



Follow us on twitter #CATribalTribune

www.c-a-tribes.org/tribal-news

Feb. 15, 2016 - Volume 12, Issue 4

# Hammon Casino/Travel Center holds grand opening

On Jan. 29, 2016, the Lucky Star Casino and Travel Center held its grand opening ceremony in Hammon, Okla. Though the casino has technically been open since Nov. 18 of last year, the Cheyenne & Arapaho tribes held a special ribbon cutting, blessing and reception for the new building on a sunny, miraculously windless day.

Governor Eddie Hamilton welcomed the crowd gathered in the casino parking lot, filled with supporters and planners of the project as well as many members of the public itching to get inside and play.

"We want to expand our horizons and this gives us opportunity for this community to provide jobs, improve the economy out in this part of the state and hopefully this will be with us for a long time as far as trying to improve the surrounding areas here," Hamilton said. He added in an interview his hopes that tribal members in the area will "re-

ally take ownership and pride with it. They have something that they can call their own. I'm glad it finally opened. It's been a long time coming."

Assistant General manager and traditional Cheyenne Chief Jason Goodblanket offered a prayer and blessing for the site, offering thanks for the facility and provisions.

"I thank you for allowing the people to have the ability to work and to have a place to go where they may get away from their problems and come and enjoy themselves and be a part of a fellowship with all the other area people that come and visit our facility," Goodblanket said.

The opening marks the fifth Lucky Star Casino and second travel center owned by the C&A tribes. It offers roughly 350 slot machines as well as a family friendly restaurant called the Warrior Café. The building process took a little over a year and provided 70 jobs to the

Hammon area. According to Lucky Star Casino General Manager Mannix Barnes, the opening has been positive for everyone.

"We're very happy," Barnes said. "My main job was just to make sure it got open and we got these contracts to where it's beneficial to the tribe rather than the gaming companies like it has been for several years. With the help of the governor and lieutenant governor we were able to get that accomplished along with the legislature."

Lieutenant Governor Cornell Sankey found the casino opening especially heartwarming, since Hammon is his hometown.

"It's just a wonderful, wonderful thing that could happen out here," Sankey said. "It's far out on the outskirts of our



Assistant General Manager Jason Goodblanket (center) cuts the ribbon at the grand opening ceremony for the new Lucky Star Casino and Travel Center in Hammon, Okla. with Governor Eddie Hamilton and Lieutenant Governor Cornell Sankey. Photo by Shaida Tabrizi

jurisdiction and I know a lot of people feel like they're left out or forgotten but growing up here and being a part of this community, I never forget these folks."

The Hammon Travel Center is located at 20413 Highway 33 in Hammon, Okla. For more information visit [www.luckystarcasino.org](http://www.luckystarcasino.org).

# PACT Summit tackles problem of police distrust

By Shaida Tabrizi, Reporter

"We don't need a revolution, we need an evolution."

Those words echoed throughout the Oklahoma City Judicial Center as advocates, law enforcement and community leaders closed the historic Police and Community Trust (PACT) Summit on Jan. 27, 2016.

PACT is a coalition which was formed early in 2015 with the goal of improving the relationship between law enforcement and the communities they serve. Police chiefs from areas such as Oklahoma City, Norman, Midwest City and Lawton met with representatives from community and political organizations such as the American Civil Liberties Union-OK (ACLU) and the National Association for the Advancement of Colored People-OKC (NAACP) throughout the year, spending months crafting specific solutions with the aim of building trust.

The coalition finalized and voted on the solutions at the summit, emerging with 20 approved action items and a proclamation which all signed as a witness that they would focus on putting the new solutions into place within the community.

"There are big problems in our state and our nation right now and some of those spill over onto our streets. And they can spill over onto

# Social media apps ... STALKING GROUND FOR ONLINE CHILD SEX PREDATORS

In 2002, 13 year-old Alicia Kozakiewicz was abducted from her home on New Year's Day by a 40 year-old man named Scott Tyree. She had been engaged in online conversations with Tyree. Tyree took her to his home, chained her to the floor with a dog collar and for a period of four days tortured, raped and beat her before she was miraculously rescued by the F.B.I. Alicia survived and now 23 years old she speaks to kids across the U.S. about her ordeal in hopes of saving kids from going through what she went through.

Just two weeks ago, 13 year-old Nicole Madison Lovell had snuck out of her house to meet 18 year-old David Eisenhauer, someone she had met via Facebook and communicated with using the app Kik. She was last seen on Jan. 27. Her body was discovered three days later ... murdered.

Horrific stories that the public is seeing more and more news coverage of on a daily basis.

But there is one county in Oklahoma fighting back against online sex predators, Canadian County Sheriff's Internet Crimes Against Children Unit (ICACU). The ICACU has arrested 115 child predators as of April 2015 since its inception four years ago. All of the 115 have either confessed and/or been convicted in a court of law.

Leading this unit in Canadian County is Lt. Adam Flowers.

In a community outreach, parents, school officials and local law enforcements attended a learning seminar on social media apps sexual predators are using to target children at the Gary Miller Justice Center in El Reno, with Flowers as the main speaker.

"This is real folks and this is happening in our county. Maybe not to the extreme that Alicia went through ... yet ... but we have had predators extort children in this county and rape them. They are in jail, but it doesn't change the fact of the hell these kids went through and hell is what they went through. You are going to see the truth tonight. It is important



asleep. They sneak out because a predator has their clutches on them."

Flowers said this is a fact and predators know how to get to kids because they are good at it, they know how to talk to them and they know how to manipulate them.

"Kids are more trusting than anyone else we know. They love you unconditionally and they trust that whatever you do for them you do for their benefit," he said. "Now when they become teenagers, well that's a different story but they still trust you. Tonight you are going to learn a whole new area of how to protect your kids that you probably didn't even know about and I don't blame you ... technology is changing so fast it's hard to keep up."

Number one social app used to stalk children Flowers said is Facebook, Though, he said kids say that's outdated now because they have moved on to Instagram and Snapchat.

"You will hear kids say that don't use Facebook anymore but they still have profiles or information listed. Instagram has integrated with people's cell phones and this is how it works ... it's free. Every picture that gets uploaded to Instagram gets put into Instagram's database and a lot of people don't know this but every time you connect to Instagram it knows the general vicinity of where you are at. Even if your location services are turned off," Flowers said. "If you are going to Sonic with your

that you have the tools to protect your kids. You will see how kids hide things on their phones, and you will see how applications work and with my help, maybe we can prevent other victims being preyed on by people who want to do one thing ... rape kids," Flowers said. "I applaud Alicia for going out and being an advocate for what can happen, but I am sure there are nights that she wakes up in night terrors going over what he did to her at the age of 13. Let me tell you it can happen between dinner and dessert and your child is gone. It could happen in the middle of the night when you think everyone is safe

See **Online predators** pg. 5

By Rosemary Stephens, Editor-in-Chief

Cheyenne and Arapaho Tribal Tribune  
P.O. Box 38  
Concho, OK 73022

**SUBSCRIBE NOW TO THE CHEYENNE AND ARAPAHO TRIBAL TRIBUNE - \$35/YEAR**  
"Tribal members receive free subscriptions"

PRSRST STD  
US POSTAGE PAID  
OKLA CITY, OK  
PERMIT NO. 823



# CHS Art students are First State Bank calendar contest winners

By Leslie Michaelson

Hunter Tsatigh and Lizeth Van Pelt are "getting their work out there!" The many opportunities provided by the shows and contests participated in by Canton Art students is bringing a level of exposure not often available to many aspiring young artists.

This is due, in large part, to art teacher, Joan Hursh. Her mentoring, sponsorship and her diligent effort to expose students to professional artists through the resident art program, has greatly broadened the horizon for our young local artists.

Hunter won first place for her western theme work in acrylic and her painting was chosen for the cover of First State Bank's large wall

See **Art winners** pg. 5

# 'Epidemic Ignored' shines light on the dark side of mental health in Oklahoma

By Shaida Tabrizi, Reporter

Oklahoma has a number of high rankings under its belt. One of the friendliest cities! Eighth best place to find a job! Ninth best state for retired veterans! Double the national average of suicide?

Yes, with all those positives, the state of Oklahoma could be on the verge of a nervous break down. A reporter for *The Oklahoman*, Jaclyn Cosgrove, spent a year investigating Oklahoma's mental health system in a project called 'Epidemic Ignored.' As part of the project, *The Oklahoman* sponsored a community forum on mental health and addiction issues called 'Behind the Headlines' on Jan. 26 at the District House in Oklahoma City.

"If you have a platform I believe you should use it for good," Editor and Vice President of News for *The Oklahoman* Kelly Dyer Fry said. "Because only when you shine a light on something can you bring some clarity to it and bring attention. So if we do nothing else but raise the level of awareness, we think that's a pretty darn good thing."

Cosgrove hosted the event, welcoming the over 100 community members packed into the venue.

"As a reporter, I write a lot of sad stories. I write about how the state mental health system is fragmented and how even though we rank number two in the nation for adults with serious mental illness we rank around 46th in the nation for funding per capita," Cosgrove said. "What I'm excited about tonight, is tonight is not about sad stories. Tonight is about recovery. Tonight is about support. Tonight is about community. Tonight is about hope."

Seven speakers took turns onstage sharing their highly personal stories and experiences in dealing with mental health and addiction issues.

Former financial advisor Augusta Cox described how the economic crash in 2008 sent not only peoples' retirement funds into turmoil, but also wreaked havoc on her mental health. After a series of delusions, which included a dinner with Al Pacino, Cox lost her job and her marriage ended.

"In a period of about two weeks my whole life kind of evaporated. And the auditory hallucinations get to the point where you can't have a conversation with anybody else around you. Mental illness is really, really isolating," Cox said, going on to tell of her stints in mental hospitals and the journey to stabilization "I was severely depressed. It wasn't until I started doing a little bit of work that my life started moving again. I started volunteering at NAMI (National Alliance on Mental Health) which is where I work today and I answer crisis calls."

Cox summed up the purpose of the evening, improving mental health care in the state, through her story of a man who called the crisis line for help. After hours on the phone with him and getting an ambulance to take him to the hospital, the man called her again two hours later displaying the same mental health problems.

"He wasn't physically threatening anybody, so they didn't give him anything. He got no mental health help. We ignore mental health problems," Cox said. "Today I am helping people with mental illness move forward and live successfully."

Tim Reside shared Cox's experience with hallucinations and lightened the mood of the program with his story of the delusion that convinced him he was Jesus Christ and he had

to visit the White House to help President Jimmy Carter fix the country.

"I was a major mess and the next few years were hell on earth for me," Reside said, however his tone remained positive. "I have to work at this on a daily basis. I have had to learn how to deal with humiliations, shame. There's a lot of stuff like that that goes on in our lives. But I've also learned how to transform these negatives into positive opportunities."

Eric Gates continued the theme of hope by describing his work as a peer support specialist at the Veterans Recovery Center in the Oklahoma City Veterans Affairs (VA).

"My greatest achievement is working with others, helping people. I have a passion for helping people with mental illness. The struggle is real," Gates said. "A lot of the times when we have mental illness we refer to ourselves as schizophrenic. 'I am schizophrenic.' 'I am bipolar.' Instead of 'I am a person with...' We don't call ourselves Lupus. We don't call ourselves a cancer. We don't call ourselves a tumor. We own it for whatever reason because of stigma based on community involvement, based on personal involvement. We own it. We shouldn't own it because it's a part of us just like my hair color is a part of me. It's a part of us, not the entirety of us and we need to treat it like a piece of the person not like the entirety of the person."

Nadine Lewis, who has dealt with bipolar disorder, PTSD and alcoholism gave hope to those who have had thoughts of suicide.

"It wasn't like if I wanted to commit suicide, it was when I would commit suicide. I didn't think I had any value whatsoever," Lewis said. "I'm happy to report to you today that I do feel valuable. I have 14 attempts and I'm just grateful that I didn't succeed."

Lewis is a veteran of the Coast Guard and also a member of the Black Foot tribe. According to the National Congress of American Indians, Indian youth have the highest rate of suicide among all ethnic groups in the US. When asked how she would encourage Native Americans to overcome the stigma of seeking mental health help, Lewis had much to say.

"I would really encourage it. Don't think that just because you're Indian you can't say you're an alcoholic. You can. Recovery can be sought," Lewis said. "I would just encourage us to lead the way and be leaders for our people to get help."

Cheyenne tribal member Chris Tallbear, strategic prevention enhancement coordinator for the OKC Area Inter-Tribal Health Board, echoed Lewis's sentiment in getting help, but also added a cultural aspect.

"I'm a big believer in using culture as prevention. I think our identities and who we are as Indian people have a huge role in being strong. In being able to adapt. We have to seek out the knowledge, we have to seek out that information," Tall Bear said. "I don't think that taking a hard-nosed approach, like 'get over it' or 'man up' is it. Everybody is redeemable, everybody is worth something and we got to let them know that."

Many speakers agreed that the stigma associated with having mental health issues can keep people from getting the treatment available.

Jessica Ryder, a mother in recovery for drug addiction, gave the audience insight

See **Epidemic ignored** pg. 8

## Tribes SPF-TIG staff attend forum to learn new ways to reduce youth drug usage

(Concho, OK) Representatives from the Cheyenne & Arapaho Tribes Strategic Prevention Framework staff (SPF-TIG) headed to the Washington, D.C. Feb. 1-4, to join more than 2,500 substance abuse prevention specialists and advocates from throughout the country for Community Anti-Drug Coalitions of America's (CADCA) 26th Annual National Leadership Forum.

"We are so excited to be able to spend several days with other similar organizations from across the country, learning and honing our prevention skills so our community can be a better place, one that doesn't suffer from the harms of drug and alcohol abuse," Maria Farmer, SPF Specialist said. "We plan to come back reenergized with new strategies under our belt to tackle drug use in

our Cheyenne and Arapaho service area."

CADCA's Forum covered a wide range of topics, everything from how to prevent prescription drug abuse and the abuse of synthetic drugs and marijuana to how to cre-

**JUST SAY NO!**

ate tobacco-free environments and develop policies to reduce underage and excessive drinking.

The SPF-TIG coalition recently impacted the community by partnering with the Cheyenne & Arapaho R.E.Sp.E.C.T. Program and Culture & Heritage to hold monthly cultural classes out in the

communities to target Native youth and their families to come together and learn traditional ways of regalia making, language and encourage family bonding.

The coalition heard from several federal leaders including Michael Botticelli, Director, Office of National Drug Control Policy and Congressman Hal Rogers (R-KY), who received CADCA's National Leadership Award at the event. The SPF staff also met with U.S. representatives and senators at the CADCA Forum's Capitol Hill Day event on Feb. 3.

Cheyenne and Arapaho's SPF-TIG program aims to bring awareness to Congressman Frank Lucas (R), in addressing one of Oklahoma's biggest public health challenges, underage drinking and prescription drug abuse.

