFICATION (I.E. CHECK STUB, SOCIAL SECURITY, UNEMPLOYMENT, TANF, ETC.)
- UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER

APPLICATION ALSO ONLINE: [www.astribe.com](http://www.astribe.com)

**HAVE APPLICATION COMPLETED AND ALL REQUIRED DOCUMENTATIONS BEFORE  
SUBMITTING TO SOCIAL SERVICES**

# OILS

Oklahoma Indian Legal Services will be at the Tribal Court House, Bldg. #3 each month on the 2<sup>nd</sup> Thursday from 9am-12pm.

Oklahoma Indian Legal Services (OILS) is a nonprofit organization that provides free legal services to low income Native Americans in Oklahoma. To be eligible for services you must fall within OILS income guidelines.

Contact information:

Oklahoma Indian Legal Services (OILS)  
4200 Perimeter Center Dr., Ste 222  
Oklahoma City, OK 73112  
Telephone: (405) 943-6457  
Telephone: (800) 658-1497  
Facsimile: (405) 917-7060



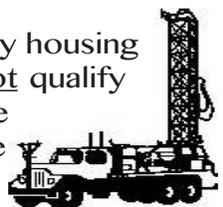
## THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

The principal role of OEH&E is to raise the health status of our tribal members to the highest possible level by providing services in the area of water and wastewater. To qualify for a water well and/or septic system, the applicant must be an enrolled Absentee Shawnee Tribal member and reside within one of these six counties; Pottawatomie, Cleveland, Oklahoma, Payne, Lincoln, or Logan, provide land ownership by verification such as a Warranty Deed or Notarized Lease Agreement through the Absentee Shawnee Tribe Reality Department. Proof of income is not required.

The services we provide are: new water wells, renovation of a water wells, new city or rural water connections, replacement of city or rural water service lines, new wastewater septic systems, renovation of septic systems, new city sewer lines/renovation of city sewer lines and water treatment systems as needed. We are not funded to perform annual pumping of septic tanks. That service is considered part of home maintenance.

If you are having water or wastewater issues or building a new home and need services please come by our office and fill out an OEH&E application for assistance.

If your home is under the management of any housing authority and has not been paid off, you do not qualify for assistance. Applications for this program are available online at [www.astribe.com](http://www.astribe.com) and at the OEH&E building.



# ATTENTION PARENTS!!!

CTSA **EARLY HEAD START & HEAD START** IS LOOKING FOR CHILDREN, AGES BIRTH TO 3 FOR OUR **EHS** PROGRAMS AND AGES 3 UP TO 5 FOR OUR **HEAD START** PROGRAMS!!!

Our goal is to meet the individual needs of all children, **especially those with disabilities**. If you have a child or know of a child that would enjoy a safe, interactive and engaging learning environment, please call or come by one of our locations today!

A fun and exciting program for your child to learn and grow! Our **qualified and dedicated** staff provide rich learning environments where parents are encouraged to volunteer! If you are interested in our program, please contact our office in your area to complete an application.

We look forward to sharing your child's learning years with you!

In our **Shawnee** location, we have two available options: Early Head Start (Birth to 3), & Head Start (3 up to 5). Both **Norman** and **Cushing** are strictly Head Start Programs (3 up to 5).

If you would like more information regarding our programs or to apply, please contact:

**Shawnee Main Office: Enrollment Manager-** Shawnee Center: Center Supervisor-  
Sherry Marsh (405) 275-4870 Stacey Osborne (405)  
878-5820  
1535 N McKinley, Shawnee 74801 1533 N  
McKinley, Shawnee 74801  
sherrym@ctsahheadstart.org

**Cushing Center: Center Supervisor-** **Norman Center: Center Supervisor-**  
Wava Anderson (918) 225-1029 Amy Porter  
(405) 447-0381  
111 W Vine, Cushing 74023 516 Iowa St.,  
Norman 73069

**Health/Mental Health/Disabilities Manager**  
Melanie Williams (405) 275-4870  
1535 N McKinley, Shawnee 74801

**FAMILIES MUST LIVE IN THE FOLLOWING COUNTIES:**  
POTTAWATOMIE, PAYNE, LINCOLN, & CLEVELAND  
**NATIVE AMERICAN PROGRAM (ALL ACCEPTED)**

# TALKING LEAVES JOB CORPS A NATIVE EMPHASIS CENTER

Career Training at No Cost To Qualified Applicants!



