

The Absentee Shawnee

News

"Among the Shawnee"

www.atribe.com

-Election News-

Inside this issue...

Executive Committee Reports 2-7

Free Tax Preparations 6

Elders Report 8

Employee of the Month . . . 9

Education Department . . . 10

YTD Tax Collections 11

Health News 12-15

February Birthdays . . . 16-17

Thunderbird Casino 19

Horseshoe Bend 24-25

Title VI Menu 22-23

In a joint meeting, on January, 24, 2012, between the Executive Committee, the Election Commission and the potential candidates of the upcoming election, a decision was made that the Primary Election on March 17, 2012 will not be held this year.

This decision was made because there were no more than two (2) candidates running for the positions due for election this year. All candidates were advanced to the June Run-off Election which will be held on Saturday, June 16, 2012, **as required by the AST Constitution.**

This is the first time since 1996, when the enactment of the two (2) election processes began, that this has occurred. This is history in the making.

Please remember to come out and vote!

FROM THE ELECTION COMMISSION:

The following people have filed for elective office:

EXECUTIVE COMMITTEE

Lt. Governor

Isaac Gibson, Jr. (Unopposed)

Treasurer

Kathy Deere
Alicia Engler

Representative

Jeffrey Gibson
Diane Ponkilla

ELECTION COMMISSION

Deputy Commissioner

Augustine Johnson
Cynthia Carpenter

Commission Member #1

Shirley Adkins (unopposed)



City of Shawnee Painted Horse Project

Absentee Shawnee Tribe of Oklahoma

Artist is Jerry Haney

Executive Committee



GEORGE BLANCHARD
GOVERNOR



ISSAC GIBSON
LT. GOVERNOR



TERI REED
SECRETARY



KATHY DEERE
TREASURER



JEFFREY GIBSON
REPRESENTATIVE

Governor's Corner

Greetings fellow Tribal members.

All of us at Tribal Headquarters hope everyone had a happy and safe New Year.

As you will see from the other Executive Committee reports, this has been a very busy start to the new year for all of us. We all think we're doing some good things for you, the Tribal members with the resources available to us and we all hope to improve on all services this new year, 2012. I'll be more able to give you all a projection on projects for this year after all budgets are complete, and notification of funding is available. Rest assured, that we, the Executive Committee are committed to moving our Tribe forward in regards to economic viability as well as increasing the services to you all. As some of you may be aware, I had some knee surgery on Jan. 24, 2012. I want to thank the other Executive Committee members for taking up the slack created when I had to miss a few days. I missed an Executive Committee meeting during this time, and the other members of the Executive Committee did an excellent job, made good decisions, and I want to give them all a special thanks for a job well done.

George Blanchard, Governor

Lt. Governor's Report

Greetings Tribal Members,

I hope that the New Year has started off prosperous and beneficial for all. My report this month will be limited, as we are trying to wrap up our year end projects to help our Finance Department closeout our expense's before we begin on projects for the New Year.

My office is continually monitoring the programs that we have oversight of to make sure that the best quality of services is being provided to you. With that, I want to remind you that my door is always open or you can call to talk or leave a message. I try my best to get back with everyone and return your phone calls. If I'm not available, please feel free to leave a message with my staff, Clarice Murdock or Andy Warrior, they are there to assist if possible.

One project that was recently completed that I would like to mention was the parking lot at our Brendle Corner Facility. The project was awarded to and completed by Silver Star Construction. The asphalt parking lot and lights add a new appearance to the facility. We hope that this is the first of some changes and renovations we could do to the facility.

A reminder to all, we still have the Residential Bug Spraying Program available to tribal members. Preference will be given to elders first. The application can be picked up here at the tribal office. Contact Andy Warrior if you have any questions.

Again, I hope the efforts of my office and my departments will be beneficial to all. I would like to commend all my staff and the employees of the tribe for the dedication and commitment they provide to our tribe. Thank you.

SHAWNEE WORDS

1. Arrow
he la ni le
2. Bow
he la ni qe
3. Gun
ma ta qi
4. Smoke
le wi ta
5. Cane
hi pi te to wi
6. Stick(s)
hi pi sa
7. Hat
pa ti ke ko wa
8. Gourd
se se qi
9. Whistle
qi se qa sa
10. Rattle
ho li le wa ni
11. Shake
mi le li ta ni
12. Roll
ta ta pa ni

SHAWNEE ALPHABET

PI	PA	PE	PO
bah	bay (spelling)	bee (pronunciation)	bo
FI	FA	FE	FO
thah	thay (F has a TH sound)	thee (as in thump)	tho
SI	SA	SE	SO
sah	say	see	so
NI	NA	NE	NO
nah	nay	nee	no
MI	MA	ME	MO
mah	may	mee	mo
KI	KA	KE	KO
kah	kay	kee	ko
WI	WA	WE	WO
wah	way	wee	wo
TI	TA	TE	TO
tah	tay	tee	toe
GI	GA	GE	GO
jah	jay (G has a "J" sound)	jee	jo
LI	LA	LE	LO
lah	lay	lee	lo
HI	HA	HE	HO
hah	hay	hee	ho
YI	YA	YE	YO
yah	yay	yee	yo
QI	QA	QE	QO
qah	qay	qee	qo

Secretary's Report

Greeting Tribal Members:

I am excited to announce that our Website Design Committee has launched the new website. This committee has been working on redesigning the website (www.astribec.com) for the past few months with the objective of building a very professional appearance, with updated and pertinent information that is easy to understand, and is easy to navigate through. We solicited feedback from employees and tribal members to get us started in the right direction. We also analyzed websites of other tribes, large businesses, and corporations to determine the design elements and menu options that we wanted to incorporate into our new website. And lastly, we wanted to add design elements that have meaning to our tribal people.

The before and after pictures below showcase the changes that were made to the basic design of the website. We featured pictures of Tecumseh and his brother, Tenskawatawa, in the banner picture because their image is well known to tribal members with Tecumseh being noted as a charismatic leader of the Shawnee people who was once described as "one of those uncommon geniuses which spring up occasionally to produce revolutions". We also wanted to depict the importance of nature and our AST

logo in the banner along with representation of the clans that are used today. The phrase "Honoring Our Past – Building Our Future" represents an important aspect of our people as we unite to improve our future while remembering our past. The before and after pictures are only representations of the actual website. We invite you to visit the website at www.astribec.com and let us know what you think of the new format. We plan to continue with other enhancements in the coming weeks and appreciate your ideas and input as we continue to refine our online presence. Suggestions can be emailed to: website@astribec.com.

The Website Design Committee consists of our talented MIS department who are responsible for the maintenance and upkeep of the website, Rico Coon (MIS Director), Michael Berry, and Travis O'Dell, along with Becky Prewett (Procurement), Faustina Blanchard (Media) and myself. I would like to thank the committee members for their hard work, ideas, and determination in improving the website, and for a job well done.

In last month's newsletter I reported on the Obama administration efforts to improve Native American relations with his annual conferences and initiatives. He has primarily focused on the areas of the health care improvement act, and the settlement of the class-action Cobell lawsuit over the federal government's mismanagement of royalties for oil, gas, timber and grazing leases.

In December, Obama announced the signing of an executive order establishing a White House initiative on American Indian and Alaska native education. The mission of the Initiative is to help expand educational opportunities and improve educational outcomes for all American Indian students, including opportunities to learn their Native languages, cultures, and histories as well as receive complete and competitive educations that prepare them for college, careers, and productive and satisfying lives. To accomplish this, the U.S. Department of Education and the Department of the Interior are tasked with developing a Memorandum of Understanding (MOU) by March 24, 2012 to address how this mission will be carried out.

A White House round table discussion for Oklahoma Tribal Leaders and educators was conducted in Norman on January 23rd to gather information for this MOU. This was the second of four events that were scheduled across the nation. I was able to attend as a Tribal leader for the Absentee Shawnee Tribe along with Kathy Deere (Treasurer), Tresha Spoon (Education Director), and Meredith Wahpekeche (Title VII). There were many tribes present at this event and we were able to express our ideas and opinions on the status of Indian education. William Mendoza (Oglala and Siscangu Lakota), the director of the new White House Initiative led the discussion. He said the roundtable meetings were organized to gather tribal and community leaders' in-

put and identify the most effective strategies for improving education. Insights shared at these meetings will directly influence the contents of the Memorandum of Understanding and the general facilitation of the policy. Most of the input at this meeting centered around continued and improved funding for existing and new programs, the problems of graduation rates, instilling pride in our native American students, libraries, being able to monitor/track the progress of our students, and training programs for parents and educators. This was a great opportunity to share our ideas and it will be interesting to see how the Obama administration uses this input in shaping improvements for Native American education in the future.

In the meantime, we have two scholarship awards that have been introduced from our Education Department that are geared to helping high school students prepare for higher education. They are:

1. Big Jim Academic Achievement Award (deadline 3/1/12)
2. Big Jim Athlete of the Year Award (deadline 3/1/12)

Information about these new scholarships/awards is included elsewhere in this newsletter and on the website. You can contact Tresha Spoon in the Education Department for more information on these scholarships and awards.

Teri Reed – Secretary
teri@astribec.com
 405-275-4030 Ext 104



Old Webpage



New Webpage

Treasurer's Report

Greetings Tribal Members,

Happy Valentine's Day, be sure and tell your sweetheart you are thankful to have them in your life! Election time is upon us again! Election Day will be Saturday, June 16, 2012. Executive Committee and Election Commission jointly met together and decided there was no need for Primary Election in March. As required by AST Constitution, to have the June Election since there were no more than two (2) candidates in any position up for election. I have filed for re-election as Treasurer; I hope to count on your vote again!

We still want to continue toward progression in the areas of economic development, educating our tribal members, and services for the tribal members.

- ASED A Board Monthly meeting, as Ad Hoc non-voting member
- Executive Committee had a regular scheduled meeting and Special Executive Committee Meeting. See Resolutions Page.
- Congratulations to Executive Committee's Employee of Month January Winner, Johnnie Hagan.
- Attending the Health Advisory Board and LiSiWiNwi meetings, as Ad Hoc non-voting member
- Monthly Redstone Investment meeting. We have an excellent investor advisor, who continually keeps the committee updated on all the tribe's investments.
- Attended Tribal Leader Education Roundtable, Embassy Suites, Norman, Ok, along with Secretary Reed, Tresha Spoon, and Meredith Wahpekeche. This was organized though the Secretary of Education Duncan and Secretary of Interior Salazar regarding President Obama's Executive Order 13592 establishing the White House Initiative's strategic efforts to engage tribal and community leaders, Indian education stakeholders, and the public on the development of the MOU and Tribal Leaders' Education Task Force. The mission

of the Initiative is to help expand educational opportunities and improve educational outcomes for all American Indian and Alaska Native (AI/AN) students, including opportunities to learn their Native languages, cultures, and histories as well as receive complete and competitive educations that prepare them for college, careers, and productive and satisfying lives. Several tribal leaders were in attendance as well as Indian educators throughout Oklahoma. Your tribe was well represented.

- Met with Native American Fund Advisors (NAFA), LLC, Tulsa, OK firm registered with United States Securities and Exchange Commission (SEC). Discussed opportunities with a Native-owned investment management firm who has been in business since 1996, offering bond and equity portfolio management for tribal governments.
- Auditors are on site for the 2011 audit. We expect to complete the audit in May 2012. All the Tribe's entities will be audited first and those will roll up into the Tribe's Government wide financials; (ASEDA; ASED A Fleet, AST Counseling Services, Store, Harrah Smoke Shop; and Restaurant: AllNations Bank; and Thunderbird Casino's Locations 1 & 2). The Audit will include the MD&A (Management Discussion and Analysis). The MD&A report is an informative report within the 2011 Audit; which is a brief review and explanation of the Audit. We expect to get another good "Audit for 2012".
- I would like to thank the students at Jefferson Elementary School for their drawings they made for me. It was very thoughtful and I appreciate them for doing these drawings for me.
- Also, would like to thank Mr. Steven Snake for his drawing and Jennie Mohawk. It is much appreciated with the encouraging words.

FUTURE GOALS FOR 2012:

- Being your elected official, I want to continue to have accountability, communication, working re-

lationships that foster leadership development, implementing new programs and strategic planning for 2012.

- Continue to search for grants that can advance economic activity and create jobs within the tribal communities through our business arm Absentee Shawnee Economic Development (ASEDA).
- Continue to have clean audits. For the past three years, we have been given clean audits and my goal is to continue this into 2012.
- Continue to work with Finance Department to continue to increase revenue and reduce expenditures, but not hinder tribal member services.
- Year 2012 looks to be a continued progression for our tribe and the tribal members.

Sincere appreciation goes out to the ladies of the Finance Department and the Controller, Belinda Collins, as they daily continue the never ending processes for the financial side of the Absentee Shawnee Tribe. Without their tireless dedication and commitment we could not keep the financial transactions processes flowing!

Also, would like to extend my appreciation to the Financial Consultant, Eddie Brokeshoulder, who continues to assist me with numerous projects, attend meetings where I cannot attend, and consulting decisions in the office of Treasurer!

We appreciate all your phone calls, emails, and visits. May God continue to bless you and yours! See below articles from AllNations Bank; Financial Consultant, Eddie Brokeshoulder; and Finance Department.

Respectfully yours,
Kathy Deere, Treasurer

**FINANCE DEPARTMENT
FEBRUARY 2012**

The Finance office continues our efforts in keeping the day to day activities flowing efficiently and effectively through communication between the Finance office and

Programs. In working together, we have found the most time effective and cost effective processes for transacting business.

The Indirect Cost Proposal for 2012 has been signed and mailed to the National Business Center for approval. Our rate is up from 17.74% for 2010 to 21.98% for 2011 and we expect our rate to increase; however that is just an estimate. This estimated increase is based on the influx of activity deriving from the new clinic opening in 2012.

The finance department continues to complete accounting by the seventh day of the month and have been since August 2010; so that financial reports can be created for the Health Authority and Li Si Wi Nwi, Health Inc. boards for health programs both Shawnee and Little Axe. The Finance staff will begin November reconciliations for financial reporting on the first of December. It is imperative the accounting / bookkeeping continue to stay ahead of all of the accounting so that audits go smoothly so that Indirect Cost rates will stay up to date as well. Indirect cost proposals cannot be submitted without completed audits as the audits are used to calculate the proposal. We continue to explore avenues that will make accounting for the tribe's finances a smooth process including billing package for health programs. There are many processes in place in your Tribe's accounting department that ensure we keep accurate records of transactions. The Tribe's accounting processes must be in compliance with GAAP; (Generally Accepted Accounting Principles) and GASB (Governmental Accounting Standards Board).