**DEAN'S**  
Drive Thru  
**PAWN SHOP**  
NATIVE AMERICAN INDIAN GOODS



**Dean's Drive-Thru Pawn Shop**  
2617 S Robinson-OKC, OK  
[www.deanspawn.com](http://www.deanspawn.com)  
**405.239.2774**  
"OKC's Oldest Pawn Shop"



**LUKSI CREATIONS LLC**  
1909 N. CLASSEN BLVD.  
OKLAHOMA CITY, OK  
405.839.8008  
LUKSI Creations@GMAIL.COM

**BEADS • SUPPLIES • ART • BEADWORK**

**OPEN MONDAY THRU SATURDAY**  
10 AM - 6 PM

Follow us on Twitter, Facebook & Instagram  
[www.luksicreations.tumblr.com](http://www.luksicreations.tumblr.com)

**Consignments Welcomed**

**CZECH GLASS BEADS**  
**FULL ASSORTMENT**  
**NATIVE AMERICAN ART**  
**HANDCRAFTED**  
**ITEMS**




## SHAREHOLDERS MEETINGS Tribal Government Updates



ALL MEETINGS BEGIN AT 6 P.M. - DINNER WILL BE SERVED

**Monday Feb. 29**

**Canton Community Center**

**Tuesday March 1**

**Elks Lodge, Kingfisher**

**Monday March 7**

**Clinton Community Center**

**Tuesday March 8**

**Embassy Suites Hotel, 1815 S. Meridian  
Oklahoma City**

For More Information call 405.422.7734

# Legislative News

January marks the first month of the Sixth Legislature.

This month we welcome two new legislators, Reggie Wassana, Cheyenne District 3 and Burl Buffalomeat, Cheyenne District 1. The newly elected Speaker of the Legislature is Reggie Wassana and the Assistant Speaker is Eugene Mosqueda, A1 District.

## January Regular Session

The Regular Session for January was held on Saturday, Jan. 9, 2016. Due to inclement winter weather no bills were passed. All items were tabled until the February Regular Session on Feb. 13, 2016.

According to the Constitution, the Governor may call Special Sessions of the Legislature. There were no bills that were voted down or allowed to die and the following bills were passed in a Special Session held on Jan. 15, 2016:

6L-SS-2016-0115-001 A Resolution to Authorize Governor Hamilton to sign lease contracts with Marathon Oil Company, signed by Governor Eddie Hamilton on Jan. 21, 2016.

6L-SS-2016-0115-002 A Resolution to Approve Worker's Compensation Insurance for the Lucky Star Travel Plaza and the Hammon Travel Plaza, signed by Governor Eddie Hamilton on Jan. 21, 2016.

6L-SS-2016-0115-003 A Resolution to Approve Liability, Automobile, Crime, Kidnap, Worker's Compensation Insurance for the Hammon Travel Plaza Casino, Feather Warrior Casino, Concho Travel Plaza Casino, Lucky Star Bingo and Casino, signed by Governor Hamilton on Jan. 21, 2016.

Hearing	Desc	C1	C2	C3	C4	A1	A2	A3	A4
Jan 7	Hearing/Concho Regular Session/Concho/Cancelled due to Weather	*	*	*	*	*	*	*	*
Jan 9*	Hearing/Concho Special Session/Concho	*	*	*	*	*	*	*	*
Jan 14	Hearing/Concho	*	*	*	*	*	*	*	*
Jan 15	Hearing/Concho	*	*	*	*	*	*	*	*
Jan 15	Special Session/Concho	*	*	*	*	*	*	*	*
Jan 21	Hearing/Concho	*	*	*	*	*	*	*	*

\*-Present

Districts: C1 Burl Buffalomeat, C2 Alan Fletcher, C3 Reggie Wassana, C4 Kyle Orange, A1 Eugene Mosqueda, A2 Christine Morton, A3 Patrick Spottedwolf, A4 Winslow Sankey

Jan 9\* - All Legislators marked present are all those who called into a Conference phone. It was agreed amongst those on the phone to table items until February 13, 2016 at February Regular Session.

According to the Legislative Pay Act, passed November 2015, any legislator who doesn't attend a legislative session, either special or regular, does not get paid for one week. Through January 2016 there has been one legislator who has not been paid for one week.

Please contact your legislator or the legislative clerk for additional information. The legislative clerk assistant is Andrea Main who can be reached at 405-422-7777 or by email at [amain@c-a-tribes.org](mailto:amain@c-a-tribes.org).

WINTER CLOTHING FOR THE WHOLE FAMILY  
From Nose to Toes-Children to 10XL Coats  
**Very Reasonable Prices -- LAYAWAY!!**

DEPARTMENT STORE QUALITY  
PRICES YOU CAN'T BEAT

**HUNTING CLOTHING**  
CLOTHING & GEAR HUNTERS NEED

Working Men : Canvas for Sweat Lodges  
Insulated Suits & MORE : Camping Gear/  
WE ARE YOUR WINTER : Enamel Wear  
CLOTHING STORE!! : 100s of Items!!

MILITARY WEAR & GEAR  
MEN'S WORKING CLOTHES FOR LESS  
CHILDRENS TO KING SIZE  
WE HAVE WHAT YOU NEED

WHAT A SURPLUS STORE!  
PRICES HARD TO BEAT

SAM'S BEST BUYS  
2409 S. Agnew Ave. OKC  
(405) 636-1486 - Mon-Sat. 9 a.m. - 5:45 p.m.  
SUNDAYS 1 PM - 4:45 - call first

## THE BLOOD DONOR CHALLENGE

Cheyenne & Arapaho Tribes  
Blood Drive  
Monday, February 29 • 1:30 - 4 PM  
On the Bloodmobile

For more information contact Ladonna Romannose at 405.422.7672

**AFRAID OF NEEDLES? SO WAS SHE.** #BloodDonorChallenge  
Holly describes herself as "INDESTRUCTIBLE" WILL YOU TAKE THE CHALLENGE FOR OTHERS LIKE HER?  
Donors receive a T-shirt while supplies last.

Photo ID required  
Oklahoma Blood Institute  
Texas Blood Institute  
Arkansas Blood Institute

Cheyenne Arapaho Tribes

## Elk City Screening

CHRR Program

Date: Thursday, February 18, 2016  
Time: 10:00 am to 3:00 pm  
Elk City Nazarene Church

Lydia Garvey, Clinton Public Health Nursing will be on hand to provide a presentation.  
Screening checks by CHRR for: Blood Pressure check, Blood Glucose check

For more information:  
Joyce Bulcoming, CHRR  
or  
CHRR Program at  
(405) 422-7470

- Light Snacks
- Door Prizes
- Health Information

FIFTH LEGISLATURE OF THE CHEYENNE AND ARAPAHO TRIBES  
23rd Regular Session  
Concho Tribal Complex, Concho, Oklahoma  
November 14, 2015

A BILL TO ADOPT THE LEGISLATIVE PAY ACT

ACT NO: SL-RS-2015-11-001  
DATE INTRODUCED: October 14, 2015  
SPONSORS: Bruce Whitman, District C-1, Patrick Spottedwolf, District A-3

Section 1. SUBJECT  
This law governs the pay of Legislators.

Section 2. FINDINGS  
A. The Cheyenne and Arapaho Tribes are a federally recognized Indian tribe, organized under a Constitution approved by Tribal membership on April 4, 2006 and approved by the Secretary of Interior.  
B. Article VI, Section 5(a) and (c) in the Constitution provides that "Legislative power shall be vested in the Legislature" and "The Legislature shall have the power to make laws and resolutions in accordance with the Constitution which are necessary and proper for the good of the Tribes." and  
C. Article VI, Section 5(c) states that "The Legislature shall have the power to set its own procedure consistent with this Constitution."  
D. The Constitution is silent as to pay for Legislators and so their compensation should be set by law.

Section 3. Substantive Provisions.  
**LEGISLATIVE PAY ACT**

1. TITLE  
This Act shall be cited as the "Legislative Pay Act of 2015."

2. DEFINITIONS.

As used in this Chapter:

A. "Legislator Pay" means monetary compensation provided to elected Legislators for their service to the Tribes' government.  
B. "Absent" means missing a vote at a regular or special session.  
C. "Session" means a Regular Session or Special Session.

3. UNEXCUSED ABSENCES.  
A. Legislators are expected to attend all Sessions.  
B. An absence is presumed to be unexcused unless and until the absent Legislator makes a motion in a later session to find the absence excused and a majority of the other Legislators present vote to excuse the absence.  
C. If a Legislator has an unexcused absence from one or more Sessions during a week, then one week of pay will be forfeited.

END OF SUBSTANTIVE PROVISIONS

Section 12. Construction  
This Act shall be liberally construed to carry out its purpose. The effectiveness and enforceability of this Act shall not be dependent upon the adoption of any regulations unless otherwise required by law. Nothing contained in this Act or regulations promulgated hereunder shall be construed to diminish, limit or otherwise adversely affect any right, remedy held or available to the Cheyenne and Arapaho Tribes.

Section 13. Severability.  
The provisions of this act are severable and if any part or provision hereof shall be held void the decision of the court so holding shall not affect or impair any of the remaining parts or provisions of this act.

Section 14. Effective Date  
This law shall be effective as provided by the Constitution.

Bruce Whitman  
Speaker of the Fifth Legislature  
Cheyenne and Arapaho Tribes

ATTEST:  
I, Ramona Tall Bear, hereby certify that the foregoing is a true and correct copy of Bill number SL-RS-2015-11-001, which was passed by the Legislature of the Cheyenne and Arapaho Tribes in the Fifth Legislature Regular Session, by a roll call vote on the 14<sup>th</sup> day of November 2015, by a vote of 14 for, 2 against, 2 abstaining, and 1 absent.

The Roll Call Vote

Dist.	Legislator	Yes	No	Dist.	Legislator	Yes	No
C1	Bruce Whitman	✓		A1	Eugene Mosqueda	✓	
C2	Alan Fletcher	✓		A2	Christine Morton	✓	
C3	Cheovon Heap of Birds	✓		A3	Patrick Spottedwolf	✓	
C4	Kyle Orange	✓		A4	Winslow Sankey	✓	

Ramona Tall Bear, Legislative Clerk  
Cheyenne and Arapaho Tribes

The Bill number SL-RS-2015-11-001 was received by the Governor's office of the Cheyenne and Arapaho Tribes on the 14<sup>th</sup> day of November 2015 at 10:27 o'clock A.M. pursuant to § 7 Article VI of the Constitution and will become effective 30 days after signature by the Governor or the Legislature's veto override or as otherwise provided by law unless repealed by the Tribal Council.

Stephanie Romannose  
Governor's Representative  
Cheyenne and Arapaho Tribes

SIGNED  
VETORED, Attachment: Governor's written explanation of any objections.  
On the 14<sup>th</sup> day of November 2015.

Eddie Hamilton, Governor  
Cheyenne and Arapaho Tribes

Veto Override: I, Ramona Tall Bear, hereby certify that the foregoing is a true and correct copy of Bill number SL-RS-2015-11-001, which was passed veto override by the Legislature of the Cheyenne and Arapaho Tribes in the Fifth Legislature Regular Session, by a roll call vote on the 14<sup>th</sup> day of November 2015, by a vote of 14 for, 2 against, 2 abstaining, and 1 absent.

The Roll Call Vote

Dist.	Legislator	Yes	No	Dist.	Legislator	Yes	No
C1	Bruce Whitman	✓		A1	Eugene Mosqueda	✓	
C2	Alan Fletcher	✓		A2	Christine Morton	✓	
C3	Cheovon Heap of Birds	✓		A3	Patrick Spottedwolf	✓	
C4	Kyle Orange	✓		A4	Winslow Sankey	✓	

Ramona Tall Bear, Legislative Clerk  
Cheyenne and Arapaho Tribes

A copy of Bill number SL-RS-2015-11-001 was submitted to the Tribal Council Coordinator of the Cheyenne and Arapaho Tribes on the 14<sup>th</sup> day of November 2015 pursuant to Article VI, Section 7(v), of the Tribes Constitution and will become effective thirty days after signature by the Governor or thirty days subsequent to a successful veto override, unless otherwise provided by this law or unless validly repealed by the Tribal Council.

Stephanie Romannose  
Coordinator of the Tribal Council  
Cheyenne and Arapaho Tribes

A copy of Bill number SL-RS-2015-11-001 was submitted to the Office of Records Management of the Cheyenne and Arapaho Tribes on the 14<sup>th</sup> day of November 2015 pursuant to Article VI, Section 7(v), of the Tribes Constitution and shall be compiled into a comprehensive Code in an orderly manner that shall be published annually.

Diana D. Williams  
Records Manager  
Office of Records Management  
Cheyenne and Arapaho Tribes

# Free Prosecutor Training: National Institute on the Prosecution of Sexual Violence in Indian Country

The National Indian Country Training Initiative, in partnership with AEquitas: The Prosecutor's Resource on Violence Against Women, an Office on Violence Against Women (OVW) funded Technical Assistance provider, announces the National Institute on the Prosecution of Sexual Violence in Indian Country (NIPSVIC).

The training will be held April 12-15, 2016, at the National Advocacy Center in Columbia, S.C. Travel and lodging accommodations will be paid for by the Department of Justice's Office of Legal Education. There is no tuition charge for this training.

The National Institute on the Prosecution of Sexual Violence in Indian Country (NIPSVIC) is a three and a half day course designed to challenge participants to reevaluate their approach to prosecuting sexual violence crimes. The NIPSVIC will explore the complex issues faced by prosecutors in balancing offender accountability and the impact of criminal prosecution on victims.

In addition to practical case evaluation and litigation skills, the curriculum will ex-

amine the benefits of developing a coordinated, victim-centered community response; explain common injuries and relevant medical evidence, and offer guidance on the use of medical experts; explore ethical issues confronted by prosecutors; address the development and improvement of culturally-sensitive victim services and offer prosecutors the ability to redefine outcomes and the very nature of justice in sexual violence cases.

The NIPSVIC will offer hypothetical case problems, role-playing exercises, small group discussions, mini-lectures and faculty demonstrations. Rather than merely attending a series of legal lectures, participants will examine their current attitudes and practices by employing active case evaluation, preparation and trial skills to respond to sexual violence in the varied contexts in which it occurs. The highly interactive format enables prosecutors from different jurisdictions, with varied levels of experience, to learn from one another and engage in "real-life" scenarios that are readily transferable to their everyday work.

## GAMING DISTRIBUTION REPORT YEARS 2014-2015

GAMING DISTRIBUTION COMPARISON 2014 - 2015

DATE	2014	2015
JAN	\$ 3,052,752.53	\$ 3,149,025.29
FEB	\$ 2,929,385.00	\$ 4,083,691.60
MAR	\$ 5,159,156.00	\$ 5,026,937.58
APR	\$ 3,752,138.67	\$ 4,387,520.40
MAY	\$ 2,975,331.48	\$ 4,117,261.70
JUN	\$ 4,340,129.00	\$ 3,879,289.25
JUL	\$ 2,936,190.00	\$ 3,405,784.30
AUG	\$ 2,641,794.00	\$ 3,175,454.38
SEP	\$ 4,256,163.00	\$ 3,916,856.07
OCT	\$ 3,292,601.00	\$ 2,744,303.82
NOV	\$ 1,649,021.00	\$ 2,021,906.46
DEC	\$ 5,004,925.39	\$ 2,212,760.96
TOTAL	\$ 41,989,587.07	\$ 42,120,791.81

## Cheyenne and Arapaho

Tribal Tribune  
P. O. Box 38, Concho, OK 73022 Fax: 405-422-8204

Shaida Tabrizi, Reporter/Advertising Sales  
405-422-7608 [stabrizi@c-a-tribes.org](mailto:stabrizi@c-a-tribes.org)

Society of Professional Journalists members

Oklahoma Press Association member

Native American Journalist Association member

DISCLAIMER: Letters to the editor, opinions and commentaries do not reflect the views of the Tribune unless specified. Correspondence must be signed, and include a return address and telephone number for verification, otherwise it will not be published. The Tribune reserves the right to edit letters, for clarity and length. Submission of a letter does not guarantee its publication. Photographs, news stories or other materials in this publication may not be reprinted without prior permission. Printed by Lindsay Web Press, Lindsay, Okla.

