

Cheyenne & Arapaho TRIBAL TRIBUNE

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Land-into-trust success for Cheyenne and Arapaho Tribes

(CONCHO, OK) The trust application for the Cheyenne and Arapaho Tribes' 6.812 acres of land (Rodeo Joes tract) off Hwy. I-40 just south of Geary, Okla. has been approved to be taken into trust by the Dept. of the Interior (DOI). The tribes initially purchased the land in fee on March 21, 2006 and have made multiple attempts over the past 16 years to get this tract of land placed into trust. The application was resubmitted to the Bureau of Indian Affairs (BIA) in March 2021.

"In the past, our tribe has always had difficulty getting any of our fee land placed into trust status. Today is a day to celebrate for all of those who worked on past applications in past administrations, including our former Business Committee administrations. It's a day to celebrate because the approval of our Rodeo Joes tract trust applications returns some of our land to us with full tribal authority," Cheyenne and Arapaho Gov. Reggie Wassana said.

Prior to the Wassana-Miles administration, no other administration had succeeded in getting land placed into trust.

"Today marks the second tract of land that our administration has successfully placed into trust for the tribe" Gov. Wassana said.

The tribe lost more than 90 percent of its land base in 1891 when Congress ratified the agree-



Cheyenne and Arapaho Gov. Reggie Wassana (center-sitting) sign documents placing 6.812 acres of land, commonly known as Rodeo Joes' tract into trust. The signing marks the second tract of land the tribes' have placed into trust under the Wassana/Miles administration. (Photos / Christopher Roman Nose)

ment negotiated by the Jerome Commission that ceded more than four million acres of the tribes' reservation to the United States. The tribe has always utilized its own economic activities to fund its governmental programs and services. With the approval of this trust application, the tribe can move forward with making decisions on the best use of the land, to include exploring economic development opportunities.

"We look forward to getting more of our properties placed into trust and continuing building our relationship with James Schock, Regional Director of the BIA Southern Plains Regional Office, his staff and the Concho Agency," Gov. Wassana said.



Pictured l-r sitting: Office of Tribal Attorney, Herschel Gorham, Gov. Reggie Wassana and James Schock, Southern Plains Regional Director.

Pictured l-r standing: Mary Zumwalt, Southern Plains Region realty specialist, Ray Footland, Southern Plains Regional BLS, Arapaho District 3 Legislator Travis Ruiz, Cheyenne District 2 Legislator Bruce Whiteman Jr., Cheyenne District 3 Legislator Darrell Flyingman, Cincie Upchego, BIA Concho Agency Acquisitions and Disposals, Jennifer Hill, Southern Plains Region realty supervisor and Julie Anderson, Southern Plains Region realty officer.

HUD distributes \$83M in COVID-19 relief to tribal communities



The Cheyenne and Arapaho Tribes EMS Program purchases a new ambulance with specialized equipment and supplies.

(WASHINGTON, DC) The U.S. Department of Housing and Urban Development (HUD) announce the awarding of more than \$83 million in Indian Community Block Grant-American Rescue Plan (ICDBG-ARP) grants to 74 tribal communities to prevent, prepare for, and respond to the COVID-19 pandemic. This is the third round of ICD-BG-ARP awards, underscoring the Biden-Harris Administration's commitment to delivering equitable COVID-19 relief to tribal communities.

These funds to tribes will help protect the health and safety of their communities, particularly low- and moderate-income individuals and families, by expanding access to safe housing, a suitable living environment, and economic opportunities.

"It is imperative that we continue providing tribal communities with resources needed to protect the health and safety of their communities," HUD Deputy Secretary

Supreme Court denies overturning McGirt 31 times

The Supreme Court, in a sweeping series of rulings, denied 31 Oklahoma appeals of multiple McGirt-related decisions, a landmark case that reaffirmed the Muscogee (Creek) reservation in eastern Oklahoma had never been dissolved.

The court's decisions came a weekend after it agreed to review one of the more than 30 appeals the state has lodged since the McGirt ruling was issued in 2020. The court last week agreed to hear one appeal—Oklahoma v Castro-Huerta— that the state should have authority to prosecute non-Natives who commit crimes against Native Americans in Indian Country.

The controversial Supreme Court ruling grew out of the McGirt v Oklahoma case, a July 2020 decision by the court affirming the Muscogee Nation's Reservation boundaries. Oklahoma courts have since ruled that the reservations of the Cherokee, Choctaw, Chickasaw, Seminole and Quapaw tribes were never dissolved by Congress.

The sweeping denials are a significant setback

in Oklahoma Gov. Kevin Stitt's efforts to overturn the McGirt ruling. While Stitt didn't comment on the Supreme Court's denials on Monday, his communications director Carly Atchison said the state is encouraged that the court agreed on Friday to hear a case involving a non-native accused of child abuse involving a native child. She said that "could be a huge relief for Native victims of crime."

Stitt in a statement Friday said he "encouraged that the Supreme Court has decided to address whether a state has authority to prosecute non-Indians who commit crimes against Indians in Indian Country," Stitt said in a Jan. 21 statement. "The fallout of the McGirt decision has been destructive. Criminals have used this decision to commit crimes without punishment. Victims of crime, especially Native victims, have suffered by being forced to relive their worst nightmare in a second trial or having justice elude them completely." Muscogee Nation Monday called the court's de-

isions a "clarion call" for state officials to begin collaborating for the sake of all Oklahoma citizens – Native or not.

"Today's Supreme Court action should end the State of Oklahoma's long, unfruitful campaign of litigation that has come at the cost of untold millions of taxpayer dollars and has diverted resources away from properly implementing the sovereignty ruling for the benefit of all who live and work in the Mvskoke Reservation," said the tribe's Principal Chief David Hill.

There has been a long and heated debate between Stitt and tribal leaders on the implications of the McGirt rulings on Oklahoma's criminal justice system, as well as disagreement about the nature of the law itself.

Stitt claimed on Friday that the McGirt ruling "has hamstrung law enforcement in half of the state."

But tribal police chiefs across Oklahoma told a different

By Nancy Spears

Native Connections: Suicide Prevention Program Connecting with Youth and Families

Rosemary Stephens, Editor-in-Chief

Suicide. It's a seven-letter word no one wants to talk about. Making it one of the deadliest silent killers in our communities. It lives in the dark corners of the mind and soul of those it torments.

Dylan Fox, prevention specialist for the Cheyenne and Arapaho Tribes' Native Connections program intends to shine a light on the topic of suicide, opening lines of communication, bringing awareness, and hopefully bringing hope. At 24 years of age, Fox can connect and identify with many Native youth in his role as prevention specialist.

"Native Connections is a suicide prevention program, promoting our culture as a prevention," Fox said in a recent interview.

"We reach out to younger people and their families with the ultimate goal of preventing suicide among our people and within our communities. We encourage family unity, family involvement as a main factor in preventing not only suicide, but also substance and alcohol abuse."

Native Connections Alliance is a grant funded program through the Southern Plains Tribal Health Board (SPTHB) in partnership with the Cheyenne and Arapaho Tribes of Oklahoma. According to the SPTHB website, Native Connections Alliance's efforts are to empower their tribal partner to rely on evidence-based prevention practices and their tribal community through consulting with the Native Connections ad-



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suicidepreventionlifeline.org



visory council, elders, youth and tribal leaders to help determine what is important to the tribe in terms of cultural values, community norms and traditions in preventing suicide.

For the past 10 years Oklahoma has had one of the highest rates of suicide within the United States, and with a large American Indian population, many tribes have been impacted by the suicide epidemic. According to SPTHB, data from 2015 shows American Indian/Alaska Native residents over age 10 dies of suicide at the rate of 43 per 100,000 population, compared with the national average of all races of 13.3 per 100,000.

"We focus on family aspects as a preventative matter. Getting families to unify is important," Fox said.

Through a survey distributed by the tribes' Tradition Not Addiction program, Fox said the one thing kids said they wanted was to spend more time together with their families.

"We feel like getting families together is a strong preventative measure because the kids can have an open line of communication with their families."

Fox said being with their elders and being in touch with their Native culture is very important for kids, in this day and age, with technology some kids lose some of the aspects of their culture that was previously held high among their people.

"We are trying to bring our culture back into the communities and create outlets and avenues for this type of prevention activities," he said.

Fox, who is working on his master's in public

health, said because of his age, he knows, "too well how kids can become engulfed in Social Media and all the negativity one sees being posted daily.

"I see Social Media as a double edge sword, it can be very negative, but it can also be used for greater positivity and that's what we in the program strive to use it for. We use it as a tool to bring positive resources to our families and engage with positivity with the kids and their families."

Fox said one of his main goals in 2022 was to get the word out more about Native Connections program and what it has to offer.

"I would love to see a permanent suicide prevention program established for our people and not just in our immediate area, but other communities where people can go for help," Fox said.

Native Connections offices are located in downtown El Reno, Okla., across the street from the Canadian County Health Dept. To reach Fox at any time call 405-208-3464. The Cheyenne and Arapaho Tribes' Suicide Hotline is 405-397-0522 or the U.S. National Suicide Prevention Lifeline is 1-800-273-TALK (8255).

"If anyone needs my help or anyone within our program, we are more than happy to try and help. Whether it's through a troubling time or just need to talk and need someone to listen. It's a very small thing, but I think it goes a long way and you matter. And we do care ... there is always someone who does care. Even if I don't know you personally, I would do anything within my power to assist you in any way I can."

Warning Signs:

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

The more of these signs a person shows, the greater the risk of suicide. Warning signs are associated with suicide but may not be what causes a suicide.

What to do if someone you know exhibits warning signs of suicide:

- Do not leave the person alone
- Remove any objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or the local Cheyenne and Arapaho Lifeline at 405-397-0522
- Take the person to an emergency room or seek help from a medical or mental health professional

Cheyenne and Arapaho Veterans between the age of 18 and 54

The application for the Veterans Care Assistance Act funding is NOW AVAILABLE on the Cheyenne and Arapaho Tribes Website, www.cheyenneandarapaho-nsn.gov or enter the following link to go directly to the form: <https://form.jotform.com/211324697648060>

You must be a Cheyenne and Arapaho Tribal member "Copy of CDIB"

You must be a Veteran with another than dishonorable discharge. "Copy of Discharge, DD-214 or NGB-22."

You must have a US Department of Veterans Affairs percentage rating of 10% or more. "Copy of Veterans Disability Award Letter"

You must apply on the Website to acquire disbursements of \$150 / per month.

***NOTE: If copies of the required documents are not on file, you will not be paid.**

For more information or to email documents contact George Bryan Sykes at 405-422-7789, 405-248-7520 or email gsykes@cheyenneandarapaho-nsn.gov.

TRIBAL HUD VASH

Helping Tribal Homeless Veterans



This is a program that was developed in partnership with the Department of Housing and Urban Development (HUD), the Department of Veterans Affairs, and the Cheyenne & Arapaho Tribes. "VASH" stands for "VA Supported Housing." It was designed to assist homeless Veteran families. The VA will provide case management and community support services to keep Veterans in permanent quality housing in the community.

If you are a homeless tribal veteran and you're interested in receiving housing through the HUD VASH Program, please contact Katie Poole with the VA clinic at 405.249.1534. For further questions please contact the CAHA Housing Authority at 580.551.2400 and ask for Eileen Salcido.



CHEYENNE AND ARAPAHO VETERAN BOARD MONTHLY MEETING

FEBRUARY 8, 2022

ZOOM: MTG ID: 870 2618 5321

PASSCODE: VETERAN

IN PERSON: Large Conf Room Concho Complex

VABOARD@CHEYENNEANDARAPAHO-NSN.GOV



Washita River massacre topic of OK podcast

By Kimberly Burk, C&ATT Correspondent

(OKLAHOMA CITY) The painful history of the Battle of the Washita is the topic of the latest episode of “A Very OK Podcast,” presented by the Oklahoma Historical Society.