Tours Every Thurs-  
day at 9:45 a.m.  
(Except for Major Holi-  
days)

Talking Leaves Job  
Corps Center  
5700 Bald Hill Rd  
Tahlequah, OK  
74465

- 16-24 years old
- Need Career Training/High School Diploma/GED
- Meet income guidelines
- No pending legal matters



... Job Corps could be for you!  
(Bus travels to OKC each weekend)

For more information  
Call 405.424.1927

## Career Technical Training

- Clinical Medical Assistant
- Culinary Arts
- Electrical
- Facilities Maintenance
- Office Administration
- Nurse Assistant/Home Health Aide

Placement assistance for  
Military, Advance Training, College, or Employment in Your Career



ABSENTEE SHAWNEE TRIBAL  
POLICE DEPARTMENT



# SORNA

SEX OFFENDER REGISTRATION AND NOTIFICATION ACT  
EMAIL: SORNA@ASTRIBE.COM  
TIPLINE 405-273-1249



# ARROWHEAD

AUTOMOTIVE CENTER

## 10% OFF ALL SERVICES FOR TRIBAL EMPLOYEES & MEMBERS

*Must present CDIB card or tribal employee ID. Not valid with any other offers.*

Isn't it time you got more from your repair shop?  
Experience the Arrowhead way of doing things.

## TIRES | MAINTENANCE | REPAIR

Arrowhead Automotive Center  
1100 North Broadway Street  
Tecumseh, OK 74873  
(405) 598-6920

[www.arrowheadautomotivecenter.com](http://www.arrowheadautomotivecenter.com)



Arrowhead Automotive Center is owned by the Eastern Shawnee Tribe of Oklahoma

**Little Axe Chamber of Commerce**  
**Hosting Forum, “Meet the Candidates for Ward 5”**  
**Hosting the Forum will be Little Axe Chamber of Commerce Members**

**Moderator: President, Michael Ridgeway**

**Where: Norman Community Center 1000 168th Ave. NE Norman, OK**

**What Day: February 2, 2017**

**Time: 6:30 pm to 8:30                      Refreshments will be provided by Chamber**

**Community Center Facility Phone Nr: 405-292-9770**

**Candidates: Sereta Wilson, Phillip Hillian & Incumbent James Chapel are running for Ward 5**

There was a Candidate Forum on Thursday Jan. 19, 2017 by 21st Century Senior Group the first forum. A Second candidate forum hosted by the League of Women Votes is scheduled for Jan. 30 and the third and final candidate forum hosted by The Transcript is scheduled for Feb. 8, 2017 at 6 pm. But those forums will be for all Wards that are having Elections which is Ward 1, 3, 5 & 7. So our forum will be to address the three candidates that are running for Ward 5 which encompasses Lake Thunderbird area, Little Axe Schools and the surrounding rural communities.

What do you think are the most important concerns of the residents of Ward 5? How can the City of Norman address those concerns? The following six (6) questions will be asked of the three candidates:

1. Getting information to and from residents of far east Norman is a challenge. The Norman Transcript is generally not delivered to homes out here. Cox Cable is not available, and there are a significant number of homes that still do not subscribe to Internet service. What would you do to keep these constituents informed, and how would you solicit input from them?
2. What do you think about periodically holding City Council meetings or study sessions somewhere other than the Council Chambers, such as in various wards?
3. The Little Axe community is a checkerboard of Native American jurisdiction. Are there ways in the City could do a better job of reaching out to cooperate and create government-to-government partnerships with sovereign entities such as the Absentee Shawnee Tribe and the Citizen Potawatomi Nation?
4. The City of Norman is currently working on a Comprehensive Plan to guide its future growth. In the December draft objectives, the City commits to partnership with Norman Public Schools, Moore Norman Career Tech, and the University of Oklahoma. Do you think the City should add a commitment to partner with Little Axe Public Schools? Why or why not?
5. The City has been struggling to find a solution to stormwater management. A recent proposal to create a stormwater utility was voted down, 71 percent against and 29 percent in favor. In Ward 5, there was considerable opposition, in part because rural residents would have been required to pay large fees for their gravel driveways, while residents in city neighborhoods would pay an average of less than \$6 per month. The City’s leaders stress that the problems of erosion, chemicals washing off of yards, and the silting and pollution of Lake Thunderbird will need to be solved soon. What do you see as possible solutions that you would support? How would you sell those solutions to the citizens of Ward 5?
6. There may be times when your personal opinion on an issue differs from the opinion of a majority of your constituents. How will you handle that when it comes time for the Council to vote?