2010-2015 NATIVE AMERICAN JOURNALIST ASSOCIATION MEDIA AWARD WINNER & 2012-2015 AWARD WINNER OF THE OPA BETTER NEWSPAPER CONTEST

## Clinton Service Unit's 'Antibiotic Stewardship Program' improving the use of antibiotics

(CLINTON, OK) Antibiotics are among the most frequently prescribed medications in the United States. Many varieties are available to treat and cure minor and life-threatening infections. Through the Antibiotic Stewardship Program (ASP), Indian Health Service, Clinton Service Unit (CSU) continues to find ways to improve the use of antibiotics and increase patient health outcomes.

"Each antibiotic is effective for certain types of infections," said Dr. Sarah Hartnett, CSU chief medical officer. "When antibiotics are overused or misused, it may contribute to the growth of certain types of infection and increase the resistance against certain antibiotics used in treatment. The ASP is designed to ensure our patients receive the right antibiotic, at the right dose, and for the right duration."

To improve use of antibiotics amongst

CSU, the ASP team regularly reviews clinical data. Dr. LaTanya Austin provides clinical guidance and education on patterns of antibiotic resistance in the community. Pharmacists LCDR Cody Crouch and LCDR Cassandra Clark work with Becky Johnson, clinical applications coordinator, to update the clinic's health records and assist providers in choosing the correct antibiotic. Jane Nickel, infection prevention, monitors resistance patterns in the community and antibiotics providers order to identify areas for improvement and provide our patients with the best option for treatment.

The vision of the Clinton Service Unit is to provide quality health care services focusing on prevention, restoration and collaborative relationships that are valued and "exceed the needs" of our patients, community and tribal partners.

## Fans don't let fans drive drunk

By Shaida Tabrizi, Reporter

The Broncos may have won Super Bowl 50, but the real winners were all those who kept the party inside and off the roads.

On Feb. 4 and 5, the Cheyenne & Arapaho tribes' Tribal Transportation Safety Program (TTP) hosted pre-Super Bowl tailgate parties for tribal employees in Clinton and Concho, Okla. Food and games awaited all who attended, as well as some important tips on how to stay safe while still having fun.

The program invented a new game to drive home the effects of how dangerous drunk driving really is. Participants put on alcohol impairment simulation goggles and attempted to shoot a large ball into oversized red

Solo cups, a sort of beer goggle pong. Amid all the many misses, hooting and laughter from the tribal employees in attendance, TTP Director Angela Blind encouraged everyone to enjoy themselves responsibly during the Super Bowl, by either using a designated driver or a driving service like Uber.

"I think it really drove home the effects of drinking and driving," Blind said.

Those lucky enough to score in the beer goggle pong game won a t-shirt emblazoned with the logo 'EN-DUI.' The TTP had worked closely with the Oklahoma Highway Safety Office to make the movement more exciting to C&A tribal members by putting the tribes' name



Photo by Shaida Tabrizi  
Tribal employees in Concho, Okla. play a new game from the Tribal Transportation Program simulating the dangerous effects of drunk driving.

under the logo and filling it with a tribal pattern.

Blind said that the program chose to begin with employees first for the tailgate parties due to time and circumstances but plans to host larger events throughout the tribal community in the future.

## Ninth annual Doyle Lonelodge Memorial Basketball Tournament Winners



Courtesy photo

The ninth annual Doyle Lonelodge Memorial Basketball tournament was held Jan. 30-31 in Clinton, Okla.

The family of Doyle Lonelodge congratulate this year's winners. Pictured l-r: Latoya Lonelodge, Jackie Beard, Denise Lonelodge, Tommy Lonelodge, Parry Roman Nose, Alan Rednose, Michael Jones, Andre Runnels, Jonah Lobaugh, Bryon Elledge and Caleb Gilbert.

## LAND BUY BACK NOTICE

Over the past several weeks, tribal members should have received a card from the Office of Special Trustee (OST) asking interested sellers of fractionated interests to please call OST at the number provided.

It is very important that everyone interested in selling fractionated shares or may be interested call the number on the card. At present the Cheyenne and Arapaho Tribes

show a relatively low percentage of interested sellers. It would strengthen the Tribes' efforts in being considered and accepted into the Buy Back Program if we can raise the percentage of interested sellers. Tribal members are not obligated by calling OST to sell their land. This simply demonstrates an interest.

Please call 888-678-6836

## 18<sup>th</sup> Annual Native Diabetes Prevention Conference

(CONCHO, OK) The Cheyenne & Arapaho Diabetes Wellness program staff attended the 18<sup>th</sup> annual Native Diabetes Prevention conference entitled, "Protecting the Generations a Lifespan Approach to Preventing Diabetes." The conference was held Jan. 24-27 in Phoenix, Ariz. Below are excerpts from the program staff about their experiences.

**Program Director Gloria Bellymule-Zuniga**

"The first day keynote presentation was regarding "Wound Management" by Kham Vay Ung, D. P.M. Foot and Ankle Clinic PC, he reported that there are 16 million Diabetes Mellitus (DM) cases in the Americas and 600,000 diagnosed and into health care each year. DM affects 15 percent of the American population by age 65 and most astoundingly affects 50 percent of the American Indian/Alaska Native population each year. Amputations are 15 times more likely in people with DM and there are 67,000 amputations per year of the lower extremities. A majority of DM complication are from decreased blood flow to lower extremities which leads to Peripheral Vascular Disease thus 56 percent of patients have a three to five year survival rate after the first amputation. Education in self-management care is of utmost importance to a person living with DM and foot care is part of self-care. Amputations do not have to happen if we take control of our care."

**Lana Little Elk, Data Entry Clerk**

"The conference was informative for staff that serve diabetic clients. Learning not only the prevention information but how staff that service clients can deal with and inform client was extremely helpful. The positive environment and support programs that are out there and available to not just the diabetic community but, the people who treat/service diabetics. That diabetes is preventable with education and not just medical treatment was a whole new outlook for me. I enjoyed the session, 'I am not a diabetic, I am a human being' by Alex McComber. He had such positive and insightful information derived from research within his own tribal community as to when/where this disease started and how many generations it has affected and what his tribe is doing to combat the disease. I also attended 'Stress care-activating self-health with presence, power and purpose.' This session was fun and specifically addressed the staff that service diabetic clients. The releases of how to deal with stress was extremely helpful that once you learn how to get in

touch with one's self you can then help others. The positive reinforcement needed when delivering educational material to the diabetic community within our tribal community is essential."

**Yolanda Van Hook, Optometry Tech**

"I would like to take this opportunity to thank the Diabetes Wellness Program for giving me the chance to attend the conference this year. One of the keynote speakers this year was Dr. Kham Vay Ung, D.P.M. Foot and Ankle Clinic PC wound management. He taught those of us who work in the diabetes programs that not all clients who get their legs or feet amputated actually need the amputations. He showed a power point of his clients that just needed wound care and proper actions of taking care of their feet or legs. Seeing what he did for his clients shows us as a diabetes program, who issue shoes, that we can educate and do the foot exam to show our diabetic clients the care and education they can start doing for themselves as well as keeping up their doctors and podiatry appointments. This will ensure that our clients and our people that they need to take care of themselves and their families."

**Esther Wilson, Fitness Coordinator**

"The workshops I attended were very interesting, what I brought home is what I'm putting out there for clients. What am I offering of myself? I hope to be a positive example for all those that come through our doors. Also through diet and exercise one can overcome diabetes. Two sisters in particular have done half marathons, 5ks and have done Ironman contest together to beat the disease ... they were very inspirational!"

**Anna Old Bear, Administrative Assistant**

"One of the many sessions I attended was the American Indian Youth Wellness Initiative by Francine C. Gachupin, PhD, MPH, Jemez Pueblo, Assistant Professor, and University of Arizona. I learned that obese individuals are at higher risk for cardiovascular disease, high blood pressure, dyslipidemia, type 2 Diabetes Mellitus and stroke. I was taught trends in the prevalence of obesity among Native American Indian Tribal youth during past 20 years. Participants included Native American Indian boys and girls ages 10-15 years from 14 different tribes primarily in Southwest Arizona who attended a one-week residential summer wellness camp from 1995 to 2015. There was consistently a high prevalence of obesity and severe obesity among American Indian Tribal youth. Boys

displayed a higher prevalence and severity of obesity compared to girls. Also the camps encouraged campers to practice the numbers 8-5-2-1-0 method daily which means to get 8 hours of sleep, eat 5 fruits or vegetables, 2 hours of screen time, 1 hour of physical exercise and 0 sugary drinks. This youth camp provides prevention and awareness for Diabetes Mellitus Disease."

**Kathy Shawnee, Nurse Case Manager**

"The overall conference was very good. The speakers at the breakout sessions I went to were interesting. The one that stands out the most was 'The Neuropathic Limb: Hands on Foot.' The presenter was a certified orthotist. He showed graphic pictures of diabetic feet of patients that had ulcers, amputated limbs, some that were broken down to the tendons. He works with Hanger prosthetics and he sent around a brace/boot his program fits their diabetic patients with to help take the pressure off the feet and it promotes healing of the ulcers. The orthotist said their program has prevented several amputations. Ideally, it would be good if all Indian Health Service, rural, tribal or urban clinics could work with a prosthetic company to provide these braces or specially molded boots to prevent unnecessary amputations. Realistically, due to cuts in funding, most programs like us will have to work harder on diabetes prevention."

**Kerri Felmlee, Dietitian**

"The most useful, exciting and innovative lecture of the conference covered the art of self-health. It provided a great resource for anyone who is seeking ways to feel better, have more energy and live a life full of enjoyment, personal effectiveness and meaning. It was filled with information and inspiration from the lecturer's personal journey through life's challenges and upheavals and provided everyday skills and practices to restore and maintain wellbeing to the whole self. The lecturer's teaching model bridges seven dimensions of well-being with the seven energy centers, or chakras, and was supported by photographs and illustrations to guide the viewer in their everyday personal application. Skills and practices were taught that support positive change and increased resilience in physical, emotional, occupational, relational, self-expressional, mental and spiritual well-being. This lecture reiterated the lesson we are shown in the medicine wheel that if part of our person is out of balance, our whole person is out of balance, both as an individual, as well as a community and society."

## BRIEFS AT A GLANCE

### Audit Preparation for Tribes and Tribal Organizations

Feb. 23-24, 2016 at the Platinum Hotel in Las Vegas, Nev. For more information or to register visit [www.falmouthinstitute.com](http://www.falmouthinstitute.com).

### The Essentials of Indian Law-Everything You Need to Know to Work in Indian Country

Feb. 24-25, 2016 in Seattle, Wash. For more information or to register visit [www.falmouthinstitute.com](http://www.falmouthinstitute.com).

### The 2016 Healthy Native Communities Fellowship Leadership Training

Feb. 28-March 4, 2016 in Scottsdale, Ariz. For more information or to register visit [www.ncai.org](http://www.ncai.org).

### Indian Gaming Tradeshow and Convention

March 13-16, 2016 at the Phoenix Convention Center in Phoenix, Ariz. For more information or to register visit [www.indiangaming-tradeshow.com](http://www.indiangaming-tradeshow.com).

Conducting Credible

### Tribal Elections

March 21-22, 2016 in Phoenix, Ariz. For more information or to register visit [www.falmouthinstitute.com](http://www.falmouthinstitute.com).

### The National Center for American Indian Enterprise Development-National Reservation Economic Summit

March 21-24, 2016 at the Mirage Hotel & Casino in Las Vegas, Nev. For more information or to register visit [www.res.ncaied.org](http://www.res.ncaied.org).

The 34th annual Nation-

### al American Indian Conference on Child Abuse and Neglect

April 3-6, 2016 in St. Paul, Minn. For more information or to register visit [www.firstnations.org](http://www.firstnations.org).

### The 41st annual Indian Law Conference

April 7-8, 2016 at the Talking Stick Resort in Scottsdale, Ariz. For more information or to register visit [www.fedbar.org/Education/Calendar-CLE-events/41st-Annual-Indian-Law-Conference](http://www.fedbar.org/Education/Calendar-CLE-events/41st-Annual-Indian-Law-Conference).

### Developing Tribal Youth Summer Camps and Programs

April 12-13, 2016 at the Embassy Suites in Las Vegas, Nev. For more information or to register visit [www.falmouthinstitute.com](http://www.falmouthinstitute.com).

### Employment Law for Tribes and Tribal Organizations

April 25-26, 2016 at the National Indian Program Training Center in Albuquerque, N.M. For more information or to register visit [www.falmouthinstitute.com](http://www.falmouthinstitute.com).

### Supervision and Management Skills: Leadership in the Tribal Workplace

April 27-28, 2016 at the Double Tree Hilton in Albuquerque, N.M. For more information or to register visit [www.falmouthinstitute.com](http://www.falmouthinstitute.com).

### The 2016 Amerind/National American Indian Housing Council Conference & Trade Fair

May 9-11, 2016 at the Hilton Hawaiian Village Waikiki Beach Resort in Honolulu. For more information or to register visit [www.naihc.net](http://www.naihc.net).

## Online Predators

continued from pg. 1

friends and you are going to Sonic a bunch, Instagram has imaging software in the background that will pick that up.”

Kik is another app designed by an Internet company when limitations were still on text messaging. Using a Wi-Fi connection you could use Kik and it couldn't be detected on a cell phone. It allows people to send pictures, it allows videos and will automatically integrate with contacts in the phone, adding them to their list.

“What Kik will also do is allow people to search for specific age groups like 15 or 16 year olds say in Oklahoma City area. Kik was also one of the first chat apps used for sexting. The newest one now is Snapchat. Why Snapchat? There are apps you can download for free on Google that will integrate with Snapchat and siphon every picture and every video without alerting the other person,” Flowers told the audience, whose faces looked as if they were seeing a ghost. “Snapchat was designed for sexting and you will never convince me otherwise. Why else would someone design an app that will take a picture and delete itself after 10 seconds? What is the purpose of that?”

Flowers went on with explaining an app that he said should never be on a child's phone ... ever.

Text Plus.  
“Text Plus is a very dangerous app and a child should never have this app on their phone ... period. This app gives your phone an Internet phone number, a ghost number, that means that phone has two numbers. It will ring its Internet number and its assigned phone number. Here's the danger part, a predator gets your kid to use Text Plus because he doesn't want to get caught and the phone

number we find on the predator's phone comes back to a Text Fee number ... that's the end of the trail. You cannot locate an Internet phone number and predators know this,” he said.

By this time, parents in the audience were raising their hands shooting questions at Flowers one after the other. “What can we do as parents?” “How do we stop this from happening to our kids?” “Do parental controls stop this activity?”

Flowers shared with concerned parents techniques available to monitor their child's phone as well as parental apps that can access the phones. One technique he explained is “jailbreaking.”

