

Cheyenne & Arapaho TRIBAL TRIBUNE

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Cheyenne and Arapaho Tribal Tribune
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Concho, OK 73022

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Cheyenne and Arapaho Governor responds to Oklahoma Attorney General

Oklahoma Attorney General Mike Hunter asks Cheyenne and Arapaho Tribes to stop collection efforts for past due oil payments from oil companies.

A letter sent to the Cheyenne and Arapaho Tribes in early April, asking the tribes to 'stop sending letters to oil companies for past due tax payments,' comes after oil and gas operators reached out to Hunter's office about the past-due notices they received from the tribes. The letters were notices involving significant outstanding severance taxes with interest and penalties.

Hunter publicly discussed the matter during his radio appearance on Exploring Energy on radio station 96.5 KECCO.

Hunter said the notices to the companies are unclear as to the scope of the jurisdiction the tribes now assert."

The letters appear to have been widely sent to operators within Blaine and Canadian counties, Hunter explained.

Hunter said a lack of clarity in the notices has blindsided operators and threatened the local economies. Hunter stated in a statement that his office is asking the tribes to clarify their positions on the past due notices.

Cheyenne and Arapaho Gov. Reggie Wassana responded by stating, "We've never asked an operator to pay for something that wasn't tribally owned or on allotted properties ... I believe there might have been some

See RESPONSE pg. 6

Ida's Law shines glimmer of hope for Indigenous communities throughout Oklahoma

Rosemary Stephens
Editor-in-Chief

April 20, 2021 will be remembered as a historical day in Oklahoma for Indigenous people. The day Oklahoma Gov. Kevin Stitt signed Senate Bill 172 into law, named Ida's Law.

Rep. Mickey Dollens first submitted Ida's Law in December 2019 for the 2020 Legislative session. The bill passed the Judiciary Committee and House of Representatives, but due to COVID-19 shutdowns the bill never made it out of the Senate.

Sen. Rosino and Rep. Walke picked up the bill in this year's 2021 legislative session, where it received overwhelming support all the way up to Oklahoma Gov. Kevin Stitt, who signed Ida's Law on April 20.

Ida's Law is named after 29-year-old Ida Joann Beard, a citizen of the Cheyenne and Arapaho Tribes, who went missing from El Reno, Okla. in 2015. She has never been found. Her case, like so many others, became known as a "cold case" in law enforcement, with little to no movement towards solving the mystery surrounding her disappearance.

Ida's Law will create an Office of Tribal Liaison within the Oklahoma State Bureau of Investigations (OSBI) to address not only cold cases of missing and murdered Indigenous persons, but to assist families with immediate action when an Indigenous person goes missing. The Office of Tribal Liaison will also direct the OSBI to coordinate with the U.S. Attorney's Office and the U.S. Dept. of Justice to obtain federal funding to gather much needed data to address the epidemic of missing and murdered Indigenous persons.

"This legislation is long overdue. When you hear the stories of families missing their loved ones, and you read the news articles about it

happening across the country, it's obvious there is a problem," Walke stated during an interview. "This bill allows us to look at past and present data to determine the magnitude, and it also lays a foundation to be better prepared for cases in the future."

According to data from the Coalition to Stop Violence Against Native Women, four out of five Native women are affected by violence and face murder rates that are more than 10 times the national average.

In 2018 the Urban Indian Health Institute (UIHI) released a study entitled "Missing and Murdered Indigenous Women & Girls." In this report UIHI reported a nationwide data crisis for missing and murdered Indigenous women and girls (MMIWG) in the United States stating out of 5,712 cases of MMIWG reported in 2016, only 116 were logged into the Dept. of Justice database. According to the UIHI report, the third leading cause

of death among American Indian and Alaska Native women and girls is murder and Oklahoma ranked in the top ten states for highest number of MMIWG cases.

For the many who have worked towards this legislation, it's been a long journey sometimes tedious, sometimes overwhelming, and although, at times, it looked futile, the individuals who continued to advocate for missing and murdered Indigenous persons never gave up. One such person, LaRenda Morgan, has devoted the last three years of her life to ensuring Ida's Law became a reality.

Morgan is Ida Beard's cousin and as such, has known the heartache and pain that comes from living through a beloved family member disappearing with

See IDA'S LAW pg. 6



Oklahoma Gov. Kevin J. Stitt signs Ida's Law into law on April 20, 2021 at the Oklahoma State Capitol in Oklahoma City. (Photo / Latoya Lonelodge)



Ida's Law is named after Ida Joann Beard who went missing on June 29, 2015 on her way home in El Reno, Okla. Beard was 29 years old, and her case remains unsolved.

Ribbon-Cutting Ceremony for Renovated George Hawkins Memorial Treatment Center Opens Doors to New Beginnings

Latoya Lonelodge
Staff Reporter

(CLINTON, OK) In a 1977 interview with the *Oklahoma City Times*, George 'Lone Wolf' Hawkins spoke about the Native alcoholic, stating, "Alcoholism affects at least 80 percent of the American Indian population. If one member of a family suffers from alcoholism, the entire family is affected. So it is possible that close to 100 percent of our population is affected by alcoholism."

Almost two years to the exact date after the groundbreaking ceremony of the

George Hawkins Memorial Treatment Center (GHMTC) in Clinton, Okla., for renovation and expansion, the newly renovated treatment center has re-opened its doors to the community, and with it the opportunity for a new beginning.

On April 22 the Cheyenne and Arapaho Tribes held a ribbon-cutting ceremony where many gathered in cool temperatures to celebrate and witness the re-opening of a facility that specializes in alcohol and substance abuse recovery.

Recognizing the need within the communities, the



facility offers assistance to tribal citizens dealing with drug and alcohol abuse. The newly renovated treatment center underwent an expansion of offices, kitchen and

See TREATMENT CENTER pg. 4

Left: Taking a pair of oversized scissors, together, officials and guests snip away at the ribbon in front of the George Hawkins Memorial Treatment Center, officially re-opening the doors of the center.



See RESPONSE pg. 6



**Candidate Registration Opens
May 3, 2021 / Closes June 1, 2021**

In accordance with the Constitution of the Cheyenne and Arapaho Tribes and the Election Law for the Cheyenne and Arapaho Tribes,
The Election Commission opens nominations for elective office to qualified candidates. Nominations open May 3, 2021 and close on June 1, 2021.

ELECTIVE SEATS OPEN

GOVERNOR/LT. GOVERNOR:
Incumbent: Gov. Reggie Wassana
Incumbent: Lt. Gov. Gib Miles

LEGISLATURE:
Arapaho District 1
Incumbent: Billie Sutton
Arapaho District 2
Incumbent: Kendricks Sleeper
Cheyenne District 2
Incumbent: George Woods
Cheyenne District 4
Incumbent: Byron Byrd

ELECTION COMMISSION:
Arapaho District 3
Incumbent: Pat Smothers
Arapaho District 4
Incumbent: Elizabeth Birdshead
Cheyenne District 1
Incumbent: Sandra Hinshaw
Cheyenne District 3
Incumbent: Ramona Welch

FEES

GOVERNOR/LT. GOVERNOR.....	\$250
LEGISLATIVE.....	\$200
ELECTION COMMISSION.....	\$100
CHALLENGE.....	\$200

Fees are paid by money order or cashier's check made payable to the Election Commission and are NON-REFUNDABLE.

REGISTRATION PACKETS

Registration Packets can be picked up at the Election Commission Office in Concho or from any Commissioner after the fee has been paid. The packet must be turned in before registration closes on June 1, 2021. The candidate will receive a copy of the Election Law, their district's voter listing and an Election Schedule, once the packet is turned in.

VOTER REGISTRATION

Voter Registration is open and will close on June 15, 2021.

Tribal citizens who are not 18 but will be before the Primary or General Election must have their voter registration turned in by June 15, 2021.

TENTATIVE POLLING SITES

Polling Sites will Be Confirmed Prior to Elections
Primary Election - Tuesday, Oct. 5, 2021
General Election - Tuesday, Nov. 2, 2021

- Canton Community Center, 205/207 N Jefferson St, Canton, Okla.
- Seiling Community Center, 411 N. Main, Seiling, Okla.
- Watonga Community Center, 1000 S. Clarence Nash Blvd., Watonga, Okla.
- All Nations Church, North Broadway, Kingfisher, Okla.
- Concho Community Center, 200 Wolf Robe Circle, Concho, Okla.
- Geary Community Center, 132 E. Main, Geary, Okla.
- Clinton Community Center, 2015 Dogpatch Rd., Clinton, Okla.
- Southwestern Oklahoma State University, 1121 N. 7th St., Weatherford, Okla.
- Hammon Community Center, 801 Dunn St., Hammon, Okla.
- Elk City Indian Baptist Church, 7th St., Elk City, Okla.

No Campaigning within 100 feet of the Polling Site

QUALIFICATIONS

GOVERNOR/LT. GOVERNOR

The Minimum Qualifications for Governor and Lt. Governor Candidates are as follows:
The Candidates for Governor and Lt. Governor shall be enrolled members of the tribe, at least 35 years of age and each must possess a minimum, bachelor's degree from an accredited school;
No person convicted of a felony within the last 10 years shall serve as Governor or Lt. Governor unless pardoned;
At the time of filing a nomination petition, the candidate shall physically reside in a voting district and if elected, reside in a voting district for the duration of their term;
The candidates shall submit copies of his or her Federal Income Tax returns for the previous five years and provide a written list of all his or her personal and real property;
The candidates cannot owe any money or debts to the tribes;
The Governor and Lt. Governor will run as a team.

LEGISLATOR

Each District Legislator shall be an enrolled member of the tribes, age 25 or older and shall possess, at minimum, a high school degree or its equivalent. No person convicted of a felony within the last 10 years shall serve as a District Legislator unless pardoned.
At time of filing a nomination petition, a candidate for District Legislator shall physically reside in such District. Each District Legislator shall reside in the District from which they are elected for the duration of their term. Each District Legislator shall be a registered voter in the District from which they are elected.
A candidate for the Office of District Legislator cannot owe any money or debts to the tribes or be employed in any governmental capacity.

ELECTION COMMISSIONER

Members of the Election Commission shall be elected from their respective districts to serve a term of four years. Election Commissioners shall possess, at a minimum, a high school degree or its equivalent. No person convicted of a felony shall serve as an Election Commissioner. Each candidate for elective office shall file a nomination petition.

