



THE ABSENTEE SHAWNEE NEWS

www.astrobe.com

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March 2025

Shawnee Sweetheart Social Dance

On Saturday, February 8th, the 477 Program sponsored the "Shawnee Sweetheart Social Dance" held at the Thunderbird Event Center. The dances were social dances that take place during stomp dances at the three ceremonial grounds during summer. This was a learning and teaching opportunity for the AST youth and adults, who may not have seen or participated in the social dances. There were also various vendors selling hard to find handmade items during the day. A stomp dance continued into the evening where raffles, a cake plate drawing, and contest for furthest distance traveled, longest married couple, and best dressed couple was held. Fun was had by all.

Although we used this opportunity to teach different Shawnee social dances, we encourage our youth and adults to participate in these dances during stomp dances in our ceremonial season. All of our dances are vital to our Shawnee culture and we must not lose them. We encourage everyone to do their part in keeping our culture alive.

Ne yi wa! Gi ke la ko te yi qa!





GOVERNOR
John Johnson

GOVERNOR'S REPORT

John Johnson, AST Governor

Hello Tribal Members,

I recently attended the NCAI Winter session in Washington DC and I will honestly say it was a lot different on Capitol Hill. With the new administration in office making daily changes and signing executive orders I fear all tribal nations all over the world will feel the outcome. With these changes coming I am requesting we watch our programs closely and protect

our tribal assets and monies. The threat of freezing all federal monies is still there and we just don't know for sure what will be next. Many tribes from all over attended this summit and we all stood together. I will continue to watch the changes and do what is necessary to protect our tribal sovereignty.

The Health clinic in Shawnee will be breaking ground on a new location in Shawnee, I am glad this is finally happening, look for updates in the upcoming newsletters.

Also the next General Council meeting will be in April a date will be scheduled at the March EC meeting. I look forward to seeing you all there.

You may reach my office or staff at the email listed below.

Thank You,
John Johnson

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

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



Lt. GOVERNOR
Diane Ponkilla

LT. GOVERNOR'S REPORT

Diane Ponkilla, AST Lt. Governor

Greetings Tribal Members,

I hope February finds everyone in good health and thoughts. I would like to express my dearest condolences to the Kinsey, Snake and Simpson families. Family structure changes when we lose our elderly knowledge and history. I have been dealing with household changes and adjusting to caring for my grandchildren and getting them situated along with my duties as Lt. Governor. I missed submitting my article for January Newspaper.

With everything going on with the election of Donald Trump, OMB Memo-

randum M-25-13, signing Doug Burgum former North Dakota governor as Secretary of the Interior and the Tariffs and the citizenship issue. We as Native People and people of color need to make ourselves aware of any changes. It has only been a month and Trump is trying to prove to the United States and the people he has the power to control but he does not realize there is a higher power. I appreciate all the FYI tribal members send out it is information that lets me know your concerns. Thank you and it is very well appreciated.

Oklahoma weather is very unpredictable and winter is not over yet. Always be prepared for the worst weather and you will be okay. Hopefully the freezing

weather comes to an end soon and then we will need to be prepared for the tornado season.

A tribal member recently stopped by my office after leaving the court clerk's office pertaining to Notary. Asked when the policy changed for tribal members getting notary assistance from the tribe. I do not think there was ever a notary policy in place it was up to the notary discretion. As a notary I will be available to notarized documents for anyone who needs assistance.

I apologize for the short article but if you have any concerns or questions you may contact me anytime at (405) 432-0733 and email is Yvonne.Ponkilla@astrobe.com.



SECRETARY
Misty McGirt

SECRETARY'S REPORT

Misty McGirt, AST Secretary

Greetings Tribal Members,

I Hope Everyone has been staying warm during these cold days we been having. I am ready for some warm weather to come our way soon. February has been a slow month with the bad weather we had a lot of meetings canceled or rescheduled. My office has been very busy with tax season and getting ready for upcoming events our general council and Easter.

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

Enrollment- As of January 31st 2025 we have 4,723 Tribal Members.

Human Resources- As of January 2025 total number of employees combined for AST and Health is 625. Health has 398 employees and the tribe currently has 227 employees.

Meeting's I attended this past month.

January 6, 2025- I called in for our weekly round table meeting all E.C were present.

January 7, 2025- I attended the gaming commission meeting @ 11:00am-2:00pm.

January 13, 2025- I attended our weekly round table meeting with all E.C members followed by a meeting with some past copper bear employees.