On Nov. 27, 1868, Lt. Col. George A. Custer led the U.S. Army’s Seventh Cavalry on an early-morning attack along the Washita River near present-day Cheyenne, Okla. The battle, also referred to as a massacre, was the opening salvo in the U.S. Army’s five-month campaign to force the Cheyenne into living on reservations.

The podcast is hosted by Trait Thompson, executive director of the OHS, and features Bob Blackburn, who recently retired after a long tenure as director. Their special guest is Deena K. Fisher, who is president of the Oklahoma Historical Society and a dean/professor emeritus at Northwestern Oklahoma State University.

What happened at the Washita River “is a history that should never be forgotten,” Fisher says during the podcast. “This is sacred ground to the Cheyenne. If you are quiet and meditate, you can feel it.”

Blackburn worked with Oklahoma’s U.S. House and Senate members to transition the site in 1995 from an OHS property to a unit of the National Park Service. He praised Gordon Yellowman, director of language and cultural programs for the Cheyenne and Arapaho Tribes, for his work on the museum at the Washita Battlefield National Historic Site.

After the Civil War, increased westward migration resulted in escalating violent conflicts between the new settlers and the Plains Indian tribes who were protecting their ancestral homelands, according to Nina Hager, editor of the OHS newsletter. The 1867 Medicine Lodge Treaty failed to quell the violence, which resulted in Maj. Gen. Philip Sheridan’s new strategy of attacking the tribes in their winter camps.

Southern Cheyenne Chief Black Kettle and his wife were among those killed in the attack.

“Black Kettle is one of my heroes,” Blackburn says in the podcast. “He was a peace chief. We still have peace chiefs today.”

Fisher said the attack is considered a battle because U.S.



Cheyenne Chief Homer Heap of Birds, who witnessed the attack as a young boy, and Chief Little Hand visited the site of the massacre in about 1929. (Courtesy photo)

military personnel were killed, “but we refer to it as a massacre.”

Thompson said it is “almost unfathomable” to think that at least 650 Indian ponies were killed by the soldiers as part of the attack, which resulted in the deaths of 22 soldiers and an estimated 60 to 100 Natives. Another 53 women and children were captured and taken to Camp Supply.

Also discussed in the podcast are movies that depict that time period in Native history, including “Little Big Man,” “Dances with Wolves” and “The Searchers,” and the great work done by Oklahoma actor Wes Studi in several movies about Native Americans.

“A Very OK Podcast” can be found at Okhistory.org and on several podcast hosting sites.

Tribal Elder Floyd Blackbear marched with Martin Luther King Jr. in 1965

Editor’s Note: This story originally published in the Watonga News written by Darrell Rice. It is being reprinted (with minor edits) in honor of Floyd Blackbear, who is the only known Watonga resident to have marched with Martin Luther King Jr., in Montgomery, Ala. March 21-25, 1965.

The only one in Watonga known to have participated in the 1965 Civil Rights march in Montgomery, Ala., with the late Dr. Martin Luther King is Floyd BlackBear, full blood Cheyenne.

In these days of the so-called ‘new south,’ after much of the racial rancor has died down, it’s hard to even believe the level of hatred the Civil Rights activists had to overcome to gain basic rights.

Much bravery was required of people such as the “Freedom Riders” of the early 60s, who boarded buses to force compliance with desegregation laws for interstate facilities. They were met with hate filled, howling mobs bent on tearing them limb from limb, but they kept coming even after others were severely beaten or killed.

Blacks registering to vote could expect to lose their livelihoods for starters and were likely to be targeted by snipers or vigilante mobs. Bombings of homes and black churches were commonplace. Local and state police were no protection. They were in the forefront of those attacking the Civil Rights workers and they were armed with clubs, dogs, and fire hoses.

BlackBear, a former minister in Watonga, was among about 150 people who made a march from Selma, Ala., to the state capitol of Montgomery in March 1965 to support a voter registration drive.

At the head of the march was Dr. Martin Luther King, who was assassinated three years later in Memphis, Tenn., and who is now honored with a national holiday on his birthday, Jan. 15.

BlackBear is originally from Kingfisher, Okla. He returned there from California while recovering from alcohol problems he had developed while serving in the U.S. Army.

BlackBear had become involved with the Methodist church and its Commission on Religion and Race. He was asked by John Adams and Woodrow ‘Woody’ White to participate in the Selma voter registration campaign and the church paid his expenses there. Also attending, was R.T. Jackson, a black minister

from Kingfisher.

“I looked at going to it because I cared about people,” BlackBear said. “It was terrible to see canines chewing on people’s legs and horses stampeding over people. The things that black people were going through, our people had already gone through in the wars and massacres. I felt I was my brother’s keeper, and it was my responsibility to help my brother. Segregation was an ugly thing.”

The Methodist Commission on Religion and Race sent them plane tickets from Oklahoma City to Birmingham and then they rode the bus to Selma.

“We met in Selma at the Brown Chapel African Methodist-Episcopal Church to pray and caution everyone on what might be ahead – the Ku Klux Klan or county and state troopers standing by with canines and clubs or snipers,” BlackBear said.

The march had to be delayed a day from its scheduled start because threatening segregationists had massed on the Pettus Bridge across the Alabama River the Civil Rights marchers had to cross when starting from Selma.

March organizers obtained a court order from U.S. Atty. Gen. Robert Kennedy, who was later assassinated, who sent federal marshals and other forces to clear a crossing on the bridge. Federal marshals were also assigned to accompany the marchers to help protect them.

In addition to BlackBear, John Adams, Woody White and Rev. Jackson, the Methodist contingent included a Creek tribal member, Rev. Kenneth Deer, who came from Kansas and who, a few years later, would begin pastoring in Kingfisher.

Because the initial group was only about 150 people, they had the opportunity to meet and talk with Dr. King.

“He was really glad to see Native Americans come in and he was glad white people and Hispanics were there too. He talked about the red men, that we had survived, all the struggles and the atrocities and it was good to have our support. I felt honored to be with him. It was the first time a lot of black

people there had met an Indian.”

Though federal intervention had been obtained to cross the first bridge, which Dr. King likened to crossing the river Jordan, the marchers still had to run a gauntlet of threats and insults. Ultra-segregationist Bull Conner was at the bridge with a bullhorn and a big crowd and state troopers behind him in white helmets with batons and canines, but they were told by the federal marshals they would be arrested if they interfered, BlackBear said.

“We were just harassed,” he said. “People were hollering at us and calling us ‘n---s’ and ‘n--- lovers.’”

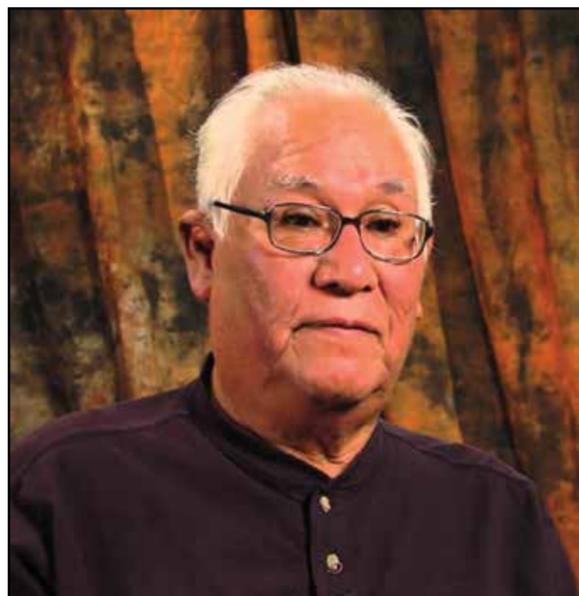
He said one of the things they were told when they met was that this would be a non-violent march, “even if we were harassed or intimidated, we were told to remain strong and peaceful.”

Another thing Dr. King told them along the way of their 44-mile march to Montgomery was, ‘Our feet are tired, but our souls are rested.’

The marchers passed through four communities along the way. “There were hecklers and Klan members back where we came from,” BlackBear said. “A lot of local black people were kind of afraid but after they saw our people come, it gave them hope and strength. And vice versa with me, they gave me hope and strength. They were small towns like Watonga and Geary. The black churches were the center of the community.”

They stayed overnight in the churches or in members’ homes during their four-day march, and they got a big dose of ‘soul food,’ which BlackBear remembered enthusiastically.

“They fed us ham hocks, grits, greens and



Cheyenne Tribal Elder, Floyd Blackbear traveled to Selma, Ala. for a five-day civil rights march from Selma to Montgomery, Ala. March 21, 1965 along side Martin Luther King Jr. This is a photo of Blackbear in October 2013. (Photo / CATV)

cornbread,” he said.

Besides Dr. King, he also met other prominent people through the march, some who accompanied them and some who joined them in Montgomery.

They included Jesse Jackson, Andrew Young, future congressman John Lewis, Joseph Lowry, Whitney Young, Harry Belafonte, Muhammad Ali, Charlton Heston, Paul Newman, James Garner, Rosa Parks, Julian bond, Cesar Chavez and Rev. Hosea Williams.

“We started with 150 people but when we got to Montgomery, that’s what blew my mind, people came from all over the country – there must have been 100,000 people. I guess it blew George Wallace’s mind too,” BlackBear said.

The Alabama governor stood on the capitol steps when the marchers arrived on March 24, 1965.

TRIBAL ELDER / pg. 9

Rosemary Stephens, Editor-in-Chief

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Cheyenne and Arapaho

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2020-2021 SOCIETY OF PROFESSIONAL JOURNALIST/OK CHAPTER MEDIA AWARD WINNER

Seizing Opportunities Paves the Way to NASA

Rosemary Stephens, Editor-in-Chief

In late 2021 Bradley Hoffmann, 30, completed his dissertation defense as a doctoral candidate in bio-medical engineering at the Gershman Graduate Center in Grand Forks, N.D.

When asked if he sees Dr. Bradley Hoffmann when looking in the mirror, his response matches his humble personality ... “Nope, I just see Bradley.”

Twelve years ago, Hoffmann was graduating high school with a dream of someday working at the National Aeronautics and Space Administration (NASA), not knowing how it would happen if it would happen or if he was “even smart enough.”

Fast forward 12 years, Hoffmann now lives in Houston, Texas, with his wife Kaspari and 2-year-old daughter Viennavie, living his dream every day working at NASA.

“I definitely struggled with having the confidence to see myself in a career that I could dream about, like yes, I wanted to work at NASA, but I didn’t know how to get there,” Hoffmann said. “And being from a smaller city in North Dakota I didn’t know I could actually work at NASA, nor anyone who had done it ... all I knew is I loved electronics.”

Looking back on the past 12 years since graduating high school Hoffmann said, “there was definitely not a direct path to NASA and it wasn’t about just getting to NASA, it was about the experiences and what I learned along the way, people I met, relationships I formed and the opportunities I never was afraid to grab hold of.”

Born and raised in Bismarck, N.D., Hoffmann graduated from Century High School in 2009. He enjoyed playing basketball and soccer, but it was also the place he said he found that he really liked tinkering with electronics.

Starting early recognizing opportunities, Hoffmann said when the opportunity to take some courses at the vocational school came up, he took full advantage, “I had three full years of electronics while in high school and that’s kind of where I found my passion for electronics. I enjoyed messing around with robot-

ics, did some projects, but the nice thing about taking those courses is when I graduated and started college, I already had some college credits which allowed me to do an accelerated associate degree.”

Hoffmann graduated North Dakota State University with his bachelor’s degree in electrical engineering in 2016. While in his undergraduate studies, he found a course he thought would be really cool, called cardiovascular engineering.

“In the course you modeled the heart in engineering terms. It was structured in discovery-based learning, and I really like hands on work.”

It was in this class Hoffmann met the person who would become his mentor, Amanda Brooks.

