



"Among The Shawnee"

The Absentee Shawnee News

NOVEMBER 2016

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78th Semi-Annual General Council Meeting



Photo of the AST Governor Edwina Butler-Wolfe and AST Secretary John Johnson at the General Council Meeting.

The 78th Semi-Annual General Council Meeting was held October 22, 2016 at the Thunderbird Casino Event Center in Norman, Oklahoma. For those tribal members who were not able to make the General Council Meeting, a video of the meeting can be found on the Tribe's Website: www.atribe.com

NOT GUILTY

In the matter of Absentee Shawnee Tribe vs. Isaac Gibson Jr. (current Lt. Governor)

The defendant, Lt. Governor Isaac Gibson Jr., was found not guilty on all charges by a jury in Absentee Shawnee Tribal Court.

In the court case of *Absentee Shawnee Tribe vs. JW Gibson*, as of press time court had just begun. We will print results in the next newsletter.

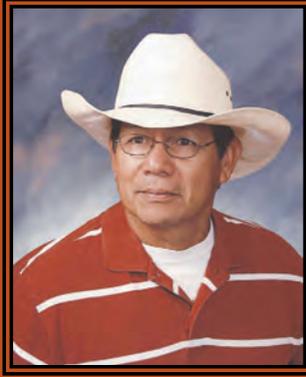


Executive Committee



Edwina Butler-Wolfe

Governor



Isaac Gibson

Lt. Governor



John Johnson

Secretary



Leah Bates

Treasurer



Anthony Johnson

Representative

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

Governor's Report

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

Here in Oklahoma we have been having a series of earthquakes that range in seismic activity. Last night I heard that earthquakes in Oklahoma are being triggered by underground disposal of wastewater from oil and natural gas production. As regrettable as this is underground wastewater disposal has been going on for decades in Oklahoma. Not long ago I read that a U.S. Geological Survey in 2015 suggested that the sharp rise in earthquakes in Oklahoma for the past 100 years could be the result of industrial activity in our energy rich state. We have a great deal of speculation going on. It is my hope that conclusive studies will be done so that whatever is causing this can be corrected and the impact to our environment considered and regulated. One report indicates that the EPA has yet to institute increased volume reporting, they have not asked operators to plug back wells out of the (granite) basement and still have their annual reports filed on paper for the area of the state the federal agency is responsible for. We need more accountability by the EPA and increased activity and reporting done by our Oklahoma Corporate Commission.

Trial

Isaac Gibson

Isaac Gibson, Lt. Governor, was acquitted by our court system on the charges of embezzlement, fraudulent use of a credit card, misusing public monies, unlawful official action and criminal conspiracy. This decision was made through a jury trial that lasted one day. The only thing that can be said is that it is unfortunate that our Code of Laws is outdated; our judges aren't certified through the National Judicial Center or the National Tribal Judicial Center nor do those who have been ruling on certain cases have training or education in Indian Law or an in-depth understanding of Absentee Shawnee tribal law. We need to look at updating our Code of Laws and ensure that judges appointed by the tribe have both education and experience of Indian law, tribal law and have judicial training. We also need to look at the court and its structure. Our building needs modernized, security updated and court fines aligned with other like sized court systems.

We also need to ensure that any attorney who seeks to practice law in our court system is authorized by our court. We need to place more focus on our legal system and offer to aide it so that those who do not abide by our tribal laws and policies meet with swift justice that is both fair and impartial. I cannot say with any surety that our current Court system is swift, fair or impartial based on what has been seen in the recent rulings of the Court.

Role of the Treasurer and Financial Concerns

Recently I was advised by Finance that budgets were due by October 31st. There was no discussion on this date with the Executive Committee by Leah Bates, Treasurer. Programs were issued out their budgets based on the 3 year trend that the Treasurer likes to use for our budget process. The budgets included an email statement that Finance welcomed staff to come and discuss their budgets. This non-involvement of the Executive Committee with the department heads is indicative of limited thinking and poor fiscal management. The Treasurer does NOT provide Financial Reports at the monthly meeting which is her Constitutional mandated role. Again, this is part of her Constitutional role. Our Constitution could greatly benefit from an update but it is the authorized and approved document that governs our tribe. Without it we have no fundamental guidance or structure. In our Constitution it does NOT give the Treasurer the right or the ability to have any other oversight duties or responsibilities other than for Finance. Prior to moving the calendar year budgets onto our agenda this next month I will ask several things of Finance:

1. Full transparency and disclosure of all expenditures as to date of all programs, departments and elected officials;
2. Full transparency and disclosure on all revenues generated by the tribe that includes interest from grants and contracts; businesses owned by the tribe; taxes; contracts and grants;
3. Transparency and disclosure on the Tribe's current available funds and projected revenue;
4. Plan of action on how Finance will correct each audit finding.

If you see that I have not placed budgets on the agenda then know that it is for this reason. It is time we get the Treasurer and Finance to be accountable and offer full disclosure on both our revenue and expenditures within our tribal government. And not until that is done will I place budgets onto the agenda. We may have to look at doing a Continuing Resolution similar to what the federal government does when there is not a consensus on the federal budgets yet it may be necessary to ensure we know what the status is of our funds and how Finance has responded to the 2015 audit findings.

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 Attended this Month

SEPTEMBER 2016

- 22nd Charter School Summit, OKC
- 23rd CTSA Meeting
- 24-27th Tribal Leaders White House Conference
- 29th All Nations Bank Meeting
- 30th United Indian Nations of Oklahoma Kansas and Texas (UINOKT)

OCTOBER 2016

- 1st White Turkey Meeting
- 3rd CTSA Exit Audit Meeting
- 4th Conference Call Charter School
- 5th Executive Committee Meeting
- University of Central Oklahoma, Indigenous Day Reception, Edmond, Oklahoma
- 10th University of Oklahoma Indigenous Day
- AARP Cowboy Hall of Fame, OKC
- 11th AST Housing/ Avedis Foundation Meeting
- 14th Meeting Mayor Finley, Shawnee
- 17-20th Transportation DOT Meeting at the Grand Casino, Shawnee, Oklahoma
- 21st 8:30 am Meeting with Tribal Member
- Zombie Run
- 22nd General Council
- AST Police Halloween Carnival
- 24-26th Charter School Conference, Atlanta, Georgia

NOVEMBER 2016

- 4th CTSA Meeting
- 5th White Turkey Meeting
- 10th Veterans AST, Little Axe Clinic

DOT Negotiated Rulemaking Committee

On July 27, a Federal Register Notice was published indicating that Transportation Secretary, Anthony Foxx, had named 18 tribal and 7 federal representatives, and alternates, to the Department of Transportation's newly formed Negotiated Rulemaking Committee to develop proposed rules for the Tribal Transportation Self-Governance Program (TTSGP). In my capacity as Governor, of the Absentee Shawnee Tribe, I was selected to represent the Southern Plains Region during this Rulemaking period. The Federal Highway Administration (FHWA) is the lead agency for the Department of Transportation for this Rulemaking process.

The second meeting was held September 12-15 in Sterling, Virginia. The

following actions were taken:

- Protocols for the Committee were established/approved/signed.
- Provisions - drafts continued to be created by the two work groups on proposed provision changes.

