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

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 George Blanchard has withdrawn as a candidate for the position of Tribal Governor.

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

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

For Examples:

No: “vote for…” sticker on cars;
campaign clothing;
disbursement of campaign material;
counseling as to who to vote for.

Do not loiter at poll site:
1. Arrive;
2. Register;
3. Vote;
4. Exit;

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

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

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

POLICIES AND PROCEDURES STATES:
There shall be no campaigning on property of polling site. This includes signs, person to person, clothing, etc. or within 200 ft. of the polling site. (On Election Day all signs must be over 200 ft. away from the edge of tribal property that contain poll sites.)
Hello friends, neighbors, relatives and Tribal members at large!

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

**Director’s Meetings**

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

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

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

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

**Feed the Children Donation**

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

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

**Other Topics/Expressions**

**Happy Birthday & Anniversary**

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

**Condolences**

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

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

**Meetings Attended for Mid-January through Mid-February 2017**

**JANUARY 2017**

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

**FEBRUARY 2017**

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

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

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

**Election Commission v. Governor Butler-Wolfe - Case Summary**

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

**In Conclusion**

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

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

Thank you for your support.

---

**Secretary’s Report**

Greetings to all tribal members and their respected families:

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

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

Ne yi wa
Secretary John Johnson
AST Police Department

Alert to Tribal Members – Increase in Criminal Activity in Little Axe Area
Chief Brad Gaylord, Absentee Shawnee Tribal Police

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

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

Absentee Shawnee Housing Authority

Programs Available

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

FOR INFORMATION ABOUT OUR SERVICES
PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE
LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK
WEBSITE: WWW.ASHOUSINGAUTHORITY.COM
**Absentee Shawnee Tribe Education Department presents:**

**FINANCIAL AID**

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

Refreshments will be served.

---

**Who are the children in need?**

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

**TRIBAL FOSTER CARE HOMES ARE NEEDED FOR OUR TRIBAL CHILDREN**

**WILL YOU OPEN YOUR HOME TO A CHILD IN NEED?**

**IF YOU ARE INTERESTED IN BECOMING A FOSTER CARE HOME PLEASE CONTACT:**

JULIE WILSON 275-4030 EXT. 6376

---

**CompleteCare Home Health Plus**

**FULL TIME: RN CASE MANAGER**

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

*NOW INTERVIEWING*  
EOE

---

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

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

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

FROM THE ELECTION COMMISSION:

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

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

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

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

To Tribal Members,

In response to the Media Director’s statement in the February Newsletter: “As of press time, Media department has received many campaign letters from candidates, but in Media’s communication with AST Election Commission NONE of background checks have come back.”

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

Update on CIV-2016-63

Election Commission v. Governor Butler-Wolfe

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

AST Candidates Forums

AST Candidates Forum
Tecumseh City Hall
2/18/17

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

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

Little Axe Family Meeting

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

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

Candidates L to R: Phillip Ellis, John Soap, Joseph Blanchard, AST Governor Edwina Butler-Wolfe and Altheda Fletcher.
PLEASE fill out EACH BLANK completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

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

Name (please print): ___________________________________________________________
  (first)           (middle)           (maiden) (last)
Address:________________________________________ City: _______________ St: _______ Zip: _______
CDIB#:______________________ Date of Birth:_______________________
Signature:________________________________ Date:______________________________

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

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

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

Deliver in Person to:
Election Commission Office located in the Tribal Court Building

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

_______________________________________
ELECTION COMMISSION USE ONLY

Received: _____________________ Approved:____________________ Disapproved: _______________
If Disapproved (reason): ______________________________________________________________
Denial Letter Mailed:___________________________ Ballot Mailed:___________________________

_______________________________________
Election Commission/Representative
13 Folds of the U.S. Flag

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

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

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

Elders Council

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

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

Honoring Our Past With Promise for Our Future

LIFE is Beautiful Living Meth Free

National Suicide Prevention 1-800-273-8255 (TALK)
Education Department

Absentee Shawnee Tribe of Oklahoma Education Department
2025 South Gordon Cooper Drive
(405) 275-4030 Ext. 6242 Toll free (800) 256-3341 Fax (405) 273-7938
youthaward@astribe.com

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

Applications accepted: Jan. 1st - March 31st
Finalists announced: May 2017

STUDENT INFORMATION

Name: ____________________________________________
(LAST)                    (FIRST)                                       (MI)

Enrollment #:________________

Address: ___________________________________________
(STREET)            (CITY)            (STATE)                             (ZIP)

Home Phone: (____)_________________________ Cell Phone: (____)_________________________

Email: _______________________________________

HIGH SCHOOL INFORMATION

High School Name:________________________________

City:____________________ State:____________________

Guidance Counselor:____________________ Phone #:____________________

Sport:____________________ Position:____________________

Coach:____________________ Phone #:____________________

(FIRST) (LAST)

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

Documents to be included with application:

□ Official High School Transcript
□ Letter of Recommendation (Educator/Coach)
□ Tribal Enrollment Card (copy)
□ Resume of Accomplishments and Activities
□ 500-word Essay: How do you feel your accomplishments (knowledge/training) will influence your future?
□ Video (optional): no more than 10 minutes in length
March 2017 - Scheduled Closings

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

April 2017 - Scheduled Closings

<table>
<thead>
<tr>
<th>DATE:</th>
<th>TIME(S) CLOSED:</th>
<th>LOCATIONS:</th>
</tr>
</thead>
</table>
| Wed., Apr. 5th  (1st Wed of month) | Noon to 5 PM | All AST Health facilities CLOSED  
- Shawnee Clinic Extended Hours re-OPENS 5 PM till 9 PM (last patient at 8:30 PM)  
- PlusCare Clinic re-OPENS 5 PM till 9 PM (last patient at 8:30 PM) |
| Fri., Apr. 14th  (Good Friday) | All Day | All AST Health facilities CLOSED except PlusCare Clinic OPEN 9 AM to 5 PM (last patient at 4:30 PM) |

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

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

Tax Collections

**FY-2017**

**YTD TAX COLLECTIONS**

(Thru 1/31/17)

