

Cheyenne & Arapaho TRIBAL TRIBUNE

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CheyenneandArapaho-nsn.gov

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Native American Tribes Agree to Opioid Settlement



(CONCHO, OK) On Feb. 1, 2022, Johnson & Johnson, and the nation's three largest drug distributors agreed to settle opioids-related claims by Native American tribes for nearly \$600 million.

Although all federally recognized tribes in the U.S. will be able to participate in the settlements, even if they did not sue over opioids, the Cheyenne and Arapaho Tribes have been involved with other claimant tribes in pursuing litigation claims since early 2018.

"My administration made it a priority early on in my first administration to address the opioid crisis that was occurring in Indian Country," Cheyenne and Arapaho Gov. Reggie Wassana said. "Along with my general counsel, myself, and Lt. Gov. Miles, we met with outside legal counsel in early 2018 and made the decision the tribe would join with other tribes in pursuing claims against the drug distributors that we felt flooded our Cheyenne and Arapaho territory with opioids, that many of our tribal citizens became addicted to."

It is not known how much each tribe will receive, other than the Cherokee Nation who litigated their own separate

case and settlement last year.

According to the National Indian Health Board, addressing the opioid epidemic is a nationwide priority; however, access to critical opioid prevention and treatment dollars are not reaching many of the Tribal communities that are in serious need of these funds. American Indians and Alaska Natives (AI/AN) face opioid related fatalities at three times the rate for Blacks and Hispanic Whites (Murphy et al., 2014).

The Centers for Disease Control and Prevention (CDC) further reported an opioid overdose rate of 8.4 per 100,000 for AI/ANs, second only to whites. As sovereigns, Tribal Nations are not systematically included within statewide public health initiatives such as the recent prevention and intervention efforts created through the new opioid crisis grants.

Nevertheless, a national study looking at death certificate data reported that AI/AN experienced the highest prescription opioid death rate from 1999-2009 (Calcaterra, 2013). Within youth, nonmedical use of opioids in AI/AN youth over the age of 12 were reported to be twice the rate of whites and three times the rate for African Americans (CDC, 2012). These sta-

tistics illuminate the critical need for more comprehensive interventions in Tribal communities to improve prevention and treatment measures.

"From what we understand, now that the number has been decided, there is a small group who will drill down into what the allocation methodology should be and start solidifying each tribe's allocation. This will take some time but should be within the next several months," Gov. Wassana said.

With the current Cheyenne and Arapaho Tribes' 13,000 tribal citizens, whatever allocation the tribe receives will help in their efforts to address the damages caused by opioid addiction and will fit in with a reintegration grant the tribe recently received along with the Tribal Opioid Response (TOR) Project the tribe implemented in May 2021.

Under the deal, Johnson & Johnson would pay \$150 million over two years. AmerisourceBergen McKesson and Cardinal would contribute \$440 million in total over seven years.

"We also anticipate the other manufacturers/distributors to enter into similar agreements over the next several months," Gov. Wassana stated.

Cheyenne and Arapaho Tribes receive \$200K as part of EPA grant to train environmental workers

Recently, the U.S. Environmental Protection Agency (EPA) announced the Cheyenne and Arapaho Tribes of Concho, Oklahoma, are among 19 organizations chosen to receive a total of \$3,797,102 in grants for job training programs across the country. Job training and workforce development are an important part of the Biden-Harris Administration's commitment to advance economic opportunities and deliver environmental justice to underserved communities to build a better America. The Cheyenne and Arapaho Tribes will receive about \$200,000.

"The Bipartisan Infrastructure Law presents a once-in-a-generation opportunity to build a bet-

ter America and that means new, good-paying jobs. The Brownfields Job Training grants announced today will prepare over 1,000 individuals for new environmental jobs like those," said EPA Administrator Michael S. Regan. "This program will directly impact people's lives, boosting the environmental workforce while helping to transform communities that need it the most."

"The Cheyenne and Arapaho Tribes continue to be a strong partners in leveraging EPA Brownfields funding to multiply the benefit to their community, their environment and Tribal members," said Regional Administrator Dr. Earthea Nance. "EPA is proud to support their efforts

SURVIVING residential Indian boarding schools: Elder shares his pain, his journey, his victory over trauma

Rosemary Stephens, Editor-in-Chief

week ago, *60 Minutes* aired a segment on residential Indian boarding schools on prime-time television. Within an hour of airing Social Media accounts exploded with exclams of horror, disbelief, and demanding justice for Indigenous people.

It might have been news to the general public, but for thousands of Indigenous families who have lived the horror, it was a long time in coming, to see the ugly secret exposed on national television.

Mitch Walking Elk, 71, Arapaho, Cheyenne, never thought he would see the day where the horror and trauma of what he endured at Indian boarding schools would come out of the secret dark corners into the light ... 65 years later.

"The way I looked at it was we were in prison there, to me it was just like that, being in

prison," Walking Elk said.

In June 2021 Deb Haaland, U.S. Secretary of the Interior announced a Federal Indian Boarding School initiative, a comprehensive review of the troubled legacy of federal boarding school policies. Haaland asked for the department to prepare a report detailing available historical records, with an emphasis on cemeteries or potential burial sites, relating to the federal boarding school program.

The work will be under the supervision of the Assistant Secretary for Indian Affairs, Bryan Newland.

"The Interior Department will address the inter-generational impact of Indian boarding schools to shed light on the unspoken traumas of the past, no matter how hard it will be," Secretary Haaland wrote in a June 2021 press release. "I know that this process will be

Mitch Walking Elk, 71, Arapaho, Cheyenne, is a well known musician who has toured throughout the U.S., Canada, Europe, South America, Mexico and Japan. (Courtesy photo)



See WALKING ELK / pg. 6

See EPA / pg. 7

Embracing lower blood quantum, new members enroll in their tribe

Kimberly Burk, C&ATT Correspondent

Thomasa Montez is having a powwow dress made for her daughter. Nicolette Casula dreams of sharing her professional skills as a tribal employee. And both believe their departed ancestors rejoiced on the day they were finally able to enroll as members of the Cheyenne and Arapaho Tribes.

Tribal citizens voted in October to lower the blood quantum requirement for citizenship from one-fourth to one-eighth.

"I was holding my breath and holding my breath," Casula, 36, said of election day. "When they voted to pass it, it was a sigh of relief."

Montez, who is 25 and lives in Watonga, said her mother is Cheyenne and an enrolled citizen.

"My grandma, Florence Flynn, had always talked to me about where we come from. I've danced in powwows since I was little."

At powwows and other tribal gatherings, "they've always treated me like I was one of them," Montez said. Yet she yearned for citizenship.

"Grandma always said to me, 'one day, you just watch'. I know she is up in heaven excited that I've finally been accepted into the tribe."

Casula, who lives in Yukon, is Cheyenne through her mother, Anita Ramirez Greenwalt. She submitted her application a few days after enrollment opened.

"I was on top of the world," Casula said. "It was actually a really big thing for me and my brother and sister and our cousins."

Casula's sister, Meagan Beavers, and brother, Josh Bradford, also hurried to apply.

"I don't speak for Meagan and Josh, but I feel like I can speak for them in this instance," Casula said.

"This is something we've all waited for, and never really thought it would happen."

Montez is a stay-at-home mom to Braxton, 4, and McKinlee, 2.

"My kids know where they came from. I talk to them about it all the time. I talk to them about their grandmother."

She said her younger sister, Alex Montez, 18, also submitted her application.

Casula said she recognizes in herself the traits inherited from her Native ancestors.

"I create with my hands," she said. "I attempted to make a ribbon skirt several months ago and I did pretty well. I took a beading lesson, and I'm making a beaded pendant."

She also signed up for a Cheyenne language class that is taught virtually. The first lesson, she said, "was pretty intimidating. But I stuck it through."

It's the tribal tradition of caring for one's elders that means the most to Casula, and led to her career working with people who have dementia and Alzheimer's disease. She would love to work specifically with tribal elders, and envisions a day when the tribes can operate assisted living and nursing facilities with culturally appropriate care at an affordable price.

"You want to grow as a tribe," she said. "The bigger that we get, maybe the more resources we can provide for our tribal members."

Montez is also interested in healthcare and plans to return to school to become a registered nurse. But first, she wants to dance again, having observed a mourning period

after the deaths of her father and grandmother.

"I plan on getting painted, and going back out," she said. "That means no more mourning."

Casula has also struggled with loss. Her grandmother Emily Bushyhead Ramirez, grandfather Nick Ramirez and uncle Victor Ramirez all died in 2020 from COVID-19.

"It was a lot of loss in a very short period of time," she said. "My grandmother Emily Bushyhead, I probably got most of my culture from her. Her death has led me on a spiritual journey. I know that Grandma and Grandpa and Uncle Vic, they are all so happy for us."

Aubree Hudson, 32, is Casula's cousin and another descendant of Bushyhead.

"It was something Grandma had always wanted for the grandchildren," said Hudson, who grew up in El Reno and now lives in Portland, Ore. "Now this is a way to honor her and the family legacy."

Hudson, who works as a baker and cake decorator, said she is taking Cheyenne language classes and participates in weekly Zoom sessions with other indigenous people who want to learn more about their cultural identities.

Hudson said she always knew she was Native, and her mother, Jerrie Oglesby, is a tribal employee, "but because I wasn't a tribal member, it wasn't something I was telling everyone, because I felt like I didn't have the right to identify that way."

Breanna Faris, executive director of enrollment for the tribes, said 706 applications were received in December and January.

"We currently only have two researchers, so we are looking at hiring more researchers, but it will take a while to get them trained," Faris said.

"We have already begun enrolling people. We are just asking people to be patient."

Applications have come from several states as well as from people in Oklahoma, Faris said.

"The first person that we enrolled was from Kingfisher. We are happy that the first

person was from one of our communities in our tribal jurisdiction."

Some applicants are enrolled members of other tribes who for various reasons now prefer to affiliate with the Cheyenne and Arapaho Tribes, Faris said.

"It's always nice to see progress and continuing our legacy as a tribe," Faris said of the enrollment growth the blood quantum change is brining about.



Thomasa Montez with her children Braxton and McKinlee. (Photo submitted by Thomasa Montez)



Nicolette Casula with her grandmother Emily Bushyhead Ramirez. Emily passed away from COVID-19 in 2020.



Enjoying a joyful moment are the late Emily Bushyhead Ramirez, center, and her daughters Anita Greenwalt, left, and Jerrie Oglesby. The change in the blood quantum requirement has allowed many of Ramirez' grandchildren to apply for tribal citizenship. (Photo submitted by Aubree Hudson)

Savage Land: Film Review

By Louis Fowler

In 2013, the ironically named Custer County police not only brutally murdered 18-year-old Mah-hi-vist Red Bird Goodblanket, a Cheyenne Arapaho tribal citizen living in Oklahoma, but actually received medals for the senseless slaying a few days later. It makes you disgusted to be an Oklahoman if you weren't already.

I remember interviewing his mother Melissa a short time after the killing and, hearing the absolute pain in her voice as she described the traumatic events, I began crying too, unable to speak. Her story of what happened that night has always haunted me and, quite frankly, always will; no mother should experience what she has.

Almost a decade later however, her living pain has been replaced with a deeper love for her son, as she has actively tried to keep the intense memory and, of course, wavering investiga-

tion, of Mah-hi-vist's death alive. It's chronicled in the startling new documentary *Savage Land*, which played recently at the Rodeo Cinema.

Goodblanket's murder, however, is nothing new to many Indigenous people.

The numerous horrors that have been inflicted, and still are inflicted, have been routinely exercised by the whitest of privileges since the first pilgrim stepped off the Mayflower, from the destruction of the buffalo, the relocation of the Natives and, finally, the quiet extermination of our race over decades. Kill the Indian, to Hell with the man.