Jailbreaking (unlocking) a phone is a way to gain root access to smartphones. Smartphones come with limitations such as you cannot access every file, protected files or hidden files on the phone without first unlocking the phone. The advantages of jailbreaking a phone is it allows the person to have full read, write and rewrite permissions, the ability to modify the operating system, install new operating systems, modify hardware settings and install advanced parental apps. Some parental apps available are Phone Sheriff, text monitoring on Android, IOS and PCs, My Mobile Watchdog, more features on Android than IOS, but will allow review of text messages sent and received, TxtWatcher, reviews text messages only, no IOS and Teen Safe, reviews text messages, photos for IOS and Android.

“We seem to forget that the danger of opportunity lies on these cell phone devices. These devices have led to more child abductions than strangers walking down the street asking, ‘have you seen my lost puppy?’ Why?



Canadian County Sheriff's Internet Crimes Against Children Unit's Lt. Adam Flowers has devoted his life to catching online sexual predators, especially those targeting children living in Canadian County. Photos by Rosemary Stephens

Because the risk is less on a cell phone. Because predators can build trust and they can build a reputation, so the child will think they are meeting their boyfriend or girlfriend and then when they realize something's wrong ... it's too late,” Flowers said.

Moving on from the social apps, Flowers presented a slideshow on actual case studies of predators apprehended in Canadian County.

The first mug shot filled the screen with the name Tyler Ward, who Flowers said had a

beautiful wife and beautiful kids.

“Ward started with child pornography, but that wasn't enough, he started setting up cameras. His next door neighbors had a 13 year-old daughter he started filming and watching her change. He would go to Chuck E. Cheese, sit in the parking lot and film kids entering and leaving while masturbating. He would do the same thing at the Yukon Wal-Mart. We executed the search warrant, go in

See **Online predators** pg. 7

## Art winners

continued from pg. 1

calendar.

When asked about her inspiration for her chosen subject, Hunter replied that she liked western themes for her art, “because of living in Oklahoma, you think of westerns and fields and farmers.”

While acrylic is her favourite medium Hunter really likes working with pen and ink and also in water colour.

Although never really thinking about art as art until the seventh grade when she began in Mrs. Hursh's art class, Hunter and many of the art students have taken advantage of the opportunities afforded them in the various shows and contests throughout the year.

As Hunter says, “Contests and shows give recognition of true talent and without competition, what would make me want to further enhance my skills?”

Hunter's plans for developing her art and fulfilling her ultimate goals include a Bachelor of Arts or an Associate's degree in Native Indian history (which will lay a foundation for her artwork), after which she hopes to transfer to the Institute of American Indian Arts located in Santa Fe, N.M.

This was just an aside in our conversation, but the walls in Hunter's home have become a new canvas for her as she has entered her “mural phase.” As she very succinctly declared, “A world without art is.... eh!”

Lizeth Van Pelt is the second place winner of FSB's calendar contest and her acrylic painting, entitled “Screaming Eagle” graces the front cover of their small wall calendar and is also the featured picture for the month of July.

Lizeth said that inspiration for her picture came when “it was summertime



and the house was really warm” and she thought of eagles.” Indeed, the hot colors used as a backdrop for her screaming eagle certainly speaks of a hot summer sky.

Pen and ink is Lizeth's preferred medium with acrylic perhaps her second most preferred material with which to work. Both artists agree that one reason they work so much with acrylic is because it applies easily and dries quickly.

The motivation for entering shows and contests for Lizeth is that they are a vehicle for “letting people know my style of art and I want it to be well recognized.”

Lizeth began seriously pursuing her art in the eighth grade when she “saw Hunter's art and saw the emotion expressed in it. Hunter was an inspiration.”

Her desire for the future is to “pursue commercial art and to go to school in Montana at the Crow agency school for Native Indian students.”

Lizeth believes “when you do art you are telling a story and maybe part of your history.”

As a part of the girl's award, they received Sonic gift certificates and the calendars in which their art was featured.

## PACT

continued from pg. 1

our streets in ways that can be terrifying to people in the community, to people in law enforcement,” Legal Director of ACLU-OK Brady Henderson said. “What we are doing today is really quite simple though. It's a step. It's a way to come together and say here is a way forward. Here is a way that we can work together to trust each other, to build that trust in the community. So that we can react better when something happens in our community.”

The solutions ranged from implementing anti-bias and de-escalation training for police officers to increasing public education to help parents teach their children to better deal and communicate with law enforcement.

“I don't think you're going to see a police chief up here that doesn't want to do a better job,” Oklahoma City Police Chief William Citty said. “I can tell you right now on behalf of law enforcement agencies we want to make things better.”

The ‘Coffee with a Cop’ provision where community members are invited to stop by a local coffee shop and visit with a police officer, which is currently in place in Norman, is on the list as well, with plans to implement the model in more areas.

“The PACT initiative is genuinely an evolution in how we the community and law enforcement communicate, resolve mutual problems and prevent future crisis,” Vice-chairperson of the PACT Coalition Sara Bana said at the proclamation signing.

Bana works as a case manager and public advocate for the non-profit agency Civic Services Community Advocacy. She co-founded the citizen's coalition Ending Violence Everywhere (EVE) with a group that included mental health therapist Dr. Dwain Pellebon who also serves as the Chairperson for PACT.

“We deal with victims

of violent crimes or just social injustices all the time,” Bana, who has worked with Native American communities as well, for instance in the Justice for Mah-hivist case, said. “We started EVE as a citizen's coalition to focus on reducing the rate and culture of violence here in Oklahoma and that's how PACT came about.”

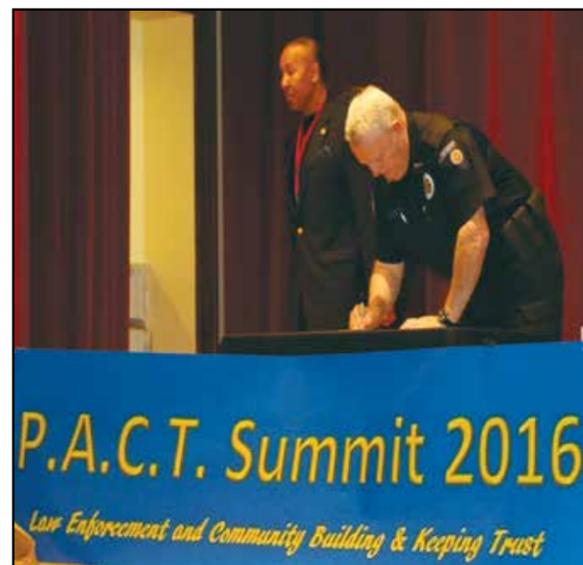
Pellebon and Bana's motivation for creating a coalition that would formulate and put into effect specific solutions throughout multiple communities stemmed from their many experiences in public rallies and forums which seemed to have little tangible effect.

“As advocates you always get invitations to these rallies where you're there to speak or just participating and it was really frustrating because all we saw were really angry, frustrated people and we kept going to these rallies but nothing was really being changed,” Bana said. “And that's not to say that rallies don't matter or forums shouldn't take place, but we've got to be able to communicate and solve problems. We kind of wanted to bring people together to focus on solving the problems and healing together versus, we're not getting anywhere, we're just pointing fingers.”

Pellebon's speech at one such forum in Oklahoma City would prove to be prophetic.

“I said, ‘I understand that these forums happen. I attend these. But here's what I think is going to happen: You're going to meet. The problems are going to be stated. They're going to give some answers. People are not going to leave satisfied. And then it's going to go away because emotionally they vented. But there's no mechanism to take it any step further.’ And little did I realize at that moment that Sara and I would be part of building the coalition of EVE which would lead to the PACT summit,” Pellebon said.

National media atten-



Above Cleveland County Sheriff Joe Lester signs the Police and Community Trust (PACT) proclamation, approving concrete solutions to increase law enforcement and community trust.

Vice-Chairperson Sara Bana encourages all at the Police and Community Trust (PACT) Summit to support the goal of building trust between law enforcement and community members to help prevent future crisis.

Photos by Shaida Tabrizi

tion regarding instances of police violence against minorities throughout the country and movements such as the Black Lives Matter or Native Lives Matter played a part in the PACT Coalition as well.

“The national stories, of course, had affected us but in reality we live in the trenches of those stories,” Bana said, going on to explain that community leaders and citizens must get involved if they want change to occur. “The policies that law enforcement has, at some point are suggestions that then become policies. We as citizens allow the policies to go on the books. So, really if we're not okay with a police officer pulling out a gun and shooting the next time he's confronted by someone who may be dangerous, maybe that doesn't need to be the policy of our police departments. It's a time when community members and citizens and experts need



to get involved in law enforcement.”

Though the coalition has begun with central Oklahoma, it plans to expand the PACT model to build trust between law enforcement and the community as far as possible by recruiting members and stakeholders from a variety of areas.

“If there's a person who believes there should be a stakeholder representative for let's say Native Americans,” Pellebon said. “You can join us and help us because we need assistance, we need support from the community. There could be two levels: a voting stakeholder who is a representative of an organization or it could be a community member who is a member of the coalition. Because you believe in what we're doing. What the body produces, you helped carry it out.”

For more information, call the EVE office at 405-255-8503.



# The Dating Game

By Shaida Tabrizi, Reporter

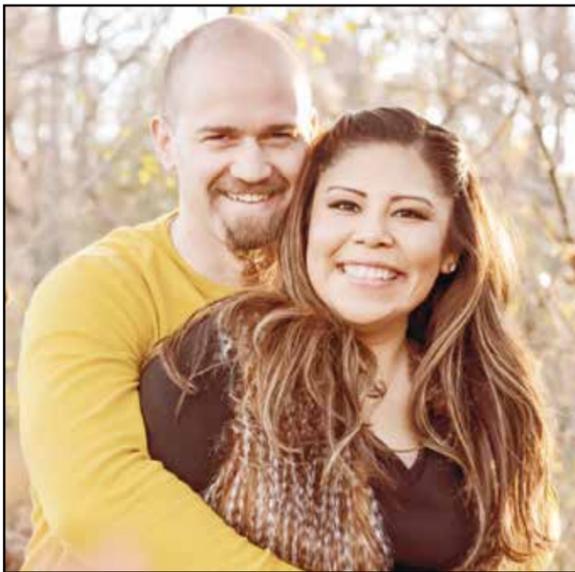
“You two seem so happy! What’s your secret?”

Valentine’s Day gets a lot of grief for its origins, commercialism and overabundance of corny gimmicks. Yet the idea of taking a day to celebrate love continues to thrive. As a way to participate in the fun, the *Tribal Tribune* took the opportunity to interview three different dating couples who either work for or are a part of the Cheyenne & Arapaho tribes.

One couple works in the same building, sharing breaks and lunches everyday. Another works in different locations, coming together after work to discuss their busy days. And another spends the majority of each week on opposite schedules, carving out time for each other as much as possible. Each has a unique story and perspective on how to make things work.

## Aaron Zangmeister and Caressa James

Aaron works the hectic schedule of an overnight paramedic for the Oklahoma City Emergency Medical Services Authority (EMSA). Caressa works in the Executive branch of the C&A tribes as a research and development specialist. They live together in northwest Oklahoma City with their cats Rocket and Catniss.



(Courtesy Photo)

*How long have you been together?*

**A:** A long time.

**C:** 2008, so close to seven and a half years.

*How did you meet?*

**A:** We met at work. I was sitting by the EMS room and she started texting me and then we hung out, got to know each other.

**C:** We worked at the hospital in Watonga together. He worked in the ER and I worked on the floor. I had to work in the ER sometimes so we just kind of met that way.

*What did you do on your first date?*

**C:** We went to the movies and we ate. I remember it.

**A:** I don’t (laughing)

**C:** I remember because he took me to see Pineapple Express.

*What is your favorite thing to do together?*

**A:** I think we’re two old souls. We’ll go to the movies, visit her friends and family.

**C:** We’re homebodies. Oh, we play HALO too.

**A:** We do nerd out at home in front of the tv with the xbox. We’re young in that respect.

*How often do you talk to each other every day?*

**A:** She would probably say not enough. I would say all the time. Usually I’ll get home and wake her up. And I’ll call or text her on the way to work and 2 or 3 times throughout the night.

**C:** He works 12-hour shifts 4 nights a week. He works 4 p.m. to 4 a.m. so by the time I get home he’s gone, but he’ll always call me or text me when he wakes up and he calls me while he’s on the go. I always tell him good morning or give him a kiss before I go out the door.

*What is the sweetest thing your significant other has done for you?*

**C:** There was one Valentine’s, we’ve pretty much always worked in the hospital setting so we were used to doing 12’s. I would work every other weekend and he’d just do 24-hour shifts, three of them in a row. I remember Valentine’s Day fell on a weekend and I came home as he was going to work, he had left a whole bunch of Valentine’s cards all through the house. It was cute. And it led to a gift, I had to follow all the cards to get to it.

**A:** I always start my day off with breakfast, one day she made me breakfast, that was totally unexpected. I’m so glad we’re still alive because she didn’t burn the house down. It was great.

*How do you make up after a fight?*

**C:** Now we normally just talk about it and try to go from there.

**A:** Try to come to some sort of common ground or understanding and go from there.

*What is the best relationship advice you ever received?*

**A:** To work on yourself and work on a strong relationship.

**C:** Always be supportive and understanding of one another. Always try to find a common ground. Be understanding about the other person being messy (laughing).

*What do you think is the key to a successful relationship?*

**A:** Probably honesty. Quality time, spending good quality time together.

**C:** Being understanding. Communicating well with one another. Don’t make mountains into mole hills. That’s my core advice.

*What are your Valentine’s Day plans?*

**C:** We like to wing it and play it by ear.

**A:** Yeah I try to do that more because if I try to nail something down in a timely manner, it’s just terrible. We’re not on time, one of us is kind of late, the other is super late and things just fall apart from there.

**C:** We usually go out to eat or we’ll gift each other something. We try to get crafty and nifty after eight years.

**A:** I think we try not to make our expectations super high for things like that, that way we’re pleasantly surprised if

it works out.

**C:** He normally comes through with something really good so it’s always a bit of a surprise.

## Kevin Birdshead and Jennifer Riggles

Kevin has worked for the C&A tribes since 2012 as a security guard in the past and now as a bailiff for the tribal court. Jennifer spends her days surrounded by children at Child Care Development as the Concho Center Manager. The couple lives together in El Reno, Okla. with Jennifer’s two children Aidon and Annabella.



*How long have you been together?*

**K:** Since 2011, so five years.

*How did you meet?*

**J:** Well we saw each other in Oklahoma City at a club and he came over. We met through a mutual friend.

**K:** I saw her before at a house party.

**J:** But I didn’t see him, so it doesn’t count. In March is when we started talking, exchanged numbers, talked on the phone for a while. Because we were both going through a breakup at the time.

*What did you do on your first date?*

**K:** Thunder Alley. Jennifer almost got dumped that night because she was going for the Lakers and it was game six and we went into overtime and we got beat.

**J:** What did I say? Kobe shot that last one and that’s what won it for the Lakers. I was like ‘Go Kobe!’

**K:** And it was like a slow moment, everything just got quiet. And the crowd slowly turned around and looked in our direction. But we survived that (Laughing).

*What is your favorite thing to do together?*

**K:** ‘The Walking Dead’, movie theaters, Netflix.

**J:** Mainly movies. And home. I think because we’re so busy from work and his second job and then the kids ... it’s relaxing just to be home. Even on the weekends, the kids are ready to do something.

*How often do you talk to each other every day?*

**K:** I think we talk to each other every day for a few hours. Either I’m telling you something or you’re telling me something.

**J:** Our breaks don’t match up typically at work. But yeah we talk about work or the kids or what happened during the day.