Auditors are on site for the 2011 audit. We expect to complete the audit in May 2012. All the Tribe's entities will be audited first and those will roll up into the Tribe's Government wide financials; (ASEDA; ASED A Fleet, AST Counseling Services, Store, Harrah Smoke Shop; and Restaurant: AllNations Bank; and Thunderbird Casino's Locations 1 & 2). The Audit will include the MD&A (Management Discussion

and Analysis). The MD&A report is an informative report within the 2011 Audit; which is a brief review and explanation of the Audit. The 2010 Audit was an "unqualified" audit; which when compared to an educational grading scale is an A; and it is my goal that the 2011 will be unqualified as well.

The Tribe currently has compact funds of BIA and IHS, 51 Grants, and the new Clinic business. In addition, the Tribe operates on a General Fund and an Indirect Cost Fund.

The Absentee Shawnee Tribe's Finance Department has very hard working group of people and it is an honor to work with them, the Treasurer's office and at the Absentee Shawnee Tribe. The Finance Department employs 11; with 7 (64%) being AST Tribal Members and 4 (36%) being non-natives.

This department, as always, would like to extend a special thanks and note of appreciation to the Executive Committee for providing the tools, resources and support to enable the finance staff to reach its accomplished goals and to continue with this effort. A special thanks and note of appreciation to Program Managers and Employees of the Tribe for their assistance and dedication in our group effort toward accomplishing our goal.

If you have any questions or needs, please call 405-275-4030 ext 162 and I will be glad to assist you in any way I can.

Respectfully,
Belinda Collins, Controller

**FINANCIAL
CONSULTANT**

Hello Tribal Members,

As Financial Consultant, for Office of Treasurer, I hope each tribal member has established a New Year's resolution to develop a financial plan for 2012. The Office of Treasurer will continue to provide our fiduciary responsibilities of sound financial management

and decisions of tribal funds and programs.

The following activities I have been involved and participated.

Financial Reports: Reviewed and analyzed Treasurer's monthly **General fund, Indirect Cost, and Elder Council** encumbrance budget reports.

Absentee Shawnee Economic Development Authority, Inc. (ASEDA): Attended monthly board meeting discussing future business strategies.

Redstone Investments: Attended monthly financial investment meeting, topics included status of current investment strategies and future investment options.

Rural Enterprises of Oklahoma Inc. (REI): Assisted and provided support to Rick Short on obtaining a letter of support from REI in submission of an economic development grant application to Administration for Native Americans (ANA).

National Center of American Indian Development (NCAIED): Assisted and provided support to Rick Short on obtaining a letter of support from NCAIED, which recently opened an office in Tulsa, Oklahoma, in submission of an economic development grant application to Administration for Native Americans (ANA).

Investment Management: Treasurer Deere and I met with Ross O. Swimmer, Partner and David Poarch of Native American Fund Advisors, LLC, a Tulsa, Oklahoma based firm registered with United States Securities and Exchange Commission (SEC). Our meeting with NAFA was to discuss opportunities in investment management with a company who has been in business since 1996, offering bond and equity portfolio management for tribal governments.

First Nations Oweesta Corporation: I am a recipient of a scholarship award from First Nations Oweesta Corporation for the NeighborWorks Training. This

award was open to Native communities across Indian Country. History of Oweesta reaches back to the mid 1980's, was envisioned to develop alternative financing access to Native entrepreneurs, homebuyers and tribal businesses.

In closing, if you should have questions, please contact me at eddieb@astribe.com or 405-275-4030 ext 148.

Sincerely,
Eddie Brokeshoulder
Financial Consultant

ASEDA FLEET

Below is a report of what ASEDA has done since the New Board has been in place. Given the resources that we had, our search in finding opportunities in this area were very optimistic. We wanted to focus on a few things to get us started, opportunities that would need very little, cash up-front. Something that we could leverage what assets we had.

1. Businesses that were already in operation.
2. Businesses that could help benefit our members
3. Businesses that could have the potential to hire our members.

Below is a brief report on the following projects that ASEDA has been working on.

REPORT - ABSENTEE SHAWNEE COUNSELING SERVICE

This was a venture presented to ASEDA by Native Health Management (NHM) and Quapaw Economic Development Corp. The Quapaw Tribe had over extended their service area for this center. They were directed by IHS to hand over the facility to a Tribe in the Oklahoma City area or forfeit their Center. Absentee Shawnee's were asked by NHM, to consider assuming the project. The offer was forwarded to the ASEDA Board members who decided to pursue the project. The project was renamed the Absentee Shawnee Counseling Services.

Since its inception on October 1, 2011, ASCS has currently served close to 180 patients from October

2011 to December 2011. Originally purchasing this business from the Quapaw's for \$1. We've generated revenues from this business into \$25,000 each month. Once we are added to the IHS provider OMB billing rate. We should be able to Net approximately \$50,000 each month.

We believe that our members, as well as, area Tribal members could use this facility for counseling services for Substance Abuse and recovering alcoholism. In its first quarter, we seen a rise in patient visits, a drop in turnover ratio, and an increase in our revenue.

REPORT - ASEDA FLEET

Started in February of 2011, ASEDA Fleet's sole purpose was to lease to Corporations, Government agencies, Municipals, and Tribal Governments. We have created a partnership with Henry Schein/Thunder Medical, Alaska Native Corporation (ANC)/NANA Regional Corporation, and Auto Nation. There are only a handful of minority-owned fleet businesses in the country. ASEDA Fleet is now the only Tribal-owned Fleet business in the country. We hope to take advantage of the Minority Diversity objectives of Corporations, and the "Contracting Set-asides" for Minority Businesses by Government Agencies.

REPORT - CIVIC PROJECT

The Civic project was presented to ASEDA by the Secretary and Treasurer in November of 2011, as a project for ASEDA to oversee. We realized that is has been in the works for the past three years and the Bonds to finance this project were set to expire at the end of November. We were able to round-up some material on the location for this project, with preliminary floor plans along with other material that Ken Jones had already worked on, for this project, and submit a request to the IRS for an extension. We received the extension over the Holidays. We now have until the end of March to present to the IRS on the following:

Lease agreements
Construction costs
Floor plans w/renderings
We are working on this currently and will have everything submitted before the deadline.

REPORT – Medical Evaluation and Integrated Service Associates (MEISA)

MEISA has presented to ASEDA a program with options to help our Tribal members. This opportunity will help service our elder members with Transportation, home care (meals, adult daycare, home health care, & personal care) that will be provided thru the HMO, PPO 'waiver' program. We will be able to cater to our members and bill thru this 'waiver' program on all services. This will also create more jobs in each of these areas. With this project, we hope to generate at least five other businesses from this opportunity. These will service not only our members, but eventually servicing non-native residents in this area too.

REPORT – GOVCON, Inc.

GOVCON will be a holding company for ASEDA to house services for Government Contracts. We are in the process of applying for our SBA 8(a) certification that would help us with more Set aside opportunities. We will also be working and Teaming with other Native-owned companies for Contracts and Sub-Contract some of these activities also. Contracts will include a range of areas such as Management, I.T., Training, Facilities Maintenance, Grounds Maintenance, Supplies, Technical Services, as well as, Construction projects.

This is what we have undertaken in our first year of serving as Board members for ASEDA. We have taken what financial resources we had (very little) and created business opportunities for our Tribe. ASEDA is currently looking at other opportunities this year for the Little Axe area. As we all know, there is a huge potential to create an economy right here in our backyard. With continued efforts in economic development in year 2012, we intend to create a strong business climate within our tribe. ASEDA will take advantage of every opportunity and advantage that is or becomes available to us.

Thank you for your time. Ne yi wa!
ASEDA Board members:
Dan Little Axe – President
Adam Proctor – Vice-President
Lyndale Waller – Secretary

ALLNATIONS BANK

Good day to our friends from all of us, at your bank, AllNations Bank

You can start a business for \$1,000 or less. Bootstrapping involves starting a business with whatever cash you can scrape together. Hewlett-Packard, United Parcel Service and Walt Disney all began as bootstrap ventures into global giants.

You may not have your sights set that high. But for \$1,000 or less, you can bootstrap a business that will keep you occupied and produce cash. Bootstrap operations typically serve a niche. And a niche business, if it delivers the right product or service at the right price, can thrive in any economic climate. Your first impulse may be to purchase an existing business or become a franchisee. Either approach will cost many thousands of dollars and most likely put you into a field where you have no experience. Odds are great that you will lose your investment.

Carve out a niche in the industry where you have the most experience. Think through products and/or services that would benefit someone in your industry, but that aren't available at a reasonable price. Start with as little of your own capital as possible and with no borrowed money. Gambling your time on the business is one thing. Gambling your entire savings is something else. Whatever your business you should keep start-up costs at \$1,000 or less. Finance growth from business profits. That's what bootstrapping is all about. Don't expect to make money immediately. You'll have start up costs and a learning curve to get past. It will take time to make your self known to customers. Do not take money out of the business for personal expenses. Put all of the money that is made back into growing the business.

If you can't see yourself turning a profit within two years don't start the business. If you are not making

money within two years of starting the business, think about shutting it down. The biggest problem for most start-ups is not having a clear focus on what the business will do and what the founder will get out of it.

Every business needs a business plan which should describe the business in detail, how much it will cost to get started and where you expect the business to be in one, two and three years. Draw up a budget for what it will cost to get going, and how much it will cost you each month until you become profitable. For help in crafting a business plan, turn to the Small Business Administration (www.sba.gov). You will find a wealth of information about starting businesses. For most bootstrap businesses, the SBA site will provide all the start-up help you need at no cost.

Gene Davis,
President

FREE Smoke Alarms and Carbon Monoxide Detectors still Available!!

OEH personnel will provide and install smoke alarms and/or carbon monoxide detectors for enrolled Absentee Shawnee tribal members living in Pottawatomie, Cleveland, or Oklahoma County.

Please complete an application/short survey form and schedule a time and date for installation. Application/survey forms are available at the OEH office and at www.astribe.com.

Please contact OEH at 214-4235 for more information.

Free Tax Preparations

All,

We regret to inform everyone that the tax clinic which is sponsored by OILS will not be here this year, due to lack of funding! Here are a few other options:

The Norman Public Library will have free tax preparation starting 1/25/12 on Wednesdays and Thursdays from 5:30-8:00pm. OU Law students will be providing the preparations.
225 N Webster Ave, Norman, OK
(405) 701-2600

Retired & Senior Volunteer Program and Central Oklahoma Community Action Agency (COCAA) have once again partnered with the IRS to offer: **FREE TAX PREPARATION**

Filing Period:

January 23, 2012 - April 17, 2012

Location: 108 E. Main Street

Shawnee, OK 74801

Across the street from Pott. County Bookstore

Schedule: (subject to change) Monday 9:00 AM to 4:00 PM

Thursdays 9:00 AM to 4:00 PM

Saturdays 9:00AM to 3:00PM

Call for an appointment: (405) 878-1512

Appointments are requested and will have priority over walk-ins

Representative's Report

Hello Tribal Citizens,

2012 has started off in a positive direction. First we purchased Angus Cattle during the latter part of 2011 and I am happy to say that the 30 Heifers are calving as I am writing this article. I am very excited hopefully by the start of summer we will have 50% more Cattle by way of our Heifers giving birth to calves. This is just one of the ways of how the Tribe is progressing forward and not looking back at yesterday. I have been looking after the Cattle almost everyday and those of you who Farm Cattle know this a 24/7 job. Also besides Farming I also assist the Lieutenant Governor with everyday work with the Tribe when needed out in the field. On another note Secretary Reed, TERO Director Randy Edge, Education Director Tresha Spoon and Realty Specialist Joseph Blanchard have been working on the Big Jim Academic Achievement Award (Male and Female) and the Big Jim Athlete of the Year (Male and Female) for our youth. It has been an Honor to work with this fine group, this Program looks to be a wonderful asset to our Tribe and Education Department. Its a Wonderful Feeling to be able to work side by side with all the programs here at the Tribe from Health, Music, Maintenance, Education and assisting with our Grant writer on future projects that are going to be beneficial to our tribe. The Programs I see over are growing every year and the space that we have is almost non-existent on the Absentee Shawnee Complex, so in the near future there may be some shuffling around with some of the Programs to better suit you and our needs for better all around service here at the Complex. By the time you Read this article the Indian Child Welfare program better known as (ICW) will have a Director and for the time being we have had an Interim Director that has done a wonderful job. 2012, I believe will be the year of the Absentee Shawnee Tribe it seems like everyday gets better than the last and I am proud to be apart of this Executive Committee that discuss issues on a weekly bases for the betterment and well being of the Tribe. Also if you have any questions at all about the Programs I see over, give me a call or stop by my office. My door is always open and my phone is always on. I am proud to say I am Absentee Shawnee, my passion is to help if I can and the Future looks Bright...



First-born calf

NE-YA-WA
Representative Jeff Gibson



The AST Elders met at the Resource Center in Little Axe on Saturday, January 21, 2012 for their first regular meeting of the year. All officers were present. They are: Dan Little Axe, Sr., President, Gene Parker, Vice-President, Betty Watson, Treasurer and myself, the Secretary. Thirty-two tribal members were present as well as ten guests/visitors including Gary Wabaunsee, Director of Health programs. We were happy to see Sherman Tiger of the Media department in attendance also to get pictures throughout the meeting and for the silent auction following the meeting.



L to R: Treasurer Betty Watson, Secretary Cynthia Longhorn, President Dan Little Axe, and Vice-President Gene Parker

The meeting was called to order at 10:23 a.m. with the invocation given by Elroy Alford. Birthdays were acknowledged for Gene Parker, Wanda Tiger and Stella Little. Minutes for October 10, November 19, and December 17, 2011 were reviewed and approved with noted corrections. The Treasurer's report for November 2011 and December 2011 were reviewed and approved. Prior to that, there were many questions concerning the financial report for both months that included details given for the pow wow of November 5th. It was also reported that questions had been posted to the Executive Committee about the \$100 gift cards to Elders who attended Council meetings. The policy was adopted by the Elders Council that allows gift cards to be distributed to those who attended four (4) meetings during the year. The funds for this comes from the fund raising account earned by the Council and does not come out of the general fund money allocated to the Council by the Executive Committee.

Gary Wabaunsee, Director of the AST Health Programs was present and gave a very detailed update on health program activities and explained what is being planned and hopefully will be in place as soon as the new clinic at Little Axe is open. Announcements for upcoming events included: A 50/50 bingo and Hand Game by the Pow Wow Hwy 9 committee during February. Elroy Alford gave thanks to the Elders for flowers during his recent hospital stay. Cynthia Longhorn gave thanks to tribal members who had donated their Christmas gifts for individuals in nursing homes during our December meeting and dinner. Dan Little Axe stated that plans for the golf tournament are ongoing. Comments were heard on expenditures by the Officers. Plans to meet with those council members volunteering to help put the recipe/cook book together and following the meeting it was agreed that January 24 would be a good time to gather and discuss this project with Sherman Tiger of the Media department. It was agreed that a cake/pie auction would be held at the next Elders meeting. That meeting is set for February 18, 2012 at the Title VI Building in Shawnee. The meeting adjourned and pot luck dinner was enjoyed by all and then the silent auction was held followed by 50/50 bingo. For any questions, comments, or suggestions on anything in this report, call Cynthia Longhorn at (405) 273-4137.

