



"Among The Shawnee"

The Absentee Shawnee News

JUNE 2016

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HISTORIC VISIT AND DISCUSSION WITH United States Surgeon General Vivek Murthy

May 18, 2016 - Little Axe, Oklahoma



L to R: AST Treasurer-Leah Bates/U.S. Surgeon General Vice Admiral Vivek H. Murthy "America's Doctor". AST Governor-Edwina Butler-Wolfe/AST Secretary-John Johnson/AST Representative Kenneth Blanchard.



U.S. Surgeon General 
@Surgeon_General



Thank you Absentee Shawnee tribe for the honor blanket. I am touched and truly grateful.



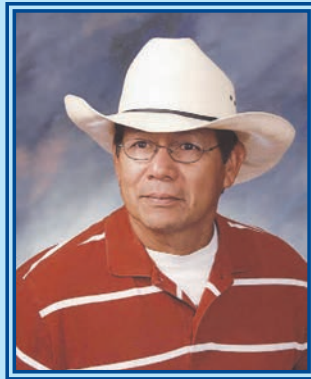
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RUN OFF ELECTION - JUNE 18, 2016

Executive Committee



Edwina Butler-Wolfe
Governor



Isaac Gibson
Lt. Governor



John Johnson
Secretary



Leah Bates
Treasurer



Kenneth Blanchard
Representative

Monthly Executive Committee meetings can be watched online at astribe.com

Governor's Report

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

Over the last few weeks we have been having increased rain and tornado activity here in Oklahoma. We have been fortunate, thus far, that no tornadoes have hit the Shawnee or Little Axe areas. I pray that does not happen as I still remember the tornadoes that hit our communities May 18-21, 2013 and those were devastating to many families within our tribe and residents in those areas. Since that time we have done much to prepare for and train staff to better meet those Emergency type situations and events.

The tribe has been busy. Our Election Commission continues to prepare for the upcoming election and it is my understanding that a decision on whether Ken Blanchard is to remain on the ballot to run for the Office of Lt. Governor is still pending. We anticipate this concern to be resolved on June 4th through our tribal court system and with the Election Commission.

It is expected that the budget shortfall (revenue failure) in Oklahoma will reach \$1.3 billion this year. A number of cuts have been made to state departments throughout Oklahoma. These shortages are proving to impact a number of programs that are linked with the tribe and our communities. As I stated last month one of the critical ones, to me as a former educator, is in the area of Education. Due to the budget cuts many schools will face making critical changes within their already challenged systems. These may be to cutting teachers and administrative support personnel; repairs to buildings; equipment enhancements. The average Oklahoma school teacher pay level will move from 49th to 50th and the already under supported culturally relevant training and teaching modules needed, in Oklahoma classrooms, will not be a priority. In the City of Shawnee public school system we have approximately 285 teachers and administrators and support personnel. Of this number there is a total of 17 that are Native American which is .05%. As I have stated previously this is unacceptable. We must correct our state priorities, we must hire our Native American teachers and we pay them salaries based on national averages. There are

some within the Oklahoma State Education Department who are trying to do what is possible within the current budget climate. The Oklahoma state department of education has placed culturally relevant curriculum modules online for teachers to consider that may be used for classroom instruction. This does not cover the shortfall issues in Oklahoma, by any means, but it is a step in the right direction. It is my hope that through the implementation of the Every Student Succeeds Act (ESSA) in 2017 that our educational opportunities will increase. This new federal law has provisions in it that will provide limited funding to improving basic programs operated by state and local educational agencies; prepare, train and recruit high quality teachers, principals or other school leaders; enhance language instruction for English learners and immigrant students; assist with state innovation and local flexibility; conduct reports on Native American language medium education; provide impact aid; conduct and promote consultation with Indian tribes and tribal organizations. There is much more in this law but those are a few of the major highlights that I'm aware of.

Last month I advised you on how many tribal vehicles we own. That number was 137. Let's do some public math here. We have 19 Maintenance staff for the Little Axe and Shawnee areas and there are 54 vehicles. That is about 2.84 vehicles per maintenance person. This total does not include heavy maintenance equipment only vehicles. Does the tribe really need that many vehicles? There remains much to do on the campus and our resources are limited. Those who are elected to their respective offices should use our assets on the work of and at the tribe and as is approved by our Executive Committee to ensure that we are not placed in a position of liability.

Court Actions of Note

Jeff and Isaac Gibson

The preliminary status review hearing date is set for May 23rd. Both Gibson's are being tried for embezzlement, fraudulent use of a credit card, misusing public monies, unlawful official action, and criminal conspiracy.

Court Actions of Note

Ken Blanchard

On June 4th the protest of Ken Blanchard, currently serving as Representative, is on the court docket. The Election Commission has indicated that the Lt. Governor's position was won by Isaac Gibson, Jr., through the election process of 50%+1. This is being challenged.

Other Topics/Expressions

Happy Birthday & Anniversary

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

Condolences

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

Meetings that I attended this month:

APRIL 2016

- 18th* AST Program Directors Meeting – Governor's Building – Shawnee, OK
- 19th* Health Corporation Board(s) Meeting – Little Axe, OK
- 20th* 10:00 a.m. Regular Executive Committee Meeting – Governor's Building – Shawnee, OK
2:00 p.m. Thunderbird Entertainment Center (TEC) Board Meeting – Little Axe, OK
- 21st* Second Annual Indian Education Legislative Day – OKC State Capital
- 22nd* Central Tribes of Shawnee Area (CTSA) Board Meeting – Shawnee, OK
- 23-27* Annual Tribal Self-Governance Meeting – Orlando, Florida

MAY 2016

- 5th* Horseshoe Bend Afterschool Program – Pizza Party with students and tutors
6:00 p.m. Attended the judging for Big Jim Education Awards – OKC
- 6th* 9:00 a.m. Early Childhood/Headstart Program Meeting with DC staff
- 7th* White Turkey Band Meeting
- 9th* Informal Planning Meeting with EC – Governor, Secretary, Treasurer, Representative
- 10th* 1:00 p.m. BancFirst Bank Meeting
- 11th* 3:00 p.m. National Webinar on Indian Educational Resources – Shawnee, OK
- 12th* 8:30 a.m. U.S. Dept. of Education Tribal Consultation in Tulsa, OK
6:00 p.m. Attended Cultural Night at Little Axe School – Little Axe, OK
- 13th* 9:00 a.m. North Rock Creek School Assembly – Visit with OK State Department of Education Superintendent – Joy Hoffmeister
3:00 p.m. Attended Oklahoma Baptist University Graduation – 4 Tutors graduated
- 16th* 9:00 a.m. AST Program Directors Meeting – Governors Building – Shawnee, OK
- 17th* 8:30 a.m. Health Corporation Board(s) Meeting – Little Axe, OK
6:30 p.m. Guest Speaker at Pleasant Grove School – Shawnee Athletic Banquet

In Conclusion

I have 12 months left in Office and I find each day eventful and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

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

Thank you for your support.

On May 13th 2016, North Rock Creek School hosted the Oklahoma State Department of Education Superintendent, Joy Hoffmeister and local tribal leaders. Tribal leaders joined the students in welcoming Ms. Hoffmeister to the school's Assembly and hearing her speak on the future of Oklahoma's education.



Tribal Leaders: Edwina Butler-Wolfe, AST Governor; Linda Capps, CPN Vice-Chair; Mary McCormack, SFN Secretary; Kay Rhoads, SFN Principal Chief.



Oklahoma State Education Superintendent, Joy Hoffmeister



AST Governor Edwina Butler-Wolfe with NRC Superintendent, Blake Moody

Representative's Report

Greetings Tribal Members:

Sending my condolences to the families of our deceased Tribal Members, welcome to all the newly enrolled Absentee Shawnee's and wishing all others a Happy Birthday, Anniversary and Healthy Month of May.

As your Tribal Representative I appreciate and welcome all that have come to the office for assistance, complaints or just to sit and visit. It is always a pleasure visiting with Tribal member no matter the circumstance. My schedule during the last week of April consisted of representing the Tribe on behalf of the Executive Committee Members who were on travel status attending the Self Governance Conference in Orlando, FL. The day to day operations as the Representative is an unpredictable challenge, which I welcome as a learning experience. I will have an average of 25-30 correspondences weekly come into my office. I may not have all the answers at the moment but I will guide you in the right direction or I will find the answer and return your call or visits personally. At times my staff and I have stepped on a few toes to do so. If you have any questions or concerns do not hesitate to contact either myself or my Administrative Assistant at (405) 275-4030 ext. 6287 or ext. 6335



Kenneth Blanchard, AST Representative, attended Little Axe Schools Ground breaking ceremony of new storm shelter.

Cultural Preservation

The AST Gift Shop will be closed until June 03, 2016 for inventory. The Cultural Preservation Department hired a Gift Shop Manager May 23, 2016. We, welcome Merry Rodriguez who is doing a great job in reorganizing and inventorying.



Merry Rodriguez - New Gift Shop Manager

Enrollment Department



Please welcome, Carly Nicole (Chisholm) Dyer. She is the new Enrollment Director for the Absentee Shawnee Tribe. Carly graduated from University of Central Oklahoma, July 2015 with a Bachelor's Degree in Marketing. Carly Nicole Dyer is an AST Tribal member, an is the Great niece of former AST Treasurer Anita Chisholm.



Absentee Shawnee Tribe of Oklahoma
2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801
405-275-4030
Office of the Tribal Secretary

Ramah Navajo Chapter

Class Counsel Question and Answer Fact Sheet

(revised May 13,2016)

Basics of the Settlement:

When is the settlement going to be paid out to Class Members (Tribes)?

We expect the United States Treasury to pay the settlement amount to the Class in June 2016. The earliest individual Class Members (Tribes) will receive payments is late July or August 2016, although FACTORS BEYOND OUR CONTROL COULD CHANGE THIS TIMEFRAME.

What needs to happen before an individual Class Member (Tribe) gets its share of the settlement?

The Settlement Administrator will send each Class Member (Tribe) a Claim form showing the dollar amount of it's share of the net settlement amount, as calculated under the Court-approved settlement plan. This form must be signed and returned before that Class Member (Tribe) receives its share.

Has The federal court approved the settlement, including deductions for attorneys' fees and costs?

Yes. On February 23, 2016, the federal court issued a lengthy opinion and a final judgment approving all aspects of the proposed settlement.

When did the settlement become final?

The settlement became final on April 25, 2016.

How much is the settlement amount?

The settlement amount is \$940,000,000, plus accrued interest from February 23, 2016 until the funds are paid by the U.S. Treasury.

When will the Settlement Administrator send out Claim Forms to Class Members (Tribes)?

The Settlement Administrator hopes to send Claim Forms to Class Members (Tribes) within 30-45 days after U.S. Treasury provides the funds.