*What is the sweetest thing your significant other has done for you?*

**J:** I think, taking in my kids. Because it’s a lot of responsibility.

**K:** The most memorable thing was, out of the blue, I was working security then and had worked like a 16-hour day and was ready to go home and go to bed. We go home and Jennifer says ‘Change. Put on something nice, we’re going to the city.’ We went and saw Jay-Z out of the blue. It was sweet, just out of nowhere.

*How do you make up after a fight?*

**K:** Significant time alone to deal with the situation yourself to the point where when we do see each other, you can talk or I can talk.

**J:** Usually I’m apologizing or he’s apologizing or we’re doing both. Or we’re just letting it go and moving on.

*What is the best relationship advice you ever received?*

**J:** Mine was recently. One of his family members came here and talked to me. She’s always like ‘You have to think about him and not yourself.’ She said all couples fight. You can go outside, you can go in the backyard, you can yell or whatever but you’re not leaving. We’re going to work this out. That’s one of the things I’ve found, work together, not against each other.

**K:** I think the best advice I ever received was after an argument I went to my dad’s and it just so happened out of the blue my older sister was there and her fiancé at the time was there. It was short and sweet. He said everyone has problems, nobody’s perfect. The perfect couple has problems. Only thing you gotta remember is, she’s your woman. Take care of your lady. Whatever you have to do.

Always take care of your lady.

*What do you think is the key to a successful relationship?*

**K:** Learn how to swallow the lump in your throat. That lump in your throat is more or less your manhood, your pride. You have to learn how to swallow that lump in your throat and convince yourself, whatever the situation is, nine times out of 10 you’re wrong. Just say, I’m sorry. It was the best I could do and try to avoid the argument because perfection doesn’t exist.

**J:** I think communication is the best. Don’t expect this man to be everything you want because that doesn’t exist. Everyone has faults and everyone makes mistakes. But we’re close to it. I love him very much.

**K:** And I love her. Relationship counseling and relationship advice from professional people in those fields really does help. I think people should be more open minded to those resources there. If they didn’t work they wouldn’t exist.

*What are your Valentine’s Day plans?*

**J:** I don’t know. There was one in Bricktown...

**K:** Valentine’s Haunted Trail Sanctuary. It’s the haunted trail for Halloween but they’re doing a trail for Valentine’s Day too.

**J:** But I would like to go somewhere and do something else because I have anxiety. What would be good for him, because he hardly cooks, is to cook a dinner and bake brownies or something. But that would be ideal for Valentine’s Day. So I’m telling you now (laughing).

## Kendricks Sleeper and Sierra Shadaran

Kendricks works in the Records Management office and is going on his 10th year working with the C&A tribes. Sierra has worked for four years in the tribes’ Burial Program. Another El Reno couple together, they live together with their two daughters.



*How long have you been together?*

**S:** Four years

*How did you meet?*

**K:** At a hip hop event in Oklahoma City. I saw her and tried to contact her. We just started talking and going out on dates.

**S:** It was like a break dancing event. He was break dancing and I was watching him dance.

**K:** Right when I saw her I knew, it was like love at first sight.

*What did you do on your first date?*

**S:** We went to the Melting Pot.

*What is your favorite thing to do together?*

**K:** We’re mostly home with our kids. I like when she comes to the Native American Church with me too. I like to go pray.

**S:** Yeah we like to do that a lot. We do that mainly every weekend. Or if he goes then I’ll try to go the next day to go eat with them.

*How often do you talk to each other everyday?*

**K:** We always go on break together and eat lunch together.

**S:** Yeah, people say we don’t have to be together all the time (laughing)

*What is the sweetest thing your significant other has done for you?*

**S:** For me, just being there. Because I don’t really get to see my family much. He’s always there, when my mom passed away he was there. His company.

**K:** Everything. She does a lot for our family. Working, bills, cleaning, kids. I can’t say just one thing because sth does it all.

*How do you make up after a fight?*

**S:** Just say sorry. Just get over it, that’s about it.

*What is the best relationship advice you ever received?*

**K:** I remember her dad telling me when I met him, “just remember you’re the driver of your life.”

**S:** Don’t go back to your ex (laughing).

*What do you think is the key to a successful relationship?*

**S:** Communicating, talking with each other. I can talk to him about anything.

**K:** Make up fast, don’t stay mad. Recognize whenever you’re arguing. Don’t go to bed mad. Be happy to wake up and say good morning to each other.

*What are your Valentine’s Day plans?*

**S:** We don’t really have any yet. We usually just go eat somewhere nice or go to a movie. And whatever happens after that, how we’re feeling.

# Online Predators

continued from pg. 5

his back yard and there in an outbuilding like you would buy at Lowe's he had 85 computers, he was building robots with cameras on them, he had man control centers mounted on his secret hidden cameras and a whole library of activity in his backyard ... it was scary," Flowers said as he pointed to Ward's photo. "I have never seen anything like it. The child pornography and the details of what he was into would astound you and scare you. We have to be vigilant and we have to understand what's going on always around us. If he walked up to you, you wouldn't think any different than seeing a well-educated man, successful in life, beautiful family ... underneath a shark."

The second mug shot flashed on the screen was someone Flowers said many in El Reno probably knew, Shannon Cohee, a registered nurse and paramedic.

"If you dialed 911 in the El Reno area and had an ambulance come out, there's a good chance he was the paramedic who treated you. He had social media and started reaching out to kids in the El Reno area, pretending to be a kid, trying to make girlfriends. In his polygraph interview he said he got tired of looking at child pornography and wanted to experience it ... and folks, he did. His youngest victim was as young as 8 years-old. He was 51 when he was arrested and he received 38 years in prison," Flowers said. "You have to understand that there is no stereotype for a predator. This is not a rich crime, middle-class crime or poor crime. This isn't a white crime, black crime, Asian, Hispanic or Indian crime ... there is no stereotype."

The last mug shot of a man named Daniel Cox was no less shocking as the previous two, but the ripple affect on the audience was audible with gasps and 'oh my gosh.'

Cox was a former police officer who drove out to Yukon to pick up a child for sex.

"It was me waiting for him and he was upset ... no I am not 14 and no I am not a girl, but thank goodness it was me because he had a loaded 45 caliber inside the console in his vehicle. Do you think he was going to take no for an answer? You think he was going to drive all the way to Yukon from Midwest City to pick up a 14 year-old to play Monopoly? No. Multiple times he text asking for nudes, asking me to masturbate on camera all the while thinking he was talking to a 14 year-old girl. He asked me to do things you can't imagine and then he told me how to get rid of the pictures and videos so I didn't get caught. This is what can happen and is hap-

pening every single day. These are not stupid people that we catch, we just know how to outsmart them," Flower told the audience.

Sitting in the audience that evening was only one state representative and surprisingly the only Oklahoma Representative who has introduced legislation in an attempt to fight against online predators. John Paul Jordan introduced House Bill 3024, "Catfishing Liability Act of 2016", a one of a kind legislation in the nation, that would allow people whose photos or videos that are stolen to request an automatic injunction against the person using them. It would also allow those victims to request monetary damages, including a \$500 minimum award for punitive damages.

Internet catfishing is where a person knowingly uses another's name, voice, signature, photograph or likeness through social media to create false identities in attempts to lure victims into a relationship, normally romantic and sometimes financial.

"This (bill) would provide a direct remedy for the victims of Internet catfishing," Jordan told the *Daily Pryor Times*. "In many cases these people are severely disturbed predators. Their victims deserve a remedy and this bill is an attempt to provide that remedy through the least restrictive means possible. If we wait for Congress to act on this issue, too much time will have passed for today's victims. In addition, as someone who has practiced in Federal Court, it is easier and more effective to seek a remedy at the state courthouse than at the federal courthouse."

The bill is currently on the floor at the state legislature, which recently reconvened on Feb. 1.

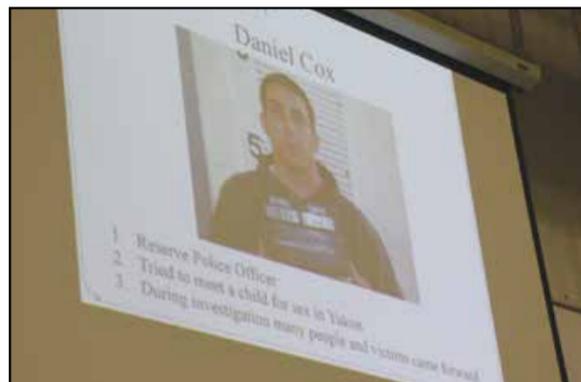
In closing Flowers was asked if he found his job difficult.

"It is difficult to know I am talking with individuals who want to rape our children ... it's hard. But we have to catch them. We have to remain professional, work with the District Attorney's office and law enforcement. We have great judges here (Canadian County) that help us when we go to present our search warrants because we can't make a mistake and let someone get off. I have two beautiful little girls at home and I feel sorry for them because all they get is a rotary phone, but with that being said, it is tough, but we have to remain vigilant and catch these people."

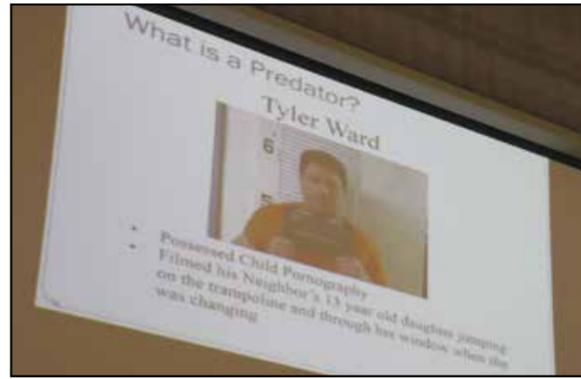
To reach Lt. Flowers please call the Canadian County Sheriff's Department at 405-262-3434.



Convicted child rapist, Shannon Cohee. Cohee worked as a paramedic and nurse in the El Reno, Okla. area.



Former reserve police officer Daniel Cox tried to meet a child for sex in Yukon. During the investigation many people and victims came forward to testify.



Tyler Ward had a beautiful wife and family living in a nice neighborhood educated, and well spoken. He possessed thousands of photos of child pornography and was filming his next door neighbor's 13 year old daughter.

## Wear Red Day

### Prevent Heart Disease

**Best Dress Winner**  
Megan Hart

**Honorable Mention:** Erin Shortman, Yolanda Valenzuela-Lira, Lacey Gray, Gloria Bellymule-Zuniga and Lily Levi

Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year.

There are several misconceptions about heart disease in women but it doesn't affect all women alike, and the warning signs for women aren't the same in men.

While one in 31 American women dies from breast cancer each year, heart disease claims the lives of one in three.

For younger women, the combination of birth control pills and smoking boosts heart disease risks by 20 percent.

While the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life.

Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits.

You can be thin and have high cholesterol.

Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms.

It's an annual checkup that gives your doctor the chance to spot the signs of heart disease while there's still time to take necessary steps to conquer it.

The American Heart Association estimates that 80% of all cardiovascular disease may be preventable.

Care for your heart through a healthy diet and regular physical activity, it is the secret weapon to preventing heart disease.

Program with most participating employees winner Tax Commission

Thank you for your participation

- Childcare
- CHR Program
- Diabetes Wellness
- Enrollment
- Finance
- Governor Hamilton and Lt. Governor Sankey
- Hope Program
- O&M
- Per Cap
- Personnel
- Procurement
- Substance Abuse
- Tax Commission



Oklahoman reporter Jaclyn Cosgrove assembled a group of speakers to share unique stories of hope when facing mental illness as well as encouragement to change the way we view and deal with mental health. (from l-r: Augusta Cox, Jessica Ryder, Eric Gates, Jaclyn Cosgrove, Nadine Lewis, Tim Reside, Mardell Hawkins and Savannah Kalman). Photos by Shaida Tabrizi.

## Epidemic ignored

continued from pg. 2

into what kept her from accepting the fact that she was bipolar.

"I was so determined that I didn't suffer from mental illness because I had this image in my head of what people with mental illness look like. There was a part of me that continued to say, that wasn't being manic you were just excited about something. Or, you weren't depressed, you were just tired and sad. Those are normal feelings! You don't need medication for normal feelings!" Ryder exclaimed from the stage. She then told the crowd of her realization that her substance abuse and her mental health issues were linked. "My mental illness and my addiction go hand in hand. They work together like a team. My addiction caused my mental illness to increase in severity, which in turn made me want to feel like my emotions were out of control. I look at it like I was trying to cure my sickness with an allergy. My hopes are that today's society can begin to understand more of what people like myself go through."

The evening was a curious mix of laughter and hushed sadness, since many of the speakers mixed humor with their experiences dealing with mental health and addiction problems. However, Mardell Hawkins' story brought the audience into a deep silence, as she shared the tragic circumstances of her childhood that led her to her life today as a recovering addict. Being raped from the age of 6 to 9, beatings and a constant stream of strangers and drugs in the house caused Hawkins to live in such fear that she tried to overdose on pills at the age of 12. Eventually she escaped that situation and got onto the road to

mental healing and recovery.

"It was NAMI. It gave me self worth. It helped me be a better person, it gave me hope that I could make a difference in my life and show that this debilitating, crippling disorder was not the end of the world. I was broken, damaged and lost," Hawkins said. "NAMI gave me something to live for. I can now let go of the past and live for the present and embrace the future."

The last speaker of the night was Savannah Kalman, prevention program manager for Oklahoma Department of Mental Health and Substance Abuse Services. Kalman was chosen to speak for her expertise in helping people with mental illness and substance abuse. After sharing staggering statistics in regard to mental health in Oklahoma (for example, suicide is the second leading cause of death for 10-24 year olds in the state. And the rate of death by suicide for 25-64 year olds is 24.9 percent, double the national average which is 12.7 percent) Kalman led the audience in an exercise to hopefully improve matters.

"I need you to spend 10 seconds and look at your neighbor and say 'Are you thinking of killing yourself?' and I want them to be able to say it to you. This is going to be uncomfortable," Kalman said, laughing, but succeeding in full crowd participation. "I want you to now turn to that person and say 'I care about you. You could call me if you were ever struggling.' Go ahead and say it, and I hope you mean it."

Kalman has done similar exercises in training and said she knows many think they won't help, yet she believes something that small can really impact a person.



Veteran and Black Foot tribal member Nadine Lewis mixed humor with sadness as she shared her story and encouragement for other veterans and Native Americans to seek help for substance abuse and mental health issues.

"Letting someone know that you care enough that if they were ever struggling with thoughts of hopelessness, and feelings of worthlessness, feeling like they were a burden, whether or not you're having those same thoughts about their situation. Having the very, very brave conversation and saying are you thinking of killing yourself?" Kalman said. "Those brave conversations are going to be able to transform our state. The only other brave conversation I would ask you to have is to please call or email your legislator. Please share with them tonight's stories of recovery. Please call them and share with them the stories that you've heard tonight and hold them accountable for what are we doing here that we're not being able to fund mental health in the ways that are really going to provide recovery."

## Need to talk to someone?

There are a variety of helplines that offer help 24 hours a day, seven days a week. Don't hesitate to call.