<table>
<thead>
<tr>
<th>TAX CATEGORY</th>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
<th>YEAR-TO-DATE TOTAL</th>
<th>% OF TAXES COLLECTED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales (6%)</td>
<td>$1,050.71</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
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<td>$1,050.71</td>
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</tr>
<tr>
<td>Gaming % of free cash</td>
<td>$250,000.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$250,000.00</td>
<td>90.38%</td>
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<tr>
<td>Employee (1%)</td>
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<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$7,658.64</td>
<td>2.77%</td>
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<tr>
<td>Severance (8%)</td>
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<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$3,310.81</td>
<td>1.20%</td>
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<tr>
<td>Motor Vehicle</td>
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<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$11,861.13</td>
<td>4.29%</td>
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<tr>
<td>Tobacco Refund</td>
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<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$2,216.22</td>
<td>0.80%</td>
</tr>
</tbody>
</table>

**TOTAL TAXES**                      | $276,097.51 | $0.00     | $0.00  | $0.00  | $0.00 | $0.00 | $0.00 | $0.00  | $0.00     | $0.00   | $0.00     | $0.00    | $276,097.51      |                      |

Miscellaneous                                                                 |

| TAX COLLECTIONS       | $516.46  | $0.00     | $0.00  | $0.00  | $0.00 | $0.00 | $0.00 | $0.00  | $0.00     | $0.00   | $0.00     | $0.00    | $516.46         | 0.19%                |

**TOTAL COLLECTIONS**                       | $276,613.97 | $0.00     | $0.00  | $0.00  | $0.00 | $0.00 | $0.00 | $0.00  | $0.00     | $0.00   | $0.00     | $0.00    | $276,613.97      | 100%                 |

Song Demo Studio Services Available

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

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

For free estimate call or text;  
**Phil Bradley (405) 585-8801**
Please be advised - beginning Monday, March 13th, the Little Axe Health Center’s west entrance to the facility will be closed for public entry. All patients and clinic visitors shall enter through the south main entrance. The west door entrance will be closed due to security concerns for patient, employee, and public safety.

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

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

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

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

We are thankful and very proud of our outstanding health system star performers again this month and thank them all for their contributions to our patients, their fellow employees, and the tribe! We are extremely happy to announce the Employee of the Month in February for health was Glendine Webber, LPN at (405) 878-5850.

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

We are thankful and very proud of our outstanding health system star performers again this month and thank them all for their contributions to our patients, their fellow employees, and the tribe! We are extremely happy to announce the Employee of the Month in February for health was Glendine Blanchard, Contract Health; the Team of the Month was the AST Health System’s Registration Staff (Shawnee and Little Axe)! The Special Leadership Award was presented to Health HR’s Dayna Dick, Health HR Office, for her service to the employees. Our AST Health System strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients!

**Additional health related information:**

- **PlusCare Clinic/Little Axe area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic-near Thunderbird Casino/Norman). The phone number is (405) 447-0477. Hours of operation are M-F 9 AM to 9 PM with last walk-in accepted at 8:30 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas) with last walk-in patient accepted at 4:30 PM.

- **Shawnee Clinic Extended Hours/Shawnee area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members, Native American Veteran’s, IHS eligible Native Americans, Medicaid/SoonerCare pediatric patients, and BCBS covered AST non-Native employees who are the ages of 2 years and up. If you are a new patient to our health system and are in need of our extended hours services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 2029 South Gordon Cooper Drive, Shawnee, OK. The phone number is (405)878-5850. Hours of operation are M-F 5 PM to 9 PM with last walk-in accepted at 8:30 PM, Saturday 9 AM to 5 PM with last walk-in accepted at 4:30 PM and closed Sundays and holidays.

- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and type of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447-0300.

- **AST/Serviced Health System Native American Veterans**: If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.

- **If you need CPR training**, please contact the AST Health System’s Public Health Office at (405) 447-0300 for scheduling and training opportunities.

- **Contract Health Services (CHS)** interactive phone menu helps patients access the most appropriate service provider by calling (405) 701-7951 at the Little Axe Health Center. This feature will speed up access to the patients seeking services and follow-up to their care. We also have Contract Health representatives available at our Shawnee location. Tribal members are able to call Ms. Flo Mann, LPN or Ms. Laurie Webber, LPN at (405) 878-5850.

- **Customer Service** line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured that this is the best way to have each situation addressed, with consistent updates from our Health Staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or question pertaining to your case.

- **The AST Anti-Bullying Prevention “HOTLINE”** is (405) 701-7987 during work hours 8-5, M-F, and for added confidentiality or after hours you may contact Mrs. Dara Thorpe at either (405) 701-7992 or via cell (405) 481-0815 to start intervention assistance for tribal youth. If it is an emergency or someone is at risk of harming themselves or others, please contact 911.

- **The Affordable Care Act Decision Tool** continues to be a valuable tool with helping you decide what you need to do for compliance with the act. Please see the ACA tab at the ASTHA Health Program’s Website: http://www.asthealth.org/aca (Please visit our site today to find out what you need to do to protect yourself and your family!)

- **Emergency After Hours Pharmacy**: If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Wal-green locations in Shawnee and Norman. You will need to submit your prescription and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then they shall fill your prescription. You will have a 5-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health approved Walgreen service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, Oklahoma or 615 West Main Street, Norman, Oklahoma.

The Little Axe Health Center Drive-Thru Pharmacy is also available for emergency fills, for tribal members only, from: 5:00 PM to 9:00 PM Monday - Friday, 9:00 AM to 5:00 PM Saturday & Sunday and holidays from 9:00 AM to 5:00 PM excluding Thanksgiving and Christmas.

- **Social Media**: You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.
**Reminder:**

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

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

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**PROBATE MISSION STATEMENT**

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

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

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

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

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**AST FORUM**

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

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

Sherman Tiger
Media Director
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**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

**BRING US YOUR USED MEDICAL EQUIPMENT!!!**

The AST Health System is accepting used durable medical equipment items for re-use. We can shine up that old walker, wheelchair, cane, or CPAP breathing machine and make it serviceable again. Drop off your un-used item(s) at Little Axe or Shawnee Physical Therapy departments.

