Native American Nations step up to protect their own

Native American tribes who have had their ancestral lands stolen, their reservations annulled, their culture trampled, say the COVID-19 pandemic is far deadlier for Native Americans than other groups.

The newspaper notes that actual death counts are probably higher because some states and cities don’t collect death data on Native Americans. States with hard-hit Native populations include Mississippi, New Mexico, Arizona, Wyoming, Montana, North Dakota, and South Dakota.

“Everyone has been impacted. Some families have been decimated,” said Amber Kanazbah Crotty, a tribal council delegate in the Navajo Nation, told The Guardian. “It just came down to, if it was going to happen we had to do it ourselves,” said Dr. Adam Vasquez, chief medical officer for the Citizen Potawatomi Nation, located in Shawnee, about 45 miles east of Oklahoma City.

So, a lot of us here just rolled up our sleeves and started working, just chopping wood, carrying water every day and getting it done,” he said. If the approximately 10,000 Oklahoma members of the Citizen Potawatomi Nation didn’t do it, they had learned the hard way it wasn’t going to get done.

Like Citizen Potawatomi, many tribes began implementing measures, like wearing masks, before Oklahoma established its first poliomyelitis vaccination program in March 2020. Oklahoma state officials have yet to go to work and in your community and to be able to shake hands with your coworkers. We all play a part in this effort, and you can help. Please sign up to get your COVID-19 vaccination at any vaccination clinic or at the local Indian Health Service IHS. If you have questions about IHS vaccination clinics close to you, please contact 580-331-3433 for an appointment.

If you have questions about COVID-19 vaccine, visit CDC’s FAQs web page at https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html.
Cheyenne and Arapaho Tribes Language Program goes virtual amid pandemic

Latoya Lonsdale, Staff Reporter

The COVID-19 pandemic continues to affect communities worldwide, and many communities bring forced to utilize resources on a virtual level and think outside of the box when it comes to teaching. Not just in schools, but across Tribal Nations in implementing plans in continuing to offer language classes to surrounding communities and beyond.

“Before COVID, we were learning Arapaho about 14 hours a week, two hours a day, three days a week, we would practice songs and rhymes and add to our vocabulary, unless I got lucky and only minutes of the day to practice Arapaho and it was really important to me,” Sleeper said.

According to World Atlas, before COVID-19 posing a threat to the Cheyenne and Arapaho communities, tribe elders were most at risk, with many elders being the speakers the language program turned to. Pre-pandemic, the language program had been utilizing zoom to communicate with tribal elders that lived outside of Oklahoma for the Arapaho language.

Sleeper said there’s a misconception that Cheyenne and Arapaho tribes only have fluent Arapaho speakers in Oklahoma. "Some people can pray and sing and a lot of my relatives are some of those people, but I visited with them and they weren’t fluent conversation wise so we had people from Wyoming that we would meet with and worked with them about for about three years," Sleeper said.

Although the program had been facing challenges with COVID-19, it has continued to grow and expand its reach.

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VOTER REGISTRATION FOR THE 2021 ELECTIONS IS OPEN

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.cheyenneandarapaho-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 405 464-2176, 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 from your mailing address) __________

Are you a Current Registered Voter ______ If yes, what is your District ______ (by) one: Absentee ___ In Person ______

What type of Registration is this (by): 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

<table>
<thead>
<tr>
<th>Cheyenne</th>
<th>Arapaho</th>
</tr>
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<tbody>
<tr>
<td>C-1</td>
<td>Selling, Watonga, Longdale, Canton</td>
</tr>
<tr>
<td>C-2</td>
<td>El Reno, Calumet, Kingfisher, Geary, Greenfield</td>
</tr>
<tr>
<td>C-3</td>
<td>Thomas, Deer Creek, Weatherford, Colony, Clinton</td>
</tr>
<tr>
<td>C-4</td>
<td>Hammon, Elk City</td>
</tr>
</tbody>
</table>

*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

Rosemary Stephens, Editor-in-Chief
405-422-7446 / rstephens@cheyenneandarapaho-nsn.gov

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Fax: 405-422-8204

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Oklahoma Press Association member

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Establishing a state-wide masking regulation. But, now tribal health professionals are looking to the upcoming task of vaccinating all 39 tribes members across the state of Oklahoma.

Many tribes are following the same CDC protocols that guide the phases for the vaccination plan in Oklahoma. Some tribes, like the Osage Nation, are going against those recommendations by prioritizing their elderly first, as shown, Ronald Shaw, CEO of the Osage Nation Health Services in Pawhuska, OK.