* correction to the January Newsletter. . Luvenia Tiger was incorrectly named as Bernice, we do apologize!



Luvenia "Beano" Tiger, Margaret Ellis, and Reta Harjo



Elders Meeting



Roy Charley



In line, waiting for all that delicious food!



Sadie Low, Patty Longman, and Serena Daugherty



Alice McBride

Shawnee Language Class



Language classes are meeting in the Governor's conference room on Sunday afternoons from 12:30 p.m. to 2:00 p.m. until another room or facility becomes available.

All ages and levels of speaking, especially fluent speakers, are welcome and encouraged to attend. Come and join us in learning and listening to the Shawnee language and also our culture and history of the Absentee Shawnee.

* correction to the AST 2012 Calendar. . .The month of November was incorrectly spelled, it should be spelled “pe sa ke fe we ke se wa”.

EMPLOYEE OF THE MONTH



Johnnie Hagan

January 2012

Submitted by Rachel Howell

Ms. Hagan has been an employee for the Realty Department since January 2007. Ms. Hagan has accomplished the following:

- o Submitted paperwork to claim around \$10,000 on behalf of the Absentee Shawnee Tribe from the

1983 per capita payment issued to non-qualifying individuals. Currently, our department is awaiting notification from the BIA to claim another estimated \$5,000.

- o Excellent attendance and is consistently on time at work.
- o Provides quality service to Absentee Shawnee tribal members as well as other Native Americans.
- o Exhibits loyalty to the Absentee Shawnee Tribe and its members by maintaining confidentiality in her work.
- o She displays exceptional professional ability, foresight, mature judgment, and meticulous attention to detail.

WELCOME NEW EMPLOYEE

We would like to introduce our new Human Resources Director, Lisa Brownell. Lisa comes to us with a wealth of HR experience and we are glad to have her. If you see her out and about, please introduce yourself. Here is some more information about her:

I am a Bethel graduate and Shawnee native. After graduating and attending OU, I spent the next 10 years in Tulsa. I've spent the last few years here in Shawnee working at the City of Shawnee and COCAA.

I am so excited to begin a new chapter with the Absentee Shawnee Tribe. I am looking forward to becoming part of your family and meeting so many new wonderful people. Thank you for the opportunity to learn about your organization and culture. Stop by any time and say Hello.

Lisa Brownell
(405) 275-4030 ext. 131



EDUCATION DEPARTMENT

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

- **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 associates or bachelors 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 for one graduate admissions test. This program has funding levels based upon full-time and part-time status.

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

Attention:

If you are considering taking courses for the spring 2012 semester, please contact the Education Department as soon as possible.

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. 121 or 1-800-256-3341 or email to tresham@astribe.com.

MSPI . . .

The MSPI (Meth/Suicide Prevention Initiative) Creative Arts Program has reached many Native tribal members and has brought family's closer together. I currently have a grandmother (Elder student) that has been bringing her grandson to piano music lessons for awhile and has watched him progress. His progress developed an interest for the grandmother to start taking lessons and she is advancing rapidly very well within a three (3) weeks time.

Through the music and the outreach efforts of the personnel, I find myself seeing family members doing better in school and the home. Every part of the MSPI program has played a role in the progress of each child and their family and friends. The MSPI program have been blessed watching families that at one time were distant in their everyday lives and now have become part of one another's in so many ways. I've seen attitudes change into caring for others and working toward the future together. It is not just the present daily task of living to get by but much more. I feel I understand so much of our children's needs and wants in their lives that I look forward to coming to work each day and watching the MSPI program help everyone that is involved.

Phil Bradley, Creative Arts Instructor
AST Behavioral Health

FREE MUSIC LESSONS



The MSPI Creative Arts Program offers lessons all year round for Native American children from 5 years to 19 years old. Adults are also encouraged to participate. Come join the fun and learn to play the guitar, bass guitar, piano, or vocals.

Contact Phil Bradley, Music Instructor (405) 275-4030 Ext: 117 or Cell (405) 370-5576



Classes are offered Tuesday thru Saturday at the Tribal Complex and on Tuesday at the Little Axe Resource Center

Classes are made possible through AST Behavioral Health's Meth/Suicide Prevention Initiative Grant (MSPI) "Following in Our Footsteps"

AST Youth Council

Middle School and High School Students:

WE NEED YOU!

Come and join the Absentee Shawnee Youth Council...

All middle school and high school youth are welcome!

We will be meeting once every month to cover topics that interest our youth.

We are involved with our communities through hands-on activities and projects.

For our February meeting, we will be discussing our upcoming volunteer projects for March and April.

Our 7th Meeting for the 2011-2012 school year will be Saturday, February 25th at 10:00 am in the basement of Building #3.

If you are interested in becoming a member of the AST Youth Council, please contact.....
Tresha Spoon (405) 275-4030
ext. 121 or 193



Candidate Letter...

Greetings Fellow Tribal Members,
 Election time again! This year we made history! Never has it been done before where only two candidates have filed for any positions. So we will only have June 16, 2012, as the primary election. The absentee ballot request forms will be available in the later newsletters, website, and by mail. Call the election commission and they will fax or mail the request form to you, 275-4020 ext. 150.

Voting is a privilege and constitutional rights of your involvement in your tribe. Let your voice be heard by voting for the most qualified candidates. This time it is Lt. Governor, Treasurer, Representative, Election Commissioner One and Deputy Election Commissioner. Check out their qualifications, experience, work ethics, and accomplishments.

Our Tribe is a business enterprise and I have strived to ensure a positive cash flow. I have made sure we have control of our maintenance of our financial assets. As treasurer, I look at the available data to judge the performance of our business and will continue to look after the tribe's finances and look for future business and investment opportunities.

We have tailored our expenses according to the financial resources of our businesses. Businesses with surplus cash or access need to invest their money to make up for the impact of taxation and inflation. We have continued to make the right financial decisions that will benefit us in the long run and help us achieve our financial goals.

Our Tribe continues to have financial planning and financial control. Financial planning seeks to quantify various financial resources available, plan the size and timing of expenditures. Example of financial control refers to monitoring cash flow. Inflow is the amount of money coming into a particular company, while outflow is a record of the expenditure being made by the company. Managing this movement of funds in relation to the budget is essential for a business.

To achieve goals, so far, we have been able to set a point of time. We continue to seek to generate substantial amount of profits in order to keep up with our budget projections. We are not operating in the red; therefore, not subjecting our projections to chance. We continue to manage movement of funds in relation to the budget and not project budgets that may not get the money needed by our tribal members in the areas of the services we provide them. We continue to be able to make the financial decisions that are intended to benefit us all in the long run and help achieve our financial goals.

Our constitution, Article XIII- Duties of Officers, Section 4, states, "The Treasurer shall be custodian of all monies, and related bookkeeping functions, which come under the jurisdiction or control of the tribe. The Treasurer shall conserve, invest, and pay out money pursuant to the provisions of this Constitution. All expenditures shall be reviewed and approved or disapproved by the executive Committee before payment. The authority to approve or disapprove such expenditures shall be based on constitutional authority and/or a duly adopted General council resolution or ordinance pursuant to the provisions of this Constitution. Subject to the limitations above, the executive Committee shall render in writing such approval or disapproval that shall be maintained as a permanent part of the bookkeeping record. The Treasurer shall, upon receipt of written approval, be authorized to sign checks or otherwise make payment on behalf of the tribe. The Treasurer shall keep and maintain an accurate account of all receipts and disbursements and shall report the accurate amounts of each account to the executive Committee at each regular meeting. The treasurer shall submit financial reports and results of audits pursuant to the provisions in Article V. Such reports and audits shall be equivalent to National accounting association practices and standards. The Treasurer shall keep double-entry accounting records, which shall be fully implemented within one (1) years following the first election of officers under this Constitution. The financial records shall be maintained at the tribal headquarters. The Treasurer shall be bonded by a bona fide bonding company in any amount satisfactory to the Executive Committee and such bonding fees shall be paid from tribal funds or program funds if authorized by the funding agency business expansion."

If re-elected as Treasurer, I pledge to promote communication, cooperation, positive leadership and unity. I will be available for questions and comments. Thank you for your confidence and support by re-electing me as Treasurer. Give me a call or email, my cell phone 405/816-7874 and email address: shwneturtle56@hotmail.com

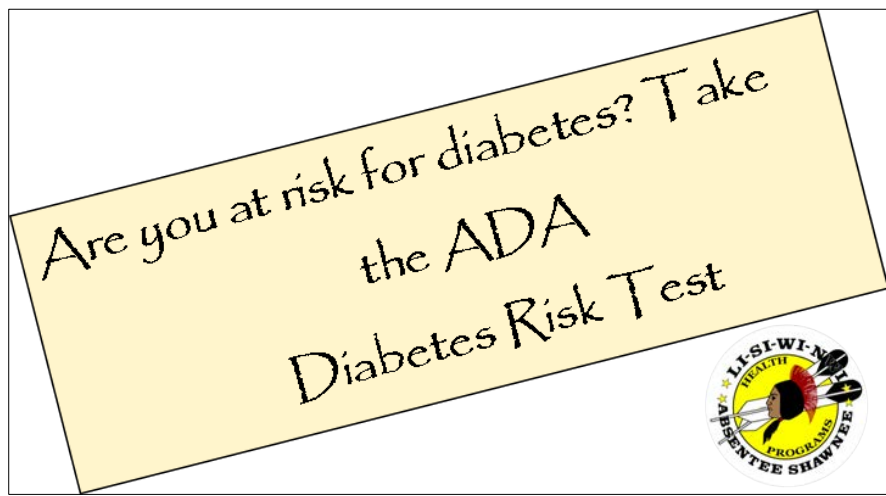
Respectively fully,
 Kathy Deere

Run Date:
01/25/12

**FY-2011
YTD TAX COLLECTIONS**

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	TOTAL	TAX COLLECTED
Sales (6%)	\$10,465.58	\$12.34	\$16,646.46	\$5,088.76	\$15,566.63	\$7,193.56	\$10,539.59	\$11,250.68	\$5,486.74	\$102.45	\$10,976.76	\$12,423.81	\$105,753.36	\$105,753.36
Gaming	\$102,200.00	\$50,000.00	\$126,145.00	\$200,000.00	\$196,337.00	\$207,561.00	\$100,000.00	\$103,835.00	\$180,000.00	\$205,697.00	\$100,000.00	\$176,000.00	\$1,747,775.00	\$1,747,775.00
Employee (1%)	\$15,754.96	\$0.00	\$18,485.67	\$6,507.55	\$9,378.31	\$18,471.03	\$4,217.44	\$21,160.54	\$4,177.25	\$0.00	\$25,247.18	\$14,401.26	\$137,801.19	\$137,801.19
Severance (8%)	\$888.64	\$2,062.45	\$2,103.94	\$966.79	\$1,424.72	\$2,347.87	\$0.00	\$2,340.58	\$51,706.48	\$8,046.42	\$136,944.13	\$25,978.24	\$234,810.26	\$234,810.26
M Vehicle	\$12,422.54	\$11,428.73	\$15,470.44	\$12,156.17	\$11,291.89	\$11,283.67	\$13,690.12	\$11,997.85	\$14,037.66	\$9,344.82	\$12,240.84	\$9,584.78	\$144,949.51	\$144,949.51
Tobacco Refund	\$18,501.65	\$18,412.20	\$14,507.15	\$13,955.28	\$13,165.79	\$19,772.47	\$15,870.57	\$15,434.81	\$18,504.89	\$9,028.26	\$10,126.00	\$8,849.04	\$176,128.11	\$176,128.11
TOTALS	\$160,233.37	\$81,915.72	\$193,358.66	\$238,674.55	\$247,164.34	\$266,629.60	\$144,317.72	\$166,019.46	\$273,913.02	\$232,218.95	\$273,168.07	\$247,237.13	\$2,547,217.43	\$2,547,217.43
Miscellaneous	\$160.00	\$80.00	\$132.50	\$150.00	\$212.50	\$120.00	\$130.00	\$80.00	\$220.00	\$110.00	\$380.00	\$310.00	\$2,085.00	\$2,085.00
TOTAL COLLECTION	\$160,393.37	\$81,995.72	\$193,491.16	\$238,824.55	\$247,376.84	\$266,749.60	\$144,447.72	\$166,099.46	\$274,133.02	\$232,328.95	\$273,548.07	\$247,547.13	\$2,549,302.43	\$2,549,302.43

NOTES:
 - Sales Tax = 6% of Gross Sales
 - Gaming Tax Free cash flow
 - Employee = 1% of Gross Wages
 - Severance Tax = 8% of Total Production Market Value
 State Compact (Tobacco Refund)



Instructions: Answer the questions below. Add your points. If you score 10 or more, you may be at-risk for developing diabetes.

Is your weight greater than or equal to the weight on the chart for your height? (Use chart below)	5 points
Are you under age 65 and have little or no exercise during a usual day?	5 points
Are you between 45 and 64 years of age?	5 points
Are you age 65 or older?	9 points
Are you a woman who had baby > 9 pounds at birth?	1 point
Do you have a sister or brother with diabetes?	1 point
Do you have a parent with diabetes?	1 point
ADA Risk Test score	Total

CHART
For Men and Women

HEIGHT (in feet & inches) without shoes)	WEIGHT (in pounds) without clothes)
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you are at risk, call us today to speak to a certified diabetes educator at the
 Diabetes Education and Wellness Program
 AST Clinic, Little Axe
 405 360-0698

Music can heal and make your day a winner
 The MSPI Music Program
 Behavioral Health

Music has always exerted powerful physical and psychological effects on humans, but scientists have only recently made the connection of different types of music with the production of endorphins.

Music therapy is also used in treatment schizophrenia, stroke victims and others.

My own opinion is that music and sounds which have a rhythm were attuned to our heartbeat in some way millions of years ago as a basic human pastime which creates pleasure in the individual. Music can calm your heart after a long hard day and even improve your eye sight and the way you handle your evening, the psychological effects on humans is an awesome study that simply takes years of each individual to understand how its effects are found in their everyday lives.

Dr., Samuel Davis Ph.D./HTL.
 The inter study of our soul.
 Phil Bradley
 Outreach and Music Department

**Oklahoma Federation
 of Indian Women**

**MISS INDIAN OKLAHOMA
 (MIO)**

Oklahoma City, OK

May 12, 2012

**“Remembering Our Native Mothers:
 Their Spirit, Strength, and Beauty”**

Miss & Jr. Miss Indian Oklahoma applications are now being accepted. Go to www.ofiw.org for details and to download the applications.

If you have any questions please contact;
 Faith Harjo @ 918-804-8433 or
 Andrea Kihega @ 405-226-9258

ANGER MANAGEMENT

TIPS TO HELP CONTROL ANGER

Do you get agitated when someone cuts you off in traffic? Can you feel your blood pressure rising as you tell your children to do chores? Anger is a normal and even healthy emotion. It is the way that we use anger that has the impact: healthy anger or unhealthy anger.... Here are some useful alternatives to the “anger emotion”.