For more information call: 405. 447.0300 (Little Axe)  405. 878.5850 (Shawnee)
In late December, members of the Executive Committee expressed their desire to terminate the Absentee Shawnee Tribe's relationship with Hobbs, Straus, Dean & Walker, LLP, which has served as the Tribe's Attorney General since the Fall of 2013. Hobbs, Straus would like to thank the Executive Committee and the Tribe’s members for the opportunity to be of service. We were proud to assist the Tribe on various fronts and helped the Tribe achieve some pretty remarkable things:

- **Contract Support Costs settlement**: The Tribe utilized other attorneys for this matter at a rate of $350 an hour who recommended the Tribe settle its claims against the United States for about $4 million. Hobbs, Straus pushed for additional negotiations and the Tribe received a substantially higher settlement offer from the United States that brought the total settlement to approximately $6.6 million, plus interest, totaling nearly $7 million.
- **Ramah settlement**: Hobbs, Straus helped the Tribe navigate the final steps to secure an approximately $2 million payment from the federal government.
- **Hobbs, Straus facilitated and negotiated a tobacco compact with the State of Oklahoma.**
- **Hobbs, Straus** represented the Tribe's interest in the Atoka pipeline right-of-way litigation, revived and facilitated settlement discussions, and negotiated a landmark settlement with the City of Oklahoma City over the Atoka pipeline. Hobbs, Straus is in the process of finalizing this agreement, which will be substantially larger than original discussions that stalled under the Tribe's prior counsel. The settlement will also benefit Tribal members who own land along this right-of-way.
- **Hobbs, Straus helped negotiate an agreement with Sac and Fox Nation to provide juvenile detention services to the Absentee Shawnee Tribe courts.**
- **Hobbs, Straus protected the Tribe from efforts by the City of Shawnee to tax the Tribe.**
- **Hobbs, Straus drafted policies and assisted the TEC board with efforts to end gamesmanship on a number of fronts. One example involved terminating an illegal contract with a gaming vendor, saving the Tribe nearly $2 million. Another example, involved bringing an end to a two-person gaming board, where the board Chairman was also one of the TEC’s highest paid vendors through a contract with his fellow board member/general manager.**
- **Hobbs, Straus created a standard gaming vendor contract template to provide the Tribe with leverage in negotiating gaming agreements for gaming machines.**
- **Hobbs, Straus revised the bylaws for the ASTHA Health Board.**
- **Hobbs, Straus** helped protect tribal members by assisting the Tribe with a Memorandum of Understanding with the Red Cross.
- **Hobbs, Straus developed plans with the Housing Authority for police services.** Additionally, Hobbs, Straus routinely provided other legal services to the Tribe, including: advising the Tribe on several potential new business and land transactions; interacting with federal and state representatives on the Tribe’s behalf; reviewing and negotiating contracts for the Tribe and various departments; drafting, revising and updating the Tribe’s laws, including its Traffic Code, Juvenile Code, Ethics Code, Business Site Leasing Act, and Executive Committee resolutions; advising the Tribe’s gaming commission on licensing, regulatory, and contract matters; assisting and advising other tribal departments on a wide range of issues; prosecuting criminal matters (not involving Executive Committee members); and representing the Tribe in Indian child welfare matters, including the Baby T case, helping secure the return of an Absentee Shawnee child unlawfully removed from Oklahoma for an out-of-state adoption.

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

- There are numerous problems with the Tribe’s existing corporations – both the federal charter and tribal corporation controlling the convenience store. While we gave the Executive Committee extensive and detailed advice on how to resolve these issues, the Executive Committee failed to act.

Hobbs, Straus worked diligently to protect the Tribe’s interests when the Health Clinic debt was refinanced. Primarily, Hobbs, Straus fought against the bank’s efforts to enable it to place a lien on all the Tribe’s assets, including employee retirement account funds, in the event of default – something that was never part of the original financing arrangement with the bank. Hobbs, Straus very publicly fought against the bank’s efforts to obtain a legal opinion from Hobbs, Straus that was adverse to the Tribe and would damage the Tribe’s interests in relation to the bank. The clinic’s management ultimately convinced members of the Executive Committee to act against the Tribe’s best interests and hire Troy Little Axe (who was paid an undisclosed sum) to provide the legal opinion to the bank a year and a half after the transaction closed.

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

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

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

<table>
<thead>
<tr>
<th>YEAR</th>
<th>LEGAL &amp; PROFESSIONAL SERVICES</th>
<th>PAID TO HOBBS, STRAUS</th>
<th>PAID TO SOMEONE ELSE</th>
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<td>2013</td>
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<td>$845,320.45</td>
<td>$1,543,512.55</td>
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To put that into perspective, the nearly $3 million Hobbs, Straus obtained for the Tribe for the IHS contract support cost settlement has offset the amounts paid to our firm several times over. We suggest that the Tribe’s members ask the Executive Committee what lawyers or law firms received the remaining $1,543,512.55 during those years, what services were provided to the Tribe for that money, and what the Tribe’s return for that investment was.

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

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

Despite the improper way our contract was terminated, Hobbs, Straus remains committed to the Tribe and to advancing the interests of good governance, honesty, and leadership over the interests of certain invested individuals. If you wonder why, it is because our firm is solely dedicated to representing tribes and tribal organizations. Unlike several other of the attorneys seeking to replace us, we do not represent private banks and oil companies and gaming developers and the Oklahoma Tax Commission, each of whom oppose the Tribe’s sovereignty. Some of our core principles include providing quality legal service, protecting tribal interests, and remaining steadfast to the rule of law. Our integrity and ethics are of the highest caliber, and our accomplishments on the Tribes’ behalf speak for themselves. It has been an honor to serve you and we look forward to continuing our relationship as the Tribe sees fit.
**Take 3 Actions to Fight the Flu**

**FIGHT FLU**

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

**Influenza**

**Get Yourself and Your Family Vaccinated!**

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

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

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

Learn more: [https://www.cdc.gov/flu/consumer/vaccinations.htm](https://www.cdc.gov/flu/consumer/vaccinations.htm)

**Take Everyday Preventive Actions to Help Stop the Spread of Flu Viruses!**

- Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.
- If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)
- Learn more: [https://www.cdc.gov/flu/consumer/prevention.htm](https://www.cdc.gov/flu/consumer/prevention.htm)

**Take Antiviral Drugs If Your Doctor Prescribes Them!**

If you get the flu, antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

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

Learn more: [https://www.cdc.gov/flu/consumer/treatment.htm](https://www.cdc.gov/flu/consumer/treatment.htm)
Absentee Shawnee Tribal Members with Vision Insurance:

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

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

Absentee Shawnee Tribal Members without Vision Insurance:

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

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

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

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

Additional products/charges outside of the allowed benefit schedule:

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

*No combining of discounts allowed
*Insurance benefits must be exhausted first before discounts can be applied.
*Patient’s co-pay portion cannot be discounted.
Let us help...

