



THE ABSENTEE SHAWNEE NEWS

www.atribe.com

Volume 35, No. 02

February 2025

Absentee Shawnee Tribe Receives Original Spybuck Painting

An original painting created by tribal member Ernest Spybuck (1833-1949) was recently given to the Absentee Shawnee Tribe.

Bonnie Crabb worked as an art teacher for the Shawnee school system in the 1930's. She met Spybuck at a powwow in Shawnee and after their time spent talking, he gifted her with his painting.

The unnamed piece was stored for many years and remained in Bonnie's family. Her great-nieces Connie Taylor, Cynthia King and Sharon McAnear decided the artwork should go back to the tribe.

They took the painting to Antiques Roadshow where it was appraised for \$4000 in 2017. The value today is around \$8000 yet they continued to hold on to the painting.

"I just remember my sister always saying you get a sense of where something

needs to belong. It was not like a piece of property for us. It was given to us. We could have done anything with it monetarily but her main thing was she just felt a strong calling to give it back to the tribe it wasn't even something up for discussion so when she shared that with myself and my other sister everybody was on the same page" said Connie Taylor.

Spybuck paintings have made their way all across the United States in some of the top institutions including the Gilcrease Museum in Tulsa, the Fred Jones Jr. Museum of Art in Norman, the Heard Museum in Phoenix, the National Cowboy and Western Heritage Museum in Oklahoma City, the Oklahoma City Museum of Art, the Smithsonian Institution's National Museum of the American Indian in Washington, D.C., and the Museum of the American Indian in New York. He was also commissioned to produce murals for the Creek Indian Council House and Museum in Okmulgee, Oklahoma and at the Oklahoma Historical Society Museum in Oklahoma City.

He was born on the Shawnee reservation near Tecumseh and spent most of his life as a farmer and not a professional artist. He began painting around the age of six with nothing more than dirt as his canvas and a simple stick. He attended Shawnee Boarding and his education never went beyond the McGuffey's Third Reader which is equivalent to fifth or sixth grade today.

Spybuck met anthropologist Mark Raymond Harrington while he was on a collecting trip for the Museum of the American Indian in New York. Some of Spybuck's art was even done at the request of Harrington.

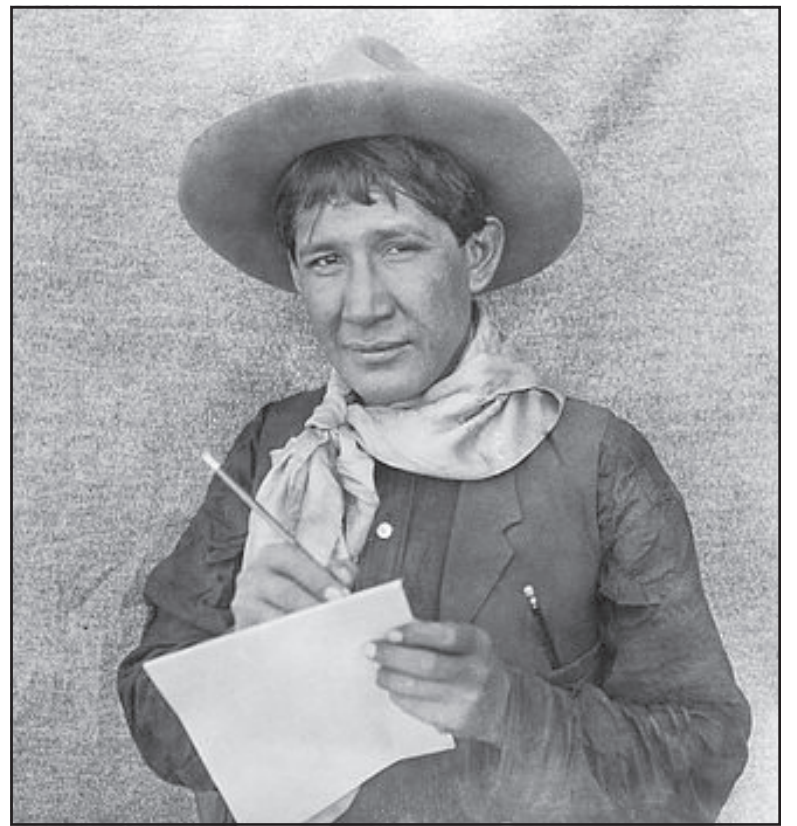
His style of painting and aesthetics is unique for Native American painters

during the early 1900's. His natural talent and ability can be seen on the intricate details in his paintings. The artwork offered a rare glimpse in to early Shawnee life with scenes depicting farming, social activities, games and even tribal ceremonies.

Despite his work making its way across the country, he lived his entire life on his family allotment with his wife Anna and their four children.

"I remember my sister saying she just felt a strong calling to give it back to the tribe. "Said Connie Taylor. "The sense of spirit, if you will, that it was just more than just a painting. It's symbolic of this person's art and love and everything. It's a part of him. It's a part of the tribe."

The donated painting will remain at the tribe and be displayed on the complex.



Left Photo: Unnamed Ernest Spybuck painting, ca 1915. Right Photo: Ernest Spybuck, ca 1910.

ABSENTEE SHAWNEE 477 DEPARTMENT

Sweetheart Stompdance

FEBRUARY 8th, 2025

THUNDERBIRD CASINO
15700 OK-9
NORMAN, OK 73026

SCHEDULE
SHAWNEE SOCIAL DANCE 2-5 PM
DINNER 6 PM
STOMP DANCE 7 PM

CAKE PLATES & RAFFLES

CONTESTS
LONGEST RELATIONSHIP
BEST MATCHING COUPLE
FURTHEST DISTANCE TRAVELED

SECURE YOUR VENDOR SPOT BY THE 20TH
VENDOR CONTACT: MELINDA FERRELL EXT. 3667

ALL OTHER INFO: SCOTT MILLER EXT. 3528
(405) 878-4545

PROCEEDS WILL GO TO AST VETERAN & ELDER COMMITTEES

AST 477 PROGRAM IS NOT RESPONSIBLE FOR ACCIDENTS, INJURIES, OR THEFT.
NO ALCOHOL OR DRUGS ALLOWED.
SUBJECT TO CHANGE CHECK AST OFFICIAL FACEBOOK PAGE FOR ANY UPDATES

