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Cheyenne and Arapaho-nsn.gov Follow us on Twitter #CATribalTribune

Full Oklahoma Senate Approves Idas Law

OKLAHOMA CITY - Legislation to address the issue of unsolved cases of missing and murdered Native American people has been approved unanimously by the full Senate. Sen. Paul Rosino, R-Oklahoma City, is the principal author of Senate Bill 172, known as Idas Law. The measure is named for 29-year-old Ida Beard from El Reno. A citizen of the Cheyenne and Arapaho Tribes, she went missing in 2015 and has never been found. Rosino said there are currently more than 220 missing American Indians in Oklahoma, with about 14 of those from his own Senate District.

“It’s a national problem, and it’s a problem right here in Oklahoma. One of the biggest issues is the lack of solid data, which is exactly what Idas Law would help us address,” Rosino said. “It would provide tremendous momentum for this legislation last session, but it was another of many important bills that the clock ran out on due to the COVID-19 pandemic. I’m encouraged and grateful for the Senate’s support this session.”

SB172 directs the Oklahoma State Bureau of Investigation (OSBI) to coordinate with the United States Attorney’s Office and the Justice Department to obtain federal funding to create a database. The measure would also create the Office of Liaison for Missing and Murdered Indigenous Persons under the OSBI.

The office would work with tribal, state, and federal authorities on missing persons and homicide cases, provide guidance to victim families, facilitate training, promote best practices, and consult with community organizations to promote community relations.

“The passage of Oklahoma Senate Bill 172, Ida’s Law in the Oklahoma Senate on Tuesday, March 2, 2021 is an important step toward solving these cases and providing justice and closure for families,” Rosino said.

Approves Ida’s Law

Full Oklahoma Senate

O n March 8 a Sand Creek Massacre monument is seen being erected on the south side of the Cheyenne and Arapaho Tribes headquarters in Concho, Okla.

Arapaho Culture Coordinator for the Cheyenne and Arapaho Tribes, Fred Mosqueda stated, “It was told that in 2006, then Sand Creek Massacre Site superintendent Alcea Roberts, told the Sand Creek Tribal representatives to sit down and design a monument for the Sand Creek Massacre site. All tribal representatives left the room except George Suron, Land Commissioner and Chester Whitmone. These three Southern Cheyenne and Arapaho men came up with a design. This design was submitted to the Morra Granite Company in Granite, Okla. for production. The Morra Granite Company cut the slabs and laid them on the ground in the back of their lot and there they laid for 14 years. This monument is for all Cheyenne and Arapaho people and their descendants to show that we still care, that we still remember them and they will live forever through this monument. I say to you all, thank you, thank you very much.”

The Sand Creek Massacre monument occurred on Nov. 29, 1864 in Eads, Colo. A daybreak on Nov. 29, 1864 a force of some 600 troops under the command of Colonel Chivington, mostly volunteers, who were nicknamed the “Bloodless Third” regiment, attacked the quiet camps of the Cheyenne and Arapaho. The tribes used driftwood and underbrush as a defense while others crawled into pits dug along the banks of Sand Creek.

Big Head, Howling Wolf, Spotted Horse, and other small groups of warriors fought the troops in several desperate struggles near the creek.

By afternoon approximately 160 Cheyenne and Arapaho tribal members lay dead, the majority were women and children.

The massacre’s victims numbered in the hundreds. Cheyenne and Arapaho survivors were displaced, relocated to Indian Territory and under the Dawes Act. The event remains a powerful, sacred symbol of sacrifice and struggle.

On Dec. 3, 2014, 150 years after the 1864 massacre, former Colorado State Governor, John W. Hickenlooper, issued a formal state apology to hundreds of Cheyenne and Arapaho descendants on the steps of the Colorado State Capitol.

Emergency Rental Assistance Now Available

(CONCHO, OK) The Cheyenne and Arapaho Tribes’ Housing Authority opens up application process for Emergency Renta Assistance.

The assistance is a grant program funded through the U.S. Dept. of Treasury.

The emergency funding is restricted to renters only that fall in the 80% median income range and have been directly affected by COVID.

The program can assist with arrears rent and utilities to bring families current that have been affected by COVID.