FOR MORE INFORMATION PLEASE VISIT- Ramah Class Action website at
<www.rncsettlement.com>



Absentee Shawnee Tribe Partners with Red Cross In Smoke Detector Initiative

For immediate Release: April 28, 2016

Media Contact: Scott Wilson, APIO, swilson@astribe.com

The Absentee Shawnee Tribe conducted training on April 28, 2016 for the Housing Department's maintenance division to install smoke detectors in its housing editions throughout Pottawatomie County.

The Tribe partnered with the American Red Cross in an effort to reach out to some of the least assisted groups in the state of Oklahoma and the United States. Accidental fires are one of the leading causes of death in Indian Country according to studies done by the Red Cross.

"This is a worthwhile project and we'll make it happen" said one maintenance worker who also stated "if this saves one life then it has paid for itself." The American Red Cross provided the smoke detectors and training at no cost to the Tribe.

Absentee Shawnee Tribe Emergency Manager Scott Wilson said "This is a good way for the Tribe to reach out to it's members by providing them a service that some wouldn't be able to afford or be able to do on their own." Maintenance workers will be installing the detectors through June mostly in Elder Housing.

Tax Collections

FY-2016 YTD TAX COLLECTIONS (Thru 4/30/16)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$6,629.54	\$5,925.93	\$6,695.50	\$1,102.06	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$20,353.03	2.35%
Gaming % of free cash	\$100,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$700,000.00	80.69%
Employee (1%)	\$20,005.91	\$10,776.88	\$7,398.58	\$10,826.58	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$49,007.95	5.65%
Severance (8%)	\$2,266.67	\$1,609.65	\$460.78	\$919.02	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$5,256.12	0.61%
Motor Vehicle	\$10,173.81	\$16,449.81	\$16,519.87	\$15,797.40	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$58,940.89	6.79%
Tobacco Refund	\$7,107.73	\$1,052.86	\$7,697.88	\$17,197.56	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$33,056.03	3.81%
TOTAL TAXES	\$146,183.66	\$285,815.13	\$238,772.61	\$195,842.62	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$866,614.02	
Miscellaneous	\$223.45	\$145.00	\$300.00	\$275.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$943.45	0.11%
TOTAL COLLECTIONS	\$146,407.11	\$285,960.13	\$239,072.61	\$196,117.62	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$867,557.47	100%

Human Resources Department

The mission of the Human Resource Department is to recruit, retain and develop a highly competent workforce that supports the core goals, vision and values of the Absentee Shawnee Tribe. Human Resources is made of 4 employees which are housed at the Shawnee campus their names and titles are Cheri Hardeman Human Resource Director, Rachael Lankford Human Resource Generalist, Elizabeth Clark, Generalist and Casey Adams Human Resources Assistant.

Casey Adams/HR Assistant participated in a career fair at Gordon Cooper Vocational Training Center and was very successful in getting a variety of applications for all of our current job openings. Ms. Adams will continue her recruitment efforts during the next several months.

Rachael Lankford and Elizabeth Clark are gearing up for new hire orientation and the On Boarding and Off Boarding training we will be hosting for AST supervisors this month. Also we will continue to finalize our 401K merger and this will be completed by June 2016.

Currently we have 391 employees and we have 16 positions available.

If you have any questions regarding the Human Resources Department please call Cheri Hardeman at 405-275-4030 ext. 6252.

Human Resources Staff:

Cheri Hardeman/Human Resources Director

Rachael Lankford/ Generalist

Elizabeth Clark/ Generalist

Casey Adams/ Human Resources Assistant

Absentee Shawnee Tribe Employment Positions

Title	Division	Location	Job Type	Internal or Public	Posted Date	Closing Date	Reports To
Floater	Building Blocks Child Development Center	Shawnee Campus	Full-Time (Hourly)	Public	07-23-2015	Open Until Filled	Director
Teacher	Building Blocks Child Development Center	Shawnee Campus	Full-Time	Public	02-18-2016	12-31-9999	Director
Assistant Director	Building Blocks Child Development Center	Shawnee Campus	Full-Time (Hourly)	Public	04-14-2016	Open Until Filled	Director
Head Start/Early Head Start Director	CTSA	CTSA	Full-Time (Salary)	Public	04-25-2016	05-24-2016	
Executive Director	CTSA	CTSA	Full-Time (Hourly)	Public	04-25-2016	05-24-2016	
Office Manager	Domestic Violence	Shawnee Campus	Full-Time	Public	05-10-2016	Open Until Filled	Domestic Violence Director
Receptionist/Data/Enrollment Clerk	Enrollment	Shawnee Campus	Full-Time	Public	04-29-2016	05-20-2016	Tribal Secretary
Dental Assistant	Li Si Wi Nwi Health, Inc.	Little Axe Clinic	Full-Time	Public	04-25-2016	Open Until Filled	Dental Director
Dietitian	Li Si Wi Nwi Health, Inc.	Little Axe Clinic	Full-Time (Hourly)	Public	04-25-2016	Open Until Filled	Diabetes Coordinator
Interim Optometry Office Manager	Li Si Wi Nwi Health, Inc.	Little Axe Clinic	Temporary Full-Time	Public	04-27-2016	Open Until Filled	Director Optometry
Director of MIS	MIS	Shawnee Campus	Full-Time	Public	03-30-2016	Open Until Filled	Tribal Treasurer
Realty Specialist II	Realty	Shawnee Campus	Full-Time	Public	12-23-2015	08-30-2099	Realty Director
Pharmacist	Tribal Health Programs	Shawnee Clinic	Full-Time (Hourly)	Public	05-03-2016	Open Until Filled	Director of Pharmacy
Physician Assistant	Tribal Health Programs	Shawnee Clinic	Full-Time (Hourly)	Public	05-02-2016	Open Until Filled	Medical Director
Nurse Practitioner	Tribal Health Programs	Shawnee Clinic	Full-Time (Hourly)	Public	05-02-2016	Open Until Filled	Medical Director
Pharmacist	Tribal Health Programs	Shawnee Clinic	Part-Time (Hourly)	Public	05-03-2016	Open Until Filled	Director of Pharmacy

Forward Completed Absentee Shawnee Tribe applications with resume to:

*Absentee Shawnee Tribe
Human Resources Department
2025 South Gordon Cooper Dr.
Shawnee, OK 74801
Fax: 405-273-2710
Email: HR@astribe.com*

ELECTION COMMISSION

APPROPRIATE POLL BEHAVIOR

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

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

For Examples:

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

Do not loiter at poll site:

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

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

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

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

Policies and Procedures states:

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

Please tear off 

BALLOT

**ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
 RUN OFF ELECTION
 JUNE 18, 2016**

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

EXECUTIVE COMMITTEE

TRIBAL TREASURER (2 Year Term)

Leah Bates.....[]

Twila Parker.....[]

TRIBAL REPRESENTATIVE (2 Year Term)

Anthony “Tadpole” Johnson.....[]

Sherman Tiger.....[]

Realty Department

Reminder:

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

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

LAND BUY BACK PROGRAM

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

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

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

EMERGENCY MANAGEMENT

Seniors: Importance of a Personal Support Network

In preparation for emergencies, senior citizens should create a personal support network made up of several individuals who will check in on them in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers, and neighbors. A minimum of three people can be identified at each location where you regularly spend time.

There are seven important items to discuss and implement with a personal support network:

Make arrangements before an emergency for your support network to immediately check on you after a disaster, and if needed, offer assistance.

- Exchange important keys.
- Show them where emergency supplies are kept
- Share copies of your relevant emergency documents, evacuation plans, and emergency health information card.
- Agree and practice methods for contacting each other in an emergency. Do not count on the telephones working.
- You and your personal support network should always notify each other when going out of town and when you will return.
- This relationship should be mutual. Learn about each other's needs and how to help each other in an emergency.

Tornado Safety

- What to look and listen for.
- A watch means conditions are favorable for a tornado. Watch the sky and listen to NOAA weather radio to keep up with the latest updates regarding the storm.
- A warning means a tornado has been spotted and people in that area should take cover immediately.
- Watch for dark greenish colored skies, large hail, a wall cloud (large, low-lying, dark cloud), and listen for a loud roar similar to a freight train.

Where to Go During a Tornado

If a tornado warning is posted in your area, seek shelter in a pre-designated area such a storm cellar or basement. If underground shelter is not available, find an interior room or hallway and crouch down covering your head with your hands. Stay away from doors and windows. If you are in a mobile home get out immediately. Find shelter on the lowest floor of a nearby building, or lie flat in a ditch. Mobile homes offer very little protection from tornados.

If you are in a vehicle, leave it immediately and take cover in a nearby ditch. Do not use your car as a form of shelter. DO NOT get under an overpass or bridge. This may be ever more dangerous than open ground. A wind tunnel effect can cause higher wind speeds and could drive debris toward you or pull you out from under the overpass.

Pet Safety

- Find a kennel or cage for every animal you have and put them in the safest room in the house when a tornado watch is issued.

- Make an emergency food supply for pets. Get pull tab cans or pouches for easy opening and have an extra gallon or two of water.
- Pack collars and leashes for each dog or cat.

After the Storm

- Stay in the safe room for several minutes after the storm. Large tornadoes have an eye so more destruction may be coming.
- Keep all pets on a leash and do not leave them outside unsupervised.
- Do not light candles even after the storm has passed. Use flashlights. Ruptured gas lines can create a fire hazard.

Preparation for Warm Weather

Preventing Heat-Related Illness

- Dress for the heat. Wear lightweight, light colored clothing. Light colors reflect away the sun's energy, it is a good idea to wear hats or use an umbrella.
- Drink water. Carry water or juice with you and stay hydrated and drink continuously even if you do not feel thirsty. Avoid caffeine and alcohol, which dehydrate the body.
- Eat small meals and eat more often. Avoid foods high in protein which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- Slow down, avoid strenuous activity or do it during the coolest part of the day which is usually in the morning between 4 and 7 a.m.
- Stay indoors when possible.
- Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize you or someone else is showing signs of a heat-related illness, stop activity and find a cool place.

