

Cheyenne & Arapaho

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2023 Opens Election Year for Cheyenne and Arapaho Tribes

(CONCHO, OK) The Cheyenne and Arapaho Election Commission will begin election proceedings for the 2023 Primary and General elections beginning May 1, 2023. The Primary election will be held Oct. 3, 2023 with the General election being held Nov. 7, 2023.

The following public offices will be open for election:

- Legislative Seats:
 - Arapaho District 3 (current incumbent Travis Ruiz)
 - Arapaho District 4 (current incumbent Rector Candy)
 - Cheyenne District 1 (current incumbent Bruce Whiteman)
 - Cheyenne District 3 (current incumbent Darrell Flyingman)
- Election Commission Seats:
 - Arapaho District 1 (current incumbent Ray Mosqueda)
 - Arapaho District 2 (current incumbent Dale Hamilton Jr.)
 - Cheyenne District 2 (current incumbent

Norma Yarbrough)

Cheyenne District 4 (current incumbent Sarah Orange)

Beginning May 1, 2023 nominations for public office will be open to qualified tribal citizens. Registration packets will be available at the Election Commission office located within the Dept. of Education building in Concho, Okla.

Filing fees will be required to be paid before receiving a packet. Filing fee for legislative office is \$200. Filing fee for election commission is \$100.

Nominations will close June 1, 2023. All interested tribal citizens will need to submit their completed packet, along with their verification of candidate eligibility no later than 5 p.m. June 1, 2023.

Minimum qualifications to run for Legislative office and Election Commission office are as follows:

Shall be an enrolled citizen of the Cheyenne and Arapaho Tribes, at least 25 years of age and shall possess a high school di-

ploma or its equivalent;

No person convicted of a felony within the last 10 years shall be eligible to serve as district legislator, unless pardoned;

At the time of filing a nomination petition, a candidate for district legislator shall physically reside and be a registered voter in the district for which he/she seeks elective office and if elected, the candidate shall reside in that district for the duration of their term;

The candidate cannot owe any money or owe any debts to the tribes.

For more information or to obtain a registration packet, please contact any of the following Election Commissioners:

A1 Ray Mosqueda, 405-306-9281, A2 Dale Hamilton Jr., 405-593-1850, A3 Patricia Smothers, 405-535-7863, A4 Elizabeth Birdshad, 405-464-6043, C1 Sandra Hinshaw, 405-593-7944, C2 Norma Yarbrough, 405-538-6664, C3 Ramona Welch, 405-464-2716 or C4 Sarah Orange 405-637-6036.

LANGUAGE

Cheyenne and Arapaho Language Apprenticeship Series

Latoya Lonelodge, Senior Reporter



Cheyenne Junior Apprentice Jean Fletcher

(CONCHO, OK) While the Cheyenne and Arapaho languages are respectively known as endangered languages, there is a growing need among the Cheyenne and Arapaho language program to teach and pass on the knowledge they've gained firsthand from the few fluent speakers left within the tribes.

With the Arapaho language, also known as an Algonquian language, spoken by less than 1,000 people, most of whom are located in Wyoming, many of the language speakers are over the age of 60.

Currently, the Cheyenne language has over 2,000 speakers worldwide, with the language spoken mainly on the Northern Cheyenne Reservation in southeastern Montana as well as scattered communities throughout central Oklahoma.

As many strive to keep the languages well and alive through language revitalization efforts, it has become a beacon of hope for future generations as more have taken interest by joining the Cheyenne and Arapaho language program as lan-

guage apprentices. Currently there are 16 language apprentices actively learning and teaching the Arapaho language and Cheyenne language. The Tribal Tribune will be featuring these apprentices in an ongoing series entitled the Cheyenne and Arapaho Language Apprenticeship Series, starting with Arapaho Junior Apprentice, Arianna Long, 21, and Cheyenne Junior Apprentice, Jean Fletcher, 21, who began working in the apprenticeship program in 2021.

Long said when she first started working for the language program she had always wanted to learn Arapaho ever since she was a little girl.

"I only knew like a few words, but I wanted to learn Arapaho and I thought it was cool that we're learning conversational Arapaho and being able to talk and teach my family and also teach other people," Long said.

For Cheyenne Junior Apprentice, Jean Fletcher, what made her want to be a part of the program was inspiration from her grandmother. Fletcher said before her grandmother went to boarding school, she knew fluent Cheyenne.

"But over time she would just teach us a few words and that's all I thought there was to Cheyenne, just a few words but when I came here to work as an apprentice I



Arapaho Junior Apprentice Arianna Long

didn't know we would be learning like conversational stuff and it made me feel really good to be able to conversate with her," Fletcher said.

Being a part of the language revitalization efforts with the program, Long said she feels its important to know the language because there's not many fluent Arapaho speakers in Oklahoma as there is in Wyoming.

"I feel like that's very important and scary to me because it's just what motivates me," Long said.

Fletcher said being apart of the language program is important for her because she enjoys speaking the Cheyenne language with her grandmother.

"Seeing her smile and remember the words that she used to talk with her parents and grandparents and teaching my little nieces and nephews like simple words and telling them to calm down, teaching them animals and other words, I just hope to carry it on," Fletcher said.

By learning more about the language and how to pronounce words, Fletcher said she had always known common words that were picked up and spoken by her grandmother when she was growing up.

"I would say I grown so much from learning those simple words to now conversating," Fletcher said.

Comparing what she knew about the Arapaho language before working with the language program, Long said she feels like she knows so much now compared to then.

"I know there's still more to learn but like I know more now than I did before and that's good," Long said.

When she's not away at college, Long frequently comes back to work for the language program when she's on break from school. By picking up where she left off, Long continues in her efforts to learn the Arapaho language.

"I've been trying to keep up basically, catch up on what I was struggling on before, but basically I would forgot how to do negative plural responses and questions to verbs, so I've been conjugating verbs like me, you, him, her and then the plural forms and the questions, the positive response, the negative response," Long said.

Cheyenne and Arapaho Tribes Provide UST Training for Employees for Fuel Tank Safety and Regulations

Latoya Lonelodge
Senior Reporter

Being prepared in case of an emergency is top priority as the Cheyenne and Arapaho Tribes ensure proper training is given to employees that work with and around fuel tanks on the Concho Reservation. If a gas leak were to occur, proper protocols and procedures would follow in the event of an emergency.

On Jan. 13 the Cheyenne and Arapaho Tribes Transit Program provided an Underground Storage Tank (UST) training for Transit, Environmental Protection Agency (EPA) and Lucky Star Travel Center employees.

There were a combined total of 17 participants with the training led by instructors David Hayes, with the Cherokee Nation and Inter-Tribal Environmental Council and his assistant Bobby Short.

Transit Director Wilma Tapaha said the need for the training was due to the department of transportation having fuel tanks that are underground and are used for unleaded and diesel fuel.