Once they are current, Housing can assist with extra rent and utilities three months at a time for up to 12 months, including number of months in arrears, plus an extra three months to ensure housing stability, subject to the availability of funds.

The application is open to all enrolled citizens of the Cheyenne and Arapaho Tribes throughout Oklahoma and the U.S.

To apply for the ERA visit the www.cheyenneandarapaho-nsn.gov. To learn more about the Emergency Rental Assistance call 580-331-2400. The ERA application for downloading/printing from the tribes’ Website, www.cheyenne-andarapaho-nsn.gov.

For questions or more information call 580-331-2400.
Tribes’ Dept. of Social Services programs. Several programs under the Dept. of Social Services was published in the March 1. Below is part two highlighting the two remaining programs under the Dept. of Social Services, the Domestic Violence Program and the Substance Abuse Program.

This year’s proclamation entitled, “Social Workers Are Essential.”

Domestic Violence Program

The Cheyenne and Arapaho Domestic Violence Program’s mission is to assist enrolled tribal members and all Native Americans residing in the Cheyenne and Arapaho Tribes service area who are victims of domestic violence, including emotional, economic, sexual, and physical abuse. The Cheyenne and Arapaho Domestic Violence Program raises awareness, provides services, and educates community members about domestic violence and services available. The Cheyenne and Arapaho Domestic Violence PROGRAMS: Our services are based upon need and availability of funds. Protective Order assistance (State & Tribal) Cultural healing practices

Emergency food assistance
Counseling and shelter services
Legal referral assistance
Counselor services

Staff members include, Winnie White Tail-Mendivil, M.Ed., LISAC, and Winona Youngbird being the executive director for the Dept. of Social Services.

The purpose of the program is to assist tribal citizens to learn about the ramifications of the disease process of addiction. Clients will be provided coping skills, therapy groups to promote a change in behavior and thought processes, individual therapy to assist with goals and our clients participate in AA and NA, where we encourage them to work the steps and obtain a sponsor. We plan to add separate men and women’s therapy groups in order to help heal trauma issues. We are especially proud of the fact we can offer healing in a culturally competent traditional environment, promoting wellness and healing of the mind, body and spirit by use of sweat lodges and cultural activities.

The White Bison Wellbriety teachings and workshops along with the Red Road concept of the right path of life inspired by Native American spiritual teachings are utilized. We have an onsite counselor technician who provides support, linkage, advocacy, education, and referrals to services clients may need in addition to substance use treatment. Mission Statement

Interpersonal relationship skills, healthy boundaries, self-awareness. All done with cultural and spiritual aspects included.

Remember – we have renovated our facility with a building expansion being able to provide more services to more tribal citizens in a culturally competent, traditional environment. We have yet traditional environment promoting health and wellness in mind body and soul.

Several Tribes’ Dept. of Social Services programs under the Department of Social Services offer 24-hour crisis phone at 405-620-6395. If you are a victim or know of a victim of sexual assault, please call or text our 24-hour crisis phone at 405-310-0156.

Substance Abuse Program

Substance Abuse Program for the Cheyenne and Arapaho Tribes, also known as the George Hawkins Memorial Treatment Center is contracted through Indian Health Services. The Program provides inpatient treatment for any enrolled tribal citizen who is 18 or older and in need of treatment for substance/ alcohol use disorder.

The 16-bed co-ed facility with eight males and eight females (with Cheyenne Arapaho preference), is located in Clinton, Okla. The program has been in existence since 1970 and has an extensive history of helping tribal citizens find the tools necessary to stay in recovery. The program was previously located in Bessie, Okla. and Concho, Okla. The facility has made a

Psychological and spiritual healing is accomplished by providing a safe, encouraging, and empathetic environment that is bound by confidentiality, culture, and tradition. Group topics include but are not limited to escape prevention, coping with life skills, communication

George Hawkins Memorial Treatment Center and it is co-ed permitted to provide a cultural- competent therapeutic environment where substance use disorder treatment and traditional healing can be provided and accomplished. This heal-

Due to the coronavirus, the treatment cycle has not been able to begin alcohol and drug assessments, drug testing, individuals/family counseling were provided for during this pandemic for tribal citizens needed for court. 24/7 crises calls have also been handled during this time.