Signs of heat exhaustion

- Cool, moist, pale skin (skin may be red right after physical activity)
- Headache
- Dizziness and weakness or exhaustion
- Nausea
- The skin may not feel hot

Signs of heat stroke

- Vomiting
- Decreased alertness level or complete loss of consciousness
- High body temperature (sometimes as high as 105 degrees)
- Skin may still be moist or the victim may stop sweating and skin may be red, hot and dry
- Rapid, weak pulse
- Rapid, shallow breathing

Heat exhaustion is life threatening, call 911

Contact information:

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

EMERGENCY NUMBERS

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



Central Tribes of the Shawnee Area, Inc. Head Start/Early Head Start



Main Office:
1535 N. McKinley
Shawnee, OK 74801
(405) 275-4870
Fax: (405) 275-9684

Central Head Start
1533 N. McKinley
Shawnee, OK 74801
(405) 878-5820
Fax: (405) 275-1781

Rainbow Head Start
516 Iowa St.
Norman, OK 73069
(405) 447-0381
Fax: (405) 447-0388

Early Bird Head Start
111 W. Vine St
Cushing, OK 74023
(918) 225-1029
Fax: (918) 225-9969

May 23, 2016

Board of Directors

Governor
Edwina Butler-Wolfe
Absentee Shawnee
Tribe of OK
President

Tracy Johnson
KickapooTribe of OK
Vice-President

Principal Chief
Kay Rhoads
Sac and Fox Nation
Secretary

Central Tribes of the Shawnee Area, Inc. is taking applications for Human Resources

Qualifications

- *Must possess strong interpersonal skills, both written and oral
- *Exhibit a high level of organizational skills and knowledge of legal and ethical requirements
- *Possess a strong knowledge and experience with personnel practices and administration of Employee benefits.
- *Ability to read, analyze, and interpret legal documents
- *Ability to respond professionally to inquiries and complaints from staff, regulatory agencies, Community members and management
- *Consistently create well organized and accurate files, reports, and documents
- *Demonstrate effective communication in order to meet expectations
- *Ability to use basic and accurate math to compute, compile, compare and report data
- *Exhibit problem solving ability to handle changing, varied, or multiple tasks with professionalism
- *Ability to interpret and perform a variety of instructions

Education/Training and Experience

- *Associate degree in Human Resource or related field required
- *Bachelor degree in Human Resource or related field preferred
- *Minimum of two years experience working in Human Resources required
- *Experience working with Head Start and/or Department of Human Services regulations preferred

General Requirements

- *Must have a valid driver's license and be insurable
- *Must pass background check, fingerprinting and reference checks

Notice is in effect until the position is filled

Native American Preference.



"Every child is gifted. They just unwrap their package at different times"

HEALTH BOARD

There will be (2) two positions up for renew or new appointment on Health Board, if you wish to be considered for these openings, please submit contact information, attach a cover letter and resume to AST Secretary-2025 S. Gordon Cooper Drive Shawnee, Ok 74801. You may submit all documents by e-mail to secretary@astribe.com

Name: _____ CDIB#: _____

Address: _____

City: _____ State/Zip _____

Phone: _____ Alt Phone: _____

Email: _____ Date: _____

Sec. 4 Qualifications:

At Least (2) two Directors must be AST Tribal members (18 years or older) with Health care experience. All others Directors must have sufficient professional experience in various fields (e.g. business, accounting, public service, law, administration, etc.) to contribute productively to the operation of the Board. All appointees are subject to a background check. No employee or staff member of the Absentee Shawnee tribal health care system may simultaneously serve on the Board.

2016 Employee BLS HCP CPR



Date	Time	Location
January 19, 2016	09:00am to 12:00pm	Conference Room B
February 2, 2016	09:00am to 12:00pm	Conference Room B
March 8, 2016	09:00am to 12:00pm	Conference Room B
April 12, 2016	09:00am to 12:00pm	Conference Room B
May 10, 2016	09:00am to 12:00pm	Conference Room B
June 14, 2016	09:00am to 12:00pm	Conference Room B
July 12, 2016	09:00am to 12:00pm	Conference Room B
August 9, 2016	09:00am to 12:00pm	Conference Room B
September 13, 2016	09:00am to 12:00pm	Conference Room B
October 11, 2016	09:00am to 12:00pm	Conference Room B
November 8, 2016	09:00am to 12:00pm	Conference Room B
December 6, 2016	09:00am to 12:00pm	Conference Room B

Please call Kathy at 7997 or email me at kheldenbrand@astribe.com or
Call Gloria at 7600 or email her at gseeley@astribe.com or
Call Deidre at 7190 or email her at dyarbrough@astribe.com

O I L S

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

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

Contact information:

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

AST HEALTH SYSTEM - JUNE 2016

The health system wishes Dr. Kyle Judkins and Mrs. Sarah Judkins farewell as they relocate to Florida and embark upon a new journey in life! Dr. Judkins has been accepted into a residency program, and we are both proud and happy for him. We will miss Dr. Judkins and Sarah, and hope their family has a smooth transition. We would like to welcome Ms. Kerri Felmlee, Diabetes & Wellness Dietitian, and Mr. Kevin Le, PT Pharmacist (Sat & Sun), both at the Little Axe Clinic. Please welcome them to the family and reach out and introduce yourselves to them.

The 3rd Annual Health System Health Fair is scheduled this coming July 15th from 1-4 PM, so please keep this on your calendar and join us for a fantastic opportunity to learn about health and wellness as well as information to keep you and your family healthy, happy, and wise in 2016! A lot of news lately regarding the state's budget crisis and its impact upon Medicaid has been the lead story on all the area news channels and the huge story in the health communities of our state. Native American health systems, mainly due to Federal Compact and other agreements and laws, will remain reimbursed for services consistently it appears through this budget crisis, but other providers will be challenged in a way they've not had to deal with for quite some time, if ever. We will continue to monitor the changes and update on any and all information that relates to our health system and the servicing of our tribal members and other patients.

Elder care and high risk fall patients as well as homebound tribal members have been a renewed focus lately. The health system remains a full partner with the Tribe in caring for and coordinating care for any tribal member that is homebound and has needs we can help with or service within our scope and authority to do so as a health and wellness system. If you know of any tribal member who is homebound and needs assistance medically, please contact administration at (405) 701-7621 so we can assist as best possible or coordinate assistance for these members in need.

As always, our health system's most valuable resource - the people - brilliantly shine for our tribal health system and lead the way in excellence! I'm extremely proud of our outstanding star performers again this month, and thank them all for their contributions to our patients, their fellow employees, and the Tribe! Employee of the month for Health was Mr. Richard Bennet, Therapist, Shawnee Behavioral Health; Team of the Month: Mrs. Pam Lewis, Mr. Charles Lewis, Ms. Misty McGirt and Mrs. Sherri Yetter for morale committee volunteerism and employee function support. Special Leadership Award: Mrs. Desirae Spoon, BSN, RN, for her dedication and service as a Nurse in her pursuit of excellence and self-improvement as an example for all to follow! The health employees continue to accomplish outstanding feats for our patients and for each other, taking care of our internal and external customers/patients. You all make an important difference in the lives and health of all of our health system patients!

Additional health related information:

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

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

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

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

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

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

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

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

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

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

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

Our next generation
is depending on you.



MAKE TIME. SAVE THE DATE.

“Health Awareness for All Generations:
Focus On The Next Generation”

1 p.m.-4 p.m. • Friday, July 15, 2016
Little Axe Health Center
15951 Little Axe Drive • Norman, Oklahoma

Our legacy depends not only on those who have come before us. But on those who will follow in our footsteps, too. Which is why this year's third annual Absentee Shawnee Tribal Health System Health Fair will celebrate the good that comes from taking care of our youth. With health screenings and information, a cultural dance demo, kids' entertainment and exhibits, raffle drawings and more. **Join us on July 15!**

For more information, contact Public Health at 405.447.0300.



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

SHAWNEE CLINIC
LITTLE AXE HEALTH CENTER
PLUS CARE

WWW.ASTHEALTH.ORG

We Listen Ne-Hi-Ki-Wa-Sa-Pa

The AST Health System values
ALL feedback.
We will listen....



*Patient Advocate Jim
Robertson 405-447-0300

*Customer Service Line
405-701-7623

*Patient Questionnaire located in each of
our clinics or on our website

www.ASTHEALTH.ORG

Little Axe Health Center

Absentee Shawnee Tribal Health System
15951 Little Axe Drive
Norman OK, 70326
405-447-0300

Shawnee Clinic

Absentee Shawnee Tribal Health System
2029 S. Gordon Cooper Dr.
Shawnee OK, 74801
405-878-5850



FollowMyHealth™
Universal Health Record



- Improved access to your health information
- Communicate directly with your clinic
- Request an appointment
- ...and more!

Register Now!!!
www.asthealth.org/patient-portal

New Patient Portal
Absentee Shawnee Tribal Health System

Little Axe Health Center
Shawnee Clinic

Visit your app store and install
the **Follow My Health** app



for real-time access to your
health information

For more information on how you can register for the new AST “**Follow My Health**” Patient Portal, contact Patient Registration at Little Axe Health Center - 405.447.0300 or Shawnee Clinic - 405.878.4702

BIG JIM YOUTH AWARDS



Tribal Leader—Big Jim

In May 2016, the Big Jim Youth Award Committee notified the tribal youth who were to receive these prestigious awards for their High School Academic and Athletic performance. The selection committee for these awards consisted of individuals who are either educators, coaches, or affiliated in these areas or to the area of higher education within the state of Oklahoma. None of the members of the selection committee were Absentee Shawnee Tribal members. This was incorporated into the program to maintain fairness to all of the applicants.

The Big Jim Youth Award Program was open to all Absentee Shawnee High School Seniors within the 50 United States. “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” said Tresha Spoon, Educational Director of the Absentee Shawnee Tribe.

Academic Achievement, \$1000.00 Scholarship Athlete of the Year, \$1000.00 Scholarship



Mikayla Whitten

Shawnee, Oklahoma

Parents: David and Tina Whitten

Attending: University of Tulsa, Fall 2016

Major: Biology, Pre-Med

Accomplishments: Valedictorian
Fast pitch softball All-State catcher for the East
Basketball All-State alternate for the East

Essay: “...I learned that it doesn’t matter how small you are or your age that can make you a great leader, what matters is your actions. I’ve learned it doesn’t matter what you say if you aren’t able to back it up with action. Leading by example is a huge part of what makes someone a great leader. Other than sports and schoolwork, which already keeps me busy, I have been involved in other activities such as...Prowl Sadd, which is a program at my school where I get the privilege to mentor a special needs child...being able to manage my time to where I can keep up a 4.2 GPA, be a valedictorian in my senior class and still have time to maintain a healthy lifestyle is very important to me and I think this will help me excel in the future.”

Academic Achievement, \$1000.00 Scholarship Athlete of the Year, \$1000.00 Scholarship



Jarett Geissler

Shawnee, Oklahoma

Parents: Jeremy and Stephanie Geissler

Attending: Rose State College, Fall 2016

Major: Business

Accomplishments: 2015-16 Concurrently enrolled
2015-16 2nd Team All-district in Football
Two time district Champion in Baseball

Essay: “I learned that if you work hard then in the end you will be rewarded. I learned that no matter how bad things are going you just have to push through it and keep working hard. Being an athlete in high school I have learned that elementary age kid’s look up to you like how I look at my professional sports heroes. This has taught me to be a good role model for children to look up to...on the field and off. Participating in sports has taught me to show up on time and give one hundred percent in everything I do.”

BUILDING BLOCKS



Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
2025 S. Gordon Cooper Dr.
Shawnee, Ok. 74801
P: (405)878-0633 F: (405)878-0156



Our Muffins with Moms event was wonderful! The children presented their mothers/grandmothers with gifts they had made in class. The kitchen staff prepared a delicious breakfast of muffins, bacon, sausage, fruit, juice and milk for all to enjoy. A big Thank You to all who were able to attend. We hope you had a great Mother's Day!