“If I had to give advice to someone in college it would be to find a really good mentor. I found my mentor in that cardiovascular engineering class, and that’s what led me to be interested in graduate school.”

He said through her mentorship he gained self-confidence that he could actually do graduate school, “I never thought I would be able to do engineering in general, but also to continue on that graduate path, I just didn’t think I was smart enough.”

Following a gut feeling after obtaining his bachelor’s degree in electrical engineering, Hoffmann enrolled for his master’s in mechanical engineering at the same university. He completed his master’s in 2018 and immediately continued to pursue his doctorate’s degree in bio-medical engineering.

“Like I said earlier I had always wanted to work at NASA when I was younger but didn’t know how to do it ... taking a random course on a whim that was outside of the normal in cardiovascular engineering opened up my eyes on a lot of different areas I could do as an engineer.”

Today Hoffmann is living his dream daily working at NASA. He works in a lab called Human Physiology Protection, Performance & Operations within a group called the Space Suit Ex-



Dr. Bradley Hoffmann’s NASA identification photo.



Bradley Hoffmann (right) is congratulated by his advisor Dr. Kouhrar in the Gershman Graduate Center at North Dakota University following his successful dissertation defense. Bradley presented the “Evaluation of Heart Rate Variability and Cardiovascular Regulation to In-Flight Workload and Thermal Stress.” (Submitted photo)

ploration Operations. Sound complicated?

“Basically, what we do is we look at how people are going to be interacting within a space suit. A space suit is an individualized type of space craft. They could expe-

rience temperatures that are really high like 140 degrees Fahrenheit or negative 200 degrees Fahrenheit and their suit must keep them comfortable and safe.”

NASA / pg. 9

Dedication at KU gallery space features inaugural exhibit, program



The Edgar Heap of Birds Family Gallery at the University of Kansas is named after world famous artist Edgar Heap of Birds, citizen of the Cheyenne and Arapaho Tribes.

(LAWRENCE, KS) KU Endowment and the University of Kansas Department of Visual Arts are sponsoring an inaugural exhibit, “Indigenous Space” featuring Edgar Heap of Birds and Norman Akers, associate professor of visual art at the University of Kansas (KU). The program is celebrating the naming of the Edgar Heap of Birds Family Gallery, which was made possible with a private gift through the KU Endowment.

Edgar Heap of Birds was born in Wichita, Kansas. A citizen of the Cheyenne and Arapaho Nations, he currently resides in Oklahoma City. He has a BFA from KU and completed graduate studies at the Royal College of Art in London. He holds an MFA from Tyler School of Art and Architecture at Temple University in Philadelphia as well as several honorary doctorates.

His artworks include multi-disciplinary forms of public art messages, large scale drawings, Neuf Series acrylic paintings, prints, works in glass and monu-

mental porcelain enamel on steel outdoor sculpture. His artwork is in the collections of the Museum of Modern Art, Whitney Museum of American Art and Metropolitan Museum of Art, New York. Visit cheapofbirds.com for more.

Norman Akers was born and raised in Fairfax, Okla. He is a citizen of the Osage Nation from the Grayhorse District. He received a BFA in painting from the Kansas City Art Institute and a certificate in museum studies from the Institute of American Indian Arts. He received an MFA from the University of Illinois at Urbana-Champaign.

His artworks are in several collections including the Gilcrease Museum in Tulsa, Okla., Nelson Atkins Museum of Art, Kansas City, MO, Spencer Museum of Art, Lawrence, Kansas; Minneapolis Institute of Art, Minneapolis, Minn., and the Eiteljorg Museum, Indianapolis, IN. He joined the faculty in the KU Department of Visual Art in 2009. Visit normanakers.com for more.

Yellow Eagle and Greene added to cast of ‘Contested Plains’, docu-drama set to air 2022

(WICHITA, KANSAS) The White Deer Land Museum Foundation and Fall River Productions announce cast additions for The Contested Plains, a docu-drama set in the 19th Century American West.

Donald C. Yellow Eagle and Zola Greene are portraying Cheyenne warriors Medicine Water and Mochi, the husband and wife who survived the Sand Creek Massacre and the attack at the Washita and later led raids on the high plains.

Yellow Eagle is an enrolled citizen of the Cheyenne and Arapaho Tribes and works in the tribal governor’s office in Oklahoma. He is an experienced dancer and actor and has recently been cast in 1883, the prequel to Yellowstone. Executive Producer and

Director Ken Spurgeon said Yellow Eagle brings much more than his acting prowess to the role.

“His knowledge of the Cheyenne language and culture brings depth and richness to this story,” Spurgeon said.

“I’m happy and blessed to be working on this docu-drama with Ken and everyone involved as the cast and production crew give life, and history, to this story which led up to these actual events,” Yellow Eagle commented.

“I feel extremely fortunate to be Cheyenne, he added, “to have knowledge of my Cheyenne or Tsistsistas People’s traditional ways and teachings.”

Zola Greene is a citizen of the Cheyenne River Sioux Tribe living near

Sioux Falls, S.D. She has modeled for some of the most respected artists in the nation and appeared in the film, Catch the Bullet. She travels to schools educating staff and students on her culture and heritage.

“To be able to portray the female warrior Mochi in the docu-drama, Contested Plains, is a great honor,” said Greene. “To share in the telling of such a tragic time in history has been emotional and humbling.”

Spurgeon said the roles of Medicine Water and Mochi are critical to the telling of the German Family Massacre story and these actors have brought the figures to life poignantly and boldly.

Other cast members portraying Cheyenne warriors

DOCU-DRAMA / pg. 5

CHEYENNE AND ARAPAHO TRIBAL OPIOID RESPONSE PROJECT

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Cynthia Chavez Lamar Named First Native Woman Director of the National Museum of the American Indian

(WASHINGTON, DC) Cynthia Chavez Lamar has been named director of the Smithsonian's National Museum of the American Indian, effective Feb. 14. She is the first Native woman to be named as a Smithsonian museum director.

Lamar has been at the museum most recently since 2014, and earlier in her career was a museum intern (1994) and later an associate curator (2000-2005). She is currently the museum's acting associate director for collections and operations. Lamar is an accomplished curator, author and scholar whose research interests are focused on Southwest Native art and the methodologies and practices involved in collaborating with Indigenous communities.

Lamar will oversee the museum's three facilities: the National Museum of the American Indian on the National Mall in Washington, D.C., the museum's George Gustav Heye Center in Lower Manhattan and the Cultural Resources Center in Suitland, Maryland. The Cultural Resources Center houses the museum's collections and its curatorial and repatriation offices; laboratories and work rooms for conservation, collections management, registration, photography, film and video; a computer and information-resource center; a library; and indoor and outdoor care practices and use of the collections.

"Dr. Chavez Lamar is at the forefront of a growing wave of Native American career museum professionals," said Lonnie Bunch, Secretary of the Smithsonian. "They have played an important role in changing how museums think about their obligations to Native communities and to all communities. We look forward to Cynthia's leadership as the NMAI enters a new phase of service to the Native Peoples of the Western Hemisphere."

Since January 2021, Lamar has served as acting associate director for collections and operations at the museum. She is responsible for overseeing its collections, facilities, safety and infor-

mation technology departments. She leads efforts to ensure effective management of and care for the museum's collection, which is composed of more than 1 million objects and photographs and more than 500,000 digitized images, films and other media documenting Native communities, events and organizations.

"I am excited to begin my tenure as the director of the National Museum of the American Indian," Chavez Lamar said. "I am looking forward to leading and working with the museum's experienced and dedicated staff. Together, we will leverage the museum's reputation to support shared initiatives with partners in the U.S. and around the world to amplify Indigenous knowledge and perspectives all in the interest of further informing the American public and international audiences of the beauty, tenacity and richness of Indigenous cultures, arts and histories."

From 2014 through 2020, Lamar served as assistant director for collections at the museum. In this role, she guided the overall stewardship of the museum's collection, which is one of the largest and most extensive collections of Native and Indigenous items in the world. Lamar led museum efforts to improve collection access and availability by advocating for and encouraging an increase in the number of collections online. She supported the development of a collection-information system module to record access, care and handling instructions provided by tribal, nation and community representatives. Lamar also established and prioritized partnerships and collaboration with Native nations and tribes and developed a loan program for tribal museum and cultural centers that provides training and technical assistance to enhance collections stewardship and reconnects descendant communities with the museum's collections.

Lamar was the director of the Indian Arts Research Center at the School for Advanced Research in San-



Cynthia Chavez Lamar

ta Fe, New Mexico, from 2007 to 2014. While there, she raised the visibility of the 12,000-object collection and developed institutional projects and programming to highlight it. She also led and supported the development of Guidelines for Collaboration to assist Native communities in accessing museum collections and museums working collaboratively with them.

From 2006 to 2007, she was the director of the Indian Pueblo Cultural Center in Albuquerque, New Mexico.

From 2000 to 2005, Lamar was an associate curator at the National Museum of the American Indian and the lead curator for "Our Lives," one of the inaugural exhibitions in the Washington, D.C., museum when it opened in 2004. She collaborated with eight Native communities on the exhibition.

Lamar was a presidential appointee to the Institute of American Indian and Alaska Native Culture and Arts Development in 2011. She was a governor's appointee as a commissioner to the New Mexico Arts Commission from 2009 to 2012. She currently sits on the advisory group for Indigenous North America at the Princeton

University Art Museum, and she is a member of the advisory board at the Colorado Springs Fine Arts Center at Colorado College.

Lamar is an enrolled member at San Felipe Pueblo, and her ancestry also includes Hopi, Tewa and Navajo on the maternal side of her family. She earned a bachelor's degree from Colorado College in studio art, a master's degree in American Indian studies from UCLA and a doctorate in American studies from the University of New Mexico. She also received an honorary doctorate from Colorado College for her contributions to the museum field.

Lamar is the third director of the National Museum of the American Indian. She succeeds Kevin Gover (Pawnee), who served as director from December 2007 until January 2021. He is now the Smithsonian's Under Secretary for Museums and Culture. The founding director was W. Richard West Jr. (Southern Cheyenne), who led the museum from 1990 to 2007. Machel Monenerkit has served as acting director of the National Museum of the American Indian since Gover left in January 2021.

DOCU-DRAMA

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include, Phillip Caldwell, Ralph Birdshead, Nate Denny, Alfredo Aranda, Good Warrior Deer, Wanbli Greene, Cassandra Gonzales, and Kyle Birdshead.

The film also features Gordon Yellowman as a commentator.

Filming will continue in Gray County, Texas, in the spring, said Spurgeon, with anticipated release later in 2022.

A docu-drama based on historic events in the 19th Century American West is filming in Kansas and Texas. Filming has already occurred in Wichita, Kansas and Logan County, Kansas. The project known as *The Contested Plains* is produced by The White Deer Land Museum Foundation, Pampa, Texas, and Fall River Productions, Wichita, Kansas. The anticipated release date is Summer, 2022.

The *Contested Plains* recounts the story of John and Lydia German who left Georgia with their seven

children in 1870 headed for a better home in the West. The family collided with a Cheyenne raiding party, warriors who were survivors of the Sand Creek Massacre and the attack at the Washita, with tragic results. The search for the four surviving captive girls grabbed headlines throughout the nation and made household names of Native leaders and military officers.

Written by Ken Spurgeon and Deb Goodrich, and directed by Ken Spurgeon. The film stars Buck Taylor, Darby Hinton, Mary McDonough, and R. W. Hampton.

Featured historians include former Texas State Historian Bill O'Neal; Michael Grauer; McCasland Chair of Cowboy Culture, National Cowboy and Western Heritage Museum, and Gordon Yellowman, Director, Language, and Culture Program Cheyenne and Arapaho Tribes.

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HUD

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Adrienne Todman said. "With the funding HUD is awarding today, we remain diligent in continuing our mission to ensure that every person has the security of a healthy home and community. HUD will continue to strengthen partnerships with tribal communities to ensure that all communities receive equitable relief."