**National Alliance on Mental Illness:**  
1-800-950-6264 - www.nami.org

**Heartline: 211** (this will work anywhere in the state of Oklahoma) or  
1-800-SUICIDE  
www.heartlineoklahoma.org

**Veteran Affairs Veterans Crisis Line:**  
1-800-273-8255

www.veteranscrisisline.net  
**National Domestic Violence Hotline:**  
1-800-799-7233

www.thehotline.org  
**Child Help National Child Abuse Hotline:** 1-800-422-4453  
www.childhelp.org

# EATING healthy for DIABETES

## Nutrition Facts Label Tips and Tricks

Kerri L. Felmlee, MS, RDN, LD  
C&A Diabetes Wellness Program

Looking at the Nutrition Facts Label can be confusing if you do not know what you're looking at. However, if you know what to look for it can be one of the most helpful tools for any nutritional goal. Below are general instructions and tips in one, helpful location to get you the "skinny" for a tool to get you healthy.

### Start with the Serving Size

Look for both the serving size (the amount for one serving) and the number of servings in the package.

Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

### Check Out the Total Calories and Fat

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight.

### Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan

Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.

Percent DV are for the entire day, not just one meal or snack

You may need more or less than 2,000 calories per day. For some nutrients you

may need more or less than 100 percent DV.

### The High and Low of Daily Values

Low is five percent or less. Aim low in total fat, saturated fat, trans fat, cholesterol and sodium.

High is 20 percent or more. Aim high in vitamins, minerals and fiber.

### Limit Fat, Cholesterol and Sodium

Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer.

Total fat includes saturated, polyunsaturated, mono-unsaturated and trans fat. Limit to 100 percent DV or less per day.

Saturated fat and trans fat are linked to an increased risk of heart disease.

High levels of sodium can add up to high blood pressure.

Remember to aim for low percentage DV of these nutrients.

### Get Enough Vitamins, Minerals and Fiber

Eat more fiber, vitamins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.

Choose more fruits and vegetables to get more of these nutrients.

Remember to aim high for percentage DV of these nutrients.

### Additional Nutrients

You know about fat and calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

### Protein

Most Americans eat more protein than they need, so a percentage Daily Value is

not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

### Carbohydrates

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

### Sugars

Simple carbohydrates, or sugars, occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

### Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish, limit added sugars or people who prefer vegetarian eating.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories 230</b>	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 4g	16%
Sugars 1g	
<b>Protein 3g</b>	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

## Strawberry Cake From Scratch



2 cups white sugar  
1-3 oz. package strawberry flavored Jell-O  
1 cup butter, softened  
4 eggs (room temperature)  
2-3/4 cups cake flour  
2-1/2 tsp. baking powder  
1 cup whole milk, room temperature  
1 tbsp. Vanilla extract.  
Preheat the oven to 350

degrees F (175 degrees C). Grease and flour two 8-inch round cake pans.

In a large bowl, cream together the butter, sugar and dry strawberry gelatin until light and fluffy. Beat in eggs one at a time, mixing well after each. Combine the flour and baking powder; stir into the batter alternately with the milk. Blend in va-

nilla and strawberry puree. Divide the batter evenly between the prepared pans.

Bake for 25 to 30 minutes in the preheated oven, or until a small knife inserted into the center of the cake comes out clean. Allow cakes to cool in their pans over a wire rack for at least 10 minutes, before tapping out to cool completely.

# POWWOWS & EVENTS CALENDAR

## American Post 401 Benefit Gourd Dance

3 p.m. - 11 p.m., Feb. 20, 2016 at the Clinton Community Center in Clinton, Okla. Supper at 5:30 p.m. with a special invitation to War Mothers/service organizations.

MC Gerald Panama, HS Jason Goodblanket, HMD Gary Lime, HLD Roberta (Bobbie) Hamilton, Honored Veteran Michael Leader, ADs 401 Post Members.

For more information call Charlie Fletcher at 405-203-3823, or Ed Wilson at 405-329-4597.

## C&A Labor Day Powwow Benefit Dance

## wow Benefit Dance

Feb. 20, 2016 at the Concho Community Center in Concho, Okla. Gourd dance at 3 p.m., supper at 6 p.m., grand entry at 7 p.m. Special invitation to all princesses.

MC Billy Youngbird, HS Julian Watan, HM Donald Chasenah, HL Sunny Redfawn Goodbear, TB Isaac Russell, TG Veronica Youngbull, Honored Veteran Ruben Watan, U.S. Army, Host Family Chick Buffalo, AD Larney Silverhorn.

For vendor information call 405-618-7798.

## First Birthday Dance for Nauko Fletcher

## er-Whiteman

Feb. 28, 2016 at the Clinton Community Center in Clinton, Okla. Gourd dance at 3 p.m., pot luck supper 5:30 p.m., with dance to follow.

MCs Burl Buffalomeat and Charlene Wassana, HS Huyley Watan, HMD Toby Standingbird, HLD Ember Nowling, HLG A.J. Spottedwolf, HLB Ponyboy Rhoads, ADs Roger Reynolds and Sonny Whiteman, Honored Elders Marybelle Lonebear and Mabel Lente, Co-Host Hub City Inter-Tribal Youth Group.

For more information call 580-445-1382.

## Honor Dance for Veteran and Chief Tulane Wilson

March 19, 2016 at the Clinton Community Center in Clinton, Okla. Gourd dance 3 p.m., dinner 5 p.m., grand entry 6:30 p.m. C&A Post 401 Colorguards.

MC Eugene Blackbear Sr., HS Jason Goodblanket, HLD Nelsie Redbird, HMGD Alex Akoneto, HLBD A.J. Reynolds, HLGD Emillie Harrison, Honored Elder Marybelle Lonebear, Host Redmoon Gourd Clan, ADs Roy Bates and Billy Youngbird.

## 2016 Youth Rally

March 17-19, 2016 at the Indian Baptist Church, 916 W. 7th Street in Elk City, Okla. Thursday Friday 7 p.m., Saturday 2 p.m. and 7 p.m. Speaker will be Ponce.

Sponsored by youth leaders Junior and Erma 580-339-3230.

## Memorial Dance for Alondra L. Sankey

April 2, 2016 at the Canton Gym in Canton, Okla. Supper at 5 p.m. with dance to follow.

MC Burl Buffalomeat, HS Frank Mosqueda, HMD David Reyes, HLD Penny Scraper, HLB Douglas Keesie, HLG Kynlee Hart, Honored Elder Viola Hatch,

Honored Family Diane and Judy Lime, AD Daryn West. Sponsors include Angie Sankey, Scott Sankey, Danette Hook and Corbin Sankey.

For more information call 580-313-3567.

## 2016 Graduation Honor Dance for Lorraine Jackson, Ivan Levier and Arrow Jessepe

Saturday, April 9, 2016 at the PBP Bingo Hall, 12681 Q Road, Mayetta, Kansas. Gourd dance will begin at 1 p.m., supper at 4 p.m. and grand entry at 5 p.m.

For more information, call Rosanna Jessepe at 785-966-2670 or Jodi Jessepe at 785-506-6879.

# HAPPY BIRTHDAY



**Happy 16<sup>th</sup> Birthday**  
Chris Patton Jr.  
From your dad, mom,  
sisters and little brother



**Happy Belated 18<sup>th</sup> Birthday** to our big baby Phyllisha  
Love, your dad, mom, sister and brothers



**Happy 2nd Birthday** on Feb. 7 to our "Little Blessing" Kristopher Lee Orange  
Love, Grandma Sarah, grandma Donita and family!



**Happy Birthday** Sofia Angel  
We love you,  
Grandpa & grandma Black

**Happy Belated Birthday** Son Dawg and Rino  
We love you and wish you the very best,  
Mom (Nell Penn), sis Dacia, the grandkids, brother Dee, Dina and the nieces and nephews

**love**

Happy 10<sup>th</sup> Anniversary to my best friend and love of my life! We've come a long way and it wasn't always good. Every marriage has its ups and downs and it's never an easy ride. There's no such thing as a perfect marriage but I wouldn't change it for anything. We've grown stronger and closer these past few years and I can't wait to see what's in store for our next 10 years together.  
I love you honey!!!!



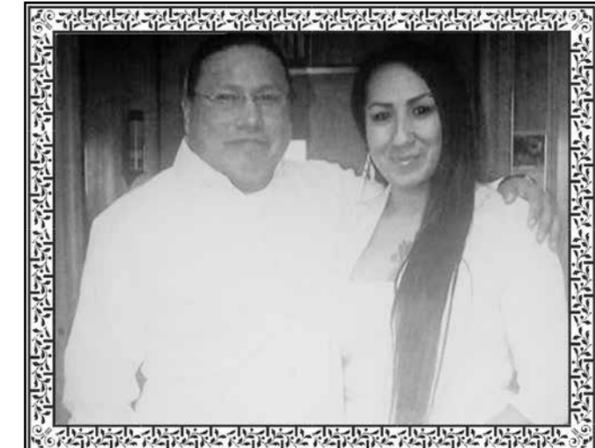
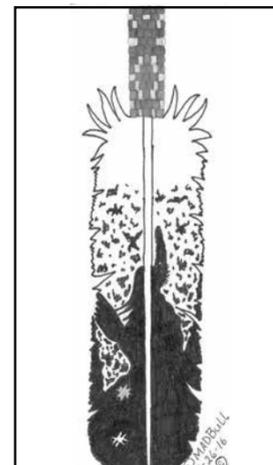
**Happy Belated 11th Birthday** Feb. 13  
Kiyah Lena Four Horns  
We love you,  
Grandma Karen, aunt Nicole, cousins Solomon Jr., Soriah, Nokie & uncle Tyrone



**Happy Belated 17<sup>th</sup> Birthday** to our "Flea" Rayna  
Love, your dad, mom, sister and brothers



Art submitted by David MadBull Tsistsistas



Dwight and Paula Whitebuffalo were married on Jan. 7, 2016 from the Cheyenne and Arapaho tribes. The couple will reside in Watonga, Okla. We hope to have many years together like all the grandma and grandpas have had. We come from praying people and will be praying for all our family and friends.

**Thank You!**

I just want to comment on the craft class that was held at the Community building on Jan. 26 and I could see that everyone who attended had a very positive outlook and was just having fun making the crafts that they had at that time. Also, it was good to see more teenagers, parents and most of all the elders there having a great time! I do myself as an elder love to attend these kind of events with my children & grandchildren. It is also good to see all the teens attending and enjoying themselves which also keeps them busy and not on the streets or elsewhere causing any trouble or harm to themselves.

Looking forward to our next craft time and the staff was fabulous! Thank you for allowing this to happen for our people!  
Marlene Reyes, C&A Elder

forever & always

**Happy 15<sup>th</sup> Anniversary** to the love of my life. I love you so much, Andrea.  
Your loving husband,  
Chris

## In Loving Memory



**Larry Dean Black Sr.**  
Oct. 21, 1937  
Jan. 25, 2016  
A wake service for Larry Dean Black Sr. was held on Jan. 28, 2016 at the Watonga Multi-Purpose Building in Watonga, Okla.  
A funeral service was held on Jan. 29, 2016 at the same venue, followed by an interment at the Cantonment Indian Cemetery in Canton, Okla.



**Donna Jean Bressler**  
Nov. 16, 1954  
Feb. 4, 2016  
A wake service for Donna Jean Bressler was held on Feb. 8, 2016 at the Concho Community Center in Concho, Okla.  
A funeral service was held on Feb. 9, 2016 at the same venue, followed by an interment at the Concho Indian Cemetery in Concho, Okla.

**Olivia Ramona (Sutton) Smith**  
A traditional all-night Native American wake service was held Feb. 1, 2016 at the Canton Native American Gymnasium for Olivia Ramona (Sutton) Smith. Funeral services were held Feb. 2, 2016 at the same venue with Rev. George Akeen Jr. and Rev. Donnie Ahhaitty officiating. Interment followed in the Canton Indian Mennonite Cemetery under the direction of Haigler-Pierce Funeral Home, Canton, Okla.  
Olivia was born on June 3, 1942 in El Reno, Okla., to Jack Moore and Rena Sutton. She departed this life on Jan. 29, 2016 in Oklahoma City.  
She grew up and attended school in the Canton area. Olivia loved to go camping anywhere, but especially in Ocean City, Md. She could fish and crab better than most men. She also loved cruising to yard sales and flea markets. Olivia loved the simple things in life and always went through her life with a smile on her face. There were only a few times that her smile would be replaced with worry or anger. Her children remembered her and their father teaching them respect and how to survive in hard times



and to always love and care for one another when one of them was in need. She will be greatly missed.  
Olivia was preceded in death by her parents, her husband Roderick C. Smith Sr. and one daughter Martha Ann Smith.  
Survivors include her children, son George Sutton of El Reno, Okla., daughter Rena Yates of England, son Roderick C. Smith Jr. and wife Patti of Clarksville, Md., daughter Cynthia Bond and husband Ronald of Randallstown, Md., daughter Kimberly Steirer and husband Kurt of Hummelstown, Pa. and son David Smith and wife Mary of Longdale, Okla.  
She is also survived by 18 grandchildren, Ronald Bond, III, Tayloranne Bond, Douglas Bond, Amber Smith, April Smith, Kirstie Steirer, Jenna Steirer, Ryan Steirer, Nicholas Yates, Cody Yates, Micki Shuck, Justine Smith, Muriel Smith, Abigail Smith, Carlie Smith, Jesse Sutton, Mindy Simmons and Cheyenne Letmate; great-grandchildren, Rhiannon Bond, Alex Bond, Kaine Webster, Jalen Simons, Makayan Simons, Brayden Koleszar and Lyric Letmate.

**Jon Paul Sumpter**  
10/13/1983 - 01/31/2016

**Wake Service**  
Friday, February 05, 2016  
7:00 p.m. - 9:00 p.m.  
Kiesau-Lee Funeral Home  
Clinton, OK

**Funeral Service**  
Saturday, February 06, 2016  
11:00 a.m.  
Kiesau-Lee Funeral Home  
Clinton, OK

**Interment**  
Butler Cemetery  
Butler, OK

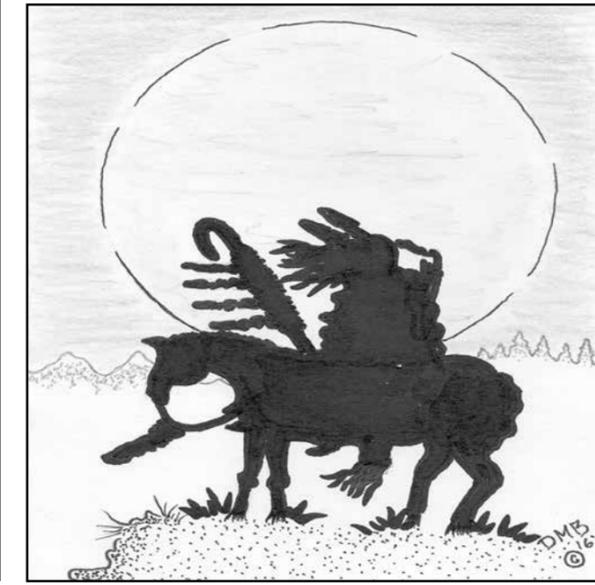
Kiesau-Lee Funeral Home, Clinton, OK (580)323-1212



**Charles Henry Harragarra**  
July 3, 1982  
Jan. 29, 2016  
A wake service for Charles Henry Harragarra was held on Feb. 1, 2016 at the Concho Community Center in Concho, Okla.  
A funeral service was held on Feb. 2, 2016 at the same venue, followed by an interment at the Concho Indian Cemetery in Concho, Okla.