As the Southern Plains Primary Committee Representative I was asked, in August, to consider hosting the October meeting in Oklahoma. This opportunity was confirmed at the September meeting and the Absentee Shawnee Tribe co-hosted this meeting with the Citizen Potawatomi Nation, Kickapoo Tribe, Sac and Fox Nation and Iowa tribe. The hotel/meeting site was The Grand Hotel and Resort in Shawnee, OK. The meetings began on Tuesday, October 18th and ran through Thursday, October 20th. Special Events were planned by our tribe and the Citizen Potawatomi Nation for two of the three nights. There were approximately 75 attendees each day and these included the Rulemaking Committee, Committee alternates, support staff, legal counsel, state DOT officials and tribal elected officials and/or designated staff.

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

In Conclusion

I have 7 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.

Photos from Meetings & Events (Continued on Page 4)

Zombie Run



DOT Meeting



UNITOK Meeting



UNITOK Officers: Chairman Bruce Pratt, Pawnee Tribe is the Treasurer of UNITOK; George Tiger, Creek, President UNITOK; Margi Gray, Osage, Secretary of UNITOK; Edwina Butler-Wolfe, Governor Absentee Shawnee Tribe, Vice-President UNITOK

University of Oklahoma Indigenous Day



University of Oklahoma President David Boren; Edwina Butler-Wolfe, AST Governor; Warren Quenton

AARP Awards Ceremony



Office of the Governor

University of Central Oklahoma Indigenous Day Reception



Jessica New Moon, Student UCO;
Edwina Butler-Wolfe, AST Governor

Tax Collections

FY-2016 YTD TAX COLLECTIONS (Thru 9/30/16)

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	\$11,858.67	\$3,055.61	\$5,189.41	\$233.28	\$406.29	\$0.00	\$0.00	\$0.00	\$41,096.29	2.12%
Gaming % of free cash	\$100,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$150,000.00	\$100,000.00	\$150,000.00	\$200,000.00	\$250,000.00	\$0.00	\$0.00	\$0.00	\$1,550,000.00	79.87%
Employee (1%)	\$20,005.91	\$10,776.88	\$7,398.58	\$10,826.58	\$14,605.02	\$10,799.58	\$11,170.30	\$7,282.34	\$7,690.76	\$0.00	\$0.00	\$0.00	\$100,555.95	5.18%
Severance (8%)	\$2,266.67	\$1,609.65	\$460.78	\$919.02	\$461.01	\$2,698.05	\$2,232.26	\$1,290.78	\$2,064.62	\$0.00	\$0.00	\$0.00	\$14,002.84	0.72%
Motor Vehicle	\$10,173.81	\$16,449.81	\$16,519.87	\$15,797.40	\$12,420.36	\$12,691.64	\$16,578.05	\$12,503.02	\$12,592.24	\$0.00	\$0.00	\$0.00	\$125,726.20	6.48%
Tobacco Refund	\$7,107.73	\$1,052.86	\$7,697.88	\$17,197.56	\$14,653.05	\$16,595.49	\$15,084.70	\$13,025.59	\$15,117.38	\$0.00	\$0.00	\$0.00	\$107,532.24	5.54%
TOTAL TAXES	\$146,183.66	\$285,815.13	\$238,772.61	\$195,842.62	\$203,998.11	\$145,840.37	\$200,254.72	\$234,335.01	\$287,871.29	\$0.00	\$0.00	\$0.00	\$1,938,913.52	
Miscellaneous	\$223.45	\$145.00	\$300.00	\$275.00	\$65.00	\$205.00	\$120.00	\$221.46	\$122.50	\$0.00	\$0.00	\$0.00	\$1,677.41	0.09%
TOTAL COLLECTIONS	\$146,407.11	\$285,960.13	\$239,072.61	\$196,117.62	\$204,063.11	\$146,045.37	\$200,374.72	\$234,556.47	\$287,993.79	\$0.00	\$0.00	\$0.00	\$1,940,590.93	100%

Song Demo Studio Services Available

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

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

For free estimate call or text;
Phil Bradley (405) 585-8801

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Living Meth Free



National Suicide Prevention

**1-800-273-8255
(TALK)**



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

Elders Council

The Absentee Shawnee Elders Council recently helped with a Christmas Tree that will be displayed in the Red Earth Treefest. The tree will be part of 15 Christmas trees that will be displayed at the Second Annual Red Earth Treefest.

The tree will be on display November 1st - January 13th at the Red Earth Art Center located in downtown Oklahoma City.

More info about the Treefest:

The Second Annual Red Earth Treefest features 15 Christmas Trees adorned with beautiful handmade ornaments created to showcase the diverse Native cultures that make Oklahoma unique. This holiday season the Red Earth Art Center shares the rich cultures of Oklahoma's Tribal Nations during the holidays. Tribal groups from throughout the state will showcase their beautiful ornaments during this unique Holiday Exhibit. Come learn about Oklahoma's Tribes and let their ornaments tell their story.

Free Admission

**Hours: Monday-Friday 10-5 pm, First three Saturday's in December 10-3 pm.
Red Earth Art Center - 6 Santa Fe Plaza (next to historic Skirvin Hilton Hotel)
Downtown Oklahoma City**



2016 INTERTRIBAL VETERAN'S **STAND DOWN**

SAVE THE DATE

**FRIDAY, NOVEMBER 4TH, 2016
10:00 TO 17:00
COX CONVENTION CENTER, OKC**

ON-SITE VA REPRESENTATION, WELLNESS CHECKUPS TO INCLUDE DENTAL/PODIATRY/AUDIOLOGY, CAREER SERVICES, FREE HAIRCUTS FOR VETERANS AND WIDOWS, AND MUCH MORE.

FOR MORE INFO (THAT INCLUDES; BOOTH SPACE, TRIBAL PARTICIPATION, LEADERS, PROGRAMS AND HONOR GUARDS) PLEASE CALL:

CARESSA JAMES
CHEYENNE & ARAPAHO TRIBES EXECUTIVE OFFICE
405.422.7734
CJAMES@C-A-TRIBES.ORG



U.S. Department
of Veterans Affairs

ELDERS COUNCIL

FROM THE AST ELDERS COUNCIL:

Please help the Elders stuff Christmas baskets by bringing donations to the October General Council meeting. We will be making 30 baskets and will need toiletry items such as shampoo, conditioner, hair brushes, and combs. Thank you for any donation for it will be greatly appreciated. *An application to apply for a basket is published below.*

Elders' Christmas Basket Application for AST Members 55 years and over.

Must reside within the counties of Pottawatomie, Cleveland, Lincoln, and Oklahoma.

NAME: _____

ADDRESS: _____

PHONE #: _____

Nominated By: _____

Reason: Nursing Home, Home Bound, No Transportation within home, Health Issues,

Other: (Please be specific)

Submit Application no later than November 30, 2016

Mail Application to: AST Elders Council
2025 South Gordon Cooper Dr.
Shawnee, OK 74801

Or Drop-Off Application at the Tribal Complex Building #1/Receptionist

There will be 30 Baskets given out.

Office Use Only:
Date Received: _____

AST HEALTH SYSTEM - NOVEMBER 2016

In October, the health system sponsored the health systems' annual Breast Cancer Awareness Event at both the Little Axe Health Center and Shawnee Clinics, complete with refreshments, lots of breast cancer awareness information. The 3rd Annual Zombie Run was a huge success, with more people participating than the last 2 years for a day of activity, music, health education, wellness activities, and good ole' fashion Halloween fun!

As the flu season rapidly approaches, it is imperative you get your flu shot. Several flu shots were given out at the free flu shot clinic provided at the General Council meeting in October, and we will also be providing the flu shot at all of our clinics with nurse visits. Tests for the flu are indicating it has arrived already beginning in September, so please ensure you and your family is protected. The health system encourages everyone in the community to stay healthy this year by utilizing good personal hygiene, especially with hand sanitation procedures.