“The transit program uses the unleaded fuel and Sonya Orange has the fleet program and other programs can use the diesel, but we’re trying to get it where she’s going to be purchasing unleaded fuel also so that other programs can start using that,” Tapaha said.

Tapaha said the training was provided to have knowledge over the tanks that are located at the transportation building in Concho, Okla.

“If anything happens like an emergency or one of the

alarms go off, they’ll know how to respond and there’s different types of certifications you can get with that training, there’s class A, B and C, we sent our drivers there also last week to have some knowledge of what to do if they’re getting fuel there and if something happens, they know where the emergency switch is and have an idea of where things are,” Tapaha said.

The one day UST training was provided free of charge from the Intertribal Environmental Council. The training had been provided in the year before for the tribes, in which tribal employees Sonya Orange and Shane Childers received their first certifications for UST training.

In becoming certified with her class A, B and C licenses, Fleet Management Director, Sonya Orange said there are a lot of federal regulations that go into operating fuel tanks.

“Before the class started I didn’t really know anything about all the regulations and the forms that we have to fill out monthly to make sure that the gas tanks aren’t leaking, which they’re brand new, this is a brand new facility so to me it was all new because we’ve never operated gas pumps so it was really beneficial to learn,” Orange said.

At her first training, Orange said she was oblivious to all the information she needed to know regarding the fuel tanks.

“It was really good that we had this training and we had our transit drivers



Fuel island located at the Transportation Building in Concho, Okla. (Submitted photos)

take it also, mainly to look for leaks because its really costly to clean gas up if you spill, so we went through the different amounts, you have to bring new dirt in and everything, but our tanks are new, we have state of the art tanks and they should be good for years, our tanks are double walls so if the inner tank leaks that outer one will catch it,” Orange said.

And should there be even the tiniest leak, Orange said the underground tanks all have alarms that will go off in the building so they are able to get it fixed.

“There are companies that come out and fix the leaks for you so the instructor was letting us know, it was kind of like UST 101 for me, it was like wow,” Orange said.

With learning useful information that will be used to comply with the federal Environmental Protection Agency, Orange said the fuel that is purchased for the tanks will be used to give to



UST training was provided to Cheyenne and Arapaho tribal employees to become familiarized with the UST pump in case of an emergency.

other programs.

“Regular gas is strictly for the transit vehicles through our transit program but I have the diesel fuel

under the fleet management program and that is for any tribal program like O&M if they need to come fill up, or their diesel pickup trucks,

fire management, the agriculture guys, they come and get a lot of it and we’ve been supplying them with some of

TRAINING / pg. 4



Raven Bramlett
Healthy Lifestyle
Program Specialist
Diabetes Wellness
Program

2023 and the New Me

This year, I challenge everyone to be just a little bit healthier. Here are a few ideas to get you started.

Sleep – Did you know that getting less than seven hours of sound sleep each night is proven to give you a bigger appetite and eat more calories? Good quality sleep is also linked to a reduced risk of heart disease and stroke. By getting at least eight hours of sleep, you can even improve your immunity to help you fight the common cold. Put down the remote and your cell phone and get some sleep.

Move – Small changes in physical activity can bring big results.

Try these ideas, take the stairs instead of the elevator, get up and walk around your office every 20-30 minutes, exercise at lunch (remember the Wellness Center is open every day), take advantage of the walking trails in your

area, dance with your kids and grandkids, take advantage of your smart watch or cell phone, as many of them have activity trackers.

Food – You can still eat your favorite traditional foods, just make a healthy swap or two, ground buffalo instead of beef, low-fat cheese/dairy instead of full-fat (milk, yogurt, sour cream, coffee creamer), sweet potatoes instead of russet potatoes, honey or maple syrup instead of white sugar or avocado instead of mayonnaise.

Begin the New Year with one goal in mind. Slowly add more and soon you will be a Healthier You!

For a personalized nutrition plan, contact Marcos Baros at 405-422-7683 or Raven Bramlett at 405-422-7656, for information on the fitness center, contact Esther Wilson at 405-422-7458.

DATE OF MEETING

Date: Monday, February 6, 2023

Time: 5:30 pm to 7:00 pm

Location: Cheyenne and Arapaho Tribes Justice Center

100 W. Black Kettle Blvd, Concho, OK 73022

If you are not able to make the meeting.

Other ways to Attend:

Video conferencing for smartphone device users:

- Zoom link: <https://us02web.zoom.us/j/4524251494?pwd=S2RCenU2WDV0OFMvMnI5Q3RXeTdHQOT09>
- URL: zoom.us/join (enter in search bar)
- Meeting ID: 452 425 1494
- Passcode: Court2021

Phone conferencing for non-smartphone or traditional telephone users:

- Telephone number: 1 (346) 248-7799
- Meeting ID: 452 425 1494
- Passcode: 854454251

More information :
CALL: 405-442-7568



Native Youth Ideas Blossom into Empowered Change Agents With a Plan

Reflections of the New Years Healing Circle Training hosted by the Cheyenne and Arapaho Youth Council in Oklahoma

By Nataanii Hatathlie, UNITY Peer Guide Trainer

(CONCHO, OK) During the Healing Circle, I had the opportunity to learn more about the Cheyenne and Arapaho tribal community on an intimate basis by working with the youth leaders and their community mentors and advisors. The youth leaders who participated made carrying out this training as a Peer Guide Trainer a pleasure. I especially appreciated learning more about traditional hand games by playing with the youth. I gained a deeper insight into how this custom fit into the tribe's historical context when resolving internal and external disputes, even surpassing language barriers that existed among differing tribes.



Cheyenne and Arapaho youth council members participate in hands on activities during the UNITY Healing Circle training held in Concho, Okla. (PHOTOS / AC MEDIA)

The training with the Cheyenne and Arapaho youth was certainly a standout gathering. Within approximately 48 hours we powered through the content of a standard Healing Circle gathering while also implementing the success of the 10-step project planning process YOU-th Can curriculum. This project planning process was the stepping stone for the development of the Healing Indigenous Lives Initiative, building off the success of the Today's Native Leaders regional trainings. It is wonderful to see how this has grown over two cooperative agreements between UNITY and the Office of Juvenile Justice and Delinquency Prevention since 2013.

The growth in the Cheyenne and Arapaho youth council can be seen in this video from 2015 when they showcased their service project at the TNL Summit. It is wonderful to see how they are building upon past skill-building to keep the community transformation going through the next generations.

The youth leaders who attended this Oklahoma training were excellent in taking on tough conversations following critical questions we asked about their experiences as Native youth. Moreover, the youth who participated were among the tribe's standout group of young leaders who have shown continued engagement, a strong willingness to learn, and a hunger for more opportunities to empower their communities. They were able to come together to focus on how to become better community organizers by following a proven 10-step methodology for youth success in planning community service projects.