Like others, Indigenous culture should be based on our victorious wins, but, sadly, it's



Wilbur and Melissa Goodblanket, parents of Mah-hi-vist Goodblanket, who was shot and killed by former Custer County Deputy Chance Avery in December 2013. Mah-hi-vist was inside the Goodblanket's home. The film *'Savage Land'* portrays Mah-hi-vist's murder as it traces lineage back to the Sand Creek and Washita massacres.

seemingly based on our cruel losses. We learn that Mah-hi-vist's lineage stretches back to the Sand Creek and Washita Massacres, cold-blooded killings that have and will continue to affect the family for numerous generations, if they ever heal. It's a poison that every Native has in the blood, slowly killing us.

The murder of Mah-hi-vist made the anti-Indigenous attitudes from law enforcement very real for this current gen-

eration of Indigenous people, even if the law enforcement of Custer County, and Oklahoma in general, continue to painfully gaslight us. This is one fight we can't lose; Mah-hi-vist will not be forgotten.

I'm not sure where *Savage Land* is playing next, but if you get the chance, see this documentary as soon as possible, especially if you are Indigenous.

This review was first published on *thelostogle.com* on Jan. 28, 2022.

SAVAGE LAND

Cheyenne and Arapaho Tribes' Minors' Trust Program

This information is taken from a pamphlet provided by Providence First Trust Company. The pamphlet is available upon request by contacting the Cheyenne and Arapaho Tribes' Per Capita office at 405-422-7725.

The Cheyenne & Arapaho Tribes (the "Tribes"), through its Tribal Council has created the Master Trust Agreement for the Cheyenne and Arapaho Tribes Minors and Legally Incompetent Trust (the "Trust") to safeguard and hold the Minors Trust money and has appointed Providence First Trust Company ("PFTC") to act as Trustee. The Master Trust Agreement follows the terms set forth in the Tribes' Revenue Allocation Plan and governs how the trust should be administered and distributed. In this trust agreement, there are four parties:

- The grantor or trustor is the party who creates the trust and places the assets or money into the trust. The Cheyenne & Arapaho Tribes are the grantor and put the (Gaming) per capita for the minors into the Trust.

- The trustee protects, distributes, and administers the assets for the benefit of the beneficiaries under the terms of the Master Trust Agreement. Providence First Trust Company is the trustee.

- The investment manager invests the trust assets according to the trust agreement and investment policy so that the assets grow. Edward Jones® is the investment manager.

- The beneficiaries are the individuals for whom the assets are held until they reach certain criteria established by the Master Trust Agreement. When these criteria are met, the beneficiaries may receive their trust share. You are the beneficiary (eligible minor tribal members).

WHEN IS A CHILD'S TRUST DISTRIBUTED?

According to the Master Trust Agreement, the trust funds for a child, who is the beneficiary, are distributed when they reach age 20. Valuing education is of utmost concern to the Tribes; therefore, in order to incentivize the importance of education, a beneficiary may receive his or her trust funds earlier, beginning at the age of 18 when he or she obtains a high school diploma (or G.E.D.).

Upon reaching the requirement to receive the trust funds, the beneficiary will need to fill out an "Adult Payment Form" to request the distribution and to select the method by which he or she wishes to receive the payment (e.g., by check or by direct deposit). Also, to prevent fraud, he or she will need to attach a copy of a CDIB card or Driver's License, and the address on the application must correspond with the address on file with the Tribes' Enrollment Department.

SPECIAL EARLY DISTRIBUTIONS

Money in your child's trust is not intended to be used to cover household expenses that are the legal responsibility of a child's parent(s) or guardian(s). Money deposited in your child's trust should only be used for extraordinary expenses that promote the health, education, or welfare of your child. Requests for early distribution of money in your child's trust are only available after you have exhausted all other resources. This includes any money available from insurance policies or the federal, state, or local government. Also, this includes the assistance programs offered by the Tribes. Before you request money from your child's trust, you must contact the applicable tribal department to seek other resources.

These early distributions are approved when there is both (1) a need for the trust funds after other resources have been exhausted and (2) a qualified use of the trust funds. The qualified uses for Special Early Distributions are for the categories of health or education.

Health Distributions (lifetime limit of \$1,000 of early distributions)

- Medical expenses (including orthodontics, dental, vision, counseling, etc.) that are not covered by other resources (insurance, IHS, or Tribal Health Department/Services)

- NOT QUALIFIED USES: purely cosmetic

procedures

Education Distributions (lifetime limit of \$1,000 of early distributions) • Educational supplies, books, fees, etc. required by the school –

- up to \$200 per year K-12

- Lessons / programs for sports, music, heritage appreciation –

- up to \$200 per year

- Other school-related camps/trips—up to \$200/peryear

HOW TO REQUEST EARLY DISCRETIONARY DISTRIBUTIONS FROM THE TRUST

Previously, the Tribes handled all trust distributions, but now this process is being handled by PFTC as the Trustee. Applications can be submitted to PFTC and for security purposes, we require that all requests for distributions be in writing and signed by the parent/guardian or signed by the beneficiary when he or she is over the age of eighteen (18). For Special Early Discretionary Distributions, you will need to fill out the "Special Early Distribution Request Form." which has several parts for you to complete:

- General Information – Name and contact information. To prevent fraud, your address must match the address on file with the Tribes' Enrollment Department. You must also include a copy of your CDIB card or Driver's License.

- Distribution Information – Requested purpose or use of trust funds. Please indicate the requested purpose and amount. You can include a description and should include any invoice or documentation of such requested purpose.

- Lack of Other Resources – Indicate other resources that have already been used. Other resources, whether it is insurance or government programs, should be used before withdrawing trust funds.

- Affirmation and Signature – For children under age 18, the parent must sign the form.

When a child reaches age 18, they must sign the form themselves.

Please ensure that your address and other enrollment data match the information on file with the Tribes' Enrollment Department. As a safeguard to protect your trust funds, we only send distribution checks to the guardians and addresses that match the records on file with the Enrollment Department.

HOW DISTRIBUTIONS ARE MADE AND RECEIPTS REQUIREMENT

PFTC will issue the payments for all trust distributions. Special Early Distributions will be made directly to the service providers (i.e., orthodontist, school program) whenever possible. Otherwise, distributions will be made with a check sent to the address on record with the Enrollment Department. For this reason, if you move, you need to change your address with the Enrollment Department. Whenever distributions are made directly to the guardians, invoices or receipts are required to show proper use of trust funds before any further trust funds are distributed.

Distributions will be made on a monthly basis. For all completed and approved requests that are received by the 15th of every month, the distributions will be sent on the last day of that month.

INVESTMENTS OF THE TRUST

The Trust funds are invested prudently to achieve steady long-term growth. The Trust will be invested with an overall conservative approach in age-based portfolios so that younger children are invested to obtain long-term growth (because they will not be withdrawing their funds for many years) and older children are invested to preserve their balances (because they will be withdrawing their funds sooner).

These are the initial investment target allocations, which are subject to slight variations based on market conditions:

See **MINORS TRUST** / pg. 10

Oklahoma Policy Institute now includes tribal-state policy advocacy

By Vivian Morris

Oklahoma's relationship with tribal nations has always been complex and challenging, never more so than following the U.S. Supreme Court's 2020 McGirt ruling that upheld tribal sovereignty. To promote policy reforms and address challenges in tribal-state issues, the Oklahoma Policy Institute is entering into a new role working with tribal partners, state officials, and community leaders. OK Policy's newly created Tribal-State Policy Analyst role will be pivotal in providing research and analysis on tribal priorities within a state policy context. Our organization has been built on working collaboratively to advance equitable and fiscally responsible policies that expand opportunity for all Oklahomans. We recognize the challenges of entering the tribal and state policy space where we have not worked historically, but we are eager to learn and collaborate with tribal leaders, elected officials, and advocates for a better Oklahoma.

Oklahoma has the second-highest Native population in the United States, and Oklahoma tribes contribute

\$12.9 billion in economic impacts while employing 52,000 people statewide. Tribal nations also have long-standing, significant cultural and community contributions beyond economic impacts. To advance the state's intersectional, collective progress for both racial equity and policy reform, tribal nations need to be included in policy debates.

OK Policy seeks to ensure this happens by prioritizing government-to-government relationships, federal Indian trust responsibility, tribal sovereignty, indigenous sovereignty, and how these inform and shape state, local, and tribal nation interactions and policy formation. We seek to ensure that our work is fundamentally inclusive of policy effects on Oklahoma tribal citizens and nations. By hiring a Tribal-State Policy Analyst, our goal is to foster this inclusivity as a product of our community partnerships with Oklahoma tribal nations, combining knowledge on state and distinct tribal agendas, issues, impacts, and trends in tribal-state policy.

The Tribal-State Policy Analyst role is supported by the State Policy Fellowship Program of the Center on Budget and Policy Priorities. The position is a competitive two-year fellowship designed to tackle state policy challenges on a wide range of policy issues and bringing diverse perspectives into state policy debates to uplift historically marginalized, disenfranchised, and excluded voices. While OK Policy's Tribal-State Policy Analyst position is currently supported through the State Policy Fellowship Program, the organization plans to make the position permanent.

Vivian Morris joined OK Policy in August 2021 as the Tribal Policy Analyst through the Center on Budget and Policy Priorities State Policy Partnership Program. She is Oklahoma's first tribal policy focused fellow in the program. Vivian is Alabama (federally recognized as Alabama-Quassarte Tribal Town) and Diné (Navajo). She defines herself as a nomadic Oklahoman with New Mexico roots. Vivian holds dual Bachelor degrees with academic distinction; a

Bachelor of Arts in Women and Gender Studies and a Bachelor of Arts in Environmental Studies, with a minor in Native American Studies from the University of Oklahoma. She is currently working on a Master of Public Administration (MPA) degree with a Public Policy concentration from the University of Oklahoma, and expected to graduate in May 2022. Vivian also currently serves as the Alabama-Quassarte Tribal Town Election Committee Chairman where she oversees the tribe's election process and policy development. Previously, she worked as a Tribal Government Relations Health Promotion Coordinator at the Oklahoma Health Care Authority (SoonerCare). In this role, she gained invaluable experience in state administration and tribal public health. She is a passionate Indian Country advocate who also has shelter experience addressing domestic violence, sexual assault, and homelessness. Some of the core issues that she's passionate about addressing and spreading awareness of include: domestic violence,



Vivian Morris is the first Native American to join the Oklahoma Policy Institute as a Tribal Policy Analyst.

racism, protecting tribal sovereignty, respecting Indian Child Welfare Act (ICWA) and Este-cate (Indigenous/Native American) identity diversity.

OK Policy's work encourages policy solutions that allow all Oklahomans to thrive. The state-tribal policy focus will enrich our ongoing commitment to responsible policy that supports all

Oklahomans. Today, we are in a pivotal moment in state, tribal, and federal policy-making, from the McGirt decision to the notable increase in American Indian and Alaska Native population in the 2020 census. This exemplifies the need to focus on tribal-state policy formation — from more Indigenous school lessons, the inclusion of American Indians/Alaska

See **TRIBAL ANALYST** / pg. 10

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Cheyenne and Arapaho

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

In Oklahoma, a mother watches a miracle unfold as her son finally wins battle against COVID

By Mark Wingfield

Amid the millions of stories of devastating loss from COVID-19, occasionally there's an unexplained miracle. This is one such story.

Chase Martin is a 34-year-old former college linebacker who lives in Moore, Okla., a southern suburb of Oklahoma City. In early August 2021 through mid-September, his immediate family and extended family all came down with COVID. Most of them experienced relatively mild symptoms because they were vaccinated.

Chase, the only member of the family not vaccinated, had a vastly different experience. Although young and healthy, he carried a significant risk factor because he's Cherokee. Native Americans are 3.5 times more likely to be hospitalized with the virus than the general population.

