



"Among The Shawnee"

The Absentee Shawnee News

MARCH 2017

INSIDE THIS ISSUE

Volume 28 No. 3

- 2-3 EXECUTIVE COMMITTEE'S REPORTS
- 4 AST POLICE DEPARTMENT
- 6-7 ELECTION COMMISSION
- 8 VETERANS ASSOCIATION

- 9 EDUCATION DEPARTMENT
- 10 TAX COLLECTIONS
- 11 AST HEALTH SYSTEMS
- 12 REALTY DEPARTMENT
- 13 TITLE VI MENU

- 19-21 MARCH BIRTHDAYS
- 23 FITNESS CALENDAR
- 24-25 CAMPAIGN LETTERS
- 27 EMERGENCY MANAGEMENT
- 37 CONTRACT HEALTH

From the Election Commission

The Primary Election will be held on Saturday, March 18, 2017. The voting polls will be located at the Little Axe Resource Center on Peebley Road and the AST Police Department building on the Tribal Complex in Shawnee, Oklahoma. **The polls will be open from 8:00 a.m. to 6 p.m. at both locations.**

Mr. George Blanchard has withdrawn as a candidate for the position of Tribal Governor.

The Election Commission wants to inform tribal members that there is construction work being done on the south side of the tribal complex near the police department. When coming to vote on Saturday, March 18, 2017 please enter the tribal complex by AllNations bank to get to the police department. There will be signs to inform tribal members where to vote.

APPROPRIATE POLL BEHAVIOR

According to the Election Ordinance Article VIII Section 1 – The official polling sites and adjoining Tribal Grounds are neutral grounds, therefore, there shall be no campaigning or loitering on Election Day by any person. It shall be the duty of the Election Commission to request that Tribal police, be present at each polling place and be responsible for maintaining order, prevent campaigning, and loitering during the election process.

In order to comply we suggest that you do not campaign in any fashion.

For Examples:

- No: "vote for..." sticker on cars;
campaign clothing;
disbursement of campaign material;
counseling as to who to vote for.

Do not loiter at poll site:

1. Arrive;
2. Register;
3. Vote;
4. Exit;

Unless there is a line each voter should be at the poll no more than 10 minutes, outside of voter booth. Each voter may take all the time they need to read the ballot to vote in the private booth but should not "visit" with Commissioners or other voters at the poll site.

Any visiting of voters must occur outside of the Poll Site and adjoining Tribal grounds.

Voting Polls close at 6:00 p.m. Voter has to be in line in order to vote.

POLICIES AND PROCEDURES STATES:

There shall be no campaigning on property of polling site. This includes signs, person to person, clothing, etc. or within 200 ft. of the polling site. (On Election Day all signs must be over 200 ft. away from the edge of tribal property that contain poll sites.)

Tear Off ➔

BALLOT

**ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
PRIMARY ELECTION
MARCH 18, 2017**

VOTING INSTRUCTIONS: Cast your vote by placing an [X] or [✓] mark next to the candidate of your choice.

EXECUTIVE COMMITTEE

GOVERNOR

Edwina Butler-Wolfe-----[]

John Soap, Jr-----[]

Andrew Warrior-----[]

Phillip S. Ellis-----[]

Joseph H. Blanchard-----[]

SECRETARY

Atheda W. Edwards Fletcher-----[]

John Raymond Johnson-----[]

ELECTION COMMISSION

Election Commissioner

John Al Little Axe-----[]

Election Secretary

Sherman Tiger-----[]

Commission Member #2

Alicia Miller-----[]

Primary Election-Saturday, March 18, 2017

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 astringe.com

Governor's Report

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

This week Oklahoma Governor Fallin issued a 14 day burn ban for 53 counties. After it rained throughout Oklahoma she lifted it for 44 counties. This, again, illustrates the unusual weather patterns we are seeing in Oklahoma and in our service areas. It makes it difficult for those who are preparing flower and garden beds. This unpredictable weather also impacts a wide range of services and leads to a number of necessary action plans being developed.

Director's Meetings

The January Director's Meeting was held on Monday, January 23, 2017 at 9:00 a.m. and was attended by Tresha Spoon, Education, Carly Dyer, Enrollment, Annette Wilson, Social Services, Christina Yergee, ASHA, Sherry Drywater, ASHA, Alvina Barnes, Secretary's Office, L.R. Crawford, Building Blocks, Mark Rogers, Health, Tom Tremble, MIS, Cheri Hardeman, HR, Brad Gaylord, Police Department.

On February 13, 2017 at 9:00 a.m. our February Director's meeting was attended by Brad Gaylord, Police Department, Marla Throckmorton, Health, Sherman Tiger, Media, Annette Wilson, Social Services, Tresha Spoon, Education, Billie Thompson, Building Blocks III, Liz Crawford, Building Blocks II, Carly Dyer, Enrollment, Ken Jones, OEH, Sherry Drywater, ASHA, Kathy Brock, Courts, Ronelle Baker, ICW, Alvina Barnes, Secretary's Office, Briana Ponkilla, CCDF.

I have requested that all Directors and Executive Committee (EC) members attend these meetings so that we can address program questions and help the tribe to face the challenges within our tribal community.

We have seven major Divisions at the Tribe under EC oversight. The Health Corporation(s) is now under Health Board operational authority without direct tribal oversight.

Feed the Children Donation

This past month the tribe received a pallet of crackers and of Snicker candies from the Feed the Children organization. Our Police Department picked up the pallets and brought them to the Afterschool Program trailer on the tribal complex. The CCDF Coordinator assisted with their

distribution.

These items were donated to the community with over 130 tribal and community people receiving them.

Other Topics/Expressions

Happy Birthday & Anniversary

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

Condolences

A special note to the family of Officer Nathan Graves, a Sac and Fox Nation police officer, who was killed in a head on auto accident while on patrol. The AST police department assisted the SFN during this time of need. I attended the funeral and our officers represented the tribe well. Those officers who attended were: Chief Brad Gaylord, Detective Jason Brinker, Officers Steven Crisp, Evan Austin, Matt Dougherty, Josh Bledsoe and Ron Ross. And a special note of thanks to James Woolbright who stayed at the office to take calls for both the AST and SFN.

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

Meetings Attended for Mid-January through Mid-February 2017

JANUARY 2017

- 19th CTSA Meeting in Shawnee, OK
- 23rd Tribal Directors Meeting in Shawnee, OK
- 24th OK Indian Gaming Association Meeting State Capitol – OKC, OK
- 25th Exit Audit Meeting Thunderbird Casino – Little Axe, OK
- 26th Oklahoma School Choice Summit & Expo - Oklahoma City Community College – OKC, OK
- 30th United Indian Nations of Oklahoma, Kansas and Texas (UINOKT) – Pawnee, OK

FEBRUARY 2017

- 1st Bank Meeting, OKC, OK
- 2nd Little Axe Town Hall Meeting – Fire Station in Little Axe, OK
- 3rd American Health Association – Go Red for Women – Grand Casino, Shawnee, OK

DOT Negotiated Rulemaking Committee

The DOT FAST Act Negotiated Rulemaking Committee meeting that was to be held in Denver, CO was cancelled.

If you are interested in learning more about the FAST Act DOT TTSGP Negotiated Rulemaking Committee this information may be found at: flh.fhwa.dot.gov

Election Commission v. Governor Butler-Wolfe - Case Summary

- During the 2016 Tribal elections, the Executive Committee positions of Treasurer and Representative were up for election with several candidates running.
- From the initial vote count, Leah Bates received the highest number of votes for Treasurer and Anthony Johnson received the highest number of votes for Representative.
- Immediately after the vote count, official protests were filed by other candidates for Treasurer and Representative. The protests claimed that an ineligible voter had voted in the election.
- Under Article XIV Section 2 of our Election Code, if improper voting has occurred the entire election can be void.
- When the protests were brought to my attention, I contacted the Election Commission and the enrollment department and asked that they verify the voter information and respond to the protests. It is the Election Commission's responsibility under Article XIV Section 1 of the Election Code to investigate and make a decision on protests within five days.
- Instead of fully investigating the protests as required by law, the Election Commission just declared the winners of the election without following the proper legal procedures – and then filed a lawsuit against me claiming I “interfered” with Treasurer Bates and Representative Johnson taking office.
- At no time did I interfere with Treasurer Bates or Representative Johnson taking office, and in fact they have been in office since June 2016. Treasurer Bates and Representative Johnson have not joined the Election Commission's lawsuit, and they have never alleged I interfered with them taking office.
- The lawsuit is completely pointless – the Election Commission is suing to have Treasurer Bates and Representative Johnson put into office, when they've already been there for seven months.
- Tribal law says that when a member of the Executive Committee is sued by an outside party (like the Election Commission), the member is entitled to a legal defense from the Attorney General's office.
- The law firm of Hobbs, Straus, Dean & Walker has been the Tribe's Attorney General for many years, and as the law requires they have been providing the legal defense against the Election Commission lawsuit.
- A few months ago, the other members of the Executive Committee decided to end Hobbs Straus' time as our Attorney General effective January 27, 2017. However, they have not selected a new Attorney General despite having several months to do so.
- The Tribe now has no full-time Attorney General to serve our people.
- By dismissing our Attorney General and not appointing a new one, the Executive Committee has tried to illegally take away my legal defense to the improper Election Commission lawsuit, with the clear purpose of having the lawsuit continue on in the hope it will harm my campaign for re-election.
- By filing and maintaining a suit against the Governor the Election Commission has raised a question of whether they can conduct a fair and an unbiased election.

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.



Governor Anotubby, Chickasaw Nation, AST Governor Edwina Butler-Wolfe, Chief Tarpie Yargee, Alabama Quassarte Tribal Town. At State of the State address Oklahoma State Capitol.



Tribal Leaders with Ernie Stevens, Jr. at UINOKT



Ernie Stevens Jr., Chairman National Indian Gaming Association-AST Governor Edwina Butler-Wolfe



Twila Parker And AST Governor Edwina Butler-Wolfe- American Heart Association Conf at Grand Casino

Secretary's Report

Greetings to all tribal members and their respected families:

March 18, 2017 is election time for the Governor's and Secretary position. As you all know, I will be running for the Secretary's position again and would like to continue my duties as your tribal secretary.

It has been a learning experience to see how our tribe operates internally and I would like to continue to lead the tribe with my expertise. I hold my position with the upmost respect and importance for the tribe and its members. My goal from day one was for the tribe to be successful and move forward for the future in which I continue to work on every day. If reelected, there will be no lag time in learning tribal operations and I look forward to progressing the tribe with a full two years of work performance. I hope each of you please show respect and kindness to all candidates. I appreciate your continued support and vote for the Secretary's position in March.

Ne yi wa

Secretary John Johnson

AST Police Department

Alert to Tribal Members – Increase in Criminal Activity in Little Axe Area

Chief Brad Gaylord, Absentee Shawnee Tribal Police

The Absentee Shawnee Tribal (AST) Police Department has received reports of at least four burglaries occurring in the Little Axe area during the month of January 2017. Two of these burglaries were vehicle related and two were residential burglaries. The aforementioned burglaries have resulted in numerous items being stolen including but not limited to: firearms, big screen televisions, and many other miscellaneous items. The AST Police Department has also responded to four suspicious person reports in the last several weeks in this same area.