We will have our Donuts with Dad event on Friday, June 17th at 8:00 a.m. All fathers, grandfathers, and other family members are welcome to join their kiddos in celebrating Father's Day.

Heather Presley is no longer with Building Blocks. Please contact Billie Thompson, Director or Elizabeth (Liz) Crawford, Asst. Director if you need information regarding Building Blocks' services.

We have a few open positions at the Shawnee Building Blocks. Please see the website for more details. <http://www.astribe.com> Click on the 'Employment' tab to see a full listing of available positions.

Thank you,
Billie Thompson
Director



ABSENTEE SHAWNEE AFTER SCHOOL PROGRAM



From tutoring, homework, movies, story telling, talent show, scavenger hunts to shawl making we ended the school year with a water balloon splash! On behalf of the staff, It was a great joy to work with our young children teaching them determination, perseverance, respect, service, patience, courtesy, compassion, forgiveness, friendship, integrity, justice and courage. Through the happy days and discouraging days they pulled through this last semester strong and we are proud of all of them.

Also, a special thanks to the AST Elders who sacrificed their time and effort to teach the girls how to make shawls. And thanks to the AST OEH for coming out on Earth Day and working with the students.

Last but not least, thanks to RN Deidre Yarbrough in Public Health for her contribution to educate our students on healthy living. Great things are happening and we look forward to greater things next year.

One last announcement from the ASP. We will be closed for the summer but will be taking application for tutors and for student to be put on the waiting list for the fall. Please e-mail Briana Ponkilla for more information at briana.ponkilla@astribe.com

Have a great summer!

Delana S. Ayers-Deere

ASP Manager

Absentee Shawnee Tribal Complex Location

delana.ayers@astribe.com



Congratulations

Jarett (Chip) Geissler,
On receiving the Leadership award through Rose State College. Your hardwork
and dedication is paying off!

We Love you and we are Extremely PROUD of you!

Love Mom and Dad

Announcing the Graduation of

Desirae Spoon

*East Central University
School of Nursing*



Please join us as Desirae
Graduates with a
Bachelors of Science in Nursing
Class of 2016



The Governor of the Absentee Shawnee Tribe would like to recognize and congratulate Desirae Spoon on her accomplishment for receiving her RN Degree.

Ms. Spoon is a member of the Absentee Shawnee Tribe and currently works for the Absentee Shawnee Tribe Health System.

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

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

ALL ARTICLES FOR THE NEXT MONTH'S ISSUE ARE DUE BY THE 15TH OF THE CURRENT MONTH.

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

JUNE 2016 BIRTHDAYS

Aguirre Perez Jr., Jose Ricardo
 Anderson, Micah RaShawn
 Arms, Eva Nikkole
 Armstrong, Bobby Joe
 Atabalgi, Victor Arman
 Afcchico, Kevin Todd
 Atwood, Dalana Ann
 Ballard, Juanita Darlene
 Bates, Darwin Lee
 Bates, Edwin Gale
 Bates, Horace Ray
 Bates, Leah Daphne Ann
 Batson-Walker, Keziah Corin
 Beach, Madison Sue
 Bear, Wally Eugene
 Bell, Patsy Marie Rolette
 Bell, Sarah Elisabeth
 Bispoud, Michael Ray
 Bittle, Gavin Jacob
 Blackburn, Brittney Renee
 Blackburn, Nicole Ann
 Blackburn, Reba Gayle
 Blanchard, Catrina Jay
 Blanchard, Dale Alfred
 Blanchard, Frances May
 Blanchard, Joshua Darand
 Blanchard, Mark Leeroy
 Blanchard, Ryan Lee
 Blanchard, Trinity Morgan
 Bluewater, Marty
 Boston Jr., Carl Kent
 Bowman, Lourie Ann
 Bradley, Carl Franklin
 Bradley, Lee
 Bradley, Megan Nicholle
 Breeding, Landry Parker
 Brewer, Zelda Sue
 Brokeshoulder, Gerald C.
 Brown, David Anthony
 Brown, Jearledean Louise
 Brown, Shedrick Tremain
 Bryant, Christopher Michael
 Buckheart, Daniel
 Buckheart, Joe
 Bui, Robert Dao
 Bullard, Carolyn Sue
 Burgess, Anthony Wayne
 Burkhart, Billy Elwood
 Burris, Joyce Ann
 Byers, Samuel Ezra
 Carlson, Tommy Lee
 Carpenter, Kortlynn Marie
 Chapline, Annabelle Rene'
 Charley Jr., Eugene R
 Charley, Shawna Tracy
 Chasteen, Patricia Marie Haskins
 Ciulla, Casimer James
 Clark, Albert Lee
 Clark, Christian Eugene
 Clark, Mary Esther
 Clem, Sherry Michelle
 Cobell, Miranda Pauline
 Cochrane, Arthur Kent
 Cochrane, Juanita Harjo
 Coddington, Kevin Dwayne
 Coddington, Michael William
 Coddington, Nicole Chenoa
 Coffee, Bradlee Roy
 Corpus, Alyce Karen
 Cox, Elizabeth Diane
 Creek, Allison Jaine
 Creek, Shelia Maria
 Crossley, Caroline Dianne
 Cruz-Larney, Leonardo
 Cruz, Owen Patrick
 Dankenbring, Christina Renee
 Davis, Gary Brent

Davis, Jeremy Ray
 Deer, Brayden Nathaniel
 Deer, Channa Racyne
 Deere, Dakota Gordon Lee
 Delodge Jr., Dwight Lee
 Dennison, Lindsey Nicole
 Dibler, Aaron Dee
 Dibler, Jimmy Floyd
 Dietrich, Skylar Star
 Dodds, Audrey Scroggins
 Douglass, Catalyna Jade
 Dunford, Dustin Everett
 Dunn, Alice Marie
 Durmon, Raven Reese
 Eason, Gemini E'lane
 Edgmon, Andrew Shawn
 Edwards, Christopher John
 Ekk, Joyce Lynn Gant
 Elephant Sr., Edward Elmer
 Ellis Jr., Paul Samuel
 Ellis, Craig Joseph
 Ellis, Joshua Lee
 Ellis, Steven Duane
 Felton, Beverly Ann
 Finley, Charles Christopher
 Fixico, Kyeanna Rochelle
 Flippen, Gale Sue
 Foreman, Jamie Marie
 Foreman, Lisa Ann
 Frazier, Lisa Deanne
 Fritsch, Cheryl D. Sloat
 Gant, Phillip Monroe
 Garcia, Jennifer Gail
 Garcia, Doreecesha La Shawn
 Garretson, Sandra Jean
 George, Genevive Logan
 Gibson, Bryan Scott
 Gibson, Kyle Wayne
 Gibson, Whitlee Danell Nacole
 Gokey, Johnnie Mae
 Gonzalez, Kacey Lynn
 Grant, Willow Ann-Tremel
 Grass, Carmynn Layne
 Grass, Gregory Ryan
 Grass, Skylar Dain
 Guthrie, William Thomas
 Gutierrez, Jaunita Deere
 Hanson, Daylen Joseph
 Harjo II, Zackery Colin Dell
 Harjo, Clifford
 Harjo, Samantha MacHel
 Harjo, Viola Lucille
 Harjoe, Theodore Mose
 Harris, Rebecca Rose Lillie
 Harvey, Rowena Gail
 Haumpy, Tywana Senoria
 Herrera, Arlene June
 Herrera, Jose Alfredo
 Hibdon, Kylee Brooke
 Hicks, Lenny Wayne
 Hill, Ryan Warren
 Hood, Flora Jean
 Hood, Leah
 Hood, Newman W.
 Houchin, Cynthia Diane
 Ibarra Jr., Luis Ricardo
 Irvin, Darlene Gosney
 Jackson, Tenain A-Tye
 Jackson, Tyson Joel Sweeney
 Jacobs-Creek, Mistie Leann
 Johnson, Bryan Austin
 Johnson, Dane Echogee
 Johnson, Hilo Tsofigh
 Johnson, John Raymond
 Johnson, Joseph Tarron
 Johnson, Katie Jean
 Johnson, Megan Lucille

Johnson, Nahtanha Kai
 Johnson, Tillman Aaron
 Johnson, Travis Eric
 Kaseca, Howard John
 Kastl, James Edward
 Kastl, Jimmie Edward
 Kauley, Hollis Lucille
 Kelough, LaChrista Kay
 Ketakea, Ashley Paige
 Kihaga Jr., Michael John
 Kilmer Jr., Gregory Keith
 Kilmer, Brandon Keith
 Kilmer, Michael Houston
 Kinley, Taylor Jordan
 Kmatz, Zachary Robert
 Koontz, Susan Kay
 Kowitz, Shelly Anne
 Kupczynski, Mary Lee
 Larney, Harriet Lee
 Larney, Megan June
 Larney, Takota Sun
 Latzke, Kimberly Nicole
 Leitka, Macklyn Chappell
 Lewis, Mariah Nicole
 Lewis, Mark Stephen
 Lewis, Skylar Dean Cooksey
 Lime, Andrew Barry
 Little Axe, Arianna Danielle
 Little Axe, Claude Tyner
 Little Axe, Lisa Annette
 Little Charley, Virgil Ray
 Little Creek, Calvin Dale
 Little, Anthony Ray
 Littlebear Sr., Michael
 Littlebear, Marquitta Annette
 Littlecreek, Arnold Kent
 Littlecreek, Christopher Dwight
 Littlecreek, Drew Michelle
 Littlecreek, Talani Rose
 Longhorn, Darrell Eugene
 Longman, Andrea Kay
 Low, Sadie L. Spybuck
 Lowe, Braylon James
 Lowe, Megan Louise
 Mack, Justin Wayne
 Mack, Kevin Lee
 Mahardy, Bradley Gene
 Mahardy, Lacey Rochelle
 Mann, George Allen
 Mann, Jesse Dale
 Martinac, Susan Renee
 Masquas, Izaiah Zazueta
 Mayfield, Hayden Winona
 McCollom, Brandy Jo
 McGowan, Charles Lee
 McGuire, Kelsey Nicole
 McMahan, Camdyn Rae
 McMillen, Mitchell Thomas
 Melton, Kalen Mykel
 Mendoza, Elizabeth Ranae
 Michaelson, Carol Sue Morton
 Michaelson, James Ross
 Mickleburgh, Dorothy Jean
 Minesinger, Sara Danielle
 Mitchell, Trevor Micah David
 Mohawk, Galen Leroy
 Mohawk, William Douglas
 Molina, Manuela
 Montgomery, Richard Henry Aaron
 Moore, Jordan LaShell
 Morgan, Alissa Ann
 Morton, Madison Skye
 Morton, Misty Lynn
 Morton, Rachel Raynell
 Mullins, Mirissa Bethany
 Murdock, Wisper Dawn
 Murry Jr., Steven Ray