ELECTION COMMISSION

The Election Commission is located in the Education Building, Concho Campus, Rooms 106 and 107. Currently the office is open from 9 a.m. - 4 p.m., Monday through Friday. The office number is, toll free 800-247-4612 ext. 27619 or you may call or message any one of the commissioners for assistance:

- A1 Ray Mosqueda 405-306-9281
- A2 Dale Hamilton 405-248-7584
- A3 Pat Smothers 405-535-7863
- A4 Elizabeth Birdshead 405-464-6043
- C1 Sandra Hinshaw 405-593-7944
- C2 Norma Yarbrough 405-538-6664
- C3 Ramona Welch 405-464-2716
- C4 Sarah Orange 405-637-6036



NEH Grants \$400,000 for Sand Creek Massacre Exhibition in Partnership with Northern Cheyenne, Northern Arapaho, Cheyenne and Arapaho Tribes of Oklahoma

(DENVER, COLO.) The National Endowment for the Humanities (NEH) announced it is awarding \$400,000 to support a new, long-term exhibition at the History Colorado Center that recounts the deadliest day in Colorado history, the 1864 atrocity known as the Sand Creek Massacre, with the voices of Cheyenne and Arapaho tribal citizens.

The NEH is awarding a Public Humanities Projects grant for the exhibition, which will be installed on the top floor of the History Colorado Center in downtown Denver for at least five years. Grant funds will support ongoing tribal consultation, further research, and exhibition design.

The exhibition will reflect a partnership process now in its eighth year between History Colorado and three tribal groups: the Northern Cheyenne Tribe of the Northern Cheyenne Reservation, the Northern Arapaho Tribe, and the Cheyenne and Arapaho Tribes of Oklahoma. Participating tribal historians and victims' descendants include Otto Braided Hair (Northern Cheyenne),

Fred Mosqueda (Cheyenne and Arapaho Tribes of Oklahoma), Ben Ridgely (Northern Arapaho), Gail Ridgely (Northern Arapaho), and Chester Whiteman (Cheyenne and Arapaho Tribes of Oklahoma).

This exhibition not only looks into the past, but also explores the ongoing generational impacts of this traumatic event. When it opens, it will be the only exhibit in the U.S. to share the massacre's history from the viewpoint of Cheyenne and Arapaho tribal citizens. Along with all other visitors to the History Colorado Center, school-aged children on field trips, approximately 49,000 students made museum visits in the year prior to the pandemic, will have the option to access carefully presented, powerful content.

"The Sand Creek Massacre exhibition will demonstrate that all people in the United States, tribal and non-tribal, can work humbly together to remember and begin to heal from the Sand Creek Massacre," Shannon Voirol, director of exhibit planning at History Colorado, said. "It will also offer



universal, timely lessons that fear, racism, and stereotyping can and do lead to catastrophic consequences."

"It will include information about the lives of the Cheyenne and Arapaho people before the massacre, life today and our efforts to re-

member the massacre. This NEH funding will help with this important work," Fred Mosqueda, Arapaho culture coordinator, said.

In 2012, when the brand-new History Colorado Center opened its doors in Denver, it included an exhibition

on the Sand Creek Massacre. However, the exhibition was developed without adequate input from tribal representatives and leadership and was closed shortly after opening. Since then, History Colorado staff have been building and reconnecting stakeholder re-

lationships around this subject matter.

Others may lend support for this exhibition via historycolorado.org/donate or philanthropy@state.co.us, and follow its progress in History Colorado's online digest.

Sexual Assault Victims' Right to Information Act Passes Senate

(OKLAHOMA CITY) Legislation that expedites the process to get sexual assault survivors resources for trauma care passed the Senate on Wednesday with bipartisan support.

The Sexual Assault Victims' Right to Information Act (House Bill 2546), authored by Rep. Cyndi Munson, D-OKC and Sen. Kay Floyd, D-OKC, expands protections to victims of sexual assault regardless of participation in a criminal investigation of their assault. The act also allows for an advocate to be made available during a sexual assault examination.

"Sexual assault survivors are often put in a situation where they have to put their lives back together due to no fault of their

own," Munson said. "This legislation ensures that these survivors are provided with the resources to begin that healing process as soon as possible."

A 2018 OSBI study showed that over a two-decade period, rape case clearances by Oklahoma law enforcement, due to myriad reasons, dropped significantly from 62% to just 22%.

"With this legislation, we are ensuring sexual assault survivors, regardless of the criminal aspects of the case, are provided with resources to address their trauma," Floyd said. "When approaching survivors of assault, our first response should be care for the victim. That is what we are hoping to accomplish with House Bill 2546."



Sand Creek Massacre Monument Dedication & Chief White Antelope's Blanket Viewing

Tuesday, May 11, 2021

Dedication: 11 a.m. at the Tribal Administration Building
Viewing: 10 a.m. to 4 p.m. at the Concho R.E.Sp.E.C.T. Gym



Chief White Antelope's Blanket was taken from the body of Chief White Antelope after the Sand Creek Massacre on Nov. 29, 1864. For this reason, the blanket has great significance to the Southern Cheyenne and the Sand Creek Massacre descendants.

Additional Viewings:

Wednesday, May 12 from 10 a.m. – 4 p.m.
Seiling ERC (community building)

Thursday, May 13 from 10 a.m. – 4 p.m.
Clinton ERC (community building)

Viewings will follow COVID-19 guidelines.
Boxed lunch will be provided at the monument dedication.

For more information, contact the executive office at
(405) 422-7928 or communications@cheyenneandarapaho-nsn.gov.



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2010-2020 NATIVE AMERICAN JOURNALISTS ASSOCIATION MEDIA AWARD WINNER / 2012-2017 AWARD WINNER OF THE OPA BETTER NEWSPAPER CONTEST /

2020 SOCIETY OF PROFESSIONAL JOURNALIST/OK CHAPTER MEDIA AWARD WINNER

TREATMENT CENTER

continued from pg. 1

dining area, a wellness room and group room. Built in 2002, and with many years of wear and tear, the GHMTC warmly welcomed guests and community members to a newly renovated facility.

The ceremony began with an introduction and invocation given by Susan Hart, Pastor of Koinonia Mennonite Church, and followed by traditional flag and honor songs sung by Chief Jason Goodblanket.

“George Hawkin’s life history is about the Cheyenne man who endured and dedicated his life to our people, for most of his early childhood he stayed in the United States boarding school away from his family,” Hart said.

As a 29-year old, George enlisted in the United States Army, a month after Pearl Harbor was attacked. He fought with the 45th infantry division in Africa, Italy, France and Germany.

“He was injured during the war and fought like a Cheyenne warrior, he returned to fight and was discharged in 1945. There’s no doubt whatsoever that he changed because the Second World War had affected him, he returned to his family as a different man,” Hart said.

Twenty years after the war, Hawkins became sober, and once stated, “we are pulling people out of the river to keep them from drowning and what we need to do is go back up the river to see what’s pushing them in. Nobody becomes an alcoholic by their own volition.”

“Soldiers who fought in the Second World War, like in all wars, endured all situations we civilians know nothing about,” Hart said.

Knowing now that untreated trauma is a psychological disorder, many people turn to substance abuse

as they try to manage for themselves the physical and psychological memories of trauma.

“We know now that we can suffer trauma without having gone to war, we know that trauma comes from mental abuse or pain, as well as physical abuse or pain, it comes from enduring an assault, an accident, or having to watch helplessly as someone’s being assaulted or hurt, it comes from losing a loved one,” Hart said.

Having to witness a traumatic event or having serious health problems, no one is immune to terror, helplessness, physical pain or loss to oneself, to loved ones or strangers.

“This treatment center will continue George’s and our tribe’s work towards sobriety as it goes back up the river and works towards keeping our people from drowning,” Hart said.

From 1972-1974, George Hawkins was the program director of the Cheyenne and Arapaho Tribes Alcoholism Rehabilitation Center in Besse, Okla., and again from 1976-1977. He was executive director of the United Indian Recovery Association, a member of the Oklahoma Association on Alcoholism & Drug Abuse Certification Board and was involved in upgrading the standard testing and qualifying certified counselors in the state of Oklahoma.

In gathering for the ceremony in support of recovery, many went to the podium to share stories of their own experiences and how alcohol and drug abuse have affected their lives.

Cheyenne and Arapaho Tribes Lt. Gov. Gib Miles shared a story of what it was like growing up with alcohol abuse in the home. Miles



said his father was an alcoholic his entire life.

“I’ve been around this all my life, I seen a man who was two different people, Jekyll and Hyde, when he was drunk, he wouldn’t treat me correctly but when he was sober he was the greatest dad in the world so I know what alcohol does, in fact, that’s why I do not drink,” Miles said.

Miles said he’s glad to see the treatment center in place because it would allow others, like his father, a chance to live a longer life.

“Might’ve saved him or gave him 10 more years and he could’ve saw his grandchildren and so I’m happy to be here, I’m glad it’s here, I always keep my mind on it and appreciate what all the staff does and Winnie and all the support the tribe gives this place,” Miles said.

Cheyenne and Arapaho Legislators Kendrick Sleeper, A2,

Billie Sutton, A1, and Bruce Whiteman, C1, welcomed and thanked guests for their attendance in the celebration of the treatment center and offered encouraging support for sobriety in their respective communities.

“I was thinking about the groundbreaking we had awhile back and all the teamwork and everything we did to get to this point, I’m thankful for that, thankful to God that he blesses us like this, that we have places for our relatives and everything we talk about from substance abuse to alcoholism, we all have been affected by it throughout our lives,” Sleeper said.

In listening to stories of trauma and alcoholism and how it has affected the lives of many, Sleeper said his office has been receiving calls of people reaching out for help.



Lt. Gov. Gib Miles introduces Delores Hawkins, daughter of Geroge Hawkins, at the podium. The treatment center is named after her father, George Hawkins.