During the COVID-19 pandemic services have been limited although we have provided resources and referrals for detox and inpatient treatment. Currently there are with 21 applications with 22 participants including Cheyenne and Cheyenne tribal citizens.

Administrative duties consist of attendance of Social Services management meetings, staff members participating in 21 meetings with 21 applications including Cheyenne and Cheyenne tribal citizens.

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Throughout the past year, the Clinton Service Unit in partnership with the Cheyenne and Arapaho Tribes Health Board, has continued to hold weekly telephone town hall meetings open to the public. These meetings have addressed COVID-19-related news, vaccine updates, and answer questions individuals have about COVID-19 and/or the vaccine protocol.

The town hall meeting are held on every other Friday at 1:00 p.m. Participants can join via ZOOM by visiting www.zoom.us/j/2679344668 with the password 2679344668. Cheyenne and Arapaho Health Board member Quin- ton Roman Nose was the moderator for the meeting, with welcoming remarks by Gov. Reg- ina Wassana, and host spe- cial guests for each meeting.

He said it’s an incredible partnership, “You guys have led in the testing and contact tracing and now into the vaccination. I think your partnership has made that program very successful.”

In Native America, the COVID-19 emergency has hit us hard

In Native America, the National COVID-19 public health emergency has hit us hard. Native Americans and Alaska Native people are in crisis in comparison with COVID-19 at nearly twice the rate of non-Native people in a sample of 14 states. The crisis has been formally recognized by a new study published by the Centers for Disease Control. For Indian nations and tribes, the loss of our elders is a unique knowledge of Native histories, traditions, ceremonies and languages. Yet, the greatest disparities in the COVID-19 mortal- ity rate are among our young people, adults, and grandparents ages 20- 49-years-old. COVID-19 is striking at the heart of our young Native American communities.

Nationwide, more than 28.5 million people have died from COVID-19. In the last week alone, after falling during Early February, the United States experienced a 7% rise in COVID-19 deaths. Yet, there is light at the end of the tunnel, 23 mil- lion Americans have been vaccinated. We have a way to go, but I am confident that the CDC has advanced us to continue to protect our tribal communities.

In these difficult times of this national COVID-19 pub- lic health emergency, Native Americans and Alaska Native nations and tribes have acted to protect our tribal mem- bers, employees, patrons and our neighbors by closing our tribal government gam- ing facilities, when necessary.

To protect ourselves and our neighbors, we limit the capacity of our casinos, hos- pitals, and entertainment venues, while reducing the number of visitors, wearing masks, promoting social distancing, hand sanitization, and deep cleaning.

In Indian gaming, Indian tribes have created more than 780,000 jobs. Pre-pandemic, Indian gaming generated $35 billion in gross revenue. Taking into account our primary and secondary economic effects, Indian gaming generates $14 billion in Federal government revenue, $12 billion in state and local revenue, and $220 million through charitable outreach.

As a result of the pandemic, Indian gaming and related tribal businesses are incurring annual losses of up to $25 billion in lost rev- enue. Despite these losses, our tribal enterprises and res- ervation economic activities continue to finance essential tribal government services. These economic numbers impact much of our health and education systems, as well as other services with- in and without our reservation borders and confines.

They are in the middle of an ongoing battle, and they can change how contagious the virus is, the symptoms, and they may be resistant to some vaccinations, or I wouldn’t just like individuals to know these are the reasons we need to continue all the prevention efforts so that we stop the trans- mission as best as we can,” Dr. Jim said.

She said through this pandemic individuals need to be aware of their mental health and stress levels and need to take care of themselves by getting plenty sleep and make time to do activities you en- joy,” she said.

Dr. Jim stated she hopes people understand we are all in this for the long haul and need to keep ourselves, our children and our elders healthy.

One major concern brought to light by moderator Quin- ton Roman Nose was the lack of statistics and record keep- ing of the affects of COVID-19 in Indian Country on a na- tional and state level.

In a recent report published by the Urban Indian Health Institute (UIHI), it said states have poor collection standards implemented and has resulted in substantial gaps in understanding the disproportionate impact of COVID-19 on the American Indian and Alaska Native population. Ab-igail Echo-Hawk, director of UIHI went as far to say, “This is a data genocide on Native people. American Indi- ans and Alaska Natives are dying at disproportionate rates and decision makers don’t even have accurate data to en- sure we are properly funded and resourced.”