Nelson, Taylor Paige
 Nemecek, Dorothy J. Hood
 Newton, Christy Lynn
 Nice, Isaac James
 Nicholson, Peggy Mayrie Welch
 O'Toole, Ryan Gregory
 Olguin, Cynthia Ruth
 Onzahwah, David Levi
 Ortega, Eileen Marie
 Owens, Jaelyn Nevaeh
 Ozeretsny, Patricia R Musick
 Parrent, Edna Brady Scott
 Paffton, Kimberly Marie
 Payne, Riley Erin
 Pearce, Eileen
 Pearson, Etta Axe Washington
 Pena, Alice Laverne
 Perez, Brenda Irene
 Petty, John Eric Matthew
 Pine, Rita Ann
 Pitchford, Lyria Makaila DeAnn
 Plunkett, Tobie John
 Preciado, Christina Gracella
 Presley, Bailey Paige
 Proctor, Sonia Danielle
 Proctor, Twainna Dawn
 Puckitt, Alyssa Marie
 Quarterman, Abel Matthew Tiger
 Raisbeck Jr., Christopher Gene
 Raisbeck, Christopher Gene
 Ramirez, Virainia
 Ramirez, Tiffany Ann
 Reading, Gregory Tyler
 Respicio, Nicholas Lee
 Rides At The Door, Maleah Jane
 Riedel, Linda Mae Robinson
 Robbins, Ariel Nicole
 Robertson, Jimmy
 Robertson, Marion James
 Rolette, Tyler Austin
 Ryan, Moria Colleen
 Ryder, Holland Thomas
 Sanchez, Eder Pavel
 Sanchez, Josefa Yolanda
 Schmidt, Michelle Denise
 Scott, Colton James
 Seber, James Eddie
 Serena, Nicole Inez Raelynne
 Shawnee, Brooklyn Pearl
 Shawnee, Lindsay Gael
 Shelton, Jamie Cheryl
 Shields, Darren
 Shrestha, Abhi Chase
 Simpson, Flora Mae
 Simpson, Lisa Rudine
 Simpson, Rachel Rayann
 Sipple, Patrick Michael
 Skinner, Charitas Susanne
 Slayton, Sharon Virginia
 Sloan, Ted Gary
 Sloat-O'Toole, Lezlie Marie
 Sloat, Jerry Ray
 Sloat, Shirley Ann
 Sloat, Troy Lynn
 Smith, Bobby Dean
 Smith, Brian Keith
 Smith, Chandria Jean
 Smith, Christina Sue
 Smith, Scott Alan
 Smith, Shad Michael
 Snake Floyd, Janet Lynne
 Soap, Margaret Angela
 Spoon, Ashley Nicole
 Spoon, David Clayton
 Spriggs, Donald Ray
 Spybuck, Jason Evan
 Squire, Donald Ray

Squire, Joseph Lynn
 Squire, Leroy Ricky
 Stacey, Rosalyn
 Steinruck Jr., Harold Eugene
 Stephens, Rebecca Pauline
 Stevens, Justin Frank
 Steves, Gary Wayne
 Stewart, Lonita Virginia Williams
 Suidham, Dorothy Jean
 Street, Louise Axe Washington
 Stricklin, Eugene Stanley
 Switch, Isaiah Jacob
 Taff, Nancy Ann
 Tapia, Gianna Jade
 Tascier, Susan Willkerson
 Tello-Faz, Maribella Elizabeth
 Temple, GINGER Lee
 Thorpe, Tyrone Guthrie
 Tiger-Onzahwah, Preston Zachary
 Tiger, Emma Kay
 Tiger, Gerald
 Tiger, Kwinten Danyl
 Tiger, Marisela Rose
 Tiger, Nancy Rae
 Tiger, Riley Eugene
 Tilley, Nolan Grant
 Tolbert, Janis Laverne
 Turney, Stephen
 Uchida, Bryson Harvey
 Wahpepah, Brady Maverik
 Wahpepah, Pauline White
 Walley, Lowana Gale
 Warrior, Andrew Keith
 Warrior, Luana Christie
 Warrior, Lydia Rose
 Washington Sr., Algene
 Washington, Karen Rose
 Washington, Matthew George
 Washington, Tatum Stoney
 Watkins, Fawn LIF grass
 Watkins, Freddie Lee
 Watkins, Jalynne Alexis
 Watson Jr., Gregory Doyle
 Watson, Darrell Dean
 Webb, Carter Ellis
 Webb, Raven James
 Wenholm, Lacey Alexandra
 White, Xander Ralph
 Whitethunder, Daelan Takye
 Whitney-Coon, Davin Zane
 Whitten, David J. J. Thomas
 Wietelman, Ebanev Bionca Lynn
 Williams, Braylie Audra
 Williams, Ethan Beau
 Williams, James Robert
 Williams, Kaenon Cole
 Williams, Kyree SaVaughn
 Wilson, Adilyn Magnolia
 Wilson, Hannah Mae
 Wilson, Kaden Joseph
 Wilson, Marvin Edward
 Wilson, Michele Renee
 Wilson, Shi Ann Delrae
 Wilson, Wesley Sheldon
 Winegar, Juanita Jean
 Winrow Jr., Rodrick Donnell
 Winter-Engrav, Katherine Dorene
 Witt, Jacob Matthew
 Wolfe, Richard Ray
 Wolfe, Tanya Lynn
 Wright, Shane Allen
 Yeahpau, Eden Dione



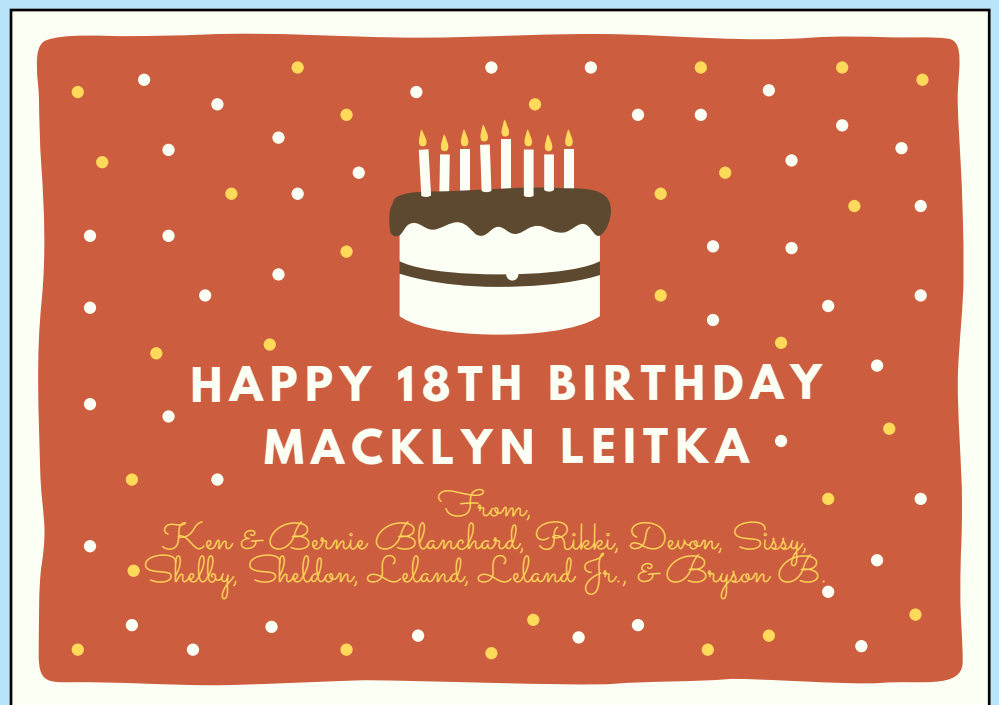
Happy Birthday 96th Birthday Viola Harjo
 You are very special to all of us!

Love,
 All your children, grandchildren,
 great grandchildren, & great-great grandchildren

Happy 3rd Birthday
 Daelan "DaeDae" Lake White Thunder

From: Daddy, Gpa, Gma, Shelsie, Shelby,
 Justin, Bryson, Big Papa, Big Gma, and the
 rest of the family.

WE LOVE YOU!!



Absentee Shawnee Tribe Sexual Assault Awareness Month



Every April, the Absentee Shawnee Domestic Violence Department hosts awareness events that help the community get involved in becoming aware of the growing issue of sexual assault. The Absentee Shawnee Tribe Domestic Violence Department hopes that in providing these types of events, individuals not only develop an understanding that sexual assault is a growing issue but also familiarizes them with the services that are provided. Community members may find themselves in need of those services and we are here to help! This month we kicked off April by bringing in community members to partake in the planting of seeds to honor victims of sexual assault. Following this event we joined other agencies at the state capitol for the 2nd Annual American Indian Gathering of Voices. There we heard stories from survivors, networked with other agencies, and gave community members information about our services. Lastly, we ended Sexual Assault Awareness Month with a trivial email to all employees that had myths and facts about sexual assault.

If you or someone you know is in need of sexual assault services please contact our office. All of our services are 100% confidential.




Linda Gouge
Sexual Assault Coordinator
405-273-2888



2% milk served daily

Menu subject to change



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chef Salad Eggs, Cheese Crackers Peaches/Cottage Cheese	2 Turkey Dressing/ Gravy Green Beans Pie	3 Grits Sausage Patty	4 
5	6 Grilled Cheese Veggie Soup Mixed Fruit	7 Lasagna Tossed Salad* Garlic Bread Apricots	8 Baked Chicken Wild Rice Veggies Pineapples	9 Tamale Refried Beans Spanish Rice Cinnamon Roll	10 Scrambled Eggs Sausage Gravy Biscuit	11
12	13 Salisbury Steak Mashed Pot./Gravy Green Beans Bread/Peaches	14 Ham Scalloped Potatoes Veggies Cake	15 Frito Chili Pie Cheese Sticks Fruit Salad	16 Chicken Patty Sandwich Lettuce, Tomato Pot. Salad/Cookie	17 Scrambled Eggs Bacon Waffles	18
19  Father's day	20  Hamburger LTOP/Tator Tots Ice Cream	21 Popcorn Chicken Mashed Pot./ Gravy Broccoli Fruit	22 Hot Ham & Cheese Sandwich Chips Tomato, Cucumber, and Onion Salad	23 Baked Potato Ham, Cheese, Onions Cauliflower Pudding	24 Boiled Egg Toast	25
26	27 Beef n Bean Burrito Spanish Rice Pears	28 Chicken Fry Mashed Pot./Gravy Green Beans Bread/Fruit	29 Tuna Salad Sandwich Lett., Tom., Pickles Chips/ Orange	30 Northern Beans Steak Fries Cornbread Crisp		

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

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

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

**LIFE is Beautiful
Living Meth Free**



**National Suicide
Prevention
1-800-273-8255
(TALK)**



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



Let us help...



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

**Come and apply
Starting in May thru September
2016**

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



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

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

Annette Wilson, Social Services



A Little Note from The Tag Office

Did You Know.....