**Anita Ann Yellow Eagle**  
Sept. 12, 1979  
Jan. 26, 2016  
A wake service for Anita Ann Yellow Eagle was held on Jan. 29 2016 at the Clinton Community Center in Clinton, Okla.  
A funeral service was held on Jan. 30, 2016 at the same venue, followed by an interment at the Weatherford City Cemetery in Weatherford, Okla.



# CLASSIFIEDS

**Employment:** Submit a tribal application, resume, diploma(s), transcripts, valid copy of Oklahoma state driver's license and a copy of CDIB to Personnel Department, PO Box 38, Concho, OK 73022 or email [atisdale@c-a-tribes.org](mailto:atisdale@c-a-tribes.org).

**Reporter/Ad Sales/Admin. Tribal Tribune/PIO**  
Closing: Feb. 22, 2016

**Green House Garden Project Coordinator**  
Closing: Until Filled

**Director of Procurement, Grants & Contracts**  
Closing: Until Filled

**Land Management Director - Concho**  
Closing: Until Filled

**Transit Driver II On-Call Status Tribal Transit**  
Closing: Until Filled

**Surveillance Operator Clinton(2) Hammon (1) Gaming Commission**  
Closing: Until Filled

**Qualifications:**  
Must have experience in journalism, photojournalism and would prefer experience in photography and graphic design. High School diploma required. Prefer bachelor's degree in related field, however will strongly consider years of experience in the industry in lieu of degree. Must have strong writing skills. Must be experienced with Macintosh platform (utilizing programs such as InDesign, Photoshop, Illustrator, Adobe PDF). Also must be familiar with Microsoft Office on Mac platform. Must be familiar with social media apps such as Twitter and Facebook and maneuvering around the Internet. Must possess a valid Oklahoma driver's license and have dependable transportation. Must be willing to work a flexible work schedule, which will include nights, weekends and holidays. Must be familiar with Native American traditions and cultures, be outgoing, professional and interact well with both Native and non-Native communities. Must be able to multi-task and work effectively under high stress situations. Tribal preference.  
**SALARY:** Negotiable

**Qualifications:**  
Associates degree or certificate in landscaping, gardening or horticulture preferred. Must be able to pass background investigation. Knowledge and experience in the area of gardening and greenhouses. Knowledge of traditional Native foods and cultivation of foods. Ability to research and implement healthy and organic gardening methods. Two years supervisory experience. Ability to work with minimal supervision. Ability to communicate proficiently both orally and written. Knowledge of Microsoft Office programs. Knowledge of financial reporting/budgets. Display a high level of initiative, effort and commitment towards completing assignments in a timely manner. Cheyenne and Arapaho preference.  
**SALARY:** Negotiable

**Qualifications:**  
Bachelor's degree or master's degree preferred. Supervisory experience. Must have substantial experience in government grants and contracts administration and compliance. Must have in-depth knowledge of federal, state and local government rules and regulations concerning grants and contracts. Must have well-developed analytical, problem solving and managerial skills. Good computer skills in using on-line systems and databases is required. Experience in managing post grant and contract activities are necessary. Excellent interpersonal, organizational, oral and written communications skills are required. Knowledge of Cheyenne-Arapaho culture, history, traditions and service area. Dependable transportation and valid Oklahoma driver's license is required. Cheyenne-Arapaho preference. Must pass pre-hire drug screen.  
**SALARY:** Negotiable

**Qualifications:**  
Incumbent should be able to follow directions, communicate effectively both orally and in writing. Some knowledge of maps, plans and other data related to construction will be beneficial but not required. Have some knowledge in realty terminology, oil and gas and leasing desired. Familiar with the Cheyenne & Arapaho Tribal lands. Hold a bachelor's degree or master's degree in areas relative to land management, some college and/or related work experience or equivalent. Work experience of five years or more in any of the following areas is preferred: Oil & Gas Landman, Land Management & Real Estate, Energy, Natural Resource, Title & Abstract or Tribal Land Management. Must have knowledge in the operation of various office machines and be computer literate. Must have knowledge of Hearth Act. Ability to communicate and relate to Indian and non-Indian communities. Must possess a current Oklahoma state driver's license. Cheyenne and Arapaho preference.  
**SALARY:** Negotiable

**Qualifications:**  
Valid Oklahoma Class D driver's license. Must possess or be willing to obtain CPR certification. Transit drivers must pass a pre-employment drug screening process and are subjected to random drug testing. Must be able to lift a minimum of 50 pounds with no physical barriers. Applicant must be able to communicate effectively to patrons and supervisors any findings or incidents. High school diploma or GED equivalent is required. Cheyenne-Arapaho preference.  
**SALARY:** Negotiable

**Warehouse Tech I Food Dist. - Watonga**  
Closing: Until Filled

**Qualifications:**  
High school graduate or GED required. Must be able to do moderate to heavy lifting. Must pass a physical examination. Must have demonstrated ability to operate PC Computer. Oklahoma CDL preferred, forklift operator's license. Cheyenne and Arapaho preference.  
**SALARY:** Negotiable

**Qualifications:**  
Maintain constant surveillance of Lucky Star premises. Work in an enclosed environment for extended periods of time. Maintain required record keeping reports. Possess the ability to comprehend the overall security mission. Monitor all security and safety electronic systems. Maintain constant vigilance of surveillance camera system. Must be able to sit at console for extended periods of time, visually observing a multitude of areas consisting of customer activities and employee functions. Must be courteous to all customers and co-workers. Must be able to comprehend the approved SICS, TICS and MICS set forth by IGRA, NIGC, Gaming Commission and the state. Must pass pre-employment drug test. Must be able to qualify and maintain a Cheyenne-Arapaho gaming license.  
**SALARY:** Negotiable



**Subscribe NOW to the Cheyenne & Arapaho Tribal Tribune**  
**\$35/Year**  
**FREE for tribal members**  
**405/422-7608**

### IMPORTANT NOTICE Cheyenne & Arapaho Storage Units

If you currently rent a storage unit from the Cheyenne & Arapaho tribes and HAVE NOT PAID the rental fees on your storage unit, you will NEED TO REMOVE ALL ITEMS from unit NO LATER than MARCH 1, 2016.  
After March 1, 2016 ALL UNPAID units will be opened and the contents will be removed.  
For questions or for information on how to bring your storage unit rental up to date contact the Economic Development Program at 405-422-7449.

**Letisha Ruiz**  
Senior Consultant

**Whole Food Nutrition in one NATURAL DRINK**

**405-503-0633**  
letisharuiz@gmail.com  
www.letisharuiz.zealforlife.com  
<http://facebook.com/letisha.ruiz>

**WANTING TO RENT IN EL RENO AREA**

I am looking for a rental home in the El Reno area that has a large fenced back yard for dogs.

Please call **Bruce Fire**  
**405-886-2217**

IN THE TRIAL COURT CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA  
CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA  
P.O. BOX 102  
CONCHO, OKLAHOMA 73022  
FILED JAN 28 2016  
DOCKET PAGE  
FILM IMAGE  
COURT CLERK DEPUTY  
Rebekah Trojan

In The Matter Of The Guardianship Of )  
A.R.S. Jr. )  
S.K.S. )  
A.R.S. )  
D.R.S. )  
Case No. PG-2016-06

Minor Children )

**NOTICE BY PUBLICATION**

The Cheyenne and Arapaho Tribes to: **REBECCA HULBUTTA ALLEN RAY SUIX, SR.**

You are hereby notified that a review hearing of the Guardianship of the above named minor children, to be held at the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma on the 17th day of FEBRUARY, 2016, at 10:00 A.M. at which time you may appear.

Dated this 26TH day of JANUARY, 2016.

By: *Rebekah Trojan*  
Rebekah Trojan, Deputy Court Clerk  
Cheyenne & Arapaho Trial Court

**Advertise Your Business TODAY**

ASK ABOUT OUR FREE AD PLACEMENT

**(405) 422-7608**

**DAY OF CHAMPIONS sports**

**Quapan & Jack Barrett NATIVE AMERICAN SCOUTING COMBINE**

PRESENTING **DAY OF CHAMPIONS sports**

TOP-TECH COACHES WILL BE ON HAND TO EVALUATE THE STATE'S TOP NATIVE AMERICAN FOOTBALL PLAYERS. THIS INTENSIVE COMBINE IS AN EXCITING TIME FOR ATHLETES AT A KEY STEP IN ACHIEVING THEIR DREAMS OF PLAYING AT A NEXT LEVEL, WHILE IMPROVING THEIR FOOTBALL SKILLS.

**SATURDAY, MARCH 5, 2016**  
10:00AM - 5:30PM  
ONLY NATIVE AMERICAN GRADUATING SENIORS AND PAST GRADUATES NOT ENROLLED IN COLLEGE  
PRE-REQ BY FEBRUARY 29: 800 HOURS/FUNDABLE TRAINING/CLAMP REGISTRATION, ETC.  
CHECKS ONLY. AVAILABLE TO ALL OF OKLAHOMA  
LOCATION: \*LET'S PLAY SOCCER\*  
500 N. HOOVER/OKLAHOMA

**MARCH 5, 2016**

**PLAYER AGENDA**

- 8AM-9:45AM REGISTRATION & WATER
- 10:00AM COMBINE STARTS
- 10:20AM STRETCH
- 10:35AM TESTING SESSIONS (20MIN.)  
HEIGHT • WEIGHT  
50YD SHUTTLE  
VERTICAL JUMP  
BENCH PRESS  
45 YARD DASH  
400YD • 800YD PULVERIZER OF RECRUITING INFORMATION
- 12:15PM LUNCH PROVIDED
- 12:45PM SKILLS SESSION  
40YD • 45YD • 50YD BENCHES FOR EACH POSITION
- 1:25PM COMPETITION SESSIONS  
ONE-ON-ONE COMPETITION  
OFFENSE VS. DEFENSE  
DEFENSE VS. DEFENSE  
PASSING VS. DEFENSE  
PUNTS  
THE ON-ONE ANALYSIS OF GAME PRACTICE FILM
- 2:05PM GROUP INTERVIEWS
- 4:00PM INDIVIDUAL INTERVIEWS  
INTERVIEW ATTEMPT ON  
PERSONAL EDUCATION & FOOTBALL  
ASK OF RECRUITING SERVICES  
CHECKED COME TO WATCH COMBINE LIVE
- 5:30PM COMBINE FINISHES  
HELP FOR OFFICIALS, RECRUITING SERVICES  
HELP FOR SENIORS & PAST GRADUATES AS AT COLLEGE  
STILL HAVE QUESTIONS?  
CONTACT JAMES PRYOR WITHIN ONE WEEK OF  
COMBINE TO RECEIVE INFORMATION ON RECRUITING  
EMAIL: [james.pryor@yandor.com](mailto:james.pryor@yandor.com)  
CALL OR TEXT: 405-503-0633

IN THE TRIAL COURT CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA  
CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA  
P.O. BOX 102  
CONCHO, OKLAHOMA 73022  
FILED JAN 27 2016  
DOCKET PAGE  
FILM IMAGE  
COURT CLERK DEPUTY  
Rebekah Trojan

In The Matter Of Guardianship Of )  
J.L.A. )  
DOB: 3/16/05 )  
Case No. PG-2016-07

Minor Child )

**NOTICE BY PUBLICATION**

The Cheyenne and Arapaho Tribes to: **MARY GOMEZ**

You are hereby notified that Cory Vaughan has filed in this Court a Petition For Guardianship of J.L.A., DOB: 3/16/05, minor child on the 27th day of January, 2016, and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 17TH day of February, 2016 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Petition For Guardianship should not be granted.

Dated this 27th day of January, 2016.

By: *Rebekah Trojan*  
Rebekah Trojan, Deputy Court Clerk  
Cheyenne and Arapaho Trial Court

**FEBRUARY 2016**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 1	1	2	3 Closed BAM - 12PM School Health Screening Darlington	4	5	6/7
WEEK 2	8	9	10	11	12 Closed BAM - 2PM School Health Screening Canton	13/14
WEEK 3	15 Closed BAM - 7pm Holiday	16	17	18 Closed BAM - 2PM School Health Screening Weatherford	19 Closed BAM - 2PM School Health Screening Weatherford	20/21
WEEK 4	22	23	24	25	26	27/28
WEEK 5	29					

**WAR CHILD Society**

**CLOTHING LINE AVAILABLE**

COME GET YOUR DECALS FROM WAR CHILD SOCIETY

WANT TO SAVE MONEY?

TO ORDER  
VISIT [WWW.WARCHILDSDOCIETY.COM](http://WWW.WARCHILDSDOCIETY.COM)  
OR CALL 405.896.0090  
WE CAN SHIP ANYWHERE IN THE U.S.  
VISA & MASTERCARD ACCEPTED

**TRIBAL TRIBUNE DEADLINES**

At 3 p.m. every 8th and 23rd of the month. Unless the 8th or 23rd falls on a weekend, it will be the Friday preceding.

# ATHLETES SPOTLIGHT

Interview by Rosemary Stephens  
Photos by Evette Giron, Putnam City West High School



Putnam City West High School has their best record in over a decade, 15-2, and is a strong contender for reaching the Class 6A playoffs this year in basketball.

One of their seniors, a 5'7 shooting guard Opal Whitetail will be one of many outstanding young women on the team, both on the court and off. Dressed in her National Guard uniform, Opal exudes confidence and she knows exactly what she wants to do and how she is going to do it.

*When did you first begin playing and how?*

I was in the fourth grade and all my older sisters played so it's kind of like all in the family.

*What is it about the sport that you love the best?*

The winning, it just feels good.

*What has been your biggest accomplishment in the*

*sport so far?*

We have the best record at our school since they went to state in 2001 or 2002.

*What is your biggest accomplishment in the classroom so far?*

I just love studying about what we are learning in school because it's not boring stuff, it's really interesting stuff that you would want to learn about. So that's my favorite thing about the classroom is studying and learn more outside the classroom and bring it back in. My favorite subject is history.

*What is your GPA (if known)?*

3.0

*What goals have you set for yourself in sports, school?*

Basketball wise is winning state, because we really have a good chance at winning state this year. Life goal

is to be in politics. I want to go to college to learn more about politics and eventually into government. I personally believe, well I don't really want to get into that because my views are different ... but I personally believe we should have a limited time on government assistance. I don't believe people should become dependent on government assistance because when you don't have a certain amount of time to be on government assistance, than people just begin to depend on that assistance. I feel like government assistance is there like a crutch to help you get back on track with your life, you shouldn't depend it to live your life.

*What actions are you taking to reach these goals?*

Taking a lot of political classes and government classes. Law.

*What has been the most exciting game you have played in?*

Miami Florida we had a really good game against Ft. Lauderdale over Christmas break. We had a neck in neck game and at the end we had like 56, down by one point with four seconds left in the game and my teammate Mekayla passed it to Gaby who took it in for a layup and we won 58-57 and the game was over. We thought we were going to be down and not make it to the championship game but Gaby somehow pulled it through and she got it to 58-57. It was thriller the entire game.

*What is the best advice you have ever been given and who gave you that advice?*

My grandma. She just told me that she is very proud of us, my sister Tehya and I for all the hard work we put in and stuck with basketball and it's more fun than anything. She said just have fun because you won't get this the rest of your life so just make the most of it.

*Do you have a saying or motto that you live your life by?*

I write 'Next Play' on my



shoes all the time, but I got that from Skylar Diggins.

*Who or what inspires you the most?*

On the court is Skylar Diggins, her motivation, like you don't get that from anywhere else. When she's on the court you can just tell she has a love for the game. Off the court would be my grandma.