ABSENTEE SHAWNEE TRIBE TAX PREPARATION SERVICES

**TUESDAYS & THURSDAYS
5:30 PM - 8:00 PM**

**SATURDAYS - FEB. 8 & MARCH 8
9:00 AM - 1:00 PM**

FREE INCOME TAX FILING: FORMS 1040 OR 1040 SR

LOCATION:
AST MULTI-PURPOSE BUILDING
2029 JAMES L EDWARDS LANE
SHAWNEE, OK

**START DATE
JAN 28, 2025**

ELIGIBILITY: TOTAL HOUSEHOLD INCOME OF \$67,000 OR BELOW; AST MEMBERS & THE COMMUNITY

REQUIRED DOCUMENTS

- PHOTO ID
- MEDICAL/DENTAL EXPENSES, IF ANY
- W-2 FORM
- CHARITABLE DONATIONS RECEIPTS, IF ANY
- SOCIAL SECURITY CARD
- 1099 FORM
- LAST YEAR'S TAXES
- IRS PIN LETTER

AST MEMBERS SERVED FIRST

**TO MAKE AN APPOINTMENT PLEASE CALL
(405) 275-4030 X 3506**



GOVERNOR
John Johnson



Lt. GOVERNOR
Diane Ponkilla



SECRETARY
Misty McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
Anthony Johnson

GOVERNOR'S REPORT

John Johnson, AST Governor

Hello all,

January was a cold start and it looks like the cold is staying around for a while longer. With the frigid temperatures sticking around please check on your elders. Keep your homes warm and stay safe.

Solar energy is making its way into Indian country. I attended two meetings regarding going "GREEN". I believe this is going to be the next big thing for everyone. I personally have a few solar panels for my home and it has saved me tremendously on my electric bill. I would like to get more information on going "green" for the tribe. I see many benefits using solar panels and the savings. I will be gathering more information on this and gives updates as it comes.

Phase 1 of building 3 is complete. The

Court building has been torn down. The EC has started interviewing architects for the next phase of a new administration building. Watch for updates in future newsletters.

I will be attending the NCAI winter session in Washington DC and the 2025 Self Governance Conference in Arizona. It is important for me to attend these conferences/meetings to see what changes are coming with the new president in office. Like many other tribes, I think we are concerned with what is to come. I hope the new president doesn't make too many new changes. I will do my best to keep everyone informed.

In December the EC mailed out all AST elders a gift card to Walmart for Christmas. My office has received many mail returns. Below is a list of names that need addresses updated. Please share the word.

Amper Foreman, Rita Johnson, John

Tallchief, Raymond Panther, Donald Alford, Tina Blancett, Brian Moore, Charles Judkins, Ladawn Griffin, Christopher Squire, Farrell McDowell, Violet McCoy, Robert Surface, Jr., Larney Camp, Mary Clark, Anthony Woodward, David Washington, Debra Eckles, David Johnson, Lonita Stewart, William Guthrie, Ellen McKinney, Timothy Leath, Terry Salazar, Nathaniel Larney, Jr., Clifford Cuellar, John Spoon, Margaret Scrapper, Cynthia White and Tillman Johnson.

If your name is on the list please reach out to my assistant at the number listed below.

Should you have any questions or concerns please feel free to contact my office.

governor@astrobe.com
405-275-4030 ext. 3500

alvinab@astrobe.com
405-275-4030 ext. 3501

SECRETARY'S REPORT

Misty McGirt, AST Secretary

Greetings Tribal Members,

I hope everyone has been staying warm during these cold days we been having. This past month has been very difficult for me I lost a huge piece of my heart, my best friend, my kokoge (grandma). I'd like to personally thank everyone for the condolences the help and support everyone has shown my family during this difficult time for us all. Grief of losing someone so dear to you is not easy especially when they were a part of your everyday life. Work has helped me these past weeks my office has been busy getting ready and prepared for tax season along with general council and Easter for this year. I have been very busy with every day and monthly meetings.

Here is what's going on in some of my departments!

Domestic Violence- Rising Warrior, the domestic violence department of Absentee Shawnee Tribe, has initiated a program specifically for our Elders. This new initiative is called The Elders Protection Program. It is the goal of the Absentee Shawnee Tribe OVC Elder Protection Program to provide services to elderly victims of physical abuse, physiological abuse, sexual abuse, exploitation, neglect, financial or material exploitation, abandonment and spiritual abuse. Elders who have recently experienced any of the situations above, or whom are currently experiencing these situations, can contact

Rising Warrior at 405-273-288 or fill out an online intake at <https://www.astrobe.com/domestic-violence>. Once an intake is completed, an advocate will contact the elder and determine if eligibility is met and what services will be provided. Services are based on funding availability.

February is Teen Dating Violence Awareness Month. In support of this cause, wearing orange is strongly encouraged and will be sported by our staff. Rising Warrior and Native Connections will be hosting an event in February as part of community outreach. Please keep an eye open on the AST Webpage, AST Facebook page and the Absentee Shawnee Tribe Rising Warrior Facebook page for event information. A new addition to Rising Warrior is the ability to assist with boarding pets for fleeing survivors of domestic violence, sexual assault, teen dating violence, stalking, sex-trafficking and elder abuse while being housed in a shelter or misplaced due to the victimization. All of our services are free and completely confidential.

Meeting's I attended this past month.

December 3 2024- Budget meeting @ 10:00am all Executive members were present. I attended a Gaming commission meeting @ 11:00am. I attended a Finance meeting @ 2:30pm along with Governor, Lt. Governor and Treasurer.

December 4 2024- We had our employee Christmas dinner.

December 5 2024- 11:30am meeting with all Executive members.

December 6 2024- I attended a con-

struction meeting @ 10:00 along with Governor, Lt. Governor, Representative and staff.

December 7 2024- I attended the Veterans Christmas dinner.

December 9 2024- I had a meeting with our attorney general and Enrollment department @ 10:00am.

December 10 2024- I attended T.E.I meeting @ 5:30pm-9:00pm.

December 14 2024- I attended ICW Christmas party from 11:00am-2:00pm.

December 16 2024- I called in for our round table meeting @ 11:00-11:30 with Governor, Lt. Governor, and Representative.

December 17 2024- I called in on health board meeting @ 9:00am-3:40pm. I called in on a Gaming commission meeting @ 11:00am-1:05pm.

December 18 2024- I attended Housing meeting @ 9:00am with Representative Johnson. At 1:00pm we had our Executive meeting.