One thing I learned from the youth at the Healing Circle is that they possess a deep passion for uplifting their tribe by using their community strengths to their advantage while addressing community challenges in a way that includes their peers as project leaders. These youth leaders are serious about making an impact on longstanding issues that they know need attention.

As the training progressed, I noticed how youth who were initially hesitant to share their ideas blossomed into empowered change agents adamant about speaking their voices as key community stakeholders.

After the training, I, first and foremost, felt thankful. I was



Nataanii Hatathlie, UNITY Peer Guide Trainer

thankful to have been invited by the Cheyenne and Arapaho tribe to conduct this youth training, but also thankful for us to gather in such a sacred space of healing, learning, and peer-to-peer mentorship following the COVID-19 pandemic.

As a facilitator, it was refreshing to work with young leaders again in person. The support from the greater community and tribal leadership for the Cheyenne and Arapaho youth to make this Healing Circle possible is inspiring as a facilitator. I look forward to continuing the work of UNITY as we move forward with additional training opportunities across varying regions.

OBESITY / pg. 5

Viewing Obesity as a Disease as Declared by the American Medical Association in 2013

By Kimberly Burk

One way to help people who struggle with weight management "is to normalize obesity, and let people know it's not because of weakness," says Dr. Tyler Freeman, director of Family Practice and Specialty Services for the Oklahoma City Indian Clinic.

Obesity is a disease, recognized as such in 2013 by the American Medical Association. The brains of overweight people send messages about when to stop eating and how to utilize calories that differ from the messages thin peo-

ple get, Freeman said.

"There are two hormones that are secreted to help us recognize when we are full," he said.

"Ghrelin is a hormone that signals you are hungry. When your body is recognizing there is more ghrelin there, it is telling you to eat more and store more. With obese people, their body is secreting more ghrelin than it should be."

The brains of obese people are not sensitive to the signals sent out by the hormone leptin, which decreases appe-

tite, Freeman said.

Education about the causes of obesity is emphasized at the Clinton Service Unit's Metabolic Clinic, said Dr. Chris Renshaw, clinical director.

"This educational piece addresses individual differences related to genetics, environment, activity and nutrition," Renshaw said.

"There is emphasis on breaking down old paradigms that tended to blame the person with obesity. This

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VOTER REGISTRATION

2023 Primary and General Elections will be held Oct. 3, 2023 (Primary) and Nov. 7, 2023 (General).
It is the responsibility of all registered VOTERS to ensure your voter registration information is updated and correct.
Please contact any of the Election Commissioners to verify and/or update your voter registration.

A1 Ray Mosqueda 405-306-9281
A2 Dale Hamilton Jr. 405-593-1850
A3 Patricia 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

Second chances pay off for college sophomore Jaylin Reveles

Photos/Story by Glen Miller, El Reno Tribune

(EL RENO, OK) Just like she did as a little kid, Jaylin Reveles spent the days leading up to Christmas giving the presents under the family's tree a shake trying to figure out what was inside.

"Of course," said Reveles.

While all those presents turned out to be what a teenager needed, in reality, Reveles knows she's already received the biggest gift of her sophomore year in college months earlier, a second chance to play.

A little over a year ago during an intrasquad scrimmage, the three-time All-State player suffered an injury to her right knee before her freshman season at Cisco Junior College in Texas.

"I was playing defense and jumped up to swat the girl and when I came down my knee had went in," said Reveles.

The diagnosis at the time was a partial tear of the lateral collateral ligament. She would spend the fall and the holiday break rehabbing the knee after surgery was ruled out.

"By the time I got an MRI, it was already starting to heal inside and it was too late (for surgery), so I was just rehabbing my knee. I never had surgery and I don't know if that was a good thing or not," said Reveles.

As it turns out, the injury may have been worse.

The doctor in Texas didn't tell me that I also partially tore my ACL (anterior cruciate ligament), not just my

LCL. When I came home to do my physical therapy, that's when they told me I may have also partially torn the ACL as well. It was a mess," said Reveles.

In a strange twist, despite the knee injury, Cisco did not red-shirt Reveles, instead, allowing her to find a way back to the court but in a limited role. She ended up playing in 17 games but did not start.

She closed the year with 31 points, 15 rebounds, 13 assists and a steal.

I ended up playing a little bit here and there but I lost a year of eligibility and that was frustrating but what can you do. I wish they would have red-shirted me at the start of the year when I got hurt," said Reveles.

Her future status in Texas also came under question.

Our head coach at the time had to resign in the middle of the season and the assistant came in and finished out the year. By that time they had found a new head coach and he basically said he wanted to start out fresh," said Reveles.

Having already decided to leave Texas, Reveles was unclear of a landing destination. To gain some clarity, she consulted her high school coach, Jennifer Douglas.

I had talked with Coach Douglas about wanting to come back to Oklahoma and somewhere closer to home," said Reveles.

She tried out with both Redlands Community College and Northern Oklahoma College of Tonkawa but



Jaylin Reveles plays for Redlands Community College located in El Reno, Okla.

heard nothing of possible offers to play.

I was worried and was thinking about not playing at all and focusing on school. I never heard back from Northern and it was almost time for school to start when Redlands said come play for us," said Reveles.

It was music to her ears.

The old assistant coach called me and said

they wanted to offer me to come play, so I took that as a sign. That was my second chance," said Reveles.

A fresh start with a new team full of new faces but a familiar coach who recruited her as well out of high school, Jay Niehues.

He had only two sophomores that ended up coming back so we have a whole new

REVELES / pg. 5

TRAINING

continued from pg. 2

this fuel ... we've been supplying the tribal programs that know about it," Orange said.

Orange said its cheaper for the tribes to buy it in bulk than if vehicles were to go to a gas station and pay for it.

"It helps programs because its just right here," Orange said.

Shane Childers, Transit Mechanic Shop lead mechanic and supervisor said there's a lot that goes into maintaining the fuel tanks, as they have to abide by the federal emergency management.

"We have different tanks, we have two 5,000 gallon tanks on site, one is set up for diesel, one is set up for gasoline and we have an inside monitoring system that helps us in knowing how many gallons we have in there, so that we know when we get low on fuel we can call up our distributor to come out and give us more fuel and so we're basically watching and going out and checking the pumps," Childers said.

Onsite, Childers said there is several different lids and his job is to go out and take the lids off and inspect the top of the tanks and the pipes that go down into them to ensure no water is getting down there.

"We're also checking the pumps, the dispensaries, where you get your little nozzle and put it into your vehicle, we're going out there and checking that out, we take off the sides to the

actual pumps themselves, we're looking at it to make sure everything in those pipes look good, there's no leaks, making sure that the filters are not leaking," Childers said.

Childers said once a year they're going to be taking the time to shut them down and inspect everything by taking the filters off and going through changing the filter out.