His wife, who is a home health care nurse, and his mother, who is a school librarian, both contracted the virus and missed days of work but recovered. "The only person in our family I could not talk into getting the vaccine is our son," said his mother, Theresa Peak Mosier. "He had a huge fear. It didn't matter how we came at it. I finally had to let it go."

While other family members recovered, Chase got worse. "Within a week his oxygen levels were dipping into the 80s, so Alex (Chase's wife) immediately took him to Southwest Medical in Oklahoma City," Theresa recalled. There, Alex just had to drop off her sick husband at the Emergency Department where she was not allowed to go in, a scene played out at hospitals around the world.

That was Sept. 16. Ten days later, the hospital called to say Chase needed to be intubated and placed in a medically induced coma, a state he would remain in for weeks.

Medical researchers have documented that when a COVID patient is placed on a ventilator to assist with breathing, the odds of them surviving are less than half. The reported mortality rate for intubated COVID patients ranges from 50% to 65%.

Chase was well on his way to becoming one of those statistics.

It was a Saturday when the hospital called again to ask Chase's family to come to the hospital to say their goodbyes. He had experienced a cytokine storm, which is a cascade of exaggerated immune responses that typically lead to death in COVID patients.

Miraculously, the hospital allowed the family to come visit in-person that day.

"The whole family went up there," Theresa explained. "When I walked into the ICU, I really thought I was going to drop to the floor. He was on a RotoProne bed. I'd never seen anything like that before. The bed was doing the moving for him. Just stepping in and seeing that blew me away, I couldn't even find his head."

Again, miraculously, Chase didn't die that day. But he would lay in that rotating bed until the second week of November.

What made him survive when others around him were dying every day is unknown. His mother believes part of the answer is intensive prayer and the fact that the hospital from that day forward allowed family members to stay by his side.

"I really think us being there was a huge factor in him making it," she said. "Everything from the moment we stepped in there changed. We had probably 40 people in that ICU waiting room to talk to him. His numbers immediately started changing. His brain activity, you could see it jump up when we would say certain things like, 'I love you, Chase. It's mom.' It all changed on the activity monitor."

Again miraculously, the hospital staff let family members not only visit Chase but to hold vigil by his bedside. "We never left his side from that day forward," Theresa said. "Somebody stayed with him 24/7. We were tag teaming it."

Even so, Chase's progress was up and down. "The hardest part during that time was the back and forth," his mother explained. "He would make progress and we'd get so excited, and then the weirdest things would happen. I never could imagine what all it takes for your body to stay alive."

Being present full-time with a COVID patient also allowed the family to see something most other families don't get to see, the intense dedication and skill of the hospital staff.

"Those ICU people are amazing," Theresa said. "The level of knowledge those nurses have is unbelievable. They worked around the clock. They gave it everything they've got."

And the family daily witnessed the toll of COVID on other patients. "There wasn't anybody in that ICU who didn't have COVID," Theresa recalled. "It was filled with COVID."

"There were more nights when somebody passed away than there were nights when nothing happened. They would have a new patient in that room within an hour. If the world only knew what was going on every single day in this unit, there's no way we could be at the point we're at right now. I don't think the world even realizes what's going on and how hard those people are working to save people."

Witnessing this daily ritual of death caused Chase's family to marvel even more at his slow survival. "We have no idea what the turning point was except for prayer and the fact that his family never left his side, and they didn't make us," his mother said.

The medical staff first attempted to bring Chase out of his induced coma in mid-October, but that didn't last and due to complications, he had to be sedated again for a couple more



Chase Martin in the RotoProne bed in ICU. (Courtesy photos)



Hospital staff helping Chase learn to stand and walk again.

See COVID MIRACLE / pg. 7

CONSTITUTIONAL TRAINING

SATURDAY MARCH 5TH, 2022

TIME: 10:00 AM TO 4:00 PM

MUST REGISTER FOR TRAINING VIA JOT FORM: [HTTPS://FORM.JOTFORM.COM/213215587584159](https://form.jotform.com/213215587584159)

TRAINING WILL TAUGHT BY: JOHN PARRIS, ESQ

CONTACT THE TRIBAL COUNCIL COORDINATOR JENNIFER BAILEY ABOUT TRAINING AT (405)-215-4697 OR RAMONA TALLBEAR (405) 778-5729

CHEYENNE & ARAPAHO TRIBES

Cheyenne and Arapaho Tribes Fire Management Program

Wildland Firefighter Recruitment

When: Application Deadline – March 4th, 2022
 March 7th, 2022 – UA Drug Test
 March 7th, 2022 - CHS Health Screening Appointment
 April 4th-8th, 2022 – Basic Training Course

Where: Department of Business/Planning & Development Building
 1425 E. Black Kettle Blvd. Concho, OK 73022
 (Old Economic Development Building north of Lucky Star Casino)
 8 am – 5 pm / Mon. – Fri.

Contact: * Scott Nokuse 405-422-6175
 * Tommy Beartrack 405-249-6562
 * Cheryl Candy 405-422-6171



Certificates of Completion are presented to Wanonah Wagner and Cassandra Sharp for their successful completion of the reentry process back into society from incarceration. Pictured l-r: Cheyenne and Arapaho Gov. Reggie Wassana, Wanonah Wagner, Cassandra Sharp and Norene Starr, Outreach Coordinator. (Submitted photo)

Reentering society with a different view

Rosemary Stephens, Editor-in-Chief

Days into the new year of 2022, they Cheyenne and Arapaho Tribes celebrated the full reintegration of two young women back into society and the tribes, Wanonah Wagner and Cassandra Sharp.

For the two women, it is a new life in a new year with a different point of view.

“Reintegration is an important part of closing the gap of recidivism and healing from our past. Reintegrating tribal citizens must grow and learn to live in society accordingly and become productive,” Norene Starr, Cheyenne and Arapaho Executive office outreach coordinator said.

The tribes are sponsors for the Confined Inter-Tribal Group (CITG) at the Joseph Harp Correctional Center, as well as advocates for reintegrating tribal citizens, giving recognition to those who complete the reintegration process.

“Both of these ladies are doing extremely well and have completed our program, which includes, one year clean and sober after release, gaining employment, completing all court orders, complying with probation and parole, reunifying with children and/or

their family unit, reentering our tribe, completing specifics set by our program, housing and life skills, mental health and participating in ceremonies and our traditional ways,” Starr said.

A study released March 2021 showed U.S. incarcerations in 2019 reflected American Indians/Alaska Natives were the second highest incarcerated at 420 incarcerations per 100,000. African Americans were the highest rate of incarceration with 600 incarcerations per 100,000 of the population.

The recidivism rate is high if one is released back into the same environment from where they came from, however, statistics show the odds of successfully reintegrating back into life outside of the prison system are greater when incarcerated individuals have family and community support, and a strong foundation to build from.

“Our family units must become reunified in order for us to succeed on the outside. Staying clean and sober, using our ceremonies, sweats and traditions gives us the strength to follow through one day a time and participate in our own lives with a different view,” Starr said.

Starr’s passion is to help others to

begin a new life upon being released from prison. She has walked the same path as many she is working with and knows firsthand how important second chances are.

“Upon my own release from prison, going into sober living that was only Christian based, I wanted and needed more of a solid foundation. We want to give others the opportunity to build self-esteem, recover from alcoholism and drug addiction and repair the family bonds using stories from our elders, our culture, ceremonies, teachings and building sweats and learning how to set up tipis, along with bead work, making regalia, singing and dance,” Starr said.

The CITG also hosts an annual powwow at the Joseph Harp Correctional Center and various holiday meals throughout the year. In December 2021, Gov. Wassana was invited as the guest speaker, with a traditional meal prepared by Carolyn Little Creek, Susan Sleeper and Gerri Red Bird. Cheyenne and Arapaho Tribes’ Legislators, George Woods, C2, Kendricks Sleeper, A2 and Darrell Flyingman, C3, all donated to the event.

To learn more about the reentry program contact Starr at 405-538-5330.

Prominent Indian Country artist facing criminal charge

Indigenous artist Walter “Bunky” Echo-Hawk Jr. has been charged with lewd behavior with a child under 16 years old in Pawnee County District Court, according to court documents.

A warrant for Echo-Hawk’s arrest was issued Jan. 10 and he was booked into jail Jan. 14 before being released the same day after posting \$10,000 bond. Echo-Hawk made his first court appearance Jan. 18, according to court records. Echo-Hawk is Yakama and Pawnee.

Echo-Hawk denies the allegations, according to court documents.

The allegation stems from an investigation that began in November 2021. According to a sworn statement from a law enforcement officer filed with the court, the victim reported being improperly touched repeatedly over several years starting at about 7 years old.

If convicted of the felony charge, Echo-Hawk could face three to 20 years in the state penitentiary, according to the charging document.

A preliminary court hearing is set for March 15 and Echo-Hawk is being represented by an attorney from Atkins Markoff Adler law

firm based in Oklahoma City, Oklahoma. A voicemail left by Indian Country Today to the law firm went unreturned by the time this article was published.

Echo-Hawk is an artist and poet, known for his paintings, murals and community-engaged art about Native topics and hip-hop culture. He attended the Institute of American Indian Arts and has exhibited in major museums and galleries throughout the United States and overseas.

The news quickly spread throughout Indian Country, with many expressing disappointment and anger on social media. In some areas, organizations that had worked with Echo-Hawk in the past pulled his artwork.

Dallas Goldtooth, Mde-wakanton Dakota-Diné, wrote that his heart was crushed in a Facebook post.

“Our communities deserve far, far better,” Goldtooth wrote. “Our children and women deserve far, far better. These cycles of trauma & violence must come to an end.”

The Seattle Indian Health board has removed Echo-Hawk’s featured work.

“We have collaborated



with Walter ‘Bunky’ Echo-Hawk Jr. in the past, and until we know more about the outcomes of this case, we’re removing any materials made in collaboration with him or featuring his art,” the organization wrote on social media.

Echo-Hawk has yet to address the allegations publicly and most recently posted on Facebook about his recovery and possible surgeries that may be needed in the future.

Echo-Hawk has been recovering from an automobile accident in October that killed his 15-year-old daughter and left him with multiple injuries.

CSU named 2021 Dental Clinic of the Year

The Dental departments of Clinton Service Unit (CSU) recently received the Indian Health Service Oklahoma City Area’s 2021 Dental Clinic of the Year Award. CSU was selected for this award amongst all of the Oklahoma Area dental clinics. Their clinical efforts focused on reopening of elective services that were limited throughout the pandemic as quickly as possible. The focus to reopen these services began in late 2020 and continued throughout 2021. The “Build Back Initiative” focused on patient treatment, coupled with the highest COVID mitigation safety strategies available. This initiative allowed patient visits and productivity to match pre-pandemic levels.

Anabel Herrera of Clinton Indian Health Center received special recognition as the Oklahoma City Area Dental Assistant of the Year. Please take time to congratulate Herrera and the entire dental team on their accomplishments. The team looks forward to treating your acute and comprehensive dental needs and thanks patients for their continued cooperation as we navigate the pandemic.

LOCAL SUICIDE LIFELINE

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Logos for SAMHSA and other organizations.

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EPA

continued from pg. 1

and see their environmental programs grow and strengthen.”

Funded through EPA’s Brownfields Job Training Program, these grants provide funding to organizations that are working to create a skilled workforce in communities where assessment, clean-up, and preparation of brownfield sites for reuse activities are taking place. Individuals completing a job training program funded by EPA often overcome a variety of barriers to employment. Many of these individuals are from historically underserved neighborhoods and reside in the areas affected by environmental justice issues.