Cheyenne & Arapaho Housing Authority 2021 Elder Lawn Program

All Tribal Elders who received a lawn mower in the summer of 2018,

Below are the steps to maintaining your lawn mower:

- Step 1: to ensure the mower performs up to its maximum, make sure to change the oil annually. The Mower performance increases, maintenance is less costly and ensures a longer engine life. Be sure to use oil specially formulated for the engine type (see owner’s manual), this will keep the engine running at its best.
- Step 2: Clean or replace your air filter. See owner’s manual to determine the filter type and follow the directions to cleaning or replacing the filter. Be sure to check the filter a few times during the mowing season.
- Step 3: Fill your gas can and treat the fuel. Gas can go stale in as little as 30 days, add a fuel treatment and stabilizer to keep gas fresh and protect the mowers engine.
- Step 4: Blade maintenance. Brush off the mower after each use to keep debris from collecting on the blades, also a water hose can be used to clean the deck. Sharpen the blades regularly to avoid any problems with cutting the yard.
- Step 5: change the spark plug annually. Once a year change the mowers oil, and replace the spark plug.

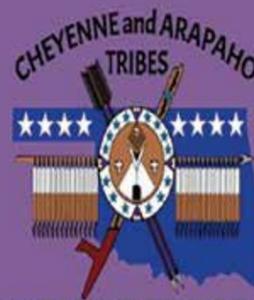
NOTE: Please refer to the owner’s manual for all steps to maintain the mower. If the mower is in need of other services, please contact the number on the manual for all other services needed for the mower.

The Cheyenne & Arapaho Tribes Housing Authority are **NOT** responsible for any repairs needed for the mower, it is the owner’s responsibility to repair the mower.

NO LAWN MOWERS WILL BE GIVEN FOR THE 2021 Elder LAWN PROGRAM

SOCIAL SERVICES PROGRAM

LIHEAP



LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

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✓ RURAL

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Message From Your District Legislator

Arapaho District 1
Nóóbesei Níibeí
(Billie Sutton)



Tous neito'eino' noh bei-siíhi!

I am currently working on several bills but the one I have coming up for a vote in the legislature is the 2021 Bill to call for a Special Election to Amend the 2006 Constitution of the Cheyenne and Arapaho Tribes' Tribal Enrollment Requirements on June 12, 2021.

This bill is a call for a Special Election to be voted

on by the people probably in August 2021.

There is always a possibility of tabling for the following month should more discussion need to take place. But we are very near the completion of a final draft.

Should this bill be passed by the legislature it will be up to the people to decide.

I've met in communities, with tribal officials, communicated through phones, email, social media and listened to all the issues, and made many changes.

The biggest change is lowering our requirements to 1/8 degree. I would have liked it lower but I understand the reasoning. The reasoning is two-fold;

1. This is what the legislators will support as I have been told.

2. We must ease into lowering the blood quantum in order to continue to stabilize the tribes resources and

services, to not overwhelm them so to speak.

The 2021 draft has been posted on Billie Sutton Arapaho Facebook page. The draft shows additions/deletions so that everyone can see what changes have been made.

It is still up for changes until the day it is voted on.

There are people for it and people against it, I prefer respectful dialogue as do others.

Contact your legislator to express your wishes, yes or no, to conduct a Special Election. If a Special Election is called, the Tribal Council will decide this issue.

Everyone 18 years and older should be registered to vote, it would be wise to check on your registration, update if needed.

Hohóú! Héétce'eené-ti'e3enee bééxoo3ííhi'! (Thank you! I will talk to you all again later!)

Cheyenne District 3
Darrell Flyingman



In light of some recent dialogue I have been hearing, I am re-submitting the letter below, first published in March 2020. It is my belief we are all Cheyenne or Arapaho, no matter what area we choose to live, whether that is in Concho, Okla., Califor-

nia, New Mexico, Arizona, Alabama, Idaho, Montana, etc., etc.

From March 2020:

"Tuesday afternoon the Legislature met with the Governor, Casino Management and other leadership members of the tribe. Many issues were discussed, options of closure, care of our employees and the welfare of our tribal members were the major concerns. Alan Fletcher closed out the meeting with a prayer asking our creator to bless our tribe and guide our leaders in making the right decision as to when the tribe should shut-down our casinos and tribal offices.

This morning when I arrived at work I was presented with a resolution that would appropriate \$1,000,000.00

for COVID-19 virus. I believe the appropriation is good for the tribe and worth the money, but I strongly disagree with the rest of the resolution ...for our tribal members within our service area... I was very disappointed to hear a couple of legislators talking about "only serving our tribal members within the service area." "It was their choice to move out of area and they should receive help where they live." I couldn't believe what I heard, I was always under the impression that no matter where a Cheyenne and Arapaho lived they were always C&A and would receive all benefits from the tribe, except if it's a federal grant program."

OP-ED: BLOOD QUANTUM

By Morgan Woolworth

"Something that has been heavy on my heart lately is the idea of "blood quantum" and the regulation of who gets to be included in Native American tribes. The idea of "blood quantum" stems from a law passed in 1705 called the "Indian Blood Law."

This was passed by Congress to regulate who gets to be registered with their tribe, receive benefits and to be included in the tribe at all. Although this law wasn't widely enforced until the Indian Reorganization Act of 1934, it still affects many Native Americans today.

Some tribes do not require blood quantum, but many do. For example, my tribe, Cheyenne and Arapaho, has a minimum blood quantum requirement of 1/4 or 25%. After calculating my blood percentage, I come to a whopping 24%. I am LITERALLY 1% away from the requirement and am therefore not allowed to enroll in my tribe to receive benefits or be included in my tribe at all. All because a group of white men in 1705 are getting exactly what they wanted to this day, and that is to essentially get rid of us.



In this photo taken in 1895 is Morgan Woolworth's great-great-grandfather on the far left, Buffalomeat, with Three Fingers and Wolf Robe.

It doesn't matter that my family is still suffering from the generational trauma that has been passed down for generations, I still do not get to be included.

Native Americans are the only people in the world that must literally prove their blood just to call themselves Native American. My heart breaks every time I have to explain this concept to someone when they ask why I do not have a "tribal card" or why I don't receive any benefits like "all the other Indians" because I am reminded of the systemic racism and oppression that is still being implemented to this day.

If you are Native American, this should bother you. This should upset you and make you want change! If you are a HUMAN, this should

upset you and make you want change! We need to do better. If your tribe still requires this outrageous requirement, you should reach out to them and tell them exactly why this is not okay.

My lineage is as follows:

I am the daughter of Brendan Woolworth, who is the son of Thomas Woolworth. Thomas Woolworth was the biological son of Mary Fletcher Buffalomeat and Raymond Buffalomeat. Thomas was adopted by his aunt and uncle, Nancy and Eugene Woolworth, where Thomas's last name was changed from Buffalomeat to Woolworth. Unfortunately because of the adoption, this is all the information I have of my lineage that my relatives were able to inform me of.

Clinton Service Unit & the Cheyenne and Arapaho Tribes Present

TELEPHONE TOWN HALL

FRIDAY
May 14
1:00 - 2:00 PM

TOWN HALL MEETING

Call-in and join us for questions and answers on the Covid-19 vaccine.

CALL: 1-3462487799
PASSCODE: 2679348668#
JOIN ZOOM MEETING:
<https://us02web.zoom.us/j/2679348668>

NATIONAL FOSTER CARE MONTH

MAY 2021

FOSTER CARE~ WAYS TO HELP

- * Mentor a foster child
- * Be a foster grandparent
- * Grant a wish to a foster child
- * Send a care package
- * Buy or build a bike
- * Make a blanket
- * Donate clothes
- * Donate books, backpacks

CHEYENNE AND ARAPAHO TRIBES FOSTER CARE CASEWORKERS
EMILY WALLACE- 405-535-7002
NONA ROMAN NOSE- 405-397-2246

Tsistsistas & Hinonoëi

2021 Graduate Tribute

To Be Published June 1, 2021

COLLEGE COLLEGE: NAME DEGREE UNIVERSITY VO/TECH

HIGH SCHOOL HIGH SCHOOL: NAME HIGH SCHOOL

SUBMIT BY EMAIL: rmstephens@cheyenneandarapaho-nsn.gov
U.S. MAIL: Tribal Tribune, PO Box 38, Concho, OK 73022
(If mailing, please include return address to return photo)
TEXTING: 405-201-3143

DEADLINE TO SUBMIT PHOTOS - MAY 10, 2021

IDA'S LAW

continued from pg. 1

no answers. The waking up every morning wondering what happened to Ida, where is she, and the many days of searching frantically, turning into weeks and months, then years with no clues and no answers. For Morgan, this legislation became very personal.

"The day after Ida's Law was signed into law by Gov. Stitt it felt odd not to have to make any phone calls to anyone or send any emails regarding the bill, which had become normal for me," Morgan said.

She said physically she woke exhausted and her immediate thoughts were about her family and cousins to see how they were feeling.

"Ida's sister cried as she said, 'I can't believe you made a law named after Ida! Unbelievable,'" Morgan said.

Morgan had worked hand in hand with Dollens starting in 2019 to gather data, put together an interim study, gather support and raise awareness of the MMIW epidemic. And her dedication and work in passing Ida's Law continued all through the year 2020 and into 2021. Morgan became such a regular fixture at the Oklahoma State Capitol; she was asked, at one point, if she worked there now.

"I called my aunt Becky (Ida's mother) to tell her the news and I told her I worked hard for her and so maybe, in the future, no one will have to experience what she has been through," Morgan said.

Morgan said she always looked up to her aunt Becky as she overcame every obstacle in her life. Being blind, her aunt still went to school, worked full time, and raised four daughters.

"She was a gospel singer, faithful in the church, a strong spirit and let nothing hold her back in life. But when Ida disappeared you could see her spirit was crushed and broken and see the heaviness

of grief upon her. She was like a shell of the person she used to be," Morgan shared with sadness in her voice. She said the family quit talking about Ida because it was too painful for many in the family and it always made her auntie Becky cry.

There were many periods of time throughout the process of getting Ida's Law signed into law that Morgan thought the bill would die because of one reason or another. But she kept on trudging, and had the support of many who inspired her to keep going, who stood up beside her in the fight to have Ida's Law recognized and garnered strength from others.

"At one point in the process, it seemed the bill would die and Gov. (Reggie) Wassana told me, 'That bill has your cousin's name on it, fight hard for it, as hard as you can.' So I did. Ashley McCray Engle fought for it with me, and so many others, Adam McCreary from the Cherokee Nation, government relations, John VanPool from Citizen Potawatomi Nation's government relations, Mickey Dollens, and so many others ... so much support and work from so many people made this possible," Morgan said.