As for our offered services and programs, we are excited at the continued success of the MyDNA effort! Special thanks to the parents and elders for making this a great program in spreading positive prevention messages for youth to avoid underage drinking and provide education to our community on ill-effects of prescription drug addiction. Also, we are now settled-in and happy to offer expanded services at our new expanded Optometry Clinic in Little Axe and the Shawnee Clinic's After Hours Services!

We continue to monitor elder care and high risk fall patients as well as homebound tribal members are always a concern to the Tribe and Health System. 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 that 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 with resources or coordinate assistance for these members in need. Thank you all for making our entire staff and employees feel appreciated and for using our services!

Our health system's most valuable asset is our people! They continue to illustrate excellence for our tribal health system and patient care! I'm always impressed with and proud of our outstanding star performers, and again this month, we thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month in October for health was Mrs. Darlene Perryman, HIM Director, for her efforts at continuity as the health system continues to grow; October Team of the Month: Specialty Clinic Staff for their rapid stand-up and acceleration of specialty services to our patients; and the October Special Leadership Award: Mrs. Shelby Davis, Business Office, for her adept tracking and coordinating of monthly revenue totals to the executive team and health boards. The health employees continue to accomplish outstanding feats for our patients and for each other, taking care of our internal and external customers/patients. Thank you all for making an important difference in the lives and health of all of our health system's patients!

Additional health related information:

- **PlusCare Clinic/Little Axe area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic-near Thunderbird Casino/Norman). The phone number is (405)447-0477. Hours of operation are M-F 9 AM to 9 PM with last walk-in accepted at 8:30 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas) with last walk-in patient accepted at 4:30 PM.
- **Shawnee Clinic Extended Hours/Shawnee area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members, Native American Veteran's, IHS eligible Native Americans, Medicaid/SoonerCare pediatric patients, and BCBS covered AST non-Native employees who are the ages of 2 years and up. If you are a new patient to our health system and are in need of our extended hours services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 2029 South Gordon Cooper Drive, Shawnee, OK. The phone number is (405)878-5850. Hours of operation are M-F 5 PM to 9 PM with last walk-in accepted at 8:30 PM, Saturday 9 AM to 5 PM with last walk-in accepted at 4:30 PM and closed Sundays and holidays.
- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and type of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447-0300.
- **AST/Service Health System Native American Veterans:** If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.
- **If you need CPR training,** please contact the AST Health System's Public Health Office at (405) 447-0300 for scheduling and training opportunities.
- **Contract Health Services (CHS)** interactive phone menu helps patients access the most appropriate service provider by calling (405) 701-7951 at the Little Axe Health

Center. This feature will speed up access to the patients seeking services and follow-up to their care. We also have Contract Health representatives available at our Shawnee location. Tribal members are able to call Ms. Flo Mann, LPN or Ms. Laurie Webber, LPN at (405) 878-5850.

- **Customer Service** line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured that this is the best way to have each situation addressed, with consistent updates from our Health Staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or question pertaining to your case.
- **The AST Anti-Bullying Prevention "HOTLINE"** is (405) 701-7987 during work hours 8-5, M-F, and for added confidentiality or after hours you may contact Mrs. Dara Thorpe at either (405) 701-7992 or via cell (405) 481-0815 to start intervention assistance for tribal youth. If it is an emergency or someone is at risk of harming themselves or others, please contact 911.
- **The Affordable Care Act Decision Tool** continues to be a valuable tool with helping you decide what you need to do for compliance with the act. Please see the ACA tab at the ASTHA Health Program's Website: <http://www.asthealth.org/aca> (Please visit our site today to find out what you need to do to protect yourself and your family)!
- **Emergency After Hours Pharmacy:** If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Wal-green locations in Shawnee and Norman. You will need to submit your prescription and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then they shall fill your prescription. You will have a 5-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health approved Walgreen service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, Oklahoma or 615 West Main Street, Norman, Oklahoma.
- The Little Axe Health Center Drive-Thru Pharmacy is also available for emergency fills, for tribal members only, from: 5:00 PM to 9:00 PM Monday - Friday, 9:00 AM to 5:00 PM Saturday & Sunday and holidays from 9:00 AM to 5:00 PM excluding Thanksgiving and Christmas.
- **Social Media:** You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.

Realty Department

Reminder:

- All trust land transactions must come through the Realty Office.
- Sales and/or any other trust land transactions must be authorized by the Realty Department and approved by the BIA.
- Any trust land transactions not involving the Realty Department are invalid.
- Please keep addresses current with the Office of the Special Trustee for Indians @ 1-888-678-6836. This will allow proper notification to be made to landowners on new leases and other information.
- Please keep addresses current with the Absentee Shawnee Enrollment Department. This allows the Realty Department to cross-reference landowner addresses with the OST.
- 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.

PROBATE MISSION STATEMENT

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

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

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

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



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

PUBLIC SERVICE ANNOUNCEMENT

November Walk-In Flu Shots

Shawnee, Oklahoma – If you don't have time to schedule an appointment for your Flu shot, the Absentee Shawnee Tribal Health System has extended walk-in opportunities for one more week at its main clinics.

For all established patients (6 months of age and up) with our health system, the vaccinations will be offered at the following locations, dates and times:

- 1) Tuesday, November 1st Shawnee Clinic 4:30 PM– 7:00 PM
- 2) Thursday, November 3rd Little Axe Health Center 4:30 PM– 7:00 PM

As for the same day, walk-in clinics, Flu vaccines at PlusCare are available for current patients 9 years old and up during normal PlusCare hours to include the weekends.

They are also available at the Shawnee Extended Hours Clinic for current patients 6 months old and up from 5 pm to 9 pm M-F and 9 am-5 pm on Saturdays.

Influenza (Flu) is a respiratory infection that can cause serious complications, particularly to young children, older adults and people with certain medical conditions. Most seasonal flu activity typically occurs between October and May. If you have additional questions, please call Little Axe Health Center at (405)447-0300, PlusCare Clinic at (405)447-0477 or Shawnee Clinic at (405)878-5850.

Prevention. Progress. Pride.

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

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

WWW.ASTHEALTH.ORG

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Absentee Shawnee Housing Authority

EXISTING TO SERVE NATIVE AMERICAN FAMILIES HOUSING NEED WITHIN THE COMMUNITY



CURRENT PROGRAMS AVAILABLE

- LEASE TO OWN HOMES
- LOW RENT HOUSING
- DOWN PAYMENT & CLOSING ASSISTANCE
- STORM SHELTER ASSISTANCE
- COLLEGE HOUSING ASSISTANCE
- EMERGENCY HOME REPAIR
- TRANSITIONAL HOUSING
- OVER-INCOME RENTAL HOUSING

FOR MORE INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY THE OFFICE LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OKLAHOMA.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

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

Transitional Housing

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

Court Advocacy

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

Shelter Placement Assistance

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

Housing and Utility Assistance

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

Referral Assistance

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

Community Outreach

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

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

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- Sherry Marsh (405) 275-4870 878-5820 1535 N McKinley, Shawnee 74801 McKinley, Shawnee 74801 sherrym@ctsahheadstart.org	Shawnee Center: Center Supervisor- Stacey Osborne (405) 1533 N McKinley, Shawnee 74801
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Cushing Center: Center Supervisor- Wava Anderson (918) 225-1029 (405) 447-0381 111 W Vine, Cushing 74023 Norman 73069	Norman Center: Center Supervisor- Amy Porter 516 Iowa St., Norman 73069
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Health/Mental Health/Disabilities Manager
Melanie Williams (405) 275-4870
1535 N McKinley, Shawnee 74801

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

The Healthiest You Possible: Prebiotics & Probiotics

You've probably heard of prebiotics and probiotics, but do you know what they are? Nutrition research has pinpointed specific functional components of foods that may improve health, and prebiotics and probiotics are two such substances. Although they are available as dietary supplements, it is not necessary to use special pills, potions, cleanses or other concoctions to incorporate prebiotics and probiotics into your diet. These "nutrition boosters" are natural ingredients in everyday food. In fact, focus on the food sources first because they are more readily available for absorption and digestion. While research continues in this area of nutrition — investigating how effective and safe these substances are and how much we need to obtain health benefits — here's what we know now.