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

Come and apply
Starting in May thru September 2016

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

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

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

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

These are brief descriptions of current programs. Program guidelines are available in hard copy at the Education Department office or for download at www.astribe.com.

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

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

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

All applications and guidelines are available at www.astribe.com. Click on Services and select Education.

For more information, please call Tresha Spoon at (405) 275-4030, Ext. 6242 or 1-800-256-3341 or email to tresham@astribe.com.
Colorectal Cancer Screening Saves Lives

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

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

See your doctor and get screened.
If you're over 50, get tested for colorectal cancer. “Now THAT I understand.”

Polyps and colorectal cancer don’t always cause symptoms.

March 2017 Birthdays

Alexander, Jason Thomas
Alford, Michael Jason
Alford, Terry Wayne
Allen, Vanessa Olivia
Anan, Salvatore Westbrook
Anderson, Steven Brian
Annis, Loraine Pearl
Applegate, Richard Allen
Araujo, Bearen Demetrio
Arms, Bruce Edwin
Arns, Drake Jazair
Austine, Desmond Solomon
Barnes, Bravyn Kierra
Barnhill, Rachel Renee
Beaver Jr., Rodney Gene
Bender, Livahna Kyne
Bernard, Carol Jean (Mohawk)
Bertebouvo, Isaac Phillip
Bertebouvo, Tavin Hope
Bittie, Mona Jene
Blanchard II, Larry Dean
Blanchard, Bravyn Nicole
Blanchard, Cecily Ann
Blanchard, Isabel Marie
Blanchard, Joe Henry
Blanchard, Kolton Reecie
Blanchard, Russell Duane
Blanchard, Solomon Grant
Bowden, Rosada Lynn
Bradley, David John
Brady, Dallas Dustin
Brannon, Tkevah Monique
Brinson, Alexander Armando
Brannon, Tkeyah Monique
Brady, Dallas Dustin
Blanchard, Bravyn Nicole
March 2017 Birthdays