Ida's mother, Becky Black, is grateful for the new law, though nothing takes away the pain she feels in heart.

"I'm glad the governor signed it, and that LaRenda put so much time and effort into this. We felt helpless, we couldn't do anything and

nothing was getting done," Becky said through tears, saying June 29, 2015 will be six years since Ida disappeared.

"Law enforcement back then told us to wait a couple of days because she was probably with some friends and would show back up or something, but I knew that something had happened to her because she had never been gone that long," Becky said.

Becky's message to anyone who has a family member missing is to never give up and to never quit praying, "I appreciate everybody's prayers. I couldn't of gotten through any of this if everyone hadn't of been praying for me ... I think about her all the time ... every single day."

Ida Joann Beard

Ida was born the daughter of Rebecca (Becky Black) Beard of

El Reno and the late Donnie Beard Sr. Ida grew up in El Reno with her three sisters in the Cheyenne and Arapaho Tribal community. Ida's father had been a bricklayer then went to school to become a phlebotomist and her mother worked at the Oklahoma League for the Blind.

In Ida's childhood years, her father formed the Beard Family Gospel singing group. They often traveled to Native churches singing their praises, prayer services, funerals and weddings. Ida was raised in the El Reno Indian United Methodist Church where her late grandparents, Edward and Rev. Joann Black were devout Christians.

Ida's grandmother, Joann, who she was named after, was the ordained minister of the El Reno Indian United Methodist Church for many years.

Growing up Ida struggled with a speech impediment and stuttering. This didn't hold her back from being quick witted and humorous and she enjoyed her own jokes and often made everyone laugh at family gatherings. Ida suffered from many of the same obstacles in life as others in Native communities but always found solace in attending church, powwows, cookouts and spending time with family.

As a young adult Ida mothered four children and resided in Oklahoma City, but returned to El Reno with her mother where she resided at the time of her disappearance June 29, 2015.

The night she disappeared she left to go out with friends and never returned. Her disappearance has been devastating to her mother and children and all of her extended family.



Friends, family and supporters gather to witness the signing of Ida's Law into law at the Oklahoma State Capitol. From l-r: Cheyenne and Arapaho Tribe Lt. Gov. Gib Miles, Victor Morgan, LaRenda Morgan, Jennie Whiteman, Micki Black, Raven Morgan and Cheyenne and Arapaho Tribe Gov. Reggie Wassana. Standing in front is Maximus Morgan, Victor and LaRenda Morgan's son. (Photo / Latoya Lonelodge)

RESPONSE

continued from pg. 1

confusion because we have been exercising our authority over the allotted lands in our oil and gas taxation that we passed in 1988 through the tribes and we won a Supreme Court case on our right to tax oil and gas production."

Wassana also said the recent McGirt ruling could be playing a factor in the matter, "I believe there's a concern to put it lightly, with the state on that McGirt ruling there may be a feat that it'll open up other avenues for other tribes to have jurisdictional rights in different areas," Wassana said.

The McGirt ruling came from the U.S. Supreme Court in July 2020 on a 5-4 vote, with the majority opinion being written by Supreme Court Justice Neil Gorsuch and joined by the late Justice Ruth Bader Ginsburg, Justices, Stephen Breyer, Sonia Sotomayor and Elena Kagan,

stating, in part, "Congress had failed to disestablish the Indian reservations and thus those lands should be treated as Indian Country."

The decision by the Supreme Court was seen as a significant win for Native American rights, which have generally been denied by courts in recent years. Gorsuch's opinion was seen to acknowledge that many of the promises that Congress had made to the Native Americans in turning over reservations have gone unfulfilled, and rejected the argument presented by the state and federal government that he summarized as, "Yes, promises were made, but the price of keeping them has become too great, so now we should just cast a blind eye."

Hunter stated he is, "happy to discuss if further with them (the tribes) if they desire."

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MMIW HONOR PARADE



Wednesday, May 12, 2021

- Line up starts at 9AM Concho Powwow Grounds
- Ceremony begins at 11AM
- Parade route will be on Black Kettle Road to Lucky Star Casino Parking Lot
- T-shirts & masks will be handed out while supplies last
- A boxed lunch will be provided

PHOTO/NAME SUBMISSION REQUEST

The Cheyenne and Arapaho Social Services Department is hosting a MMIW Honor Parade to raise our voices and bring awareness to end this epidemic. We would like to honor those who are missing or have been murdered during our ceremony. To submit a name and/or photo of your loved one, please contact Sabrina Norris at (405) 295-1525 or email at snorris@cheyenneandarapahonsn.gov.



TREATMENT CENTER

continued from pg. 4

“With the expansion, making more room for people that want to find help for themselves, I’m thankful for that, we made it this far and we can provide this kind of place for them to come and get help,” Sleeper said.

Looking through her community and seeing how badly the treatment center has been needed, Sutton said she’s glad the center is available.

“I think everybody here can look at their communities and see that these little ones especially, they’re getting into the same thing that their parents are in and it’s sad and I’m glad we had this expansion and I think we’re going to have to do it again if things keep going the way they’re going with our kids, so continue to pray for our kids,” Sutton said.

Growing up in an alcoholic family on a reservation up north, Whiteman can recall some bad experiences he personally witnessed and said, “I told myself I would never do that to my kids and I don’t want that for my kids to grow up in an alcoholic environment, so I’m glad this is here and I wish it was back then, that was in the 60s when I grew up in that era, I’m glad it’s here.”

In closing, Delores Hawkins, daughter of George Hawkins, stood before the podium trying to regain composure as she gave an emotional statement regarding the treatment center being named after her father.

“I’m a little emotional today, sorry, my dad was out of my life for 11 years,” Hawkins said.

Hawkins last saw her

father when she graduated high school. Hawkins said she saw him again in 1966 when he was sober, and he would remain sober for the next 20 years.

“He felt very strongly about this, he wanted to give the Cheyenne and Arapaho a chance to be a Cheyenne and Arapaho and also to live in the white world and do both of those together, he felt that if they could do that, then they could be sober,” Hawkins said.

Hawkins said her father lived a wonderful 20 years in the time he was sober. He got to witness the graduations of his grandchildren and see his granddaughter get married.

“He said I have this bonus and I’m going to take every minute of it and he really did and I’m so honored that you honored him by giving his name to this place,” Hawkins said.

Hawkins thanked guests, the GHMTC staff and War-Con construction.

“Remember when you fall down and you go to the bottom of the bucket, you can always get up and start over again and this place is a place you can start again. I know he’s smiling down on us and I’m so happy, thank you everybody,” Hawkins said.

And together, with colorful ribbon strung across the front entrance of the GHMTC, officials took a pair of oversized golden scissors and snipped away at the ribbon, sparking the official re-opening of the treatment center.

Filing in one after the other, guests and communi-

ty members filled the facility admiring the long-awaited newly expanded rooms and renovated fixtures.

“I’m so honored, I feel like that we have such pride in this facility,” Winnie White Tail, director of GHMTC said.

White Tail said the building is new, in a sense that it’s been expanded.

“We have great staff here, it’s beautiful, we have an environment that’s nurturing, that’s peaceful, and that’s caring and loving, we want to provide for our clients from entry to discharge,” White Tail said.

White Tail said she’s been working hard to train and educate the staff on the concept of all being on the same page. From speaking the same language, holding clients accountable, teaching them, and respecting them.

In working on the modification and scope of work, the treatment plan has increased the stay from 60 days to 90 days of best practices. The additional month is needed to focus on relapse prevention and triggers.

“It’s exciting work and I think by seeing the crowd today and the stories people told that we’re all touched by this disease. We have to remember that it is a medical disease and when you can find that red road and you can live it, it’s the greatest feeling ever to be able to break that cycle,” White Tail said.

White Tail said she felt touched to see how many people came out in support of the treatment center.

Treatment Center Histo-

ry

In the summer and fall of 1971, Bernard Albaugh and Art Rowledge spent time developing an alcoholic recovery program that incorporated traditional Cheyenne and Arapaho treatment approaches with non-Indian counseling/medical methods. Albaugh and Rowledge wrote a grant during the fall of 1971 for IHS to fund an alcoholic rehabilitation program for the Cheyenne and Arapaho Tribes. When numerous locations were looked at to house the treatment center, the closed elementary school in Bessie, Okla., was the agreed location. When the treatment center started, Albaugh continued his efforts in grant writing to the National Institute on Alcoholism as well as the IHS for funding. The program was incorporated as a non-profit on June 29, 1972 and in the same year, Hawkins was appointed as the first director of the program. Hawkins stayed with the program until 1974 when he resigned to work for a regional alcohol program, and then returned to Bessie as director again in 1976, where he remained until his death.

In the 1990s, Marcus Harrison, Vera Franklin and Richard Franklin began directing the Substance Abuse program, which was then moved to Concho, Okla. Soon after, a decision was made to build a new treatment center facility in Clinton, Okla., and in February 2002, the treatment center in Clinton was dedicated and named after George Hawkins.

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Monday

PLAYER'S CHOICE

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25 PTS FOR \$25 FP
50 PTS FOR \$50 FP

10 AM - 11 PM

Tuesday

GOING OUT OF TOWN!

Drawings for four piece set of luggage at 7, 8, 9 PM at each location

EARLY BIRD

Earn 2 points and get \$10 Free Play 10 AM - 2 PM

Wednesday

Ladies Day

Earn 2 points and get \$10 Free Play 10 AM - 11 PM

Thursday

MEN'S DAY

Earn 2 points and get \$10 Free Play 10 AM - 11 PM

Friday

MILLIONS IN JACKPOTS WON EVERY MONTH!

Saturday

SPRING OUT OF TOWN

Vacation Giveaway at 11 PM at each location



SPRING OUT OF TOWN

Win a vacation getaway for two! Drawings every Saturday at 11 PM at all locations!



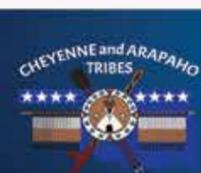
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Transition of Care Back to In-Person Visits

Indian Health Service / Clinton Service Unit

Balancing Telemedicine and In-Person Health Care

As a result of the COVID-19 pandemic, Clinton Service Unit (CSU) adjusted and brought forth change to the way health care was delivered throughout the service unit. In April 2020, CSU transitioned from in-person health care visits to telemedicine visits. This transition on the delivery of health services was done to minimize potential exposure to the coronavirus and ensure the safety of both our patients and staff.