So if you live in Little Axe and concerned with the fact the City of Norman often makes plans that doesn’t really take into consideration whether or not is beneficial to Ward 5. Plan on coming and asking some questions of your own.



## Office of Environmental Health **Brownfield Response Program**

### What is a Brownfield?



The EPA defines a brownfield site as “...real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or petroleum products, or is mine-scarred land.”



### Do you possibly have a Brownfield site on your land?

#### Typical Brownfield Sites Include:

- ◆ Abandoned Factories/Buildings/Homes
- ◆ Burned Homes
- ◆ Buried Dump Sites
- ◆ Open Dump Sites
- ◆ A Large Amount of Tires
- ◆ Former Cattle Dip Pit Sites
- ◆ Barrels of Unknown Substances
- ◆ Old Service Stations
- ◆ Oil Storage Facilities
- ◆ Oil/Gas Well Sites
- ◆ Old Dry Cleaning Businesses

**If it's possible that you have a Brownfield site on your property, or if you know of a possible Brownfield site, please contact:**

*Absentee Shawnee Tribe  
Brownfield Response Program  
2025 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
(405) 214-4235*

AST.Environmental.Programs@astribe.com

*Follow us on Facebook to view and comment on current and upcoming projects*

[www.facebook.com/  
ast.environmental.programs](http://www.facebook.com/ast.environmental.programs)



## COMMUNITY MARKET OPENED

The Community Market of Pottawatomie County is a food Bank in Pottawatomie County. It is a Food Resource Center that operates in cooperation with the Regional Food Bank of Oklahoma to serve the people of Pottawatomie County. They also partner with other food pantries, community, civic, and faith-based organizations. This food pantry allows clients to choose the foods they want so that they take only what they need – making more efficient use of food resources. The center also stocks a variety of food, including fresh fruits and vegetables, and will connect clients with other social services in the community, such as healthy cooking classes.

**THE COMMUNITY MARKET HAS EXPANDED HOURS OF OPERATION TO BETTER SERVE HUNGRY RESIDENTS IN GROCERY-STORE LIKE SETTING. HOURS OF OPERATION ARE MONDAY 12:30 TO 5:30 P.M.; TUESDAY FROM 10:00 A.M.; WEDNESDAY FROM 10:00 A.M. TO 3:00 P.M. AND FRIDAY FROM 10:00 A.M. TO 3:00 P.M.**

*According to AARP'S Oklahoma Hunger Survey, nearly half (47%) of adults in Pottawatomie County have someone in their household who has struggled with hunger, and two thirds (66%) say someone close to them had inconsistent access to food.*

**LOCATION: 120 S. CENTER (SHAWNEE)**

**405-788-4957**

The AST Contract Health Services Team is here to assist you.

Please follow the CHS guidelines.  
Keep a copy on hand  
and update your information.

## EMERGENCY AND URGENT CARE SERVICES

CHS for a currently enrolled AST member who resides in the defined catchment area and needs emergent or urgent care.

1. Call the On-Call nurse at 405.447.0300, option 9 for triage.
2. Notify CHS on the next business day or within 72 hours after your ER visit. Notification does not assure authorization of payment. However, if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance, evidence must exist that your visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members with insurance, evidence must exist that a third-party resource has made the determination such services were "emergency care" or "urgent care." Such evidence may include payment from private insurance.
5. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center CHS office or the Shawnee Clinic CHS office.

## CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and has Medicare or private insurance.

1. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.  
  
For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.
3. Inform provider/health facility that AST CHS is a secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

## EASY ACCESS

Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.

8:00 a.m. – 5:00 p.m., Monday – Friday  
Closed on Holidays

All facilities closed the first Wednesday of the month from Noon to 5pm.

## CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and does not have insurance.

1. You must apply for all resources available to you, such as: Medicaid, Medicare, Worker's Compensation, Vocational Rehabilitation, auto insurance and other personal injury or liability coverage. CHS staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.
2. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.  
  
