



"Among The Shawnee"

THE ABSENTEE SHAWNEE NEWS

OCTOBER 2015

VOLUME 27 No. 41

INSIDE THIS ISSUE

2-3 EXECUTIVE REPORTS

4 ASHLEY MCGRAY

6 TAX COLLECTIONS

8 TITLE VI MENU

10 THANK YOU...

13 EXECUTIVE DIRECTOR

14-15 OCTOBER BIRTHDAYS

16-27 AST HEALTH SYSTEM

28 CONSTITUTION REVISION

30-31 EMERGENCY MANAGEMENT

36 ZOMBIE RUN

38-39 FOSTER CARE

**Govenor Edwina Butler-Wofle & Representative Ken Blanchard
Signing Contract With State Of Oklahoma Tobacco Agreement**



**GENERAL COUNCIL MEETING OCT 24TH 10:00 A.M.
THUNDERBIRD ENTERTAINMENT CENTER NORMAN, OK**

Executive Committee



Edwina Butler-Wolfe

Governor



Issac Gibson

Lt. Governor



John Johnson

Secretary



Leah Bates

Treasurer



Kenneth Blanchard

Representative

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

Governor's Report

Hello my Absentee Shawnee people!

It would seem that we are getting some relief from the heat here in Shawnee. We have had a couple of 'cooling' showers which generally means, at this time of year, that Fall is on its way.

This month I and numerous staff from the Health Authorities, their legal counsel, and one of the Health Authority Board attended the Indian Health Service (IHS) Self-Governance Strategy session called 'Celebrating Success, Shaping the Future' in Catoosa, Oklahoma. This event was \$175 per person for registration and worth the cost for tribal leaders and their self-governance staff to attend as the focus was to advance tribal efforts on the national Indian Health Service budget, legislation and policy priorities all of which the Absentee Shawnee tribe, as a sovereign nation, should have input on. The meeting reflected on:

- ☒ Forty years of self-determination and self-governance;
- ☒ Provided an update on fiscal year 2016 appropriations and the full funding for Contract Support Costs;
- ☒ Amending Title IV of P.L. 93-638, the Indian Self-Determination and Education Assistance Act (ISDEAA);
- ☒ Elementary and Secondary Education Act;
- ☒ Implementation of the Patient Protection and Affordable Care Act (ACA);
- ☒ Revising and streamlining the Contract Support Cost Policies;
- ☒ Inclusion of Purchased and Referred Care in all VA-IHS reimbursement agreements

Small group discussions were held at the IHS Self-Governance Strategy session on how to achieve self-governance budget priorities; achieve self-governance and national legislative priorities; preparing the self-governance agenda for the White House Tribal Nations conference; and achieving self-governance policy priorities. It was a good meeting to network and communicate with other tribal leaders, their legislative and self-governance staff and I look forward to the next session. I also visited with Oklahoma Baptist University about possible tribal college opportunities with area tribes.

On September 14th I and my staff person, Lesa Shaw, met with Beverly Binkowski, Divisional Vice President, Government Relations/Public Affairs and Lucinda Myers, Tribal Relations Specialist, Government Relations, of Blue Cross Blue Shield of Oklahoma. During the course of this meeting we discussed business resource groups; the Caring Van Program; their Mobile Assistance Center (MAC); and imagination playgrounds – KaBoom! Blue Cross Blue Shield (BCBSOK) is celebrating their 75th anniversary this year as Oklahoma's oldest and largest (customer owned) health insurer. The BCBSOK is a division of the Health Care Service Corporation and offers a variety of health and life insurance products and related services in Illinois, Montana, New Mexico, Texas and Oklahoma. I have been asked to present at their upcoming October 13th luncheon where I will serve as the keynote speaker with the presentation being streamed 'live'.

The programs I maintain oversight over are:

- ☒ Education – Higher Education; Vocational Education; Johnson O'Malley Department of Public Safety – COPS program; Emergency Management; Police Department; Fire Department
- ☒ Media

- ☒ Child care – CCDF - Building Blocks and Afterschool Programs
- ☒ Indian Health Service – Funding and Self-Governance functions as the Health Authority Board(s) have delegated authority over health services

Other Topics/Expressions

The tribe continues to use Hobbs, Strauss, Dean and Walker as our Attorney General and this firm has not been paid since September 2014. This firm continues to serve in our court system and provide legal guidance to our Executive Committee and is under a legal, binding contract.

Let me extend my sincerest condolences to those families who have lost loved one's this month.

In Conclusion

I have 21 months left in Office and I find each day both challenging 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.

Secretary's Report

Hello,

First I would like to say Thank You to everyone who supported me in the June 2015 Election. I really appreciate all your votes. As your new Tribal Secretary, I am very pleased and looking forward to working with the rest of the Executive Committee to move forward for the sake of the Tribe. I would also like to say Thank You to the Staff of my office. They have been really helpful and knowledgeable during this transition.

I have been in office a little over four weeks and I am still learning all the policy, procedures, and programs the Tribe has to offer. I am also learning the policy and procedures for the programs I am over which are: Social Services, Title VI, Domestic Violence, ICW, Enrollment, and the TERO Department. If you have any questions pertaining to any of these programs feel free to come visit me or call (405) 275-4030 Ext. 6289. I will make myself available for your tribal needs.

Thank you,

Secretary John R. Johnson

Representative's Report

Greetings Tribal Members

I would like to inform you that the Executive Committee has set the date for the 76th General Council meeting to be conducted on October 24, 2015. It is hoped that you can set aside some time on this date to attend. A number of Tribal members travel great distances to attend this gathering, so it is always a good time to visit with family. The Executive Committee hopes to see you there as well.

As I mentioned in a previous article, we have a number of vacant buildings that are not generating any revenue to the Tribe. One such vacant building is the Lillard Pipe Supply building located on Highway 177 and Benson Park Road. The lease for this building is in its final stages and once the transaction has realized closure, it can begin supplying much needed revenue.

The Tecumseh Square area has not generated much interest from the Executive Committee to this date, so that might be an object of evaluation for the Tribe's future needs. Outside entities have contacted my office regarding Tecumseh Square, including residents of the City of Tecumseh. I hope to have a better picture of the range of possibilities for this area and will keep you informed at a future date.

Let me know what concerns you and I wish everyone good health and fortune.

To contact me at the Tribal Complex, please write to Representative Ken Blanchard, 2025 S. Gordon Cooper Drive, Shawnee, Oklahoma 74801, or by phone at 405/275-4030 ext. 6287.

Respectfully,

Ken Blanchard

No reports submitted by Lt. Governor and Treasurer

Ashley McCray



Ashley McCray is a Ph.D. student in the History of Science, Technology, and Medicine program at the University of Oklahoma, where she specializes in indigenous knowledge, environment and public health in minority communities, race, and science, and the native experience in the university. Ashley is from the Oglala and Sicangu Lakota nations and the Absentee Shawnee Tribe of Oklahoma, where she is currently an enrolled tribal member and where she serves her tribe as archivist. Ashley works to ensure her university incorporates inclusivity and diversity in its curriculum. Her work on her own campus has helped inspire a mandatory diversity course for incoming students, and a series of diversity and inclusivity workshops facilitated throughout the school year for faculty, students, and staff.

THE WHITE HOUSE Office of Communications FOR IMMEDIATE RELEASE September 14, 2015 White House Honors Young Women Empowering their Communities as “Champions of Change” WASHINGTON, DC – On Tuesday, September 15th, the White House will honor eleven young women as “Champions of Change” who are empowering their communities. In addition to honoring these young people for their courage and contributions, the goal of the event is to inspire girls and young women to recognize their potential for leadership -- as educators, advocates, peer-mentors, artists and entrepreneurs -- and to appreciate that they can be leaders in their own way and in their own style. The program will feature remarks by Senior Advisor to the President and Chair of the White House Council on Women and Girls Valerie Jarrett, Chief of Staff to the First Lady and Executive Director for the White House Council on Women and Girls Tina Tchen, NASA astronaut Serena Auñón, United States Chief Technology Officer Megan Smith, Director of the White House Domestic Policy Council Cecilia Muñoz, Office of Science and Technology Policy Associate Director for Science Jo Handelsman, Executive Director of the White House Initiative on Educational Excellence for Hispanics Alejandra Ceja, Smithsonian National Museum of African Art Director Johnnetta Cole, and blogger and entrepreneur Karen Civil. It will also include panel discussions with the Champions of Change moderated by video bloggers Laci Green and Franchesca Ramsey. The Champions of Change program was created as an opportunity for the White House to feature individuals doing extraordinary things to empower and inspire members of their communities. The event will be live streamed on the White House website. To watch this event live, visit www.whitehouse.gov/live on September 15th at 9:30AM ET. To learn more about the White House Champions of Change program, visit www.whitehouse.gov/champions. Follow the conversation at #WHChamps and #ImagineHer.

Ashley McCray is a Ph.D. student in the History of Science, Technology, and Medicine program at the University of Oklahoma, where she specializes in indigenous knowledge, environment and public health in minority communities, race, and science, and the native experience in the university. Ashley is from the Oglala and Sicangu Lakota nations and the Absentee Shawnee Tribe of Oklahoma, where she is currently an enrolled tribal member and where she serves her tribe as archivist. Ashley works to ensure her university incorporates inclusivity and diversity in its curriculum. Her work on her own campus has helped inspire a mandatory diversity course for incoming students, and a series of diversity and inclusivity workshops facilitated throughout the school year for faculty, students, and staff.

A Little Note from The Tag Office

Did You Know.....

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



Personal Banking:

AllNations Bank offers a wide range of products and services to meet today's consumer demand including our AllNations Bank Free Checking Account; Savings Account; Certificate of Deposit Accounts; Individual Retirement Accounts; Money Market; Now Accounts & Consumer Loans including Auto, Boat and more. AllNations Offers Free ATM/Debit Card with each personal account that can be used at our Shawnee OK Drive Up ATM. In addition, we offer a wide selection of Safe Deposit Boxes for rent at competitive prices.

Contact Us for Details As Follows:

**Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK**

**Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK**

Business Banking:

In addition to our Commercial Checking account, AllNations Bank offers a wide range of products and services to meet today's business needs including all types of Commercial and Small Business Loans; Merchant Services; Night Depository Drop & More.