"CSU utilized three platforms in the delivery of telemedicine visits," said Natasha Flurry, chief nurse executive. "Our staff diligently worked towards delivering the same standard of care to our patients through telemedicine visits, as they have always received by us through in-person visits. Throughout this past year we have learned new processes and quirks in facilitating telehealth services to maintain the continuity of care to every extent possible. Some

would say our nurses became pseudo information technology professionals."

As we look to the future and understand COVID-19, prevention and treatment will move into daily operations, CSU is transitioning back towards in-person care with more face to face visits for patients with their primary care providers. The service unit will continue to monitor active coronavirus spread throughout the community and will adjust as necessary.

Telemedicine visits will continue to have a presence in clinical operations, as this technology preserves the patient-provider relationship at times when an in-person visit is not practical or feasible. We will work with each patient and provide appropriate care based upon their comfort level.

"We believe continuing to offer telemedicine to our community has value and allows CSU to continue to exceed the need," Flurry said.

Blackwolf Beadz
by krista blackwolf

Facebook: BlackwolfBeadz
Instagram: @blackwolfbeadz
Email: kblackwolf23@gmail.com

COVID-19 Clinic & Community Vaccination Schedule

American Indians and Alaska Natives and local non-Native community members 16 years of age and older may call to schedule an appointment for COVID-19 vaccination

Call to schedule an appointment at (580) 331-3433
Appointments Available Daily

CLINTON INDIAN HEALTH CENTER 10321 N. 2274 Road Clinton, OK 73601	WATONGA INDIAN HEALTH CENTER 1305 S. Clarence Nash Boulevard Watonga, OK 73772	
EL RENO INDIAN HEALTH CENTER 1801 Parkview Drive El Reno, OK 73601		
OKLAHOMA CITY Mosaic United Methodist Church 3131 NW 50th Street Oklahoma City, OK 73112 9am - 4pm April 27, 2021 May 12, 2021 June 9, 2021	WOODWARD COMMUNITY & PUBLIC SCHOOLS Woodward High School 2406 13th Street Woodward, OK 73801 1pm - 6pm April 29, 2021	REDLANDS COMMUNITY COLLEGE Fieldhouse 1300 S. Country Club Road El Reno, OK 73036 9am - 4pm April 30, 2021
WEATHERFORD COMMUNITY & PUBLIC SCHOOLS Weatherford High School 1500 N. Washington Avenue Weatherford, OK 73096 8am - 11:45am April 28, 2021	GEARY COMMUNITY & PUBLIC SCHOOLS Cheyenne and Arapaho Tribes' Community Building 132 E. Main Street Geary, OK 73040 1pm - 7pm April 28, 2021	BURNS FLAT COMMUNITY & PUBLIC SCHOOLS Burns Flat-Dill City High School 306 OK-44 Burns Flat, OK 73624 3pm - 6pm May 11, 2021
CONCHO Cheyenne and Arapaho Tribes' R.E.Sp.E.C.T. Gymnasium 300 Black Kettle Boulevard Concho, OK 73022 Wednesday and Thursdays 9am - 4pm	SEILING Cheyenne and Arapaho Tribes' Community Building 411 N. Main Seiling, OK 73663 1pm - 6pm May 5, 2021	<p style="text-align: center;">Let's reach community immunity. Protect yourself. Protect your family. Protect your elders.</p>

CLINTON SERVICE UNIT
Clinton, El Reno, and Watonga Indian Health Centers

OBITUARIES

Benjamin 'Benji' Carl Bible

Benjamin "Benji" Carl Bible (Howlingcrane) died peacefully in St. Francis Hospital on April 9, 2021, in Tulsa, Okla., at the age of 37. Benji was born Jan. 30, 1984 to Marquita Howlingcrane and Vernon Albert in Claremore, Okla.

Benjamin lived a life, filled with family and friends, surrounded by nothing but love. He had the best smile, and the biggest heart for the people he loved, and a laugh that only Ben could make.

Ben is survived by his brother Anthony Albert of Tulsa, Okla. His brother Ro-

man Jay Ridge of Tahlequah, Okla. His sister Correna Bible of Tulsa, Okla. His brothers, Mark, Andy and Ryan Bible all of Tulsa. His father Vernon Albert and brothers, Chris and Mike Thunderchild, of Saskatchewan, Canada.

He is preceded in death by his mother Marquita Mae Bible (Howlingcrane) of Tulsa. His sister Hokklen-Dvfv "Two Feathers" Bible of Tulsa. His uncle Charlie Howlingcrane of Tulsa. His cousin Owen Echo-Hawk of Tulsa. His aunt Maxine White (Howlingcrane) of Ponca City, Okla. His grandma Lu-



anne Levier of Tulsa, and his grandparents, Mac and Rena Howlingcrane also of Tulsa.

Funeral service was held April 14 at the Cremation Care & Funeral Chapel in Tulsa, Okla.

Opal Cynthia Whiteshield Chavez

Opal Cynthia (Whiteshield) Chavez was born July 16, 1940 to Rudolph Whiteshield and Daisy (Fletcher) Whiteshield in Concho, Okla., and passed away April 19, 2021 in her Bessie, Okla., home. Opal was raised in Watonga, Okla., and attended the Concho Indian Boarding School for eight years. She transferred to Bayfield High School in Ignacio, Colo., and graduated in 1958. She made her home in El Paso, Texas and Colorado before marrying Gerald Chavez on April 13, 1964 in Chicago, IL. They made their home in Chicago until 1971 and then moved to Cochiti Pueblo, N.M. Mr. Chavez preceded her in death in 2015. She moved back to Oklahoma in 2016 and married Patrick Spottedwolf on Feb. 4, 2018 in Geary, Okla.

She worked for the Bureau of Indian Affairs in the accounting department in Albuquerque, N.M. and retired in 1996. She was an active member of the Catholic Church when married to Mr. Chavez. He served as a deacon and they ministered to the Marriage Enrichment Program and the Precana Program. She loved to bowl, Native American dancing and going to the casino. She is preceded in death by her parents, her first husband Gerald Chavez in 2015, three brothers, Jerry Behan, Charles Behan and Daniel Behan and two grandchildren, Farrell Keith Tenorio and Dwayne Charles Cleveland. She is survived by her husband, Patrick Spottedwolf of the home; two daughters, Karen Louise Nieto of N.M. and Debra Sue All Runner and husband, Frederic, of Geary,



Okla., son Marty Chavez of NM and sister Margaret Behan of Calumet, Okla. She is also survived by nine grandchildren and 13 great-grandchildren.

Wake service was held April 21 at the Clinton Community Center in Clinton, Okla., Funeral service was held April 22 at the same venue, officiated by Jay Mule. A private burial followed at the Clinton Indian Cemetery.

Julia Kay Rodriguez

Julia Kay Rodriguez was born Jan. 8, 1955 in Geary, Okla. She passed away April 16, 2021 at St. Anthony's Hospital in Oklahoma City.

Julia was a certified nursing assistant currently living in Oklahoma City and a member of the First Nation of the Nazarene Church.

Survivors include her partner, Alonzo Williams of Oklahoma City, children, all of Oklahoma City, George Rodriguez, Stephen Rodriguez, Brittany Pappan, Rachel Ronriguez, and Shannon Smith, brother Robert Hawk of also

of Oklahoma City, sisters, Virginia Lynn Hawk and Norma Wolfe both of Norman, Okla., and nine grandchildren, Gabriel, Neveah, Kingsley, Carlos, Xzavier, Arianna, Aiden, Anaya, Liam and Jordan; and a great-grandchild, Alejandra.

Her father, James Hawk Sr., mother Edna (Starr) Hawk, brothers, James Hawk Jr. and Johnny Hawk, and sisters, Beulah May Hawk, Donna West, Christine Ann Hawk, and Denise Hawk preceded her in death.

Visitation service was held April 20 at the Huber



Benson Funeral Chapel in El Reno, Okla. Funeral service was held April 21 at the same venue, followed by an interment at the Concho Indian Cemetery with Pastor Kristen Donovan officiating.

Miguel Angel Miller

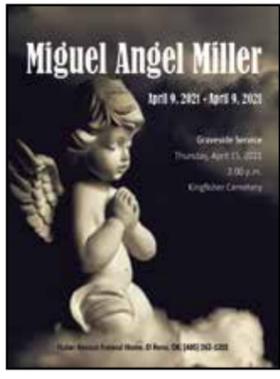
Miguel Angel "Miguelito" Miller was stillborn on April 9, 2021, at Integris Southwest Medical Center in Oklahoma City.

Miguelito is survived by his parents, Jaime Arturo and Lesa Annette Miller of the home in Oklahoma City; OK, sisters, Nikki Brower of Oklahoma City, Chelsea Miller and Ruthby Miller both of Houston, Texas, paternal grandparents, Juan Pablo Miller and Leticia Cenicerros both of of Juarez, Mexico; maternal grandfa-

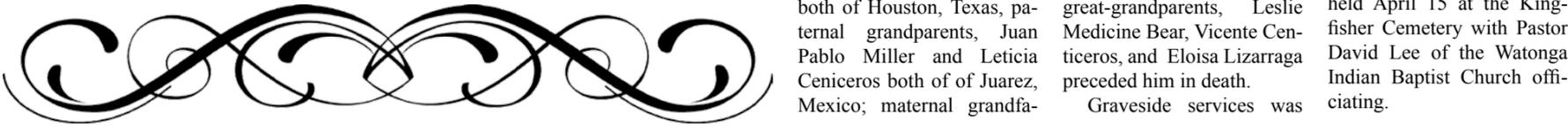
ther, Donovan Osage and Anna Kaye of El Reno; maternal great-grandmother, Cynthia Medicine Bear of Watonga; aunts and uncles, Sarah Osage, Joshua and April Osage, Donovan and Kellie Osage, Luis Carlos Miller, Flor Garcia and Cristian Garcia.

His maternal grandmother, Diana Osage; and great-grandparents, Leslie Medicine Bear, Vicente Centiceros, and Eloisa Lizarraga preceded him in death.

Graveside services was



held April 15 at the Kingfisher Cemetery with Pastor David Lee of the Watonga Indian Baptist Church officiating.





