Cheyenne & Arapaho T R I B A L T R I B U N E

C-A Language Program presents at 2018 Native American Languages Summit

Latoya Lonelodge
Staff Reporter

Sept. 15, 2018 - Vol. 14, Issue 17

Talk to your kids about tobacco: Five tips to get you started

Environmental impacts of climate change is focus of Cheyenne and Arapaho EOC

Climate change in OKLAHOMA

Climate Change: Observations

Temperature

...Continued

All of the environmental changes observed by the Cheyenne and Arapaho Tribes are a result of climate change prediction models and increased awareness of climate change impacts.

Precipitation

Water Stress

Drought

Climate change is affecting the cultural resources, our economy, and our culture and traditions on the Cheyenne and Arapaho Tribes. It’s not just about the weather changing, but about the changing of our environment, the changing of our way of life.

Mike Durglo, Tribal Preservation Coordinator, Salish and Kootenai Tribes

Our culture and traditions rely on healthy plants, animals, air and water. Climate change is already impacting us."

The first tribes in the United States to develop a climate plan in 2012. "The reason we did that was because we were seeing impacts of climate change on our reservation, not only on our natural resources but on our cultural resources as well," Durglo said. Durglo started the climate plan so that they could adapt to the climate changes happening on their reservation and implement a plan of action to prepare for those changes. Part of the process, he believed, vital to the plan was interviewing elders of the tribes to gain their knowledge of how the environment had changed over the years.

Durglo started:

"When developing our plan, one of the main things we wanted to do and one of the most important things we felt like was to get knowledge from our elders. The buzzword today is Traditional Ecological Knowledge, but we all know what that is ... it’s just sitting down and listening to our elders and talking to them and improving the health of our state.

The following five tips can help you get the conversation started: Share the facts. Give your children the honest facts about tobacco so they can make the right choice. If friends or relatives have been affected by tobacco-related illnesses, explain the role tobacco plays. Talk early and often. One in five Oklahoma students uses tobacco. It’s never too early to warn your child about the dangers of tobacco use. Help your child learn to say NO.

To talk to your kids about tobacco: Five tips to get you started

Being a parent is one of the most rewarding jobs out there. It’s also one of the toughest, especially when it comes to discussing important issues like tobacco use. But as statistics show, youth tobacco use is a serious problem.

It’s inevitable that your child will face peer pressure and targeted messaging from big tobacco. That’s why it is essential to talk to your kids about the dangers of tobacco use.

As a parent, your attitudes and opinions will strongly influence your child’s behavior. You can play a huge role in helping your children make the right choices when it comes to tobacco, protecting them and improving the health of our state.

The following five tips can help you get the conversation started:

Share the facts. Give your children the honest facts about tobacco so they can make the right choice. If friends or relatives have been affected by tobacco-related illnesses, explain the role tobacco plays.

Talk early and often. One in five Oklahoma students uses tobacco. It’s never too early to warn your child about the dangers of tobacco use.

Help your child learn to say NO.

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Following the presentation of the Cheyenne and Arapaho Language Program at the 2018 Native American Languages Summit in Midwest City, Okla. Latoya Lonelodge, lead Arapaho apprentice and Rebecca Risenhoover, Language Program director are on stage during their presentation of the Cheyenne and Arapaho Language Program to the audience. (Photo / Latoya Lonelodge)
The Cheyenne and Arapaho Tribes’ Domestic Violence Program is hoping to reach and target men for mentors/support in their continuing efforts to end the cycle of domestic abuse and sexual violence within their communities.

Under the facilitator, Sonia Hoffman, the first meeting of the Warrior’s Project met on Aug. 30 at the Native American Church building in Concho, Okla., for an introductory project kick off meeting.

“This project is called the Warrior’s Project and the reason why we decided to bring this to our community is because we have a lack of male representation in our fight against domestic violence. That is pretty much the core reason why we have decided to start this project,” Hoffman said.

What is temporarily being called the Warrior’s Project, with an official name for the group in the making, their goals will be to serve as a strong, unified group to increase public awareness and combat domestic abuse and sexual violence. Part of their mission statement includes:

To provide leadership as positive role models for men and women of all ages.

To provide education and training on the impact of domestic abuse and sexual violence.

To promote healthy and safe relationships.

To engage in community activities to further the goals of the group.