"We deal with basically all the fleet vehicles that need gasoline or diesel, we're going out there and hands on pumping them with diesel or gasoline to make sure they get what they need, keep track and record of it for the federal government, for our programs, for the money that we spend in purchasing diesel or the gasoline," Childers said.

With hands-on knowledge of what it takes to manage the fuel tanks on site, Childers said the training is for anyone that is working in or around any type of fueling whether it is at a public gas station or for a tribal nation.

"You definitely want to get certified, it is a requirement but even if you're not going to be a class A or a B, if you're going to be working in the store it's definitely knowledge to take so basically any employee that would be working there this will be a great class just to give them some general knowledge of what you're going to be working around," Childers said.

Data shows incarceration rates for Native people are up to seven times higher than for white people

New Report Highlights Alarming Incarceration Rates of Native People in U.S.

(CHICAGO, IL) On Jan. 10, 2023 the MacArthur Foundation released a national report commissioned as part of its Safety and Justice Challenge that highlights that Native people are disproportionately incarcerated in the United States. The report shows that in states with higher Native populations, incarceration rates are up to seven times that of white people, and that Native people are sentenced more harshly than white, African American, and Hispanic individuals. Moreover, American Indians and Alaska Natives (AI/AN) were incarcerated at a rate 38 percent higher than the national average and were overrepresented in the prison population in 19 states compared to any other race and ethnicity.

"Like many modern challenges in Indian Country, over-incarceration of Indigenous people is intimately tied to colonial violence and upheld by policies throughout the years," said Dr. Ciara Hansen, currently a clinical psychologist in the Iina' Counseling Services department at Northern Navajo Medical Center and author of the report. "Paternalistic solutions applied to Native communities often miss the important step of seeking to understand the issue from the community's perspective. This report offers a starting point for discussion and knowledge sharing."

"The report not only highlights the painful and unacceptable treatment of Native people in the criminal justice system, but also underscores the overreliance on incarceration to solve community issues," said Bria Gillum, a senior program officer at MacArthur. "It is our hope that the report contributes to the growing conversation about racial disparities

in this broken system, sparks deeper collaboration between state and tribal agencies, and leads to investments in diversion services that can end this devastating cycle."

The national report is authored by Dr. Desiree L. Fox (Bitterroot Salish), Dr. Ciara D. Hansen, (Shawnee/Cherokee), and Ann Miller, an attorney with the Tribal Defenders Office of the Confederated Salish and Kootenai Tribes on the Flathead Reservation in Montana.

Additional key findings in the report include:

According to the Bureau of Justice Statistics, 45 percent of people incarcerated in tribal jails were being held pretrial, and pretrial detention rose by at least by 80 percent since 1999. The average length of stay doubled from 2002 to 2018.

Additionally, the most serious offense for 16 percent of people held in tribal jails was public intoxication and 15 percent were held for drug related or DUI charges.

Native youth are more likely to face conviction in adult court, especially for drug-related crimes.

The number of jails in Indian Country has increased by 25 percent since 2000, which has led to filling them with more people charged and held with petty crimes for longer periods of time.

The 2020 Bureau of Justice Statistics report showed tribal jail incarceration rates steadily increased by 60 percent since 2000. The most recent report from the Bureau of Justice Statistics, however, has shown a significant reduction of incarceration in tribal jails during the COVID-19 pandemic.

The MacArthur Foundation report demonstrates the need for ongoing research to decrease the rates of arrests and incarcerations of Native people. More research is particularly needed to better understand the experiences of Native people and the systemic change necessary to meaningfully improve outcomes.

The recommendations put forth by the authors of the report include:

Empower tribal justice systems which are better positioned to intervene because they offer services that are culturally relevant, restorative, and fair;

Change the trajectory before, or even after, Native people are pulled into state and federal systems by addressing the underlying issues that bring people into the criminal justice system and the collateral consequences that pull them back in;

Provide funding to appoint counsel to the indigent, tribally-based public defender offices to support positive change that are most congruent with traditional, restorative practices. Encourage tribal public defenders to work with their clients in the context of their community—their families, their elders, their values, and their definitions of success.

The report is based on data from several surveys and sources, including the Indian Law and Order Commission, the Office of Juvenile Justice and Delinquency Prevention, the Bureau of Justice Statistics, and others. The full list of sources can be found at the end of the report.

About The Safety and Justice Challenge
The Safety and Justice Challenge is re-imagining and rebuilding local criminal jus-

tice systems — reducing jail incarceration and increasing equity for all. Our network of participating cities, counties, and states is tackling America's jail crisis at the local level, implementing community-informed solutions that can be replicated across the country. Network members receive support from the John D. and Catherine T. MacArthur Foundation and include small communities and the biggest urban centers, with diverse perspectives leading to a range of approaches. Local leaders share solutions and lessons learned with each other and the public so all can do better. For more information, visit www.safetyandjusticechallenge.org and follow the Safety and Justice Challenge on Twitter.

About The MacArthur Foundation
The John D. and Catherine T. MacArthur Foundation supports creative people, effective institutions, and influential networks building a more just, vibrant, and peaceful world. MacArthur is placing a few big bets that truly significant progress is possible on some of the world's most pressing social challenges, including advancing global climate solutions, decreasing nuclear risk, promoting local justice reform in the U.S., and reducing corruption in Africa's most populous country, Nigeria. In addition to the MacArthur Fellows Program and the global 100&Change competition, the Foundation continues its historic commitments to the role of journalism in a responsive democracy as well as the vitality of our headquarters city, Chicago. Learn more by visiting www.macfound.org and follow MacArthur on Twitter and LinkedIn.

LANGUAGE

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Long said the Arapaho language side is also learning how to put together stories.

“What we have on the board, we have to say it all in Arapaho and so I think it’s cool finding out the little pieces to put together sentences, just being able to talk like a whole paragraph,” Long said.

Learning from their lead language apprentices in the program, Long and Fletcher can both agree that the experience in learning the languages both has its ups and downs, however their fellow coworkers help them every step of the way.

“We work well and it’s fun too because we all get to where we’re doing our small talk in Cheyenne, we’re always laughing about something but mostly in the language,” Fletcher said.

Long said what frustrates her the most is pronunciations. Especially if it’s a verb she can’t pronounce.

“Then it’s like another word right after I can’t pronounce, I get so frustrated and my tongue gets twisted, but I know my coworkers are really good at helping me out, the way we’ll all just go around and sound it out and then after I can say it, I think it’s fulfilling because I feel real humbled,” Long said.

Fletcher said what has been most challenging for her is learning the different endings with the language.

“There’s a lot of different endings sometimes I forget that and that’s what frustrates me, but the successes and what’s most fulfilling is when I’m talking with a speaker during our session and they get what I’m saying, it makes me feel good,” Fletcher said.

