



# AST Supreme Court Ruling

FILED In the Office  
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JAN 17 2020

Absentee Shawnee Tribal Court  
Court Clerk

IN THE SUPREME COURT OF THE  
ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA

GOVERNOR EDWINA BUTLER-WOLFE

Appellant,

v.

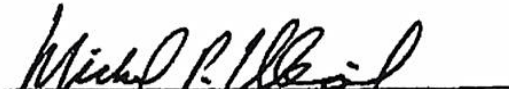
ASSC-2019-01

ELECTION COMMISSION of the Absentee  
Shawnee Tribe, and EXECUTIVE COMMITTEE  
Of the Absentee Shawnee Tribe

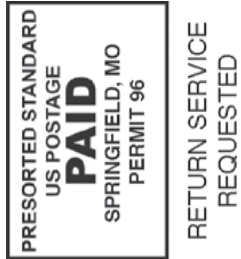
Appellee.

## ORDER

The Stay entered herein on the 8<sup>th</sup> day of October, 2019 is dissolved. The Judgment (Finding of Fact and Conclusions of Law) by the Honorable Mat Thomas, District Judge, filed herein the 4<sup>th</sup> day of October, 2019 is AFFIRMED. Written opinion to follow.

  
Michael P. Warwick, Chief Justice

All Justices Concur



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



# Happy Heart Month

The month of February is known as American Heart Month.

According to the World Health Organization, cardiovascular diseases are among the leading causes of death. Decades of research has revealed several, and sometimes surprising, links between coronary heart disease and mental illness. It has even been suggested that both may actually cause one another (DialoguesClinNeurosci.2018). In this brief article we will visit the idea often times referred to as the Head- Heart Connection and look at the impact of depression on the heart.

The existence of depression with people with cardiovascular disease is threefold higher than that of the general population (The American Journal of Medicine 2016). More than 300 million people of all ages suffer from depression worldwide and the disease is expected to become the leading cause of disability by 2030 (DialoguesClinNeurosci.2018). Depression is also common in people who have angina (chest pain) and can increase the risk of

developing myocardial infarction, stroke, sudden death and atrial fibrillation. The relationship between depression, anxiety and cardiovascular disease is bidirectional. In other words, depression and anxiety can increase your risk of developing cardiovascular disease and cardiovascular disease can increase your risk of developing depression and anxiety (American Journal of Medicine 2016). The American Heart Association has concluded





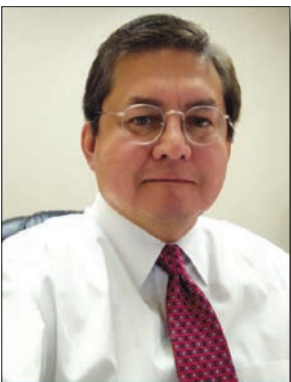
John Johnson  
GOVERNOR



Kenneth Blanchard  
LT. GOVERNOR



Ezra DeLodge  
SECRETARY



Phillip Ellis  
TREASURER



Atheda Fletcher  
REPRESENTATIVE

Treasurer’s  
REPORT

Phillip Ellis  
AST Treasurer

To All,  
Again, I originally had a monthly newsletter prepared but due to the AST Supreme Court ruling on January 17th my newsletter article may not be helpful or valid. Hopefully, some stability will emerge due to the ruling. On a side note, the preliminary steps have begun for the 2019 audit and will be completed in a timely manner.

I have been continually asked about the status of the release

of the forensic audit performed by REDW, LLC and the Federal Bureau of Investigation (FBI) investigation at Thunderbird Express (the convenience store). I spoke recently with the FBI special agent in charge of the investigation and he mentioned that more than likely no federal charges will be filed. It appears that at minimum, gross incompetence and gross mismanagement are at the heart of the closure of Thunderbird Express that occurred from February 2017 through May 2017. I have spoken with the Tribe’s AG and he has cleared the release of the forensic audit which I will do this month.

Treasurer Phil Ellis

NEW  
FOSTER CARE LICENSING COMMITTEE  
QUALIFICATIONS OF COMMITTEE MEMBERS

- (a) A Committee Member may be a member of the Tribe.
- (b) No person shall be barred from serving on the committee because s/he is an employee, or operates a Foster Home under a State or Tribal license.
- (c) Each Committee Member shall be at least eighteen (18) years of age and legally capable of entering into a binding contract.
- (d) No person who has been convicted of a felony or other crime involving embezzlement, fraud or moral turpitude shall serve on the Foster Care Licensing Committee. As of May 30<sup>th</sup> 2001, background checks will be necessary for each new and/or reappointed existing committee member.
- (e) Each Committee Member shall take an oath to support and defend the constitution, rules and regulations of the Absentee Shawnee Tribe.
- (f) It is strongly recommended each Committee Member complete the application process to become an Emergency Protective Foster Home and therefore be licensed through the Tribe.

Applicants can apply by picking up the application with your letter of intent at the Secretary’s office.

NEW MEMBERS GET UP TO  
**\$100**

SIGN UP FOR THUNDERCARD & RECEIVE **\$10 FREE PLAY**  
PLUS, GET AN ADDITIONAL **\$10 FREE PLAY** FOR EVERY 100 POINTS EARNED!

Offer valid only for new members. Must earn points on day of signup to be eligible for additional awards. Limit \$100 in total free play on sign up date.

### VACCINES FOR TEENS

Keep your adolescent vaccinations up to date

Kids grow out of many things, but vaccines aren’t one of them. Every year in the U.S., 2.5 million people die from vaccine-preventable diseases. Because adolescents are at risk for many of these serious diseases, immunization is especially important. Ask your healthcare professional about all recommended vaccines to protect your child.

**14 million** people are infected with human papillomavirus (HPV)—mostly teens and young adults—leaving them vulnerable to associated cancers later in life?

**21%** of all meningococcal disease cases are preteens, teens, and young adults, ages 11–24?

Up to **200,000** people are hospitalized annually due to flu-related complications?

There were an average of **200,000** cases of pertussis each year before the Tdap vaccine was available, and since then, cases of the disease have decreased more than **80%**?

### Remember the 4

- ☀️ **HPV (Human papillomavirus)**—The vaccine is most effective at preventing associated cancers for both boys and girls when given during preteen years.
- ☀️ **Meningococcal**—Two types of meningococcal disease vaccines protect against the most common serogroups. Teens should start the ACWY vaccine at 11–15 years old, with a booster dose between 16 and 18 years. They may also get the serogroup B vaccine at 16-18 years of age.
- ☀️ **Tdap (Tetanus, Diphtheria, and Pertussis [whooping cough]) and Td Booster (Tetanus and Diphtheria):** Adolescents should receive a Tdap vaccine between the ages of 11-12. Regular boosters of Td vaccine are recommended every 10 years to protect those at risk.
- ☀️ **Flu**—Flu season typically starts in October, and the virus can mutate each year. Annual vaccination is recommended.

**CDC-recommended vaccinations for adolescents:**

	Every year	flu vaccine		
AGES	<b>11-12 years</b> <ul style="list-style-type: none"><li>• HPV (2 doses)</li><li>• Meningococcal ACWY</li><li>• Tdap</li></ul>	<b>13-15 years</b> <ul style="list-style-type: none"><li>• Meningococcal ACWY (if not previously vaccinated)</li></ul>	<b>16 years</b> <ul style="list-style-type: none"><li>• Meningococcal B*</li><li>• Meningococcal ACWY booster</li></ul>	<b>17-18 years</b> <ul style="list-style-type: none"><li>• Td booster every 10 years</li></ul>

**ASK YOUR HEALTHCARE PROVIDER** if your adolescent needs a catch-up vaccine to protect them from

- Hepatitis A
- Hepatitis B
- Chickenpox
- Polio
- Measles, mumps, rubella (MMR)
- Pneumococcal disease\*

**UNITY**  
United for adolescent vaccination

For more information, visit [www.unity4teenvax.org](http://www.unity4teenvax.org)

\* Adolescents may be vaccinated with a 2-dose MenB vaccine, and the preferred vaccination age range is 16 through 18 years.



Representative’s  
REPORT

Atheda Fletcher  
Work PH: 405-275-4030 Ext. 6239  
Cell PH: 405-287-5247  
email: afletcher@astribes.com

Greetings Tribal Members:

As we begin another year, I wish to thank all of the valuable tribal members and employees who work hard for the growth and progress of our Absentee Shawnee Tribe. My desire is that this New Year becomes a year of better performance and progress for our various tribal ventures and undertakings. Hard work and dedication is the reason behind any tribe’s success and growth. I look forward to more success stories to write and new accomplishments that I can achieve for the tribe. I am currently working on new goals with

each of my departments for which I have oversight responsibility. As we progress through the year, I will report our progress and achievements.

Due to the office closures for the holidays, my business report will be a little shorter than usual. Following are some of my activities:

- Attended TEC Board Meetings. I am pleased to report that the casinos’ operations are performing well and revenue is steadily increasing. Thanks to the TEC Board of Directors, Casino Management and Casino Staff for a good 2019 performance.
- Attended Gaming Commissioners Meeting. The Gaming Commission is functioning well under the guidance of Gaming Commissioners,

James Stuart and Roy Larney. As the Gaming Commission wraps up 2019, the staff will be making a list of all the items that need to be completed to close out the year and gearing up for 2020. I will be meeting shortly with the staff to go over the goals for 2020.

➤ I have taken on the responsibility of the VITA Tax Service Program for tax year 2019. The tax service is free of charge to our AST members, AST employees and widows/widowers of AST members. I thank all the volunteers who have committed their time to help with this important project.

➤ Several weeks of work were involved in working with my direct report directors on the preparation of the 2020 budgets. The budget process is challenging, but the directors did a fine job in analyzing, comparing and evaluating their actual results in order to develop the New Year’s budgets. Several meetings have been held with the Finance Department to discuss and finalize the budgets.

➤ I continue to support and attend the Elders Council meetings each month. It was great fun and fellowship to work with many of the Elders when we assembled the Christmas Baskets. I have also been appointed to the Elders Committee to perform the 2019 audit. Also, the Elders Council Officers have been diligently working on the AARP Elders Honorees Photograph Project and it is close to conclusion. These photographs will be displayed at a selected location soon.

➤ As usual, I continue to support and participate in the Patient Family Advisory Committee during 2020.

➤ I continue the work on the proposed Assisted Living Project with the committee. Current activity is working on the completion of application forms and other information that is required to obtain USDA financing for construction. This application is a long and laborious process. I hope to have more to report in the coming months.

**Cultural Preservation:** I am pleased to announce that we have a new Director of Cultural Preservation (CP). Carol Butler comes to this department with a vast amount of Cultural Preservation experience. Carol holds a Bachelor of Science Degree from the University of Oklahoma and she holds several Professional Certificates that enhances her skills for the work required in the CP arena. Carol has hit the ground running and is available to answer any questions or listen to any suggestions that you may have regarding our Cultural Preservation Department.

**Human Resources:** Under separate article, the HR Director will provide a detailed report for this month.

**Youth Camp:** Construction on the Youth Camp continues to make progress. All of the dirt work for the concrete pads where the bath house and cabins will sit is complete. Pouring of the concrete pads is scheduled to begin shortly. In conjunction with this work, work on the roads, parking lot and area around the building will commence. Plumbing work and preliminary work on the entry and fence will also begin shortly. Dirt work on the lagoon has also been completed. In conclusion, my personal goal for 2020 is to deliver significant value for our tribe and tribal members for years to come. As many of you know, I am re-running for the Tribal Representative position. I hope to continue my hard work on the various projects and positive impact I have had on the tribe. While this past year was very difficult for me both personally and professionally, my deep passion to see our tribe become stronger and drive towards progress continues to drive my spirit. I am excited to begin 2020 and I am excited about the tribe’s future.

**Quote:** Cheers to the New Year and another chance for us to get it right!

Absentee Shawnee  
Native  
Connections  
Grant



Youth Shawl Making  
Class  
February 13, 2020 6pm to 8pm  
Little Axe Resource Center

Open to youth ages 12 to 24 years old



To sign up  
please  
contact  
Margo at  
405-701-7995

This flyer was developed under grant number SM08018 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of the SAMHSA or HHS.



Absentee Shawnee Behavioral Health

STRENGTH OF TRADITION PROJECT


Funded through SAMHSA Native Connections Grant in providing support by:

- Extending an out outreach through community partnerships to increase awareness of Substance Abuse and Suicide Prevention in the community.
- Increasing the participation of youth, parents, tribal leaders, and health providers in developing mental health service and treatment options based on the cultural values and practice of the Native community.
- Easing the impacts of substance use, mental health illnesses, and trauma in native communities.
- Supporting youth as they transition into adulthood.


If you would like to know more about this program, please contact us!

Linda Gouge  
Grant Coordinator  
405-701-7988

Victoria Andrews  
Grant Assistant  
405-701-7995

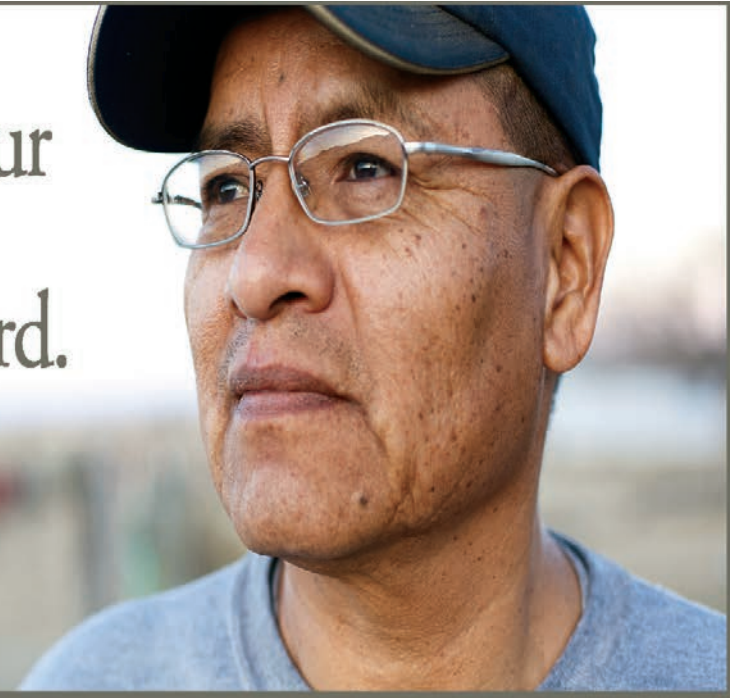


Little Axe Health Center  
Li-Si-Wi-Nwi Health inc,  
15951 Little Axe Drive  
Norman, OK 73026



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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



Accredited by  
**AAAHC**  
ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.