“Within our culture, we value the experience and the cultural knowledge of elders and we feel like that’s a higher priority than vaccinating healthy essential employees and so we’re reenacting that,” Shaw said. Older than eldest ages 55 and older. Osage’s priority groups also include health workers and long-term care residents.

“We have had one drive-through vaccina- tion event and vaccinated 100 people,” said Shaw. “We have vaccinated 850 indi- viduals to date.” This tribe’s population in Oklahoma is about 6,500.

The Oklahoma tribal response is in con- trast with many tribes across the country and the Navajo Nation, which has been ravaged by the pandemic and has seen more than 1,000 deaths and nearly 20,000 positive cases across its vast reservation in Arizona, New Mexico and Utah.

The Citizen Potawatomi Nation is one of the few tribes that owns one of the ultra-cold freezers required to store the Pfizer-Bio-NTech vaccine. Vaccina- tion plans for the tribe’s clinics are well underway, storing thousands of doses for Indian Health Service’s (IHS) Oklahoma City Area Office, the Eastern Band of Tawon- tavaticum County Health Department. The clinic received its first shipment of vaccines in their first shipment, which went to their healthcare workers first.

“For CPRS (Citizen Potawatomi Nation), this has vaccinated a little more than 2,000 individuals already,” Shaw said. “This includes two different first-dose vaccine regimens where we administered more than 500 doses per day.”

The Cheyenne-Arapaho Tribe in Con- dove, about 40 miles north of Oklahoma City, received shipments of both the Pfizer and Moderna vaccine by Dec. 21, 2020, equating to 3,500 and 2,500 doses respectively. Darrell Drexler of the Cheyenne tribe of the Department of Health, said, “If not multiple tribes, there will receive their vaccines from IHS offices.

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Darrell Drexler of the Cheyenne-Arapaho Tribe in Oklahoma City, meeting with the Navajo Nation, began vaccinating in January 2021.

After graduation Darrell enlisted in the Marine Corps. His listing as a platoon leader, and soon as the number of men in the Marine Corps, he would later motivate him to go to boot camp and coach two other adult children of his own.

Darrell graduated from Cheyenne College High School, playing baseball and basketball throughout his school years.

“One of a kind of matter when I became a recruit for the Marine Corps, I trained hard. The toughest part of my Marine Corps experience was being the one to receive that telegram from the Marine Corps,” he said. “After I had received orders and found myself in the Marine Corps, I felt like I was going through a lot of things. I had so many interesting things that happened to me in the Marine Corps.”

Darrell spent the next 2 years of his life in the Marine Corps. Of his time in North Dakota, he said, “It was supposed to be the Marine Corps. I was supposed to be in the Marine Corps, but I was just lucky for me because I never had the chance to be in the Marine Corps.”

Upon graduation Darrell received his orders and found himself in the Marine Corps, serving on a unit in North Dakota. “I was thinking that the war was going to be over in North Dakota, so I said,” he laughed. “I thought I would have more time to get my life together. I started thinking about it and took the recruiter position because I felt it would be better for me. I went to the Marine Corps recruiting station, got my bonus and joined the Marine Corps.”

“Now I was a Marine,” Darrell said. “Now I was a Marine. I left my family and went to the Marine Corps.”

Darrell Drexler, a former governor of the Cheyenne and Arapaho, speaking to tribal citizens during a community meeting held in Tempe, Ariz. in 2008. (Photo / Rosemary Stephens)
In today’s world of negative messaging being broadcast on a daily basis, it is easy to get lost in ‘defeatism.’ When telling oneself I can’t, I won’t, I am not and internalizing the negative messaging it can seem like a very dark place to live.

So when a motivational movement such as, I AM, I CAN, I WILL springs forward into the light one can’t help but to grab hold of the positive messaging and hang on. And that’s what 24 year-old Christian Wassana hoped would happen when he first conceived of the idea of a motivational movement entitled, I AM, I CAN, I WILL. Wassana developed the idea for his motivational movement in 2017 when he had transitioned from high school into college and was hit head on by life. He set the movement into motion in the spring of 2020.

“This movement is more than just a phrase, it’s a lifestyle, no matter what you are going through you will know I AM, I CAN, I WILL,” Wassana said.

His vision is to reach as many youth as he can through the movement, to show them, through his personal experiences, there is a way to overcome, a way to conquer anxiety, depression, and obstacles, no matter what happens in their lives.