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

ABSENTEE SHAWNEE TRIBE TAX COMMISSION

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

NEW REGISTRATIONS

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

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

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

RENEWALS

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

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

TAG PRICES

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

PENALTY

\$0.25 A DAY

ATTENTION PARENTS!!!

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

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

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

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

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

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

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

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

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

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

Education Department

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

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

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

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

Attention:

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

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

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

ABSENTEE SHAWEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

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

Transitional Housing

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

Court Advocacy

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

Shelter Placement Assistance

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

Housing and Utility Assistance

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

Referral Assistance

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

Community Outreach

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

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

Absentee Shawnee Housing Authority



Programs Available

- Low Rent Housing
- Lease to Own Housing
- Down Payment & Closing Assistance
- Storm Shelter Assistance
- College Housing Assistance
- Emergency Home Repair
- Over Income AST Member Down Payment Assistance

FOR INFORMATION ABOUT OUR SERVICES

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

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM



JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Circuit Training</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Cardio Kickboxing</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Circuit Training</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
<u>Chair Exercise for Elders</u> 12:00 p.m.-12:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Circuit</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>Tabata (Beginner/Intermediate)</u> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
<u>Circuit Training</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		<u>Circuit Training</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		

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

"Aerobic Circuit"- A time-efficient training system aimed at maintaining and improving cardiovascular fitness using a variety of body movements.



"Zumba Fitness"- Fitness, fun, and dance. Learn Zumba dance moves to get your heart rate pumping!

"Chair Exercise for Elders"- Low-impact strength training utilizing a chair for elders and beginner fitness levels.

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



"Tabata Training"- An intense and time-efficient training system aimed at developing cardiovascular and muscular strength/endurance.

**Absentee
Shawnee Fitness**

**Diabetes and
Wellness**



The MyDNA Program Coordinator, Ms. Kasey Dean, would like to thank the following youth who have participated in the production of a youth-targeted video and the youth who presented, managed the MyDNA booth and served as town hall youth participants during the U.S. Surgeon General's visit to Oklahoma on May 18, 2016. It was an honor to work with each and every one of you.

MyDNA Video Youth

Alexis Tanyan	Jaxon Hayes
Antone Nenaikita	Josh Foreman
Brody Miller	Kaci McGuire
Dacoda McDowell	Kasi Rice
Dakota McGehee	Keilah Givens
Evan Wahpekeche	Khia Colungo
Garrett Walker	Kylah McGuire
Hunter McGehee	Madi McDowell
Jacob Foreman	Ozmond Wahpekeche

MyDNA Presentation/Booth/Town hall

Alexis Tanyan
Antone Nenaikita
Connor Edwards
Dacoda McDowell
Evan Wahpekeche
Taylor Kinley

From the Doctor's Notebook

Arthritis

Grandma had it, I have it, and everyone who lives long enough will have it. Many people do not understand the term Arthritis. Arthritis is a generic term that is composed of two terms Arthro meaning joint and Itis which is inflammation. One can have arthritis in virtually any joint of the body but like many other features of disease processes is not necessarily a cause, but an end product. As we age we can get joint (especially knees) pain from plain old wear and tear. That is osteoarthritis or degenerative joint disease and is very popular with folks selling snake oil treatments or cures. It can also be a joint pain issue that is part of a more serious diagnosis such as Lupus. Low back pain of the boney kind is arthritis of the back. When we talk about arthritis, we are not talking about joint pain that occurs because we have done something stupid, like jump out of a perfectly good airplane (with a parachute) and injured a knee, back, etc. As a rule degenerative arthritis does not come on all of a sudden. It is the result of years of use, or overuse as the case may be.

Let's consider a typical scenario in our practice. Mr. S. comes in for joint pain in his right knee. One of the first things we notice is Mr. S. is 65 years old and is a retired construction worker. He also spent a number of years in the military. His pain has been present for quite some time and is getting worse with time and is mainly when he walks or is up and around doing his normal daily activities. He does not necessarily wake up with joint stiffness. He also gets some swelling occasionally. This is the classic presentation of osteoarthritis; wear and tear arthritis. The final determination will be made by getting some standing (weight bearing) x-rays to look for joint space narrowing. All bets are off if we do not find that. The problem then becomes one for further investigation. An x-ray cannot "see" arthritis. The joints of the human body have specifications like any mechanical system. For instance, the ball and socket joint of the hip are lined with cartilage. This cartilage acts as spacer and that space can be easily seen on an x-ray. If, especially on a standing x-ray the space above the ball joint of the hip is narrower in the superior portion of the joint then the inferior portion the radiologist can infer the presence of what is called "arthroses" or joint degeneration. This is the root cause of osteoarthritis.

Assuming, however the x-ray report does confirm joint space narrowing. It is a pretty sure bet that this person's orthopedic exam will be somewhat unremarkable except to notice that he walks with an abnormal gait – his joint(s) hurt when he walks! Breaking the news to someone this age, and with this history of physical activity over the years is probably not going to be much of a problem because many folks will have showed up for their visit stating that – "Hey doc, I think I have arthritis" or something like that. Treatment for something like this is pretty straight forward, pain control, physical therapy, and in time, a referral to an orthopedic surgeon who will possibly recommend a joint replacement.

As I alluded to earlier, arthritis can also occur in the spine but we have discussed that in a previous article. When it is all said and done, the bottom line is what we do for pain control. Let me defer that for just a bit.

The other type of arthritis is not from wear and tear. Again, arthritis is an inflammatory condition but one of the other causes can be due to autoimmune diseases such as Lupus or Rheumatoid Arthritis, and Psoriasis among others. There are other somewhat obscure disease processes that can lead to joint pain and loss of function as well. In general though, these diseases are a situation where the body turns on itself, hence the term autoimmune. Since this type of arthritis has its roots in an autoimmune problem there are usually other systemic involvements. One of the most worrisome is the kidneys. Autoimmune types of arthritis are not nearly so easy to diagnose and the treatment takes the form of not only suppressing the base cause but also managing pain. In some cases, however suppressing the base cause can provide adequate pain control by targeting the cause of pain. Unfortunately, many of the newer, disease modifying agents as they are called have significant side effects and are very expensive. Not only that, they are generally initiated by a specialist in rheumatology and require frequent monitoring (blood tests, needles, get it!). One fortunate thing is that autoimmune types of arthritis are not nearly as common as plain old wear and tear arthritis.

My job as a primary care physician is going to be to try to manage discomfort and, where possible forestall, or slow down disease progression. After an initial workup I will likely assess your pain scale, what kind of work you do, and in general your basic lifestyle requirements. We will discuss pain control on an individual and customized basis because one shoe does not fit everyone. I will also encourage you to not do things that can make things worse, for instance if you have osteoarthritis of the knee(s) I am going to discourage marathon running (but not daily walking). I will encourage you to eat healthy, get some kind of exercise, not smoke, not consume alcohol in excess and get the rest you need. Pretty much everyone will be referred to physical therapy as part of a treatment modality. Many times a good physical therapist will provide feedback to me about further imaging, like MRI. If it comes down to that then there is a likelihood a surgeon is going to get involved.

Medications for arthritis or just about any joint pain is going to consist of a trial of anti-inflammatory medications unless not feasible. We don't want to use anti-inflammatory medications, especially in large doses in people with kidney disease or runaway high blood pressure. In those cases our options are somewhat limited. In other cases anti-inflammatory medications are perfectly viable. Treatment of pain, whether for arthritis or any other condition, must be customized. Some people respond well to Ibuprofen and some to Naproxen. There is, of course trial and error involved.

Unfortunately neither I, nor anyone else for that matter can turn back the clock. Degenerative arthritis is a disease of aging. Interestingly enough, the presence of arthritic joints has been found in dinosaur fossils so in that respect we humans are not unique to that malady. Autoimmune arthritis, when we encounter it is the purview of specialists in rheumatic diseases and is too technical to discuss in this forum.

Always in your service.

Bruce Stafford, Diplomate ABFM, NBPAS
Deputy Medical Director
Absentee Shawnee Tribal Health System

AST PHARMACY

When requesting refills, please provide 24 hour notice until pick-up. The most efficient method is to have your refill numbers ready when you call the Pharmacy, and use our automated system.

Deliveries of controlled medications are not allowed.

If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with your current cell phone number.

Please inform us of changes in address, phone number, insurance and other contact information (changes at registration do not flow to pharmacy).

If you have any questions at any time, feel free to call either Pharmacy or stop by and speak with one of our Pharmacy staff. We are happy to assist you with your pharmaceutical needs!

Hours of Operation:

Little Axe: Monday-Friday 8am-5pm

(7:30am-5:30pm Drive-Thru)

Phone-(405)292-9530

Shawnee: Monday-Friday 7am-5pm

Phone-(405)878-5859

We are open through the lunch hour!!

****BOTH PHARMACY DEPARTMENTS ARE CLOSED WITH THE CLINICS THE FIRST WEDNESDAY AFTERNOON OF EVERY MONTH TO COMPLETE ADMINISTRATIVE DUTIES. ****

Thank You,
AST Pharmacy Staff

AFTER HOUR PHARMACY NOTIFICATION

The Walgreens located at 100 12th Avenue NE in Norman, OK is **no longer contracted** with the AST Health System to pay for after hour emergency prescriptions due to losing its 24-hour service status.

Tribal members may now take prescriptions to:

Walgreens
615 W. Main St
Norman, OK
(405) 573-5019

Absentee Shawnee Tribal Health System

Behavioral Health Services



Office Hours

Monday-thru-Friday

8:00 AM - 5:00 PM

Little Axe Clinic
15951 Little Axe Drive
Norman, OK 73025
Ph. 405-701-7987

Shawnee Clinic
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
Ph. 405-878-4716

Services are offered through:

Little Axe Clinic & Shawnee Clinic for all Federally Recognized Tribes.

AST BEHAVIORAL HEALTH SERVICES

For counseling information, contact:

Shawnee BH: Roberta Cooper (405) 878-4716
Little Axe BH: Rolanda Smith (405) 701-7987



Women's Health

Little Axe Health Center

Women's Health Services
Located in the Primary Health Care

Providing & Promoting Preventative Health
for All Women

Services include:

- Adult immunizations
- Breast & Pelvic Exams
- Mammogram Referral
- Bone Density Studies

Information about:

- Health Promotion
- Quitting Smoking
- Misuse of Alcohol and Drugs
- Nutrition
- Physical Fitness and Exercise
- Controlling Stress and Violence
- Prevention of Pregnancy
- AIDS and other Sexually Transmitted Diseases

Women's Health Services
Little Axe Health Center
15951 Little Axe Drive • Norman, OK 73026
405.447.0300 • Fax 405.701.7605
www.asthealth.org



ABSENTEE SHAWNEE TRIBAL MEMBERS

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

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

ELIGIBILITY

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

REQUIRED DOCUMENTATION:

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

APPLICATION ALSO ONLINE: www.astribe.com

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

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:

- a. Handicapped/Disabled and Elderly
- b. Income
- c. Family Size/Overcrowded Living Conditions
- d. 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



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

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

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

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

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



Potential Risks to our Water and Tribal Community

As tribal members, we have submitted a letter of concern to the AST Media which contains explanations of real and potential threats to the safety of the Little Axe community water sources. Due to the complexity of these matters, the letter could not be placed in the tribal newsletter in its entirety; however, the following excerpts are from the actual letter which will be available on the tribal website. Also, tribal members may contact us for a copy of the letter to share with those that do not have internet access by emailing us at NoPlainsPipeline@gmail.com

*Respectfully,
Alecia Onzahwah
Ashley McCray
Paulette Blanchard*

Hydraulic fracturing, or fracking, is a method in which natural gas is extracted from the shale formations thousands of feet under the ground surface by a process in which millions of gallons of water, mixed with sand and a concoction of toxic chemicals are sent down a pipe that has been drilled deep into the shale at a high velocity, causing fractures in the shale, which then releases the gas. It is the fracturing of the shale that is believed to be contributing to increased seismic activity in Oklahoma and other states.