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

WWW.ASTHEALTH.ORG



FEBRUARY



HEALTH SYSTEM

Prevention. Progress. Pride.

CHILDREN'S DENTAL HEALTH MONTH

ATTENTION PARENTS/GUARDIANS OF NATIVE CHILDREN & NON-NATIVE SOONERCARE CHILDREN

DEVELOPING GOOD HABITS AT AN EARLY AGE AND BY GETTING REGULAR DENTAL CHECKUPS HELP JUMPSTART ON A LIFETIME OF HEALTHY TEETH AND GUMS. SCHEDULE A DENTAL APPOINTMENT WITH US.

DURING FEBRAURY & MARCH OUR DENTAL TEAM WILL BE VISITING LOCAL SCHOOLS IN OUR SERVICE AREA TO EDUCATE ABOUT THE IMPORTANCE OF GOOD DENTAL CARE HABITS. FOR MORE INFO CALL THE DENTAL CLINIC

LITTLE AXE HEALTH CENTER DENTAL CLINIC

405-447-0300






Made with PosterMyWall.com

Join us for a

Free Healthy Cooking Demo

To celebrate National Nutrition Month

Menu: Stir Fry and Cauliflower Fried Rice



When:  
Thursday, March 12th,  
2pm

Where:  
Diabetes & Wellness  
Demo Kitchen  
Little Axe Clinic

Free Recipe  
Cards and  
Samples  
Provided  
& Nutrition  
Bingo and prizes

Questions? Contact  
the Diabetes & Wellness  
Program by calling  
405-701-7977


Presented by the AST  
Diabetes & Wellness Program

ABSENTEE SHAWNEE

NATIVE CONNECTIONS GRANT

COLLEGE FAIR

February 21  
9a.m. to 5p.m.



GEARED TOWARDS  
NATIVE MIDDLE +  
HIGH SCHOOL  
STUDENTS

Little Axe Health Center

15951 Little Axe Dr.  
Norman, OK 73026

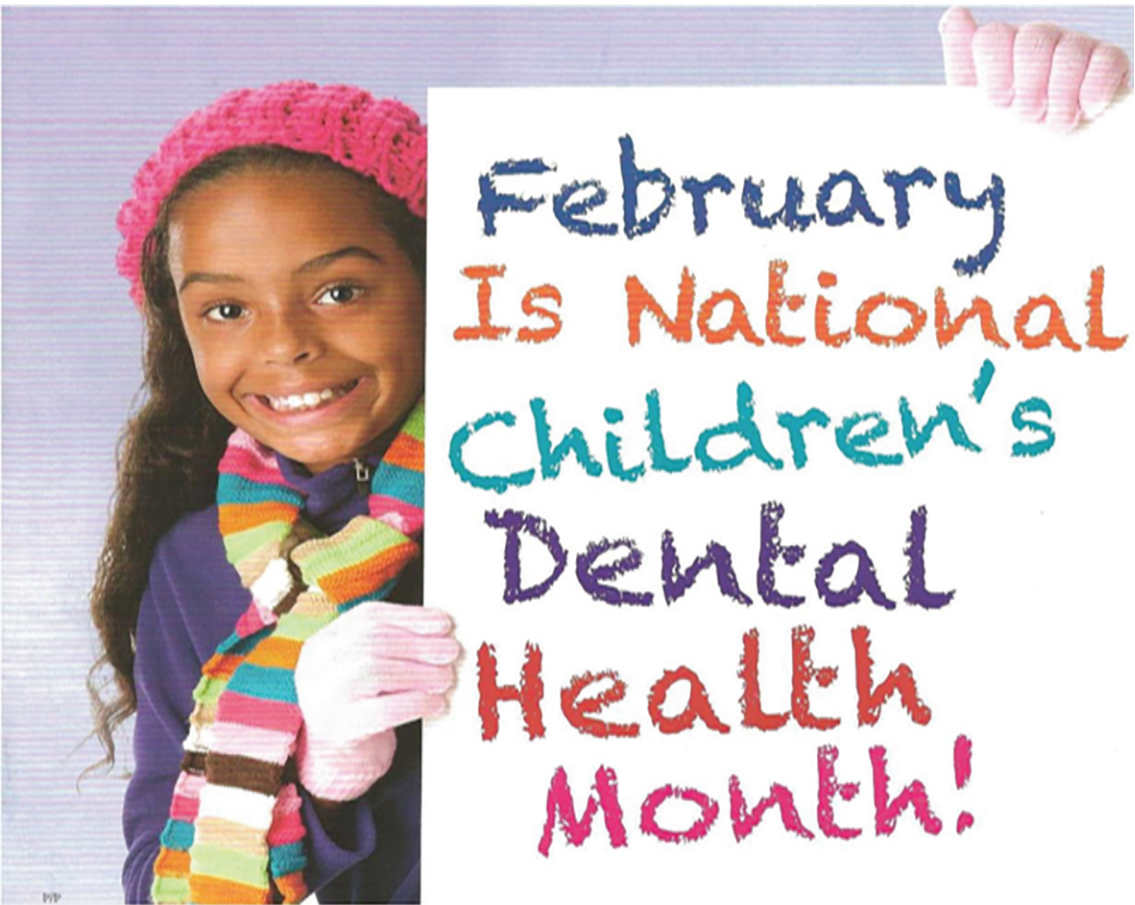
LEARN ABOUT SCHOOLS +  
NATIVE AMERICAN SCHOLARSHIPS

-Local and out of state colleges  
-Native American Student Groups from local colleges  
- Tribal Higher Education Deparments  
- Military Recruiters

FOR MORE DETAILS PLEASE CALL  
(405) 701-7995

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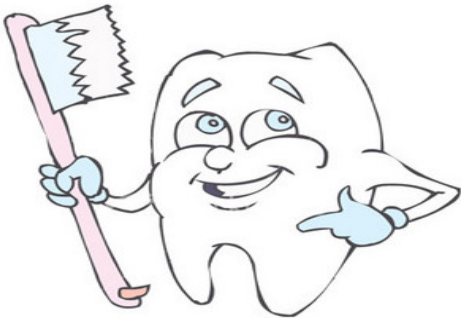


We would like to encourage all Native Children and Non-Native Soonercare Children to schedule an appointment at our clinic during the month of February, because developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums, the American Dental Association sponsors National Children’s Dental Health Month each February. Our Dental clinic will be visiting schools in our service area during Dental Health Month to educate children about the importance of good dental care habits.

Please call Little Axe Health Center and ask for Dental Department to schedule your native child or non-native soonercare child @ 405-447-0300

# DENTAL OUTREACH

OUR DEPARTMENT WILL BE OFFERING FREE EDUCATION  
AND FREE LIMITED EXAMS  
TO AREA HEADSTART AND PRESCHOOL FACILITIES  
DURING THE MONTHS OF FEBRUARY AND MARCH 2020



**IF INTERESTED, PLEASE  
CONTACT OUR CLINIC  
AT 405-447-0300**

## 5 Ways to Prevent Kids’ Tooth Decay

### Care don’t share



Don’t share utensils with your child or “clean” a pacifier by putting it in your mouth. You can transfer cavity-causing germs to your child.

### Eat healthy

and drink fluoridated water



### First dental visit

no later than age 1 year old



### Use fluoride toothpaste

as soon as teeth come through the gums. When kids can brush their own teeth, have them brush



### Seal out decay

Ask your dentist about applying dental sealants to chewing surfaces of teeth.



### 2 minutes



### 2 times per day



Brought to you by the ADA American Dental Association®

Learn more at [MouthHealthy.org](http://MouthHealthy.org).



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<u>Cardio &amp; Strength Training</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Dance Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Cardio &amp; Strength Training</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>Cardio &amp; Strength Training</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
		<u>Core-N-More Wednesday</u> 12:00 p.m.-1:00 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
<u>HIIT Monday</u> 12:00 p.m.-1:00 p.m. Buster Bread LITTLE AXE HEALTH FACILITY			<u>HIIT Thursday</u> 12:00 p.m.-1:00 p.m. Buster Bread LITTLE AXE HEALTH FACILITY	
<u>Resistance Training</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 Monday, Wednesday and Thursday at the Little Axe Health Center.

“Core-N-More” blends elements of balance, resistance training, and functional movements all in one to provide you with a full-body workout.

## Absentee Shawnee Fitness



“Circuit Training” - A time-efficient training system aimed at developing strength through a number of pre-determined training stations.

“Resistance Training” - Classic resistance training utilizing a variety of fitness apparatus, including resistance bands, dumbbells, kettlebells bodyweight exercises, and medicine balls.



“HIIT” - High-Intensity Interval Training alternates between intense training intervals and brief rest periods to give you an short and effective workout.

## Diabetes and Wellness



We would like to remind Tribal Members in need of child care of our license-exempt Relative Home Provider care type. As stated in a previous newsletter, on October 1, the CCDF Subsidy Program added a new child care provider type to help AST Child Care Subsidy families. Approved families will have the option of choosing a Relative Home Provider for their child care needs. In the past a relative provider had to be OKDHS licensed. Starting Oct. 1, Relative Home Providers are exempt from having an OKDHS license but must be tribally licensed for child care. Relative Home Providers will provide care for children they are related to and do not reside in the child's home. RHPs will be approved and tribally licensed based on their application, passing a background check and home inspections. RHPs will have to meet certain guidelines and follow tribal standards for care including child to provider ratios. RHPs will also be subject to monitoring visits and best practices through AST Licensing and Monitoring guidelines. We will have the application and guidelines on the AST Website under the Services/Childcare page. Applicants who wish to utilize the RHP will need to be eligible for AST Child Care prior to RHP approval. Please contact me or LaNora Buswell, CCDF Specialist, if

If you are interested in any of these programs or have any questions please feel free to contact me at the number above or by email, [briana.ponkilla@astribc.com](mailto:briana.ponkilla@astribc.com).  
Ni yi wa! (Thank you)  
Briana Ponkilla  
CCDF Coordinator

# AST Child Care Development

<https://www.asttribe.com/child-care>

La-pe-we-ki-wa ho-ge-wa-pe-fa-yi mti-ti-ge "Lifelong Learning Begins Here"

## Child Care Services:

### After School Program

AST After School Program (AST ASP) is a tribal entity of the Absentee Shawnee Tribe. AST ASP was developed with the after school needs of the community in mind. This program is made possible with a grant from the AST Child Care Development Fund (CCDF). AST ASP offers planned and self-directed activities that allow children to socialize with peers, explore their creativity, gain independence, and acquire self-assurance in a relaxed and comfortable atmosphere. The Center accepts children age five (5) up to the age of thirteen (13) years old. With regards to public school enrollment, children enrolled in or through Kindergarten will be accepted. Please contact us for more information or visit the website.

### Child Care Subsidy Assistance

The CCDF Subsidy program allows Native American parents the opportunity to seek quality child care while they are employed full-time or attending school up to a bachelors degree in a full-time program with the goal of full-time employment. The purpose of this program is to maintain compliance with the CCDF guidelines and ensure the proper use of funds. The applicant has the ability to choose a provider that fits their child care needs. They may also enroll in one of our Tribally Operated Centers, providing Blocks CDC, if they have space available. Families will have to fall within certain income guidelines much like OKDHS subsidy. Please contact us for more information or visit the website.

### Building Blocks Child Development Center II - Little Shawnee

Building Blocks CDC is a child development center with our primary focus being the growth and development of your child including their mind, physical attributes and emotional well being in a positive learning environment.

Building Blocks CDC is located on the Absentee Shawnee Tribal complex. Our hours are from 7:00 am to 6:00 pm. We are a curriculum based facility licensed for 90 children. We accept children ranging from the age of 6 weeks old to 5 years of age. Teachers are required to prepare a curriculum based lesson plan on a weekly basis introducing a new theme and activities. We offer a variety of activities for our children including individual developmental goals. Building Blocks CDC is equipped with a safe room located within our facility as well as monthly fire drills and quarterly tornado drills so we are prepared in an emergency situation.

### Building Blocks Child Development Center III - Little Axe

Building Blocks main goal is to provide each child with a safe environment as well as a hands-on experience to learning about our surroundings, environment and family values.

Building Blocks CDC III is located in Little Axe at 16051 Little Axe Drive, next to the AST Health Complex. Our hours are from 7:00 am to 6:00 pm. We are a curriculum based facility licensed for 100 children. We accept children ranging from the age of 6 weeks old to 5 years of age. Teachers are required to prepare a curriculum based lesson plan on a weekly basis introducing a new theme and activities. We offer a variety of activities for our children including individual developmental goals. Building Blocks CDC is equipped with a safe room located within our facility as well as monthly fire drills and quarterly tornado drills so we are prepared in an emergency situation.