Rather than filling local jobs with contractors from distant cities, these organizations provide training and offer residents of communities historically affected by environmental pollution, economic disinvestment, and brownfields an opportunity to gain the skills and certifications needed to secure local environmental work in their communi-

ties. Individuals typically graduate with a variety of certifications that improve their marketability and help ensure that employment opportunities are not just temporary contractual work, but long-term careers. This includes certifications in:

- Lead and asbestos abatement,
- Hazardous waste operations and emergency response,
- Mold remediation,
- Environmental sampling and analysis, and
- Other environmental health and safety training.

President Biden’s leadership and bipartisan congressional action have delivered the single-largest investment in national brownfields infrastructure ever. The Bipartisan Infrastructure Law (BIL) invests more than \$1.5 billion through EPA’s brownfields program. Of that investment, \$30 million will be invested into future Brownfields Job Training grants. During the next five

years, communities, states, and tribes will have the opportunity to apply for larger grants to include and enhance the environmental curriculum in existing job training programs. This investment will help trained individuals access jobs created through brownfields revitalization activities within their communities.

EPA anticipates awarding as many as 50 additional grants to job training entities with BIL funding, beginning in fiscal year 2023. Application guidelines will be available in Spring/Summer 2022.

Since this program began in 1998, the Brownfields Job Training Program has awarded more than 352 grants. More than 19,456 individuals have completed training, and of those, more than 14,560 individuals have been placed in full-time employment in careers related to remediation and environmental health and safety. The average starting wage for these individuals is over \$14 an hour.



This image was most likely taken around 1905 by Charles R. Scott, an employee of the Seneca Indian Boarding School, for Superintendent Horace B. Durant. Native American students at the school were from a number of local tribes. (Photo / OK Historical Society)

WALKING ELK

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“I have suffered through the worst of what the white man’s system has to offer and have come out on the other side tattered and torn but intact. My ceremonial ways, my traditional ways have saved my life. I go to ceremonies a lot; I pray for people, and I work with Native youth. I think our people need to go back and look at the prophecies and what the prophecies say about what we are going to become once other people come and the things that they do to us and how we are going to join them. I think we can respect their religions, but we don’t have to become them. We already had spirituality, we didn’t need anybody else coming to tell us about the Creator’s ways, we already had that.”

The Federal Indian Boarding School Initiative will serve as an investigation about the loss of human life and the lasting consequences of residential Indian boarding schools. The primary goal will be to identify boarding school facilities and sites; the location of known and possible student burial sites located at or near school facilities; and

the identities and Tribal affiliations of children interred at such locations.

The work will proceed in several phases and include the identification and collection of records and information related to the Department of Interior’s own oversight and implementation of the Indian boarding school program; formal consultations with Tribal Nations, Alaska Native corporations, and Native Hawaiian organizations to clarify the processes and procedures for protecting identified burial sites and associated information; and the submission of a final written report on the investigation to the Secretary by April 1, 2022.

The Interior Department continues to operate residential boarding schools through the Bureau of Indian Education. In sharp contrast to the policies of the past, these schools aim to provide a quality education to students from across Indian Country and to empower Indigenous youth to better themselves and their communities as they seek to practice their spirituality, learn their language, and carry their culture forward.

COVID MIRACLE

continued from pg. 4

weeks, then they tried again.

It was around Thanksgiving that family got to start speaking to him, Theresa said. “It was just amazing. There was not a dry eye in the house. He literally recognized every single person. They couldn’t tell us what kind of state he would be in, if there was any kind of damage to his brain. They told us we’ll only know once he wakes up.”

Initially, Chase remembered nothing of being in the hospital before he was placed on the ventilator. But he did have memories, scattered, foggy memories, of his time being sedated.

“I could hear your voices, but there’s so much I don’t know,” he told them. “There are times I remember hearing your voices and hearing music.”

His mother said they played music for him all the time, including a special song by Michael Buble, Forever Now. Buble wrote the song to ex-

press his love for his son as a father. Its lyrics begin: “I just met you, seems like yesterday. You opened up your eyes and I recognized your face. You know that you’re the one that we’ve been waiting for; we’re going to keep you safe.”

That song, Theresa said, embodied her own feelings for her son as he lay in a hospital bed near death’s door. And somehow, the music got through to Chase’s brain, and upon awakening, he remembered hearing it.

But Chase had his own message after waking, too: “I’ve always believed in God, but he talked to me. He told me it was not my time. I talked with grandpa and grandma,” Theresa’s parents. And Chase told his mother her parents had messages for her about how proud they were of her and what a great job she was doing as a mother and a grandmother.

Theresa grew up at First Baptist Church of Moore, where her entire family was

active, and her father often played saxophone in worship. Today, she and her husband are Roman Catholic and attend St. Thomas More parish in nearby Norman.

Chase and his family are believers but had not been active in a church. But that’s all changing now, too.

“He woke up and he was like, ‘I’m finding a church home. My family and I, we’re finding a church home,’” Theresa said. “I didn’t really expect that out of him. But when he said, ‘I talked to God,’ I totally believe him.”

“When he said, ‘I talked to God,’ I totally believe him.”

Still, there are so many unanswered questions. Chase has spent hours trying to reflect on what has happened and how to make sense of it all. He’s home now, walking with a walker and his goal is to get back to work. When he got sick, the 6’-4” man weighed 280 pounds. Now he’s down to about 180. He wants to get vaccinated as

soon as he can, although he has to wait several months due to his medical condition.

Along with his wonderment, the family also struggles to make sense of all they experienced.

“I know 100% that this is totally a God thing,” his mother said. “In my mind, it’s a miracle. There was something about my faith that would never ever let me see him not being on this earth. I couldn’t entertain that thought. And more than anything it has solidified my faith, made it even stronger. I know God was taking care of him.”

And yet, this family realizes their miracle is not the experience of so many other families.

“There are so many people we saw ourselves, would pray with families for their loved ones, and they didn’t make it,” Theresa explained. “They don’t have the ending we have right now.”

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ATTENTION GRADUATES

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DEADLINE TO APPLY: May 16, 2022

For more information, visit the NTCSA website at www.supporttribalchildren.com

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Have your cholesterol checked		Avoid smoking tobacco		Check your blood pressure
	Eat 3 different types of fruit		Work out at the gym	

OBITUARIES

Ramona Marie Cometsevah

Ramona Marie Cometsevah was born Sept. 19, 1953 to Frank Cometsevah and Louise (Trammel) Cometsevah in Clinton, Okla. She passed away Jan. 30, 2022, in the Clinton Alliance Health in Clinton, Okla.

Ramona was raised in Clinton and graduated from Clinton High School in 1971. She was married to Roy Peyton in 1989.

She enjoyed working crossword puzzle books, cooking, being outdoors, Oklahoma University sports and being with grandchildren.

She is preceded in death by her parents, Frank and

Louise Cometsevah, maternal grandparents, Clark and Grace and paternal grandparents Laird and Lucy Cometsevah, nephew James Cometsevah, aunt Mary Cometsevah, and cousin Gregory Lewis Cometsevah.

She is survived by two daughters, Stacia Cometsevah-Washee of Arapaho, Okla., and Lisa Hansen, Clinton, and son Bobby Cometsevah of Clinton, five sisters, Rita Mott, Virginia Chapman, Diane Cometsevah, Tina Stover and Wilma Cometsevah, all of Clinton. She is also survived by 16 grandchildren and eight great-grandchildren.



Funeral service was held Feb. 4 at the Clinton Emergency Response Center in Clinton, Okla., officiated by Pastor Gerald Panana, followed by an interment at the Clinton Indian Cemetery in Clinton, Okla.

John Paul Cutnose

John Paul Cutnose was born in Concho, Okla. in 1947, the youngest of 11 children. His mother was Pearl High Eagle Cutnose, an Oglala Lakota Sioux from Pine Ridge, South Dakota and his father was Theodore Diamond Cutnose, from the Southern Cheyenne and Arapaho Tribes of Oklahoma.

He enjoyed a typical happy upbringing as part of a lively family. He learned respect and understanding of tradition from his parents. John was predeceased by his parents and his ten brothers and sisters. He is survived by his partner, Helen, and a number of nieces and nephews and a great many friends.

John studied commercial art and advertising at Oklahoma State Technical College. He studied graphic arts at the Technical Vocational Institute in St. Paul, Minnesota and eventually studied fine arts at the School of Visual Arts in New York. Through the medium of art, John brought his ideas

to some popular causes of the times to better the Native-American life style. He lectured in New York schools on Native American history and traditions at the elementary, intermediate and high school levels. He was a guest speaker at various community groups where he lectured on violence mediation.

He moved to Connecticut in 1998 and was employed by the Mashantucket Pequot Nation as a Teen Coach. He later held other positions in the tribe and in 2002 he became an interpreter II at the Mashantucket Pequot Museum and Research Center. He was promoted to Educator I after a short time and in April of 2007 he was promoted to Educator II. In this capacity, he gave classroom programs and participated in a variety of discussions and presentations to educate and promote understanding of both the differences and similarities between all people. He also was proud to escort special visitors to the museum, usually the entertainers. He re-



tired in 2009.

As a fine artist, John has exhibited at various galleries in New York and at the Oklahoma City Peace Festival. He also has a number of artworks in private collections. One of the duties he enjoyed most was being a judge at the juried art shows at the annual pow-wow held by the Mashantuckets.

John passed away shortly after midnight on January 30, 2022. John's advice to every person would be communicate through talking and caring and respect for each other because only by all people working together can we achieve understanding and a better world.

Services will be private.

Tishomingo Marc Waldon

Tishomingo Marc Waldon, 51, of Oklahoma City, passed Jan. 23, 2022 in Oklahoma City.

He was born in Claremore, Okla. on Dec. 5, 1970 to Russell Wayne Waldon and Muriel Alice Lefthand.

Tishomingo was raised in Shawnee and Oklahoma City. He graduated with the class of 1989 from Shawnee High School. He lived most of his adult life in Oklahoma City.

Tishomingo married Devona Wood on Nov. 21, 2020 in Shawnee, Okla.

He was currently the manager of Taco Bell in Del City and worked security for

concerts at the Myriad.

Tishomingo was a family man and loved comic books and Animes.

He was preceded in death by his mother.

Survivors include his wife, Devona Eby, daughter Aleacia Frazier-Walker of Edmond, Okla., son Talon Frazier-Walker of the home, step-daughter Adara Eby of the home, stepson Aiden Eby of Noble, Okla., step-father David Wakolee of Shawnee, sisters, Hannah Wakolee of Shawnee and Aloma Waldon of Shawnee, brother Chuffee Waldon Sr. of Shawnee, and other extended family and friends.



Wake service was held Jan. 27 at the Hitchitee United Methodist Church in Seminole, Okla. Funeral service was held Jan. 28 at the same venue, with step-father David Wakolee officiating, followed by an interment at the Hitchitee Church Cemetery.