“The whole deal is it’s not going to be easy because you are going to run into trials and tribulations and all these obstacles, and alcohol is one of them because that’s what people run to when things get tough, or when life gets hard they run to alcohol and drugs, an outlet to escape to, but they don’t have to,” Wassana said “If your plans don’t work out, if your world comes crashing down on you and you’re lost, I want them to know there is a way.

That’s my goal to reach as many youth as possible.”

Wassana graduated El Reno High School where he played four years of basketball, earning awards and honors throughout his high school basketball career, from Oklahoma All-State Team, MVP of the Anadarko Warrior Classic tournament and back-to-back All West 3 Point Champion. He was also involved with his Tribe serving as the President of the Cheyenne and Arapaho Youth Council. But what few people knew about him at the time, is inside Wassana I AM, I CAN, I WILL.
miliar with zoom, Arapaho janitor apartment
prevented us from going over
zoom for a while. This was
preventing what we are
to a forward pace, for a
years that we learned real
was far too paced, we wanted to get
more familiar with language and
ey everything we could learn the best we.
We are where we are and
of real time consuming.
Walker said.
Walker. In addition, due to
prevented, said the COVID
had really taken a toll on the
program. Despite having
week with the Arapaho tribe
would have sessions and
through their zoom.
Walker said. Haag said it
would drive to different
communities to talk with speakers
when COVID had struck, it showed
their progress down growing in
in working with tribal elders who speak
the Cheyenne and Arapaho
language. Many speakers lived within
the area, such as Margie Pewo, Ervin
Dean Panana, Victoria Orange and
Henrietta Mann.
When COVID-19 put a halt on their
program, even greater concern was
for the tribal elders in the community
who were struggling to
"We lost a lot of speakers just
even in Oklahoma, such as Belva Hicks
who had a hit to her
speakers pass away," Rebecca Rosen-
howed. The program was put into a
vulnerable
place with their progress as
much as COVID sucks
by their families.
Previously known, spent his
departed this life on Jan. 29,
2021. He was born Sept.
2nd, was born Sept. 2nd, was
of his family. He was
trained and enjoyed fishing,
and was traditional and
afflicted with diabetes.
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Wakes were held service was held Feb. 3 at the
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Arapaho Tribes of Oklaho-

Agnes Josephine Littlehawk

Agnes Josephine Littlehawk died Jan 31, 2021, at Post-Acute Rehabilitation Center in El Reno, Okla.

Agnes was born Agnes Gray April 10, 1916, in Colorado, to John and Agnes (Gray) Littlehawk.

She was a very special lady to all who knew her. She was always helping others and was very special to her nieces and nephews. She was especially close to her sister Helen Gray Lucero.

She is preceded in death by her husband, Joe Littlehawk; her parents; and her siblings, Charlie, Jeanette, Mike, and John.

She is survived by her niece Helen Gray Lucero; her great nieces, Susan, Maureen, and Donna; her grand daughters, Charlotte and Sandy; her great grandson, Jamie; and her great great grandson, Callie.

Visitation service was held Feb. 4 at the Konza Kues Funeral Chapel in Clinton, Okla.

Lucero was born June 28, 1916, in Colorado, to John and Agnes (Gray) Littlehawk.

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Cheyenne & Arapaho Tribal Tribune  
Tipi-tellists & Hinonoei

LIFE’S JOURNEYS
continued from pg. 6

I AM, I CAN, I WILL
continued from pg. 5

I decide to do, no matter what life throws at me I am going to be successful. Whether’s it helping, my people, I’m going to get it done and not let anything stop me. I’m not going to be successful, no matter what. And that’s how the name came together in my mind because those three things were playing in my head constantly,” Wassana said. And when the spring of 2020 came and with it the coronavirus pandemic, it was then Wassana knew it was time to put his idea for his motivational movement into motion and build the movement. “Mental health, anxiety, depression, they were at an all time high because of the COVID and I just felt it was time. I had always had the idea, the design, and the logo for I AM, I CAN, I WILL, inside of me and I just felt it was time to push forward. I personally believe that things happen for a reason and that’s meant we’ll be at the right time and at the right place and this was just the time,” Wassana said, expressing his gratitude for the way the movement has taken off and was spreading even beyond any expectations he could have envisioned.