“She said the Domestic Violence Program Outreach Counselor Sonia Hoffman leads the discussion at the first meeting of the Warrior’s Project in Concho, Okla. (Photo / Rosemary Stephens)

The idea is to form a strong support group of and for tribal men. Men, who can mentor, provide support and a shoulder to lean on for those who struggle with aggressive, violent behaviors towards women. And to be an example for tribal youth in developing healthy relationships in their lives,” Hoffman said.

She said the Domestic Violence Program would be more of a facilitator of the group to assist with getting it up and running. The group will generally meet monthly to offer opportunities for education, discussion and awareness regarding the role of men in addressing and responding to preventing domestic violence.

“In doing so we are tackling a really big problem and something a lot of people don’t like to talk about. I am trying to break away from this stigma of discussion being a negative thing and that it’s not our business because it is. We need to, as a community, step up and recognize this problem isn’t just “their problem” it’s all of our problem,” Hoffman said.

According to a study from the National Institute of Justice, some 84 percent of American Indian and Alaska Native women have experienced violence in their lifetime, and more than half have endured this violence at the hands of an intimate partner. More than two-thirds of the women, or 66 percent, say they have been the victims of psychological aggression by a partner.

Comparatively, roughly 35 percent of women and 28 percent of men in the general population of the U.S. have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime.

In addition, more than half of all Native women who have experienced abuse say they have also endured sexual assault, and another 48 percent have been stalked.

Another role of the support group will also be to offer support for the male victims of domestic violence. Domestic violence, whether against women or men, often goes unreported. Men, in particular, may decide not to report violence by an intimate partner to law enforcement for fear of being labeled the instigator or not believed. Domestic violence against men is real and takes just as many forms as domestic violence against women, physical, sexual, reproductive, financial, emotional and psychological.

About one in seven men ages 18 and older have experienced severe physical violence by an intimate partner. Almost half (48.8 percent) of all men have dealt with some sort of psychological aggression by an intimate partner. This number is equal to women at 48.4 percent. Nearly one in 18 men have been stalked by an intimate partner, to the point they were scared for their life or safety or the lives or safety of loved ones and an estimated five percent of male homicide victims annually are killed by an intimate partner.

“Remember it’s okay to ask for help. Be sure to be patient, humble, accepting and make sure you listen to one another and in our Native American culture we use a lot of humor, so please don’t take anything personally. Be sure to use your strengths, but don’t be negative, stop but don’t hold others back. Key words to remember when facilitating a group is honesty, support, trust, respect, communication, prayer, integrity, love, open-mindedness, honor, boundaries, wellness, healing, confidentiality and individuality,” Hoffman said.

Hoffman said in conducting research she found domestic violence was something things never did it, it was something that was brought over with the Europeans as there were laws in place that allowed men to beat on their women, because they were considered property.

“We want to bring back our cultural lifestyle of the Cheyenne and Arapaho people because a lot of our families are centered around our women and it seems our youth have forgotten that. And how important healthy relationships are to our entire community,” Hoffman said.

Hoffman said this was a first step to try and help her community to try and do something to prevent domestic violence and sexual assault.

Additional meetings to initiate participation were held Sept. 5 in Watonga, Okla., and Sept. 12 in Clinton, Okla.

To learn more about the Warrior’s Project call Hoffman at 405-295-1525.
New study links fracking to unsustainable water use

By Tina Casey

Everybody is talking about a new report that credits the US Cheyenne and Arapaho Tribes' Executive Office on Aug. 30 for $22,394,972.56. There were 23 budget increase requests. The 2018 approved budget was $2,234,331.00. The legislative branch requested an increase of $440,000.00 bringing the total 2018 approved budget was $2,674,331.00. (See Legislative Branch chart.)

Agenda item four passed with a vote of 7, 1 absent.

Agenda item five approves the appointment of Edward D. Patrick as Director of Transportation. All three new departments were previously involved in the Transportation. Following the public hearing, the Special Session is called into order at 2 p.m. for the actual vote for each agenda item. There were seven items on the agenda as follows:

The ninth special session of the Seventh Legislature called for a Cheyenne and Arapaho Tribal Water Study is currently in progress. The public hearing about the proposed study is set for Aug. 4.

The report states that this particular study is particularly significant. There were 23 budget increase requests. The 2018 approved budget was $2,234,331.00. The legislative branch requested an increase of $440,000.00 bringing the total 2018 approved budget was $2,674,331.00. (See Legislative Branch chart.)