January 14, 2025- I attended a architect bidding for building 3 @ 9:00am-11:00am.

January 16, 2025- I attended a meeting Representative held for the camp nikoti @ 12:00pm along with Governor, and Lt. Governor.

January 17, 2025- I attended an audit meeting with the elders @ 1:00pm. I attended a meeting @2:30 with health.

January 21, 2025- I attended health board meeting @ 9:00am followed by a health shareholders meeting @ 1:00pm all E.C present.

January 22, 2025- Executive meeting @

10:00am all E.C present.

January 24, 2025- I attended a tribal roundtable with the surrounding tribes @ 11:00am along with Lt. Governor and treasure.

January 27, 2025- I attended our monthly directors meeting @ 9:30am with Lt. Governor, and treasure followed by our weekly round table meeting @ 11:00am. I attended T.E.I board meeting @ 5:30pm-7:00pm.

January 29, 2025- I attended Housing board meeting @ 9:00am along with Lt. Governor and Representative.

Before I wrap up my report I'd like to share some exciting news. I welcomed my baby girl into this world this month she is such a blessing at a difficult time in my life. That's all I have to report at this time if you have any questions or concerns feel free to reach my office.

Ne yi wa!

Secretary McGirt



TREASURER
Joseph Blanchard

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal Members, Family, and Friends:

If you haven't noticed, it's almost Spring Time. The trees will begin to bud, the flowers and plants will start to blossom and bloom, and the grass will turn green. As we see new life appear, pay attention to the weather change and potential for severe thunderstorms.

This past month, I had the opportunity to travel to Washington, D.C. for the **Executive Winter Session** for NCAI. Additionally, I was able to attend the **State of Indian Nations** to hear the report given by President Mark Macarro. Besides listening to presentations from notable speakers such as Senator Lisa Murkowski, Alaska; Rep. Betty McCollum, Minnesota and Vice Chair of Senate Indian Affairs Committee; and new Department of Interior Secretary, Doug Burgum; I was able to interact with Congressional leaders on Capitol Hill. While in D.C., I also got the chance to enter official comments at one of the Senate Committee for Indian Affairs discussions. One of the remarks that really stood out to me was when Macarro said, "Indian Nations have the acumen and tools necessary to stand united in defense of our Sovereign rights...to protect our People and other Tribal Nations."

Several of us Tribal leaders met with, or the staffs of, Senator John Thune from South Dakota, Senator Chuck Grassley from Iowa, and Senator Rodger Marshall from Kansas. Some may ask, "Why visit with those individuals? They're not from

Oklahoma." For me, it was a chance to re-engage diplomatically, educate others on our Tribal history, and provide details on how Tribes contribute to the economy and help relieve the burden off of local, State, and Federal programs. More specifically, part of the discussion was getting clarification on why our Nations at a minimum need parity, or to be treated in the same manner as Municipalities and States. Plus, all these Senators sit on the Finance and Agriculture Committees which are vital and important to us. They're the individuals that will influence or make decisions impacting Indian Country.

All of these actions are important as it reflects how Tribes are responding to the issues that arose after the Presidential Inauguration. In the days following January 20th, Presidential Executive Orders were entered and delivered to various Department Heads and their leadership. Some of the effects were felt almost immediately as program and Grant funds were frozen. Prior to the implementation, our staff worked to complete drawdowns before the proposed deadlines. The Executive Committee had discussion where I provided an update on the situation and explained where it could be a concern. Shortly after, I submitted an email to all Employees that we would continue to operate as normal and the National problems would not dictate how we execute daily operations. I did remind the EC, "This is what's happened in the 1st 4 days, we still have 4 more years to contend with."

Regarding the matter on whether to carry your Tribal ID, I reminded indi-

viduals to use their State-issued Driver's License. This should answer the question on if an individual is a "citizen". As we all know, one has to submit official copies of their birth certificate and social security card in order to obtain or secure a License. These are documents not readily available which require time and background checks to complete the process before issuance.

The biggest piece of advice I can give at the moment, or as deductive reasoning suggests, there are 3 branches of Government: Executive, Judicial, and Legislative. While one is pushing the envelope to see how far society will let them proceed, it is still the other two's responsibility to keep the other at bay and follow protocol. The system of "Checks and Balances" exist to prevent one or the other from ever getting too powerful or tipping the scales. States, Attorney Generals, and Courts have been involved denying and/or restricting access or deeming actions unconstitutional or inexcusable. It is incumbent upon each of us to reach out to our Leadership and express our concerns.