May is Hypertension Awareness Month

Tara Conway, MS, RD, LD, CDE
Jenna Crider, RD, LD, IBCLC
C&A Diabetes Wellness Program

What causes hypertension (high blood pressure)? Exact causes of high blood pressure are not known, but several factors increase your risk, they include:

- High salt intake or salt sensitivity
- Smoking
- Overweight or obesity
- Lack of physical activity
- Too much alcohol consumption

Stress
Above age 40
Genetics

If you are diagnosed with hypertension you want to make sure to take your medicine as prescribed, monitor your blood pressure and keep scheduled appointments.

You want to decrease your salt intake buy eating fresh or frozen foods and less processed and high fat foods. Eating out less as restaurants as salt is used to preserve those foods. If you are overweight lose weight which can be challenging, but not impossible. Take

baby steps by eating smaller portions, when you eat out choose a salad and appetizer, split a meal with your partner or take half home to eat the next day. How much sodium do you need a day? You need 2300 mg of sodium a day, or one teaspoon a day. Excess sodium can increase your blood pressure and your risk for heart disease and stroke.

High cholesterol also increases your chances of heart disease and stroke, which are two leading causes of death in the United States. High cholesterol shows no signs or symptoms. Your body

produces all of the cholesterol it needs, therefore, it is recommended that you eat no more than 300 mg cholesterol a day. High fat foods, processed foods, animal fats, cheeses, fast food and restaurants foods contain more fat and sodium, therefore increasing your risk of high cholesterol. Eggs have cholesterol and recommendations for eggs have been back and forth and everyone's confused. I don't recommend limiting eggs in your diet as they are the best source of protein you can consume.

Uncontrolled hypertension can lead to problems with your kidneys and possibly kidney failure. Renal problems can lead to other problems such as edema, which will then require medications to treat. All of this could eventually lead to heart failure.

Increase your physical activity for improved health. Remember, age and genetics are two things we can't change, we can change our diets and lifestyle habits which can have good benefits to your health.

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 Tara Conway at the Diabetes Wellness Program by calling 405-422-7685 or toll free, 800-247-4612 ext. 27685 or email tconway@cheyenneandrapaho-nsn.gov or call Jenna Crider at 405-422-7656, toll free, 800-247-4612 ext. 27656 or email jcrider@cheyenneandrapaho-nsn.gov.

Voter Registration: Are you 18 on or before 2021 Elections - Please Register to Vote Before June 15

Voter registration for the Cheyenne and Arapaho Tribes 2021 Elections is now open. Voter registration will close on June 15, 2021 and will not reopen until after the 2021 elections.

Cheyenne and Arapaho citizens may submit their voter registration form online by visiting www.cheyenneandrapaho-nsn.gov and click on the Election Commission tab, or contact one of the Election Commissioners, A1 Ray Mosqueda at 405-306-9281, C1 Sandra Hinshaw at 405-

593-7944, A2 Dale Hamilton at 405-248-7584, C2 Norma Yarbrough at 405-538-6664, A3 Pat Smothers at 405-535-7863, C3 Ramona Welch at 405-464-2716, A4 Elizabeth Birdshead at 405-464-6043 or C4 Sarah Orange at 405-637-6036 to have a voter registration form mailed to you or by filling out the voter registration form below, cut out and mail back to the Cheyenne and Arapaho Election Commission, PO Box 89, Concho, OK 73022.

All Tribal citizens 18 years ad older are eligible to vote.

If you have registered to vote in the past election, please contact your district election commissioner to verify your correct address is still current. If your address is not correct, or if you have moved, and you request an absentee ballot, your absentee ballot will not be delivered to the correct address. Please ensure your address is correct by contacting one of the election commissioners listed above.



CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA VOTER REGISTRATION FORM



Name _____ Maiden Name _____ Tribal Roll # _____ DOB _____

Telephone No _____ E-Mail (Optional) _____ Other Names Used _____

Mailing Address _____ City _____ State _____ Zip Code _____

Address of Residence (if different than your mailing address) _____

Are You a Current Registered Voter _____ If yes, what is your District _____ (v) one: Absentee _____ In Person _____

What type of Registration is this (v): New _____ Name Change _____ Address Change _____ District Change _____

Update _____ Tribal Affiliation from _____ to _____

DISTRICTS

Please check one if this is a New, District or Tribal Affiliation Change

Cheyenne

- C-1 _____
- C-2 _____
- C-3 _____
- C-4 _____

Seiling, Watonga, Longdale, Canton
El Reno, Calumet, Kingfisher, Geary, Greenfield
Thomas, Deer Creek, Weatherford, Colony, Clinton
Hammon, Elk City

Arapaho

- A-1 _____
- A-2 _____
- A-3 _____
- A-4 _____

In accordance with the "Cheyenne & Arapaho Tribes Constitution Article IX Sections 1 & 2":

- A. Members of the Tribes age (18) eighteen or older shall be eligible to vote in an election;
- B. Cheyenne voters shall register in the Cheyenne Districts in which they reside. Cheyenne voters who do not reside within a Cheyenne District shall register to vote in any Cheyenne District; provided that once registered in such District, the voter shall not be permitted to change districts unless he or she establishes residency in another Cheyenne District;
- C. Arapaho voters shall register in the Arapaho Districts in which they reside. Arapaho voters who do not reside within a Arapaho District shall register to vote in any Arapaho District; provided that once registered in such District, the voter shall not be permitted to change districts unless he or she establishes residency in another Arapaho District;
- D. A member of the tribes who possesses both Cheyenne and Arapaho blood shall register to vote in either a Cheyenne District or an Arapaho District, provided that such member may only change from a Cheyenne District to an Arapaho District or from an Arapaho District to a Cheyenne District, once;
- E. A member who is properly registered to vote in a District shall not be required to re-register to vote unless the member establishes residency in another district or fails to vote in (2) two consecutive elections.

I certify I have read and understand the Cheyenne & Arapaho Constitution Article IX, Section 1 & 2 and all the information given is true and accurate.

Signed (Registered Voter) _____ Date _____

Election Commission Certification

Tribal member _____, Roll # _____ is a Eligible Registered Voter in the _____

District effective (date) _____. Verified by (Election Commissioner) _____

Date Eligibility Receipt Mailed _____ E-Mailed _____

Seal

RETURN TO: C & A Tribes of Oklahoma, Election Commission, PO Box 89, Concho, OK 73022, 1-800-247-4612, ext 27619

LEGAL PUBLIC NOTICES

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
 FILED APR 13 2021
 IN THE TRIAL COURT
 CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
 P.O. BOX 102
 CONCHO, OKLAHOMA 73022

DOCKET PAGE
 FILM IMAGE
 COURT CLERK DEPUTY

In The Matter Of The Application Of:
 Z.W.S. Case No. CIV-2021-0033

Minor Child
 Change of Name
 By Next of Kin
 Shulane and Lisa Miller

NOTICE BY PUBLICATION

TAKE NOTICE, that SHALANE and LISA MILLER have filed in this Court a Petition for Name Change on behalf of a Z.W.S., minor child, as follows, to wit: from Z.W.S. to the name of Z.W.M. and that the same will be heard by the Cheyenne and Arapaho Trial Court of Concho, Oklahoma Courthouse located at 100 West Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma 73022, on the 2nd day of JUNE, 2021 at 10:00 A.M., and any written protest may be filed in the case, prior to the date set for the hearing.

Issued this 13th day of APRIL, 2021.

Paula Lev
 Paula Lev, Deputy Court Clerk
 Cheyenne-Arapaho Trial Court

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
 FILED APR 21 2021
 IN THE TRIAL COURT
 CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
 P.O. BOX 102
 CONCHO, OKLAHOMA 73022

DOCKET PAGE
 FILM IMAGE
 COURT CLERK DEPUTY

In The Matter Of:
 WILMA TAPALIA Petitioner, Case No. CIV-2020-0035
 VS. CIV-2021-0085
 DONALD BULLCOMING, JR. Respondent.

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: DONALD BULLCOMING, JR.

You are hereby notified that Wilma Tapalia has filed in this Court a Petition for Protective Order and Petition for Custody and is hereby set for a Hearing to be heard by the Cheyenne-Arapaho Trial Court of Concho, Oklahoma in the Courthouse located at 100 W. Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, on the 7th day of MAY, 2021 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said relief should not be granted.

Dated this 21st day of APRIL, 2021.

Paula Lev
 Paula Lev, Deputy Court Clerk
 Cheyenne and Arapaho Trial Court

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
 FILED APR 15 2021
 IN THE TRIAL COURT
 CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
 P.O. BOX 102
 CONCHO, OKLAHOMA 73022

DOCKET PAGE
 FILM IMAGE
 COURT CLERK DEPUTY

In The Matter of:
 GINA ARANDA Petitioner, Case No. CIV-2020-0036
 vs. JONDUN POOR Respondent.

NOTICE OF HEARING BY PUBLICATION

The Cheyenne-Arapaho Tribes to: JONDUN POOR

The above-styled case is hereby set for hearing in the Trial Court of the Cheyenne and Arapaho Tribes on the 9th day of JUNE, 2021, at 10:00 A.M. in the courtroom, 100 Black Kettle Boulevard, Concho, Oklahoma.

YOU ARE HEREBY NOTIFIED TO APPEAR, on the above date and time indicated for presentation of your case before the above-entitled Trial Court.

Dated at the Trial Court of the Cheyenne and Arapaho Tribes this 15th day of April, 2021.

Lafreda Scott
 Lafreda Scott, Deputy Court Clerk
 Cheyenne and Arapaho Trial Court

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
 FILED APR 27 2021
 IN THE TRIAL COURT
 CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
 P.O. BOX 102
 CONCHO, OKLAHOMA

DOCKET PAGE
 FILM IMAGE
 COURT CLERK DEPUTY

TRIBAL CHILD SUPPORT SERVICES, KK. HEL., ICW, PETITIONER, Case No. CIV-2021-0013
 vs. ANDREA BEAVER, OBLIGOR
 ANDREA BEAVER, RESPONDENT, ICW: CUSTODIAN

NOTICE BY PUBLICATION

TO: ANDREA BEAVER

TAKE NOTICE that you are a named party in the Petition for Establishment for Child Support with the Court listed above by Tribal Child Support Services. You must appear in the District Court for the Cheyenne and Arapaho Tribes on the 7th day of June, 2021 at 9:30 a.m. Your failure to appear may result in the Petition for Establishment of Child Support being taken as true and the requested relief sought will be granted.