For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
3. You must utilize the services provided within AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider and/or CMMR Committee.
5. An appointment will be scheduled, and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

## IMPORTANT CONTACTS

### BILLING & PAYMENT INQUIRIES

*Little Axe Health Center & Shawnee Clinic*

**Glendine Blanchard**, CHS Coordinator/RN  
**Darla Gatzman**, CH Technician  
**Chelle Foreman**, Medical Claims Examiner  
**Lena Carol**, CH Technician  
**Brenda White-Valdez**, CH Technician

### REFERRAL MANAGEMENT

*Little Axe Health Center*

**Debi Sloat**, CHS Coordinator/RN  
**Sharon Littlecreek**, Patient Care Manager/LPN  
**Jayne Werst**, CH Specialist, Medicaid Patients  
**Kelly Armstrong**, CH Specialist, IHS Patients/LPN  
**Dana Medina**, CH Technician  
**Melinda Ferrell**, PBA, Dental Referrals

### REFERRAL MANAGEMENT

*Shawnee Clinic*

**Flo Mann**, CH Specialist, AST Patients/LPN  
**Laurie Webber**, CH Specialist, IHS Patients/LPN  
**Carrie Stanley**, CH Specialist, Medicaid patients/  
Medical Assistant

### LITTLE AXE HEALTH CENTER CHS

**405.701.7951** (Please follow voice prompts)  
**405.447.0300** (Secondary)

### SHAWNEE CLINIC CHS

**405.878.5850** (Primary)  
**405.878.4702** (Secondary)



ABSSENTEE SHAWNEE TRIBAL  
**HEALTH SYSTEM**  
Prevention. Progress. Pride.

# Iowa Tribe of Oklahoma Vocational Rehabilitation Program

**"See the Person Not the Disability"**

Juniors



Seniors

**History:**

The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians since 1994, and transition services to students since 2009. Our goal is to develop and provide specialized services to American Indian students with a disability. We want to help these students that are making a transition from high school to work or who are seeking post-secondary education.

**Services Than Can Be Provided:**

Depending on an individual's needs and goals, will determine which services are best for you. However, some services that we can provide include testing fees such as SATs & ACTs, assistive devices, evaluations, and various other services.

**Qualifications:**

Must be an enrolled member of a federally recognized tribe, a junior or senior in high school, and must reside in one of the seven counties served by the Iowa Tribe Vocational Rehabilitation Program. You must also provide documentation of your disability and this can include a doctor's statement or the IEP or 504 plan from your school.

**Counties We Serve:**

Kay, Noble, Pawnee, Payne, Pottawatomie, Lincoln, and Logan

Iowa Tribe of Oklahoma  
Vocational Rehabilitation Program  
P.O. Box 728  
Perkins, OK 74059



Contact: Christa McClellan  
Phone: 405-547-5721  
Toll Free: 1-888-336-4692  
E-mail: cmcclellan@iowanation.org

WE ARE ON THE INTERNET: [www.bahkhoje.com](http://www.bahkhoje.com)

Let your  
voice  
be heard.



Ne-Hi-Ki-Wa-Sa-Pa. *We listen.*

It is our mission to provide quality health care. To do this, we need some help from you. Share your needs, concerns and care experiences. **Call patient advocate Jim Robertson at 405.447.0300 or Customer Service at 405.701.7623.** Complete a Patient Questionnaire in one of our clinics or online.

*Together, we will fulfill our mission.*

**LITTLE AXE HEALTH CENTER**  
15951 Little Axe Dr.  
Norman, OK 73026  
405.447.0300

**SHAWNEE CLINIC**  
2029 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
405.878.5850

**PLUSCARE CLINIC**  
15702 East State Highway 9  
Norman, OK 73026  
405.447.0477



ABSENTEE SHAWNEE TRIBAL  
**HEALTH SYSTEM**  
Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG

# Sign up, stay connected.

## ONLINE PATIENT PORTAL → for our Little Axe Health Center and Shawnee Clinic

Need to schedule an appointment? Ask a question? View lab results?  
Now, Little Axe Health Center and Shawnee Clinic patients can connect with their health records and care providers via our real-time, secure patient portal. Go to [www.asthealth.org/patient-portal](http://www.asthealth.org/patient-portal) to register. For more help, call your clinic, and we'll walk you through it.

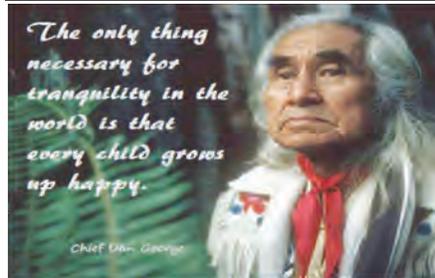


Install the app on iPhone or Android for real-time access to your health information



SHAWNEE CLINIC 405.878.5850 or 877.878.4702 (TOLL-FREE) | LITTLE AXE HEALTH CENTER 405.447.0300

# FOSTER CARE



**GOT LOVE?**

**FOSTER A CHILD**

Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?