And that’s what Fletcher enjoys most about working with the program.

“What I love most about working here is just being able to talk with my coworkers and being able to talk during sessions and basically just conversating, what I hope to gain is to be someone to share what I know with the language and for peo-

ple to come to me,” Fletcher said.

For Long, what she loves most about her job is coming to work and being called by her Arapaho name.

“I feel like that makes me feel good and I like calling the other people by their names too and I also like that whenever we’re talking to our coworkers, even speakers and they’re talking Arapaho, they’ll joke around with each other a lot, at first I couldn’t understand them but now I understand ... it makes you feel good about yourself because you know that you’re learning and you’re retaining everything that you’ve been taught,” Long said.

Since becoming a junior apprentice, Long said her per-

spective on learning the Arapaho language has changed as she’s always had this sense of stress to learn her culture.

“I feel like its brought me closer to who I am as an Arapaho woman, I feel like now I know there’s always more to learn but I feel like now I know more now than I did when I was younger and I’m like really happy for that, I just want to keep learning and stay humble about everything,” Long said.

Fletcher said being an apprentice has made her feel more proud of herself and what it means to be Cheyenne.

“Especially being in Oklahoma which has a lot of history dealing with Indians and it just makes me happy that I’m making my ancestors proud,” Fletcher said.

REVELES

continued from pg. 4

team. Everyone is learning how to play together,” said Reveles.

And with each game for the Cougars, Reveles is starting to trust her knee is closer to 100 percent healthy. Something she did not feel in Texas.

At first I would not put any pressure on my knee because I was scared of doing too much. I knew it would be a slow process and I’m just now finding out how much more mobility I have with the muscles in my knee.

I’ve never had this problem before. I had trouble with my Achilles’ heel in high school but never with my knees. It’s a hard process but I’m starting to feel more comfortable and getting back to my old game,” said Reveles.

More good news for Redlands as her old game helped carry El Reno to a state finals berth. As a senior, Reveles netted All-State selections under the Oklahoma Girls Basketball Coaches Association, the Oklahoma Coaches Association and the Oklahoma Native All-State Association banners.

Over the first 14 games of the season, Reveles made 24-of-58 shots, 45 percent, from the field. Her 67 points over that span doubled what she scored in Texas and in three less games.

She averaged 4.8 points per game while collecting 30 rebounds, 15 assists, seven steals and a blocked shot.

My goal is to play and have fun,” said Reveles.

Reveles says she feels like her game for the Cougars is similar to that in high school.

It’s more of a shooting and defensive role. I can read defenses and know where to be and not to be when I get the ball. I can thank Coach Douglas for that because she drilled that into my head,” said Reveles.

Reveles was a key scoring weapon in high school, but says she doesn’t feel pressure to be the same type of player in college or deliver double-digit scoring efforts on a regular basis.

If it happens, then it happens. There are times where I will score in double digits and some games I won’t. It depends on what Coach Niehues needs me to be,” said Reveles.

That is what coaches define as a role player.

I don’t mind being a role player. I’ve always been a role player and I think that is why I feel so comfortable at Redlands,” said Reveles.

She is also feeling comfortable doing something she admits to hating in high school - being a 3-point shooter. She made 12-of-28 shots from behind the arc over those 14 games for 43 percent, which is second highest on the squad. Reveles is third in made treys.

I honestly hated shooting 3-pointers in high school. But when I got to college I started liking it more. I think it was because I got



more confident and that is what I would practice on. I don’t mind being a 3-point specialist,” said Reveles.

She credits a change in mindset for her love of the long-ball.

I think I just needed to stop doubting myself and over-thinking things. I tend to do that sometimes and I just need to let them fly. I like shooting 3-pointers,” said Reveles.

Her time at Redlands will be limited to one season, but she hopes her play will peak the interest of a larger four-year program.

I want to go on and play. If I get an offer, I will go ahead and look into playing further. If not, I think I will just focus on school,” said Reveles.



Sarah Hudson (right) exercises with her personal trainer, Emily Ledinski, at Oklahoma City Indian Clinic’s Wellness Center. (PHOTO: RACHAEL MALTY/Oklahoma City Indian Clinic)

OBESITY

continued from pg. 3

chronic disease approach is generally welcomed by patients, as they understand that they have a hormone difference, rather than a primarily behavioral issue.”

Weight-management specialists increasingly are endorsing medications that regulate brain chemistry. But many insurance companies will not cover drugs such as Wegovy, which is costly.

“It is something that has been used within Indian Health, under a different name called Ozempic,” said Freeman, who is Choctaw.

“We use it for our Type 2 diabetes patients who are obese, for the added benefit of weight loss. We are working on funding the drug for obese patients who do not have diabetes. But it’s very expensive.”

Ozempic controls blood sugar levels and can also be used for chronic weight management. Wegovy has a higher dose of the compound semaglutide and was developed specifically for weight loss.

Wegovy decreases the appetite, “so if people have an excess of ghrelin or an addiction to food, it keeps them from eating too much. And it helps them not to absorb too many nutrients from the food. There don’t seem to be a lot of significant side effects,” Freeman said.

Renshaw said Metabolic Clinic providers work with patients to create personal goals and develop a plan to reach their goals.

When medication is indicated, “As a federal facility, CSU is required to follow the IHS National Core Formulary,” Renshaw said, “and therefore must include the NCF-listed combination agent phentermine/topiramate ER.”

Renshaw said every effort is made to ensure patients receive the medications best suited to their situations. He said obesity management care is provided at all facilities in the Clinton Service Unit.

Brain chemistry can also cause people to be more predisposed to a food addiction, Freeman said.

“They may have lower levels of serotonin, or a higher response to pleasure stimulus. Or it may be the way that we are raised, that we are rewarded with food.”

Even with a better understanding of the root causes of weight gain and the help of medication, “you still have to do the work,” Freeman says.

The OCIC abounds in resources, as do many other IHS and tribal clinics across Oklahoma.

“We have health promotion and disease prevention, which is a major department,” Freeman said. “They link up patients with dietitians.”

The clinic also has a gym onsite, with personal trainers, and group classes for diabetics.

Obesity is more prevalent among minorities in general, and Native Americans “are about 50 percent more likely to be overweight or obese,” Freeman said. Causes, he said, include genetics, culture and the drastic changes in diet that resulted from forced migration.

Research shows that most people who try to lose weight on their own fail on any given attempt when measured at the one-year mark, Renshaw said.

“This can, of course, be discouraging, and can lead to hopelessness regarding improvement. Shifting the paradigm to looking at obesity as a chronic disease, and managing it as such, tends to help people living with obesity to see hope for a better outcome,” Renshaw said.

It might be a difficult subject to broach, but “providers here do bring it up,” Freeman said.