Fontenot, Teddy Lynn
Foreman, Henry Jake
Foreman, La Donna Rochelle
Foreman, Merrilee
Forrest, Caroleanne
Frazier, Andee Danielle
Freeman, Retha Ann
French, Jeffrey Martin
Fulcher, Ralee Grace
Garretson, Stephanie Rae
Garretson, Taniasha Marie
Gibson, Calvin Arthur
Gibson, Dylann Scott
Gibson, Isaac Dean
Gibson, Javain Chaunce
Gibson, Johnathan Caine
Gibson, Joshua Lee
Gibson, Phillip Crisa
Gibson, Michael Elise
Grass, Ayvon
Grass, Gavin John
Gravel, Robin Renee
Graves, Casey James
Greeley, Willow Marie Grace
Grover, Michele Renee
Grover, reproduction
Hall, Flavia Collette
Hall, Kayla Collette
Harais, Tricia Marie
Hario, Jacob Lee
Hario, Jimmie Dean
Hario, Sammy
Hario, Shirley Ann
Hario, Zerek Bishop
Haskins, Michael Truett
Herrera Jr., Rudy
Herrera, Richard John
Hilderbrand, Derek Mitchell
Hood, Richard Foster
Hood, Ross Damon
Hodson, Michael Shane
Hubble-Kirschner, Skylor Nacole
Hunt, Lyndon Brandon
Ibarra, Rossalee Brianna Lizzet
Irvin, Catherine Ann
Isaac-Robbins, Shirley Jean
Isaac, Leann Vachon
Johnson, James Mark Joseph
Johnson Jr., Hubert Dana
Johnson Jr., Walter Mack
Johnson Sr., Walter Mack
Johnson, Lula Lynn
Johnson, Pamela
Johnson, Shirley Renee
Johnson, Skylar Wind Dancer
Jones, Dennis Rox
Joudis, Charles Gary
Kamathob, Tiffahn Piaue
Kalekaca, Mhala Ka
Ketakea, Kavia Marie
Khalil Qureshi, Marvam Aishat
Khalil-Quraishi, Sumbiah
Khan, Kevania Shanel
Kickapoo, Collins Christopher
Kirschner, Tobin William
Kiser, Alan Jordan
Landrum, Avery Lynn
Lasenberry, Whitley Sue Mae
Leach, Melissa Louise
Leatherman, Maximus Philip Florentino Antonio
Ledezma II, Roberto Bernal
Lee, Catherine Staces
Lemon, Toni Marie
Leroy, Mary Denise
Lewis, Katlyn Hope Cooksey
Lewis, Quinmon DeWayne
Lindsay, Lila
Little, Annie Robert
Little Ake, Svea Keenan Patrick
Little Charley, Estelena
Little Charley, Gary Dean
Little Creek, Levi Kelly
Little Jim Jr., Webster
Little, Beniamin Ray
Lopez, Keith Claude
Little, Marysa Fay
Little, Micco David
Littlebear, Kensley Sue
Littlebear, Travined Adam
Littlecreek, Jade Marie
Littlecreek, Jeremiah James
Loann, Sadie Michelle
Loan, Priscilla Anna
Lonhorm, Bradley Lucky
Lonhorm, Tommy Dale
Lonhorm, Vaun Marie
Lonorman Jr., Clay Bennie
Lowman, Kay
Mack Jr., Thomas James
Mack, Kameron Wayne
Mack, Ryan Dale
Mahtapene, Charlie Renee
Martinez, Alexee June
Masquis, Taylor Dane
Masquie, Cameron Isaiah
Masques, Robert Lyle
McCaul, Samuel Cole
McDoulett, Karen Susan
McConiel, Peter Roven Rodale
McGuire, Kasi Lynn
McKinney, Mamme Zuri
McLoving, Alexander Charles
McMillen, Destanie Deanne
McMillen, Dawn Michelle Kavlynn
Merrell, Jason Andre
Miller, Louis- Renee Sarah
Miller, Patrick Michael
Miller, Redena Kay (Blanchard)
Minter, Matthew Carl
Mohawk, Billy Gene
Molina, Terry Rachael
Montgomery Jr., Wendall Len
Moore, Joseph Dakota
Moore, Patricia Naomi
Morzan, Katly Lynne
Morton, Ranieka Raine
Morton, Hannah Raine
Morton Jr., Jeremiah James
Morton, Henry James
Morton Jr., Steven Ray
Moseley, Brandy Ann
Mowders, Morrison Ryan
Meyer, ShyAnn Claire
Munson, Taylor Daniel
Nakamoto, Lisa Marie
Norton Jr., Jeremiah James
Norris, Gabe Louie
Notaro, Seth Alan James
Nuamveld, Vickie Lynn
Osbun, Bryant Kent
Oswald, Victor Shane
Owens, Kari Lynn
Patterson, Austin John
Peaston, Alexander R S
Pickerin, Gertrude B Spivuck
Powell, Alice Kave
Powell, Terry Shane
Price, Judith Ann
Puckett, Steven Ray
Rainey, Katherine Lydia Warrior
Raines, Raisa Janelle James
Rakewski, Corbin Lee
Raspicio, Lucas Antonio
Rex, Suzzy Jean
Reyes Jr., Jose Ysmael
Richard, Eroxion Joe
Richey, Gunner Wayne
Richey, Jacob Brian
Roach, Dustin Michael
Roach, Dylan Lane
Robbins, Joshua Dale
Robinson Jr., Richard Dion
Robinson, Jack Alan
Roullete Jr., Larry James
Rojeta, Seth Alan James
Ruimveld, Vickie Lynn
Rusnaboe, Bryant Kent
Ryan, Ryder Lazaro
Sanchez, James Andrew
Scott, Denise Renee
Self, April Jennell
Self, Halle Tarmarie
Sevier, Jennifer Michelle
Sloan, James B.
Sloat, Athena Karra
Sloat, Christina Sue
Smith, Courtnee Renee
Smith, Daleanee Lee
Snoopy, Robert Wayne
Snoopy, Sherrin Dwayne
Sprigg, Dakota Paul
Square, Jerry Wayne
Squier, Amanda Sue
Stephenson, Perlon Nicholas
Stirk, Dylan James
Sutton, Alexson Jacob
Sutton, Elisel Dawn
Sutton, Mason Riley
Sutton, Virginia Lee
Swig, Bailey Andrew
Swig, Brian Andrew
Swig, Luke David
Swig, Will David
Swift, John Andrew
Terry, John Andrew
Terry, Mariah Andrew
Terry, Rodi Lalonde
Thapa, Mira
Thapa, Sonya Shree
Tigges, Matthew Isaiah
Tiger, Jessica Marie
Tiger, Scott Alan
Thapa, Sonia Shree
Thompson, Bilge Darian
Thompson, Brandean Jan
Thor, Hannah West
Thor, Kimberly Clarice
Thorpe, Braden
Thorpe, Bryant
Thorpe, Matthew
Toca, Kelly Amanda
Tucker, Brian O’Neal
Tucker, Keely Marie
Turner, Monica Francesca
Turner, Terry Joseph
Vanliew, Naomi Maye
Villalobos, Lena Lou
Walker, Moranz Blylee
Walker, Vera N
Wallace, Christopher James
Wallace, Aubree Michelle
Wallace, Brian Jeffrey
Wallace, Shawna Koeez
Walski, Melvshah Raven
Watson, Bravenna Renee Louise
Watson, Shantina Renee
Watson, Martha Ruth (Tiger)
West, Julee Dawn
West,ńskie Jerzy
Wijbs, Todd David
Wiglesworth, Daniel Kenneth
Westberry, Casey LyDale
Westberry, Havlan Morean
White, Thunder, Shelsie Mae
White, Calvin Lee
White, Raevinn
William, Bruce Cameron
Williams, Cody Grant
Williams, John Kaleen
Williams, Kacee Bralyn
Williams, Mark Henry
Williams, Matthew James
Williams, Tara Renee
Wilson, Patti Lynn
Wilson, William James Wayne
Winter, Winter Patrick
Witt, Adam Wayne
Wolf, Brune Andrew
Wolfe, Leonard Wayne
Woods, Kathy Lynn
Wright, Tasha Lakuntza
Xavier, Shalane
Yates, Kylee Anne
Yeary, Mark
Zinn, Jennifer Coleman
Creep,
Happy Belated Birthday to my Awesome kinda
Sister!! I Love you more than you know!!
Love the Baby/Sister,
Sherrie

HAPPY HAPPY BIRTHDAY!
TO MY BABY DAUGHTER
SHERRIE DAWN SPOON
I LOVE YOU,
MOM

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

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

HAPPY LATE BIRTHDAY
TO OUR AUNT BARBARA !!!!
YOU’RE SO VERY FUN TO BE AROUND WHEN YOU HANG OUT
WITH US!!
LOVE,
JOPLIN, JILIYAN & JUSTIN

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

Justin
Happy Happy Birthday
Justin Tyler Spoon
I Love you bunches & bunches
Lots of Love,
Your Granny
HAPPy Tewnty FouRth BIRTHDAY
Shelsie White Thunder
From, Mom, Dad, Sheldon, Shelby, Bryson, Mowgli & Hambuga

HAPPy BIRTHDAY
Chelle Foreman
I wish you a wonderful day
Love, Aunt Rhonda

HAPPy BIRTHDAY
Rikki Blanchard & Leland Blanchard
From, the entire family

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

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

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

Vikki D,
Happy Birthday Cousin!!!
Hope it’s a great one!!
Love,
Sherrie D

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

HAPPY BIRTHDAY
Mom (Sherrie)
From all your wonderful, sweet, loving, kind, joyful kids!!
You mean the whole world to us!!

Love Always,
Joplin D., Jiliyan J., Justin T. & Harvey R.

IF YOU’D LIKE TO SUBMIT AN AD OR ARTICLE:
Give us a call at (405) 598-1279 or (405) 481-0558 or send us an e-mail to stiger@astribe.com

ALL ARTICLES FOR THE NEXT MONTH’S ISSUE ARE DUE BY THE 15TH OF THE CURRENT MONTH. UNFORTUNATELY, WE CAN ONLY ACCEPT ONE PICTURE PER BIRTHDAY PERSON, NOT PER BIRTHDAY WISH.
The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.