What Are Prebiotics and What Do They Do?

Prebiotics are natural, non-digestible food components that are linked to promoting the growth of helpful bacteria in your gut. Simply said, they're "good" bacteria promoters. That's right, not all bacteria are bad! Prebiotics may improve gastrointestinal health as well as potentially enhance calcium absorption.

Prebiotics in Your Diet

Prebiotics include fructooligosaccharides, such as inulin, and galactooligosaccharides. But rather than focusing on these lengthy words, include more prebiotics in your diet by eating these foods like: bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat foods.

What Are Probiotics and What Do They Do?

Probiotics are the "good" bacteria — or live cultures — just like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora. This functional component may boost immunity and overall health, especially GI health. For instance, probiotics have been used for management of irritable bowel syndrome symptoms. Some strains of these live cultures may help prevent specific allergy symptoms, reduce symptoms of lactose intolerance and more. However, effects can vary from person to person.

Probiotics in Your Diet

To obtain more probiotics, enjoy fermented dairy foods including yogurt, kefir products, and aged cheeses, which contain live cultures (for example, bifidobacteria and lactobacilli). Plus, some non-dairy foods which also have beneficial cultures including: kimchi, sauerkraut, miso, tempeh and cultured non-dairy yogurts.

What Makes Prebiotics and Probiotics the "Dynamic Duo?"

Ultimately, prebiotics—or "good" bacteria promoters, and probiotics—or "good" bacteria, work together synergistically. In other words, prebiotics are breakfast, lunch and dinner for probiotics, which restores and can improve GI health. Products that combine these together are called symbiotics. On the menu, that means enjoying bananas atop yogurt or stir-frying asparagus with tempeh is a win-win.

The bottom line: At a minimum, prebiotics and probiotics are keys for good gut health. We're finding that the gut flora is responsible for more than just digestion. Incorporating health-promoting functional foods, such as foods containing prebiotics and probiotics, into the diet helps create a healthier you. For specific advice on obtaining prebiotics and probiotics for your own specific health needs, especially if you have GI issues or a weakened immune system, contact the Diabetes & Wellness Program to meet with a registered dietitian nutritionist.

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.***

There is a welcoming place for women.



Studies show that women tend to ignore their own health while taking care of children and partners. But how can you take care of them if you don't take care of you? **Breast and pelvic exams, mammography referrals, bone density screenings and adult immunizations** are beyond important. They make you healthier. Better. More able to do the hard work that women do.

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

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



PHARMACY SERVICES

Your health is our first order.

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

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



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



WWW.ASTHEALTH.ORG

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

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

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

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

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

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

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

Extended Hours*:
Mon – Fri 5 p.m. to 9 p.m.
Sat 9 a.m. to 5 p.m.
Closed Sundays & Holidays
*Extended Hours Rx is available ONLY for Extended Hours Clinic prescriptions and AST member emergency room visit fills.

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

24-HOUR EMERGENCY PHARMACY ACCESS

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



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



WWW.ASTHEALTH.ORG



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

BEHAVIORAL HEALTH SERVICES

A guiding hand on your shoulder.

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

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

BEHAVIORAL HEALTH
Rolanda Smith 405.701.7987

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

BEHAVIORAL HEALTH
Roberta Cooper 405.878.4716

Services available for all Federally Recognized Tribes.



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.



ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

Honoring SA MI KI NI KE (Warrior) Veterans

Thursday, November 10, 2016

10:00 A.M.

Little Axe Health Center Lobby



**Opening Prayer
Don Schulenburg**

**Opening Remarks
Mark Rogers, Executive Director
Absentee Shawnee Tribal Health System**

**Welcome Address
Edwina Butler-Wolfe, Governor *(Invited)*
Absentee Shawnee Tribe of Oklahoma**

Introduction of Executive Committee *(Invited)*

**Presentations
Walter Larney, Commander
Absentee Shawnee Tribe Veteran's Association**

Recognition of Veterans

**Closing Prayer
Don Schulenburg**

3rd Annual Zombie Run 5K

5K Run Winners



5K Winners: First Place Seth Travis; 2nd Place Brandon McBride; 3rd Place Derek Dean; Zombies featured in Winner Photo Kade & Parker Dean, Gavin O'Rorke.



Pictured are the 1 Mile Walk Winners.



Pictured are the Best Costume Winners - Zombie Flower Girl & Pirate. Winners photographed with Marla Throckmorton, ASTHS Clinic Administrator; Mark Rogers, ASTHS Executive Director; AST Police Chief Brad Gaylord.

3rd Annual Zombie Run 5K



AST Tribal Police Halloween Carnival Photos





November

2% milk served daily

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Smoked Sausage Cabbage Carrots Plums	2 Chicken Tortilla Soup Chips Pears	3 Meatloaf Mashed Pot/Gravy Green Beans Applesauce	4 Oatmeal Sausage Patty Raisins Toast	5
6 FALL BACK	7 Hot Ham & Chez Sandwich Chips Apricots	8 Beef Fingers Mashed Pot/Gravy Beets Bread/Pudding	9 Goulash Veggies Garlic Toast Mixed Fruit	10 Cereal Toast Sausage Patty	11 	12 Pizza Day 
13	14 Pork Stir-Fry Rice Pineapples	15 Spaghetti w/ meat sauce Tossed Salad* Garlic Bread Jell-O	16 Baked Potato Chili, Chez, Onions Broc n Chez Mandarin Oranges	17 Turkey Dressing/Gravy Sweet Pot. Pie	18 Scrambled Eggs Sausage Gravy Biscuit	19
20	21 Chicken & Dumplings Veggies Cookie	22 Boiled Egg Toast Cereal	23 Title VI Closed	24 	25	26
27	28 Hamburger LTOP Tator Tots Peaches	29 Northern Beans Steakfries Onions Cake	30 Fish Mac n Chez Tossed Salad* Prunes			

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

November

Change Your
Clocks Back &
Smoke Alarm
Batteries



NOVEMBER 8 ELECTION DAY!!!



NOVEMBER 6TH

November 23 Title VI will be closed- homebound will get a sack lunch on the 22nd!!

November 24-25, AST Complex will be closed for THANKSGIVING, and we hope you will have a safe, happy and memorable Thanksgiving!!!

If you have any questions, suggestion, or concerns please feel free to call us at 405-275-4030 ext. 6227 and our menu and news will be on the website at astrbe.com under services.



NOVEMBER 11

AST Complex will be closed- NO meals this day.