Contact Us for Details As Follows:

**Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK**

**Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK**

Banking Hours:

2023 S. Gordon Cooper Drive, Shawnee, OK 74801

Lobby Hours 9:00 AM - 5:00 PM Monday - Friday

Drive In Hours 8:00 AM - 6:00 PM Monday - Friday

Saturday: 9:00 AM-12:00 Noon

Tax Collections

FY-2015
YTD TAX COLLECTIONS
(thru 8/31/15)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$1,309.86	\$98.49	\$32,618.91	\$119.48	\$12,469.19	\$6,240.39	\$5,322.62	\$5,825.51	\$0.00	\$0.00	\$0.00	\$0.00	\$64,004.45	3.31%
Gaming % of free cash	\$164,284.00	\$150,000.00	\$250,000.00	\$265,798.00	\$200,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,630,082.00	84.32%
Employee (1%)	\$41.05	\$0.00	\$11,691.21	\$0.00	\$11,597.06	\$36,303.24	\$3,817.41	\$19,742.45	\$0.00	\$0.00	\$0.00	\$0.00	\$83,192.42	4.30%
Severance (8%)	\$7,199.15	\$756.29	\$5,251.65	\$4,449.01	\$5,411.85	\$5,533.28	\$4,318.57	\$3,852.18	\$0.00	\$0.00	\$0.00	\$0.00	\$36,771.98	1.90%
Motor Vehicle	\$11,660.98	\$16,042.65	\$16,645.60	\$16,196.66	\$10,223.79	\$15,487.60	\$16,468.69	\$15,061.03	\$0.00	\$0.00	\$0.00	\$0.00	\$117,787.00	6.09%
Tobacco Refund	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	0.00%
TOTAL TAXES	\$184,495.04	\$166,897.43	\$316,207.37	\$286,563.15	\$239,701.89	\$313,564.51	\$229,927.29	\$194,481.17	\$0.00	\$0.00	\$0.00	\$0.00	\$1,931,837.85	\$1,931,837.85
Miscellaneous	\$305.00	\$125.00	\$120.00	\$182.50	\$92.50	\$145.00	\$145.00	\$250.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,365.00	0.07%
TOTAL COLLECTIONS	\$184,800.04	\$167,022.43	\$316,327.37	\$286,745.65	\$239,794.39	\$313,709.51	\$230,072.29	\$194,731.17	\$0.00	\$0.00	\$0.00	\$0.00	\$1,933,202.85	100% \$1,933,202.85





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

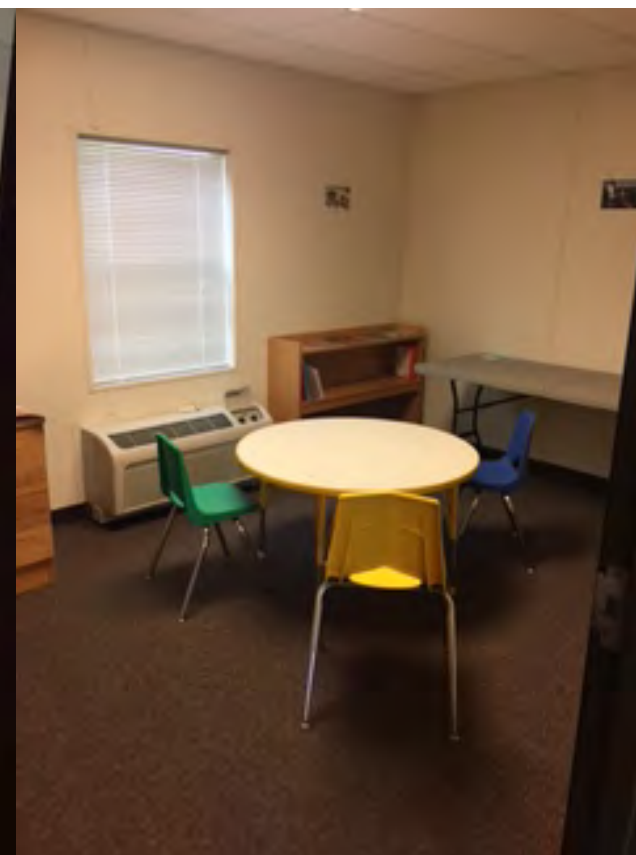


Absentee Shawnee Tribe
After School Program

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.





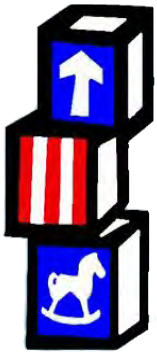
October 2015

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Grilled Chez Sandwich Chicken Noodle Soup Jell-O	2 Biscuits Gravy Mixed Fruit	3
4	5 Chicken Patty Sandwich Pot. Salad Lett & Tom Mandarin Oranges	6 Goulash Squash Bread Cookie	7 Attending Food Show Homebound will get a sack lunch on the 6th	8 Spaghetti w/ meat sauce Tossed salad* Green beans Garlic Bread	9 Oatmeal Sausage Patty Toast Raisins	10
11	12 Chicken Salad Sandwich Lett, tom Chips/Grapes	13 Stew Crackers Cake	14 Smoked Sausage Cabbage & Carrots Cornbread Peaches	15 Chili Dogs Tater Tots Mixed Fruit	16 Scrambled Eggs Biscuit Sausage Gravy	17
18	19 Hamburger Lett, tom, Onions Onion Rings Pears	20 Meatloaf Mashed Pot/Gravy Brussel Sprouts Pineapples	21 Chicken Strips Mashed Pot/Gravy Green Beans Prunes	22 Beans w/Ham Steakfries Cowboy Bread	23 Grits Scrambled Eggs Toast	24 AST General Council Mtg. 10am Thunderbird Casino
25	26 Tamales Spanish Rice Refried Beans Peaches	27 Baked Pork Chop Wild Rice Carrots Pudding	28 Beef Fingers Veggies Tossed Salad* Applesauce	29 Chicken N Dumplings Veggies Bread Crisp	30 Waffles Bacon	31 

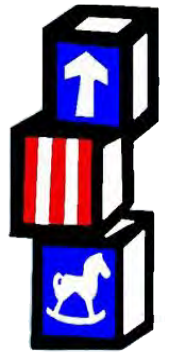
NOT GOING TO BE HOME!!!
CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER

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



Central Tribes of the Shawnee Area, Inc.

CTSA



CTSA is a non-profit organization funded by the federal government to provide services to low income children and families. Our service areas include the Pottawatomie, Payne, Lincoln, and Cleveland counties; we have three Head Start centers and one Early Head Start Center. Our programs service children and provide services to the families of those enrolled children. Some of the services we provide are: free health screenings, access to child care, developmental screenings, nutritional assessments, referrals to community resources, individualized education planning, and much more.



1535 N. McKinley, Shawnee, OK - Main Office 405-275-4870

Central Center 1533 N. McKinley, Shawnee, OK 405 878-5820

Early Bird Head Start 111 W. Vine, Cushing, OK 918-225-1029

Rainbow Head Start 516 Iowa St. Norman OK 405-447-0381

Come by and visit our booth, sign our in-kind sheet, support our program and enter into a chance for a **\$100 gift card!**

Thank you...

We would like to offer our many thanks to each and every one of you that offered your support, hugs, encouragement and most of all, love during the loss of our Shannon. We were so grateful for the visits, phone calls, texts, flowers/plants, food, drinks, ice, groceries, kisses, prayers, thoughts, etc., during this extremely difficult and unexpected time. Your kind words and memories gave us much comfort and reminded us how Shannon touched so many lives. We would like to offer a special thanks to the Absentee Shawnee Tribe (AST), AST Lieutenant Governor Gibson and the AST Maintenance Guys, AST Tribal Police for their escort, Victor Cope for the beautiful services, the women that cooked the wonderful meals and brought food and help setup and clean up after each meal; all Shannon's young nephews and friends that carried him wherever he needed to go and, the rest of our family members and friends that stayed and helped us through it all (too numerous to mention names). We are so, so grateful to each and every one of you and your kindness will not be forgotten. Shannon and the rest of the family were honored by your presence. Again we thank everyone so very much!!!!

The family of Shannon Byers



*Shannon Byers
Rest In Peace
7-30-1964 to 8-23-2015*

ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT



SORNA

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

DISABILITY BENEFITS FOR WOUNDED WARRIORS

Military service members can get their disability claims processed quickly by Social Security.

Benefits available through **Social Security** are different than those from the **Department of Veterans Affairs** and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after **October 1, 2001**, regardless of where the disability occurs.



www.socialsecurity.gov
or call toll-free, **1-800-772-1213**
(for the deaf or hard of hearing, call our TTY
number, **1-800-325-0778**)

CTSA Early Childhood Center

is seeking to hire a part-time
NUTRITION TECHNICIAN
for our Shawnee Location

The Nutrition Tech will provide support to the Lead Nutrition Tech, including dish washing, cleaning, serving and basic meal preparation.

Must be at least 18 years of age

Must have a high school diploma or equivalent

Must pass background investigation for licensed child care programs

Previous experience is preferred

Food handlers certification is a plus

All applications accepted with preference given to qualified
Native Americans and current/former HS/EHS parents

Apply today:

Applications accepted until position is filled

Employment Applications can be downloaded at:

www.ctsaheadstart.org (click on *Forms*)

or picked up at:

1535 North McKinley Avenue, Shawnee OK 74801

CTSA is an Equal Opportunity Employer

CTSA Early Childhood Center

is seeking to hire a full-time
Early Head Start Teacher
for our Shawnee Location

An Early Head Start teacher provides educational experiences to infants/toddlers in a classroom setting, using developmentally appropriate practices.

Early Head Start Teacher Minimum Requirements:

- Infant/Toddler CDA Credential or Certificate of Mastery in CD
- Previous work experience with young children
- Pass background investigation for licensed child care programs

All applications accepted with preference given to qualified
Native Americans and current/former HS/EHS parents

Apply today:

Applications accepted until position is filled

Employment Applications can be downloaded at:

www.ctsaheadstart.org (click on *Forms*)

or picked up at:

1535 North McKinley Avenue, Shawnee OK 74801

CTSA is an Equal Opportunity Employer



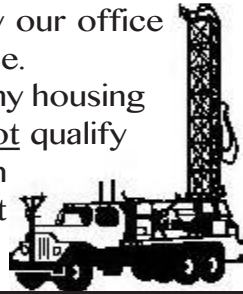
THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

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 Realty 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.



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

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.

Executive Director

Central Tribes of the Shawnee Area, Inc., (CTSA) a non-profit corporation funded through the American Indian and Alaskan Native Indian branch of the Head Start Bureau to provide Early Head Start / Head Start and child care services. CTSA is seeking a highly dynamic and facilitative leader to serve as Executive Director for Head Start Services. The Executive Director is responsible shared organization governance with the Board of Directors and Policy Council. The Executive Director has the overall responsibility for coordinating and directing all program and administrative services. The ability to act as an energetic liaison with other Head Start and educational institutions and relevant Tribal and government organization leaders is critical. The ability to engage children, families, staff and the CTSA community is a must.

Minimum Qualifications

A bachelor's degree in business, public administration, community development or a related field is preferred. An equivalent combination of experience and education will be accepted. Graduate degree in related fields are preferred.

A minimum of five years significant management experience is required. Significant experience in a multi-funded nonprofit agency is preferred. Experience with strategic planning, financial and grants management, external funding proposal creation and organization development is preferred.

The ideal candidate will possess these professional qualities:

Proven leadership characteristics necessary to motivate and supervise employees and to collaborate with parents and other educators to provide superior early child development services and programming.