The announcement follows HUD's previous awards of \$74 million in ICDBG-ARP grants to 68 tribal communities in November 2021, and \$52 million in ICDBG-ARP grants to 49 tribal communities in December 2021. The American Rescue Plan included a total of \$280 million for the Indian Community Development Block



Grant program. HUD will announce additional ICDBG-ARP awards on a rolling basis.

The Cheyenne and Arapaho Tribes Emergency Management Services (EMS) received \$1,035,000, using their funds to purchase a new ambulance with specialized equipment and supplies to serve their tribal citizens.

ON FRIDAY, FEBRUARY 4, 2022

WE WEAR RED

Go Red for Native Women

Let's prevent the #1 killer of women...Heart Disease!

Cheyenne and Arapaho Tribes Health Education Program would like to raise awareness about Heart Disease in our Native communities.

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A Miracle and a Wish Come True for 7-year-old James Blackowl

Rosemary Stephens, Editor-in-Chief

As a young mother, Hannah Prairie Chief knows she would trade her life to save any one of her children. Without hesitation. And when she first heard the words, "your son has cancer," that's exactly what she wished she could do, trade places with her son, James Blackowl, who at the time of his cancer diagnosis was just 5 years old.

In 2018 James was a typical 4-year-old boy, playful, funny, and loving. He was attending head start when Prairie Chief first noticed his lymph nodes on the left side of his neck were abnormally large. Not believing anything was serious, she took him to the doctor.

"It's somewhat normal for the lymph nodes to swell when they are sick, especially kids because they are constantly fighting off small viruses or sore throats. They looked at him and said give it six weeks and then come back if they haven't gone away and they would do some blood work," Prairie Chief said.

They leave and she waits the six weeks all the while the lymph nodes had continued to grow bigger during this time. She returns to the doctor, they test, and come back with, "your son has mono."

"Mononucleosis, which is a virus that literally affects the lymph nodes. So they push it off on that diagnosis and tell me it could take up to six months for his lymph nodes to go back to normal."

Prairie Chief is hesitant but leaves and begins to research all she could find on mononucleosis by reading on WebMD, which coincided with what the doctor told her about taking six months for them to go away. But all Prairie Chief could see was the lymph nodes on her son's neck continue to get bigger and had now spread to the right side of his throat.

"They were not staying the same or getting smaller, they just kept getting bigger and bigger. When he was at head start in May he gave me a Mother's Day card and it

had a picture of him and both of his lymph nodes on both the left and right side were just huge and poking out, and I thought to myself I just can't do this anymore, I'm going back to that doctor and I'm not taking no for any answer," Prairie Chief said as she fought back tears remembering that day.

She wanted answers and she wanted answers immediately about what was going on with her son. She took him back and demanded a biopsy, a second opinion, an ultra-sound, something that would yield some answers.

"One of the nurse practitioners took one look at him and said, 'yes, we can. We can do that immediately.'" As a flood of relief washed over Prairie Chief the appointment was set for the next day.

An ultrasound was performed on James' neck and came back with a 3-centimeter mass on his right side and a 2-centimeter mass on his left side, with clusters all inflamed around the two big masses on both sides of his neck. An emergency biopsy was scheduled and performed ... and she heard words no parent ever wants to hear, "your son has lymphoma." But they didn't know if it was Hodgkin or non-Hodgkin until they conducted further testing.

"That was in June 2018. Non-Hodgkin lymphoma is more serious type of cancer and is long term and very hard to fight, while regular Hodgkin lymphoma has a higher rate of fighting and beating it and not having it come back again. I was just sitting on the edge waiting to hear ... James' was diagnosed with the regular Hodgkin lymphoma," Prairie Chief said.

She said after she heard he had cancer, she knew there was nothing she could do to change it, but now it was looking at the type of cancer he had and if they could fight and beat it.

James was in late stage 2 when he was finally diagnosed almost a year and a half after first noticing his lymph nodes were swollen. The cancer was progressing into his groin area, which would have been stage 3.

"His doctor, Dr. Bable, who was great, said to me, 'it's a good thing you used your gut instinct and persisted on have it addressed.' He told me Hodgkin lymphoma is a slow growing cancer, so we were blessed with that part," Prairie Chief said.

James began six months of chemotherapy, going every day for a week, recuperating for two weeks, and doing labs on the fourth week, every month for six months.

"After six months it was gone. It was so hard to watch him, we would go for chemo, and they would have like 50 pods and some days they would all be full of children getting chemo. And it wasn't age discriminate, there were infants all the way up to older teenagers, 16-17 years old," Prairie Chief said.

During James' treatment, the social worker who worked for the hospital turned his name into the



James Blackowl, 7, with his father JD Blackowl standing in front of Animal Kingdom.

Make a Wish Foundation, and he was approved to be one of their recipients of a dream come true. James' wish was to visit Disney World in Orlando, Fla., and in March 2020 as the family prepared to travel to Florida, the world suddenly came to a halt as COVID-19 spread across the country.

"His trip got postponed and as time kept passing, the Make a Wish Foundation didn't know how long he could be on hold and finally asked him to "reimagine" his wish. So I asked him and he refused," Prairie Chief laughed as she said, "He told me I've waited this long I can wait a little longer."

His wait was finally over a couple of weeks ago when James and his entire family were able to travel to Disney World in Florida to fulfill his dream come true.

"It was the greatest trip ever. His most favorite thing at Disney World was at Universal Studios, Harry Potter. They had the exact replica of the Diagon Alley, it was so cool. His whole family was able to be there for James at the parks and he had the best time ever," Prairie Chief said.

Prairie Chief reflects on this journey and knows she has forever been changed because of it.

"I had a dream of my father one time, who told me in the dream that God was going to test me. Still to this day don't know if that was my test or not, but it was before it all happened. I know I am definitely more spiritual; I believe more, and I pray a lot. And I want to thank everyone who has ever supported James in any type of way throughout his battle and his life, through his struggle. My sincerest gratitude, so many countless people I can't ever repay, there are so many, but one way is to let them know he is doing good. He is strong, he is a great basketball player, and he is healthy," Prairie Chief said.

James will be 8 years old Feb. 27, his hair has grown down to his shoulders, he's



James Blackowl finally had his wish come true from the Make a Wish Foundation in January when he traveled to Disney World in Orlando, Fla. Pictured is James Blackowl, 7, his mother Hannah Prairie Chief, and his little sister Arya Eaglenest, 2, at the Star Wars park of Hollywood Studios. (Submitted photo)

active in football, basketball, and makes good grades, even after having to miss a year of school because of the cancer.

His strength has always left his mother in awe as she looks at him, she only has these words for any mother who has to go down the same path she did as a mother of a child diagnosed with cancer, "Their child will give them strength. I know during James' whole treatment he was the stronger one, but me seeing him being strong, it just picked my shoulders up. Be strong and never give up."

According to the American Cancer Society, an estimated 8,540 new cases of Hodgkin's Lymphoma will be diagnosed in the United States in 2022, with an estimated 920 deaths. Survival rates have improved in the past few decades, largely due to advances in treatment. The five-year relative survival rate for all patients diagnosed with Hodgkin lymphoma is now 87%.



James Blackowl with his little sister, two-year old Arya Eaglenest.

OBITUARIES

OBITUARIES

Calvin Jeffrey Bearbow

Calvin Jeffrey Bearbow was born Aug. 24, 1962, to Calvin Bearbow and Cordelia Morton Bearbow in Clinton, Okla., and passed away Jan. 23, 2022, in the Clinton Alliance Health in Clinton, Okla.

Calvin was raised and attended school in Clinton and Arapaho. He later transferred to Chilocco Indian School in New Kirk, Okla. where he graduated. He has spent most of his adult life in the Arapaho area. He did construction and labor type work. He was a member of the Cheyenne and Arapaho Tribes of

Oklahoma. He loved playing the guitar and the piano and listening to blues music. He loved riding Harley Davidson motorcycles. He is preceded in death by his parents and two brothers, Steven Bearbow and Ronnie Bearbow. He is survived by his son Wendell Tongkeamah and wife JoAnn of Oklahoma City, two sisters, LuAnn Monroe Bearbow of Louisiana, and Sandra Bearbow Clifford of Oklahoma City.

An all night traditional wake service was held Jan. 27 at the Geary Emergency



Response Center in Geary, Okla. Funeral service was held Jan. 28 at the Swapping Back Church, with Pastor Mona Bearshield officiating, followed by an interment at the Morton Family Cemetery.

Gregory Louis Cometsevah

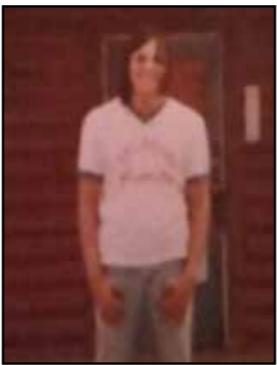
Gregory Louis Cometsevah was born June 9, 1955, to Marie Cometsevah in Clinton, Okla. and passed away Jan. 19, 2022, in Clinton, Okla.

Louis or "Uncle Louis" as he was known by friends was raised in Clinton. He attended Clinton schools and graduated in 1973. He was an outstanding basketball player and while attending Haskell College he played baseball as well. He has been a resident of Clinton most of his life. He was very traditional in the Cheyenne and Arapaho culture and attended

many of their activities. He enjoyed playing tennis, softball and basketball. He was preceded in death by his mother and a daughter Alesia Cometsevah. He is survived by three daughters, Leah Breuer of Hanford, Calif., JoAnn Cometsevah, and Allison Cometsevah both of Clinton, and a son Jeremiah Cometsevah of Yukon, Okla.

He is also survived by 14 grandchildren and a host of other relatives and friends.

A traditional all night wake service was held Jan. 26 at the Clinton Emergency Response Center in Clinton,



Okla. Funeral service was held Jan. 27 at the same venue, officiated by Pastor Delfred Whitecrow, followed by an interment at the Hammon Indian Mennonite Cemetery in Hammon, Okla.

Cheri Lynn Fletcher

Beloved Cheri Lynn Fletcher was born March 19, 1963, to Helene (McElhane) Fletcher in Clinton, Okla. and passed away Jan. 23, 2022, in the Weatherford Regional Hospital in Weatherford, Okla.

Cheri grew up and attended school in Oklahoma City, and then moved to Arapaho in 1980 where she graduated from Arapaho High School in 1981. She attended Oklahoma Baptist University and Southwestern Oklahoma State University in Weatherford, Okla., where she graduated with her teaching degree in 1986. She was employed with Clinton Public School where she taught for 35 years, 19 years at Washington Elementary School. While at

Washington she spent her time sharing her love of math with her students. She loved teaching and made a great impact on all her students, past and present. She was a member of the Clinton Indian Baptist Church and an avid believer in Christ. In her spare time, she enjoyed watching Atlanta Braves Baseball, going on road trips, and spending time with her family. She is preceded in death by her parents, Helene and Joe Fletcher, and her sister Julie Cox. She is survived by two sisters, Mary Fletcher and Carolyn Fletcher, two nieces, Rachel Cox and Marleta Fletcher, one nephew Kendrick Fletcher and three



grandchildren, Jacob Cox, Lily Guevara and Damon Cox.

Wake service was held Jan. 27 at the Clinton Emergency Response Center in Clinton, Okla.

Funeral service was held Jan. 28, at the same venue, officiated by Pastor Gerald Panana, followed by an interment at the Clinton City Cemetery in Clinton, Okla.

William David 'Willis' Flyingout

William David 'Willis' Flyingout was born Jan. 8, 1965, in Clinton, Okla., to Forrest and Claudine (Yelloweyes-Fletcher) Flyingout and passed away Jan. 20, 2022, at Alliance Health Clinton Regional Hospital.