**AST Diabetes and Wellness Program**

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

The AST Resource Center fitness room hours are:
- Monday-Friday: 6:00am - 9:00pm
- Saturday: 9:00am - 3:00pm
- Sunday: CLOSED

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

Chrissy Wiens  
Physical Activities Specialist

Brandon Goodman  
Fitness Technician

McKenna Watson  
Fitness Technician

AST Diabetes and Wellness Program

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<table>
<thead>
<tr>
<th>MONDAY</th>
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<td><strong>CLASSES</strong></td>
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| Zumba Fitness  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Strength Circuit  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Cardio Kickboxing  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Strength Circuit  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Zumba Fitness  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center |
| Core 'N More  
12:00 p.m.-12:45 p.m.  
Chrissy Wiens  
LITTLE AXE HEALTH FACILITY | \(\text{---}\) | \(\text{---}\) | \(\text{---}\) | \(\text{---}\) |
| Strength Circuit  
5:45 p.m.-6:30 p.m.  
Buster Bread  
Little Axe Resource Center | Aerobic Circuit  
5:45 p.m.-6:30 p.m.  
Buster Bread  
Little Axe Resource Center | \(\text{---}\) | \(\text{---}\) | \(\text{---}\) |
| \(\text{---}\) | \(\text{---}\) | \(\text{---}\) | \(\text{---}\) | \(\text{---}\) |

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

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

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

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

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

Absentee Shawnee Fitness

Diabetes and Wellness
To my fellow tribal members,

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

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

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

First, our government. Our present form of government is (1) handicapped by constitutional limitations, (2) affected by problems with the structure under which our current government operates, and (3) beset with leadership and communication difficulties. Although there are several examples we all could point out as major constitutional handicaps we all seem to agree that both the executive and legislative functions of our government are combined into one in the form of the Executive Committee (EC); resulting in a weak check and balance system. As for an example of a problem with our governmental structure the current set up is whereby the Tribe’s departments and programs are divvied up among each EC member who in turn is responsible for their strategic direction. The resulting impact of this arrangement is no collective agreement on a mission-oriented direction for the Tribe and in most cases EC members also having assumed day-to-day decision making authority over the departments and programs under them; which adversely affects our Tribe. As for leadership and communication; it’s weak. Possible solutions are perhaps we should revive the committee that was created to make recommendations to amend our Constitution to make it more effective and efficient. Next, it’s imperative that we restructure how our government operates. An EC member by virtue their elected position within the Tribe should be one of a strategic decision maker; not one of a mid- or low-level decision maker. Finally, we need someone who understands the leadership role of the governor and possesses the communications skills to lead.

Second, economic development. Presently, our economic development is practically non-existent in some respects. Our current situation presents a tremendous challenge for the elected Governor, the EC, and our Tribe to fund our short-term needs but more importantly our long-term goals. I’ve heard some good economic development ideas. Some viable, some not. Some with a short-term horizon in mind, while others with a long-term horizon. We need to explore all alternatives and think “out of the box” when moving forward on economic development.

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

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

Warm regards,
Phillip S. Ellis

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Re-Elect Edwina Butler-Wolfe for AST Governor

My name is Beverly Edwina Butler-Wolfe. I am a proud citizen of the Absentee Shawnee Tribe and was elected to serve as your Governor in July of 2013. My educational efforts began at Dale High School and afterwards I attended Seminol State Jr. College, Rose State Jr. College, St. Gregory’s and Oklahoma Baptist University in Shawnee. Being the youngest of seven sisters I knew being employed was not an option, but a way of life, and so I began working in my early teens. I have always believed that one’s work can be a true illustration of one’s character through commitment and the work product they complete. Since I began in 2013 one of my primary focuses has been on educational reform and curriculum advancement in the state of Oklahoma and in our community. I am pleased to say we made a number of advancements on mascots, school names and culturally specific educational curriculums. I have been fortunate to serve on national educational panels and after graduating I took courses at Seminol State Jr. College, Rose State Jr. College, St. Gregory’s and Oklahoma Baptist University in Shawnee. My prior work experience of 15 years in the local school system has served me well in this respect. For over 28 years I have been fortunate to serve on multiple advisory, planning, and educational committees and boards. I am a strong advocate for health and fitness and continue to actively participate in local and state sports and am a staunch ‘THUNDER’ supporter. I enjoy assisting with or coaching youth basketball, softball, track and volleyball. My grandson, Landon, is an amazing swimmer and I attend as many of his meets as time allows for. My husband, Leonard Wolfe, an Absentee Shawnee tribal member, is both a dedicated husband and dedicated Manager at our local Walmart in Shawnee. My adult son, Josh, an enrolled AST, is a continued blessing to me, as he works for our tribe and is committed to family.

MY CHALLENGES

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

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

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

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

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

(Continued on next page)
from under the oversight of myself and the tribe and *Health Corporations* – this year the Lt. Governor sponsored the action that moved the health system from under the oversight of myself and the tribe and placed two EC as LIASIONS. I am troubled by this action as these actions do not align with established ASTHA health board by-laws. I do NOT believe as a self-governance tribe we should remove oversight of one of our major funding streams operated by a non-AST Executive Director through a Board that is primarily non-AST. We need to correct this action and ensure all tribal expenditures are approved by the tribe.

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

**JOHN SOAP FOR OFFICE OF THE GOVERNOR**

Now that you may more know about me it is time to write about my platform and ideas. The first order of business will be to develop a strategic plan for the future of our tribe and we need to look ahead not just to the next 2 years, we need to look ahead the next 20 years. It is hard to prioritize our needs, that’s why we do risk and needs assessments to develop a strategic plan. We must have a mission! I will say these are not promises because historically we have not had good teamwork in our leadership. My campaign slogan is “Teamwork in Leadership!!! I fully believe these ideas can come to fruition if we work together as a tribe.

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

- **AST Health Systems:** Our health system is the best thing we have going for our tribe and it is a business that is unlimited to how much it can grow. With ASED A we could open specialty clinics and have Rheumatologist, Nephrologist, Hematologist, Oncology Specialists, Diabetic shoe store, Dialysis center, etc... because we have already proven to really good doctors that the Absentee Shawnee Tribe is a good place to practice. It is a lot of work and headache to work for yourself in the medical field, besides being a provider you have to be a businessman. We could be the businessmen and they can be the provider.

- **Education:** Our education department has been another bright spot, especially with the work they do for higher education. The idea for a Native American charter school has been discussed in Shawnee because we have so many Native American students in our schools in this area. There was a law passed for Indians in Oklahoma to build charter schools. Population guidelines will let schools be built on public lands in OKC and Tulsa but in less populated areas of the state they can only be built on trust lands. So, that is more reason for us to get land put in trust. We can make this happen!