### Coming Soon: License Exempt Family Home Providers

**Starting October 1, 2019, AST CCDF Program will begin to accept applications for License Exempt Family Home Providers. Eligible FHPs will be able to care for family members who meet the AST Child Care Subsidy qualifications for children who are not living in their homes. FHPs will need to have certain guidelines/policies in place, such as health and safety, first aid & CPR, culturally appropriate environment, home inspection and pass a background check to include fingerprints. FHPs will be paid the daily rate equivalent to a One Star DHS licensed home provider.**

AST CCDF Programs  
2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
(Located across from BBII)

Phone: 405.432.8411  
Mobile: 405.432.8411  
Fax: 405.878.0156  
Email: [briana.ponkilla@asttribe.com](mailto:briana.ponkilla@asttribe.com)



Help Wanted

<b>Tribal Youth Resource Specialist</b> 19200 E Robinson St Norman, OK	<b>Desktop Support Analyst</b> Little Axe Health Center Norman, OK
<b>Licensed Practical Nurse (LPN) Same-Day</b> 2029 S. Gordon Cooper Dr. Shawnee, OK	<b>Master Teacher</b> AST Building Blocks III Norman, OK
<b>Patient Benefits Advocate</b> Norman, OK	<b>Dental Assistant</b> Little Axe Health Center Norman, OK
<b>Licensed Pharmacy Intern</b> 2029 S. Gordon Cooper Dr. Shawnee, OK	<b>Desktop Support Analyst</b> 2025 S. Gordon Cooper Dr. Shawnee, OK
<b>Dietitian</b> 2029 S. Gordon Cooper Dr. Shawnee, OK	<b>IT Network Administrator</b> 2025 S. Gordon Cooper Dr. Shawnee, OK
<b>Executive Assistant</b> Little Axe Health Center Norman, OK	<b>Master Teacher</b> 2025 S. Gordon Cooper Dr. Shawnee, OK
<b>ICW Director</b> 2025 S. Gordon Cooper Dr. Shawnee, OK	<b>Floater</b> 2025 S. Gordon Cooper Dr. Shawnee, OK
<b>Housekeeper</b> 2025 S. Gordon Cooper Dr. Shawnee, OK	<b>Floater Part-Time</b> AST Building Blocks III Norman, OK
<b>ICW PSSF Worker</b> 2025 S. Gordon Cooper Dr. Shawnee, OK	<b>Assistant Teacher</b> AST Building Blocks III Norman, OK
<b>Patrol Officer</b> 2025 S. Gordon Cooper Dr. Shawnee, OK	

A complete list of opportunities, detailed information and a downloadable application are available at **www.astribe.com/employment**. Applications can also be picked up at the Human Resources Department located at the Absentee Shawnee Tribal Complex, 2025 S. Gordon Cooper Drive, Shawnee, OK.

**SEND COMPLETED APPLICATIONS AND RESUMES TO** email: HR@astribe.com fax: 405-273-2710 or mail to: Absentee Shawnee Tribe-HR Department 2025 South Gordon Cooper Dr. Shawnee, OK 74801

Si Wi Ne Wi Alphabet				
Spelling	PI	PA	PE	PO
Pronunciation	pah	pay	pee	po
Spelling	FI	FA	FE	FO
Pronunciation	thah	thay	thee	tho
	“F” has a “TH” sound as in thump			
Spelling	SI	SA	SE	SO
Pronunciation	sah	say	see	so
Spelling	NI	NA	NE	NO
Pronunciation	nah	nay	nee	no
Spelling	MI	MA	ME	MO
Pronunciation	mah	may	mee	mo
Spelling	KI	KA	KE	KO
Pronunciation	kah	kay	kee	ko
Spelling	WI	WA	WE	WO
Pronunciation	wah	way	wee	wo
Spelling	TI	TA	TE	TO
Pronunciation	tah	tay	tee	to
Spelling	GI	GA	GE	GO
Pronunciation	chah	chay	chee	cho
	“G” has a “CH” sound			
Spelling	LI	LA	LE	LO
Pronunciation	lah	lay	lee	lo
Spelling	HI	HA	HE	HO
Pronunciation	hah	hay	hee	ho
Spelling	YI	YA	YE	YO
Pronunciation	yah	yay	yee	yo
Spelling	QI	QA	QE	QO
Pronunciation	kwah	kway	kwee	kwo

The Education Department

is seeking up to **three (3)** members to serve on the Education Committee.

**Please contact the Education Department** with any questions at tresham@astribe.com or **(405) 275-4030 Ext. 6242**

ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)  
(A ONE TIME YEARLY PAYMENT OF \$150.00, PER RESIDENCE)

ELIGIBILITY

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

REQUIRED DOCUMENTATION:

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

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

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

ATTENTION  
TRIBAL MEMBERS WITH AST  
HUNTING & FISHING PERMITS!

The Tribe has entered into a lease agreement of the Earlsboro Property. Hunting & Fishing will **NOT** be permitted throughout the duration of the lease. Permit holders will receive written notification when the lease expires and hunting & fishing activities can resume.

ASEDA ADMINISTRATIVE ASSISTANT



GENERAL DESCRIPTION

The purpose of the position is to provide high-level administrative support by conducting research, preparing statistical reports, handling information requests and performing clerical functions such as preparing correspondence, receiving visitors, arranging conference calls and scheduling meetings.

RESPONSIBILITIES

- Manage and maintain ASEDA Staff schedules and meetings.
- Communicates with media on needs for public relations activities inclusive of storylines, photo opportunities, etc.
- Creates and implements community related activities for presentations, mail-outs and other related informational needs.
- Prepare invoices, reports, memos, letters, financial statements and other documents, using word processing, spreadsheets, database, or presentation software.
- Read and analyze incoming memos, submissions, and reports to determine their significance and plan their distribution.
- Open, sort, and distribute incoming correspondence, including faxes and email.
- Prepare responses to correspondence containing routine inquiries.
- Perform general office duties such as ordering supplies and maintaining records.
- Traveling, on occasion, with and/or ASEDA Staff to various meetings.
- Make travel arrangements for ASEDA Staff.
- Other duties as assigned by ASEDA Staff.

EDUCATION REQUIREMENTS AND QUALIFICATIONS

Bachelor’s Degree (preferred) and a minimum of two years of professional or technical administrative experience in business or public administration or an equivalent combination of education and experience, substituting one year of qualifying experience for year of the required education.

Must possess excellent written and verbal communication skills. Must have excellent computer skills.

Must be able to pass a criminal background check.

Native American Preference/EOE/Drug Free Workplace



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

February 2020 – Scheduled Closings

Dates Closed:	Time(s) Closed:	Locations:
Wed., Feb 5th (1 <sup>st</sup> Wed. Month)	Noon to 5 PM	All AST Health facilities CLOSED -Shawnee Walk-In Clinic OPEN at 5 PM until 8 PM (last patient at 7:30 PM). -PlusCare OPEN at 5 PM until 8 PM (last patient at 7:30 PM).
Mon., Feb. 17th (President’s Day)	All Day*	ALL AST Health facilities CLOSED *PlusCare OPEN at 9 AM until 5 PM (last patient at 4:30 PM)

In the event of a predicted severe weather forecast, please call ahead for possible health system closure or delay:  
Little Axe Health Center at (405) 447-0300, Shawnee Clinic at (405) 878-5850, or PlusCare at (405) 447-0477

Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall “Absentee Shawnee Tribal Health System”, Twitter @ ASThealth & on ASTHS website at [www.asthealth.org](http://www.asthealth.org)



cont from page 1

# Happy Heart Month

that depression can also accelerate atherosclerosis as well as promote the onset and severity of the coronary risk factors of diabetes, hypertension, and high level of low density lipoprotein (The American Journal of Medicine 2016).  
The importance of knowing and understanding the connection between the head and heart, stresses the significance of taking care of our minds and bodies to the best of our ability. Appropriate treatment improves long –term cardiovascular health as well as mental health which will also increase quality of life.  
If you have cardiovascular (heart) problems please continue to see your medical physician and follow his or her instructions for treating cardiovascular issues.  
If you have depression, please see a mental health provider for the appropriate treatment to address your needs. Remember addressing the Head –Heart Connection is vital to improving our health.

**Ann Marie Passarella MA, LPC and LADCS Outpatient Therapist, MSPI Grant Absentee Shawnee Health System Behavioral Health Services (405) 878-4716**

References:  
1. TRANSLATIONAL RESEARCH, Dialogues in Clinical Neuroscience [online], Servier Research Group 2018, Date viewed 1/08/2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6016051/PDF/DialoguesClinNeurosc-20-31.pdf>  
2. Chaddha,A MD, Robinson, E. Phd, MSW, Rogers, E. NP, Souphis, T. BSN, RN, Rubenfire,M. MD (2016).Mental Health and Cardiovascular Disease. The American Journal of Medicine; Vol 129, No 11.

# ATTENTION

EXCITED TO ANNOUNCE OUR NEW

Permanent Medication Disposal Sites!!

Located at both AST Health Clinic lobbies!

AST Shawnee Clinic

AST Little Axe Health Center


We want your meds! You can drop off your expired or unused prescription medications anytime at these two locations.


Hours of operation same as the clinic normal hours. 8-5 Monday-Friday

No Syringes or Liquids accepted

15951 Little Axe Drive  
Norman, OK 73026

2029 S. Gordon Cooper Drive  
Shawnee, OK 74801





LITTLE AXE HEALTH CENTER  
LITTLE AXE HEALTH, INC.  
Prevention. Progress. Pride.

## FROM THE ELECTION COMMISSION:

The following tribal members have filed for office in 2020.

EXECUTIVE COMMITTEE		
<u>Lt. Governor</u>	<u>Tribal Treasurer</u>	<u>Tribal Representative</u>
Sacha Almanza	David Deer	Atheda Fletcher
Anthony “Tadpole” Johnson. Jr.	Leah Bender	Ashley McCray
Isaac Gibson, Jr.	Joseph Blanchard	Alicia Edwards-Miller
Kenneth Blanchard	Betty Watson	Darlene Perryman
		Andrew Warrior

ELECTION COMMISSION	
<u>Commission Member#1</u>	<u>Commission Member #2</u>
James Cody Spybuck, Jr.	No One Filed

**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 21, 2020. I cannot physically be present to cast my Vote at the **March 21, 2020 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 date of **March 1, 2020**

**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.

**Disclaimer:** This election may be affected by pending litigation. Any required changes will be published in the newspaper as soon as possible.

#### ELECTION COMMISSION USE ONLY

Received: \_\_\_\_\_ Approved: \_\_\_\_\_ Disapproved: \_\_\_\_\_  
If Disapproved (reason): \_\_\_\_\_  
Denial Letter Mailed: \_\_\_\_\_ Ballot Mailed: \_\_\_\_\_

# Building Blocks III Child Development Center

**Currently Building Blocks has 32 children enrolled and 5 more with expected start dates. We do have openings for children 3, 4, and 5 years of age, please contact us at (405)360-2710 or swing by for a tour. We are open 7am – 6pm, Monday thru Friday. We have 17 staff members and we are looking to expand our team more. If you are interested, please apply at astringe.com or pick up and application at our center.**

**In the month of January, we welcomed 3 new children and 2 new staff members. All staff members attended a formal training on Saturday, January 25<sup>th</sup> with multiple classes. These trainings provide teachers with the skills needed to have a happy healthy classroom. We plan on attending another training in the upcoming weeks on our new classroom curriculum. This curriculum will excel learning with developmentally appropriate and engaging lesson plans for teachers and children. We are looking forward to providing a bright future for our community.**



## ASTHS February 2020 Monthly Updates



This year is shaping up to be another exciting year with programs, community events, and other wonderful health and wellness efforts for the tribe! February is another opportunity to highlight cardiac health and healthy heart awareness within our health programs for our patients and the community, as we also celebrate Valentine’s Day this month. Please ensure you are getting your annual checkup in the new year as well as taking your prescribed medications, maintaining appropriate diet and exercise – be here for your family and everyone else who depends upon you by taking good care of yourself! We are working closely with the Title 6 Meal program to increase collaboration and improve service delivery by integrating a more holistic approach between our health programs, grants, and the tribe. We will keep everyone update on this important effort of collaboration between the programs we continue improved services and process improvements together.

Please continue to use your flu precautions as we are in another rough flu season this year as well as the possibility an extended flu season this year. Flu Strain “B” appears prevalent this year, and is best fought with good general hygiene (hand washing and staying home when sick) as well as a flu immunization vaccine.

If you know of any tribal member who is homebound and needs assistance medically, including home health services, please contact administration at (405) 701-7621 so we can assist as best possible with resources or coordinate assistance for these members in need. Thank you all for making our entire staff and employees feel appreciated and for using all of our wonderful services!

The employees of the health system make a difference everyday! Thank you all for making an important difference in the lives and health of all of our health system’s patients! Next month we’ll announce the Employee of the Year for 2019, as voting is ongoing now.

#### December 2019 and January 2020 Employees of the Month:

December 2019 Employees of the Month:


Employee of the Month  
Team of the Month  
Special Leadership Award

Dr. Robert White, LittleAxe Staff Physician  
Shawnee/LittleAxe Patient Benefit Advisors  
Dr. Bruce Stafford, Deputy Medical Director

Jan 2020 Employees of the Month:

Employee of the Month  
Team of the Month  
Special Leadership Award

Rhonda Kaseca, Shawnee Clinic  
Christmas Party Planning Team  
Dos Owings, Title 6

  
Mark E. Rogers, MAL, FACHE, CMPE, CHC  
Executive Director







METROPOLITAN LIBRARY SYSTEM PRESENTS:

# BETWEEN THE COVERS BOOK CLUB

Bold, edgy and suspenseful romance!  
Come read Between the Covers, a Book Club with ♥ Pick up  
a scavenger hunt questionnaire to test your knowledge about  
each month's book! Complete and return a correct questionnaire  
to the service desk for a reward!

3rd Saturday of each month @ 10am



Del City Library | 4509 SE 15th St. | 672-1377 | www.metrolibrary.org

# VOTE VOTE VOTE

## Miller for Tribal Representative 2020

Ho wa se ke sa ke! (Ho weh se key seh key)

My name is Alicia "Aly" Edwards Miller and I am announcing my 2020 candidacy for the Absentee Shawnee Tribe's Office of the Tribal Representative.

I am 47 years old and proud to say my roots are well-grounded in the Shawnee area, where I still reside today. I am married to my husband Scott and we have 2 handsome sons, Connor and Brody. My mother is Nancy Hansen Edwards of Shawnee and my father is the late Glen Edwards. My in-laws are Glenn and Redena (Blanchard) Miller of Norman, OK. I am the granddaughter of the late Martha Ellis Edwards.

My high school alma mater is Tecumseh High School and I later sought my higher education at the University of Oklahoma where I graduated with my Bachelor of Arts in Native American Studies. I also attended graduate school and I possess 2 master's degrees. The first is a Master of Science in Management (Magna Cum Laude) and second is a Master of Business Administration (Cum Laude).