December 20 2024- I attended a construction meeting @ 10:00am along with Governor, Lt. Governor, and Representative.

December 30 2024- I called in for round table meeting all Executive members were present.

That's all I have to report at this time if you have any questions or concerns about anything you may contact my office.

Ne yi wa!

Secretary McGirt

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal Members, Family, and Friends:

Let me begin by sending condolences to those who have lost loved ones in the last couple months. I was sad for those relatives, especially of these highly respected Matriarchs. As has been said, so much knowledge and history was buried with them ladies. At the same time, it reminds us all of our responsibility to learn and pass along our Culture and Traditions to the next generation.

As 2025 has begun, so has a new spending cycle and budget year. The Finance staff and I worked hard to stay within constraints and are glad to announce the Annual Budget only increased by 5% and 7% respectively, for the General Fund and IDC accounts. The best news I can report is we have a couple new opportunities to increase funds received from the Government for our Contract Support and the 105 Lease program. In the next few months, once agreements have been com-

pleted, we will announce a couple other chances for our Tribe to increase revenue and create new jobs.

Last Fall, I mentioned the importance of our members voting in the Presidential election. By the time one reads this report, the Inauguration of President-Elect Trump will have concluded and usher in a new workforce at the U.S. Capitol. I have scheduled a visit to establish new relationships with the incoming Cabinet members specifically the new Treasurer, Secretary for the Department of the Treasury, and IRS Director. As a member of TETRAA, a subcommittee in NCAI, we coordinate and work directly with the Treasury Tribal Advisory Committee (TTAC). There are several new policies that will be implemented and go into effect the next few months after the Comment Period ended in January. Likewise, Tribal Leaders will be able to enter opinions on the Record at the TTAC Quarterly Meeting.

I wanted to clarify a topic of confusion after some members recently questioned me about the Agriculture Department.

They were amazed to learn I am no longer the oversight to that program, and haven't been since June. So I answered what questions I could and suggested they contact either the Lt. Governor or the Secretary with any specific concerns. I am very proud of the work we accomplished, how the Department progressed, and the National attention we received from the Indian Ag Council. I am still a part of the IAC National Committee and serve as the Southern Plains Region Alternate Representative. My term ends next December, unless I'm re-elected to that position for a 2nd term.

As I conclude, I want to say "Thank you!" to those who continue to show support, offer advice, and provide encouragement to me and my staff. Should you have any questions, or would like to share your concerns, please send me an email at: jblanchard@astrobe.com or call me at: (405) 275-4030 Ext. 3510.

Neyiwa!

Joseph H. Blanchard
Tribal Treasurer

NOTICE

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

Please give us a call at (405) 598-1279 or send an email to media@astrobe.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.



Language Department

S'ke pi ye ke s'fwa
(Sap Month)
February

February is called "sap month or moon". A long time ago, this is the time when Shawnees would tap maple trees to get the sap and make sweet syrup. Of course Ground Hog Day and Valentine's Day is this month.

Ki qi ke sa ke – Ground Hog Day
(kah qah key seh key)

Wi pi k'ko fi – Bucket
(wah pah k'ko thah)

Fi k'qa ni – Hug
(thah k'qeh nah)

Hi qa la te wa – Love
(hah qeh leh tee weh)

Ho la fe – Pretty
(ho leh thee)

Ho wa s'pa ni fe wa – Compassion
(ho weh s'peh nah thee weh)

Ne hi qa la te wa me yi we – Love is the answer
(nee hah qeh leh tee weh mee yah wee)

We ko ge ke ho la fe fe – You are so cute
(wee ko chee key ho leh thee thee)

Te ka pi pi ke ge ki wa – Don't argue
(tee keh pah pah key chee kaw weh)



Se se k'wa me se – Maple tree
(see see k'weh mee see)

S'ke pi ya yi – Sap
(neh pee wee yah)

Pi g'ki me lo – Kiss me
(pah ch'kah mee lo)

We ki na te wa – Friendship
(wee kah neh tee weh)

Ke ti qa la ma la – I Love You
(key tah qeh leh meh leh)

Fi ke la g'ya na te pa – Hold hands
(thah key leh ch'yeh neh tee peh)

Ka ho wa se Wi ne ta fe p'wi – Play nice
(keh ho weh see wah nee teh thee p'wah)

Te ka ki k'yi wa – Don't be jealous
(tee keh kah k'yah weh)

Ki ke ki ka ho ti ka la te pa – Let's respect each other all the time
(kah key kah keh ho tah keh leh tee peh)

He ne ko ge! Si li no ke ka no la p'wi!- That's all! See you all again!

MA LI SE KE TA HE
SWEETHEART

NE KI NI
FRIEND

KE LI KE FE
LAUGH

NI SE QA
SMILE

PI G'KI ME LO
KISS ME

HO LA FE
PRETTY

HI QA LA TE WA,
LOVE,

477 DEPARTMENT

S'KE PI YE KE S'FWA
Sap Month's Word Search

Find the Shawnee and English words below in the word search.

V	C	N	N	E	K	I	N	I	V
Y	M	I	Z	J	T	N	M	X	A
J	X	D	N	Y	H	I	K	K	G
S	M	I	L	E	P	S	E	V	T
P	I	G'	K	I	M	E	L	O	P
F	R	I	E	N	D	Q	I	L	R
E	E	S	R	C	F	A	K	A	E
J	H	O	L	A	F	E	E	U	T
V	Q	X	C	Q	P	P	F	G	T
T	K	I	S	S	M	E	E	H	Y

PI G'KI ME LO
"KISS ME"

NI SE QA
"SMILE"

NE KI NI
"FRIEND"

HO LA FE
"PRETTY"

KE LI KE FE
"LAUGH"

Answer key on page 6

ELECTION COMMISSION

ANNOUNCEMENT OF PROSPECTIVE CANDIDATES
FOR ELECTED OFFICE'S IN 2025

FROM THE ELECTION COMMISSION

Prospective Candidates filing for Elective Offices in 2025 are listed below.

ELECTION COMMISSION

Commissioner
James Cody Spybuck, Jr.

Deputy Commissioner
No Filing

Secretary
No Filing

**The Absentee Shawnee Tribe will be closed
Monday, February 17th - Presidents' Day**

AST Elders



AST Elders visit Chickasha Festival of Lights on December 21. The group activity was generously made possible by ASTHS Executive Director Chris Larkin and the capable driver, Darrol Davis. Davis drove 15 Elders to see the lights and stopped at McDonald's on the way back. Everyone had a great time! The AST Elders Association wants to thank them both for their time and help with this trip!