- **Judicial System:** Our Tribal court does not have teeth! Punitive sanctions are almost impossible to enforce!!! People don’t pay fines, don’t do community service, and many times don’t even show up to court. Our police are the ones handcuffed because they don’t have the resources to enforce the law to the full extent of their capabilities. We need to build a new Absentee Shawnee Tribal Justice Center that can serve as a one stop shop for our Court, police headquarters, probation services, substance abuse counseling, ICW, domestic violence, and election commission. We could also build a jail next door; yes, I said jail. We need to take the handcuffs off our law enforcement and make this a self-sufficient enterprise.

- **Constitution:** Must be revised!

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

Respectfully, John Soap

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**ATHEDA W. FLETCHER FOR TRIBAL SECRETARY**

Dear Absentee Tribal Members:

I have been actively campaigning for the Tribal Secretary position and have been fortunate to have met so many Tribal Members. This experience has been very rewarding. I have talked with Tribal Members and have gained valuable insight into many of their concerns. There can never be too much communication when working towards a common goal. I value each and every Tribal Member’s ideas, suggestions and comments. I believe that your input can help the Leaders in their decision-making for what programs are needed and what current programs are not meeting Tribal needs.

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

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

As I have said previously, our Tribe has come to a critical crossroad. I want to help make a difference. I want to secure the future for all of our Tribal Members. Never has it been more important to elect a person who can represent your voice; someone who is willing to act in the Tribe’s best interest to protect our services and assets. I believe that I am capable of meeting the challenge.

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

Thank You,

Athed Edwards-Fletcher
FRIDAY NIGHT
MARCH 17TH

$1 ADULTS
$.50 KIDS
PER CARD

HORSE SHOE BEND
COMMUNITY BUILDING
46309 GARRETT'S LAKE ROAD
SHAWNEE, OK 74801

START
6:30PM
FINISH
9:00PM

WHITE TURKEY BAND
BINGO
RAFFLES CAKEWALK PRIZES

Little Axe Community Center
Food Pantry

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

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

Phone number (405) 292-9770
Fast Facts
Children under the age of five are twice as likely to die in a home fire than the rest of the population, and child-playing fires are the leading cause of fire deaths among preschoolers.

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

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

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

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

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

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

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

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

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

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

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

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

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


http://www.fema.gov/mobile-app

Contact information:
Emergency Management Coordinator can be reached at the Tribal Police Department 405-275-3200, cell phone number 405-740-1562, and at this email address: ldav@astribe.com

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<tr>
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<td><strong>SHERIFF</strong></td>
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<td><strong>1-800-522-6870</strong></td>
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<td><strong>CANADIAN VALLEY</strong></td>
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<td><strong>DEPT. OF ENVIRONMENTAL QUALITY</strong></td>
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<td><strong>HIGHWAY PATROL</strong></td>
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Birthday & Graduation Dance
In Honor Of
Shelsie Mae White Thunder
“HiKiWiNiKis” “Nakomenoh”

April 15, 2017
Thunderbird Casino Event Center
(Norman, OK)
Gourd Dance @ 3pm
Supper Break @ 5pm
Dance to Follow

HEAD STAFF
MC: Billy Youngbird
HS: Charles “Neka” Logan
HMD: Deion Henry
HLD: Courtney Cozad Plumley
Honored Grandparent’s: Kenneth and Serena Daugherty
Honored College Graduate: Devin Leitka (HINU)
Honored High School Graduate: Macklyn Leitka (LAHS)
Co-Host: Comanche Little Ponies
AD’s: John Soap

Special Contest
Woman’s 18 & UP Buckskin and Cloth Combined
1st $300 2nd $200 3rd $100
2 Consolation Places of $50 each
In Honor of Shelsie Mae White Thunder

Men’s 18 & UP Grass and Chicken Combined
WINNER TAKE ALL
In Honor of Devin and Macklyn Leitka

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

***Family is NOT responsible for ANY thefts or accidents. NO drugs or alcohol allowed***
March is Colorectal Cancer Awareness Month

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

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

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

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

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

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

Flu activity rising in U.S.

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

Symptoms of the flu include:

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

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

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

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

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

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

Your health is our first order.

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

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

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

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

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

Extended Hours Drive-thru:
Mon – Fri 5:30 p.m. to 9 p.m.
Sat – Sun 9 a.m. to 9 p.m.
Holidays 9 a.m. to 5 p.m.
(excluding Thanksgiving & Christmas)

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

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

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

Extended Hours:
Mon – Fri 5 p.m. to 9 p.m.
Sat 9 a.m. to 5 p.m.
Closed Sundays & Holidays

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

24-HOUR EMERGENCY PHARMACY ACCESS

If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Walgreens locations in Shawnee and Norman. You will need to submit your prescription, and it is mandatory to identify yourself with your AST CDB 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.

BEHAVIORAL HEALTH SERVICES

A guiding hand on your shoulder.

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

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

BEHAVIORAL HEALTH
Rolanda Smith 405.701.7987

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

BEHAVIORAL HEALTH
Rebecca Cooper 405.878.4716
Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children need them to be. Our children are our future, what will we have our future be? Absentee Shawnee Tribal Child Welfare 405-878-4702 (ext. 133)

What is a Foster Care Worker?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

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

In order to receive payment, all the above must be completed and turned in to the state. Once processed, state payment will be issued.

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

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

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

Contact information:

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

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

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

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

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

If your home is under the management of any housing authority and has not been paid off, you do not qualify for assistance. Applications for this program are available online at www.astribe.com and at the OEH&E building.
ATTENTION PARENTS!!!