No. 1: TAKE A TIMEOUT

Counting to 10 isn't just for kids. Before reacting to a tense situation, take a few moments to breathe deeply and count to 10. Slowing down can help defuse your temper. If necessary, take a break from the person or situation until your frustration subsides a bit.

No. 2: ONCE YOU'RE CALM, EXPRESS YOUR ANGER

As soon as you're thinking clearly, express your frustration in an assertive but non-confrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

No. 3: GET SOME EXERCISE

Physical activity can provide an outlet for your emotions, especially if you're about to erupt. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other favorite physical activities. Physical activity stimulates various brain chemicals that can leave you feeling happier and more relaxed than you were before you worked out.

No. 4: THINK BEFORE YOU SPEAK

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.

No. 5: IDENTIFY POSSIBLE SOLUTIONS

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening — or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything, and might only make it worse.

No. 6: STICK WITH 'I' STATEMENTS

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes," instead of, "You never do any housework."

No. 7: DON'T HOLD A GRUDGE

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation. It's unrealistic to expect everyone to behave exactly as you want at all times.

No. 8: USE HUMOR TO RELEASE TENSION

Lightening up can help diffuse tension. Don't use sarcasm, though — it can hurt feelings and make things worse. I am sure you have heard laughter is the best medicine.

No. 9: PRACTICE RELAXATION SKILLS

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as, "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation. We do offer biofeedback that encourages relaxation techniques.

No. 10: KNOW WHEN TO SEEK HELP

Learning to control anger is a challenge for everyone at times. Consider seeking help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you. You might explore anger management classes or anger management counseling. With professional help, you can:

- Learn what anger is
- Identify what triggers your anger
- Recognize signs that you're becoming angry
- Learn to respond to frustration and anger in a controlled, healthy way
- Explore underlying feelings, such as sadness or depression

Anger management classes and counseling can be done individually, with your partner or other family members, or in a group. Contact the AST Behavioral Health Department @ 405-878-4716 for more information.

Warm Regards,
Kristy Morrell, MSW

Alcoholism . . .

. . . is a chronic disease with genetic, psychosocial, and environmental factors that influence the way in which it develops and manifests itself. It is a progressive disease that is often fatal without treatment. Although, alcohol is legal, it is one of the most dangerous of all recreational drugs. Shockingly 10 percent of elementary students admit to some alcohol use, and almost 50 percent of high school seniors drink alcohol every month. Each year 6.6 percent of the world's population will begin a pattern of long term alcohol abuse, that being said, Native Americans tend to have higher rates of alcohol abuse and dependence than any other race. The user will become physically, spiritually, emotionally, and psychologically ill if the disease is not arrested. People tend to vary in their patterns of alcohol abuse. Some people drink in large quantities daily while others go on binges that last anywhere from a few weeks to months. Alcohol abuse causes a multitude of problems including arguments with family or friends, missed work, and the loss of jobs. Alcohol also plays a role in one-third of all suicides, rapes, assaults, homicides, and accidental deaths including 41 percent of all fatal car crashes. Long-term drinking can also cause serious health damage. Alcohol overworks the liver and can cause cirrhosis. This is an irreversible condition that causes the liver to scar and become dysfunctional. The immune system and the heart may also become damaged with long term alcohol abuse. It is very important that women refrain from alcohol use during their pregnancy, because alcohol can cause serious damage to the fetus. This condition is known as fetal alcohol syndrome. The abnormalities associated with fetal alcohol syndrome are mental retardation, hyperactivity, face deformities, heart defects, and slow growth. It is pertinent that we acknowledge the negative impact that alcoholism is having in our communities. If you or someone you know has a problem with alcohol there is hope. With the appropriate treatment you can recover and live a full and productive life.

WELCOME!

The Shawnee Clinic is proud to announce that Dr. Pat Chainakul will be joining our staff on March 5th, 2012. Dr. Chainakul is a respected pediatrician that has served the Shawnee community for the last 30 years. Her years of experience will enhance the exceptional healthcare that is provided at the Shawnee Clinic. Dr. Pat takes care of patients from birth to 18 years of age. Please call to schedule an appointment today.

On Feb 6, 2012, Dr. Jennifer Semore will be joining our healthcare team. Dr. Semore is a family practice physician that can see all ages. Dr. Semore will be based in the Shawnee Clinic until the new Little Axe Health Center is open for business.

The Shawnee Clinic has same day appointments. We are excited about the addition of these 2 experienced physicians to our team.

PHARMACY NEWS



ABSENTEE SHAWNEE TRIBAL PHARMACY



Visit your pharmacy and meet the new Pharmacists! We are excited to meet you!

Both Shawnee and Little Axe pharmacy locations are now filling prescriptions for members of all tribes, but outside prescription orders are still restricted to Absentee Shawnee Tribal citizens with established charts. The following are a few tips to help us be more efficient in our delivery of pharmacy services to you:

- Present insurance cards each time you pick up or drop off a prescription
- Keep us informed of changes in address, phone number and other contact information.
- Let the Pharmacy staff know if the prescription is going to be picked up or needs to be delivered.
- When requesting refills, please provide 24 hours notice and either the refill number, which is located above your name on the prescription label, or the names of your medication.
- If you have any questions at any time, feel free to call the Pharmacy or stop by and speak with one of our Pharmacists. We are here to assist you with your pharmaceutical needs!

New Hours of Operation for the Pharmacy:

Shawnee: 7am-6pm Monday-Friday

Little Axe: 7am-5:30pm Monday-Friday

We are open through the lunch hour!!

****Both pharmacy departments are closed the first Wednesday of each month to complete administrative duties****

**As of January 1, 2012,
Oklahoma State Law mandates that
a valid photo ID must be presented
each time any Controlled Medication is
picked up by the person who picks up.
Thank you for your cooperation.**

Congratulations!

The Health Board has awarded
it's first two scholarships to
Darrel White, RN
and
Kyle Gibson, X-ray Technician



TAKING CARE OF YOUR HEART

February is National Heart month. February 3rd is Go Red for Women Day and women across the nation will be observing the National Women's Heart Health month to support the fight against heart disease in women. Until recently, studies were not directed toward heart disease and women. Heart disease is the number one cause of death for American Indian women and is not only a problem for women but men.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Heart Attack Warning Signs

Some heart attacks are sudden and intense where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or light-headedness



Do you know the risk for Heart Disease?

- **High Blood Pressure** is a contributor to heart disease? 120/80 or below are the optimal numbers for blood pressure
- **Smoking** If you smoke you are two to four times more likely than a nonsmoker to develop heart disease, its never to late to quit!!!
- **High Cholesterol** The higher your total cholesterol the greater your risk of heart disease. Total cholesterol should be below 200; HDL (good) cholesterol should be above 50, LDL cholesterol below 100 and Triglycerides below 150.
- **Physical Inactivity** Lack of physical activity increases your risk of coronary artery disease
- **Obesity or Being Overweight** If you have excess body fat-especially around your waist you are more likely to develop heart disease, losing weight helps reduce that risks, waist circumference should be 45 or less for men, 35 or less for women
- **Diabetes** Having diabetes increases the risk of heart disease.



What can you do to protect to yourself?

Lose weight, choose foods that are low in fat and cholesterol, consume more fruits and vegetables, increase fiber in diet, begin an exercise regimen, monitor blood pressure and cholesterol and keep all doctor appointments. The most important preventable risk factor to prevent heart disease is to quit smoking.

The Absentee Shawnee Tribe



Fitness Competition



The Absentee Shawnee Tribe Employee Fitness Competition is in full swing for 2012. Sixty teams consisting of paired Absentee Shawnee employees are now competing to decrease their body fat percentage and lose inches off their waist circumference. Each team is competing to win great prizes in this 1 year-long event to increase physical activity levels among AST employees.

The goal of the Absentee Shawnee Employee Fitness Competition is promote more physical activity in the daily lives of our AST employees. Physical activity and exercise is proven to decrease the risk of developing certain diseases related to non-active lifestyles. A sedentary lifestyle is a major risk factor for developing diseases and conditions such as: cardiovascular disease, diabetes, obesity, osteoporosis, and high blood pressure. The good news is that sedentary lifestyle is one risk factor that can be changed. This is why we are excited to see sixty employee teams participating in the fitness competition. This is approximately 120 employees engaged in physical activity to improve and maintain good health!



The AST Fitness Program would like to applaud all of the AST employees for their effort in making physical activity a part of their lifestyle. Thank you AST employees! May you have success in your journey to maintain good health!

Happy Birthday!

February Birthdays

Alford, Dianne Susan
Alford, Donald Ray
Alford, Laurie Leann
Alford, Makenzie Raychel
Alford, Paul Henry
Almanza, Sacha Blue Renee
Arellano, Jennifer Lynn
Argueta, Oneonta Marie
Armstrong, Dusty Ridge
Atwara, Honey Nicole
Barnard, Kevin Michael
Belden, Florene
Belden, Lois Little Creek
Bennett, Deeann Onahwag
Berryhill, Valerie Lynn
Bettelyoun, Amber Dawn
Bettelyoun, Anthony Bryce
Bettelyoun, Lea Dawn
Bittle, Joshua Jacob
Blanchard Craig, Carolyn Jean
Blanchard Sr, Leland Dale
Blanchard, Aaron Gabriel
Blanchard, Cache Lewis
Blanchard, Caden Briar
Blanchard, Charles Eugene
Blanchard, Joshua James
Blanchard, Kellice Lee
Blanchard, Rikki Rechele
Blanchard, Sierrah Delyn
Blanchard, Taylor Jordan
Blanchard, Thurman Leon
Blanchard, Velma Mae
Bowles, Melissa Carole
Boyd, Laura Lynn
Bread, Charles Michael
Bread, Dina Adele
Brokeshoulder, Tammy Lynn
Brown III, Curtis Jermain
Brown, Cody Wayne
Brown, Lisa Renee
Campbell, Mikayla Jo
Carlson, Scottina Dakota
Carnes, Kylee Alea Lynn
Carr, Adoree Celeste
Checotah, Eric Wayne
Cloud, Doris (Elephant)
Coddington, William Michael
Copeland, Val Rochelle
Cottrell, Ryan Thomas
Cozad, Anastasia E-mah-doh
Crocker, Dorothea Carolyn
Csoma, Alexander Attila
Daugherty, Kenneth

Daugherty, Mikenna Hope
Daugherty, Serena Mae
Davis, Meghan Paige
De Shazo, Heather Ann
Deadwiley, Emily Anne
Deardorff, Cynthia Ann
Deer, Kylee Taryn
Deer, Michael Neil
Deere, Adina Ann
DeLodge, Lena Ruby
Rhianna
DeLodge, Ruby Leigh
Digilio, Brandin Anthony
Digilio, Bryon Andrew
Eagledowl, Jasey Belle
Edwards, Kenneth Lee
Ellis, Austin Chase
Ellis, Jeremy Michael
Ellis, Jessica Lyn
Ellis, Leroy
Emmons, Brian Ross
Ferrell, Ethan Shawn
Fixico, Stephen Anthony
Floyd, Jane Elizabeth
Foreman, Joshua Daniel
Foreman, Richard Eli
Frazier, Devon Leanne
Frazier, Shirley Fern
Geissler, Stephanie Dayle
Gibson Jr., Ronald Lewis
Gibson, Kylakay Virginia
Gibson, Loretta Mae
Gibson, Paige Nycole
Gibson, Paul Brian
Gillihan, Deziree Kristyne
Gilman, Juanita
Gomez, Wilma Sue
Goodman, Blake Samuel
Granstrom, Gayla Sue
Grass, Wayne
Hall, Matteson Roi
Ham, Jerred Mace
Ham, Rhonda Juliene
Harder, Ruth Ellen
Harjo, Benjamin Ray
Harper, Pauline Aileen S.
Harvey, Hally Marie
Hayes, Donna Kay Elkins
Hayes, Jocelyn Cynthia Lorene
Hernandez, Erica Ann
Herrera, Robert Manuel
Hibdon, Kendra Nicole
Hilderbrand, Amy Beth

Hill, Stephen Allen
Hood III, Warren Wesleyon
Hood, Moria Oloizia
Huey, Sandra Lilrene
Huntington, Bradford Paul
Hurst, Joseph Douglas
Skinner
Ibarra, Angel Antonio
Irvin, Nathaniel Konrad
Jimerson Jr., Robert
Johnson Jr., Foster Calvin
Johnson Jr., Mark Benjamin
Johnson, Cleta Joyce
Blanchard
Johnson, Grayling Wade
Johnson, Henry Kirby
Johnson, Mark Benjamin
Johnson, Pauline Virginia
Johnson, Rahstin Allyn
Sabbestiun
Johnson, Sandra Kay
Johnston, Diana Sue Alford
Judkins, Ashley Ann
Kane, Sharon Lavonne
Kaseca, Beatrice June
Kickapoo, Derek Anthony
Kitchen, Amber Elisabeth
Knight, Natalie Jean
Krackenberger, Sharon Lea
Kupczynski, Joseph Martin
Lalehparvaran, Ali Jordan
Laplant, Scotty Alan
Lasarge, Amos Dewayne
Lasenberry, Bobby Joe
Leath, Mary Loyse
Lehman, Joenita Leigh
Lena-Tiger, Camille Dawn
Lewis, Elain Kay
Lewis, Pamela Lynn
Limbaugh, Jodi Kathleen
Little Axe Eckles, Debra Lynn
Little Axe Sr., Danny
Little Axe, Ronald Dean
Little Charley Jr., Scott
Little Creek, Larry Dwight
Littlebear, Brooklyn Shay
Littlebear, Grant Edwin
Littlebear, Laura Jan
Littlecreek, Cynthia Marie
Littlehead, Gary Lynn
Longhorn, Avis Elaine
Longhorn, Cynthia A.
Longhorn, Lindsey Marie
Longhorn, Nathan Neil

Longman, Sasha Mae
Lowe, Kara Michelle
Lowe, Taylor Makayla
Lumpmouth, Wynona Lee
Maddux, Jonathan Webster
Tiger
Mahardy, Jeffery Andrew
Mann, Colby Lee Richard
Markwardt, Ethan Thomas
Marshall, Denia Kay
Martinez, Erica Inez
Martinez, Jasmine Consuelo
Martinez, Shawnee Danielle
Masquas, Joshiah Lee
May, Gina Lanette
McDowell, Farrell Ramon
McKane, Sidna Rae Lenee
McKinney, Ellen Marie
Medina, Elizabeth Ruth Ann
Medina, Trinity Lynn Tiger
Melton, Jaycie Taylor
Miner, Veda Jorene
Molina Jr., Charles B.
Moore, Alexia Saranda
Moore, Thomas Joseph
William Randall
Morton, Joseph Ohland
Mount, Glenda Dawn
Murdock Jr., Steven Alan
Murdock Sr., Steven Alan
Musick, Michael Thomas
Nail, Gregory Thomas
Odell, Ronnie Lynn
Owings, Abigail Rose
Panther, Lydia Denise
Panther, Shawn Dell
Panther-Davis, Tammie Rae
Parker, John Wendall Gage
Perkins, Miranda Deann
Perry, Sierra Breanna
Pine, Jeremiah Andrew
Ponce, Aisaiah Anthony
Oscar
Pyrch, Jesse Kellen
Quraishi, Ibraheem Bin Khalil
Raisbeck, Samuel Walter
Ramirez III, Florentino
Ramirez, Mariah Fay-Ann
Ramirez, Matias Noah
Richey, Kodi Rae Jolynn
Ridenour, Sydney Bree
Riley, Hulbutta Kotcha
Robbins, Blake Anthony
Robbins, Taylar Paige