**ABSENTEE SHAWNEE TRIBE CHILD WELFARE**  
405-878-4702 (ext. 133)

**"I don't want a family. I need one."**  
- Current Waiting Child

## <<<NOTICE>>>

Currently there are three (3) openings on the Foster Care Board. If you are interested in serving on the board, send your letter of interest to Secretary Dawsey at the Tribal Complex, 2025 S. Gordon Cooper Dr., Shawnee, OK 73801.

## WHAT IS A FOSTER CARE WORKER?

Foster care caseworker training involves completing a bachelor's degree program in social work through a college or university. Students take courses in psychology, abnormal psychology, sociology, economics, ethics, child welfare policies and complete a supervised internship.

The child's Foster Care Worker needs to be a partner with the foster parents to ensure that each child receives the full spectrum of services provided and/or arranged by the Department.

Some aspects of this relationship include the following:

- Sharing information on an ongoing basis regarding the child's individual needs, family situation and adjustment to the foster home
- Encouraging the foster parents to participate in the total service planning process
- Providing the foster parents the opportunity to discuss the child's progress and any unmet needs which they assess
- Providing the foster parent with information, support, guidance and referrals to other professionals on the child's behalf
- Helping the foster family, when necessary, to identify and obtain services for the foster child; e.g., medical, educational
- Ensuring that the foster family, on the child's behalf, has access to all financial resources available to the child while in foster care.

A Foster Care Worker works in conjunction with Tribal Courts, Tribal Law Enforcement, Bureau of Indian Affairs, and other county services. Indian Child Welfare's goal is to ensure the safety of our tribal children when they placed in foster care. The homes that our tribal children are placed in must complete Child Welfare Background Check, OSBI Background Check, Income Verification, Home Study, and a Physical. Our AST foster homes are licensed by our Foster Care Committee.

Foster Care Payments are as follows:

- 0-5 age \$14.73 day \$441.97 month
- 6-12 age \$17.12 day \$513.57 month
- 12 and over \$19.30 day \$579.13 month

**IN ORDER TO RECEIVE PAYMENT, ALL THE ABOVE MUST BE MET AND TURNED IN TO THE STATE. ONCE PROCESSED STATE PAYMENT WILL BE ISSUED.**

This is just a little information on what type of work a foster care worker performs on a daily basis. If you are interested in becoming a foster home, please call 405-878-4030 ext. 133.

Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture which in helps nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be? Will you, as Absentee Shawnee member, do your part if you are able?

**IF YOU ARE INTERESTED IN BECOMING A FOSTER PARENT, PLEASE CONTACT JULIANN WILSON ICW/CPS/FOSTER CARE AT 275-4030, EXT. 133.**

Racial disproportionality is defined as the over-or under-representation of certain groups (e.g. racial/ethnic, gender, age) relative to the group's proportion in the general population. Reports conducted in 2008 showed that, compared to other groups, Native American children were:

- 3 times more likely to be referred to CPS
- 1.6 times more likely to be removed from their biological homes
- Twice as likely to remain in foster care for over two years
- Less likely to be adopted and more likely to be in guardianships
- Less likely to be reunited with their biological parents



The sad reality is that there are not enough culturally appropriate homes for these children, resulting in the placement of Native American children in homes that do not share their cultural heritage or traditions. We want to place "our tribal" children in our own homes, to do this we need tribal members to open their homes and their hearts. Are you willing to open your heart? Are you willing to open your home?

If so, please contact Julie Wilson ICW/FC/CPS 878-4702 (ext. 133).



Here for you,  
now more than ever.

**EXTENDED HOURS:**  
5-9 p.m. Monday - Friday  
9 a.m.-5 p.m. Saturday

A child with a high fever. An ear infection. Flu. A blood sugar spike or fall. **To take better care of you, Shawnee Clinic is now open extended hours on weeknights and additional hours on Saturday.** We ask for your respect in understanding that these times are for people who need acute care immediately, not routine medical care. Last walk-ins will be accepted at 8:30 p.m. weekdays and 4:30 p.m. Saturdays.