As I end this month's edition, let me pass along condolences to the families who have lost loved ones. Brighter days are ahead. And for those Elders or former staff that continue to provide support, advice, and encouragement...thank you for the kind words. Sometimes it is the little things that help get us through the daily struggles.

Neyiwa!

Joseph H. Blanchard
Tribal Treasurer



REPRESENTATIVE'S REPORT
Anthony Johnson, AST Representative

Hello Tribal Members,

I hope everyone is well. Following up from my last report, my office announced the reopening of the AST Tribal Employment Rights Ordinance/Office (TERO). In January, director candidates for were

interviewed and a new TERO director was selected. Our new TERO director, Sarah Lawrance, began working with us in February. The TERO office is housed in Building 1, at the tribe's campus in Shawnee. For those not familiar with TERO, the Absentee Shawnee Tribe passed Resolution L-AS-09-05 in 2009, which added TERO as an ordinance, to our AST Code

of Law. TERO helps our tribe exercise its sovereignty through our TERO office, which will assist in and require the fair employment of members of our tribe and other Indians, to prevent discrimination against Indians in employment places of employers who are doing business within our jurisdiction.

Should you have any questions or need

any assistance, please contact my office by phone or email.

Phone: (405) 531-3512

Email: adjohnson@astribe.com

Sincerely,
Anthony "Tad" Johnson
Tribal Representative

2025 PRIMARY ELECTION CANCELLED

From the Election Commission:

The Election Commission has determined that the Primary Election scheduled for Saturday, March 15, 2025, will not be held based on the fact that there was only one Candidate who filed for office in this year's election. The Candidate will advance to the June Annual Election. Our decision was based on the legal analysis rendered by AST Attorney General Gary Pitchlynn.

The Annual Election will be held on Saturday, June 21, 2025. The voting polls will be located at:

- The Little Axe Resource Center on Peebly Road, 1970 156th Ave NE, Norman, Oklahoma
- The AST Health Multipurpose Building, 2029 James L Edwards Lane, on the Tribal Complex in Shawnee, Oklahoma

The polls will be open from 8:00 a.m. to 6:00 p.m. at both locations.

The Absentee Ballot Request form will be available beginning April 1, 2025:

- AST tribal newsletter
- AST website
- Election Commission Office, Building 2 (Governor's Building) at the tribal complex.

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

ELECTION COMMISSION

- **COMMISSIONER (3 Year Term)**
James Cody Spybuck, Jr.
- **DEPUTY COMMISSIONER (2 Year Term)**
No Filing
- **SECRETARY (3 Year Term)**
No Filing

If you have any questions or concerns, please contact the Election Commission Office at 275-4030 ext 3537 or election.commission@astribe.com



AST AGRICULTURE
43406 BENSON PARK RD
SHAWNEE, OK 74801
MARCH 6TH & 7TH
9AM-3PM

SEED POTATO & ONION SETS

WHILE SUPPLIES LAST
FOR QUESTIONS, CALL (405) 827-6545

**RED PONTIAC, RED LA SODA,
YUKON GOLD, AND KENNEBEC POTATO SETS**

**RED, WHITE, AND YELLOW
ONION SETS**




**TERO DEPARTMENT
TRIBAL EMPLOYMENT RIGHTS OFFICE**

More information will be coming soon. **CONTACT US**

SARAH LAWERANCE
SARAH@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:
2029 James L. Edwards Ln. **10AM-3PM**
Shawnee, OK 74801

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





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



Update 12/31/2024

	12/31/2022	12/31/2023	12/31/2024
Total Loans	\$27,676,800	\$33,501,848	\$40,958,537
Total Investments	\$21,753,303	\$15,606,336	\$20,885,622
Total Assets	\$51,483,945	\$54,329,667	\$66,503,232
Total Deposits	\$47,112,101	\$48,918,925	\$60,272,481
Total Borrowings	\$0	\$0	\$0
Total Income	\$277,000	\$513,524	\$536,560
Loan to Deposit Ratio (TL/TD)	58.75%	68.48%	67.96%
Capital Ratio	9.50%	9.96%	8.95%
Return on Equity Ratio (NI/TC)	5.65%	10.51%	9.91%
Return on Assets Ratio (NI/TA)	0.54%	0.98%	0.95%
By Branch		Shawnee	Calumet
Total Deposits:		\$2.9 Million	\$57.6 Million
Total Loans:		\$7.7 Million	\$33.2 Million

Highlights:

1. In each of the years 2022, 2023 and 2024, the bank's earnings exceeded any of the years since the bank was acquired by AST.
2. Loan Growth - The bank has grown \$7.5 MM in loan assets which is 22% growth in loans in the last 12 mos.
3. Deposits grew \$11.3 Million in the last 12 mos. which is 23% growth.
5. Assets grew \$12.1 Million in the 12 mos. which is almost 23%.
6. **The bank completed a state banking exam in 2024 and received a good report.**

Our focus continues to be on making AllNations Bank one of the best community banks in our region. We wish to provide great service to our customers, especially to the members and employees of the Absentee Shawnee Tribe.