“I have strong role models in my life who have helped me, but some people don’t have that. But I believe role models don’t always have to be relations, it can be anyone looking at you and watching you and you are that role model for that person. And it’s that I want to be for others … my dad is one of those role models for me,” Wassana said. Wassana said watching his father, Reggie Wassana, face and overcome all the challenges in his life has influenced him throughout his years. “The idea of a person is not understand or know my dad has gone through hard times of having money and struggle to find work. Looking back and watching him, that struck me the most is he kept on going despite everything. I, AM, I CAN, I WILL.
How #NativeTikTok is preserving Indigenous cultures and inspiring a younger generation

By Li Cohen

TikTok, the mobile app phenomenon that quickly became a cultural force, overtook the music charts and television in 2020, it is now most known as a platform where dance and comedy videos go viral. Native and Indigenous individuals are using the app to challenge long-standing stereotypes about their cultures, and let the world know they are “not just relics of the past.”

Just a few months after the hashtag #NativeTikTok has racked up more than 1.3 billion views. One popular creator is James Jones, a 23-year-old TikTok dancer and educator from Alberta, Canada, who identifies as Cree. Jones, who is known as @noada, has racked up more than 1.3 billion views. In his latest video, posted on April 1, has been viewed 431,000 times in the United States, according to John Hopkins, and the virus is disproportionately impacting Native communities. Jones has supported generations of people and the lives of non-Native or non-Indigenous people, but not exclude all Native American populations, but not exclude all Native American populations, and closes at 5:30 p.m. on Wednesdays.

The creation of the center will not only sustain and rejuvenate tribal languages, cultures, and traditions rooted in those languages, but also facilitate improved educa- tional and social outcomes for native children and their families.

Each week the Language Program conducts Arapaho virtual language classes on Wednesdays at 6 p.m. central time, and Cheyenne virtual language classes on Thursdays at 6 p.m. central time. Weekly registrations for the classes open on Mondays and close at 5:30 p.m. on Wednesdays. To register for either class visit the Lang- uage Program’s Facebook page: www.facebook.com/calganage.
thing... Whenever we brush our hair, we think good things are happening to our body, mind and spirit. That’s what the medicine man told me. And today I hear a voice in one... "Not even a generation...""

While Native and Indigenous men speak about the empowerment of wearing their hair in braids, many Native women have TikTok videos set to songs that incorporate a spoken word version of text by Nadia McGhee, which celebrates their eyes:

"Her eyes are blue. Yours are brown. Each represents the ocean. The words say, "You’re so beautiful," but they’re talking about their blue. But your eyes have a tint of gold so rare it must not be true."

Tapeo said in CBS News’s "It’s both empowering and inspiring to see other Native and Indigenous men wear their hair this way." She says she was in middle and high school when she first realized how beautiful her hair was.

There are 574 federally recognized Native and Indigenous groups in the U.S alone, according to the National Congress of American Indians. In Canada, there are more than 330 First Nations communities, according to the Canadian government.

"There’s a big misconception of Native people,” Jones said. “I think a lot of people who have learned about Native people from Hollywood books.”

Jones told [TikTok] the narrative of how people see themselves.

In the past, Reclaiming Native Truth reports, the lack of knowledge and understanding of Indigenous people is evident as Native or Indigenous staves from “faux history lessons, media reports and roundtable discussions.”

"Non-Natives often hold positive and negative stereotypes together: Native people are noble but savage; Native people are lazy but resilient and addicted to drugs and alcohol; Native people are weak but strong; Indigenous women are missing and murdered but we have strength that we have. But I think typically it’s because we’re a lot more populous, percentage wise.”

Kicknosway told viewers he is proud of his ancestry and identity, having been taught by his father to braid our hair, we think good thoughts, and we give thanks to the nations all across the world.”

“Missing and murdered Indigenous women... It’s so crazy to think about the millions of people who are incredible parents, we have people who are incredible teachers, and we have people who are incredible doctors,” said Jenna Crider, RD, LD, IBCLC.

Navy, olive, and mustard yellow are colors, or the significance of the jingle dance behind how to take care of the regalia.

When she was in middle and high school, she had a hard time finding her identity as a "red head." At one time, she decided to look up "Native American Braids" on YouTube, but was "baffling" as the top result was a video of a woman with long brown hair, not her own.

Clearbear, otherwise known as @the_land, produces focus behind how to take care of the regalia. She is Cree and Potawatomi and based in Ottawa.

"We had the camera, " Jones said. "Not every single person... Posting some elements of his culture is done to share anything [traditions] that’s too spiritual... I try not to put on TikTok or social media. … I try not to put on TikTok or social media. … I try not to put on TikTok or social media. … I try not to put the camera, " Jones said. "Not every..."