At this time there have been no arrests made, however all leads are actively being pursued. The AST Police Department is working with both the Cleveland County Sheriff Office and the Norman Police Department to coordinate enforcement efforts in this area. AST Police would like to remind everyone to always remove valuables from your vehicle and never leave your vehicle unlocked. Always be aware of the vehicles and persons in your neighborhood and don't be afraid to report anything out of the ordinary. Anyone with information concerning suspicious or criminal activity is encouraged to call the Absentee Shawnee Tribal Police Department at (405) 275-3200

Absentee Shawnee Housing Authority



Programs Available

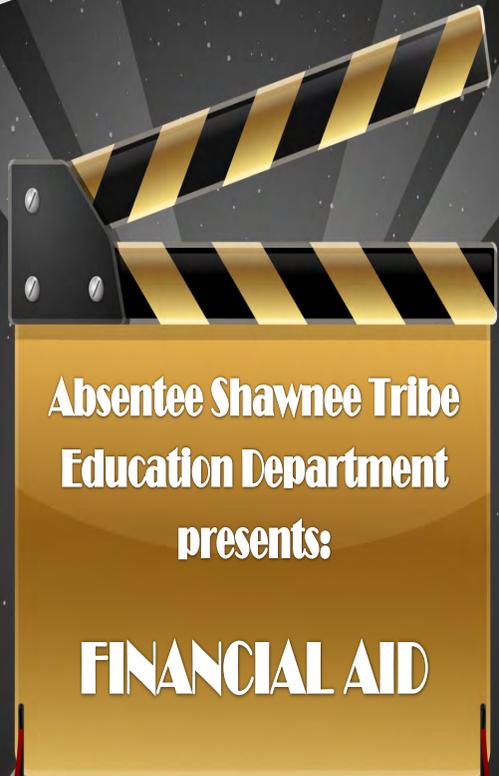
- Lease to Own Homes
- Low Rent Housing
- Over Income AST member Down Payment & Closing Assistance
- College Housing Assistance
- Home Rehab Program
- Storm Shelter Assistance
- Transitional Housing
- Over-Income Rental Housing

FOR INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM



Come and join us to hear about Financial Aid from staff at the Oklahoma College Assistance Program

Refreshments will be served.

When: Monday, March 27, 2017
6 pm to 7 pm

Where: Governor's Conference Room
Building #2
2025 S. Gordon Cooper Drive
Shawnee, OK 74801

For more information:
Tresha Spoon
Director of Education
405.275.4030 Ext. 6242
tresham@astribe.com



Who are the children in need?

- Native American children in custody of tribe or state.
 - Native American children ages 0-17.
 - Native American children in sibling groups.
- Native American children with special, physical, or emotional needs.
 - Native American children mixed with another ethnicity.

TRIBAL FOSTER CARE HOMES ARE NEEDED FOR OUR TRIBAL CHILDREN

WILL YOU OPEN YOUR HOME TO A CHILD IN NEED?

IF YOU ARE INTERESTED IN BECOMING A FOSTER CARE HOME PLEASE CONTACT:
JULIE WILSON 275-4030 EXT. 6376



FULL TIME: RN CASE MANAGER

If you love working with the elderly and would like to make a difference in their lives, CompleteCare Home Health is the place for you. CompleteCare is looking for a RN Case Manager and a PRN LPN to work in the Little Axe area with the Absentee Shawnee Tribe. Qualified candidates must have an active Oklahoma license in Good standing and reliable transportation. This position travels 100% of the time. Candidates may Fax resume to **405-928-2720** or Email a resume to afontaine@icmhealth.com or stop by the Corporate Office located at 2401 Tee Circle, Suite 207 Norman, OK. For further information Contact **Angelina Fontaine at 405-928-2727 ext. 2009**

NOW INTERVIEWING
EOE

Election Commission

FROM THE ELECTION COMMISSION:

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

At the Shawnee Poll: Tribal members will enter from the west and wait in the lobby allowing one (1) person at a time to be registering at the registration table.

At the Little Axe Poll: Tribal members will wait in the enclosed glass foyer and enter after the one (1) person, registering to vote, leaves the registration table.

This process will allow tribal members more privacy when registering to vote.

To Tribal Members,

In response to the Media Director's statement in the February Newsletter: "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."

The statement might lead tribal members to think that candidates' background checks not being completed prevents them from campaigning, **which is not true**. Each candidate receives in their filing packet a statement that states: "As a prospective candidate you may campaign"

Update on CIV-2016-63

Election Commission v. Governor Butler-Wolfe

This continued 2016 case arises from a dispute between the Governor and the Election Commission over who gets to decide when a newly elected official has been properly sworn into office. The Election Commission believes the tribal constitution and election ordinance give the Election Commission the sole authority to swear-in the winning candidates. The Governor argues she should be able to decide when the winning candidates officially take office. The Governor has filed a motion to dismiss the Election Commission's case. The Election Commission is asking the Court to decide whether this authority rests with the Governor or the Election Commission.

AST Candidates Forums

AST Candidates Forum Tecumseh City Hall 2/18/17

On February 18, 2017 Michael Deer, Elaine Makaseah-Brown and Jackie Carpenter hosted a question and answer session with candidates. Sec-John Johnson was absent, Also Former Governor Candidate George Blanchard has withdrawn from race.

Complete video and audio recording of meeting is on tribal website.



Candidates L to R: John Soap, Altheda Flechter, AST Governor Edwina Butler-Wolfe, Andrew Warrior, Joseph Blanchard and Phillip Ellis.

Little Axe Family Meeting

On February 4th 2017 the Little Axe family hosted the political candidates for Governor and Secretary offices. Candidates for Governor- AST Governor Edwina Butler-Wolfe, John Soap, Phillip S. Ellis and Joseph H. Blanchard were present. For Secretary, Altheda Edwards Fletcher was in attendance. Andrew Warrior candidate for Governor and Secretary-John Johnson were not in attendance. All candidates were invited to meeting by John Al Little Axe. **If you would like to watch meeting in it's entirety, it is on AST Tribal website.**



Candidates L to R: Phillip Ellis, John Soap, Joseph Blanchard, AST Governor Edwina Butler-Wolfe and Altheda Fletcher.

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 Veterans Association

13 Folds of the U.S. Flag

1. Symbol of Life
2. Symbol of our belief in the Eternal Life
3. Made in Honor and Remembrance of our Departing Veterans
4. Represents our Weaker Nature
5. Is a Tribute to our Country
6. Is for Where Our Hearts Lie
7. A Tribute to Our Armed Forces
8. A Tribute to the One Who Entered In To The Valley of the Shadow of Death
9. A Tribute to Womanhood
10. A Tribute to Father
11. In The Eyes of a Hebrew Citizen
12. In The Eyes of a Christian Citizen
13. When the Flag is Completely Folded – Reminds Us of Our National Motto “In God We Trust”

This is the reason for the “Retiring of Colors Ceremony” when we fold the U.S. Flag for departed Veterans.

*Our Next Meeting is March 8, 2017 at 7:00 p.m. Thunderbird Casino off of Highway 9 in the Warrior’s Room.
Contact Information: Commander Walter Larney-405-683-1247, Twila Parker-405-229-8052.*

Elders Council

AST Elders Council Meeting – Saturday, March 11, 2017 @ 10:00 a.m., Title VI Building on the AST Complex.

This meeting will also be accepting nominations from the group for election of Officers for the Elders Council to serve the next term of office. The Elders Council meets the 3rd Saturday of every month. We invite everyone 50 years of age and older to join us and become involved.

***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**

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

Applications accepted:
Jan. 1st –March 31st
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



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

March 2017 - Scheduled Closings

DATE:	TIME(S) CLOSED:	LOCATIONS:
Wed., Mar. 1 st (1 st 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)

April 2017 - Scheduled Closings

DATE:	TIME(S) CLOSED:	LOCATIONS:
Wed., Apr. 5th (1 st 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)
Fri., Apr. 14 th (Good Friday)	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9 AM to 5 PM (last patient at 4:30 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-2017 YTD TAX COLLECTIONS (Thru 1/31/17)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$1,050.71	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,050.71	0.38%
Gaming % of free cash	\$250,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$250,000.00	90.38%
Employee (1%)	\$7,658.64	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$7,658.64	2.77%
Severance (8%)	\$3,310.81	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$3,310.81	1.20%
Motor Vehicle	\$11,861.13	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$11,861.13	4.29%
Tobacco Refund	\$2,216.22	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$2,216.22	0.80%
TOTAL TAXES	\$276,097.51	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$276,097.51	
Miscellaneous	\$516.46	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$516.46	0.19%
TOTAL COLLECTIONS	\$276,613.97	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$276,613.97	100%

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

AST HEALTH SYSTEM - MARCH 2017

Please be advised - beginning Monday, March 13th, the Little Axe Health Center's west entrance to the facility will be closed for public entry. All patients and clinic visitors shall enter through the south main entrance. The west door entrance will be closed due to security concerns for patient, employee, and public safety.

The AST Health System hosted the Oklahoma Department of Health's Listening Session in February at the Little Axe Health Center regarding input to the waiver for the Affordable Care Act (ACA) provisions by Tribal leaders and health care leaders from Oklahoma's Indian Country. This is one of the final meetings before the program waiver is sent to the new administration on recommendations for provisions to be retained where it is vital to Indian and Tribal Health Programs service delivery.

AST Health also continues to support community blood drives, please watch for dates and times to help with this vital program that benefits all of us! Health has been fortunate with its specialty clinic, as patient appointment bookings continue to swell with the new services. Additional times and availabilities are being worked on to add more clinical time into the schedule for our patients. Please ensure you continue to keep your contact information update upon your next visit to the clinics. Several patients often change their phone numbers and addresses without updating our systems, and it makes it extremely difficult to contact patients when this information becomes outdated during weather emergencies and other patient notifications.

The new multi-purpose health facility and storm shelter should be completed by April! The drive through pharmacy will be finished sometime thereafter, making it more convenient for our patients to access their medications from the comfort and convenience of their vehicles.

We see the flu continues to wreak havoc upon our state, one of the hardest hit again 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 health system 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 Month in February for health was Glendine Blanchard, Contract Health; the Team of the Month was the AST Health System's Registration Staff (Shawnee and Little Axe)! The Special Leadership Award was presented to Health HR's Dayna Dick, Health HR Office, for her service to the employees. 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.

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 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



dreamstime.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Baked Ham Sweet Pot. Black eyed Peas Apple	2 Baked Zita Salad Bar* Garlic Toast	3 Scrambled Eggs Sausage Gravy Biscuit	4
5	6 Chicken Strips Mashed Pot/Gravy Veggies Peaches	7 BBQ Pork Sandwich Chips Pickles n Onions Pudding	8 Frito Chili Pie Onion, chez Cookie	9 Smoked Sausage Mac n Chez Veggies Applesauce	10 Oatmeal Sausage Patty Boiled Egg	11
12 	13 Salisbury Steak Boiled Pot. Beets Apricots	14 Stew Cornbread Crisp	15 Manwich Veggies French Fries Orange	16 Hawaiian Chicken Wild Rice Carrots Pineapples	17 Scrambled Eggs Ham Tropical Fruit	18
19	20 Beef Fingers Mixed Veggies Tossed Salad* Bread	21 Soft Taco LTOC Spanish Rice Salsa/Mixed Fruit	22 BBQ Chicken Mac Salad Brussel Sprouts Pears	23 Wild Onion Dinner Beans Cake	24 Cereal Toast Sausage Patty	25
26	27 Chef Salad w/Ham Eggs,Chez Crackers/ Pineapples	28 Chicken Fajita Bell peppers & Onions Tortilla	29 Egg Roll Stir Fry Veggies Banana N Strawberry Glaze	30 Hamburger Tater Tots LTOP Mandarin Oranges	31 Boiled Egg Sausage Gravy Biscuit	

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



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM

Prevention. Progress. Pride.