FOLLOW ALLNATIONS BANK ON FACEBOOK & INSTAGRAM



From CDs and Money Markets, to Checking and Savings Accounts,

We Can Help Your Money Grow!



2023 Gordon Cooper Dr.
Shawnee, OK 74801
(405) 273-0202
www.anbok.bank



News Release

To: The Absentee Shawnee News
From: AllNations Bank
Date: 2-15-2025
Subject: Bruce Dawson Named New Chief Credit Officer of AllNations Bank

AllNations Bank, the Tribe's wholly owned bank, recently named Bruce Dawson as the bank's new Chief Credit Officer (CCO). The CCO oversees all lending functions of the bank. He replaces retiring CCO Steve Smith who will remain with the bank as Chairman of the Board of Directors. Mr. Dawson joined the bank as Chief Lending Officer and Shawnee Community President in January, 2024 with the intent of taking over Smith's lending oversight responsibilities. He has over 25 years of experience working with both large regional banks and small community banks. His positions have included loan review manager, bank consultant and chief credit officer. In recent years, he also served as president of a troubled bank brought in to help the bank deal with regulatory sanctions.

Chairman Smith, commented, "The board and I are very pleased to have Bruce on our team. From farm loans in our main office to small business and home loans in our Shawnee office, we've grown our loan portfolio significantly in the past year. Bruce's experience with lending, risk management and bank leadership will be invaluable as we continue to expand the bank's market share and pursue AllNation's mission to be a great community bank."

"It is very rewarding to work with a bank that is innovative in its approach to community banking," Mr. Dawson stated. "I am looking forward to working with the AllNations Bank team to continue the bank's growth, profitability and service to the Tribe and our community"

Mr. Dawson is from Little Rock, Arkansas where he currently resides with his wife and children. They will be relocating to Shawnee later this year.

News Release

To: The Absentee Shawnee News
From: AllNations Bank
Date: 2-15-2025
Subject: President and CEO Steve Smith Retires from AllNations Bank

AllNations Bank, the Tribe's wholly owned bank, recently announced the retirement of President and CEO Steve Smith. Mr. Smith joined the bank in March, 2019 with many years of experience as an executive in community banking. When he joined the bank, it was under regulatory sanctions and was experiencing losses and operational difficulties. Mr. Smith led the bank back to a healthy condition and put together a top notch team to lead the bank going forward. In each of the years 2022, 2023 and 2024 the bank's earnings exceeded any of the years since the bank was acquired by AST.

"I'm honored to have been given the opportunity to work for AllNations Bank over the past nearly 6 years. Leading AllNations has been the most enjoyable professional experience in my 40+ years in banking and I look forward to continuing to serve the bank as a director," Smith stated. "I'm very pleased with the work our whole team has done to upgrade the bank's operations and services in addition to the dramatic turnaround in financial results. We are appreciative of the support and patience of our board and the EC as we worked through some tough times to get where we are today. I'm especially proud of the culture we've built here. Our people love to work together to achieve customer satisfaction along with good financial performance. It's rewarding as I leave full time employment to see the results of all the hard work and to know the bank is on a solid foundation to grow and prosper in the years to come."

Smith isn't just planning on relaxing in retirement. Besides spending time attending his grandkids' events, he is volunteering with a royalty owners association and a ministry back home in Arkansas. He's also putting his AllNations experience to work serving as a director and consultant for a troubled bank in eastern Oklahoma.

News Release

To: The Absentee Shawnee News
From: AllNations Bank
Date: 2-15-2025
Subject: Jill Maple Named New President and CEO of AllNations Bank

AllNations Bank, the Tribe's wholly owned bank, recently named Jill Maple as the bank's new President and CEO. She replaces retiring CEO Steve Smith who will remain with the bank as a director and Chairman of the Board of Directors. Ms. Maple joined the bank as Chief Financial Officer in September, 2019. She has over 25 years of community banking experience in the areas of accounting, audit and finance and technology. According to Steve Smith, Chairman of the bank's board of directors, she was instrumental in working the bank out of financial and regulatory problems they encountered when they both joined the bank in 2019.