“Obesity plays a role in so many other aspects of health. Mental health is impacted by obesity. It affects a person’s energy level, and risk for other diseases. To ignore it would not be medically appropriate,” Freeman said.

Renshaw said the Metabolic Clinic has three providers seeing patients a total of 12 days per month, and patients include children and adults.

“We are determined to push forward into the future, meeting and exceeding the need for proper obesity management in Indian Country,” Renshaw said.

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OBITUARIES

Anthony James LaFountain Jr.

Anthony James LaFountain Jr., Cheyenne name Homa'ehesta Beaver Heart, began his earthly walk on May 26, 1981, when his parents, Anthony James Sr. and Lenora Mae (Red Cherries) LaFountain welcomed him to this world in Crow Agency, Mont.

Sonny, as he was known, was the oldest of six children which included two brothers and three sisters. He was of both Northern and Southern Cheyenne heritage. He was a direct descendant of Chief Wild Hog and Chief Littlewolf. The family made their home in Montana. Sonny attended school in Woodward, Okla., and Lame Deer, Mont., graduating in 2000 from Colstrip High School. He was an Army Veteran in the infantry until his discharge in 2006.

Sonny was a loving father to five beautiful children, Izaih, Katlyn, Rihana, Angel and Huyana. Sonny worked as a cashier and CNA while pursuing his degree in business. He liked music, video games, movies especially old horror films, he definitely liked to joke and laugh and was always referencing lines from movies. He enjoyed reading books and his favorite was 'The Grapes of Wrath.' Sonny was what some would deem a 'sneaker head' and had a love for Cortez shoes. He was quick to lend an ear to listen and give advice to whomever needed it. He had a way of bringing people out of a slump and making them realize that things weren't so bad. Sonny was very sympathetic although most people never got to see that side of him. He was very artistic, could draw and write poetry without any hesitation. His drawing abilities inspired him to become a tattoo artist alongside his brother James. He also enjoyed working on cars and anything that had to do with audio equipment.

Carole Daukei

Carole Daukei was born Nov. 26, 1952 in Clinton, Okla. to parents James Wolf and Arlene (Standingwater) Daukei. She departed this life on Jan. 19, 2023 at her residence surrounded by her loving family.

Carole graduated with the class of 1971 at Canton High School. She attended Haskell Junior College where she earned an associate degree. Carole participated in the AIM led spiritual walk in 1978 to support tribal sovereignty and water rights. She worked at the Canton School with the Special Education Department.

Carole was preceded in death by her parents, brothers,

Theodore Daukei and Arlen Daukei, and sister Corrine Stewart.

Survivors include her children, son Jarvis Daukei, daughter Sherry Fire and son Michael Daukei, all of Canton, Okla., two sisters, Ramona Abrams and Kim Lime, both of Canton, and brother Stacker Daukei of El Reno, Okla., grandchildren Brittany Daukei, Damian James Beartrack, Felicia Daukei, Jarvis Wilson, Oakley Daukei, Seneca Noline, James Ryan Fire and Kole Jean Ruiz, many great-grandchildren and nieces, nephews, and cousins.

An all-night wake service was held January 22 at the Canton Emergency Response Center in Canton, Okla. Funeral services were held Jan. 23 at the Canton Reinterment (Chiefs) Cemetery, officiated by Robert Littlebird and John WhiteEagle under the direction of Pierce Funeral Home.

An all-night wake service was held January 22 at the Canton Emergency Response Center in Canton, Okla. Funeral services were held Jan. 23 at the Canton Reinterment (Chiefs) Cemetery, officiated by Robert Littlebird and John WhiteEagle under the direction of Pierce Funeral Home.



Highwalking and husband Al Holds, aunts, Noreen Harris and husband Ron Betty Dennison and Linda Daniels. Uncle Theodore James Red Cherries, sisters, Tiffini, Tammy Fortner (Blaine) and Tinalynn, brothers, Kermit, James, and Marcel Highwalking, nephews, MJ and baby Frank Montgomery, Benjamin Bighorn Jr, Kingslee, Canyon Fortner, nieces, Keoni Bighorn, Precious and Lovely Montgomery, and special friend and companion Amy Quesada as well as many other relatives and friends.

Funeral Services were held on Jan. 9 at the Seiling Emergency Response Center in Seiling, Okla. followed by a burial in the Cantonment Indian Mennonite Cemetery.



the Daukei residence in Canton, Okla., Graveside services were held Jan. 23 at the Canton Reinterment (Chiefs) Cemetery, officiated by Robert Littlebird and John WhiteEagle under the direction of Pierce Funeral Home.

Sidney Joseph Moore Jr.

Sidney Joseph Moore Jr was born on Jan. 20, 1947 and passed on Jan. 3, 2023 at the age of 75. Sidney Jr was an enrolled citizen of the Pawnee Nation and a Navy Veteran. He was 1/2 Pawnee and 1/2 Otoe. He grew up in Pawnee and later, with his wife Minnie Goodbear Moore, lived in El Reno, Okla., and then Albuquerque, NM.

He joins his parents Sidney Moore Sr and Dorothy Pearl Moore, his brothers Ted Moore Sr, Pete Moore St, Norman Keel Sr, and his sisters Wilma (Moore) Williams, Nova Marie (Moore) Fields, and Laverne (Moore) Horsechief. He is survived by his sister Sylvestine "TT" Shields of Shawnee, his wife Minnie Goodbear Moore, his daughters Tonya Moore-Bravescout (Edward), Jamie "Moore" Vann (Riley), and son Sidney "Joe" Moore III, along with their mother Bea Monk. His grandchild-

dren Sean Williams, Skyler Vann, Alana Fraley, Megan Vann, and Payton Marie Vann. Also, Haley, Lindsey, Mikey, and Anna-Gail from Albuquerque. Great Grandchildren Brook Williams, Seth Williams, Ivy Williams, Brett Fraley, Chipper Fraley, Pudge Fraley, and Landry Daugherty.

Sidney loved singing at powwows, visiting loved ones, singing to his grandchildren and composing songs. He regularly went down his phone list calling everyone to check on them and having a good laugh. He loved OU football, going on long drives, listening to Motown, watching Let's Make a Deal, eating at Golden Corral, making friends wherever he went, and most importantly, he was always concerned about his family and friends and always brought smiles to everyone's faces with his witty sense of humor. As the eldest living Bravescout, he



was often approached for giving Otoe names within the family. He and his family often travelled to powwows and performed with the Bravescout Dance Troup and sang with the family drum, Bravescout Singers He loved dancins he was born into it, and kept the tradition alive as a champion Fancy Dancer.

He was even invited by, and danced for, the Queen of England. Sidney Jr believed in the Lord and knew he would get the healing he deserved and is our newest angel.

John Edward Townsend

John Edward Townsend, 52, of Shawnee, Okla., a proud citizen of the Cheyenne and Arapaho Tribes, passed away Jan. 17, 2023 at Saint Anthony Hospital in Oklahoma City surrounded by his family.