SHAWNEE CLINIC
LITTLE AXE HEALTH CENTER
PLUS CARE

BRING US YOUR USED MEDICAL EQUIPMENT!!!

The AST Health System is accepting used durable medical equipment items for re-use.

We can shine up that old walker, wheelchair, cane, or CPAP breathing machine and make it serviceable again.

Drop off your un-used item(s) at Little Axe or Shawnee Physical Therapy departments.

For more information call: 405. 447.0300 (Little Axe)

405. 878.5850 (Shawnee)

HOBBBS, STRAUS THANKS ABSENTEE SHAWNEE TRIBE FOR THE OPPORTUNITY TO SERVE

In late December, members of the Executive Committee expressed their desire to terminate the Absentee Shawnee Tribe's relationship with Hobbs, Straus, Dean & Walker, LLP, which has served as the Tribe's Attorney General since the Fall of 2013. Hobbs, Straus would like to thank the Executive Committee and the Tribe's members for the opportunity to be of service. We were proud to assist the Tribe on various fronts and helped the Tribe achieve some pretty remarkable things:

- Contract Support Costs settlement: The Tribe utilized other attorneys for this matter at a rate of \$350 an hour who recommended the Tribe settle its claims against the United States for about \$4 million. Hobbs, Straus pushed for additional negotiations and the Tribe received a substantially higher settlement offer from the United States that brought the total settlement to approximately \$6.6 million, plus interest, totaling nearly \$7 million.
- Ramah settlement: Hobbs, Straus helped the Tribe navigate the final steps to secure an approximately \$2 million payment from the federal government.
- Hobbs, Straus, helped the Tribe evaluate and negotiate settlements against pharmaceutical drug companies which resulted in a payment to the Tribe of \$192,125.00.
- Hobbs, Straus facilitated and negotiated a tobacco compact with the State of Oklahoma.
- Hobbs, Straus represented the Tribe's interest in the Atoka pipeline right-of-way litigation, revived and facilitated settlement discussions, and negotiated a landmark settlement with the City of Oklahoma City over the Atoka pipeline. Hobbs, Straus is in the process of finalizing this agreement, which will be substantially larger than original discussions that stalled under the Tribe's prior counsel. The settlement will also benefit Tribal members who own land along this right-of-way.
- Hobbs, Straus helped negotiate an agreement with Sac and Fox Nation to provide juvenile detention services to the Absentee Shawnee Tribe courts.
- Hobbs, Straus protected the Tribe from efforts by the City of Shawnee to tax the Tribe.
- Hobbs, Straus drafted policies and assisted the TEC board with efforts to end gamesmanship on a number of fronts. One example involved terminating an illegal contract with a gaming vendor, saving the Tribe nearly \$2 million. Another example, involved bringing an end to a two-person gaming board, where the board Chairman was also one of the TEC's highest paid vendors through a contract with his fellow board member/general manager.
- Hobbs, Straus created a standard gaming vendor contract template to provide the Tribe with leverage in negotiating gaming agreements for gaming machines.
- Hobbs, Straus revised the bylaws for the ASTHA Health Board.
- Hobbs, Straus helped protect tribal members by assisting the Tribe with a Memorandum of Understanding with the Red Cross.
- Hobbs, Straus developed plans with the Housing Authority for police services.

Additionally, Hobbs, Straus routinely provided other legal services to the Tribe, including: advising the Tribe on several potential new business and land transactions; interacting with federal and state representatives on the Tribe's behalf; reviewing and negotiating contracts for the Tribe and various departments; drafting, revising and updating the Tribe's laws, including its Traffic Code, Juvenile Code, Ethics Code, Business Site Leasing Act, and Executive Committee resolutions; advising the Tribe's gaming commission on licensing, regulatory, and contract matters; assisting and advising other tribal departments on a wide range of issues; prosecuting criminal matters (not involving Executive Committee members); and representing the Tribe in Indian child welfare matters, including the Baby T case, helping secure the return of an Absentee Shawnee child unlawfully removed from Oklahoma for an out-of-state adoption.

Unfortunately, there exist areas of concern where problems were identified but our advice was not followed. One of these matters was likely a contributing factor to our departure:

- There are numerous problems with the Tribe's existing corporations – both the federal charter and tribal corporation controlling the convenience store. While we gave the Executive Committee extensive and detailed advice on how to resolve these issues, the Executive Committee failed to act.
- Hobbs, Straus worked diligently to protect the Tribe's interests when the Health Clinic debt was refinanced. Primarily, Hobbs, Straus fought against the bank's efforts to enable it to place a lien on all the Tribe's assets, including employee retirement account funds, in the event of default – something that was never part of the original financing arrangement with the bank. Hobbs, Straus very publicly fought against the bank's efforts to obtain a legal opinion from Hobbs, Straus that was adverse to the Tribe and would damage the Tribe's interests in relation to the bank. The clinic's management ultimately convinced members of the Executive Committee to act against the Tribe's best interests and hire Troy Little Axe (who was paid an undisclosed sum) to provide the legal opinion to the bank a year and a half after the transaction closed.
- When members of the Executive Committee notified Hobbs, Straus that their relationship was being terminated (unlawfully), Hobbs, Straus recommended and

attempted to secure a transition period during which Hobbs, Straus could, in an orderly manner, transfer all pending matters to new counsel so that the Tribe would not be left vulnerable. The Lieutenant Governor refused to agree, placing the Tribe and its members in jeopardy on multiple fronts. (To their credit, a majority of the Executive Committee directed our continued assistance on a few critical matters, including the Atoka settlement and an important federal bank regulatory meeting.)

Recently, Hobbs, Straus has become the target of some intentionally misleading and harmful statements on social media regarding the fees the Tribe paid to Hobbs, Straus. Much of the information focuses on fees paid for "legal and professional services" from 2013-2015, totaling \$2,388,833.00 – an average of \$796,277.66 a year. The post **falsely and intentionally suggests that Hobbs, Straus was paid this entire amount** for serving as Attorney General.

While we typically do not bother to refute misinformation contained in social media, we feel compelled to do so here, because the total figure cited on social media is far more than Hobbs, Straus ever received. In other words, during 2013, 2014, 2015 (and we presume 2016), **most of the money for "legal and professional services" was paid to someone or some firm OTHER THAN Hobbs, Straus.**

YEAR	LEGAL & PROFESSIONAL SERVICES	PAID TO HOBBS, STRAUS	PAID TO SOMEONE ELSE
2013	\$789,249.00	\$175,843.55	\$613,405.45
2014	\$846,081.00	\$395,254.65	\$450,826.35
2015	\$753,503.00	\$274,222.25	\$479,280.75
TOTAL	\$2,388,833.00	\$845,320.45	\$1,543,512.55

To put that into perspective, the nearly \$3 million Hobbs, Straus obtained for the Tribe for the IHS contract support cost settlement has offset the amounts paid to our firm several times over. We suggest that the Tribe's members ask the Executive Committee what lawyers or law firms received the remaining \$1,543,512.55 during those years, what services were provided to the Tribe for that money, and what the Tribe's return for that investment was.

To be clear: In 2015, after several failed attempts to develop a budget with the Executive Committee, Hobbs, Straus **voluntarily** imposed its own cap on services, which we have abided by since that time. Additionally, we have provided many hours of services (over \$400,000 worth) above the cap, which **were not billed** to the Tribe. Even still, at times, various officials have threatened and refused to make payments for services we rendered (and they utilized). At one time, Hobbs, Straus provided services to the Tribe for close to a year without payment. Finally, in December of 2016, the Lieutenant Governor refused to allow Hobbs, Straus to be paid for five months' worth of services from 2016 **unless the Governor signed a letter terminating our contract.**

Two things are clear. First, there is a concerted effort involving the disclosure of sensitive information perhaps by certain elected officials and/or staff or other lawyers, to purposefully mislead the public regarding our services and the cost to the Tribe for those services. Hobbs, Straus has been paid a mere 35% of what these culprits are reporting. (It would be interesting to know the names of those involved and the real purpose behind their effort.) Second, we have more than earned the fees we have received. In our initial service to the Tribe, we fought the National Indian Gaming Commission to keep your casino open and running, reduced the Tribe's regulatory fine by more than \$6 million, and negotiated the Tribe's gaming compact for you. Most recently, Hobbs, Straus is responsible for a nearly \$3 million increase in your contract support costs settlement. Our efforts on the Tribe's behalf have resulted in millions to the Tribe at about a third of the cost others want you to believe Hobbs, Straus has received. Their information is false and misleading, and their motives are self-serving.

Despite the improper way our contract was terminated, Hobbs, Straus remains committed to the Tribe and to advancing the interests of good governance, honesty, and leadership over the interests of certain invested individuals. If you wonder why, it is because our firm is solely dedicated to representing tribes and tribal organizations. Unlike several other of the attorneys seeking to replace us, we do not represent private banks and oil companies and gaming developers and the Oklahoma Tax Commission, each of whom oppose the Tribe's sovereignty. Some of our core principles include providing quality legal service, protecting tribal interests, and remaining steadfast to the rule of law. Our integrity and ethics are of the highest caliber, and our accomplishments on the Tribes' behalf speak for themselves. It has been an honor to serve you and we look forward to continuing our relationship as the Tribe sees fit.

TAKE 3 ACTIONS
TO FIGHT THE FLU

FIGHT FLU



INFLUENZA

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an annual flu vaccine by the end of October, if possible, or as soon as possible after October.

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

Learn more: <https://www.cdc.gov/flu/consumer/vaccinations.htm>

TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP STOP THE SPREAD OF FLU VIRUSES!



AVOID

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

Learn more: <https://www.cdc.gov/flu/consumer/prevention.htm>

TAKE ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM!



FLU ANTIVIRALS



If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

Learn more: <https://www.cdc.gov/flu/consumer/treatment.htm>

#FIGHT FLU



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.



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.

- **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 31st 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. 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.