**AST Education Department:
Big Jim Youth Awards**

Absentee Shawnee High school seniors of both genders within the 50 United States are eligible to apply for these awards for the 2024-25 academic year.

- **Applications will be accepted from January 1, 8 am CST to February 28, 2025, 5 pm CST.**
 - All applications and supporting documents must be postmarked (mail) or received (in person or email) by February 28th at 5:00 pm CST. Our network may quarantine emails from Gmail accounts so please call or email to make sure applications and documents have been received.
 - Documents received after the deadline will not be reviewed by judges.
 - Official transcripts will be accepted via email, from school personnel, or as a hard copy. Faxed copies will not be accepted.

The official application form is available at www.atribe.com on the Education page under the Services tab. The \$1,000.00 award is in the form of a scholarship to the school where the award recipient will attend for the fall 2025 semester. The scholarship must be used for the fall 2025 semester.

Applications are for the following awards:

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

Please refer to the application for required documents. Eligible applications will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced at a date to be determined after April/May 2025.**

Award recipients will be recognized as the 2024-25 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive the **\$1,000.00** scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe
Education Department
c/o Tresha Spoon
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext 3533



Big Jim Youth Award

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 Ext. 3533
youthaward@atribe.com

Applications accepted:
Jan. 1 – Feb. 28, 5 pm CST
Finalists announced:
April/May 2024

Check one:

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

STUDENT INFORMATION

Name: _____ (LAST) (FIRST) (MI)
Tribal Enrollment #: _____
Address: _____ (STREET) (CITY) (STATE) (ZIP)
Home Phone: (_____) _____ Cell Phone: (_____) _____
Email: _____
College/university/vocational institution you plan to attend and course of study/major? _____

HIGH SCHOOL INFORMATION

High School Name: _____
City: _____ State: _____
Advisor/Counselor: _____ Phone #: _____
Sport, if applicable: _____ Position: _____
Coach: _____ Phone #: _____
Indian Education Director: _____ Phone #: _____

All Absentee Shawnee High School Seniors are eligible and encouraged to apply. If applying for both Academic Achievement and Athlete of the year, applicant must provide two (2) separate applications and sets of supporting documents.

Documents to be included with application:

- Official High School Transcript (emailed copies sent directly from school personnel will be accepted)
- Tribal Enrollment Card (copy)
- Résumé of all relevant **Academic or Athletic** accomplishments, activities, work experience, etc. (if applying for both Academic Achievement and Athlete of the Year, you will need **two distinctly different résumés**)
- Letter(s) of Recommendation (Educator/Coach/Tribal/Church)
- 500-word Essay: How do you feel your accomplishments (culture/knowledge/training) as well as your being an Absentee Shawnee Tribal member will influence your future plans?
- Video (optional): no more than 10 minutes in length



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



It's February and our teachers & children are excited about Valentine's Day as they do lots of fun activities. On Friday, February 14th @ 3:00 p.m. the classrooms will have Valentine's Day Parties.



Building Blocks will be closed Monday, February 17th in observance of President's Day.

Building Blocks Inclement Weather Policy is that if Shawnee Public Schools Closes due to weather then Building Blocks will also Close. Also, if the AST Complex closes for weather then Building Blocks will also be Closed!



Have a Fantastic February!!



**Absentee Shawnee Tribe of Oklahoma
Building Blocks III Child Development Center
16051 Little Axe Drive
Norman, OK 73026
PHONE: (405)360-2710 FAX: (405)360-2726**



We are a 5 star grant operated facility that is open to the public and currently accepting applications, if you are interested in your child attending our center just give us a call. In January we enjoyed a visit from "The Finer Arts" program, to engage our little artists. We also enjoyed some snow here and there that was perfect for some science experiments. The infant's bulletin board in the picture below was voted best bulletin board by parent's for December.

Upcoming Closures

President's Day - February 17th

Upcoming Events

Valentine's Day Party – February 14th

Story Time with Norman Library - February 19th

STEAM Activity – February 20th

Mad Scientists - February 21st

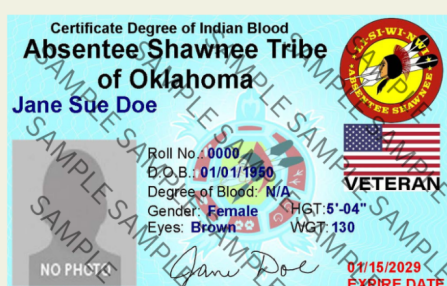


Director: Skye Foreman sforeman@atribe.com

Assistant Director: Renee Richardson rrichardson@atribe.com

ATTENTION AST VETERANS

The AST Enrollment Department would like to keep an accurate list of all AST Veterans. Please send your DD214 form to Enrollment@atribe.com or come into the office to provide a copy. Veterans can submit their old CDIB card along with the DD214 form to receive an AST Veteran's Card. Thank you! Sample Veteran CDIB



Thank You



The family of Margie Kinsey wants to thank everyone for their kind words, help and food during her funeral. We appreciate all of you. Ne yi wa

Tribal Member Corner:

February 25 Article:

Member has asked for the local elders to receive yearly, by Dec 1st, either a one-time weekly free pay, via check of \$520.00 or choose the option, to have the \$10 weekly free pay, through the year from the Thunderbird Casino.

The leading causes of house fire, are the following: Cooking, heating devices, electrical malfunction, smoking, candles, intentional fire setting, Christmas trees, clothes dryers and washing machines.

Travel when you are young. Upon the many years, I have traveled the US, I seen many elders struggling to walk, as many of the tourist areas require extensive walking.

In retirement, may not have the resources to travel or health, or live long enough.

Attend a church service and take the time to write an article.

Eileen Pearce, Tribal Member
Comments: Lapearce@att.net

AST NATIVE CONNECTIONS FEBRUARY NEWSLETTER

INTERNATIONAL BOOST SELF-ESTEEM MONTH

BE POSITIVE, BE KIND!

The International Boost Self-Esteem Month is annually observed in February. It is a period set aside in the year to help us believe in and appreciate ourselves well-being, despite whatever we may be facing. With high self-esteem, one can prevent many problems, like mental health disorders, and enjoy good overall health and a state of well-being. One is also able to be of valuable help and support to others. Our mental health is as important as our physical health, so we should use this month of

observation to take care and learn to love ourselves.