Robison, Ariana Michelle
Rolette, Cheryl Lynn
Rolette, Madison Joy
Rowan, Damian Eugene
Runsabove, Honor Mae
Sams, Christine Lorraine
Sanchez, Kianna Paola
Seber, Peyton Eddie
Serena, Laveda
Shawnee, LaNayah JaN'ae
Sheets, Angela Christy
Simpson, Cody Lee
Skelly, Shanna Lynn
Slate, Patricia Ann
Sloat, Douglas James
Sloat, Meika Ladon
Sloat, Newton D
Smith, Marvin
Smith, Zackery James
Snake, Alvin Matthew
Snake, Kenneth Lee
Snake, Lewis George
Snake, Stewart Lancer
Solomon, Billie Jean Tiger
Spoon, Edward Joe
Spoon, Justin Tyler
Spybuck, Garland Charles
Spybuck, Gavan Wayne
Spybuck, Roberta Ann
Stevenson, Jodean Ann
Strain, Gerald Tousley
Stryker, Doyle Chad
Stryker, Laurel Brad
Sullivan, Aizah Vanesse
Sullivan, Marcus Lee
Switch, Sabrina Lee
Switch, Sophia Michelle
Tahah, Barton Dale
Talton, Dacia Arie
Talton, Kaydince James
Taryole, Laura Lee
Tascier, Sarah Isabelle
Thompson, Asher Bryce
Thorpe IV, George Isaiah
Thorpe Jr., Edwin James
Thorpe Lena, Janice Gail
Thorpe, Edwin James
Tiger, Kevin Richard
Dewayne
Tiger, Tammy Cindie Ladawn
Tiger, Tyler Matthew
Tiger-Allen, Shane Clifford
Trussell, Sherry Lynn
Uchida, Denise Louise

Uchida, Kevin Micheal
 Valdivia Jr., Enrique
 Vaughn, Dylan Thomas
 Wade, Justin Lee
 Walker, Robert Stanley
 Wallace, Christopher James
 Warrior, Anthony Louis
 Warrior, Pamela Sue
 Washington, Olvie Winston
 Watkins, Destiney Shae
 Watkins, Jayana Laneis
 Watson, Brent Grynnel
 Watson, Micah Lashaun D.
 Watson, Peyton Deshae
 Wenner, Martha Ellen
 Wheeler, Leah J.
 Whims, Madison Mackenzie
 White, Christopher Alan
 White Thunder, Shelby Lynn
 Whittaker, Joshua Jay W.
 Wiley, Prince John Bowen
 Williams, Frank Richard
 Williams, Kaylee Nicole
 Williams, Kevin Bruce
 Williams, Paula Sue
 Wilson Harjo, Reta Marie
 Wilson, Adam Lee
 Wilson, Melvin Wayne
 Wilson, Zelma Jo
 Womack, Che'le Caye
 Wood, Judith A.
 Wood, Ryan Ashley
 Wright, Cynthia Diane
 Yamutewa, Chebon Dale

*To my daughter, Barbara
 Happy Belated Birthday
 Sweetie
 I LOVE YOU, Mom*

Happy Birthday
 to my handsome grandson.
 Justin Tyler Spoon
 Love, Granny

*To My Beautiful Nieces
 Chele And Stephanie
 Happy Birthday
 Love Ya Aunt Rhonda*

*Happy Birthday
 Mama Bea
 Love Pat And Nikki*

HAPPY BIRTHDAY
 BRENT WATSON
 WE WISH YOU A
 GOOD DAY
 LOVE THE KASECAS AND
 FOREMANS

*Happy 11th Birthday Abbe
 February 4
 Love Momma, sister &
 Baby Hector*



*Justin Tyler
 Happy 25th Birthday
 to our eldest son!
 We love you so very much!
 Love Mom & Dad*

JUSTIN,
 HAPPY 25TH BIRTHDAY
 BIG BROTHER.
 WE LOVE YOU!
 LOVE JILIYAN & JOPLIN



*Happy Belated Birthday BJ
 I'm so glad you're my sister!!
 I Love You,
 Sherrie*

Happy Belated
 42nd Birthday BJI
 We love you,
 Sherrie, Jiliyan, Joplin, Justin

*Happy Birthday
 Paige Gibson
 We Love You
 Uncle Marwin & Mama Seal*



*Jocelyn Hayes
 February 11*

Happy 4th Birthday, Jocey!!
 We love you very much!
 Aunt Jac and Uncle Lance

*Happy Birthday, baby sister!!
 We love you!!*

*Your cousins: Skyla, Lliyah,
 Mikaylah, Robyn, Shawn,
 Joaquin, and Silas*



*Natalie Ponkilla
 February 7*

HAPPY 30TH BIRTHDAY
 NATE!!!
 WE LOVE YOU,
 JAC AND LANCE

Happy Birthday Aunt Natalie!!!
 We Love you,
 Skyla, Lliyah, Mikaylah, Robyn,
 Shawn, Joaquin, And Silas

HAPPY BIRTHDAY
 TO MY "MOKIN PAWPAW"
 MARV
 FROM RYDER CASH

HAPPY
 BIRTHDAY
 TO MY POPS
 MARVIN
 SMITH
 LOVE, JORDAN



HAPPY VALENTINE'S DAY
 TO OUR BEAUTIFUL
 FAB FIVE BLANCHARD
 GIRLS!
 WE ARE SO PROUD OF ALL
 OF YOU AND
 WE LOVE YOU WITH ALL
 OUR HEARTS!
 LOVE DADDY & MAMA

*Happy Birthday &
 Happy Valentines Day
 To the
 Worlds Best MCM
 (Velma Blanchard)
 We love you very much!
 Marwin & Sherry*

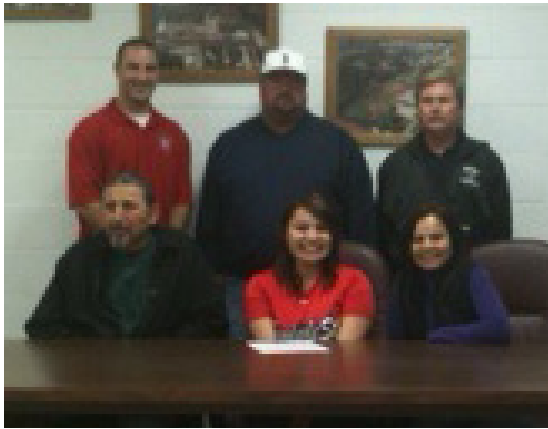
*Happy 2nd Birthday
 Josh Foreman
 From Marv, Sherry & Ryder*

HAPPY BIRTHDAY
 JANICE LENA
 FROM
 COONDOG & HOTDOG

Happy Birthday
 Bart
 From Marvin & Sherry

*Happy Birthday
 to our favorite mean Uncle
 Marvin Smith
 From your nephews
 Sebastian & Christian*

HAPPY BIRTHDAY &
 HAPPY VALENTINES DAY
 MARV
 WE LOVE YOU
 SHERRY, JAKE, BOOTSIE &
 CHINA



On 01/19/2012 Absentee-Shawnee tribal member Marissa Hackbarth signed a letter of intent to play for the Seminole State College Fast-pitch Softball Program. She attended Meeker High School and was a starting player for 4 years with the

Meeker High School Fast-pitch Softball Program. Meeker High School Coach Robert Palmer was proud to forward the following information on Marissa. During her senior year she had a batting average of .297. She had 20 RBI's. Her overall pitching record from her junior year to senior year 17 Wins and 13 Losses. She pitched 6 shutouts and had 4 no hitters. She was named Player of the Week, made the Route 66-All Conference Team, All Region Team as well as Honorable Mention All-State.

Marissa is the daughter of tribal member Carol (Lovins) Velez of Norman and Mike Hackbarth of Meeker; both parents were in attendance at the signing held at Meeker High School as well as new media from Shawnee and Meeker, her traveling team coach, Seminole State College assistant coach Charley DuVale, Meeker High School coach and staff, numerous teammates and family.



photo provided courtesy of David Jenkins, Meeker News

Congratulations Marissa on not only your academic achievements these last 4 years, but also your softball achievements. Your family is proud of you and is behind you 100 percent.



Joshua LittleAxe is a sophomore at Haskell Indian Nations University as well as a tribal member. He is seeking a degree in environmental science and interested in Mechanical Engineering and attending the University of Kansas. Joshua was awarded a scholarship from Haskell Indian Nations University and the American Indian College Fund – General Fund in recognition of Scholastic Achievement and Valuable Contributions To The University.

Congratulations!



Congratulations!

Jennifer Lee Williams and Christopher Allen Welty united in marriage on October 8, 2011

at the home of his parents in Nashville, Tennessee.

Parents are Johnny & Charlotte (Garretson) Williams.

Jennifer is the granddaughter of the late Margaret (Mohawk Garretson) and the great granddaughter of the late Thomas and Elizabeth Mohawk. The couple make their home in

Murfreesboro, Tennessee.

Love you, Mom & Dad

With a new year just underway, it is a good time to update everyone on 2011 and all the projects the casinos have underway for 2012. Thunderbird – Norman continues to experience year over year growth and increases in profitability. We have been working diligently to pay off all of the debts and settle all of the outstanding claims that had a choke hold on Thunderbird - Norman just a few years ago. We are happy to report that all but one of the debts of Thunderbird - Norman have been paid off and all of the claims have been settled. Some of these include the Sodak loan, Red River East advance, Oasis Player's tracking equipment loan, and the 2004 IRS audit. The lawsuit with Multi-Media was settled. The most important part of having these liabilities paid off is that it puts Thunderbird Entertainment Center, Inc. (TEC) on a more firm financial footing and allows TEC to produce more cash flows for the Tribe, as well as reinvesting in its aging Norman facility.

Over 2012, you will all see a lot of changes at the Norman Casino. Many of these projects are already underway. TEC entered into a contract with Streets, LLC, to install a fresh air system at the Norman facility to be completed by the first of March. This is a major step forward for the facility because "casino is too smoky" is our number one customer complaint. This new system will exhaust the smoky air into a heat exchanger and bring fresh conditioned air in. We will all notice a big difference and breathe a little easier. Some of the other projects that we are undertaking are remodeling the bathrooms, adding all new gaming chairs throughout the facility, removing the remainder of the western theme from inside the casino and adding an entertainment venue for weekend entertainment. We are also working with I-5 Designs for an overall facility update inside and out.

I hope everyone has had a chance to visit the new casino in Shawnee. It is a great addition to the Tribe's business enterprises. With the development of the new facility, almost 50 employees have been added to the Tribe's overall employment. We had a good start at the new property and are working to develop a strong base of players. With the intense competition in the Shawnee area, it is important to separate ourselves from the competition in everything we do. In the upcoming months, you will see Thunderbird roll out a series of promotions and player incentives that sets us apart and are unmatched by our competitors. With changes like these we will continue to outpace the competition and grow the Tribe's gaming enterprises.

We look forward to seeing all of you at this Spring's General Council Meeting and as always, please feel free to contact us if you have any questions about your Tribe's casinos.

Kurt Williams – kurtw@tbecinc.com

Drew Word – drew@tbecinc.com

405-360-9270

AST EDUCATION DEPARTMENT ANNOUNCES NEW YOUTH AWARDS

As reported in last month's newsletter the Absentee Shawnee Tribe's Education Department will begin accepting applications for the following awards:

- **Big Jim Academic Achievement Award (Male and Female)**
- **Big Jim Athlete of the Year (Male and Female)**

The purpose of these awards is to recognize the outstanding contributions of our tribal youth and to promote excellence in academics and athletics in high school and beyond. Tresha Spoon, Director of Education, stated, "We are excited to offer these awards as recognition of how our Absentee Shawnee youth are impacting their schools and communities through their academic achievement and athletic performance. The annual recognition of tribal high school students will give the tribe an opportunity to showcase the talented and hard-working youth in our tribe." "Most of all," she added, "we want to encourage our youth to strive for the best in whatever they choose to do in the future."

High school students and varsity athletes of both genders in their Junior or Senior year of High School within the 50 United States are eligible to apply for these awards for the 2011/2012 school year. Applications will be accepted from January 1 to March 1, 2012 by US mail or email, official transcripts must be mailed. The official application form will be available at www.astribe.com under the Education Department by December 31, 2011. It is also located in this newsletter on page 30.

Individuals are encouraged to nominate deserving high school student/athletes. You may nominate yourself. Please refer to the application for required documents. Eligible nominations will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. Awards will be announced in April 2012.

Award recipients will be recognized as the 2011/2012 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive \$1000.00 to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe

Education Department

c/o Tresha Spoon

2025 S. Gordon Cooper Drive

Shawnee, OK 74801

405.275.4030 Ext 121

youthaward@astribe.com



AST COUNTRY KITCHEN

366-7220

Sunday - 7am to 7pm
Monday - 7am to 3pm
Tuesday - 7am to 3pm
Wednesday - 7am to 8pm
Thursday - 7am to 8pm
Friday - 7am to 9pm
Saturday - 7am to 9pm

Early Bird Breakfast

\$4.99

2 Eggs/Bacon or Sausage/Hash Browns

Biscuits & Gravy or Toast & Coffee

(Not valid on Saturday or Sunday. 1 coupon per customer. With coupon.

No substitutions



Check out our daily homemade lunch special!

Something different every day!

Open 7 Days A Week!



(In Front of Thunderbird Entertainment Center Next to AST Smoke Shop)

Office of Environmental Health & Engineering

• Tribal Housing Improvements Application

The Tribal Housing Improvement Program's goal is providing sanitary, safe, and decent housing for its members by utilizing the following criteria to select the most "in need" tribal members with homes that are in disrepair but are still suitable for rehabilitation. All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

THIP list all applicants by a priority list:

- Handicapped/Disabled and Elderly
- Income
- Family Size/Overcrowded Living Conditions
- Condition of Home

Other Programs available:

• Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents attached before the application will be processed.

Applications are available online on the website: www.astribe.com.

Submit completed application to:

Office of Environmental Health & Engineering
Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801

Absentee Shawnee Tribe Complex
Office of Environmental Health & Engineering, Building 13
If you have any questions, you can reach us by phone at (405) 214-4235

Wills Clinic

April 19, 2012

9:00 am - 4:00 pm

Little Axe Resource Center

Call OILS at:

(405) 943-6457 or 1-800-658-1497 to make an appointment. If anyone needs assistance with a will before then, call the same number to make arrangements for an appointment to meet with OILS attorney.