Strong financial management experience and skills; including fund accounting, budget development and monitoring, grants management, financial analysis, audit reconciliation and reporting requirements relating to governmental and grant funding.

Knowledge of Head Start Performance Standards helpful.

Previous experience working with Native American communities or other diverse populations is desired.

Interested candidates must submit a resume, letter of interest and personal references. Employment applications can be downloaded at: www.ctsaheadstart.org or picked up at: 1535 N. McKinley Ave., Shawnee, OK 74801.

As consideration for employment, applicants must have valid driver's license be insurable and consent to pre-employment drug testing and be fingerprinted by the OSBI and have no prior criminal record.

**Central Tribes of the Shawnee Area, Inc. is an
Equal Opportunity Employer with Indian Preference applied.
Open until filled.**

OCTOBER 2015 BIRTHDAYS

Abma, Meadow Elisa
Adams, James Michael
Aguinaga, Aaron Juan
Aguirre, Jose Raul
Ahtone, Caylen Evreaux
Alford Jr., Elroy Raymond
Alford, Herbert Vearl
Ardrey, Wanda Marie
Armendariz, Christy Ann Louise
Ash, Earl James
Aspen, Andrew James
Atwood, Joseph Eugene
Bailey, Beverly Jean Lovins
Balch, Shannon Eugene
Bernard, Legacy May
Barnett, Charles Wayne
Barriga, Sommer Rae
Battise, Tara Christine
Beach, Brodie Aaron
Beartusk, Jonah Edward
Bell, Caleb Walker
Bell, Elijah Michael
Belvin Jr, Jesse Lee
Bender, Jason Allen
Bettelyoum, Kendall Ray
Bettelyoum, Michael Vincent
Bhandari, Dasan Krishna
Bittle Jr., James Carl
Bittle, Trinity Morgan
Blackbear, Jorey Rian
Blanchard Jr., George Melvin
Blanchard, Alex Gordon
Blanchard, Bryson Dale
Blanchard, Jared Dillon
Blanchard, Kevin Owen
Blood, Jennifer
Bond, Brandon Curtis
Brady Jr., Cecil Edgar
Brady, Carlie Noelle
Breedlove, Cynthia Kay
Brittain, Shaye Dawn
Brokeshoulder, Aaron Dean
Brokeshoulder, Randall James
Brown, Kane Alexander
Brown, Kristopher Todd
Bryce, Todd Kaden
Bui, Bennett Van
Byers, Sebastian Michael
Cagle, Sheryl Lynette
Call, Kelly Edward
Campbell, Charlotte Lynn
Carlson, Harley Leann
Carpenter, Glenda Carol
Caudillo, Natalie Adelle
Chapman, Atira Vonne
Chisholm, Candace Lauren
Chupp, Angela Marie
City, Dora Mae
Cochrane, Rachel D.
Coddington, Cameron Michael
Coddington, Hailey Elaine
Coleman, Janice Sue
Coley, Sherry Ann
Colungo, Khia Jayde
Cook Jr., Henry James
Coriz, Benjamin Allen
Cottrill, Steven Thomas
Crossley, Burton Jay
Crossley, Jeffery Mark
Cypret, Isaac Matthew
Dalitz, Christi Lynn
Daugherty, Steven Neil
Davis, Brock Mason
Davis, Kimber Lee

Davis, Mary Louise
Davis, Ryan Kyle
Deere, Josiah Ahinska
Dees, Elizabeth Yvonne
DeLodge, Brendan Joseph
Dezeller, Joyce Fay
Diehl, Chelsea Elizabeth
Doussett, Linda Sue
Dreessen, Laurie Dawn
Dry, Breanna Joyclynn
Dry, Karlee Nicole
Durmon, Ryland Ryder
Eason, Liam Malachi
Eckles, Erick Emmanuel
Eckles, Steven George
Edwards, Shawnee Dawn
Ellis, Allison Krista
Ellis, Henryetta (Blanchard)
Ellis, Kevin Mark
Ellis, Kimberly Marie
Ellis, Linda Jean
Fife, Austin Scott
Foley, Katrina Dawn
Foreman, Eli Zane
Foreman, Sidney Brian
Foreman, Wesley Josiah
Frazier, Anthony Lawrence
Gall, Rebecca Sue
Gibson, Bernice
Gibson, Collin Lane
Gibson, John Arnold
Gibson, Susan Renee
Gibson, Tyler Logan
Gillihan, Layton Douglas
Gilman Jr., Thomas Eugene
Gilman, Tomi-Lynn Sophia
Gonzalez, Kathrine Mary
Green, Angela Dawn
Green, Shai Leigh
Green, Tristin Eason
Gregory, Derek Ryan
Gregory, Jacob Samuel
Griffin, Craig Robert
Hardeman, Uriah Terez
Harjo, Bryleigh Marie
Harjo, Kaleb Emery
Harjo, Linda Marie
Harjo, Stathan Ray
Harjo, Tatum Kenzie
Harjo, Dawn Nicole
Haumpy, Lijuan Myid
Hayes, Jaeger Koen
Healy, Shawna Susan
Helvy, Camber Nicole
Herrera, Eian Anthony
Herrera, Manuel Gustavo
Herrera, Michael Alexander
Herrera, Rosalynn Macie
Herrin, Susan Rena
Holderness, Nichole Ann
Hood, Nova Dean
Hough, Marrisal Louise
Houston, James Andrew
Huntington, Hayven Irene
Irvin, Timothy Logan
Isaac Sr., William
Jackson, Mary-Ann
Jackson, Thaddeus Ruben
Jimerson III, Robert E
Johnson # 039752, David Leroy
Johnson Sr., Josie Ed
Johnson, Chan Van Ness
Johnson, Cheveyo Lachaim Kavi
Johnson, Emma Lee

Johnson, Erica Lynn
Johnson, Jessica Lynn
Johnson, Katie La Rae
Johnson, Manuel Steve
Johnson, Mark
Johnson, Sean Allen
Johnson, Shannon Renay
Johnson, Stevi Mahri
Jones, Kaiya Damon
Jones, Zackery Dene
Kastl, Victoria Autumn
Kauley, Charlotte Jayne
Kelly, Joseph Austin
Kilmer, Brittany Michelle
Kilmer, Ethan Allen
Kirby, Robert Micheal
Kleine, Elizabeth Ann
Kobs, Alexander Francis
La Plant, Isaac Joseph Leigh
Lasenberry, Lawrence Layton Brooks
Lauderdale, Sianna Rayn
Lee, Courtney Raeanne
Leedom, Christopher Donald
Leedom, Melanie Rochelle
Leedom, Stephen Wayne
Lewelling, Avis Jewel
Little Creek, Frank Dwight
Little Jim, Gabriel Clint
Little Jim, Justin Dale
Little Jr., David
Little, Freddie Don
Little, Michael Boyd
Little, Travis Shane
Littlebear, Anthony Karlin
Littlebear, Brett Cason
Littlebear, John
Littlebear, Lois Gwen
Littlecreek, Aaron Dale
Littlecreek, Dalton Dale
Littlecreek, Melissa Richelle
Littlehead, William Douglas
Littlejim, Gracey Lorene
Longhorn, Lance Calvin
Longhorn, Lydia Kye
Longhorn, Ryan Wade
Longhorn, Stephanie Lee
Longhorn, Vernice Correne
Longman Sr., Henry Daniel
Longman, Clara Lynn
Lossie, Colton Lewis Cain
Lowe, Kerry Denise
Lucas Spybuck, Misty Rosileah
Mack, Dewayne George
Mack, Kailas Dail
MacK, Melissa Ann
Mack, Secote Vholoce
Martinez, Marina Cristine
Masquas, Katlyn Alexandrea
Matthews, Anthony Edward Scott
Mattingly, Erin Paige
Maxfield, Sky Colisa
Maxwell, Meagan Renee
McBride, Aaron Wayne
McCuddy, Queta Cara
McGuffin, Mary Bradley
Megehee, Shirley Louise
Megehee, William Sean
Mercer, Aidan Jacob
Merrell, Marleigh Jaye
Miller, Anna Mae
Miller, Brody Scott Glenn
Miller, Kale Donovan
Miller, Scott Alan
Mills, Christy Danielle

Mills, Colby Richard
Monk, Jessica Rita
Montgomery, Jessica Lynn
Morgan, Avin Tyler
Morgan, Letitia Rhea
Morton, Rhianna Elizabeth
Motes, Christopher Cole
Myers, Rachel Johnnice
Neese, Branden Hunter
Newton, Colt Allen
O'Toole, Chelsey Marie
Odell, Edna May Armstrong
Oldham, Rachel Elaine
Onzakwah, Theodora Marie
Panther Hargrove, Leah Dakota
Panther Sr., Donald Eric
Panther, Dakota Eric
Parish, Tambi Dawn
Perryman, John Lewis
Perryman, Lillie D Blanchard
Peter, Terrance Nicholie
Petersen, Marsha Ann
Pine, Kyler Evan
Ponkilla, Brigette Nicole
Powell, David W
Ramirez, Antonio
Ramirez, Helen Marie
Rapos, Christal Nasebawa
Rathbun, Nicholis Lee
Reessler, Linda Kay
Rickard, Janice Renee
Rivas, Becky Marie
Roach, Tanya Emma
Roberts, Jeremiah Dean
Robinson, Janice Marie
Littlecreek
Robison, Burtis Charles
Rock, Patricia Ann
Rolette, Robbin Louise
Rolette, Travis Anthony
Rudloff, Emma Leann
Salazar, Ellen Diesta
Salisbury, Alyssa Rose
Sanchez, Airez Pete
Sanchez, Itzel Itzury
Scarberry, Valerie June
Schulenberg, Justin Michael
Schulenberg, Tina Yvette
Scraper, Benjamin Alexander
Self, Braydon Wayne
Serena, Barbara Jean
Shaffier, Nicholas Keith
Shawnee, Maeliah Lachelle
Shields, Darian Alexandria
Shirey, Caeden Carlsen
Sloan, Michael Ray
Sloat, Jeromi Wayne
Sloat, Zaurhea Elayne
Smith, Shannon Dana
Spoon Jr., John Wesley
Spoon, Canaan Lee
Spoon, Christina Ann
Spoon, Preston Gabriel
Spoon, Steven Paul
Spriggs, Philip Jeffery
Spybuck, Brandi Christine
Squire, Gwendale Lynn
Stacey, Nils Greg
Starr, Eric Glen
Starr, Tricia Suzanne
Stewart, Wanda Louise
Stone, Donnie Darnell
Sullivan, Pamela Kay
Sultuska, George A