Proudly, I am a member of the North Ceremonial Ground and I am Round Paw clan. I sit as the President-Elect of the University of Oklahoma American Indian Alumni Society and I am a commissioner of a tribal regulatory gaming body. I also was a member of the North American Indian Women's Association for 21 years and sat as an AST Election Commission member for 4 years.

Over the past 19 years, I have gained work experience in tribal administrative capacities, which have spanned over 3 important realms - in any tribe: tribal administration, tribal gaming and tribal health. I have also launched a few new businesses where I have had the opportunity to creatively express myself where it has been exciting and gratifying.

I have always thought perhaps my experiences would one day prepare me for a tribal leadership position. To be honest, I always thought it would be when I retired. However, as of late with the chaos that has ensued our great tribe, I have had the desire to do what I can to help put our tribe back onto a better path.

It is my intention to bring back a better level of trust for the Office of the Tribal Representative. We can always do better. We can do better with one another and for one another. When we disagree, we must accept our differences of opinion and learn to move on to the next issue at hand. We have too much at stake to allow interferences, have OUR vision deterred and certain situations elongated to where we are stagnated. Shawnees should be the only ones dictating how we are to be as a people and as a tribe. Tribal government leaders are to lead by example, be the decisionmakers and lead with the tribe's best interest at heart. I was always taught by my father – it is a leader's responsibility to create opportunities for our tribal people and that is what I intend to do through the AST constitutional powers provided to the Executive Committee and to the Office of the Tribal Representative.

As I sit here and write this introductory campaign letter, I could sit here and say...I want this, I want that... but in the end, it isn't about what I always want...it is about what WE can do as a collective group of tribal leaders for the betterment of our tribe and the AST people.



Ne yi wa.



## SACHA ALMANZA

### For

## 2020 AST Lt. Governor



### YOUR VOICE FOR POSITIVE CHANGE

Hello all,

I hope this finds you well. My name is Sacha Almanza and I am your 2020 Lt. Governor candidate for the Absentee Shawnee Tribe of Oklahoma.

I am the daughter of Vera Gibson, and granddaughter of the late Cleona (Gibson) Mann and late Johnny Mann of Little Axe. My family and I reside in Little Axe, Oklahoma where we support our tribe's strong culture. I attended the University of Oklahoma and obtained a Bachelor's of Arts in Native American Studies. I also hold a Master's in Business Administration in Health Care Management. As director for over 2 years in the AST Health System, I have proven experience in leadership development and working collaboratively with leaders for positive change. With 8 years of combined experience working for the AST, I have taken great pride in serving our people.

I believe it is time for a unified Executive Committee (EC) that can work together as a team. Now and in the future it is very clear that we need leadership that is transparent and can communicate with their EC counterparts to finally move all aspects of our tribe forward. Our expectations for leadership aren't what they used to be and it's time for our leadership to bring recognizable positive change to our people. I have AST children of my own and I believe it is vital that we focus on strengthening our foundation and ensure that our children and grandchildren have a future. Some may believe your votes don't count but with me your voice will always have meaning. I am 100% invested in rebuilding the trust of the people and working with the EC to move our tribe forward to improve services for our members near and far. I look forward to opportunities to visiting with you all about any concerns or answer any questions you may have. You are welcome to reach out to me via email or phone: salmanza4@gmail.com or 405.633.1831. Thank you for your time.

~Sacha Almanza, 2020 AST LT. GOVERNOR CANDIDATE



**IT'S TIME FOR **NEW LEADERSHIP** IN  
ABSENTEE SHAWNEE COUNTRY!**

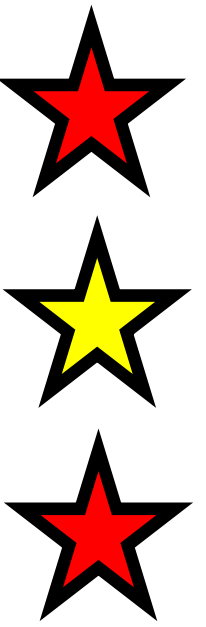
**ELECT**



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E**



**Betty L. Watson  
TREASURER**

Happy New Year! May you and your family be blessed with good health, happiness and prosperity!

My name is Betty Watson and I have filed for the Office of Treasurer.

My wish for the New Year is that "our family, the Absentee Shawnee Tribe will establish unity and peace within our Tribe, that we will build economic prosperity and success for the future of our tribal members and, above all, establish transparency and accountability of all actions and expenditures of tribal funds.

In the weeks to come, I will be visiting with you for your ideas, issues and comments about how we can improve our government. I will also be sharing my ideas on how we can build economic prosperity for our Tribe. You may contact me by email, my address is [blwatson915@yahoo.com](mailto:blwatson915@yahoo.com), Thank you!

**We need to **VOTE** for **RESULTS!**  
And not just **TALK!****

Paid for by Elect Betty, LLC





ATHEDA FLETCHER  
FOR TRIBAL  
REPRESENTATIVE

CULTURE / PROGRESS / INTEGRITY

For the past year and a half, I have honorably represented our tribe as the Tribal Representative. I stand for preserving our **CULTURE**, supporting **PROGRESS** for our tribe, and upholding **INTEGRITY**. I am a self-motivated and an action-oriented type of leader.

STRONG LEADERSHIP---IT IS WHAT OUR TRIBE NEEDS!

**WHAT I BRING TO THE TABLE...**I have a Bachelor’s Degree in Human Resource Management with a minor in Finance from the University of Central Oklahoma. I have broad experience gained in the private sector working for a billion dollar organization. I feel that this type background is vital to the success and growth of our tribe. **AND**, most of all, the protection of our sovereignty, culture and traditions in this ever changing world.

**HOW WILL I CONTINUE TO CONTRIBUTE TO THE TRIBE...**Our tribal language has to be preserved and passed along to our tribal youth. I have and will ensure that our language is taught to our tribal youth through various avenues. Our Elders are a key aspect of our past, our present and also our future. We HAVE to protect and provide more services to our Elders as they age. I will be a strong proponent for economic development. I want to help bring unity to our tribe so that we can achieve more and prosper. There is so much more that I want to do for the tribe—help me continue to do that!

PLEASE CONSIDER VOTING FOR ME IN THE 2020 TRIBAL  
ELECTION.

PHONE: 405-481-6939  
ATHEDAFLETCHER@GMAIL.COM



True leadership is  
**Servanthood.** I  
put the interests  
of Our entire  
Tribe at the  
center of my  
decisions.

**David Deer for AST Treasurer**

**A Leader for Change...A Servant Leader for Our Future**

**Contact me at 405-430-6018 / ddeer2230@yahoo.com**

**I am David Deer, a proud AST.**

My mother is Elnora Deer (AST). My grandfather was Frank Kaseca (AST) and my grandmother was Cornelia Kaseca (AST). I have a background in tribal finance (7 years) and in economic development (2 years). I am a US Army Veteran. I have an Associate’s Degree in Business and have an accounting program certificate. I feel we deserve the best **customer service** from our finance department. I stand for transparency and teamwork. **I will drive our tribe towards self-sufficiency.** I am asking for your vote in March.





# 2020 Census Snapshot — American Indian/Alaska Native

## What is the census?

Every 10 years, the United States counts everyone living in the country on April 1. Our tribes do not share enrollment numbers with the government, so it is important for all American Indians and Alaska Natives to participate in the 2020 Census.

## What's in it for me?

The 2020 Census is an opportunity to provide a better future for our communities and future generations. By participating in the 2020 Census, you help provide an accurate count of American Indians and Alaska Natives. Your responses to the 2020 Census can help shape how billions of dollars in federal funds are distributed each year for programs and grants in our communities.

The 2020 Census is our count. Our responses matter. Regardless of age, nationality, ethnicity, or where we live, we all need to be counted.

## Responding to the 2020 Census is:

### > Easy

In early 2020, every household in the United States will receive a notice to complete the census online, by phone, or by mail.

### > Safe

Your responses to the 2020 Census are confidential and protected by law. Personal information is never shared with any other government agencies or law enforcement, including federal, local, and tribal authorities.

### > Important

The federal government and local American Indian and Alaska Native leaders and decision-makers will use 2020 Census data in a variety of ways that can benefit Native people and our communities.

2020CENSUS.GOV

D-OP-AI-EN-055

Shape  
our future  
START HERE >



All Nations Bank  
**NEW HOURS**  
Shawnee (405) 273-0202  
Effective August 12, 2019

**Drive Thru:**  
M-W 9AM to 5PM  
Th-F 9 AM to 5:30 PM

**Lobby: 9AM to 4 PM**  
**WWW.ANBOK.COM**

FDIC



UNITED for  
OKLAHOMA

The Absentee Shawnee Tribe has partnered with United For Oklahoma to educate Oklahomans on the critical role the tribes play in our state's future.

These are the facts every  
Oklahoman must know.

Watch the videos and stay informed at:  
**UnitedForOklahoma.com**

## Frequently Asked Questions

### > Q. Who should complete the census questionnaire?

A. One person in the home should complete the questionnaire and include every person living there, including relatives, nonrelatives, babies, and children.

### > Q. How can I answer the race question?

A. An individual's response is based upon self-identification. You may mark one or more of the race categories and/or enter multiple tribes or multiple detailed groups. Each write-in area will record up to 200 characters and up to six detailed groups.

### > Q. What kind of assistance is available to help people complete the questionnaire?

A. Assistance responding to the 2020 Census will be available on 2020census.gov and via our toll-free phone number. Language guides, language glossaries, and language identification cards will be available in 59 non-English languages. Large-print guides to the questionnaire will also be available upon request, as well as telephone devices for hearing impaired. On 2020census.gov, video tutorials and how-to resources can help you complete your census form. Many communities, partners, and local organizations will also provide assistance.

### > Q. How does the Census Bureau count people without a permanent residence?

A. Census Bureau employees work extensively to take in-person counts of people living in group housing, like college dormitories and shelters, as well as those experiencing homelessness or who have been displaced by natural disasters.

## 2020 Census Key Dates



### January-April 2020

First census enumeration takes place in Toksook Bay, Alaska.



### March 2020

Census notices are mailed or delivered to households.



### March-May 2020

Census takers visit each household to update address lists and collect information on the questionnaire.



### April 1, 2020

Census Day



### May-July 2020

Census takers visit households that have not completed the questionnaire.



### December 31, 2020

By law, the Census Bureau delivers population counts to the President for apportionment of congressional seats.



### March 2021

By law, the Census Bureau completes delivery of redistricting data to states.

For more information, visit:

2020CENSUS.GOV

D-OP-AI-EN-055

Shape  
our future  
START HERE >



Make sure  
you get the  
next issue!

Issues come back to us not  
being delivered...  
make sure your address  
is correct! Don't miss a  
minute of tribal news and  
information! Anyone needing  
to be on the mailing list  
Please Call!

Sherman Tiger  
AST Media Director  
405-598-1279  
stiger@astribes.com



Tax Commission

Fiscal Year 2019 - YTD Tax Collections ( through 12/31/2019)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$15,159.46	\$6,077.15	\$6,493.92	\$281.15	\$7,957.40	\$12,864.12	\$13,343.16	\$13,992.14	\$14,622.86	\$10,224.47	\$9,755.96	\$12,361.62	\$123,133.41	3.65%
Gaming % of free cash	\$250,000.00	\$200,000.00	\$200,000.00	\$200,000.00	\$250,000.00	\$200,000.00	\$200,000.00	\$250,000.00	\$200,000.00	\$250,000.00	\$200,000.00	\$200,000.00	\$2,600,000.00	77.07%
Employee (1%)	\$11,753.43	\$11,899.70	\$11,971.43	\$16,436.01	\$8,133.19	\$18,649.81	\$12,509.91	\$8,890.57	\$12,935.57	\$17,277.26	\$13,452.60	\$9,066.90	\$152,976.38	4.53%
Severance (8%)	\$0.00	\$3,007.53	\$2,016.58	\$2,574.50	\$1,190.03	\$0.00	\$2,733.49	\$528.13	\$2,465.51	\$1,900.26	\$4,495.65	\$0.00	\$20,911.68	0.62%
Motor Vehicle	\$15,068.14	\$14,524.56	\$20,576.88	\$15,171.04	\$18,086.25	\$18,124.76	\$19,456.19	\$16,281.62	\$18,282.16	\$15,077.40	\$12,316.30	\$17,217.85	\$200,183.15	5.93%
Motor Fuel Taxes (Qtrly.)	\$43,765.11	\$0.00	\$0.00	\$39,615.49	\$0.00	\$0.00	\$38,293.22	\$0.00	\$0.00	\$42,594.23	\$0.00	\$0.00	\$164,268.05	4.87%
Tobacco Refund	\$8,835.92	\$8,098.21	\$7,795.54	\$7,228.12	\$10,015.42	\$10,704.41	\$9,145.53	\$11,838.00	\$8,824.88	\$9,404.36	\$9,755.71	\$7,856.01	\$109,502.11	3.25%
TOTAL TAXES	\$344,582.06	\$243,607.15	\$248,854.35	\$281,306.31	\$295,382.29	\$260,343.10	\$295,481.50	\$301,530.46	\$257,130.98	\$346,477.98	\$249,776.22	\$246,502.38	\$3,370,974.78	
Miscellaneous	\$130.15	\$82.50	\$170.00	\$212.50	\$260.00	\$152.50	\$277.80	\$177.80	\$130.30	\$258.45	\$322.00	\$220.50	\$2,394.50	0.07%
TOTAL COLLECTIONS	\$344,712.21	\$243,689.65	\$249,024.35	\$281,518.81	\$295,642.29	\$260,495.60	\$295,759.30	\$301,708.26	\$257,261.28	\$346,736.43	\$250,098.22	\$246,722.88	\$3,373,369.28	100%

TAX COMMISSION  
~ TAG AGENCY ~



NOW ACCEPTING Credit/Debit

Effective May 1 2019, the tag office will be accepting credit and debit cards.

Please note: a convenience fee of 2.75% will be added.

The AST Tag Office has New Hours!