The poorest scores for data collection came from Tex- as, followed by New York, New Hampshire, Maryland and West Virginia. UIHI gave an inaccurate grade of all 50 states as a D-.

“We are trying to work with our state partners at Navajo Nation for data collection and sequencing, with Arizona, New Mexico and Utah, and it is challenging, but your im- mediate health is at risk and work with your state partners in trying to data collection improve,” Dr. Jim stated.

The next town hall meeting will be held 1-2 p.m, Friday, March 19.

PUBLIC NOTICE

Notice is hereby given in compliance with the United States FCC Envi- ronmental Notification Process for the Registration of Antenna Structures - Local and National. The application of Cheyenne and Arapaho Busi- ness Development Corporation relating to the tower properties located at the following locations:

1. Watonga, OK
   a. FAA Aeronautical Study No 2020-ASW-16450-DE
   b. Location – Latitude 35° 49’ 45.1” N Longitude 98° 24’ 57.6” W
   c. Structure type – Guyed
   d. Height 262’
   e. FCC Type E Lighting

2. Concho, OK
   a. FAA Aeronautical Study No 2020-ASW-12780-DE
   b. Location – Latitude 35° 39’ 26.5” N Longitude 97° 59’ 48.5” W
   c. Structure type – Guyed
   d. Height 499’
   e. FCC Type E Lighting

3. Geary, OK
   a. FAA Aeronautical Study No 2020-ASW-12849-DE
   b. Location – Latitude 35° 31’ 42.29” N Longitude 98° 18’ 43.7” W
   c. Structure type – Self supporting
   d. Height 300’
   e. FCC Type C Lighting

Interested persons may review the application by going to www.fcc.gov/ aep applications and entering the FAA Aeronautical Study No;

a. Watonga FAA Aeronautical Study No 2020-ASW-16450-DE
b. Concho FAA Aeronautical Study No 2020-ASW-12780-DE
c. Geary FAA Aeronautical Study No 2020-ASW-12849-DE

Interested persons may raise environmental concerns about the pro- posed structure by filing a Request for Environmental Review with the Fed- eral Communications Commission.

The Federal Communications Commission strongly encourages inter- ested parties to file Requests for Environmental Review online, and that instructions for making such filings can be found at www.fcc.gov/ser/envi- ronmentalrequest and the mailing addresses for interested parties that would like to request for Environmental Review by mail to:

FCC Requests for Environmental Review, Attn: Ramon Williams, 45 L Street NE, Washington, DC 20554.
ARAPAHO DISTRICT 2 VOTER'S LIST - A2 ELECTION COMMISSIONER DALE HAMILTON

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PAGE

John Paul Black Sr
Sarah Marie Black
Theodosia Bond
Rhonda Ann Blue
Marcy Lorene Blind
Angela Blind
Katherine M Blackwolf
Ja'Dawn Blind
Sheila Rochelle Black
Mykeeta Renay Black
Marshall Keith Black
Joyce Etta Black
Elvis Paul Black
Cecil Ray Black
Ralph Birdshead Jr
Susan Renee Birdshead
Jeanette R Black
Ethan Black
Dakota Black
Joseph Birdshead
Anthony Birds Black
Ralph Black
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Jeanine R Black
LaKeisha Loven Black
Sara Renee Birdhead
LaKenda Black
Elaine Black
Caldwell Black
Trent Ladale Lonelodge
Joni Black
Joyce Black
Joyce Black
Jen Black
Tracy Black
Stacie Marie Black
LaKeisha Loven Black
Donald Dean Fire
Brian Fire
Thomas Fire
William Fire
Mary Ann Kelley
Laura A Jones
Sherry Ann King
Joycelyn Killsnight
Larry Wade Jones
Jennifer Kay Johnson
Judith Ann Jehring
Norman Ray Island Jr
Morgan Island
Elizabeth Ann Husby
Stephanie Diane Jackson
Regina Rose Houser
Thomas R Hendrix
Jennifer Hatten
Vance Horsechief III
Patricia Anne Hendrix
James Harvie
Alberta Tina Harvie
Michael Jerome Hodgkinson
Margaret Heap Of Birds
Sheldon LeRoy Hawk
Laquita Harrison
Jo Ella Kay Hamm (Tabor)

CONT'D. A2 VOTER LIST

Tsistsistas & HinonoeiCheyenne & Arapaho Tribal Tribune

pg. 5
Having just celebrated their 45th anniversary, El Reno Mobile Meals is bringing more than just hot meals to the table this year. With new ideas and plans underway, the organization recently welcomed their newly hired director, Cheyenne and Arapaho citizen and longtime chef Norman Sheridan.