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2021 Resolutions

#	Resolution	Introduction	Subject Description	Session
1	8L-RS-2021-01-001	12/2/2020	A Resolution to appropriate two-million (\$2,000,000.00) dollars to be distributed within a two-year period (Yr 2021&Yr2022), of tribal funds for a Master Apprentice Immersion program and a Language curriculum for the Cheyenne and Arapaho Tribes.	1/9/2021
2	8L-RS-2021-01-002	12/2/2020	A Resolution to appropriate forty-thousand (\$40,000.00) dollars of tribal funds for the Rollin Haag Native American Church Building Renovation and Supplies of the Cheyenne and Arapaho Tribes.	1/9/2021
3	8L-SS-2021-0114-001	1/8/2021	A Resolution for Public Service Company of Oklahoma in Custer County, Oklahoma for Underground Right-of-way Easement.	1/14/2021
4	8L-SS-2021-0114-002	1/8/2021	A Resolution to Authorize Oklahoma Natural Gas Company a Service Line Agreement for the CARES Project-Concho Food Pantry and Property & Supply Buildings.	1/14/2021
5	8L-SS-2021-0114-003	1/14/2021	A Resolution for Public Service Company of Oklahoma in Custer County, Oklahoma for Underground Right-of-way Easement servicing the Hammon Emergency Response Center.	1/14/2021
6	8L-SS-2021-0114-004	1/8/2021	A Resolution to Amend Resolution 7L-SS-2018-0605-004 -Authorize the Governor to Submit an Application to the Bureau of Indian Affairs to Place Title to the Rodeo Joe's Tract, Canadian County, Oklahoma.	1/14/2021
7	8L-SS-2021-0128-001	1/22/2021	A Resolution to Appropriate Tribal Revenue Funds not to exceed \$295,000.00 for construction and completion of the Canton Reserve Sewer Lagoon Project.	1/28/2021
8	8L-SS-2021-0128-002	1/22/2021	A Resolution to Authorize Oklahoma Gas and Electric Company an Easement for Electrical Services to the CARES Projects-Concho Food Pantry & Property Supply Buildings.	1/28/2021
9	8L-SS-2021-0128-003	1/22/2021	A Resolution Authorizing the Assignment of Easement of an Overhead Power Line from Marathon Oil Company to Cimarron Electric Cooperative.	1/28/2021
10	8L-SS-2021-0128-004	1/22/2021	A Resolution to Authorize Governor Reggie Wassana to Negotiate and Execute Settlement Agreement with Rick Danc Moore and Associates.	1/28/2021
11	8L-SS-2021-0128-005	1/22/2021	A Resolution to Approve and Authorize Governor Wassana to Execute a Credit Application with Pepsi Beverages Company and PepsiCo Sales, Inc.	1/28/2021
12	8L-SS-2021-0128-006	1/22/2021	A Resolution to amend Resolution No. 7L-SS-2018-1213-003 and to Authorize the Governor Reggie Wassana to extend Public Law 93-638 Multi-year Contracts with the Department of Health and Human Services-Indian Health Services for the Substance Abuse, Emergency Medical Services, Health Education and Community Health Representative Programs.	1/28/2021
13	8L-SS-2021-0218-001	2/11/2021	To Approve the Acquisition of Real Property located at 900 SW 4th Street, Weatherford, OK for the Tribal Transit Program as an eligible activity per 25 CFR 170.134 from Tribal Transit Program funds under the FY2017 Government-to-Government Agreement #A17AP00029.	2/18/2021
14	8L-SS-2021-0302-001	2/24/2021	A 2021 Act to Adopt a Tribal Transaction Fee.	3/2/2021
15	8L-SS-2021-0302-002	2/24/2021	A Resolution to Approve the Formation and Approving the Articles of Organization of Lucky Star Hospitalities, LLC.	3/2/2021

2021 Resolutions

16	8L-SS-2021-0318-001	3/11/2021	A Tribal Resolution approving the submission of FY21 Coordinated Tribal Assistance Solicitation Grant to the U.S. Department of Justice.	3/18/2021
17	8L-RS-2021-04-001	3/8/2021	A Resolution to approve of the Election Commission's Legal Consultation Service Agreement.	4/10/2021
18	8L-RS-2021-04-002	3/8/2021	A 2021 Act to Amend the Election Law.	4/10/2021
19	8L-RS-2021-04-003	3/8/2021	A Resolution to Amend the 2020 Procurement Policy.	4/10/2021
20	8L-RS-2021-04-004	3/8/2021	A Resolution to establish Legislative Oversight Committees for Selective Depts. and other necessary operations of the Cheyenne and Arapaho Tribes.	4/10/2021
21	8L-SS-2021-0427-001	4/20/2021	A Resolution to Authorize a Construction Contract with All Roads Paving Inc. for Clinton Indian Hospital Road & Pedestrian Safety Trail Project #801A8-4.	4/27/2021
22	8L-SS-2021-0427-002	4/20/2021	A Resolution to Approve the Consultant Agreement for Professional Services Contract with Logan Simpson Design Inc., for the Comprehensive Economic Development Strategy (CEDS) Plan Update and Long-Term Master Plan Development.	4/27/2021
23	8L-RS-2021-06-001	4/10/2021	A 2021 Bill to call for a Special Election to Amend the 2006 Constitution of the Cheyenne and Arapaho Tribes' Tribal Enrollment Requirements.	6/12/2021
24	8L-RS-2021-06-002	5/4/2021	A Bill to adopt the Building Safety and Efficiency Act	6/12/2021
25	8L-RS-2021-06-003	6/12/2021	A Resolution to support the ICDBG Inminent Threat Grant application to the U.S. Department of Housing and Urban Development.	6/12/2021
26	8L-RS-2021-06-004	6/12/2021	A Resolution to approve the submission of an application to the Administration for Native Americans, for a 2021 Social Economic Development Strategies Grant to address the long term water and Sanitation needs of the Cheyenne and Arapaho Tribes.	6/12/2021
27	8L-RS-2021-06-005	6/12/2021	A Resolution to approve the submission of an application to the Administration for Native Americans, for a 2021 Environmental Regulatory Enhancement Grant to address the need for development of policies to address the long term water and sanitation needs for the Cheyenne and Arapaho Tribes.	6/12/2021
28	8L-RS-2021-06-006	6/12/2021	Supporting Resolution for Paloma Partners IV, LLC requests the approval of an oil and gas lease for the South 1,637' of South Half (S/2) of Section 5-13N-07W, Canadian County, Oklahoma (198.42 net mineral acres).	6/12/2021
29	8L-SS-2021-0603-001	5/28/2021	A Resolution to Appropriate American Rescue Plan Act funds for Tribal COVID-19 Disaster Assistance Program.	6/3/2021
30	8L-SS-2021-0616-001	6/10/2021	A Resolution to Appropriate Funds for Bear Butte land purchase, South Dakota.	6/16/2021
31	8L-SS-2021-0616-002	6/10/2021	A Resolution for the Appropriation of Funds to Negotiate Bid, and Purchase the El Reno (70 acres-Concho area) Land Purchase.	6/16/2021
32	8L-SS-2021-0616-003	6/10/2021	A Resolution for the Appropriation of Funds for the El Reno (S. Country Club Rd) Land Purchases.	6/16/2021
33	8L-SS-2021-0616-004	6/10/2021	A Resolution to appropriate \$1,125,000.000 of the American Rescue Plan Act of 2021 funds (see Res. 8L-SS-2021-0603-001) that will be made available for the eight districts and speaker's office (\$125,000 each).	6/16/2021

2021 Resolutions

34	8L-SS-2021-0616-005	6/10/2021	A Resolution to Amend Res. 8L-SS-2020-1112-001 for the Appropriation of Funds for Oklahoma City (Meridian Business Park) Land Purchase.	6/16/2021
35	8L-SS-2021-0616-006	6/10/2021	A Resolution for the Appropriation of Funds to Rebuild Colony Park.	6/16/2021
36	8L-SS-2021-0708-001	7/1/2021	A Resolution to Approve the Nomination of Nicolette Casida to the position of Judicial Commissioner.	7/8/2021
37	8L-SS-2021-0708-002	7/1/2021	A Resolution to Approve the Nomination of Montoya Whiteman to the position of Judicial Commissioner.	7/8/2021
38	8L-SS-2021-0708-003	7/1/2021	A Resolution to Approve the Nomination of Aloysius Redmon to the position of Judicial Commissioner.	7/8/2021
39	8L-SS-2021-0708-004	7/1/2021	A Resolution to authorize the submission of the application for the yearly Family Violence Prevention and Services Grant and American Recovery Plan Family Violence Prevention.	7/8/2021
40	8L-SS-2021-0708-005	7/1/2021	A Resolution Appropriating Tribal Funds and Reimbursement of Said Funds by Indian Health Services (IHS) for Tenant Improvements to the El Reno IHS Clinic.	7/8/2021
41	8L-SS-2021-0708-006	7/1/2021	A Resolution to Authorize the Submission of a Bureau of Indian Affairs (BIA) Indian Highway Safety Program (IHSP) Law Enforcement Grant Application for the Transportation Safety Program.	7/8/2021
42	8L-SS-2021-0708-007	7/1/2021	A Resolution to Authorize the Governor, Reggie Wassana, to renew existing Public Law 93-638 Multi-year (2021-2024) Contracts with the Bureau of Indian Affairs for American Rescue Plan Act (ARPA) Housing Improvement Program (HIP).	7/8/2021
43	8L-SS-2021-0819-001	8/13/2021	A Bill to Enact the 2022 Annual Budget.	8/19/2021
44	8L-SS-2021-0819-002	8/13/2021	A Resolution to Approve and Authorize Governor Wassana to Execute Citizen Energy III, LLC Oil & Gas Lease-Section 13-13N-08W, Canadian County, Oklahoma.	8/19/2021
45	8L-SS-2021-0819-003	8/13/2021	A Resolution to Approve and Authorize Governor Wassana to Execute Citizen Energy III, LLC Oil & Gas Lease-Section 24-13N-08W, Canadian County, Oklahoma.	8/19/2021
46	8L-SS-2021-0819-004	8/13/2021	A Resolution to Approve and Authorize Governor Wassana to Execute Section 25-13N-08W, Canadian County, Oklahoma.	8/19/2021
47	8L-SS-2021-0819-005	8/13/2021	A Resolution to Approve and Authorize Governor Wassana to Execute Citizen Energy III, LLC Oil & Gas Lease-Section 7-13N-07W, Canadian County, Oklahoma.	8/19/2021
48	8L-SS-2021-0819-006	8/13/2021	A Resolution to Approve and Authorize Governor Wassana to Execute Citizen Energy III, LLC Oil & Gas Lease- Section 12-13N-08W, Canadian County, Oklahoma.	8/19/2021
49	8L-SS-2021-0819-007	8/13/2021	A Resolution to Appropriate Funds to the Cheyenne and Arapaho Business Development Corporation.	8/19/2021
50	8L-SS-2021-0819-008	8/13/2021	A Resolution to Approve a Business Site Lease to the Cheyenne and Arapaho Business Development Corporation.	8/19/2021
51	8L-SS-2021-0819-009	8/13/2021	A Resolution to Appropriate CARES Act Funds to pay for the Vaccine Incentive Awards.	8/19/2021
52	8L-SS-2021-0819-010	8/13/2021	A Resolution for the Appropriation of Funds to Negotiate, Bid, and Purchase the Clinton (151 Acres-Concho Area) Land Purchase.	8/19/2021
53	8L-SS-2021-0901-001	8/26/2021	A Bill to Enact the 2022 Annual Budget.	9/1/2021