We are open through lunch!  
All day 8:00am - 5:00pm



TAX PREPARATION

FOR TRIBAL MEMBERS, WIDOWS/WIDOWERS OF TRIBAL MEMBERS & EMPLOYEES

NO CHARGE!

Individuals meeting the Low-to-Moderate income threshold for tax year 2019 are \$56,000. Individuals meeting these criteria are eligible for free Income Tax Filing, Form 1040 & 1040A.

Schedule an appointment and bring all tax documentation. Documents needed are:

- Photo Identification for each adult,
- Social Security Cards for all individuals to be listed on the following forms: 1099, W-2, 1099R,
- Medical and dental expenses,
- Last year's taxes and receipts for any charitable donations.

Tax services will be held each Thursday, 5:30 pm-8:00 pm and each Saturday, 9:00 am-12:00 pm starting January 30, 2020 thru March 28, 2020.

TO MAKE AN APPOINTMENT:

Call the Tribal Representative's Office and speak with Jennifer to schedule a time.

(405) 275-4030 Ext. 6240 or (405) 915-3322 (cell)



Absentee Shawnee Tribal Taxes

A variety of tribal taxes are currently assessed and collected by the Absentee Shawnee Tax Commission to generate revenue used by the Absentee Shawnee Tribe ("the Tribe") to benefit our Tribal Members. These tribal taxes, their due dates and reporting and payment requirements are outlined below. If you have questions or need assistance with your tribal taxes, please contact the Absentee Shawnee Tax Commission by phone or at the address found at the bottom of this document. You can also visit our website for more information.

Sales & Lodger's Tax

The Absentee Shawnee Tribe levies a **6% Sales Tax** on the gross receipts of anyone engaging in business within the Tribe's jurisdiction, including receipts from:

- Performing services
- Selling tangible personal property
- Leasing or renting tangible personal property, lodging or hotel rooms
- Admission fees to any place of recreation or entertainment

An additional **5% Lodger's Tax** is imposed on gross taxable rental receipts from hotels, motels, resorts, lodging houses, or other premises occupied for fewer than 30 days. **Both Sales and Lodger's Taxes may be passed on to consumers.**

Severance Tax

The Absentee Shawnee Tribe levies an **8% Severance Tax** on the gross market value of all oil and gas products severed from the land within the Tribe's jurisdiction. The tax is not levied upon any Indian royalty payments.

To calculate the **Severance Tax**, you must first calculate the volume of oil and gas products separately, as outlined in the table below. Multiply the total volume of each by their gross market value, then subtract any allowable Indian Royalty Deduction to arrive at the total taxable amount. Multiply the total taxable amount by 8% to arrive at the amount of tax due.

Total Product Volume

×

Gross Market Value

×

Indian Royalty Deduction

-

Total Taxable Amount

=

Total Taxable Amount

×

8%

=

Total Severance Tax Due

=

How to Calculate Total Oil Volume	How to Calculate Total Gas Volume
The total volume of severed oil taxable products—before any deductions are taken for processing, transportation, industry-standard shrinkage, etc.—is measured either according to current contracts of sale between the operator/producer and the purchaser; or in barrels of 42 U.S. gallons of 231 cubic inches per gallon, at a temperature of 60° F, per U.S. Geological Survey regulations.	The total volume of severed gas taxable products is measured at the wellhead—before any deductions are taken for processing, transportation, industry-standard shrinkage, etc.—in units of 1,000 cubic feet (MCF) and corrected to standard temperature and pressure, per U.S. Geological Survey regulations.

Possessory Interest Tax (PIT)

The Absentee Shawnee Tribe levies a **1% Possessory Interest Tax** on the value of property that is being leased within the Tribe's jurisdiction, including:

- Interests held under lease
- Interests held under an easement or right-of-way, including all improvements, equipment, fixtures and other tangible personal property held or used by the taxpayer in connection with the taxable use of such realty

The **Value of Leased Property** is determined on the date of acquisition, and on January 1 of each year thereafter, according to the method for determining market value under the Oklahoma Statutes and regulations (68 OS § 2802).

Vehicle Registration & Taxation

Enrolled Absentee Shawnee Tribal Members residing in Oklahoma have the option of registering their vehicles with the Tribe, including all passenger automobiles, motorcycles, motorized bicycles, farm trucks, and commercial and recreational vehicles. The Absentee Shawnee Tribe imposes a **1.25% Vehicle Excise Tax** on the retail purchase price the first year a vehicle is registered, plus a **\$10 Lien Processing Fee** on all vehicles that are financed, which is paid to the Absentee Shawnee Tax Commission rather than to the State of Oklahoma.

Vehicle Purchase Price

×

1.25%

+

Vehicle Tag Price

+

\$10 Lien Processing Fee

+

New Vehicle Registration Fee

=

**Vehicle Registration Tags** can be obtained in person from the Absentee Shawnee Tax Commission office at the address below. Tag prices vary depending on the age and type of vehicle; please contact the Absentee Shawnee Tax Commission for specific vehicle tag pricing.

Earnings Tax

The Absentee Shawnee Tribe levies a **1% Earnings Tax** on earnings paid to anyone employed within the Tribe's jurisdiction, which means that all employers within the Tribe's jurisdiction are required to withhold 1% of each employee's gross earnings each pay period.

**Employee Notification:** Employers must report to the employee, on pay stubs or in writing, the amount of earnings tax withheld each pay period. They must also disclose the full amount of earnings tax withheld and paid to the Absentee Shawnee Tax Commission on an annual basis. Employers must maintain employee timesheets and payroll records for three years.

Application for Business License

All businesses located within the Tribe's jurisdiction must obtain a business license from the Tribe for a \$100 fee. The Application for Business License, available from the Absentee Shawnee Tax Commission, must be renewed each year by January 1.

Sales & Lodger's Tax Reporting, Payment & Penalties

The Sales & Lodger's Tax return must be submitted to the Absentee Shawnee Tax Commission by the 15<sup>th</sup> of the following month. For example, for gross receipts collected from March 1-31, the tax return would be due April 15. Businesses that fail to file and pay this tax on time will be assessed 12% annual interest on the total amount due, plus a penalty of 2% of the tax due per month, up to a total of 12% of the total tax due.

Designation of Agent Form

A person responsible for meeting all obligations of the Severance Tax, including reporting and payment of the assessed tax, must be designated in writing. The necessary Designation of Agent Form is available from the Absentee Shawnee Tax Commission.

Severance Tax Reporting & Payment

Reporting and Payment of the Severance Tax to the Absentee Shawnee Tax Commission is due within 45 days following the end of the calendar month in which the taxable product was severed. For example, if taxable products were severed in March, the tax return and payment would be due by no later than May 15.

Application for Registration (PIT)

All businesses within the Tribe's jurisdiction that hold possessory interests must submit an Application for Registration (PIT) to the Absentee Shawnee Tax Commission. There is no fee. Updates only need to be submitted if there is a change in information.

PIT General Property Summary / Detailed Property Value Report Forms

The value of possessory interests must be reported to the Absentee Shawnee Tax Commission each year by January 15.

PIT Tax Reporting & Payment

Possessory Interest Tax must be reported and paid to the Absentee Shawnee Tax Commission by no later than February 15 each year.

Lien Processing Fee - \$10

Vehicles that are being financed are also subject to a \$10 lien processing fee, which is paid to the Absentee Shawnee Tax Commission rather than to the State of Oklahoma.

New Vehicle Registration: Required Documents

- Valid Oklahoma driver's license
- Proof of insurance
- CDIB/Enrollment card
- Notarized vehicle title
- Notarized bill of sale or purchase agreement
- Lien Entry Form (if you are making payments)
- Lien Release Form (if previous owner had lien)

Annual Vehicle Registration Renewal: Required Documents

- Valid Oklahoma driver's license
- Proof of insurance
- CDIB/Enrollment card
- Previous year's vehicle registration

Earnings Tax Reporting & Payment

Earnings Tax returns are due from employers to the Absentee Shawnee Tax Commission by the 15<sup>th</sup> of the month following the month in which the tax was withheld.



# Human Resource Report

Elizabeth Snow, Director of Human Resource

The last several months have been productive for the Human Resource Department. We have made significant progress on a number of quality focused initiatives along with wrapping up the 2019 end of year reporting requirements. One of the initiatives for 2019 was the transition to a new 401K administrator to better assist employees with retirement options and education. The first year of transition has been very successful by increasing enrollment participation 14% and lowering plan fees for the Tribe and the employees 18%. The overall result from these changes is a significant savings to the Tribe in plan fee costs and an increase in contributions to employees’ retirement plans. The second phase of the transition will start this year, by providing quarterly education options for the employees. These sessions will be individualized to help set a path for retirement and help plan financially for their future.

Currently the staff has been working with an action team lead by Representative Fletcher, consisting of key personnel from, Human Resource, Cultural Preservation, and the IT department. This action team has been focused in aligning the branding of the Tribal departments with a consistent visual representation of the Tribe in print and online. We are in the second phase of this project and are projected to complete by the end of this year. In addition to the Branding action team the staff has been a part of the new Security System action team for campus. We have recently been working with the Procurement, IT and Police Departments to update our current system which is projected to be completed before the end of the second quarter.

In December the staff completed

the Longevity Awards at the annual Holiday Employee Appreciation Luncheon. These service awards recognize employee’s hard work and dedication to the Tribe. The Tribe realizes that our employees are one of our greatest assets by upholding the principles and vision in their daily work. To celebrate employee’s commitment the Human Resource department honored each employee who reached their 5, 10, 15, and 20 year milestones in 2019. Many received gifts of appreciation for their service as well as message of appreciation from Representative Fletcher and the Executive Committee members to honor their commitment and leadership through their many years of devotion to the Tribe.

### Human Resource Metrics

Total Number of Employees:

491

Turnover rate:

AST- 28%  
LSWN 17%

Applications Processed:

1,473

New Hires Processed:

158

Average Days to Fill Positions:

32.5

Employees on Benefits:

89%

### Employee Breakdown:

Female Employees:

347

Male Employees:

144

Full Time Employees:

439

Part- Time Employees:

51

Temporary Employees:

1

Native Americans Employed:

53%

The Department of Human Resources provides a range of programs and services to the staff, as well as advice and guidance on a multitude of employment situations. The staff members provide support to employees throughout their employment life cycle. This support starts at the hiring process, continues throughout employment and goes into retirement by helping them plan and administer retirement benefits. In addition, the department has many reporting requirements to administer for ACA, worker’s compensation and payroll to ensure compliance for the Tribe. In the last quarter, the department has been focused on completing these requirements and starting the process for the 2020 strategic planning. In the upcoming

months we will be continuing to work on the Tribe’s policies and procedures to strengthen our processes and provide support to our employees.

While the end of year always brings an increase in productivity for the department we are still available to assist any Tribal member or employee with questions. We are committed to ensuring the assets and integrity of the Tribe are protected as well as continuing to serve our employees with kindness and professionalism.

If you have any questions regarding the Human Resources departmental process, please feel free to contact us by sending an email to HR@ astringbe.com.

Candidate for Treasurer of the Absentee Shawnee Tribe

Hey Everyone,

I hope all is well with you and your family. It’s hard to believe we’re already in February, but we all know what that means. It’s that time of year for elections. I want to quickly take this moment to announce my candidacy for Treasurer of the Absentee Shawnee Tribe. I did not come to this decision lightly and spent a great deal of time considering other options before making my decision.

For those who don’t know me, my name is Joseph Blanchard. I am the eldest child of Joe Blanchard, the late Darrell Watson and Carolyn Tiger. My paternal grandparents are the late Henry Blanchard, Jr. and Helen (Gibson) Ramirez; and my maternal grandparents are the late Solomon Tiger and Sarah Thompson.

I am a graduate of Shawnee High School; obtained an Associate Degree from Seminole State College; and earned a Bachelor of Arts at the University of Central Oklahoma. I have been married to my wife, Twyla (Harjo) Blanchard, for 19 years this past November. She has been my partner and greatest supporter for over 2 decades. We have raised 3 adult children: Dakota (27), Solomon (25), Kyerra (22), and have 1 remaining child at home, Erika (13). In past years, we have opened our home to care for and nurture several children through the Foster Care program.

Currently, I am employed with Seminole Public Schools as the Title VI Coordinator. I wear multiple hats and serve in several capacities as: oversight of the Johnson O’Malley (JOM) program, Tribal Liaison, and the Native American Club sponsor. Additional coaching duties include: middle school fastpitch softball, high school girls’ basketball, and high school boys’ and girls’ tennis. And on Friday nights, one can see ‘Coach B’ roaming the sidelines with the football team. I am also a member on the “Board of Directors” for Crossroads Youth and Family Services.

When asked why I decided to run for this office, my reply is, “I work at a place where my job is to empower, inspire, and motivate



young people to achieve their goals and fulfill their potential. I believe this experience, coupled with my background and education, gives me the skills necessary to help my Tribe. I’ve volunteered at various organizations over the years and felt the Creator was opening another door. It’s a perfect opportunity for me to give back to my People, while at the same time, being an advocate and voice for others.

I am very excited at the opportunity to be considered for this position. I think it has great potential and I know I can make a difference, to instigate the change our People have been so desperately requesting. I am seeking your vote because I’m the most qualified candidate running for this position. My work history speaks for itself. When given the chance to lead, I create jobs, revenue, and positive returns on investments. If I don’t know the answer, I won’t BS or avoid the question. I’ll find a solution.

If you wish to find out more, want to share ideas, or visit about your concerns, send me an email at: jb4ast@gmail.com or follow my Facebook page for updates: Joseph Blanchard for AST Treasurer.

I appreciate you taking the time to read my article and letter of introduction. Next month, I’ll provide my points of focus and suggestions on areas where we can improve. I look forward to seeing you soon.

Thank you for the consideration.

Sincerely,

Joseph H. Blanchard

# THE TRIBAL LIBRARY IS NOW ARCHIVING PHOTOS!

Come to the Cultural Preservation Building and have your pictures scanned and handed right back to you.

## Together we can make a living history.

We would like to film our people’s history in their own words and keep it here at the library for future generations to be able to access, and learn from.