Boosting your self-esteem is important because it directly impacts your overall well-being, allowing you to feel more confident, motivated, resilient in the face of challenges, improve your relationships, and achieve your full potential in life; essentially, a positive self-image empowers you to take on opportunities and navigate life with a more optimistic mindset.

#WEDORECOVER

HOW TO BOOST YOUR SELF-ESTEEM

1. Remember your past accomplishments.

This is a great period to remind yourself of the amazing things you've done, no matter how little they seem. By doing this it will encourage you to look forward to doing more.

2. Accept and Give Compliments.

Make sure that when someone admires and says something nice about you, or what you have, you believe them and sincerely appreciate the words. As you feel more confident with the compliments, reciprocate to others feel the same too.

3. Build Habits That Will Promote Self Improvement.

Whether it's to get healthier in shape or to perform better in class, develop habits that will help you achieve these goals. Eventually, they will become realities and you will see just how amazing you are!

February 1, 2025 [Edition 1, Volume 1]

988
SUICIDE CRISIS LIFELINE

NATIVE CONNECTIONS
GRANT PROGRAM

Hi ko le wa Ke ka "Journey to Heal"

- Promotes the health and well-being of Native youth who represent the future health of their communities.
- Helps American Indian and Alaska Native (AI/AN) communities identify and address behavioral health needs of our Native youth.
- Supports grantees in reducing suicidal behavior and substance use among Native youth up to age 24, and supporting youth as they transition into adulthood.
- Promotes suicide and substance abuse prevention resources to our community.
- Encourages youth to develop strong bonds by arranging actively scheduled around the AI/AN youth and provide consistency (regularly scheduled activities).
- Plans monthly events for AI/AN youth and their families to attend. The grant has reached out for Native instructors to teach our AI/AN youth traditional, native skills.

IT'S IMPORTANT TO REMIND OUR AI/AN YOUTH OF THEIR CULTURE AND END GENERATIONAL TRAUMA.

If you would like more info about our program, or would like to volunteer as an instructor, please reach out to Valerie Scarbary, MA by email at vscarberry@astribe.com or by phone (405) 827-6489.

AST Native Connections is committed to meeting the needs of our community.

FEBRUARY 2025 Love and Empathy



SUN	MON	TUE	WED	THU	FRI	SAT
		28	29	30	31	1
2	3	4	5	6	7	8
Schedule time with someone you've been meaning to connect with.	Share the Love: Join the RAKHustle!	Leave anonymous kind notes in public areas for strangers to find.	Practice active listening and understanding by engaging in meaningful conversations with friends, family, or colleagues.	Dedicate a day or week to giving sincere compliments to those around you.	Encourage doing small, unexpected acts of love, like leaving kind notes on someone's car, sending a thoughtful text, or surprising a loved one with their favorite treat.	Send a care package to someone going through a tough time.
9	10	11	12	13	14	15
Random Acts of Kindness Week 2025						
Visit www.randomactsofkindness.org/raik-week for ideas to celebrate kindness all week.						
16	17	18	19	20	21	22
Write a heartfelt note or letter to a teacher, or someone who has made a positive impact on your life, expressing gratitude and appreciation for their support and guidance.	Random Acts of Kindness Day 2025	Start a book club focused on reading books that explore themes of love, kindness, and empathy.	Create "Kindness Coupons" that can be redeemed for acts of kindness, like helping with chores, offering a hug, or spending quality time together.	Host listening circles where people can share their stories and experiences without judgment.	Purchase gifts or services from small businesses and share your positive experiences with other.	Offer to help without being asked.
23	24	25	26	27	28	1
Organize a fun game night to spend quality time with family or friends.	Encourage your family and friends to support a local business, showing love for your community.	Identify someone who might be having a tough day and do something you can help.	Take time to practice self-love by doing something that makes you feel good.	Spend a few minutes reflecting on how you can show more empathy to those around you.	Wash the first person you see an amazing day.	

RANDOM ACTS OF KINDNESS

Make Kindness the Norm

Random Acts of Kindness Week –

February 14-20, 2025. We celebrate Random Acts of Kindness Week from February 14 to February 20

annually. It's a celebration of all the ways we can become a positive influence in each other's lives. Even one small act of kindness can mean a great deal to somebody.

What can you do to celebrate Random Acts of Kindness Week?

- Volunteer:** Help out at a local charity or donate your time to a volunteer effort
- Donate:** Donate clothing, canned food, toys, or books to a local library or Little Free Library.
- Compliment:** Compliment a friend or give sincere compliments to people around you.

International Boost Self-Esteem Month

- Help:** Help an elderly neighbor or relative with groceries, or help a pedestrian cross the street.
- Reach out:** Call a friend to check in, or send a thoughtful text or handwritten note.

- Create:** Create a kindness bulletin board or handmade Valentine's Day cards.
- Support:** Support small businesses by purchasing gifts or services from them.
- Host:** Host a listening circle where people can share their stories.

AST Native Connections "Journey to Heal"
2025 S. Gordon Cooper Dr.
Shawnee, Ok 74801

Microsoft Office User
International Boost Self-Esteem Month
AST Native Connections "Journey to Heal"
vscarberry@astribe.com
(P) 405.275.4030 X3536



AST Native Connections

Volunteers Needed

We are in search of Native Painting Instructors to guide our Native Youth, ideally during the month of February!!! If interested:

Contact: vscarberry@astribe.com

AST 477

- Child need school supplies?
- Need help with reinstatement fees?
- Need Behavioral Health Services?
- Are you out of employment?
- Need education assistance?
- Homeless?
- Need help finding a job?
- Need Childcare?
- Need assistance for clothes with new job?
- Help with GED?

The 477 Program is designed to provide resources and support to help individuals and families become economically self-sufficient while reducing the need for short-term social service intervention.

QUESTIONS? 421 N. Beard St. Shawnee, OK 74801
CONTACT US! (405) 878-4545 | 477program@astribe.com
ONLINE APP: <https://www.astribe.com/477-program>

Scan for Application! *Tribal ID Required

AST 477 Participant

Success Story

Myah Allen
Cherokee Tribal Member

When I applied for the 477 program, I was at a point in my life where it was difficult for me to stay in one place. I bounced around housing and jobs, and became completely unreliable. From the moment I turned in my application, I felt as though there was someone who had my back, and truly wanted me to succeed. We sat down and mapped out my weaknesses, strengths, and goals. Not only did they give me assistance with finding a job, but they also assisted with deposits for my first house, and car repairs. One year later, I'm employed in a full time position with great benefits, and I've hit all of the goals we set. Not only has this position taught me new skills, but it has taught me responsibility. It has also sparked an interest to learn more about my culture, and get in touch with my community. 477 is a life changing program, and I could not be more thankful that I get to be a part of it!