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

Native Youth Preventing Diabetes



June
12- 16th,
2017

Ages
8-12

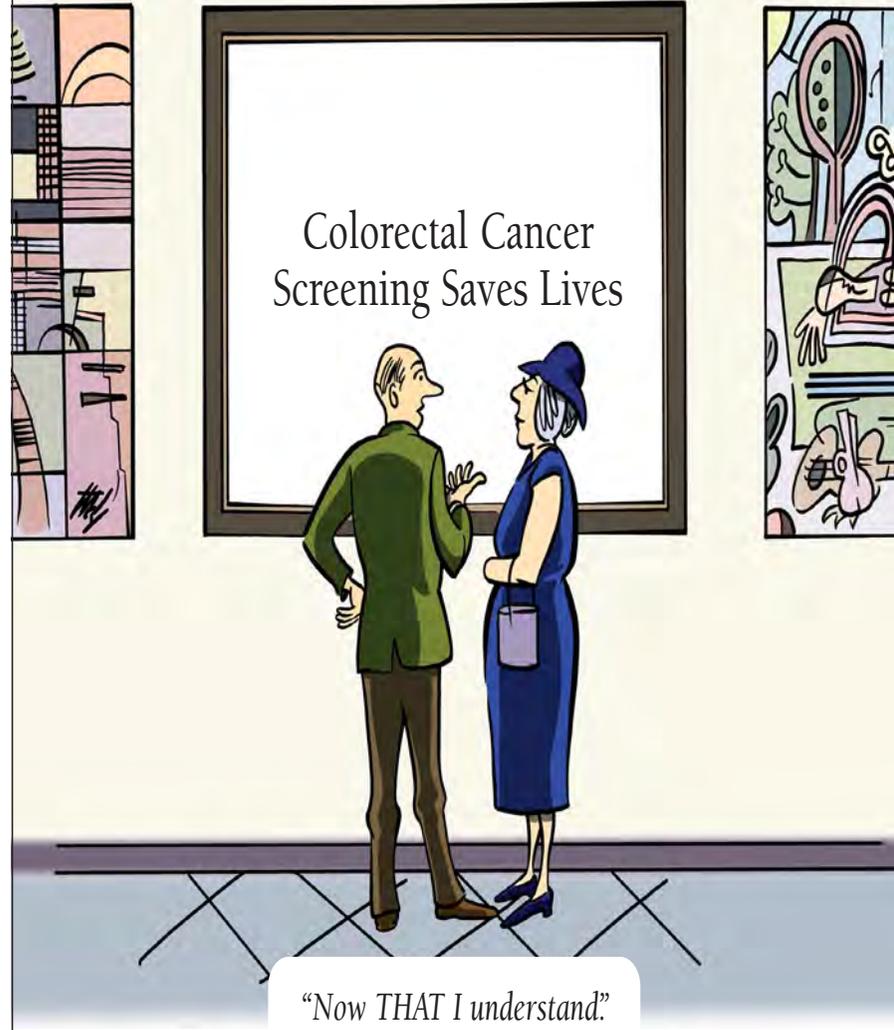
Wagoner,
Oklahoma
"CAMP
TAKATOKA"



Application deadline
is May 1st



For more information
and registration, please
contact us at:
(405) 701-7977



If you're over 50, get tested for colorectal cancer.



Polyps and colorectal cancer don't always cause symptoms. That's why screening is so important... screening helps find precancerous polyps, so they can be removed before they turn into cancer.

See your doctor and get screened.



MARCH 2017 BIRTHDAYS

Alexander, Jason Thomas
 Alford, Michael Jason
 Alford, Terry Wayne
 Allen, Vanessa Olivia
 Anania, Salvatore Westbrook
 Anderson, Steven Brian
 Annis, Loraine Pearl
 Applegate, Richard Allen
 Araujo, Bearen Demetrio
 Arms, Bruce Edwin
 Arms, Drake Jagger
 Augustine, Dezmound Solomon
 Barnes, Bralynn Kierra
 Barnhill, Rachel Renee
 Beaver Jr., Rodney Gene
 Bender, Liyahna Kyne
 Bernard, Carol Jean (Mohawk)
 Bettelyoun, Isaac Phillip
 Bettelyoun, Taylin Hope
 Bittle, Mona Jene
 Blanchard II, Larry Dean
 Blanchard, Brayden Nicole
 Blanchard, Cecily Ann
 Blanchard, Izabel Marie
 Blanchard, Joe Henry
 Blanchard, Kolton Reece
 Blanchard, Russell Duane
 Blanchard, Solomon Grant
 Bowden, Rosada Lynn
 Bradley, David John
 Brady, Dallas Dustin
 Brannon, Tkeyah Monique
 Brinson, Alexander Armando
 Brokeshoulder, Ashley M.
 Brooks, Amy Louise
 Brophy, Eulue Lee Eleyce
 Brown, Railynn Taylor
 Bryce, Jerry Dale
 Buckheart, Elysa Victoria
 Buckheart, Phillip Cruz
 Burk, Harley Lynn
 Cahwee, Yvonne Katherine
 Carter, Taylor Wade
 Casteel, Rhaeanna Corinne
 Caudillo, Herman Russell James
 Caudillo, James Adam
 Clark, Carol Dawn
 Coddington, Koryne Shazity
 Coddington, Michele Cholena
 Cole, Carolyn Mary
 Cook, Jonathon David
 Cook, Makylea Mae
 Coon, Justin Bo
 Coon, Waylon Henry-Goliath
 Coriz, Clinton Eric
 Coyle, Shannon Christine
 Cravens III, John Monroe
 Creek, Felix Albert
 Cruz, Gregorie Thomas
 Cuellar Jr., Leno
 Davis, Shawn E.
 Day, Linda G.
 Day, Rosanna Jolena
 Deer, Makiyah Kaylind Anora
 Denson, Hilda Mae
 Eckiwady, Alano Ezekiel
 Edgin, Laura Marie
 Ellis, Andrew
 Ellis, Leann Dee
 Ellis, Mark Russell
 Ellis, Renee June
 Elsloo, Kasia Lee
 England, Adam Joe
 Fenner, Alannah Benae
 Ferree, Sierra N
 Fife, Zachariah Everett

Fonfenehof, Teddy Lynn
 Foreman, Henry Jake
 Foreman, La Donna Rochelle
 Foreman, Merrilee
 Foster, Gabriel Lee
 Frazier, Andee Danielle
 Freeman, Refha Ann
 French, Jeffrey Martin
 Fuller, Rhealee Grace
 Garretson, Stephanie Rae
 Garretson, Tanisha Marie
 Gibson, Charles Arthur
 Gibson, Dylan Scott
 Gibson, Isaac Dean
 Gibson, Jaylan Chance
 Gibson, Johnathan Caine
 Gibson, Joshua Lee
 Gibson, Phillip Craig
 Gibson, Toney Ellise
 Grass, Ayson
 Grass, Gavin John
 Gravel, Robin Renee
 Graves, Casey James
 Greeley, Willow Maria Grace
 Grover, Michelle Renee
 Hall, Elizabeth Lynn
 Hall, Kayla Collette
 Harbis, Tricia Marie
 Harjo, Jacob Lee
 Harjo, Jimmie Dean
 Harjo, Sammy
 Harjo, Shirley Ann
 Harjo, Zerek Bishop
 Harp, Emily Sue
 Haskins, Michael Truett
 Herrera Jr., Rudy
 Herrera, Richard John
 Hilderbrand, Derek Mitchell
 Hood, Richard Foster
 Hood, Ross Damon
 Hooper, Michael Shayne
 Hubble-Kirschner, Skylur Nacole
 Hunt, Lyndon Brandon
 Ibarra, Rosalee Brianna Lizzet
 Irvin, Catherine Ann
 Isaac-Robbins, Shirley Jean
 Isaacs, Leann Vachon
 Johndrow-Boston, Mark Joseph
 Johnson Jr., Hubert Dana
 Johnson Jr., Walter Mack
 Johnson Sr., Walter Mack
 Johnson, Alexis Lynn
 Johnson, John Daniel
 Johnson, John Pershing
 Johnson, Leam Edwin
 Johnson, Pamela
 Johnson, Shirley Renee
 Johnson, Skylar Wind Dancer
 Jones, Dennis Roy
 Judkins, Charles Gary
 Kaniatobe, Tiffany Paige
 Ketakea, Georgia Kay
 Ketakea, Kayla Marie
 Khalil Qureshi, Maryam Anisah
 Khalil-Quraishi, Sumiyah
 Khan, Kevania Shanell
 Kickapoo, Collins Kristopher
 Kirschner, Tony William
 Kisor, Alexander Jordan
 Landrum, Avery Lynn
 Lasenberry, Whitley Sue Mae
 Leach, Melissa Louise
 Leatherman, Maximus Phillip Florentino Antonio
 Ledezma II, Roberto Bernal
 Lee, Catherine Stacey
 Lemon, Toni Marie

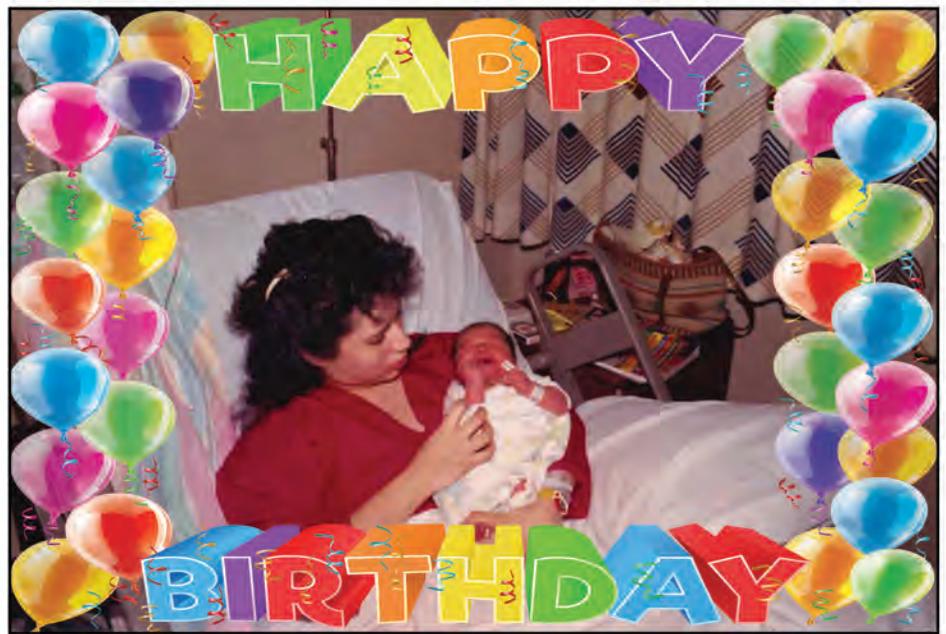
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 Lewis, Katlyn Hope Cooksey
 Lewis, Quinton DeWayne
 Lindsay, Lila
 Little Axe, Dennis Robert
 Little Axe, Skye Keenan Patrick
 Little Charley, Estelena
 Little Charley, Gary Dean
 Little Creek, Levi Kelly
 Little Jim Jr, Webster
 Little, Benjamin Ray
 Little, Keith David
 Little, Marysa Fay
 Little, Micco David
 Littlebear, Kensley Sue
 Littlebear, Trinidad Adam
 Littlecreek, Jade Marie
 Littlecreek, Jeremiah James
 Littlecreek, Sadie Rachelle
 Logan, Priscilla Ann
 Longhorn, Bradley Lucky
 Longhorn, Tommy Dale
 Longhorn, Vaun Marie
 Longman Jr., Clyde Bennie
 Longman, Michael Ray
 Lowe, Victor Shane
 Mack Jr., Thomas James
 Mack, Kameron Wayne
 Mack, Ryan Dale
 Mahtapene, Charlie Renee
 Martinez, Alexee June
 Masquas, Taylor Daine
 Masquat, Cameron Isaiah
 Masquat, Nathaniel Gage
 Maxwell, Kimber Leigh
 Mayo, Leslie Carol Garretson
 Mayo, Michelle Marie
 McBride, Taylor Iralee
 McBroom, Ashley Denise
 McBroom, Michelle Leigh
 McCray, Ashley Nicole
 McDoulett, Karen Susan
 McGonigal, Peter Roygan Hodae
 McGuire, Kasi Lynn
 McKinney, Mahnee Zuri
 McLovin, Alexander Charles
 McMillen, Destenie DeAnne
 McPherson, Maiden Ashlee Kaylynn
 Merrell, Jason Andre
 Miller, Louis-Renee Sarah
 Miller, Patrick Michael
 Miller, Redena Kay (Blanchard)
 Miner, Matthew Carl
 Mohawk, Billye-Jo Ryleigh
 Molina, Terry Randall
 Montgomery Jr., Wendall Len
 Moore, Joseph Dakofa
 Moore, Patricia Naomi
 Morgan, Katie Lynne
 Morton Jr., Jeremiah James
 Morton, Hannah Raine
 Nakamoto, Lisa Marie
 Nelson, Linda June
 Nuckolls, Larry Wayne
 Oney, Mattison Marie
 Ongaco, Ariana D. Wilson
 Onzahwah, Leroy Galin
 Ozeretny, Gary Lee
 Panther IV, William
 Panther, Ashlynn Nevaeh
 Panther, Cyerra Lynn
 Patten, Sherri Louise
 Pease, Xailey May
 Peetoom, Alexander R S
 Pickering, Gertrude B Spybuck
 Powell, Alicia Kaye