Surface, Ian Robert
Switch Jr., Douglas Vaughn
Switch, Aaron Christopher
Tallchief, Bobby Eves
Tapia, Carlito Cruz
Taylor Jr., James Robert
Taylor, Amanda Mae Alice
Taylor, Gail Anne
Taylor, Shelly Bennie
Thapa, Blake Lee
Thompson, Brody Patrick
Thompson, Wyatt Dane
Thorpe III, George
Thorpe Sr., Ronnie Allen
Thorpe, Davis Mackenzie
Thorpe, Derrick James
Thorpe, Taj Robert
Thorpe-Brown, Patricia Ann
Tiger, Aaron Dewayne
Tiger, Anthony John
Tiger, Attison Elaine
Tiger, Cynthia Caylin
Tiger, John Charles
Tiger, Kaley Jean
Tiger, Stormy Sky
Tiger, Waylen Michael Ray
Tolbert, Jaleigh Renee
Torbett, Lori Ann
Turner, Georgie Ann
Tyner, Dwight A.
Upman, Ronald David
Vasquez, Jonathan Louis
Vasquez, Kayla Nicole
Vaughn, Nathan Michael
Voyles, Danielle Rose
Walker, Randall Dean
Walley, Erik Austin
Warrior Sr., Lucian Jay
Warrior, Necon Andrew
Warrior, Watasha Nichole
Wasley, Lewis Daniel
Watkins III, Irvin Lee
Watson, Aaron Wayne
White, Cynthia Diane
White, David Leroy
White, Evan James
White, Keyle Marie
White, Nicholas Clay
Whittaker, Brantley Jai
Wicks, Raecuan DeMario
Wilkerson, Amanda Carol
Wilkerson, Amy Marie
Wilkinson, Briar Ariand
Williams, Matthew Lee
Williams, Amber Ann
Williams, Angela Marie
Williams, Charles Scott
Williams, Darlene Kaye
Williams, Timothy J.
Wilson, Bridgette Nicole
Wilson, David Anthony
Wilson, Tanya Ann
Wilson, Terry Wayne
Wilson-Ongaco, Michelle Marie
Wolf, Christian Seminole
Wolfe, Fanya Gayle
Wood, Darla Sue
Woody, Derek Wayne
Wright, Michael Roosevelt
Wright, Raven Roxanne
Wunderlin, Tyler Jay
Wyatt, William Thor
Yandell, Paisley Alexis
Yates, Kaitlin Cheyenne

Destinee
Happy
Birthday!
 Love Bo Bo & Henry

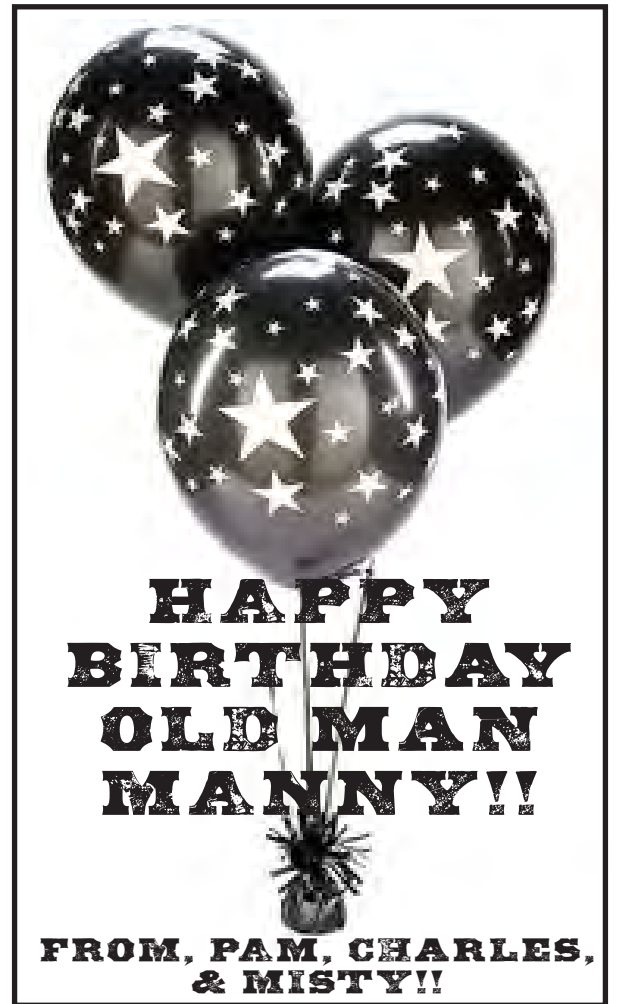
Happy 4th Birthday
Bryson Dale
Blanchard



Love you
 ALWAYS,
 SHELBY
 JUSTIN, BIG
 PAPA, BIG
 MAMA
 GRANDMA SIS,
 PAPA TOM, SHELTON, SHELsie,
 MOEMOE, MACK, RIKKI, BEN, PAPA
 WILLON, AND YOUR DAD(JR)



Alex Blanchard
 Happy Birthday
 Love Bo Bo & Henry



Happy Belated 26th Birthday
Thomas
Bateman
 September 3



HAPPY BIRTHDAY
JESSIE BELVIN
 LOVE BO BO & HENRY



HAPPY
BIRTHDAY
SCOTT & BRODY MILLER!
WE LOVE YOU,
ALY & CONNER

AST HEALTH SYSTEM - OCTOBER 2015

The health system's pillars are prevention, progress, and pride. These concepts form the basis of everything we do for our patients within our system. These are our guiding beacons for the focus of resources for our patients. As we increase your access to care, improvements in the services we provide are continuous to expand care beyond the normal working hours. Same-day Clinic and the PlusCare Clinic (afterhours clinic) are here for our patients during the week traditionally, on evenings, weekends, and most holidays. The Drive-Thru Pharmacy at the Little Axe Health Center will also have extended hours to align with the PlusCare Clinic. This is so that established patients with our system may be able to conveniently fill their PlusCare prescribed medication(s). AST tribal members (only) may also fill their prescriptions through the Drive-Thru Pharmacy if a medication is needed after a visit to the Emergency Room (ER). This service is in addition to the Walgreen's Pharmacy availability and not a replacement at this time. Please be aware that the Drive-Thru Pharmacy at the Little Axe Health Center will not accept regular medication fills/re-fills during its extended hours. Please reserve those for regular business hours of the pharmacies.

The health system and the Executive Committee are working with BancFirst on the refinancing of the loan with health's Joint Venture Project. Once it closes, it will reduce the amount by several millions of dollars over the life of the loan, and allow the tribe to take advantage of some of the lowest interest rates in a generation as well as position the tribe to pay off the debt early! It's the support, trust, and spirit of our tribal members and patients that has placed health in a great position to expand and prosper in 2015.

We are thankful and very proud of our outstanding star performers this month and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month for health was Mrs. Jennifer Harmon, Health Finance; the team of the month was the Health Info Management (HIM) and Contract Health (CH) Team! The special leadership recognition award was presented to Melinda Ferrell, PBA. You all make the health system operate well for our tribal members and patients alike – Thank you!

A few other key bits of information for this month:

- AST/Serviced Health System Native American Veterans: If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System.

- 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. 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.

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

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

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

- Emergency After hour Pharmacy Access: If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Walgreen 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.

HEALTH AUTHORITY, INC. / LI-SI-WI-NWI HEALTH INC.

Tribal Members please submit your resume and a letter of interest to be consider being place on Health Board.

QUALIFICATIONS FOR HEALTH BOARD MEMBERS:

- There must be 2 tribal members with health care experience.
- All other directors must have sufficient professional experience in various fields (business, accounting, public service, law administration to contribute productively to the Board.
- Appointees shall have a background check and may not be a staff member or employee of the health care system.

THUNDERBIRD ENTERTAINMENT CENTER, INC. (TEC BOARD)

Interested Tribal Members to be consider for board position. Please send letter of interest and a resume.

QUALIFICATIONS:

- Must be eligible to obtain a gaming license from the Absentee Shawnee Tribe Gaming Commission and possess experience in gaming operations, business, finance, or law and of the following:
 - ☒ Degree in Business Administration, Accounting, Marketing, Law or an equivalent field (Bachelor's degree or higher);
 - ☒ Minimum three (3) years' experience in business management;
 - ☒ Minimum two (2) years' experience in casino operations; or
 - ☒ Knowledge of federal Indian law, the Indian Gaming Regulatory Act, and related statutes and regulations

Please send letters and resume to Secretary John Johnson Office:

2025 South Gordon Cooper Drive

Shawnee, Oklahoma 74801

Email: johnraymond.johnson@astribe.com

From the Doctor's Notebook

One thing you may begin to picture in our train of discussions is that in the human body everything is connected to everything else. Nothing in terms of disease processes occurs in isolation. As we continue our review of medical conditions you will get a better picture of how all this ties together.

You recall last time that I began a discussion about obesity, a condition that unfortunately afflicts our Native American population with a large burden of medical complications.

We must begin our better understanding of obesity with some of the medical facilitators, of which there are a number. When I say facilitators I mean these can bring on obesity when coupled with other factors. Among the most common is hypothyroidism, an easily correctable condition we have addressed in the past. We can make a case for hypothyroidism as leading to obesity, but is not a cause, however. Another condition that can lead to obesity is Cushing's syndrome, a condition which is due to the over-secretion of steroid hormones, usually by a surgically correctable adrenal (non-cancerous) tumor. Along with being overweight one would also see an elevated blood pressure. Again this is in keeping with our notion that everything is connected to everything else.

Several genetic conditions can predispose an individual to obesity, one of the most common of which is Down syndrome. There are other some rare conditions that can bring on obesity but are beyond the scope of this article. We can lump medications in our list of medical facilitators of weight gain and obesity. One of the most common of these is insulin. Insulin, when given as a medical treatment for diabetes can bring on weight gain. There are a number of other medications, including antidepressants that can lead to weight-gain. Of course, unchecked weight gain leads to obesity.

While medical conditions can facilitate weight gain the true cause of obesity in the general population is due to only one thing, too many calories! This is a strong point that bears repeating and a point that needs to be emphasized in our discussion - for the most part one thing only causes obesity, too many calories. We are not talking about the overnight weight gain that accompanies the ingestion to too much salt, that may cause water retention. This kind of weight is transient and of little concern unless one has an underlying cardiovascular condition which can complicate things. I general then the rule is this –

The day-to-day consumption of excess calories above one's basic metabolic requirements will result in weight gain over time.

The above rule does have its limitations but suffices for our discussion. Let's face it. When we were 13 years old and growing

like weeds we needed more nutrition to just to get through the day. This is just simply not so for the average adult American for the most part. Much of what we talk about will not yield hard numbers but it is not unusual for an active teenaged male or female athlete at the height of football or soccer season to need several thousand calories per day above their basic needs. This is due in part because of the expenditure of those calories through strenuous exercise. Furthermore building new bone and tissue consumes calories as well as the protein building blocks. Think about it a little. Do you, Mr. or Ms. average adult play football, are you growing in stature or do you go to the gym and do strenuous workouts 2 to 3 times per week? Probably not. Now, if you are a roofer, a stonemason, a carpenter, or otherwise someone who does strenuous work, and especially outside in cold weather, your calorie needs will be quite a lot. There are two elements to basic metabolism. One must have a minimum number of calories just to maintain life. Your heart alone must have calories just to keep pumping, to say nothing of your diaphragm to keep your breathing going. That is your basic metabolic requirement, or BMR. The other factors are things like - are you walking around, do you have an infection, and the like. These are the number or calories required above your BMR to function day to day. This is where variance comes in to play. This element of variance can add up to several thousand calories per day depending on one's level of physical activity. On average, though the number above the BMR is called the basic metabolic expenditure or BEE. This can be calculated to a fair degree.