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

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

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

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

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

If you would like more information regarding our programs or to apply, please contact:
Shawnee Main Office: Enrollment Manager - Shawnee Center: Center Supervisor - Sherry Marsh (405) 275-4870 Stacey Osborne (405) 878-5820
1335 N McKinley, Shawnee 74801
1533 N McKinley, Shawnee 74801
sherrym@ctsaheadstart.org

Cushing Center: Center Supervisor - Wava Anderson (918) 225-1029
111 W Vine, Cushing 74023
516 Iowa St., Norman 73069

Norman Center: Center Supervisor - Amy Porter (405) 447-0381
1335 N McKinley, Shawnee 74801

Health/Mental Health/Disabilities Manager - Melanie Williams (405) 275-4870
1335 N McKinley, Shawnee 74801

Families Must Live in the Following Counties:
POTTAWATOMIE, PAYNE, LINCOLN, & CLEVELAND

Native American Program (All Accepted)
Office of Environmental Health
Brownfield Response Program

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

Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

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

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

Absentee Shawnee Tribe
Brownfield Response Program
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 214-4235
AST.Environmental.Programs@astribe.com

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

www.facebook.com/ast.environmental.programs
DO YOU HAVE HEADACHES AT THE TOP OF YOUR NECK?

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

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

Be proactive and stay healthy!

Toni Donahoo, DPT Physical Therapist

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

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

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

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

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

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

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

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

TOTALLY ADDICTED
JOIN US AND #UNFOLLOWTHECROWD

WWW.MYDNA.ROCKS

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

MY DNA
DRUG-FREE NATIVE AMERICA

AMHS
HEALTH SYSTEM
SPHOB
SAMHSA
How to burn off 1 pound a week?

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

**Tips:**

**How Many Calories Do I burn Walking 1 Mile?**

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<th>Speed/Pounds</th>
<th>100lb</th>
<th>120lb</th>
<th>140lb</th>
<th>160lb</th>
<th>180lb</th>
<th>200lb</th>
<th>220lb</th>
<th>250lb</th>
<th>275lb</th>
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<tr>
<td>2.0mph</td>
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<td>68</td>
<td>80</td>
<td>91</td>
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<td>170</td>
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<tr>
<td>2.5mph</td>
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<td>87</td>
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<td>120</td>
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Pedometers are a great invention that makes it so much easier to keep track of your exercise regimen and understand the amount of exercise you are doing.

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

**How to build muscle at a desk?**

**8 EXERCISES YOU CAN DO AT WORK**

1. **THIGH STRETCHES**
   - Sit on right side of chair and pull your right ankle up toward the bottom of the seat. Switch sides.

2. **SHOULDER SHRUGS**
   - Pull your shoulders as high as you can and roll them forward. Do 10 reps forward and 10 reps backward.

3. **LEG SQUATS**
   - Stand in front of your chair and repeat the act of sitting down without actually touching the chair. Do 10 reps in a set and complete three 3 rep sets a day.

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

5. **DESK PUSHUPS**
   - Lean against your desk and push your body away. Do 10 reps in a set and complete 3 sets a day.

6. **LOWER-BODY LIFTS**
   - Sitting upright in your chair, stretch one leg straight out and lock it 10 seconds. Repeat 5 times with both legs.

7. **CUBICLE WALL-SITS**
   - Lean your back perfectly against your cubicle wall and lower yourself into an incipient chair. Hold for 15 to 30 seconds.

8. **CHAIR PICK-UPS**
   - Face your chair and bend at the waist to grab the top of the chair. Keep your spine tight and your arms slightly bent. With your back flat slowly lift the chair 20 reps and complete 2 sets a day.
1. CHS for a currently enrolled AST member who resides in the defined catchment area and needs emergent or urgent care.

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

   6. An appointment will be scheduled, and a COB will be sent to the provider.

   7. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.

   8. Inform provider/health facility that AST CHS is a secondary payer/payer of last resort.

   9. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

   10. CHS will not be paid if bills are not submitted to CHS within 72 hours after your ER visit. Notification does not assure authorization of payment. If you do not notify CHS within 72 hours, your bills will not be paid.

For new AST tribal members, to become established as an AST member, please make an appointment to see the New Patient Coordinator/PBA at the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

EASY ACCESS
Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.
8:00 a.m. – 5:00 p.m., Monday – Friday
Closed on Holidays
All facilities closed the first Wednesday of the month from Noon to 5pm.

IMPACT CONTACTS
BILLING & PAYMENT INQUIRIES
Little Axe Health Center & Shawnee Clinic
Glendine Blanchard, CHS Coordinator
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Kareena Deere, CH Technician/Medical Records

REFERRAL MANAGEMENT
Little Axe Health Center
Debi Sloat, CHS Coordinator/RN
Sharon Littlecreek, Patient Care Manager/LPN
Jayne Werst, CH Specialist, Medicaid Patients
Kelly Armstrong, CH Specialist, IHS Patients/LPN
Jennifer Wells, CH Technician
Melinda Ferrell, PBA, Dental Referrals

Little Axe Health Center CHS
405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

SHAWNEE CLINIC CHS
405.878.5850 (Primary)
405.878.4702 (Secondary)
History:
The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians since 1994, and transition services to students since 2009. Our goal is to develop and provide specialized services to American Indian students with a disability. We want to help these students that are making a transition from high school to work or who are seeking post-secondary education.

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

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

Counties We Serve:
Kay, Noble, Pawnee, Payne, Pottawatomie, Lincoln, and Logan

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

Contact: Christa McClellan
Phone: 405-547-3721
Toll Free: 1-888-336-4692
E-mail: cmcclellan@iowanation.org

Iowa Tribe of Oklahoma
Vocational Rehabilitation Program

WE ARE ON THE INTERNET: www.bahkhoje.com
Here for you, now more than ever.

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

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

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

SHAWNEE CLINIC
HOURS OF OPERATION:
9 a.m. - 9 p.m. Monday - Friday
9 a.m. - 5 p.m. Saturday - Sunday
9 a.m. - 5 p.m. Holidays
(except Thanksgiving & Christmas)

SHAWNEE TRIBAL HEALTH AUTHORITY, INC.
2029 South Gordon Cooper Drive 1 Shawnee, OK 74801
405.878.5850 or 1.877.878.4702 (TOLL-FREE)

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

PLUSCARE
HOURS OF OPERATION:
9 a.m. - 9 p.m. Monday - Friday
9 a.m. - 5 p.m. Saturday - Sunday
9 a.m. - 5 p.m. Holidays
(except Thanksgiving & Christmas)

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

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

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

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

WWW.ASTHEALTH.ORG
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**SHAWNEE DEPARTMENT EXTENSIONS (405) 275-3970**

**THE ABSENTEE SHAWNEE TRIBE**

**2016 COCA-COLA COOPERATIVE**

**SHAWNEE, OK 74074**

**ST. PATRICK’S DAY**

**Volume 28 No. 3 March 2017**

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