Serving the El Reno, Okla., city limits, El Reno Mobile Meals is a non-profit organization that provides meals to anyone who is unable to prepare meals themselves. Working solely on volunteer work, meal packages are hand delivered to the 125 recipients they have on record throughout the community.

Due to the COVID-19 pandemic, Mobile Meals serves two meals two days a week on Monday and Wednesday, totaling four meals a week. Before COVID, they would normally serve meals Monday through Friday.

With the former Mobile Meals director resigning, the organization hired Sheridan as their new director.

“We were very excited about his chef training and cooking background,” Amy Neathery, interim director said.

“I was lucky enough to get picked up by the daycare in Concho and I got to work with Megan and Jennifer, they were really great and I really appreciated the chance they gave me to cook for them,” Sheridan said.

During his time at the Concho Child Care Center, Sheridan said he was able to see how that aspect of everything was run. Having experienced other aspects of the culinary world, Sheridan said he wanted to venture into what else was out there in the culinary field.

“I want to work for a company in Norman, Okla., for the University of Oklahoma, and all I would like to do is go from a sorority to a frat house to cook for them and it was a little neat venture for me to do that, and then I moved on to work for a country club and I got to see how that aspect of everything was run,” Sheridan said.

Having experienced other aspects of the culinary world, Sheridan said he felt himself wanting to venture back home again in El Reno.

Neathery said she knew Sheridan through a mutual associate degree, through that it lead him to El Reno, and knew he had a heart for service. Sheridan is a Cheyenne and Arapaho citizen and longtime chef.

“We want somebody in there who understands and appreciates the mission in the work to take care of people, that they’re not just there for the paycheck or to get by with the bare minimum, and Norman’s definitely not a bare minimum kind of guy, he’s somebody that’s going to do whatever is needed to best serve the organization,” Neathery said.

Having grown up in the El Reno community, Sheridan has been cooking his whole life as far back as he can remember.

“It’s something I’ve done since I was little, one of my first experiences with cooking was from my parents when I was 10 or 12 years old, I tried to cook them breakfast, it was burnt toast and burnt eggs and of course they ate it because it was from their kid and I wanted to be able to make them something to be proud of,” Sheridan said.

Realizing he wanted to go further with cooking, Sheridan stuck with it. After graduating high school, Sheridan said his pushing point came when he did an interview at the end of the school year and that was when he decided he wanted to become a chef.

“I was able to take on that adventure and get a culinary degree, I went through the culinary program at Platt College and I graduated with an associate degree, through that I opened up the door for me to start my career with Lucky Star Casino,” Sheridan said.

Sheridan worked as chef for Lucky Star Casino’s, The Rez restaurant for over 10 years. Being a chef, Sheridan said he wanted to venture into what else was out there in the culinary field.

“I just love the fact that I’m able to still work on the same campus in Norman, Okla., for the University of Oklahoma, and all I would like to do is go from a sorority to a frat house to cook for them and it was a little neat venture for me to do that, and then I moved on to work for a country club and I got to see how that aspect of everything was run,” Sheridan said.

During his time at the Concho Child Care Center, Sheridan said he was able to get the children to try different foods that they wouldn’t have had the chance to try elsewhere.

“During his time at the Concho Child Care Center, Sheridan said he was able to get the children to try different foods that they wouldn’t have had the chance to try elsewhere. From there, Sheridan was asked to go back to work at Lucky Star Casino, and while he accepted, he had since ventured out, eventually following a path that led him to El Reno Mobile Meals.

“I just love the fact that I’m able to still stay in this field of cooking and I’m to a point now where I’m able to help the community as a whole and see this aspect of it, it’s really neat knowing there’s so many volunteers that are out there that care for the community and want to make sure that people are taken care of,” Sheridan said.