The fracking wastewater that results from this process contains numerous toxic chemicals such as Benzene along with heavy metals and radioactive materials from far beneath the Earth's surface. The fracking wastewater that is recovered from these types of wells is placed in a holding pond, which is a man-made pond that is lined with material in which to hold the wastewater until a time that the wastewater is removed by truck. We should be concerned with any potential flooding that could cause overflow of the frack wastewater, which could eventually reach our water sources and soil.

Most recently, as reported in a Common Dreams May 2nd 2016 article Texas Floods Sending Toxic Fossil Fuel Runoff into Public Waters, in Houston, Texas, flooding sent both crude oil and toxic chemicals into Texas waterways. The article notes that "new evidence is mounting that spills from oil wells and fracking sites increase when water levels rise". The article then goes on to mention "**In other areas, cattle that drank the fracking fluid actually died an hour after drinking it.** There are potential carcinogens that can lead to leukemia, brain cancer, and other endocrine disruptors that can affect premature births. So, it is not good to drink frack wastewater."

The next issue that we want to bring to your attention is the **crude oil pipeline** that is being proposed for construction through the Little Axe community. It is our understanding that this pipeline may either pass through AST individual allotted land or very near AST individual land and possibly homes.

Crude oil contains hundreds of substances that include **benzene**, **chromium**, and **mercury**, just to name a few. Exposure to these substances can include dizziness, tightness of chest, nosebleeds, leukemia, and kidney or liver damage, coma and death.

The same company that is set to complete the crude oil pipeline project through Little Axe community has had 10 serious crude oil spills in four states, including Texas, Louisiana, Oklahoma and Kansas, according to the EPA. They are also responsible for a massive crude oil spill of over 105,000 gallons along the coast of Santa Barbara, CA in May of 2015. They have also had 175 safety and maintenance code violations.

The probability of such a (crude oil spill) disaster as that which has occurred in the communities of Mayflower, Arkansas (Exxon crude oil spill) and Santa Barbara, California is exacerbated by the fact that Oklahoma's increasing number of earthquakes. On May 5th, 2015, the United States Geological Society issued a rare earthquake warning for Oklahoma, in which the risk of a damaging earthquake, greater than 5.0, has significantly increased for central Oklahoma.

Water is vital to our very existence in not only our everyday life, but in our tribal ceremonies as well. Should a situation occur in which the water sources in the Little Axe area become contaminated by hydraulic fracking, crude oil pipeline spillage, or both, the ability to operate our L.A. Resource center Elder Nutrition Program, our new tribal daycare, our tribal clinic and our tribal casino could be greatly impacted – not to mention the individual water wells of our tribal families. We simply cannot take the risk of allowing this company, nor any other company, to place such a pipeline, nor fracking, in any part of our tribal community.

Kid Friendly Recipe

By Sarah Judkins, MA, RD/LD, CDE
Dietitian, Diabetes & Wellness Program

Are you looking for a healthy kid friendly recipe? Consider trying this Fish Taco with Corn Salsa Recipe. The great thing about serving tacos is each child can choose their toppings. No worries if your kids are not fond of fish you can plan to substitute cooked, shredded chicken breast for the fish. However, fish is a good source of healthy fats (omega-3 fats), iron, calcium, zinc and magnesium. Be sure to also note the use of corn over flour tortillas to help reduce calories and increase fiber. Frozen corn is used over canned since it is lower in sodium. Lastly don't leave off the avocado since it has good healthy fats, and children need healthy fats in their diet to help with brain and nervous system development! Enjoy!!!

Fish Tacos with Corn Salsa Recipe

By Dawn Jackson Blatner, RDN, CSSD

Ingredients:

- 12 ounces white fish fillet (such as tilapia)
- Cooking spray
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 cup prepared salsa or pico de gallo
- ½ cup frozen corn, thawed
- 12 corn tortillas, warmed
- 2 cups pre-shredded slaw (cabbage, red cabbage, carrots)
- 1 avocado, sliced
- ¼ cup fresh lime juice (about 2 limes)



Directions:

1. Preheat broiler. Mist fish with cooking spray, season with salt and pepper and place on foil-lined baking sheet.
2. Broil fish for about 8 minutes, until its internal temperature reaches 145°F. Cut cooked fish into strips.
3. Mix salsa with corn. Serve cooked fish in tortillas topped with corn salsa, broccoli slaw and avocado. Drizzle with lime juice.

Nutrition Information:

Serving size: 3 tacos

Serves 4

Calories: 390; Total fat: 11g; Saturated fat: 2g; Trans-fat: 0g; Cholesterol: 45mg; Sodium 380mg; Total carbohydrate: 54g; Dietary fiber: 9g; Sugars: 6g; Protein: 23g; Vitamin A: 15%; Vitamin C: 40%; Calcium: 15%; Iron: 10%

<http://www.eatright.org/resource/food/planning-and-prep/recipes/fish-tacos-with-corn-salsa-recipe>



Office of Environmental Health Brownfield Response Program

What is a Brownfield?

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



Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

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

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

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

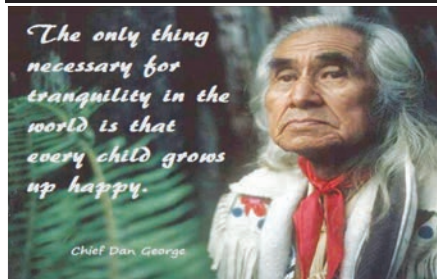
AST.Environmental.Programs@astribe.com

[Follow us on Facebook to view and comment on current and upcoming projects](#)

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



FOSTER CARE



GOT LOVE?

FOSTER A CHILD

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

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

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

<<<NOTICE>>>

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

WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

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

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

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

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

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

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

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



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

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

Vote to make a difference!

Vote for *Twila Parker* on June 18th

On June 18th you will have the opportunity to go to the polls and either keep the current Treasurer in office or vote to make a difference. Let me share with you why I believe we **MUST** make a change. As I went out and visited with tribal members I found that the stories shared with me are compelling and the concerns are long reaching. Tribal members generously opened their hearts and homes to me and I appreciate that trust and opportunity to listen. Some of the tales told were of woe and many others were haunting. Many shared that they've had long term problems with their homes with promises of assistance made to them, only to be given none. What I found especially sad and disturbing were those of our tribal elders in their late 70's to 80's. One 85 year old tribal elder is still mowing his own yard while recovering from a bout of cancer. This was resolved by finding an upstanding young tribal member who volunteered to go help this elder with his yard. Another tribal elder stated he was 'sick and tired of these tribal members who run for office to simply pay for their own personal lifestyles or to pay for the problems in their families.' These are but a few and there are many, many more.

When a candidate runs for Office he/she may make promises that they anticipate being able to do when they get into Office. These 'promises' may or may not happen based on a number of factors – the legality of keeping the promise, ethics, budget, elected leaders working together, to name just a few. What is important to remember for elected leaders is ethical standards and those are to be upheld by elected leaders when they take the Oath of Office as they swear to support, obey, and defend the Constitution and their traditions and laws; and are to be willing to discharge the duties of their office with fidelity. A good example of this not occurring is when certain of our "elected officials" allowed for the Citizen Potawatomi to move the boundary fence between their land and our tribal complex. Instead of taking the necessary and appropriate steps through the DOI/BIA, legal and with the approval of the Executive Committee this elected leader gave oral approval to go ahead and move the line 10 feet over as pipes were being put in. As I've mentioned before the tribal complex acreage was part of Public Law 93-590-S.3358. This bill was sponsored by R-Sen. Dewey Bartlett to convey 33 acres of land into trust status through the Department of Interior Secretary. This type of 'oral' approval changes our hard won land base and was done with little to no thought of the action. This is significant. Consider for a moment the north side of our tribal complex from the front of the complex 10 feet over, all the way to the back of the complex. This particular elected leader has a dedicated staff person who allegedly 'specializes' in trust and other related BIA issues. This same elected official and his staff "ranted and raved about not having anything to do with Potawatomi's in later months! Those statements appear to be only for 'show and tell'. This is the type of leadership we currently have in Office. This is the reason we are not progressing like the tribes around us. We are constantly having to put out the legal fires of those in leadership who are causing them and the cost continues to increase as does our liability and loses. **NOW IS THE TIME FOR CHANGE!** Can we afford another couple of years of candidates who mindlessly give away tribal holdings? Do we need to continue with a Treasurer who pays for a Comptroller to stay at home and receive a \$100,000+ a year plus benefits? Do we want a Treasurer who can't get bonded under a bona fide bond due to bankruptcy? Do we want a Treasurer who pays for certain elected leaders personal legal expenses? Do we want a Treasurer who makes payment on contracts NOT authorized by the tribe? Do we want a Treasurer who cannot provide a financial report at Executive Committee meetings and refuses to put one in the General Council report? And do we want a Treasurer who gives a Financial Report handout at General Council that looks like a high schooler did it? Do we want a Treasurer who doesn't know how to keep business hours, M to F, 8 to 5 p.m. daily? It's time for us to make progress – help me to help you – Vote to make a difference – vote for me – **TWILA PARKER!**

Again, I extend my warmest 'thanks' to those tribal members who invited me into your homes and families and shared your problems and solutions with me for the tribe. I ask for your vote on June 18, 2016 and let's make a difference and begin to make those changes you asked for happen!

VOTE FOR *TWILA PARKER* – Let's make a difference together!

VOTE
TO MAKE A DIFFERENCE
VOTE FOR ME
SHERMAN TIGER

I WILL LISTEN TO YOU AND REPRESENT YOU

Our Tribe needs a **REPRESENTATIVE** that will look at the issues and address them from a professional standpoint. I, *Sherman Tiger*, can and will do that.