Mr. Smith commented, "After I was brought in to lead the bank back to a stable and profitable condition, hiring Jill to manage the operations side of the bank was the best thing I did. This allowed me to focus on resolving problem loan issues while she oversaw operations. She had tons of experience in a broad cross section of banking operations that is rare to find in one person. She has been responsible for upgrading our core banking software and online and mobile services. She also implemented changes in the bank's internal processes to improve efficiency and profitability. In fact, in each of the years 2022, 2023 and 2024, the bank's earnings exceeded any of the years since the bank was acquired by AST."

Ms. Maple expressed her gratitude for the opportunity to work with Mr. Smith, describing him as an exceptional bank leader and visionary. "I am very pleased that he will continue as Chairman for the bank and that we can continue to lean on his advice and wisdom," Ms. Maple stated.

Ms. Maple also remarked on the bank team. "The camaraderie, mutual respect, and unwavering support we share have created an environment where everyone thrives. The collective talent and dedication within our group have made achieving our goals not just possible, but a rewarding journey. I am grateful to be part of such a dynamic and cohesive team, and look forward to continuing to enhance the bank offerings and technology"

Jill and her husband are enjoying living in Oklahoma and are looking forward to welcoming their first grandchild in a few months. Ms. Maple recently completed the Graduate Program at the Colorado School of Banking. She also serves on the Technology Innovation Committee for the National Bankers Association which represents minority-owned depository institutions.

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@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.



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



February was an exciting and fun filled month with activities for Valentine's. The children enjoyed the Valentine's Day Parties.

Dr. Seuss' Birthday & Read Across America Week is March 3rd-March 7th. We will be doing dress up week and inviting volunteers to read Dr. Seuss' books to the children.



Remember to Spring Forward and set your clocks ahead on Sunday, March 9th.

St. Patrick's Day is Monday, March 17th: remember to wear GREEN.



Thursday, March 20th is the First Day of Spring.

March will be a Month full of exciting new things for the children to do as they play and learn. We are excited for the arrival of Spring as it brings Warmer Weather for more outside exploration.

Have a Sunshiny March!!

THE TEACHERS LOVE TO DECORATE FOR THE HOLIDAYS & DO THEIR BULLETIN BOARDS WITH ART AND PICTURES



Absentee Shawnee Tribe of Oklahoma
 Building Blocks III C.D.C
 16051 Little Axe Drive, Norman, OK 73026
 Phone: (405) 360-2710;
 Fax: (405) 360-2726
 Director: Skye Foreman
 Assistant Director: Renee Richardson

In the Classroom

In the Center

Our infants will be working on object permanence. They will also learn what are in gardens such as vegetables, fruits and flowers. In the 2's classroom they will be talking about spring weather. They will also learn the color green and talk about words that rhyme. Our three-year-olds will study different kinds of animals, whether they are warm or cold weather animals, what sounds do they make, what food do they eat and where they live. In our 4's & 5's they will study trees. They will learn what they provide, produce and what they need to grow.

In the center we currently have 56 children enrolled with 25 staff members. Valentine's Day we celebrated with our student's and their families with classroom parties. The children enjoyed creating keepsake gifts and special artwork to give out to their parents. The "Mad Scientist" came on February 21st and put on a wild and exciting show. The students will participate in Read Across America on March 3rd and we will celebrate Dr. Seuss that week as well!

Building Blocks III is open Monday thru Friday 7am to 6pm and is now accepting applications for students from 6 weeks of age to five-years-old.

Happy St. Patrick's Day



LEGAL NOTICE

LEGAL NOTICE

IN THE TRIAL COURT OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA SHAWNEE, OKLAHOMA 74801

FILED in the Office of the Court Clerk

JAN 17 2025

Absentee Shawnee Tribal Court Court Clerk

Donald Hill Jr
 Vs
 Kimberly Hill

Case No. JFD-2024-58

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

THE ABSENTEE SHAWNEE TRIBE OF INDIANS SHAWNEE, OKLAHOMA) §.