John was raised in Shawnee by his loving grandparents, Eddie and Dorothy Lonelodge, who preceded him in death.

After attending Shawnee High School, John worked several years at Hibdon Tires where he worked his way up to a management position. Later in life he attended truck driving school where he obtained his CDL and became a long haul truck driver, a job which brought him much joy

as he got to travel across the country. He was a member of the Life Church and enjoyed music and automobiles.

He is survived by his wife Jillian Townsend of Lawton, Okla., beautiful daughter Jonna Townsend, of Oklahoma City, Houston Stevens of Shawnee, whom he lovingly called dad, sisters, Christine Gibson of Owasso and Karley Dale of Tulsa and several cousins that he considered to be his brothers and sisters. He also had several treasured nephews, nieces and great-nephews and great-nieces that he loved to spend time with.

Wake services were held Jan. 20 at the Concho Emergency Response Center in



Concho, Okla. Funeral services were held Jan. 21, at the same venue, with Rev. Gerald Panama officiating, followed by an interment at the Concho Indian Cemetery under the direction of Huber Benson Funeral Home.

Orville Paul "O.P." Rivers Jr.

Orville Paul "O.P." Rivers, Jr. was born Aug. 14, 1963 to Orville and Barbara (Blackwolf) Rivers and passed on Jan. 21, 2023 in Yukon, Okla.

O.P. spent most of his life in prison, where he earned numerous certificates. He learned to cook and also to weld. O.P. used his culinary skills cooking meals for his family.

Orville is survived by one sister, Danille Rivers, one aunt Lisa Blackwolf, uncles,

Linden Blackwolf and Wally Oldman. He is preceded in death by his parents, grandparents, Tommy and Lena Blackwolf, aunts and uncles.

Wake services were held Jan. 25 at the Canton Emergency Response Center in Canton, Okla. Funeral services were held Jan. 26, at the same venue, with Pastor Waylan Upchego officiating, followed by an interment at the Canton Indian Mennonite Cemetery under the direction of Pierce Funeral Home.





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HAPPY BIRTHDAY!



Happy 1st birthday
Jan. 31
Breyah Grace Bearshield. Can't believe it's already been a year since we were blessed with you coming into our lives. You bring us such joy and happiness. You always bring such joy to our hearts and we love you so much!

We want to wish you a very happy 1st birthday and many more to come! We love you the mostest, Gamma, PaPa uncle, nana and auntie Glo



Happy 70th Birthday
to Eugene Blackbear Jr from all your family and friends!



Happy 2nd Birthday
Sam
Feb. 23
We love you very much. Nanna, uncle O.J. and mom



February 16th
Happy heavenly birthday to my first love and the best daughter, big sister and mother that we could have ever asked for. We all miss you so much and life is definitely not the same without you. You would be turning 32 on Feb. 16, but instead you will be forever 30. We all hold you in our hearts and are doing the best we can without you no longer here.

Happy Heavenly Birthday my precious angel Kayla Julia Cherice. Until we meet again Love mom, your baby brother O.J. and the baby- Briannah

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Calendar of Events

82nd Birthday Honor Dance for Ervin Bull

Saturday, Feb. 4, 2023 at the Clinton Emergency Response Center in Clinton, Okla. Supper 5 p.m. with dance to follow.
Head Staff: MC Burl Buffalomeat, HS Jason Goodblanket, HM Gary Lime, HL Janelle Sharp, HLB Touchcloud Watan, HLG Kehlani Mack, Honored Elder Margie Pewo, ADs grandsons and great-grandsons.
For more information call 580-445-4383.

Birthday Celebration for Carolyn Littlecreek

Feb. 4, 2023 at the Concho Emergency Response Center in Concho, Okla. Gourd dance 1 p.m., supper 5 p.m., Grand Entry 7:30 p.m.
Head Staff: MC Willie Bullcoming, HS Larry Moneosy, HM Charley Tehah, HG Robert Tabor Jr., HL Cody Deer, HLB Touchcloud Watan, HLG Kiren West, AD Chris Sidone and Cody Zimmer, Honored Veteran Ruben Watan, U.S. Army and Shayla Goombi, Honored Elder Diane Hawk, Host Goud Star Hawk Society.

Memorial Dance for Raymond 'Koda' Paddyaker & Kayla Julia Yates

Saturday, Feb. 18, 2023 at the Concho Emergency Response Center in Concho, Okla. Gourd dancing at 3 p.m., supper at 5 p.m.
Head Staff: MC Robert Littlebird, HS Emmitt & HJames Redbird, HLG Kayla Lee Harragarra, HLB Louis Roy Harragarra, HLD Janelle Birdshead Sharp, HMD Earl Plumley, AD Ralph Birdshead and Co-Host Drum Thunder Boys.
Special invitation to all MMIW/MMIP Chapters & Blackbeard Descendants.

2023 Women's Conference: "Empowering Women to Lead"

March 20-23, 2023 at the Oklahoma City Convention Center in Oklahoma City. Hosted by the Cheyenne and Arapaho Tribes. For more information call 405-422-7929.

Graduation Dance for Baleigh Standingwater and Aiden Williams

May 13, 2023 at the Hammon Emergency Response Center in Hammon, Okla. Supper at 4 p.m., with dance to follow.
Headstaff: MC Thurman Starr, HS Bad Company, HM George Levi, HL Edwina Whiteman, HB Kendrick Kauley, HG Morning Sky Whiteman, Honored Elder Arleen Kauley, Honored Veteran Michael Emhoolah, AD Michael orange and Ian Williams.
Raleigh is graduating from Hammon High School, call of 2023. She has been accepted and will be attending WTAMU in Canyon, Texas in the Fall 2023 to pursue her nursing degree. For more information call 580-210-9344 or 806-346-7315.

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For Applications Call Mary Youngbull at 405-422-7525



ASIST

Applied Suicide Intervention Skills Training
Open to anyone 18 or older

February: 16th & 17th
Time: 8-4
Location: TBA

Attending this two-day course will train you to intervene with an individual who is thinking about suicide. Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 18 or older can learn and use the ASIST model.

For any additional information regarding trainings or to sign up for this one please contact :
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Call/Text: 405-208-3464



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Selections will be notified via MAIL by May 10, 2023.
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Program runs June 5th-July 28th, 2023.

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ATHLETES' SPOTLIGHT

By Latoya Lonelodge / Courtesy Photos
PHOTOS: A.C. CLEMENTS/AC MEDIA

Jaxson Roden, Riverside Indian School



(ANADARKO, OK) Born and raised in Tecumseh, Okla., Jaxson Roden, 17, has had a basketball in his hand for as long as he can remember.

Standing 5'10, Roden plays shooting guard for Riverside Indian School in Anadarko, Okla.