Shawnee Clinic provides quality health care for people in our community. Sensitive, trusted, compassionate. You are at the heart of what we do.



**SHAWNEE CLINIC**

ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC.

Prevention. Progress. Pride.

2029 South Gordon Cooper Drive | Shawnee, OK 74801  
405.878.5850 or 1.877.878.4702 (TOLL-FREE)

**Regular hours of operation: 7 a.m. to 5 p.m. M-F.**  
Closed the first Wednesday of every month from noon-5 p.m.  
Closed Sundays & holidays.



Care on your schedule,  
that's the Plus.



AN AFTER HOURS ACUTE CARE FACILITY

**HOURS OF OPERATION:**

9 a.m.-9 p.m. Monday - Friday  
9 a.m.-5 p.m. Saturday - Sunday  
9 a.m. -5 p.m. Holidays  
(except Thanksgiving & Christmas)

PlusCare will be closed the first Wednesday of the month from noon-5 p.m.

First appointment - 9 a.m.  
Last appointment - 8:30 p.m. Monday - Friday  
Last appointment - 4:30 p.m. Saturday, Sunday & Holidays

Minor illnesses and injuries - an earache, a sprain, the flu - can sneak up on you. That's why PlusCare provides medical services for non-emergency conditions on a same-day, no-appointment necessary basis. PlusCare is available to AST tribal members and other IHS-eligible Native Americans who are ages two years and older.

At PlusCare, we're dedicated to providing high-quality, clinic-based health care to members of our community. **On evenings. On weekends. This is all for you.**



**PLUSCARE**

LI-SI-WI-NWI HEALTH, INC.

Prevention. Progress. Pride.

15702 East State Highway 9 • Norman, OK 73026  
Phone: 405.447.0477 Fax: 405.366.8996



<b>Gov.</b>	Governor Edwina Butler-Wolfe . 6308
	Twila Parker . 6307
	Lesa Shaw . 6269
	Gia Aitkens . 6263
<b>Lt. Gov.</b>	Lt-Governor Isaac Gibson . 6253
	Andy Warrior . 6309
	Mary Billy . 6267
	Scott Miller (BIA Spec) . 6325
<b>Lt. Gov.</b>	Secretary John R. Johnson . 6289
	Alvina Barnes . 6275
	Jeff Gibson . 6256
	. 6306
<b>Secretary</b>	Treasurer Leah Bates . 6239
	Donna Longhorn . 6240
	Representative
	Anthony Johnson . 6287
	Trent Norton . 6335

<b>RECEPTIONIST</b>	Lea Bettelyoun . 4030
<b>ATTORNEY</b>	Ray Campbell . 6313
<b>COURT</b>	Kathy Brock (Court Clerk) . 6241
	Courtney Hodges . 6260
<b>CULT. PRES. / GIFT SHOP</b>	Merry Gift Shop Manager/Rec. . 6243
	. 6310
	Ashley Brokeshoulder . 6312
	. 6340
	. 6238
	Suhaila Newport . 6245

<b>COMMUNITY DEVELOPMENT FINANCIAL INSTITUTION</b>	. 6264
<b>DOMESTIC VIOLENCE/FAMILY SERVICES</b>	Kimberly Stephens . 6277
	Jackie Denny . 6326
	Linda Gouge (Sexual Assault Adv) . 6298
	Melissa Lopez . 6333
	Taylor Wills . 6293
	DV Advocate . 6224
	Lacey Carey . 6315
	Lindsay Hernandez . 6226
<b>EDUCATION</b>	Admin Asst./Rec . 6255
	Tresha Spoon . 6242
<b>ELECTION COMMISSION</b>	Emily Longman . 6271
<b>ENROLLMENT</b>	Carly Dyer . 6292
	Kimberly Creek . 6288
<b>HORSE SHOE BEND</b>	(After School Program Director)
	Edwina Butler-Wolfe . 6308

<b>FINANCE</b>	Sam Caruso . 6282
	Amy Hilderbrand . 6250
	Jenny Ware . 6279
	Holly Davis . 6265
	David Deer . 6320
	Twyla Blanchard . 6233
	Jennifer Crenshaw . 6228
	Courtney Green . 6300
	Misty Griffith . 6290
	Phillip Ellis . 6280
	. 6338
	Sandra Burnett . 6385
<b>HUMAN RESOURCES</b>	Cheri Hardeman . 6252
	Elizabeth Clark . 6296
	Rachael Lankford . 6222
	Casey Adams . 6337
<b>ICW</b>	Ronelle Baker . 6375
	Julie Wilson . 6376
	. 6377
<b>LITTLE AXE RESOURCE CENTER</b>	Robert Komahcheet . 585-8310
	Duke Blanchard . 585-3669