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT



Victim Advocacy

Assist victims by offering educational classes that focus on the dynamics of domestic violence and sexual assault, stalking and dating/violence. Each victim is helped with emotional support and resources both from Tribal programs and local community programs.

Court Advocacy

Assists survivors with domestic violence court related appearances as well as filing for emergency protective orders (EPO) or restraining orders.

Housing and Utility Assistance

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

Transitional Housing

The AST DV Transitional Housing Program serves victims of Domestic Violence. Participants have up to two years to obtain education and job skills needed to begin a new life. Services include case management, counseling, and transportation. There are four homes all equipped with furniture and basic household items.

Referral Assistance

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

Sexual Assault Advocacy

The AST DV Sexual Assault Program is on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to sexual assault survivors at hospitals, police stations and throughout the legal system. The Program also serves as a resource center to the community by offering educational information and referrals.

Shelter Placement Assistance

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

Community Outreach

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

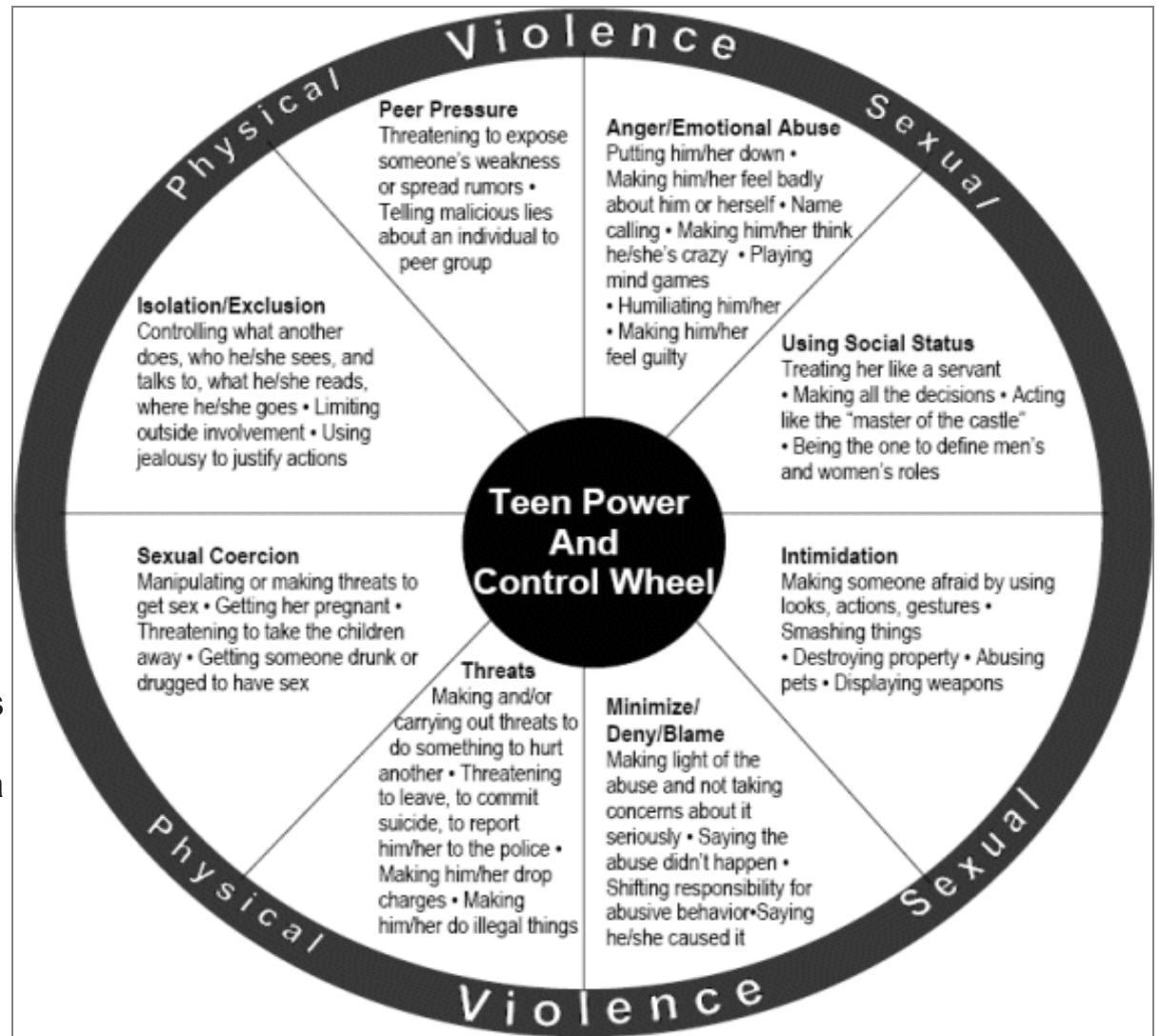
For any questions regarding any of the above services please contact the Absentee Shawnee Tribe's Domestic Violence staff at (405) 275-4030.



February is Teen Dating Violence Awareness Month



- ◆ Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- ◆ One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner a figure that far exceeds rated of other types of youth violence.
- ◆ One in 10 high school students have been purposefully hit, slapped, or physically hurt by a boyfriend or girlfriend.
- ◆ One quarter of high school girls have been victims of physical or sexual abuse.



Dating violence is a type of intimate partner violence. It occurs between two people in a close relationship. The nature of dating violence can be physical, emotional, or sexual.

- ◆ **Physical**—This occurs when a partner is pinched, hit, shoved, or kicked.
- ◆ **Emotional**—This means threatening a partner or harming his or her sense of self-worth. Examples include name calling, shaming, bullying, embarrassing on purpose, or keeping him/her away from friends and family.
- ◆ **Sexual**—This is forcing a partner to engage in a sex act when he or she does not or cannot consent.

Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a "normal" part of a relationship. But these behaviors can lead to more serious violence like physical assault and rape. (Centers for Disease Control and Prevention, 2009 Youth Risk Behavior Survey.)

If you or someone you know has questions about Teen Dating Violence you may contact the Family Violence Prevention Coordinator at 405-275-4030 ext. 195 or 405-432-9657.

Senior Day at the Capitol

Monday, February 27, 2012

9:30 - 11:30

11:30 - 2:00

Program, House Chamber

Resource Fair, 2nd floor

FREE event to:

- Learn about legislation and issues affecting older Oklahomans
- Share your ideas, needs, and concerns with your state legislators
- Visit with non profit agencies to learn about their services.

Visit www.okseniorday.com

for more information and to pre-register by Feb. 15

On-site registration available at event

For more information call, the Senior Info-Line at 1-800-211-2116
or the OKDHS Aging Services Division at 405-521-2281

TITLE VI NEWS

*Happy
Valentine's Day*



February 20th - AST Complex will be closed for President's Day. Title VI will not serve or deliver this day.

Monday, February 27, 2012 is Senior Day at the Capitol. You will need to pre-register by Feb. 15. Title VI will not be taking any members. For more Information & pre-register visit www.okseniorday.com.

9:30am to 11:30am Program, House Chamber

11:30am to 2pm Resource Fair, 2nd Floor

Free event to:

- *Learn about legislation and issues affecting older Oklahomans
- *Share your ideas, needs and concerns with your state legislators
- *visit with nonprofit agencies to learn about their services

Please feel free to call us with any concerns or questions at
405-275-4030 ext. 169 (office), ext. 149 (Dining Rm)
or ext. 180 (Packing Rm).

Absentee Shawnee Tribe of Oklahoma

Li-Si-Wi-Nwi Medical Clinic
& Dental Clinic
15702 E. Hwy 9
Norman, Oklahoma 73026



Medical Clinic: (405) 447-0300
Fax: (405) 447-2250
Dental Clinic: (405) 307-9704

Operating Hours:
Monday thru Friday 7:00 a.m. - 5:30 p.m.
Weekends/Federal & Tribal Holidays Closed
Clinic and Pharmacy are opened during the
lunch hour.

* Clinic is closed the 1st and 3rd Wednesday of each
month from 1:00 p.m. to 5:00 p.m.

* Pharmacy is closed the 3rd Wednesday of each month
from 1:00 p.m. to 5:00 p.m.

Foster Parents Needed!!!

Can you open your home and heart for a foster child? Foster parents provide a temporary, safe home for children in crisis. Foster parents are partners with child welfare workers, lawyers and judges. It is not for everyone but if you have it in your heart - we need you.

- Can you love and care for a child who comes from a difficult background?
- Can you help a child develop a sense of belonging?
- Are you secure in yourself & your parenting Skills?
- Can you maintain a positive attitude toward a child's parents?
- Can you love with all your heart & then let go?

FOSTER PARENTS PROVIDE A TEMPORARY, SAFE HOME FOR CHILDREN IN CRISIS. THEY ARE PARTNERS WITH WORKERS, LAWYERS, AND JUDGES. IT IS NOT FOR EVERYONE! CAN YOU OPEN YOUR HOME AND HEART FOR A FOSTER CHILD?

Many children need a loving home and a family to help them through a very tough time. Please think about it and talk with your family before you become a foster home. They all need safe, supportive environments!

If you find yourself and your family interested in Foster Care, please contact J.R. Wind
405-275-4030 ext. 195.

DUI ASSESSMENT & SCHOOLS (State Approved)

Monday - Friday
8:00 to 5:00

Call Linda Or Glenna
PHONE: 275-3432

Absentee Shawnee Tribal Police Department
2025 S. Gordon Cooper Drive, Building 19
Shawnee, OK 74801



February 2012

menu subject to change

2% milk served daily

Mon	Tue	Wed	Thu	Fri	Sat	
<p>LUNCH SERVED MONDAY THRU THURSDAY 11AM TO 1PM BREAKFAST ON FRIDAYS 9AM TO 11AM SALAD BAR SERVED AT CONGREGATE SITES ONLY</p>						
5	6 Cold Cut Sandwich Lett, Tom, Onion Mac. Salad Pears	7 Pizza Tossed Salad* Fruit	8 Oven Fried Chicken Brown Rice Greenbeans Crisp	9 Spaghetti w/meatsauce Veggies Bread Stick Tossed Salad*	10 Grits Scrambled Eggs Bacon Toast	11 4
12	13 Grilled Chez Sandwich Chicken Noodle Soup Apricots	14 Ham Sweet Potato Beets Cake	15 Taco Casserole Ranch Beans Salsa Pineapples	16 Beans w/ Ham Squash Cornbread Fruit Cocktail	17 Waffles Sausage Links	18
19	20 AST Closed President's Day	21 Hamburger Lett,tom,onion Chips Cake	22 BBQ Chicken Mac n Chez Baked Beans Crisp	23 Chef Salad w/ Ham Crackers Yogurt	24 Scrambled Eggs Tater Rounds Ham Fruit	25
26	27 Chicken Fry Steak Mashed Pot/Gravy Brussel sprouts Pudding	28 Enchilada Casserole Mexi-Corn Cinnamon Roll	29 Fish Sticks Coleslaw Hushpuppies Salad Bar*	<p>NOT GOING TO BE HOME CALL & LET US KNOW AT 405-275-4030 EXT 169 OR NOTIFY YOUR DRIVER</p>		



HORSE SHOE BEND AFTER SCHOOL PROGRAM:

Second semester of school has started and students had good reports on their first semester grades. We are very proud of our students they have worked so hard with their studies. Students have kept me busy with their award assemblies at school each month we have two or more students each month receiving awards. That is what this after school program is all about our students and your children succeeding in their classroom and school. Tutors and I were very busy during the Christmas Break preparing for the second semester. School started back on January 3, 2012, we implemented some physical activity before their snacks and tutoring session. We are walking or running one time around the track students are encourage to do one or the other. Most students like the idea but there are a few that are not enthused. Their time is recorded daily on how long it takes them to walk or run the track. Some are decreasing their time and I have students that walk or run 2 or 3 times around the track daily. I have even decreased my time of walking. Tutors and I are going to emphasize reading and grammar usage (verbs, adverbs, adjectives, nouns, etc.) this second semester.

I would like to thank Warren Winter for installing and hanging our projector screen up. Students, Tutors and I are very excited about the screen it is finally off the floor and on the wall. Yea!!!! Thanks again.

Student of the Month ERYN JOHNSON

Eryn is a Third Grade Student at North Rock Creek School, he has shown improvement since coming to the after school program. Math and reading skills are improving each day. He shows enthusiasm and is dedicated to learning. Eryn is always ready to run around the track at Horse Shoe Bend. Eryn is the son of Victor and Jennifer Castaneda. He has three sisters, Desiree, Jayleen, Leila and one brother Daniel. He will receive a \$25.00 Wal-Mart Gift Card donated by the White Turkey Band. Eryn is Absentee Shawnee

ERYNS FAVORITES:

College Basketball team: OSU NBA Team: Thunder NFL team: 49'ers Store: Wal-Mart Music Group: Black Eye Peas Teacher: Ms. Vincent Color: Green Eating Place: Pizza Hut State: California Food: Hamburgers Fruit: Apples Soda Drink: Pepsi Class: PE Favorite Sport: Football Animal: Monkeys Dessert: strawberry ice cream automobile: Lamborghini NBA Player: Kevin Durant Favorite Place: Horse Shoe Bend After School Program



December Students of the Month at North Rock Creek School:



Katie Wilson

Katie Wilson was the Achiever of the month in her Kindergarten Class. Katie has made a lot of improvement in her counting numbers, alphabet, colors, shapes, writing skills. She received a certificate and a medal. Katie is the daughter of Calvin and Annie Wilson; she has two brothers, Michael, Ruben. Katie is a descendant of the Navajo Tribe.

Eryn Johnson was selected the Achiever Award in his Third Grade Class. Eryns teacher has seen a big improvement in his class work. He is working hard with his multiplications and fractions. Eryn is very pleasant to tutor and has a good attitude. He is the son of Victor and Jennifer Castaneda, he has three sisters, Desiree, Leila, Jayleen, one brother Daniel. And Eryn is Absentee Shawnee.



Eryn Johnson



Tara Ann Winter

Tara Ann Winter received the Achiever Award in her Fifth Grade Class. Tara Ann utilizes the after school program at North Rock Creek School and also at Horse Shoe Bend. Tara Ann is doing well in her studies and is involved in Girl Scouts and also plays on the Fifth Grade Basketball Team at North Rock Creek. She is very active and works hard for her accomplishments. Tara Ann is the daughter of Warren and Tammy Winter, she has one brother Brendan. Tara Ann is Absentee Shawnee

I would like to thank Meagan Mahtushquah from her busy schedule for coming out and spending time tutoring with the after school students. Meagan is in her second year at Oklahoma University majoring in Nursing and is a member of the Kickapoo Tribe of Oklahoma. She was my former student at North Rock Creek School. I appreciate her sharing her experience of college to the students and how it is important to study and make good grades.