AST 477 Semester Completion Incentive Program

MUST BE AN ACTIVE 477 PROGRAM PARTICIPANT TO RECEIVE INCENTIVE

The AST 477 Semester Completion Incentive Program is designed to encourage and celebrate student success by providing a Gift Card for students who maintain a grade point average (GPA) of 2.0 and above.

Deadline to submit for each term are as follows:
Fall Semester: 5pm on January 31st 2025
Spring Semester: 5pm on the June 30th 2025.

Eligibility:
The Good Grade Incentive Program is available to: Current Students [School Age through College (24)] enrolled in the AST 477 Program.

Process:
When a report card is received, 477 Youth Case Manager reviews the report card to determine if it is complete and if the student is eligible for the award.
At the end of each term, eligible students will be awarded a Gift Card. The amount will depend on the GPA status. The incentive award will be disbursed directly to the eligible student in person or by mail.

Choice of Gift Card:
Amazon, Walmart or Best Buy

Break Down:
3.5-above= \$75.00
3.0-3.4=\$50.00
2.5-2.9=\$25.00
2.0-2.4 = \$15.00

Email Grades: 477program@astribe.com

Absentee Shawnee 477 Department :

2025 JOB FAIR

Join us for a day of networking, job opportunities, and career growth as we connect jobseekers with top employers in the area.

APRIL 9TH, 2025

Absentee Shawnee Tribe MPB Start At: 10AM-3PM
2029 James L. Edwards Ln.
Shawnee, OK 74801

Questions? Contact: Melinda Ferrell (405) 878-4545



We would like to wish our daughter, Kodi Lauderdale, a Very Happy Birthday!! She's smart, a straight A student, silly, she keeps us laughing daily and she is the most wonderful, loving Daughter, Sister and Auntie!

We Love You Kodi!!

Love,
Mom & Dad, Lisa & Michael
Sisters-Sianna & Leah & Brother-in-law-Josh and her baby niece-Sage loves her Auntie Koko

Happy Birthday



AST SECRETARY 2024 CHRISTMAS COLORING CONTEST WINNERS

Ages 3-5

- 1st place – Everleigh Blackshire
- 2nd place – Pacer
- 3rd place – Kyvyn Johnson
- 4th place – Kalani Kihega

Ages 6-8

- 1st place – Cecily Blanchard
- 2nd place – Maverick Lockhart
- 3rd place – Brayden Fink

Ages 9-12

- 1st place – Kodi Lauderdale
- 2nd place – Mandy Lockhart

- Ages 13-17
1st place – Elliott Sevier

FEBRUARY IS TEEN DATING AWARENESS MONTH

PHYSICAL BOUNDARIES

Limits concerning your body and your personal space

EMOTIONAL BOUNDARIES


Limits concerning your feelings and mental well-being

DIGITAL BOUNDARIES

Limits concerning technology and online communication

BOUNDARIES CAN CHANGE OVER TIME

as trust builds and relationships evolve.
Prioritize communication when you reevaluate and revise your boundaries and explain the changes with your partner.



405-273-2888

Obituary



Lewis "Sonny" George Snake was born February 10, 1943 to Lewis Snake and Elizabeth "Betty" Ann (Middleton) Sales in Shawnee, Oklahoma. He passed from this life January 10, 2025, at his home in Shawnee, at the age of 81.

After high school Sonny joined the United States Army. While in the military he served as a Sergeant Major in the Green Berets, an Army Special Forces Unit. Military awards he received include Expert (Rifle M-1); Marksman (Rifle M-14 & Carbine Caliber 30); Sharpshooter (Carbines & Rifle); National Defense Service Medal (10 Oak Leaf Clusters); Army Commendation Medal; Bronze Star Medal; Vietnam Service Medal; Vietnam Campaign Medal; Vietnam Cross of Gallantry with Palm; Meritorious Unit Commendation; Korean Service Medal; Combat Infantryman Badge; Vietnam Civil Actions Medal (1st Class); Good Conduct Medal (7th Award); Meritorious Service Medal; United Nations Service Medal; Master Parachute Badge; Vietnam Parachute Badge; 3 Oversea Bars (Indicating 54 months or 4.5 years of Military Service Overseas – 18 months for each bar); 7 Service Stripes (Indicates 21-23 years of Honorable Service).

Other awards and achievements include Certificate of Recognition from the United States Black Belt Federation to Certify that: Snake's Moo Duk Kwan Association and Snake's Moo Duk Kwan Karate Do, under the leadership of Lewis George Snake, are fully recognized and duly recorded as a Sogo Budo Ryu in the registry of the United States Black Belt Federation. Received 10th Degree Black Belt and Title of Hanshi (Master) in the Discipline of Snake's Moo Duk Kwan Karate Do by the United States Black Belt Federation.

After retiring from Tinker, he became a private investigator and worked in security. Sonny married Marion "Kay" Hensley on February 19, 2005. He liked doing crossword puzzles, he enjoyed watching Wheel of Fortune, and Friends, and older TV shows like Andy Griffith, Leave It To Beaver, Happy Days, and Cheers. He really enjoyed playing the game "Super Mario Brothers" on the Nintendo with his late wife, Kay. He enjoyed seeing the "Great Archway," in St. Louis and "Graceland," the home of Elvis Presley. His greatest achievement was his children, becoming a Master of Martial Arts, and his military service as a Green Beret in the United States Army. He was a member of the United States Black Belt Federation, Member of the Masonic Lodge of Freemasonry, and a member of the Absentee Shawnee Tribe.

He was preceded in death by his parents; wife, Marion "Kay"; grandson, Taylor "Lew" Lewis, and several aunts and uncles he was raised and grew up with in Texas.

Those left to cherish his memory are his children: Danny and Terrie Sullivan; Raymond Sullivan; Barry and Pam Snake; Gerald Snake; Brandi and Charles "Chuck" Lewis; Stewart and Tyann Snake; Amber Snake and Scott Roden; Julia and Jimmy Horn; and Yolanda and Chris Cullison; numerous grandchildren, and great-grandchildren.