Powell, Terry Shane
 Price, Judith Ann
 Puckitt, Steven Ray
 Rainey, Katherine Lydia Warrior
 Rakestraw, Colton James
 Rakestraw, Corbin Lee
 Respicio, Lucas Antonio
 Rex, Suzzy Jean
 Reyes IV, Jose Ysmael
 Richard, Eryxon Joe
 Richey, Gunner Wayne
 Rianey, Sean Librado
 Roach, Dustin Michael
 Roach, Dylan Lane
 Robbins, Joshua Dale
 Robinson Jr., Richard Dion
 Robison, Jack Alan
 Rolette Jr., Larry James
 Rolette, Seth Allan James
 Ruimveld, Vickey Lynn
 Runsbobe, Bryant Kent
 Ryan, Ryder Lazaro
 Sanchez, James Andrew
 Scott, Denise Renee
 Self, April Jennell
 Self, Sheila Ann
 Sevier, Jennifer Michelle
 Sloan, James B.
 Sloat, Athenia Kayra
 Sloat, Christina Sue
 Sloat, Jeremy Clay
 Smith, Courtni Renee
 Smith, Daleana Lee
 Snake, Steven Ray
 Soap Jr., Roger Eugene
 Spoon, Alexander Jacob
 Spoon, Elijah Gage
 Spoon, Gracelynn Faith
 Spoon, Isabella Lorraine
 Spoon, John Allen
 Spoon, Robby Wayne
 Spoon, Sherrie Dawn
 Spriggs, Dakofa Paul
 Squire, Jerry Wayne
 Starr, Christopher Jerome
 Starr, Jesse Lloyd
 Starr, Lawrence Mitchell
 Stephens, Aubriana Nichole
 Steves, Adam James
 Stewart, Stanley Allen
 Sfinser, Heather Ann
 Stone, Taylor Cheyenne
 Straight, Lela Gale
 Stryker, Vikki Dawn
 Stuckey, Zoee Ellori
 Sutton, Mason Riley
 Sutton, Virginia Lee
 Switch, Faye Ramona
 Switch, Redonna Lynn
 Tahah, Evereff Wade
 Tapia, Dakotah Cruz
 Taryole, Newman Ryan
 Taryole, Sydney Alixandra
 Tascier, Matthew Isaiah
 Taylor, Lafonda Rave
 Taylor, Scott Alan
 Thapa, Sonya Shree
 Thompson, Billie Jean
 Thompson, Brandee Ian
 Thornhill, Nathaniel Weston
 Thorpe, Kimberly Clarice
 Thorpe, Mary Elizabeth
 Tiger, Anthony Michael Gene
 Tiger, Donna Jean
 Tiger, James Scott
 Tiger, Raymond Gary

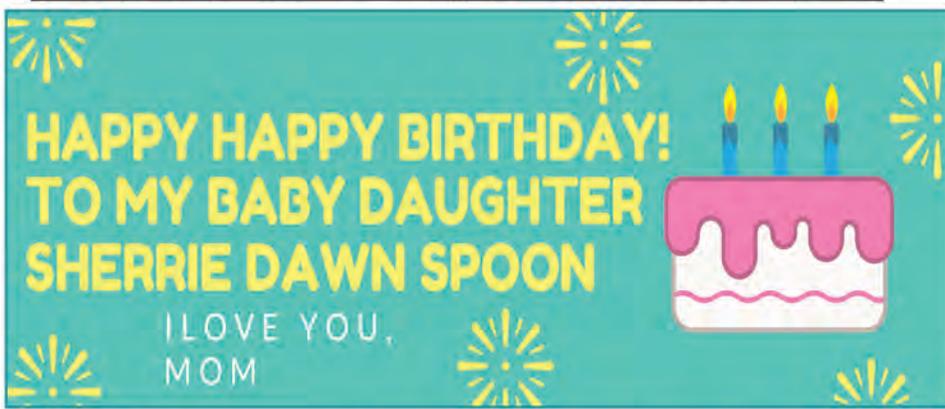
Toca, Kelly Amanda
 Tucker, Brian O'Neal
 Tucker, Keely Marie
 Turner, Monica Francesca
 Turner, Terry Michael
 Vanliuw, Naomi Maye
 Villalobos, Lena Lou
 Walker, Morgan Baylee
 Walker, Vera N
 Wallace, Christopher James
 Walley, Aubree Michelle
 Walley, Brian Jeffery
 Warrior, Shawna Kogee
 Watkins, Melysha Raven
 Watson Jr., Theodore Randall
 Watson, Bryeanna Renee Louise
 Watson, Martha Ruth (Tiger)
 Wenholm, Jody Dawn
 Werth, Luke Jake
 Wesley Jr., Daniel Kenneth
 Westberry, Casey LyDale
 Westberry, Hayley Morgan
 White Thunder, Shelsie Mae
 White, Calvin Lee
 White, Raelynn
 Williams, Bryce Cameron
 Williams, Cody Grant
 Williams, Johni Kaleen
 Williams, Kayce Brylin
 Williams, Mark Henry
 Williams, Matthew James
 Williams, Taree Renea
 Wilson, Annette Ponkilla
 Wilson, Mitchell James Wayne
 Winter, Warren Patrick
 Witt, Adam Wayne
 Wolf, Bryne Andrew
 Wolfe, Leonard Wayne
 Woods, Kathy Lynn
 Wright, Tasha Laquinta Suzanna
 Wyatt, William David
 Yandell, Steven Joseph
 Yates, Kylie Ann
 Yeahpau, Roman Mausana
 Zinn, Jenifer Coleman



Creep,
 Happy Belated Birthday to my Awesome kinda
 Sister!! I Love you more than you know!!
 Love the Baby Sister,
 Sherrie

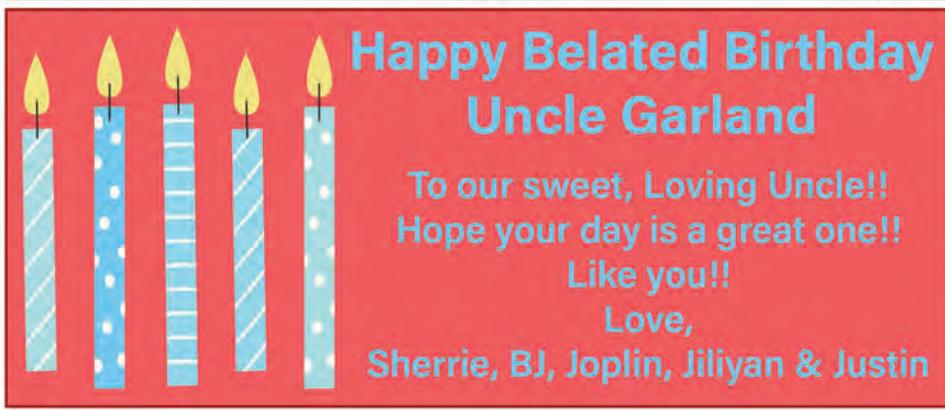


JUSTIN TYLER,
HAPPY BELATED 30TH BIRTHDAY TO MY ELDEST
BABY BOY!! I LOVE YOU SO VERY MUCH!
I LOVE YOU
MUM



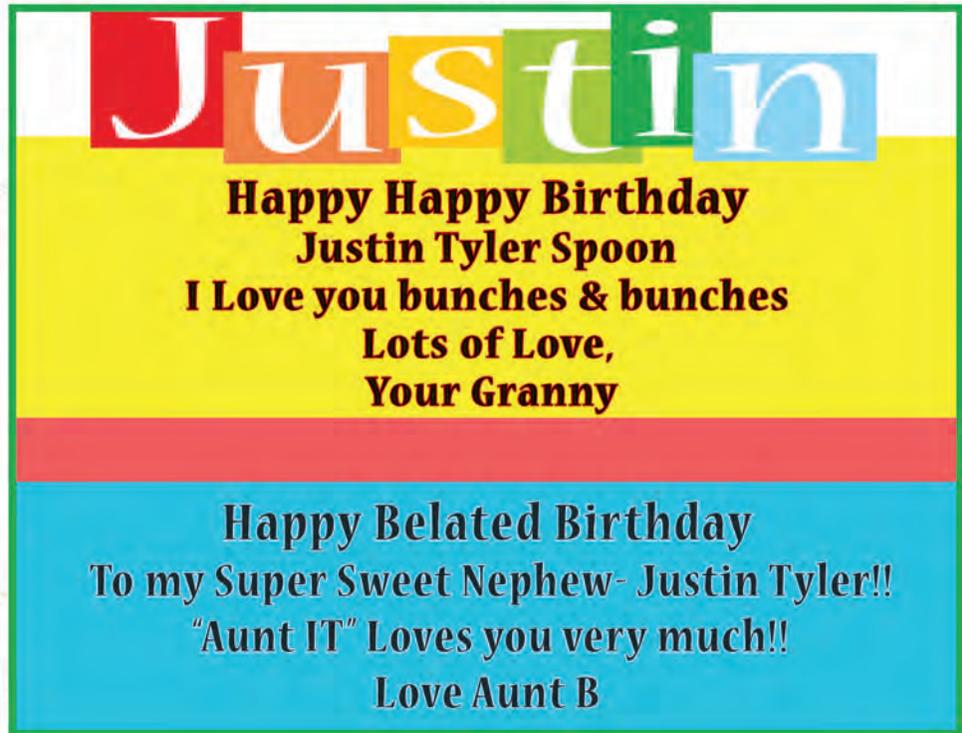
HAPPY HAPPY BIRTHDAY!
TO MY BABY DAUGHTER
SHERRIE DAWN SPOON

I LOVE YOU,
 MOM



Happy Belated Birthday
Uncle Garland

To our sweet, Loving Uncle!!
 Hope your day is a great one!!
 Like you!!
 Love,
 Sherrie, BJ, Joplin, Jiliyan & Justin



Justin

Happy Happy Birthday
Justin Tyler Spoon
I Love you bunches & bunches
Lots of Love,
Your Granny

Happy Belated Birthday
To my Super Sweet Nephew- Justin Tyler!!
"Aunt IT" Loves you very much!!
Love Aunt B



HAPPY BIRTHDAY

Aunt Gert

To our funny, sweet, awesome, Auntie!!
 Hope you enjoy your special day!!
 Love - All of us kids



HAPPY LATE BIRTHDAY
TO OUR AUNT BARBARA !!