Many Native and Indigenous communities preserve their culture through storytelling, and the stories are often told by elders who are leaders in the community. For example, traditional dances are often taught in-person by elders who have experienced a sacred experience, as the person seeking to learn is expected to approach learning with “an open heart.”

“Tsistsistas & HinonoeiCheyenne & Arapaho Tribal Tribune

Despite the content just being “the tip of the iceberg,” standing about the millions of people who are incredible parents, we have people who are incredible teachers, and we have people who are incredible doctors,” said Jenna Crider, RD, LD, IBCLC.

While Native and Indigenous creators are sharing many aspects of their culture on TikTok, there are aspects that can be shared on social media, multiple creators told CBS News.

Just to tell our stories from an Indigenous perspective, and I want to show the world what we can do. But I don’t want to share too much where I’m giving away part of my culture that I shouldn’t. I love social media... I try not to share anything [traditions] that’s too spiritual.

"It’s just not something you learn from a video," she said. "There’s so much more than just what you’re seeing. There’s the understanding behind how to take care of the regalia, and there’s a lot more aspects.

"But something like counting to 10, or making these changes gradually, one thing at a time, making them is very important... Look at foods that are good for heart health.

The following foods are the foundation of a heart-healthy diet:

Legumes such as kidney beans, lentils, black-eyed peas, and lima beans

Oils and foods high in monounsaturated fats (olives, avocado, macadamia)

Carrots, corn, olive safflower, and sunflower oils (not coconut or palm oil)

Dairy products that are low fat or nonfat

Nuts and seeds (sunflower, pumpkin, flax).

To protect your heart, you must not start. You should not drink if you are pregnant, under the age of 21, taking certain medications, or if you have a family medical history of diabetes, including heart failure.

Read the 2013-2020 Dietary Guidelines for Americans to learn about what is considered one alcohol drink.
Happy 17th Birthday
Ashleigh Charley
Feb. 7
Hope you had a blessed birthday!
Love all your family & friends

Happy 67th Birthday
Bill Lamebull
Feb. 8
Bill & Bob seen the Rolling Stones. Big love and miss you every single day! Love your entire family

Happy 10th Birthday
Cameron ‘Hamster’ Little Coyote
Feb. 8
We all wish you a happy day and we love you. Your great big family

A Very Special Happy 24th Birthday Christian Wassana
Keep reaching for the stars!
We love you.
From Your Crew

Happy Birthday Larry Black
Big love and miss you every single day! Love your entire family

Congratulations to Bryce Bailey, a citizen of the Cheyenne and Arapaho Tribes, on graduating the U.S. Army Armor School on Feb. 6, 2021.
Pvt. Bailey had recently graduated from boot camp on Oct. 17, 2020 from Echo Company 1st PLT Ft. Benning, GA.
Pvt. Bailey is the son of Connie Cobb (Sac & Fox) and Chuck Bailey (Cheyenne and Arapaho) and the grandson from his mother’s side, of Glenn Cobb, Staff Sergeant U.S. Army and from his father’s side, grandson of Clarence “Pete” Bailey, Sergeant, U.S. Marine Corps.
Pvt. Bailey’s duties of his MOS 19K, is an Armor Crewman of the M1A1 Abrams tank.
Pvt. Bailey hopes he can be an inspiration to younger people within Native American communities to join and serve as it opens doors to new opportunities.

CONGRATULATIONS

Happy Birthday Mommy!
We love you
Love, Amaya, Destiny, Cadence & baby Aailyah

Happy Birthday Jackie
We love you to the moon and back
Love your family, River, Trey, Toya and mom

To Eddie & Stephanie
15 years and counting ... May God bless and keep you both.
Love all your family and friends

Happy Wedding Anniversary

Proudly Serving Canadian County and Beyond

LEGAL NOTICES
I just really liked lifting a lot and was a weight lifting class at one more year. Tahdooahnippah said she didn’t have a team, Tahdooahnippah said in herself to pursue all her dreams. Adriana Tahdooahnippah is a popular sport for females in the U.S. already. It lifted mostly doubling since 2015. Tahdooahnippah said she plans to continue holding competitions and public events, as well as trying to do more, to lift more, to compete within their designated weight class and earn points according to how well they can lift in squat, bench, and deadlift categories. The most Tahdooahnippah’s has ever lifted is 260 lbs. on squat.

While training for powerlifting, Tahdooahnippah says you have to take care of your body. “You have to eat right, you have to stretch and drink lots of water,” Tahdooahnippah said.