Sheridan found his calling to El Reno Mobile Meals through his local church at the Wesley United Methodist Church.

“I was leading a ministry on our Wednesday nights, we were doing a service and this was pre-COVID, it was called Wesleyan Wednesdays and we would feed the church members and the community as a whole, I kind of grasped that concept and I loved it because I got to get my kids involved and help and see what it does for the community and for the people that are out there,” Sheridan said.

“I was leading a ministry on our Wednesday nights, we were doing a service and this was pre-COVID, it was called Wesleyan Wednesdays and we would feed the church members and the community as a whole, I kind of grasped that concept and I loved it because I got to get my kids involved and help and see what it does for the community and for the people that are out there,” Sheridan said.
Meals are provided on a sliding scale basis, whether a person is eligible for medical assistance, surgery or an illness or needs long term care.

"All I have to do is go online, make a reservation, then via text get a local survey over their needs long term care. They get back to us, "said Neathery. Sherman said the organization had to cut back the number of volunteers.

"We need 25 different people to 75 different people to serve meals, helping with the food, planning the kitchen and serving it to the community events.

Neathery said. 

Below: Allyssa Avalos assists Norman Sheridan in the kitchen with meals for El Reno Mobile Meals.

Above: Mike Kelly (l), volunteer delivery driver, accepts ice chests from Norman Sheridan.

Below: Alyssa Avalos assists Norman Sheridan in the kitchen with meals for El Reno Mobile Meals.

IDA’S LAW

In Idà’s childhood years, she and her mother formed the Bead group. They often traveled to Native villages serving meals, foods and other items.

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The tribal portion of the economic relief fund added $1 billion for state, local and tribal governments.
Dennis Pennington was born on Aug. 25, 1929 in Clinton, Okla., to Elmer and Linda Bruce Pennington. He passed away on Feb. 28, 2021 in Tulsa, Okla. at the age of 91. Dennis attended Okeham- phe High School, as well as other schools. Later, he enlisted in the U.S. Army and was served as a radio operator during World War II, stationed in Frankfurt, Germany. He was also involved in the Army Reserves for many years. After he sold, installed and pre- sented TV’s in the 1950’s, he met and married Roscoe Pennington on Sept. 6, 1943 in Colony, Okla. He was a father of 11 children, 17 grandchildren and 25 great-grandchildren. He leaves behind his wife, Roscoe Pennington; two daughters, Lina Pennington and Cheryl Genzer; brother-in-law Robert “Robbi” North, and half sister Raye Ella Hughes. Memorial services were held March 3 at the Graceland Baptist Church in Geary, Okla., followed by a good interment at the North Fami- ly Cemetery.

Scotty Sankey was born July 25, 1966 in Cheyenne, Okla., to Arapaho Chief John Sankey (aka “Uncle Mooch”) and his wife Mary Lou Sankey. He departed this life on Feb. 27, 2021 in Tulsa, Okla. Scotty grew up in the small community of El Reno, Okla. He was the son of a well-respected and honored his traditional Arapaho ways. He was a member of the Cheyenne and Arapaho Food Distribution Program in Wapargo, Oklahoma. He was a member of the Cheyenne and Arapaho Tribal Library and the Cheyenne and Arapaho Tribal Museum. Scotty was a member of the Cheyenne and Arapaho Tribe’s Food Distribu- tion Program in Wapargo, Oklahoma. He was a member of the Cheyenne and Arapaho Tribal Library and the Cheyenne and Arapaho Tribal Museum. Scotty was a member of the Cheyenne and Arapaho Tribe’s Food Distribu- tion Program in Wapargo, Oklahoma. He was a member of the Cheyenne and Arapaho Tribal Library and the Cheyenne and Arapaho Tribal Museum. Scotty was a member of the Cheyenne and Arapaho Tribe’s Food Distribu- tion Program in Wapargo, Oklahoma. He was a member of the Cheyenne and Arapaho Tribal Library and the Cheyenne and Arapaho Tribal Museum. Scotty was a member of the Cheyenne and Arapaho Tribe’s Food Distribu- tion Program in Wapargo, Oklahoma. He was a member of the Cheyenne and Arapaho Tribal Library and the Cheyenne and Arapaho Tribal Museum. Scotty was a member of the Cheyenne and Arapaho Tribe’s Food Distribu-
Honor the Greens

The first seven listed are cruciferous vegetables. This special class of vegetables has been shown to reduce inflammation. Chronic inflammation is thought to be the root of a variety of health problems. It may contribute to conditions such as heart disease, diabetes, obesity and cancer. Systemic inflammation is involved in rheumatoid arthritis, type 1 diabetes, inflammatory bowel disease and psoriasis.