2021 Resolutions

54	8L-SS-2021-0901-002	8/26/2021	A Resolution to Authorize Oklahoma Natural Gas Co.a Service Line Agreement for the CARES Projects-Clinton Food Distribution Bldg.	9/1/2021
55	8L-SS-2021-0901-003	8/26/2021	A Resolution to Authorize Oklahoma Gas and Electric Co Service Line Agreement for the El Reno L.H.S.Clinic Project.	9/1/2021
56	8L-SS-2021-0901-004	8/26/2021	A Resolution to approve construction of an approximately 7,000 SF expansion to the El Reno Indian Health Service Clinic.	9/1/2021
57	8L-SS-2021-0901-005	8/26/2021	A Resolution to accept the transfer of 14.69 acres and 11 buildings totaling 27,678 SF comprising of old I.H.S. facilities located on Clinton Reserve.	9/1/2021
58	8L-SS-2021-0901-006	8/26/2021	A Resolution for the Appropriation of Funds to Purchase the Best Western Hotel-El Reno, Oklahoma.	9/1/2021
59	8L-SS-2021-0901-007	8/26/2021	A Resolution to Modify Resolution 7L-SS-2018-0726-006- A Resolution for Confirmation of Bernice Youngbear to the Position of Gaming Commissioner.	9/1/2021
60	8L-SS-2021-0901-008	8/26/2021	A Resolution to authorize the submission of the application for the Low Income Home Energy Assistance Program.	9/1/2021
61	8L-SS-2021-0901-009	8/26/2021	A Resolution to authorize the submission of the application for the Low Income Household Water Assistance Program.	9/1/2021
62	8L-RS-2021-07-001	5/18/2021	A Bill to establish a Registrar in the Cheyenne and Arapaho Tribes Dept. of Enrollment.	7/10/2021
63	8L-RS-2021-07-002	6/4/2021	A Resolution to appropriate tribal funding for community development projects in each district.	7/10/2021
64	8L-RS-2021-07-003	6/4/2021	To Authorize the Submission of a Bureau of Indian Affairs (BIA) Indian Highway Safety Program (IHSP) Law Enforcement Grant Application for the Transportation Safety Program.	7/10/2021
65	8L-SS-2021-0729-001	7/23/2021	A Resolution to Allocate the 2021 Gaming Per Capita.	7/29/2021
66	8L-SS-2021-0729-002	7/23/2021	A Resolution to Authorize Governor Reggie Wassana to Negotiate and contract for the acquisition of the Best Western Hotel that is located in El Reno, Oklahoma and to appropriate funding for this contract.	7/29/2021
67	8L-RS-2021-08-001	6/14/2021	A Resolution to submit grant proposal for The Special Diabetes Program for Indians (SDPI) FY 2021 by the Indian Health Service, Division of Diabetes Treatment and Prevention, HHS-2021-IHS-SDPI-001.	8/14/2021
68	8L-RS-2021-09-001	8/9/2021	A Bill to amend the Criminal Offenses Law of 2020, under Subchapter Six Crimes against public safety, and adding a new Section 629-Hunting and Fishing within the Cheyenne and Arapaho Tribes.	9/11/2021
69	8L-RS-2021-09-002	8/9/2021	A Bill to amend the Criminal Offenses Law of 2020, under Subchapter Six Crimes against public safety, and adding a new Section 630-Fireworks Act.	9/11/2021
70	8L-RS-2021-09-003	8/9/2021	A Bill to amend the Criminal Offenses Code.	9/11/2021
71	8L-RS-2021-09-004	8/9/2021	A Bill Amending the 2021 Annual Budget, (see Resolution No. 8L-SS-2020-0826-001) to increase funding for the Legislative Branch.	9/11/2021
72	8L-RS-2021-09-005	8/9/2021	A Resolution to approve the appropriation of a new vehicle for the Cheyenne and Arapaho Tribes Burial Program.	9/11/2021
73	8L-RS-2021-09-006	8/9/2021	A Resolution to amend the Criminal Offenses Code by Assimilation of Oklahoma Statutes, Title 21, Crimes and Punishments into the Cheyenne and Arapaho Criminal Offenses Code.	9/11/2021
74	8L-RS-2021-09-007	8/9/2021	A Resolution to adopt Legislative procedures for the Legislature of the Legislative Branch.	9/11/2021

2021 Resolutions

75	8L-RS-2021-09-008	8/9/2021	A Resolution to Approve and Authorize Governor Wassana to Execute a Payment Management Services Agreement for Department of Labor, DREAMS-TERO Programs.	9/11/2021
76	8L-SS-2021-0923-001	9/17/2021	A Resolution to amend Resolution 8L-SS-2020-0826-001 that enacted the 2021 Annual Budget; hereby now with Modifications for Tribal Council Branch; and the Executive Branch.	9/23/2021
77	8L-SS-2021-0923-002	9/17/2021	A Resolution to Amend Resolution 8L-SS-2021-0819-009-A Resolution to Appropriate CARES Act funds to pay for the Vaccine Incentive Awards.	9/23/2021
78	8L-SS-2021-0923-003	9/17/2021	A Resolution to Amend Resolution 8L-SS-2021-0603-001 A Resolution to Appropriate American Rescue Plan Act funds for Tribal COVID-19 Disaster Assistance Program.	9/23/2021
79	8L-SS-2021-0930-001	9/24/2021	A Resolution to Appropriate Funds to the Lucky Star Best Western, LLC.	9/30/2021
80	8L-SS-2021-0930-002	9/24/2021	A Resolution to Support and Approve the U.S.Department of the Treasury Homeowner Assistance Fund to mitigate financial hardships associated with the coronavirus pandemic by providing funds to eligible entities for the purpose of preventing homeowner mortgage delinquencies, defaults, foreclosures, loss of utilities, or home energy services, and displacements of homeowners experiencing financial hardship after January 21, 2020 through qualified expenses related to mortgages and housing.	9/30/2021
81	8L-SS-2021-1014-001	10/7/2021	A Resolution to submit the Community Development Block Grant Program for Indian Tribes and Alaska Native Villages to develop an Independent Living Center on the Concho Reserve.	10/14/2021
82	8L-SS-2021-1014-002	10/7/2021	A Resolution to submit the Indian Community Development Block Grant- American Rescue Plan to Purchase Ambulances, Supplies, and Emergency	10/14/2021
83	8L-RS-2021-10-001	9/2/2021	A Resolution to Approve and Authorize Governor Wassana to Execute a Spectrum VoIP agreement.	10/9/2021
84	8L-RS-2021-10-002	9/7/2021	A Bill to Establish the Cheyenne and Arapaho Tribes Veterans Care Assistance Act.	10/9/2021
85	8L-SS-2021-1104-001	10/29/2021	A Resolution to authorize the withdrawal of funds in the PL 7370700 and PL 7210708 tribal trust accounts from the Bureau of Indian Affairs to the Tribe's Treasury.	11/4/2021
86	8L-SS-2021-1104-002	10/29/2021	A Resolution to Appropriate American Rescue Plan Act funds to the Tribal COVID-19 Disaster Assistance Program.	11/4/2021
87	8L-SS-2021-1104-003	10/29/2021	A Resolution to Authorize the Governor to Submit an Application to the Bureau of Indian Affairs to Place Title to 79.21 Acre Tract in Woodward, Oklahoma, in the Name of the United States in Trust for the Benefit of the Cheyenne and Arapaho Tribes, and to Repeal, Supersede, and Replace All Prior Resolutions Concerning Trust Applications for Said Tract.	11/4/2021
88	8L-RS-2021-11-001	10/4/2021	A Resolution to appropriate American Rescue Plan Act (ARPA) funding to support the additional square footage needed for the Concho Emergency Youth Shelter Expansion to accommodate 16 youths.	11/13/2021
89	8L-RS-2021-11-002	10/4/2021	A Resolution Authorizing the Filing of an Application with the State of Oklahoma Department of Transportation, Transit Programs Division, for a Grant under 49 U.S.C. Section 5310, Enhanced Mobility of Seniors, and People with Disabilities Program.	11/13/2021
90	8L-RS-2021-11-003	10/4/2021	A Resolution to amend Title 12-The Criminal Offenses Code by adding	11/13/2021

2021 Resolutions

91	8L-RS-2021-11-004	10/4/2021	Title 12A, Section 1- Criminal Laws of the State of Oklahoma adopted for areas within Tribal Jurisdiction of the Cheyenne and Arapaho Tribes.	11/13/2021
92	8L-RS-2021-11-005	10/4/2021	A Bill to establish a Registrar in the Cheyenne and Arapaho Tribes Department of Enrollment.	11/13/2021
93	8L-RS-2021-12-001	11/8/2021	A Resolution to support a proclamation that at the Annual Elders Conference, A Moses Starr Jr. Honored Elder Award will be given.	12/11/2021
94	8L-RS-2021-12-002	11/8/2021	A Resolution to Amend Resolution 8L-SS-2020-0930-003 by reappropriating the \$2,500,000.00 that was supposed to come out of the CARES Act funds (see Resolutions 8L-SS-2020-0506-002); and \$4,172,807.00 will now come out of the ARPA funds to reappropriated for an Emergency Response Center (ERC) in Geary, Oklahoma.	12/11/2021
95	8L-RS-2021-12-003	11/8/2021	A Resolution to support the HUD Indian Housing Block Grant to build an Independent Living Center on the Concho Reserve.	12/11/2021
96	8L-SS-2021-1216-001	12/6/2021	A Resolution to Amend Resolution 8L-SS-2021-01-002-A Resolution to appropriate tribal funds for the continued renovations for the Native American Church Center.	12/16/2021
97	8L-SS-2021-1216-002	12/6/2021	A Resolution to Confirm Billy Shepherd to the Position of Gaming Commissioner.	12/16/2021
98	8L-SS-2021-1216-003	12/6/2021	A Resolution to Confirm Clayton Prairiechieff to the position of Gaming Commissioner.	12/16/2021
99	8L-SS-2021-1216-004	12/6/2021	A Resolution Approving the Limited Waiver of Sovereign Immunity, and Providing an Independent Waiver of Sovereign in the same form, between the Cheyenne and Arapaho Tribes and the Native American Agriculture Fund (NAAF), Provided for the Sole Purpose of Complying with NAAF's Requirements for a Limited Waiver of Sovereign Immunity in order to Support Execution of a Grant Agreement Between NAAF and the Cheyenne and Arapaho Tribes.	12/16/2021

HAPPY BIRTHDAY



Happy 17th Birthday
Kiyah Lena Four Horns
 Feb. 13
 Wishing you the best!
 Love you, your siblings,
 Keenan, Kionna, Kris,
 Lastarza, Livia & William



Happy Birthday Kiyah
Lena Four Horns
 Love you bunches!
 GMA JBO

Happy 3rd Birthday
Jesse Manual Valentine Botone
 Feb. 14

I love you so much. You bring such great joy to my life.
 Love you my precious grandson,
 GMA JBO



Happy 3rd Birthday Son!
Jesse Manual Valentine Botone
 Love you, Hockenien & Jessica Botone



Happy 9th Birthday
Orion Sweezy
 With love, your brothers,
 LeAndrea & daddy



YOU DID IT! Congratulations



Congratulations to the Darlington Chief Basketball team for being the ORES West Area Division 3 Champions with a 50-27 win over Oak Grove. The Chiefs will be competing for the state championship.

The IHS Scholarship Program is Now Accepting Applications

Apply by February 28, 2022 ihs.gov/scholarship

MINORS TRUST

continued from pg. 3

Age-Based Fund: "Preservation" - 16+ years old
 Equities: 0%
 Bonds: 80%
 Cash: 20%
 • Age-Based Fund: "Conservative"-10 to 16 years old
 Equities: 15%
 Bonds: 75%
 Cash: 10%
 • Age-Based Fund: "Moderate"-0 to 10 years old
 Equities: 30%
 Bonds: 65%
 Cash 5%

Inquiries about investments of the Trust should be directed to the investment manager.

TAXES

Per capita payments from the Tribes to its members are subject to federal income taxation. This also applies to per capita payments to minors that come from the Trust. However, the Trust was structured in a way to take advantage of tax laws and defers all taxes on per capita and interest, gains, and dividends until distributions are made from the Trust. When distributions are made from the Trust, such distributions are considered taxable income for federal tax purposes.

PFTC will perform required tax withholdings on all trust distributions pursuant to IRS regulations. You may also request for additional tax withholding if you want to ensure no taxes are due, which may be advisable if there is other income. PFTC will also issue a Form 1099 when you receive more than \$600 or more of trust distributions in a year. This Form 1099 reports how much taxable income you received as trust distributions during the year and how much taxes were withheld and paid to the IRS (US Treasury) and state taxing agency. This Form 1099 is mailed out each year in January for the preceding year. You will need this Form 1099 when you prepare your personal income taxes.