YOU RE SO VERY FUN TO BE
AROUND WHEN YOU HANG OUT
WITH US!!
LOVE,
JOPLIN, JILIYAN
& JUSTIN

HAPPY BIRTHDAY!
 happy birthday

HAPPY
Twenty Fourth
 BIRTHDAY
Shelsie White Thunder
 From,
 Mom, Dad, Sheldon, Shelby,
 Bryson, Mowgli & Hambuga

Happy Birthday!
Chelle Foreman
 I wish you a wonderful day
 Love,
 Aunt Rhonda

HAPPY BIRTHDAY
Rheanna Castel
 Have a great day
 Love, Aunt Rhonda

HAPPY BIRTHDAY
RIKKI BLANCHARD & LELAND BLANCHARD
 FROM,
THE ENTIRE FAMILY

To
 my **OLDER** sister
SHARON KAY DAVIS
 I wish you a
 wonderful **62nd** Birthday
 Love you bunches,
 Rhonda & family

**A BIG BIRTHDAY WISH
 TO MY BROTHER
 GARLAND CHARLES SPYBUCK
 I LOVE YOU,
 YOUR SISTER SADIE**

HAPPY BIRTHDAY
J.B.
*Roses are red, violets are blue
 Slow down and count the candles
 We are about to catch up to you
 With Love,
 The Sloan Sisters*

Happy Birthday Wishes
 To all our March Birthday Relatives
**Chelle Foreman, Rhonda Kaseca,
 Manuel Herrera, Everett Tahah,
 Kylie Ann Yates**
 Eat Lots of Cake
 And enjoy your big day!
 Marvin, Sherry & Family

VIKKI D.
 Happy Birthday
 Cousin!!!
 Hope it's a great one!!
 Love,
 Sherrie D

*Happy Birthday
 Mom (Sherrie)*
 From all your wonderful, sweet,
 loving, kind, joyful kids!!
 You mean the whole world to us!!
 Love Always,
 Joplin D., Jiliyan J.,
 Justin T. & Harvey R.

**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@astribc.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.**

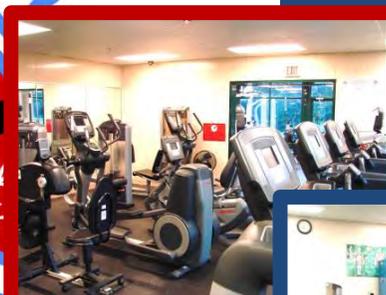
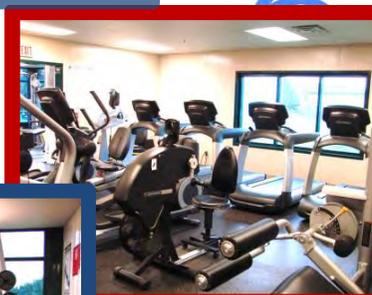


Buster Bread
Fitness Manager



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 (Then navigate to our Diabetes and Wellness section under the services section.)



March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<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 (AST).

Since my last campaign letter in the February 2017 edition of The Absentee Shawnee News I've spoken with and heard from a cross section of our membership (and AST employees) and consequently two overarching point of concerns have emerged.

The two of which are the way our tribal government functions and our economic development. This is not to say that all is bad or negative; quite to the contrary. There are several bright spots within our Tribe. For example, the clear majority of employees under the AST umbrella are hard-working, smart, and helpful. However, I must address the two concerns in this letter.

First, our government. Our present form of government is (1) handicapped by constitutional limitations, (2) affected by problems with the structure under which our current government operates, and (3) beset with leadership and communication difficulties. Although there are several examples we all could point out as major constitutional handicaps we all seem to agree that both the executive and legislative functions

of our government are combined into one in the form of the Executive Committee (EC); resulting in a weak check and balance system. As for an example of a problem with our governmental structure the current set up is whereby the Tribe's departments and programs are divvied up among each EC member who in turn is responsible for their strategic direction. The resulting impact of this arrangement is no collective agreement on a mission-oriented direction for the Tribe and in most cases EC members also having assumed day-to-day decision making authority over the departments and programs under them; which adversely affects our Tribe. As for leadership and communication; it's weak. Possible solutions are perhaps we should revive the committee that was created to make recommendations to amend our Constitution to make it more effective and efficient. Next, it's imperative that we restructure how our government operates. An EC member by virtue their elected position within the Tribe should be one of a strategic decision maker; not one of a mid- or low-level decision maker. Finally, we need someone who understands the leadership role of the governor and possess the communications skills to lead.

Second, economic development. Presently, our economic development is practically non-existent in some respects. Our current situation presents a tremendous challenge for the elected Governor, the EC, and our Tribe to fund our short-term needs but more importantly our long-term goals. I've heard some good economic development ideas. Some viable, some not. Some with a short-term term horizon in mind, while others with a long-term horizon. We need

to explore all alternatives and think "out of the box" when moving forward on economic development. For example, perhaps we can leverage some federal grants toward any economic ventures? We should take advantage of any applicable preferences items under federal law (e.g., 8(a) certifications, etc.). Or we should expand our competitive advantage in our growing health care system to generate truly economic and financial benefits? Whatever the case, I strongly believe that we need to evaluate our strengths, recognize our opportunities, realize our competitors, and minimizing our weakness and then plan our future.

Finally, to be sure there are other equally important challenges lying ahead of us. Protection of our sovereignty. Protecting our health care gains under the Affordable Health Care Act related to funding for Native American tribes but also planning for our future health care needs. Protecting and fostering our culture and our language. Challenges in which there are no simple answers or solving by just pushing a keystroke on a computer. All these challenges require a governor who must think and act strategically. A governor who is business minded but is equally committed to a well-functioning government that operates effectively, efficiently, and fairly. A governor who also understands the day-to-day struggles of life unique to each of us; both as AST member and/or an employee. Out of all the candidates running for the office of the governor, please ask yourself who among us is most qualified to meet these challenges?

Warm regards,
Phillip S. Ellis



Re-Elect Edwina Butler-Wolfe for AST Governor

My name is Beverly Edwina Butler-Wolfe. I am a proud citizen of the Absentee Shawnee Tribe and was elected to serve as your Governor in July of 2013. My educational efforts began at Dale High School and

and after graduating I took courses at Seminole State Jr. College, Rose State Jr. College, St. Gregory's and Oklahoma Baptist University in Shawnee. Being the youngest of seven sisters I knew being employed was not an option, but a way of life, and so I began working in my early teens. I have always believed that one's work can be a true illustration of one's character through commitment and the work product they complete. Since I began in 2013 one of my primary focuses has been on educational reform and curriculum advancement in the state of Oklahoma and in our community. I am pleased to say we made a number of advancements on mascots, school names and culturally specific educational curriculums. I have been fortunate to serve on national educational panels

where I have been asked to speak on native issues. My prior work experience of 15 years in the local school system has served me well in this respect. For over 28 years I have been fortunate to serve on multiple advisory, planning, and educational committees and boards. I am a strong advocate for health and fitness and continue to actively participate in local and state sports and am a staunch 'THUNDER' supporter. I enjoy assisting with or coaching youth basketball, softball, track and volleyball. My grandson, Landon, is an amazing swimmer and I attend as many of his meets as time allows for. My husband, Leonard Wolfe, an Absentee Shawnee tribal member, is both a dedicated husband and dedicated Manager at our local Walmart in Shawnee. My adult son, Josh, an enrolled AST, is a continued blessing to me, as he works for our tribe and is committed to family.

MY CHALLENGES

***Constitution**—Strengthening the language within our Constitution is vital this year. We need to consider language changes pertaining to our jurisdiction, membership roll, self-government, remedies, distribution of powers of our government and its composition, constitutional supremacy clauses, terms of office and disqualifications, quorum requirements, and presentation of resolutions to Governor, merit

based employment system and annual budget procedures, and establish Executive powers with veto power.

***FBI** – Stigma attached to this investigation and the very real concern they will return in the near future.

***Election Ordinance** - Election Commission placed in elected roles need to adhere to the established Ordinance. If there are areas that require modification then lets do that and put language into place that gives clear guidance to our Commissioners and to the Court system if they are not followed.

***Audits**—These are required by federal law for our 638 contracts and are a means for us to track how we are following our internal policies. At present date it is safe to say—we are NOT following them as we have findings and material deficiencies. The most notable are those on our Leave Policy and how certain of our elected body have not followed them and have even blatantly violated the policy as it is currently written.

***Administrative Manual**—The tribes Administrative Manual is authorized under Resolution to be the tribes established policy and procedure manual. This Manual is out of date and most staff and elected officials do not appear to use them or follow them. This must be changed. We need to annually update, under EC Resolution, these policies and procedures

(Continued on next page)

and make them specific for employees, contractors and elected officials of the tribe and those corporations owned and operated on behalf of the tribe that use tribal funds.

***Health Corporations** – this year the Lt. Governor sponsored the action that moved the health system from under the oversight of myself and the tribe and

placed two EC as LIASIONS. I am troubled by this action as these actions do not align with established ASTHA health board by-laws. I do NOT believe as a self-governance tribe we should remove oversight of one of our major funding streams operated by a non-AST Executive Director through a Board that is primarily non-AST. We need to correct this action

and ensure all tribal expenditures are approved by the tribe.

We need reform in our tribal system. That requires ethical leaders being elected. That is why I hope that you will vote for me so that together we can make a difference! Stand beside me and Let's Build For the Future (BFF)!



JOHN SOAP FOR OFFICE OF THE GOVERNOR

Now that you may more know about me it is time to write about my platform and ideas. The first order of business will be to develop a strategic plan for the future of our tribe and we need to look ahead not just to

the next 2 years, we need to look ahead the next 20 years. It is hard to prioritize our needs, that's why we do risk and needs assessments to develop a strategic plan. We must have a mission! I will say these are not promises because historically we have not had good teamwork in our leadership. My campaign slogan is "Teamwork in Leadership!!! I fully believe these ideas can come to fruition if we work together as a tribe.

- **Economic Development:** Our ASEDA has had a difficult time progressing our tribe and that is what is for! To PROGRESS our tribe! We have land bases in good spots that can be commercial enterprises. It will be nice if we can put these properties in trust and that has to be a goal for our tribe. We have to stop holding back ASEDA but we need to make sure the business enterprises ASEDA brings are not only feasible but that those businesses bring an abundant return!
- **AST Health Systems:** Our health system is the best thing we have going for our tribe and it is

a business that is unlimited to how much it can grow. With ASEDA we could open specialty clinics and have Rheumatologist, Nephrologist, Hematologist, Oncology Specialists, Diabetic shoe store, Dialysis center, etc... because we have already proven to really good doctors that the Absentee Shawnee Tribe is a good place to practice. It is a lot of work and headache to work for yourself in the medical field, besides being a provider you have to be a businessman. We could be the businessmen and they can be the provider.