Glucose control is a benefit of their high fiber content, slowing down glucose absorption as well as a good source of antioxidants.

Obesity prevention by aiding in healthy weight loss due to high fiber content, high in nutrients but low in calories is another plus.

Improvements in heart health is the next golden nugget. Studies show the magic of cruciferous properties increase good cholesterol and decrease bad cholesterol. Add the decrease in high blood pressure risk with frequent consumption, and you will know these veggies are as good as gold.

With each tick of the second hand puts me another second closer to being freed from handcuffs and leg irons.

Time Goes By So Slowly

With each tick of the second hand puts me another second closer to fresh air.

Another second closer toward the healing process for the old and new wounds left behind by the handcuffs and leg irons.

For I’ll be deeply scared and forever wounded from time alone no one to talk to no one to hold.

Seconds come and seconds have gone but I never lost hope within my mind that you’ll be in my seeing and feeling my self as hard and cold as the colder and my heart loses its tenderness as it grows harder and harder.

With all the seconds that has come and gone seeing and feeling my self as hard and cold as the very steel that keep me confined and in bondage from you.

Seconds come and seconds have gone but I never lost hope within my mind that you’ll be in my tender embrace.

I don’t want to lose another second without you.

Sincerely,
Tatıchawwickah Jimmy

Happy Birthday Sister Gail Williams
March 21, 2021

Enjoy your day sis & many more to follow!

We truly appreciate you for always being there for us all.

We love you more than you will never know.

Richard Williams, Kathy Williams, Karen Williams Four Horns, Koreen Williams Gaines, Seger Williams Sr, Kenny Ray Williams & Anna J. Williams

2021 CAAIVR Annual Policy Review
SAVE THE DATE
Where: March 17th 2021, 10 AM - 12 PM
Where: VIA ZOOM (Join us on our own)
Phone: 405-622-7617
Email: CAAIVR@cheyenneandarapaho-nsn.gov

Happy Birthday to our beautiful three girls!

Amaya 18 years old March 6
Cadence 14 years old March 8
Destiny ‘Sweet’ 36 March 22
I love you sis & my babies! Aaliyah, River, Trey, Tay & new

Happy Birthday Gail Williams March 8
Love your Mom, Ragan & all your friends & family.

God Bless you on your special day.

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Destiny ‘Sweet’ 36 March 22
I love you sis & my babies! Aaliyah, River, Trey, Tay & new

Happy Birthday Legacy March 23
You are one year’s a nuisance and two years grand and we all at least love you all with our hearts.

I urge you for your family, friends and loved ones from across the country...
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, Office Ray Mosqueda at 405-306-9281, Sandra Hinshaw at 405-593-7944, Dale Hamilton at 405-248-7584, Norma Yarbrough at 405-538-6664, Pat Smothers at 405-535-7863, Rhonda Welch at 405-464-2716, 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 and 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.
Making her comeback on the basketball court, Paige Primeaux, a 15-year-old freshman attending Hammon High School in Hammon, Okla., has struggled with a concussion mid season.

But despite the struggle, Primeaux said she’s had to work more on conditioning and being a team player. 

"Also working on roles, figuring out my roles and being at work," Primeaux said.

Primeaux said her role on the court comes as a big loss for Primeaux and her team to have over the years.

"Basketball has taught me that you can’t take things for granted. It’s said it’s especially hard on her and her team."

"Especially for our seniors, they didn’t get the season they worked for. All the games they had lost. But then they get concerned. It’s a good test because they tested positive, so they then have to quarantine, it was just really bad," Primeaux said.

"Basketball is an extra precaution in place and social distancing guidelines, Primeaux said the team has had to do virtual learning for school.