DEATH

If a child dies while he or she still has a Trust account, the account will be distributed in the following order: 1) spouse; 2) children; 3) parents; 4) siblings; or if there are not any of these surviving persons, the funds will revert to the Tribes.

TRUST STATEMENTS

Providence First Trust Company will mail individual statements to each child who has a trust balance on a semi-annual basis in January and July. These statements will clearly show your trust balance and transactions in your trust during the preceding six months, and there will be included articles regarding trust information and financial education. Statements will be mailed to the address on file with the Tribes' Enrollment Department, so please make sure you keep your address updated with the Tribes.

FINANCIAL EDUCATION

TRIBAL ANALYST

continued from pg. 3

Natives in data reporting, and state and federal legislation, such as the Indian Child Welfare Act.

As Oklahomans work together to address tribal-state issues, it will be vital to acknowledge how systemic racism shaped past policies and is still prevalent in current policies that marginalize and harm Oklahomans because of race, income, involvement with the criminal justice system, or a combination of other factors. Policy development and practices should address these issues

Providence First Trust Company offers financial literacy courses to youth as they near the age of receiving their trust funds. These courses are tailored specifically for Native American youth, and provide fundamental principles on saving, budgeting, investing, borrowing, and other topics that will assist them as they receive their funds and plan for adulthood. The financial literacy courses will be offered in-person on a regular basis, but materials will also be accessible on-line.

CONFIDENTIALITY

We consider each account confidential and have numerous safeguards to ensure all personal information is kept secure. We do not release this information to anyone but you, as the parent/guardian, and tribal and other government entities as needed. When your child reaches the age of 18, he or she is considered an adult, and we will only be able to interact with them directly unless they authorize us to interact with a parent also. To ensure confidentiality and security through telephone conversations, we will ask a few security questions when you call us to discuss your child's trust account.

BACKGROUND ON THE TRUSTEE

Providence First Trust Company is an independent trust company that specializes in Native American per capita trusts. We are recognized market leaders, currently administering 20 other similar Native American per capita trusts with approximately \$1 billion in trust assets. PFTC customizes its services to fit the needs and circumstances of these Native American communities and their 25,000 beneficiaries and families. Our officers are trained in the specific laws and tax regulations pertaining to these trusts and our database is specifically built for the enrollment and accounting data of these trusts. When you call us, you will speak directly to our staff that exclusively works with Native American parents and children. Our offices are located in Indian Country, on the reservation of the Salt River Pima-Maricopa Indian Community in Scottsdale, Arizona.

HOW TO OBTAIN MORE INFORMATION

You may contact us at any time with questions related to your Minors Trust account. Copies of an informational pamphlet and forms are also available at the Tribes' Per Capita office.

For more information write Providence Trust Company at 8840 E. Chaparral Road, Suite 250

Scottsdale, AZ 85250 or call 1-800-350-0208 (toll-free), (602) 952-2300 or email CAT@providencefirst.com.

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
 FILED FEB 08 2022
 IN THE TRIAL COURT
 CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
 P.O. BOX 102
 CONCHO, OKLAHOMA 73022

IN THE MATTER OF GUARDIANSHIP OF:)
 C.W.M.)
 C.W.M.) Case No. PG-2018-0047

NOTICE OF HEARING BY PUBLICATION

The Cheyenne-Arapaho Tribes to: **MELINDA KAY RANDLE**

The above-styled case is hereby set for hearing for Show Cause in the Trial Court of the Cheyenne-Arapaho Tribes on the 12th day of MARCH, 2022, at 10:00 A.M., O'clock, in the Courtroom, 100 W. Black Kettle Boulevard, Concho, Oklahoma.

YOU ARE HEREBY NOTIFIED TO APPEAR VIA ZOOM, on the above date and time indicated for presentation of your case before the above-entitled Trial Court. 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:
 - Zoom link: <https://us02zoom.us/j/51524251494?pwd=STRGQmZlZWVkdjY6MmM5Q0RkZlRlR0Z0>
 - <https://zoom.us/join>
 - Meeting ID: 452 425 1494
 - Passcode: Court2021
- Phone conferencing for non-smartphone or traditional telephone users:
 - Telephone number: 1 (360) 248-7999
 - Meeting ID: 452 425 1494
 - Passcode: 854454251

Dated at the Trial Court of the Cheyenne-Arapaho Tribes this 8th day of FEBRUARY, 2021.

Kendall Charley
 Kendall Charley, Deputy Court Clerk
 Cheyenne and Arapaho Trial Court

Eugene Mosqueda Memorial Dance
 Saturday March 5, 2022
 Canton C&A ERC (Emergency Response Center)
 Supper @ 5 PM - Dance to follow

MC: Burl Buffalomeat
 Head Singer: Jesse Hamilton
 Head Man: Robert Cheney
 Head Lady: Mary Hope Smith
 Head Boy: Halo Mateo Allen
 Head Girl: Trinity Cartwright
 Honored Family: Arthur Kenrick Family
 AD: Mark Haigler

Sponsored by the Mosqueda Family
 580-450-0914 / 405-687-1165
 Not responsible for thefts, accidents or injury

YOU ARE NOT ALONE

NATIONAL SUICIDE PREVENTION LIFELINE
 1-800-273-TALK (8255)
suicidpreventionlifeline.org

Love Your Heart with DASH Eating Plan

Jenna Crider, RD/LD, IBCLC
 Diabetes Wellness Program



February is the month of love, the month of focusing on the heart...symbolically and our physical hearts. This is a good time to bring focus on taking care of our hearts, specifically by managing your blood pressure. It is estimated that almost half of Americans have been diagnosed with hypertension/high blood pressure. Having high blood pressure, or hypertension, means that the force of your blood pushing against the walls of your blood vessels is consistently too high. And over time, this additional stress on the body can increase a person's risk for heart disease and stroke. Although family genetics can play a part in developing this condition, there are many modifiable things we can do to help improve blood pressure including avoiding tobacco use, managing stress, physical activity and eating well. And of course, continue taking prescribed medicine if you have been diagnosed with hypertension and prescribed meds.

The DASH (Dietary Approach to Stop Hypertension) eating plan has been well researched and found to be the best diet approach to lowering blood pressure. No special foods are needed, daily and weekly goals are provided. The plan recommends:

- Eating vegetables, fruits (fresh, frozen, low sodium canned. Aim for 5 a day). Fruits and veggies are rich in fiber, magnesium and potassium.
- Include fat-free or low fat dairy, 3 servings/day (lactose free works too!)
- Limit lean meats to 6 oz/day, 3 oz a meal (size of a deck of cards). Avoid having fatty/processed meats on a regular basis such as Bologna, bacon, sausage.
- Include two or more meatless/vegetarian style meals each week. Beans, legumes, eggs, nuts/seeds are excellent meatless protein foods.
- For snacks and desserts, use fruits or other foods low in saturated fat, trans fat, cholesterol, sodium, sugar and calories. Limit sugary beverages.
- Increase whole grains such as brown or wild rice,

whole wheat pasta, quinoa, whole wheat bread, popcorn (not too much butter).

- Choose and prepare foods with low sodium/salt.

Be creative when seasoning your foods. Try herbs, spices, lemon, lime, vinegar, salt free seasoning blends. Start off with limiting sodium to 2,300 mg and gradually lower to 1,500 mg/day. Visit the DASH website for more information www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf

With any diet change, take it one step at a time. Choose a new addition or subtraction and focus on that change for several days until you're ready to add another change. Get creative and find recipes you like to help you be successful and enjoy your nutritious foods. Pinterest is a great resource with lots of recipe ideas. Sample DASH eating plan menu for a day:

Breakfast:
 1/2 cup instant oatmeal
 1 mini whole wheat bagel
 1 Tbsp peanut butter
 1 cup low fat milk or milk substitute

Lunch:
 Chicken breast sandwich:

2 slices chicken breast
 2 slices whole wheat bread
 1 slice cheddar cheese
 1 large leaf romaine lettuce
 1 Tbsp low fat mayo
 1 cup of fruit, your choice

Dinner:
 1 cup cooked spaghetti
 3/4 cup spaghetti sauce
 3 tbsp parmesan cheese
 Spinach salad:
 1 cup fresh spinach leaves
 1/4 c fresh carrots, grated
 1/4 c fresh mushrooms, sliced
 1 tbsp vinegar and oil dressing
 1/2 corn, cooked from frozen

For a personalized weight management plan that meets your individual needs, consult a registered dietitian either at the Diabetes Wellness Center or the Clinton Service Unit.

For more information and tips on health and wellness contact Jenna Crider at 405-222-7656, toll free at 800-447-4612 ext. 27656 or by email, jcrider@cheyenneandarapaho-nsn.gov.
 Source: <https://www.nhlbi.nih.gov/education/dash-eating-plan>

ATHLETES' SPOTLIGHT

Levi Youngbird Pedro, Riverside Indian School

Latoya Lonelodge, Staff Reporter

Senior, Creighton Levi Youngbird Pedro, commonly known as Levi, is cherishing every moment on the basketball court, knowing it's his last year to step out onto a high school court.

After having to take two years off from playing basketball due to the COVID-19 pandemic, Pedro was more than ready to get back at it.

Standing 5'10, Pedro plays shooting guard for Riverside Indian High School.

"I have been playing basketball since my seventh grade year, I never really got into it at first but my mom influenced me to keep on playing because she thinks it'll be good for me to get ready for track and cross country," Pedro said.

And next thing you knew, he said, he started pursuing basketball more than his other sports. His influence came from watching his brother play basketball throughout junior high.

"I always looked up to him, he was a really good scorer and I thought, you know what I'm going to be just like him, he was a good 3-point shooter and I thought I'm going to start playing ball," Pedro said.

As Pedro's love for the game grew, so did his motivation.

"I love hearing my name, Levi for three, the chants in the crowd when you make a shot and I love the hard work that goes into the dedication."

In playing basketball, Pedro said he loves his family that go to his games and has love for his coach.

"He does so good for me like in basketball and in life, and I made a lot of friends and family over the years."

And while his loved ones continue to motivate him on the court, Pedro said his biggest inspiration comes from not wanting to quit.

"I was always told that if

you quit at one thing you're going to quit for the rest of your life," Pedro said.

In training for basketball, he's in the gym for three to four hours a day practicing, with his days starting at 6:30 a.m.

"I shoot around before school, I get my workout in, and then after school we get our practice in and after practice I usually just go cool down on the treadmill or a bicycle."

Prior to his senior year of basketball, when Pedro had to take time off from playing due to the COVID-19 outbreak and sports were cancelled, he took it hard.

"Knowing that COVID came I thought my junior and senior basketball season was going to be over, I really thought that honestly, I feel like I quit on a lot of stuff, on myself, on my family," Pedro said, adding he kept to himself a lot.

"It made me go into a de-

pression but after awhile I thought I should just pick it up and I started lifting weights just to keep my momentum and I just got up one day and said you know what, let's get to it, and I just started going from there."

When the school opened back up and Pedro had the opportunity to play basketball again, he said it made him happy.

"My first semester I wasn't eligible but the second semester I started to play again, and the first time I got back on the court, my first game, I made 10 points and man it just made me so happy. I wanted to cry," Pedro said.