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The ninth special session of the Seventh Legislature called for a Cheyenne and Arapaho Tribal Water Study is currently in progress. The public hearing about the proposed study is set for Aug. 4.
Understanding Medicare and Medicare Advantage Plans

The advantages in choosing original Medicare and disadvantages of choosing Medicare Advantage Plan for patients of the Indian Health Service (IHS) are as follows:

What are the Advantages of Medicare?

Part A Medicare

Part B Medicare

What are the Disadvantages of Medicare?

Part A Medicare

Part B Medicare

Who is Eligible?

Those who are eligible for Medicare are those who are 65 or older and those who are eligible for Railroad Retirement or Social Security benefits. Those who are 65 or older and have a sponsor for their IHS or have received their primary care services in the form of Social Security benefits. Those individuals who have worked 40 quarters and social security was taken out or who have received Social Security benefits for at least 24 months, or have the end stage of kidney disease, are also eligible.

Advantage to the IHS patients who enroll in the original Medicare patients can go to any health care providers who accept Medicare.

IHS accepts Medicare and their physicians can make referrals to outside specialists because the IHS providers cannot make medical referrals to outside specialists.

The disadvantages of choosing Medicare Advantage Plan

Private insurance companies offer Medicare Advantage as an alternative to original Medicare hospital and medical coverage. Medicare Advantage plans usually pay for prescriptions, unlike original Medicare. In addition, these plans generally charge a lower premium than original Medicare or none at all. Nonetheless, Medicare Advantage plans are not necessarily the best for everyone because they restrict your choices and have other disadvantages.

You have fewer Choices

Medicare Advantage plans must offer at least as much coverage in Medicare A and B for hospital and medical insurance. After that, the insurance company may make their rules. These plans operate as health maintenance and preferred provider organizations, so they are a network of approved health care providers.

If you want to go outside the network, you may pay more. You may lose coverage at all. The company decides when you must have a referral to see a specialist, and what care is medically necessary and therefore covered by insurance.

A disadvantage to IHS patients is that in a Medicare Advantage plan must use a network of approved health care providers to get their medical referrals to see an outside specialist.

IHS providers are not authorized health care providers in the Medicare Advantage plan network and cannot make medical referrals to outside specialists.

You Can’t Join or Change at Will

You can only join a Medicare Advantage plan or change from one Medicare Advantage plan to another during the open enrollment period, which is between October 15 and December 7 of each year. You can switch from Medicare Advantage to original Medicare both during this open enrollment period and from January 1 to February 14.

You can’t change plans, even if the insurance company has dropped your doctors from its network. You also cannot enroll in a Medicare Advantage plan if you have end-stage kidney disease.

EFFECTIVE SEPT. 7, 2018

Tribe members will not be charged rental fee for usage of Tribal Community Centers

A $100 DEPOSIT is required and may be refunded if the Community Center is cleaned.

We do require at least two weeks notice for the scheduling process prior to the event. This includes Tribal programs. Allow up to 24 hours for confirmation of the date requested.

Submit via email, fax, mail or hand deliver application to the caterer at selected community center at the Culture & Heritage offices, 700 N. Black Kettle Blvd., Building 1, PO Box 145, Concho, Okla. 73430.

Please remember BIFS reservaTIVE before advancing the date requested that may be confirmed by Martha Gaytan by calling 405-422-7411 or by emailing, mgaytan@cia-trb.com.

Language & Culture Program, 700 N. Black Kettle Blvd., Building 1, PO Box 145, Concho, Okla. 73430. For rental usage of Woodrow Conference Center, 3401 Centennial Drive Woodward, OK 73801, September 13th, 2019.

10:00 AM – 2:00 PM

Hammon Community Hall 801 Dunn Street Hammon, OK 73443

September 13th, 2019

10:00 AM – 2:00 PM

Elder Care Program 2018 Summer Cooling Assistance Application

Deadline: September 7, 2018

Elderly individuals who qualify for the Cooling Assistance Program need to submit the Cooling Assistance Application to the Elder Care Program.

Please note: Look for your Summer Cooling Assistance Application in the mail. Elder bills will be begin being accepted Sept. 12, 2018.

For more information contact the Elder Care Program at 405-422-7411.

BRIEFS AT A GLANCE

Fracking and water contamination continued from pg. 1

In arid and semi-arid regions in western states, or other areas where ground-water contamination is limited.

In other words, the study could provide communities with a fact-based platform for limiting or prohibiting fracking, even if there is no evidence of water contamination.

The missing link is hard evidence that fracking inhibits existing agricultural operations or other economic activity. A 2016 study in Canada indicates that more information on that score may be forthcoming. That information could have a significant impact on the evil practices related to climate change.

Water Pressure And National Security

The new study should also send up a red flag for national security planners. Access to water is an age-old source of human conflict.

Responding to the Opioid Crisis in Indian Country

On Oct. 25, 2018, in Las Vegas, Nev. Tribal communities are grappling with one of the worst drug crises. Examine the epidemic and community based outreach, for more information or to register visit www.falmouthinstitute.com.
In collaborating and seeing firsthand how other language programs across tribes nations are conducting language revitalization and teaching the C-A language programs, we realized the importance of any vital information that they learned at the summit. It was exciting to learn that the Cheyenne and Arapaho Tribes Language Program is among the top programs in the country. So, we are interested in the community classes or we have the language hour class. We are really looking forward to connecting people who are really interested in the language and just spending time with them helping them, like speakers help us, James Sleeper, Arapaho lead@apprentice grant that we received from A&F and we’re in our third year. It’s a big thing because it’s a very competitive grant and so we just received a back to back once, it’s been in existence for over 20 years and we never produced any speakers and so that was a big thing for me when I look over is why don’t we have employer that are speakers and so we decided to do this, I got my staff together, I took all their ideas and put in mind and we started it and we were awarded. So with this goal we are to be conversationally fluent,” Risenhoover said.

“At the Native American Languages Summit in Oklahoma City held in 2018, we were able to learn about the work that was being done across the globe in language revitalization and teaching,” Risenhoover said. “We also decided that the summit with those vital information and the MOA partners to include language and just spending time with them helping them, like speakers help us, James Sleeper, Arapaho lead/apprentice said. The conference helped us to see what they’re doing because it gives us ideas, this is something that we need to be doing and then every conference I would go to those workshops and then that’s where that came about so it helps us think of future plans. It revives as how you’re in a rut or any thing, then we see what other people are doing, we’re like ‘oh well let’s try it’ and I’ve been with my staff this entire time, just try, if we’re not doing it, then we learn from it.” Risenhoover said.

Along with various tribal language programs across the nation, other guest speakers in the education realm were present at the two-day language summit, including Joy Hofmeister, Oklahoma Superintendent of Public Instruction, Drew Downson, Director of World Language Education at the Oklahoma State Department of Education, Jacob Twigg, Tribal Education Specialist for Native Indian Educations, the U.S. Department of Education/White House Initiative on American Indian and Alaska Native Education, and Quinton Roman Nose, Executive Director for Tribal Education Departments National Assembly.

In November 2012, the U.S. Department of Health and Human Service’s Administration for Native Americans, the U.S. Department of Interior’s Bureau of Indian Education and the U.S. Department of Education/White House Initiative on American Indian and Alaska Native Education signed a Memorandum of Understanding (MOU) to collaborate on programming, language resource development and policy across their agencies. The MOU encourages programs and projects supported by any of the MIAA’s member and supports the Indian Education for All Act which includes language instruction in Native American languages.
On Monday, Aug. 27, Cheyenne and Arapaho Gov. Reggie Wassana gave a special presentation, along with Lt. Gov. Gil Miles and economic development director Nathan Hart at the Leadership Native Oklahoma (LNO) monthly session hosted by the American Indian Chamber of Commerce of Oklahoma (AICCO) in Lawton, Okla. Leadership Native Oklahoma (LNO) states it is committed to improving Oklahoma’s future for communities, Native and non-Native alike, by encouraging, installing, and facilitating a support network of dynamic leaders with a tribal perspective in mind. The LNO course includes seven monthly sessions including a two-day team building workshop and a two-day Indianpreneurship class. The graduation recognition ceremony will be held on Tuesday, Oct. 9, 2018 during the Gathering Business Summit at the Choctaw Casino in Durant, Okla.

Gov. Wassana discussed the history and culture of the Cheyenne and Arapaho Tribes while Lt. Gov. Miles shared some Arapaho history with the attendees. Later in the presentation, Hart shared a video of economic development opportunities and projects in the future for the Cheyenne and Arapaho Tribes.

Gov. Wassana thanked the AICCO for the invitation to speak and opportunity to share some of the Cheyenne and Arapaho Tribes’ progress.

Cheyenne and Arapaho leaders share tribes’ progress at monthly AICCO meeting

Congratulation to Casey Joe of Yukon, Okla.
Winner of the Domestic Violence Awareness Logo Contest

Winner of the Domestic Violence Awareness Logo Contest

Congratulations to Casey Joe of Yukon, Okla.
Having the tough conversation: Suicide

By Kimberly Burk, CATT correspondent

Young people are surprisingly open to conversations about suicide, says Kateri Fletcher, director of substance abuse programs for the Cheyenne and Arapaho Tribes. But once a child has been identified as in need of intervention, she said, "the hardest part is the adults’ reaction."

"As adults, we need to join the conversation and get over our fears," she said. "A lot of people are afraid to deal with suicide. But anybody can be trained to deal with it."

ASSIST (Applied Suicide Skills Interven-
tion Training) is a program where lay people can learn how to ask "the question." Fletcher said.

Typically, the top question to ask if you suspect someone is suicidal is "Have you ever thought about suicide?"

The question should not be phrased as "You aren't thinking suicide, are you?" which can sound judgmental and might not be answered honestly, Fletcher said.

"You need to practice and gain confidence so the first time you ask the question is not in a crisis situation," she said.

People who sign up for ASSIST also learn about the common factors that make people vulnerable to suicide, and find out what resources are available.

A shortage of resources, Fletcher said, is one reason Native Americans have the nation’s highest suicide rate. Other contributing factors are untreated depression, poverty, hopelessness, drug use and what she calls "stereo," as a cultural tendency to resist seeking help or talking to anyone about personal problems.

"Suicide is preventable," Fletcher said.

The suicide rate is especially high among Native youth, Fletcher said, and mental health workers can help by screening for ACE, which stands for Adverse Childhood Experiences.

Children whose home lives have included parental drug and alcohol abuse, domestic violence, incarceration of a parent or loved one, divorce, sexual or physical abuse, homelessness or the death of a parent or loved one are more vulnerable to depression and to post-traumatic stress disorder, Fletcher said.

Native Americans in the LGBT community have an especially high suicide rate, Fletcher said.

"Mental health workers “don't talk people out of it, we just give them different options,” she said.

Options include seeking counseling and medication for depression, and making a plan to reach a point in their lives where they no longer feel the way they do. When patients are admitted to a crisis unit, Fletcher said, the treatment incorporates family counseling. Parents learn about community resources and about tools available to their children, such as coping skills.

Fletcher previously was a counselor at Riverside Indian School in Anadarko, where students are screened for suicide at the beginning of every school year. Fletcher said she worked in the boys' dormitory, where students routinely came to her to talk about feeling depressed or suicidal or to express concern about a fellow student.

After one student said he felt isolated and that no one cared about him, he was asked to make a list of all the people he knew who did care about him or were available for him to talk to. He carried the list in his pocket and would get it out and read it every time he felt lonely, Fletcher said.

Riverside has focused more on suicide prevention in recent years, Fletcher said. About a year ago, just before school started, five young people who had been Riverside students took their own lives. Four were from the same tribe in Arizona, and two had been scheduled to return to Riverside that fall.

On Sept. 8, Riverside held its first suicide prevention powwow. The purpose, Fletcher said, was to stress those Native cultural traditions such as singing, dancing and gathering as a community can provide happiness and be a protective factor in suicide prevention.

People who are seeking wellbeing can also participate in traditional healing ceremonies, sports, games and storytelling. Fletcher said. Being told creation stories and the histories of their ancestors “teaches kids that resiliency is in their blood, that they were meant to be here,” she said.

On Sept. 27, from 5 to 7 p.m., Fletcher will be one of the speakers during a community listening session at tribal headquarters in Concho. She will address suicide and substance abuse.

Resources available to C-A families include the Indian Health Service and the Red Rock Behavioral Health centers in El Reno and Clinton, and people who are suicidal can also go to a hospital emergency room. The suicide telephone hotline is 1-800-273-8255.

There is now a suicide hotline that people can text, which many young people are more comfortable with, at 741741.
Diabetes Wellness Program
16th Annual Elders Conference 2018
EMPOWERING NATIVE ELDER TO LIVE HEALTHIER

November 9, 2018
9:00 – 3:00
Frisco Conference Center
Clinton, OK
REGISTRATION CLOSES AT 10:30
OPEN TO ALL TRIBAL ELDERS 55+
BREAKFAST & LUNCH WILL BE SERVED
NO CHILDREN ALLOWED

Smoking cessation
continues from page 1

Youth are highly vulnerable to the pressures of their peers and the tobacco industry. Help them create a plan for how to say “no” when faced with these pressures.

Make it a two-way conversation.
Talk with, not at your child. Listen carefully and actively to what your child says, and encourage them to ask questions or share their feelings and concerns.

Lead by example. Children of parents who use tobacco are more likely to try it themselves. If you use tobacco, don’t do it in your child’s presence, and definitely don’t leave it anywhere that they can get it.

Foot Care & Diabetes
Tara Conway, MS, RD, LD, CDE
C&A Diabetes Wellness Program

healthy for... Smoking cessation
The state fair is here and it’s a time where we will in- crease our walking. Persons who are diagnosed with dia- betes are at an increased risk for problems with their feet. Medical professionals are seeing an increase of blisters on their patients feet which can lead to foot ulcers. You should have a comprehen- sive foot exam every year. Do you know how to take care of your feet? The fol- lowing are some tips to help you take care of your feet:

Wash your feet in warm water every day and dry your feet well, especially be- tween the toes.

Keep the skin soft with moisturizing lotion, remem- ber not to apply it between your toes. Inspect your feet daily for cuts, bruises, blisters or swelling. Tell your doctor right away if you find some- thing wrong.

Take care of your toe- nails. Ask your health care professional how to take care of your toenails. It is recom- mended to cut your toenails, in a square which will decrease your chance of in-grown toenails. Keep your feet warm and dry. Wear clean dry socks, change them daily. Avoid the wrong type of socks, avoid type elastic bands (they re- duce circulation.) Don’t wear thick or bulky socks which can irritate the skin. Wear socks to bed if your feet get cold at night, do not use a heating pad or hot wa- ter bottles.

When you are walking around the fair, remember to take long breaks from walking, take an extra pair of socks in case it is raining or your feet are wet. If you have a heel clear or rotate it might be beneficial to take to the fair with you. The fair might also have wheel chair rentals and possible scoot- ers.

For more information and tips on wellness contact Tara Conway at the Diabetes Wellness Program 405-422- 7685 or toll free at 800-247-4612 ext. 27685 or email tconway@c-a-tribes.org.

Sources: https://www.cdc.gov/diabetes/diabetes/body.html.

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

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Comanche Nation Fair

Cheyenne and Arapaho Tribes Warrior’s Celebration
Sept. 29-30, 2018 at the Canton Center, by Lucky Star Ca- sino in Canton, Okla. Sat., Sept. 29 Honoring Women Veterans with raising of flag at 0615 hours. Breakfast and registration (for veterans only) at 0700-1000 hours. Gourd dance at 1400 and grand entry at 1700 hours. Special invitation to Mr. Harvey Pratt, US Marine Corps, artist, Cheyenne Chief and winner of the National American Indian Veterans Memorial design contest at the American Indian Smithsonian Museum in Washington, D.C. MC Max Bear, Navy, Honored Lady Veterans, Virginia Lime, Host Hoffman Family, Co-Host Red Moon Gourd Clan and AD Bart Williams.
Cheyenne and Arapaho Tribes Warrior’s Celebration
Sept. 29-30, 2018 at the Clinton Community Center in Clin- ton, Okla. Super at 5 p.m. with dance to follow. Special in- vitation to all chiefs and headmen.
MC Fleet Fox, HLD Sarah Farnen, HLD Levi Tiler, HLD McK- ema Lime, Host Hoffman Family, Co-Host Red Moon Gourd Clan and AD Bart Williams.

Planning & Development Program Elk City Com- munity Meeting
6-8 p.m. Sept. 24 at the Carnegie Hall, 215 W. Broadway in Elk City, Okla. Potluck meal. Topic of discus- sion, comments and input on the proposed Elk City Communi- ty Center. For more information call 405-422-7620.

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**OBITS**

**July 26, 2018**

**Happy Belated Birthday**

Aug. 17. Happy Belated Birthday (Little Lady Lamb) who is 17 and old and she said Happy Birthday anyway. From Edie Ruth and her family.

**Congratulations to Freedom Grey**

First Place in Junior Girls Fancy.

You're a proud of our girls who got the title with big girls of today and really great job to men and women of the fancy era. Congratulations to Freedom Grey.

**Lincoln Joseph Whiteside**

Was born Aug. 18, 2018 at 5:31 am to proud parents Keshawn Whiteside and Cameron Lee Little Lights of Leon, More.

**Grandparents are Rhonda Whiteside and Jamie Quinones of Colorado.**
VACANCY ANNOUNCEMENTS

To apply please submit a tribal application, resume, diploma(s), transcripts, valid copy of driver’s license and a copy of CDL (if applicable) to the Personnel Department, PO Box 38, Concho, OK 73022 or call 405-422-7498 or email atisdale@c-a-tribes.org.
Born in Weatherford and raised in Geary, Okla., John Coppage, 17, is living and breathing football as Friday night-lights and the football season have begun. Standing at 5’11, John plays linebacker for the Geary Bisons’ football team.

When did you first begin playing and how?
I started playing football in 8th grade and my cousin Ryan talked me into it.

What is it about the sport that you love the best?
It’s a lot of fun but I can’t explain how much I like it so much. I just like spending time with my classmates.

What has been your biggest accomplishment in the sport so far?
I don’t know yet, for the season I want the most tackles.

What is your biggest accomplishment in the classroom so far?
Getting straight A’s.

What is your GPA (if known)?
2.5

What goals have you set for yourself in sports, school?
Just to go out there and make memories because it’s my senior year. With school, just to keep my grades up and do good in the classroom so I can go to college.

What are your immediate plans after graduating high school?
Go to college and then after that go to work. I’m still thinking what college, but I’ve been applying for everywhere. What would be your advice to younger kids coming up behind you?
Make sure you’re doing good in the classroom and always do what you’re asked.

John’s parents are Mark and Andrea Coppage. His grandparents are Frankie Gilbert and Clio Coppage. John’s siblings are Ross, Morgan and Kirsten.
Cheyenne and Arapaho Tribes

Warrior's Celebration

September
29th & 30th
Canton Arena by Lucky Star Casino

Honored Flags:
Saturday
Cora Nation, Navy
Sunday
Edwin Pewo, Army

Color Guard: American Legion 401, Buddy Bond, Watonga Cheyenne Veterans and Cheyenne Arapaho Honor Color Guard
MC: Max Bear, Navy
Honored Lady Veteran: Virginia Cometsevah-Chapman, Navy
Honored Man Veteran: Larry Roman Nose, US Marine Corps
Head Man Dancer: Barry Hamilton, Army
Head Lady Dancer: Pam Heap of Birds, Army
Head Singer: Ruben Watan, Army
Arena Directors: Carol Limpy, Army, Elizabeth Catagas, US Marine Corps, Trevor Aguilar, Army and Brad Blackcrow, Army
Contest Coordinator: Jesse Hamilton, Army

Sat. Sept. 29 Honoring Women Veterans
Raising of flag – 0615
Breakfast and Registration – 0700 to 1000 at Lucky Star Casino (Veterans Only)
Gourd dance – 1400
Lowering of flag – 1700
Supper Break – 1700 to 1830
Grand Entry – 1900

Sunday, Sept. 30 Honoring Men Veterans
Raising of flag – 0615
Gourd dance – 1400
Supper – 1700 to 1830
Frybread Contest-1700 (Prizes provided by Lucky Star Casino)
Grand Entry – 1900

Special Invitation: Mr. Harvey Pratt, US Marine Corps, artist. Cheyenne Chief and winner of the National Native American Veterans Memorial design contest at the American Indian Smithsonian Museum in Washington, D.C.

Saturday – Women’s fancy, jingle, cloth and buckskin ($500, $300 and $200)
Sunday – Men’s fancy, straight, traditional and grass ($500, $300 and $200)
Sunday – Veterans Special Contest
Saturday - Tiny Tot Contest sponsored by R.E.Sp.E.C.T. Program

Special Invitations to all service groups. Dancers must make both grand entries.
Thank you!

Committee Members: Norene Starr, Army; Lena Nells, Army; Dale Hamilton, Army; and Ruben Watan, Army.
For more information, call (405) 538-5330, (405) 248-7584, or (405) 626-1685. NO DRUGS/ALCOHOL ALLOWED.