We have had good Representatives and those who entered the tribe into unauthorized agreements, dressed non-professional, abused the tribe's credit card and had no ethics. Those individuals are the ones we need to ensure that our Ethics code is enforced on. If my opponent is placed into Office I believe that is the direction our tribe will go – to court. Look at his work history and that should speak for itself. He has steadfastly not placed any information about himself, his work history or his family in our tribal newsletter for you to consider and make an informed decision on. He does like to make statements on social media forums and those are disrespectful to the Tribe, the Governor, the Constitution and our Election Commission. How will placing this type of individual into an elected role get the work of our tribe done? It won't. When I make a promise I move to make it happen. I try hard to keep focused in the face of adversity and often find that I am reading our Constitution and Administrative Systems Manual to make certain that I don't move away from what has been approved by you, my people, and what has been passed by the elected body.

Now is the time for us as a tribe to move away from 'cronyism'. Cronyism is the practice of partiality in awarding jobs and other advantage to friends or trusted business associates, where they don't meet the qualifications of the job(s) they hold.

When you go to the Poll's to vote on Saturday, June 18th please keep in mind:

- **Our Constitution**
- We need people in Office to Represent us who have a **Work Ethic** and a **History of Work Performance**
- Being **Professional and Insightful** – voicing your concerns in a way that is respectful and informed

I promise to:

- **Listen to you**
- **Learn from you**
- **Be informed for you**
- **Be there for you**

VOTE SHERMAN TIGER and let's work together for a brighter tomorrow for you, your children, your family, your elders and our people. I will be '**For the people, of the people, and by the people**'.

FYI: Contract Health Service News

Absentee Shawnee Tribal Health

*The AST Contract Health Services Team are here to assist you
... follow the CHS Guidelines!*

Get a copy of the CHS Guidelines and update your information

Emergency and Urgent Care Services

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

1. Call the On-Call nurse at (405) 447-0300 option 9 for "triage".
2. Notify CHS on the next business day or within 72 hours after the ER visit. Notification does not assure authorization of payment. However if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance evidence must exist that the visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members *with* insurance, evidence must exist that a third party resource has made determination such services were "emergency care" or "urgent care" (such evidence may include payment from private insurance).
5. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills at the Little Axe Health Center or Shawnee Clinic.*

Contract Health Services for AST members *with* Insurance

CHS for a currently enrolled AST member who resides in the defined catchment area who has insurance such as Medicare or Private Insurance:

1. Complete CHS Patient Update form and update all information every 6 months.
2. Notify CHS at least 48 hours prior to appointment date for a (COB) Coordination of Benefits to be sent to provider
3. Inform Provider/Health Facility that AST CHS is secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills at the Little Axe Health Center or Shawnee Clinic.*

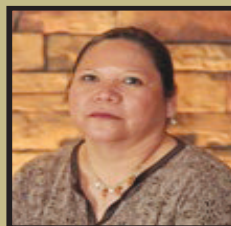
Contract Health Services for AST members *without* Insurance

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

1. You must apply for all resources available to you such as: Medicaid, Medicare, Worker's Compensation, Vocational Rehabilitation, Auto Insurance and other personal injury or liability coverage. PRC staff and/or Benefit Coordinators can assist with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.
2. Complete CHS Patient Update form and update all information every 6 months
3. You must utilize the services provided within the AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider.
5. An appointment will be scheduled and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills at the Little Axe Health Center or Shawnee Clinic.*



Contract Health Services is conveniently located at Shawnee Clinic-Building 16 and Little Axe Health Center



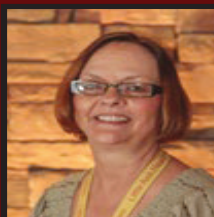
Flo Mann



Laurie Webber

**Shawnee Clinic
(405) 878-4702**

**Little Axe Health Center
(405) 447-0300**



Debi Sloat



Glendine Blanchard



Sharon Ponkilla



Darla Gatzman



Jayne Werst



ARROWHEAD

AUTOMOTIVE CENTER

10% OFF ALL SERVICES FOR TRIBAL EMPLOYEES & MEMBERS

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

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

TIRES | MAINTENANCE | REPAIR

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

www.arrowheadautomotivecenter.com



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

TALKING LEAVES JOB CORPS A NATIVE EMPHASIS CENTER

Career Training at No Cost To Qualified Applicants!



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

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

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



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

For more information
Call 405.424.1927

Career Technical Training

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

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

Keep mosquitoes out of your septic tank

Mosquitoes can get inside broken or unsealed septic tanks and lay eggs. Each day thousands of mosquitoes fly out of cracked or broken septic tanks. Mosquitoes can spread viruses like Zika, dengue, West Nile, and chikungunya.

Mosquitoes may be laying eggs inside your septic tank if it is:

- Open or unsealed
- Broken with cracks or spaces between the blocks
- Missing a ventilation pipe screen cover



Mosquitoes in a septic tank



Repair broken septic tank covers



Cover ventilation pipes

Inspect and repair your septic tank to keep mosquitoes out

Here's how:

- Seal the septic tank.
- Repair cracks or gaps in the exterior walls of the septic tank using cement.
- Cover ventilation pipes with a screen mesh, repair broken pipes, and seal at the joints.
- Fill abandoned or unused septic tanks with dirt or gravel.



Septic tank ventilation pipe
with screen mesh



Septic tank with concrete cover



Septic tank sealed with PVC cap

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector-Borne Diseases



SCRABBLE CLUB

Wordy people, unite! Challenge fellow wordsmiths to a lively game of Scrabble and keep your vocabulary honed.

Every 4th Tuesday of the month from 6:30pm-7:30pm

Games supplies provided

For Adults



DEL CITY LIBRARY | 4509 SE 15th | 672-1377 | WWW.METROLIBRARY.ORG

SCIENCE SUNDAYS



Join us as we build and learn about science with hands-on experiments and takeaways! Parents encouraged to participate!

January 3 - Electricity & Magnetism
February 7 - Machines
March 6 - The Sound of Science
April 3 - Air Pressure
May 1 - Bubble Science
June 5 - Fossils

July 3 - Rocketry
August 7 - Science of Magic
September 11 - Engineering
October 2 - Spooky Science
November 6 - Polymer Science
December 4 - Temperature



DEL CITY LIBRARY • 4509 SE 15th • 672-1377 • www.metrolibrary.org

Children Reading to Dogs

EVERY 2nd & 4th THURSDAY 6:30PM

Join us on the 2nd and 4th Thursday of each month at 6:30PM for Children Reading to Dogs! Children will develop their reading skills and make a lifelong friend by reading to trained therapy dogs. All dogs and owners have completed therapy dog certification.



DEL CITY LIBRARY • 4509 SE 15th • 672-1377 • www.metrolibrary.org



Absentee Shawnee Tribe Of Oklahoma
After School Program - Shawnee
2025 S. Gordon Cooper
Shawnee, OK 74801
P: (405) 878-0633 F: (405) 878-0156



The AST After School Program (ASP) - Shawnee has opened as of August 13, 2015. We will be accepting children who are in Kindergarten up to 12 years of age. We will be able to pick up from Shawnee or Tecumseh schools only. The cost is \$25 per child per week. This fee will be able to help with transportation costs, snacks and supplies the children may need.

We will only be open when the schools are open. At this time we will not provide services for school breaks including fall, winter, spring and summer breaks. The ASP-Shawnee will have tutors on hand to provide assistance with homework. We do have spots available; if you are interested please feel free to contact Briana Ponkilla at Briana.ponkilla@astribe.com or (405) 878-0633.



Little Axe After School Program 2015-2016

Come join us at the AST Resource Center!!!



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



Open to **All Middle School and High School Students**

Open to **Absentee Shawnee Tribal Students K-5 with a C.D.I.B.**



Everything is offered with no charge....Little Axe bus will transport students to the AST Resource Center on Peebly Road and parents are responsible for picking students up by 6:00pm.

Duration: Starts August 31st and will run through the school year. Monday-Thursday, 2:45pm-6:00pm



For more information and sign up please contact Blake Goodman at (405) 364-7569



Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses

Bzzzz.



Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti* or *Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

- Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

Protect Yourself, Your Family, and Community from Mosquitoes

1. Eliminate standing water in and around your home:

- **Once a week**, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.

2. If you have a septic tank, follow these steps:

- Repair cracks or gaps.
- Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

3. Keep mosquitoes out of your home:

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.



Put plants in soil, not in water.



Drain water from pools when not in use.



Recycle used tires or keep them protected from rain.



Drain & dump any standing water.



Weekly, scrub vases & containers to remove mosquito eggs.

4. Prevent mosquito bites:

- Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated to make sure they are safe and effective.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023 , Bayrepel , and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel

* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.
 - Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do **not** use permethrin products, intended to treat clothing, directly on skin.
- Wear long-sleeved shirts and long pants.



Keep rain barrels covered tightly.



Weekly, empty standing water from fountains and bird baths.



Keep septic tanks sealed.



Install or repair window & door screens.

Free Music Lessons for Kids



Contact Phil Bradley
405-585-8801

METROPOLITAN LIBRARY SYSTEM PRESENTS:

Family Craft Night

Get Your Craft On!

Create memories together with an evening of crafts designed for ages 5-12. All ages welcome.



Every 3rd Thursday of the month @ 6:30p

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

Get the Party Started!



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

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

Party with a company women trust.

Creating products women love for over 45 years.



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

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

*Suggested retail

Give the gift of girl time.

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

It's all about you!

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



Contact me to find out more!

Delana Ayers
405-432-7405

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

Party With a Cause

Host a party that benefits your favorite charity.



April 16: Rainy Day Crafts

May 21: Percussion Instruments

June 18: Summer Fun in the Car

July 16: Crafts that Blast Off

August 20: Back to School Crafts

September 17: Pirate Crafts

October 15: Spooky Crafts

November 19: Squawking Turkey Crafts

December 17: Winter Wonderland Crafts



*** FAMILY PACK FIREWORKS ICE CHEST FULL OF SUMMER GOODIES ***

*** SET OF LAWN CHAIRS ***

WHITE TURKEY BAND

BINGO

***** FUN FOR EVERYONE! *****

\$1 ADULTS
\$.50 KIDS
PER CARD

CONCESSION STAND
HOT DOGS!

**FRIDAY NIGHT
JUNE 24TH**
**HORSE SHOE BEND
COMMUNITY BUILDING**
46309 GARRETTS LAKE ROAD
SHAWNEE, OK 74801

**START
6:30 P M**
**FINISH
9:00 P M**

PRIZES

RAFFLES ***** CAKEWALK ***** PRIZES



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

PRESORTED STANDARD
US POSTAGE
PAID
OKLAHOMA CITY, OK
PERMIT 2000

RETURN SERVICE
REQUESTED

Volume 27 No. 49 June 2016

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			Media..... 598-1279
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			OE/OEP..... 214-4235
			Police Dept..... 275-3200 / 275-3432
			Thunderbird Casino NRM..... 360-9270
			Shawnee Casino..... 273-2679
			Tribal Store (Little Axe)..... 364-0668
DOMESTIC VIOLENCE/FAMILY SERVICES	Kimberly Stephens..... 6277	LITTLE AXE CLINIC	Clinic - Medical..... 447-0300
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Stuart Rollette..... 585-1346			