<b>MAINTENANCE</b>	Kevin Kaseca . 6316
	Reta Harjo . 6249
	Stephen Fife . 6234
	Sherri Yetter, Isaac Bettelyoun, John Mann, Cecil Walker
	Tom White, Donnie Marshall, Lance Nanaeto, Levi Littlecreek . 6331

<b>MIS</b>	Rico Coon . 6328
	Michael Berry . 6303
	Josh Gibson . 6329
	Tom Trimble . 6327
<b>OEH</b>	Ken Jones . 8845
	Jarrad Lloyd . 8844
	Dakota Blanchard . 8843
	Evelyn Pablito . 8847
	Rebecca Diven . 8848
<b>POLICE DEPT.</b>	. 275-3200 / 275-3432
	Brad Gaylord (Chief) . 6302
	Linda Day . 6261
	Ric Mantooth . 6278
	Jason Brinker . 6259
	. 6232
	Steven Crisp . 6278
	James Woolbright . 6278
	Shawn Crowley . 6276
	Joseph Abbiss . 6278
	Jarrad Vasquez . 6266

<b>PROCUREMENT</b>	Asyacia Clayton . 6291
	Sheelby Thorpe . 6244
	Kayla Ketakea . 6281
<b>REALTY</b>	Cecil Wilson . 6246
	Lea Isotaddle . 6248
	Colleen Butler . 6247
<b>SOCIAL SERVICES</b>	. 6225
	. 6225
<b>TAX COMMISSION / TAG</b>	Alicia Engler . 6257
	Shelby White . 6237
	. 6258
<b>TERO</b>	Jeff Gibson . 6284
<b>TITLE VI</b>	Thomasine (Doss) Owings (DIR) . 6227
	Johmie Mae Bettelyoun . 6272
	Donna Butler . 6270
	Robert Schoolfield . 6270
	Ted Watson . 6270
<b>OTHER EXTENSIONS</b>	Bldg. 1 Conf. Rm. . 6294
	Bldg. 1 Break Rm. . 6305
	Gov. Bldg. 2 Conf. Rm. . 6330
	Fam. Svcs. Conf. Rm. . 6311
	Finance Conference Rm . 6236

<b>OTHER ENTITIES &amp; TOLL FREE</b>	All Nations Bank . 273-0202
<b>ASEDA.</b>	. 878-6782
<b>Toll Free</b>	. 1-800-256-3341
<b>Brendle Corner</b>	. 447-3372
<b>Building Blocks</b>	. 878-0633
	(Billie Thompson, Briana Ponkilla)
<b>Housing</b>	. 273-1050
<b>Human Resources</b>	. 275-1468
<b>Indian Child Welfare</b>	. 878-4702
<b>Country Kitchen Restaurant</b>	. 366-7220
<b>Media</b>	. 598-1279
	(Sherman Tiger, Derek Hilderbrand)
<b>OEH/OEP</b>	. 214-4235
<b>Police Dept.</b>	. 275-3200 / 275-3432
<b>Thunderbird Casino NRM</b>	. 360-9270
<b>Shawnee Casino</b>	. 273-2679
<b>Tribal Store (Little Axe)</b>	. 364-0668
<b>LITTLE AXE CLINIC</b>	Clinic - Medical . 447-0300
	After hours . 447-0498
	Clinic - Dental . 307-9704
	Diabetes . 360-0698
	Pharmacy . 292-9530
	Resource Center . 364-7298
	(Chisley Wiens, Buster Bread, Blake Goodman)
<b>SHAWNEE CLINIC</b>	Clinic (Bldg. 17) . 878-5850
	Pharmacy . 878-5859
	Toll free . 1-866-742-4977

# Happy Valentine's Day



ABSENTEE SHAWNEE TRIBE  
OF INDIANS OF OKLAHOMA  
2025 S. GORDON COOPER DR.  
SHAWNEE, OK 74801

PRESORTED STANDARD  
US POSTAGE  
**PAID**  
SPRINGFIELD, MO  
PERMIT 96

RETURN SERVICE  
REQUESTED

## Volume 28 No. 2 February 2017