Donald Hill Jr being duly sworn upon oath states:

That she/he is the Petitioner Donald Hill Jr. above-named, and that on the 17 day of January, 2025, said Petitioner filed in this Court a Petition against Respondent, Kimberly Hill :and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and is absent therefrom, and that with and after the exercise of due diligence, said Petitioner is unable to make personal service upon said Respondent, Kimberly Hill, within the jurisdiction of the Absentee Shawnee Tribe, and that Petitioner wishes to obtain service upon the said Respondent by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Donald Hill Jr
 PETITIONER

Subscribed and sworn to before me 17 day of January, 2025.

Ashley Hudson
 NOTARY PUBLIC

My Commission Expires:

June 23, 2028



IN THE TRIAL COURT OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA SHAWNEE, OKLAHOMA 74801

FILED in the Office of the Court Clerk

JAN 23 2025

Absentee Shawnee Tribal Court Court Clerk

In the matter of
 G.L.

Case No. CIV-2025-01

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

THE ABSENTEE SHAWNEE TRIBE OF INDIANS SHAWNEE, OKLAHOMA) §.

Kamleah Smith
 being duly sworn upon oath states:

That she/he is the Plaintiff Kamleah Smith above-named, and that on the 23 day of January, 2025, said Plaintiff filed in this Court a Petition for a name change of a minor :and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and that with and after the exercise of due diligence, said Plaintiff is giving publication that, Kamleah Smith, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Kamleah Smith
 PLAINTIFF

Subscribed and sworn to before me this 23 day of January, 2025.

Ashley Hudson
 NOTARY PUBLIC

My Commission Expires:





Watching you grow up has been the greatest adventure of my life. Happy Birthday Taylor and may your journey with your baby girl be filled with joy, love, and success.

Love,
Your family



Tribal Member Corner:

March 25 Article:

Contented to see President Biden, grant clemency to Leonard Peltier, for home confinement.

Citizens need to be careful, about voting/approving municipal bonds, it increases property taxes, could also increase rents. It includes payments for lawsuits, which is not always stated. Citizens don't see, a decrease in property taxes.

Citizens are taxed locally-city, county, state and federal, as we all are aware.

Many tribal members, complain about many closures for the tribe and health clinics.

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

Eileen Pearce, Tribal Member

Comments: Lapearce@att.net

HO WA SE LA P'WI NA T'QA KE KE SA KE!



ESTELINE SCHULENBERG
FIRST FEMALE
COMMANDER AMERICAN
LEGION POST 88



SECRETARY
MISTY MCGIRT
YOUNGEST FEMALE EC



JOANN LOVINS
USA SOFTBALL
HALL OF FAME
MEMBER



SHARON OSTER
FIRST FEMALE NATIVE
AMERICAN POLICE
CAPTAIN



MYA BLANCHARD
STARTED A BUSINESS AT 10
YRS OLD

HAPPY
WOMEN'S
DAY
MARCH 8



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN POT PIE BISCUIT MANDRAIN ORANGES	4 BEEF TIPS & RICE VEGGIES PEARS	5 SPAGHETTI W MEATSAUCE BREAD STICK ICE CREAM	6 CHEF SALAD W HAM & CHEZ CRACKERS YOGURT	7 OATMEAL CINNAMON RAISIN BREAD
10 HOT DOG PORK N BEANS CHIPS APPLESAUCE	11 TACO SOUP TORTILLA CHIPS CAKE	12 BAKED POTATO HAM,CHEZ,ONIONS BROCC & CHEZ PUDDING	13 BURRITO SPANISH RICE REFRIED BEANS PEACHES	14 SAUSAGE GRAVY BISCUIT FRUIT
17 SMOKED SAUSAGE CABBAGE BREAD APPLE	18 CHICKEN PATTY SANDWICH CHIPS APPLESAUCE	19 PORK N POTATOS GREEN BEANS BREAD/MIXED FRUIT	20 MANWICH ONION RINGS PICKLE APRICOTS	21 ENGLISH MUFFIN HAM APPLE SLICES
24 CHICKEN FAJITAS BELL PEPPERS N ONIONS REFRIED BEANS PINEAPPLES	25 TURKEY & CHEZ SANDWICH MAC SALAD COOKIE	26 GOULASH SIDE SALAD * BREAD PEARS	27 BEANS OKRA CRISP	28 BAGEL CREAM CHEZ GRAPES
31 BBQ CHICKEN BROCC SALAD FLUFF	<p>MENU SUBJECT TO CHANGE*</p> <p>LUNCH IS SERVED FROM 11 AM TO 1PM BREAKFAST IS SERVED FROM 9AM TO 11AM</p> <p>SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER</p>			