- **Education:** Our education department has been another bright spot, especially with the work they do for higher education. The idea for a Native American charter school has been discussed in Shawnee because we have so many Native American students in our schools in this area. There was a law passed for Indians in Oklahoma to build charter schools. Population guidelines will let schools be built on public lands in OKC and Tulsa but in less populated areas of the state they can only be built on trust lands. So, that is more reason for us to get land put in trust. We can make this happen!
- **Judicial System:** Our Tribal court does not have teeth! Punitive sanctions are almost impossible to enforce!!! People don't pay fines, don't do community service, and many times don't even show up to court. Our police are the ones handcuffed because they don't have the resources to enforce the law to the full extent

of their capabilities. We need to build a new Absentee Shawnee Tribal Justice Center that can serve as a one stop shop for our Court, police headquarters, probation services, substance abuse counseling, ICW, domestic violence, and election commission. We could also build a jail next door; yes, I said jail. We need to take the handcuffs off our law enforcement and make this a self-sufficient enterprise.

- **Constitution:** Must be revised!
- All of the rest of the programs:** All people, areas, and programs are very important and none need to be left out. Our elders, veterans, children, special needs children, and tribal members living with disabilities, need to be served and treated with a little more emphasis from every facet of our tribe. All our departments need to be held accountable to the highest regard and have checks and balances in order at all times. Our leaders must live by higher moral and ethical standards than most people 24/7/365 if they are to uphold the integrity our Absentee Shawnee Tribe and when I say leaders it is not just the Executive Committee it is every director and supervisor of our programs. Difficult times are upon us in our national government. More than ever we need to be proactive against the forces that will try to challenge our sovereignty and our God given rights to exercise our jurisdiction and governmental powers as our own nation within our nation called United States of America. NIYAWE!!!

Respectfully, John Soap



ATHEDA W. FLETCHER FOR TRIBAL SECRETARY

Dear Absentee Tribal Members:

I have been actively campaigning for the Tribal Secretary position and have been fortunate to have met so many Tribal Members. This experience has been very rewarding. I have talked with Tribal Members and

have gained valuable insight into many of their concerns. There can never be too much communication when working towards a common goal. I value each and every Tribal Member's ideas, suggestions and comments. I believe that your input can help the Leaders in their decision-making for what programs are needed and what current programs are

not meeting Tribal needs.

I participated in the Elders' Meeting and Forum in Tecumseh on March 18. These events provided me with the opportunity to give some insight into what I hope to bring to the Secretarial position, if elected. I have been out in the communities trying to meet as many Tribal Members as possible. This takes time and I will not get to see each and every Tribal Member, but please know that I am making an effort to visit as many as possible.

There are challenges that our Tribe faces today and these challenges must be overcome through a higher level of cooperation and management. I hope to bring my experience as a professional to share with the Tribe. I will bring a new business prospective to the Tribe so that we can move forward with greater success. My promise is to always work in "the best interest of all Tribal Members". If I am elected, I look forward to working with each and every Tribal Leader.

As I have said previously, our Tribe has come to a

critical crossroad. I want to help make a difference. I want to secure the future for all of our Tribal Members. 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 to protect our services and assets. I believe that I am capable of meeting the challenge.

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

Thank You,
Atheda Edwards-Fletcher



★ ★ ★
\$1 ADULTS
\$.50 KIDS
PER CARD
★ ★ ★

FRIDAY NIGHT
MARCH 17TH
HORSE SHOE BEND
COMMUNITY BUILDING
46309 GARRETTS LAKE ROAD
SHAWNEE, OK 74801

★ ★ ★
START
6:30PM
FINISH
9:00PM
★ ★ ★

WHITE TURKEY BAND



BINGO



RAFFLES ★ ★ ★ ★ CAKEWALK ★ ★ ★ ★ PRIZES

**Little Axe Community Center
Food Pantry**

Little Axe Community Center is located at 1000 168th N.E. Norman, OK, And serves Cleveland County, East side of Norman and Little Axe Community.

The food pantry service hours; Monday through Friday 8:00 A.M. – 5:00 P.M. Please call to confirm that they are in operation and hours have not changed.

Phone number (405) 292-9770

EMERGENCY MANAGEMENT

CHILDREN AND HOME FIRES

Fast Facts

Children under the age of five are twice as likely to die in a home fire than the rest of the population, and child-playing fires are the leading cause of fire deaths among preschoolers.

About 300 people per year are killed and \$280 million in property is destroyed in fires attributed to children playing with fire.

Just over half of child-playing fires in the home start in a bedroom, and bedding material is most often the first item ignited.

About two out of every three child-playing fires – and three out of every four associated deaths and injuries – involve matches or lighters.

Children also start fires by playing with candles, fireworks, stoves, and cigarettes.

Only twenty-six percent of families have actually developed and practiced a home fire escape plan.

Preparedness Tips

Keep matches, lighters and other ignitable substances in a secured location out of the reach of children, and only use lighters with child-resistant features.

Practice your home fire escape plan with your children several times a year. Also practice stop, drop and roll and low crawling.

Familiarize children with the sound of your smoke alarm and what to do when they hear it.

Teach your children not to be scared of firefighters. Take them to your local fire department to meet them and learn about fire safety.

Teach your children to tell you or a responsible adult when they find matches or lighters at home or school.

Smoke alarms save lives. Install a smoke alarm near your kitchen, on each level of your home, near sleeping areas, and inside and outside bedrooms if you sleep with doors closed. Use the test button to check it each month. Replace all batteries at least once a year. Having a working smoke alarm reduces the risk of dying in a home fire by nearly half.

Visit www.redcross.org/homefires for more information on children and fire safety.

(Sources: American Red Cross, U.S. Fire Administration, and the National Fire Protection Association.)

#

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@astribc.com

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	Report Power Outage
	1-800-522-6870	
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



*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: Billy Youngbird

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

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*****

March is Colorectal Cancer Awareness Month

Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States and the third most common cancer in men and in women. Colorectal cancer is cancer in the colon (the large intestine) or rectum (the area that connects the colon and the anus). Colorectal cancer is also called colon cancer for short. There may not always be symptoms, especially in early stages and that is why it is important to get screened. If symptoms are present they may include:

- Blood in or on your stool (bowel movement)
- Stomach pain, aches or cramps that don't go away
- Unexplained weight loss

If you have any of these symptoms, talk to your doctor to find out the cause.

The risk of colorectal cancer increases with age. Most cases occur in those 50 years of age or older but there are other risk factors such as:

- A history of Inflammatory bowel disease, Crohn's disease, or ulcerative colitis
- A personal or family history of colorectal cancer or polyps
- Life style factors including:
 - Lack of regular physical activity
 - Diets low in fruits, vegetables, & fiber and high in fats
 - Being overweight or obese
 - Alcohol consumption
 - Tobacco use

The most effective way to reduce your risk is by having colorectal cancer screenings regularly beginning at age 50 or earlier if you are at high risk. All though incidence in Native Americans is among the lowest of all ethnicities, it is still important to be screened for prevention and early detection. Screenings can find precancerous polyps (abnormal growths in the colon or rectum) and remove them before they turn to cancer. Polyps may be in the colon for many years without symptoms before turning cancerous. They can also find cancer early when there is a better chance of effective treatment. There are several screenings available. Ask your provider about which test is best for your situation. For more information visit the CDC website https://www.cdc.gov/cancer/colorectal/basic_info/index.htm or contact the ASTHS Public Health Nursing Department.

Flu activity rising in U.S.

The flu is a very contagious respiratory illness caused by the Influenza virus. Influenza, or the flu, can cause symptoms anywhere from mild to severe and can even lead to death, especially in older adults, younger children, and certain people with chronic health conditions.

Symptoms of the flu include:

- Fever-all though not everyone with the flu will develop a fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea-more common in children than adults

The flu is spread primarily by droplets in the air made when people cough, sneeze, or even talk. The droplets can travel through the air up to six feet and land in the mouths or noses of others infecting them with the flu virus. The droplets landing on surfaces such as tables and chairs can also infect others by them touching the surfaces and then touching their nose, mouth, or eyes.

If you have the flu virus, you can spread the virus to other people up to 1 whole day before you even start to feel symptoms and up to 7 days after you become sick. Symptoms generally start 1 to 4 days after the virus enters your body. This means not only can you pass the flu on to others while you are sick, but before you even know you are sick.

Hand hygiene is very important in cutting down on the spread of the flu. Hands should be washed quite often with warm water and soap or hand sanitizer. If someone in your home is sick it is important to clean their linens and any surface or areas of the home they come in contact with so that others are not infected. The sick person should always be mindful of covering their mouths with a tissue when coughing or sneezing in order to keep droplets from spreading through the air.

In recent weeks the impact of the flu virus on our state has been substantial. The number of flu-related hospitalizations and deaths has risen dramatically throughout the state. School districts have cancelled school for students due to epidemic outbreaks of the flu. Flu season is now in full effect.

The sooner you receive a flu shot the better because it takes up to two weeks for antibodies to build up in the body to protect you from the flu virus. The CDC recommends that everyone age 6 months and older get a flu vaccine each year. Native Americans fall under the category of "high risk" and are especially urged to receive the flu shot. The flu shot is available at the Little Axe and Shawnee clinics by appointment and on a walk-in basis at Plus Care and Shawnee Clinic Extended Hours Clinics. For more information about the Influenza virus visit the CDC website at <https://www.cdc.gov/flu/index.htm> or contact the ASTHS Public Health Nursing Department.

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

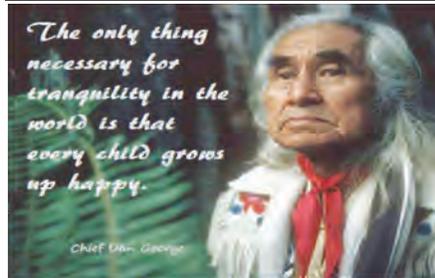
SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850 • 1.877.878.4702 (Toll-free)

BEHAVIORAL HEALTH
Roberta Cooper 405.878.4716

Services available for all Federally Recognized Tribes.



FOSTER CARE



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).



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.

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

**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 2nd 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



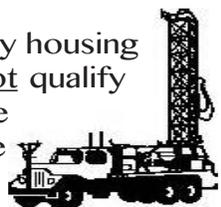
THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

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 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



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



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)





DO YOU HAVE HEADACHES AT THE TOP OF YOUR NECK?

Headaches that originate at the base of the head are fixable. Yes, your headaches can disappear forever. Often dizziness, blurred vision, ringing in the ears, pain behind an eye and neck pain accompany these headaches. Poor alignment of the upper neck bones can cause muscle spasms which can press the vertebral artery which supplies blood flow to the brain.

Poor posture, neck injuries, use of bifocal glasses, jaw joint problems, and even low back problems can cause these headaches. MRIs and X-rays may not detect these problems. If you are tired of taking medications for headaches and the base of your head, allow our physical therapists to perform a comprehensive evaluation and determine the cause of the headaches. We can apply a treatment plan that emphasizes a hands-on approach to relieve your spasmed muscles, correct the alignment of your neck bones, improved your posture, and mostly importantly, reduce your painful headaches!