Willis was raised and attended school north of Weatherford, graduating from Weatherford High School in 1985. On Jan. 21, 2009, he married Kay Weaselbear in Arapaho, making their home in Clinton. He attended Southwestern Oklahoma State University for two years, Western Technology in Burns Flat and later Southwestern Indian Polytechnic Institute in Albuquerque, N.M.

Willis enjoyed gourd dancing, sweat lodge, church, casino, spending time with his grandchildren and helping out at the George Hawkins Treatment Center.

Willis is survived by his father, Forrest Flyingout of Weatherford, his wife Kay Weaselbear-Flyingout of their home in Clinton, his daughter Cheyenne Flyingout of Oklahoma City, his son William Tyler Flyingout of Oklahoma City; two brothers, John Allen Flyingout and Jasper Flyingout both of Weatherford; one sister, Goldie Flyingout of Weatherford; and two grandchildren.

He was preceded in death by his mother; two brothers,



Forrest, Jr. and Alex; and two sisters, Denise Sue and Nancy Ann.

Funeral service was held Jan. 28 at the Lockstone Funeral Chapel in Weatherford, Okla., officiated by Kay Weaselbear-Flyingout, followed by an interment at the Chief Black Shortnose Cemetery.

Dawn Daylight Nephi

Dawn Daylight Nephi, 41, was born Dec. 28, 1980. He passed away Jan. 9, 2022.

An all night wake service was held Jan. 14 at the family resident in Ft. Washakie, Wyo. Funeral service was held Jan. 15, at the same location, followed by an interment at the Sacajawea Cemetery in Ft. Washakie, Wyo.



Lester Levi Four Horns Jr.

Lester Levi Four Horns, Jr was born at Clinton Regional Hospital at Clinton, Okla. to Karen Williams Four Horns and Lester Levi Four Horns Sr. on May 1, 1979. Levi departed this life on Jan. 11, 2022 in Billings, Mont. He was given his Lakota Sioux Indian name Najin Yumpi, which means "Stand by Him" by his grandmother Alice Four Horns.

Levi was raised and grew up south of Canton, Okla. He attended Canton Schools and later graduated from Thunderbird Academy in Pryor, Okla. in 1997. Levi enjoyed traveling and lived in South Dakota, California, Dallas, Texas, North Carolina, and Arizona and lived in Billings, Mont. at the time of his death. No matter where he traveled, he always managed to return back home to his mother and family.

Levi always enjoyed being around his family, children and grandchildren. Levi enjoyed drawing and writing and singing rap songs. He played in basketball tournaments in Dallas, Texas where he lived with his aunt, Koreen and family. Levi was employed at Exiss Trailers, Lucky Star Casino, Mountain Country Foods and Goodwill Store.

He married Mary Botone in 2000 and they had four sons and three daugh-

ters Keenan, Kionna, Kris, Kiyah, Lastarza, Livia and Baby William Four Horns. Five grandsons Kian, Keagan, Kalen, Kaedryn and Kamdyn.

Levi is preceded in death by his wife Mary, and his cousin Amy Gould, his maternal grandparents Ida & Kenneth Williams of Canton, his paternal grandparents Felix & Alice Four Horns from St. Francis, S.D., his father Lester Levi Four Horns Sr. and grandson Kaedryn; his uncles Ted, Tim, William Williams, Joe, George and Lew Four Horns and aunts Ida Mae Little Coyote, Verna Lou Williams, Faye and Sueda Four Horns.

He is survived by his mother Karen; sister Nicole Four Horns; and his brother Tyrone Little Coyote of the home; his sons Keenan and Sunni of El Reno, Okla., Kris and Faith of Oklahoma City, Lastarza Four Horns and William Four Horns of the home; daughters Kiyah and Livia of El Reno, and Kionna and Ty Shields of Shawnee, Okla., his aunts Koreen Gaines and his favorite aunt Kathy Williams of Canton, Gail Williams, and Anna Williams of El Reno, his uncles Richard Williams, and Kenny Ray Williams of Canton, Seger Williams of El Reno, and all of his cousins, Amanda and Kenneth Perry



Gould and Celena Williams and Neock Reyes, Monty, Markus, David, Melissa, Sheena, Silvia Gaines and Michelle BullComing and Basil, Gabriel, and Cheryl Pollock and Seger Jr, Bocephus, Two Bears, Shyreece Williams of Cherokee North Carolina, and Sariah Logan of Mission, South Dakota and Desirae Logan of Saint. Francis, South Dakota and James Logan and Contessa BigCrow of Fairfield, Connecticut, Lynia BigCrow of Rosebud, South Dakota and all his nieces and nephews whom he was proud of.

A traditional all night wake service was held Jan. 16 at the Williams' residence south of Canton. Funeral service was held Jan. 17 at the Canton School's Multi-Purpose building, with Pastor Gerald Panana and Pastor Delfred Whitecrow officiating, followed by an interment at the Canton Cemetery in Canton, Okla.

Wendell Dean Johnson

Wendell Dean Johnson (Cheyenne Name, "Eagle Feather", Nissivigisso) was born Oct. 23, 1963, to Theodore Clyde Johnson Sr. and Nellie (Whiteskunk) Johnson in Clinton, Okla., and passed away Jan. 13, 2022, in the Oklahoma University Medical Center in Oklahoma City. "Dino" was raised in Hammon and graduated from Hammon ISP School in 1980. He was proud of his Indian heritage and was half Cheyenne and half Sioux Indian and was a member of the Sisseton Wahpeton Sioux Tribe. He was very traditional and attended powwows and other

Native American activities. He was a beader and made his living doing bead work. He was never married but was very devoted to his family members; he helped raise his niece and nephews and was a father figure to Christopher Beach and Robert Dean Beach. He was preceded in death by his parents, two sisters, Leah Gail Johnson, Glenda Marie Johnson and three brothers, Theodore Clyde Johnson Jr., Daryl Keith Johnson and Christopher Johnson: niece Lisa Marie Cometsevah. He is survived by sister Eva Lou Beach and sons, Chris-



topher Charles Beach and Robert Dean Beach, and daughter Allison Cometsevah.

Funeral service was held Jan. 18 at the Community Fellowship Church, officiated by Rev. Mona Bearshield and Rev. Dolan Ivey.

Asa Pierce LittleBird

Asa Pierce LittleBird was born in Oklahoma City on Oct. 16, 1993. He passed away surrounded by family on Jan. 13, 2022 in Weatherford, Okla.

Asa was a descendant of the LittleBird, LongWarrior, BuffaloMeat and Birdsheads families. He was Arapaho, Cheyenne, Kickapoo, Potawatomi and Rosebud Sioux and grew up in Geary, Okla., where he graduated from Geary High School in 2013.

As a child Asa spent numerous hours in the sweats with his dad and uncle Henry LittleBird learning songs; he entered the Sundance lodge and began singing for his people at the age of 7. Asa spent his childhood and youth with his grandmothers Myrcine BuffaloMeat, Rena YoungBear, Edna Sutton, Marguerite Sue Spottedcorn and Arapaho Chief Woman Tommie Rose Cravatt and his grandfathers Joe Birdshead, George Sutton, Fred Mosqueda and Chester Whiteman learning, as much as, he could.

The tribes' songs and ceremonial teachings were his passion from a young age into adulthood. After graduating Asa moved to Canton, Okla., where he continued to be an avid member within the Cheyenne and Arapaho community and was often called up to sing and share his knowledge. Asa prayed, sung and cried with many of the tribes members throughout his lifetime; his gift of song and love for his people will be missed by many.

Asa is preceded in death by his paternal grandfathers Robert Neeley LittleBird of Oklahoma City, and Homer George LongWarrior of Rosebud, S.D., and paternal grandmothers Tommie Rose Cravatte of Southard, Okla., and Myrcine BuffaloMeat of Geary, Okla.

He is survived by his parents Robert LittleBird Jr. of Southard, and Holly LongWarrior and Lonnie Mathews of Colony, Okla. His children, son Hayden LittleBird and daughter Nikaya Sullivan and siblings, Rosemary LittleBird, Macy LittleBird,



Leslie Heredia, Jami Allen, Clifford LittleBird, Santee LittleBird, Silas LittleBird, Stephen LittleBird, Robert LittleBird III, Jeremy LittleBird, Jaxon Mathews, and Timothy Barnes. Asa is also survived by many "adopted" brothers and sisters; cousins he called his brothers and sisters, his nephew Hugh Vincent LongWarrior and the families beloved dog Carter, who Asa called his nephew.

Wake service was held Jan. 18 at the Geary Emergency Response Center in Geary, Okla. Funeral service was held Jan. 19 at the Geary High School Field House, followed by an interment at the Geary Cemetery in Geary, Okla.



OBITUARIES

OBITUARIES

James Wayne Pedro Sr.

James Wayne Pedro Sr. was born Nov. 17, 1938, in Clinton, Okla. He passed away Jan. 19, 2022 James at Oak Hill Care Center in Jones, Okla.

A former resident of El Reno, he was a grant writer for the Cheyenne and Arapaho Tribes. His involvement in tribal ceremonies was an important part of his life and he was active in tribal politics including serving as tribal chairman.

His father, William "Willie" Pedro Sr., mother Emma (Whitehat) Pedro, brothers, Antwine Sutton, William Pedro Jr., Joseph Pedro, and

Melvin Whitehat, and sisters, Anna Joyce Pedro and Jacqueline Pedro, preceded him in death.

James is survived by son James Wayne Pedro Jr. of El Reno, daughter Robin Noyes of El Reno, brother, Miller Redcherries of Oklahoma City, numerous grandchildren including, Josie James Pedro, Nicole Noyes, Maleka Noyes, Rhianna Noyes, and Zaiden Ray Pedro; numerous great-grandchildren including Skye and Mason Parker and Tehya, Tobias, and Titus Coffey, and many other relatives.

Wake service was held



Jan. 23 at the Concho Emergency Response Center in Concho, Okla. Funeral service was held Jan. 24, at the same venue, officiated by Rev. Waylon Upchego, followed by an interment at the Concho Indian Cemetery in Concho, Okla.

Beulah Yellow Eagle Penn

Beulah Yellow Eagle Penn was born Sept. 20, 1935, to John Leonard Yellow Eagle and Lena Abby (Big Bear) Yellow Eagle in Clinton, Okla. She passed away Jan. 14, 2022, in her Clinton home. Beulah was raised in Weatherford, Okla. where she attended school. She has been a resident of Clinton for the past 50 years. She was married to Lyman Penn July 15, 1995, in Clinton, Okla. She worked as a nurse's aide in several of the local nursing homes, also stay at home grandma for many years. She attended schools in Concho, and loved shopping, going to powwows, going out to eat, and

spending time with family. She is preceded in death by her husband Lyman Penn and son Robert Yellow Eagle, three brothers, Andrew, Rufus, Dee and four sisters, Ida, Rose, Flora and Minnie, and granddaughter Emily Gray. She is survived by four daughters, Carmen Yellow Eagle-Gray of Oklahoma City, Betsy Yellow Eagle-Noah of Broken Bow, Okla., Sue Hulett and husband, John of Clinton, Teresa and Kim Wall of Choctaw, Okla., and son Leroy Chouteau of Granite, Okla., and Michael Yellow Eagle of Clinton, brother John Leonard Yellow Eagle Jr. of Clinton, and Ben Eagle of New York, 21 grandchildren, and



34 great grandchildren.

A traditional all night wake service was held Jan. 18 at the Clinton Emergency Response Center in Clinton, Okla. Funeral service was held Jan. 19 at the Cornerstone Church, officiated by Rev. Alan Washington and Rev. Jay Mule, followed by an interment at the Greenwood Cemetery.

Shelley Lyn (Bonner) Stout

Shelley Lyn (Bonner) Stout was born in Perryton, Texas on June 28, 1970. She is the daughter of Kenneth and Mervina (Littlehawk) Bonner. She passed from this life on Jan. 13, 2022, at the age of 51 years, 6 months and 16 days.