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



www.asthealth.org

March 2025

www.asthealth.org

ASTHS March 2025 Monthly Update

March is Diabetes Awareness Month

Native Americans (American Indians and Alaska Natives) have a greater chance of having diabetes than any other US racial group. Diabetes is the leading cause of kidney failure, a costly condition that requires dialysis or kidney transplant for survival. Kidney failure can be delayed or prevented by controlling blood pressure and blood sugar and by taking medicines that protect the kidneys. Good diabetes care includes regular kidney testing and education about kidney disease and treatment. Kidney failure from diabetes among Native Americans was the highest of any race. However, this has declined the fastest since the Indian Health Service (IHS) began using population health and team-based approaches to diabetes and kidney care, a potential model for other populations.

According to the Health and Human Services Office of Minority Health, in 2023, American Indian/Alaska Native adults were 1.5 times more likely than non-Hispanic white adults to be diagnosed with diabetes. In 2021, non-Hispanic American Indians/Alaska Natives were 1.6 times more likely than non-Hispanic whites to die from diabetes. In 2020, American Indians/Alaska Natives were more than two times as likely to be diagnosed with end stage renal disease due to diabetes than non-Hispanic whites.

Warning Signs and Symptoms

Know the warning signs and symptoms of diabetes and diabetes complications so you can take action to improve your health. The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes. There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes.

Testing should be carried out in a health care setting (such as your doctor's office or a lab). If your doctor determines that your blood glucose (blood sugar) level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test to diagnose diabetes.

Ways of diagnosing diabetes:

1. A1C

The A1C test measures your average blood glucose for the past two to three months. The advantages of being diagnosed this way are that you don't have to fast or drink anything. Diabetes is diagnosed at an A1C of greater than or equal to 6.5%

2. Fasting Plasma Glucose (FPG)

This test checks your fasting blood glucose levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast. Diabetes is diagnosed at fasting blood glucose of greater than or equal to 126 mg/dl

3. Oral Glucose Tolerance Test (OGTT)

The OGTT is a two-hour test that checks your blood glucose levels before and two hours after you drink a special sweet drink. It tells the doctor how your body processes sugar.

4. Random (also called Casual) Plasma Glucose Test

This test is a blood check at any time of the day when you have severe diabetes symptoms. Diabetes is diagnosed at blood glucose of greater than or equal to 200 mg/dl

What is Prediabetes?

Before people develop type 2 diabetes, they almost always have prediabetes—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

Symptoms

There are no clear symptoms of prediabetes, so you may have it and not know it. Some people with prediabetes may have some of the symptoms of diabetes or even problems from diabetes already. You usually find out that you have prediabetes when being tested for diabetes.

Results indicating prediabetes are:

- ◆ An A1C of 5.7–6.4%
- ◆ Fasting blood glucose of 100–125 mg/dL
- ◆ An OGTT two-hour blood glucose of 140–199 mg/dL

Prevalence of both diagnosed and undiagnosed diabetes

Among the U.S. population overall, crude estimates for 2021 were:

38.4 million people of all ages—or 11.6% of the U.S. population—had diabetes.

38.1 million adults aged 18 years or older—or 14.7% of all U.S. adults—had diabetes

8.7 million adults aged 18 years or older who met laboratory criteria for diabetes were not aware of or did not report having diabetes (undiagnosed diabetes). This number represents 3.4% of all U.S. adults (Table 1a) and 22.8% of all U.S. adults with diabetes.

The percentage of adults with diabetes increased with age, reaching 29.2% among those aged 65 years or older.

Prevalence of diagnosed diabetes

Among the U.S. population overall, crude estimates for 2021 were:

- 29.7 million people of all ages—or 8.9% of the U.S. population—had diagnosed diabetes.
- 352,000 children and adolescents younger than age 20 years—or 35 per 10,000 U.S. youths—had diagnosed diabetes. This includes 304,000 with type 1 diabetes.
- 1.7 million adults aged 20 years or older—or 5.7% of all U.S. adults with diagnosed diabetes—reported both having type 1 diabetes and using insulin.
- 3.6 million adults aged 20 years or older—or 12.3% of all U.S. adults with diagnosed diabetes—started using insulin within a year of their diagnosis.
- Among U.S. adults aged 18 years or older, age-adjusted data for 2019–2021 indicated the following:
 - For both men and women, prevalence of diagnosed diabetes was highest among American Indian and Alaska Native adults (13.6%), followed by non-Hispanic Black adults (12.1%), adults of Hispanic origin (11.7%), non-Hispanic Asian adults (9.1%) and non-Hispanic White adults (6.9%).
 - Prevalence varied significantly by education level, which is an indicator of socioeconomic status. Specifically, 13.1% of adults with less than a high school education had diagnosed diabetes versus 9.1% of those with a high school education and 6.9% of those with more than a high school education.
 - Adults with family income above 500% of the federal poverty level had the lowest prevalence for both men (6.3%) and women (3.9%).
 - For both men and women, prevalence was higher among adults living in nonmetropolitan areas compared to those in metropolitan areas.