For more information  
Casey Wilson 405-275-4030 ext. 6416  
email: cwilson@astribe.com





Learn how to prepare a healthy and delicious Valentine's Day meal and dessert from our food and nutrition experts! During the demonstration, we play Nutrition Bingo for prizes!

Free Samples and Recipe Cards Provided!  
Questions? Contact the Diabetes and Wellness program by calling 405-701-7977.



Presented by the AST Diabetes and Wellness Program | 13 Feb 2020 | 2pm at the LA Diabetes and Wellness Kitchen



2020 MEETING SCHEDULE		
AST ELDERS COUNCIL		
DATE	TIME	LOCATION
January 18	10:00 A.M.	Title VI Bldg., Shawnee, OK
February 15	10:00 A.M.	Resource Center, Little Axe
March 28	10:00 A.M.	Title VI Bldg., Shawnee, OK <i>(1 week later due to AST election)</i>
April 18	10:00 A.M.	Resource Center, Little Axe, OK
May 16	10:00 A.M.	Title VI Bldg., Shawnee, OK
June 27	10:00 A.M.	Resource Center, Little Axe, OK <i>(1 week later due to AST election)</i>
July 18	10:00 A.M.	Title VI Bldg., Shawnee, OK
August 15	10:00 A.M.	Resource Center, Little Axe, OK
September 19	10:00 A.M.	Title VI Bldg., Shawnee, OK
October 17	10:00 A.M.	Resource Center, Little Axe, OK
November 21	10:00 A.M.	Multi-Purpose Bldg., Shawnee, OK
December 19	10:00 A.M.	Resource Center, Little Axe, OK


Meetings are scheduled for the 3<sup>rd</sup> Saturday of the month except for March and June, which are scheduled for the 4<sup>th</sup> Saturday due to possible elections.

As of August 2019 Advertising Rates/Placement have changed for the Absentee Shawnee Newsletter. The paper is no longer able to continue with free advertising space. Thank you! Your continued support and understanding is a valuable asset!

# NOTICE

**Sherman Tiger**  
AST Media Director  
stiger@astribe.com  
405-598-1279

Absentee Shawnee Tribe Behavioral Health Services



WHITE BISON, Inc.  
A Cultural Approach to Personal Recovery Substance Abuse

## Wellbriety Group Meetings

**Facilitator: John Soap, LPC**

**Every Thursday 5:30pm-6:30pm**

Shawnee Multipurpose Building  
(east of the Shawnee Clinic, Bldg. 16)

**For further information, contact:**  
Shawnee Behavioral Health Services: John 405-878-4716  
Little Axe Behavioral Health Services: Dara 405-701-7987

**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



**Office of Environmental Health & Engineering**  
**Brownfield Tribal 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 have land that you want to use for a business, park, or for cultural purposes, but are worried about possible contamination? If so, you may have a Brownfield site.

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 you have a Brownfield site that you would like to develop, 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



**AST DIABETES AND WELLNESS**

1970 156th Ave. NE Norman, Oklahoma // 405-364-7298



**Classes currently offered at the Resource Center**

- Aerobic and Strength Circuits
- High-Intensity Interval Training
- Zumba Dance Fitness
- Cardio Kickboxing

## FITNESS CLASSES

AT THE RESOURCE CENTER



**Free exercise classes offered Monday-Friday**  
(5:45 p.m. - 6:30 p.m. class available on Monday and Wednesday only)  
**6:15 a.m. - 7:00 a.m. and 5:45 p.m. - 6:30 p.m.**

A Diabetes prevention initiative provided by the Absentee Shawnee Diabetes and Wellness Program (405) 364-7298 or (405) 701-7977 or bbread@astribe.com/cwiens@astribe.com

# Newsletter Deadline

# For March is Feb. 15th






*Pendleton Teton*

*Minnetonka Sandals are on clearance while supplies last!*

*Handcrafted native products from all over!*



2025 South Gordon Cooper • Shawnee, Oklahoma 74801  
Monday-Friday 8AM - 5PM  
&  
Little Axe  
Tuesdays and Thursdays 8AM - 12PM  
Open payday Fridays-8am-5pm  
**Please call 405-275-4030 for additional details**



## Absentee Shawnee Tribe Child Care Development Fund Programs

*La-pe-wi-ki-na ho-ge-na-pe-fa-yi' mi-ti-ge*  
*"Lifelong Learning Begins Here"*

**PROGRAM SERVICES**  
**Building Blocks Child Development Center II** - Shawnee, OK Tribally Operated Child Care Center - main goal is to provide each child with a safe environment as well as a hands-on experience to learning about our surroundings, environment and family values.


**Building Blocks Child Development Center III** - Little Axe, OK Tribally Operated Child Care Center -main goal is to provide each child with a safe environment as well as a hands-on experience to learning about our surroundings, environment and family values.

**AST Child Care Subsidy Program** - Child Care Assistance  
**AST After School Program**- Horseshoe Bend Community - After School Care

Through our Building Blocks centers we are able to provide the best quality of care they would get at a larger city center. We follow all of the guidelines of the state so Native American families can use the assistance from the state as well.

**AST After School Program** - AST Complex, Shawnee - After School Care

For information about these services please visit the AST website at [www.astringe.com/child-care](http://www.astringe.com/child-care)



**Contact information:**  
**BBCDII** Shawnee (405) 878-0633  
Email: [ecrawford@astringe.com](mailto:ecrawford@astringe.com)  
**BBCDIII** Little Axe (405) 360-2710  
Email: [rebeccaj@astringe.com](mailto:rebeccaj@astringe.com)  
**AST Child care Subsidy** (405) 432-8411  
Email: [briana.ponkilla@astringe.com](mailto:briana.ponkilla@astringe.com)  
**AST ASP - HSB** (405) 432-8411  
Email: [lanora.buswell@astringe.com](mailto:lanora.buswell@astringe.com)  
**AST ASP - Shawnee** (405) 432-8411  
Email: [lanora.buswell@astringe.com](mailto:lanora.buswell@astringe.com)

## Looking for Foster Parents



### “SHARE YOUR HEART, SHARE YOUR HOME”

AST ICW is looking for those who have a loving heart to become foster parents. If you are interested in becoming a foster parent please contact AST ICW at **405-395-4490** for more information



## LITTLE AXE

### After School Program 2019/2020

**Join us at our New Location @ Brendle Corner**



- Free Tutoring in all subjects!
- Games and activities!
- Delinquency Prevention!
- Healthy Lifestyles!

Duration: Starts August 19th and will run through the school year.  
Monday-Thursday, 3:45pm-6:30pm



**Open to All students in Middle School and High School**  
**Open to Absentee Shawnee Tribal Students K-5<sup>th</sup> with a**



**EVERYTHING IS OFFERED WITH NO CHARGE...LITTLE AXE BUS WILL TRANSPORT STUDENTS TO BRENDLE CORNER COMMUNITY BUILDING LOCATED OFF HIGHWAY 9, JUST EAST OF 192<sup>ND</sup>. PARENTS ARE RESPONSIBLE FOR PICKING STUDENTS UP BY 6:30PM.**

For more information and sign up please contact Blake Goodman at (405) 364-7569 or [bgoodman@astringe.com](mailto:bgoodman@astringe.com)





## 2020 PROGRAMS

- Low Rent Housing
- Lease to Own Housing
- College Housing Rental Assistance
- Over Income Lease to Own Housing
- Over Income Rental Housing
- Transitional Housing
- Home Rehab Assistance – AST Members ONLY
- \$5,000 Down Payment Assistance – AST Members ONLY

**PROGRAMS ARE DEPENDENT ON FUNDING AVAILABILITY**

FOR INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE TO PICK UP AN APPLICATION

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.

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



# How Hard Do I Need to Exercise?

**Exercise can be a great therapy for those with type 2 Diabetes.**

There are numerous benefits and goals that can be achieved by engaging in daily exercise. Aside from building muscular strength and improving your aerobic fitness, exercise provides numerous benefits to your physical health such as stabilizing blood glucose levels, lowering blood pressure, reducing the risks for stroke and heart attacks, and sustaining healthy triglyceride levels.

Many people begin working out without understanding what exercise intensity to maintain for maximum benefits. In this article, we will address exercise intensity ranges to help you better understand what is best for your current fitness level.

**Sedentary**

A sedentary activity level describes someone engages in little to no exercise. If you spend most of your time sitting at a desk or watching television, without working out regularly, you’re considered sedentary.

**Low-Intensity**

When you are exercising at a low-intensity level you are able to breathe normally, and are able to sing while you perform an activity. Under normal conditions, low-intensity exercise will not make you sweat.

Examples might include taking an easy walk, stretching, shopping and light gardening.

**Moderate-Intensity**

When exercising at a moderate intensity level, you will breathe harder and deeper than at a sedentary level. You can’t sing songs, but you can maintain a conversation when you take a brisk walk. This is a good example of a healthy moderate intensity level. After around 10 minutes of exercise, you should begin to sweat. Lawn mowing, riding a bicycle on level surfaces and power walking are examples of moderate intensity exercises.

**High Intensity**

When exercising at a vigorous level of intensity your heart is working at maximum efficiency. Talking will be difficult at this level and you will breathe in and out rapidly. You will begin to sweat after just a few minutes doing exercises like biking on hills, basketball, jogging, swimming laps, or high-intensity interval training.

It is always best to begin an exercise regimen at the lowest intensity before progressing up to up to higher intensities. Please contact the AST Fitness Program at (405) 364-7298 for more information about exercise intensities specific to your current fitness level.

Information provided by livestrong.com and the AST Diabetes and Wellness Program.

Exercise can have many benefits for people with and without diabetes<sup>®</sup>:

**Feel better**

**Reduce feelings of depression and anxiety**

**Better deal with stress**

**Reduce the risks for stroke and heart attack**

**Lower blood pressure**

**Loose weight or maintain a healthy weight**

**Keep joints more mobile and less stiff**

**Keep bones healthy and strong**

**Help keep blood glucose in the target range**

**Improve circulation**

**Increase insulin sensitivity**



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 p.m.

**Extended Hours Drive-thru\*:**  
Mon – Fri 5 p.m. to 8 p.m.  
*(or until last PlusCare patient receives their medications)*  
Sat – Sun 9 a.m. to 5 p.m.

Closed New Year’s Day, Easter Sunday, Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas Eve, Christmas Day

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

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

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

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

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

**Extended Hours\*:**  
Mon – Fri 5 p.m. to 8 p.m.  
*(or until last patient receives their medications)*  
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.

**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



HEALTH SYSTEM  
Prevention. Progress. Pride.



THE  
**Absentee Shawnee News**

“Look Who is Reading The Offical Paper of The Absentee Shawnee Tribe of Indians of Oklahoma.”

**ELDER INTAKE FORM**

TODAY’S DATE \_\_\_\_\_ REFERRAL SOURCE \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ MALE \_\_\_\_ FEMALE \_\_\_\_ VETERAN \_\_\_\_ YES \_\_\_\_ NO

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

SINGLE \_\_\_\_ MARRIED \_\_\_\_ DIVORCED/SEPARATED \_\_\_\_ WIDOWED \_\_\_\_ WIDOWER \_\_\_\_

SPOUSE’S NAME \_\_\_\_\_ SPOUSE’S DATE OF BIRTH \_\_\_\_\_

NAME OF EMERGENCY CONTACT (1) \_\_\_\_\_ PHONE \_\_\_\_\_

NAME OF EMERGENCY CONTACT (2) \_\_\_\_\_ PHONE \_\_\_\_\_

PRIMARY LANGUAGE ENGLISH \_\_\_\_ TRIBAL \_\_\_\_ OTHER \_\_\_\_\_

HOUSING \_\_\_\_ HOUSE \_\_\_\_ APARTMENT \_\_\_\_ COMMUNITY HOUSING \_\_\_\_ OTHER EXPLAIN \_\_\_\_\_

COMPOSITION \_\_\_\_ LIVES ALONE \_\_\_\_ LIVES WITH SPOUSE \_\_\_\_ LIVES WITH FAMILY/FRIENDS \_\_\_\_ OTHER EXPLAIN \_\_\_\_\_

NUMBER IN HOUSEHOLD \_\_\_\_\_ WHO HELPS \_\_\_\_\_

HEALTH HISTORY \_\_\_\_ ASTHMA \_\_\_\_ ALZHEIMER’S \_\_\_\_ ARTHRITIS \_\_\_\_ CANCER \_\_\_\_ DEMINTIA \_\_\_\_ DIABETES \_\_\_\_ CHRONIC PAIN \_\_\_\_ HEARING AID \_\_\_\_ CHOLESTEROL \_\_\_\_ BLOOD PRESSURE

PRIMARY TRANSPORTATION \_\_\_\_ Own Car \_\_\_\_ Friend \_\_\_\_ Public Trans. \_\_\_\_ Senior Tran’s \_\_\_\_ Family

PROSTHETIC DEVIECS \_\_\_\_ Walker/Cane \_\_\_\_ Wheelchair \_\_\_\_ Hearing Aid \_\_\_\_ Glasses \_\_\_\_ Dentures \_\_\_\_ None

ARE YOU ENROLLED WITH A DIFFERENT TITLE VI PROGRAM? \_\_\_\_ YES \_\_\_\_ NO

IF YES, NAME OF PROGRAM & WHERE LOCATED: \_\_\_\_\_

HEALTH CONCERNS \_\_\_\_\_

SERVICES CURRENTLY BEING RECEIVED \_\_\_\_\_



Title VI

NEWS



2% milk served daily  
Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3 BBQ Pork Sandwich Pot Salad Pickles Peaches	4 Baked Chicken Wild Rice Veggies Applesauce	5 Ham Scalloped Pot Veggies Plums	6 Chili Hot Dog Chez, onions Tater Tots Cookie	7 Scrambled Eggs Sausage Gravy Biscuit	8
9	10 Turkey Sandwich LTOP Chips Pineapples	11 Chicken Strips Mashed Pot/Gravy Green Beans Mandarin Oranges	12 Lasagna Garlic Bread Salad Bar* Pears	13 Beans Steak fries Cornbread Onions	14  Bagel Boiled Egg Cream Chez Fruit	15
16	17 PRESIDENTS DAY AST COMPLEX CLOSED	18 Hamburgers LTOP Pork n Beans Mixed Fruit	19 Pork n Potatoes Green beans Bread	20 Egg Roll Stir Fry Veggies Rice Orange	21 Scrambled Eggs Sausage Gravy Biscuit	22
23	24 Beef Fingers Mashed pot/Gravy Tossed Salad* Mandarin Oranges	25 Tuna Sandwich LTOP Baked Chips Pear	26 Taco Soup Tortilla Chips Cake	27 Chicken Fry Steak Mashed Pot/Gravy Brussel Sprouts Apricots	28 Scrambled Eggs Bacon Toast Fruit	29

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

February 7, wear red day

February 14, Valentine’s Day

February 17, Presidents’ Day – AST Complex Closed- No Food will be delivered or served

Wonder if we will get a winter? just in case!!