ATTENTION AST TRIBAL MEMBERS

The Absentee Shawnee Veterans Association is seeking help from family's Members to identify their loved ones who served in the Military to help update our roll call. AST Veterans Association would need their NAME, Rank, Date Served and Branch. This could be Past Veterans or Current serving Service Members.

The list we have is out dated and random with the younger Tribal Member Generation and past Tribal Elder Generations.

Send any information to jbender@atribe.com or call between 8am-4pm 405-219-9318 work phone. Please help to Identify Your Loved One who Served Proudly .



S'KE PI YE KE S'FWA

Sap Month's Word Search

Find the Shawnee and English words below in the word search.

V	C	N	N	E	K	I	N	I	V
Y	M	I	Z	J	T	N	M	X	A
J	X	D	N	Y	H	I	K	K	G
S	M	I	L	E	P	S	E	V	T
P	I	G'	K	I	M	E	L	O	P
F	R	I	E	N	D	Q	I	L	R
E	E	S	R	C	F	A	K	A	E
J	H	O	L	A	F	E	E	U	T
V	Q	X	C	Q	P	P	F	G	T
T	K	I	S	S	M	E	E	H	Y


PI G'KI ME LO
"KISS ME"

NI SE QA
"SMILE"

NE KI NI
"FRIEND"

HO LA FE
"PRETTY"

KE LI KE FE
"LAUGH"





ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

www.asthealth.org

February 2025

www.asthealth.org

ASTHS February 2025 Monthly Update

February is Heart Health Awareness Month

Cardiovascular disease (CVD) is the leading cause of death among American Indians and Alaska Natives. CVD rates are particularly high in younger American Indians and Alaska Natives. Over a third of CVD deaths occur before the age of 65 and most are secondary to coronary heart disease (CHD). Over the past 50 years, the prevalence of CVD has been rising among American Indians and Alaska Natives.

Diabetes is a major contributor to disproportionately higher rates of coronary heart disease among American Indians and Alaska Natives compared to other racial and ethnic groups. Additional risk factors for CVD include LDL-C levels, hypertension, renal disease, age, and sex. Smoking and exposure to toxic metals are risk factors for some sub-populations. A quarter of American Indians live below the federal poverty line, thus low socioeconomic status is an important social determinant of cardiovascular health. Community-based interventions have reduced CVD risk in American Indians and Alaska Natives. Underreporting of American Indian and Alaska Native race may underestimate extent of CVD in this population.

How to Prevent a Heart Attack

The best way to survive a heart attack is to never have one. How can you prevent becoming one of the millions of Americans who suffer a heart attack? There is actually a lot you can do to protect your heart. Knowing the risks and symptoms of heart disease is a good start.

Key risk factors for heart disease are:

- High Cholesterol;
- Hypertension;
- Smoking;
- Diabetes;
- Unhealthy body weight;
- Too much alcohol; and
- Lack of physical activity.

Age is also a risk factor. Your risk for heart disease goes up as you age. In fact, heart disease is the leading cause of death in people 65 and older. There are lifestyle choices and changes you can make to lower your risk. When you control your risk factors, you help protect your heart. It's easy to get started. Here are a few ideas:

- Eat healthy meals.
 - Add vegetables, fruits, whole grains and low-fat dairy to your menu. Enjoy fish at least twice a week. Limit meats, butter and cheeses that are high in saturated fat. Steer clear of packaged and processed foods. Read food labels so you can avoid foods loaded with added sugar and salt.
- Add exercise to your life.
 - Take a brisk 10-minute walk three times a day, 5 days a week.
- If you smoke, quit.
 - Make a plan to quit, and then set a date to start.
- Talk with your health care provider.
 - Ask about lifestyle, exercise and dietary changes you can make to cut your risks. Follow your doctor's advice and take your medicines as directed.

Heart disease is the leading cause of death for men and women. The most common type of heart disease is coronary artery disease, which can lead to a heart attack. While some heart attacks are sudden and intense, others can start slowly with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. Pay attention to any of the following warnings of a possible heart attack:

- Chest pain or discomfort;
- Pain or discomfort in the jaw, neck or back;
- Feeling weak, light-headed or faint;
- Pain in arms or shoulder;
- Shortness of breath; and
- Nausea (an extra symptom in women).

Most importantly, if you think you are having a heart attack, call 911 right away. Quick action helps save lives.

What are the ABCS of heart health?

A: Take aspirin as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if

you have a family history of heart disease or stroke, and mention your own medical history.

B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension).

High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

C: Manage your cholesterol.

Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease.

There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.

D: Don't smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit smoking.

Strategies for improving heart health:

Community-designed strategies

Strategies that promote tribal sovereignty and decolonization have been effective. The most effective ways to help, the authors said, are to build relationships, seek the support of leaders, and figure out the barriers and what resources they need – all done in a way that recognizes bias and respects culture.

Integrate traditional healing

Strategies that combine traditional healing with Western medicine have been effective. For instance, community talking circles that allow for shared decision-making between a patient and their health care provider have been a longstanding tradition among some American Indians and Alaska Natives. In talking circles, everyone in the group has the right to provide uninterrupted perspectives, and they've been used to educate and manage diabetes in hard-hit communities.

Effective health communication

Health communication that considers cultural factors can help reduce misperceptions and increase risk-reducing behaviors. Patients, health care professionals and community stakeholders should all learn the risk factors for cardiovascular disease and act to prevent it.

Always talk to your health care provider for diagnosis and treatment, including your specific medical needs. If you have or suspect that you have a medical problem or condition, please contact a qualified health care professional immediately. If you are experiencing a medical emergency, call 911 or call for emergency medical help immediately.

References:

American Heart Association (2020), *Heart disease, diabetes rates higher for American Indians, Alaska Natives*. <https://www.heart.org/en/news/2020/05/28/heart-disease-diabetes-rates-higher-for-american-indians-alaska-natives>

Breathett K, Sims M, Gross M, et al. *Cardiovascular Health in American Indians and Alaska Natives: A Scientific Statement from the American Heart Association*. *Circulation*. 2020;141(25):e948-e959. doi:10.1161/CIR.0000000000000773

Centers for Disease Control and Prevention (2020). *ABCS of Heart Health*. <https://millionhearts.hhs.gov/data-reports/factsheets/ABCS.html>

CONSTRUCTION UPDATE

Shawnee Health Center

NEW SHAWNEE HEALTH CLINIC!