Shelley was raised in Seiling, Gage, and Woodward areas, graduating from Woodward High School. She married Steve Stout in June of 2003, and the couple made their home in Gage, Okla. until Steve's passing in 2008. She then met John Willison, her companion for the last several years. Shelley was something of a renaissance woman, a professional shopper, pool player, prayer

warrior, and dog mama. She was a collector of turtles and all things Snoopy. She loved meeting new people and would often spend time with her friends and family. Shelley enjoyed reading her Bible and going to church with her family on Sunday mornings. Sunday evenings, however, were reserved for watching "Yellowstone" on television. Shelley had two dogs, Snoopy and Blacky. While she had no children of her own, she was vital in helping to raise her nieces and nephews.

Shelley was preceded in death by her grandparents Daniel and Leah Littlehawk, parents Kenneth and Mervina Bonner, her husband



Steve Stout, and her companion John Willison.

She is survived by her three siblings, Minoma Littlehawk-Sills and her husband Irvin of Seiling, Okla., Leah J. Littlehawk of Weatherford, Okla., and David Rector of Tonkawa, Okla., as well as numerous nieces and nephews, their children, other relatives, and friends.

Shelley Lyn (Bonner) Stout

Sandra (Harrison) Thunderbull (Necenoohobe zen bii'xoozezen) was born Sept. 8, 1965, to Alton Lewis Harrison Sr. and Roberta Curtis Harrison in Clinton, Okla. She passed away Jan. 17, 2022, in her Clinton home.

Sandra was raised and attended school in Geary, Okla. and Clinton. She also attended school at the Institute of the Southern Plains in Hammon, Okla.

One of her early memories of school in first grade, was Sandra refused to say the Pledge of Allegiance. Nothing could make her say it. She was one of kind person and loved by many.

Sandra met the love of her life, Christopher Thunderbull and they married on July 22, 1999, at the tribes' Baptist Church in Geary, Okla. Sandra and Christopher made their home in Clinton and she was employed at the Lucky Star Casino. She was a member of the Tribal First Baptist Church and the Native American

Church, Sandra was an avid Oklahoma University fan, loved to dance and listen to all music, read books; and she was never seen without an Enquirer. She loved going to thrift stores, garage sales, and yard sales.

Sandra was preceded in death by her parents, Alton Lewis Harrison Sr. and Roberta Curtis Harrison, grandparents, Fred and Inez (Miller) Harrison, Amiel and Margaret Riggs Curtis.

She is survived by daughter Roberta Goomki, son, William "Butchie" Harris, both of Clinton, brother and sister, Alton Harrison Jr. of Clinton, sister Lois Turtle and husband, Pinky of Lawton, Okla., LaQuita Lonebear and husband, Kelly of El Reno, Okla., Tina Killis-Schortzer of Apache, Okla., and Shirley Harrison of Clinton. She is survived by Collins Rae Goomski who was the highlight of her life. Sandra will be greatly missed by her family, cousins, nieces and nephews and her special friend, Jason Turner who



she loved like a brother. He transported her to all her medical surgeries and hospital appointments. She will also be missed by her brother-in-law, Kelly Loneman whom she terrorized nonstop. She put a smile on everyone's face, please pass it on her legacy of being one of a kind with a smile on her face.

Wake service was held Jan. 23 at the Clinton Emergency Response Center in Clinton, Okla. Funeral service was held Jan. 24, at the same venue, officiated by Pastor Waylon Upchego and Pastor Sophia Big Goose, followed by an interment at the Colony Indian Cemetery in Colony, Okla.

Leslie Anne 'Tez' (Miles) Tso

Leslie Anne "Tez" (Miles) Tso, 75 of Aberdeen, S.D., passed away surrounded by family on Jan. 6, 2022, at Avera St. Luke's Hospital in Aberdeen. Tez was born in Flandreau on Dec. 8, 1946, to Leroy and Elaine (Traversie) Miles.

She was a member of the Cheyenne and Arapaho Tribes of Oklahoma, and also a lineal descendant of the Cheyenne River Sioux Tribe. She attended the Flandreau Public School system graduating in 1965. Tez excelled at playing the bass clarinet and was a two-time All-State Band musician.

In 1968, she graduated from Haskell Indian Junior College, in Lawrence, Kansas with an associate's degree in business. She married Eugene Tso in Gallup, N.M. in 1968. Their son, Eugene Fred Tso, was born on March 28, 1969. They made their home in Gamerco, N.M. The family moved to Minneapolis, Minn. in 1970 where Tez began her federal career with the Bureau of Indian Affairs (BIA) as a registration clerk at the Minneapolis Area Office.

On Feb. 28, 1972 a daughter, Anne-Marie Elaine Tso was born. Tez and children later moved to Bemidji, Minn. for a job promotion. In 1978, they relocated to Aberdeen, S.D. where she worked as a budget analyst at the BIA, Aberdeen Area Office. In 1991, through hard work and dedication, she be-

came the BIA, Great Plains Regional Budget Officer. Tez thoroughly enjoyed working with the tribes and BIA staff and received national recognition on several occasions for her outstanding work. She often said, "We are here to serve the Tribes". Upon her retirement in 2004, U.S. Senator Tom Daschle recognized her with a 'Leslie Anne Tso' day.

Tez was a member of Sacred Heart Catholic Church in Aberdeen and her immense faith guided her though every aspect of her life. She was thoughtful, compassionate, and loved a good laugh. She always looked forward to spending time with her family in Flandreau while on holiday.

Tez's greatest accomplishment in life were her two children. With the challenges of being a single mother, Tez sacrificed to ensure her children's needs were always met, often times above her own.

Tez loved a good rummage sale and rarely passed one by. She had a keen interest in all things British, especially the Royal Family (she often thought she was Royal). She loved watching the Minnesota Vikings and English Premier League Soccer with her son. Her other varied interests included music (old country, 50's and 60's), watching Jeopardy, Judge Judy, and Turner Classic Movies. From an early age, she had a love of



reading, which resulted in an extensive book collection. She was known for her delicious chex mix during the Christmas season. She made her "Tez Mix" for her family, friends, co-workers, neighbors, and delivery men.

Tez is survived by her daughter Anne-Marie Tso of Aberdeen; siblings, Denise (Miles) Goodface of Aberdeen, Roxee Johnson of Flandreau, Renee Jones of Flandreau, Fred Jones of Bozeman, Mont.; Kim (Steve) Patterson of Flandreau, and numerous nieces, nephews, cousins and friends.

She was preceded in death by her son Eugene in 2020; parents, Walter and Elaine (Traversie) Jones and Leroy Miles; and siblings, Robert Miles, Viola (Miles) Ross and Mona Miles.

Wake service was held Jan. 14 at the Skroch Funeral Chapel in Flandreau, S.D. Funeral service was held Jan. 15 at the St. Simon and Jude Catholic Church, followed by an interment at the First Presbyterian Cemetery in Flandreau, S.D.

Daryl Eugene Williams

Daryl Eugene Williams was born Feb. 22, 1955 to Yolanda (Tilly) and Raymond Williams in Clinton, Okla. He departed this life on Jan. 7, 2022 in Seiling, Okla.

Daryl grew up south of Canton and was raised by his grandparents, Albert and Lola (Whiteman) Green. He attended Canton Public Schools (K-12) where he graduated in 1973.

He married Vera Chain on March 31, 1971. They had three daughters, Jessica, Stacy and Andrea Williams.

Daryl started working at the age of 13 for Clouds Grocery store then Ronnie and Sandy Price bought the store and he continued to work there in the meat department until 1980. He then went to the oil field for two years. In 1982 he went to work at Blue River construction for eight years. In 1984 dad and Diane were together. They

had Yolanda in 1986. Later in 1988 he met Sandy and had Joel and Miranda and they were married until her passing in 2011.

He also started working at Sammy's Heat & Air in 1994 where he got his journeyman's license in 1999. He worked for Sammy's for 21 years before having to retire in 2015 due to health problems.

Daryl enjoyed shooting pool, hunting and fishing, and spending time with his kids, grandchildren and great grandchildren.

Survivors include his daughters, Jessica Stuteville and husband Chad of Seiling, Stacy Shaw of Seiling, Yolanda Suarez and husband Luis of Simi Valley, Calif., and son Joel Williams of Watonga, Miranda Holsapple and husband Andrew of Watonga. He has seven granddaughters, nine grand-



sons and two great-grandchildren, Kensli and Wade. He was preceded in death by his mother Yolanda (Lime) Gould, father Raymond Williams, daughter Andrea Williams, wife Sandra Williams, and three sisters Marlene, Vickie and Rita.

Wake service was held Jan. 13 at the Canton School Multi-Purpose building in Canton, Okla. Funeral service was held Jan. 14, at the same venue, officiated by Rev. Waylon Upchego, followed by an interment at the Canton City Cemetery.

Big Eagle Diamond Crosses
Levi Big Eagle

Facebook.com/Big Eagle Diamond Crosses | levi bigeagle08@gmail.com
616 N Noble Ave
Watonga, ok, 73772

(580)791-1792

TRIBAL ELDER

continued from pg. 3

“He vowed we wouldn’t march on the state capitol and segregation was forever in Alabama, and said we were all Communist agitators. When he saw all those people coming in, including nuns and priests, he couldn’t do anything without looking bad,” BlackBear said.

BlackBear said Indian people harbor their share of racial prejudice too, and he had to deal with some of that when he returned home.

“When I got back to Kingfisher after the march and everyone laughed at me because I went down there. I said I went because they were having a struggle there and we should be concerned.”

He started his studies for the ministry soon afterward and related that while he was in school in Arizona his greatest joy was seeing Dr. King on TV and seeing Lyndon

B. Johnson sign the Civil Rights Act.

“A lot of times the leaders with the vision don’t live to see it. It’s up to others then to pick it up and carry it on. Dr. King affected all mankind. He always talked about the idea of marching as nonviolent.”

Dr. King said he had learned it from studying Mahatma Gandhi and when he was killed because of his commitment, BlackBear said it was an experience that will forever be with him, “I think what that march did for me was give me skills on how to unite people for a common cause.”

Blackbear said when he first moved to Watonga in 1970 conditions were deplorable, “Indian people were looked down on because of alcoholism, unemployment, dropouts and being denied services at the emergency room.”

In the following years BlackBear established a legacy of local activism. He said Kenneth Deer became a commissioner with the Methodist Commission

on Religion and Race and helped obtain grant funding for such local programs such as the Cheyenne and Arapaho Up Rising and the Legal Assistance Project to the Cheyenne and Arapaho Tribes, which was primarily organized by the Catholic Dominican Order.

“We had the East Side Dust Bowl Victims and we picketed at Herman Drown’s house for paving the roads, through funding provided by former State Rep. Rollin Reimer, D-Cheyenne, that group achieved paving of all streets in Watonga.

He also recalled the 1976 incident when the American Indian Movement supporters camped at a local family’s residence after their son was found hanged in the jail in Watonga.

“Everyone got scared there might be a Wounded Knee. Mayor David Burrell asked me to intervene, and I was able to intercede with Francis White (an AIM leader) and the family. All we wanted was an autopsy, but the autopsy didn’t show anything, just that he had died of asphyxiation.”

BlackBear was involved with the late Ed Burns and other members of a Tribal coalition that organized a demonstration at Concho Agency over various tribal grievances. In Kingfisher he helped people organize to obtain a neighborhood park.

Many years ago, BlackBear served on the Cheyenne and Arapaho Business Committee but sees tribal government currently as a main cause of oppression of his fellow tribal members.