Absentee Shawnee Tribe – Severe Weather Policy effective December 2013 states:  
2. PROVISIONS

- a. Prior to normal starting time it will be announced on one of the local television or radio channels that the Absentee Shawnee Tribe is open and/ or closed based on weather severity. The Governor, and/or designee, will report to these channels: Channel 4, 5, 9, Fox 25; Radio- KTOK 1000; KOCK 1520 AM. Formerly the policy has been that when schools in Little Axe and Shawnee are closed then employees would be allowed administrative leave. This policy seeks to clarify on procedures and gives the decision making process back to the Tribe.
- b. On days when weather conditions worsen as the day progresses, the Governor or another Member of the Executive Committee may decide to

close early. In such cases, a decision and an announcement will be made through email to all employees

Any concerns or questions please contact us at 405-275-4030 ext 6227  
If you haven’t filled out a new intake form – let us know and we will get you one!!!! Thank you to the ones that have turned theirs in.



Domestic Violence  
Advisory Board Meeting

Native American or Alaska  
Native women interested in  
being a part of the Tribe's  
Domestic Violence Department  
Advisory Board please plan to  
attend our next meeting. If you  
have any questions you may  
call Melissa Lopez at  
(405) 273-2888

FEBRUARY 11, 2020  
3:00PM - 4:00PM  
BASEMENT OF  
BUILDING #3 ON THE  
SHAWNEE COMPLEX

This project was supported by Grant No. 2015-TW-AX-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Newsletter Subscription

Name:\_\_\_\_\_ Address:\_\_\_\_\_

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

Mail to AST Media Department. 219 E. Walnut, Tecumseh OK 74873  
Call 4005-598-1279 or FAX: 405-598-0221 Email: stiger@astribes.com

ABSENTEE SHAWNEE TRIBE  
DOMESTIC VIOLENCE DEPARTMENT

TEEN DATING  
VIOLENCE

1 - IN - 3

ADOLESCENTS IN THE U.S. IS A VICTIM OF PHYSICAL, SEXUAL,  
EMOTIONAL OR VERBAL ABUSE FROM A DATING PARTNER, A FIGURE  
THAT FAR EXCEEDS RATES OF OTHER TYPES OF YOUTH VIOLENCE

23%  14% 

OF RAPE, PHYSICAL VIOLENCE OR STALKING  
VICTIMS FIRST EXPERIENCE PARTNER VIOLENCE  
BETWEEN THE AGES OF 11 AND 17 YEARS OF AGE



WOMEN BETWEEN THE AGES OF  
16 AND 24 EXPERIENCE THE  
HIGHEST RATE OF INTIMATE  
PARTNER VIOLENCE - - ALMOST  
TRIPLE THE NATIONAL AVERAGE

VIOLENT RELATIONSHIPS IN ADOLESCENCE CAN HAVE  
SERIOUS RAMIFICATION BY PUTTING THE VICTIMS AT  
HIGHER RISK FOR SUBSTANCE ABUSE, EATING DISORDERS,  
RISKY BEHAVIOR AND FURTHER DOMESTIC VIOLENCE

25% OF HIGH SCHOOL GIRLS  
HAVE BEEN VICTIMS OF  
PHYSICAL OR SEXUAL  
ABUSE.



CALL US  
NOW  
(405)273-2888

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# Birthdays

Alberty, Lyncix Carlene  
Alford, Laurie Leann  
Alford, Makenzie Raychel  
Alford, Nicholas Blake  
Alford, Paul Henry  
Almanza, Sacha Blue Renee  
Arellano, Jennifer Lynn  
Argueta, Oneonta Marie  
Armstrong, Dusty Ridge  
Asbridge, Sandra Lilrene  
Atwara, Honey Nicole  
Barnard, Kevin Michael  
Belden, Lois Jean  
Bennett, Blaine Mattingly  
Berryhill, Valerie Lynn  
Bettelyoun, Amber Dawn  
Bettelyoun, Anthony Bryce  
Bettelyoun, Lea Dawn  
Bittle, Joshua Jacob  
Blanchard Craig, Carolyn Jean  
Blanchard Sr., Leland Dale  
Blanchard, Aaron Gabriel  
Blanchard, Cache Lewis  
Blanchard, Caden Briar  
Blanchard, Charles Eugene  
Blanchard, Denise Louise  
Blanchard, Joshua James  
Blanchard, Kellice Lee  
Blanchard, Nylah Itzel  
Blanchard, Rikki Rechele  
Blanchard, Sierrah Delyn  
Blanchard, Taylor Jordan  
Blanchard, Thurman Leon  
Blanchard, Velma Mae  
Bowles, Melissa Carole  
Boyd, Laura Lynn  
Brady, Elizabeth Aonna  
Bread, Charles Michael  
Bread, Dina Adele  
Breeding, Kinsley Reece  
Brown III, Curtis Jermain  
Brown, Cody Wayne  
Brown, Lisa Renee  
Bryant, Isis Aponi  
Bullen, Myles Robert  
Carlson, Scottina Dakota  
Carnes, Kylee Aleea Lynn  
Carr, Adoree Celeste  
Checotah, Eric Wayne  
Cloud, Doris  
Coddington, William Michael  
Cooper, Dade Luke Allen  
Copeland, Val Rochelle  
Cotney, Trinity Dawn  
Cottrell, Ryan Thomas  
Cozad, Anastasia E-mah-doh  
Creek-Harjo, Josiah Sage  
Crider, Eric Russell  
Crocker, Dorothea Carolyn  
Crothers, Jessica Lyn  
Csoma, Alexander Attila  
Daugherty, Kenneth  
Daugherty, Mikenna Hope  
Daugherty, Serena Mae  
Davis, Meghan Paige  
De Shazo, Heather Ann  
Dean, Minnie Bear  
Deardorff, Cynthia Ann  
Deckard, Dakota Dale  
Deer, Kylee Taryn  
Deer, Michael Neil  
Deere, Adina Ann  
DeLodge, Lena Ruby Rhianna  
DeLodge, Ruby Leigh  
Digilio, Brandin Anthony  
Digilio, Bryon Andrew  
Downs, Camden Blake  
Downs, Cayden James

Dragoo, Lillian Oakley  
Dragoo, Micah Lashaun D.  
Eckles, Debra Lynn  
Edwards, Kenneth Lee  
Ellis, Austin Chase  
Ellis, Jeremy Michael  
Ellis, Leroy  
Emmons, Brian Ross  
Engledowl, Jasey Belle  
Fenner, Kayana Isabelle  
Ferrell, Ethan Shawn  
Fixico, Stephen Anthony  
Floyd, Jane Elizabeth  
Foreman, Joshua Daniel  
Foreman, Richard Eli  
Francis-Guthrie, Dianne Susan  
Frazier, Devon Leanne  
Garcia, Amaziah Perez  
Geissler, Stephanie Dayle  
Gibson Jr., Ronald Lewis  
Gibson, Kylakay Virginia  
Gibson, Paige Nycole  
Gibson, Paul Brian  
Gillihan, Dezirea Kristyne  
Gilman, Juanita  
Gomez, Wilma Sue  
Goodman, Blake Samuel  
Granstrom, Gayla Sue  
Grass, Wayne  
Gravel, Olivia Jane  
Hale, Taliyah Marie  
Hall, Matteson Roi  
Ham, Jerred Mace  
Ham, Rhonda Juliene  
Harder, Ruth Ellen  
Harjo, Benjamin Ray  
Harman II, Joshua Ely  
Harper, Pauline Aileen S.  
Hart, Ethan Michael  
Hartfield, Jazlynn Shae  
Harvey, Hally Marie  
Hayes, Donna Kay  
Hayes, Jocelyn Cynthia Lorene  
Hayworth, Che`le Caye  
Hernandez, Erica Ann  
Herrera, Robert Manuel  
Hibdon, Kendra Nicole  
Hilderbrand, Amy Beth  
Hill, Stephen Allen  
Hollis, Natalie Jean  
Hood III, Warren Weslyon  
Hood, Dakota Zane  
Hunter, Audrey Della  
Huntington, Bradford Paul  
Hurst, Joseph Douglas Skinner  
Ibarra, Angel Antonio  
Irvin, Nathaniel Konrad  
Jimerson Jr., Robert  
Jobe, Alexa Lee  
Johnson Jr., Foster Calvin  
Johnson Jr., Mark Benjamin  
Johnson Sr., Mark Benjamin  
Johnson, Cleta Joyce  
Johnson, Cooper Allen  
Johnson, Grayling Wade  
Johnson, Henry Kirby  
Johnson, Jacob Jordan  
Johnson, Marc Anthony  
Johnson, Michael Jeremy  
Johnson, Pauline Virginia  
Johnson, Rahstin Allyn Sabbestiun  
Johnson, Sandra Kay  
Johnson, Tiffany Sheri  
Jones III, Timothy Dale  
Jones, Willie Lee  
Judkins, Ashley Ann  
Keith, Andy Ronin  
Kelly, Ryan Michael  
Kennedy, Kade Andrew  
Kickapoo, Derek Anthony  
Kirby, Gage Robert  
Kitchen, Amber Elisabeth  
Kohn, Florene Belden  
Krackenberger, Sharon Lea  
Krejci, Ronald Dylan  
Kupczynski, Joseph Martin  
Kupczynski, Taysher Martin Lee  
Lalehparvaran, Ali Jordan  
Laplant, Scotty Alan  
Lasarge, Amos Dewayne  
Lavell, Jade Daniel  
Leath, Mary Loyse  
Lehman, Joenita Leigh  
Lehman, Mikayla Jo  
Lena, Janice Gail  
Lena-Tiger, Camille Dawn

Lewis, Elain Kay  
Lewis, Pamela Lynn  
Limbaugh, Jodi Kathleen  
Little Axe Sr., Danny  
Little Axe, Justus Phoenix  
Little Axe, Ronald Dean  
Little Charley Jr., Scott  
Little Creek, Larry Dwight  
Littlebear, Brooklyn Shay  
Littlebear, Grant Edwin  
Littlebear, Laura Jan  
Littlecreek, Cynthia Marie  
Littlehead, Gary Lynn  
Logan, Sidna Rae Lenee  
Longhorn, Avis Elaine  
Longhorn, Lindsey Marie  
Longhorn, Nathan Neil  
Lorne, Mrs. Moria Oloizia  
Lowe, Kara Michelle  
Lowe, Taylor Makayla  
Lumpmouth, Wynona Lee  
Maddux, Jonathan Webster Tiger  
Mahardy, Jeffery Andrew  
Mann, Caylie Grace  
Mann, Colby Lee Richard  
Mann, Kyelie Rose  
Markwardt, Ethan Thomas  
Marshall, Denia Kay  
Martinez, Erica Inez  
Martinez, Hayden Loa  
Martinez, Jasmine Consuelo  
Martinez, Shawnee Danielle  
Masquas, Cora Irene  
Masquas, Elysia Rose  
Masquas, Joshiah Lee  
May, Gina Lanette  
McDaniel, Kelsey Layne  
McDoulett, John William  
McDowell, Farrell Ramon  
McKinney, Ellen Marie  
Medina, Elizabeth Ruth Ann  
Medina, Trinity Lynn Tiger  
Melton, Jaycie Taylor  
Miller, Cari Denise  
Miner, Veda Jorene  
Minesinger, Joshua Brooker  
Minesinger, Seth Wildcat  
Mitchell, Benito Miquel Travis  
Mohawk, Cherokee Cheyenne  
Mohawk-Bernard, Charlie Jeanelle  
Molina Jr., Charles B.  
Moore, Alexia Saranda  
Moore, Thomas Joseph William  
Randall  
Morton, Joseph Ohland  
Mount, Glenda Dawn  
Murdock Sr., Steven Alan  
Murdock, Steven Alan  
Musick, Michael Thomas  
Nail, Gregory Thomas  
Neely, Ethan Ray  
Novick, River Elaine-Monique  
Nuno, Phyllis Leeann  
Odell, Ronnie Lynn  
Onzawah, Davani Utonna  
Onzawah, Ti Calvin Kachine  
Owens, Beau Wesley Laine  
Owings, Abigail Rose  
Panther, Shawn Dell  
Panther-Baker, Lydia Denise  
Panther-Davis, Tammie Rae  
Parker, John Wendall Gage  
Perez, Tesla Nichole  
Perkins, Miranda Deann  
Perry, Georgia Grace  
Perry, Sierra Breanna  
Peter, Kalina Nicole  
Pine, Jeremiah Andrew  
Ponce, Aisaiah Anthony  
Pyrch, Jesse Kellen  
Quraishi, Ibraheem Bin Khalil  
Raisbeck Jr., David Nathaniel  
Raisbeck, Samantha Storm  
Raisbeck, Samuel Walter  
Ramirez III, Florentino  
Ramirez, Mariah Fay-Ann  
Ramirez, Matias Noah  
Reyes, Isabel Fe  
Richey, Kodi Rae Jolynn  
Ridenour, Sydney Bree  
Rigg, DeeAnn Onahwag  
Riley, Hulbutta Kotcha  
Robbins, Blake Anthony  
Robbins, Sasha Mae  
Robbins, Taylar Paige  
Robison, Ariana Michelle