Do you want to know how to figure out your basic metabolic expenditure? The following is just one way to estimate your BEE. For an adult male multiply weight in lbs by 12, for a female multiply weight in lbs by 11. For example, using this estimator I can use my own body stats to find out I need on the average 1900 calories just to maintain basic body function, like keeping heart beating, and lite walking. Any activity beyond such as doing chores for my wife (aka "We" projects) or visiting patients in the clinic will add to my requirement. Again this is just an estimate. It turns out that my information leads to a number that is very close to the calculated (below) value. Things like body habitus, fever, stress, etc., can modify these values at any given time. There is a very good BEE calculator available on the Cornell University website and is linked from the Department of Agriculture. This calculator was used to calculate my own BEE which agrees with the above estimated number above to a good degree of fit. The calculator can be found at the following link - <http://www-users.med.cornell.edu/~spon/picu/calc/beecalculator.htm>

ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT

The Absentee Shawnee Tribe Child Protective Services accepts, investigates, and records all reports of alleged abuse and neglect of Absentee Shawnee children and provides protection to Indian children on Trust land. Child Protective Services also works with the Department of Human Services to investigate the abuse or mistreatment of Absentee Shawnee children residing outside Trust land. The primary responsibility of Child Protective Services is to assess the safety of the child and take the appropriate action to protect and promote the best interest of the child.

COURT ADVOCACY

The Absentee Shawnee Indian Child Welfare Department provides court advocacy in the Tribal and State systems for children and families. This advocacy is to help ensure AST children and families get the protections offered under the Federal Indian Child Welfare Act as well as any protections offered by the various state Indian Child Welfare Acts. ICW workers attend court hearings in person or by teleconference to be a voice for the Absentee Shawnee Tribe in the protection of AST children. ICW workers also provide the planning and linkage to services necessary for families who are working to correct the problems causing the initial removal of their child. This service is offered for Absentee Shawnee children nation-wide, whether or not they reside in the Absentee Shawnee Tribe's jurisdiction.

ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT IS OPEN TO ANY ABSENTEE SHAWNEE MEMBER WHO IS IN NEED OF OUR SERVICES. THE AST INDIAN CHILD WELFARE DEPARTMENT'S GOAL IS KEEP TRIBAL CHILDREN WITH THEIR TRIBAL FAMILY WHENEVER POSSIBLE. IF ICW HAS TO REMOVE A CHILD FROM THEIR HOME TO ENSURE THEIR SAFETY, WE LOOK FOR TRIBAL FOSTER CARE HOMES. WE ARE ALWAYS LOOKING FOR TRIBAL MEMBERS WHO ARE WILLING TO OPEN THEIR HOME TO NEGLECTED OR ABUSED AST CHILDREN. IF YOU ARE TRIBAL MEMBER AND IF YOU WOULD LIKE TO BECOME AN ABSENTEE SHAWNEE FOSTER HOME PLEASE CONTACT:

JULIE WILSON/FOSTER CARE 405-878-4702



Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.
- Chief Seattle

FYI: Contract Health Service News

Absentee Shawnee Tribal Health

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

Get a copy of the CHS Guidelines and update your information

Emergency and Urgent Care Services

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

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

Contract Health Services for AST members *with* Insurance

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

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

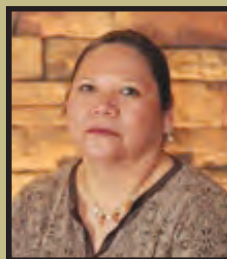
Contract Health Services for AST members *without* Insurance

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

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



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



Flo Mann



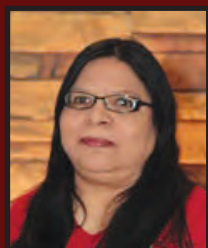
Laurie Webber

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

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



Debi Sloat



Glendine Blanchard



Sharon Ponkilla



Darla Gatzman



Jayne Werst

NEW CAR SEAT LAW

On November 1, 2015, Oklahoma will have a new car seat law. House Bill 1847 updated the state's current law to mirror recommendations by the American Academy of Pediatrics and National Highway Traffic Safety Administration.

A child under 8 shall be properly secured in a child passenger restraint system (the law was previously only to age 6).

- ☒ Must be rear facing until two years of age or until the child reaches the weight or height limit of the car seat.
- ☒ Must be forward facing with harnesses at least two (2) years of age but younger than four (4) years of age.
- ☒ Age 4-8 years and less than 4 feet 9 inches in height should be in either a child passenger restraint system or child booster seat.

With the update Oklahoma becomes the second state to mandate rear facing until two years old.

“Car crashes are the leading cause of death for Oklahoma children”, said SAFEKIDS OK Executive Director, Katie Mueller. “In 2013, 6,000 child passengers were involved in traffic crashes. 607 were seriously injured and 22 were killed.”



IS YOUR CHILD IN THE RIGHT CAR SEAT?



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

New Patient Portal
Absentee Shawnee Tribal Health System

Little Axe Health Center
Shawnee Clinic

FollowMyHealth™
Universal Health Record 

Visit your app store and install
the Follow My Health app

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



for real-time access to your
health information

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

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

LIFE is Beautiful
Living Meth Free



National Suicide
Prevention

1-800-273-8255
(TALK)



Absentee Shawnee
Health Systems
Shawnee & Little Axe

The Absentee Shawnee Diabetes & Wellness Fitness Center's Fitness Schedule



ABSSENTEE SHAWNEE FITNESS



FITNESS CLASS SCHEDULE

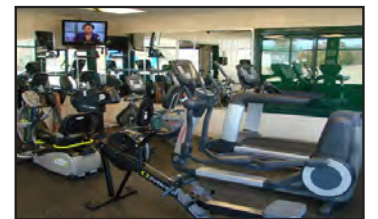
Monday	Tuesday	Wednesday	Thursday	Friday
Classes	Classes	Classes	Classes	Classes
<u>Circuit Training</u> 6:10 a.m. - 7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Zumba!</u> 6:10 a.m. - 7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Circuit Training</u> 6:10 a.m. - 7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Cardio Kickboxing</u> 6:10 a.m. - 7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Circuit Training</u> 6:10 a.m. - 7:00 a.m. Chrissy Wiens Little Axe Resource Center
<u>Low Impact Chair Exercise</u> 12:00 p.m. - 12:30 p.m. Buster Bread Little Axe Resource Center	<u>Tai Chi</u> 12:00 p.m. - 12:30 p.m. Chrissy Wiens Little Axe Resource Center	<u>Low Impact Chair Exercise</u> 12:00 p.m. - 12:30 p.m. Buster Bread Little Axe Resource Center	<u>Tai Chi</u> 12:00 p.m. - 12:30 p.m. Chrissy Wiens Little Axe Resource Center	
<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	<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	



Chrissy Wiens
Diabetes and Wellness
Physical Activities Specialist



Buster Bread
Diabetes and Wellness
Fitness Manager



Location: 1970 I56th Ave. N.E. Norman, O.K. 73071
(405) 364-7298

For more information please visit our website at:
<http://www.asthealth.org/tags/fitness>

Fitness Hours:

Monday 6:00 a.m.— 7:00 p.m.
Tuesday 6:00 a.m.— 7:00 p.m.
Wednesday 6:00 a.m.— 4:00 p.m.
Thursday 6:00 a.m.— 7:00 p.m.
Friday 6:00 a.m.— 5:00 p.m.
Saturday/Sunday CLOSED

AFTER HOUR PHARMACY NOTIFICATION

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

Tribal members may now take prescriptions to:

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

AST PHARMACY

When requesting refills, please provide 24 hour notice until pick-up. The most efficient method is to have your refill numbers ready when you call the Pharmacy, and use our automated system. Deliveries of controlled medications are not allowed.

If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with your current cell phone number. Please inform us of changes in address, phone number, insurance and other contact information (changes at registration do not flow to pharmacy).

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

Hours of Operation:

Little Axe: Monday-Friday 8am-5pm

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

Phone-(405)292-9530

Shawnee: Monday-Friday 7am-5pm

Phone-(405)878-5859

We are open through the lunch hour!!

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

Thank You,
AST Pharmacy Staff

**Absentee Shawnee
Tribal Health System
Behavioral Health Services**



Office Hours

**Monday-thru-Friday
8:00 AM - 5:00 PM**

Little Axe Clinic 15951 Little Axe Drive Norman, OK 73025 Ph. 405-701-7987	Shawnee Clinic 2029 S. Gordon Cooper Dr. Shawnee, OK 74801 Ph. 405-878-4716
---	--

Services are offered through:

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

AST BEHAVIORAL HEALTH SERVICES

For counseling information, contact:

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



**Women's
Health**



Little Axe Health Center
Women's Health Services
Located in the Primary Health Care