NOVEMBER 2016 BIRTHDAYS

Aguinaga, Jessika Lyn
 Aguinaga, Julia Dawn
 Aguirre, Daniel Enrique
 Alexander, Tammy Lynn
 Alford, Glen Tecumseh
 Alford, Reagan Elizabeth
 Alford, Rebecca Marie
 Alford, Thaddeus Ethan
 Alvarez, Amanda Leigh
 Araujo, Jonathan Jose
 Arms, Cameron Blake
 Arms, Dakota James
 Atwell, Danielle Elyse
 Badger, Casey Mae
 Baker, Makaiah Lashaun
 Balch, Emily Twila Kay
 Bettelyoun, Cathern Mae Marie
 Billie, Kathrine
 Blanchard, Ashlynn Shay
 Blanchard, Cavanna Dee
 Blanchard, John Michael
 Blanchard, Lisa Ann
 Blanchard, Matthew Ryan
 Blanchard, Norman Neal
 Blocker, Bailey Marie
 Boatman, Allyson Lyndi
 Boatman, Mark James
 Bockoven, Tina Nicole
 Boston Sr., Carl Kent
 Boston, Arthur Joseph
 Box, Jodie Gayle
 Bradley, William Lee
 Brandon, Sean Patrick
 Breeding, Joshua Adam
 Brewer, Rocky Darren
 Brinson, Allen William
 Brokeshoulder, Rita Gayle
 Brown, Keyondre Duane
 Brown, Shandalyn Shermain
 Bryant, Corbin Ash
 Bryant, Lorraine Morton
 Bryce, Emily Danielle
 Buckheart, Felise Maria
 Bui, Reilly Paul
 Bump Jr., Richard Dewitt
 Campbell, Louseffa Spriggs
 Carolina, Jammie Leann
 Carter, Andrea Dawn
 Caudillo, Robert Lee
 Chisholm, Cole Nathaniel
 Collett, Dillon Wayne
 Colungo, Antonio Joaquin
 Cortez, Alixus Renee
 Creek, Kaydence Rae
 Crossley, Joseph Tyner
 Crow, Anabeth Sophia Ximara
 Crow, Randon Matthew
 Danner, Latonia Marie
 Davis, Eli Joel
 Davis, Hannah Starr
 Davis, Joshua Lee
 Davis, Kayelah Janea Blair
 Davis, Rebecca Ann
 Day, Darnell Ann
 Deere, Karena Louise
 Detwiler, Tanya Elaine
 Dietrich, Tricia Lynn
 Dodds, Cody Ralph
 Dolchok, Carole Sue
 Donnahoe, Leah Jane
 Dousseff, Flossie Jean Spoon
 Dousseff, Gabriella Diane

Downey, Tyler Preston
 Draper Jr., Russell Lee
 Drywater, Sherry Lyn
 Duboise, Rebecca Kay
 Eckiwardy, Selena Monica
 Edgmon, Pacey Wyatt
 Edwards - Fletcher, Atheda
 Edwards, Chet
 Edwards, Cutke Lashelle R.
 Ellis, Phillip Steven
 Ellis, Scott R.
 Foreman, Robert Wade
 Foreman, Thomas Henry
 Fuentez, Ariana Yasmine
 Garretson, Alayla Danielle
 Garretson, Christopher P.
 Gibson, Dante Jamison
 Gibson, Pamela Ann
 Gibson, Wilfred Lew
 Gomez, Petra Maria
 Goombi II, John Duane
 Goss, Melody Naomi
 Gower, Jon Paul
 Gray, Jared Christopher
 Gray, Jeffrey David
 Gutfmann, Rosemary (Bradley)
 Hadjiconstantinou, Brent Christopher
 Hale, Alisha Marie
 Harjo, Brittany Marie
 Harjo, Jacqueline Rhea
 Harjo, Maliyah Kinsley
 Harjo, Tawanna Jo
 Harman, Amy Marie
 Harp-Brown, Tara Rae
 Harris, Kallie Dahn
 Harvey, Ronnie Troy
 Hatcher, Donald Ray
 Haumpy, Olivia Huerta
 Haumpy, Zaylee Jew'el
 Hayes Ponkilla, Briana Cynthia
 Heisley, Robert Egan
 Hemphill, Justin Travis
 Hernandez, Isabella Lois
 Herrera Jr., Ruben Pilar
 Hicks, Emily Nicole
 Hood, Allison Rachelle
 Hood, Stefanie Michelle
 Hopper, Deborah Ann
 Houston, Sheri Lynn
 Humphrey, Jo Lynne
 Isaacs, Jon Edwin
 Jacobs, Tiffanie Marie
 Johnson Stephenson, Alyssa Cyndel
 Johnson, Anthony David
 Johnson, Evan Ryan
 Johnson, Jackie Dean
 Johnson, Jaylin Lee
 Johnson, Michael Thomas
 Johnson, Nizhoni Naim River
 Johnson, Rayanna Kay
 Jones, Easton Allen
 Kaniatobe, Guy Eliot
 Kaseca Jr., Frank Linn
 Keith, Joni Cheryl
 Keith, Lisa Gaye
 Kilmer, Cheyenne Lashell
 Kilmer, Kayla Marlene
 Kinnamon Andersen, Sherri Kaye
 Kirby, William Hunter
 Lalehparvaran, William Majid
 Larney, Patti Mae
 Larney, Walter Lee

Lasenberry, Khloe Dawn
 Leath, Timothy Coates
 Leetka, Addysen Grace
 Leitka, Devin Lance
 Limon Jr., Richard Martin
 Limon, Jocelyn Marie
 Lindsay, Seth Ryan
 Little Axe Sr., Troy Lee
 Little Axe, Brandon James
 Little Axe, Katherine Pauline
 Little Axe, Paiden Taylor
 Little Charley, Buck
 Little Charley, Kieri Leeann
 Little Creek, Lindsey Denise
 Little Creek, Lynda Carol
 Little Jim, Caleb Frank
 Little Jim, Clint Jason
 Little, Dee Ann
 Little, Lisa Ann
 Littlebear, Clifford Newman
 Littlebear, Josheau Alan
 Littlecreek-Testerman, Skielar D'Wayne
 Littlecreek, Sammi Louise
 Littlecreek, Sharon Renee
 Littlehead, William Bill
 Loeks, Betty Lou Marx
 Logan, Terri (Sloat)
 Longhorn, Joel Boyd
 Longman Jr., Henry Daniel
 Lovins, Garrett Scot
 Lowrance, Eaan Zane
 Mack, Darrin Wayne
 Mann-Shopfeese, Wanda Gayle
 Mann, Loretta Lynn
 Martin, Skyla Revann
 Martin, Tiffany Ann
 Martinez, Clayton Dale
 Martinez, Tiana Rae
 Masquas, Jeanlene
 McBride, Allison Lorraine
 McBride, Marshall Dylan
 McBride, Travis Eugene
 McDaniel, Cody Aaron
 McEwin, Henry Bill
 McGirt, Ricky Lee
 McGonigal, Michael Shawn
 McGuire II, Wayne Lloyd
 Mezehee, Shyenne Nicole
 Miller, Charles Ray
 Miller, Kayci Dawn
 Mills, Lindsey Gayle
 Minnck Larney, Kayla Leeann
 Mitchell, Legus Trent
 Mitchell, Meegan
 Mohawk, Joni Marie
 Montgomery, Stephany Sky
 Montgomery, Zechariah Cyreke-Dean
 Moore, Sophia-Marie Linda
 Morlan, Derek Thomas
 Morris, Miracle Marie
 Morton, James Cristian
 Morton, Rebecca Lynn
 Muench, Rose Ann
 Musick, Dr. Charles Randall
 Nail, Andrea Elaine
 New Moon, Jessica Lynn
 Nice Jr., Jonathan Lee
 Novick, Precious Dawn
 Ortiz, Isaiah Faustino
 Owens, Asher James
 Owens, Rheff Patrick
 Panther Jr., Donald Eric