Be proactive and stay healthy!

Toni Donahoo, DPT Physical Therapist

Little Axe Health Center
Physical Therapy Department
15951 Little Axe Drive
Norman, OK 73026
405.447.0300

Shawnee Clinic
Physical Therapy Department
2029 South Gordon Cooper, Bldg 16
Shawnee, OK 74081
405.878.5850

P.I.N.S.  NO.3
SUMMER FUN PROGRAM



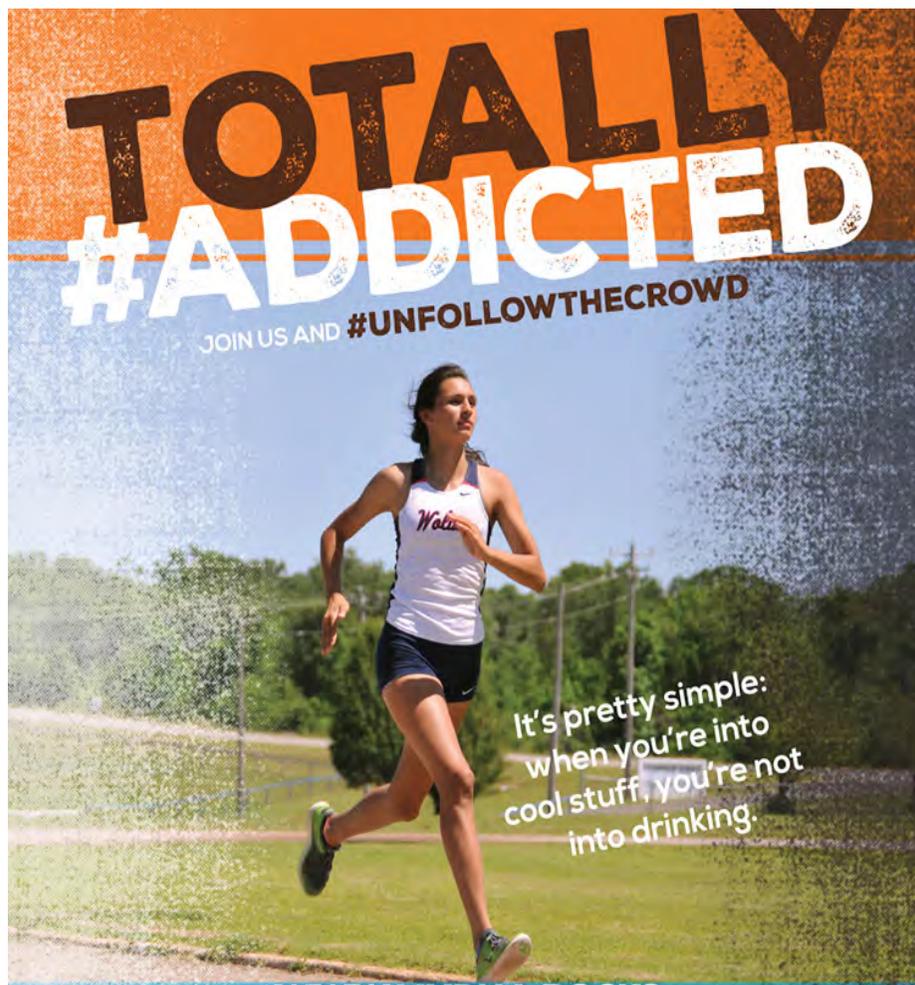
ACTIVATE YOUR SUMMER WITH P.I.N.S.!
Tuesdays and Thursdays from 9 a.m. to 1 p.m., June 6 - June 29. Join the fun!

We are gearing up for a Summer full of fun with our 3rd Annual P.I.N.S. Summer Program! P.I.N.S. is a camp for American Indian/Alaska Native youth ages 10-14.
Space is limited and on a 1st come, 1st serve basis.

Enrollment for AST Members: March 1 - April 17
Enrollment for other Tribes: April 17 - May 5

Events/Activities are for registered participants only
Must complete enrollment paperwork to be considered enrolled for camp

For inquiries or to request registration forms, please contact **Chelsea Cope** at ccope@astribe.com or by phone at **405.878.5850**.
(If unavailable please leave a voicemail.)



WWW.MYDNA.ROCKS

 MyDNA Rocks
 @MyDNA Rocks
 mydnarocks

MYDNA
DRUG-FREE NATIVE AMERICA





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.

Let's Start MARCH N' Off

The Pounds This Month

Exercise

How to burn off 1 pound a week?

You can do this by increasing your calorie-burning activity or by eating fewer calories -- or BOTH! It is easier to achieve it with the combination of increased activity and eating less. Exercising enough each day to burn 300 - 400 calories is a good goal for the exercise portion of your weight loss plan!



Tips:

How Many Calories Do I burn Walking 1 Mile?

Speed/Pounds	100lb	120lb	140lb	160lb	180lb	200lb	220lb	250lb	275lb	300lb
2.0mph	57	68	80	91	102	114	125	142	156	170
2.5mph	55	65	76	87	98	109	120	136	150	164
3.0mph	53	64	74	85	95	106	117	133	146	159
3.5mph	52	62	73	83	94	104	114	130	143	156
4.0mph	57	68	80	91	102	114	125	142	156	170
4.5mph	64	76	89	102	115	127	140	159	175	191
5.0mph	73	87	102	116	131	145	160	182	200	218

How Do You Know How Far You Walk Per Day?

Pedometers are a great invention that makes it so much easier to keep track of your exercise regimen and understand the amount of exercise you are doing.

You can buy all sorts of different pedometers which range in price. Decide what you want from your pedometer before you buy one and then try and stick to one which only has the functions you will use!

How to build muscle at a desk?

8 EXERCISES YOU CAN DO AT WORK

Get in shape at your desk with these exercises.

1 THIGH STRETCHES

Sit on right side of chair and pull your right ankle up toward the bottom of the seat. Switch sides.



2 SHOULDER SHRUGS

Pull your shoulders as high as you can and roll them forward. Do 10 reps forward and 10 reps backward.



3 LEG SQUATS

Stand in front of your chair and repeat the act of sitting down without actually touching the chair. Do 10 reps in a set and complete three 3 times a day.



4 CHAIR DIPS

Squat with your hands on the edge of the chair behind you and slowly lower your torso past the seat. Lift your body by straightening your arms. Do 10 reps in a set and complete 3 sets a day.



5 DESK PUSHUPS

Lean against your desk and push your body away. Do 10 reps in a set and complete 3 sets a day.



6 LOWER-BODY LIFTS

Sitting upright in your chair, stretch one leg straight out and hold it for 10 seconds. Repeat 6 times with both legs.



7 CUBICLE WALL-SITS

Lean your back perfectly against your cubicle wall and lower yourself into an invisible chair. Keep your legs and knees together. Hold for 15 to 60 seconds.



8 CHAIR PICK-UPS

Face your chair and bend at the waist to grab the arms of the chair. Keep your abs tight and your arms slightly bent. With your back flat, slowly lift the chair. Do 20 reps and complete 2 sets a day.



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
Kareena Deere, CH Technician/Medical Records

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
Jennifer Wells, 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)



ABSENTEE 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

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 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





Here for you, now more than ever.

EXTENDED HOURS:
9 a.m. - 9 p.m. Monday - Friday
9 a.m. - 5 p.m. Saturday
NO APPOINTMENT NEEDED.

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



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

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

COMMUNITY DEVELOPMENT/ FINANCIAL INSTITUTION	6264
DOMESTIC VIOLENCE/FAMILY SERVICES	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

EDUCATION	Admin Asst./Rec.....	6255
	Tresha Spoon.....	6242
ELECTION COMMISSION	Emily Longman.....	6271

ENROLLMENT	Carly Dyer.....	6292
	Kimberly Creek.....	6288
HORSE SHOE BEND	(After School Program Director)	
	Edwina Butler-Wolfe.....	6308

FINANCE	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
HUMAN RESOURCES	Cheri Hardeman.....	6252
	Elizabeth Clark.....	6296
	Rachael Lankford.....	6222
	Casey Adams.....	6337
ICW	Ronelle Baker.....	6375
	Julie Wilson.....	6376
	6377
LITTLE AXE RESOURCE CENTER	Robert Komahcheet.....	585-8310
	Duke Blanchard.....	585-3669
MAINTENANCE	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

MIS	Rico Coon.....	6328
	Michael Berry.....	6303
	Josh Gibson.....	6329
	Tom Trimble.....	6327
OEI	Ken Jones.....	8845
	Jarrod Lloyd.....	8844
	Dakota Blanchard.....	8843
	Evelyn Pablito.....	8847
	Rebecca Diven.....	8848
POLICE DEPT	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
	Jarrod Vasquez.....	6266

OTHER ENTITIES & TOLL FREE	All Nations Bank.....	273-0202
ASEDA	878-6782
	Toll Free.....	1-800-256-3341
	Brendle Corner.....	447-3372
	Building Blocks.....	878-0633
	(Billie Thompson, Briana Ponkilla)	
	Housing.....	273-1050
	Human Resources.....	275-1468
	Indian Child Welfare.....	878-4702
	Country Kitchen Restaurant.....	366-7220
	Media.....	598-1279
	(Sherman Tiger, Derek Hilderbrand)	
	OEI/OEP.....	214-4235
	Police Dept.....	275-3200 / 275-3432
	Thunderbird Casino NRM.....	360-9270
	Shawnee Casino.....	273-2679
	Tribal Store (Little Axe).....	364-0668

LITTLE AXE CLINIC	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)	
SHAWNEE CLINIC	Clinic (Bldg. 17).....	878-5850
	Pharmacy.....	878-5859
	Toll free.....	1-866-742-4977

PROCUREMENT	Asaycia Clayton.....	6291
	Sheelby Thorpe.....	6244
	Kayla Ketakea.....	6281
REALTY	Cecil Wilson.....	6246
	Lea Isotaddle.....	6248
	Colleen Butler.....	6247
SOCIAL SERVICES	Amie Wilson (Director).....	6225
	Tara Battise.....	6225
TAX COMMISSION / TAG	Alicia Engler.....	6257
	Shelby White.....	6237
	6258
TERO	Jeff Gibson.....	6284
TITLE VI	Thomasine (Doss) Owings (DIR).....	6227
	Johmie Mae Bettelyoun.....	6272
	Donna Butler.....	6270
	Robert Schoolfield.....	6270
	Ted Watson.....	6270

OTHER EXTENSIONS	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

OTHER ENTITIES & TOLL FREE	All Nations Bank.....	273-0202
ASEDA	878-6782
	Toll Free.....	1-800-256-3341
	Brendle Corner.....	447-3372
	Building Blocks.....	878-0633
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	Human Resources.....	275-1468
	Indian Child Welfare.....	878-4702
	Country Kitchen Restaurant.....	366-7220
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	Pharmacy.....	878-5859
	Toll free.....	1-866-742-4977

Happy St. Patrick's Day



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

PRESORTED STANDARD
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PAID
SPRINGFIELD, MO
PERMIT 96

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