“The Civil Rights struggle will always be with us as long as people are deprived and denied by other people,” Blackbear said. “We even see it in our Tribal government. Tribal members are expressing oppression from our Tribal leaders. Maybe someday someone will come out of our Indian community and do something. But I am thankful I



Martin Luther King Jr., along with thousands of followers, marched five days for civil rights starting in Selma, Ala. and ending at the state capitol in Montgomery, Ala. in 1965. (Courtesy photo)

went through this struggle. It made me stronger. I have no regrets. I love people and I care about them. I hope my sons and my grandsons will carry on my legacy to help people. My grandfather Ed Re Hat, along with Everett Yellowman, John Greany, Walter Roe Hamilton, Wayne Red Hat, Rufus Yellow Eagle and others ... all these men have given me something precious.”

“My dad belonged to the peyote church. My mother was a Christian woman. She was a United Methodist leader in our local church. They were both good people, kind, generous and giving and people were always come to our house.”

To BlackBear Dr. Martin Luther King Day is a sad occasion because of his premature death. Not long before King’s death, BlackBear had scheduled King to participate in a conference to be held in Oklahoma City to address Indian people’s

problems, including poor health care and lack of money in programs addressing Native needs.

“Two or three weeks before it was tentatively scheduled, he was killed,” BlackBear said.

Blackbear was in ministerial school in Arizona when the assassination occurred. Riots broke out across the country after the news of his death.

“Anger was being expressed by people everywhere. I guess my feeling was sadness and anger too,” Blackbear wiped tears from his eyes as he thought about that day almost 34 years ago.

Since suffering a stroke BlackBear now does his walking aided by a cane. Although his steps may not be as quick and his strides as long ... he has never wavered in standing up for what he believes is good and just.

MCGIRT

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story when Gaylord News reported increases in tribal cross-deputization and bolstered law enforcement departments in light of McGirt.

Stitt maintains that McGirt allows criminal law to apply differently to different people because it’s “based on race.” The tribes and Indigenous law experts agree that McGirt is based on a political status because of the United States’ unique treaty obligations with tribes as sovereign nations.

OU Law professor Alexander Pearl, an enrolled member of the Chickasaw Nation who specializes in property law and natural resource conservation litigation in Indian Country, said he feels the governor sees “the McGirt problem” differently from the state and tribal officials on the ground working together to make McGirt work for everyone.

He said that could stem from a general lack of under-

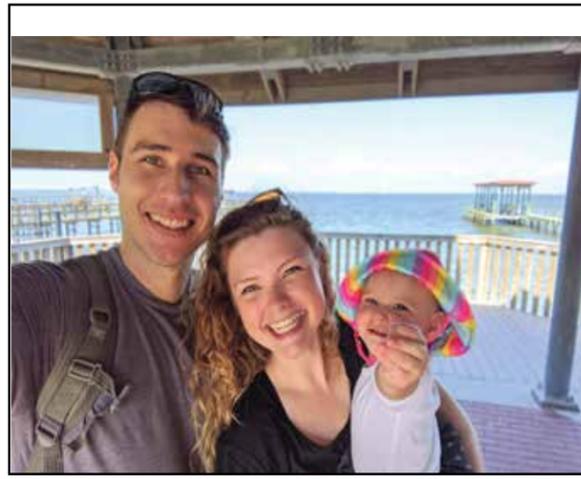
standing and education about what tribes are and the powers they inherently have the right to exercise.

“The problem for them (officials) is ensuring that there’s adequate cross immunization agreements, adequate communication, coordination, resource sharing, and so forth. Those are the sort of problems that are logistical problems,” Pearl said. “My view of the governor’s definition of the McGirt problem is that he does not want tribal reservations to exist.”

Nancy Marie Spears, a Gaylord News reporter based in Washington, is a citizen of the Cherokee Nation of Oklahoma. Gaylord News is a reporting project of the University of Oklahoma Gaylord College of Journalism and Mass Communication. For more stories from Gaylord News visit Gaylord-News.net

NASA

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Bradley Hoffmann with his wife, Kaspari and 2 year old daughter Viennavie in Houston, Texas, where Hoffmann is employed with NASA.

Hoffmann said what’s “really cool is NASA wants to go back to the moon again and we will have people on the moon, and we are working on requirements of how people will interact within the space suits.”

Hoffmann acknowledged without a strong support system from his wife, family, friends and financial support from the Cheyenne and Arapaho Tribes Dept. of Education he would have not been able to transition into electrical engineering without the support.

“My mom is my direct connection to the tribes, being from North Dakota and being raised there, my mom is the one who keeps me connected. I was very fortunate to have that opportunity and I encourage other students who do have that opportunity to use it and to go out and find other opportunities.”

Today, with his doctorate completed and behind him, Hoffmann said he jokes with his wife about having to find some hobbies to take up his time. “You immerse your-

self in all this work and then one it’s all finished and done. I’ve been in school so much I think I made a profession of learning!”

Hoffmann encourages any student who may have questions about his journey to NASA or working at NASA to email him at Bradley.thomas.hoffmann@gmail.com.

“You don’t really want to work **for** NASA, to me you want to work doing something you really enjoy **at** NASA – there is a difference. Take an opportunity to always look at what’s available out there. I am always willing to talk with any student and offer any information or knowledge I have.”

Hoffmann is the son of Larine Zoeller and Cary & Judy Hoffmann. His grandparents are Hattie Whiteman, Alois Zoeller, and Darrell & Joann Hoffmann. His maternal great-grandparents are Ida Mae and George Whiteman, and his maternal great-great-grandfather is Bill Whiteman

Why We Exercise

Marcos Baros
Diabetes Wellness Fitness Trainer



When we think of reasons to why we exercise,

the immediate thought, at least for me, is the basic.

You know lose weight, tone out, gain muscle etc., the basic of the fitness reasons. By all means there’s nothing wrong with basic. But the purpose of this article is to dig a little deeper.

February is National Cancer Prevention Month. What does that mean for exercise?

According to studies “Levels of physical activity recommended in the 2018 guidelines are associated with reduced risk and improved survival for several cancers.” The guidelines this is referring to is the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans (2018) recommends that for health benefits to include cancer, adults engage in:

*150-300 minutes of moderate-intense aerobic activity or 75-100 minutes of vigorous aer-

obic activity, or an equivalent combination of each intensity each week.

*Muscle training activities twice a week.

*Balance training, in addition to aerobic and muscle-strengthening activity.

Now all of that can be broken down into multiple sessions a day to add up to your total for the week, so let’s not look at all that and hit the panic button quite yet.

A 2018 report from the American College of Sports Medicine International Multidisciplinary Roundtable found strong evidence that moderate-intensity aerobic training and/or resistance exercise during and after cancer treatment can reduce anxiety, depressive symptoms, and fatigue and improve health-related quality of life and physical function strong evidence that exercise training is safe in persons who have or might develop breast-cancer-related lymphedema some evidence that exercise is beneficial for bone health and sleep quality insufficient

evidence that physical activity can help prevent cardiotoxicity or chemotherapy-induced peripheral neuropathy or improve cognitive function, falls, nausea, pain, sexual function, or treatment tolerance

There are tons of health benefits to physical activity. I just wanted to share with you the benefits and how they go along with National Cancer Prevention Month.

When we think of our reasons to why we exercise, let’s try to dig a little deeper.

For any questions on physical activity call Marcos Baros at 405-422-7683 or email, mbaros@cheyenneandarapaho-nsn.gov.

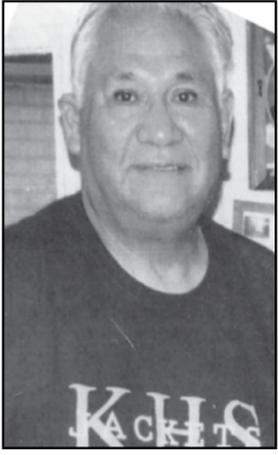
Source: <https://pubmed.ncbi.nlm.nih.gov/31095082/>

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

<https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet#r4>



HAPPY BIRTHDAY!



Happy Birthday
Floyd Blackbear
You are a kind, loving, loyal friend and your family and friends love you very much. May you have many more birthdays to come.



February 29th
Happy Birthday Mommy!
Love Amaya, Destiny, Cadence & Aalliyah

Happy Birthday Jackie!
From Momma, Trey, Toya, River & Lovelynn



Happy Birthday to our special brother Bill "OU Lil Red" Feb. 5, 1954
Today we hope you're surrounded by all the blessings life has to offer and may this special day fill your heart with happiness. You have always been there for me, Kelli and the dogs. We love you to the moon and back. Your little sis, Dee Alexander and brother Bob

Congratulations!



Congratulations to Bradley Hoffmann, doctoral candidate in bio-medical engineering, for completing his dissertation defense at the Gershman Graduate Center!
What a great accomplishment!
Love your mom & family

Written for and dedicated to my beautiful lady Lee Anna (Wolf Tongue) Shawnee
Happy Valentine's Day. Only the very best for you while not ever letting a hard time humble us baby. Baby, you are the truth that words can't explain, you are my everything. I love you and our family with all my heart -
Hector Lee Shawnee

Beauty of Love
Real love doesn't die or fade away
This kind of love grows stronger by the day.
They say it takes years to reach this love,
I know it just takes the right two lovers.
Side-by-side, or separated by a great distance
Means nothing when you know she's the reason for existence.
Real love becomes a vital source of power,
For her, I can stand up at my worst hour.
She's strikingly beautiful with a mind full of brilliance.
When I slip, she's the motive to come back with extreme resilience.
This type of love will drive a man insane or to success.
Depth of my heart I know I'll never settle for nothing less.
She's the definition of true happiness with tears of joy -
The very meaning of our unbreakable bond that nothing can destroy.
Hector Lee Shawnee



Wishing a very wonderful birthday to the best mom I could ever have
Such a sweet lady
Carol A. Charley
Feb. 21
We love you,
Hector and Lee Shawnee

Happy Birthday to my bro'
Henry C. Shawnee Jr.
Feb. 3
Hold down our families and tribe until the touch down my guy!
We love you,
Hector and Lee Shawnee



In Loving Memory



In Loving Memory of Jason Michael Goodbear
Jan. 28, 1977
Aug. 28, 2015

It will be 7 years since you were taken away from us so tragically. Everyday that goes by we think of you. We miss you and love you.
Love your mom
Annette, brothers, Robert, Steven, Brian and grandparents Bino & Nellie



Thank You.

From the Littleman Family
We want to express our deepest gratitude to the Nez Pearce Tribe for their assistance. It is said when you are helping others - that's when you receive more. We thank you.
Earl & Lucy Littleman

Cheyenne and Arapaho tribes
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Concho, OK 73022
(405) 262-0345 / (800) 247-4612

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CHEYENNE & ARAPAHOTRIBES OF OKLAHOMA
FILED JAN 19 2022
IN THE TRIAL COURT DOCKET PAGE
IN THE TRIAL COURT IMAGE
CHEYENNE AND ARAPAHOTRIBES OF OKLAHOMA COURT CLERK
P.O. BOX 102 CONCHO, OKLAHOMA 73022 DEPUTY

In The Matter Of: CHEYENNE DAWN GALVAN MANDALA Petitioner, vs. RAJASHEKAR REDDY MANDALA Respondent. Case No. CIV-2018-0008

NOTICE BY PUBLICATION
The Cheyenne and Arapaho Tribes to: RAJASHEKAR REDDY MANDALA
TAKE NOTICE that Cheyenne Dawn Galvan Mandala has filed in this Court a Petition for Annulment of Marriage and is hereby set for a Hearing to be heard by the Cheyenne-Arapaho Trial Court of Concho, Oklahoma in the Courthouse located at 100 W. Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, on the 16th day of FEBRUARY, 2022 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said relief should not be granted.
YOU ARE HEREBY NOTIFIED TO APPEAR, on the above date and time indicated for Presentation of your case before the above-captioned Trial Court. Due to COVID guidelines, all cases are to appear through Zoom. To appear via Zoom, you will need a smart device such as a desktop computer, laptop, tablet, or smartphone. Your smart device will need a camera, microphone, and a stable internet connection. If you do not have access to a smart device, you can use a non-smartphone or traditional telephone.
Parties must use the following in order to log in or join the meeting:
• Video conferencing for smart device users:
o Link to <https://us02web.zoom.us/j/52524251494?pwd=SRUzUWVhVWVhMjR0R0R3NkR1b0R0>
o Meeting ID: 452 425 1494
o Passcode: Court2021
• Phone conferencing for non-smartphone or traditional telephone users:
o Telephone number: 1 (346) 248-7799
o Meeting ID: 452 425 1494
o Passcode: 859454251
Dated this 19th day of JANUARY, 2022.
Paul Levi, Court Clerk
Cheyenne and Arapaho Trial Court

TRIBAL COUNCIL ONLINE COMMUNITY MEETINGS

Meetings will be conducted via ZOOM

Tuesday, February 8th
1pm-3pm
Thursday, February 17th
6pm-8pm
Saturday, February 19th
10:30am-12:30pm

AGENDA:
*TRIBAL COUNCIL UPDATES
*SPECIAL TRIBAL COUNCIL MEETING
*COMMUNITY MEETINGS SCHEDULED

Zoom Link to join:
<https://us02web.zoom.us/j/6482478378>
Meeting ID: 648 247 8378



Cheyenne and Arapaho Tribes

WE ARE LOOKING FOR...