Perez-Vargas, Joel Encarnacion
 Pitner-Panther, Elizabeth La Rayne
 Ponkilla, Mary Frances
 Preciado, Oscar Gabriel
 Ramirez, Tiffany Elyse
 Richard, Frances Ann
 Roberts, Siera Brooke
 Robertson, Velisa Allyn
 Robinson, Sieanna Gail
 Robison, Laynee Elizabeth
 Salazar, John Thomas
 Santa Cruz, Briana Danae
 Schoenebaum, Daxton Ryder
 Sherod, Daemon Marcus
 Shields, Brent Fremond
 Siemon, Hudson Kennedy
 Sinks, Robert Elmer
 Sloan, Whitney La Rae
 Sloat, Amanda Renee
 Sloat, Jami Lynn
 Smith, Alfred L.
 Smith, Anna Mae
 Smith, Carolina Elizabeth
 Smith, Garrett Allen
 Smith, Taylor Logan
 Snakeman, Sandra Kay
 Soap, Taziah Jayson Lee
 Spoon, Ariana Nicole
 Spoon, Christopher Scott
 Spoon, Joel Lee
 Spoon, Kolee Raye
 Spoon, Tresha Dawn
 Squire, Lauresa Cerise
 Squire, Michael Lee
 Stacy, Daelin Shey
 Stewart, Arvel Eugene
 Stinger, Elizabeth Juanita
 Stoliby, Daniel A
 Stone, Heide Nichole
 Stuckey, Wade Dexter
 Switch, McKenzie Rane
 Switch, Michael Dwight
 Taylor, Ryan Aaden
 Thorpe, Gary Allen
 Thorpe, Iris Nahla
 Thorpe, Jasper Pristine
 Thorpe, Jonah Azariah
 Thorpe, Vicki Jo
 Tiger, Dion Anthony
 Tiger, Joseph Little Chief
 Tiger, Nakota Cotcha
 Tillery, Trevor Ryan
 Tilley, Nelson Vaughn
 Tyner Jr., Daniel Ray
 Tyner, Michael Roy
 Tyner, Wasalee Raine
 Urman, Belva Ann
 Vasquez, Makai Isaiah
 Velez Jr., Marcos Antonio
 Villalobos, Francisco Javier
 Voyles, Devin Robert
 Wakley, Stacy Ann
 Wakolee, Garry Lavar
 Wakolee, Jerry Lamar
 Walker, Kurtis Robert
 Walker, Ty Dewayne Owen
 Wallis, Coltin Bryan
 Wallis, Dawn Marie
 Warrior, Aaron Duane
 Warrior, Debra Faye
 Wasley, Mandella Dawn
 Watson, Brent Randall

Watson, Gavin Layn
 Watson, McKenna Ann
 Weaver, Dylan Micheal
 Webb, Paul Kenneth
 Werst, Nelda Jayne
 Westberry, Justin Doyle
 White Jr., Robert
 White, Daniel Lee
 White, Dustin Lee
 Wilburn, Sonya Leigh
 Wilkerson, Dorothea Fallon
 Williams, Anfernee Isiah
 Williams, Ella Ann
 Williams, Erik Braden
 Williams, Heath Jared
 Williams, Katharine Melina
 Williams, Nathan Barrett
 Wills, Jessica Renae
 Wilson-Onsaco, Tristen Xavier
 Wilson, Isaac Lane
 Wilson, Joseph Scott
 Wilson, Savannah Colette
 Wolfe, Stormy Ray
 Wolfe, Tina Marie
 Wyatt, Ashley Dawn
 Yandell, Raymond Lloyd
 Yoder, Vanessa Lynn

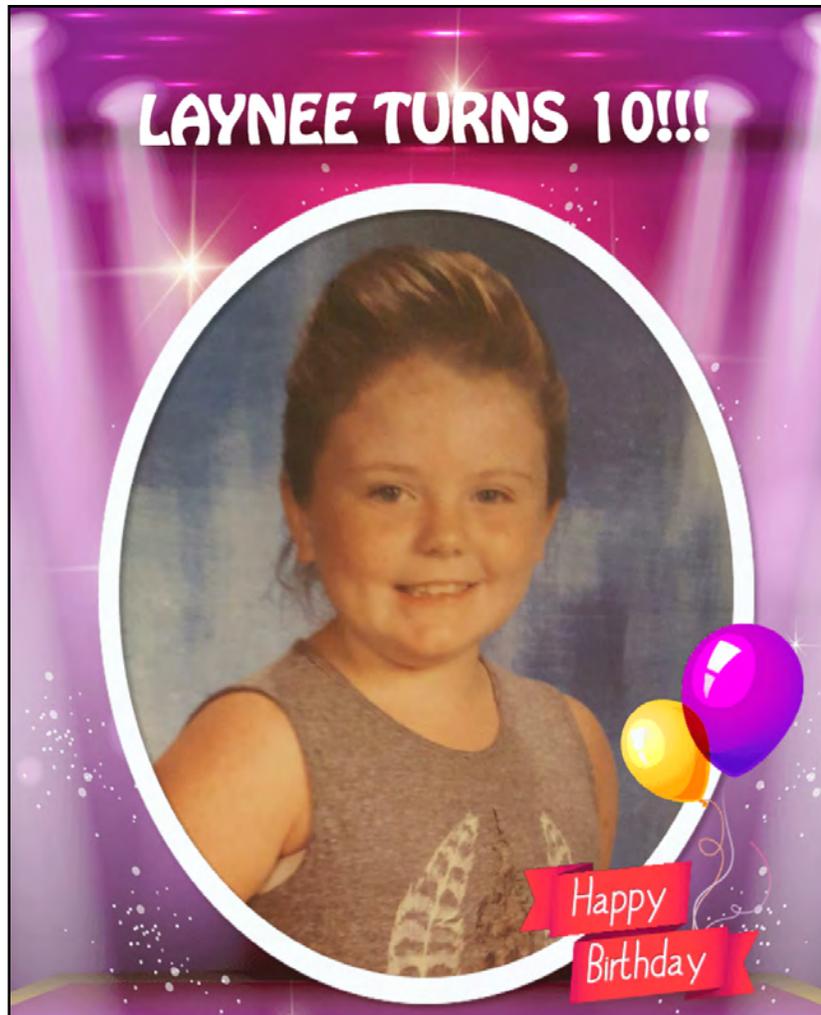
HAPPY BIRTHDAY!
happy birthday



Happy 26th Birthday

Devin "Moe Moe" Leitka

From,
Grandpa, Grandma, Mom, Macklyn, Bryson,
Sis, Tom, Sheldon, Shelby, Shelsie, Dae-Dae & Baby D



**HAPPY 50TH ANNIVERSARY
DAVID JR. & STELLA LITTLE**

Love Your Kids,
Keith, Troy & Becky



Photos from General Council Meeting held October 22, 2016





Let us help...



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

Come and apply
Starting in May thru September
2016

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



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

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

Annette Wilson, Social Services



Education Department

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

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

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

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

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

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

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

ABSENTEE SHAWNEE TRIBE TAX COMMISSION

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

NEW REGISTRATIONS

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

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

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

RENEWALS

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

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

TAG PRICES

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

PENALTY

\$0.25 A DAY



Buster Bread
Fitness Manager



Chrissy Wiens
Physical Activities Specialist

The Absentee Shawnee Diabetes and Wellness



Fitness Center

Fitness Facility Hours of Operation

Monday - Friday

6:00 a.m. - 9:00 p.m.