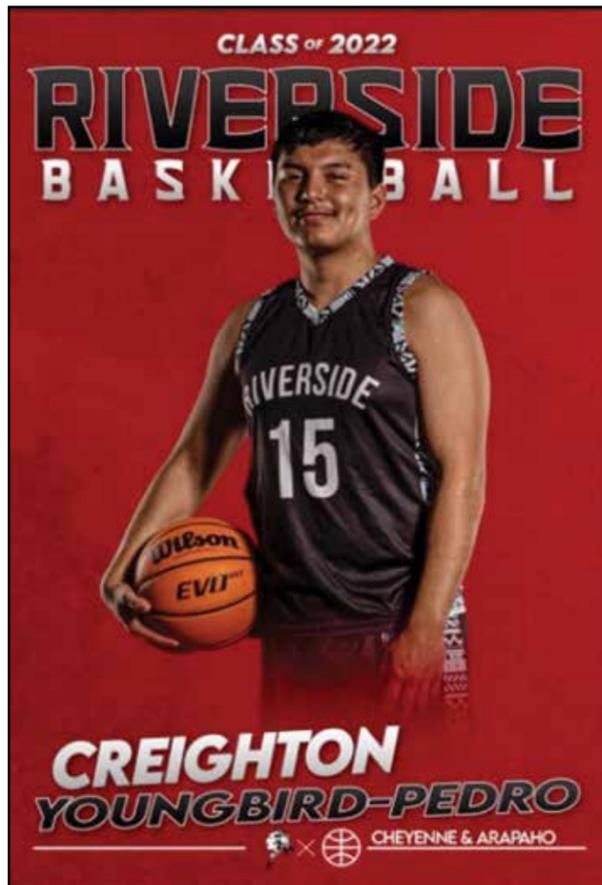
While enjoying his playing time in his final year, what he looks forward to the most in the season is making it to playoffs.

"Just winning and making sure all my friends stay out of trouble, even myself, to keep the hard work going and keeping good grades in school as well, because as a student athlete being a student comes first," Pedro said.

Although having a lot to look forward, Pedro also admits it's a sad time playing his senior year of basketball.

"I always tell my younger teammates to always cherish the moments being on the court, as a senior and it being the last time on the court, it brings back memories to the first time I ever stepped on the court and I cherished every moment, it makes me feel sad but at the same time makes me happy that I do it," Pedro said.

With the season coming to an end, Pedro said his



overall goal was to see his teammates be happy at the end of the season.

"I'll be happy and satisfied knowing that we put it all on the court and we didn't quit on the hard work or dedication towards the game. That would be my main goal."

After graduation, Pedro plans to attend college, such as Haskell, or look into trade school. He also plans to be-

come an Olympian as he begins training for weight lifting and bodybuilding.

In closing, Pedro said he would like to give a shoutout to his friends, Thomas, Jacob, and Tobias.

Pedro's lists as family, his mother Winona Youngbird, father Bruce Whiteman, grandmother Rhoda Braxton, and his three siblings, Tracy Hornsby, Sierra Seneca and Seth Dyer.

8TH GRADE RECOGNITION NIGHT FOR DARLINGTON CHIEFS BASKETBALL STUDENT ATHLETES

Photos by Adriel Clements AC Media



Eryn Roman Nose Parry & Stephanie Roman Nose



Bryce Longknife Jerilyn Longknife



Adriana Martinez-Halfred Teresa Dorsett & Brandi Halfred



Hezakiya Satepauhoodle Jessica Kodaseet



John and Jerin Sandoval Jaime Sandoval & Donna Sandoval



Brooklyn Black Melissa Tsotaddle



Delilah Sandoval Eric Sandoval



Jayden Lime Gwendolyn Lime



Sophia Plentybears Stanley & Jennifer Plentybears



Charles Woolworth Amy Estrada



LaPerla Hoffman Teresa Dorsett



Blake Lamebull Michael & Sara Lamebull

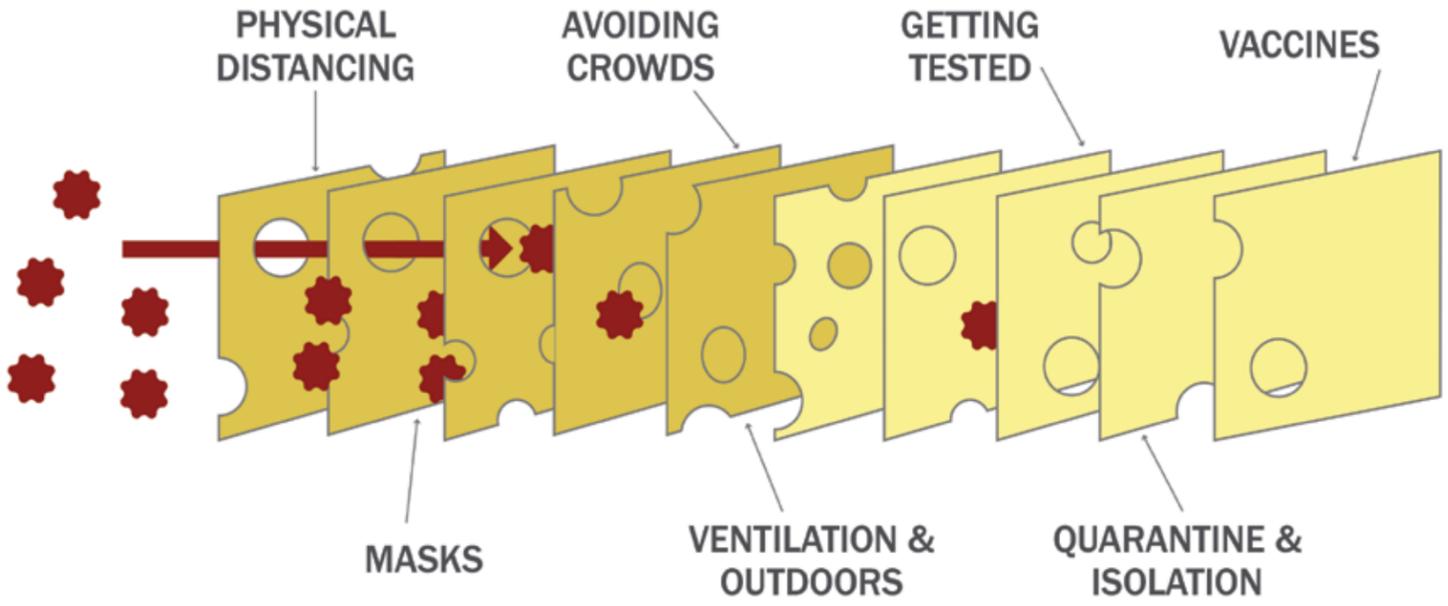


Malakie & Mattie Beaver-Ware Wansey Beaver & the late Thomas Ware III

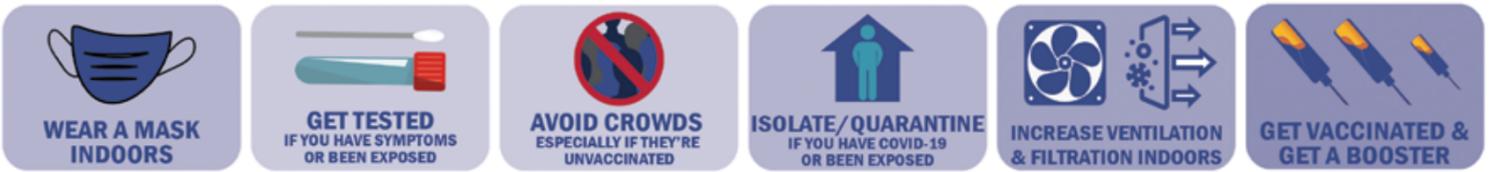
SAFETY & RISKS

LEVELS OF PROTECTION

SWISS CHEESE MODEL OF PROTECTION



THE MORE LAYERS OF PROTECTION YOU ADD, THE SAFER YOU'LL BE.

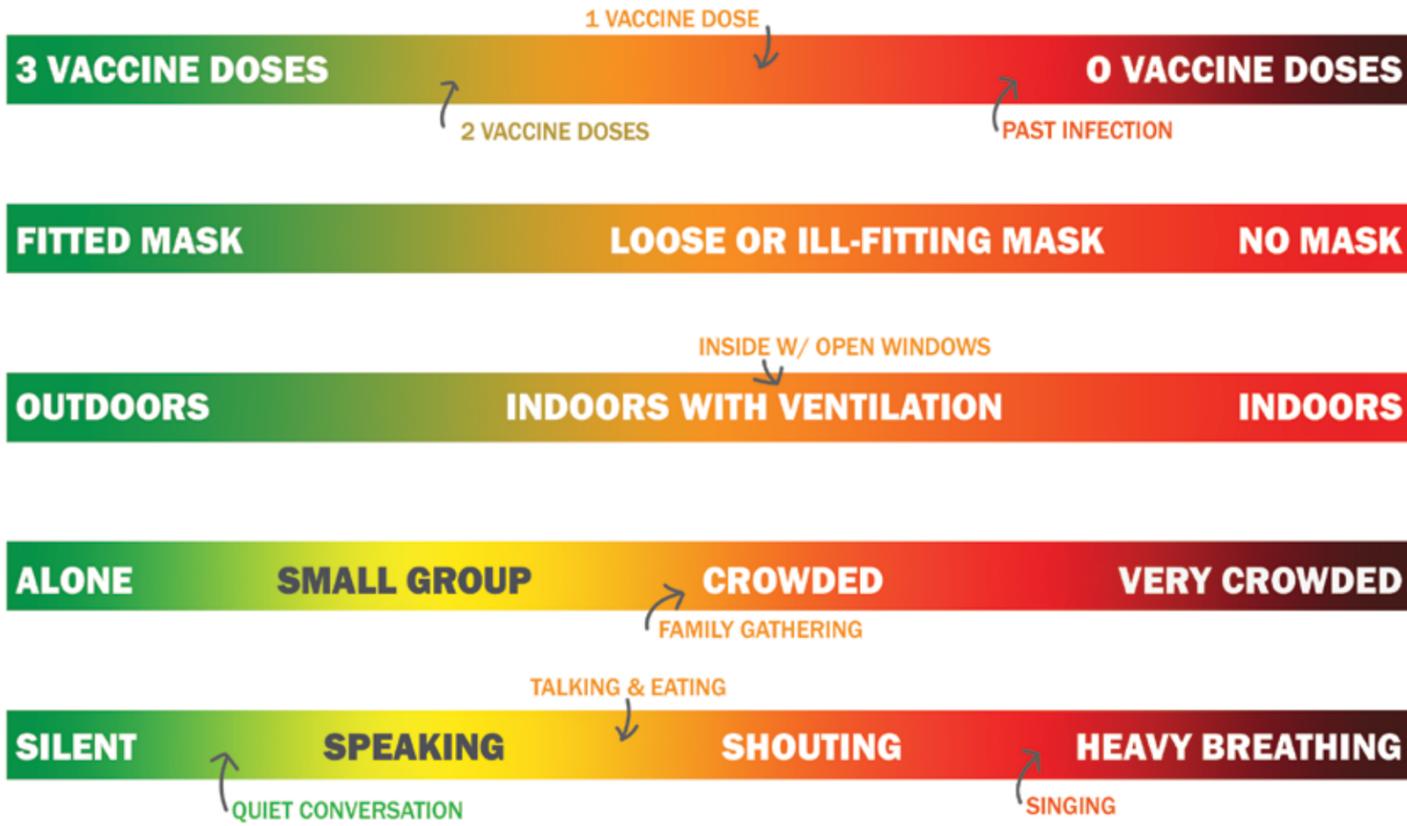


THIS GRAPHIC CAN HELP YOU DETERMINE THE RISK FOR DIFFERENT TYPES OF ACTIVITIES.

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.



WHAT RISK? IS MY RISK?

2 VACCINE DOSES
 LOOSE MASK
 WALK OUTSIDE
 ONE FRIEND
 QUIET CONVERSATION

BOOSTED
 NO MASK
 INSIDE W/ OPEN WINDOWS
 FAMILY GATHERING
 TALKING & EATING

PAST INFECTION
 MASK
 INDOOR CHURCH
 CROWDED
 SINGING

0 VACCINES
 NO MASK
 INDOOR GYM
 VERY CROWDED
 HEAVY BREATHING

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.



OVERALL RISK