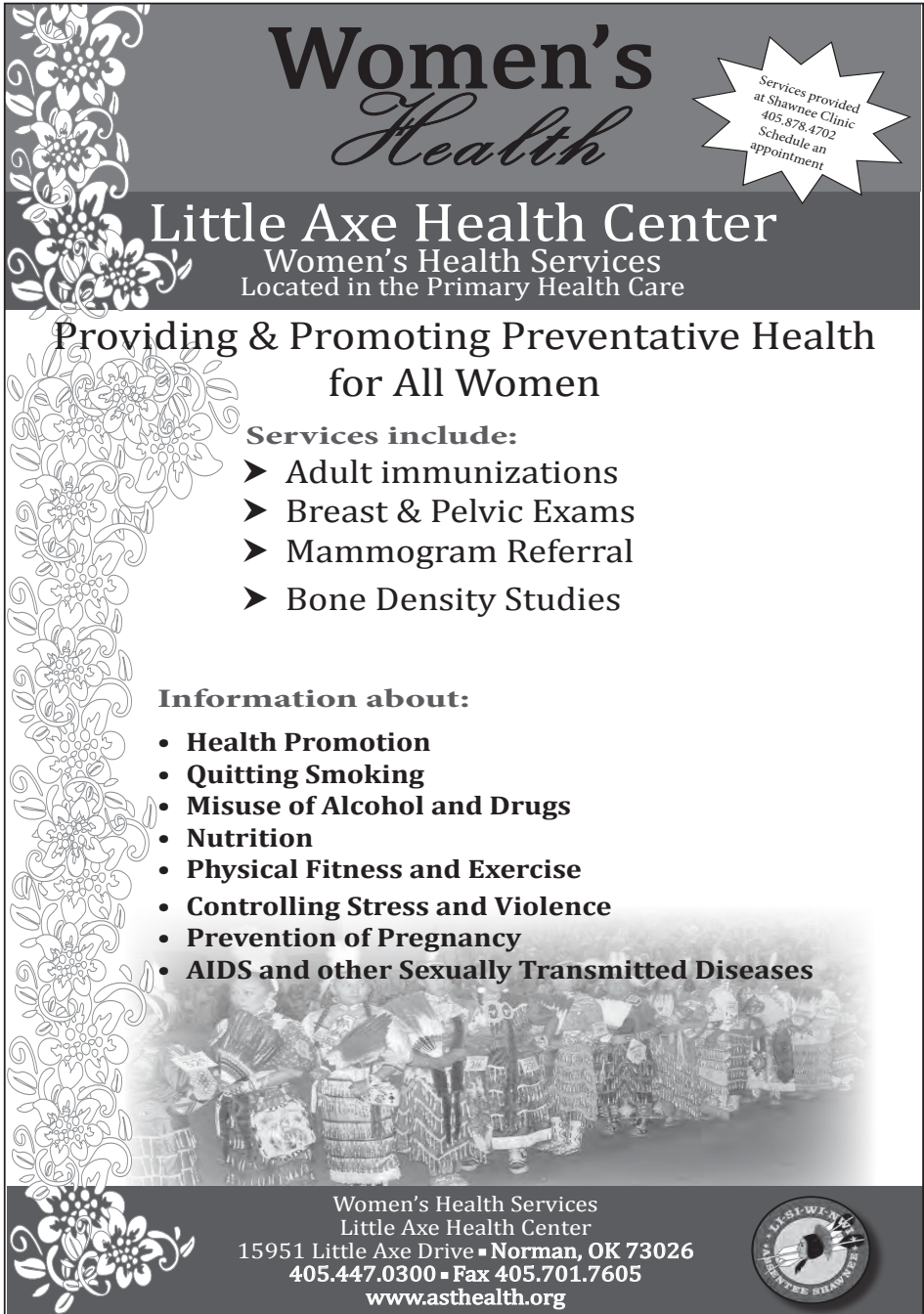
**Providing & Promoting Preventative Health
for All Women**

Services include:

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

Information about:

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



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



Mission Statement

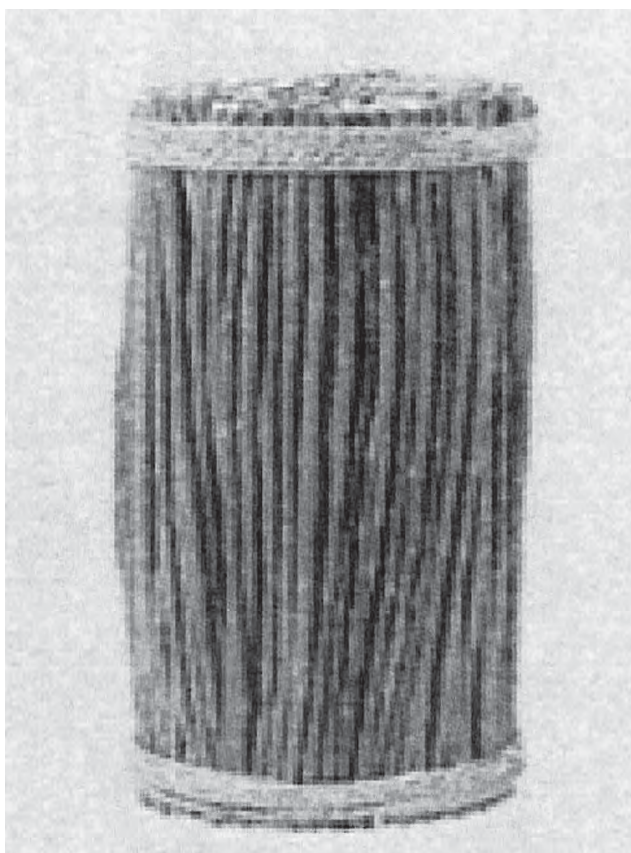
To promote the wellbeing of the "whole person" within the context of their culture.

**A Single twig breaks but a
Bundle of twigs is strong**

Services

Supporting changes in the journey of life's
transitions. The following services are offered:

- Resource/referral information
- Crisis intervention
- Child, adult, family and couple/marital counseling
- Therapy and Support groups (TBA)
- Drug and alcohol assessments
- Anger management
- Depression screenings
- Sweatlodge





“Over 57% Pott. Co. residents reported not storing their Meds in a locked, secure cabinet or box”

Do's and Don'ts of safe storage and disposal

DO Properly discard medications that are no longer Needed or that have expired.

DO Keep track of how many pills you have during the course of treatment.

DO Lock up medications that are at risk for being abused- ask your pharmacist or other healthcare professional if the prescription medication prescribed to you or a Household member has abuse potential.

DON'T Throw medication in the trash or flush down toilet.

DON'T Leave medications that are at risk for being abused in plain sight or in places that aren't secure.

DON'T Repackage medication in unmarked containers.

Oklahoma SPF-TIG Project is funded by SAMHSA
(Substance Abuse and Mental Health Services Administration)

Need a place to dispose your unwanted/unused medications?

You can drop off your unwanted/unused prescriptions anytime at these locations:

Tecumseh Police Department
109 West Washington
Tecumseh, Ok 74873

Shawnee Police Department
16 West 9th Street
Shawnee, Ok 74804

Pottawatomie County Sheriff's Department
325 North Broadway Ave
Shawnee, Ok 74801

Cleveland County Sheriff's Office
128 South Peters
Norman, OK 73069

Oklahoma University Police Department
2775 Monitor Ave
Noman, OK 73072

Norman Police Department
201 B West Gray
Norman, OK 73069

Moore Police Department
117 East Main Street
Moore, OK 73160



Absentee Shawnee Tribe of Oklahoma



INFULENZA VACCINES AVAILABLE

Norman, Oklahoma – Influenza is a respiratory infection that can cause serious complications, particularly to young children, older adults and people with certain medical conditions. Flu shots are the most effective way to prevent influenza and its complications. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age or older be vaccinated annually against influenza. Most seasonal flu activity typically occurs between October and May.

Please be aware that getting a flu shot often protects you from coming down with the flu and although the flu shot doesn't always provide total protection, it will reduce the symptoms.

The Absentee Shawnee Tribal Health System is equipped to have vaccines in stock around the first of October at the Little Axe Health Center and Shawnee Clinic.

Please call to schedule your appointment for your vaccination:

Little Axe Health Center (405) 447-0300; or

Shawnee Clinic (405) 878-5850

The health system will also have flu vaccines available at the AST October General Council.

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

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.



ABSENTEE SHAWNEE TRIBAL HEALTH ANNOUNCES NEW PLUSCARE CLINIC HOURS

Norman, Oklahoma – The Absentee Shawnee Tribal Health System announces new hours of operation for the PlusCare Clinic which began Monday, August 31, 2015. The Little Axe Health Center's Same Day Clinic and the PlusCare Clinic merged and expanded the hours of operation at 15702 East State Highway 9, Norman, Oklahoma.

Hours of Operation

Monday - Friday 9:00 AM to 9:00 PM

Saturday - Sunday 9:00 AM to 5:00 PM

Holidays 9:00 AM to 5:00 PM (excluding Thanksgiving and Christmas)

*Closed the first Wednesday of every month from 12:00 PM to 5:00 PM

PlusCare is an acute care facility that treats non-life threatening illnesses and injuries on a walk-in, basis (no appointment needed). The clinic consists of 4 private exam rooms including a pediatric room. Care provided for will include common illnesses, sprains, strains, lacerations, flu, allergies, and infections. While these injuries may seem emergent, they do not require a trip to the emergency room; however, if you have a life threatening injury, an open fracture, excessive bleeding, head trauma or spine injuries, immediately go to the hospital/emergency room nearest you.

The Absentee Shawnee Tribal Health System encompasses three healthcare facilities located in Norman and Shawnee, Oklahoma. Providing a culturally-sensitive, quality health care system for American Indians, Alaska Natives, and qualifying Non-Natives, both healthcare facilities offer health promotion and disease prevention through a multi-disciplinary team using holistic and evidence-based practices that address all health issues and educational needs while protecting individual confidentiality.

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

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.



Same Day Clinic Services Offered at Shawnee Clinic

Shawnee, Oklahoma – To better serve the needs of our patients and improve access to care, the Shawnee Clinic now offers same-day appointments. “We want to ensure the people in our community receive the most appropriate care in the most appropriate locations” says Marla Throckmorton, Clinic Administrator.

The Shawnee Same Day Clinic will accommodate same day appointments for non-emergent, acute illnesses and injuries, Monday through Friday from 8:00 AM to 5:00 PM and will serve patients from the ages of 2 years and up.

The Shawnee Clinic is also happy to announce the addition of Same Day medical staff, Ms. Carolyn Stacy, Nurse Practitioner, and Ms. Joyce Gelino, LPN. They will provide treatment for illnesses and injuries that require immediate, but non-emergency attention.

To schedule a same day appointment, contact the 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

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.



DIABETES & WELLNESS: DIETITIAN EXPANDED HOURS ANNOUNCED



Norman, Oklahoma – Ms. Sarah Judkins, MA, RD/LD, NSCA-CPT, the Diabetes and Wellness Program Dietitian for the Absentee Shawnee Tribal Health System will be increasing her hours to full-time to better meet the needs of patients beginning on Monday, August 31, 2015. Sarah has enjoyed working as a consultant dietitian for the Diabetes and Wellness Clinic at the Little Axe Health Center over the past year. She values the multidisciplinary approach, in the clinic, to help assist patients with the recourses and skills needed to sufficiently manage and prevent chronic diseases.

Sarah is also committed to helping patients prevent and reduce side effects of chronic diseases. She has successfully provided patients nutrition therapy in weight management, heart healthy eating, managing carbohydrate intake, eating to improve gastrointestinal health, nutrition for renal and pancreatic diseases, pregnancy and wound healing that aid with improving individuals’ health and wellness. Sarah’s passion to help patients manage and prevent diabetes stems from her personal diagnosis of gestational diabetes. Sarah saw firsthand how applying her knowledge in nutrition and exercise helped maintain optimal health for both her and her babies during pregnancy.

Sarah is currently furthering her education by preparing to become a Certified Diabetes Educator (CDE). She obtained her Bachelors of Health and Exercise Science from the University of Oklahoma and achieved a Masters of Arts in Dietetics degree at the University of Oklahoma Health Sciences Center. Sarah currently serves as secretary-elect for the Oklahoma Academy of Nutrition and Dietetics. As a passionate registered dietitian, licensed dietitian and certified personal trainer, Sarah has enjoyed and has been committed to help improve individuals’ health in both community and clinical healthcare settings for over six years. She is always excited to help patients meet their goals to obtain optimal health by providing guidance on nutrition and physical activity needs.