Edwina Butler-Wolfe, Director
Horse Shoe Bend After School Program
405-481-0397 cell number

WHITE TURKEY BAND
OF THE
ABSENTEE SHAWNEE TRIBE
FUNDRAISER

WHAT: BINGO

**WHERE: HORSE SHOE BEND
COMMUNITY CENTER
46309 GARRETT'S LAKE ROAD
SHAWNEE, OKLAHOMA 74801**

WHEN: FEBRUARY 17, 2012

TIME: 7:00 P.M. – 9:00 P.M.

CONCESSION STAND WILL BE AVAILABLE AND PRIZES FOR THE BINGO GAMES.

PRICE PER BINGO CARD WILL BE .50 CENTS.

**PROCEEDS WILL BE SPONSORING YEAR ROUND ACTIVITIES AND
END OF YEAR ACTIVITY AT THE
HORSE SHOE BEND AFTER SCHOOL PROGRAM.**



David and Wayne Skinner



Elaine Brown and Katie Wilson



Desiree Johnson



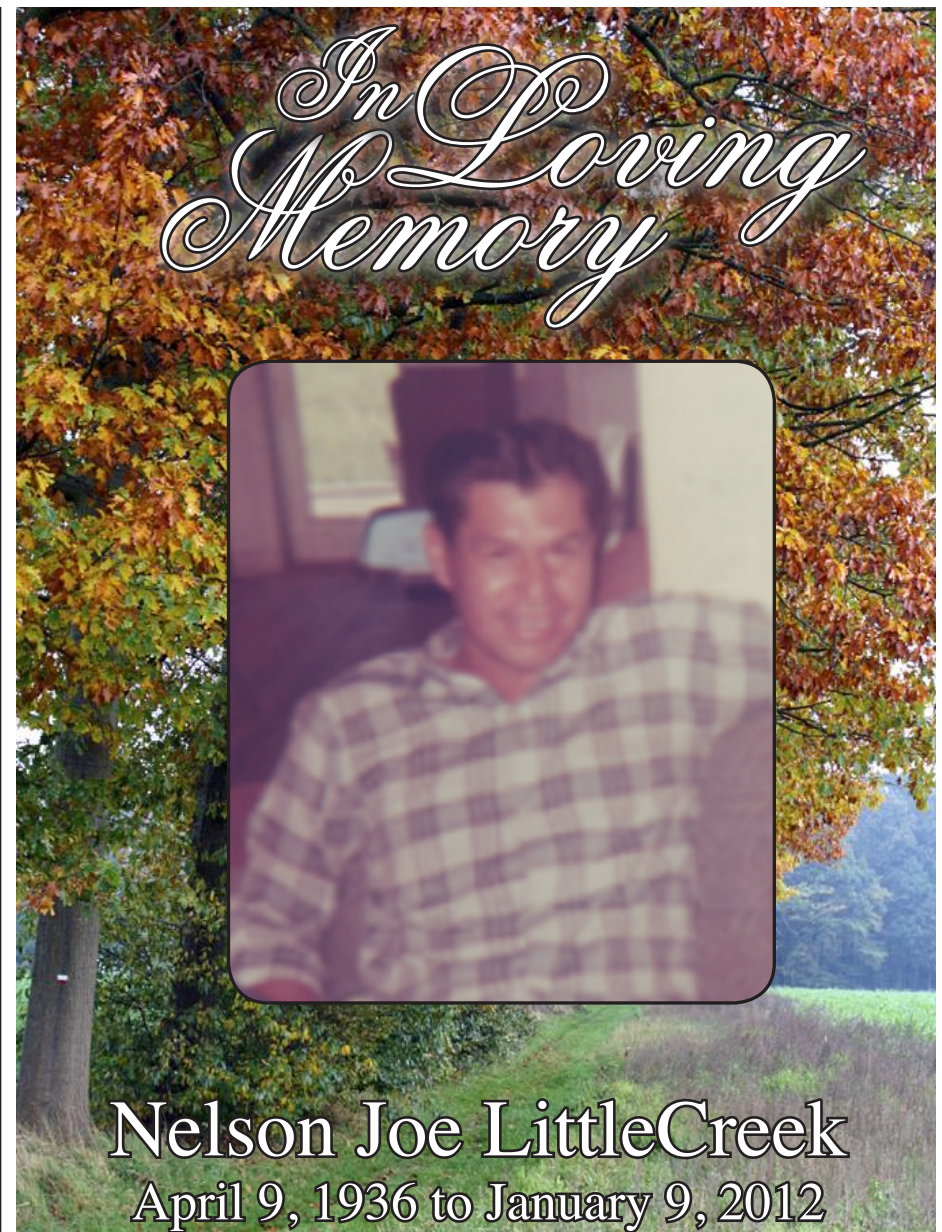
Meagan Mahtushquah tutors
Leila Herrod



Stuart Rolette tutors
Ruben Wilson and Eryn Johnson



Randall Watson tutors
Jeff Worthly and Gregory Hardin



Nelson Joe LittleCreek, passed away on Monday, January 9, 2012. He was born April 9, 1936, in Concho, Oklahoma.

He served in the Navy for four years as a Deck Engineer during the years of 1950 to 1954.

He was preceded in death by his father, Sam LittleCreek, his mother, Grace Brown LittleCreek, and by two sisters and a brother; Mildred LittleCreek Switch, Janis LittleCreek Draper, and Wiley LittleCreek.

He was survived by sisters Linda LittleCreek Louis, Lenora LittleCreek Lupp, and brother Dwight LittleCreek. His children Micheal McGEE, Levi LittleCreek, Sammi LittleCreek, Andrew Warrior, Lydia LittleCreek Warrior, and Nina Taylor. Also by many grandchildren, nieces, and nephews.

Thank you from the LittleCreek Family to Governor Blanchard, Maintenance Department, TERO and everyone who came out to show your support to the family in their time of need.

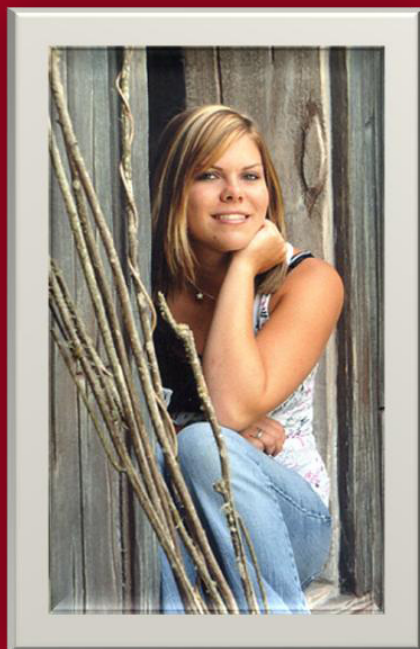
IF YOUR EYES ARE ON YOUR PHONE, WOULD YOU EVEN SEE THE LINES YOU'RE CROSSING?

DON'T CROSS THE LINE WHEN IT MEANS PUTTING YOURSELF AND OTHERS' LOVED ONES IN DANGER ON THE ROAD. YOUR SOCIAL LIFE CAN TAKE A BACK SEAT WHEN IT'S LIVES BEHIND THE WHEEL.

Meet Heather



She proudly posed in front of her new car she purchased on her own.



Heather was said to be a hard working and dedicated friend and daughter who had the world in front of her.

For more information and video on Heather's story please visit Heathersstory.org. All information was found at heathersstory.org.

"Hey you and I need to hang sometime :-)) alright cool :-))"

Those words were the last words Heather ever said to somebody. Those words weren't a promise of her tomorrow but rather a distraction from the road. According to her parents, Heather's final text message was made at 10:27pm and the first call to 911 came in at 10:30pm (heathersstory.org). She was killed instantly.



Heather was wearing her seatbelt but the force of the impact of the guardrail against the driver's side door pushed the door 2 ½ feet into the car. Heather's body was found in the front passenger area of the vehicle.

Hear her parent's message: "Heather made a terrible mistake on that fateful night of February 23, 2010. She was just driving home from work. Less than 3-miles from home, she decided to text back-and-forth with a friend. The conversation wasn't that important. It could have waited. The conversation was not worth her life. Please don't text and drive. Come home alive."



AST INJURY PREVENTION PROGRAM

405.878.5854 EXT. 190; SALMANZA@ASTRIBE.COM

As part of AST Injury Prevention Motor Vehicle Safety Campaign, we urge parents to take a look at the *Drive2Life* Contest information located in this newsletter. Getting your child involved is the best way to help them make better safety decisions when you can't make decisions for them.

TEENS INVITED TO HELP FIGHT DISTRACTED DRIVING AS "DRIVE2LIFE" PSA CONTEST LAUNCHES



National Road Safety Foundation and Scholastic team up to find best youth-generated ideas for Distracted Driving public service message

Winner gets \$1,000 and trip to NY City to work with award-winning director to turn concept into professional PSA for national broadcast.

NEW YORK, Jan. 5, 2012 -- The non-profit National Road Safety Foundation (NRSF) and Scholastic, the global children's publishing, education and media company, are looking for ideas from young people to help convince their peers of the dangers of distracted driving. Entries open Jan. 7 for the 3rd annual Drive2Life PSA Contest. The winner will receive a \$1,000 prize and an expenses-paid trip to New York to work with an award-winning TV director to turn his or her idea into a public service message that will be broadcast nationwide next May during Global Youth Traffic Safety Month.

"Traffic crashes are the leading cause of death among U.S. teens, with 5,000 killed annually," said Michelle Anderson of The National Road Safety Foundation, a non-profit group that produces driver safety materials that it distributes free to schools, police and traffic safety advocates. "Distraction is a major factor in many teen crashes, so we are encouraging young people to help us get the word out to their peers via television and the internet."

"The Drive2Life PSA Contest is a great way for students to get creative and let their voices be heard in the dialogue about the dangers of distracted driving," said Francie Alexander, Chief Academic Officer at Scholastic. "We know from our years of working with teachers and listening to kids that they thrive when given projects connected to solving real world problems."

Students in Grades 6 - 12 are invited to submit a PSA concept that addresses, in 30 seconds to as long as two minutes, the dangers of distracted driving. Ideas may be in the form of scripts, storyboards or treatments. No video will be accepted, and group entries are not accepted.

The creator of the winning PSA concept, judged by a panel of education and traffic safety experts and an award winning film director, will receive a \$1,000 prize and an expenses-paid trip to New York City to work with the director to film and edit the idea into a professional PSA. Two runners-up in each grade category (Grades 6-8, 9-12) will each receive \$500.

The winning PSA will be broadcast in May on more than 220 TV stations nationwide on the nationally-syndicated Teen Kids News. It will receive widespread airings on newscasts and online. The winner will also be profiled in Scholastic classroom magazines, which are used in classrooms by more than three million students and nearly 40,000 teachers.

"Distracted driving is a dangerous epidemic on our roadways, and teens are among the most at risk," said U.S. Secretary of Transportation Ray LaHood. "It's critically important for young drivers to get the message that even one text or call could have devastating consequences. This PSA contest is a creative opportunity for young people to promote safe driving in their communities and encourage their peers to put down their cell phones when they're behind the wheel."

A 16-year old Arizona high school student, Bethany Brown, won the first Drive2Life PSA Contest, with a 30-second spot titled, "There are no re-do's in real life." The winner in 2011 was 15-year old Lauren Daniels of Oswego, N.Y., whose spot used humor to get across the message, "Distracted Driving. Not funny."

"We were impressed with the excellent ideas we saw the past two years," said Sec. LaHood. "We look forward to seeing more great ideas from creative young people that will help make the risks of distracted driving resonate with their peers."

Visit www.drive2life.org or www.scholastic.com/Drive2Life for more information about the competition and for the entry form and complete rules. Deadline for entries is Feb. 29, 2012.

For nearly 50 years, The National Road Safety Foundation has created driver education programs and distributes them free to schools, police, traffic safety agencies, youth advocacy groups and others. NRSF has programs on distracted driving, speed and aggression, drinking and driving, and drowsy driving. For more information or to download free programs, visit www.nrsf.org.

THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
DOMESTIC VIOLENCE PROGRAM

PRESENTS

Sexual Assault 101

Wednesday, February 22, 2012
9:00 AM - 4:00 PM
Thunderbird Entertainment Center
15700 E. State Highway 9
Norman, OK

COURSE DESCRIPTION: This course will include a basic overview of what sexual assault is, the impact of trauma on a victim, myths and facts, sex offenders, and victim response.

COURSE INSTRUCTOR: Jennifer McLaughlin, MSW, CDSVRP
Director of Personal Development
Oklahoma Coalition Against Domestic Violence and Sexual Assault

COURSE HOST: The Absentee Shawnee Tribe of Oklahoma Domestic Violence Department

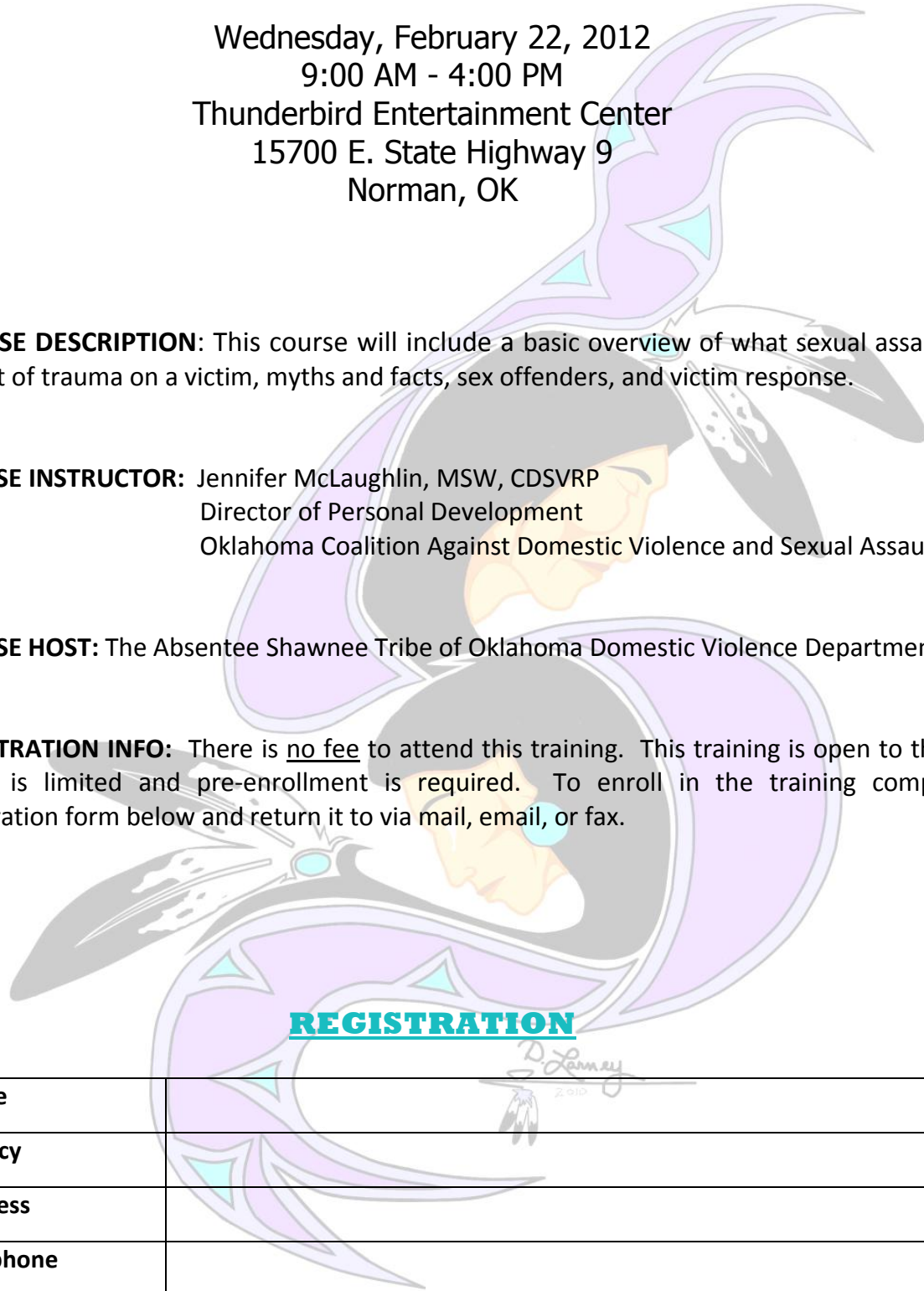
REGISTRATION INFO: There is no fee to attend this training. This training is open to the public. Space is limited and pre-enrollment is required. To enroll in the training complete the registration form below and return it via mail, email, or fax.