*What does your routine workout consist of to stay fit for your sport? How often?*

We have shooting drills, conditioning and we do a lot of scrimmaging and workouts.

*What are one or two things in your training, that you feel are keys to you being successful in your sport?*

Working hard. Working hard is the most important thing because you're not going to get any better if just want to slack off. You have to work hard if you want to get better and that's what make your team better is working hard.

*What is your favorite meal before or after a game?*

Spaghetti before a game, spaghetti after a game ... I love, love love spaghetti.

*Who has had the biggest impact on your life?*

My grandma has had the biggest impact. She was our biggest supporter, very supportive and so proud of us and if she was still here I know she would be very proud of us.

*What are some of your hobbies (what do you like to do when not playing sports)?*

I love to watch TV. The Fosters, even if I miss an episode I tell my mom to record it to make sure I can watch it when I get home from work. And I work part-time at Sonic.

*What kinds of music do*



*you enjoy listening to?*

I like a variety, country, R&B, and I love the newer songs that come out and I love Christian music.

*What is one thing about you that no one else knows?*

I really, really want to do Miss America. If I ever get the chance to be in the Miss Oklahoma, I want to go all the way to Miss America.

*If you could change one thing in the world, what would it be?*

Mainly for everyone to get along, basically. We all just get along in the world, maybe someday.

*What would be a dream come true for you in your life?*

Being in politics.

*Who is your favorite athlete of all time?*

Skylar Diggins.

*Which team is your favorite team?*

I like the Wizards, I am a Thunder fan too, but the Wizards are my top.

*What are your immediate plans after graduating high*

*school?*

I will be doing the National Guard so I can get my college paid for. They are guaranteeing me full cost tuition. I am going to have one semester off from college next year, I will be going back in January because I will be going to Basic Training for two weeks and then AIT for the remainder of those months. But I will still be earning college credits, but then January 2017 I will be going to college.

*What would be your advice to younger kids coming up behind you?*

High school is a big part of your life, the beginning of it and there is no time to slack off. You got to put all your effort forward if you want to be successful. Work hard in everything you do it will open a lot of doors for you.

*Opal is the daughter of Sherry Reyes and James Whitetail Jr. She is the granddaughter of Pamela Chanate.*

## FEMA seeks applicants for Youth Preparedness Council

(WASHINGTON, D.C.) The U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) is seeking applicants for its Youth Preparedness Council. FEMA's Youth Preparedness Council was formed in 2012 to bring together leaders from across the country who are interested and engaged in advocating youth preparedness. Council members are selected based on their dedication to public service, their efforts in making a difference in their communities and their potential to expand their impact as national advocates for youth preparedness.

The Youth Preparedness Council offers an opportunity for youth leaders to serve on a distinguished national council and participate in the Youth Preparedness Council Summit. During their two-year term, the leaders will complete a national-level groups project and share their opinions, experiences, ideas, solutions and questions regarding youth disaster preparedness with the leadership of FEMA and national youth preparedness organizations.

Council activities and projects center around five areas of engagement, programs, partnerships, events, public speaking/outreach and publishing. Members represent the youth perspective on emergency preparedness and share information with their communities. They also meet with FEMA on a regular basis to provide ongoing input on strategies, initiatives and projects throughout the duration of their term.

Individuals in their freshman or sophomore year of high school that are engaged in individual and community preparedness, or have experienced a disaster that motivated him or her to make a positive difference in their community may apply to serve on the Youth Preparedness Council. Adults working with youth or community preparedness are encouraged to share the application with youth who might be interested in applying.

For more information about the Youth Preparedness Council and to access the application materials visit [www.ready.gov/youth-preparedness-council](http://www.ready.gov/youth-preparedness-council).

## Derek Willis (Arapaho) adds 11 Points as Wildcats Pound Bulldogs, 82-48

LEXINGTON, Ky. (AP) — Jamal Murray scored 24 points, Tyler Ulis added 14 and No. 22 Kentucky held Georgia to a season-low 22 percent shooting to coast to an 82-48 victory Tuesday night.

Picking up where he left off after a career-best 35 points on Saturday against Florida, Murray made 8 of 14 from the field including 6 of 10 from 3-point range. His accuracy helped spur the Wildcats (18-6, 8-3 Southeastern Conference) to 52 percent shooting and a surprisingly easy win over a Bulldogs team that entered as the nation's No. 6 team and SEC leader in field goal defense.

Georgia (13-9, 6-5) just couldn't make shots as its two-game winning streak ended.

The Bulldogs closed the first half on a 0-for-17 drought and weren't much better in the second half as they trailed by 37 points in the final minutes.

Yante Maten's 16 points

led the Bulldogs.

Derek Willis (Arapaho Tribe) made three 3-pointers for 11 points for Kentucky, which won its second straight since blowing a 21-point lead in a loss at Tennessee. The Wildcats were more dominant than Saturday's bounce-back rout of Florida, even though they were outrebounded 36-34. They did gain a 24-20 edge on the defensive glass.

Despite playing a second straight game with forward Alex Poythress sidelined by a knee injury, the Wildcats topped Georgia 28-14 in the paint and 22-11 in bench points.

Most importantly, Kentucky kept Georgia's lineup with four double-digit scorers from getting started.

The Wildcats sandwiched a hot start and



Derek Willis (Arapaho) / Photo by Andy Lyons

finish around a 5 1/2-minute drought to lead 42-24, closing the first half on a 16-4 run over 3:47. Even with the lull, Kentucky was 17 of 30 (57 percent) with Murray and Willis combining to make five of its 10 3-point attempts.

Georgia on the other hand struggled after a 5-of-8 start following a field, missing its final 17 attempts of the half to finish at 20 percent and managing just four

free throws over the final 7 1/2 minutes. In fact, the Bulldogs' 13 free throws were two points more than they got from the field.

Kentucky's defense caused some of Georgia's frustration but much of the damage was self-inflicted as the Bulldogs simply couldn't hit a shot. Not even 10 defensive rebounds could help as they were outscored 20-6 in the paint

# More than a feeling: Dealing with seasonal affective disorder

By Lenzy Krehbiel-Burton / Native Health News Alliance

TULSA, Okla. — April is not the cruelest month for Jason Tuesday.

December is. A First Nations resident of Winnipeg, Manitoba, Tuesday was diagnosed with seasonal affective disorder (SAD) in 2013 after he and his doctor noticed a pattern of his emotional well-being nose diving around the same time each year.

"I was going through what seemed like another crisis at about the same time as every other year - in December," he said. "We just came to this conclusion. It just seemed like I was in a cycle that these things were happening regularly at about the same time each year and where it was more... than what I could deal with."

An estimated 3 million Americans and 2.1 million Canadians struggle with seasonal depression annually. According to a 2005 study by Kathryn Roecklein and Kelly Rohan, up to 20 percent of all recurring cases of depression are seasonal.

Although it is possible to experience SAD during the spring or summer, it is more prevalent in winter months due to less daylight. That prolonged darkness can set off a physiological chain reaction in the body, starting with impacting some of the body's basic rhythms and eventually influencing brain chemistry.

"The circadian

rhythm gets messed up due to lack of sunlight," said Terri Goodwin, a behavioral therapist for Citizen Potawatomi Nation in Shawnee, Okla. "It gets you all out of whack and messes up your internal clock. When that happens, your serotonin and melatonin levels drop, which affects your sleep cycle and impacts mood."

Among the populations more likely to develop SAD are women, people younger than 55 years old, those with a family history of SAD and those who live in northern locales, where there is not as much sunlight during the winter months.

The more common symptoms of seasonal affective disorder include:

- irritability
- difficulty concentrating
- sleeping more than usual
- increased hunger, especially for carbohydrates
- weight gain
- more difficulty getting along with other people or withdrawing from social interactions.

-a heavy feeling in the arms and legs.

As Goodwin pointed out, a SAD diagnosis requires that the symptoms appear and disperse at approximately the same time each year for two or more years, in order to differentiate it from a major depressive episode.

"Most of the symptoms are pretty much the same," she said. "It's a matter of

how long they last, when they show up and whether it's present at just one time of year."

To combat that lack of sunlight, some patients turn to light therapy. Used either alone or in tandem with other treatments, a light therapy session involves sitting or working close to a bright artificial light box for a set amount of time.

Depending on the intensity of the fixture involved, a single session can last from 30 minutes with a 10,000 lux light - the equivalent of spending 30 minutes outside on a sunny day - to two hours with a 2,500 lux light. In comparison, the lighting in an average bedroom ranges from 300-500 lux.

Patients often adopt light therapy sessions as part of their morning routine in order to maximize the treatment's impact during the day. Although many patients are asked to face the box in order to increase its effectiveness, looking directly at it is strongly discouraged, due to its potential harm to the eyes.

Despite showing some success in as little as two weeks in research studies, the U.S. Food and Drug Administration does not regulate or test light therapy boxes. Potential side effects may include eyestrain, headaches and insomnia, if the session is conducted later in the day.

The Diagnostic and Sta-

tistical Manual of Mental Disorders classifies SAD as a subset of depression, and several pharmaceutical options used to treat major depressive episodes have also been shown to be effective in SAD patients.

On the medication side, the FDA has approved the use of extended release bupropion, marketed as Wellbutrin and Zyban, as an option for SAD patients since 2006.

Paxil, Prozac and other selective serotonin reuptake inhibitors, which shift the brain's serotonin balance, have also shown to be viable treatment methods, both alone or used in conjunction with counseling or light therapy.

For Tuesday, mindful meditation and stepping back from time to time have helped him cope when December rolls around. He has also found some peace through group sessions with other men who are struggling with depression, but the challenge is still there.

Although he has opened up more to friends and family about his mental health status, he allowed his phone to be temporarily shut off earlier this winter simply because he did not want to deal with people.

"For me, January's usually a little better," he said. "It's brighter. But getting through December without acting out is an achievement."

**CHEYENNE and ARAPAHO TRIBES**  
**Tribal Environmental Program Office**

Would like to welcome you to attend our first of several community outreach meetings. We are seeking community input on environmental issues affecting the Cheyenne and Arapaho Nation. Topics to include: solid waste or recycling, illegal dumping on tribal lands, water quality concerns, or general environmental issues. All information gathered will be used to address specific community or individual concerns and will guide future program planning. We want to hear from you!

**Where:** Seiling Community Center  
**When:** Wednesday, February 17th, 2016  
 12:00 until 1:30 pm

For more information regarding this event, future community outreach events, or general questions regarding the Environmental Program Office please contact either Damon Curbar or Melissa Babler at: (908) 422-7730 or (908) 422-7432. The Environmental Program Office is located on the top floor of Building One on the Concho Tribal Campus.

**Kingfisher Health Screening**

**Healthy Heart Month**

**Friday, Feb. 26, 2016**

**11:00 am - 2:00 pm**

**Elks Lodge Kingfisher**  
 Cheyenne Arapaho Tribes  
 CHR Program

For more info: Clinton Ellis, CHR or CHR Office (405) 422-7670

**CHR's will screen for:**  
 Blood Pressure Check  
 Blood Glucose Check

**Deborah Ellis, Health Education Director, will present on "Common Cardiovascular Diseases"**

**Kristi Purdy, Clinton I.H.S. - "Nutrition"**

Sponsored by: CHR Program, C2 Legislator, Alan Fletcher, R, C & A Health Education

**Family Craft Time**

Sponsored by RESPECT, Culture & Heritage & SPY-TIG Programs  
 FREE CLASSES FOR CHEYENNE & ARAPAHO TRIBAL MEMBERS!

**COME & LEARN HOW TO MAKE MOCASSINS**  
 SUPPLIES WILL BE PROVIDED, YOUR PROJECT WILL BE YOURS TO KEEP!

**Watonga Community Hall:** February 18th 5:00 p.m. - 8:00 p.m.  
**Clinton Community Bldg:** February 16th 5:00 p.m. - 8:00 p.m.  
**Concho Community Bldg:** February 23rd 5:00 p.m. - 8:00 p.m.

**DRINKS & SNACKS PROVIDED.**

**CHILDREN MUST BE ACCOMPANIED & MONITORED BY AN ADULT AT ALL TIMES. CLASSES WILL BEGIN PROMPTLY AT 5:30 P.M. NO SUPPLIES WILL BE GIVEN OUT AFTER 6:00 P.M. THIS IS TO ENSURE SUFFICIENT TIME FOR INSTRUCTION.**

For more information, please contact:  
 SPY-TIG (905) 222-7638  
 Culture & Heritage (905) 222-7632  
 Respect Program (905) 222-7635

**Lucky Star CASINO**

CONCHO • CLINTON • CANTON • WATONGA  
 CONCHO TRAVEL CENTER • HAMMON TRAVEL CENTER

*There's No Limit On Luck!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PLAYER'S CHOICE</b> 10AM - 11PM	<b>PLAYER'S CHOICE</b> 10AM - 11PM	<b>PLAYER'S CHOICE</b> 10AM - 11PM	<b>\$10 MATCH PLAY</b> 10AM - 11PM	<b>EARLY SPECIAL</b> 2 FOR \$10 10AM - 2PM	<b>EARLY SPECIAL</b> 2 FOR \$10 10AM - 2PM	<b>SUNDAY FUNDAY</b> Under 55+? \$10 with 10 pts earned Mon-Sun <b>55+ Club</b> 55+ GETS \$10 (EXCLUDES CONCHO)
<b>HAPPY HOUR</b> HOT SEATS 2PM - 4PM	<b>HAPPY HOUR</b> HOT SEATS 2PM - 4PM	<b>HAPPY HOUR</b> HOT SEATS 2PM - 4PM				
<b>LAST MAN Standing</b> 6PM - 11PM	<b>STARSTRUCK</b> 6PM - 11PM	<b>HI-LOW</b> 6PM - 11PM	<b>PIUKO</b> 6PM - 11PM	<b>\$50 STAR PLAY</b> HOT SEATS 5PM - 12AM	<b>\$50 STAR PLAY</b> HOT SEATS 5PM - 12AM	<b>BIG DICE GAME</b> 6PM - 11PM

**55+ Club**

Seniors 55+ come in and get \$10 FREE PLAY!

Excludes Concho location.

**SUNDAY FUNDAY**

Not a senior? That's okay! Come in and get \$10 with 10 pts earned Monday - Sunday.

One offer per player. See Player's Club for details.

**Free Ante** Sunday at 11pm to Friday at 8am in February!

**\$2400 BLACKJACK TOURNAMENT** In CLINTON!  
 Every Sunday in February starting at 4pm! Qualify by playing 10 hours of live play on any table games each week with Star card. Receive an extra \$500 in chips with an optional \$10 dealer appreciation.

**TRIPLE TIME** Every Monday, Tuesday and Wednesday!  
 Earn 3x the amount of time when playing with your Star card on these days. Time is applied to 10 hours of qualifying time for the \$2400 Blackjack tournament.

**Free Ante** Mondays - Thursdays, 2:30am to 2:30pm  
 Sundays from 5pm to 11pm in February! (Card Players Only)

**\$6000 BLACKJACK TOURNAMENT** In CONCHO!  
 Double entries during 2am to 11am all month. Get a diamond blackjack or diamond flush. (No entries on tournament day). \$25 bonus only on Sundays.

Must be a card member and logged in to qualify for all HOT SEAT DRAWINGS. Must be a seated player to win and actively playing to win. See Blackjack Pit for Details.