Given under my hand and seal this 27th day of April, 2021.

Paula Lev
 COURT CLERK
 District Court of the Cheyenne and Arapaho Tribes
 By: Paula Lev (Deputy)

Authentic Native American Art Pottery Fetishes Jewelry

A Gallery of Nations

Eleanor Lefthand
 www.agalleryofnations.com

HAPPY BIRTHDAY



Anastasia Blaze Emhoolah
 April 29, 2002
 Happy 19th Birthday to our precious pretty baby. Such a blessing to grandpa Mike and grandma Georgia. We love you baby and wish you a wonderful day, many birthdays to come, and good health



Looky who is a teenager!!
 Happy 13th Birthday
 May 3rd
 "Cayden Mae Little Coyote"
 May Ma'Heo walk beside you and protect you as you go into your teenage years.
 Love you always, Grama Karen



Happy 45th Birthday to my brother Eugene Stonerod, aka Geno Sumthin, Love ya always, 'ur sister Amy Sage Have a Great Day

Happy Birthday Jimmy & Christopher Tahchawwickah!
 Big love to you brothers! Have a good day.
 From your little brother Chink



Happy 9th Birthday Kierah Thunderbull
 May 18, 2012
 Love Mom, Jen, Cali, Chris, Kelsey, Skylar and all of the kids and your Dad and family from Kansas, Maryland and California



I would like to wish a very happy 21st birthday to our beautiful daughter Lena Marie Goodbear. Mom and dad love you very much and are very proud that you were born to us. You have been more than we ever thought you would be, not only reaching for the stars but going beyond them. We are very proud of the young woman and mother you have become. We love you beyond forever. Happy birthday, beautiful.
 Love your parents, Rachel and Kelly Potter, and your extended savage family, uncle lil Rob, uncle crazy creek and even your goofy uncle Loxy.

In Memory of Our Beloved Son, Patrick Emhoolah II



Nov. 15, 1977 – April 24, 2017
 Today, April 24 is the anniversary of the day we lost you and for a time it felt as though my life had ended too. But life has taught me many things and now I face each day with hope and happy memories to help me on my way, and though I'm still full of sadness that you're no longer here, your influence will guide me.
 I've learned how to go-

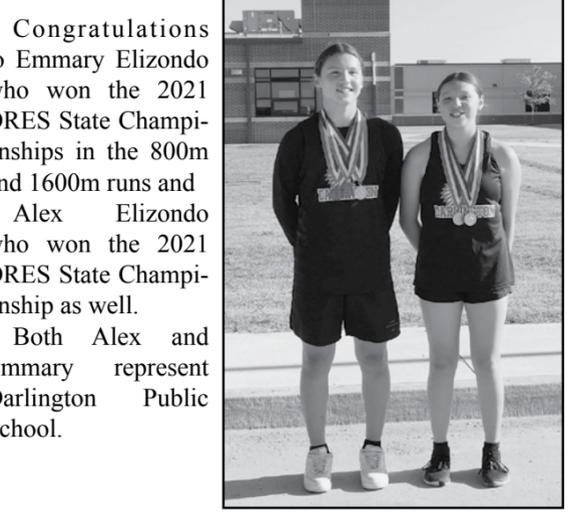
gle things. I can set pop's phone when he needs it and sometimes though when I can't find what I want or need, I just say, "son, help momma find this or that and there it is." I can still feel you near.
 What I've shared will never die, it lives within my heart, bringing me strength and comfort while we are apart. I know your family misses you in their own way and I am glad for that. So my precious sonny, we miss you every day, seems like yesterday, I still speak to you and laugh and cry the same. My son, until we meet on that glorious day. Watch over us.
 Love and miss you baby, momma and pops, Georgia and James Emhoolah, your sister Stacy and Rayna, and your auntie Rita Oliver.



Congratulations Kendrick Lee Humphreys
 Thomas High School Senior 2021
 Kendrick is the son of Teresa Rice and Gary Lee Humphreys and grandson of the late Carol Ann Wilson Rice. He will be attending CNA School after Graduation at Western Tech in Burns Flat, Okla.

CONGRATULATIONS

Congratulations to Emmary Elizondo who won the 2021 ORES State Championships in the 800m and 1600m runs and Alex Elizondo who won the 2021 ORES State Championship as well. Both Alex and Emmary represent Darlington Public School.



Oklahoma Indian Bikers Holding Princess Selections June 19

The Oklahoma Indian Bikers (OIB) has decided to recognize one young woman this year to represent our group. We will select one OIB Princess, with the selection taking place Saturday, June 19, 2021. The location will be announced. Application DEADLINE is June 5, 2021

Applicants must follow the following rules:

- Must be in regalia to compete
- Must be between the ages of 12-21
- Submit a completed application and photo in Tribal clothing, prior to deadline.
- Must be knowledgeable of powwow protocols, etiquette and have the financial means to travel to represent the group at powwows, princess pageants, programs and parades, etc.
- Always wear crown, banner/title related items at powwows or related events (parades, etc.)
- Must never have been married, have children nor be expecting or cohabitating with a significant other
- No PDA at functions
- Always conduct oneself in a respectful manner
- Must not hold any other Tribal or organizational title during your reign
- Be aware of your surroundings and OIB members. The title does not disappear when banner or crown is not on.
- Selection will be based on your application, self-introduction, description of regalia and knowledge of Tribal culture and answers to questions asked by committee and members.

If you are selected to represent OIB you will receive a banner and shawl, yours to keep, and a crown to be used during your reign. The crown must be returned in good condition at the end of your reign or upon request from OIB.

We look forward to getting to know you and your family. If you have any questions, or need additional information please contact Nancy, via text, phone or tem at 405-695-8337, fly_f9@msn.com or Cathe at 405-839-8008, luksicreations@gmail.com.

Please return applications and photos to the following address: Luksi Creations, 1909 N. Classen Ave., Oklahoma City, OK 73106

OKLAHOMA INDIAN BIKERS MC
 2021-2022 PRINCESS APPLICATION
 APPLICATION DEADLINE IS JUNE 5, 2021

NAME: _____
 DATE OF BIRTH: _____ AGE: _____
 PHONE: _____
 ADDRESS: _____
 CITY: _____
 STATE: _____ Zip: _____

MOTHER: _____ PHONE: _____
 FATHER: _____ PHONE: _____
 FACEBOOK/EMAIL: _____

TRIBES(S): _____
 ENROLLED TRIBE, IF DIFFERENT OR MULTIPLE: _____

SCHOOL: _____
 GRADE: _____ GPA: _____ MAJOR, IF APPLICABLE: _____
 PREVIOUS TITLES, IF APPLICABLE: _____

WHAT STYLE DO YOU DANCE? CHECK ALL THAT APPLY.

SO. CLOTH _____ FANCY SHAWL _____
 SO. BUCKSKIN _____ JINGLE _____
 NO. CLOTH _____ OTHER _____
 NO. BUCKSKIN _____

SCHOOL ACTIVITIES/AWARDS, IF APPLICABLE:

COMMUNITY SERVICE ACTIVITIES, IF APPLICABLE:

HOBBIES/TALENTS/SPECIAL SKILLS:

SIGNATURE OF APPLICANT: _____

Serving Up Hard Hitters and Lasting Bonds During El Reno Girl's Tennis Season

By Latoya Lonelodge, Staff Reporter

(EL RENO, OK) Having their season stripped away in 2020 because of COVID-19 school closures, the El Reno girl's tennis team are serving up plays and swings this 2021 season.

Setting their serves up for perfect swings throughout the tennis season, Cheyenne and Arapaho tribal youth Kambry Maifield, Jayna Graham and Mya Guzman are getting back into the groove of things amid the COVID-19 pandemic.

With their own individual personalities and coming from different backgrounds, the tribal youth on the girl's tennis team can all agree on one thing they love most ... how much they bond together as a team.

Kambry Maifield, 16, a junior at El Reno High School (ERHS), has been playing tennis since the seventh grade and while she's also played various other sports, she said she wanted to experience playing tennis as well.

"I did track, cheerleading and volleyball, so I decided to do tennis just to see how it was and I really liked it and my coach was fun and the people I played with were funny and cool to hangout with, I was getting pretty good so I was very interested in playing tennis," Maifield said.

When she got to junior high, Maifield said that's when she began to get competitive.

"I would get frustrated in games and when I would lose, I would cry, but in high school I'm really not that competitive, I'm just having fun. I would like to win and I try my best on it but it's really fun to play," Maifield said.

While having fun on the tennis court, Maifield said she enjoys hearing the sound of the tennis racket hit the ball.

"Tennis has taught me how to just have fun with it and not be so serious about a lot of things," Maifield said.



Teammates on the 2021 El Reno High School Tennis Team are Cheyenne and Arapaho youth, l-r: Jayna Graham, Kambry Maifield and Mya Guzman. (Submitted photos)

With tennis being an individual sport, Maifield said she feels less pressure when she makes mistakes on the tennis court.

"I feel like when I was in volleyball, which is a team sport, a lot of people are very competitive in the game and it would get serious in me making mistakes," Maifield said.

With tennis, Maifield said, "you just have friends that are watching you and supporting you the entire time. You're really not messing up, they're just watching you, and I like that because then I don't have to stress about getting people mad, even my coach, they're like don't even worry about it, you're having fun, right?"

And Maifield said that's the best part, is knowing you're having fun.

Like Maifield, Jayna Graham, 15, a freshman at ERHS, has been playing tennis since the seventh grade.

"My aunt played whenever she was younger and she said it's a fun sport to try and I decided to try it out," Graham said.

Graham said what she loves most about tennis is getting to know her opponents on the tennis court.

"You get to find out more about where they live and

the area, the school, what it's like, it's pretty fun," Graham said.

In their first year being back from quarantining during the previous tennis season in 2020, Graham said she thinks the team is doing pretty well this year.

"Last year we only got to play one dual and this year we started off a little later than usual, really because they were trying to find coaches for the new team and it's been a little hard, but it's still a really great sport to play," Graham said.

While Graham loves having fun with the sport, she hopes to see herself take it to the next level and play tennis in college.

"Some of my goals for the season are to get better at the sport and hopefully place again and just try to become better with my doubles," Graham said.

Throughout her time playing tennis, Graham said she thinks tennis is pretty unique compared to other sports.