This is just one small example of diabetes in Native Americans and the prevalence among all ethnicities. If you think you may have diabetes, or are experiencing any of the symptoms of diabetes, please make an appointment to see your primary care provider. It is especially important to seek medical care if you have a strong family history of diabetes.

If you do not have a primary care provider or have not seen your provider recently, now is the time to make an appointment. You can call the Shawnee Clinic at 405-878-5850 or the Little Axe Clinic at 405-447-0300.

References:

American Diabetes Association. 2025. *The Path to Understanding Diabetes Starts Here*. <https://diabetes.org/about-diabetes>

U. S. Department of Health & Human Services. 2024. *Diabetes and American Indians/Alaska Natives*. Retrieved from <https://minorityhealth.hhs.gov/diabetes-and-american-indiansalaska-natives>

CONSTRUCTION UPDATE

Shawnee Health Center

NEW SHAWNEE HEALTH CLINIC!

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

Groundbreaking held Feb 19, 2025

February 2025 Health Employee Awards of the Month

Employee of the Month: Nataliia Doggett, Housekeeper

Team of the Month: Radiology

Special Leadership Award: Michelle Johnson, RN Team Lead (PlusCare)

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

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

March is National Nutrition Month!

Since 1973, the Academy of Nutrition and Dietetics has had an annual campaign for a theme for nutrition and food. 2025's theme is "Food Connects Us".

You may be asking how it is that food can connect us. Some ways you can do this include:

- Sharing a meal with family or friends
- Learning about cultural food traditions
- Trying new recipes to learn about new ingredients or cooking techniques
- Understanding how nutrition impacts our health

During the month of March, make it your mission to find out how food connects you to the world around you!

SMOKE SIGNALS FROM THE TRIBAL OPIOID RESPONSE PROJECT

In 2022, 31.7% or 464,000 American Indians and/or Alaska Natives reported illicit drug use in the past year. **In 2023, this percentage increased to 36.7%.** What makes the AI/AN population at risk for substance misuse? Some of these vulnerabilities are dependent on the types of relationships we have, our neighborhoods and the overall societal structure made up of the neighborhoods/communities we live in.

To give you an idea of risk factors in relationships, neighborhoods/communities and society consider the following. As far as relationships, a risk factor could be a parent with untreated illnesses like a Substance Use Disorder (SUD) or a mental health disease. Community risk factors include neighborhoods with high rates of poverty, violence and lack of affordable housing. Societal risk factors can look like norms and laws that favor substance use, racism or discrimination or limited job/educational opportunities. Now that we have an idea of risk factors, let's discuss protective factors.

One of TOR's grant purposes is to identify protective factors in order to counter risk factors. Protective factors are essential to know. With all of us knowing and encouraging protective factors we all play a part in lessening substance misuse among our population. TOR promotes protective factors in several ways, one way is through cultural outreach. In early February, TOR organized two cultural outreach classes: Sewing Children's Moccasins and Sewing Children's Ribbon Skirts. A shout out to AST Native Connections! This program bought the supplies for the ribbon skirt class.

We're planning more classes as well as community events. Stay tuned for an announcement soon on a community celebration we're collaborating on with Ensuring Hope and the 477 program.

If we want our next generation to be stronger and healthier then we all play a part in ensuring this by the actions we take now: we are a protective factor. We can support families, we can take steps to destigmatize substance misuse by increasing our knowledge of substance misuse, we can learn resilience, we can promote our positive and healthy cultural values, we can strengthen our knowledge, and most importantly we can and should help each other.

Sa la no ki nola!

Karen Kaniatobe, TOR Grant Project Coordinator



Russ Blanchard and daughter.



Glenda Sullivan, helping Consuela 1



Teen expanding their skillset 1



Stress reliever doubles as pin cushion 1



The Sewing Children's Moccasins Instructor, Eric Blanchard, and daughter.



Getting busy sewing moccasins.



Virtual Dementia Tour