Fitness Facility Weekend Hours of Operation

Saturday

9:00 a.m. - 3:00 p.m.



Brandon Goodman
Fitness Technician

The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.



McKenna Watson
Fitness Technician

AST Diabetes and Wellness Program

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

The AST Resource Center fitness room hours are:

Monday-Friday	6:00am - 9:00pm
Saturday	9:00am - 3:00pm
Sunday	CLOSED

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



November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<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>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>Cardio Kickboxing</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>Full Body Strength</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

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



"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.



"Full Body Strength"- Traditional strength training to improve muscular strength and fitness.

**Absentee
Shawnee Fitness**

**Diabetes and
Wellness**



Here for you,
now more than ever.

EXTENDED HOURS:
5-9 p.m. Monday - Friday
9 a.m.-5 p.m. Saturday

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

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



SHAWNEE CLINIC
ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC.

Prevention. Progress. Pride.

2029 South Gordon Cooper Drive | Shawnee, OK 74801
405.878.5850 or 1.877.878.4702 (TOLL-FREE)

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



Care on your schedule,
that's the Plus.



AN AFTER HOURS ACUTE CARE FACILITY

HOURS OF OPERATION:

9 a.m.-9 p.m. Monday - Friday
9 a.m.-5 p.m. Saturday - Sunday
9 a.m. -5 p.m. Holidays
(except Thanksgiving & Christmas)

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

First appointment - 9 a.m.
Last appointment - 8:30 p.m. Monday - Friday
Last appointment - 4:30 p.m. Saturday, Sunday & Holidays

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

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



PLUSCARE
LI-SI-WI-NWI HEALTH, INC.

Prevention. Progress. Pride.

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



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>.**

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.



Vocational Rehabilitation Transitional Services

Iowa Tribe of Oklahoma

► **History:**

The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians with disabilities for twenty years and counting, with Transition Services at six years. Our mission is to develop specialized services to American Indian students with disabilities currently making the transition from high school to work or achieving a post-secondary education.

► **Services we can provide:**

We assist with testing fees (ACT, SAT), provide work clothing for new jobs, tuition assistance, assistive devices such as hearing aids, walkers, wheelchairs, eye glasses, along with physical and mental evaluations.

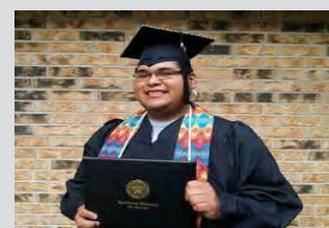
► **Qualifications:**

You must be a member of a federally recognized tribe, a junior or senior in high school and must reside in on of the Iowa Tribe VR services area counties. You must also provide documentation from your doctor or physician noting your disability.



COUNTIES served by ITOVR

KAY
NOBLE
PAWNEE
PAYNE
POTTAWATOMIE
LINCOLN
LOGAN



**Iowa Tribe of Oklahoma
Vocational Rehabilitation**

P.O. Box 728
Perkins, OK 74059

Phone: 405-547-2402 ext 168
Toll free: 1-888-336-4692
Fax: 405-547-1090

E-mail: Christa.Tsotaddle@iowanation.org
ctsotaddle@iowanation.org



"See the Person, Not the Disability"

WINTER BAZAAR

Benefiting White Oak Ceremonial Grounds

- Art - Crafts - Bake Sale - More! -

PLUS

CHILI LUNCH \$5

Choice of: Chili, Chili Dog, or Chili Pie (dessert and drink included)

Saturday, November 19, 2016

10 a.m. - 4 p.m.

Shawnee Tribe Community Building

Miami, OK

(Adjacent to Tribal Offices: 29 S. Hwy. 69A)

Vendor Space Available! - \$20

LIMITED NUMBER - *First Come, First Served*

Vendor applications available at Shawnee Tribal Offices, Miami, OK

OR

CALL 918/212-0891 (Nancy)

EMAIL nancy@ribbonshirtsandmore.com

ewensman@shawnee-tribe.com

VENDOR APPLICATION + \$20 FEE DUE OCTOBER 21, 2016



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)





AAA Oklahoma News Release



www.AAA.com

www.facebook.com/AAAOKlahoma

www.twitter.com/AAAOKlahoma

Chuck Mai – 405-753-8040 / 405-760-6007 – chuck.mai@aaaok.org

Cristi Goettel – 918-748-1072 / 918-845-4115 – cristi.goettel@aaaok.org

Don't Get Caught with Your Tires Down

AAA.com/repair

Winter Car Care Checklist

Battery and Charging System – Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather. AAA members can request a visit from a [AAA Mobile Battery Service](#) technician who will test their battery and replace it on-site, if necessary.

Battery Cables and Terminals – Make sure the battery terminals and cable ends are free from corrosion and the connections are tight.

Drive Belts – Inspect the underside of accessory drive belts for cracks or fraying. Many multi-rib serpentine belts are made of materials that do not show obvious signs of wear; replace these belts at 60,000-mile intervals.

Engine Hoses – Inspect cooling system hoses for leaks, cracks or loose clamps. Also, squeeze the hoses and replace any that are brittle or feel excessively spongy.

Tire Type and Tread – In Oklahoma, all-season tires work well in our light to moderate snow conditions, provided they have adequate tread depth. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage. Replace any tire that has less than 3/32-inches of tread. Use the penny test: insert a penny – Lincoln's head first – into the deepest part of your tire's tread. If you can still see the top of Lincoln's head, it's time to invest in a new set of tires.

Tire Pressure – Check your tires' inflation pressure more frequently in fall and winter. As the average temperature drops, so will tire pressures – typically by one pound per square inch (PSI) for every 10 degrees Fahrenheit. The proper tire pressure levels can be found in the owner's manual or on a sticker typically located on the driver's side door jamb or on the door of the glove compartment. Also, check your spare, if you have one. Many newer cars come without one.

Air Filter – Check the engine air filter by holding it up to a bright light bulb. If light can be seen through much of the filter, it is still clean enough to work effectively. However, if light is blocked by most of the filter, replace it.

Continued on next page

Coolant Levels – Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. Test the antifreeze protection level with an inexpensive tester available at auto parts stores or go to a qualified auto tech.

Lights – Check the operation of all headlights, taillights, brake lights, turn signals, emergency flashers and back-up lights. Replace any burnt-out bulbs.

Wiper Blades – The blades should completely clear the glass with each swipe. Replace any blades that leave streaks or miss spots.

Washer Fluid – Fill the windshield washer fluid reservoir with a winter cleaning solution that has antifreeze components to prevent it from freezing.

Brakes – If there is any indication of a brake problem, have the system inspected by a certified technician to ensure all components are in good working order.

Transmission, Brake and Power Steering Fluids – Check all fluids under the hood to make sure they are at or above the minimum safe levels.

Emergency Road Kit – Carry an emergency kit equipped for winter weather. The kit should include:

- Bag of abrasive material (sand, salt, clay-based kitty litter) or traction mats
- Snow shovel
- Flashlight with extra batteries
- Windshield washer solvent
- Ice scraper with brush
- Cloth or roll of paper towels
- Jumper cables (and know how to use them)
- Extra warm clothing such as gloves, hats and scarves
- Blankets
- Warning devices such as flares or triangles
- Drinking water
- Non-perishable snacks for both humans and pets
- First-aid kit
- Basic toolkit (screwdrivers, pliers, adjustable wrench, duct tape)
- Cell phone and car charger cord. Pre-program your phone with rescue apps (AAA.com/Mobile) and important phone numbers including family and emergency services.