The goals of the AST Diabetes & Wellness Program are to decrease the prevalence and/or the complications of diabetes, by assisting people to make healthy lifestyles choices. These choices include eating healthily, becoming more active, losing weight, and reducing stress. The program provides education and information that is culturally based and sensitive to the needs of the individual. Special emphasis on prevention and individualized help and support is available to people who have or are at risk for diabetes. For more information or to make an appointment, please call (405)701-7977.

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

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.

Constitution Revision Committee - September 2015

The following report was given at General Council, October 18, 2014 by then CRC Coordinator Briana Ponkilla:

A brief history of this volunteer committee: It was established in September 2008 by the Executive Committee at that time to address the Absentee Shawnee Constitution to bring it up to date to where tribal government is today. They wanted to make the AST more appealing to outside business because businesses like to work with tribes whose governments closely resemble the US Government. The original Constitution was based on a template given out by the Bureau of Indian Affairs (BIA) to all Tribes. We felt a revision of the constitution should be based on our culture and needs.

The committee was made up of volunteers. Members of the committee are not paid. Some of the committee members are: Shirley Adkins, Paulette Blanchard, Eddie Brokeshoulder, Anita Chisholm, Augustine Johnson, Dan Little Axe, Melpherd Switch, Briana Ponkilla, Betty Watson, Cynthia Longhorn, and Jerry Little Axe, with the then Tribal Treasurer, Kathy Deere remained with the committee after leaving office. Twila Parker joined the committee after Cynthia Longhorn left the committee. At this time the committee is still working toward the mandate set for this committee by the past Executive Committee in 2008.

Past Success: The Constitution Revision committee proposed a reduction in blood quantum. We thought it was necessary to increase tribal enrollment.

Result: The blood quantum lowering proposal was passed in November 2010.

Next revision: The Constitution Revision Committee proposal was the separation of Legislative and Executive Branch in order to increase the checks and balances of the Tribe.

This Constitution Committee has continued to meet with a core group of volunteers who are still advocating bringing the Absentee Shawnee Constitution up to date with a more modern approach to make it viable and ready to do business. This exercise in tribal government reform is the ultimate empowerment of the People. Community outreach, education, and engagement are critical to success of this initiative. Tribal membership ultimately determines if the revised AST Constitution will be adopted.

Since this report in October 2014, Briana Ponkilla has had to take a less active role in the committee due to other commitments. She does provide assistance to the committee when possible. The most recent coordinators are Twila Parker and Kathy Deere.

The Committee has started to get more involved in the revision process again in 2015. In the past this Committee was working on parts of the Constitution “piecemeal” or bit by bit but after meeting with Attorney General’s Counsel Raymond Campbell and Michael Carter, with BIA Acting Regional Tribal Government Officer, Southern Plains Regional Office, Sherry Lovin that changed. They met with Constitution Revision committee members Kathy Deere, Melpherd Switch, Betty Watson, Dan

Little Axe, Jerry Little Axe, and Twila Parker on April 23, 2015 at Thunderbird Casino in Little Axe off of Highway 9 at 6:00 p.m. The subject discussed was the number of “allowed amendments at one time.”

Ms. Sherry Lovin, BIA, indicated any more than “5” amendments, when presented to large groups of people at once, increase the chances of more confusion on what is being proposed. The next question the Committee and Attorney General Counsel advised was how to best shorten the time consuming process and why did the Absentee Shawnee Tribe still have to get Secretary of Interior Approval for changes to their tribal constitution?

Ms. Sherry Lovin’s (BIA) answer was; “With Tribal Self Governance being enacted upon by other tribes already the Absentee Shawnee has the option of voting on a Referendum Question of Requesting a Secretarial Election to be conducted by the BIA which pays for the whole process, organizing, mail outs to all enrolled tribal members, mailing out pre-registration ballots to vote in election, and the mailing out of the ballots on the election question. BIA also tabulates the results of election vote and informs Tribe of election outcome. This was what was done in past question on lowering the blood quantum.

Next Committee question to Ms. Sherry Lovin was to do justice to our Constitution is there some technical assistance and guidance on a more methodical approach to accomplish our goal of updating our constitution? Ms. Sherry Lovin, “Yes there are some avenues that are open to all Tribes to seek that kind of technical assistance to ensure the best outcome for the needs of your Tribe and what’s best for your tribal people. But, may have to ensure this Committee has proper approval of the present Executive Committee members and this is still what the Absentee Shawnee Tribe is still seeking to attain through a Constitution Revision updating process.” Once the Constitution Committee received the answers to our main questions and was discussed with our Tribal Attorney General’s Counsel we thanked Ms. Sherry Lovin, BIA, and Acting Regional Tribal Government Officer for meeting with us and we adjourned the meeting.

At this time, Ms. Sherry Lovin, Acting Regional Tribal Government Officer has contacted me again offering her assistance to attend any Executive Committee Meetings to explain any questions tribal officials may have for her on the whole Secretarial Election Process.

This is where this Committee is at this present time and we are still working toward making progress for the betterment of the Absentee Shawnee Tribe!

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.

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.

Emergency Management - October 2015

A. TRIBAL STORM SHELTER PROGRAM.

The shelter program is nearing the end and we are setting the deadline for completing remaining shelters in the next few weeks. Red Cross is asking the Tribe to complete the program by the end of October so that a final audit can be performed.

Once again after the shelters have been completed, the homeowner will need to **register their shelter with their local fire department**. If you need help finding your local fire department, contact the Emergency Manager at 405-740-1562.

B. TRAINING

CERT Class – our first Community Emergency Response Team volunteers training was held September 14-25 taught by Darrell Longhorn. Each volunteer received certificates of completion and their CERT packs. Mr. Longhorn has been certified to teach this class through the Oklahoma Dept. of Homeland Security. Plans are being made for him to deliver more team training for a tribal employee team in Shawnee and a team for the Horse Shoe Bend tribal community. There will be more information on this training as dates and training site are established.

C. COMMUNITY OUTREACH

General Council, October 24 – Distribution to tribal members of information from Red Cross and winter storm preparation.

D. MEETINGS/EVENTS.

- ☒ Western Shelter Training, Ottawa Tribe, Miami OK Sept. 2
- ☒ CERT Class, Tribal Police Substation, Little Axe Sept. 14-25
FEMA Region 6, Tribal Workshop, Denton TX Sept. 21-25
- ☒ ICS 400, Pott. County EOC, Don Lynch EM Sept 23-24
- ☒ ITEMCM Meeting Tuesday, Oct. 13 at Tribal Health Services Complex, Miami, OK

Community Emergency Response Team (CERT) Class



Informal SOCIAL SECURITY TIPS & TRICKS



Beginning May 17 **EVERY 3rd SUNDAY** from 3-4PM of each month

If you have already been approved for consideration of one of the Social Security Disability Programs (Title II or Title XVI) and would like some tips and information for completing forms, please come join us!

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



DEL CITY LIBRARY PRESENTS :

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

TECHNOLOGY: Cyber Security

by Joshua Gibson, MIS-IT Analyst

Have you ever received a random phone call and when you answered there was a pause for 2-3 secs and a message recording started? Well you've been randomly selected possibly by a robodialer! We'll get into details about that term soon. Phone fraud is a rising attack method that spans to international borders, enterprises, and industries. Nearly 1 out of 2,200 calls are fraud, which has increased 30% since 2013. This phone channel assailants use multipronged attacks, targeting consumers, retailers, and financial institutions simultaneously. The most efficient techniques these attackers use are robodialers point of origin is harder to trace back and they can work targeting simultaneous consumers. 1 in 6 phone numbers calling is a robodialer. 2.5 percent of U.S. phones receive at least 1 robocall every week. 86.2 million calls per month in the U.S. are phone scams.

Mobile phones are beginning to see this trend as the increase is climbing provided by the data below from 2011 to current. Consumer phone scams rely heavy on attacks casting on a wide net in scale wise. Phone fraud attacks seek the uninformed or vulnerable (e.g., the elderly, recent immigrants, young college students, etc.) One of the most common ways to exploit is by robocalling services. Attackers use tactics by messaging the consumer such as promising prizes, trips, free money, or other goods and services to get the consumer to interact. The more reported tactics are threatening messages, tellings consumers they're behind on taxes, missed jury duty, or arrest warrants.

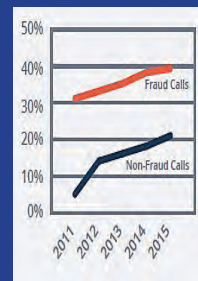


Figure 1.1

VoIP has played a factor for increases on fraud calls. Voice over IP (VoIP) has minimized or eliminated cost of phone calls, domestic and international. There has been recent evidence to suggest VoIP service is easier to steal than other kinds of telephony services as well. Attackers use VoIP lines for 53 percent of their calls, compared to 7.8 of the general public. VoIP is only as reliable as the underlying network security, if the existing network has security vulnerabilities exploits can occur.

Figure 1.2

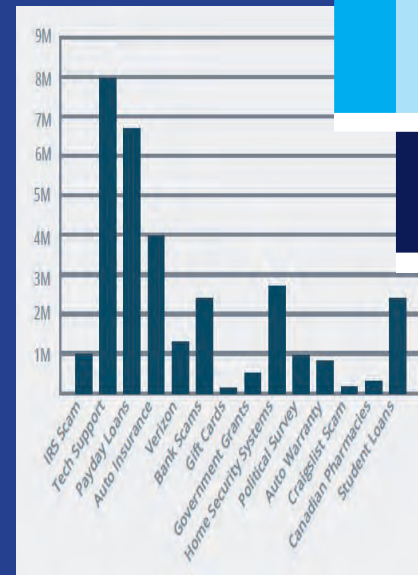
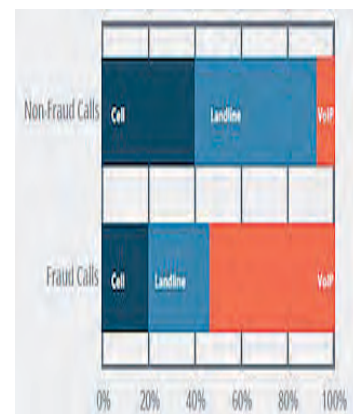


Figure 1.3

CONCLUSION

The best safe-guard you have is to simply hang up when a recorded message is being played, don't disclose any personal information. If you press any button, most likely it will lead to more robodialers. Most mobile phones like the iPhone can block calls from within the phone settings under Settings>Phone>Blocked. Android's can be found >call settings>my device>blocking mode. You can check to see if your phone provider or internet company has services to screen and block robodialers as well.

You can report any experience you've had to <https://www.ftccomplaintassistant.gov> or by calling 1-888-383-1222.