Responses to the Tribal Justice System Needs Assessment Survey!
Please visit the link below:
<https://form.jotform.com/213196133914050>

For Questions or Concerns contact:
Melanie Kodaseet: 405-422-7770
mkodaseet@cheyenneandrapaho-nsn.gov

TRADITION NOT ADDICTION
CHEYENNE ARAPAHO
CULTURE IS PREVENTION

*The adolescence brain is still developing till the age of 25.
*Alcohol effects the teenage brain differently than the adult brain.
*Alcohol damage done to the developing brain is not only short term but could be permanent.
*25% chance of becoming addicted to alcohol or drugs before the age of 18.
*4% chance of becoming addicted to alcohol or drugs after the age of 21.

Letter from the Editor

With over 878,000 people dead (and counting) from COVID-19 in the U.S., and over 69 million people with confirmed cases of COVID-19, why is there still resistance to wearing a facial mask?

How many more mothers, fathers, children, aunties, uncles, brothers, sisters, grandparents, cousins dying will it take for each of us to decide to wear a simple mask to protect our fellow human beings in this country.

I have witnessed hatred, violence and a total disregard for human life emerge in my community, in my state and throughout this country since March 2020.

Hospital workers, once revered, now spit on, attacked, and degraded for trying to save your life, my life, the lives of everyone they encounter inside their overflowing hospitals.

Teachers, the ones who have dedicated their lives to educating our children, have come under vicious attacks by the parents of the very children they have loved, taught, and cared for inside their classrooms.

Why? All because of the politicization of wearing a simple face covering to protect ourselves and our families, our friends, and loved ones from getting sick, and from possibly dying from COVID-19.

No one anticipated living through a worldwide pandemic that has taken so many lives of our families and friends. Well, at least I didn't. And now after two years of trudging through this pandemic, I am exhausted. Mentally. Emotionally. Spiritually. Exhausted of the rhetoric I

hear daily. Exhausted of being ridiculed in public for simply wearing a facial mask.

I watch "supposed" leaders rail against science, doctors, nurses, teachers, public education, and promote hatred within their communities. What's more troubling are the people who listen and follow these "supposed" leaders promoting hatred and discord. The leaders who refuse to wear a mask in public, who denounce publicly all efforts to save lives in this country.

I don't know all the solutions to defeating the insurmountable hatred and disrespect I see in my community and in my state. I know words like kindness, tolerance, love, and respect aren't words I hear very often, nor witness being demonstrated as much as I once believed they would in a global crisis ... such as a pandemic that has taken over 878,000 people and still rising.

I know choosing leaders on a local, state, tribal and federal level matters. Electing those individuals who do demonstrate kindness, tolerance, and a willingness to join together for the good of all, is one key solution. That's why voting matters. It matters if you suit up and show up at the polls during election cycles. It matters, even if you believe it doesn't, because we have all witnessed what happens when we don't vote.

Life as I knew it prior to March 2020 has forever changed. I just pray I do not let life change my heart and that I never abandon kindness and respect.

Rosemary Stephens, Editor-in-Chief

COVID-19 VACCINATION CLINIC

WATONGA LUCKY STAR CASINO
Tuesday, February 1, 2022
1 PM - 5 PM

CANTON LUCKY STAR CASINO
Thursday, February 3, 2022
2 PM - 6 PM

HAMMON LUCKY STAR CASINO
Tuesday, February 8, 2022
11 AM - 2 PM

CONCHO LUCKY STAR CASINO
Wednesday, February 9, 2022
10 AM - 3 PM

CLINTON LUCKY STAR CASINO
Wednesday, February 9, 2022
11 AM - 2 PM

American Indians and Alaska Natives & local non-Natives (including employees and players at Lucky Star Casino) may receive the COVID-19 vaccination and booster through Indian Health Service - Clinton Service Unit.

Indian Health Service - Clinton Service Unit



THE BIGGEST JACKPOTS ARE CLOSER THAN YOU THINK!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
55+ CLUB FOREVER YOUNG 10 AM - 11 PM	FORGET ME NOT FREE PLAY MONDAY - FRIDAY 10 AM - 11 PM EARN 10 POINTS AND EARN UP TO \$50 IN FREE PLAY	FORGET ME NOT FREE PLAY MONDAY - FRIDAY 10 AM - 11 PM EARN 10 POINTS AND EARN UP TO \$50 IN FREE PLAY	FORGET ME NOT FREE PLAY MONDAY - FRIDAY 10 AM - 11 PM EARN 10 POINTS AND EARN UP TO \$50 IN FREE PLAY	FORGET ME NOT FREE PLAY MONDAY - FRIDAY 10 AM - 11 PM EARN 10 POINTS AND EARN UP TO \$50 IN FREE PLAY	FORGET ME NOT FREE PLAY MONDAY - FRIDAY 10 AM - 11 PM EARN 10 POINTS AND EARN UP TO \$50 IN FREE PLAY	2'S DAY \$222 FREE PLAY \$2,222 CASH

WIN A MINI FEBRUARY 14TH @ 9 PM

2022 Mini Cooper All Lucky Star Locations 14 Points Equals 1 Entry

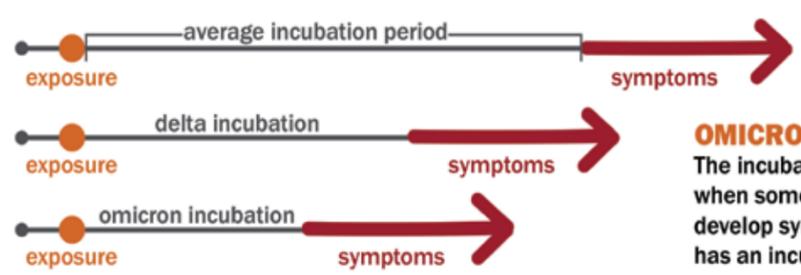


LuckyStarCasino.org

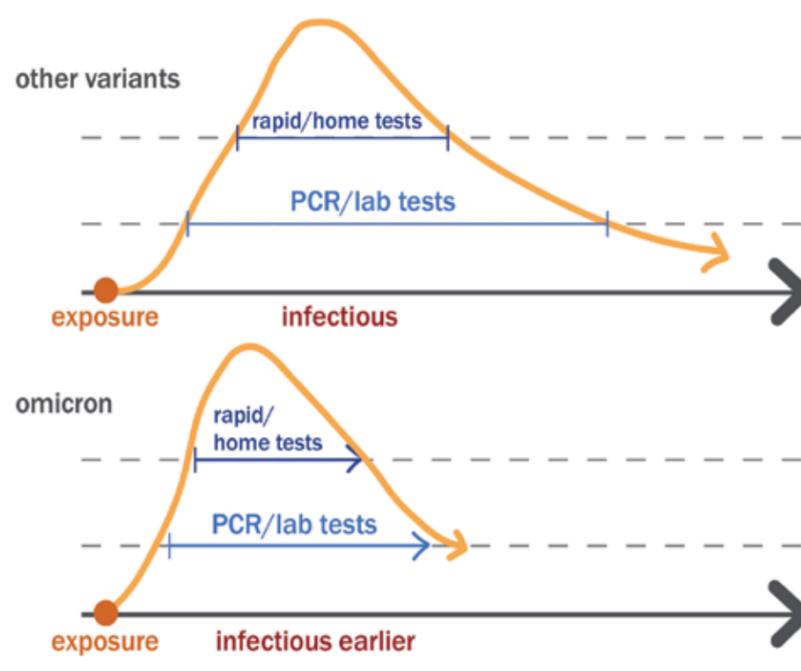


OMICRON & RISKS

OMICRON IN CHARTS



OMICRON VARIANT MOVES FAST!
The incubation period is the time between when someone is exposed and when they develop symptoms. The Omicron variant has an incubation period of around **3 days**.



TEST EARLIER!
Omicron has a shorter incubation period and replicates faster than other variants. This means you may need to get tested earlier if you've been exposed.

There are also questions about whether rapid or home tests detect Omicron as well as lab tests. If you have symptoms and your home test is negative, it's best to assume you have Covid and wear a well-fitted mask when you're around others.

- GET VACCINATED & GET A BOOSTER
- WEAR A MASK INDOORS
- GET TESTED IF YOU HAVE SYMPTOMS OR BEEN EXPOSED
- ISOLATE/QUARANTINE IF YOU HAVE COVID-19 OR BEEN EXPOSED
- INCREASE VENTILATION & FILTRATION INDOORS
- AVOID CROWDS ESPECIALLY IF THEY'RE UNVACCINATED

THIS GRAPHIC CAN HELP YOU DETERMINE THE RISK FOR DIFFERENT TYPES OF ACTIVITIES. HOW TO USE THIS:

1. FIND YOUR ACTIVITY AND BEHAVIOR BELOW IN THE FIVE CATEGORIES.
2. DETERMINE WHETHER EACH PART IS GREEN, YELLOW, ORANGE, RED OR BURGANDY.
3. WHICH COLOR OCCURS MOST? THIS IS YOUR OVERALL ACTIVITY RISK.

THIS LOOKS COMPLEX, BUT THERE ARE SOME EXAMPLES BELOW.

3 VACCINE DOSES	1 VACCINE DOSE	0 VACCINE DOSES
FITTED MASK	LOOSE OR ILL-FITTING MASK	NO MASK
OUTDOORS	INDOORS WITH VENTILATION	INDOORS
ALONE	SMALL GROUP	CROWDED
SILENT	SPEAKING	SHOUTING
		HEAVY BREATHING

Annotations: 2 VACCINE DOSES, PAST INFECTION, INSIDE W/ OPEN WINDOWS, FAMILY GATHERING, TALKING & EATING, QUIET CONVERSATION, SINGING

WHAT RISK? IS MY

2 VACCINE DOSES LOOSE MASK WALK OUTSIDE ONE FRIEND QUIET CONVERSATION	BOOSTED NO MASK INDOORS W/ OPEN WINDOWS FAMILY GATHERING TALKING & EATING	PAST INFECTION MASK INDOOR CHURCH CROWDED SINGING	0 VACCINES NO MASK INDOOR GYM VERY CROWDED HEAVY BREATHING
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THIS ACTIVITY IS LOW RISK, AS MORE ARE GREEN. THIS EXAMPLE IS MORE RED, MAKING THE RISK MEDIUM-HIGH. THIS EXAMPLE IS MORE BURGANDY, SO VERY HIGH RISK.

LOW **MEDIUM** **VERY HIGH**

OVERALL RISK