The road to a long car life starts with the owner's manual. Following the vehicle manufacturer's recommended maintenance schedule found in the owner's manual is the best way to keep a car running properly and avoid costly repairs.

A not-for-profit, fully tax-paying organization, AAA Oklahoma provides its 395,400 Oklahoma members with emergency roadside assistance and auto travel services. Plus, the auto club offers members and the general public a wide range of personal insurance, worldwide travel and financial services at branch offices across Oklahoma and online at AAA.com. Motorists can map a route, identify gas prices, find discounts, book a hotel and access AAA roadside assistance with the AAA Mobile app for iPhone, iPad and Android. Learn more at AAA.com/mobile.

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

Election Commission

FROM THE ELECTION COMMISSION:

The following positions will be open for the elections in 2017.

EXECUTIVE COMMITTEE:

<u>Position</u>	<u>Filing Fee</u>	<u>Term</u>
Governor	\$590.00	Two (2) Years
Secretary	\$590.00	Two (2) Years

ELECTION COMMISSION:

<u>Position</u>	<u>Filing Fee</u>	<u>Term</u>
Election Commissioner	\$132.00	Two (2) Year (unexpired)
Election Secretary	\$132.00	Two (2) Year (unexpired)
Commission Member #2	\$215.00	Three (3)Year

Fee Amount: Basic fee (Executive Committee \$500.00 and Election Commission \$125.00) plus \$40.00 Alcohol test, \$25.00 Drug test and \$25.00 MVR.

QUALIFICATIONS:

- A) An enrolled member of the tribe.
- B) An eligible voter for purposes of voting in tribal elections.
- C) Must be twenty-one (21) years of age on the date of the election for which he/she desires to be a candidate.
- D) Physically reside within the following Counties: Cleveland, Pottawatomie, Oklahoma, McClain, Garvin, Pontotoc, Seminole, Lincoln or Okfuskee.
- E) In cases where a prospective candidate has been convicted of a felony, such person shall not be eligible for consideration as a candidate until at least five (5) years have passed following completion of the penalty for such conviction(s).
- F) Not more than one (1) member of an immediate family shall be elected to the same tribal elective body except when running as a candidate for the same elective position.

Consult the Election Ordinance for Specific/Additional Qualifications.

**ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT**



SORNA

**SEX OFFENDER REGISTRATION AND NOTIFICATION ACT
EMAIL: SORNA@ASTRIBE.COM
TIPLINE 405-273-1249**

Iowa Tribe of Oklahoma Vocational Rehabilitation Program

“See the Person Not the Disability”

Juniors



Seniors

History:

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

Services Than Can Be Provided:

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

Qualifications:

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

Counties We Serve:

Kay, Noble, Pawnee, Payne, Pottawatomie, Lincoln, and Logan

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



Contact: Christa McClellan
Phone: 405-547-5721
Toll Free: 1-888-336-4692
E-mail: cmcclellan@iowanation.org

WE ARE ON THE INTERNET: www.bahkhoje.com

Let your voice be heard.



Ne-Hi-Ki-Wa-Sa-Pa. *We listen.*

It is our mission to provide quality health care. To do this, we need some help from you. Share your needs, concerns and care experiences. **Call patient advocate Jim Robertson at 405.447.0300 or Customer Service at 405.701.7623.** Complete a Patient Questionnaire in one of our clinics or online.

Together, we will fulfill our mission.

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

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

PLUSCARE CLINIC
15702 East State Highway 9
Norman, OK 73026
405.447.0477



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG

Sign up, stay connected.

ONLINE PATIENT PORTAL → for our Little Axe Health Center and Shawnee Clinic

Need to schedule an appointment? Ask a question? View lab results?
Now, Little Axe Health Center and Shawnee Clinic patients can connect with their health records and care providers via our real-time, secure patient portal. Go to www.asthealth.org/patient-portal to register. For more help, call your clinic, and we’ll walk you through it.



Install the app on iPhone or Android for real-time access to your health information



SHAWNEE CLINIC 405.878.5850 or 877.878.4702 (TOLL-FREE) | LITTLE AXE HEALTH CENTER 405.447.0300

The AST Contract Health Services Team is here to assist you.

Please follow the CHS guidelines.
Keep a copy on hand
and update your information.

EMERGENCY AND URGENT CARE SERVICES

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

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

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and has Medicare or private insurance.

1. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.
3. Inform provider/health facility that AST CHS is a secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

EASY ACCESS

Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.

8:00 a.m. – 5:00 p.m., Monday – Friday
Closed on Holidays

All facilities closed the first Wednesday of the month from Noon to 5pm.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

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

1. You must apply for all resources available to you, such as: Medicaid, Medicare, Worker's Compensation, Vocational Rehabilitation, auto insurance and other personal injury or liability coverage. CHS staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.
2. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
3. You must utilize the services provided within AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider and/or CMMR Committee.
5. An appointment will be scheduled, and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES

Little Axe Health Center & Shawnee Clinic

Glendine Blanchard, CHS Coordinator/RN
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Brenda White-Valdez, CH Technician

REFERRAL MANAGEMENT

Little Axe Health Center

Debi Sloat, CHS Coordinator/RN
Sharon Littlecreek, Patient Care Manager/LPN
Jayne Werst, CH Specialist, Medicaid Patients
Kelly Armstrong, CH Specialist, IHS Patients/LPN
Dana Medina, CH Technician
Melinda Ferrell, PBA, Dental Referrals

REFERRAL MANAGEMENT

Shawnee Clinic

Flo Mann, CH Specialist, AST Patients/LPN
Laurie Webber, CH Specialist, IHS Patients/LPN
Carrie Stanley, CH Specialist, Medicaid patients/
Medical Assistant

LITTLE AXE HEALTH CENTER CHS

405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

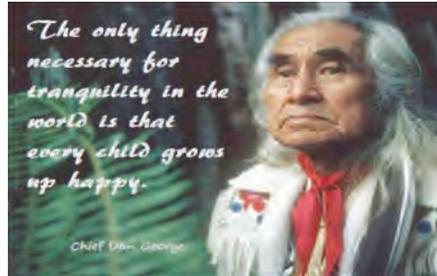
SHAWNEE CLINIC CHS

405.878.5850 (Primary)
405.878.4702 (Secondary)



ABSSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

FOSTER CARE



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

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

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

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

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

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

GOT LOVE?

FOSTER A CHILD

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

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

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

<<<NOTICE>>>

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

WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

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

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

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



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



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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.



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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



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

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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

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- 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.



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



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

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	Duke Blanchard.....	585-3669
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LITTLE AXE CLINIC	Clinic - Medical.....	447-0300
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	Clinic - Dental.....	307-9704
	Diabetes.....	360-0698
	Pharmacy.....	292-9530
	Resource Center.....	364-7298
	(Chisley Wiens, Buster Bread, Blake Goodman)	
SHAWNEE CLINIC	Clinic (Bldg. 17).....	878-5850
	Pharmacy.....	878-5859
	Toll free.....	1-866-742-4977

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

Arrowhead Automotive Center
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OF INDIANS OF OKLAHOMA
2025 S. GORDON COOPER DR.
SHAWNEE, OK 74801

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Volume 27 No. 54 November 2016

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