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 Tsoaddle, Transitional Counselor
ctsoaddle@iowanation.org



"See the Person, Not the Disability"

October is Domestic Violence Awareness Month

Are you or someone you know/love experiencing any of the following:

- **Being told you can never do anything right.**
- **Showing jealousy of your family and friends or of time spent away.**
- **Being accusing of cheating.**
- **Being kept from or discouraged from seeing friends or family members.**
- **Experience embarrassment or shaming through the use of put-downs.**
- **Having money taken from you or being refused money for expenses.**
- **Being looked at or treated in ways that scare or intimidate you.**
- **Controlled over who you see, where you go, or what you do.**
- **Told how to dress, wear your hair, etc.**
- **Prevented from making your own decisions.**
- **Being told that you are a bad parent or threatening to hurt, kill, or take away your children.**
- **Threatening to hurt or kill you, your friends, loved ones, or pets.**
- **Intimidating you with guns, knives, or other weapons.**
- **Pressuring you to have sex when you don't want to or to do things sexually you are not comfortable with.**
- **Preventing you from working or attending school, or harassing at either, or keeping you up all night so you will perform badly at your job or in school.**
- **Destroying your property.**

It is important to understand that Domestic Violence is not your fault. No one, at any time or no matter the situation, has the right to put their hands on you, make threats of harm against your life or of those you care about, nor do they have a right to call you names or emotionally abuse you. You are valuable and we are here to help if you find yourself in a Domestic Violence situation. Please contact our office at [405-273-2888](tel:405-273-2888) for additional information or assistance regarding a specific incident of Domestic Violence.

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

The AST Health System values ALL feedback.

We will listen....

*Patient Advocate Jim Robertson

405-447-0300

*Customer Service Line

405-701-7623

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

www.ASTHEALTH.ORG



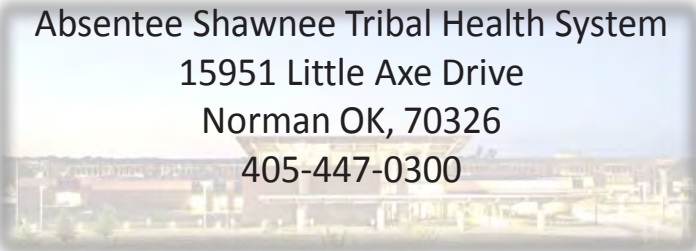
Little Axe Health Center

Absentee Shawnee Tribal Health System

15951 Little Axe Drive

Norman OK, 70326

405-447-0300



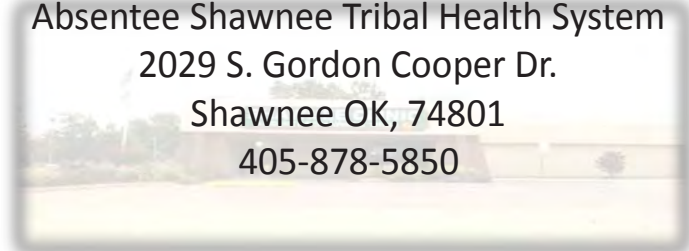
Shawnee Clinic

Absentee Shawnee Tribal Health System

2029 S. Gordon Cooper Dr.

Shawnee OK, 74801

405-878-5850



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.

Absentee Shawnee Housing Authority



Programs Available

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

FOR INFORMATION ABOUT OUR SERVICES

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

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

The Absentee Shawnee... **5k Zombie Run**
Run For Your Life...Again!

Sponsored by the AST SPF Program
 and AST Diabetes and Wellness

October 31st, 2015

9:00 a.m.

Little Axe Health
 Center



Kids Costume
 Contest!
 Medals!
 Live DJ!

*Trick or Treat the clinic
 Costume Contest
 Concession stand & more!



*5K participants must be ages
 12 years or older. Under 12
 years may participate in the
 walk

Registration on site day of or fax/email in!

Name: _____ Address: _____

City, State: _____ Zip: _____ Phone: _____

Age on race day: _____ T-Shirt Size: YS YM YL / S M L XL XXL Male: ___ Female: ___ 5K RUN or 1 Mile Walk

Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

 Signature Date

For more information, please contact Buster Bread at (405) 364-7298, or Kasey Dean at (405) 701-7933 FAX: 405-701-7998. T-shirts WILL NOT be provided for day of registration participants. (preregistered only closed Sept 30th.)

Participants under the age of 12 may only run in the fun walk for safety precautions.

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



FOSTER CARE

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.

FOSTER CARE

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).



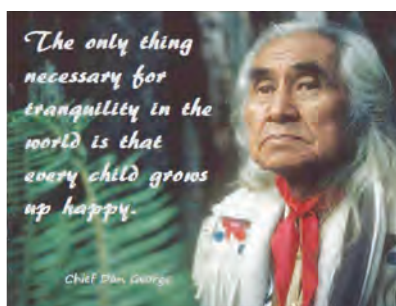
GOT LOVE?



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)



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.

"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.



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

PRESORTED STANDARD
US POSTAGE
PAID
OKLAHOMA CITY, OK
PERMIT 2000

RETURN SERVICE
REQUESTED



ABSENTEE SHAWNEE TRIBE
HEALTH SYSTEM
Prevention. Progress. Pride.

TRIBAL DAY OF ACTION!



ENROLLMENT EVENTS

Shawnee Clinic

Wednesday, November 4 | 9 a.m. - 4 p.m.

Little Axe Health Center

Thursday, November 5 | 9 a.m. - 4 p.m.

Learn about Medicare and explore your options!

See if you qualify for a no-cost plan on the Marketplace!

Consultations and enrollments courtesy of AST Health System Patient Benefit Advocates and OKINSUREME

For more information contact:

Connie Bottaro-Little Axe Health Center Patient Benefit Advocate, 405.447.0300
Lela Culley-Shawnee Clinic Patient Benefit Advocate, 405.878.5650
www.asthealth.org



Gov.	Governor Edwina Butler-Wolfe.....	6308	FINANCE	Governor Edwina Butler-Wolfe.....	6308
	Eddie Brokeshoulder.....	6307		Belinda Collins(Controller).....	6283
	Lesia Shaw.....	6269		Genevieve Foster(Asst. Cont.).....	6282
	Lt.Governor Isaac Gibson.....	6253		Amy Hilderbrand (Pay.Spec.).....	6280
Lt. Gov.	Andy Warrhot.....	6309		Jessica Gonzales.....	6300
	Mary Billy.....	6267		Courtney Green.....	6250
	Scott Miller (BIA Spec.).....	6325		Jenny Ware (Act. Pay.).....	6279
Secyeta	Secretary Vera M. Dawsey.....	6289		Holly Davis (Act. Pay. Spec.).....	6265
	Jerry Ann Knox.....	6306		6295
	Alvina Barnes.....	6275		David Deer.....	6320
Treas	Treasurer Leah Bates.....	6239		Twylla Blanchard (Staff Act. II).....	6233
	Donna Longhorn.....	6240		Jennifer Hernandez/Budget Analyst).....	6228
Rep.	Representative Ken Blanchard.....	6287		Glenna Jones (Grants Admin).....	6338
	Leonard Longhorn.....	6335		Sandra Burnett (Grants).....	6385
				<u>HUMAN RESOURCES</u>	
				Cheri Hardeman.....	6252
				Elizabeth Clark.....	6296
				Rachael Lankford.....	6222
				Dayna Dick.....	6337
				<u>ICW</u>	
				Ronelle Baker.....	8802
				Julie Wilson.....	8803
				Debra Daugomah.....	8804
				<u>LITTLE AXE RESOURCE CENTER</u>	
				Bucky LittleCharley.....	585-8310
				Duke Blanchard.....	585-3669
				<u>RECEPTIONIST</u>	
				Lea Bettelyoun.....	4030
				<u>ATTORNEY</u>	
				Ray Campbell.....	6313
				<u>COURT</u>	
				Kathy Brock (Court Clerk).....	6241
				Vanessa Ryder.....	6260
				6336
				<u>CULT. PRES. /GIFT SHOP</u>	
				Receptionist.....	6243
				Joseph Blanchard(Director).....	6310
				Carol Butler.....	6319
				Colleen Butler.....	6340
				Tracy Wind.....	6324
				Esther Lowden (Gift Shop Manager).....	6323
				Cecil Wilson.....	6245
				Gift Shop.....	6273
				<u>COMMUNITY DEVELOPMENT FINANCIAL INSTITUTION</u>	
				Heather Napier.....	6264
				<u>DOMESTIC VIOLENCE/FAMILY SERVICES</u>	
				Kimberly Stephens.....	6277
				Jackie Denny.....	6326
				Linda Gouge (Sexual Assault Adv).....	6333
				Melissa Lopez.....	6315
				DV Advocate.....	6224
				6298
				<u>EDUCATION</u>	
				Admin Asst./Rec.....	6255
				Tresha Spoon.....	6242
				<u>ELECTION COMMISSION</u>	
				Emily Longman.....	6271
				<u>ENROLLMENT</u>	
				Larry Buckley.....	6292
				Sujata Sturm.....	6288
				<u>HORSE SHOE BEND</u>	
				(After School Program Director)	
				Edwina Butler-Wolfe.....	6308
				Stuart Rollette.....	585-1346

	<u>PROCUREMENT</u>	
	Asyacia Clayton.....	6291
	Valentina Jimenez.....	6244
	Kayla Ketakea.....	6281
	<u>REALTY</u>	
	Johannie Hagan (Probate).....	6246
	Lea Tsotaddie.....	6247
	6248
	<u>SOCIAL SERVICES</u>	
	Annie Wilson (Director).....	6225
	<u>TAX COMMISSION /TAG</u>	
	Alicia Engler.....	6257
	Tara Battise.....	6237
	6258
	<u>TERO</u>	
	Jeff Gibson.....	6284
	<u>TITLE VI</u>	
	Thomasine (Doss) Owings (DIR).....	6227
	Johannie Mae Bettelyoun.....	6272
	Donna Butler.....	6270
	Robert Schoolfield.....	6270
	Ted Watson.....	6270
	<u>OTHER EXTENSIONS</u>	
	Bldg. 1 Conf. Rm.....	6294
	Bldg. 1 Break Rm.....	6305
	Gov. Bldg. 2 Conf. Rm.....	6330
	Fam. Svs. Conf. Rm.....	6311
	Finance Conference Rm.....	6236
	<u>OTHER ENTITIES & TOLL FREE</u>	
	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)	
	OEH/OEP.....	214-4235
	Police Dept.....	275-3200 / 275-3432
	Thunderbird Casino NRM.....	360-9270
	Shawnee Casino.....	273-2679
	Tribal Store (Little Axe).....	364-0668
	<u>LITTLE AXE CLINIC</u>	
	Clinic - Medical.....	447-4300
	After hours.....	447-0498
	Clinic - Dental.....	307-9704
	Diabetes.....	360-0698
	Pharmacy.....	292-9530
	Resource Center.....	364-7298
	(Christy Weas, Isler Brent, Blake Goodman)	
	<u>SHAWNEE CLINIC</u>	
	Clinic (Bldg. 17).....	878-5850
	Pharmacy.....	878-5859
	Toll Free.....	1-866-742-4977