39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)

Shawnee Construction: Design and Development are substantially completed. Planning for Shawnee ground breaking is being scheduled (February); delayed d/zoning (final approval has been attained).

January 2025 Health Employee Awards of the Month

Employee of the Month: Sandra Abshire, Desktop Analyst

Team of the Month: Nikki Damrill, LPN and Brittany Snolis, LPN

Special Leadership Award: Bertha "Mae" Amous, Behavioral Health RN

Chris A. Larkin, MBA, FACHE, CHC
Executive Director

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention, Progress, Pride.

Scheduled Closures

All AST Health facilities, including PlusCare, will observe the following hours on:

Wednesday, February 5th:
CLOSED from 12PM- 5PM
Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM

Monday, February 17th:
CLOSED for President's Day

Follow us on Facebook or visit asthealth.org for closure information and updates!

SEWING CHILDREN'S RIBBON SKIRTS

KE PO QA | SEWING

Limit of 15 persons per class.

KE PO QA (SEWING) IS A GOOD WAY TO PASS THE WINTER MONTHS. COME LEARN HOW TO SEW A RIBBON SKIRT FOR YOUR LITTLE ONE. ALL MATERIALS PROVIDED AT NO COST.

SHAWNEE

AST Tribal Health Multipurpose Bldg
2029 James L Edwards Ln
Shawnee, OK 74801

SAT FEB 8TH 9A-11A MULTI-PURPOSE BLDG

LITTLE AXE

AST Community Bldg
50 feet west of 16th Express
15700 OK-9, Norman, OK 73026

SAT FEB 22ND 9A-11A COM MUNITY BLDG

REGISTRATION REQUIRED
CONTACT THE TRIBAL OPIOID RESPONSE (TOR) OFFICE

Phone (405) 701-7059
Email TOR@ASTRIBE.COM

IF YOU'RE UNABLE TO ATTEND PLEASE CALL AND CANCEL AT LEAST 24 HOURS IN ADVANCE TO GIVE SOMEONE ELSE A CHANCE TO PARTICIPATE.

HEALTH BUZZ!!

February is American Heart Month!

About 695,000 people die of heart disease in the United States every year—that is 1 in every 5 deaths. The following question is asked many times--

Dementia and Heart Health: Are They Related?

Eating nutritious foods, being physically active, managing high blood pressure and high cholesterol — you probably already know that those healthy habits can prevent heart disease.

But that's not the only reason to embrace a healthy lifestyle. The choices you make every day affect your head as well as your heart.

"There is increasing evidence connecting cardiovascular risk factors with brain health," says a Johns Hopkins cardiologist.

Dementia touches millions of lives. **Alzheimer's disease** affects roughly one in nine adults older than 65 in the United States. It often starts as mild cognitive impairment, which is marked by subtle but measurable changes in memory and thinking skills.

Family history and genetics can increase your risk of cognitive decline, but lifestyle factors contribute, too.

Obesity, smoking, **diabetes**, **high blood pressure** and **high cholesterol** are all risk factors for dementia. High cholesterol in midlife, in particular, seems to be strongly linked to cognitive decline.

Dementia Risk Factors

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Family history and genetics can increase your risk of cognitive decline, but lifestyle factors contribute, too.

Obesity, smoking, **diabetes**, **high blood pressure** and **high cholesterol** are all risk factors for dementia. High cholesterol in midlife, in particular, seems to be strongly linked to cognitive decline.

Scientists are still exploring the causes of dementia, but unhealthy arteries are thought to play a role in both heart disease and cognitive problems.

Cut Your Risk of Dementia

On the positive side, taking control of those factors early might reduce the odds of dementia later in life. Though it's too soon to say that medications to control blood pressure and cholesterol can prevent dementia, some studies have shown those treatments are associated with a lower dementia risk.

"Make sure you know your numbers and get heart disease risk factors under control" through lifestyle changes and medication.

Better yet, take steps to prevent risk factors in the first place. The best thing you can do is think about this early, before you might need medication for those risk factors. Establish healthy habits early to give yourself the best outcomes.

He recommends teaming up with friends and family to make those healthy changes together. "Enlist loved ones in your quest to get healthy. It can be hard to do alone, but fun and more successful when you team up with others in your life." "It's within your power to take control of your lifestyle."

Johns Hopkins Medicine

If you or someone you know would benefit from the **Savvy Caregiver in Indian Country** or **Music & Memory** programs, contact adpi@astrobe.com, or call 405-561-7893.

Check out our web-page on the **Absentee Shawnee Tribal Health System's** website, asthealth.org, click on "**Programs and Preventions**" and then click on "**Seeking Hope**".

Atheda Fletcher
Grant Director & Project PI



February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN FRIED STEAK MASHED POT/GRAVY TURNIP GREENS PEARS	4 TACO TUESDAY MANDARIN ORANGES	5 CHICKEN ALFREDO *TOSSED SALAD GARLIC BREAD FLUFF	6 EGG ROLL FRIED RICE w VEGGIES FORTUNE COOKIES	7 WAFFLES BACON APPLE SLICES
10 PORK CHOP BRUSSEL SPOURTS BREAD MIXED FRUIT	11 CHILI W/BEANS CHEZ STICKS APPLESAUCE	12 HOAGIE SANDWICH MAC SALAD JELL-O	13 CHICKEN BROCC & RICE CASSEROLE PEACHES	14 SAUSAGE GRAVY BISCUIT GRAPES
17 PRESIDENT'S DAY CLOSED	18 BAKED CHICKEN WILD RICE VEGGIES ROLL/APRICOTS	19 GRILLED CHEZ SANDWICH VEGGIE SOUP PUDDING	20 HAM RANCH ROASTED BROC ROLL/CAKE	21 ENGLISH MUFFIN SAUSAGE PATTY FRUIT
24 BEEF FINGERS MASHED POT/GRAVY BEETS PINEAPPLES	25 SLOPPY JOE TATER TOTS COOKIE ORANGE	26 BAKED ZITA TOSSED SALAD* PEARS	27 TURKEY DRESSING YAM PATTY CRISP	28 CEREAL SAUSAGE PATTY TOAST/FRUIT

MENU SUBJECT TO CHANGE*

LUNCH IS SERVED FROM 11 AM TO 1PM
BREAKFAST IS SERVED FROM 9AM TO 11AM

SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER