Mental health and older adults

Plagued by generations of cultural trauma and historical events, the elders of Native American tribes are nourished with wisdom but may also face trauma of their own mentalty. Research indicates higher rates of mental health problems in American Indians and Alaska Natives than the rest of the US population. However, not many studies have been done regarding mental health and Native Americans. According to statistics by the American Psychiatric Association, approximately two percent of the US population, roughly 6.6 million Americans, identify as American Indian and Alaska Native. About two-thirds live in urban, suburban, or rural non-reservation areas and about one-third live on reservations. Approximately 21 percent of single-race American Indians and Alaska Natives lacked health insurance coverage in 2015 compared with the 9.4 percent of the general US population. While the training served to educate and inform adults and elders in the community.

Together, the Social Services programs within the Cheyenne and Arapaho Tribes and other agencies who work closely with tribal elders, are striving to educate and provide resources and training to address the mental health crisis among older adults. On Feb. 26 the Mental Health and Older Adults Training was held by Cathy Woods, with the Oklahoma Adult Protection Services at the Rollin Haag Native American Church (NAC) in Concho, Oklahoma. Social Services Programs including the IIM Supervised Accounts, Tribal Family Advocate and Prevention, Adult Protection Services, Prevention Services and Family Violence Prevention and Services sponsored the training.

Contributing factors linked to mental illnesses discussed during the training included depression, anxiety, Bipolar disorder, Post Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD) and schizophrenia. Over 20 percent of people age 55 and over experienced mental health concerns, with dementia and depression as the most common, and 25 percent of deaths among people age 66 and over are from suicide. While the training served to educate and inform participants of the disorders and symptoms of mental illnesses, discussions also included shared personal experiences from their own experiences in working with adults and elders in the community.

Some of the symptoms of mental illness in older adults discussed at the meeting were sad or depressed moods lasting longer than two weeks, social withdrawal, unexplained fatigue, confusion, disinhibition, increase or decrease in appetite, weight loss, memory loss, feelings of worthlessness, physical problems that can’t be explained such as aches and constipation, changes in appearance or dress, not maintaining the home or yard and trouble handling finances or working with numbers. In identifying causes of mental illnesses, regardless if the illness comes from genetics, environment or brain chemistry, the impacts of mental illnesses can lead up to isolation, substance abuse, homelessness, criminal offenses, feeling victimized and even death.
According to statistics provided by the Center for Disease Control and Prevention, Native Americans and Alaska Natives have a greater chance of having diabetes than any other US racial group. Native American communities are more at risk in being diagnosed with diabetes by ethnicity alone and health experts such as dieticians are building bridges between communities to promote wellness and provide resources and education. In the mix of various dieticians and diabetes educators, some individuals are working above and beyond expectations in their field of knowledge as they gain recognition.

On Feb. 28 the 2019 Oklahoma Language Program awarded $10,000 grant for specific program materials such as story books with no words that arouse interest for language learning and immersion materials such as story books with no words that arouse interest for language learning and immersion settings as well as smart boards to help communicate with our northern speakers,” Rebecca Risenhoover, language coordinator said.

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My goal for the native population is to not have diabetes, to help them learn how to eat their food, there is no good or bad food, it’s how to eat their food and do their portions. Help them learn to take care of their diabetes so they don’t eat the fruits and vegetables, they don’t eat the way they need to now so it’s a delicate mix and my goal is that we don’t have diabetes in Indian country anymore,” Conway said.

The Diabetes Educator of the Year Award honors a diabetes educator who has made a special contribution to the field through dedication, innovation and sensitivity to patient care.

In being recognized for her love and devotion in helping and preventing diabetes, Conway was also awarded a plaque from the coordinating body. “I’m truly honored, I don’t just do this, I do it because I love working in the Native American population and I want to help them change their lives. It’s really an honor, I know I was getting the Diabetes Award because they had to send that through me but I didn’t realize that the other award that they were giving me for the plaque I had no idea. I guess that’s why they did it to surprise me because it really means good. I feel really honored. They consider me their leader of diabetes education of the year, Conway said.

Micki Nadelson, Dietician and Diabetes Educator with the Oklahoma Coordinating Body said that it’s important for leaders and educators to be recognized for their efforts, such as Conway.

“Tara Conway has been our leader for the past three years and she has taken the coordinating body from a fledgling group to a fully viable entity and so she was the impetus behind doing this conference every year, this is our second one and she has gotten us started with our Oklahoma Local Networking Group (LNG), she asked Lisa Harrington if Lisa would like to chair that and Lisa has agreed and so that is up and going now, we really owe a lot to Tara and her leadership through this whole process and we appreciate her and that’s why we gave her that plaque.

SUMMER YOUTH PROGRAM

The Cheyenne and Arapaho Tribes Language Program was recently awarded a $10,000 grant from MICA Group Steps Pilot Program.

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In a review of preparations for the 2020 Census earlier this month, agency officials said that the US population was estimated to be 333 million between the Census Day, April 1, 2020, and the Census date, April 10, 2020. Although at this point the Census Bureau has not released the official U.S. population estimate for 2020, it was able to continue work on the 2020 census and the decennial Census Act, authorized crop insurance for industrial hemp. In the fall of 2018, the American Journal of Plant Science published a study showing that the crop of tomorrow is hemp. The study found that hemp is a versatile crop that can be grown in a variety of climates and has a wide range of uses, from food to medicine. The study also found that hemp has the potential to help reduce the US’s dependence on imported oil and natural gas.

We set that up and help them establish a business plan. The two plants can be distinguished by their chemical makeup, their look and how they’re grown. When we’re growing industrial hemp, there are currently eight colleges and universities based on the Roseland Agricultural Research Station in South Dakota and active on voting rights work in a number of parts of the country. The harvest is pending before a federal judge in Denver.

The first legal case to reach the decision stage of the Court of Appeals is a number of states and im- migrant advocacy organizations developed by a group of states and im- migrant advocacy organizations. The case was filed in 2017 by the Secretary of State and the Census Bureau to review the use of the question on the grounds that it is a violation of the Constitution. The case was filed in 2017 by the Secretary of Commerce.

As noted in this newsletter headlined “Census of the American Indian and Alaska Native Population,” the issue of whether to add a citizenship question to the 2020 Census questionnaire is still under discussion. While independent producers may not have the same questions minus the citizenship question, the plan is to have all the projected 2020 census questions, including the one on citizenship, be asked at least three years in advance. It has to be tied to a college or university that is responsible for establishing a certified seed program for industrial hemp. The two plants can be distinguished by their chemical makeup, their look and how they’re grown.

When you’re growing industrial hemp, the crop of tomorrow is hemp. Industrial hemp is a versatile crop that can be grown in a variety of climates and has a wide range of uses, from food to medicine. Industrial hemp is a sustainable crop that can help reduce the US’s dependence on imported oil and natural gas.

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Congress begins debating Violence Against Women Act … Again

By Jayward Bennett-Begaye, Indian Country Today

Law expired after the last Congress, reauthorization is needed for funding new programs, adding legal protection for more people

Congress held a hearing March 10 on the new, updated version of the Violence Against Women Act. Now the Senate and House will take up the measure, and what it will take to tip that measure to become law.

One witness said Republicans “seemed fixated” on attacking the bill, making that much more difficult and highlighting the need for their support of the new proposal.

“Today they seemed fixated on partisanship and politics. That seemed to be the primary topic today,” said Lauren Williams, a tribal witness hearing Sarah Dietsch, Muscogee (Creek) Nation.

“Unfortunately, not only did VAWA expire at the end of last year, but because of the foolish government shutdown, we even had a lapse in appropriations for six weeks, which jeopardized funding for domestic violence programs,” said Rep. Jerrold Nadler, D-New York.

“Because of the importance and success, VAWA has helped. As a proponent of its importance and success, VAWA in 2000, in 2005, and in 2013,” Nadler said. “Despite these challenges, the 2013 reauthorization of VAWA only. This time around, Republicans said this was “New Deal” legislation.

Rep. Debbie Lee, R-Arizona, who also a domestic violence survivor, addressed how controversial this bill was in 2015 and 2019.

She blamed Democrats for not wanting to negotiate on the bill. She wants the party affiliation to be part and parcel.

“We need to work in a bipartisan fashion,” she said. “This happens to so many women.”

Rep. Karen Bass, D-California, expanded the hearing with gender as the focus. She presented a gender-neutral legislation which responds to the needs of all survivors – men and women and children alike,” she said.

And much of the hearing went in the direction of clarifying the language of victims and rhetoric of the bill when it comes to women, trans women, and protection for the LGBTQ communities.

Near the end, Dietsch, who is a professor at the University of Kansas, did testifying as part of a bipartisan issue.

She was surprised by the lack of questions about tribal jurisdictions and tribal governments from Reps., as we support them and local governments.

“I think that I wouldn’t have wanted to emphasize that tribal governments and tribal jurisdictions are local governments. And usually Republicans are all about small governments, local governments, local city,” Nadler said.

In the case of tribes, she said, Reps. “don’t understand that same thing.”

Deer pointed out that it is a new one used in 2010 still contains useful ideas for how to provide protection and supports for tribal women.

“We’ve never asked victims, their family members, or their neighbors to interact with a great group of people that volunteer their time,” Conway said.

“Because we don’t reauthorize VAWA,” Nadler said.

“I feel like in Oklahoma we have a lot of Native American tribes, we know each other in Indian country, we have this very close and tight knit and we work together on a lot of other issues but as far as domestic violence, we look to our state. I think we work well together and we’re all on the same page. We have been able to do a lot of things together in Indian country,” Conway said.

I was deeply honored, I work with so many amazing hard working and intelligent people and so for them to ask for, it’s very humbling and I’m very honored,” Harrington said.

With the 2019 Native American Sagamore of Honor Award, Conway said she’d like to get more people involved in the Native American Sagamore of Honor Award.

“Tara is one of our most hardworking, intelligent directors and would have been prior to his a conseguir. We need to ask a lot of people about knowledge and then her heart is overflowing, she’s one of the people that is always moving, always on the go, she did an unbelievable job throughout the entire year so there’s nobody more deserving of the Diabetes Educator of the Year Award than Tara Conway,” Harrington said.

In being awarded alongside Harrington, she also shared words of admiration for Conway.

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requirements for programs such as SNAP (Food Stamps), reducing access for others and therefore recipients.

The 2019 Annual Protocols of Enlargement or Areas for Reservations Identified

At its program review earlier this month the Census Bureau put forth the national boundaries of reservation identification. TEA-1, the “Forty-four tribes are reported to have formed Complete Count Committees (CCCs), committees of community representatives, are Bureau staff responsible for helping tribal and local governments to prepare for Census Day.”

The one that covers much of the US is a geographic area whose million households are considered self-employed, producing a report by phone or by mailing back a paper copy of the questionnaire. These self-response areas are classed as TEA-1. They include nearly all of the American Indian/Alaska Native population.

Areas considered as TEA-2 are those relatively few areas where the mode of collection is called “Update/Enlargement,” with census takers going to the door, noting the physical location of the household and collecting the answer on the form. TheRandom Sample of Households is a list of randomly selected households from a complete list of households in the United States. These are the largest areas in the West are also classed as TEA-6 areas, where census takers will come to the door, note the physical location of the household and conducting the interview in one person for someone in the household to fill out and mail back. This process is called “Update/Enfowk.” In some cases tribes may be given a choice of either conducting the face-to-face interview or using the Update/Enlargement one.

The Alaska Native villages are categorized as TEA-4, “Remote Alaska.” Census takers will visit the village and collect data as part of the annual population.”

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Census Office is continuing. The Bureau has already received 100,000 applications, ten times the amount expected.

The 7th annual Tribal Census Committee’s mission is to get the number of education last year has been increasing each year in the Pechanga Resort & Casino in Temecula, Calif. For more information or to register visit www.nativeneorvations.cn.

The seventh annual Elderly Nutrition Award, N.M., for more information or to register email larran@niva.org.

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Certified Healthy Oklahoma Program awards excellence to congregations and early childhood development programs in Cheyenne and Arapaho country

Latoya Lonelodge  Staff Reporter

With Oklahoma ranked as one of the unhealthiest states in the U.S., the future and longevity of life in communities is questionable if prevention of unhealthy lifestyles isn’t addressed.

According to the 2016 report from the United Health Foundation’s America’s Health Rankings, Oklahoma ranks number 46 in the U.S. for its poor health behaviors. However, organizations within Oklahoma are striving to improve health statistics statewide, reaching as far as native community health programs.

On March 7, the Certified Healthy Oklahoma Program held a conference, awards and luncheon to recognize certified healthy businesses, communities, schools, restaurants, campuses, early childhood programs and congregations at the Embassy Suites Hotel in Norman, Okla.

Of the various organizations recognized for committing to support healthy choices, the Cheyenne and Arapaho Tribes Concho and Clinton Child Development Centers for Early Childhood, the Chief Cornerstone Baptist Church of Geary, Okla., and Whirlwind Mission of the Holy Family Church of Washonga, Okla., were awarded excellence by the Certified Healthy Oklahoma Program.

The Cheyenne and Arapaho Tribes Health Education Program had been working with the programs to promote Certified Healthy Oklahoma as part of the M-Power grant.

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Increasing awareness of HIV/AIDS

Health education, in conjunction with the Oklahoma State Department of Health, will observe National Native American HIV/AIDS Awareness on Wednesday, March 27, 2019 in El Reno and on Thursday, March 28, 2019 in Geary neighborhoods, respectively.

Community health workers will have an opportunity to increase awareness of the impact of HIV/AIDS on tribal members by knocking on doors. We would like to create a greater awareness of the risks of HIV/AIDS to these communities; to acknowledge those who are infected and affected by HIV/AIDS; and to provide a confidential mobile testing for Native Americans interested and/or seeking support for treatment and care options by trained personnel.

Confidential HIV Testing, resource/educational material, food, drink and a t-shirt will be provided. For more information contact Darrel James at 405-422-7767.

Positive Indian Parenting Classes

Does your partner ever...

- Call you names or criticize you?
- Isolate you from family or friends?
- Threaten to hurt you or your children?
- Push, slap, kick or strangle you?
- Refuse to give you money for food, gas or medicine?

Get free, confidential support at 1-844-7NATIVE (1-844-762-8483), open 7 a.m. to 10 p.m. CST, 7 days a week.

Callers after hours may connect with the National Domestic Violence Hotline or call back the next business day.

STRENGTHS Native Helpline


This project is supported by Grant Number 56835425 from the Administration on Children, Youth and Families, Family and Child Services Branch, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

Latoya Lonelodge  Staff Reporter

With Oklahoma ranked as one of the unhealthiest states in the U.S., the future and longevity of life in communities is questionable if prevention of unhealthy lifestyles isn’t addressed.

According to the 2016 report from the United Health Foundation’s America’s Health Rankings, Oklahoma ranks number 46 in the U.S. for its poor health behaviors. However, organizations within Oklahoma are striving to improve health statistics statewide, reaching as far as native community health programs.

On March 7, the Certified Healthy Oklahoma Program held a conference, awards and luncheon to recognize certified healthy businesses, communities, schools, restaurants, campuses, early childhood programs and congregations at the Embassy Suites Hotel in Norman, Okla.

Of the various organizations recognized for committing to support healthy choices, the Cheyenne and Arapaho Tribes Concho and Clinton Child Development Centers for Early Childhood, the Chief Cornerstone Baptist Church of Geary, Okla., and Whirlwind Mission of the Holy Family Church of Washonga, Okla., were awarded excellence by the Certified Healthy Oklahoma Program.

The Cheyenne and Arapaho Tribes Health Education Program had been working with the programs to promote Certified Healthy Oklahoma as part of the M-Power grant.

“We had two congregations that we worked with this past year, Chief Cornerstone in Geary and Whirlwind Mission in

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The Department of Education was invited by Lucyann Harjo, Coordinator of Indian Education, of Norman Public Schools to highlight and share Cheyenne and Arapaho culture at their elementary schools Mini Festival. Throughout three days CATV, STEP, and Language & Culture Programs shared various presentations focusing on storytelling, regalia, language, and the Buffalo Box.

“Special thank you to our presenters Hauli Gray, Gordon Yellowman, Lena Nells, Francine Williams, Darren Brown, Diego Harrico and Max Bear,” Carrie Whitlow, Dept. of Education executive director said.

Cheyenne and Arapaho Education Department shares culture with Norman Public Schools

DEALS ON MEN'S FRC UP TO KING
BARGAIN PRICES FOR WHOLE FAMILY

$14.99 Awesome Selection Sale
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"When it's eating healthy or breaking certain habits they might have grown into, they have to look at three layers. One is the church to lead in those areas where we can encourage and promote health. Two is, how we can approach, that's what we try to do in our churches, we want to be in supportive health and wise and we want to help people be in 'wise and spiritual' life," Mule said.

In receiving the excellence award from Certified Native Health Oklahoma and gain- ing recognition, Mule said: "It feels good. I'm not expecting anything. It was through partners- hip with the Cheyenne and Arapaho Health Department, they looked us up with this group and a lot of the things we are learning here is very beneficial to teach our pro-grams, to our Native people in our communities and in- formation, and to tribal law enforcement. So some maybe not aware of but the things I've been present- ing and how it affects you, your health, your physical health, every- thing, where you live and the environment, we're doing that," Mule said.

"There is a lot of congregational support, Whirlwind Mission of the Holy Family Church, we've been doing a lot of the re- quirements and encouraged the local churches to take- part. I mean, most of the main things that they had was tobacco free policy and they qualified, whether that was the environment they were in, and had some other requirements like employee wellness, having a health coach, and a few others but they met and they submitted and they both applied," Riddle said.

And in applying, both communities already had guide- lines in place, and in addition to improving health meals for children. With incorporating health and wellness guidelines throughout the Tribe’s dis- tricts, Health Education Di- rector Deborah Ellis said it’s a win-situation in our settings policies.

"The policy is that public health is going to win, pol- icy is sort of a guideline for businesses to follow. If they already have a policy of no smoking 25 feet then they'll follow that, if they have a policy of employees smoking 25 feet then they have something to follow, they have a policy to go by and without a policy there's nothing to follow or no path to good health," Ellis said.

"So it's just continued to say that the tribes committed to health and wellness of their people, that the tribes get more of our or- ganization certified through Certified Healthy Oklahoma it means more health and better policies. The tribes have something to follow or no path to good health," Ellis said.

"The Certified Healthy Oklahoma Program is a free, voluntary statewide certificate. The certification showcases businesses, cam- puses, communities, early childhood care programs, restaurants, and schools that are committed to supporting healthy choic- es. The policy in our communities and within the tribes and policy and change policy. These entities working to improve the health of Oklahoma, they're working with implementing elements, by implementing these policies are helping Oklahomans to eat better, move more, and to be- hance programming. As part of the congrega- tion awareness month meetings for more information call 405-422-7570 or 405-422-7858.

"Bringing VA Benefits Home Events" 9 a.m. - 3 p.m. Wednesday March 20, 2019 at the Cheyenne and Arapaho Tribe in Concho, Okla. For more information call 405-422-7918 or visit 800-247-2583 ext. 27918.

"Financial Literacy Classes" All meetings began at 6 p.m. with meal served. This class is open for all ages and the location is Cheyenne and Arapaho Com- nunity TBA, March 26 Cheyenne Community Center in Clinton, Okla., and March 28 Cheyenne Community Center in Concho, Okla. For more information call 405-422-7725.

"G.E.D. Pre-Test Day" 10 a.m. - 3 p.m. Thursday March 21, 2019 at the Cheyenne and Arapaho Tribal Education in Concho, Okla. 10:30 a.m. - 3 p.m. April 11, 2019 at the Clinton Community Center in Clinton, Okla. 8 a.m. - 3 p.m. April 25, 2019 at the Clinton Community Center in Clinton, Okla. For more information call 580-339-1582.

"Domestic Violence Programs April Sexual As- sault Awareness Month meetings" 10 a.m. - 3 p.m. Wednesday March 20, 2019 at the Concho Community Center in Concho, Okla. Inviting everyone to come and enjoy the evening with Er- a Saline, MC Asa Littlebird, HS Budda Birdshead, HMD Hershel Watan, HL Bobbie Ann Hamilton, AD Rafael Cassio, Hon- ored Elder Dean Bullcoming, HLD Louella Oldbear, Honored Elder Neto Weather, and the grandson of Murray MedicineBird, the late Karen Smith.

"Bingo" 9 a.m. - 3 p.m. Wednesday March 20, 2019 at the Clinton Community Center in Clinton, Okla. Doors open at 11 a.m., catered meal at 12 noon, Bingo at 1 p.m. For more information call 405-422-7918 or visit 800-247-2583 ext. 27918.

"Dinner Menus" 6 p.m. Monday, March 19, 2019 at the Hi-Uo- rang Park in Watonga, Okla. Inviting tribal youth grades pre-k to sixth grade. Lunch and transportation will be provided. For more information contact more information call Margaret Bryan at 405-422-7899 or Mary Calley at 405-422-7899.

"Dance for John David White Eagle" 9 a.m. - 3 p.m. Saturday, April 6, 2019 at the Clinton Community Center in Clinton, Okla. Inviting everyone to come and enjoy the evening with Er- a Saline, MC Asa Littlebird, HS Budda Birdshead, HMD Hershel Watan, HL Bobbie Ann Hamilton, AD Rafael Cassio, Hon- ored Elder Dean Bullcoming, HLD Louella Oldbear, Honored Elder Neto Weather, and the grandson of Murray MedicineBird, the late Karen Smith.
Eating healthy for Diabetes

March is National Nutrition Month. Let’s learn how to keep our food safe.

We are all guilty at one time or another of putting a frozen meal in our work bag or a sandwich in our lunchbox and then forgetting about it until lunchtime. In fact, nearly half (49 percent) of Americans admit to leaving lunches that require refrigeration out of the refrigerator/cooler/freezer for three hours or more.

Lunches containing perishable foods should never be left out of refrigeration for more than two hours (one hour if the temperature is above 90 degrees) so do not risk your food of food poisoning with these tips to keep foods safe as it travels from the kitchen to the school cafeteria or office.

The one or two-hour countdown starts the minute you make lunch, not when you get to the office or school.

Invest in an insulated lunch box for every member of the family and don’t forget to wash the lunch boxes on a daily basis.

Find out if your children have access to a refrigerator at school, and instruct them to put lunches in the refrigerator as soon as they get to school. Take your own advice and put your lunch in the refrigerator or freezer as soon as you arrive at work.

Always include a frozen ice pack (even in an insulated lunch box) to keep perishable cold until lunchtime. You can also freeze an individual juice box to serve as an ice pack. By lunchtime, the juice should be thawed and ready to drink and foods should still be cold.

If refrigeration is unavailable at your child’s school or if you tend to forget to put your lunch in the refrigerator or freezer when you get to the office, pack a shelf-stable food such as trial mix, nuts and seeds, and carrot sticks, cherry tomatoes, whole fruit, dried fruit, single-serving appliance and whole-grain crackers.

And you want to rethink cooking the frozen meal you left on your desk all morning. Frozen meals are not meant to be defrosted before cooking.

It’s not just about keeping cold food cold; keeping hot food hot is just as important. Fill an insulated bottle with boiling water to preheat before storing foods such as soups, chili or stews. These items can also be packed and stored cold then reheated when you’re ready to eat. These items can also be packed and stored and stored cold-then reheated when you’re ready to eat.

Don’t keep lunch leftovers of an afternoon snack, unless they are put back in the refrigerator within two hours, and tell your kids to always throw away perishable foods right after lunch.

Following these rules and tips will keep you and your family safe from food poisoning.

Save the Date! NYC PAMP JUNE 16, 2014: REGISTRATION IS NOW OPEN! FIRST COME FIRST SERVE!

For more information and tips on health and wellness contact Tara Conway at the Diabetes Wellness Program 405-422-7682 or toll free at 800-247-4612 ext. 27685 or email tconway@i-a-triBes.org.


NDP Post 401 Presents Bingo

11 a.m. - 6 p.m. April 7, 2019 at the Clinton Community Center in Clinton, Okla. Noon meal at 12 p.m. Bingo, play or packets. Everyone invited to attend. All proceeds go towards funding for the American Legion Post 401.

C2A2 Districts Easter Event

1-4 p.m. Saturday April 6 at the Grassy City Park in Grassy, Okla. and 1-4 p.m. Saturday April 19 at the Kingfisher Park in Kingfisher, Okla. with Easter egg hunt.

For more information call C2 office at 405-422-7480 or A2 office at 405-422-7440.

57th Birthday and Hero Dance for Merle Big Medicine Loper

April 13, 2019 at the Comanche Community Center in Concho, Okla. Great dance at 3 p.m., supper at 5 p.m. in honor of Merle Big Medicine Loper who will be a special guest on stage. Women’s One Straight dance, Women’s Style Buckskin dance and Dance Cloth dance for 18 years and older. Also a Tiny Tot contest and Pretty Shawl contest. Cash prizes.


For more information contact Larry Brown at 928-961-6354 or Wilma Big Medicine at 928-961-8774.

Graduation Honor Dance for Darrin ‘Looking Buf’ Willys Orange

Saturday, May 4, 2019 at the Hammon Community Center in Hammon, Okla. Supper at 5 p.m. with dance to follow. Darrin is a 2019 graduate of Hammon High School.

MC Wifeler Boulkoming, HS Charlie Bullcoming, HMD Henry Hunter, HLD Edwin Whitehand, HTBD Winod Big Medicine, HTGD Savanna Pena, Honored Veterans Gerald Paulina, Honored Families are the children of the late Maxine Moose, and the Cynthia Osage Family, Honored Elder Belva Hawk, Honored Veteran Dan ‘Sunny’ Bird and Derek Whitework.

For more information call 405-637-4506.

Northern Arapaho Sundance Sponsor Dance for Grant Fletcher

May 11, 2019 at the Comanche Community Center in Concho, Okla. Supper at 5 p.m. with dance to follow.

MC Alan Fletcher, HS Frank Mosquita, HMD John Connors, HLD Dubbie Alfeanan, HBD Ponkin Blackdeer, HLD Arlyn Muskett, Honored Family Dana Franklin’s Family, Honored Elder Reda Pawnee and AD Earl Plamley.

The 2019 State Handgame Tournament sponsored by MAGIC and the Cheyenne and Arapaho Tribes

Saturday, May 18, 2019 at the Clinton Community Center in Clinton, Okla. Must be 18 years or older.

Entry fee is $200 per team. Registration begins at 11:30 a.m., meal served at noon, drawing at 12:45 p.m. and games begin at 1 p.m.

First place $6,000, second prize $3,000, third prize $1,000 awards. Only the Best Gueser winner $100, plaque, Best Hider $100 plaque, Best Dee $200, Best Chancy $200 and Best Bearer $100. For more information call Pete Bearshield at 580-309-4664 or Chae Bearshield at 580-363-6440.
Happy Birthday Sarah Delorma March 13 From the Elk City gang.

Happy Birthday Minerva Rodriguez March 22

May you have many more! Love your sister’s family in Elk City.

Happy Birthday to my Kokum Elsie Sage. You’re Harley Billings (6th Grade) and Tina Ortiz (7th Grade). and only daughter in the Maclin Eckiwaudah (1st Grade), and Antonio Baxcajay the best grandmother than you’ll ever know! Happy birthday to my ever! I love you more! I love your grandbabies Primeaux and your one Back Row: Jerid Sandoval (8th Grade), Sky Sleeper

Makayla Wilkerson (Pre-K), Jayvion Sanders (Pre-K),

Front Row: Leo Willis (3rd Grade), Corbin Sankey

Amy, have a good birthday.

Darlington February Students of the Month

Left to Right Front Row: Les Willis (3rd Grade), Corbin Sankey (Kindergarten), Makayla Wilkerson (Pre-K), Jayvion Sanders (Pre-K), Marlin Eskinawahid (1st Grade), and Antonio Baxcajay (4th Grade). Back Row: Jerid Sandoval (8th Grade), Sky Sleeper (2nd Grade), Harley Billings (6th Grade), and Tina Ortiz (7th Grade).

Thank you from the Family of "Wylan Buffalomeat"

First I want to thank Gerald Panama for his work carrying God’s message and all that he does. Thank you to all the Traditional people (you know who you are) and everyone for their kindness during the loss of our Wylan. Thank you for the many prayers you continue to send and know I am grateful for each one of you. Sincerely, Louise White Horse

Happy Birthday to someone close to me, hope all the angels are singing to you in heaven! Happy sweet 29th birthday to you, Mathew Ryan! Continue to watch over your loved ones who miss you so much, especially your momma. I love you so much! Big love from your friend, Katheme Blacktongue and yours Raichelle Barchild, Dawn LinkEr, Kyle Kaddah and sweet mother Lana LinkEr.

LEGALS: NOTICE BY PUBLICATION

cont’d pg 10

TRIBAL CHILD SUPPORT SERVICES

Children deserve the support of both parents and our tribal child support program may be able to help you. Providing Services to your tribal members and children. Proudly Providing Child Support Services To:

- Dickie Nieto
- Dickie Nieto Jr.
- Dickie Nieto III
- Dickie Nieto IV
- Dickie Nieto V
- Dickie Nieto VI
- Dickie Nieto VII
- Dickie Nieto VIII
- Dickie Nieto IX
- Dickie Nieto X

If you are a tribal member of one of the above tribes, contact one of our child support offices to get an application or go online at www.cheyenne.org.

Mocs: Child Support Services

P.O. Box 808, Elk City, OK 73644
743-227-3254
www.cheyenne.org
Malcolm excelled at baseball and basketball. Marlin played fast pitch softball throughout his adult life, forming several of his own teams, OKC Chiefs, and winning numerous Indian Open tournaments. Marlin was a member of Leatrice Rhoads Hawk and wife, Kelly of Colcord, with children: Son Carey Edward, Sean Sadlin, Parker, Samuel “Alex” Ritchie, and daughter, Tracy Helen Parker. Marlin was also preceded by his beloved son Travis Hawk, and brother Malcom Hawk. He was preceded in death by his parents, Lee and Dorothy Dale Wilson and close friends Doyle Edge and Zane Shelsley. Marlin grew up in Shawnee, Okla., and attended the ACME Elementary School. He and his younger brother Malcom Hawk were baseball, basketball and football teammates since early childhood, earning three varsity letters.

Marlin graduated from DeLaSalle High School in Del City, Okla., playing baseball, basketball and football, and was a member of Delta Tau Delta fraternity. Marlin continued his education at Central State University, later transferring to Haskell Indian Junior College, earning a bachelor's degree in education. He later transferred to Hammon Indian Mennonite University, later transferring to Central State University, earning a bachelor's degree in education and a master's degree in social work and demonstrated basic professionalism in techniques, methods, theory and practice of social work. Must possess knowledge and understanding gained through graduate and study and supervised practice of case work, family, group, organization practice organization and the skill to apply these factors to the client. Understanding of different laws related to the administration of the department programs including, but not limited to, the Indian Child Welfare Act and HIPPA. Possess communication skills, written and oral. Ability to maintain a high level of confidentiality and all client matters. OSH and criminal background check required. Must possess a valid Oklahoma driver's license. Preferred knowledge of the Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clients related to various social problems and/or needs. 

Qualifications:
- Bachelor of science degree in social work and demonstrated basic professional competence in techniques, methods, theory and practice of social work. Must possess knowledge and understanding gained through graduate and study and supervised practice of case work, group, family, organization practice and the skill to apply these factors to the client. Understanding of different laws related to the administration of the department program as including, but not limited to, the Indian Child Welfare Act and HIPPA. Possess communication skills, written and oral. Ability to maintain a high level of confidentiality and all client matters. OSH and criminal background check required. Must possess a valid Oklahoma driver's license. Preferred knowledge of the Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clients related to various social problems and/or needs. 

Salary: Negotiable

Fleet Management: Closing: Until filled

Qualifications:
- High school diploma or G.E.D. certification required. Required previous experience in general office procedures, filing, typing, data entry, answering phones and working with the public. Highly proficient in time management and computer skills. Proficient knowledge in office administration and proficiency with Microsoft Office. Ability to relate to work with the Cheyenne and Arapaho Indian and non-Indian communities. Cheyenne and Arapaho preferred.

Salary: Negotiable

Wake services were held March 11 at the same venue. Funeral Home. Interment followed at the Cheyenne and Arapaho Tribal Cemetery.

Executive Director
Department of Social Services
Closing: Closed

Educator Manager
Closing: Until filled

Qualifications:
- Bachelor of science degree in early childhood education or advanced degree preferred, equivalent coursework in early childhood education and early education teaching experience. A minimum of three years teaching experience in early childhood program. Computer experience with Microsoft Office and Head Start Performance Standards. Ability to clearly articulate the program’s goals and philosophy and the role of the early childhood development. Leadership ability in the area of plan, programming and implementing program design. Maintain compliance with Criminal History Registry and random drug testing.

Salary: Negotiable

Office Clerk
tribal Revenue Office
Closing: March 25, 2019

Qualifications:
- High school diploma or G.E.D. certification required. Previous experience in general office experience. A minimum of two years experience in clerical, secretary or receptionist position. Minimum education requirement is high school diploma or G.E.D. certification. Must be willing and able to attend various training and/or certification programs as directly related to job duties and responsibilities. Applicant must provide a Motor Vehicle Report (MVR) from the Oklahoma Dept. of Public Safety. Must possess a current driver’s license. Must pass pre-hire drug and alcohol screening.

Salary: Negotiable

Compliance Officer
Gaming Commission
Closing: Until filled

Qualifications:
- High school diploma or G.E.D. certification required. Must be a U.S. citizen and a minimum of 21 years of age. Possess a valid driver’s license. Competent in Microsoft Office. Successfully complete the commission’s training program. Must provide a Motor Vehicle Report (MVR) from the Oklahoma Dept. of Public Safety. Must possess a current driver’s license. Must pass pre-hire drug and alcohol screening.

Salary: Negotiable

CHEYENNE & ARAPAHO TRIBAL TRIBUNE

The Cheyenne and Arapaho Tribes Child Development Program, Comalco, is pleased to announce a complete interior remodel as a result of additional 2018 Federal funding the center was approved for. The center will be closed March 12, 2019 until April 5, 2019 for the first phase of the remodel project. The program staff will be available via email and will be onsite for the majority of the closure.

For more information or questions contact Megan Hart by phone at (405) 596-0436 or by email, mhart@c-a-tribes.org or by calling 405-227-9786.

Salary: Negotiable

Cheyenne and Arapaho Tribes

Buffalo Speedway, Suite 100
Concho, OK 73022
(405) 262-0345 / (800) 247-4612
by email, jriggles@c-a-tribes.org or by calling 405-409-5043 or Jennifer Riggles by email, mhart@c-a-tribes.org or by calling 405-227-9786.
Born in Lawton, Okla., and raised in Anadarko, Okla., Lyndon Limon, 17, is a mindful and laid-back head women’s basketball coach who has a goal-driven demeanor.

Standing 6’10, Lyndon is a honor roll this year. They come from a very forward for the Anadarko Warriors basketball team. Anadarko Warriors won their ticket to state for the 2018-2019 season, giving Lyndon two national’s oldest American Indian university presidents. That is less than a year ago, and the past two decades were to generations of Indian families and their exodus of many former Indian leadership attempts to grow, with an expected in a unique position to seize, implement and return the school completely to its place as a higher education ran by Indian people and focused on Indian Count.

The installation of an Indian university presidium and hiring of Indian educators in all areas of the university has resulted in a large number of Indian students returning to classes this Spring and many others making commitments to attend in the Fall of 2019. The reinstatement of Bacone’s historic American Indian Art program and the corresponding support of many former-ly-disassociated Indian alumni of Bacone, who are now contributing their expertise and financial resources, have been key pieces in righting the ship.

The highly identifiable presence of current Indian students and soon to be students has been very significant within the athletic programs as well. The transition from a predominantly non-Indian coaching staff to one comprised almost completely of Indian coaches has contributed to this transition. Spring signings included former Riverside Indian School standout and junior college transfer Macone to the women’s basketball program, a senior also out of Riverside Indian School, Southwestern College baseball transfer Dawson Orso (MOWA Band of Chick- askaw Indians), former McLoud High School baseball pitcher and junior college transfer Isah Nanoito (Kiika- po), Northeastern State University transfer Ma- chal Camp (Chickasaw) to the cross country & track programs, as well as others spread across the university’s baseball, basketball, cross country, soccer, softball, track and volleyball teams.

The Fall recruiting class already has over thirty Indian student commitments and recent signees to the Fall of 2019 including Allen High School two sport athlete Sunnie Harrison (Chickasaw/Cheyenne) and women’s basketball player Tayshia Twitty (Cheyenne and Arapaho Tribes) and are graduating from Riverside Indian High School where they played under Coach James Kelly.

Interview by Lakoya Lowelde

LYNDON LIMON, Anadarko High School

When did you first begin playing and how? My dad forced me to play in the fourth grade and I think that actually turned me out I was kind of good at it. What is it about the sport that you love the best? Just the friendships, having fun and meeting new people. What has been your biggest accomplishment in the sport so far? Just recently making the state tournament. We’re doing so good, we won over 20 games, I don’t know much we’ve lost but it’s not that much. What is your biggest accomplishment in the class-room so far? I made the principle’s list in the first month of school. What is your GPA? 3.4. What goals have you set for yourself in sports, school? To try to bring home a gold ball for the town and I’m just trying to graduate. What actions are you taking to reach those goals? Just being respectful in the classroom and doing my work where it’s assigned. With basketball, just try to do everything that the coach asks. What has been the most rewarding game you have played in? When we played El Reno in the 1/2 finals; or when we played our most recent game for area consolation against Bethany. Those crowds were into it and it was very exciting. What is the best advice you have ever been given and who gave it? Just to be myself, my dad told me. Do you have a saying or motto that you live your life by? Just live life to the fullest. What inspires you most? My parents because they push me to be the best I can be every single day. What does your routine workout consist of to stay fit for your sport? How often? During the off season we have trainer that comes down, his name is Josh Mu- sic, he puts us through a bunch of weight lifting and conditioning and after keeping that transition well into the season and just start prac- tices. During off-season it’s everyday and during the sea- son just like once or twice. What are one or two things in your training, that you feel are key to being successful in your sport? Conditioning and strength. What is your favorite movie? After a game it’s Sonic, I like it. What has had the biggest impact on your life? My dad because he grew up with a poor family and just made it to where he is right now. What are some of your hobbies? (och) do you like to do when not playing sports? I like to fish, sleep and watch TV. What kinds of music does you enjoy listening to? Rap. What is one thing about you that no one else knows? Nothing I’m an open book. What would you ever want to be in school? What steps do you feel should be taken pro- text those being bullied in schools? No. Just first try to ignore it but if it keeps happening either tell your parent or friends, just tell somebody like the teacher. If that don’t work just you got to fight them I guess. How do you combat drag & alcohol use by peers? What is your biggest accom- plishment in the class-room? To attend college for busi- ness but I’m not sure yet. What would you advice to your ad- visor to younger kids coming up behind you? Be yourself and do stuff that is fun to you and just don’t care what other people say to you. Lyndon’s parents are Lynda Morton-Limon and Joseph Limon. He has one sibling, Tyler Limon and his grandmother is Ella Mae Morton.

Bacone College’s legacy continues with signing of student-athlete Rhasauna Macon and Madison Slinkey

(ANational, OK) Bacone College signs two Indians for Fall 2019 including Allen High School from the Fall of 2019 including Allen High School and Gracemont High School with expected final enrollment of Indian students in Fall 2019, exceeding 50 percent of all attending students. The story and legacy of Ba- cone College continues.

Bacone College’s legacy continues with signing of student-athlete Rhasauna Macon and Madison Slinkey in Fall 2019 including Allen High School and Gracemont High School with expected final enrollment of Indian students in Fall 2019, exceeding 50 percent of all attending students. The story and legacy of Ba- cone College continues.
ERHS girls’ basketball team make history at state finals

Twelve years after El Reno High School’s girls basketball team’s season ended with the dark cloud of a loss hanging over it, the Indians were ranked ahead of EHS team. Three of those teams reached the title game, which was knocked off four ranked here, “said Douglas. Douglas was proud of the way her team battled Piedmont after a sluggish second period. El Reno made only one basket in the frame by Kayla Jones and added a free throw from Kiera Davis and Ashlyn Evans-Thompson. The Indians trailed 20-10 at the break. In the third quarter El Reno made it a seven-point game twice on Davis free throws (5:07) and a basket and free throw by the senior post player with 1:45 to play. Piedmont rebuilt the cushion to 37-26 after three periods. El Reno opened the fourth period with a 6-0 run to close the gap to five points. Charlee Bushyhead scored a basket as did Evans-Thompson, while Jaylin Reveles knocked down two free throws. Piedmont answered without a run of their own and was within 11 points as the remaining minutes ticked down. “I don’t think we ran out of the game with 12 points and six boards. Bushyhead followed with two of them. El Reno could close no closer than five points. The final period was a see-saw battle with six lead changes and two ties. El Reno led by four, 53-49, when Ellis Horace was foiled on a maked shot with 1:22 to play. The senior made the free throw to close the gap to a point. “With high school players, winning things like this is play with a big lead against a good team. You’ve got to play with smart aggression and we came out of halftime and really wanted to make them feel like we wanted to be,” said Simon. The final period was a see-saw battle with six lead changes and two ties. El Reno led by four, 53-49, when Ellis Horace was foiled on a maked shot with 1:22 to play. The senior made the free throw to close the gap to a point.

ERHs girls’ basketball team

TULSA – Like the 30 other teams in the 2019 Class 5A State Basketball Championships, Jennifer Douglas and team walked out of the Mabee Center holding a piece of history – the state runner-up silver ball.

“We were not supposed to be here but the girls worked so hard and persevered through a lot of different things and they peaked at the right time. They made it here and they deserved to be here but the girls worked so much work. “We will be back whenever we can make it and I don’t want them to have this feeling (senior loss) again,” said Douglas. Douglas said she was proud of the progress of her team after starting the season with three straight losses and was sitting at 3-5 at the Christmas break. “I talked about playing for your team and being sisters on and off the court. These girls grew up playing Little League with each other and now here we are bringing them together and I’m proud of the way they came together,” said Douglas.

Douglas was proud of the way her team battled Piedmont after a sluggish second period. El Reno made only one basket in the frame by Kayla Jones and added a free throw from Kiera Davis and Ashlyn Evans-Thompson. The Indians trailed 20-10 at the break. In the third quarter El Reno made it a seven-point game twice on Davis free throws (5:07) and a basket and free throw by the senior post player with 1:45 to play. Piedmont rebuilt the cushion to 37-26 after three periods. El Reno opened the fourth period with a 6-0 run to close the gap to five points. Charlee Bushyhead scored a basket as did Evans-Thompson, while Jaylin Reveles knocked down two free throws. Piedmont answered without a run of their own and was within 11 points as the remaining minutes ticked down. “I don’t think we ran out of the game with 12 points and six boards. Bushyhead followed with two of them. El Reno could close no closer than five points. The final period was a see-saw battle with six lead changes and two ties. El Reno led by four, 53-49, when Ellis Horace was foiled on a maked shot with 1:22 to play. The senior made the free throw to close the gap to a point. “With high school players, winning things like this is play with a big lead against a good team. You’ve got to play with smart aggression and we came out of halftime and really wanted to make them feel like we wanted to be,” said Simon. The final period was a see-saw battle with six lead changes and two ties. El Reno led by four, 53-49, when Ellis Horace was foiled on a maked shot with 1:22 to play. The senior made the free throw to close the gap to a point. “With high school players, winning things like this is play with a big lead against a good team. You’ve got to play with smart aggression and we came out of halftime and really wanted to make them feel like we wanted to be,” said Simon.