Rolette, Cheryl Lynn  
Rolette, Madison Fox Grant  
Rolette, Madison Joy  
Rowan, Damian Eugene  
Runsabove, Honor Mae  
Sams, Christine Lorraine  
Sanchez, Kianna Paola  
Seber, Peyton Eddie  
Serena, Laveda  
Shawnee, Lanayah JaN'ae  
Sheets, Angela Christy  
Simpson, Christian Jacob  
Simpson, Cody Lee  
Slayton, Brooke Danielle  
Sloat, Douglas James  
Sloat, Meika Ladon  
Smith, Cynthia Diane  
Smith, Juliana Renee  
Smith, Marvin  
Smith, Samuel Ryan  
Smith, Zackery James  
Snake, Alvin Matthew  
Snake, Julia DeAnn  
Snake, Kenneth Lee  
Snake, Lewis George  
Snake, Stewart Lancer  
Snow, Desmond James  
Soap, Sally Clarice  
Solomon, Billie Jean Tiger  
Spoon, Ashur Clancy  
Spoon, Edward Joe  
Spoon, Justin Tyler  
Spoon, Paisley Rennea  
Spybuck, Garland Charles  
Spybuck, Gavan Wayne  
Spybuck, Roberta Ann  
Stevenson, Jodean Ann  
Stoudemire, Naviah DeAnne  
Strain, Gerald Tousley  
Stryker, Doyle Chad  
Stryker, Laurel Brad  
Sullivan, Aizah Vanesse  
Sullivan, Marcus Lee  
Sutton Jr., Jeremy Ray  
Switch, Sabrina Lee  
Switch, Sophia Michelle  
Tahah, Barton Dale  
Talton, Dacia Arie  
Talton, Kaydince James  
Taryole, Laura Lee  
Tascier, Sarah Isabelle  
Tello-Faz, Maria delaLuz  
Terrell, Xavier Thomas Jackson  
Thompson, Asher Bryce  
Thorpe Jr., Edwin James  
Thorpe, Edwin James  
Tiger, Karman Rose Daylee  
Tiger, Kevin Richard Dewayne  
Tiger, Soaryn Edward Matthew  
Tiger, Tammy Cindie Ladawn  
Tiger, Tyler Matthew  
Trussell, Sherry Lynn  
Tyner, Tammy Lynn  
Uchida, Kevin Micheal  
Vanliew, Timberlynn Raye  
Vaughn, Dylan Thomas  
Wade, Justin Lee  
Warrior, Anthony Louis  
Warrior, Pamela Sue  
Washington, Olvie Winston  
Watkins, Destiney Shae  
Watkins, Jayana Laneis  
Watson, Adriana Renae  
Watson, Brent Grynnel  
Watson, Peyton Deshae  
Wheeler, Emily Anne  
Wheeler, Leah J.  
Whims, Madison Mackenzie  
White Thunder, Shelby Lynn  
White, Christopher Alan  
Whittaker, Caiden Skye  
Whittaker, Joshua Jay W.  
Wiley, Prince John Bowen  
Wilkinson, Kaelynn Rayann  
Williams, Brennan Marie  
Williams, Kaylee Nicole  
Williams, Kevin Bruce  
Williams, Phoenixx Winter Ryne  
Wilson Harjo, Reta Marie  
Wilson, Adam Lee  
Wilson, Mariana Danyel  
Wilson, Melvin Wayne  
Wood, Ryan Ashley  
Yamutewa, Chebon Dale

WOW 363 Birthdays!!



January 19<sup>th</sup>




**Happy Birthday**  
**MOM/GRANDMA**  
Bernice Blanchard  
From The White Thunder Family




**Happy Birthday**  
**Rikki Blanchard**  
February 17<sup>th</sup>  
*from The White Thunder Crew*






Justin Tyler Feb 28<sup>th</sup>  
Hope your BIRTHDAY is  
AS SWEET as you are!!  
Abnt IT loves you so very,  
very, much!! - Love Aunt B



**HAPPY BIRTHDAY**  
**SHELDON**  
WHITE THUNDER  
January 16<sup>th</sup>  
*from you son NaKiaus and the family*







**Happy Birthday**  
Shelby Lynn White Thunder  
February 3<sup>rd</sup>  
*from Bryson Dale & Nakiaus and the rest of the family*



**HAPPY BIRTHDAY**  
TO MY ONHRY,  
LOVEABLE  
GRANDSON!!

Granny loves you very  
much!! Hope your day is  
*Amazing!* I love You!  
- Love Granny





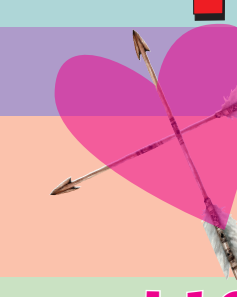
**BROTHER**  
*Thanks for being our*  
**FAVORITE BIG BROTHER!!**  
**HAPPIEST OF BIRTHDAYS!!**  
**LOVE**  
**& LIL SIS JIL**  
**LIL BROTHER JOP**

**HAPPY BIRTHDAY**

**Leland Blanchard**  
February 28<sup>th</sup>  
*from The White Thunder Crew*




**JUSTIN HAPPY 33<sup>RD</sup> BIRTHDAY**  
TO MY ELDEST SON!!  
**I LOVE YOU VERY MUCH!!**  
**HOPE YOU HAVE A GREAT DAY!!**  
**I LOVE YOU - MOM**



**IS IT YOUR BIRTHDAY MONTH?**

**Happy BIRTHDAY**  
*From all of us!*

EARN 2 SAME-DAY POINTS & RECEIVE **\$10 FREE PLAY**



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Visual Services      [www.okdrs.gov](http://www.okdrs.gov)

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- Provide assistance with higher education opportunities.
- Provide blind and low vision individuals with training to allow them to live independently in their home.


Please contact us at 1-800-487-4042. We are located at 1000 W. Choctaw, Suite 4, Chickasha, OK 73018.

We are here to serve you and empower Oklahomans with disabilities!

**Nido P. Tomagos, M.S.**  
Division of Visual Services  
Vocational Rehabilitation Specialist III  
**405-574-1704**  
Cell: 405-544-6804  
Fax: 405-222-5728  
1000 W. Choctaw Suite 4  
Chickasha, OK 73018  
[ltomagos@okdrs.gov](mailto:ltomagos@okdrs.gov)



Oklahoma Department of Rehabilitation Services



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**  
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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**  
Roberto Cooper 405.878.4716

Services available for all Federally Recognized Tribes.

Accredited by 

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A little Note for 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.

IMPORTANT  
NOTICE!

The Criminal Court Dockets  
have moved from  
2<sup>nd</sup> Wed. afternoons at 1:30pm  
to 2<sup>nd</sup> Wed. mornings 9:00am.

**IF YOU WOULD LIKE TO SUBMIT  
A STORY OR ARTICLE**

Give us a call at (405) 598-1279 or (405) 481-0588  
or send us an email to [stiger@astribe.com](mailto:stiger@astribe.com)

**All Articles for the Next Month's Issue  
are DUE by the 15<sup>th</sup> of the Current Month.**

UNFORTUNATELY, WE CAN ONLY ACCEPT ONE PICTURE PER  
BIRTHDAY PERSON, NOT PER BIRTHDAY WISH.

On your Cell Phone, Computer  
or In Home Delivered Paper!

Stay up to date on the latest issues or  
research the past issues! Keep informed  
of Tribal News, Events, Health Updates,  
Celebrations, Honors, Services and so  
much more...


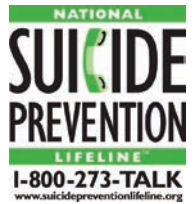
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or email [stiger@astribe.com](mailto:stiger@astribe.com)

[www.astribe.com/newsletters](http://www.astribe.com/newsletters)

Absentee Shawnee Tribe - Department Extensions (405) 275-4030

Governor	<b>Governor John Johnson</b> .....	6308	<b>Finance</b>	Jason Murdock.....	6233	<b>Procurement</b>	Misty Griffith .....	6291	
	.....	6307		Jennifer Crenshaw .....	6228		Amy Guffey .....	6244	
	.....	6269		Sandra Burnett .....	6294		Tara Battise .....	6281	
Lt. Governor	<b>Lt. Governor Kenneth Blanchard</b> ..	6253		Tracey Dickson .....	6279		Rebecca Kennedy.....	6410	
	Diane Ponkilla .....	6267		Kymberly Hazlett.....	6250		Blake Wiggins .....	6422	
	.....	6325		Courtney Green .....	6300		Lisa Camren.....	6232	
Secretary	<b>Secretary Ezra DeLodge</b> .....	6289	<b>Grants</b> - Phyllis Wahahrockah-Tasi.....	Holly Davis .....	6265	<b>Realty</b>	Charlotte Valero (Director) .....	6246	
	.....	6275		Colleen Longhorn.....	6320		Cara Usrey (Probates) .....	6248	
				Laina Martin .....	6424		Taylor Carter .....	6247	
Treasurer	<b>Treasurer Phillip Ellis</b> .....	6280	<b>Grants</b> – MaryLu Kindblade .....	Conf. Room.....	6397		Yecica Gutierrez.....	6420	
	Laikyn Roberts .....	6309		<b>Human Resources</b>			Kimberlee Billie .....	6235	
Representative	<b>Rep Atheda Fletcher</b> .....	6239	<b>ICW</b>			<b>Social Services</b>	Annie Wilson (Director) .....	6311	
	.....	6240					Nancy Edwards.....	6225	
<b>Receptionist</b>			405-275-4030			<b>Tax Commission / Tag</b>			
<b>ASEDA Director</b>						Alicia Engler .....			
Jeff Rabon .....			6335			.....			
David Deer.....			6263			6237			
<b>Attorney</b>						Shelby White .....			
Gary Pitchlynn .....			6313			Michael Pringle.....			
<b>Court</b>						<b>Title VI</b>			
Chelsea Cope .....			6241			Thomasine (Doss) Owings (DIR) .....			
Lea Bettelyoun.....			6260			Lula Bettelyoun, Donna Butler, Robert			
Ashley Stanley.....			6336			Schoolfield, Ted Watson, Cindy Carpenter			
<b>Cult. Preservation / Gift Shop</b>						.....			
Merry Rodriguez - Gift Shop .....			6310			6270			
Gift Shop .....			6254						
Devon Frazier (THPO).....			6243						
Ashley Brokeshoulder.....			6312						
.....			6340						
Kay Bemo .....			6238						
Andrea Ellis-Harrison (Director).....			6245						
Casey Wilson (Librarian) .....			6416						
<b>Dom.Violence/Family Services</b>						<b>Other Extensions</b>			
Melissa Lopez.....			6333			Bldg. 1 Conf. Rm.....			
Leslie Harris .....			6326			2009			
Bryisha Payne .....			6315			Bldg. 1 Break Rm .....			
DV Advocate.....			6226			6305			
Taylor Wills .....			6293			Gov. Bldg. 2 Conf. Rm. ....			
Lacey Carey .....			6298			6330			
<b>Education</b>						Fam. Svcs. Conf. Rm. ....			
Tresha Spoon .....			6242			6311			
Brandon Goodman .....			6255			Finance Conference Rm .....			
<b>Election Commission</b>						6236			
Emily Longman .....			6271			<b>Other Entities &amp; Toll Free</b>			
<b>Enrollment</b>						All Nations Bank.....			
Amanda Webb .....			6288			273-0202			
Marla Massey .....			6290			ASEDA .....			
						878-6782			
						Toll Free .....			
						1-800-256-3341			
						Brendle Corner.....			
						447-3372			
						Blake Goodman EDU			
						Building Blocks .....			
						878-0633			
						Briana Ponkilla Building Blocks III (Little Axe)			
						.....			
						360-2710			
						Housing .....			
						273-1050			
						Human Resources .....			
						275-1468			
						Media - Sherman Tiger .....			
						598-1279			
						OEH/OEP .....			
						214-4235			
						Thunderbird Casino NRM .....			
						360-9270			
						Shawnee Casino .....			
						273-2679			
						Tribal Store (Little Axe) .....			
						364-0668			
						<b>Little Axe Clinic</b>			
						Clinic - Medical.....			
						447-0300			
						L.A.Plus Care .....			
						447-0477			
						Dental Clinic .....			
						307-9704			
						Diabetes .....			
						360-0698			
						Pharmacy .....			
						292-9530			
						Resource Center .....			
						364-7298			
						Chrissy Wiens - PA Specialist			
						Buster Bread - Fitness Manager			
						<b>Shawnee Clinic</b>			
						Clinic (Bldg. 17).....			
						878-5850			
						Pharmacy .....			
						878-5859			
						Toll free .....			
						1-866-742-4977			
						Rhonda Kaseca.....			
						878-4702			

\* \* \* \* \* **EMERGENCY NUMBERS** \* \* \* \* \*

<b>EMERGENCY ASSISTANCE..... 911</b>	<b>Police, Fire, Ambulance</b>	
<b>HEARTLINE EMERGENCY..... 211</b>	<b>State of Oklahoma</b>	
<b>TRIBAL POLICE .....</b>	<b>Absentee Shawnee</b>	
<b>TRIBAL EMERGENCY MANAGER.....</b>	<b>Absentee Shawnee</b>	
<b>SHERIFF.....</b>	<b>Pottawatomie County</b>	
<b>CITY POLICE.....</b>	<b>Shawnee</b>	<b>ROAD Conditions OKLAHOMA</b> 844-465-4997 844-4OK-HWYS
<b>CITY EMERGENCY MANAGEMENT.....</b>	<b>Shawnee</b>	
<b>COUNTY HEALTH DEPT.....</b>	<b>Pottawatomie County</b>	
<b>SHERIFF.....</b>	<b>Cleveland County</b>	
<b>CITY POLICE.....</b>	<b>Norman</b>	
<b>HEALTH DEPT.....</b>	<b>Cleveland County</b>	
<b>OG&amp;E.....</b>	<b>Report Power Outage</b>	
<b>CANADIAN VALLEY.....</b>	<b>Power Outage</b>	
<b>DEPT. OF ENVIRONMENTAL QUALITY.....</b>	<b>State of Oklahoma</b>	
<b>HIGHWAY PATROL.....</b>	<b>Road Conditions</b>	