Roden began playing basketball at the age of four, however his interest in the sport didn't start to get serious until he was in the fifth grade when he began playing

in more basketball tournaments.

Roden's biggest motivation for playing comes from seeing his mother's reaction and the smiles that come every time he plays.

"I love how it brings everybody together and my whole family and friends and just people I've met," Roden said.

And his inspiration for continuing in the sport comes from his parents.

"Just everything they do for me and everything they've gone through to get me to where I'm at and everything they sacrificed," Roden said.

With the Riverside Indian Braves currently 8-8 in the season, the opportunities that lie ahead are endless for Roden.

"We're just trying to pick it up, find the missing pieces and get it going," Roden said.

Since the beginning of the season, Roden's goals have remained the same. He wants to see his team make it to the state championship as well as be named Indian All-State.

Due to the COVID-19 pandemic, the Riverside Indian Braves didn't make the state championship in the previous season. When Roden made the decision to attend Riverside for his senior year, he was ready to make a comeback on the basketball court. Roden had previously attended Norman North High School in Norman, Okla.

For his senior year on the court, Roden said he looks forward to the goals and bonds that he's made with his team.

"Really just making the most out of the playing time and just going as much as I can," Roden said.

In his final season of playing, Roden said the feeling is surreal. However, he looks forward to continuing to play with the Cheyenne and Arapaho Tribes R.E.Sp.E.C.T. basketball team in the summer.

"It's crazy, I don't know, it's about to end and it feels surreal kind of that it's finally here, my last season," Roden said.

While striving to maintain his grades in order to play, Roden is estimating a 2.0 GPA and said he keeps up with his work first before playtime.

"Just keeping up with my work first through sixth hour and after that kind of making it to where I don't have to worry about school after we get out, just worry about basketball and practice," Roden said.

Hoping to gain as much knowledge as he can that's helped him on and off the court, Roden reflects on how he's grown as a player throughout the years and how he can also be of help to others.

"I'm trying to just get more defensive minded and not worry so much about scoring and just trying to help my teammates out on defense," Roden said.

While working on his game during practice every day, Roden said he feels it's important to work on his jump shot the most.

"My jump shot has been on and off lately so I try to put as much work as I can on it ... being able to shoot from wherever, that kind of opens everything else up when you can shoot pretty good," Roden said.

And that's just what kind of player Roden said he hopes to be remembered as.

"The person that can shoot on any given day or night and to make a basket," Roden said.

Norman Tippeconnie, Riverside Indian School boys' basketball head coach said Roden works hard in the classroom and in the gym and is very popular with his teammates.

"Jaxson is a starting guard on our team and his contributions have increased because of his improvements in his game, the one area that he has really improved in is defense, he was already a skilled offensive player with three-point shooting range," Tippeconnie said.

Currently, Roden has been averaging eight points a game.

"Our team record as of today is 8-8 and we have been in some very close games with good teams, I feel like this team is improving as we approach the playoff season and as a coach I really appreciate Jaxson and his willingness to improve and to be a great teammate," Tippeconnie said.

Roden will graduate in the spring of 2023 and hopes to attend college after graduation. The two schools he has in mind are Haskell Indian Nations and Fort Lewis College in Colorado.

Roden's parents are Jamie Roden and Misty Kieffer-Roden. His grandparents are Peggy Tabor Dawson, Mary Kegley Souders, Jack Kieffer and the late Sandee Tointigh Pugh and the late Donald Payne. Jaxson's siblings are Bryan Webb, Dillan Poncho, Taylor Poncho, Jaylen Roden and Joshua Roden.



Lady Indians Capture Shawnee Invitational Title

By Sean Moran, Yukon Review

(EL RENO, OK) Second place was something happening too often to the El Reno Lady Indians' liking. They finished second at the Shawnee Invitational last year and lost in the 5A state championship game to McAlester. Additional second-place finishes this season in early-season tournaments only added to their frustration.

The Lady Indians finally broke through last week, however, when they raced past the competition at this year's Shawnee Invitational, capturing the championship with a hard-fought win over 6A Jenks, 50-36.

"Shawnee is one of the toughest tournaments that we play in because its full of 5A and 6A talent," claimed El Reno head coach Jennifer Douglas. "Every game is tough."

El Reno opened the tournament with a convincing 63-26 win over Ardmore. The Lady Indians avenged last year's tourney defeat by knocking off Mustang in the semifinals, 46-39.

"I just feel like it was a really good team effort all week-end long," stated Douglas. "It doesn't matter who gets the glory or gets the awards. Individual accolades don't come unless the team wins. It's imperative that the team comes before yourself. That's exactly what they did this weekend and I'm so proud of them."

Junior forward Pauline Black-Harmon earned tournament MVP honors after leading a balanced Lady Indian scoring attack to three victories.

"It means a lot," said Black-Harmon after the title game. "This is our third tournament. We lost the other two in the championship, so it means a lot."

El Reno, now 12-3 on the season, is eyeing a return to the state tournament despite having only one senior on its roster. The Lady Indians start three sophomores and two juniors.

"Making it to the state tournament is the expectation in our program," claimed Douglas. "This is my seventh year here and we've made it five of the previous six years. That's something that we talk about from Day 1 – what it takes to get there, the culture you have to build, and the



The EL Reno Lady Indians pose after winning the Shawnee Invitational last week. (Photo Courtesy: El Reno High School)

standards and expectations in practice."

Although they're young, the El Reno starters have quite a bit of varsity experience. Black-Harmon has started since she was a freshman. Junior point guard Nazhoni Sleeper earned valuable minutes as a defensive stopper last season. Sophomores Lilly Thomas (Calumet) and Emmary Elizondo (Tahlequah Sequoyah) played extensively as freshmen at their previous schools. Sophomore guard Reagan Bugaj rounds out the talented starting five.

"They're hungry," admitted Douglas about her team.

"They're ready to return to the state tournament. There's tough competition. We don't want to look any further than getting there first."

"I truly believe we have the talent to make the state tournament and make some noise if we get there," added Douglas. "I'm just thankful that I get to coach this team and I get them for another year and another year after that. It's exciting. I can't wait to see their growth. They've grown so much since October, and I can't wait to see over the next few years how they grow even more."

Darlington Homecoming



Sasha Elledge and Jacen Bear were named the 2023 Darlington Homecoming and King and Queen.



The 2023 Darlington Homecoming King and Queen were Jacen Bear and Sasha Elledge, along with kindergarten attendants Kingston Ba and Kennedy Elledge



Homecoming queen candidate Kynadee Hamilton being escorted by seventh grade student athlete Rayden Lerma.



Queen candidate and king candidate Abrielle VanderSchans and Ross Island.



Photos / Latoya Lonelodge



Queen candidate Laraya Ann Alexander escorted by seventh grade student athlete, Tuska Adair.

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