In weight lifting class at school, Tahdooahnippah says she trains everyday, while she’s not at home for school. Virtual Schooling. While maintaining a 3.5 GPA and working to transition to on-line classes in her senior year of high school, Tahdooahnippah said virtual learning could be hard sometimes. “I think it’d be easier as school, in traditional classes, but I can’t risk it, I just go to 6th and 7th hour at school and I’m done,” Tahdooahnippah said.

“Tahdooahnippah said it’s the height of the sport that she loves the most. ‘For Tahdooahnippah, the heavyest weight is almost two heavy weights,’” Tahdooahnippah said.

In powerlifting, lifters compete within their designated weight class and earn points according to how well they can lift in squat, bench, and deadlift categories. The most Tahdooahnippah’s has ever lifted is 260 lbs. on squat. Tahdooahnippah’s best lift basically and how much it feels more like a giant. Tahdooahnippah said, “I have more self-esteem and self-confidence. In my head I’m the top programs in sports and education and I always wanted to be on that level,” Tahdooahnippah said.

With no official offers from Norman, Plumley had put his Division I hopes aside and verbally committed to the University of Central Oklahoma. “With no official offers from Norman, Plumley had put his Division I hopes aside and verbally committed to the University of Central Oklahoma.”

“I’m bullied to have this opportunity. It’s always been a dream of mine and one I could not pass up. I have to give it a shot and run with it,” said Plumley.

“Coach Gundy put me in touch with linebackers coach Mike Tahdooahnippah, her grandparents are Mike Tahdooahnippah and Esther Tahdooahnippah.”

“Tahdooahnippah was raised Cheyenne and is also a Comanche, Kiowa, and Kiowah. Tahdooahnippah’s mother, Esther Tahdooahnippah, and Tahdooahnippah’s great grandmother is Ramona Welch.
The Facts about Variants & Vaccines
Your Questions, Answered

What are COVID-19 variants?
All living things change over time, including viruses. As COVID-19 is transmitted to more people, and the longer it stays active in our communities, the more it changes. COVID-19 variants are viruses with changes in how it behaves.

VARIANTS: B.1.1.7 (UK Variant), B.1.351 (South Africa Variant), P1 (Brazil variant), L452R (California Variant), Ohio Variant

Will I have any side effects?
While most people didn’t have any significant side effects, those that did experienced mild or moderate side effects. These lasted, on average, a day or less and are less frequent among older adults. Serious side effects have been extremely rare among the hundred million people who have received them. Some people have reported having more significant side effects with their second shot. If you have concerns, discuss them with your health provider.

Do I need both doses?
Yes! While partial immunity develops after the first dose, both doses are needed 21 (Pfizer-BioNTech) or 28 (Moderna) days later to experience the fullest and longest lasting immunity provided by the vaccine.

Who’s been vaccinated in our community?
Of the 12,441 total tribal members within the Clinton Service Unit, about 3,500 have received their first vaccine shot, and about 1,200 have been fully vaccinated. The goal is to get as many people vaccinated as quickly as possible. Call the IHS at (580) 331-3433 to get vaccinated.

Can I stop wearing masks & distancing?
While the vaccine will protect you from getting a severe case of COVID-19, it may not prevent you from getting milder COVID-19 and making others sick. Until most of the US population is vaccinated or until we know if it prevents COVID infection, we should continue to wear masks, avoid large gatherings, wash hands, and physically distance.

Do the vaccines work on variants?
Scientists have found these vaccines work against variants that have shown up, but are less effective against some of the variants.

How long will my vaccination last?
We do not yet know how long immunity from the vaccines will last, but early research shows that immunity will last at least a couple of years.

How do they work and what’s in them?
Both vaccines work by showing your body how certain parts of the COVID-19 virus are made, so your body can recognize it as an intruder and prepare your immune system to fight it.

Salt solution - These are similar to the natural salts in your body and help the body tolerate the vaccine.

Fat molecules - These act as bubble wrap to protect the delicate mRNA.

Sugar - This serves the mRNA during transport.

Messenger RNA (mRNA) - This gives your body instructions to make parts of the COVID-19 particle. With these instructions, your immune system can fight the real virus.

Spike Proteins* - These are what are changing in variants so far.

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Overall Vaccine Efficacy
94.6%
94.5%
94.5%

VACCINATED
1 shot only 35%
Fully vaccinated 52%
Not vaccinated 12%

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Research is continuing and we will let you know as we learn more.

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