"Most people think tennis is easy and that it's really not that difficult but once you see someone that's never played the sport and they try, you can tell, but you can also learn pretty easily and it's really fast pace," Graham said.

In staying fit for tennis,

Graham said every other school day, the team focuses on running and doing squats, as tennis requires a lot of leg work.

Being a part of the tennis team, Graham said she feels like the team connects very well and always makes sure everyone has a good time while playing.

In wanting to make a connection on the tennis team, Mya Guzman, 17, a junior at ERHS, recently took interest in playing tennis. While she joined the team her sophomore year in 2020, she never got the opportunity to play during the season, due to school closures.

"I started my sophomore year, that was my first tennis season and I mainly practiced the whole season because that was whenever COVID hit, so we didn't really get to have games or be around people," Guzman said.

In taking an interest in tennis, Guzman said she always wanted to join a sport, although she never played tennis before.

"I never went to school that had tennis as a sport so that's what made me interested in it," Guzman said.

Coming onto the tennis team, Guzman said she was surprised because of how much she loved playing it.

"It's really fun especially when you have fun teammates," Guzman said.

Although tennis is an individual sport in playing singles, some teammates have found themselves getting to know their teammates on personal levels when playing doubles.

In her time practicing with the tennis team, Guzman said tennis has taught her how to work better with her teammates.

"The first game I played was doubles and I had been practicing singles whenever I would practice, so it taught me how to get along with teammates and be there for another teammate I'll be playing with," Guzman said.

Guzman said it makes her feel good whenever she gets to work with teammates.

"Especially whenever we're all winning and we're all cheering each other on after everyone finishes a match."

Guzman said that's what makes it enjoyable, being there for her teammates. While the tennis season is half way over, Guzman has been in the process of switching schools and was waiting to hear if she can continue playing tennis.

El Reno girls head tennis coach, Jennifer Myers,

said Maifield and Graham have been versatile players through the season playing singles and doubles.

Maifield had started out in #1 singles and Jayna started out playing #1 doubles with her partner, Mary Almanza.

"Jayna wanted to play singles and kept asking so I gave her the opportunity in our last tournament and Kambry was very open to playing anything, so she played doubles with Mary, and they both did well at each," Myers said.

Myers said the girls have both been awesome to coach and be a part of the team. With Maifield being the eldest on the team in her junior year, she is considered one of the leaders as she has played for several years.

"Her sense of humor is hysterical, and personality is the sweetest, she is willing to do anything I ask of her and always gives me everything, even after a long day of tournament play and playing four matches, being exhausted and still trying her best," Myers said.

And with the youngest of incoming freshman on the team, Myers said Graham has been a blast to have on the team.

"She has a great personality and fun sense of humor, she works hard at every practice and wants to learn and improve her skills every day, and she gives it her all at the matches, she plays hard and is willing to listen and learn," Myers said.

As a team overall, Myers said they are getting better every day with the team working hard in practice and giving their best. With the season being her first year of coaching tennis at El Reno, Myers said the team makes coaching them a pleasure.

"I am seeing improvements every day in all my athletes, I could not ask for a better group of kids. They are a fun group to coach and always keeps me laughing," Myers said.

Outlaws pick up fifth-straight win

Tarik Masri | Enid News & Eagle



Enid Outlaws' Wayne Runnels jumps by Omaha's Romond Jenkins for a dunk Friday April 23 at the Stride Bank Center in Enid, Okla. (Photo / Billy Hefton)

(ENID, OK) The Outlaws kept their undefeated record intact with a 136-

125 win over Omaha's Finest at the Stride Bank Center on Friday, April 23.

Both teams have seen each other before in their first game of the season, a 118-115 Enid win in Omaha.

In the last game, Enid held a 16-point lead with three minutes remaining in the game and narrowly escaped with the victory.

Enid was in danger of giving the game away again late on Friday, with the Outlaws commanding a 129-118 lead with 3:15 left in the game.

Omaha was able to bring the deficit to four with just over a minute remaining before Tavares Sledge took over the game with six points in the final 30 seconds.

Sledge finished the game with 24 points. Enid's Charlie Marquadt led the team in scoring with 29 points and knocked down six shots from behind

the arc.

The Outlaws also got another solid game from the league's leading scorer and national player of the week Chance Comanche who scored 25 points.

Comanche came into the game averaging 32.5 points per game, three more than the next highest scorer in The Basketball League.

Omaha had a scoring threat on their side as well. Craig Sword came into the game No. 10 in the TBL in scoring with 25.3 points per game.

On Friday he was instrumental in his team's comeback attempt and finished with a game-high 37 points and knocked down three 3-pointers.

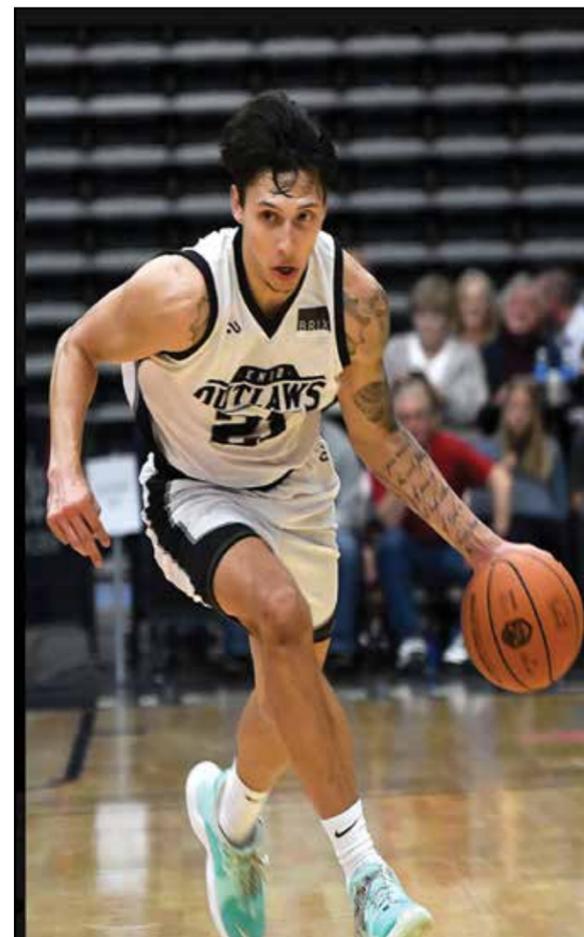
The Outlaws had a more balanced offensive attack than their opponent.

They finished with four players scoring over 20 points, Marquadt (29), Comanche (25), Sledge (24) and Wayne Runnels (21) while their opponent had only one outside of Sword.

Runnels scored 15 of his 21 points in the second half.

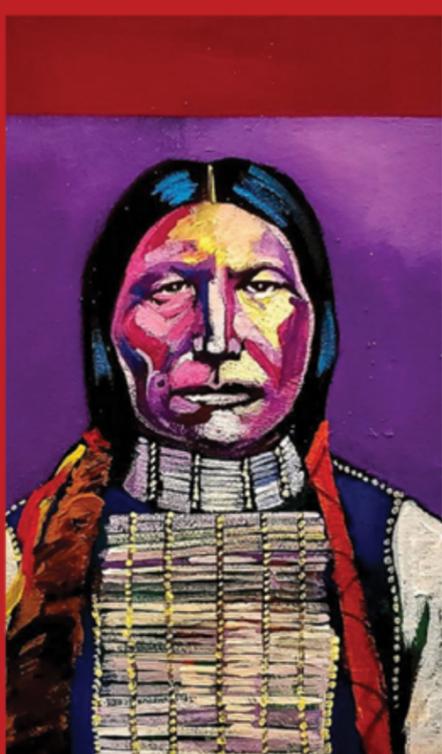
The win is the team's second at home this season after defeating the Lewisville Leopards 152-78.

The Outlaws traveled to Wichita on April 25 to win over the Midtown Prestige, making them 6-0.



Enid Outlaws' Lindy Waters III dribbles upcourt against Omaha for a dunk Friday April 23 at the Stride Bank Center. (Photo / Billy Hefton)

SO YOU'RE VACCINATED. NOW WHAT?



I'M VACCINATED.

!!!!

DO I STILL
NEED TO WEAR
A MASK
AND DISTANCE?

I'M SO
CONFUSED.

THE MAIN QUESTION TO ASK IS:

WILL YOU BE
AROUND
PEOPLE WHO
ARE ALSO
VACCINATED?



IF THE ANSWER IS

YES

NO OR ?



GREAT NEWS! YOU CAN GATHER
WITH OTHERS WHO ARE
VACCINATED WITHOUT
MASKS OR DISTANCING!

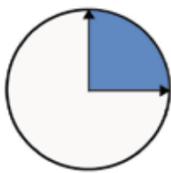
THEN WE NEED TO
FOLLOW THE

2 OUT OF 4 RULE

JUST PICK 2 OF THESE WHEN
YOU'RE AROUND OTHERS:



?



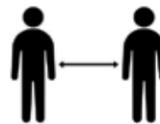
15 MIN
OR LESS



OUTSIDE



WEAR A
MASK



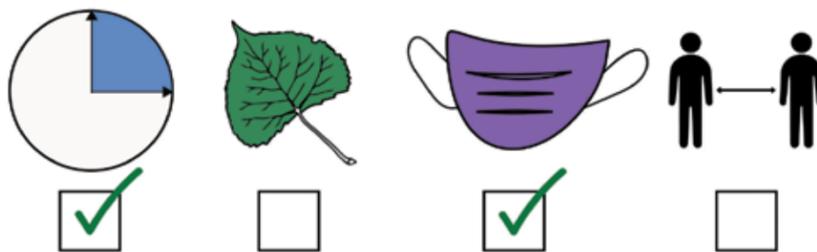
PHYSICAL
DISTANCE

I THINK I
GET IT.
CAN YOU GIVE ME
AN EXAMPLE?

POWWOW



CONVENIENCE STORE



Hohóú! I'm not vaccinated yet.



CALL THE IHS AT (580) 331-3433
OR CONTACT YOUR HEALTH PROVIDER
TO GET VACCINATED.

A MESSAGE FROM THE:



...COVID-19 TASK FORCE
...DEPARTMENT OF HEALTH & IHS
...LUCKY STAR CASINO
& TRIBAL HEALTH BOARD

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GRAPHIC DESIGN BY LORI SIMS-COX