REGISTRATION

Name	
Agency	
Address	
Telephone	
Email	

Submit Registration to ASTDV
2025 S. Gordon Cooper Dr. Shawnee, Ok 74801
FAX 405-273-1192 EMAIL to lgouge@astribe.com TELEPHONE 405-275-4030

Sexual Assault 101





ABSENTEE SHAWNEE TRIBAL MEMBERS

EVERY WEEK RECEIVE \$10 FREE SLOT PLAY

JUST SHOW YOUR ABSENTEE SHAWNEE TRIBAL CDIB CARD, TO TAKE ADVANTAGE OF THE OFFER.



EARN POINTS TOWARD YOUR TBUCKS

SEE PLAYER'S CLUB DESK FOR COMPLETE DETAILS

DUI School - 10 Hours

DATE:

February 21, 22, & 23rd/2012

TIME:

5:30 P.M. to 9:00 P.M.

PLACE:

2025 S. Gordon Cooper Drive, Bldg. 19

Shawnee, OK 74801

ENROLL:

(405) 275-3432

to be placed on the list.

COST:

\$150.00 - Cash or Money Order Due First day.



Absentee Shawnee Housing Authority

107 N. Kimberly, Shawnee, Oklahoma 74804

Phone: (405) 273-1050

Native American Programs Available:

- ❖ Lease with Option to Purchase
- ❖ Rental
- ❖ Over-Income Down Payment Assistance and Maintenance Assistance for Enrolled AST Members
- ❖ Maintenance Assistance
- ❖ Down Payment Assistance



If you'd like to submit an ad or article give us a call at (405) 598-1279 or send us an e-mail at mediadept@astrie.com

ALL ARTICLES FOR THE NEXT MONTH'S ISSUE ARE DUE BY THE 20TH OF THE CURRENT MONTH

**Absentee Shawnee Tribe of Oklahoma
Education Department**

2025 South Gordon Cooper Drive

(405) 275-4030 Toll free (800) 256-3341 Fax (405) 273-1192

youthaward@astribe.com

Applications accepted:
Jan. 1st –March 1st
Finalists announced:
April 2012

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

STUDENT INFORMATION

Name: _____
(LAST) (FIRST) (MI)

Enrollment #: _____

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

Home Phone: (_____) _____ Cell Phone: (_____) _____

Email: _____

HIGH SCHOOL INFORMATION

High School Name: _____

City: _____ State: _____

Class Year: _____

Guidance Counselor: _____ Phone #: _____

Sport: _____ Position: _____

Coach: _____ Phone #: _____
(FIRST) (LAST)

May include with application:

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



enjoy the savings

**You could
be saving up
to 15%**
on qualifying AT&T services.*



As a part of **Absentee Shawnee Tribe**, you'll enjoy the **AT&T Sponsorship Program discount** and all the other benefits of AT&T:

- Unlimited usage on the nation's largest Wi-Fi® network¹
- Simultaneous use of voice and data on the nation's fastest mobile broadband network^{**}
- Keep unused minutes from month to month with Rollover®, only from AT&T[®]
- Ask about Unlimited Messaging, personal email and wireless Internet

If you are a current AT&T customer go to att.com/wirelessdiscounts to sign up today! If you visit a local AT&T store, please have proof of eligibility (employee badge, pay stub or student ID).

Mention FAN: 4160032 - New Customers Too! Take Flyer to AT&T Store.



For existing customers/citizens with AT&T wireless service you will need to take this ad to an AT&T store to sign up. AT&T retail representative can sign you up at the store with a manual form. The online validation process only works if you have a @astribes.com email address.

¹4G speeds delivered by HSPA+ with enhanced backhaul. Available in limited areas. Availability increasing with ongoing backhaul deployment. Requires 4G device and compatible data plan. Learn more at att.com/network. ²Unused Anytime Minutes expire after the 12th billing period. Night & Weekend and Mobile to Mobile Minutes do not roll over. ^{**}Mobile broadband not available in all areas. ³Wi-Fi enabled device required. Access includes Wi-Fi Basic. Other restrictions apply. See attwifi.com for details and locations. ^{*}Actual service discount applies only to the Monthly Service Charge of eligible plans and varies monthly depending on your employer's aggregate volume of qualified charges. See your AT&T representative for complete details. **IMPORTANT INFORMATION: Limited-time offer.** Coverage not available in all areas. Qualified customers only. Activation Fee of \$36. Early Termination Fee up to \$325 or \$150 depending on device. Two or one year contract required unless purchasing at full commitment price. Requires voice plan. Smartphones require a Smartphone Data Plan. For more information see att.com/dataplans. **Monthly discount:** Available to qualified employees of companies and/or government agencies and qualified students and employees of colleges/universities with a qualified business agreement ("Business Agreement"). Service discount subject to corresponding Business Agreement and may be interrupted and/or discontinued without notice to you. Service discount applies only to the monthly service charge of qualified plans and not to any other charges. A minimum number of employees, minimum monthly service charge for qualified plans, additional AT&T services or other requirements may apply for discount eligibility. Discounts may not be combined. Offer subject to change. Additional conditions and restrictions apply. If you have a question about available discounts and/or your eligibility, you can contact your AT&T representative. Other conditions and restrictions apply. See contract and rate plan for details. © 2011 AT&T Intellectual Property. All rights reserved. AT&T, the AT&T logo and all other AT&T marks contained herein are trademarks of AT&T Intellectual Property and/or AT&T affiliated companies. All other marks contained herein are the property of their respective owners.

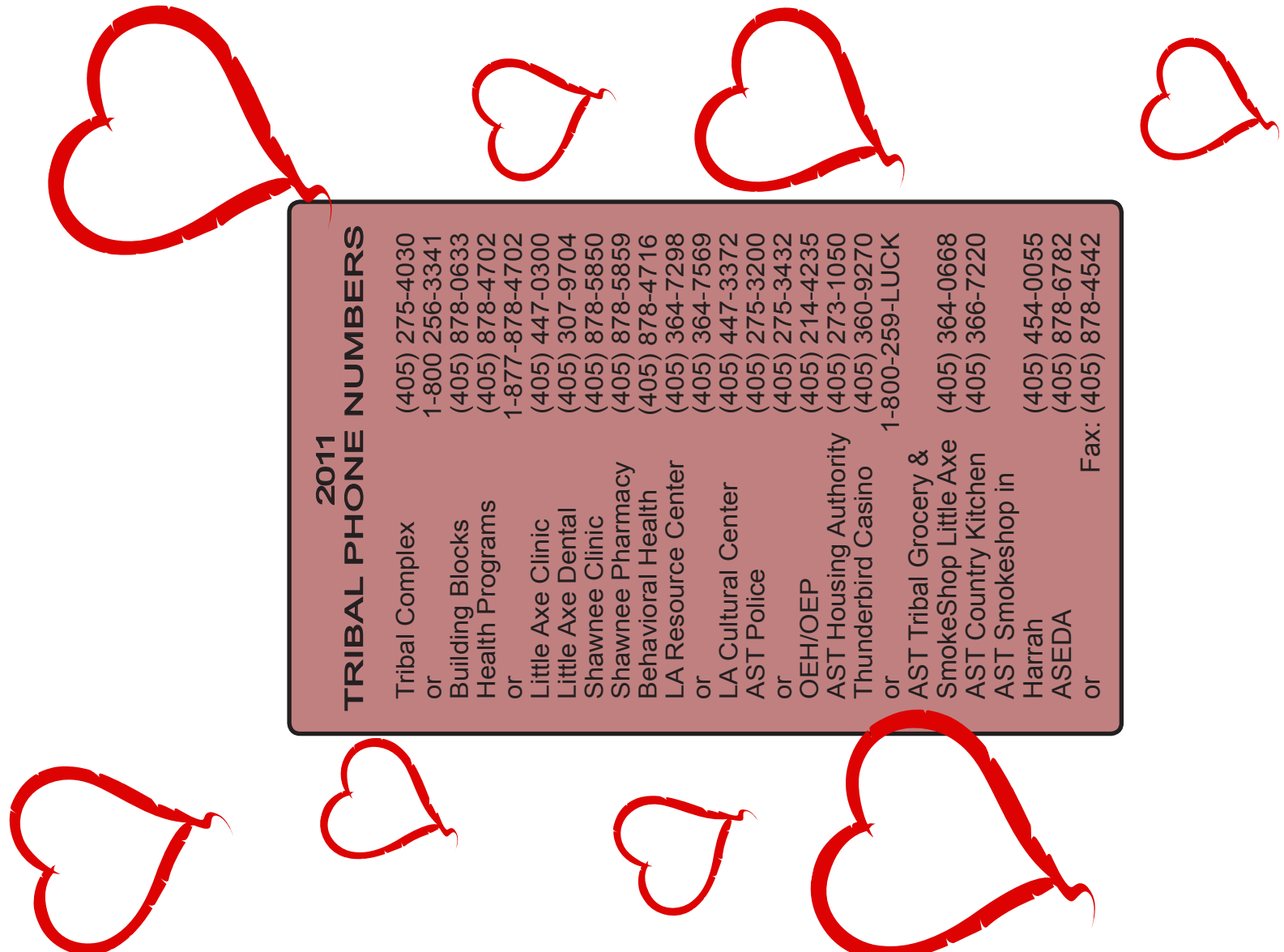


ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA
2025 S. GORDON COOPER DR.
SHAWNEE, OK 74801

PRSR
STANDARD MAIL
U.S. Postage Paid
Permit No. 434
Shawnee, OK 74801

RETURN SERVICE
REQUESTED

Flappy Valentine's Day!



2011 TRIBAL PHONE NUMBERS

Tribal Complex (405) 275-4030
or 1-800 256-3341
Building Blocks (405) 878-0633
Health Programs (405) 878-4702
or 1-877-878-4702
Little Axe Clinic (405) 447-0300
Little Axe Dental (405) 307-9704
Shawnee Clinic (405) 878-5850
Shawnee Pharmacy (405) 878-5859
Behavioral Health (405) 878-4716
LA Resource Center (405) 364-7298
or (405) 364-7569
LA Cultural Center (405) 447-3372
AST Police (405) 275-3200
or (405) 275-3432
OEH/OEP (405) 214-4235
AST Housing Authority (405) 273-1050
Thunderbird Casino (405) 360-9270
or 1-800-259-LUCK
AST Tribal Grocery & SmokeShop Little Axe (405) 364-0668
AST Country Kitchen (405) 366-7220
AST Smokeshop in Harrah (405) 454-0055
ASEDA (405) 878-6782
or Fax: (405) 878-4542

Gov.	George Blanchard.....188	Gov.	Brad Jackson (Chief).....138
	Lyndale Walter.....187		Linda Day.....140
Lt. Gov.	Isaac Gibson.....132	PROCUREMENT	
	Andy Warrior.....189	Becky Prewett (Director).....160	
	Clarice Murdock (Self Gov. Spec.).....205	Asaycia Clayton.....178	
Secretary	Teri Reed.....104	REALTY	
	Jerry Ann Knox.....186	Rachel Howell (Director).....125	
	Larry Buckley (Enrollment) 107	Johnnie Hagan.....126	
	Darrell Larney (Enrollment) 103	Joseph Blanchard.....127	
Treasurer	Kathy Deere.....118	SOCIAL SERVICES	
	Eddie Brokeshoulder.....148	Annie Wilson (Director).....167	
Rep.	Jeff Gibson.....202	TAX COMMISSION / TAG	
	Rick Short.....158	Les Cusher.....136	
		Alicia Engler.....179	
ASEDA	Sharrod Tabbybite.....181	TERO	
		Randy Edge (Director).....135	
ATTORNEY	Alyssa Campbell.....134	Bridgette Wilson.....163	
	Whitney Weingartner.....134	TITLE VI	
	Troy Littleaxe.....134	Thomasine (Dos) Owings (Director).....169	
COURT		HEALTH PROGRAMS	
Kathy Brock (Court Clerk).....120		Behavioral Health.....878-4716	
Deputy Court Clerk.....139		Community Health.....878-5850	
		Alternate No..395-0593 / 395-9006	
CULT. PRES. / GIFT SHOP		Contract Health.....878-4702	
Henryetta Ellis(Director).....190/199		Toll free.....1-877-878-4702	
Alison Taylor(Gift Shop Manager) ..203		Little Axe Clinic	
Lisa Botone (Library/Gift Shop) ..122		Clinic - Medical.....447-0300	
Gift Shop.....152		After hours.....447-0498	
EDUCATION		Clinic - Dental.....307-9704	
Margaret Ellis Admin Asst./Rec. .193		Diabetes.....360-0698	
Tresha Spoon.....121		Pharmacy.....292-9530	
ELECTION COMMISSION		Resource Center.....364-7298	
Emily Longman.....150		(Buster Bread, Rosie Tallbear, Jared Duroy)	
		Shawnee Clinic	
DOMESTIC VIOLENCE/ FAMILY SERVICES		Clinic (Bldg. 17).....878-5850	
Margaret Ellis.....193		Pharmacy.....878-5859	
Kimberly Stephens.....156		Toll free.....1-866-742-4977	
Deborah Davis (DV).....113			
Jackie Denny.....108			
Linda Gouge (Sexual Assault Adv) ..206			
Melissa Lopez.....166			