"Our coach makes us go virtual and we’re not allowed to go to school, she keeps us in our own little bubble right now and we are not allowed to do as many things as we want, just stay home," Primeaux said.

During the season, Primeaux said her biggest challenge was making a comeback after suffering a concussion. Primeaux was forced to sit out a few games before she was able to play again.

"Getting my concussion during the middle of the season, it really affected my mindset and it’s been hard," Primeaux said.

Primeaux said she had suffered the concussion after colliding with another opponent during a game. 

"I felt fine after the game and everything, but then we had a game two days later and I had to play during that game but I didn’t feel good and I didn’t feel right, so I told my coach and she cut me down," Primeaux said.

"I had to sit out for about two weeks and I missed a whole tournament, I missed the district season," Primeaux said.

Seeing her team struggle without her, Primeaux said it was tough having to sit out.

"It really hurt my confidence, it really affected my game because I’ve been playing basketball for a really long time and I went to sit out any games, that was probably the most I’ve had so far this year and my team was really struggling," Primeaux said.

"Although it’s been a struggle, Primeaux said she’s worked hard and is working to be better."

"I’ve had a better season if I didn’t get the concussion, like last year I did a pretty good job, then this year I was coming in really confident, but then that concussion really messed me up and it really affected me," Primeaux said. "Having to come back sitting on the bench and I didn’t feel like I could do anything and I planned to go over some plays, I plan to get a basketball scholarship one day and I’m going to see a normal season away from the COVID-19 pandemic."

"My advice to the younger generation is that you’re going to face adversity in your life and you just got to keep pushing through it, it’s going to be hard, but keep remembering who you are and just push through it," Primeaux said.

Primeaux is expected to graduate in 2022 and hopes to get a basketball scholarship to college, where she plans to study forensic science.

She and her team mates will play for the Gold Ball in Oklahoma State Championship play-off games March 11-13.

Primeaux’s parents are Kerri Fletcher and Patrick Primeaux. Her grandparents are Charlie and Finda Primeaux and she has two older brothers, Logan and Chandler, and a younger sister and sister, Jacob and Akiia. Primeaux’s stepfather is Randy Hawk.
How well do the vaccines work?
Yes! The COVID-19 vaccine are among the most effective vaccines ever made and work well across age groups, race/ethnicity, sex, and among those at risk due to other health issues. Research is also showing vaccinated people are much less likely to spread COVID to others.

Early Protection
- This means 50.8% fewer people got sick with COVID-19 when they were vaccinated.
- This means 76.7% fewer people got sick with COVID-19 15 days after the shot.

Protection at 2-3 Weeks
- This means 66.1% fewer people got sick with COVID-19.
- This means 85.4% fewer people got sick with COVID-19.

Long-Term Protection
- This means 92.4% fewer people got sick with COVID-19.

Are the vaccines safe?
Yes! All vaccines are very safe and have been well-tolerated among the 190 million worldwide who have received them. Neither vaccine contain any active parts of the virus, and can not give you COVID-19.

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.

Who’s been vaccinated in our community?
Of the 12,441 total tribal members within the Clinton Service Unit, more than 4,700 have received their first vaccine shot, and about 3,000 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 yours!

COVID-19 Vaccine Myths - Busted!
1. Vaccines do not affect your ability to have children, but a severe case of COVID can!
2. Vaccines do not change your DNA, but lots of exposure to the sun can give you skin cancer and change your DNA!
3. Vaccines do not contain hidden technology, but some of your smartphone apps do!

Can I stop wearing masks & distancing?
Those who have been fully vaccinated can safely get together with others that have been fully vaccinated and with those that are not at risk for severe COVID. However, 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.

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

How do I know which vaccine to get?
The good news is all of the vaccines offer strong protection for both getting COVID-19 and getting really sick from it. While the 2 shot options (Pfizer and Moderna) offer more protection earlier, as time goes on, the Johnson and Johnson vaccine catches up. The main deciding factor is if you prefer a 1 shot vaccine (one and done?). If so, then J & J is the best option for you.

Do the vaccines work on variants?
Scientists have found these vaccines work against variants that have shown up, and data continues to show the vaccines are highly effective against all 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. We will update you as new evidence comes out.